

Healthy Holiday Desserts



Table of Contents

3	Gingerbread Men Cookies
5	Lemon Bar
6	Pecan Pie
8	Mini Pumpkin Pie Tarts
10	Orange Cranberry Bread
11	Flourles Mexican Chocolate Cookies
13	Peppermint Sugar Cookie Balls
14	Greek Yogurt Cheesecake
16	Dark Chocolate Truffles
17	Apple Pie Crisp

Gingerbread Men Cookies

Grain Free | Gluten Free | Dairy Free



INGREDIENTS

- ☆ 285 grams (~2 3/4 cups, but please weigh it!) almond flour or almond meal
- ☆ 1/4 cup (33 grams) coconut flour
- ☆ 1/2 tsp salt
- ☆ 1/2 tsp baking soda
- ☆ 3/4 tsp cinnamon
- ☆ 3/4 tsp ginger
- ☆ 1/2 tsp cloves
- ☆ 1/4 tsp nutmeg
- ☆ 1/4 cup + 2 tbsp (120 grams) honey
- ☆ 1/4 cup (88 grams) molasses
- ☆ 1/4 cup (56 grams) coconut oil, melted

DIRECTIONS

- 1** In a medium bowl, combine all the dry ingredients and set this bowl aside.
- 2** In another medium bowl, combine the wet ingredients. Add the dry ingredients to the wet ingredients and stir just until combined.
- 3** Divide the dough into four balls, place the balls in plastic wrap and chill in the freezer for at least 30 minutes or until the dough is quite firm.
- 4** Preheat your oven to 350°F (176°C). Get out two pieces of parchment paper or two Silpats and flour both of them with almond flour or whatever kind of flour you like. I normally don't flour my Silpats but here it's absolutely necessary.
- 5** Take out one ball of dough at a time, roll it out to about 1/8-inch, and, working quickly, use your cookie cutters of choice to cut out the desired shapes. I prefer to cut the shapes, leaving about 3/4-inch between each one, and then remove the dough surrounding the shape.

Gingerbread Men Cookies

(continued)



DIRECTIONS

That way I don't have to worry about damaging the gingerbread men. Gather up the leftover dough and place back in the freezer. Bake the gingerbread men for 7-9 minutes. They'll still be soft when you take them out of the oven.

6 Immediately remove the piece of parchment paper or Silpat from the pan to prevent the gingerbread men from baking even more. If you want them slightly crunchy, you can let them cool on the

cookie sheet. When completely cooled, you can pipe on some white chocolate for decoration.

7 Store in an airtight container. They get really soft if not properly stored or if left too long uncovered. I didn't pack mine up for several hours but luckily liked my gingerbread men that soft however. The only downside is that they stuck together a little (but you can easily pull them apart again).

SOURCE

<https://www.texanerin.com/paleo-gingerbread-men-cookies/>

Lemon Bar

Paleo




INGREDIENTS

FOR THE CRUST

- ☆ 1 cup almond flour
- ☆ 1/4 cup almond butter
- ☆ 1 tbsp grass-fed butter, softened
- ☆ 1/2 tsp baking powder
- ☆ 1/4 tsp sea salt
- ☆ 1 tbsp honey

FOR THE FILLING

- ☆ 3 eggs
- ☆ 1/2 cup of honey
- ☆ 1/4 cup lemon juice
- ☆ 2 1/2 tbsp coconut flour
- ☆ 1 tbsp  zest, finely grated ,

DIRECTIONS

- 1** Preheat oven to 350°F.
- 2** Coat 9x9 baking dish with coconut oil or butter.
- 3** Combine all crust ingredients in food processor until a “crumble” forms.
- 4** Press crust evenly into the bottom of pan.
- 5** Using a fork, prick a few holes into crust.
- 6** Bake for 10 minutes.
- 7** While crust is baking, combine all filling ingredients in a food processor until well incorporated.
- 8** When done, remove crust from oven and pour filling evenly over top.
- 9** Continue to bake for 15-20 minutes, or until filling is set, but still has a little jiggle.
- 10** Cool completely on wire rack. (You can also chill in the fridge if desired, to further set the filling).

SOURCE <http://simply-taylor.com/2013/08/16/lemon-bars/>

Pecan Pie

Grain Free + Paleo + Primal + Gluten Free



INGREDIENTS

FOR THE CRUST

- ☆ 2 cups almond flour
- ☆ 4 tbsp coconut flour
- ☆ 1/2 tsp unflavored grass-fed gelatin
- ☆ 1/4 tsp Celtic sea salt
- ☆ 1 tsp coconut sugar
- ☆ 8 tbsp (1 stick) unsalted butter, cold, cut into tbsp

FOR THE FILLING

- ☆ 1 cup plus 1 tbsp Grade B maple syrup
- ☆ 1/2 cup maple sugar (you can substitute with Organic whole cane sugar or sucanat)
- ☆ 2 tbsp butter or ghee
- ☆ 3 large eggs, lightly beaten
- ☆ 1 tsp vanilla extract,
- ☆ 1/4 tsp Celtic sea salt
- ☆ 1-1 1/4 cups whole pecan halves

DIRECTIONS

- 1** Place almond flour, coconut flour, gelatin, sea salt and coconut sugar in the bowl of a food processor. Pulse 2-3 times to combine.
- 2** Add the butter to the flour mixture and pulse for eight 1-second pulses and then leave the processor on until the dough forms into a ball. (If dough is crumbly, add 1-2 tbsp of water).
- 3** Press the dough on the bottom and up the sides of a 9-inch pie plate or tart pan.
- 4** Place in the refrigerator to chill for 30 minutes.
- 5** Preheat oven to 400°F and adjust rack to lower-middle position.
- 6** Heat maple syrup over medium heat in a medium saucepan. Simmer until syrup reaches 225°F, about 10-15 minutes.
- 7** While syrup is simmering, place maple sugar and butter in a medium mixing bowl. As soon as the syrup reaches 225°F, immediately pour syrup over sugar and butter mixture. Let mixture sit for 1 minute and then whisk together.

Pecan Pie

(continued)



DIRECTIONS

8 Whisk in eggs, vanilla and sea salt (the mixture might look a little grainy at this point).

9 Place prepared pie crust in pie plate on a large baking sheet. Pour mixture into your prepared pie crust and top with pecans.

10 Cover crust with pie shield or foil.

11 Bake for 15 minutes. Reduce heat to

350°F and bake for an additional 15 minutes.

12 The filling will be slightly less set in the center than the edges and it also might puff up in the middle, but will set as it cools. Serve slightly warm or at room temperature.

SOURCE

<http://deliciouslyorganic.net/pecan-pie-without-corn-syrup-grain-free-paleo/>

Mini Pumpkin Pie Tarts

Gluten Free + Vegan + Refined Sugar-Free



INGREDIENTS

FOR THE TART SHELLS

- ☆ 2 cups almond flour
- ☆ 2 tbsp maple syrup
- ☆ 1/4 cup coconut oil, melted
- ☆ 1/2 tsp baking soda
- ☆ 1/2 tsp ground cinnamon
- ☆ dash of ground nutmeg
- ☆ 1/8 tsp salt

FOR THE FILLING

- ☆ 1/2 cup raw cashews, soaked for at least 4 hours, preferably overnight
- ☆ 1/4 cup maple syrup
- ☆ 1 cup fresh pumpkin puree
- ☆ 2 tbsp coconut oil, melted
- ☆ 1 tsp ground cinnamon
- ☆ 1/2 tsp ground nutmeg
- ☆ 1/2 tsp ground ginger
- ☆ a pinch of ground cloves
- ☆ a dash of sea salt

FOR THE WHIPPED COCONUT CREAM:

- ☆ 1 can organic full fat coconut milk, refrigerated overnight
- ☆ 2 tsp maple syrup (use more or less or none at all, or whatever your favorite sweetener is)
- ☆ 1 tsp vanilla

DIRECTIONS

FOR THE SHELLS

- 1** Preheat oven to 350°F. Line 12 cups in a muffin tin with paper liners (you could also use greased mini tart pans).
- 2** In a large bowl, add all of the crust ingredients and mix very well. Really get your hands in there to get it all together and work it into a nice dough.
- 3** Add the crust mixture to the muffin cups and press down firmly into the cup using your knuckles, going up the sides a tad bit.

