

Tina's Favorite Holiday Recipes



Tina McDermott
DISCOVER WHOLE BODY FREEDOM

Holiday Recipes

Gluten, Dairy, Soy, Corn, Sugar Free Holidays

(yes, it actually tastes great, nobody will ever know!)

Main Dishes

Italian Roast Turkey

- 1 14-16 pound turkey (neck, heart, and gizzard reserved)
 - 1 lemon cut in half
 - 1 orange cut in half
 - 1 large onion, cut in quarters or half
 - 12 garlic cloves,
 - Whole Sage Leaves
 - Whole Rosemary Leaves
 - Italian seasoning mix (rosemary, oregano, sage, basil)
 - 1 stick unsalted butter, room temperature
 - 2 cups of Golden Turkey stock (see recipe)
1. Rinse turkey inside and out. Pull all fat pads from main cavity; wrap, chill and reserve fat for roasting.
 2. Position rack on the bottom third of the oven and preheat to 325 degrees. Mix butter and Italian seasoning in a small bowl; reserve for glaze. Rinse turkey inside and out and pat very dry. Stuff the bird with the lemon, orange, onion, garlic, rosemary, sage. Divide mixture between main and neck cavities. Fold neck skin under and secure with a skewer. Tuck wing tips under. Tie leg loosely.
 3. Place turkey on a rack set in a large roasting pan. With your hands spread the butter Italian seasoning all over the turkey. Place reserved fat pads and reserved neck, heart, and gizzard in roasting pan; pour in 2 cups of Golden Turkey Stock.

4. Roast turkey for 45 minutes. Baste with pan juices. Continue to roast until a thermometer inserted into the thickest part of the thigh reads 165-170 degrees, basting every 45 minutes adding water to the pan by the cupfuls if dry, and tenting the turkey loosely with foil if browning too quickly. 3-3 ½ hours longer.
5. Transfer turkey to a platter and tent loosely with foil and let it rest for 30-45 minutes. Reserve roasting pan with juices for gravy.

Authentic Italian Minestrone Soup

Ingredients:

- 2 tablespoons Olive oil
- 1/2-1 chili pepper whole
- 1 onion, chopped
- 4 stalks celery, chopped
- 4 carrots, chopped
- 2 zucchini, chopped
- 2-4 cups chopped tomatoes (fresh or organic canned)
- 6 cups organic or home-made chicken stock (most boullion has msg so please avoid unless it's organic)
- 1-2 cups pinto or northern beans
- 2-4 cups greens (fresh or frozen) kale, Swiss chard or spinach
- Sea salt to taste

Directions:

1. Add olive oil and chili pepper to the pan on medium heat.
2. Start chopping the onion and add it to the pot. Then chop the celery and add them to the pot and so on until all the veggies are stir fried for 5 to 10 minutes or so. Feel free to add whichever veggies you like even broccoli or cauliflower. You decide
3. Then add the tomatoes, chicken broth and beans.
4. Bring to a boil then simmer for 60 minutes.
5. Add the chopped greens during the last 15 minutes of cooking.
6. Add sea salt to taste.
7. Remember to remove the chili pepper at the end.

Leftover Turkey Salad

Ingredients:

- 6 cups of lettuce of choice (I prefer a spring mix, baby kale or arugula)
- 2 to 3 cup leftover roasted turkey, chopped or shredded
- 2 granny smith apple sliced
- 1/4 cup toasted walnuts (can use any nut or seed you chose here)

Cranberry Dressing:

- 1 cup cranberries (thawed or frozen)
- 2 tsp red wine vinegar
- 2 tsp honey
- 3 tbsp olive oil
- Sea salt and pepper to taste

Directions:

1. Make the dressing. Place all of the dressing ingredients in a blender or food processor and mix until smooth unless you prefer chunky.
2. Place the rest of the ingredients in a large bowl and toss with the dressing right before serving.
3. If you like salad in a jar then place 3 tablespoons of the dressing at the bottom of the jar, then add the turkey then the nuts, apples and lettuce at the top to fill the jar. Shake the jar right before eating.

