



**GLUTEN-FREE, NO ADDED  
SUGAR HANUKKAH**

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*Recipe Guide*





# GLUTEN-FREE, NO ADDED SUGAR HANUKKAH RECIPE GUIDE

The eight nights of Hanukkah bring family, tradition, and yes – those irresistible fried delicacies we've grown up loving! But maintaining a healthy lifestyle doesn't mean missing out on the magic of sufganiyot or the crunch of perfect latkes.

This guide reimagines traditional Hanukkah favorites with a healthy twist, ensuring you can celebrate the Festival of Lights while honoring your wellness journey. From dinner to desserts made without refined sugar, each recipe preserves the heart of Hanukkah cooking while skipping the digestive distress.

Whether you're hosting the whole family for a gluten-free celebration or bringing a dish to share at your community gathering, these recipes let you experience all the joy and none of the guilt.

Light the menorah, gather your loved ones, and celebrate with foods that nourish both body and tradition.

Love,  
Yliana 🕯️



*Note: All recipes are gluten-free and contain no added refined sugar. Honey and maple syrup are used as natural sweeteners where needed. Adjust seasonings to taste.*



# Pomegranate Spritzer

Serves 4

## **Ingredients:**

- Ice cubes
- 2 cups pure pomegranate juice (no added sugar)
- 2 cups sparkling water
- 1 orange, sliced
- Fresh mint leaves
- Optional: stevia drops to taste

## **Instructions:**

1. Fill glasses with ice
2. Mix equal parts pomegranate juice and sparkling water
3. Garnish with orange slices and mint leaves
4. Add stevia if desired for extra sweetness



# Festive Kale and Apple Salad

Serves 6

## Ingredients:

- 2 bunches fresh kale, stems removed and chopped
- 1/4 cup olive oil, divided
- Sea salt and pepper to taste
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard
- 2 honey crisp apples, thinly sliced
- 1/2 cup pomegranate seeds
- 1/2 cup toasted pecans

## Instructions:

1. Massage chopped kale with 1 tablespoon olive oil and pinch of salt and pepper until tender
2. Whisk remaining olive oil, vinegar, and mustard
3. Toss kale with dressing, apples, and pomegranate seeds
4. Top with toasted pecans



# Honey-Glazed Rainbow Carrots

Serves 6

## Ingredients:

- 2 pounds rainbow carrots, peeled and halved lengthwise
- 3 tablespoons olive oil
- Sea salt and pepper to taste
- 3 tablespoons honey
- 2 sprigs fresh thyme

## Instructions:

1. Preheat oven to 400°F
2. Toss carrots with olive oil, salt, and pepper
3. Roast for 20 minutes or until tender-crisp, depending on thickness
4. Drizzle with honey, add thyme, then toss to coat
5. Roast additional 10 minutes until caramelized



# Crispy Potato Latkes

Makes 12 latkes

## Ingredients:

- 4 large potatoes, peeled
- 1 medium onion
- 2 eggs
- 1/4 cup potato starch
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- Avocado oil for frying
- Unsweetened applesauce for serving

## Instructions:

1. Grate potatoes and onion, drain excess liquid
2. Mix with eggs, potato starch, salt, and pepper
3. Heat oil in large skillet
4. Drop spoonfuls of mixture, flatten slightly
5. Fry 3-4 minutes per side until golden
6. Drain on paper towels
7. Serve with unsweetened applesauce





# Classic Holiday Brisket

Serves 8-10

## Ingredients:

- 4-5 pound beef brisket, lightly trimmed
- Salt and pepper to taste
- 1 tablespoon paprika
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- 2 large onions, sliced
- 6 carrots, chunked
- 4 celery stalks, chunked
- 6 garlic cloves, smashed
- 2 cups beef broth (gluten-free)
- 1 cup pure pomegranate juice (no added sugar)
- 2 tablespoons apple cider vinegar
- 2 bay leaves
- Fresh parsley for garnish

## Instructions:

1. Preheat oven to 325°F
2. Season brisket generously with salt, pepper, paprika, onion powder, and garlic powder
3. Heat olive oil in large Dutch oven over medium-high heat
4. Sear brisket on both sides until browned (4-5 minutes per side)
5. Remove brisket, set aside
6. In same pot, sauté onions, carrots, celery, and garlic until softened
7. Add broth, pomegranate juice, vinegar, and bay leaves
8. Return brisket to pot, fat side up
9. Cover tightly and transfer to oven
10. Cook for 3-3.5 hours until fork-tender
11. Let rest 20 minutes before slicing against the grain
12. Serve with vegetables and reduced cooking liquid
13. Garnish with fresh parsley



# Maple-Glazed Tempeh

Vegetarian Main Course Option

Serves 6

## Ingredients:

- 2 (8 oz) packages organic tempeh
- 1/4 cup pure maple syrup
- 3 tablespoons gluten-free tamari
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon paprika
- Fresh rosemary for garnish

## Instructions:

1. Cut tempeh into triangles
2. Whisk maple syrup, tamari, olive oil, garlic, and spices
3. Marinate tempeh for 30 minutes
4. Preheat oven to 375°F
5. Place tempeh on lined baking sheet
6. Bake 15 minutes, flip, brush with remaining marinade
7. Bake additional 15 minutes until caramelized
8. Garnish with fresh rosemary