Mini Pumpkin Pie Tarts

(continued)



DIRECTIONS

4 Bake for 15-20 minutes until golden brown.

5 Allow to cool in the pan for about 10 minutes, then place the pan in the refrigerator until you are ready to assemble the tarts and serve. (Many times I make the tart shells the night before and keep them in the fridge until I am ready to serve).

FOR THE FILLING:

1 Drain the cashews and add them to your food processor and give them a whirl by themselves for a bit, to break them up and start turning them into a paste of sorts.

2 Once the cashews are broken up add in the maple syrup, vanilla and coconut oil, process that a bit more until it is a smooth and creamy paste.

3 Add in the remaining ingredients and process until smooth and creamy.

FOR THE WHIPPED COCONUT CREAM:

1 Make sure that your can of coconut milk is well chilled. I recommend leaving it in the fridge overnight. Open the can of coconut milk carefully, keeping it level. There will be a firm, waxy layer of coconut cream that solidified on top. Carefully scoop this off into a chilled glass bowl. Keep the left-over coconut water, it is great for smoothies.

2 Using a mixer, whip the coconut cream for 3 to 5 minutes until it becomes light and fluffy, with soft peaks. Mix in your maple syrup and vanilla, if you are using. Place the whipped coconut cream back into the fridge until you are ready to use.

ASSEMBLING THE TARTS

1 Remove the paper liner off of the tart shells.

2 Top each of the tart shells with a spoonful of the pumpkin filling and a dollop of whipped coconut cream, sprinkle with a little ground cinnamon.

3 Serve immediately.

SOURCE

<http://tasty-yummies.com/grain-free-mini-pumpkin-pie-tarts-gluten-free-vegan-refined-sugar-free/>

Orange Cranberry Bread

Grain Free



INGREDIENTS

- ☆ 3/4 cup (72 g) almond flour
- ☆ 1/4 cup (57 g) coconut flour
- ☆ 1/2 tsp baking soda
- ☆ 1/4 tsp salt
- ☆ 3 large eggs
- ☆ 1/3 cup (79 ml) maple syrup or honey
- ☆ 2 tbsp olive oil
- ☆ 2 tsp vanilla extract
- ☆ 1 tbsp orange zest
- ☆ 1 1/4 cup (59 ml) fresh orange juice
- ☆ 1 cup (75 g) fresh cranberries frozen or dried work also, lightly pulsed in a food processor or chopped by hand.

DIRECTIONS

- 1** Preheat your oven to 350°F (180°C, or gas mark 4).
 - 2** Line an 8x5-inch (20.3x12.7-cm) loaf pan with parchment paper, and grease any exposed sides.
 - 3** Add the almond flour, coconut flour, salt and baking soda together and blend well.
 - 4** Add the eggs, maple syrup, olive oil, vanilla, orange zest and juice to the dry batter and mix until well blended.
 - 5** Add the cranberries and gently blend until they're distributed evenly throughout the batter.
 - 6** Let the batter sit for 5 minutes or so to give the coconut flour time to absorb the liquids.
 - 7** Scoop the batter into the baking pan and bake for 45 minutes or until the top begins to brown and a toothpick inserted in the center of the bread comes out clean.
 - 8** Cool fully and slice. Store covered for a few days at room temperature or in the refrigerator for a few weeks, or seal and freeze for a few months.
 - 9** Makes one loaf.
- SOURCE** <http://comfybelly.com/2013/11/orange-cranberry-bread/#.WCUriuErLV0>

Flourless Mexican Chocolate Cookies



INGREDIENTS

- ☆ 1 cup almond butter
- ☆ 3/4 cup cocoa powder
- ☆ 1/2 tsp baking soda
- ☆ 1 1/2 tsp cinnamon
- ☆ 1 1/2 tsp salt
- ☆ 1 egg
- ☆ 1/4 cup pure maple syrup
- ☆ 1/4 cup honey
- ☆ 1 tsp vanilla
- ☆ 1 cup chocolate chips
- ☆ 1/2 cup spicy roasted pepitas (recipe below)
- ☆ 1 tsp crushed sea salt, for garnish

FOR THE SPICY ROASTED PEPITAS:

- ☆ 1 cup hulled natural pepitas pumpkin seeds,

- ☆ 1 tsp ground cayenne pepper if your cayenne is extra spicy, use 1 1/2 tsp,
- ☆ 1 tsp ground chili powder
- ☆ 1/2 tsp ground ginger
- ☆ 1 tbsp olive oil

DIRECTIONS

- 1** Roasted the pepitas first so they can cool down before adding them to the cookies.
- 2** Preheat the oven to 300°F.
- 3** Mix together the natural pepitas with the olive oil and spices and lay them flat on a baking sheet.
- 4** Roast the pepitas for 20 minutes, stirring the mixture halfway through. The pepitas begin to brown when they are done. Be careful not to go too far over 20 minutes or you might burn the seeds. Set them aside to cool.

Flourless Mexican Chocolate Cookies

(continued)



DIRECTIONS

5 Raise the oven temperature to 350°F and line a baking sheet with parchment paper.

6 In a food processor, combine the cocoa powder, baking soda, cinnamon and salt. Add the almond butter and process the mixture until smooth.

7 Add the egg, maple syrup, honey and vanilla and process again until smooth. Transfer the cookie dough to a mixing bowl and add the chocolate chips.

8 If you are looking for a sweet cookie, you can bake the cookies at this point; or

add the spicy roasted pepitas to the dough and stir to combine. The more you add, the dryer your cookie will come out so try not to add more than 1/2 a cup. The rest of the pepitas are for snacking!

9 Scoop the cookie dough on to the baking sheet using an ice cream scoop (you can also use a tbsp), leaving 2 inches between each cookie. Sprinkle the raw cookies with crushed sea salt.

10 Bake the cookies for 15 minutes then place them on a wire rack to cool.

SOURCE

<http://kitchen-tested.com/2013/11/21/flourless-mexican-chocolate-cookies-with-spicy-roasted-pepitas/>

Peppermint Sugar Cookie Balls

Vegan + Gluten Free



INGREDIENTS

- ☆ 1 cup cashews
- ☆ 1 tbsp. unsweetened shredded coconut flakes
- ☆ Sea salt to taste
- ☆ 5 medjool dates (soften)
- ☆ 1 tbsp. coconut oil
- ☆ 1 1/2 tsp. vanilla
- ☆ 1 tsp. of peppermint (or to taste)

- ☆ 1 tbsp. of water

OPTIONAL ADD INS:

- ☆ Crushed candy canes
- ☆ 1/2 tbsp. Coconut sugar

TOPPINGS FOR ROLLING:

- Crushed candy canes
- Unsweetened coconut flakes
- Coconut sugar

DIRECTIONS

1 Add the cashews to a food processor and pulse until chopped. (2 or 3 minutes)

2 Add the dates and pulse until the dates are completely mixed and reaches a dough consistency..

3 Add the remaining ingredients: coconut oil, sea salt, vanilla, peppermint, unsweetened shredded, coconut flakes, and crushed candy canes if using. Pulse

until combined. If the dough is not sticking together add water- start off with a small amount- 1 tbsp. If you add too much water the dough will be “greasy” and harder to roll. If this does happen, you can put the dough in the fridge for 30 minutes to set.