Turkey Vegetable Soup

Ingredients:

- 1 medium onion
- 2 large carrots
- 1 12 oz package green beans
- 1 tbsp olive oil
- 1 pkg frozen butternut squash, thawed
- 6 cups organic turkey broth
- 2 cups shredded cooked turkey
- 2 tbsp chopped fresh parsley

Directions:

1. Add olive oil and chili pepper to the pan on medium heat.

2. Start chopping the onion and add it to the pot. Then chop the carrots and add them to the pot and so on until all the veggies are stir fried for 5 to 10 minutes or so. Feel free to add whichever veggies you like even broccoli or cauliflower. You decide
3. Then add the butternut squash, turkey broth, cooked turkey and green beans.
4. Bring to a boil then simmer for 60 minutes.
5. Add sea salt to taste.
6. Divide soup between bowls and garnish with fresh chopped parsley

Italian Stuffed Pork Tenderloin

Ingredients:

- 3 medium onions
- 2 to 4 cloves garlic
- Hot red pepper flakes or powder
- 1 package frozen spinach or tub of fresh greens of your choice
- 1 package mushrooms (optional)
- 2 pounds pork tenderloin
- 2 tablespoons olive oil
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 3 tablespoons apple cider vinegar
- 1/2 cup apple cider
- Sea salt and fresh cracked pepper to taste

Directions:

1. Slice up two onions and lay them on the bottom of the slow cooker (I use my mandolin to make it easier and thinner slices).
2. chop up one onion and garlic and mushrooms and stir fry it in the olive oil with a pinch of hot pepper and sea salt until the onions are translucent, about 5 minutes. Then add the spinach or greens, cover and let wilt for about 3 minutes more.
3. Make a slice down the middle of the tenderloin but not all the way through and place it on top of the sliced onions in the slow cooker.
4. Add a cup or two of the sautéed greens in the slit of the tenderloin and close it up using toothpicks or butchers twine and tie it off. The rest of the greens eat with your lunch or dinner as they are scrumptious.
5. Top the tenderloin with more salt, pepper to taste as well as the thyme and rosemary. Alternatively you can use an Italian herb mix just make sure it is organic or you can read all of the ingredients. Top the tenderloin with the apple cider vinegar and the apple cider.
6. cover and cook on high for 3 to 4 hours or better yet, on low for 6 to 8 hours.

Side Dishes

Butternut Squash and Corn

This is a fabulous dish which will have your guests raving at what a great cook you are and it's nutritious as well as easy (if you get your husband to peel and cube the butternut squash for you that is).

- 1 tablespoon Coconut oil
- Hot pepper flakes to taste (1/4 teaspoon for mild)
- 5 cloves fresh garlic or to taste
- 1 large or 2 small sweet onions chopped into big pieces
- 1 medium butternut squash peeled, deseeded and cubed (peel with a vegetable peeler, cut in half, use a spoon to scrape out the seeds then cut into cubes)
- 1 small bag of frozen sweet organic corn
- Dried cranberries (if you can find the unsweetened ones, they are better, just pour hot water over them and 1 packet of stevia to sweeten them)
- Sea salt to taste
- 1 or 2 cups of white cooking wine

Use a cast iron skillet (if you don't have one then a normal one will be ok). Heat the coconut oil with the hot pepper flakes and garlic for one minute on medium heat, add the onions, butternut squash and stir around for 5 minutes. Then add the bag of frozen corn and dried cranberries. Stir for a few more minutes and then place a lid on the skillet for 15 minutes. If it gets dry, add a bit of wine at a time. Test the squash if it is soft, if so then add the rest of the wine and simmer for 5 to 10 minutes while scraping and deglazing the pan. It is finished when most of the liquid has been absorbed. Add sea salt to taste. Optional, add finely chopped fresh cilantro at the end.

Butternut Squash Stuffing

I created this recipe by adopting my mom's old fashioned Italian stuffing recipe making it super duper healthy and super duper yummy!

