



NAVIGATING
THE

Holidays

ANTI-INFLAMMATORY
STYLE



DR. THADDEUS GALA



THADDEUS GALA, DC

**NAVIGATING THE HOLIDAYS
ANTI-INFLAMMATORY STYLE**

Copyright © 2016

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher/author except for the use of brief quotations in a book review.

Limit of Liability/Disclaimer Warranty: The publisher and author make no representation or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation warranties of fitness or health for a particular purpose. No warranty may be created or extended by sales or promotional materials.

The advice contained herein may not be suitable for every situation. This work is sold with the understanding that the publisher and author are not engaged in rendering medical, or other professional advice or services and is not intended to replace the advice or recommendation of a physician. If professional assistance is required, the services of a professional person should be sought. The author shall not be liable for damages arising herefrom.

www.DrThadGala.com



Introduction



Holiday celebrations often center around food. Sweet treats are readily available, and overindulging is very hard to resist. Planning can help you enjoy the celebrations and keep you on track with your anti-inflammatory life style.

EAT SOMETHING BEFORE YOU GO

One of the biggest mistakes is not to eat before an event in the hopes of saving room or limiting daily calories. But when you show up hungry, everything looks good, and you are much more likely to overeat and overdrink.

EAT FOODS THAT ARE THE HEALTHIEST

Before you pick up a plate or glass, look at what's available and decide what looks the healthiest. Focus on eating and drinking what you think is most in keeping with your anti-inflammatory diet: shrimp dip, a salad wrap, veggies and salsa, should any of these be available.

EAT WITH AWARENESS

The more aware you are of the colors, shapes, sizes, aromas, textures and flavors of the food you eat, the more satisfied you'll feel. Chew your bites slowly to savor and appreciate the food.

STAND AWAY FROM THE FOOD AT THE BUFFET TABLE

If you socialize around the buffet table or the bar, you are much more likely to eat and drink things you don't even want and consume more than you have room for. Take your food and drink and move to another spot.

OFFER TO BRING A DISH WITH YOU

Ask the hostess if it is okay for you to contribute to the buffet. Take a food with you that you think can help you resist a less healthy offering. Bringing a cookie recipe that is made with coconut flour and honey will be a better choice than eating a dessert made with sugar and wheat flour.

BE AWARE OF HOW MUCH YOU ARE "CELEBRATING"

If you socialize a lot during the holidays you will want to be more vigilant of how often you are eating a food that deviates from what you know to be healthy. Eating one or two "cheat" take out foods over the month, say on Thanksgiving and Christmas, is a lot different than if done every weekend or even more often. Keep your health a priority and celebrate the New Year's in even better health than before.



Appetizers



Artichoke and Chili “Killer” Dip

Makes 1 and ½ cups



INGREDIENTS:

- 2, 4 oz cans mild green chilies*
- ½ cup chopped Black Olives, soaked and rinsed*
- ½ cup finely chopped Green Onions*
- 1 tsp minced Garlic*
- 1 cup Mayonnaise*
- 1 tsp No Salt Seasoning*
- ½ tsp Black Pepper*

DIRECTIONS:

Mix all Ingredients in baking dish and bake at 350 °F for 30 minutes.
Serve hot or cold with sliced fresh dipping vegetables and/or dehydrated vegetable chips.

Cucumber Boats

Serves 4

These are perfect finger food for a party, or just a quick snack. Short on time? Opt for prepared guacamole, but keep a careful eye on the ingredients list, as some sneak in inflammatory additives and unwanted fillers.

INGREDIENTS:

1 Medium Cucumber
 4 oz Tuna or Salmon (canned ok)
 2-3 Tbsp Guacamole (see recipe below)
 1-2 tsp Dill, to taste

DIRECTIONS:

Cut the cucumber into slices about 2" thick, hollow out the centers, stuff with tuna or salmon, and top with the dill, then the guacamole. These are perfect finger foods for a party, or just a quick snack, since they're not messy to eat.



INGREDIENTS FOR GUACAMOLE:

3 medium Avocados
 1 firm Tomato, finely diced
 ½ White Onion, finely diced
 ½ cup Cilantro, chopped
 2 Tbsp fresh Lemon or Lime Juice
 Herb Mix and Pepper, to taste
 (see recipe on page 10)



DIRECTIONS FOR GUACAMOLE:

- ❶ Cut open the avocados and scoop out the flesh. An easy way is to cut it lengthwise around the pit and then, using a chef's knife, strike the pit and twist the knife so you can easily remove the pit and scoop out the flesh.
- ❷ Mash the avocado flesh with a fork. Stir in the other ingredients and combine.
- ❸ Store remainder for future use. Place a plastic wrap that touches the guacamole so it doesn't brown because of contact with air.

Deviled Eggs

Serves 6

A classic favorite calls for a makeover with the use of homemade mayonnaise, eliminating inflammatory oils and preservatives. For alternative flavors, try adding in hot sauce or fold in some pesto.



TIP: The freshest eggs are extremely difficult to peel. Take your next dozen eggs from the store and let them hang out in your refrigerator a few days before you hard boil them.

INGREDIENTS:

6 Omega-3 Eggs, hard-boiled
 5 Tbsp Mayonnaise (see recipe on page 10)
 2 tsp Spicy Brown or Dijon Mustard
 ½ tsp Herb Mix (see recipe on page 10)
 Paprika, to garnish

DIRECTIONS:

- ❶ Slice the eggs in half. Remove the yolks and place in mixing bowl.
- ❷ Mash the yolks with a fork. Stir in the mayonnaise, mustard, herb mix, mix until creamy.
- ❸ Spoon the yolk mixture back into the hollows in the egg whites. Sprinkle with paprika to garnish.

* **Option:** Spice up eggs with 2 ½ tsp minced onion and 5 drops of Tabasco



Grilled Oysters with Gremolata

Serves 3

INGREDIENTS:

6 medium Oysters in shell

*1 small bunch of Parsley, washed and dried
(enough to make 1 cup loosely-packed)*

1 clove of Garlic

2 Lemons

DIRECTIONS:

- 1 Finely chop the garlic. Remove the leaves from the parsley. Finely mince the parsley until it is approximately less than ½ cup.
- 2 Using a microplane or fine grater, grate the zest from the two lemons. Continue to chop the parsley, mixing in the garlic and lemon as you go, until the parsley is chopped very fine.
- 3 Heat grill to medium. Place oysters on grill until they pop open, 2-3 minutes. As they open, carefully remove to plate, keeping juices inside.
- 4 Add gremolata and garnish with small lemon wedge.



Slow Roasted Nuts

Makes 9 cups

INGREDIENTS:

2 Large Egg Whites

4 Tbsp Honey

5 drops Stevia

8 tsp Dried Rubbed Sage

2 tsp Cinnamon

½ tsp Cayenne

1 tsp No Salt Seasoning

3 cups each Pecans, Almonds, Walnuts

DIRECTIONS:

- 1 In a small bowl whisk 2 large egg whites until frothy.
- 2 Whisk in 4 Tbsp honey and 5 drops stevia.
- 3 Stir in 8 tsp dried rubbed sage, 2 tsp cinnamon, ½ tsp cayenne and 1 tsp no salt seasoning.
- 4 Stir in 3 cups pecans, almonds and walnuts to make 9 cups total.
- 5 Divide the mixture between two large parchment-lined baking pans and spread evenly.
- 6 Bake at 300 °F for 20 minutes, stirring after first 10 minutes.
- 7 To prevent sticking, stir mixture often as it cools.



