



Anti-Inflammatory Holiday Cookbook

24 Delicious Holiday Recipes

+

Thanksgiving Day Meal Plan
& 5-Day Preparation Countdown

Gluten Free – Dairy Free – Soy Free –
Low Sugar & Carb – Mostly Grain Free –
- Whole, Clean Food -

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Introduction

October marks the beginning of my favorite time of the year – Fall and the holiday season! The crisp, cool air and family gatherings galore always kick me right into holiday cooking and baking mode. Several years ago this also meant loads of sugar, gluten and dairy and probably an extra 5 pounds by the end of the December. But when you have chronic lyme disease like I do, or any other inflammation driven illness, a little bit of compromising in your diet can lead to A LOT of pain and discomfort in your body. This doesn't mean I give up my passion for cooking and eating holiday fare, instead I approach it with my “anti-inflammatory nutrition and chef hat” on. Clean foods that nourish, balance, and heal are always at the heart of every recipe I write and share.

This book offers my best holiday anti-inflammatory recipes including: simple breakfasts with a seasonal flare, nutrient packed, seasonal side dishes, mouth-watering main dishes everyone at your table will love, and delectable treats that will certainly meet and maybe even exceed your sweet cravings. All the recipes are gluten free, dairy free, and soy free as well as low in sugar and carbs and mostly grain free. I guarantee that you can still have an amazing holiday season with all the tastes and flavors you love without feeling deprived.

I'm also giving you a 5-day countdown plan to rock your Thanksgiving holiday – it walks you through the recommended dishes you can make ahead of time as well as my personal “Thanksgiving Day Game Plan” to reduce stress, embrace the clean cooking queen or king you are, and create a delicious holiday feast!

My intention as a health coach is to share my inspirations and favorite things with my clients. And that is why I could not be happier and more honored to be able share these recipes and inspire you to have an anti-inflammatory holiday season! Many thanks to my dear friend and business partner, Jen Brown, for her edits and contributions to this ebook and our nutritional counseling business – I love sharing this journey with you!

Happy Holidays! With love and light,

Billie

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Pumpkin Green Smoothie

Prep Time: 5 minutes | Cook Time: 0 minutes

Servings: 2 | Serving Size: 1 smoothie

This is one of my favorite green smoothies any time of the year, but it tastes especially delicious during the holidays. Kind of like dessert for breakfast!



Ingredients:

1 cup spinach

1-1 1/2 cups romaine lettuce

2 scoops protein powder of choice*

2 tablespoons ground flaxseed

1/4 cup 100% pure pumpkin puree

3/4 teaspoon pumpkin pie spice

1/4 teaspoon ground ginger or 1/2 teaspoon grated fresh ginger

1 1/2 cups unsweetened vanilla or regular almond milk (or non-dairy milk of choice)

1/2 cup - 1 cup ice cubes (depending on how cold and icy you like it)

Directions:

1. Place all ingredients into a blender and process on high until smooth.
2. Pour into two glasses and enjoy!

Tips and Tricks:

**I recommend a protein powder that is low in carbohydrates & sugars and high in protein. Use the 10/15/20 rule—you want 10 or LESS grams of sugar, 15 or LESS grams of total carbohydrates and 20 or MORE grams of protein per serving. Nutritional information assumes you follow the above rule when selecting your protein powder

Nutritional Information Per Serving: (Includes protein powder using 10/15/20 rule)

Calories: 194.8

Fat: 10.4 g

Cholesterol: 0.0 mg

Sodium: 323.8 mg

Total Carbohydrate: 11.6 g

Dietary Fiber: 6.5 g

Sugars: 3.5 g

Protein: 21.6 g

Ginger Cookie Smoothie

Prep Time: 5 minutes | Cook Time: 0 minutes

Servings: 2 | Serving Size: 1 smoothie

I like to enjoy this smoothie after a light lunch or dinner to satisfy my sweet tooth. It comes out to the most perfect creamy consistency; you will think you are drinking a milk shake!



Ingredients:

2 scoops vanilla flavored protein powder of choice*

Heaping 1/3 cup raw, unsalted macadamia nuts

1 teaspoon ground ginger

½ teaspoon ground cinnamon

2 teaspoons 100% pure maple syrup

2 cups unsweetened vanilla or regular non-dairy milk (I like vanilla almond in this recipe!)

1-2 cups ice cubes depending on how thick & cold you like it**

Directions:

1. Place all ingredients into a blender and process on high until smooth.
2. Pour into two glasses and enjoy!

Tips and Tricks:

We recommend a protein powder that is low in carbohydrates & sugars and high in protein. Use the 10/15/20 rule—you want 10 or LESS grams of sugar, 15 or LESS grams of total carbohydrates and 20 or MORE grams of protein per serving. Nutritional information assumes you follow the above rule when selecting your protein powder

**Or freeze the non-dairy milk in ice cube trays for an even creamier, milkshake-like effect.

Nutritional Information Per Serving: (Includes protein powder using 10/15/20 rule)

Calories: 328.6
Fat: 20.8 g
Cholesterol: 0.0 mg
Sodium: 223.8 mg
Total Carbohydrate: 14.4 g
Dietary Fiber: 4.2 g
Sugars: 9.0 g
Protein: 23.8 g

Kale & Sausage Quiche with Sweet Potato Crust

Prep Time: 15 minutes | Cook Time: 30 minutes

Servings: 6 | Serving Size: 1 slice of quiche

This quiche is a year-round staple in our household. Kale and sweet potatoes are loaded with antioxidants and fiber to help power you through your day!



Ingredients:

- 1 tablespoon coconut oil + ½ tablespoon for greasing
- 1 small to medium sweet potato, peeled
- ½ small red onion, chopped
- ½ pound organic bulk chicken or turkey breakfast sausage
- ½ bunch kale, de-stemmed and chopped into bite sized pieces
- 1 teaspoon garlic powder
- 9 organic, pastured eggs
- 3 tablespoons unsweetened non-dairy milk
- ½ teaspoon sea salt
- ¼ teaspoon ground pepper

Directions:

1. Preheat the oven to 350°F.
2. Spread a very thin layer of coconut oil around the bottom and sides of a 9-inch pie plate.
3. Add 1 tablespoon coconut oil to a large skillet over medium-high heat, tilt to coat then add the onions and sauté for 3 minutes, until fragrant.
4. Add the sausage to the skillet and cook for 7 minutes, breaking the meat up into small pieces as it cooks.
5. While the sausage cooks, use a mandolin or a sharp knife to thinly slice the potato into 1/8-inch-thick disks.
6. Arrange the sweet potatoes in a concentric pattern, slightly overlapping them so they completely cover the bottom of the pie plate. You can also slice disks into half moon shapes and place them around and slightly up the sides of the pie plate.
7. Add the kale to the skillet with the sausage and sauté for 3-5 minutes, tossing regularly until wilted but still bright green.
8. Spread the sausage-kale mixture in a thin layer over the potatoes, trying to cover the entire surface evenly.
9. Place the eggs, milk, salt, garlic powder and pepper in a bowl and whisk vigorously.
10. Pour the beaten egg mixture into the pie dish and spread it out evenly.
11. Bake for 25 to 30 minutes, or until a toothpick inserted into the center comes out clean.

Tips and Tricks:

This is great leftover – either cold or reheated. It makes for an excellent breakfast and lunch on the go during a busy work week.

Nutritional Information Per Serving:

Calories: 238.8
Fat: 13.1 g
Cholesterol: 309.0 mg
Sodium: 494 mg
Total Carbohydrate: 13.6 g
Dietary Fiber: 2.9 g
Sugars: 1.7 g
Protein: 17.9 g

Pumpkin Spice Muffins

Prep Time: 15 minutes | Cook Time: 40 minutes
Servings: 12 | Serving Size: 1 muffin

These muffins are low in sugar but big in taste and deliciousness! Make sure to add your favorite crunch to the top of these muffins –I love walnuts because they are a healthy source of omega 6 fats and have been shown to be neuro-protective for the brain.