Ingredients:

- 2 tablespoons Coconut oil
- 4-6 ounces ground pork, chicken or turkey (you can also use loose nitrate free sausage)
- 4 stalks celery, chopped
- 2 onions, chopped
- 1 cup mushrooms, chopped
- 4 cups butternut squash, peeled, seeded and cut into 1-inch cubes
- 1 tablespoon flat-leaf parsley, finely chopped
- 1 tablespoon fresh sage, finely chopped (or 2 teaspoons dried sage)
- 2 eggs
- 1 cup chicken or turkey stock

Directions:

1. Preheat oven to 375°F.
2. Sauté sausage in 1 tbspn coconut oil until browned in a large sauce pan. Transfer sausage to a large mixing bowl with a slotted spoon.
3. Add onion, celery, butternut squash and mushrooms to pan and coconut oil if needed and sauté for 8-10 minutes, until golden. .
4. Add the herbs in the mixing bowl with the sausage, then pour the butternut squash mixture into bowl.
5. Mix in eggs until evenly blended. Season mixture with salt and pepper, then stir in stock. Pour mixture into a coconut oil greased baking dish, spreading evenly into the dish. Bake for 45-60 minutes, until all liquid is absorbed and the top is golden.

Cauliflower Stuffing

Ingredients

- 4 tbsp. butter
- 1 onion, chopped
- 2 large carrots, chopped
- 2 celery stalks, chopped
- 1 small head cauliflower, chopped
- 1 cup mushrooms, chopped
- Sea salt to tast
- Freshly ground black pepper
- 1/4 c. Freshly Chopped Parsley
- 2 tbsp. chopped fresh rosemary

- 1 tbsp. chopped fresh sage or 1 tsp. ground sage
- 1/2 cup vegetable or chicken broth

Directions

1. In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 10 minutes more.
3. Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes.
4. Serve.

Spiced and Roasted Winter Vegetables

Serves 6-8

- 2 Butternut squashes, peeled and sliced into wedges
- 3 parsnips, peeled and sliced into 1-inch pieces
- 3 sweet potatoes, cut into wedges
- 3 carrots peeled and sliced into 1-inch pieces
- 2 red onions, peeled and cut into wedges
- 8 cloves of garlic, peeled
- 1 tsp kosher salt
- 1 tsp pepper
- 1 TBSP maple syrup
- 4 cinnamon sticks
- ¼ tsp ground cardamom
- 6 whole star anise
- 3 TBSP butter
- 2 TBSP fresh thyme, minced (thick woody stems removed)

Preheat oven to 400. In a large mixing bowl, mix the vegetables, salt and pepper with enough olive oil just to coat. In a separate bowl, mix together the cinnamon, cardamom and star anise. Put the vegetables in a roasting pan and bake for 25 minutes. Add the spice mixture to the vegetables, then add maple syrup. Stir well and continue to roast another 10-15 minutes until the vegetables are tender. Melt the butter in a small pan and cook over medium-low heat until it begins to brown. Stir in fresh thyme and pour over the cooked vegetables. Serve immediately.

Arugula and Endive Salad

- 4 cups baby arugula
- 2 large heads Belgian endive, cut crosswise into ¾ inch sections (about 4 cups)
- Sea Salt
- Freshly ground black pepper
- 1 cup red seedless grapes, halved
- 1 cup of spiced nuts (see recipe above)
- ½ cup pomegranate seeds
- 1/3 -1/2 cup of balsamic vinaigrette
- 2 parts olive oil, 1 part balsamic vinegar

Toss greens together in a large bowl. Drizzle with dressing and toss gently until greens are evenly coated. Adjust seasonings

Baby Kale Salad with Cranberries, Pepitas and Parmesan

Ingredients:

- 1 oz pkg baby kale
- 3 tbsp olive oil
- 2tbsp lemon juice
- 3 tbsp red wine vinegar
- 2 tbsp honey
- 1 cup dried cranberries
- 1 cup roasted pepitas
- 2 oz shredded Parmesan cheese

Directions:

1. In a large bowl, combine the kale and oil. Season with salt (in moderation) and pepper. With hands, massage the kale for 1 min. In a small bowl, whisk together the lemon juice, red wine vinegar, and honey.
2. Add the cranberries and pepitas to the kale. Drizzle the vinegar mixture over the salad and toss to coat. With a vegetable peeler, shave Parmesan over salad.

Brussel Sprout Hash

- 2 bunches of brussel spouts, roughly chopped
- 4 cloves garlic, minced
- 2 pkgs applewood smoked bacon, cut into ¼ inch pieces
- Salt and pepper

In a large skillet cook bacon over medium-high heat until almost done, about 7 minutes. Add brussel sprouts and sauté over medium heat until soft, add garlic, salt and pepper. Continue to sauté until just brown. Serve immediately.