Spicy Chicken Wings

Serves 4

INGREDIENTS:

20 Chicken wings, drums & flats, cut into serving pieces
½ cup each chopped Chives and Parsley for garnish (optional)

Sauce:

2 Tbsp Frank's Hot Sauce
¼ cup melted Coconut Oil
1 Tbsp Apple Cider Vinegar
½ tsp Paprika
½ tsp Cayenne Pepper
½ tsp Black Pepper
¼ tsp Garlic Powder
⅛ tsp Celery seed

Optional:

1 Tbsp Honey, 1 Tbsp Coconut Aminos,
1 Tbsp Unsweetened Ketchup



DIRECTIONS:

- 1 Preheat oven to 375 °F.
- 2 Place wings on a parchment paper covered baking pan.
- 3 Bake in the oven for 30 minutes, or until cooked through and crispy. While they are cooking, start the sauce.
- 4 Combine hot sauce, coconut oil, vinegar, paprika, cayenne, black pepper, and garlic powder in a medium saucepan.
- 5 Set over low heat, mixing until oil is completely melted and combined; simmer for 5 minutes and remove from heat.
- 6 When wings are baked, dip in sauce to coat well, then shake off excess and return coated wings to baking sheet.
- 7 Increase oven temperature to 500 °F, and give wings another 15 minutes to bake, watching closely. Toss wings in remaining sauce after you remove from oven. Serve with a garnish of chives and parsley, if using.

They can be kept warm in a crock pot.

Condiments and Seasonings



Herb Mix

EQUAL AMOUNTS OF THE FOLLOWING INGREDIENTS:

Organic No-Salt Seasoning

Garlic Powder

Onion Powder

Italian Herb Mix

DIRECTIONS:

Mix well and store in a sealable container.



Homemade Mayonnaise

Makes 1 cup

INGREDIENTS:

1 Omega 3 Egg, room temperature

1 Tbsp Lemon Juice

¼ tsp Mustard Powder

½ cup Avocado Oil

½ cup Olive Oil

DIRECTIONS:

- 1 Put egg into blender. Add lemon juice and mustard powder. Blend on high for 30 seconds. Reheat.
- 2 Continue to blend as you slowly, in a steady stream, pour the oil through a funnel in the small opening of the blender lid.
- 3 Refrigerate in a pint jar. This mayonnaise will last 1-2 weeks.



Main Dishes



Best Ever Roasted Turkey

INGREDIENTS:

14-16 pound Turkey, fresh or thawed

1 tsp Himalayan Salt

1 tsp Pepper

1 Lemon, quartered

1 medium Onion

3 sprigs fresh Parsley

2 sprigs fresh Thyme

2 sprigs fresh Rosemary

2 sprigs fresh Sage

3 Tbsp Olive Oil



DIRECTIONS:

- 1 Allow turkey to rest at room temperature for 30 minutes.
 - 2 Place oven rack in lowest position. Pre-heat to 400 °F.
 - 3 Coat roasting pan with coconut oil cooking spray and set aside.
 - 4 Remove neck and giblets from turkey main and inside cavities. (Discard or use for soup or gravy.)
 - 5 Remove any plastic or metal clamps holding legs together; discard.
 - 6 Add salt and pepper to turkey cavity and rub with hand to distribute inside cavity.
 - 7 Stuff the cavity with lemon, $\frac{3}{4}$ onion, and herbs.
 - 8 Overlap skin at cavity opening to cover as much of gap as possible, use toothpicks or small turkey skewers, if needed, to hold skin over neck cavity in place.
 - 9 Pat turkey dry with paper towel and brush breast side all over with olive oil. Flip turkey over, breast side down, onto rack in roasting pan. Brush with more olive oil so entire turkey is coated.
- 10 Place turkey in 400 °F oven, uncovered. After 1 hour, lower oven to 350 °F and cook for additional hour for turkey 14 pounds or larger, 45 minutes for smaller turkey.
 - 11 Remove turkey from oven and flip turkey over so it is breast side up. Insert meat thermometer into thickest part of the thigh. Return the turkey to the oven and monitor temperature, removing turkey from oven when it reaches 165 °F. Check the thickest part of the breast with the meat thermometer to be sure it has reached 160 °F. If not, return to oven.
 - 12 Feel free to cover turkey during the last hour of cooking with a loose-fitting tent of aluminum foil to prevent turkey from over browning.
Note: Cooking time can vary. It should take a 14-16 pound turkey a total of 2 $\frac{1}{2}$ to 3 $\frac{1}{2}$ hours to cook. An 18 pound turkey can take closer to 4 hours.
 - 13 When fully cooked, remove turkey from oven, cover with aluminum foil and allow turkey to rest for a minimum of 30 minutes and up to 60 minutes. Now your turkey is ready to carve and serve.



Tips on using your meat thermometer: Insert the thermometer probe into the thigh of the partially cooked turkey and keep an eye on the changing temperature as you're inserting it. Poke around and move the thermometer up and down or in and out until you find the coolest reading--that's the bulls eye--the thickest part of the thigh. Leave the thermometer in the spot with the coolest reading and return it to the oven. Wait until the temperature is at a minimum of 165 °F that is recommended for safety by the USDA. Don't let your turkey cook beyond 170 °F to avoid an overcooked, dry turkey.

Butter Chicken without the Butter!

Serves 4-6 (Can be served over cauliflower rice or with mashed sweet potatoes)

INGREDIENTS:

12.5 oz. of Chicken Breasts
2 Tbsps Coconut Oil plus 1 Tbsp for sauce
10 oz. (330 ml) of Water
7 fluid oz. of Coconut Milk
1 tsp Dehydrated Tomato Powder or ½ cup of finely Chopped Tomatoes
5 drops of Stevia
1 Tbsp. of Turmeric Powder
½ tsp of Onion Powder
½ tsp of Garlic Powder
½ tsp of Powdered Ginger
½ tsp of Red Chili Powder
2 tsp Siracha, Frank's Hot Sauce or another Chili Sauce (optional)

DIRECTIONS:

- 1 Cut chicken breasts into ½ inch thick strips. Cook raw strips of chicken in a skillet with 2 Tbsps coconut oil until done (don't overcook).
- 2 Make sauce (while chicken is cooking if possible)
- 3 Use a small bowl. Add ½ tsp onion powder, ½ tsp garlic powder, 1/2 tsp ginger powder, ½ tsp red chili powder, 1 tsp Turmeric powder, 5 drops of Stevia, and 10 oz. cold water to the bowl and whisk together until fully mixed.
- 4 Then add ½ cup finely chopped tomatoes or 1 tsp of dehydrated tomato powder and mix again.
- 5 Pour sauce over chicken in skillet and cook 8-10 additional minutes.
- 6 Add 7 fluid oz. of coconut milk.
- 7 Simmer on low heat, covered for 10 mins.
- 8 Remove from heat.

