



Holiday to Holiday Challenge



HOLIDAY RECIPE GUIDE



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Spiced Apple Cider Waffles



Ingredients

2/3 cup arrowroot powder
1/2 cup coconut flour, sifted
1/2 teaspoon cinnamon
1/2 teaspoon pumpkin pie spice
(or just double the cinnamon
if you don't have pumpkin
pie spice on hand)
1/4 teaspoon finely ground sea salt
1/2 teaspoon baking soda
4 large eggs
1/4 cup honey
1/2 cup apple cider
Ghee (or butter or coconut oil) for
greasing the waffle iron and for garnish
Maple syrup for serving (optional)

Instructions:

1. Place all the ingredients except the ghee in a large mixing bowl and whisk or use a hand or stand mixer to combine until smooth. Allow the batter to sit for 10 minutes to thicken.
2. Heat up your waffle iron and brush it with the ghee. Fill the iron completely with the batter, allowing it to reach all of the edges. This is different from a typical instruction with a waffle iron because these will rise but will only spread a tiny bit. Allow the waffle to cook for a few minutes until it rises and is golden brown.
3. Serve topped with ghee and maple syrup.



Cinnamon Spice Pancakes



Ingredients

1/4 cup plus 2 tablespoons coconut flour
1/2 teaspoon baking soda
1/4 teaspoon ground nutmeg
1 teaspoon ground cinnamon
4 large eggs, beaten
1/2 cup full-fat, canned coconut milk
1 teaspoon lemon juice
2 teaspoons honey
2 tablespoons unsalted butter, ghee, or
coconut oil, for cooking melted butter
or ghee, for serving

Instructions:

1. Sift the coconut flour, baking soda, nutmeg, and cinnamon into a large bowl. Add the eggs, coconut milk, lemon juice, and honey to the bowl. Whisk until smooth.
2. Melt the fat in a medium skillet over medium heat. Pour 1/4 cup of batter into the hot pan for each pancake, leaving room for it to spread.
3. Cook each pancake for 2 minutes, then flip it over and cook for 2 more minutes on the opposite side. Transfer the cooked pancakes to a plate and cover to keep warm while you cook the rest of the pancakes.
4. Top with the melted butter and serve.



Gingerbread Muffins



Ingredients

6 eggs
1/2 cup butter or coconut oil
1 teaspoon pure vanilla extract
1/2 cup blackstrap molasses
1/4 cup grade B maple syrup
1/2 cup coconut flour
1/2 teaspoon sea salt
1/4 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon ginger
1/2 teaspoon ground cloves
3 cups carrots, shredded
1/2 cup raisins (optional)

Frosting (optional)
1/4 cup coconut butter
1/4 cup coconut oil
1/4 teaspoon of freshly grated ginger
1 tablespoon orange zest
1 tablespoon shredded coconut

Instructions:

1. Preheat oven to 350° F.
2. Whisk the eggs, butter or coconut oil, pure vanilla extract, molasses, and maple syrup together in a large mixing bowl.
3. Sift in the coconut flour, sea salt, baking soda, cinnamon, ginger, and ground cloves. Next add in the carrots and raisins (if using) and combine together.
4. In a muffin tin, scoop 1/4 cup of the batter into each lined muffin container (natural parchment muffin papers work best for lining), and bake for 35 minutes.
5. Combine all frosting ingredients until smooth. Allow the muffins to cool slightly before frosting.



Pumpkin Cranberry Muffins



Ingredients

6 eggs
1/4 cup canned pumpkin
1/2 cup butter or coconut oil, melted
1 teaspoon pure vanilla extract
1/4 cup grade B maple syrup
1/2 cup coconut flour
1/2 teaspoon sea salt
1/4 teaspoon baking soda
1 tablespoon pumpkin pie spice
1/2 cup fresh cranberries

Instructions:

1. Preheat oven to 350° F.
2. Whisk the eggs, pumpkin, butter or coconut oil, pure vanilla extract, and maple syrup together in a large mixing bowl. Sift in the coconut flour, sea salt, baking soda, and pumpkin pie spice and stir until well combined. Gently fold in the cranberries.
3. In a muffin tin, scoop 1/4 cup of the batter into each lined muffin cup (natural parchment muffin papers work best for lining), and bake for 35 minutes.
4. These muffins taste delicious with the Simple Cranberry Sauce on page 44.





Grandma Barbara's Stuffed Mushrooms



Ingredients

- 1 dozen baby Portobello mushroom caps, cleaned
- 1 tablespoon bacon fat (or other cooking fat)
- 1/4 cup bell pepper, minced
- 1/4 cup yellow onion, minced
- 1 lb ground pork sausage (use ground pork plus Italian Sausage blend)
- 2 cups spinach, finely chopped or processed
- 1 clove garlic, grated

Instructions:

1. Preheat oven to 450° F.
2. Place the mushrooms on a baking sheet with the "cup" side facing down, and bake for 10 minutes or just enough to allow some of the moisture to release from the mushrooms. Do this before or while you prepare the filling mixture.
3. In a large skillet over medium heat, melt the bacon fat, and place the bell peppers and yellow onions in the pan, sautéing until the onions are clear and soft. Add the sausage to the pan, and cook it until little or no pink meat remains (approximately 5 minutes), stirring occasionally to break up any large chunks of meat.
4. Add the spinach and garlic, and combine together in the pan. Spoon the mixture into each of the mushroom caps, and place them back onto the baking sheet.
5. Bake for approximately 20 minutes or until golden brown on top.



Bacon Wrapped Pecan Dates & Pineapple



Ingredients

- 12 dried medjool dates
- 2 dozen pecan halves
- 12 slices of bacon
- 1-2 cups fresh pineapple
(to yield 12 chunks, about 1" each)

Instructions:

1. Preheat oven to 425° F.
2. Slice the dates down the center lengthwise; remove and discard the pits. Place 2 pecan halves in the center of each date where the pit had been.
3. Slice the bacon in half so that you now have 2 pieces from each strip, each approximately 4 inches long. Wrap one piece of bacon around each pecan-stuffed date, and secure with a toothpick.
4. Wrap the remaining bacon, 1 piece each, around the pineapple chunks, and secure with a toothpick.
5. Place the bacon-wrapped dates and bacon-wrapped pineapple onto a sheet, and bake for 20-30 minutes or until the bacon is done to your liking.



Herb Almond Cheese Spread



Ingredients

1 cup raw almonds
2 ¼ cups water, divided
5 tablespoons extra-virgin olive oil
1/4 cup fresh lemon juice (2 lemons)
1 clove garlic, minced or grated
2 tablespoons minced fresh chives
Sea salt and black pepper

Instructions:

1. Place the almonds and 2 cups of the water in a glass or other nonporous container and let them soak, covered, in a dark place, overnight or for 8 hours.
2. Drain and rinse the almonds, then place them in a food processor along with the remaining 1/4 cup water and the rest of the ingredients. Process until smooth and creamy, stopping occasionally to scrape down the sides of the processor, about 5 minutes total.
3. If you'd like a lighter texture, add another tablespoon of warm water at a time until you achieve the desired consistency.





SOUPS, SALADS AND SIDES



Butternut Sage Soup



Ingredients

- 1 butternut squash
- 4 tablespoons bacon fat, coconut oil or ghee, divided
- 1 yellow onion, diced
- 4 cloves of garlic, peeled and smashed
- 1/2 teaspoon dried sage
- 1/2 teaspoon sea salt black pepper to taste
- 16 ounces Bone Broth, chicken is ideal
- 2 tablespoons coconut milk (optional)
- Juice of 1 orange
- 2 tablespoons water (more or less as needed)
- 8-12 fresh sage leaves

Instructions:

1. Preheat oven to 400° F.
2. Peel and chop the butternut squash. Toss in 1 tablespoon of the bacon fat in a roasting dish and bake for about 40 minutes or until fork-tender.
3. While the squash roasts, melt the remaining bacon fat in a large pot or skillet. Sauté the onions until they begin to brown along the edges. Add the garlic to the skillet, followed by the sage, sea salt, and pepper. Cook for approximately 2 minutes to take the edge off of the raw garlic.
4. Add broth, coconut milk, and water. Add the roasted squash, and stir together. Finally, add the orange juice just before turning off the heat.
5. After the soup has cooled, pour it into the blender, and blend until smooth. Be careful not to fill the blender to the top because the steam will expand the liquid.
6. Once the soup is in bowls, use a small frying pan or cast iron skillet to fry the sage in 1-2 tablespoons of butter or ghee until it looks bubbly or is crispy to the touch.



Creamy Mushroom Soup



Ingredients

1 tablespoon bacon fat or ghee
1/2 medium onion, diced (1 cup)
Sea salt and black pepper
1 dozen medium-sized mushrooms
(cremini or shiitake), sliced leaves
from 1 sprig fresh thyme
(1/2 teaspoon), plus an additional sprig
for optional garnish
Pinch of nutmeg
3 1/2 cups broth
1/2 cup full-fat coconut milk,
canned or homemade

Instructions:

1. In a large saucepan or soup pot, melt the bacon fat over medium heat, then cook the onions until they're translucent and the edges begin to brown, about 5 minutes. Season lightly with salt and pepper.
2. Add the mushrooms, thyme leaves, and nutmeg to the pan. Continue to cook until the mushrooms brown, about 10 minutes. Add the Bone Broth and coconut milk and simmer for 5 minutes.
3. Using a slotted spoon, remove 1/2 cup of the mushrooms from the pan and set aside. (For a completely creamy soup without any chunks of mushroom, skip this step.)
4. Transfer the soup to a blender in 3 small batches, removing the center "valve" from the lid and covering the hole where the valve normally rests with a thick kitchen towel. Holding the lid in place with your hand, blend on low, then move to high speed after a few seconds.
5. Note that blending hot liquids causes them to expand, so rushing to blend this all at once or in an overfilled blender is not safe and will cause hot soup to splatter everywhere.
6. After blending all 3 batches, pour the soup into serving bowls and evenly distribute the reserved mushrooms. Garnish with a portion of a thyme sprig, if desired.



Cilantro Pumpkin Soup



Ingredients

- 1 tablespoon unsalted butter, ghee, or coconut oil
- 1 medium white onion, diced
- 1 teaspoon ground nutmeg
- 1 teaspoon paprika fine sea salt and ground blackpepper
- 2 cups full-fat, canned coconut milk
- 3 cups homemade cooked pumpkin or canned pumpkin (about two 15-ounce cans)
- 4 cups broth
- 1/4 cup minced fresh cilantro, divided
- 1/4 cup chopped pine nuts, for garnish

Instructions:

1. Melt the fat in a stockpot over medium heat. Add the onion and sauté for 2 minutes, until translucent. Add the nutmeg, paprika, and a pinch of salt and pepper and cook for 1 more minute.
2. Add the coconut milk, pumpkin, and broth to the pot and stir to combine. Bring the mixture to a simmer over medium heat, uncovered.
3. Keep simmering for about 10 minutes, stirring often.
4. Remove the soup from the heat. Use an immersion blender to puree, or puree in a blender or food processor in batches. Adjust the seasonings to taste.
5. Add half of the cilantro and stir. Divide the soup between bowls and garnish with the remaining cilantro and the pine nuts before serving.



Quick Turkey Stock



Ingredients

1 turkey neck
Excess skin from turkey
& trimmings
32 oz water

Instructions:

1. Preheat the oven to 375° F. (This is the same temperature you will use to roast the turkey.)
2. While you prepare the turkey for roasting, place the neck, back (if you split the bird), and skin on a small rimmed baking sheet and bake for about 30 minutes.
3. Transfer the neck and skin to a small pot on the stovetop and simmer over medium heat until the stock begins to reduce slightly - about 20 minutes.
4. Reduce the heat to low and simmer for an additional 20-30 minutes or continue to simmer on low until the turkey is fully cooked.



Broccoli & Bacon Salad with Creamy Balsamic Dressing



Ingredients

4 slices bacon
1 large head broccoli
¼ cup Healthy Homemade Mayonnaise
3 tablespoons balsamic vinegar
2 tablespoons minced shallot
Sea salt and black pepper to taste

Instructions:

1. Slice the bacon crosswise into ¼ inch strips and cook it in a skillet over medium heat until crispy.
2. Remove the bacon from the pan and set it on paper towels to drain. Reserve the bacon fat for another use.
3. Chop the broccoli into large florets. Steam the broccoli in a basket over 1 inch of boiling water until it's bright green but not overdone, about 5 minutes. Place the steamed broccoli in a large bowl of ice water to "shock" it-this will keep it from cooking further and maintain its bright color. Drain in a colander.
4. In a small mixing bowl, whisk together the mayonnaise, vinegar, shallot, salt, and pepper.
5. In a serving bowl, toss the broccoli with the dressing, then garnish with the bacon strips. Serve at room temperature.