4 Roll into 1-inch balls and in desired coating!

5 Store in fridge or freezer!!

SOURCE

<http://www.balancewithb.com/recipe-box/2015/12/5/peppermint-sugar-cookie-balls>

Greek Yogurt Cheesecake



INGREDIENTS

FOR THE GRAHAM CRACKERS:

- ☆ 1 1/2 cups all-purpose flour
- ☆ 1 cup whole wheat flour
- ☆ 3/4 cup loosely packed brown sugar
- ☆ 1/2 tsp baking soda
- ☆ 1 tsp baking powder
- ☆ 1/2 tsp salt
- ☆ 1/2 tsp cinnamon
- ☆ 5 tbsp of cold unsalted butter, cut into pieces
- ☆ 2 tbsp maple syrup (use 3 if sweeter cookie is desired)
- ☆ 1/4 cup milk
- ☆ 1/4 cup milk
- ☆ 1 tbsp vanilla extract

FOR THE CHEESECAKE:

- ☆ 2 cups of graham crackers, crushed
- ☆ 2 tbsp of unsalted butter, melted
- ☆ 2 cups plain Greek yogurt
- ☆ 227 grams lower fat (Neufchatel) cream cheese
- ☆ 2 large eggs
- ☆ 2/3 cup sugar
- ☆ 1/4 cup all-purpose flour
- ☆ 2 tsp vanilla extract
- ☆ 1/2 tsp salt

Greek Yogurt Cheesecake

(continued)



DIRECTIONS

FOR THE GRAHAM CRACKERS

- 1 Combine the dry ingredients in a food processor.
- 2 Add the butter to the food processor and pulse until it forms coarse crumbs.
- 3 Add the maple syrup, milk, and vanilla and blend until a dough forms.
- 4 Chill for at least 1 hour.
- 5 Preheat the oven to 350°Fahrenheit.
- 6 Roll out to desired thickness and cut into cookies.
- 7 Bake for 20-25 minutes, depending on the size of your cookies, or until golden brown.
- 8 Let the cookies cool at least 30 minutes before making crust.

FOR THE CHEESECAKE:

- 1 Preheat the oven to 325°.
- 2 Pulse 2 cups of crushed graham crackers in the food processor to form crumbs. Add

the melted butter and pulse until combined.

- 3 Firmly press the graham cracker crumbs into the bottom of a greased springform pan and parbake for 5 minutes.
- 4 While the crust is baking, combine the remaining ingredients in food processor or mix them together by hand using a whisk until smooth.
- 5 Pour the cheesecake batter into the pan and bake for 45-50 minutes or until set in the center.
- 6 Remove the cheesecake from the oven and immediately cover with foil, as this will cool the cake gradually and prevent the top from cracking.
- 7 Let set for at least three hours before serving.

NOTES

I used 0% fat Greek yogurt; you can use 2% or full fat for an even creamier cheesecake.

As the baking of time of cheesecake can vary depending upon the quirks of each oven, keep an eye on your cheesecake starting at 40 minutes.

SOURCE

<http://www.thisrunnersrecipes.com/greek-yogurt-cheesecake/>

Dark Chocolate Truffles



INGREDIENTS

- ☆ 1 ripe avocado
- ☆ 170 grams dark chocolate | used Dark Chocolate Amberlyn Chocolates, use your favorite chocolate to fit your dietary needs,
- ☆ 2 tbsp of coconut sugar
- ☆ 1 1/4 tbsp of vanilla extract
- ☆ 1 tbsp unsweetened cocoa powder

DIRECTIONS

- 1** Puree the avocado in a food processor or blender.
- 2** In a separate bowl melt the chopped dark chocolate. Be careful not to burn the chocolate (If you're microwaving it I would stir it every 20-25 seconds).
- 3** When chocolate is completely melted, stir in the sugar. Whisk together to try to dissolve the sugar.
- 4** Add in avocado and vanilla, Mix again.
- 5** Put in the fridge for about 30 minutes.
- 6** Rolling out the truffles is the hardest part of the recipe! I keep a small cup with warm water. I place a metal spoon in the warm water for about 20-30 seconds before trying to scoop out the truffle mixture. Roll the truffles into small balls.
- 7** In a separate bowl, put 1 tbsp of unsweetened cocoa powder (you can always add more).
- 8** Roll the formed balls in the cocoa powder to cover them with a light dusting.
- 9** I put 3 or 4 truffles in a cupcake liner, but you could get smaller baking liners and they would work too.
- 10** Keep the truffles in the refrigerator to preserve freshness and try not to eat them all in one sitting.

SOURCE

<http://thecleaneatingcouple.com/valentines-day-treats/>

Apple Pie Crisp

Grain Free



INGREDIENTS

FOR THE CRUST

- ☆ 2 cups of almond flour
- ☆ 1 egg
- ☆ 1/4 tsp sea salt
- ☆ 2 tbsp coconut oil

FOR THE APPLE PIE FILLING

- ☆ 5 medium apples (or 3 extra large apples)
- ☆ 1 tbsp vanilla
- ☆ 2 tbsp lemon juice
- ☆ 2 tbsp butter
- ☆ 1 tbsp cinnamon
- ☆ 1/8 tsp cloves
- ☆ 1 tsp nutmeg
- ☆ 1/4 tsp sea salt

FOR THE CRISP TOPPING

- ☆ 1 cup crushed walnuts
- ☆ 1/4 cup coconut flour ,
- ☆ 1 tbsp honey
- ☆ Dash of cinnamon

DIRECTIONS

FOR THE CRUST

- 1** In a food processor or bowl, briefly mix almond flour and salt.
- 2** Add in coconut oil and egg and mix until a ball is formed.
- 3** Press dough into a pie dish. Note: My pie dish was larger than the standard 9" size, so my crust didn't extend as far up the sides.
- 4** Bake at 350°F for 8-12 minutes.
- 3** Place the apple pie filling evenly into the pie crust.

Apple Pie Crisp

(continued)



DIRECTIONS

FOR THE APPLE PIE FILLING

- 1** Peel apples, core, and slice into thin strips.
- 2** In a large bowl, add sliced apples and the rest of the ingredients. Use your hands or a large spoon to mix the ingredients delicately and well.
- 3** Place the apple pie filling evenly into the pie crust.

FOR THE CRISP TOPPING

- 1** Use a food processor or a mortar and pestle to crush walnuts.
- 2** In a bowl, evenly mix the crushed walnuts, coconut flour, and cinnamon.
- 3** Spread this mixture evenly on top of the apple pie filling.
- 4** Drizzle honey on top.
- 5** Bake pie at 350°F for 1 hour! Enjoy!

SOURCE

<http://julesfuel.com/2013/10/25/healthy-apple-pie-crisp-grain-free-dairy-free/>

Healthy Holiday Eats



Table of Contents

3	Rosemary Roasted Turkey
4	Wild Turkey Breast With Bacon
5	Ham W/Candied Orange Glaze
7	Roast Rib Of Beef
9	Cranberry-Glazed Quail
11	Stuffing
12	Pork & Veggie Stuffing
13	Gravy
14	Green Bean Casserole W/Madeira Mushrooms
16	Vanilla Bean Sweet Potato Casserole
18	Garlic Mashed Potatoes
19	Garlic & Herb Mashed Cauliflower
20	Roasted Vegetable Antipasto
21	Brussel Sprouts W/Bacon
22	Roasted Winter Squash
23	Creamy Parmesan Spinach & Mushrooms
24	Naturally Sweetened Cranberry Sauce
25	Winter Fruit Salad
26	Carrot-Parsnip Soup
27	Velvety Squash Soup

Rosemary Roasted Turkey



INGREDIENTS

- ☆ 2 tbsp Extra Virgin Olive Oil
- ☆ 2 tbsp fresh Rosemary, roughly-chopped
- ☆ 7 lb Turkey Breast
- ☆ 2 tsp Salt and Pepper, to taste

DIRECTIONS

- 1** Preheat oven to 325°F.
- 2** Drizzle olive oil over turkey breast, brush to coat.
- 3** Separate rosemary from stems, roughly chop and sprinkle liberally on turkey.
- 4** Add salt and cracked pepper to taste.
- 5** Place turkey in shallow roasting pan.
- 6** Cook turkey approximately 25 minutes per pound (turkey is done when a meat thermometer inserted into the breast reads 170°F).
- 7** Periodically baste turkey with juices in the pan, especially toward the end of the cooking.
- 8** Let rest for 10 minutes, carve, and serve.