Sweet Potato Casserole

- 3 cup mashed, cooked sweet potatoes
- 1 tsp Stevia
- ½ tsp salt
- 2 eggs
- 1/3 stick of butter
- ½ cup unsweetened almond milk
- 1 tsp vanilla extract
- ¼ tsp cinnamon

Preheat oven to 400 degrees and cook for 20-30 minutes.

Topping:

- 1/3 stick butter, softened
- 1/3 cup Grade B maple syrup
- ¾ cup chopped pecans

Mix the butter and maple syrup thoroughly. Add pecans and toss to coat. After the casserole is golden brown add topping and bake at 425 for 10 minutes. Serve immediately.

Sweet Potato Poodles Savory

Ingredients:

- 2 sweet potatoes spiralized
- 1 sweet onion sliced
- 2 tbsp coconut oil
- 1 clove garlic
- 1 tsp rosemary
- sea salt and pepper to taste

Directions:

1. Prepare sweet potatoes into noodles using spiralizer.
2. Add coconut oil and garlic to pan and heat for one minute, then add the sweet potatoes, onions, rosemary, sea salt and pepper sauté for 3 to 5 minutes until soft.
3. Enjoy with a sprinkle of parmesan cheese on top.

Sauces and Stock

Golden Turkey Stock

You will need this turkey stock to make the gravy and baste the turkey. Must be made ahead, can be made 2 weeks ahead and frozen or it will keep covered in the refrigerator for 3 days. I do not recommend store bought stock or broth unless it specifically says organic and GLUTEN FREE. Homemade is always better!

- 4 ½ pounds turkey wings, cut in half
 - 1 large onion, chopped
 - 1 large carrot, chopped
 - 1 large celery stalk, chopped
 - 6 fresh Italian parsley sprigs (leaves removed)
 - 1 fresh bay leaf
 - 6 sprigs of fresh thyme
 - ¼ tsp whole black pepper corns
- Preheat oven to 400 degrees. Arrange wings in large roasting pan. Roast until deep brown, turning once, about 2 hours total.
- Transfer wings to a large bowl. Spoon 3 TBSP of fat from the roasting pan into a large pot (reserve roasting pan) Add onion, celery, and carrot to the pot. Sauté over

medium-high heat until vegetables are golden, about 20 minutes. Add turkey wings to the pot. Add 2 cups of water to the roasting pan; place over 2 burners and bring to boil, scraping up brown bits. Add liquid to the pot. Add remaining ingredients to the pot and enough cold water to cover wings by 1 inch.

- Bring water to a boil. Reduce to medium-low heat, simmer uncovered and stock is very flavorful and reduce to 7 ½ -8 cups, about 2 ½ hours. Strain stock into a large bowl. Cool 1 hour, then chill until cold, about 3 hours. Skim off fat from surface before using.

Gravy

- 3 TBSP unsalted butter
 - 1 ½ pounds onions, chopped
 - 4 cups of Golden turkey stock (see recipe)
 - ½ cup Gluten Free All Purpose Flour (Bob's Red Mill is what I usually use. Even though this is gluten free, the flour will make your blood sugar go up but not as high as if you used regular wheat flour. If you are a diabetic please use sparingly.)
1. Melt butter in a medium skillet over medium-high heat. Add onions, sauté until translucent. Reduce heat to medium-low and cook until deep brown, stirring occasionally about 30 minutes. Set aside.
 2. Remove the turkey neck, heart, and gizzard from roasting pan. Pull the meat off the neck, chop neck meat, heart, and gizzard and reserve for gravy. Pour pan juices into an 8 cup measuring cup. Spoon off the fat from the surface, reserving ½ cup of fat. Add enough turkey stock to the pan juices to measure 5 ½ cups total.
 3. Place roasting pan over 2 burners on medium heat. Add ½ cup of reserved fat and ½ cup of flour to the pan. Whisk until the roux is light brown, about 2 minutes. Whisk in stock mixture. Bring to a boil, scraping up browned bits and whisking. Boil until gravy coats the spoon, stirring occasionally, about 5 minutes. Add chopped neck, heart, and gizzard. Season with salt and pepper.