***Optional:** Add Siracha, Frank's Hot Sauce or Chili Sauce to chicken right before serving for extra flavor.

Crispy Chicken

Serves 4

Ingredients:

- 1, 4-5 pound Chicken, cut up into 8 pieces, skin removed*
- 2 tsp of Coconut Oil, melted*
- ¼ cup Coconut Flour*
- 2 Omega-3 Eggs, beaten*
- 2 Tbsp Unsweetened, Plain Almond Milk*
- 1 ½ cups Almond Meal*
- ¾ cup Blanched Almond Flour*
- 1 tsp Black Pepper*
- ½ tsp Cayenne Pepper*
- 1 ½ tsp Paprika*
- ½ tsp Dried Oregano*
- ½ tsp Garlic Powder*



DIRECTIONS:

- ❶ Preheat oven to 350 °F. Prepare a roasting pan by lining it with tin foil and placing the cooking rack on top. Coat the cooking rack with coconut oil. Wash chicken in cold water, then pat dry with paper towels.
- ❷ Spread the coconut flour onto a large plate. In a separate bowl (flat enough to dip each piece of chicken in) beat the eggs and ½ tsp of pepper with the almond milk. In a third bowl, mix the almond meal, almond flour, ½ tsp of pepper, cayenne, paprika, oregano, and garlic powder. Use a fork to sift through and break up any clumps. Spread onto a separate large plate.
- ❸ Dip a piece of chicken into the coconut flour until well coated; then dip into the egg until well coated. Finally, dredge the chicken into the almond flour mixture until all sides are coated well and place on the cooking rack.
- ❹ Repeat until all the chicken is evenly coated and on the cooking rack. Make sure to leave space around each piece of chicken.
- ❺ Finally, use the melted oil and drizzle evenly to give each piece of chicken a nice coating. Bake for 50 minutes or until internal temperature is 165 °F. Remove from oven and allow to cool for at least 8-10 minutes.

Ham

Serves 6



INGREDIENTS:

7-8 lb fresh uncured nitrate free Ham
4 Tbsp dried Rubbed Sage
1 bulb Garlic, peeled
2 Tbsp Fennel seed
2 Tbsp Anise seed
1 tsp Dried Thyme
1 Tbsp Himalayan Salt
½ cup Maple Syrup



DIRECTIONS:

- 1 Preheat oven to 450 °F.
- 2 Combine sage, garlic, fennel, anise, thyme, salt and maple syrup in a small blender and blend until a thick puree forms.
- 3 Place ham on a roasting pan and cover with the blend. Stick your meat thermometer in the deepest part of the meat, but not against the bone.
- 4 Place in the oven and set the timer for 15 minutes. When the timer goes off, turn the oven down to 300 °F. Continue cooking for about 2 more hours, or until the internal temperature reaches 160 °F. Let it rest 5-10 minutes before you cut into it.

Marinated Tri-Tip Recipe

Serves: 5

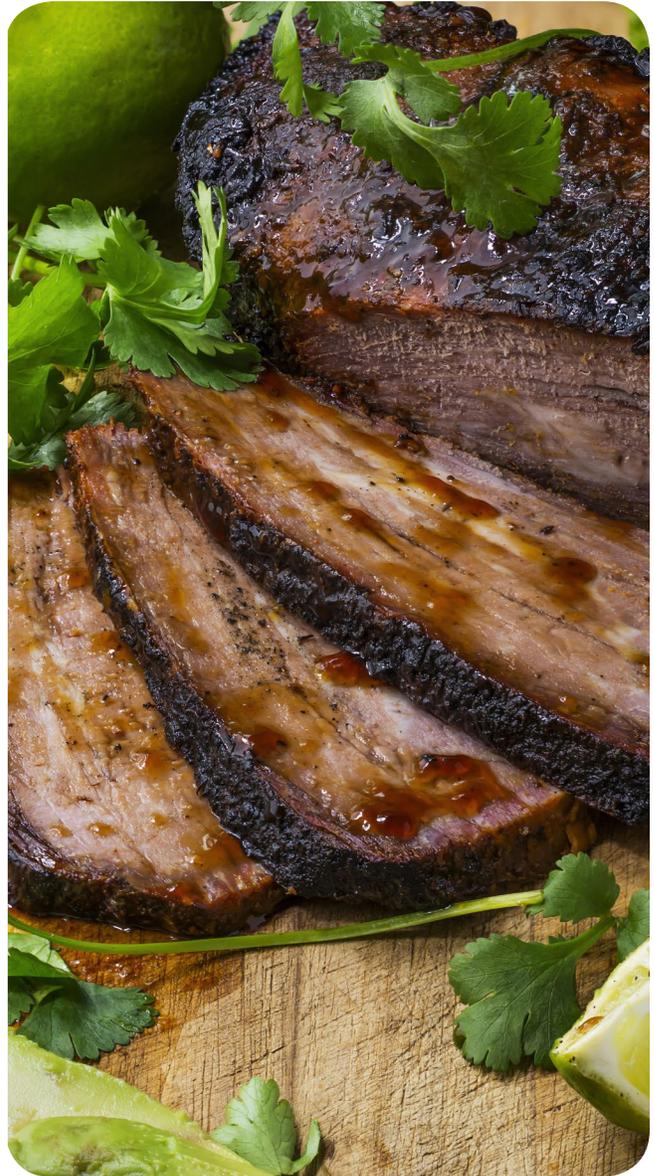
INGREDIENTS:

- 2-3 lbs. Tri-tip*
- 1 Tbsp Oregano*
- 1 Tbsp Rosemary*
- 1 tsp Stone Ground Mustard*
- 1 tsp Raw Honey*
- ¼ cup Red Wine Vinegar*
- ½ cup Extra Virgin Olive Oil*
- Dash Red Pepper Flakes*
- Salt & Pepper to taste*
- 2 Cloves of Garlic minced*

DIRECTIONS:

- 1 Finely chop the oregano and rosemary (you can use dried as well) and place in a medium bowl.
- 2 Add mustard, honey, vinegar, olive oil, garlic, red pepper flakes (if using), salt and pepper to the bowl.
- 3 Mix well.
- 4 Pour marinade into a large freezer bag or sealed container and allow to sit overnight or at least for a few hours.
- 5 Place on pre-heated grill (on high) for a few minutes until seared. Turn over until the other side is seared.
- 6 Reduce heat to medium-high and cook until internal temperature reaches 145 (degrees symbol) F turning once or twice.

Allow to sit for a few minutes before cutting.