Ingredients:

Heaping ½ cup 100% pure pumpkin puree
¼ cup coconut flour
1 ½ cups blanched almond flour or almond meal
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
½ teaspoon ground ginger
1 teaspoon pumpkin pie spice
3 large eggs

3 tablespoons coconut palm sugar, divided
2 tablespoons maple syrup
1/3 cup coconut oil, melted
1 teaspoon pure vanilla extract

Optional: ¼ cup chopped nuts (walnuts, almonds, or hazelnuts work well)

Directions:

1. Heat oven to 350 degrees and line a muffin pan with 12 baking cups.
2. In a large bowl, whisk flours, salt, baking soda, baking powder, pumpkin pie spice, cinnamon, and ginger.
3. In a separate bowl, whisk together eggs, pumpkin puree, 2 tablespoons coconut sugar, maple syrup, oil, and vanilla.
4. Fold wet ingredients into dry ingredients until well incorporated; add more coconut flour 1 tablespoon at a time if your batter is too thin and wet. Then fold in chopped nuts if using or sprinkle them on top once you put your batter into the muffin cups.
5. Scoop batter into 12 baking cups, then sprinkle the tops of the muffins evenly with the 1 remaining tablespoon coconut sugar. Then put them in the oven to bake.
6. Bake until golden brown and a toothpick inserted in the center comes out clean, about 18-24 minutes.
7. Transfer to a wire rack to cool.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 179
Fat: 10.2 g
Cholesterol: 46.5 mg
Sodium: 193.7 mg
Total Carbohydrate: 18.2 g
Dietary Fiber: 2.9 g
Sugars: 4.9 g
Protein: 4.5 g

Banana Cinnamon Waffles

Prep Time: 10 minutes | Cook Time: 10 minutes

Servings: 4 | Serving Size: 2 waffles

These are AMAZING! This recipe is certainly a treat to have every now and again. I had several non-grain free/gluten free people eat these waffles and come back for seconds and thirds. A must try recipe for a holiday or lazy weekend morning with your family!



Ingredients:

3 large eggs, at room temperature
1/2 cup unsweetened coconut milk
2 tablespoons maple syrup
3 tablespoons coconut oil, melted
1/2 teaspoon pure vanilla extract
1 cup raw cashews
3 tablespoons coconut flour
3/4 teaspoon baking soda
1/4 teaspoon salt
3/4 teaspoon ground cinnamon
1 ripe banana, peeled and mashed

Directions:

1. Get your waffle iron turned on- mine is only on and off, but if your waffle iron has settings, then set it to low.
2. Place all ingredients, in the order listed, except for the banana, in a high-speed blender.
3. Blend on low for 30 seconds, then increase to high and continue blending until the batter is completely smooth, about another 30 seconds.
4. Add mashed banana and stir with a spatula or spoon to incorporate well into batter.
5. Use a little melted coconut oil and brush or rub it over the waffle iron to prevent sticking. Then pour batter into waffle iron, filling halfway full, spreading evenly, and close the lid.
6. Cook for 1-4 minutes (depending on your waffle iron). A good general rule is that when the steam slows down or stops rising from the iron, your waffles are done.

Tips and Tricks:

I will often double the recipe and freeze the leftover pre-cooked waffles for a quick breakfast during the week—just pop them into a toaster/toaster oven and they're ready to go!

Nutritional Information Per Serving:

Calories: 415.4
Fat: 28.1 g
Cholesterol: 139.5 mg
Sodium: 541.9 mg
Total Carbohydrate: 35.5 g
Dietary Fiber: 3.8 g
Sugars: 19 g
Protein: 10.3 g

Holiday Spiced, Slow Roasted Nuts

Prep Time: 10 minutes | Cook Time: 25 minutes

Servings: Makes 3 cups | Serving Size: ¼ cup

These nuts are an easy snack or appetizer. A bit of savory and a bit of sweet - they will curb your appetite before a big meal.



Ingredients:

1 large egg white, whisked until foamy

2 tablespoons coconut palm sugar

1 teaspoon salt

½ teaspoon chili powder

¼ teaspoon all spice

½ teaspoon ground cumin

1/8 teaspoon cayenne

3 cups raw nuts of choice: almonds, cashews, pecans, walnuts, or Brazil nuts

Directions:

1. Preheat oven to 300 degrees and line a large rimmed baking sheet with parchment paper.
2. In a small bowl combine salt, chili powder, all spice, ground cumin, and cayenne.
3. Place nuts in a large bowl, then pour egg white over nuts and mix well to combine.
4. Add the spice mixture to the nuts and mix again until nuts are well coated, then pour the nuts onto your prepared baking sheet and spread out into a single layer.
5. Roast in oven for 15 minutes.
6. Pull baking sheet out, toss the nuts, then spread them back out into a single layer again.
7. Place back in the oven for an additional 10 minutes.
8. Remove, allow to cool, and enjoy!

Tips and Tricks:

These can be stored in an airtight container on the countertop for up to 2 weeks.

*You can substitute oil instead of egg white here: red palm oil or coconut oil would work well.

Nutritional Information Per Serving:

Calories: 199.1

Fat: 18.1 g

Cholesterol: 0.0 mg

Sodium: 196.7 mg

Total Carbohydrate: 7.4 g

Dietary Fiber: 2.7 g

Sugars: 2.0 g

Protein: 5.0 g

Butternut Squash Soup with Crispy Sage & Pepitas

Prep Time: 10 minutes | Cook Time: 25 minutes

Servings: Makes 3 cups | Serving Size: ¼ cup

This soup is like perfection in my mouth! So good, you will not be able to stop yourself from going back for seconds. Serve as an entrée paired with some braised greens or in small bowls for an appetizer that will please every guest at your table!



Ingredients:

Soup:

- 1 large butternut squash*
- 1 tablespoon organic coconut oil or ghee
- 1 large yellow onion, diced
- ½ inch fresh ginger root, peeled and minced
- 3-4 cups organic vegetable broth
- 1 cup canned full fat organic coconut milk
- ¼ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- 1 ½ teaspoons salt

Crispy Sage & Pepitas:

- 1 tablespoon coconut oil or organic ghee
- ½ cup packed fresh sage leaves
- 4 tablespoons toasted pepitas

Directions:

1. Peel squash, then cut it in half and remove the seeds. Cut into 1 inch cubes.
2. Heat coconut oil in a large pot over medium heat; add onion and sauté until soft, about 5 minutes.
3. Add all your other ingredients, except coconut milk, and pour in just enough broth so that it barely covers the squash. Bring to a boil.
4. Once boiling, cover pot and reduce heat to low/simmer for 20-30 minutes, or until squash is soft.
5. Puree soup using an immersion blender or blend in countertop blender in batches. (NOTE: Never seal the countertop blender completely when pureeing hot soup, remove the lid cap and place a towel over the hole for safety!)
6. Place back on stovetop over low heat and add the coconut milk, stir until heated through again.
7. While soup heats through again, add 1 tablespoon coconut oil to a small fry pan on medium-high heat and tilt to coat. Once oil is very hot, add fresh sage and fry, stirring often, for 1-2 minutes or until a little browner and crispy. Use tongs to place crispy sage on a plate covered in a tea towel or paper towel. Blot to remove extra oil. It will harden and crisp as it cools a bit.
8. Serve soup in bowls with crispy sage & pepitas on top for some extra crunch and nutritional punch!

Leftover Tip: Crispy Sage also keeps pretty well in an airtight container in fridge to use on leftover soup. I always double batch this soup and put 1 batch in the freezer for when I need a quick and easy meal. Once you taste this soup - I imagine you will want to do the same!