SOURCE

<http://www.primalpalate.com/paleo-recipe/rosemary-roasted-turkey/>

Wild Turkey Breast With Bacon



INGREDIENTS

- ☆ 340 grams bacon, diced into 1/4-inch pieces
- ☆ 1 (2 lb) boneless turkey breast, cut into 1-inch chunks
- ☆ Cajun poultry seasoning, as needed
- ☆ 4 tbsp coconut oil
- ☆ 4 tbsp pasture butter
- ☆ 1 tbsp coconut aminos (optional),
- ☆ 1 1/2 cups chopped onion

DIRECTIONS

- 1** In a large cast iron skillet add bacon and top with Cajun seasoning. Fry until crisp.
- 2** Drain, discard grease and set aside.
- 3** Add 1 tbsp of butter and chopped onion to the skillet.
- 4** Saute' onion until tender. Then remove onion and set aside
- 5** In a bowl, combine the turkey breast, 2 tbsp coconut oil, coconut aminos and seasoning
- 6** In the skillet, heat remaining butter and coconut oil until sizzling.
- 7** Add turkey, cooked bacon, and onion.
- 8** Cook on medium-high until turkey is brown and tender (around 15 minutes).

SOURCE

<http://bravoforpaleo.com/2013/07/01/wild-turkey-breast-recipe/>

Ham W/Candied Orange Glaze



INGREDIENTS

- ☆ One 7 to 10 pound bone-in ham
- ☆ 1/2 cup apple cider (plus more for bottom of roasting pan)
- ☆ 1/2 cup bourbon
- ☆ 283 grams jar Polaner Orange All Fruit with Fiber (sweetened only with fruit juice)
- ☆ 1 1/4 cup unsulphured molasses
- ☆ 1/4 cup pure maple syrup
- ☆ 1 tbsp apple cider vinegar
- ☆ 1/4 tsp ground cloves
- ☆ 1/2 tsp crushed red pepper flakes

DIRECTIONS

- 1** Boil apple cider and bourbon in a small saucepan until reduced by half. Stir in Orange All Fruit, molasses, maple syrup, cider vinegar, cloves, and red pepper flakes. Simmer for ~5 minutes, stirring frequently. Set aside.
- 2** Preheat oven to 325°F. Prepare a roasting pan by lining with foil, or use a disposable aluminum roasting pan for easy clean-up. Place a rack on the bottom of the pan
- 3** Remove any hard rind and excess fat from ham, if present. Score the ham all over in a crosshatch diamond pattern to create nooks for the glaze to seep in. Place the ham on the roasting rack, fatty side up.
- 4** Roast the ham at 325°F for 30 minutes.
- 5** Remove ham from oven and increase oven temperature to 400°F. Liberally brush glaze all over the ham.

Ham W/Candied Orange Glaze

(continued)



DIRECTIONS

6 Pour enough apple cider in the bottom of the pan to cover the pan – it's okay if it touches the bottom of the ham. This will prevent you from smelling burnt sugar for the next 45 minutes and it will help keep the ham moist.

7 Return the ham to the oven and bake, basting and adding more glaze every 10-15 minutes until the ham is hot throughout and caramelized on the outside (about 45 minutes to an hour).

8 Remove ham from oven, tent with foil, and let rest for 15 to 30 minutes. Transfer to a cutting board and start slicing! Enjoy!

SOURCE

<https://shecookshecleans.net/2011/04/25/ham-with-candied-orange-glaze/>

Roast Rib Of Beef



INGREDIENTS

- ☆ 2.7 kg 3-bone fore rib of beef, French trimmed – ask your butcher
- ☆ 2 sprigs fresh rosemary
- ☆ 6 sage leaves
- ☆ 4 shallots
- ☆ 5 cloves garlic
- ☆ 200 ml red wine
- ☆ 2 tbsp olive oil
- ☆ sea salt
- ☆ black pepper

DIRECTIONS

- 1** Pre-heat oven to 425-450°F
- 2** Rinse the joint and pat dry with kitchen paper. Rinse the rosemary and sage. Peel and quarter the shallots. Peel 2 cloves of garlic and leave the rest unpeeled.
- 3** Place the rib of beef in a heavy bottomed roasting tin. Add the unpeeled garlic cloves, shallots and bruised sage leaves. Make some slits in the meat and insert the peeled garlic cloves and rosemary. Pour the olive oil over the meat.
- 4** Put the tin in the hot oven and seal the meat for 20 minutes, turning the joint on its sides a couple of times
- 5** Remove the roasting tin from the oven and pour over the wine. Return to the oven and leave it for a couple of minutes. Turn the oven temperature down to 325-350°F and continue roasting for 30 minutes per kilo if you like your beef rare or 40 minutes per kilo for medium rare.
- 6** Remove the beef from the roasting tin and transfer to a carving board. Cover with kitchen foil and leave to rest in a warm place for at least 20 minutes before carving.

Roast Rib Of Beef

(continued)



DIRECTIONS

7 Meanwhile, strain the roasting juices through a sieve. Season with a little salt and a generous grinding of black pepper and keep warm.

8 Arrange the carved beef on a warm serving dish, drizzle with the roasting juices and serve immediately.

SOURCE

<http://thelemonsqueezy.com/recipe/roast-rib-of-beef/>

Cranberry-Glazed Quail



INGREDIENTS

FOR THE QUAIL:

- ☆ 6 semi-boneless quails
- ☆ 2 lemons, zested
- ☆ 1 tbsp (15 mL) extra-virgin olive oil
- ☆ 1 tsp (5 mL) black peppercorns, ground
- ☆ 2 tbsp (30 mL) butter
- ☆ 2 tbsp (30 mL) blackberry honey
- ☆ 2 sprigs fresh thyme
- ☆ salt, to taste

FOR THE FENNEL SALAD:

- ☆ 2 bulbs fennel, shaved finely on mandoline slicer
- ☆ 2 shallots, minced
- ☆ 1 clove garlic, mashed
- ☆ 1 tsp (5 mL) fennel seed, toasted and ground
- ☆ 1 tsp (5 mL) sea salt

- ☆ 2 lemons, juiced
- ☆ 1 tbsp (15 mL) extra-virgin olive oil
- ☆ 1 tsp (5 mL) chili flakes
- ☆ a dash of sea salt

FOR THE CRANBERRY AND CHESTNUT MARMALADE:

- ☆ 1 cup (250 mL) fresh cranberries
- ☆ 2 cups 500 mL, cranberry cocktail
- ☆ 1 orange, zest and juice separated
- ☆ 1 cup (250 mL) white wine vinegar
- ☆ 1 cup 250 mL, sugar
- ☆ 1 cup (250 mL) canned unsweetened chestnuts, roughly chopped
- ☆ 2 cups (500 mL) dried cranberries

Cranberry-Glazed Quail

(continued)



DIRECTIONS

FOR THE QUAIL

- 1** Lay quails flat onto cutting board, skin side down. Drizzle with olive oil, then rub in lemon zest and pepper.
- 2** In a thick-bottom pan at medium to low heat, add a small amount of oil, then place the quails skin side down. Sauté until skin becomes crispy (about 7 minutes).
- 3** Once crisped, add butter, honey, and thyme.
- 4** Flip quails over and baste for 45 seconds.
- 5** Serve.

FOR THE FENNEL SALAD:

- 1** Combine all ingredients in a salad bowl. Toss together until well mixed
- 2** Wait 5 minutes before you serve to allow fennel to wilt slightly.

FOR THE CRANBERRY AND CHESTNUT MARMALADE:

- 1** In a large-mouth pot add fresh cranberries, cranberry cocktail, orange juice, vinegar, and sugar. Reduce by two-thirds or until thin syrup consistency.
- 2** Add the rest of the ingredients and mix together.
- 3** Serve warm or cold.