Orange/Pineapple Glazed Ham

Serves 6

INGREDIENTS:

8 to 10 lbs. Ham, bone-in, skin on

8 to 10 Fresh Sage leaves, minced

$\frac{1}{4}$ cup melted Coconut Oil

1 lb. Carrots, peeled and chopped

Pink Himalayan Salt and freshly ground Black Pepper

Orange or Pineapple Glaze:

12 oranges, seeded and sliced thinly or one 20 oz. can of sliced pineapples

2 cups Orange Juice (If using pineapple, use the juice from the can)

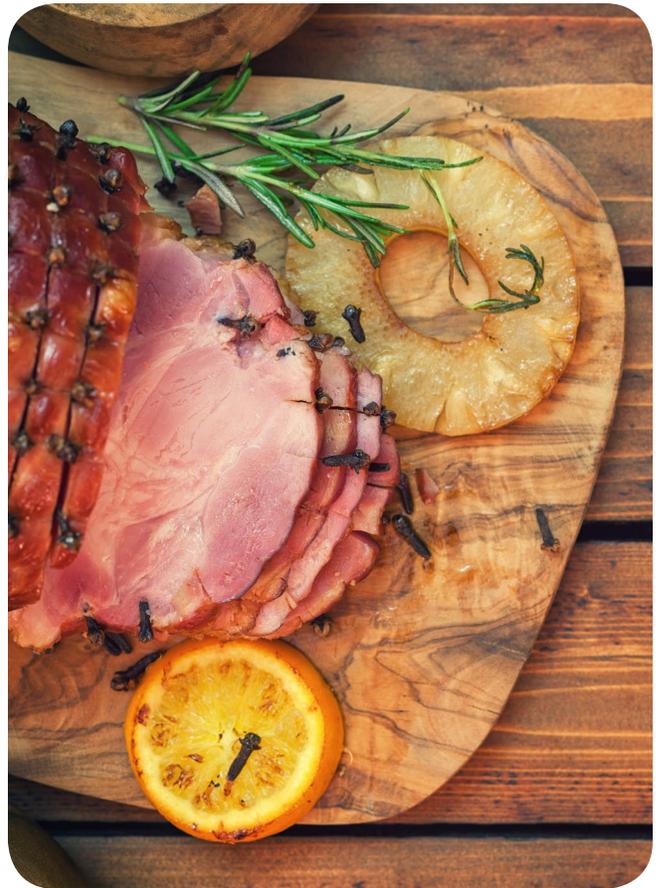
$\frac{1}{2}$ cup Honey (optional)

1 cup Water

$\frac{1}{4}$ tsp. Ground Cloves

2 Cinnamon Sticks

2 Tbsps of Coconut Oil



DIRECTIONS:

- 1 Preheat oven to 300 degrees F.
- 2 Place the ham in a roasting pan, fatty side up.
- 3 Score the skin of the ham with a sharp knife in a diamond pattern.
- 4 Season the meat with salt and black pepper to taste.
- 5 In a small bowl, combine the coconut oil and the minced sage.
- 6 Rub the sage mixture over the ham, making sure to get the mixture into all the slits. Place the ham in the oven and bake for 2 hours.
- 7 Heat a saucepan over a medium heat. Add all the ingredients for the orange/pineapple glaze, season to taste, and cook for 30 to 40 minutes or until the liquid turns syrupy.
- 8 Pour the glaze (including the fruit chunks) all over the ham and bake for another hour, basting the ham with the juices every 30 minutes.
- 9 Scatter the carrots around the ham and coat them with the juice. Then cook the ham for another hour (for a 4-hour total cooking time), basting again every 30 minutes.

Slow Cooker Garlic-Ginger Pork Tenderloin

Servings: 4



INGREDIENTS:

2 lb. Pork Tenderloin
1 tsp Garlic Powder
1 tsp Ground Ginger
1/2 tsp Cinnamon
1/2 tsp crushed Red Pepper flakes
1 cup Chicken Stock
1/4 cup Apple Cider Vinegar
1/2 cup Water
3 Tbsps Raw Honey
2 Tbsps Coconut Aminos
2 tsp fresh Ginger, minced
2 Garlic Cloves, minced
1 Green Onion, to garnish
Sea Salt and freshly ground Black Pepper

DIRECTIONS:

- 1 In a small bowl, combine the garlic powder, ground ginger, cinnamon, crushed red pepper and season to taste.
- 2 Rub spices all over the pork tenderloin.
- 3 Place the tenderloin in a slow cooker, and pour the chicken stock around the pork.
- 4 Cook on low for 6-8 hours.
- 5 In a small saucepan over medium-high heat, add the apple cider vinegar, water, raw honey, coconut aminos, minced ginger, minced garlic, and season to taste. Bring to a boil, slightly reduce heat, and simmer for 4 to 5 minutes.
- 6 Preheat broiler or grill to high.
- 7 Remove tenderloin from slow cooker and brush generously with the ginger-garlic sauce.

Side Dishes



Avocado and Kale Slaw

Serves 4-6

INGREDIENTS:

- 6 cups Kale, chopped, stems removed
- ½ cup Carrots, shredded
- ½ cup Red Onion, finely chopped
- ¼ cup Toasted Pecans, chopped
- 1 medium Avocado, in chunks
- ½ cup Unsweetened Almond Milk
- 2 Tbsp fresh Lemon Juice
- 2 drops Stevia, or to taste
- 1 Tbsp Apple Cider Vinegar
- 1 Tbsp Extra Virgin Olive Oil
- 1 tsp Dijon Mustard
- ½ tsp Garlic Powder
- Black Pepper, to taste



DIRECTIONS:

- 1 Combine kale, carrots, onion, and pecans in a large bowl.
- 2 Scoop the avocado flesh into a blender or food processor. Add almond milk, lemon juice, stevia, vinegar, olive oil, dijon mustard, and garlic powder. Blend until creamy smooth.
- 3 Pour the dressing over the salad and toss to coat. Season to taste with pepper before serving.

***Option:** To make this a complete meal, top with leftover grilled steak, shrimp, or chicken.

Basic Spinach Quiche

Serves 6



INGREDIENTS:

5 large Omega-3 Eggs
½ cup Coconut Milk
½ tsp Baking Powder
1 ½ cups fresh Spinach, chopped
Herb Mix (see recipe on page 10)
Pepper, to taste
½ medium Onion, chopped

DIRECTIONS:

- 1 Preheat oven to 350°F.
- 2 In a large bowl, whisk the eggs and coconut milk together. Make sure you mix things up really well. As you continue to whisk, start adding in all the other Ingredients.
- 3 Grease a 9-inch pie dish and pour everything in. Bake the quiche for about 30 minutes, or until cooked through in the center.

Broccoli Slaw with French Vinaigrette

Serves 4

INGREDIENTS:

Slaw

- ¼ cup raw slivered Almonds*
- Pinch of Cinnamon*
- 3 cups Broccoli Florets, some stem,
sliced slaw-like*
- ¼ cup Red Bell pepper, diced*
- ¼ cup Red Onions, thinly sliced*
- Black Pepper, to taste*
- 2 Tbsp French Vinaigrette*

Vinaigrette:

- ½ Shallot, finely diced*
- ½ cup Red Wine Vinegar*
- ½ tsp Dijon Mustard*
- ¼ tsp Black Pepper*
- ¾ cup Extra Virgin Olive Oil*
- Salt Substitute, to taste*



DIRECTIONS:

Slaw:

- 1 Toast the slivered almonds in a dry pan over medium heat, stirring constantly to prevent burning. Once you see the almonds start to brown, add a pinch of cinnamon, and continue stirring while the almonds finish toasting. Set aside on a plate to cool while you assemble the rest of the slaw.
- 2 Mix together the vegetables with the French Vinaigrette. Season with fresh ground pepper. Add in most of the toasted almonds, reserving a few for garnish.