Tips and Tricks:

*I love using the fresh squash here for the cost benefits but you can save time by using pre-cut frozen squash (3 small bags) or 2 ½ (15-ounce) cans organic butternut squash puree if you prefer. Add frozen squash to the pot in step 3 instead of raw and follow the same directions, but shorten cooking time 15 minutes. If using canned puree, add it along with all other soup ingredients to the pot once you've finished step 2, stir well, and heat over medium heat until desired temperature.

Nutritional Information Per Serving:

Calories: 262.3
Fat: 11.8 g
Cholesterol: 0.0 mg
Sodium: 436.3 mg
Total Carbohydrate: 38.4 g
Dietary Fiber: 9.4 g
Sugars: 3.7 g
Protein: 4.0 g

Marinated Cranberry Kale Salad

Prep Time: 20 minutes + marinate time | Cook Time: 10 minutes
Servings: Makes 4+ | Serving Size: 2 cups salad

This salad is an awesome and beautiful side dish for weeknight dinners and holiday celebrations alike. You can make this into an entrée salad by adding some roasted chickpeas, poached organic chicken or roasted turkey breast.



Ingredients:

4 oz fresh cranberries
1/3 cup water
2 tablespoons maple syrup
2 tablespoons apple cider vinegar
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
1/4-1/2 cup walnut oil or extra virgin olive oil
8 oz fresh kale (Tuscan/Lacinato works best in this recipe)

1 cup walnuts, coarsely chopped
1/3 cup thinly sliced red onion

Optional garnish:

1/4 cup dried cranberries
1/2 cup shredded or julienne sliced apple

Directions:

1. Place fresh cranberries, water, and maple syrup in a small saucepan over medium heat. Let it come to a gentle boil and then reduce to a simmer for about 5 minutes after the first cranberry pops and until most of the cranberries have opened.
2. Place hot cranberry mixture into a blender or food processor and puree until smooth. Add the vinegar, mustard, salt and pepper and blend. Add 1/4 cup walnut oil and blend again. Add more oil, 1 tablespoon at a time as needed to get to desired consistency, dressing should pour easily but still be thick.
3. Remove the stems/stalks from the kale and slice the leaves into bite sized pieces.
4. Place kale in a large salad bowl, then add 1/3 of the cranberry dressing to the kale and use a large spatula to spread and “massage” the dressing into the kale leaves as best you can. Reserve the remaining dressing until ready to serve.
5. Add the walnuts and red onions, toss well and place in fridge to marinate for at least 60 minutes or as long as possible, preferably overnight.*
6. Pull the kale salad out of fridge and give it a good stir, then add dried cranberries or shredded apple (if using) and toss to mix well.
7. Serve with a light drizzle of additional dressing or serve additional dressing on the side if desired.

Tips and Tricks:

*The longer you marinate this salad, the better—overnight is perfect!

Nutritional Information Per Serving:

Calories: 199.1
Fat: 18.1 g
Cholesterol: 0.0 mg
Sodium: 196.7 mg
Total Carbohydrate: 7.4 g
Dietary Fiber: 2.7 g
Sugars: 2.0 g
Protein: 5.0 g

Chunky Cranberry Sauce

Prep Time: 5 minutes | Cook Time: 30 minutes
Servings: Makes 4 cups; 8 servings | Serving Size: ½ cup

If you've never made your own cranberry sauce, this is a must try recipe – it's so much better than store bought or canned and easy to make.



Ingredients:

2 cups fresh cranberries
2 large granny smith apples, cored and chopped
Zest and juice of 1 orange
2 tablespoons apple cider vinegar
2 tablespoons coconut palm sugar
2 tablespoons maple syrup
2 teaspoons ground cinnamon
1 teaspoon fresh grated ginger
1/8 teaspoon ground cloves
½ cup water
½ small yellow onion, minced

Directions:

1. Combine all ingredients in a large saucepot or Dutch oven over medium heat and cook for 30 minutes, stirring every 10 minutes or so.
2. If you want less chunks and more sauce consistency (like I do), then use an immersion blender to blend lightly to desired consistency. Or you can place 2 cups sauce into a blender, using the pulse function to lightly blend. Then place back into saucepot with remaining cran-apple sauce to cool to room temp.
3. Remove from heat and cool to room temperature before serving – about 20 minutes.

Tips and Tricks:

This can be made ahead and stored in an airtight container in the refrigerator for up to 5 days and in the freezer for 3 months.

Use leftovers inside wraps with roasted turkey and baby spinach –yum!

Nutritional Information Per Serving:

Calories: 67
Fat: 0.2 g
Cholesterol: 0 mg
Sodium: 1.9 mg
Total Carbohydrate: 17.6 g
Dietary Fiber: 2.6 g
Sugars: 12.7 g
Protein: 0.4 g

Thyme Glazed Carrots & Shallots

Prep Time: 15 minutes | Cook Time: 15 minutes

Servings: 4 | Serving Size: ¼ of recipe

This restaurant quality side dish is great for weeknight meals, fancy dinner parties, and holiday celebrations alike. Sure to become a family favorite!



Ingredients:

- 8 large carrots, peeled and trimmed
- 5 medium shallots, ends trimmed and peeled
- ½ cup to 1 cup low-sodium vegetable broth
- 1 1/2 tablespoons ghee
- 1 teaspoon salt
- 1 teaspoon honey
- 1 teaspoon fresh thyme or ½ teaspoon dried

Directions:

1. Cut each carrot in half lengthwise, then cut each into several 1 ½ inch long pieces at a diagonal angle. Cut your shallots in half or in quarters if they are larger.
2. Place a 10 to 12-inch skillet over medium-high heat, add the ghee and allow to melt, then tilt your pan to coat and add the shallots and carrots, sprinkle with salt and cook for 3 minutes like this.
3. Add the broth to the pan until it reaches just below half way up the veggies. Then add the honey, give it all a good stir and bring to a boil. Place a lid on the pan slightly askew and cook for 7-10 minutes at a steady boil, stirring a couple times until carrots get to a crisp tender.
4. Remove lid, add thyme and continue to boil until the liquid evaporates. Continue to cook the mixture over medium-high heat for an additional 3-4 minutes after liquid is gone until they begin to brown and caramelize.
5. Serve hot with additional salt to taste.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 145.5
Fat: 5.4 g
Cholesterol: 0.0 mg
Sodium: 704 mg
Total Carbohydrate: 23.6 g
Dietary Fiber: 4.1 g
Sugars: 6.9 g
Protein: 2.8 g

Green Beans with Toasted Walnuts

Prep Time: 15 minutes | Cook Time: 15 minutes

Servings: 4 | Serving Size: ¼ of recipe

Green beans and walnuts come together in this simple dish packed with healthy omega fats. It's easy to make and will add some beautiful bright green to your Fall table.



Ingredients:

- ½ teaspoon salt
- 1 pound green beans or haricots verts, trimmed
- 1 tablespoon, plus 2 teaspoons walnut oil, divided
- 2 shallots, minced
- 1/3 cup raw walnuts, chopped
- More salt and pepper to taste

Directions:

1. Bring a medium pot of water to a boil, add salt and green beans and return to a gentle boil.
2. Partially cover and cook for 3-4 minutes or until tender. Then drain the beans and run them under cold water. Set aside.
3. Heat 1 tablespoon walnut oil in a large skillet over medium-high and when hot, add the shallots and cook for 1 minute, until browned.
4. Stir in the walnuts, then add remaining walnut oil and the green beans and cook, stirring a couple times, for about 5 minutes or until heated through and walnuts are slightly browned.
5. Season with salt and pepper to taste and serve.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 152.0
Fat: 12.4 g
Cholesterol: 0.0 mg
Sodium: 298 mg
Total Carbohydrate: 10.1 g
Dietary Fiber: 4.4 g
Sugars: 0.2 g
Protein: 3.6 g

Lemon Thyme Roasted Brussels Sprouts

Prep Time: 10 minutes | Cook Time: 20-25 minutes

Servings: 4 | Serving Size: ¼ of recipe

This is my favorite way to eat Brussels – the roasted taste pairs so well with the tart lemon and savory thyme.