Green Bean Casserole



Ingredients

1 teaspoon bacon fat or ghee
1 large shallot, thinly sliced (1/4 cup)
1 1/2 to 2 pounds green beans, trimmed
1 1/2 cups Creamy Mushroom Soup
1/2 cup almond meal or other nut meal
Sea salt and black pepper

Instructions:

1. Preheat the oven to 350 F.
2. In a small skillet over medium heat, melt the bacon fat, then cook the shallots in the fat until translucent and slightly browned on the edges, about 5 minutes.
3. Roughly chop the green beans and place them in a 9-by-13- inch baking dish. Pour the Creamy Mushroom Soup over the green beans, then top evenly with the almond meal.
4. Sprinkle the top with salt and pepper and then evenly distribute the shallots across the top.
5. Bake for 20 to 30 minutes or until the sides of the casserole are bubbling.



Simple Cranberry Sauce



Ingredients

15-16 ounces fresh cranberries
Organic honey or maple syrup to taste
Juice + zest of one orange

Instructions:

1. In a medium-sized sauce pot, simmer the cranberries with the water/juice until all berries have “popped” open, and the texture is gelatinous. Add the honey or maple syrup to taste.
2. Remove the mixture from the heat, and allow it to come to room temperature before refrigerating for later use.



Apple-fig Cranberry Sauce



Ingredients

- 2 large green apples, peeled and finely diced (about 2.5 cups)
- 1 cup water, divided
- 3 cups fresh cranberries (about 10 oz)
- 4 dried figs
- Juice + zest of 1 orange - optional

Instructions:

1. Simmer the apples with $\frac{1}{4}$ cup of water over medium heat, stirring occasionally, until they become softened and completely unified as a sauce - about 15 minutes.
2. Reduce the heat to medium-low; stir in the cranberries and $\frac{3}{4}$ cup of the water. Simmer covered or partially covered until the cranberries all pop open and become soft, about 10 minutes.
3. While the cranberries simmer, finely dice the figs, removing any hard stem tips that may be intact. In a separate small saucepot, simmer the chopped figs over low heat in either the remaining $\frac{1}{4}$ cup of water (or the orange juice if using), until soft, about 5 minutes. Stir the figs and the water into the cranberry and apple mixture, reduce the heat to low and allow the mixture to reduce while partially covered, so that more of the water cooks out and it becomes thicker, about 10-15 minutes.
4. Purée all ingredients in a food processor for 2-3 minutes while warm. Serve warm or chilled, garnished with the orange zest if using.



Spiced Applesauce



Ingredients

4 green apples, peeled and diced
1/4 cup water
2 pinches ground nutmeg
2 pinches ground allspice
1 pinch ground cloves
1/2 teaspoon ground cinnamon
1 cinnamon stick

Instructions:

1. Place all the ingredients in a saucepan. Bring to a simmer over medium-low heat and simmer for 30 minutes or until the apples are cooked and become soft to your desired texture, chunky or smooth.
2. Remove the cinnamon stick before serving or storing.



Sweet & Savory Potatoes



Ingredients

3-4 large sweet potatoes, peeled and diced
1 tablespoon coconut oil, butter, ghee, or duck fat
1 teaspoon cinnamon
1 teaspoon pumpkin pie spice
1 teaspoon onion powder
Sea salt & black pepper

Instructions:

1. Preheat the oven to 375°F.
2. In a large roasting pan, toss the sweet potatoes with the coconut oil well to combine, using your hands to feel that each piece of potato is coated. Sprinkle in the spices and season liberally with salt and pepper, toss to coat evenly.
3. Roast for 30-40 minutes or until the potatoes are fork tender and the edges begin to brown.



Chestnut & Sausage Stuffing



Ingredients

- 1 pound ground pork
- 2 tablespoons Italian Sausage Spice Blend
- 1 tablespoon butter, duck fat, or bacon fat
- 1 large onion, chopped
- 3 stalks of celery, diced
- 2 large carrots, peeled and diced
- 2 green apples, chopped into 1/2 in pieces (optional)
- 1 teaspoon chopped fresh sage
- 1 teaspoon chopped fresh rosemary
- 1/2 teaspoon fresh thyme leaves
- Sea salt & black pepper to taste
- 14 ounces cooked chestnuts, roughly chopped (about 2 1/2 cups)
- 1/2 cup fresh cranberries (or use 1 cup dried cranberries)
- 1/4 cup turkey stock

Instructions:

1. In a large, high-sided skillet over medium heat, brown the pork with the spice blend and remove the meat from the pan with a slotted spoon, and set aside.
2. Add the butter to the pan, then sauté the onion, celery, carrots, apples (if using) and herbs. Stir to combine and season lightly with salt and pepper. Cook until the vegetables and apples become soft, 8-10 minutes.
3. Add the chestnuts (already roasted or bought pre-roasted from TJs or Whole Foods), cranberries and stock and simmer together until well heated and the cranberries either cook down and pop (if fresh) or hydrate a bit (if dried).
4. Add the sausage back in to combine all of the ingredients.
5. Place in the oven to heat through or to reheat when you're ready to serve it.



Roasted Winter Squash with Coconut Butter



Ingredients

- 1 winter squash
- 2 tablespoons coconut butter/ coconut cream concentrate
- Cinnamon – to taste
- Sea salt – to taste
- Dried currants, raisins, Cranberries or slivered Almonds for garnish

Instructions:

1. Preheat your oven to 375 F.
2. Cut the squash in half and scoop out the seeds and dispose of them (compost if you have it) or keep them in there to roast with the squash if you like.
3. Place each half cut-side down in a roasting pan or dish (I use a glass pan) and cook until the flesh of the squash is soft. The cooking time will vary depending on the size of the squash but you're looking at anywhere from 30-60 minutes.
4. A small Delicata squash may roast up in 20-25 minutes.
5. When the squash is done, remove it from the oven and top it with coconut butter, cinnamon and a dash of sea salt while it's still warm.
6. Garnish with dried currants, raisins, cranberries or slivered almonds.



Green Beans with Shallots



Ingredients

- 1 lb fresh green beans
- 2 tablespoons butter or coconut oil, divided
- 2 shallots, sliced
- Sea salt and black pepper to taste

Instructions:

1. Steam the green beans in a basket over about 1-inch of boiling water for approximately 8 minutes or until they become a brighter shade of green.
2. While the green beans are steaming, melt 1 tablespoon of the butter or coconut oil in a medium-sized skillet over medium-heat. Place the shallots in the skillet, and sauté until they are translucent and the edges are golden brown. Add sea salt and black pepper to taste.
3. Remove the green beans from the steamer basket, and place them in a serving bowl. Top with the remaining 1 tablespoon of cooking fat, and toss to combine.
4. Place the cooked shallots on top of the green beans, and serve.



Creamy Herb Mashed Cauliflower



Ingredients

- 1 large head cauliflower
- 2 tablespoons unsalted butter or coconut oil
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon fresh rosemary, or up to 1 teaspoon other fresh herb of your choice
- Sea salt and black pepper to taste

Instructions:

1. Cut the cauliflower into 2- to 3- inch pieces.
2. Set up a pot with 1 inch of water and a steamer basket.
3. Bring to a boil, covered, over high heat.
4. Steam the cauliflower until it is fork-tender, then place it in a food processor along with the butter, coconut oil or olive oil, rosemary or other herb, salt, and pepper.
5. Puree until smooth and creamy.



Brussels Sprouts with Crispy Capers & Bacon



Ingredients

- 1 large head cauliflower
- 2 tablespoons unsalted butter or coconut oil
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon fresh rosemary, or up to 1 teaspoon other fresh herb of your choice
- Sea salt and black pepper to taste

Instructions:

1. Preheat the oven to 350 F.
2. In a large, deep pot over medium-low heat, cook the bacon for about 8 minutes. Remove the bacon from the pot and pour the bacon grease onto a large rimmed baking sheet. Slice the bottoms off the brussel sprouts. Then quarter them. Place them on the baking sheet and toss to coat evenly with the bacon grease. Season lightly with salt and pepper.
3. Roast the Brussels sprouts for approximately 30 minutes or until the edges begin to brown and they become bright green.
4. While the Brussels sprouts roast, add about 1/4 inch of coconut oil to the pot used to cook the bacon. Once the oil has melted and is hot, carefully place the capers in the oil and cover with a splatter screen, as a lot of water in the capers will cook off and splatter in the first few seconds. Fry the capers for 1 to 2 minutes or until they become darker green and crispy. Set them aside.
5. When the Brussels sprouts are finished roasting, chop the bacon into 1/4-inch pieces and sprinkle it over the top along with the capers and lemon zest. Pour the lemon juice over the top and serve warm.



Orange Ginger Carrots



Ingredients

8 large carrots, sliced into 2" sticks
Juice + zest of 1/2 an orange
1 tablespoon ghee or coconut oil
1/2 - 1 teaspoon ginger powder or fresh
ginger (fresh will be stronger, use
whichever you prefer or have on-hand)
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
Few pinches of nutmeg

Instructions:

1. Preheat oven to 375°F.
2. Place the carrots in a baking dish and top with the orange juice, ghee, ginger, salt, and pepper and toss to combine.
3. Reserve the orange zest for garnish. Roast until the carrots are soft and begin to brown on the edges, 30-40 minutes.
4. Serve garnished with the orange zest and nutmeg.



Shaved Jicama Salad with Citrus Vinaigrette



Ingredients

1 head butter lettuce
6 ounces jicama (1 small)
1 mandarin orange
1/2 cup pomegranate seeds

FOR THE DRESSING

2 tablespoons extra-virgin olive oil
1/4 cup orange juice
Fine sea salt and ground
blackpepper to taste

Instructions:

1. Wash and dry the lettuce, then chop it into bite-sized pieces.
2. Whisk the dressing ingredients in a large bowl and toss the lettuce in the dressing.
3. Pile the lettuce on two plates, with the largest pieces on the bottom.
4. Peel the hard skin off the jicama with a vegetable peeler and slice it very thin with a sharp knife, mandoline, or vegetable peeler.
5. Peel the mandarin and separate it into segments.
6. Arrange the sliced jicama, pomegranate seeds, and mandarin segments on top of the dressed lettuce.



Apple & Fennel Salad



Ingredients

2 green apples, sliced into matchsticks
1 cup thinly sliced fennel (1 to 2 bulbs)
¼ teaspoon ground cinnamon,
for garnish
Salad greens or baby spinach.

FOR THE DRESSING

½ cup extra-virgin olive oil or
macadamia nut oil
2 tablespoons apple cider vinegar
2 tablespoons fresh lemon juice
½ teaspoon fennel seeds, ground
½ teaspoon ground cinnamon
¼ teaspoon onion powder sea salt
and black pepper to taste

Instructions:

1. In a small mixing bowl, whisk together all the ingredients for the dressing.
2. In a medium-sized mixing bowl, toss the dressing with the apple and fennel and garnish with the cinnamon.
3. Serve alone or over salad greens or baby spinach.



Cherry Kale with Pepitas



Ingredients

1 bunch of curly kale
1 tablespoon coconut oil, ghee, or butter
Sea salt and black pepper
Pinch of garlic powder
1/4 cup 100% tart cherry juice or apple juice, organic if possible
3 tablespoons dried cherries
3 tablespoons pepitas (pumpkin seeds)

Instructions:

1. Rinse the kale leaves under cold water, and pat them dry with a towel. Pull the leaves from the stalk by holding tightly onto the end and running your hand up the sides of the stem. You can also just cut the stem out, but the by-hand method is faster and is a kid-friendly method. Chop the kale into small pieces.
2. In a large stainless steel skillet over medium-high heat, melt the coconut oil, then place the kale into the pan and season with a few pinches of salt, pepper, and garlic powder. Allow the kale to sauté for a minute to begin to wilt, then pour the juice into the pan and cover with a lid to allow the kale to steam lightly for another 4 to 6 minutes or until it becomes soft and turns bright shade of green throughout.
3. While the kale cooks, roughly chop the cherries. Once the kale is cooked through, place the cherries and pepitas into the pan and stir to combine. Allow the cherries and pepitas to warm through on the stove for about 1 to 2 minutes.



Savory Sweet Potato Cakes



Ingredients

4 medium sweet potatoes
1/2 cup coconut flour
1 teaspoon paprika
2 teaspoons ground cumin
1 teaspoon cayenne pepper fine sea salt
and ground black pepper
2 large eggs, beaten
1/2 cup chopped fresh cilantro, plus
more for garnish
1/4 cup sustainable palm shortening,
coconut oil, or beef tallow

Instructions:

1. Preheat the oven to 350°F.
2. Bake the sweet potatoes for 1 hour, or until easily pierced with a knife. Allow to cool, then remove and discard the skin. Place the cooked sweet potatoes in a large bowl.
3. In a small bowl, use a fork to mix together the coconut flour, paprika, cumin, cayenne pepper, a pinch of salt and pepper, the eggs, and the cilantro.
4. Pour the egg mixture into the bowl with the sweet potatoes and mix well. Form the sweet potatoes into 6 evenly sized patties.
5. Melt the fat in a skillet over medium heat. Add the patties and cook for 3 to 4 minutes on each side, until golden brown. The cakes will be crispy on the outside and soft in the middle when done.
6. Garnish with the cilantro to serve.