Vinaigrette:

- 1 Steep shallots in vinegar for roughly 10 minutes.
- 2 Add Dijon and pepper and whisk to combine. While whisking, slowly drizzle oil into the vinegar to form an emulsion. Taste and adjust with salt substitute.

Coconut Thai Butternut Squash Soup

Serves 4-6

INGREDIENTS:

- 4 cups Butternut Squash, cooked—find in frozen section*
- 4 Tbsps Coconut Oil*
- ½ cup Yellow Onion*
- 4 cloves of Garlic, minced*
- 2 tsp fresh Ginger, grated, or 1 tsp ground*
- 1 tsp Red Curry Paste*
- 4 cups Low Sodium Chicken Broth*
- 1 cup Coconut Milk*
- 1 Tbsp fresh Lime Juice*
- ½ tsp Coconut Aminos*
- Optional:*
- Cilantro, to garnish*
- Thai Basil, to garnish*
- Toasted slivered Almonds, garnish*



DIRECTIONS:

- ❶ In a large soup pot, sauté onion in coconut oil 3-5 minutes. Add garlic, ginger, and curry paste, and stir frequently 2 minutes or until fragrant. You may need to add a bit of chicken broth to prevent burning.
- ❷ Add squash and rest of the broth. Simmer about 30 minutes. Blend all in blender, then return to pan.
- ❸ Stir in coconut milk, lime juice, and coconut aminos. Garnish with cilantro, Thai basil, and toasted slivered almonds.

***Option:** Makes enough to freeze and tastes even better the next day.

Creamed Spinach

Serves: 4

INGREDIENTS:

1 lb. frozen Spinach
¾ cup Coconut Milk
3 cloves fresh minced Garlic
½ tsp Coconut Flour
2 tsp Coconut Oil
1 minced Shallot
½ tsp Paprika
½ cup Chicken Broth
½ cup chopped Sundried Tomatoes
1 cup chopped marinated Artichoke Hearts.

DIRECTIONS:

- 1 Thaw spinach completely, squeezing out any liquid.
- 2 Heat coconut milk and 2 tsp minced garlic in saucepan over med heat.
- 3 Whisk in coconut flour until slightly simmering. Remove from heat.
- 4 Heat coconut oil, add shallot, rest of garlic and paprika.
- 5 Cook until shallots are translucent, being careful not to burn shallots or garlic.
- 6 Add spinach, coconut cream sauce, chicken broth, sundried tomatoes and artichokes.
- 7 Mix well; simmer until everything is heated through. These are good as leftovers, so you can double the recipe.



Creamy Mushroom Soup

Serves 4 (Can easily be doubled)

INGREDIENTS:

4 cups of Button Mushrooms
1/3 cup of finely chopped Onion
2 Tbsps of Coconut Oil, divided
1/2 tsp of ground Nutmeg
1/2 tsp of dried Thyme
1 Tbsp of Red Wine Vinegar
3 cups of full-fat Coconut Milk
No Salt Seasoning
Pepper to taste

DIRECTIONS:

- 1 Rinse mushrooms and chop them.
- 2 In a large saucepan, melt 1 Tbsp coconut oil over medium heat. Add oil and onions. Add nutmeg and thyme.
- 3 Keep moving the mixture around so you don't burn the onions and when they are starting to soften and have a nice aroma, add the mushrooms.
- 4 Cook until the mushrooms are soft, about 5-8 minutes.
- 5 Add 1 Tbsp red wine vinegar.
- 6 Scrape the bottom of the pan to remove the browned bits of onion and mushroom.
- 7 Add coconut milk.
- 8 Bring to gentle boil then reduce to a simmer. Cover and cook for 30 minutes.
- 9 Remove cover and continue to cook on low for 10 more minutes. Remove from heat and cool. If desired, use a blender to puree slightly.



Liver Pate

Serves: 4

INGREDIENTS:

- 2 Tbsps Coconut Oil or Avocado Oil*
- 1 lb. Chicken Livers, rinsed and drained*
- 1 Shallot or small Onion, chopped*
- ½ cup bone broth (Pacific brand)*
- 3 Tbsps full fat Coconut Milk*
- 1 tsp Salt*
- ⅛ tsp ground Nutmeg*
- ¼ tsp freshly Ground Pepper*
- ½ tsp ground Allspice*
- ⅓ cup melted lard (from grass-fed cows) or more coconut oil*

DIRECTIONS:

- ① In a medium or large skillet over medium heat, melt the two tablespoons oil.
- ② Sauté the livers for about 60-90 seconds per side. You may need to work in batches. **Do not overcook!** (over cooking is why people don't like liver)
- ③ Set the livers aside and do not clean the pan. Cook the shallots in the drippings and remaining oil.
- ④ Transfer both shallots and livers to a food processor or blender. Add the broth, coconut milk, salt, nutmeg, pepper, and allspice.
- ⑤ Process or blend on high until completely smooth.
- ⑥ Add the melted lard and pulse to combine.
- ⑦ Pour into small mason jars (should fit nicely in either 2-pint jars or 4½ pint jelly jars... the smaller jars are easier to scoop from) and refrigerate until cold and firm (about 2 hours).

Serve with veggie slices for a purely savory dish.



Mashed Garlic Cauliflower

Serves 4-6

INGREDIENTS:

- 1 ½ heads Cauliflower*
- 2 Tbsps Coconut Oil*
- 8 cloves of Garlic, whole*
- ½ medium Yellow Onion, finely chopped*
- 1 tsp Salt Substitute*
- 3-4 sprigs fresh Thyme*

DIRECTIONS:

- 1 Steam cauliflower, garlic, and onion in a large skillet with about an inch of water in the bottom. Cook until very soft, about 20 minutes.
- 2 Drain cauliflower, garlic, and onion completely. Return to pot and blend with an immersion blender or mash very well with a potato masher.
- 3 Add coconut oil, thyme, and salt substitute. Stir well to combine.



Onion Gravy

Makes 5 cups

INGREDIENTS:

1 quart Low Sodium Chicken Broth

2 large Onions, roughly chopped

½ tsp dried Thyme

6-8 cloves of peeled Garlic

No Salt Seasoning and Pepper to taste

1 Tbsp of Coconut Aminos

2 Tbsps pan drippings or Coconut Oil

Splash of Coconut Cream

DIRECTIONS:

- ① Place onions, garlic, broth and thyme into a medium saucepan and bring to a boil on high.
- ② Turn heat to low and let it simmer for 30 minutes or until the onions and garlic are really soft. Add in seasonings and coconut aminos.
- ③ Cool for a bit and then place everything into the blender.
- ④ Add in 2 Tbsps of pan drippings, and blend everything until it is uniform. You can also add some heavy coconut cream if you want a creamy gravy.