Ingredients:

- 1 tablespoon walnut oil + 1 teaspoon walnut oil
- 16 small or 20 larger Brussels sprouts
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon maple syrup
- 2 teaspoons fresh thyme, finely chopped (sub 1 teaspoon dried)
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

1. Preheat oven to 425 degrees.
2. Prepare Brussels by trimming off dry ends and peeling away any damaged outer leaves. With stems down, carefully quarter each sprout and place onto a large rimmed baking sheet lined with parchment paper.
3. Toss Brussels in 1 tablespoon walnut oil and sprinkle evenly with salt and pepper. Drizzle 1-2 tablespoons filtered water over sprouts and then cover tightly with tinfoil, making sure all Brussels are under the “foil tent”. Roast for 15 minutes like this.
4. While Brussels roast, whisk together lemon juice, maple syrup, Dijon mustard, 1 teaspoon walnut oil, and thyme in a small bowl and set aside.
5. Remove the foil, drizzle ½ of the lemon-thyme mixture over the Brussels and give them a good toss, then roast (with no foil) for an additional 10-15 minutes or until Brussels are browned all over.
6. Remove from oven, toss with remaining lemon-thyme mixture and serve hot or warm.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 98.9
Fat: 7.1 g
Cholesterol: 0.0 mg
Sodium: 224.6 mg
Total Carbohydrate: 8.0 g
Dietary Fiber: 3.0 g
Sugars: 2.0 g
Protein: 2.7 g

Cauliflower Mashed Sweet Potatoes

Prep Time: 10 minutes | Cook Time: 20 minutes

Servings: 6 | Serving Size: 1 heaping cup



This recipe is a great balance of sweet and savory - a perfect paleo-friendly way to substitute your traditional mashed potatoes.

Ingredients:

- 1 head cauliflower, cut into florets
- 2 large white skinned sweet potatoes, peeled and chopped into 1-inch squares
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- ½ teaspoon onion powder
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 2 tablespoons organic ghee

Directions:

1. Use a steamer and one large pot filled with water over high heat. Put the cauliflower in a steamer or steam basket and steam for 20 minutes, until very soft. Place potatoes in the pot with water and bring to a boil, then cover, turn down heat to medium and boil potatoes for 20 minutes until very soft.
2. While the veggies are steaming, sauté the garlic in the olive oil over medium heat for 1-2 minutes, until fragrant and lightly brown, do not burn.
3. Drain both the cauliflower and potatoes and place them both back into the large pot that you boiled the potatoes in.
4. Add the ghee, sautéed garlic, salt and pepper and mash with a potato masher until mostly smooth and creamy or to desired consistency.
5. Serve hot.

Tips and Tricks:

Serve with our Roasted Garlic Gravy for total perfection!

Nutritional Information Per Serving:

Calories: 122.9
Fat: 9.0 g
Cholesterol: 0
Sodium: 506.5 mg
Total Carbohydrate: 7.8 g
Dietary Fiber: 3.5 g
Sugars: 1.5 g
Protein: 2.3 g

Roasted Garlic Gravy

Prep Time: 10 minutes | Cook Time: 80 minutes
Servings: 16-20 | Serving Size: ¼ cup



This recipe hands down the most amazing vegetarian gravy you will ever have! Its rich and savory taste will leave everyone at your table wondering how you made it.

Ingredients:

1 large head garlic	6 cups cold water
2 tablespoons ghee, melted and divided	5 tablespoons organic ghee
1 leek, quartered and washed	¼ cup quinoa flour
1 onion, left unpeeled, quartered	1 teaspoon salt
2 carrots, left unpeeled quartered	½ teaspoon pepper
2 celery ribs, quartered	
1 bay leaf	
1/2 teaspoon black peppercorns	
1 1/2 cups dry white wine*	
1/3 cup coconut aminos	

Directions:

1. Preheat oven to 400 degrees.
2. Separate 6 cloves from garlic (do not peel), drizzle with 1 tablespoon ghee, and double-wrap tightly in foil. Roast until garlic is very soft, about 45 minutes. When done, remove cloves from peels and smush with a fork until resembling a puree. Set aside.
3. While garlic roasts, heat 1 tablespoon ghee in a 4-to 5-quart heavy pot over medium heat until it shimmers, then cook vegetables, remaining garlic cloves (separated but not peeled), bay leaf, and peppercorns, stirring occasionally, until browned, about 8 minutes.
4. Stir in wine and boil until most has evaporated.
5. Add coconut aminos and water and simmer, uncovered, 30 minutes.
6. Strain stock through a fine-mesh sieve into a large measuring cup. You should have about 4 cups total. If you do not, boil to reduce; if less, add water to make 4 cups.
7. Melt remaining 5 tablespoons ghee in a heavy medium saucepan over medium heat. Stir in flour and garlic purée and cook, stirring constantly for 2 minutes. Slowly add stock, while you whisk the gravy until it thickens and becomes smooth. Then simmer 3-5 more minutes.
8. Season with salt and pepper.

Tips and Tricks:

Serve over our Cauliflower Mashed Sweet Potatoes!

You can make this gravy ahead of time and reheat in a pot on low heat 15-20 minutes prior to serving. It stores in the fridge for up to 5 days and in the freezer for up to 3 months.

* Sub vegetable broth if you cannot tolerate wine.

Nutritional Information Per Serving:

Calories: 92.2
Fat: 6.7 g
Cholesterol: 13.1 mg
Sodium: 267.4 mg
Total Carbohydrate: 4.1 g
Dietary Fiber: 0.7 g
Sugars: 0.6 g
Protein: 0.8 g

Apple-Squash-Leek Gratin

Prep Time: 20 minutes | Cook Time: 45 minutes

Servings: 6 | Serving Size: 1 cup



This recipe makes a beautiful and delicious side dish for your holiday table. The holidays just wouldn't be the same without winter squashes!

Ingredients:

- 3 tablespoons coconut oil, melted
- 2 leeks, white part only, thinly sliced crosswise, washed well and drained
- ¼ cup organic vegetable broth
- ½ teaspoon coarse salt, divided
- ¼ teaspoon freshly ground pepper
- ½ cup dry cooking sherry
- 1 tablespoon chopped fresh sage leaves, plus whole leaves for garnish
- 1 pound butternut squash, peeled, seeded, and cut into 1/8-inch-thin slices
- 1 pound apples, such as Gala or your favorite, cored and thinly sliced

Hemp Parmesan:

- ½ cup hemp seeds
- ¼ cup nutritional yeast
- ¼ teaspoon salt

Directions:

1. Preheat oven to 350°F.
2. Heat 2 tablespoons coconut oil in small skillet over medium heat, then add leeks and the broth and ¼ teaspoon salt. Cook, stirring occasionally, until leeks begin to brown, about 8-10 minutes.
3. Add sherry and sage and cook, stirring, until liquid is reduced by half, about 3 minutes.
4. In a 2-quart shallow baking dish, arrange squash in overlapping layers; season with remaining salt and pepper. Spread the leek reduction evenly over the squash, and then arrange apples in an overlapping layer over the leeks.
5. Brush apples with remaining tablespoon oil. Cover tightly with parchment, and then cover the parchment with foil.
6. Bake in oven for 45 minutes.
7. While the gratin bakes, place hemp parmesan ingredients into a food processor and or mini-processor and process until evenly mixed through, about 30 seconds.*
8. Uncover and sprinkle hemp parmesan over the top. Raise oven temperature to 450°F. Place back in oven, uncovered, for 5-7 minutes more, until slightly brown.
9. Let cool 10 minutes before serving, garnished with sage leaves.**

Tips and Tricks:

To make this dish ahead of time, you can slice the squash, make the leek reduction, arrange squash and leeks in baking dish, cover and place in fridge for a few hours or overnight. Just before cooking, add the sliced apples and remaining oil and pop it into the oven.