Savory Herb Drop Biscuits



Ingredients

- 6 eggs
- ½ cup coconut oil or unsalted butter, melted but not hot
- ½ teaspoon apple cider vinegar
- ½ cup coconut flour
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 1 tablespoon fresh rosemary or sage leaves, chopped

Instructions:

1. Preheat the oven to 350°F.
2. In a mixing bowl, whisk together the eggs, coconut oil or butter, and vinegar until well combined.
3. Sift in the coconut flour, baking soda, and salt and stir to combine. Add the herbs and give it a quick stir.
4. Line a baking sheet with parchment paper and, using a large spoon, dollop the mixture onto the sheet in 12 small portions. Bake for 20-25 minutes or until golden brown.
5. To make as muffins: Line 6 cups of a muffin tin with parchment paper muffin cup liners and fill the cups evenly. Bake for approximately 25 minutes or until the muffins are set and the edges begin to become golden brown.





Split Roasted Turkey with Sage Butter



Ingredients

- 1 whole turkey
- Sea salt and black pepper
- 2 large carrots, peeled and chopped
- 3-4 large stalks of celery, chopped
- 2 medium onions, chopped
- 1/2 pound butter, softened
- Leaves from 2 sprigs of fresh sage
- Needles from 1 sprig of fresh rosemary
- Leaves from 2-3 sprigs of fresh thyme

Instructions:

1. Remove any giblets or bag of extra parts that are inside the cavity of your turkey, then rinse the turkey thoroughly under warm water.
2. Place the turkey on a large cutting board or large kitchen towel on the countertop if you don't have a large board. To split the turkey in half, using poultry shears or a very sharp, large chef's knife, cut along each side of the turkey's backbone and remove it. Then, place the turkey skin-side-down on a clean surface and flatten it by pressing down on it.
3. Optional: for easier roasting, use a knife or a meat cleaver to cut firmly through the breastbone, creating two even-sized halves. (Alternatively, simply ask your local butcher or where ever you purchase the bird to spatchcock it for you.) Reserve the back along with the neck to make your stock.

Note: if you used a towel on the counter top, be sure to disinfect the counter top and remove the towel from your kitchen while preparing the rest of the meal. Season the bottom side of the turkey liberally with salt and pepper.

4. For a very large turkey, divide the chopped vegetables evenly between two high-sided roasting pans, season with salt and pepper, then place each half of the turkey into one pan. If you have your turkey stock already prepared, add about 1/2 cup to the bottom of each roasting pan to keep the vegetables from burning. If you can fit both halves of your turkey in one pan, then place all of the vegetables into the one pan and continue accordingly.

5. In a small bowl, mix together the butter and herbs, and a generous amount of salt and pepper. Carefully separate the skin from the meat, and press the compound butter mixture under the skin, spreading it into a thin layer from the outside of the skin once you place it inside. To reach parts of the turkey that aren't as easily accessible from the opening over the breast meat, make small, 1/2 - 1-inch incisions and insert small amounts of the butter mixture into the hole and spread from outside the skin as-needed.

6. Melt any remaining butter mixture, then brush it generously over the turkey. Season the skin liberally with salt and pepper, then place into the oven on a rack in the lower third for 45-90 minutes (depending on the size of your bird) or until the internal temperature at the thickest part of the turkey reaches 155F. Once you remove the turkey from the oven, it will continue to rise in temperature up to 160F for a completely cooked-through bird. Allow the turkey to rest for at least 20 minutes before carving. Serve with Pan-Roasted Vegetable Gravy, page 76.



Pan Roasted Vegetable Gravy



Ingredients

- 1 cup pan-roasted vegetables
(from under your turkey)
- 1 cup turkey stock

Instructions:

1. Scrape some of the roasted, browned bits from your pan.
2. Place the browned bits along with the roasted vegetables and stock into a blender, taking care not to fill the blender jar more than halfway as hot liquids will expand when blended.
3. Remove the top “stopper” from your blender jar and cover the opening with a kitchen towel that you hold in place while you blend the gravy.
4. Blend until completely smooth, about 1-2 minutes. This works best in a high-speed blender like a Vitamix or Blend-Tec, but any blender will work.



Maple Mustard Smoked Ham



Ingredients

- 1 tablespoon mustard
- 1 tablespoon maple syrup
- 1 tablespoon apple cider
- 1 tablespoon ghee (melted if it isn't soft)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4-1/2 teaspoon dried rosemary
- 2 1/2 pound smoked ham
- 3 large carrots peeled and chopped 1" pieces
- 2 sprigs rosemary

Instructions:

1. Preheat oven to 375° F.
2. Whisk together the mustard, maple syrup, cider, ghee, salt, pepper, and rosemary.
3. Place the ham into a baking dish and surround it with the carrots. Brush the sauce liberally over the ham, then pour the remaining sauce over the carrots and toss to coat them.
4. Place the rosemary on top of the ham, then bake until it reaches 160° F internal temperature - about 20-30 minutes per pound.



Spiced Rack of Lamb



Ingredients

- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 tablespoon dried oregano leaves
- 1 teaspoon ground coriander
- 2 tablespoons dried thyme leaves
- 1 tablespoon ground cumin, fine sea salt and ground blackpepper
- 2 tablespoons extra-virgin olive oil
- 1 (2-pound) rack of lamb
- 1 tablespoon unsalted butter, ghee, or coconut oil
- 1 recipe Mint Pesto for serving

Instructions:

1. Mix together the chili powder, paprika, oregano, coriander, thyme, cumin, a pinch of salt and pepper, and the olive oil in a small bowl. Rub the mixture onto the lamb evenly and let it sit for up to 1 hour in the refrigerator.
2. Preheat the oven to 350°F. Melt the fat in an oven-safe skillet over medium-high heat. Sear the rack of lamb for 1 minute on each side, pressing down firmly.
3. Transfer the pan with the lamb to the oven for 10 minutes for medium doneness or 12 minutes for well-done. Take the lamb out of the oven and let it rest for 2 minutes before slicing. Top with the pesto and serve.



Warm Eggplant & Tomato Salad with Mint (Zaalouk)



Ingredients

1 tablespoon unsalted butter, coconut oil, or ghee
1 medium white onion, diced
1 tablespoon minced garlic
3 Roma tomatoes, chopped
Fine sea salt and ground blackpepper
1 large eggplant
2 medium zucchini
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 cup chopped fresh parsley
1 tablespoon apple cider vinegar
1/4 cup extra-virgin olive oil, for garnish
1/4 cup chopped fresh mint leaves, for garnish

Instructions:

1. Melt the fat in a skillet over medium heat.
2. Add the onion, garlic, and tomatoes with a few pinches of salt and pepper. Sauté the onion mixture for 10 minutes.
3. While the onion and tomatoes are cooking, dice the eggplant and zucchini into bite-sized pieces. Add the eggplant, zucchini, cumin, chili powder, and parsley to the skillet. Sauté the mixture for 10 to 15 more minutes, or until the vegetables are well cooked.
4. Add the vinegar to the pan and stir.
5. Garnish the dish with the olive oil and mint leaves.



Ginger-Thyme Pork Tenderloin with Melted Onions & Apples



Ingredients

- 1 1/2 pounds pork tenderloin (1 large or 2 small)
- 1 teaspoon dried thyme
- 1/4 teaspoon grated fresh ginger (or 1/2 teaspoon ginger powder)
- 1/2 teaspoon sea salt, plus more for seasoning onions
- 1/2 teaspoon black pepper, plus more for seasoning onions
- 3 tablespoons melted ghee, coconut oil, or butter, divided
- 1 large yellow onion, sliced
- 1 large apple, peeled and thinly sliced
- 1/2 teaspoon cinnamon
- Fresh thyme sprigs, for garnish (optional)

Instructions:

Preheat oven to 375° F.

In a small mixing bowl, combine the thyme, ginger, salt, pepper, and 1 tablespoon of the melted ghee. Using paper towels, pat the pork dry, and generously apply the spice and ghee mixture to the meat to evenly coat.

In a large cast iron or other oven-safe skillet over medium- high heat, melt 1 tablespoon of the ghee. When the pan is hot, place the pork into the pan and sear for 2 minutes on each side. Add the last tablespoon of ghee to the pan, then add the onion and season with a few pinches of salt and pepper. Add the apples on top of the onions and sprinkle the entire pan evenly with the cinnamon.

Cover the skillet loosely with foil and place into the oven for 15 minutes. Remove the foil and roast for an additional 5-10 minutes or until the pork reaches an internal temperature of 145F.

Slice the tenderloin on the bias (diagonally) and serve topped with the onions and apples.



Fig & Ginger Chicken Tajine



Ingredients

- 1 tablespoon butter, ghee, or coconut oil
- 1 whole (5-pound) chicken, cut into 8 pieces
- 1 medium white onion, diced
- 2 teaspoons minced garlic
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 2 tablespoons grated fresh ginger
- Fine sea salt and ground blackpepper
- 4 cups Broth (page 38 for quick turkey stock)
- 1 1/2 cups dried figs, halved (about 12 whole figs)
- 1/4 cup chopped fresh cilantro, for garnish

Instructions:

1. Melt the fat in a large stockpot over medium heat, then add the chicken and sauté for 10 minutes, or until browned.
2. Add the onion, garlic, cumin, coriander, cinnamon, ginger, and a pinch of salt and pepper and sauté the mixture for 5 minutes, or until the onion is translucent.
3. Add the broth, cover, and bring to a boil. Remove the lid and simmer, uncovered, for 20 minutes. Add the dried figs and continue to simmer the mixture for another 20 minutes, uncovered.
4. Serve the chicken with the sauce, topped with the cilantro.





Pumpkin-Pie Custard



Ingredients

1 teaspoon cinnamon
1/4 teaspoon ground ginger
2 pinches of grated nutmeg
Pinch of sea salt
1 cup canned pumpkin puree
(or made from fresh pumpkin and strained)
2 eggs, beaten
1/4 cup maple syrup
1 teaspoon vanilla extract
1 cup full-fat coconut milk

Instructions:

1. Preheat oven to 350 F. Boil a pot of water (enough water to fill the baking pan as directed below).
2. In a small mixing bowl, combine the cinnamon, ginger, nutmeg, and sea salt.
3. In a medium-sized mixing bowl, combine the pumpkin puree, eggs, maple syrup, vanilla extract, and coconut milk. Whisk the dry ingredients into the liquid mixture until well combined.
4. Pour the custard into small ramekins (oven-safe ceramic or glass dishes). Place the ramekins in a baking pan and add enough boiling water to the dish to come up halfway to the top of the ramekins. Carefully place the dish with the ramekins and water in the oven.
5. Bake for 45-60 minutes or until a knife inserted into the center of the custard comes out clean.
6. Serve warm or chilled.



Granny Smith Apple Crumble



Ingredients

FOR THE FILLING

4 green apples, peeled and thinly sliced
Juice of ½ lemon
1 teaspoon ground cinnamon

FOR THE TOPPING

1 ¼ cups almond meal or other nut meal of your choice
¼ cup unsalted butter or coconut oil, softened
1 teaspoon ground cinnamon
Pinch of sea salt
1 tablespoon unsalted butter or coconut oil, melted, for the pan

Instructions:

1. Preheat the oven to 350°F.
2. Make the filling: In a mixing bowl, toss the apples with the lemon juice and cinnamon.
3. Make the topping: In a separate bowl, mix together the almond meal, butter or coconut oil, cinnamon, and salt until completely incorporated.
4. Brush the bottom and sides of a 9 by 9-inch or similar-sized baking dish with the melted butter or coconut oil.
5. Place the apples in the baking dish and cover evenly with the topping.
6. Bake for 20 minutes covered with foil, then for an additional 25-30 minutes uncovered, until the apples are soft and the topping begins to brown on the edges.



Gingerbread Molasses Drop Cookies



Ingredients

1 1/4 cups (156 grams) of cashew flour
1 1/4 cup (160 grams) of tapioca
or arrowroot starch
2 teaspoons cinnamon
1 1/2 teaspoons of ginger
1/2 teaspoon of sea salt
1 1/2 teaspoons baking powder
1/3 cup of coconut palm sugar (50 grams)
1/2 cup of sustainable palm
shortening (90 grams)
1/4 cup of molasses (94 grams)
1 tablespoon of pure vanilla extract
2 tablespoons of applesauce

Instructions:

1. Preheat oven to 350° F.
2. Place sheets of parchment onto two standard cookie sheets. Arrange 2 baking racks to be in the center of the oven. Mix all ingredients together using a stand or hand mixer, then finish by using your hands to bring the dough together.
3. Start with 2 tablespoons of the water and if your mix feels very crumbly then add the last tablespoon. Using a spoon (or a small 1 tablespoon-sized ice cream scoop) place roughly 1 heaping tablespoon of the dough onto the cookie sheets, spacing them 1 1/2- 2 inches apart. Bake 10-15 minutes or until the cookies puff up and become slightly brown around the edges - alternating the trays once halfway through the baking time.
4. Remove the cookies from the oven and allow them to cool completely before removing them from the pan. Store at room temperature in a sealed bag or container or freeze for a later date.