SOURCE

<http://www.alive.com/recipe/honey-glazed-quail-with-fennel-salad-and-cranberry-chestnut-marmalade/>

Stuffing



INGREDIENTS

- ☆ 3 tbsp olive oil
- ☆ 2 cups onion, finely chopped
- ☆ 2 cups celery, finely chopped
- ☆ 1/4 cup garlic, minced
- ☆ 1 Loaf gluten-free white sandwich bread, cut into large cubes (about 14 slices)
- ☆ 1 2/3 cup chicken broth (not reduced sodium)
- ☆ 4 tsps fresh parsley, minced + additional for garnish
- ☆ 1 tsp poultry seasoning
- ☆ 1/2 tsp sage powder
- ☆ pepper

DIRECTIONS

- 1** Preheat your oven to 350°F and spray a casserole dish with cooking spray. Set aside.
- 2** Heat the olive oil in a large pan over medium/high heat. Add in the chopped onion, celery and garlic and cook, stirring frequently, until golden brown and soft, about 8-10 minutes
- 3** Place the cut bread cubes into a large mixing bowl, and add in the cooked onion mixture. Toss to mix well and evenly coat the bread in the onion mixture.
- 4** Pour the chicken broth over the cubes and gently mix until they're evenly moistened.
- 5** Add in the fresh parsley, poultry seasoning, sage powder and a few pinches of pepper and gently toss to mix the spices evenly among the bread cubes. Transfer to the prepared casserole dish.
- 6** Bake until the top of the stuffing is lightly crisp and golden brown, about 50-60 minutes.
- 7** Garnish with additional fresh parsley, if desired and DEVOUR!

SOURCE

<http://www.foodfaithfitness.com/easy-gluten-free-stuffing/>

Pork & Veggie Stuffing



INGREDIENTS

- ☆ 1 lb ground pork
- ☆ 1 onion, chopped
- ☆ 1 large green bell pepper, chopped
- ☆ 2 cups button mushrooms, chopped
- ☆ 1 cup celery, chopped
- ☆ 5 cloves garlic clove, minced
- ☆ 2 tbsp rosemary, fresh, minced
- ☆ 2 tbsp ground thyme, minced
- ☆ 1 pinch salt
- ☆ 1 pinch pepper
- ☆ 2 tsp fennel seed
- ☆ 2 tsp anise seed
- ☆ 2 tsp paprika
- ☆ 1/2 tsp cayenne pepper
- ☆ 1 tsp organic coconut oil, refined

DIRECTIONS

****NOTE:** Adjust stuffing measurements accordingly depending on amount of people being served. This stuffing filled a 16 lb turkey, as well as a 5 qt braising pan.

1 Heat coconut oil in a large skillet on medium heat.

2 Place bell pepper, mushrooms, and celery into skillet and saute'.

3 In a large mixing bowl, combine ground pork, onion, garlic, rosemary, thyme, sage, fennel seeds, anise, paprika, cayenne, salt, and pepper.

4 Add ground pork mixture to skillet, and cook until pork is browned slightly.

5 Remove from heat, and discard any liquid in the pan.

SOURCE

<http://www.livestrong.com/recipes/paleo-thanksgiving-stuffing/>

Gravy



INGREDIENTS

- ☆ 2 tbsp grass fed butter
- ☆ 1 onion, chopped
- ☆ 1/4 tsp pepper, black
- ☆ 1 1/2 tbsp all natural arrowroot starch
- ☆ 6 tbsp blanched almond flour
- ☆ 1 1/4 cups chicken broth
- ☆ 1/2 tsp garlic powder
- ☆ 1 tbsp full-fat coconut milk
- ☆ 1 pinch salt, to taste

DIRECTIONS

1 To a sauce pan add the butter, onions and pepper. Cook over medium low heat for 20 minutes or so until caramelized (a beautiful golden brown color and cooked through).

2 Add the starch and almond flour. Stir for 1 minute and then add the remaining ingredients.

3 Stir and gently boil until thick. If you want your gravy thicker feel free to add an additional 2-3 tbp of almond flour.

4 Salt to taste. At this point I like to put the gravy in the food processor -- should be totally consistent. Gravy will thicken as it cools

SOURCE

<http://www.livestrong.com/recipes/worlds-best-paleo-gravy/>

Green Bean Casserole W/Madeira Mushrooms



INGREDIENTS

- ☆ 1 1/2 pounds green beans, trimmed and halved crosswise
- ☆ 2 tbsp olive oil
- ☆ 3 cups chopped sweet onion
- ☆ 1 tsp chopped fresh thyme
- ☆ 227 grams shiitake mushrooms, stemmed and sliced
- ☆ 1 (227 grams) package pre-sliced button mushrooms
- ☆ 1/3 cup Madeira wine or dry sherry
- ☆ 1/4 tsp salt
- ☆ 1/4 tsp freshly ground black pepper
- ☆ 3 tbsp all-purpose flour
- ☆ 1 cup fat-free, lower-sodium chicken broth
- ☆ 1 cup (about 57 grams) canned fried onions (such as French's)
- ☆ 1/2 cup (57 grams) grated fresh Parmigiano-Reggiano cheese

DIRECTIONS

- 1** Preheat oven to 425°F.
- 2** Place beans into a large saucepan of boiling water; cook 4 minutes. Drain and rinse with cold water; drain well. Place beans in a large bowl; set aside.
- 3** Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat.
- 4** Add onion and thyme to pan; sauté 4 minutes or until onion is tender, stirring occasionally.
- 5** Add mushrooms; sauté 10 minutes or until liquid almost evaporates, stirring frequently.
- 6** Stir in wine, salt, and pepper; cook 2 minutes or until liquid almost evaporates.

Green Bean Casserole W/Madeira Mushrooms

(continued)

DIRECTIONS

7 Stir in flour; cook 1 minute, stirring constantly.

8 Gradually stir in chicken broth; bring to a boil. Cook 1 minute or until thick, stirring constantly.

9 Add mushroom mixture to green beans; toss well. Place green bean mixture in a 2-quart glass or ceramic baking dish.

10 Combine fried onions and grated cheese in a small bowl. Top green bean mixture evenly with fried onion mixture.

11 Bake at 425°F for 17 minutes or until top is lightly browned.

SOURCE

SOURCE: <http://www.myrecipes.com/recipe/green-bean-casserole>

Vanilla Bean Sweet Potato Casserole



INGREDIENTS

FOR THE SWEET POTATOES:

- ☆ 4 1/2 pounds sweet potatoes, scrubbed (about 4-5 very large sweet potatoes)
- ☆ 1 cup unsweetened vanilla almond milk
- ☆ 2 vanilla beans pr 2 tbsp vanilla bean paste,
- ☆ 2 tbsp virgin coconut oil, melted
- ☆ 3/4 tsp ground cinnamon
- ☆ 3/4 tsp kosher salt
- ☆ 1/2 tsp freshly grated nutmeg
- ☆ 1/4 tsp white pepper

FOR THE PECAN OAT TOPPING:

- ☆ 1 1/3 cups old fashioned rolled oats (gluten free if necessary)
- ☆ 1 cup roughly chopped pecans (un-toasted)
- ☆ 1/2 cup almond meal,

- ☆ 1/4 tsp ground cinnamon
- ☆ 1/4 tsp kosher salt
- ☆ 5 tbsp melted coconut oil
- ☆ 1 tbsp pure maple syrup

DIRECTIONS

- 1** Preheat the oven to 375°F.
- 2** Lightly grease a 9x13-inch casserole dish or other 3 quart casserole dish and set aside.
- 3** Prick the sweet potatoes all over with a fork, then place them on a baking sheet lined with foil or a silpat mat. Bake until the potatoes are fork tender, about 1 hour or so, depending upon the size of your potatoes.
- 4** Remove from the oven and let sit until cool enough to handle, about 5 minutes. Peel and discard the skins (they should come off easily with your fingers), break the potatoes in large chunks with a fork,

Vanilla Bean Sweet Potato Casserole

(continued)



DIRECTIONS

then place the chunks into the bowl of a standing mixer fitted with the paddle attachment or a large mixing bowl.