*Store hemp parmesan in airtight container in fridge for up to 2 weeks.

**FYI -Uncooked sage leaves are just for decoration. Raw sage is not very digestible to our human bodies.

Nutritional Information Per Serving:

Calories: 209.1
Fat: 9.1 g
Cholesterol: 5.3 mg
Sodium: 329.2 mg
Total Carbohydrate: 25.2 g
Dietary Fiber: 4.7 g
Sugars: 9.2 g
Protein: 4.1 g

Maple Glazed Sweet Potatoes

Prep Time: 10 minutes | Cook Time: 30 minutes
Servings: 8 | Serving Size: About 1 cup



A simple sweet potato dish every guest at your feast will love!

Ingredients:

3 pounds sweet potatoes, peeled and cut into 1-inch chunks
½ cup pure maple syrup
1 tablespoon coconut oil, melted
2 tablespoons apple cider vinegar
1 teaspoon salt
¼ teaspoon ground cinnamon
Fresh sage, thyme or rosemary (or a combination), minced
Salt & pepper to taste

Directions:

1. Preheat oven to 425° F.
2. Combine the maple syrup, coconut oil, apple cider vinegar, ground cinnamon and salt in a large bowl and whisk well until incorporated.
3. Add the sweet potatoes and the herbs of your choice and toss to coat.
4. Pour sweet potatoes into a 13 x 9-inch baking dish, cover with foil and place in oven to bake for 10 minutes.
5. Uncover, give the potatoes another really good stir to coat in maple syrup mixture and place back in oven, uncovered, to bake for 30 more minutes, stirring once half way through. Potatoes are done when the maple syrup mixture has thickened and potatoes are glistening brown. Add 10 minutes if you are not there yet.
6. Pull out of oven, stir, and enjoy.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 140.6
Fat: 3.6 g
Cholesterol: 0 mg
Sodium: 6.9 mg
Total Carbohydrate: 28.8 g
Dietary Fiber: 3.2 g
Sugars: 6.0 g
Protein: 1.7 g

Perfect Roasted Turkey

Prep Time: 30 minutes | Cook Time: 4 -6 hours

Servings: 20 + | Serving Size: 6 ounces



The two best secrets for a perfectly roasted bird are brining your turkey prior to roasting and using a cheesecloth to keep moisture in during roasting. Your friends and family will be begging for the recipe and asking you to host again next year!

Ingredients:

For Brining:

- 1 (12-16 pound) organic, free range turkey**
- 10 cups water
- 3 cups coarse salt
- 1 cup coconut palm sugar or organic granulated sugar (optional)
- 2 medium onions, coarsely chopped
- 2 medium leeks, white and pale-green parts only, rinsed and coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 2 stalks celery, coarsely chopped
- 2 dried bay leaves
- 2 teaspoons whole black peppercorns
- (Optional - add 6 sprigs of your favorite fresh herbs - thyme, parsley, and rosemary are my favorite)

For Roasting:

- Cheesecloth
- 5 cloves garlic, minced
- 2 teaspoons salt, divided
- 2 teaspoons pepper, divided
- ½ cup organic ghee
- 1 quart organic chicken broth or 2 cups dry white wine

Directions:

1. Put all brine ingredients in a large stockpot and bring to a boil, stirring until salt and sugar dissolve.
2. Remove from heat and let brine cool completely.
3. If your stockpot is big enough, you can place your turkey directly into the pot of brine (BREAST FIRST), cover, and refrigerate for 24 hours. If not, you can use a brining bag (found at most kitchen stores as well as some grocery stores) or if you have a very large bird, try a cooler filled with ice.
4. Remove turkey from brine the day of roasting; pat dry with towels and let stand at room temperature for 30 minutes to 1 hour before roasting.
5. Preheat your oven to 325. (You can look up the recommended cooking time based on the size of your bird online.)
6. Fold your cheesecloth into 4 quarters so that it is large enough to cover the breast.
7. Heat broth-ghee mixture (or wine-ghee mixture) in a small pot over medium heat. When hot and melted, add folded cheesecloth and immerse to soak completely.
8. Place the turkey, breast side up, in the roasting pan, fold wing tips under, sprinkle 1 teaspoon salt and pepper in the cavity and then loosely fill with stuffing (if using). Tie legs together with kitchen twine and fold the neck flap under; secure with toothpicks. Rub your turkey all over with minced garlic, salt, and pepper.
9. Remove cheesecloth from ghee mixture and squeeze ever so gently. Lay dripping cheesecloth over turkey breasts and cover most of the top of the bird, then place turkey, legs first, into the oven.
10. Reserve broth or butter-wine mixture on stovetop and baste (or brush) onto turkey (soaking cheesecloth) every 30 minutes for the first 2 1/2 to 3 hours of roasting. Remove cheesecloth for the last hour to hour and half of cooking time. Once turkey juices start collecting in the bottom of the roasting pan, you can use those to re-baste and soak the cheesecloth and the turkey. Cover the turkey with tin foil if outside is browning too quickly.
11. Remove the turkey from the oven and let stand for 30 minutes before carving it.

Tips and Tricks:

**If you have a larger bird, increase the sugar and salt by one cup each and add 2 more cups water. You will also need to adjust your cooking time to match the size of your bird. You can look up suggested roasted times based on weight online.

Cook the turkey until a meat thermometer inserted into the thickest part of the thigh registers 180 degrees (this is the U.S. Department of Agriculture's recommendation) and stuffing reaches 165 degrees. For an even moister turkey, I cook it until it reaches 170 as it will continue to cook a bit when you remove it from the oven and let it stand before carving.

Nutritional Information Per Serving: (approx with a 14 pound bird)

Calories: 542
Fat: 27 g
Cholesterol: 185 mg
Sodium: 1621.8 mg
Total Carbohydrate: 16.0 g
Dietary Fiber: 1.6 g
Sugars: 9.7 g
Protein: 48.5 g

Herb Marinated Beef Tenderloins with Mushroom Sauce

Prep Time: 15 minutes + marinate time | Cook Time: 8-10 minutes

Servings: 4 | Serving Size: 1 filet + ¼ cup sauce



Serve this meal at a dinner party and your guests will think they went a fine dining restaurant for the evening! Pairs beautifully with Cauli-Mashed Sweet Potatoes.

Ingredients:

1 teaspoon salt
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
½ teaspoon black pepper
1 shallot, minced
4 cloves garlic, minced
1 ½ tablespoons red wine vinegar
3 tablespoons extra virgin olive oil
4 (4-ounce) grass-fed beef tenderloin cut filets

For the Sauce:

1 tablespoon organic ghee
½ teaspoon fresh thyme
1 (8-ounce) package cremini mushrooms, sliced thin
4 cloves garlic, minced
½ cup vegetable broth
½ cup white wine (sub ¼ cup veggie broth instead)
1 tablespoon water
1 tablespoon arrowroot powder

Directions:

1. Combine the first 8 ingredients, through olive oil, in a small bowl and mix well to combine.
2. Place steaks in a baking dish, then evenly spoon and spread the herb marinade over each steak. Cover dish and place in fridge to marinate for 12-24 hours.
3. Preheat oven to 450 degrees.
4. Place steaks on a rack of a broiler or roasting pan and bake at 450 degrees for 3-6 minutes on each side (for medium-rare to medium) or until desired degree of doneness.
5. While steaks cook, get your sauce started by heating ghee in a large non-stick skillet over medium-high heat.
6. Add thyme, mushrooms and garlic and cook until mushrooms are tender, about 5 minutes.
7. Add broth and wine; bring to a boil and cook until liquid is reduced by half, about 4 minutes.
8. Remove steaks from oven, cover with foil and allow to sit for 5 minutes before serving.
9. Combine water and arrowroot in a small bowl using a whisk. Then add the arrowroot mixture to the mushroom sauce and cook for 1 more minute, stirring constantly until sauce thickens.
10. Serve hot mushroom sauce over steaks!

