



nama®

HOLIDAYS

at home

SEASONAL JUICES + MOCKTAILS

HOLIDAY SMOOTHIES + SORBET

FESTIVE PLANT-BASED MILKS

WINTER SALAD + DRESSING + DIP

BATCH IMMUNITY SHOTS

NOURISHING RECIPES FOR THE SEASON

The best holiday moments often happen in the kitchen gathering around the counter to share stories, filling the house with the scent of cinnamon and citrus, or pouring a bright glass of juice before friends arrive. From energizing juices that brighten winter days to smoothies inspired by holiday desserts, spiced lattes, and plant-based milks, each recipe is made to be nourishing and full of seasonal flavor. Drinks and treats that can be shared, gifted, or enjoyed in those small, everyday moments that make the season special—recipes that help you celebrate with both indulgence and balance.



hydrating WINTER GREEN

MAKES 16 OZ

5 celery ribs

1 pear

½ fennel bulb

½ cup mint leaves

½ lemon

DIRECTIONS

Wash all produce and peel the lemon.

Cut celery, pear, fennel, and lemon into pieces that will fit easily into your juicer.

Starting with the mint, juice all ingredients.

Serve immediately, or refrigerate.





ORANGE JEWEL

MAKES 16 OZ

- 3 medium oranges
- 1-inch piece ginger
- ½ cup pomegranate seeds

DIRECTIONS

Peel oranges and wash ginger. Cut oranges and ginger into pieces that will fit easily into the juicer.

Starting with the ginger, juice all ingredients.

Serve immediately or refrigerate.



CHERRY & BRIGHT BOWL

SERVES 2 / OR 4 AS A DESSERT

1 cup pomegranate seeds
2 cups frozen cherries
2 bananas, sliced and frozen
1 cup coconut or Greek yogurt
2 tablespoons chia seeds
1 tablespoon maple syrup

TOPPINGS

Coconut flakes
Pomegranate seeds
Kiwi, sliced

DIRECTIONS

Add all ingredients to a blender.

Blend on high until smooth and creamy,
adjusting consistency to your liking.

Spoon into bowls and top with coconut,
pomegranate, and kiwi, or any toppings
of your choice.

beet sangria

MAKES 2 SERVINGS

1 small beet, trimmed

1 cup red grapes

1 orange

½ lemon

1 cup ginger kombucha,
or sparkling water

GARNISH

Chopped apple

Orange slices

Lemon or Lime Slices

Rosemary sprig



DIRECTIONS

Wash the beet and grapes well. Peel the beet, orange, and lemon. Cut the beet, orange, and lemon into pieces that will fit easily into your juicer.

Juice the beet, grapes, orange, and lemon.

Divide the juice between two glasses filled with ice, chopped apple, and orange slices.

Top each glass with 1/2 cup chilled kombucha. Gently stir to combine. Serve immediately.

TO MAKE IN ADVANCE

Chill the juice with orange slices and chopped apple in a jar for at least 30 minutes. Add kombucha just before serving.

ALMOND SPICE

plant-based milk

SERVES 2

1 ½ cups almonds
1 teaspoon ground cinnamon
1 teaspoon ground cloves
¼ teaspoon ground ginger
Pinch of sea salt
2 tablespoons maple syrup
or 4 dates
3 cups water

DIRECTIONS

Using the Nama M1 Plant-Based Milk Maker, check that the spout cap is closed, then add all ingredients into the filter basket.

Secure the lid and set the blending time to 1 minute. Press Start.

Follow prompts to open the spout, after 10 seconds the spin cycle will activate. Once this is finished, your milk is ready to enjoy.

Perfect poured over ice or warmed.



NOTES

Save the pulp for Spiced Fruit Crumble Dessert,
or dry it to top your morning oats or chia.



mini spiced FRUIT CRUMBLES

MAKES 8-10 SERVINGS

1 cup Almond Spice pulp
3 tablespoons avocado oil
2 tablespoons maple syrup
½ teaspoon cinnamon
½ teaspoon vanilla
Pinch of sea salt
1 cup oats
6 cups diced fruit, such as
pears, apples, or berries
1 teaspoon lemon juice

FOR TOPPING:

Coconut yogurt or coconut
cream, optional

DIRECTIONS

Preheat the oven to 350 F. Place the crumbled pulp on a parchment-lined baking sheet. Bake for 10 minutes to dry it out until it is the texture of almond flour, but not burned.