Pumpkin Muffins

Serves 10

INGREDIENTS:

- ½ cup Coconut Flour*
- 1 tsp Cinnamon*
- 1 tsp Baking Powder*
- 1 tsp powdered Stevia*
- 1 tsp Baking Soda*
- ¼ tsp Allspice*
- ¼ tsp Nutmeg*
- Pinch of Salt Substitute*
- 1 cup Pumpkin Puree*
(not pumpkin pie filling)
- ½ cup Coconut Oil*
- 4 Omega-3 Eggs*
- ½ cup unsweetened Almond Milk*
- 1 tsp Vanilla Extract*



DIRECTIONS:

- ① Preheat oven to 350°F. Grease or line muffin pan.
- ② Mix first eight ingredients in a bowl.
- ③ In a medium bowl blend eggs, milk, pumpkin, coconut oil, and vanilla together. Gradually add wet ingredients to dry, stirring as you go until most of the lumps are gone.
- ④ Let it set for a few minutes so the coconut flour can absorb the moisture.
- ⑤ Pour into muffin pan and bake for 25 minutes.

Sautéed Mushrooms

Serves 4-6

INGREDIENTS:

1 lb. Button Mushrooms, left whole or sliced in half

½ cup Unsweetened Ketchup

½ cup Low Sodium Beef or Chicken Broth

4 Tbsps Coconut Aminos

2 tsp Balsamic Vinegar

1 Tbsp Honey

1 Tbsp Mustard

1 Tbsp Apple Cider Vinegar

½ tsp Granulated Garlic

½ tsp Granulated Onion

¼ tsp Black Pepper

DIRECTIONS:

- 1 Mix all ingredients, except mushrooms, together in a medium skillet. Bring to a boil, reduce to low simmer for 10 minutes, stirring occasionally.
- 2 Trim the mushroom stems from the caps and discard the stems. Under cold running water rinse the tops to remove any grit.
- 3 Add the mushrooms to the broth mixture and simmer, stirring frequently for about 10 minutes or until cooked per taste.
- 4 Delicious served as an appetizer with Almond Meal Bread for dipping into the juices.



Shredded Brussels Sprouts with Orange and Almonds

Serves 4

INGREDIENTS:

Juice of $\frac{1}{4}$ an Orange

2 Tbsp Red Wine Vinegar

1 Tbsp Coconut Oil

1 pound Brussels Sprouts, stem ends removed

$\frac{1}{4}$ cup No-Salt Chicken Broth

$\frac{1}{4}$ tsp Herb Mix (see recipe on page 10)

$\frac{1}{4}$ tsp Black Pepper

1 clove of Garlic, minced

Zest from 1 Orange, about 1 Tbsp

$\frac{1}{4}$ cup Almonds, sliced

DIRECTIONS:

- 1 Slice Brussels sprouts thinly and toss with orange juice and vinegar.
- 2 Heat oil in a large nonstick skillet over medium heat and add shredded Brussels sprouts. Sauté until the sprouts are bright green and tender, about 2 minutes.
- 3 Add broth, herb mix, pepper, garlic, and zest. Cook another 2 minutes.
- 4 Garnish with almonds and extra orange zest if desired.



Thanksgiving Stuffing

Serves 4

INGREDIENTS:

- ½ cup Coconut Oil*
- 1 pound Cremini Mushrooms, cut in half*
- 1 Leek, chopped, including some green ends*
- 2 stalks Celery, chopped*
- 1 head Cauliflower, broken into small florets*
- 1 cup Hazelnuts*
- 2 Lemons*
- 1 tsp Lemon zest*
- 2 Garlic Cloves*
- 1 Tbsp Fresh Thyme*
- ⅓ cup roughly chopped Parsley*
- ½ tsp Salt*



DIRECTIONS:

- ❶ Preheat oven to 350 °F. In a sauté pan over medium heat, melt ¼ cup of coconut oil and sauté mushrooms, leek and celery for about 5 minutes, until the mushrooms soften a bit.
- ❷ Combine with cauliflower florets in a 13×9 inch rimmed baking pan. In a food processor, combine hazelnuts, juice of one lemon, lemon zest, garlic, thyme, parsley, salt and ¼ cup of melted coconut oil.
- ❸ Pulse until the mixture is well-blended and the hazelnuts are in tiny pieces, but it's not nearly as smooth as a paste.
- ❹ Spoon the mixture on the top of the cauliflower and mushrooms and mix well.
- ❺ Bake for 45 minutes at 350 °F, stirring occasionally. Raise the heat to 375 °F and bake another 35-45 minutes, stirring several times so the stuffing does not burn or stick to the pan. It is these last 35-45 minutes that are crucial to finishing the dish. The hazelnuts will brown and lose moisture, becoming caramelized and a bit crunchy again. This stuffing can be baked a day ahead and then covered and re-heated before serving. Right before serving, squeeze the juice of the remaining lemon top and add salt substitute.

Tri-Colored Salad

Serves 4

INGREDIENTS:

*1 pound fresh Zucchini,
sliced thinly length-wise with vegetable peeler*

Salt Substitute

1 Tbsp Coconut Oil

2 cloves of Garlic, crushed

*1 pound ripe Roma or Grape Tomatoes,
seeded and diced*

¾ cup Black Olives, sliced and rinsed

10-12 large Basil Leaves, thinly sliced

¼ cup Extra Virgin Olive Oil

3 Tbsps Red Wine Vinegar or Lemon Juice

*Ground Black Pepper and Salt Substitute,
to taste*



DIRECTIONS:

- 1 Place zucchini in a large colander and sprinkle generously with salt substitute. Allow to “sweat” for 30 minutes.
- 2 Meanwhile, place coconut oil in a skillet over medium heat. Add garlic and sauté until fragrant, about 2-3 minutes. Set aside to cool.
- 3 Rinse and drain zucchini, pat dry, and place in a large bowl. Add tomatoes, olives, and basil; toss gently to combine.
- 4 In a small bowl, whisk the olive oil, vinegar (or lemon juice), and garlic, then pour over the vegetables and toss to coat. Season with salt substitute and pepper to taste. Allow flavors to meld for 20 minutes before serving; taste and adjust seasonings if necessary.

Winter Roasted Vegetable Vichyssoise

Serves 4

INGREDIENTS:

- 2 large Onions, cut into eight pieces*
- 2 large Sweet Potatoes, peeled and cut into 1-inch dices*
- 2 lbs. of Carrots, peeled and cut into 2-inch dices*
- 1 head of Garlic Cloves peeled*
- 4 Tbsps Coconut Oil*
- Sea Salt and Pepper to taste*
- 2 cups Chicken Stock*
- 3 Tbsps pure grade B Maple Syrup*

DIRECTIONS:

- 1 Pre-heat oven to 425 degrees F.
- 2 Distribute the onions, garlic, sweet potatoes, and carrots evenly on a sheet tray.
- 3 Top the vegetables with coconut oil. Season with sea salt and pepper.
- 4 Roast for 25-30 minutes until vegetables are tender, flipping halfway through cooking.
- 5 When the vegetables have roasted, transfer them into a large pot on the stovetop. Add just enough chicken stock to cover the vegetables by 1-inch.
- 6 Put the lid on and bring the liquid to a boil.
- 7 Reduce the heat and simmer with the lid cracked for 10 mins.
- 8 Puree the soup in small batches using a blender or immersion blender (If you use too large a batch, the soup may explode on you).
- 9 Taste and season with Himalayan Pink Salt and pepper.

Spoon it up and eat.