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 317.7
Fat: 22.3 g
Cholesterol: 77.1 mg
Sodium: 817.8 mg
Total Carbohydrate: 4.7 g
Dietary Fiber: 0.9 g
Sugars: 1.5 g
Protein: 24.2 g

Sweet Potato Gnocchi with Balsamic Sage Reduction

Prep Time: 20 minutes | Cook Time: 60-70 minutes
Servings: 8 | Serving Size: 1/8 of the total gnocchi



*Another restaurant quality dish that will wow everyone at your table – guaranteed!
This meal is perfect paired with some braised greens or green beans to balance the sweetness.*

Ingredients:

1 ½ pounds sweet potatoes/yams
½ pound white sweet potatoes
1 tablespoon organic ghee, melted
1 egg, lightly beaten
2 tablespoons honey
2 teaspoons salt
Freshly ground black pepper
1 to 1 ½ cups quinoa flour

Sauce Ingredients:

8 tablespoons organic ghee
1 large bunch fresh sage leaves
4 shallots, quartered and thinly sliced
4 tablespoons balsamic vinegar

Directions:

1. Preheat oven to 425 degrees.
2. Slice all potatoes in half lengthwise, drizzle with melted ghee and season with salt and pepper.
3. Place potatoes on baking sheet, cut side down and roast for 30-40 minutes or until cooked through. Set aside to cool.
4. When potatoes are cool enough to handle, scoop flesh out of potatoes into a medium bowl. Mash with potato masher or large fork.
5. Add egg, honey and salt. Add 1 cup of the flour and mix. Keep adding flour, 2 tablespoons at a time, until the dough doesn't stick to your hand.
6. Place a large pot of water over high heat and bring to boil.
7. While you are waiting for the water to boil, dust a clean surface with flour, and scoop your dough out onto it. Shape all the dough into a large square and then cut it into 16 small squares.
8. Roll each square into a snake, about ½ inch around. Cut into ½ inch pieces.
9. Boil them in batches of about 10 gnocchi until they float, about 5-6 minutes. Scoop out floating gnocchi with a slotted spoon into a bowl.
10. While the gnocchi boil, place a large skillet over medium heat and melt the ghee. Once all melted, add the sage and sauté until it is crisp. Remove sage and set aside. Add shallot to pan and sauté, stirring regularly, until starting to brown.
11. Add balsamic vinegar and ½ cup of the gnocchi water and stir. Add the cooked gnocchi to the sauce and stir until well coated.
12. Serve with freshly ground pepper and the crispy sage.

Tips and Tricks:

*This will make enough gnocchi for 8 servings, so form all of the gnocchi, but if you only need 4 servings, you can easily save the rest for another night by freezing them overnight raw on a baking sheet lined with parchment paper. Then place in a freezer safe bag in the morning and store them for future use. You would then also need to cut sauce in half if only cooking 4 servings.

When you want to use your leftover, frozen gnocchi, let them sit out on the countertop for about 10-15 minutes after taking them out of the freezer and prior to boiling.

Nutritional Information Per Serving:

Calories: 368.8
Fat: 23.4 g
Cholesterol: 243.0 mg
Sodium: 689.1 mg
Total Carbohydrate: 28.4 g
Dietary Fiber: 3.9 g
Sugars: 9.3 g
Protein: 10.4 g

Pumpkin Pie with “Ginger Cookie” Crust

Prep Time: 20 minutes | Cook Time: 75 minutes + 3 hour set time
Servings: 8 | Serving Size: 1 slice

It's not Thanksgiving without pumpkin pie, right?! This grain, dairy and soy free pumpkin pie rivals any traditional one, hands down! I've added a ginger cookie crust that gives an extra level of sweetness.



Ingredients:

For the Pie:

2 cups 100% real pumpkin puree (**not** pumpkin pie filling)*
½ cup full fat canned coconut milk
3 eggs, plus one egg white
¼ cup 100% pure maple syrup
1 teaspoon vanilla extract
¼ teaspoon kosher salt
1 heaping tablespoon pumpkin pie spice

Homemade “Ginger Cookie” Crust:

1/3 cup blanched almond flour
½ cup, plus 2 tablespoons coconut flour
¼ teaspoon salt
¼ teaspoon baking soda
1 ½ teaspoons ground ginger
½ teaspoon ground cinnamon
¼ cup coconut oil, melted + 2 tablespoons
2 tablespoons 100% pure maple syrup
1 tablespoon blackstrap molasses
1 egg
1 teaspoon vanilla

Directions:

1. To prepare the crust, preheat oven to 350 degrees and place dry crust ingredients in a small bowl and mix well.
2. Place wet crust ingredients in the bowl of a stand mixer or use a hand mixer and beat to combine.
3. Add the dry ingredients to the wet and mix until it's well combined and forms a soft dough that sticks together.
4. Use your hands to carefully press dough evenly into the bottom and up the sides of a 9-inch pie pan, then place a piece of parchment inside to cover the crust and fill with pie weights or dried beans.
5. Bake crust for 8 minutes.
6. Remove crust from oven, then remove beans and parchment and save for another use. Allow crust to cool completely before filling.
7. While the crust cools, combine all filling ingredients together in a bowl, whisking vigorously until well combined.
8. Pour the filling into the crust and smooth with a spatula so that it is evenly distributed.
9. Bake for 45 minutes or until filling looks set in the middle with a very small amount of jiggle left to it. I recommend checking the edges of the pie crust around both the 20 and 35 minute mark and covering them with tin foil or pie crust covers if they are burning.
10. Turn off the oven and open the oven door half way. Let pie sit in oven this way to cool slowly for another 35-40 minutes. This will help prevent it from cracking in the middle.
11. When completely cooled, cover and refrigerate until ready to serve. Slice and enjoy!

Tips and Tricks:

Serve with Coconut Milk Whipped Cream (see recipe).

Nutritional Information Per Serving:

Calories: 278.9
Fat: 16.7 g
Cholesterol: 30.8 mg
Sodium: 123.0 mg
Total Carbohydrate: 30.7 g
Dietary Fiber: 6.6 g
Sugars: 14.9 g
Protein: 4.7 g

Perfect Apple Pie

Prep Time: 30 minutes + 30 minutes chill time | Cook Time: 50 minutes
Servings: 8 | Serving Size: 1 slice

This pie is a combination of a great, grain-free crust and the simple flavors of apples, cinnamon, and nutmeg with a punch of extra sweetness from the coconut sugar. If you are an apple pie lovers like my husband and I – you need this recipe!