For Larger Cookies: Divide dough into 16- 1 tablespoon sized balls. Place on cookie sheet covered in parchment (1/2 inch apart) and bake for 10-15 minutes. (10 minutes for soft cookies- 15 for slightly crunchy)

For Small Cookies: Divide dough into 32 - 1/2 tablespoon sized balls. Place on parchment lined cookie sheet (1/2 inch apart) and bake 10-13 minutes. (10 minutes for soft- 13 minutes for slightly crunchy)



Flourless Mint Chocolate Cake



Ingredients

- 1 tablespoon unsalted butter, ghee, or coconut oil, for greasing the cake pan
- 1 tablespoon cocoa powder, for dusting the cake pan
- 11 ounces dark chocolate (80% cacao), roughly chopped
- 1 cup coconut oil
- 1 teaspoon or more mint extract
(Note: Add the extract to taste. Many are stronger than others and you may need up to 1-2 tablespoons or far less. Start slowly and add more as you stir it in and taste.)
- 3/4 cup maple syrup or honey
- 1/4 teaspoon fine sea salt
- 6 large eggs
- 1 recipe Chocolate Dip (below), for topping (optional)
- 8 Trader Joe's Honey Mints, or 2-3 organic candy canes, roughly chopped for garnish (optional)

Instructions:

1. Preheat the oven to 275°F. Grease a 9-inch round cake pan with the fat and dust it with cocoa powder.
2. Melt the chocolate and coconut oil in a double boiler, stirring constantly. If you do not have a double boiler, use a heatproof glass mixing bowl over a saucepan filled with a few cups of water, making sure the water doesn't touch the bottom of the bowl. Remove the bowl from the heat when the chocolate is fully melted. Stir in the mint extract, maple syrup, 2 tablespoons of water, and the salt. One by one, whisk the eggs into the chocolate mixture until completely incorporated.
3. Pour the cake batter into the prepared pan. Fill a large baking dish with 1/2 inch of water and place the cake pan into the baking dish. The water should come halfway up the side of the cake pan. Place the cake pan and baking dish in the oven and bake for 45 to 50 minutes, until the cake is set.
4. Remove the cake pan from the water bath and let the cake cool in the pan at room temperature for about an hour. Tip the cake out onto a platter. Drizzle with the chocolate dip and candy garnish, if using, slice, and serve. Store leftovers in the refrigerator.



Chocolate Pistachio Bites



Ingredients

1/3 cup full-fat, canned coconut milk
16 ounces dark chocolate (80% cacao),
chopped
1/4 cup unsalted butter, ghee, or
coconut oil
2 large eggs, beaten
2 teaspoons grated lemon zest
2 cups coconut sugar
1 1/2 cups blanched almond flour
1 3/4 cups cocoa powder
1 teaspoon vanilla extract (gluten free)
2 cups raw pistachios

Instructions:

1. In a saucepan over medium heat, warm the coconut milk for 3 minutes. Add the chocolate and fat to the pan while stirring. Continue stirring and heating the mixture for 2 minutes. Remove the saucepan from the heat. Stir in the eggs and lemon zest and stir for 1 minute.
2. Put the saucepan back on the burner, still over medium heat, and add the coconut sugar, almond flour, cocoa powder, and vanilla. Stir the mixture well for 2 minutes and then remove from the heat. Let the mixture cool for 15 minutes.
3. Place the pistachios in a food processor and pulse until they are finely ground, about the consistency of a coarse powder.
4. Form the chocolate mixture into 1-by-2-inch rectangles with your hands and then roll them in the chopped pistachios. Place the squares on a platter and let them chill in the refrigerator for 1 hour before serving.



Fig Brownies



Ingredients

- 3/4 cup unsalted butter, ghee, or coconut oil, melted, plus more for greasing the dish
- 1 teaspoon vanilla extract (glutenfree)
- 3 large eggs, beaten
- 1 cup honey
- 1 teaspoon lemon juice
- 2 1/2 cups blanched almond flour
- 1 1/2 cups cocoa powder
- 1 teaspoon baking soda
- 1 cup chopped dried figs

Instructions:

1. Preheat the oven to 350°F. Grease a 9-inch-square glass or ceramic baking dish.
2. In a medium bowl, whisk together the melted fat, vanilla, eggs, honey, and lemon juice until well combined.
3. In a small bowl, mix the almond flour, cocoa, and baking soda. Add the dry mixture to the wet and stir until well combined. Stir in the figs and pour the mixture into the prepared baking dish.
4. Bake for 30 minutes, or until a knife inserted in the center comes out clean. Remove from the oven and cool in the baking dish for 30 minutes.
5. Cut into squares before serving.



Pepita Goji Berry Bark



Ingredients

- 1 cup dark chocolate chips
- 1 teaspoon bacon grease or coconut oil
- 2 tablespoons goji berries, roughly chopped
- 2 tablespoons pepitas (pumpkin seeds), roughly chopped
- 2 tablespoons walnuts, roughly chopped
- Pinch of coarse sea salt

Instructions:

1. Melt the chocolate chips with the bacon grease over a double-boiler on low heat or in the microwave for 30 seconds. Stir vigorously before adding more chocolate chips. Add microwave time only in 10-second increments to prevent burning the chocolate.
2. Stir in the goji berries, pepitas, walnuts, and sea salt, and spread the mixture on parchment paper over a cookie sheet. Place in the refrigerator to cool. After it has set, chop the chocolate roughly.





Thanksgiving Stuffing Meatballs



Ingredients

- 2 lb ground pork
- 2 tablespoons Italian Sausage Spice Blend
- 2 teaspoons butter, bacon fat, or coconut oil
- 1/4 cup onion, finely chopped
- 1/4 cup celery, finely chopped
- 1/4 cup carrot, grated or shredded
- 1/4 cup chestnuts, finely chopped (use walnuts or pecans if chestnuts are not available)

Instructions:

1. Preheat oven to 425° F.
2. In a medium-sized mixing bowl, combine the pork and Italian Sausage Spice Blend until the spices are well incorporated evenly throughout the meat.
3. In a large skillet over medium-heat, melt the butter, bacon fat, or coconut oil. Place the onions, celery, and carrots in the pan, and sauté until the onions and celery appear translucent.
4. Add the chestnuts, and continue to cook for another 2 minutes. Set the onion, celery, carrot, and chestnut mixture aside to cool until you can touch it comfortably. Then, combine the mixture with the meat, and form the pork into 24 meatballs.
5. Place the meatballs in an oven-safe dish or on a baking sheet, and bake approximately 25-30 minutes or until cooked all the way through.
6. Serve these meatballs with the Simple Cranberry Sauce.



Leftover Turkey Soup



Ingredients

2 tablespoons cooking fat
1 small onion, diced ($\frac{3}{4}$ cup)
2 large celery stalks, diced ($\frac{3}{4}$ cup)
1 extra-large or 2 medium carrots,
diced ($\frac{3}{4}$ cup)
4 cups Bone Broth
1 pound leftover turkey, chopped
into chunks
Sea salt and black pepper
2 tablespoons chopped fresh dill,
plus more for garnish

Instructions:

1. In a large pot over medium heat, melt the cooking fat. Add the onion, celery, and carrots, season with salt and pepper, and sauté for 5 to 8 minutes or until the vegetables are fork-tender and the onions are translucent.
2. Add the Bone Broth and chunks of turkey to the pot and simmer for 10 minutes to marry the flavors. Stir in the dill just before serving and garnish with more dill if you like.
3. This soup pairs perfectly with the Herb Crackers.



Leftover Turkey Salad



Ingredients

- 1/4 cup fresh cranberries
- 1 green apple, peeled and cored
- 1/4 cup leftover roasted vegetables (celery & onion), optional
- 1 pound leftover turkey
- 2-3 tablespoons Healthy Homemade Mayonnaise
- Sea salt and black pepper to taste
- 8 cups mixed greens
- 2 satsuma oranges or tangerines

Instructions:

1. Pulse the cranberries and apple in a food processor, then add the roasted vegetables, turkey, and Mayonnaise and pulse a few more times to combine. Add salt and pepper to taste.
2. Serve over mixed greens, garnish with orange wedges.



Leftover Ham & Apple Salad



Ingredients

10 ounces of cooked ham
1/4 cup Heathy Homemade
Mayonnaise (p 40), or more/ less to taste
1 teaspoon gluten-free mustard
1 stalk celery, chopped
2 tablespoons finely chopped onion
1/2 an apple, any kind, peeled and
shredded or finely chopped
1 large carrot, shredded
Sea salt and black pepper to taste

Instructions:

1. Pulse the ham, mayonnaise, and mustard in a food processor until well combined. Add the celery and onion and pulse to combine further.
2. Place the ham mixture into a mixing bowl, then stir in the apple, celery, and carrot. Season with sea salt and black pepper to taste.
3. Serve over mixed greens or with celery stalks or apple slices. Apple Cider Vinaigrette Dressing pairs perfectly with this salad.





Spiced Pumpkin Cider



Ingredients

Spiced pumpkin syrup
1/2 cup pumpkin
1 cup water
2 tbs maple syrup
1/2 tsp cinnamon
1/4 tsp allspice
1/4 tsp ginger
16oz hard cider or apple cider

Instructions:

1. In a small sauce pot, mix all spiced pumpkin syrup together.
2. Boil for 10 minutes, stirring occasionally then remove from heat and let cool.
3. For every 4 ounces of cider, pour in 2 tablespoons spiced pumpkin syrup.
4. Stir and enjoy!



Ingrid's Gin Cucumber Cooler



Ingredients

- ½ lime, squeezed for its juice
- ¼ cup seedless cucumber, peeled and thinly sliced.
- Pinch salt
- 1 ounce Hendrick's gin (you can use others, but the light cucumber flavor of Hendrick's will be best).
- 3 ounces cold soda water
- ½ oz cold diet ginger ale (I recommend zevia)

Instructions:

1. Muddle the cucumbers with the salt and lime juice in a shaker. Fill highball glass with ice and add to Shaker. Add gin and shake. Add soda water and ginger ale. Transfer between glass and shaker a Few times to be sure soda water and ginger ale are plenty cold. Pour into glass and garnish with lime wedge and cucumber wedge if desired. When the drink is done, eat the cucumber slices – yum!



Peggy's Mini Marg



Ingredients

- 1 ½ oz. (good quality) tequila
- ½ oz. tripple sec
- 1 oz. fresh squeezed lime juice

Instructions:

1. Put ingredients into a blender
2. Add ice
3. Whirl and serve (in a pretty glass, of course, rimmed with salt if preferred, and a slice of lime).



Pam's Ginger Snap



Ingredients

1 ½ oz Vodka
½ oz St. Germaine
3 slices fresh ginger root
Dash of fresh lime juice

Instructions:

1. Pour over ice in a Tom Collins glass, fill with Ginger Ale, stir.



Rebecca's Skinny White Sangria



Ingredients

White Wine
Fresh Oranges, Frozen Peaches, Frozen
Mangos, Fresh or Frozen Strawberries

Instructions:

1. Let sit over night
2. Serve over ice with Soda Water 50/50 ratio





EVOLVE PALEO RECIPES



Salmon Cakes



Ingredients

2 strips bacon, chopped
0.25 cup chopped onion
0.5 cup Evolve Paleo Mayo
2 tsp Dijon Mustard
0.5 ea. lemon, zested
0.5 tsp Old Bay Seasoning
14 oz. Salmon, cooked, chunked
0.5 ea. Sweet Potato, baked, mashed
0.25 cup Paleo Bread Crumbs
(Evolve Paleo Bread)
1 ea. egg
Salt and pepper to taste

Instructions:

1. Cook the bacon reserving the fat
2. Using the reserved fat, cook onions until translucent. Remove and cool.
3. Combine all the ingredients and form into little cakes.
4. You can either brown them on the stove in a nonstick pan with a little pan spray or place them on a baking sheet and put in the oven.
5. They are done when they have melded together.





BBQ Meatballs



Ingredients

2 lb. Ground Beef
2 TBSP Onion Powder
2 TBSP garlic Powder
TT Salt/Pepper
1 jar Evolve BBQ Sauce

Instructions:

1. Combine all ingredient except BBQ Sauce
2. Make a small tester to make sure you don't need to adjust any ingredient
3. Scoop 1oz balls. (A scooper really helps with this task). Place balls on cookie sheet
4. Bake at 350 degrees until center of each ball reaches 150 degrees.
5. Put all balls in crock pot and add BBQ sauce. Keep on warm until ready for service.