5 While the potatoes bake, pour the almond milk in a small saucepan. Split the vanilla beans, scrape the seeds into the pan, then add the empty pods to the pan too. Bring to a very gentle simmer over medium heat for 5 minutes, stirring occasionally. Do not let the almond milk boil. Remove from heat and let the vanilla steep while the potatoes continue baking.

6 Remove the vanilla bean pods from the saucepan, then pour the almond milk and vanilla bean specs into the bowl with the sweet potato chunks. Add the melted coconut oil, cinnamon, salt, nutmeg, and white pepper.

7 Mash the potatoes together with the milk and spices (or beat gently with a mixer or your paddle attachment or run through a food mill) until fairly smooth with some texture remaining. Taste and add additional salt/pepper as desired. Transfer to the prepared baking dish. With the back of a rubber spatula, press and smooth into a single layer.

8 In a separate bowl, combine the topping ingredients: oats, pecans, almond meal, cinnamon, salt, coconut oil, and maple syrup until moist and evenly mixed. Sprinkle over the sweet potatoes.

9 Bake until the topping is toasted and fragrant and casserole is warmed through, about 20 minutes. Serve warm.

SOURCE

<http://www.wellplated.com/healthy-sweet-potato-casserole/>

Garlic Mashed Potatoes



INGREDIENTS

- ☆ 2lbs potatoes
- ☆ 4 garlic cloves, whole, peeled
- ☆ 1 1/2 tsp butter or 1 1/2tsp olive oil
- ☆ 1/4 tsp dried sage
- ☆ 1/8 tsp salt
- ☆ black or white pepper, to taste
- ☆ 1/4 cup nonfat sour cream or 1/4 cup 1% fat buttermilk

DIRECTIONS

1 Peel potatoes and cut in half. Place in large stovetop pot with 4 whole garlic cloves. Cover with cold water and bring to a boil. Reduce heat to a gentle boil and cook until potatoes are tender.

2 When potatoes are tender, drain and mash along with garlic cloves using a potato masher or electric beaters.

3 Stir butter or olive oil, sage, salt, pepper and sour cream or buttermilk into the remaining potatoes and return to low heat, stirring until warm.

SOURCE

<http://www.food.com/recipe/healthy-garlic-mashed-potatoes-358209>

Garlic & Herb Mashed Cauliflower



INGREDIENTS

- ☆ 1 head of cauliflower, washed, and cut into florets
- ☆ 1 vidalia onion, chopped
- ☆ 3 cloves of garlic, minced
- ☆ 1 tbsp fresh thyme, chopped
- ☆ 1 tbsp fresh rosemary, chopped
- ☆ 2 tbsp kerrygold unsalted butter
- ☆ salt and pepper to taste

DIRECTIONS

- 1** Place cauliflower in a steamer basket in a large soup pot, season with salt and pepper, and steam until soft (about 10-12 minutes, test with a fork).
- 2** Heat 1 tbsp of kerrygold butter in a non-stick frying pan on medium heat.
- 3** Saute' onion, garlic, and herbs until onion is translucent. Season with salt and pepper to taste. Set aside.
- 4** Place steamed cauliflower into a high speed blender or food processor. Add the sauteed onion, garlic, and herbs, along with the second tbsp of butter. Process until smooth.
- 5** Garnish with a sprig of rosemary, or a sprinkling of fresh ground pepper.

SOURCE

<http://www.primalpalate.com/paleo-blog/garlic-and-herb-mashed-cauliflower/>

Roasted Vegetable Antipasto



INGREDIENTS

- ☆ 12 medium brussels sprouts
- ☆ 4 tsp extra-virgin olive oil plus 2 tbsp, divided
- ☆ 1 large fennel bulb, halved, cored and cut into 1/4-inch wedges
- ☆ 12 very small, thin carrots (227 grams)
- ☆ 1 large beet, preferably golden, sliced into 1/4-inch rounds
- ☆ 1 tsp kosher salt, divided
- ☆ 1 large clove garlic, minced
- ☆ 2 tbsp lemon juice
- ☆ 1 tsp capers, chopped
- ☆ 1 anchovy fillet, minced (optional)

DIRECTIONS

- 1** Position racks in upper and lower thirds of oven; preheat to 425°F.
- 2** Trim and halve Brussels sprouts; toss with 1 tsp oil in a medium bowl. Spread in a single layer on half of a large baking sheet. Toss fennel in the bowl with another 1 tsp oil; spread on the other half of the pan. Toss carrots in the bowl with another 1 tsp oil and spread on half of a second baking sheet. Toss beet slices with another 1 tsp oil; spread on the other half of the pan. Sprinkle the vegetables with 1/2 tsp salt.
- 3** Roast the vegetables, stirring once half-way through and rotating the baking sheets top to bottom and front to back, until soft and beginning to caramelize, 25 to 30 minutes. Arrange on a serving platter.
- 4** Meanwhile, mash garlic and the remaining 1/2 tsp salt in a small bowl with the back of a spoon until a paste forms. Add lemon juice, capers and anchovy (if using). Whisk in the remaining 2 tbsp oil; drizzle over the vegetables.

SOURCE

<http://www.eatingwell.com/recipe/250583/roasted-vegetable-antipasto/>

Brussel Sprouts W/ Bacon



INGREDIENTS

- ☆ 2 1/2 pounds Brussels sprouts, trimmed
- ☆ 4 slices bacon, cut into 1-inch pieces
- ☆ 1 tbsp extra-virgin olive oil
- ☆ 1 large onion, diced
- ☆ 4 sprigs thyme or savory, plus 2 tsp leaves, divided
- ☆ 1 tsp salt
- ☆ freshly ground pepper to taste
- ☆ 2 tsp lemon juice (optional)

DIRECTIONS

1 Bring a large pot of water to a boil. If sprouts are very small, cut in half; otherwise cut into quarters. Cook the sprouts until barely tender, 3 to 5 minutes. Drain.

2 Meanwhile, cook bacon in a large heavy skillet over medium heat, stirring, until brown but not crisp, 3 to 6 minutes. Remove with a slotted spoon to drain on a paper towel. Pour out all but about 1 tbsp bacon fat from the pan.

3 Add oil to the pan and heat over medium

heat. Add onion and cook, stirring often, until soft but not browned, reducing the heat if necessary, about 4 minutes. Stir in thyme (or savory) sprigs, salt and pepper.

4 Increase heat to medium-high, add the Brussels sprouts, and cook, tossing or stirring occasionally, until tender and warmed through, about 3 minutes. Remove the herb sprigs. Add the bacon, thyme (or savory) leaves and lemon juice, if using, and toss.

NOTE: Make Ahead Tip: Prepare through Step 1, rinse with cold water; store airtight in the refrigerator for up to 1 day. Finish with Steps 2-3, 15 to 20 minutes before serving

SOURCE

<http://www.eatingwell.com/recipe/249972/sauteed-brussels-sprouts-with-bacon-onions/>

Roasted Winter Squash



INGREDIENTS

- ☆ 2 spaghetti squash - whole, halved
- ☆ 2 tbsp extra-virgin olive oil
- ☆ 2 garlic clove, halved
- ☆ 1 tbsp basil, fresh, chopped
- ☆ 1 pinch sea saltleaves, divided
- ☆ 1 pinch Black Pepper

DIRECTIONS

- 1** Preheat oven to 375°F.
- 2** With a spoon, scoop out squash seeds and stringy interior and discard. Drizzle both halves with olive oil and rub with garlic halves. Sprinkle with salt, pepper, and basil.
- 3** Place squash halves cut-side down on a large, lightly oiled, rimmed baking sheet, tucking garlic underneath. Roast for about 45 minutes or until fork-tender.
- 4** 4. Allow the squash to cool for a few minutes, then, using a fork, scrape out the strands.