Place the avocado oil, maple syrup, cinnamon, vanilla, and pinch of sea salt in a large mixing bowl. Whisk to combine.

Add the oats and the pulp and stir until the mixture is evenly coated.

Pour mixture back onto a parchment-lined baking sheet. Place back in the oven and bake for 10-15 minutes, until the oats are lightly browned and slightly toasted.

Allow to cool before assembling the fruit crumbles.

When ready to serve, place the chopped fruit in a large mixing bowl. Taste, adding a teaspoon of lemon juice if the fruit is very ripe. Stir to combine.

Divide the fruit evenly among the bowls, then top each bowl of fruit with about 1/4 cup of the crumble topping.

Serve with a dollop of coconut yogurt or whipped coconut cream if desired, and enjoy!





winter warmer

MAKES 20 OZ

1 orange

3 apples

2-inch piece ginger

1 star anise

1 cinnamon stick

2 cardamom pods,
lightly crushed

DIRECTIONS

Peel the orange. Wash the apples and ginger well. Cut the apple, orange, and ginger into pieces that will fit easily into your juicer.

Starting with the ginger, juice the ginger, apples, and orange.

Pour the juice into a small saucepan. Add the star anise, cinnamon stick, and cardamom pods. Heat slowly until just simmering.

Turn off the heat, cover, and let sit for 10–15 minutes to infuse the juice with the spices. Strain through a fine-mesh strainer. Serve warm and enjoy.

holiday RECOVERY SHOTS

MAKES 30 OZ

2 oranges

1 grapefruit

4 carrots

5–6-inch piece ginger

6 (2-inch) pieces turmeric

Honey or maple syrup,
to sweeten (optional)

DIRECTIONS

Peel the oranges and grapefruit. Wash the carrots, ginger, and turmeric well.

Cut all produce into pieces that will fit easily into your juicer. Juice all produce.

Taste the juice and sweeten with a little honey or maple syrup, if desired.

Divide the juice among twelve 2-ounce bottles. Gift 3 shots per set, with a card highlighting the benefits of each ingredient.



gingerbread SMOOTHIE

MAKES 16 OZ

1 ½ cups almond milk
(try almond spice milk from previous recipe)

1 frozen banana

2 teaspoons molasses or maple syrup

½ teaspoon vanilla extract

½ teaspoon ground ginger

¼ teaspoon ground cinnamon

Pinch of nutmeg

2–3 ice cubes



DIRECTIONS

Add all ingredients to a blender.

Blend on high until smooth, about 45 seconds.

Pour into a glass and enjoy immediately.

ruby red rosemary SPRITZ

MAKES 48 OZ

4 pink lady apples

4 ruby red grapefruits

2 lemons

1 tablespoon agave or maple
syrup, optional

Sparkling water, to serve

DIRECTIONS

Wash the apples well. Peel the grapefruits and lemons. Cut the apples, grapefruits, and lemons into pieces that will fit easily into your juicer.

Juice all produce. Taste and add a little agave or maple syrup, if desired.

Divide the juice into 4 jars or bottles for gifting. Decorate each bottle with a sprig of rosemary.

TO SERVE

Pour juice over ice. Divide juice between the glasses, top with sparkling water, and garnish with rosemary.



green apple MINT FIZZ

MAKES 2 SERVINGS

2 green apples

1 lime

1 cup chopped pineapple

8–10 fresh mint leaves

Club soda, to serve

Matcha powder,
for garnish (optional)

DIRECTIONS

Wash the apples well and peel the lime. Cut the apples and lime into pieces that will fit easily into your juicer.

Juice all produce.

Add half of the juice to a shaker with ice. Shake vigorously to create foam.

Strain into a cocktail glass and repeat with the remaining juice.

Top each glass with club soda, thinly sliced green apples, and sprinkle with matcha, if desired.



winter salad

SALAD

MAKES: 4 SERVINGS

1 head red leaf lettuce, washed
and torn into 2-inch pieces
⅓ cup chopped walnuts
3 tablespoons pomegranate seeds
2 tablespoons toasted
pumpkin seeds
2 oranges, segmented
1 avocado, sliced
3–4 tablespoons Citrus Dressing
Flaky salt



CITRUS DRESSING

1 teaspoon orange zest
1/2 cup orange juice
1 tablespoon dijon mustard
1 tablespoon honey
or maple syrup
4 teaspoons curry powder
1 cup avocado or olive oil
¼ cup packed mint leaves
½ teaspoon freshly
ground black pepper
1 teaspoon kosher salt



DIRECTIONS

To make the Citrus Dressing, place all ingredients in the Nama C2 and blend for 30 seconds.