Green Beans w/ Fried Onions



Ingredients

2 cups Green Beans, washed, trimmed
0.5 cups Onions, thinly sliced
0.5 cups Breading for frying
2 cups Grapeseed Oil
2 TBSP Ghee
1 cups White mushrooms, sliced
0.1 lb. Salt

BREADING

1 lb Coconut Flour
1 lb Tapioca Flour
0.15 lb Arrowroot Flour
0.05 lb Black Pepper
0.05 lb Garlic Powder
0.025 lb Paprika
0.1 lb Salt

Instructions:

1. Cook green beans in boiling salted water until tender. Shock green beans in an ice bath and reserve.
2. Soak sliced onions in ice water for 1 hour.
3. Heat Oil in deep fryer to 375 degrees.
4. Drain onions.
5. Combine breading mixture. Toss onions in mixture until coated. Shake off excess flour.
6. Deep Fry until golden brown
7. Melt the butter and sauté the mushrooms over medium high heat until tender.
8. Add reserved green beans to the mushrooms and heat thoroughly.
9. Top beans with fried onions and serve.





Paleo Holiday Stuffing



Ingredients

0.25 cup ghee
1 cup Onion, small dice
0.5 cup Celery, small dice
0.5 cup Ham, small dice
0.5 cup Chicken meat, cooked, small dice
0.25 cup Sage Sausage, cooked, chopped
3 cup paleo Bread, dried, 1" cubed
2 ea. Eggs
0.5 tsp Sage, Crumbled
1/8 tsp White Pepper
1/8 tsp Thyme, dried
1/8 tsp Mace
1/8 tsp Marjoram
.5 tsp Salt
.25 cup Chicken Stock

Instructions:

1. Heat ghee and sauté the onion and celery until very soft.
2. Add the ham, chicken meat, and sausage, cook for 5 min, stirring occasionally.
3. Mix with the bread cubes and cool
4. Beat Eggs with the spices, salt, and stock,
5. Combine with the beat and meat; mix well. Add more stock if necessary.
6. Bake in 375 oven, uncovered, until top is browned and greasing reaches 165 degrees internal temperature.



Glazed Turnips



Ingredients

3 cups Turnips, peeled 1 inch dice
0.5 cups Chicken Stock
2 TBSP Ghee
2 TBSP Maple Syrup
TT Salt and Pepper

Instructions:

1. Combine turnips with chicken stock and maple syrup.
2. Bring to simmer and cover the pan. Stir occasionally. Simmer until liquid has evaporated; do not overcook turnips.
3. If turnips cook before the liquid has evaporated, remove turnips and reduce liquid to a glaze. Then season with salt and pepper.





Cranberry Sauce



Ingredients

0.5 cup Coconut Sugar
3 TBSP Orange Juice
0.25 cup Water
3 cups Cranberries, fresh or frozen
1 pinch cinnamon

Instructions:

1. Combine sugar, OJ and water in a pan and bring to boil
2. Add cranberries and cinnamon. Simmer until cranberries burst. About 15 min. simmer for 5 more minutes or until reduced to desired consistency.
3. Remove from heat, cool and refrigerate.





Classic Deviled Eggs



Ingredients

12 ea. Eggs
2 TBSP Mayo
1 TBSP Spicy Brown Mustard
0.75 TBSP White Wine Vinegar
0.5 tsp Sriracha Sauce
(or other hot sauce)
0.25 Cup Olive Oil
TT Salt/Pepper
3 TBSP Chives, thin bias cut
TT Crushed Red Pepper or Hot Paprika
Garnish Pink Salt Crystals

Instructions:

1. Bring 1 gallon of water to a boil
2. When water has reached a boil, add eggs and boil for 12 minutes.
3. After boiling, remove all eggs to ice bath until cool. Peel.
4. Place all the yolks in a food processor, add mayo, mustard, half the vinegar, and hot sauce. Process until smooth
5. With food processor running, drizzle in 2 TBSP olive oil. Season mixture to taste with salt and pepper.
6. Transfer to Ziploc bag
7. Cut off corner of bag and pipe filling into egg whites, make sure to overstuff each (that's the good stuff).
8. Drizzle each with remaining olive oil, sprinkle with chives, crushed red peppers and pink sea salt. (Or any other topping you desire)
9. Serve (or eat all of them yourself)





Guacamole Stuffed Deviled Eggs



Ingredients

12 ea. Eggs
2 ea. Avocado
0.5 ea. Jalapeno, minced
0.5 ea. onion, minced
2 TBSP Lime Juice
TT salt

Instructions:

1. Bring 1 gallon of water to a boil
2. When water has reached a boil, add eggs and boil for 12 minutes.
3. While the eggs are boiling, halve the avocados and scoop into bowl
4. Add the jalapeno and onion
5. Combine until smoot, add salt to taste. Chill
6. When your timer goes off for the eggs, place in ice water to stop the cooking, and peel.
7. Halve the peeled eggs, reserve the yolks for another use.
8. Place guacamole into Ziploc bag and cut a corner.
9. Fill each egg half with guacamole
10. Sprinkle with paprika. Chill and serve.





Bloody Mary Devil Eggs



Ingredients

12 ea. Eggs
0.5 cup Mayo
1 TBSP prepared horseradish
0.5 tsp Salt
0.25 tsp Celery Seed
1 tsp Worcestershire Sauce
0.5 tsp Tabasco Sauce
0.5 cup tomatoes, concussed
and small diced
2 TBSP celery, minced
1 TBSP Lemon Juice
1 tsp Vodka (optional)
2 TBSP Grapeseed Oil
24 ea. Small shrimp, peeled, deveined

Instructions:

1. Bring 1 gallon of water to a boil
2. When water has reached a boil, add eggs and boil for 12 minutes.
3. After boiling, remove all eggs to ice bath until cool. Peel. Cut in half horizontally
4. Sauté Shrimp over high heat with a touch of grapeseed oil. Until caramelized and GBD
5. In a bowl mash the yolks until smooth with a fork. Add in horseradish, salt, celery seed, Worcestershire sauce and tabasco until smooth.
6. Place mixture in plastic bag, cut corner and pipe evenly into egg white halves.
7. Prepare topping in small bowl. Topping consists of concussed tomatoes, minced celery, lemon juice, and vodka (optional).
8. Top each egg half with about 1 tsp of mixture and garnish each egg with 1 shrimp where each tail is sticking out of the mix. Be careful not to break the egg.



Balsamic Glazed Brussel Sprouts w/ Bacon



Ingredients

3 lbs. Brussel Sprouts, Trimmed & Split
1 lb. bacon, Large Dice
0.5 Cup Balsamic Vinegar
TT Salt & Pepper

Instructions:

1. Bring 3 Quarts of water to a boil.
2. Add Brussel sprouts to boiling water
3. Cook for 6-10 minutes
4. Strain & set aside to keep warm
5. Cook the bacon in a sauté pan until almost crisp, remove half of the grease
6. Add the Brussel sprouts, balsamic vinegar & Salt and Pepper. Cook 3-4 minutes





Pecan Baked Sweet Potatoes & Apples



Ingredients

2 lbs. Apples, Peeled, Cored & Drained
1 lb. Sweet Potatoes, Peeled & Diced
0.5 Cup Chopped Pecans
0.5 Cup melted Ghee (plain)
0.25 Cup Coconut Sugar
1 ea. Yellow Onion, Diced
1 T Salt
1 T Cinnamon

Instructions:

1. Divide the Ghee in half
2. Toss the sweet potatoes, apples, onions, cinnamon & half of the ghee. Place in casserole dish.
3. mix the pecans, coconut sugar and remaining Ghee in a small bowl.
4. Place the casserole dish in a preheated 400-degree oven for 20 minutes
5. Spread the pecan mixture over the top and bake for an additional 8-10 minutes.





Smoked Brisket Deviled Eggs



Ingredients

12 ea. Hard Boiled Eggs
6 oz. Smoked Brisket
1 ea. Kosher Dill Pickle, minced
2 T Mayo
1 T Mustard
2 oz. Pickled Onion
24 Slices Candied Jalapeno
TT Salt & Pepper

Instructions:

1. Remove Shells from hard boiled eggs and halve
2. Remove Yolks and place in separate bowl, Place egg white to the side to be filled later.
3. Mix Yolk, diced kosher dill pickle, mayo, mustard, $\frac{1}{4}$ of the brisket and S & P in a bowl. Combine well
4. Place the filling into the egg whites.
5. top with remaining brisket, pickled onions and Candied jalapeno





Deviled Ham & Eggs



Ingredients

12 ea. Hard Boiled Eggs
6 oz. Ham
2 oz. Cheddar Cheese
2 T Mayo
1 T Dijon Mustard
1 tsp. Tabasco sauce
1 tsp. Worcestershire Sauce
TT Salt & Pepper

Instructions:

1. Remove Shells from hard boiled eggs and halve
2. Remove Yolks and place in separate bowl, Place egg white to the side to be filled later.
3. Combine ham, cheddar, mayo, mustard, tabasco and S&P into food processor, Pulse till ingredients are combined
4. Place the filling into the egg whites.
5. Crumble up egg yolk and top egg as garnish



Dirty Martini Deviled Eggs



Ingredients

12 ea. Hard Boiled Eggs
36 ea. Green olives
1 T Olive Juice
1 T Tabasco Sauce
2 T Mayo
1 T Worcestershire sauce
TT Salt & Pepper

Instructions:

1. Remove Shells from hard boiled eggs and halve
2. Remove Yolks and place in separate bowl, Place egg white to the side to be filled later.
3. Mince 12 olives
4. Place yolks, mayo, Worcestershire sauce, S&P, Tabasco and olive juice. Mix until all ingredients are combined.
5. Place mixture into egg whites.
6. Skewer remaining olives and place on top as garnish





**PALEO
THANKSGIVING
RECIPES**



Mushroom Butter Roasted Turkey



Ingredients

Turkey
One 10-12 lb turkey
Garlic powder
Ground dried thyme
Poultry mix or finely chopped fresh
Rosemary, sage, thyme, and marjoram
1/2 cup chicken stock
1/2 cup good quality and sugar-free BBQ
sauce (can be homemade);

Wild Mushroom Butter:

1 1/4 cups dried wild mushrooms
1/4 lb room temperature butter or
clarified butter
1 tbsp white wine

Instructions:

1. Preheat your oven to 450 F.
2. Grind the dried mushrooms in a coffee grinder to a powder. Mix that powder in a bowl with the soft butter or ghee and add the white wine and mix again.
3. Clean and pat dry your turkey. Remove the organs if still present in the cavity. Place the turkey in a large roasting pan.

4. Cut the skin at a few places on the bird and place some of the wild mushroom butter between the skin and the flesh with a small spoon or a kitchen syringe.
5. Season the bird generously with garlic powder, dried thyme, the fresh herbs or poultry mix and black pepper. Also add the rest of the mushroom butter on the surface of the turkey.
6. Place a loose sheet of aluminium paper on top of the turkey and put it in the oven.
7. Reduce the heat to 350 F immediately after putting the turkey in the oven. Cook for about 18 minutes per pound. 3 hours and a half in our case. Season with salt and pepper after 30 minutes of cooking.
8. Baste the bird about every 20 minutes to make sure the meat stays moist.
9. You can remove the aluminium paper an hour before the end of the cooking process to obtain a golden and crispy skin.
10. Remove the turkey from the oven when fully cooked and set the turkey aside, out from the roasting pan and covered with the sheet of aluminium paper.
11. Place the pan on the stove top on a medium heat and deglaze with the chicken stock. Add the BBQ sauce.
12. Bring to a boil, then remove from the heat.
13. Serve the sauce immediately with the turkey.



Cranberry Sauce



Ingredients

- 1 lb fresh raw cranberries
- 1 cup freshly squeezed orange juice

Instructions:

1. Place the cranberries and orange juice in a pot and slowly bring to a boil, making sure to stir from time to time.
2. As the cranberries cook, they will eventually pop. When all the cranberries have popped, the sauce is ready.
3. Cool in the refrigerator and serve with your thanksgiving turkey.



Beef, Celery, Walnut & Apple Stuffing



Ingredients

1 lb extra lean ground beef
1 tbsp cooking fat
4 stalks celery, diced
1 medium onion, diced
1 apple, diced
2 cups finely chopped walnuts
1 clove garlic, minced
Generous amount of poultry mix or
sprigs of fresh rosemary, sage, thyme,
and marjoram, very finely chopped
Sea salt and freshly ground black
pepper to taste

Instructions:

1. Preheat your oven to 375 F.
2. In a large pan, sauté to ground beef and celery with the cooking fat for about 3 minutes. Make sure to crumble the ground beef to small pieces.
3. Add the diced apple and onion and continue sautéing for another 2 minutes.
4. Add the fresh herbs or poultry mix, minced garlic, walnuts and season with salt and pepper. Mix well. The meat should still be somewhat pink, it'll finish cooking in the oven.
5. Put the mixture in a baking dish and bake uncovered for about 30 minutes in the preheated oven.