Yam and Turnips with Kale

Serves 4

INGREDIENTS:

1 large Yam

3 medium Turnips

4-5 cups chopped Kale

(No need to chop if using Baby Kale)

Herb Mix and Pepper to taste

4 cloves fresh Garlic, minced

2 Shallots minced

3 Tbsps Coconut oil

DIRECTIONS:

- 1 Cube the yam and turnips to small pieces, a little larger than dice size.
- 2 Add the yam and turnips to a large skillet and begin to cook, covered, for about 10 minutes on medium heat. Stir occasionally. Add a bit of coconut oil if needed.
- 3 Stir in herb mix, shallots, garlic and pepper. Drizzle in the coconut oil. Mix well and cover. Cook for another 7-10 minutes, stirring occasionally.
- 4 Remove cover and place kale on top of yam mixture. Replace cover and cook for another 3-4 minutes until kale begins to reduce in size.
- 5 Remove cover and stir to mix all ingredients. Continue cooking, stirring until kale is reduced in size and yam/turnip mixture is done to taste.
- 6 Transfer to serving dish and enjoy.



This is delicious as left-overs (great for breakfast with eggs) so feel free to double the recipe. The number of yams, turnips and kale can be changed per personal taste. Remember that the yams are high in sugars and carbs; low carb and sugar content in turnips and kale makes this a healthy side dish while still enjoying the great flavor of yams.

Desserts



Almond Coconut Thumbprint Cookies

Serves 12



INGREDIENTS:

1 cup Chopped Slivered Almonds

1 cup Almond Flour

1 cup Unsweetened Flake Coconut

½ cup Coconut Oil

½ cup Honey

1 tsp Pure Vanilla Extract

Fruit-only Jam, your choice of flavor

DIRECTIONS:

- ❶ Preheat oven to 350 degrees F.
- ❷ Mix all ingredients together.
- ❸ Shape into 1 Tbsp balls, flatten and make a depression in center.
- ❹ Fill centers with ¼ tsp of all-fruit jam.
- ❺ Bake until golden brown, 10 to 12 minutes, checking after 8 minutes.
- ❻ Carefully transfer cookies immediately to cooling racks as cookies will be soft but firm up as the cool.

Berry Cobbler

Serves 6



INGREDIENTS:

3 cups Berries

Stevia Liquid, to taste (approximately 15 drops)

1 Omega-3 Egg

2 Tbsps Coconut Oil

2 cups Almond Meal

(use whole almonds in food processor, total of 2 cups ground)

Cinnamon, to taste

DIRECTIONS:

- ① Preheat oven to 350 °F. Put berries in a baking dish, drizzle with stevia.
- ② Blend together egg and coconut oil.
- ③ Mix almond meal completely into the batter (add extra almond meal if needed; it should be crumbly). Add cinnamon.
- ④ By hand, crumble mixture over berries.
- ⑤ Bake for 20-30 minutes.



Chocolate Almond Butter Nut Balls

INGREDIENTS:

- ½ cup Coconut Oil*
- ½ cup Cocoa Powder*
- ½ cup Honey*
- 2 tsp Vanilla*
- 2 cup Almond Butter*
- 1 cup chopped roasted Almonds*
- 3-4 cup Unsweetened Shredded Coconut*

DIRECTIONS:

- ① Simmer first four ingredients together in a pan.
- ② Stir in almond butter. Mix well.
- ③ When just warm stir in the chopped roasted almonds.
- ④ Mix in the shredded coconut, 1 cup at a time. Add enough to get a good consistency for rolling into balls; the amount depends on the amount of moisture that was in your almond butter.
- ⑤ With coconut oiled hands, roll mixture into small, 1 inch balls.
- ⑥ Freeze for at least 30 minutes.



Keep these in the freezer and remove shortly before eating as they thaw quickly.



Chocolate Cups

Serves: 12 (2 cups a piece)

INGREDIENTS:

For Chocolate Shell:

3 cups of 70 to 80% Dark Chocolate Chips

1 Tbsp of Coconut Oil

1 tsp of Vanilla



For Filling:

9 Tbsps of Cashew Butter (Sunbutter)

3 tsp of Sea Salt

3 tsp of Coconut Oil

¾ cup of Pitted Medjool Dates



For Topping:

Pink Himalayan Salt to taste

DIRECTIONS:

- 1 Prepare two standard mini-muffin pans with mini-muffin liners and set aside.
- 2 In a double boiler, add in dark chocolate chips, coconut oil and vanilla.
- 3 Melt over a pot of simmering (not boiling) hot water until well incorporated.
- 4 Fill the bottom of each muffin liner with 1 tsp of the chocolate mixture. Set aside leftover chocolate to put on top of the cups.
- 5 Set the muffin pans in the freezer.
- 6 In a food processor or heavy-duty blender, add in Cashew Butter, sea salt, coconut oil and dates. Blend or pulse until smooth and creamy.
- 7 Remove muffin pans out of the freezer. Spoon out one teaspoon of the Cashew Butter mixture on top of each chocolate filled muffin liner.
- 8 Take the bowl of melted chocolate and spoon up to 1 tsp to cover each cup.
- 9 Sprinkle Himalayan salt on top. Place the cups back in the freezer for 30 minutes or longer until set. Serve frozen.

Chocolate Pie with Crust

Serves 10

INGREDIENTS:

Crust:

2 cups Walnuts, halved and pieces
 ½ cup Medjool Dates (about 8), soft, pitted
 2 tsp Ground Cinnamon

Filling:

1 cup Coconut Cream
 ½ cup Medjool Dates, about 8, pitted
 3 ounces Baking Chocolate, dark,
 unsweetened, melted
 ¼ cup Coconut Oil, melted
 2 tsp Vanilla Extract



*For the filling, use the cream at the top of a can of separated full-fat coconut milk. To get it to separate, refrigerate a couple of cans overnight.



DIRECTIONS:

- ① To make the crust, in a food processor, puree the walnuts, dates, and cinnamon for about 20 seconds or until very fine.
- ② Transfer the crust mixture to a pie dish and press it across the bottom and up the sides.
- ③ Rinse the food processor.
- ④ In a small saucepan heat up the coconut cream just slightly.
- ⑤ Add the heated coconut cream, dates, melted chocolate, coconut oil, and vanilla extract to the food processor and puree for 1 minute or until the filling is dark and completely smooth. Pour the filling over the crust and chill to set.

***Option:** When ready to serve the pie, top with whipped coconut cream (see recipe on page 39).

Coconut Flour Orange Cake with Coconut Oil Frosting

Serves: 10-12

INGREDIENTS:

1/4 cup Coconut Oil
 6 Eggs
 1/4 cup Coconut Milk
 4 Tbsp Honey
 1tsp Stevia
 1 tsp Vanilla Extract
 1/2 tsp Orange Zest
 1/2 cup Coconut Flour
 1/4 tsp Arrowroot Powder
 1/2 tsp Salt
 juice of 1/2 an Orange



DIRECTIONS:

- ① Heat oven to 350 degrees F.
- ② Measure out coconut oil and place in an 8x8 inch pan. Place pan in oven to melt the coconut oil. While the coconut oil is melting, whisk the eggs, coconut milk, honey, stevia, vanilla and orange zest together.
- ③ Once the coconut oil is melted (about 5 min), remove it from oven and let cool while you mix the rest of the ingredients.
- ④ Combine coconut flour, arrow root powder and salt. Stir the dry ingredients into the wet ingredients.
- ⑤ Once pan is cool enough to handle, carefully swirl the coconut oil around the pan to grease all sides, then pour the oil into the batter and mix until all lumps are gone.
- ⑥ Pour the batter into the greased pan and place in oven.
- ⑦ Bake for about 25 minutes, until browned on top and toothpick comes out clean.
- ⑧ Place cake on cooling rack.
- ⑨ While cake is cooled slightly, but still warm, poke holes with a fork all over it and squeeze orange juice evenly over it.