SOURCE

<http://www.livestrong.com/recipes/paleo-roasted-spaghetti-squash/>

Creamy Parmesan Spinach & Mushrooms



INGREDIENTS

- ☆ 1 pound cremini mushrooms, trimmed and sliced
- ☆ 227 grams creme fraiche
- ☆ 277 grams shredded parmesan cheese
- ☆ 227 grams fresh spinach
- ☆ 127 grams green onions, trimmed and chopped
- ☆ 127 grams white pepper
- ☆ 1/4 tsp salt
- ☆ 227 grams butter
- ☆ 127 grams olive oil
- ☆ 1 cup thinly sliced shallots

DIRECTIONS

1 Preheat the oven to 350°F. Lightly grease a 2-or-3-quart baking dish.

2 In a large pot with a lid, cook the mushrooms in the 227 grams of butter until the mushrooms are soft. Use a slotted spoon to transfer the cooked mushrooms to the prepared baking dish.

3 Using the same pot, cook the spinach over medium-high heat in batches, and cover while each batch wilts, adding more as space allows. When all of the spinach has been wilted, place it in a food processor along with the green onions, white pepper, salt, creme fraiche, and parmesan cheese. You can do this in batches if your food pro-

cessor is small. Blend until smooth, and then transfer the mixture into the baking dish with the mushrooms. Stir to blend in the mushrooms.

4 Bake the spinach mixture for 20 minutes, or until bubbly around the edges. While it is baking, prepare the shallots. Heat the 127 grams of butter and the olive oil in a large skillet over medium-high heat. Add the shallots and cook, stirring occasionally, until they begin to turn golden brown and some of them look crispy. Top the spinach casserole with the shallots and serve.

SOURCE

<http://www.seasonalandsavory.com/2013/11/creamy-parmesan-spinach-and-mushrooms.html>

Naturally Sweetened Cranberry



INGREDIENTS

☆ One 340 grams bag of fresh cranberries

☆ ½ cup honey or maple syrup

☆ ½ cup water

☆ zest of 1 medium orange, preferably organic (about 1 tsp)

☆ Optional add-ins: ½ tsp ground cinnamon and/or ¼ cup fresh orange juice

DIRECTIONS

1 First, rinse the cranberries well and drain off excess water. Pick through the cranberries and discard any squishy ones.

2 In a medium saucepan, combine the cranberries, honey and water. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook, stirring occasionally, until the cranberries have popped and the mixture has thickened to your liking, about 5 to 10 minutes.

3 Remove the pot from heat and stir in the orange zest. If you'd like to add cinnamon

or orange juice, add it now. Taste and, if the mixture is too tart (keeping in mind that cranberry sauce is supposed to be a little tart!), add more orange juice, honey or maple syrup to taste.

NOTES:

PREPARE IN ADVANCE/STORAGE SUGGESTIONS: You could definitely make this sauce the day before. It keeps well, refrigerated, for up to a few weeks! I like to swirl leftover sauce into yogurt with granola or oatmeal. Basically, just treat it like jam.

MAKE IT VEGAN: Use maple syrup instead of honey.

SOURCE

<http://cookieandkate.com/2015/naturally-sweetened-cranberry-sauce-recipe/>

Winter Fruit Salad



INGREDIENTS

- ☆ 8 oranges
- ☆ 4 grapefruit, preferably pink
- ☆ 1 pineapple
- ☆ 6 kiwis organic (about 1 tsp)
- ☆ 1 1/2 cups pomegranate seeds, optional

DIRECTIONS

- 1** On a cutting board, using a sharp knife, cut off top and bottom of an orange. Moving the orange around and cutting top to bottom, slice off the peel and white pith. Working over a large bowl, cut in between membranes to remove orange segments, catching juice in bowl as you go. Repeat with remaining oranges and grapefruit.
- 2** Cut off top and bottom of pineapple. Remove rough outside of pineapple by slicing it off from top to bottom. Cut pineapple in

half lengthwise, then cut each half in half again, also lengthwise. Slice out core. Cut pineapple into chunks; add to bowl. Peel kiwis and cut in half lengthwise. Slice kiwis into bowl with other fruit.

- 3** Gently toss fruit to mix. Cover and chill for at least 2 hours.

- 4** Sprinkle fruit salad with pomegranate seeds just before serving, if desired.

SOURCE

<http://www.myrecipes.com/recipe/winter-fruit-salad>

Carrot-Parsnip Soup



INGREDIENTS

- ☆ 2 tbsp olive oil, divided
- ☆ 2 1/2 cups chopped yellow onion
- ☆ 3 cups coarsely chopped parsnip (about 1 pound)
- ☆ 3 cups water
- ☆ 2 1/2 cups coarsely chopped carrot (about 1 pound)
- ☆ 2 (397 grams) cans fat-free, less-sodium chicken broth
- ☆ 1/4 tsp salt
- ☆ 1/4 tsp freshly ground black pepper
- ☆ 1/2 cup 1/8-inch-thick, slices parsnip
- ☆ 1 tbsp chopped fresh chives

DIRECTIONS

1 Heat 1 tsp oil in a Dutch oven over medium heat. Add the onion, and cook 10 minutes or until tender, stirring occasionally. Add chopped parsnip, water, carrot, and broth; bring to a boil. Reduce heat, and simmer 50 minutes or until vegetables are tender. Remove from heat; let stand 5 minutes.

2 Place half of carrot mixture in a blender; process until smooth. Pour pureed carrot mixture in a large bowl. Repeat procedure

with remaining carrot mixture. Stir in salt and pepper.

3 Heat remaining 5 tsp oil in a small saucepan over medium-high heat. Add parsnip slices; cook 5 minutes or until lightly browned, turning occasionally. Drain on paper towels. Sprinkle parsnip chips and chives over soup.

SOURCE

<http://www.myrecipes.com/recipe/carrot-parsnip-soup-with-parsnip-chips>

Velvety Squash Soup



INGREDIENTS

- ☆ 1 (3-pound) butternut squash
- ☆ 1 (2-pound) acorn squash
- ☆ Cooking spray ☆ 2 tsp canola oil
- ☆ 2 cups coarsely chopped onion
- ☆ 5 cups fat-free, less-sodium chicken broth
- ☆ 2/3 cup apple cider
- ☆ 2 tbsp molasses
- ☆ 1 tsp curry powder
- ☆ 3/4 tsp salt
- ☆ 1/8 tsp ground red pepper
- ☆ 2/3 cup half-and-half
- ☆ chopped fresh thyme (optional)

DIRECTIONS

- 1** Preheat oven to 425°F.
- 2** Cut each squash in half lengthwise; discard seeds and membranes. Place squash, cut sides down, on a jelly-roll pan coated with cooking spray.
- 3** Combine onion and oil, tossing to coat. Spread onion mixture onto pan around squash. Bake at 425°F for 45 minutes or until squash and onion are tender. Cool slightly. Scoop out squash pulp from skins; discard skins.
- 4** Place onion and squash pulp in a Dutch oven. Stir in broth and the next 5 ingredients
- (through pepper); bring to a boil. Reduce heat; simmer 5 minutes.
- 5** Place half of squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining squash mixture. Return pureed mixture to pan; stir in half-and-half. Cook over medium heat 5 minutes or until thoroughly heated. Garnish with thyme, if desired.

SOURCE

<http://www.myrecipes.com/recipe/velvety-squash-soup>

Healthier Holiday Drinks



Table of Contents

3	Light Nutella Eggnog
4	Pumpkin Spice Latte
5	Holiday Chaos Calmer
6	Green Tea Hot Toddy
7	Peppermint Hot Cocoa
8	Hot Chili Chocolate
9	Raspberry Mocha Smoothie
10	Pumpkin Banana Smoothie
11	Mulled Cider And Cranberry
12	Apple Cider Sangria

Light Nutella Eggnog



INGREDIENTS

- ☆ 1 1/2 cups full-cream organic/grass-fed milk or unsweetened almond milk
- ☆ 1/4 cup light cream
- ☆ 2 eggs
- ☆ 1 egg yolk
- ☆ 1/4 cup sugar
- ☆ 1 tbsp corn starch or flour
- ☆ 1 vanilla bean
- ☆ 2 tbsp of Nutella
- ☆ 1/4 cup Captain Morgan spiced rum

DIRECTIONS

1 Heat 1 1/2 cups milk in a medium size saucepan. Cut vanilla bean in half length-wise and remove seeds. Add the pods and seeds to the milk. Bring to a simmer and let thicken, about 6 minutes.