Beef Rib Roast with Green Peppercorn Sauce



Ingredients

One 4 ribs beef roast (about 6 lb)
1 onion, chopped
3 garlic cloves, minced
1 medium carrot, sliced
1/2 cup red wine
1 cup beef stock
2 tbsp green peppercorns
Dried thyme; Butter, lard or
tallow pieces

Instructions:

1. Preheat your oven to 400 F.
2. Cut some of the exceeding fat on the rib points and the roast itself. This fat will help in creating the sauce latter on.
3. Put the fat parts you just removed in a roasting pan, add the carrot, garlic, onion and thyme and season to taste with sea salt and black pepper. Add some generous knobs of butter or your chosen cooking fat.
4. Place the pan in the oven and roast the mixture for about 20 minutes, until golden.
5. Remove the pan from the oven, place the roast on top of the vegetables and fat parts and season it with salt, pepper and some more thyme. Add three generous knobs of your chosen cooking fat.
6. Place the pan with the roast back in the oven and roast for 45 minutes.
7. Lower the oven temperature to 350 F and cook for another 45 minutes for a medium-rare roast.
8. Remove the pan from the oven and remove the roast from the pan. Set the roast aside, loosely covered with a piece of parchment or aluminium paper for about 15 minutes.
9. In the mean time, put the roasting pan on the stove top and deglaze it with the red wine, making sure the scrape the pan well with a wooden spoon. Boil and reduce the liquid to 1/3.
10. Add the beef stock and boil for another 5 minutes.
11. Add the green peppercorns and crush them with the back of a fork.
12. If desired, the sauce can be strained to remove the peppercorn bits. It's perfectly fine otherwise and gives a more rustic final sauce.
13. Serve the hot sauce immediately with slices of rib roast.



Deviled Eggs with Bacon Bits



Ingredients

12 eggs
1/2 cup paleo mayonnaise
1 tbsp mustard
1 tbsp cumin
6 slices bacon
Paprika for garnish
Sea salt and freshly ground
black pepper to taste

Instructions:

1. Cook the bacon slices in a pan over a medium heat until crispy. When the bacon is ready, let cool.
2. Crumble the bacon to small bits.
3. Place eggs in a pot filled with cold water.
4. Bring to a boil and let boil for 12 minutes.
5. After the 12 minutes, remove from the heat, drain and run some cold water immediately on the eggs. The cold water will cool the eggs so you can work with them, but will also stop the cooking process. You'll often see overcooked eggs with a grey-colored edge to the yolks.
6. Once the eggs are cold enough to handle, peel them and cut them in half.
7. Carefully scoop out the yolks and mash them in a bowl with the mayonnaise, mustard, bacon bits, cumin and salt and pepper to taste.
8. With either a spoon or a makeshift piping bag made with a plastic sandwich bag with a cut off corner, fill in the cavity of the egg white halves with the yolk, mayonnaise and bacon filling.
9. Garnish with some paprika and some of your favorite fresh herbs.



Crab Stuffed Mushrooms



Ingredients

20 button mushrooms,
stems and gills removed
2 cups cooked crab meat, canned or
fresh and finely chopped
3 tbsp chives, minced
3 cloves garlic, minced
1/4 tsp dried oregano
1/4 tsp dried thyme
1/4 tsp homemade mayonnaise or the
same amount of your favorite mustard
Sea salt and freshly ground black
pepper to taste

Instructions:

1. Preheat your oven to 350 F.
2. Mix all the stuffing ingredients together in a bowl.
3. Scoop a generous portion of the stuffing into each mushroom cavity and bake in the preheated oven on a baking sheet for about 15 minutes.
4. Let cool a bit, but serve when still warm.



Roasted Sweet Potatoes with Rosemary



Ingredients

- 1 lb sweet potatoes or yams, cut into 1 inch cubes
- 1 large sprig of picked rosemary leaves
- 3 tbsp lard, duck or goose fat
- 5 cloves garlic, skin still on, but smashed
- Sea salt and freshly ground black pepper to taste

Instructions:

1. Preheat your oven to 425 F.
2. In a pot filled with salted cold water, place the sweet potato cubes and bring to a roiling boil. As soon as it boils, drain the potatoes in a colander and let steam and dry a bit in it.
3. Meanwhile, using a mortar and pestle, grind the rosemary leaves somewhat.
4. Heat a roasting pan on the stove top of medium-low heat, add the fat, rosemary, sweet potato cubes and season with salt and pepper. Without cooking anything, mix everything well together.
5. Place the roasting pan in the oven and roast for about 20 to 25 minutes, until crispy and tender. Stir the potatoes occasionally during the cooking process for an even cooking.



Tender Baked Carrots



Ingredients

1 tbsp butter, ghee, lard or duck fat
3 cloves garlic, minced
Juice and zest of 1 orange
Handful of chopped fresh parsley leaves
1 lb carrots, sliced very thinly
About 1/2 cup extra virgin
olive oil or melted fat
1 cup chicken stock
Sea salt and freshly ground
black pepper to taste

Instructions:

1. Preheat your oven to 350 F.
2. Mix the garlic, orange zest and parsley and chop together until very fine.
3. Rub the inside of a baking dish with your chosen cooking fat and sprinkle some of the garlic, zest, parsley mixture on the dish.
4. Line the bottom of the dish with a layer of carrot slices, brush some olive oil or cooking fat on top, season lightly with salt and pepper and sprinkle some more of the garlic, zest and parsley mixture.
5. Repeat step 4, layering carrot slices until you go out of carrots. Make sure to add some fat, salt and pepper and sprinkle some of the garlic, zest and parsley mixture between each layer.
6. Top with the orange juice and just enough chicken stock to cover.
7. Line a piece of wax paper on top of the carrots so the top layer doesn't dry out.
8. Place in the hot oven and bake for about 20 to 25 minutes, until carrots are very tender.



Braised Cabbage & Bacon



Ingredients

2 cups chicken stock
6 slices bacon
Small handful of thyme leaves
1 medium green cabbage, finely sliced
4 tbsp butter, ghee, lard or duck fat

Instructions:

1. Bring the stock, bacon and thyme leaves to a boil in a large pot on the stove top.
2. Add the cabbage, boil for 5 minutes and then reduce to a simmer.
3. Simmer the cabbage until just tender to your taste.
4. Add some stock during the simmering process if you feel it reduced too much.
5. Add the butter, lard or duck fat, season to taste and serve immediately.



Pumpkin Pie



Ingredients

Crust:

- 1 cup pecans
- 1/2 cup hazelnuts
- 4 tbsp butter, ghee or coconut oil (room temperature)
- A pinch of sea salt

Filling:

- 1 can fresh or canned pumpkin puree (about 1 3/4 cups)
- 2 eggs
- 1/2 cup local raw honey
- 1/2 cup coconut milk
- 2 tsp cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp fresh grated ginger

Instructions:

1. Preheat your oven to 350 F.
2. Process the nuts in a food processor to almost a flour consistency. Be careful not to process too much and get a butter instead.
3. In a bowl, mix the ground nuts with the butter or coconut oil and then spread the crust mixture in a pie pan and bake for 10 minutes.
4. While the crust bakes, mix all the filling ingredients together in a bowl.
5. Add the filling evenly on the baked crust and bake for an additional 45 minutes.





Paleo Apple Crisp (made by Cara)



Ingredients

Apples:

Four Gala or Granny Smith Apples,
peeled and small diced (1/4"x1")
1 T. Arrowroot Powder
1 tsp. Ground Cinnamon
1/2 tsp. Ground Nutmeg
1/4 tsp. Cayenne Pepper Dash of Sea Salt

Crisp Topping:

2 T. Coconut Oil, melted
1/2 C. Almond Flour (I used the raw
almond meal...no need to use
blanched here)
1/4 C. Ground Flax Seed Handful of
Walnut, ground
1/4 C. Sliced Almonds
1/4 C. Dried, Shredded,
Unsweetened Coconut
1 T. Pure Maple Syrup
1 tsp. Ground Cinnamon Dash of Sea Salt

Instructions:

1. Mix all ingredients together.
2. Preheat oven to 350F.
3. Toss together all ingredients, in a bowl.
4. Rub four 8oz. ramekins with coconut oil.
5. Toss together all ingredients, in a bowl and evenly distribute the mixture to the four ramekins.
6. Top with crisp topping mixture.
7. Bake for 45-60 minutes, until apples are soft and topping is golden brown.



Almond Cookies with Dried Fruit (made by Katy and Cara)



Ingredients

2 cups raw honey (or agave nectar- you can use less for less sweet cookies)
2 cups ground walnuts
4 cups almond flour
1/2 teaspoon nutmeg
1/2 teaspoon ginger
1/2 cup dried fruit chopped

Instructions:

1. Preheat oven to 350 degrees. Lightly grease cookie sheets, or line with parchment paper. Warm honey or agave nectar in a saucepan. Let mixture cool slightly. Sift together flour and spices. Place honey in mixing bowl; gradually add flour mixture and stir until well blended. Stir in dried chopped fruit.
2. Roll dough about 1/4-inch thick on a floured board; cut into squares and rectangles with a pastry wheel or sharp knife. (If you prefer, you can also make drop cookies, dropping the dough by teaspoonful.) Bake ten minutes.



Chocolate Coconut Bark (modified by Tina from the Primal Blueprint cookbook)



Ingredients

2 ounces of unsweetened dark chocolate
(I did much more than this for the party)
1 cup coconut oil
½ cup agave nectar
1 handful of coconut flakes
1 handful of slivered almonds
Sea salt sprinkled generously on top

Instructions:

1. Melt chocolate in double oven (I used one large saucepan inside a larger one that had boiling water in it to melt the chocolate. Do NOT microwave your chocolate.
2. Once chocolate melts, add the other ingredients and stir well. Try to leave some to put in the pan. Sprinkle sea salt on top.
3. Make sure you line your casserole dish with wax paper or parchment paper – put into the freezer once it cools a bit. Only takes about 15 minutes to set up. We left ours a little longer and just broke it into pieces – it's delicious and fills the bill for you chocoholics- but beware- still has dairy and very calorie dense.



Spiced Nuts (made by Tina and Herb from 300 Low Carb Crock Pot Recipes Cookbook)



Ingredients

- 1 cup raw walnuts
- 1 cup raw almonds
- 1 cup raw pecans
- ½ jar Ghee (clarified butter)
- 2 teasp cinnamon
- 1 tsp nutmeg
- Sea salt to taste
- Agave nectar if you want them sweeter

Instructions:

1. Throw all of this into a crock pot, set on low and enjoy the smell! Be sure to stir them every hour or so. Two hours is good but can cook longer on low. Once again, very calorie dense but you can't eat too many! They're too rich! Serve them hot!



Chicken Curry Meatballs (made by Tina and Herb from Primal Blueprint cookbook)



Ingredients

- 1.5 lbs ground chicken or turkey
- 1 carrot grated
- 2 cloves garlic
- ½ cup shredded coconut
- 1 egg
- 2 tsp curry powder
- ½ tsp salt
- Handful of parsley

Instructions:

1. Put everything in your food processor and pulse until smooth. Using your hands, roll into meatballs (this is the messy part). Heat several tablespoons of oil (I used coconut over med-high heat. The meatballs should sizzle when they hit the skillet. Cook 2 min on first side- turn and cook another 5- 6 min or so. I put ours in the crockpot after to keep warm so didn't overcook in the skillet.

I also modified these by adding spinach, ground red pepper, onion and mesquite seasoning. They were good too!



Tasty Sunflower Seed Dip with Veggies (made by Lisa)



Ingredients

1 cup of sunflower seeds juice
from half a lemon
2 cloves garlic
½ cup of fresh dill
About 8 tbs of water
Sea salt and ground black pepper to
spruce up the taste

Instructions:

1. Dump all ingredients in a food processor and blend away until creamy. Serve with fresh veggies!



Lisa's Homemade Guacamole



Ingredients

6 super ripe avocados
½ cup fresh chopped cilantro
1 Tbsp chili powder
1 Tbsp lime and lemon juice
1 Tbsp sour cream (could substitute
coconut milk)
1 teasp sea salt

Instructions:

1. Mash together and serve with fresh veggies.



Asparagus with Pancetta



Ingredients

Asparagus
Pancetta

Instructions:

1. Grill asparagus and wrap with sliced pancetta. It's best to grill and serve immediately. Ours were kind of soggy as we grilled them earlier.





3-Ingredient Paleo Cranberry Sauce



Ingredients

12 ounces fresh cranberries
¾ cup fresh orange juice
½ cup honey

Instructions:

1. Combine cranberries, orange juice, and honey in sauce pan. Simmer over medium heat, until berries pop and sauce thickens, about 10 15 minutes.
2. Cool completely and refrigerate.
3. Serve at room temperature.