Remember to cool completely before frosting.

Cranberry Sauce

Makes about 2 cups

INGREDIENTS:

- 1 (12 ounce) bag of fresh or frozen Cranberries*
- 1 ½ cups Water*
- ⅓ cup Honey*
- 6 drops liquid Stevia*
- 1 Cinnamon stick*
- ½ tsp ground Ginger*

DIRECTIONS:

- 1 Place all the ingredients in a medium pot and set over high heat. Bring to a boil.
- 2 Reduce the heat to medium and cook at a rapid simmer, stirring occasionally, for 15-20 minutes until the cranberries break down and turn into sauce. If the sauce appears to be getting too thick as it cooks, add more water as needed.
- 3 Serve warm, room temperature, or chilled. Store in the refrigerator in an airtight container for up to 5 days. This can be frozen to use later.



Nutty Chocolate Brownies

Serves 8-10

INGREDIENTS:

1 cup Almond Butter

1/3 cup Honey

1 cup Almond Butter

1/3 cup Honey

1 large Egg

1 tsp Pure Vanilla Extract

1/3 cup + 1 tsp Cocoa Powder

1/2 tsp baking Powder

1/8 tsp Salt

1/2 cup chopped Pecans

2 oz. chopped unsweetened Chocolate Baking

Bar

Coconut oil

DIRECTIONS:

- 1 Preheat oven to 350 degrees F
- 2 Combine first four ingredients. Slowly add in 1/3 cup cocoa powder, baking powder, and salt blending well.
- 3 Fold in pecans and chocolate to incorporate evenly.
- 4 Coat an 8x8" glass baking pan with coconut oil and spread brownie mixture evenly to edges.
- 5 Bake for 20 minutes.
- 6 Cool on rack and slice into 2x2" squares.
- 7 Put tsp of cocoa powder in sieve and sift over tops to decorate.

Orange Coconut Oil Frosting

INGREDIENTS:

1 cup Coconut Oil, softened well

9 drops liquid Stevia

1/2 cup Honey

2 tsp Orange Zest

1 tsp Vanilla

DIRECTIONS:

- 1 Whisk all ingredients into well-softened coconut oil until thickened (if too soft or melted, alternate with refrigerating and whisking to thicken).
- 2 Frost quickly onto completely cooled cake before coconut oil frosting hardens too much.



Pumpkin Pudding

Serves 4-6



INGREDIENTS:

3 cups canned Pumpkin
¾ cup Almond Milk
3 Tbsp Almond Butter
1 ½ tsp Arrowroot Powder
1 ½ tsp Cinnamon
½ tsp Pumpkin Pie Spice
6 drops Liquid Stevia
1 Tbsp Honey

DIRECTIONS:

Blend all ingredients on high.
Pour into 4-6 ramekin cups. Refrigerate.

Alternate: This can be used as a pie filling.

Snickerdoodles

Serving 18

INGREDIENTS:

2 Tbsps Coconut Oil
¼ cup Maple Syrup
1 Omega 3 Egg
1 ½ tsp vanilla
2 cups Almond Meal Flour
1 tsp Baking Powder
¼ tsp Himalayan Salt
2 tsp Cinnamon
2 Tbsps Coconut Sugar

DIRECTIONS:

- 1 Preheat oven to 350 °F.
- 2 Blend together oil, maple syrup, eggs, and vanilla. Combine almond meal flour with baking powder and salt and whisk into batter until there are no lumps.
- 3 Make cinnamon coating by mixing cinnamon with coconut sugar.
- 4 Scoop out dough and gently form into a ball. It might help to have some flour on hands to keep ball from sticking. Roll ball in cinnamon coating.
- 5 Place ball on cookie sheet lined with parchment paper. With floured mason jar bottom press ball slightly to flatten just a bit. Repeat to make 1 dozen cookies.
- 6 Bake for 8-10 minutes. They may seem under baked but will firm up to the right texture as they cool.



Spiced Pumpkin Pie

Serves 8



INGREDIENTS:

Pecan Pie Crust:

2 cups Raw Pecans
¼ tsp. Salt Substitute
¼ tsp. Powdered Stevia
1 tsp Honey
5 Tbsp melted Coconut Oil
2 Tbsp Water

Whipped cream:

1 can of Coconut Milk, solids only
1 tsp Cinnamon, more to taste
1 tsp Vanilla Extract, more to taste
¼ tsp Stevia, more to taste

Pumpkin Pie Filling:

1½ cup Pumpkin Puree
(not pumpkin pie filling)
1 cup canned Coconut Milk (full fat)
2 large Omega-3 Eggs, beaten
1 Tbsp Honey
30 drops liquid Stevia
4 Tbsps Arrowroot Starch
2 Tbsp ground Cinnamon
1 tsp ground Ginger
½ tsp ground Cardamom
½ tsp Salt Substitute

DESSERTS

DIRECTIONS:

Pecan Pie Crust:

- 1 Preheat oven to 350 °F.
- 2 Put the pecans in a food processor. Pulse until the pecans are chopped to a medium consistency.
- 3 Add the stevia, honey and 4 Tbsps of melted coconut oil. Pulse again until blended well.
- 4 Add the water and pulse again until all is well blended. At this point you will have a soft, sticky mass.
- 5 Using a basting brush spread the remaining coconut oil around the bottom and sides of a 10-inch pie plate, coating well. Add in the pecan mixture using your fingers to press it firmly in place all over the bottom and up the sides. Work to get an even thickness throughout with no holes. You can use a finger or knife around the top edge to get an even, nice looking line.
- 6 Bake for about 15-18 minutes. Cool.

Pumpkin Pie Filling:

- 1 Preheat oven to 425 °F.
- 2 In a large bowl, whisk together all ingredients until smooth. Pour into the pre-baked and cooled pecan pie shell.
- 3 Bake for 15 minutes at 450 °F and then lower the temperature to 350 °F and bake for an additional 45 minutes. Cool completely, cover with plastic wrap and refrigerate for at least 2 hours before serving. Serve chilled, garnished whip cream if desired.

Optional: Pie can be made day before serving.

Whipped Cream:

- 1 Freeze coconut milk in can for at least 1 hour. Open and remove solids, save coconut water for a delicious drink.
- 2 Whisk together the coconut milk solids, vanilla extract, cinnamon and stevia until smooth. Spread on cold pie and keep refrigerated until serving.

Still another option: For a truly decadent dessert, serve with Cranberry Sauce (see recipe on page 40).