Ingredients:

For the Pie:

3 tablespoons quinoa flour
3 pounds apples of choice, peeled, cored
and cut into 1/4 inch wedge slices (3-4 medium apples)
1/4 cup coconut sugar + 1 teaspoon
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon allspice
1 tablespoon fresh lemon juice
1 teaspoon grated lemon zest
2 tablespoons chilled ghee, cut into 8 small pieces

Homemade “Graham Cracker” Crust:

1/4 cup blanched almond flour
1/2 cup, plus 2 tablespoons coconut flour
1/4 teaspoon salt
1/4 teaspoon baking soda
1 teaspoon cinnamon
1/4 cup coconut oil, melted
2 tablespoons honey
1 egg
1 teaspoon vanilla

Directions:

1. To prepare the crust, preheat oven to 350 degrees and place dry crust ingredients in a small bowl and mix well.
2. Place wet crust ingredients in the bowl of a stand mixer or use a hand mixer and beat to combine.
3. Add the dry ingredients to the wet and mix until well combined and sticking together.
4. Press dough evenly into the bottom and up the sides of a 9-inch pie pan, then place a piece of parchment inside to cover the crust and fill with pie weights or dried beans.
5. Bake crust for 12-15 minutes or until lightly browned.
6. Remove crust from oven, then remove beans and parchment and save for another use. Allow crust to cool completely before filling.
7. In a large bowl, combine apples, coconut sugar, quinoa flour, spices, lemon juice, lemon zest, and salt. Mix well to combine and then pour into crust lined pie plate. Drop 2 tablespoons of small ghee pieces evenly over filling.
8. Chill for 30 minutes.
9. Remove pie from refrigerator and sprinkle evenly with 1 teaspoon coconut sugar. Place on a baking sheet (to catch any potential spilling juices) and bake for 45-60 minutes, or until crust is golden brown and juices are bubbling. Cover crust edges with foil or pie crust cover after 25-30 minutes.
10. Cool on a wire rack for at least 2 hours before slicing and serving. Store in fridge once cooled and serve within 3 days.

Tips and Tricks:

Nutritional Information Per Serving:

Calories: 278.9
Fat: 16.7 g
Cholesterol: 30.8 mg
Sodium: 123.0 mg
Total Carbohydrate: 30.7 g
Dietary Fiber: 6.6 g
Sugars: 14.9 g
Protein: 4.7 g

Double Dark Chocolate Brownies

Prep Time: 15 minutes | Cook Time: 20-25 minutes

Servings: 24 | Serving Size: 1 brownie

Those of you who have followed my blog for awhile now know I'm obsessed with dark chocolate, so it only fit to include at least one super decadent dark chocolate dessert recipe. These brownies will rock your grain and dairy free world – enjoy!!!



Ingredients:

4 ½ ounces very dark chocolate (75% cacao or more)*

½ cup ghee or coconut oil, melted + 1 tablespoon for greasing

3 large eggs

¼ cup 100% natural smooth apple sauce, no sugar added

¼ cup honey

¼ cup coconut palm sugar

1 teaspoon 100% pure vanilla extract

1/3 cup coconut flour

¼ cup cocoa powder

½ cup dark chocolate chips or chopped chunks of choice**

½ teaspoon baking soda

½ teaspoon ground cinnamon

½ teaspoon salt

Directions:

1. Preheat the oven to 325 degrees and lightly grease a 9 x 13 inch baking pan with ghee or coconut oil.
2. Place the ghee and the very dark chocolate only into a double boiler or a small, stovetop safe bowl over slowly simmering water, not too hot. Whisk together until melted and smooth and set aside, keep warm and melted.
3. Place the eggs, applesauce, honey, and coconut sugar in a large mixing bowl and use electric beaters to beat on medium or place into a stand mixer and beat on medium using the paddle attachment.
4. Turn it down to low and add the cocoa powder, flour, cinnamon, salt, baking soda, and vanilla; beat on low until mixed through, then turn it to high for 30 seconds to smooth out the batter.
5. Add the melted very dark chocolate/ghee mix and beat on medium until batter thickens a bit, under 30 seconds should do it.
6. Add the chocolate chips or chunks and stir in by hand, then pour the batter into your pre-greased pan and even it out.
7. Place in the oven and bake for 20-25 minutes or until a toothpick inserted into the center comes out clean.
8. Cool in pan for 10-20 minutes (if you can tolerate it) before you slice it. Store in fridge or on countertop in an airtight container.
9. Enjoy, enjoy, enjoy fellow dark chocolate lovers!

Tips and Tricks:

*Look for a soy free brand if you are sensitive to soy– I like Theo Brand 85%.

**If you are soy sensitive, I recommend getting another 3 ounce soy free super dark chocolate bar and using a chefs knife to shave off chunks of different sizes up to ½ cup chunks. If you are not sensitive to soy, grab the dark chocolate chips of your choice and have fun.

Nutritional Information Per Serving:

Calories: 127.5

Fat: 10.4 g

Cholesterol: 31.3 mg

Sodium: 111.0 mg

Total Carbohydrate: 9.5 g

Dietary Fiber: 1.3g

Sugars: 7.0 g

Protein: 1.7 g

Ginger Cookies

Prep Time: 10 minutes + 20 minutes chill time | Cook Time: 8-10 minutes
Servings: 16 | Serving Size: 1 cookie

These are my favorite cookies ever – a perfect amount of sweetness but under 4 grams of sugar per servings! These cookies will melt in your mouth!



Ingredients:

- 1 1/2 cups blanched almond flour or almond meal*
- 2 generous tablespoons coconut oil, melted
- 1/4 cup 100% pure maple syrup
- 1 tablespoon blackstrap molasses
- 2 teaspoons ground ginger
- 1/8 teaspoon fine sea salt
- 1/4 teaspoon baking soda

Optional:

Organic coconut palm sugar for sprinkling

Directions:

1. Combine oil, maple syrup and blackstrap molasses in a medium bowl and mix to combine well. Add the dry ingredients and mix until a thick batter is formed.
2. Chill the batter for 20-30 minutes in the fridge.
3. Preheat your oven to 350 degrees and line a baking sheet with parchment paper.
4. Scoop rounded tablespoons of batter onto the baking sheet to make about 16 dough mounds.
5. Use a wet fork to flatten each dough mound, into your desired cookie thickness – I recommend a 1/4 to 1/2 inch thickness.
6. If you'd like a sugar topping, try sprinkling a bit of organic cane juice sugar or coconut palm sugar lightly on top of each cookie before placing in the oven.
7. Cook for 8-10 minutes, until the edges are barely firm and the rest of the cookie is very soft. (NOTE: This cooking time will result in a softer, chewier cookie. If you want more of a ginger snap, crunchy cookie, cook for 11-13 minutes.)
8. Allow to cool on baking sheet for 10 minutes before transferring to a wire rack to finish cooling.

Tips and Tricks:

*Either works fine here. Or you can even mix almond meal and almond flour together.

Nutritional Information Per Serving:

Calories: 90.9
Fat: 7.0 g
Cholesterol: 0.0 mg
Sodium: 30.4 mg
Total Carbohydrate: 6.5 g
Dietary Fiber: 1.2 g
Sugars: 3.8 g
Protein: 2.3 g

Coconut Macaroons with Dark Chocolate Drizzle

Prep Time: 60 minutes | Cook Time: 20 minutes

Servings: 18 | Serving Size: 1 cookie

This recipe is very easy and mostly hands off – the majority of the time is spent reducing the coconut milk to make a sweetened condensed coconut milk.



Ingredients:

- 1 (14-ounce) can coconut milk (full fat)
- ¼ cup honey or agave
- 2 cups unsweetened shredded coconut
- ½ teaspoon vanilla extract
- Pinch of salt
- 1 (3-ounce) dark chocolate bar

Directions:

1. Heat a small saucepan over medium-high heat, then pour in the coconut milk and bring to a boil, takes about 5 minutes. You will want to watch this pot closely as the coconut milk easily boils over. Whisk regularly during the heating time to prevent burning and boil over.
2. Reduce heat and bring coconut milk to a simmer, then add the honey or agave and whisk until completely dissolved.
3. Allow to simmer 30-45 minutes or until the liquid is reduced by half.
4. Remove from the heat and allow to cool completely (About 20-30 minutes).
5. Preheat oven to 300 degrees and line a baking sheet with parchment paper.
6. Combine shredded coconut, vanilla, salt, cooled sweetened condensed coconut milk (you should have about 1 cup of milk*) in a large bowl and mix well to combine.
7. Drop batter by rounded tablespoons onto the lined baking sheet, mold gently if needed and bake for 20 minutes or until macaroons are lightly browned.
8. Allow to cool completely on a wire rack.
9. Melt chocolate and then, one at a time, dip the bottoms of the cooled macaroons into about an 1/8 th inch of chocolate and then place back on the parchment paper for the chocolate to harden. You can also drizzle remaining chocolate over top the macaroons if you'd like to.