2 Meanwhile, whisk eggs, egg yolk, sugar and flour/cornstarch together until fully mixed. Once milk mixture has thickened, add it to the bowl of egg mixture. Carefully whisk them together. Immediately pour the egg/milk mixture back into the saucepan. Let simmer again until thick, stirring con-

stantly) until mixture thickens to the back of a spoon), or about 6–8 minutes. *Do not skip the stirring part, otherwise the mixture will congeal.

3 Once thickened, remove from the heat and stir in the cream to stop the cooking. Whisk in the Nutella until fully mixed. Place eggnog on an ice bath, whisking constantly, until cooled. *Do not skip this part either, or else the mixture will thicken too quick into a pudding like substance. Once chilled, whisk in rum and serve!

SOURCE

<http://nutritionfor.us/2012/11/light-nutella-eggnog/>

Pumpkin Spice Latte



INGREDIENTS

- ☆ 1 1/2 cups full-cream organic/grass-fed milk or unsweetened almond milk
- ☆ 1/2 cup of dark-roast coffee
- ☆ 1 1/2 tbsp canned pumpkin
- ☆ 1/2 tsp pumpkin-pie spice or cinnamon
- ☆ 1/2 tsp vanilla extract
- ☆ dash of cayenne
- ☆ agave to taste/

DIRECTIONS

- 1** Combine 1 cup of milk and all other ingredients in a small saucepan. .
- 2** Stir until simmering, making sure spices and pumpkin dissolve.
- 3** When mixture is at a low boil, remove from heat and pour into a mug.
- 4** Froth remaining 1/2 cup of milk and add to mug.
- 5** Sprinkle with cinnamon if desired.

SOURCE

<http://www.everydayhealth.com/7-healthy-takes-on-popular-holiday-beverages.aspx#04>

Holiday Chaos Calmer



INGREDIENTS

- ☆ 1/2 cup cider
- ☆ 1/2 cup water
- ☆ 1 chamomile tea bag
- ☆ lemon peel
- ☆ 1 cinnamon stick

DIRECTIONS

- 1** Combine cider and water in a mug and heat in the microwave for 2 minutes, or until boiling.
- 2** Add one chamomile tea bag, one strip of lemon peel, one cinnamon stick, and steep for 5 minutes.
- 3** Remove the tea bag and cinnamon stick, take your first sip...and breathe a sigh of relief.

SOURCE

<http://www.joybauer.com/photo-gallery/6-festive-holiday-drinks/holiday-chaos-calmer/>

Green Tea Hot Toddy



INGREDIENTS

- ☆ 113 grams hot green tea
- ☆ 28 grams honey
- ☆ 57 grams Bourbon
- ☆ cinnamon sticks and lemon peel for garnish

DIRECTIONS

- 1** Pour green tea into mug and stir in honey to dissolve.
- 2** Add bourbon and stir.
- 3** Garnish with cinnamon sticks and lemon peel. Enjoy!

SOURCE

<http://jellytoastblog.com/green-tea-hot-toddy/>

Peppermint Hot Cocoa



INGREDIENTS

- ☆ 3 cups full-cream organic/grass-fed milk or unsweetened almond milk
- ☆ 4 tsp sugar
- ☆ 1/4 tsp peppermint
- ☆ 1/4 tsp vanilla extract
- ☆ 1/4 cup semisweet chocolate chips
- ☆ kosher salt

DIRECTIONS

- 1** Heat 3 cups milk in a small saucepan over medium-high heat until the milk is hot and starting to steam.
- 2** Remove the pan from the heat and whisk in sugar, peppermint and vanilla extracts, a pinch of kosher salt, and semi-sweet chocolate chips.
- 3** Continue to whisk until the chocolate is completely melted.
- 4** Pour into mugs and garnish with whipped cream if desired.

SOURCE

<http://www.joybauer.com/photo-gallery/6-festive-holiday-drinks/peppermint-hot-cocoa/>

Hot Chili Chocolate



INGREDIENTS

- ☆ 2 cups full-cream organic/grass-fed milk or unsweetened almond milk
- ☆ 1/2 tsp vanilla extract
- ☆ 1/2 tsp cinnamon
- ☆ 1/4 tsp cayenne pepper
- ☆ 2 tbsp dark chocolate chips or
- ☆ 28 grams bittersweet chocolate, grated

DIRECTIONS

- 1** Heat milk over medium heat.
- 2** Add vanilla, cinnamon and cayenne pepper.
- 3** Stir in dark chocolate chips (or chopped bittersweet chocolate) until melted.
- 4** Pour into two mugs.

SOURCE

<http://www.besthealthmag.ca/best-eats/recipes/hot-chili-chocolate/>

Raspberry Mocha Smoothie



INGREDIENTS

☆ 1 1/2 cups (375 mL) unsweetened almond beverage

☆ 1 cup (250 mL) fresh or frozen raspberries

☆ 1 tbsp (15 mL) almond butter

☆ 2 tbsp (30 mL) unsweetened cocoa powder

☆ 4 coffee ice cubes (see tip below); or a large pinch of instant coffee granules plus 4 ice cubes

DIRECTIONS

1 Blend all ingredients together.

Tip: Freeze brewed coffee in your ice cube tray and add to your smoothies for a jolt of caffeine.

SOURCE

<http://www.besthealthmag.ca/best-eats/recipes/raspberry-mocha-smoothie/>

Pumpkin Banana Smoothie



INGREDIENTS

- ☆ 1 banana
- ☆ 1 1/2 tsp maple syrup
- ☆ 1/2 cup nonfat vanilla yogurt
- ☆ 1/4 tsp cinnamon
- ☆ 1/2 cup full-cream organic/grass-fed milk or unsweetened almond milk
- ☆ 3-5 ice cubes
- ☆ 1/2 cup canned pumpkin puree

DIRECTIONS

- 1 Combine all ingredients in a blender and puree until smooth and frothy.

SOURCE

<http://www.joybauer.com/photo-gallery/6-festive-holiday-drinks/pumpkin-banana-smoothie/>

Mulled Cider And Cranberry



INGREDIENTS

- ☆ 4 cups pure apple cider
- ☆ 1 cup cranberry juice
- ☆ 1/2 cup granulated sugar
- ☆ 2 tbsp brandy
- ☆ 1/2 tsp ground nutmeg
- ☆ 2 whole cloves
- ☆ 1 cinnamon stick
- ☆ grated zest of 1 lemon and 1 orange
- ☆ Apple slices and fresh cranberries

DIRECTIONS

- 1** In a saucepan, combine cider, cranberry juice, sugar, brandy, nutmeg, cloves, cinnamon stick, lemon zest and orange zest.
- 2** Heat over medium heat, just to combine flavors; do not boil.
- 3** Strain and serve warm.
- 4** Garnish with apple slices and cranberries.

SOURCE

<http://www.besthealthmag.ca/best-eats/recipes/mulled-cider-and-cranberry/>

Apple Cider Sangria



INGREDIENTS

- ☆ 1 bottle white wine
- ☆ 2 1/2 cups fresh apple cider
- ☆ 2 cinnamon sticks
- ☆ 1 cup vodka
- ☆ 2 apples, chopped
- ☆ 1 orange, chopped
- ☆ 1 tbsp raw honey
- ☆ 1/2 tsp cinnamon
- ☆ 1/4 cup pomegranate seeds

DIRECTIONS

- 1** Chop apple and orange and place in the bottom of pitcher with pomegranate seeds.
- 2** Add in wine, apple cider, cinnamon sticks, vodka, honey, and cinnamon.
- 3** Stir and serve with ice.

SOURCE

<http://www.shape.com/healthy-eating/healthy-drinks/20-low-calorie-holiday-cocktail-recipes>