Apple Cranberry Holiday Stuffing



Ingredients

1 sweet potato, cut into 1" squares
1 cup fresh cranberries, cut into halves
¾ cup bone broth
4 slices pastured bacon
½ onion, chopped
4 stalks celery, chopped
4 cloves garlic, minced
2 tablespoons rosemary, minced
1 tablespoon solid cooking fat
2 cups mushrooms, sliced thinly
1½ heads of cauliflower, processed in a food processor until it forms "rice" sized granules
1 green apple, cut into 1" squares
¼ teaspoon cinnamon
½ teaspoon sea salt

Instructions:

1. Preheat your oven to 350 degrees. Combine the sweet potatoes, cranberries, and bone broth in a large baking dish. Bake in the oven for 30 minutes, stirring once to ensure even cooking.
2. Meanwhile, cook the bacon slices in a skillet on medium heat, turning when needed, until they are crispy. When they are finished, remove and let cool, leaving the fat in the pan.
3. Add the onion and celery, and cook for 8 minutes, or until beginning to brown.
4. Add the garlic and rosemary, and cook for another couple of minutes. Remove the onion mixture from the pan into a small bowl and set aside.
5. Add the solid cooking fat and the mushrooms to the pan. Cook, stirring, for a couple of minutes until the mushrooms are browned.
6. Add the cauliflower "rice", and cook, stirring for five minutes. Set aside.
7. When the sweet potato mixture is finished cooking, remove from the oven and turn the heat up to 425 degrees. Add the cauliflower mixture, the onion mixture, the apple as well as the cinnamon and sea salt to the sweet potato mixture and stir to combine. Place back in the oven for another 10 minutes. Let cool for a few minutes, and serve warm.



Bacon Roasted Brussels Sprouts with Honey Mustard



Ingredients

- 1 pound Brussels sprouts
- 2 slices bacon
- 1 tablespoon garlic infused olive oil
- 1 tablespoon whole grain mustard
- 1 teaspoon coconut aminos
- 2 teaspoons honey

Instructions:

1. Preheat oven to 400 degrees.
2. Trim the ends off the Brussels sprouts and cut in half. Place on rimmed baking sheet and toss with garlic oil. Dice the bacon and sprinkle over sprouts.
3. Bake for 20-30 minutes, until the sprouts are browned and the bacon is crisp. Toss with remaining ingredients and serve.



Crab Stuffed Mushrooms



Ingredients

15 -20 white button mushrooms, wiped clean with a paper towel and stems and gills removed
2 cups cooked crab claw meat, canned or fresh and finely chopped
1/2 cup jarred roasted red peppers, finely diced
3 tablespoons minced chives
3 garlic cloves, minced
1/4 teaspoon dried thyme
1/4 teaspoon dried oregano
1/4 cup paleo mayo
Black pepper to taste

Instructions:

1. Mix together the crab and all remaining ingredients. Stuff each mushroom with heaping tablespoon of the crab mixture. Bake on a baking sheet greased with olive oil for 15 minutes.



Coconut-Almond Green Beans



Ingredients

- 1 tablespoon coconut oil
- 2 tablespoons sliced almonds
- 1/2 medium onion, finely diced (about 1/2 cup)
- 3 cloves garlic, minced (about 1 tablespoon)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon red chili pepper flakes
- 3/4 teaspoon salt
- 1 cup canned coconut milk
- 1 pound green beans, trimmed
- 1 teaspoon lime juice
- 1/2 cup fresh cilantro leaves, minced (2 tablespoons) (optional)

Instructions:

1. Heat the oil in a large sauté pan over medium heat. Add the almonds and cook until lightly browned. Keep an eye on them; they brown quickly! Transfer almonds to a plate for later. Resist the temptation to eat them!
2. In the same pan, sauté the onion, garlic, cumin, coriander, paprika, chili pepper flakes, and salt. Cook until the onion is soft and beginning to get brown bits, about 4-5 minutes.
3. Add the coconut milk to the pan and mix well, then add the green beans. Make sure everything is blended, then bring the pan to a boil, reduce the heat to a simmer, and cook covered until the beans are tender. The cooking time is a judgment call. If you like them crisp, it's about 6 minutes. If you like them softer, let them braise for about 8 minutes.
4. When the beans have reached the desired tenderness, remove the lid and let the sauce cook down until it thickens a bit. Remove the pan from the heat and stir in the almonds, lime juice, and cilantro (if using).



Curried Butternut Squash and Greens



Ingredients

1 medium butternut squash
2 TBS ghee, grass fed butter,
or coconut oil, melted
1 tsp turmeric
1 tsp cumin powder
1 tsp coriander powder
¼ tsp garam masala
¼ tsp ginger powder
¼ tsp cinnamon OR cardamom
1 tsp celtic sea salt

OPTIONAL: a titch of cayenne (if you want
a little heat)

2 TBS raw honey
1 bunch of your favorite
greens (kale, collards, chard, etc.)

Plus 2 TBS ghee, grass fed butter, or
coconut oil for cooking greens
2 TBS water

Instructions:

1. Preheat oven to 400°F. Grease a large baking sheet.
2. Combine spices and salt in a small bowl. Set aside.
3. Peel squash, cut in half lengthwise, and scoop out the seeds. Chop into 1 inch cubes.
4. Melt fat of choice in a large pot. Add spices and temper them for 23 minutes until flavors release. Do not let it smoke. Turn off heat. Add honey to fat/spice mixture and stir to combine.
5. Pour chopped squash into pot and mix until thoroughly coated. Spread evenly onto prepared baking sheet. No need to wash pot because you will use again.
6. Bake for 15 minutes at 400°F. Flip the squash and bake another 15-20 minutes until squash is soft and beginning to brown.
7. Meanwhile, wash and chop your greens. Melt 2 TBS fat of choice in the same pot as above and saute on medium heat until desired doneness. Sprinkle with a titch of unrefined salt to release the water in the greens for better cooking and add 2 TBS of water. If they start to stick, add a a titch more water.
8. When greens are done to your liking, pour cooked squash into skillet with greens and lightly toss to combine. Plate it up pretty and serve. ENJOY!



Easy Paleo Gravy



Ingredients

2 tablespoons turkey fat from pan drippings, or ghee
½ cup chopped onions
2 cups chopped cauliflower pan drippings
12 cups chicken or turkey stock
Several sprigs fresh thyme or other herbs
Sea salt and fresh ground pepper to taste

Instructions:

1. Heat fat over medium heat in sauce pan. Add onions and cook until onions start to brown. Stir in cauliflower and thyme sprigs.
2. Measure pan drippings and add enough stock to equal 2 cups of liquid. Add pan drippings/stock mixture to pan with vegetables. Simmer until cauliflower is fork tender, about 10 minutes. Remove herb stems.
3. Carefully transfer mixture to Vitamix. Blend on high until smooth and creamy.
4. Return gravy to pan to reheat. Add more stock to thin to desired consistency, if needed. Season with salt and pepper to taste.



Easy Roasted Turkey w/ Sage Butter



Ingredients

12 - 14 lb turkey
½ cup butter (1 stick), softened
2 Tbsp fresh sage, minced
2 Tbsp fresh garlic, minced
1 Tbsp kosher salt
1 tsp freshly ground pepper
1 lemon, quartered
2 small apples, quartered

Instructions:

1. Preheat your oven to 400 degrees (F) and adjust your racks to fit the turkey into it.
2. Remove the neck and giblets from the turkey and rinse the bird inside and out. Pat dry.
3. Combine the softened butter, sage, garlic, salt and pepper in a small bowl, mixing well to combine. Starting from the back of the bird, slide your fingers between the skin and breast meat, opening a cavity that extends all the way to the front and along the sides of the breast. Push the flavored butter under the skin, covering all of the meat. Do the same with the tops of the drumsticks, being careful not to pierce the skin. This is no time to be squeamish roll up your sleeves and get in there with your fist full of butter! Then rub the remaining butter over the rest of the skin of the turkey, top and bottom.
4. Stuff the quartered lemons and apples into the cavity of the bird. If they don't all fit, throw the rest into your roasting pan.
5. Place the bird **UPSIDE DOWN** into the roasting pan this protects the breast and keeps it from drying out. Roast at 400 degrees for one hour. Remove from the oven and turn over carefully. Roast right side up for another hour. Test with a meat thermometer for 165 degrees at the thickest part of the thigh. If not quite there, give it another 15 minutes and test it again. Remove from the oven and let it rest preferably for an hour if you can.
6. While the turkey is resting, pour the pan juices into a measuring cup. Skim off 90% of the fat and then add about ½ cup of water and ½ tsp of xanthan gum (if you have it) to thicken it. Puree in a blender or magic bullet and reheat just before serving.



Elana's Herb Gravy



Ingredients

1 quart chicken stock
2 medium onions, coarsely chopped
2 cloves garlic
Pan drippings, from roasted chicken or
roasted turkey
½ teaspoon celtic sea salt
1 tablespoon thyme, chopped

Instructions:

1. In a medium saucepan, heat chicken stock, onions and garlic to a boil
2. Reduce heat and simmer until onions and garlic are soft, about 30 minutes
3. Pour pan drippings into saucepan
4. Blend stockoniondrippings mixture in a vitamix until smooth
5. Place mixture back in saucepan and reheat, then season with salt and thyme
6. Serve over turkey, Mashed Cauliflower, or anything else



Grain Free Apple Crisp



Ingredients

4-5 apples, thinly sliced (you can use a variety of fuji, green or gala)
juice from 1/2 of a lemon
1-2 Tsp cinnamon
1/2 teaspoon vanilla, sea salt
2 Tbsp butter + 1 Tbsp for the topping
3 dates
1/2 cup slivered or sliced almonds
1/4 cup almond flour/meal
2 Tbsp sesame seeds
1/4 cup coconut flakes

Instructions:

1. Wash the apples. Keep the peels on and slice them thinly and evenly. Heat up a frying pan on medium heat on the stove and add the butter, apples, cinnamon, and lemon juice. Saute until the apples are soft. Remove the apples from the pan and set aside in the serving bowl you intend for this dish.
2. In the same pan, on low heat, add the almond slivers, almond flour, dates, raw coconut flakes, sesame seeds, butter, cinnamon, vanilla, and sea salt. Stir the ingredients together until they are fairly evenly distributed and the butter is melted. Top the apples with this crumble. Garnish with a sprinkle of the raw coconut and serve warm.



Grain Free Sausage Stuffing



Ingredients

- 1 pound pork sausage (pastured and organic preferred)
- 2 tablespoons unsalted butter or ghee
- 1 large onion, chopped
- 2 celery stalks, chopped
- 10 fresh sage leaves, chopped
- 1/4 cup at-leaf parsley, chopped
- 1/2 teaspoon Celtic sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 recipe grain-free cornbread (leave out the cheese and jalapeños when you make the bread), cut into cubes and left uncovered overnight to dry
- 1 cup chicken stock (homemade preferred)
- 3 large eggs

Instructions:

1. Preheat oven to 350°F and adjust rack to middle position. Cook pork over medium heat in a large skillet, using back of a wooden spoon to break the pork into small pieces. Using a slotted spoon, transfer the pork to a large bowl. Melt butter along with any leftover fat from the ground pork in the skillet. Add onion and celery and cook, stirring frequently until onions are just turning translucent, about 5 minutes. Stir in sage, parsley, salt and pepper. Pour mixture into the bowl with the pork. Add dried and cubed cornbread to onion and pork mixture. Whisk chicken stock and eggs in a medium bowl. Pour over cornbread mixture and gently toss until all ingredients are wet. Pour into an 11 x 7 - inch baking dish. Bake for 30-35 minutes until the top is golden brown. Serve.



Herbed Whipped Parsnips



Ingredients

- 2 lbs / 900 g parsnips
- ¼ cup / 60 ml bacon fat or coconut oil
- ½ cups / 120 ml chicken broth
- ¼ cup / 10 g fresh minced flat leaf parsley
- ½ tsp dried dill leaves

Instructions:

- 1. BOIL:** Peel the parsnips, then cut off and discard the root ends. Cut the thinner ends of the parsnips into ½ inch / 13 mm pieces. Cut the thicker, tougher ends of the parsnips in half through the core first, then into ½ inch / 13 mm pieces. Add the parsnips to a saucepan and add enough water to cover. Bring to boil and then lower the heat to a simmer and cook the parsnips until tender, about 15-20 minutes. Use a colander to drain the parsnips let them sit in the colander for a few minutes to let off steam.
- 2. WHIP:** Add the cooked, drained parsnips to a food processor along with the bacon fat and chicken stock. Process until you have a nice mashed consistency as smooth or as rough as you prefer. For a smoother texture that is more like a puree, add a little extra chicken stock, if you wish. Add the dill and fresh parsley and pulse to combine. I like to garnish with a little chopped chives to finish!