Tips and Tricks:

You can also make the condensed milk ahead of time and store in the fridge for up to 3 days.

*If you end up with a little more than 1 cup, use 1 cup for this recipe and add more if needed or save remaining for another small batch.

Nutritional Information Per Serving:

Calories: 165
Fat: 14.3 g
Cholesterol: 36.1 mg
Sodium: 165.1mg
Total Carbohydrate: 7.8 g
Dietary Fiber: 1.4 g
Sugars: 4.7 g
Protein: 4.9 g

Thanksgiving Day Meal Plan (Serves 10-14)*:

Main Dish:

Perfect Roasted Turkey

Appetizers:

Holiday Spiced, Slow Roasted Nuts

Butternut Squash Soup with Crispy Sage & Pepitas

Side Dishes:

Chunky Cranberry Sauce

Marinated Kale Salad with Cranberry Vinaigrette

Roasted Garlic Gravy

Cauliflower Mashed Sweet Potatoes

Green Beans with Toasted Walnuts

Lemon Thyme Roasted Brussels Sprouts

Maple Glazed Sweet Potatoes

Desserts:

Perfect Apple Pie

Pumpkin Pie with Ginger Cookie Crust

Double Dark Chocolate Brownies

**Add or subtract side dishes and desserts as need to accommodate the number of guests for your holiday celebration. Make sure to order your organic turkey ahead of time to ensure you get organic and get the size you want. Whole Foods Market and local organic markets usually take pre-orders and there are a couple places online that will ship you a fresh one right from the farm!*

5-Day Thanksgiving Holiday Preparation Plan:

Saturday Prior to Thanksgiving Day:

- Make the Holiday Spiced, Slow Roasted Nuts. Store them in an airtight container on the countertop.
- Make the Cranberry Sauce. Allow to cool completely before storing in a freezer safe container in the freezer.

Sunday Prior to Thanksgiving Day:

- Make Roasted Garlic Gravy. Allow to cool completely before storing in a freezer safe container in the freezer.
- Make a double batch of the Butternut Squash Soup. Have half for your dinner and add some green vegetables of choice. Then freeze the other half in a freezer safe container in the freezer.

Monday Prior to Thanksgiving Day:

- Make the Double Dark Chocolate Brownies. Taste one – you are doing all the hard work after all?! Once cooled, store them in an airtight container and hide it from yourself so you don't eat them all before Thanksgiving☺.

Tuesday Prior to Thanksgiving Day:

- If you are not able to take the time to brine the turkey on Wednesday morning (takes about 45 minutes), then go ahead and follow the steps on the Roasted Turkey recipe to get your turkey in the brine tonight! You can do the other steps below while your brine cools.
- Make the dressing for the Marinated Kale Salad. Store in an airtight container in the fridge.
- De-stem & chop the kale for the Marinated Kale Salad. Store dry, chopped leaves in airtight container in fridge.
- Chop the cauliflower for the Cauliflower Mashed Sweet Potatoes and the Brussels for the Lemon Thyme Roasted Brussels Sprouts. Store separately in airtight containers in fridge.
- Take the Cranberry Sauce, Roasted Garlic Gravy, & Butternut Squash out of the freezer and place in fridge to thaw right before you go to bed tonight.

Wednesday - Day Prior to Thanksgiving Day:

- If you didn't already do so the night prior, follow the steps on the Roasted Turkey recipe to get your turkey into brine before 9am this day.
- Make the Perfect Apple Pie & the Pumpkin Pie with Ginger Cookie Crust
- Peel and chop the sweet potatoes for the Cauliflower Mashed Sweet Potatoes & the Maple Glazed Sweet Potatoes. Store them in separate airtight containers filled with cold filtered water to keep them fresh in the fridge.

Thanksgiving Day Game Plan

- Make yourself a Pumpkin Green Smoothie to boost your nutrition and power you through this busy day!
- Get your bird out of the brine and follow the Perfect Roasted Turkey recipe to get your turkey started first.
- While your turkey cooks, prep green beans and chop shallots and walnuts for the Green Beans with Toasted Walnuts. Store separately in airtight containers in the fridge until ready to cook.
- Finish the Marinated Kale Salad and toss in dressing to marinate in fridge until ready to serve.
- Chop sage for the Butternut Squash Soup and Maple Glazed Sweet Potatoes.
- Drain all the sweet potatoes. Then get the Maple Glazed Sweet Potatoes prepped and in their baking dish. Then make the Cauliflower Mashed Sweet Potatoes. Keep cooked on stovetop in a covered pot until ready to reheat.
- Prep the Brussels sprouts for the Lemon Thyme Brussels and place on parchment lined pan until ready to roast.
- As your guests arrive warm the Butternut Squash Soup in a pot over low heat, then serve in small cups or bowls for an appetizer along with the Holiday Spiced Nuts. Pull the Cranberry Sauce out of the fridge and let come to room temp.
- When turkey is 20 minutes from coming out of the oven, warm the Garlic Gravy and Cauliflower Mashed Sweet Potatoes. Use a 1/4 -1/2 cup gravy in the mashed potatoes for an extra punch of flavor.
- Pull the turkey out of the oven and cover with foil. Allow to rest, then turn up the heat on the oven and roast the Brussels sprouts and the Maple Glazed Sweet Potatoes.
- When the sweet potatoes & sprouts are 20 minutes from being done, make the Green Beans with Toasted Walnuts while someone else carves the turkey.
- Pull the Marinated Kale Salad out of the fridge and serve with your meal.
- Pull the pies out of the fridge and the brownies out of your hiding place so they are ready to eat when you are done.

Coconut Milk Whipped Cream

Prep Time: 15 minutes + 24 Hour Chill Time | Cook Time: 0 minutes

Servings: 8 | Serving Size: ¼ cup

An even better substitute for real whipped cream. You will love this recipe!

Ingredients:

2 (14-ounce) cans full fat coconut milk, refrigerated at least 24 hours

2 teaspoons honey (optional)

Directions:

1. Place a glass or metal bowl and beaters in the freezer to chill for at least 30 minutes.
2. Remove the coconut milk from the fridge – be careful to not shake the cans! The cold temperature has allowed the cream to separate from the water and that is how we want to keep it.
3. Scoop off the cream that has risen to the top and place it in the chilled bowl. You can save the thinner coconut water for shakes or just drink it plain.
4. Beat the cream on high until peaks form.
5. If desired, drizzle in honey with the beaters running and mix until incorporated.

NOTE: I find that most recipes I use this cream with do not need any more sweetness to them, so I would advise not adding the honey in most cases. I do however like to add a bit of honey when I have this cream plain with fresh berries.

Tips and Tricks:

This is an amazing dairy free and processed sugar free substitute for Ready Whip topping. It makes an excellent topping for pies and fruit crisps. I also LOVE like to eat this by itself with fresh berries as a light dessert.

Nutritional Information Per Serving:

(calculated without honey)

Calories: 100

Fat: 12.5 g

Cholesterol: 0.0 mg

Sodium: 0.0 mg

Total Carbohydrate: 4.0 g

Dietary Fiber: 0.0 g

Sugars: 0.0 g

Protein: 1.3 g