

Vegan Friendly Healthy Meal Ideas For The Holidays

As the Christmas holiday rapidly approaches my overly excited thoughts of gorging on my families prepared feast repeatedly plays over and over again in my mind. Macaroni and cheese, cake after cake, platter after platter I'm scared of losing control! This year, as a new yogi and a transitional vegan I've decided to change my faith.

No longer will I feel guilty for the things I've eaten in the past, present or future, because this year I have the option to choose from these awesome healthy holiday recipes. Here are a few low calorie healthy holiday recipes that are sure to blow you away without stretching your pockets or yoga pants.

1. Ginger Shrimp Dumplings

I absolutely adore dumplings. Whether they're fried or steamed I am the dumpling queen. This [Fitness Magazine](#) recipe is not only delicious, but it's also only 124 calories per serving. I plan on replacing the shrimp with a vegan friendly option such as seasoned soy protein or just simply some of my favorite vegetables. If you're a fan of fresh ginger and scallions this recipe is definitely a must.



Image Source: Fitness Magazine

2. Curry And Maple Sweet Potato Soup

Say the word curry and I'm there. My favorite thing about this soup, besides the obvious mouth watering fact that it contains a double whammy of curry and sweet potato, but this soup can either be served as an appetizer or as a main dish. According to [MNN.com](#) this recipe takes about two hours to make so be sure to get an early start.



Image Source: photo by Jerry James Stone at MNN.com

3. Vegetable Lasagna With Ricotta Nut Cheese And Marinated Tofu

This year instead of making and baking mac and cheese I've decide to go on a limb, and make this beautiful beast. The title alone is causing me to salivate. This is a vegetarian friendly recipe that can of course be replaced with dairy free non-processed products. With a flavor description like this how could you resist? According to [Kblog](#) at [Lunchblog.com](#), this holiday recipe contains "flavors like: creamy chive ricotta nut cheese, zesty garlic-marinated greens, tender tofu, savory mushrooms, sweet tomatoes and more."



Image source: Kathy Patalsky, Healthy-Happy-Life.com

4. Vegan Venison (Gardein) with Cranberry & Red Wine Sauce

You can never go wrong with a sweet and salty dish, and this recipe is sure to blow to your socks off. When people see or hear the word venison they usually associate it with deer meat, because it is, but this holiday season we're standing up for Bambi and taking the woods back!

I was a little too eager to try this dish so I decided to test it out before deciding to add it to my list of must makes for Christmas. Ladies and gentleman it turned out to be best thing to touch these lips in a while. This healthy holiday recipe can be adjusted accordingly to your diet or tasting pleasures. I added some cayenne pepper for an extra kick of spice. I owe my gratitude to Meettheshannons.com for the new love of my life [vegan venison](#).



Image source: Annie and Dan Shannan from meettheshannons.com

5. Blood Orange-Pomegranate Mimosas

What's a drunken toast without the right drink? Am I right-or am I right? Eatingwell.com has introduced the remix to the traditional mimosa, and it's looking pretty darn good. This low carb gluten free holiday drink recipe is only 138 calories, which means more of the bubbly to pass around. The pomegranate fruit and its magical seeds pack loads of antioxidants that are extremely beneficial to the heart; it also can lower blood pressure and your cholesterol.



Image source: eatingwell.com

Happy Eating!

Souces: Fitness magazine, MNN.com, eatingwell.com, kblog at lunchblog.com, and meettheshannons.com