Lemon-Garlic Marinated Shrimp



Ingredients

3 tablespoons minced garlic
2 tablespoons extra virgin olive oil
¼ cup lemon juice
¼ cup minced fresh parsley
½ teaspoon kosher salt
½ teaspoon pepper
1 ¼ pounds cooked shrimp

Instructions:

1. Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt, and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.



Maple Cinnamon Cranberry Sauce



Ingredients

16 ounces (454 g) fresh Cranberries
1/2 cup (100 ml) Maple Syrup
1/4 cup (50 ml) Water
A few pinches of ground Cinnamon or a
Cinnamon Stick

Instructions:

1. Bring all ingredients to a boil in a saucepan over medium high heat. Reduce to a simmer and cook until the sauce thickens about 6 minutes. Stir frequently. If using, remove the cinnamon stick before serving. For chunky cranberry sauce leave as is. To make it smooth, puree in a blender.



Maple Roasted Sweet Potatoes with Bacon



Ingredients

1 pound Sweet Potatoes
1/4 cup pure Maple Syrup
1/4 cup Extra Virgin Olive Oil
Garlic Salt
Ground Black Pepper
Ground Cinnamon
Pumpkin Pie Spice
10 ounces Perfectly Baked Bacon,
crumbled into small pieces

Instructions:

1. For this recipe you will need 2 rimmed cookie sheets so you can spread out your sweet potatoes in a single layer. Pre heat oven to 375 degrees Fahrenheit with the rack in the middle. Rinse sweet potatoes & pat dry. Cut them into small 1/2 inch pieces. (I keep the skin on.)
2. Toss sweet potatoes with maple syrup, olive oil, and seasonings. Put in a single layer on baking pans. Bake for about 40-50 minutes, until sweet potatoes are golden brown & cooked to your liking. Toss with tongs once during baking time. Remove from oven. Transfer to a serving bowl and toss with bacon crumbles.



Olive Tapenade Recipe



Ingredients

1 cup of pitted black olives
¼ cup of parsley
1 tablespoon lemon juice
2 tablespoons olive oil
Salt to taste

Instructions:

1. Place all the ingredients into a food processor and blend well.



Paleo Pumpkin Pie



Ingredients

For the crust

125 grams almond flour
(about 1 1/4 cups)
3 tablespoons organic ghee, melted
Pinch of sea salt

For the pie

1 15-ounce can organic pumpkin
3/4 cups coconut milk
1/2 cup honey
3 eggs
2 teaspoons pumpkin pie spice
1/4 teaspoon salt

Instructions:

1. Preheat oven to 325 degrees.
2. Mix crust ingredients until dough forms. Press into pie plate and bake for 10 minutes. Set aside to cool.
3. Add filling ingredients to food processor and process until smooth. Pour into crust and bake for 50 minutes, or until filling is just set. Cover crust with pie crust shield or foil if it browns too quickly.
4. Cool completely and refrigerate 2 hours.



Paleo Pumpkin Streusel Bars



Ingredients

For The Crust

2 cups almond flour
3 tbsp coconut oil, melted
1 tsp vanilla extract
1 tbsp water
1/2 tsp salt

For The Filling

1 cup pumpkin puree
1 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp ground cloves

For The Streusel

3 tbsp coconut oil, melted
1 tbsp maple syrup
1/4 tsp salt
1/4 tsp cinnamon
1 cup pecans, chopped

Instructions:

1. Preheat the oven to 350 degrees F. Grease an 8x8-inch baking dish with coconut oil spray. Place all of the ingredients for the crust into a bowl and stir to combine. The dough should form into a ball. Transfer to the baking dish and press into an even layer. Bake for 10 minutes, and then remove from the oven and let cool.
2. Mix together the filling ingredients in a small bowl. Spread over the cooled crust in a thin even layer.
3. Toss the chopped pecans in a small bowl with the other streusel ingredients. Sprinkle over the top of the filling. Bake everything together for another 15 minutes. Let cool for 10 minutes before serving.



Prosciutto Wrapped Pears



Ingredients

1/2 red onion, very thinly sliced
2 pears
1 package of prosciutto di parma
Baby Spinach leaves
1 tablespoon coconut oil
1/3 cup balsamic vinegar

Instructions:

1. Preheat oven to 400.
2. Heat the coconut oil in a small skillet and sauté onions until they are caramelized. (onions should be brown but not burnt).
3. Peel and slice the pears into thick slices. Top each pear with a little bit of caramelized onion and one spinach leaf, wrap tightly with a piece of prosciutto.
4. Grease a baking sheet with a little bit of grassfed organic butter, and place the pears on the baking sheet. Bake for 8 minutes.
5. While the pears are baking, add the balsamic to a small sauce pan, heat over medium low until the balsamic is reduced down to a syrup like consistency, stirring often.
6. Drizzle a small amount of the balsamic reduction over the pears and serve.



Roasted Carrots and Turnips with Herbs



Ingredients

68 small carrots, peeled and cut into diagonal slices
2 large turnips, peeled, sliced, then cut into diagonal strips slightly larger than turnips
1-2 T olive oil, enough to coat vegetables
2 tsp. plus 1 tsp. balsamic vinegar
1 tsp. very finely chopped fresh rosemary
1 tsp. very finely chopped fresh sage
Salt and fresh ground black pepper to season if desired

Instructions:

1. Preheat oven to 350 F. Peel carrots and turnips and cut into diagonal pieces, making the turnips slightly larger than the carrots, since turnips cook a little faster. Put vegetables into ziploc bag, pour in olive oil and 2 tsp. balsamic vinegar, then add herbs. Seal the bag and squeeze to move the vegetables around until they are wellcoated with oil and the vegetables are mixed around.
2. Spray a roasting pan with olive oil, or drizzle on a tiny bit of oil and wipe around with a paper towel if you don't have an olive oil mister. Pour veggies out onto pan and spread around so they're in a single layer. Roast 35-45 minutes, until vegetables are softened and starting to brown. Put into serving bowl and toss with remaining 1 tsp. balsamic vinegar, and season with salt and pepper if desired. (I used the tiniest bit of sea salt and no pepper.) Serve immediately.



Sweet Potato Apple Pie



Ingredients

- 3/4 medium(ish) sized apples or
2 large apples, sliced
- 1 Medium Sweet Potato,
peeled and diced
- Pinch of Salt
- Fat of Choice
- 1 tsp. Raw Honey, melted
- 1 tsp. Cinnamon
- 1 tsp. Vanilla Extract
- 1 Eggs, slightly beaten (optional)

Instructions:

1. Get your oven rocking and rolling at 350 (F)
2. Fill a medium sized pot up with water, and then peel and chop your sweet potato. Add it into the water, set it on the stove and allow to boil (you're going to mash it up in the end!). I personally like to start with the lid on, and the remove it once things are boiling and possibly turn down the stove a little. But it's totally up to you!
3. While those are cooking away, add your favorite fat to a large skillet (I used butter here but I've also tried it with Bacon Fat and holy coffee it was good!) and get it heating. Then start to peel your apples and chop your apples into slices. Add them into the pan and give it a good stir!

4. Note on my method. I like to peel two or three apples to start, cut them into quarters and then use a pairing knife (or any sharp small knife) to remove the core and then I chop the slices right into the pan. Then I proceed to peel the last two apples and do the same thing. That way some apples are soft and some have a bit more texture in the pie, allowing for some really awesome flavor and texture!

5. When your apples are almost cooked through, add in your Cinnamon, Pinch of Salt, Vanilla Extract, Spritz of Lemon Juice and I also like to add another tablespoon or so of your favorite fat (there's never a thing as too much butter). Mix it all together well and let your apples finish cooking.

6. When your sweet potato is fork tender, drain it and add in your fat of choice {as much or as little as you want}, Raw Honey, Cinnamon, Vanilla Extract and mash/ mix it well.

7. By now your apples should be done and wicked yummy. Add them into your pie pan and spread them out into an even layer.

8. Then add in your slightly beaten egg to your sweet potato, give it a quick mix about and spread it on top of the apples.

9. Place in the oven to bake for 15-25 minutes or until the top has set a little and has a pretty golden color.

10. Try to let it cool before diving in! It does slice/serve better when you let it cool down a lot.



Sweet Potato Pecan Pie



Ingredients

Crust:

- 1 1/2 cups almond flour
- 1/2 cup coconut flour
- 1/2 cup coconut oil, melted
- 2 teaspoons cocoa powder
- 1 teaspoon raw organic honey
- 1/4 teaspoon salt
- 23 tablespoons ice cold tap water

Filling:

- 2 sweet potatoes, about 1.5 lbs
- 6 ounces full fat coconut milk
- 1 banana
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 4 egg yolks
- 1 teaspoon raw organic honey
- Salt to taste
- 1 cup chopped pecans, toasted
- 1 tablespoon 100% pure maple syrup (optional)

Instructions:

1. Preheat your oven to 350 Degrees Fahrenheit
2. Wash your sweet potatoes whole and then pat dry. Poke a few holes in the skin with a fork
3. Place on an aluminum foil lined baking sheet and bake for 45-60 minutes or until they are fork tender, remove them from the oven and let them cool
4. While they are cooling, you are going to make your crust
5. Place all crust ingredients in a bowl and using a hand mixer mix well
6. Once mixed you want to add in the ice water 1 tablespoon at a time and continue to mix until you get a nice dough that doesn't stick to your hands
7. Now take your crust and press it into a pregreased, parchment paper lined 9 inch cake pan
8. Now take your sweet potatoes and remove the skin and mash them in a bowl
9. Add your coconut milk, banana, egg yolks, cinnamon, nutmeg, honey, and salt and using a hand mixer or whisk mix well get a nice and smooth filling
10. Now spoon your mixture into your pie crust spreading evenly
11. Top with your toasted chopped pecans and drizzle the 1 Tbsp of maple syrup over the top if you like
12. Bake in the preheated oven on a cookie sheet for 45-55 minutes or until the internal temperature of the filling is anywhere from 160-180 degrees fahrenheit



Warm Harvest Salad With Honey Walnut Vinaigrette



Ingredients

1 apple, chopped
1 sweet potato, chopped
1 white or red onion, sliced
1/3 cup golden raisins
1/3 cup chopped walnuts
3 cups fresh organic spinach or kale,
more as desired

Honey Walnut Vinaigrette

1/3 Walnuts
2 tbsp raw honey
1/4 cup apple cider vinegar
Himalayan sea salt

Instructions:

1. Preheat oven to 400
2. Line baking sheet with parchment paper or slipat
3. Chop apples, sweet potato, and onions
4. Place on baking sheet and roast for 40 minutes until soft and tender
5. In a high speed blender, combine all dressing ingredients
6. Arrange spinach in a salad bowl
7. Add roasted veggies, apple, walnuts, and golden raisins
8. Drizzle with dressing and serve!



Winter Squash Casserole



Ingredients

3 cups butternut squash, peeled and cut into 1/2" dice
2 cups apples, peeled, cored and diced
1/2 cup unsalted almond butter
1 cup pure maple syrup
1 cup dried unsweetened cranberries
1 cup raisins
1 cup chopped pecans
2 teaspoons kosher or sea salt
1 teaspoon black pepper

Instructions:

1. Preheat oven to 350 F. Generously butter a 9" x 13" baking dish.
2. In a small bowl, whisk together the almond butter and maple syrup until wellblended. Set aside.
3. In a large bowl, combine the remaining ingredients except the salt and pepper. Pour the almond butter mixture over the contents of the bowl and toss to coat all of the pieces of squash and apple evenly. Add the seasonings and stir to combine.
4. Pour the squash mixture into the buttered baking dish and spread out evenly. Cover with aluminum foil and bake for 30 minutes, or until the squash and apples are tender. Remove the foil and return to the oven and bake for an additional 10 minutes or until the top of the casserole begins to brown.
5. Nutrition (per serving): 425 calories, 13.2g total fat, 0mg cholesterol, 343.5mg sodium, 426.3mg potassium, 77.5g carbohydrates, 6.6g fiber, 26.5g sugar, 3.8g protein



Zucchini Cheese (Dairy Free, Nut Free)



Ingredients

- 1 cup (about 7 ounces) zucchini, peeled and sliced
- ¼ cup water
- 1 tablespoon coconut oil
- 1 teaspoon lemon juice
- 1½ tablespoons gelatin (Hayley says you could use ¾ teaspoon agar powder to make this vegan, but I haven't tried it)
- 1 tablespoon nutritional yeast (optional)
- teaspoon sea salt, or to taste

Instructions:

1. Line an 8 by 8 inch baking pan with parchment paper.
2. Place zucchini and water in a pan and bring to simmer. Steam with lid on for about 5 minutes.
3. Drain and discard water.
4. Transfer zucchini to a blender and add coconut oil and lemon juice. Blend on highest speed until completely smooth.
5. Add gelatin, optional nutritional yeast, and salt. Blend again until smooth.
6. Poor mixture into prepared pan and spread in an even layer.
7. Refrigerate for 2 hours, or until set.
8. Remove and cut into desired sizes.