To assemble the salad, place the lettuce, walnuts, pomegranate seeds, and pumpkin seeds in a large mixing bowl. Drizzle two

tablespoons of the dressing over the top, then gently dress the greens using your hands or salad tongs until the greens are evenly coated. Place the greens in a serving bowl. Top with oranges, avocado slices, and a generous pinch of flaky salt.

minty **HOT COCOA**

MAKES 4 CUPS

1 cup cashews

½ cup almonds

¼ cup coconut flakes

4 tablespoons cacao powder

2 tablespoons maple syrup

⅓ cup packed mint leaves

1 ½ teaspoons vanilla

Sea salt

4 cups water



DIRECTIONS

Using the Nama M1 Plant-Based Milk Maker, check that the spout cap is closed, then add all ingredients into the filter basket.

Secure the lid and set the blending time to 1 minute. Press Start. Follow prompts to open the spout, after 10 seconds the spin cycle will activate.

Warm in a small saucepan when ready to enjoy.

Top with plant-based whipped cream, or coconut cream and a sprinkle of cacao powder.

NOTE

Save the pulp for Mint Chip Bites.



MINT CHIP BITES

MAKES 4 CUPS

½ cup Minty Hot Cocoa Pulp

½ cup almond butter

¼ cup dark chocolate chips

3 tablespoons chopped
almonds

2 tablespoons hemp seeds

1-2 tablespoons maple syrup

½ teaspoon vanilla extract

Pinch of sea salt

DIRECTIONS

Place the pulp, almond butter, and a pinch of sea salt in a mixing bowl. Stir to combine.

Combine the maple syrup and vanilla before drizzling over the mixture and stir to combine. Taste it, adding more maple syrup or another pinch of salt if necessary.

Stir in the chocolate chips, almonds, and hemp seeds.

Use a small ice cream scoop or a tablespoon to create 10-12 protein bites.

Place on a parchment lined sheet and refrigerate for 15-20 minutes before enjoying.

Keep covered in an airtight container in the refrigerator for 2-3 days, or in the freezer for up to one month.

EDAMAME DIP

*with
crudites*

MAKES 3 CUPS

3/4 cup olive oil, divided

3 cloves garlic, peeled

3 cups edamame beans

1 cup unsalted cashews

3 tablespoons lemon juice

1-2 teaspoons lemon zest

1/2 cup packed mint leaves

Sea salt and freshly
ground pepper, to taste

Water

DIRECTIONS

Place a large skillet over medium heat.
Add 2 tablespoons of the olive oil and
the garlic cloves.

Cook the garlic cloves, turning
constantly, until they are fragrant and
lightly browned, about 2-3 minutes.

Add the edamame beans, cashews,
lemon zest, and a generous pinch of
salt and stir to coat.

Add the lemon juice and three
tablespoons of water.

Bring to a simmer, then reduce the heat
to low, cover and let cook for 3 minutes
to soften the edamame and cashews
until they are easily pierced with a fork.

Remove from the heat and stir in the
mint leaves. Allow the mixture to cool
for a few minutes.

Place the mixture in a food processor and
pulse until mostly smooth.

Slowly stream in the rest of the olive oil
until the mixture is creamy and smooth.
For a smoother dip, add up to 2-4
tablespoons water until you reach the
desired consistency for dipping.

Taste, adding more salt, freshly ground
pepper, and lemon juice if desired.



cranberry VANILLA SORBET

MAKES 2-3 SERVINGS

2 cups plant-based or regular vanilla yogurt

Zest of 1 orange

1 cup frozen cranberries

Maple syrup, to serve

DIRECTIONS

In a bowl, combine the vanilla yogurt and orange zest.

Transfer the mixture to an ice cube tray and freeze overnight.

Once frozen, attach the Nama Sorbet Attachment to your juicer, replacing the J2 juice strainer. Reassemble the juicer.

Turn the juicer on and begin adding the frozen ingredients — start with the vanilla yogurt cubes, followed by the cranberries. The sorbet will collect in the pulp container.

Once everything has been processed, stir the sorbet with a wooden spoon to combine. Serve immediately, drizzled with maple syrup. Enjoy!



MAKE AHEAD FOR A PERFECT SCOOP

This can be made a few hours ahead, spooned into a small loaf pan and put in the freezer. Remove from freezer 10-15 minutes before serving.