Cranberry Relish

- 2 cups raw cranberries, finely chopped
- 1 TBSP lemon juice
- 1 cup apples, finely chopped
- pinch of sea salt
- 1 cup fresh pineapple, finely chopped
- 1 cup pecans, chopped
- 1 tsp Stevia

Mix all ingredients together and refrigerate. This relish tastes better is made the day before serving.

Ginger Cranberry Sauce

- 1 pound cranberries fresh or frozen
 - 1/2 cup unsweetened applesauce
 - 1/4 cup water
 - 1/4 cup fresh lemon juice
 - 1 Tbsp fresh ginger finely grated
 - 1/4 tsp ground cinnamon
 - 1/4 tsp ground nutmeg
 - 3 Tbsp maple syrup
1. Combine all ingredients in a medium saucepan.
 2. Bring the sauce to a boil, then reduce to a simmer until the berries begin to burst, or about 20 minutes.
 3. Remove saucepan from heat and allow the sauce to cool to room temperature. Enjoy chilled with warm, roasted turkey.

Appetizers

Spiced Nuts

Can be made 1 week ahead. I usually make extra, this is a great snack food and guests like to munch on nuts before the main meal.

- ½ teaspoon of Stevia powder
- 2 ¼ teaspoons Kosher salt
- 2 teaspoons ground cinnamon
- 1 ½ teaspoons chili powder
- ½ teaspoon ground allspice
- ¼ to ½ tsp cayenne
- 1 large egg white
- 4 cups mixed nuts (pecans, walnuts, almonds, pistachios, and/or cashews)

Preheat oven to 400 degrees. Line baking sheet with parchment paper. Whisk Stevia, salt, and spices in a small bowl. In a large bowl, whisk egg white until light and frothy. Add nuts and toss until evenly coated with egg white. Sprinkle Stevia and spice mixture over nuts and toss well. Spread nuts in single layer on baking sheet and bake until dry, 45-50 minutes, stirring once or twice. Cool to room temperature.

Artichoke Balls: A Healthy Appetizer

- 2 cans artichoke hearts packed in water
- 2 cloves garlic, chopped
- 1 anchovy (optional)
- 1/2 cup almond flour + 2 tablespoons
- 1/2 tsp. basil
- 1/2 tsp. oregano
- 1/4 tsp. crushed red pepper flakes
- 1/2 cup finely grated Romano cheese
- 1/2 tsp. lemon juice
- 3 Tbs. extra-virgin olive oil
- 1 Tbs. butter, softened

1. Preheat oven to 350 degrees.

2. Pour the liquid from the cans of artichokes off and squeeze out excess liquid. Put the artichoke hearts and all the remaining ingredients into a food processor. In bursts of two or three seconds each, process to thoroughly mix all the ingredients, and to cut the artichoke hearts into pieces about the size of your little fingernail.
3. Add the two tablespoons of the almond flour on a small plate. Roll the mixture into balls about an inch in diameter then roll them around lightly in the plate of almond flour, to pick up a very light bread crumb crust.
4. Place the balls on a greased baking pan and bake at 350 degrees for 12-15 minutes, or until the almond flour on the outside just begin to brown. Allow to cool, then serve. These are better at warm room temperature than either hot or cold.

Pumpkin and Almond Bread

- 4 cups almond flour
 - 1 tsp baking soda
 - ½ tsp sea salt
 - 3 eggs
 - ¼ cup butter, softened
 - 1 cup pumpkin puree
 - ½ cup walnuts, chopped
 - 1 Tbsp orange rind, grated
 - ½ tsp ground ginger
1. Preheat oven to 300 degrees. Line a 4 x 8 inch loaf tin with parchment paper
 2. Combine the almond flour with the baking soda and salt.
 3. In another bowl whisk the eggs with the butter and add the pumpkin, walnuts, orange rind, and ginger. Combine the almond flour with the egg mixture until smooth.
 4. Pour the dough into the prepared loaf tin and bake for 1 hour, until the top of the loaf feels firm.
 5. Remove from oven and cool completely before serving. Store in the refrigerator.

Desserts

Diabetic Friendly Pumpkin Pie

- ¾ tsp Stevia
- 1 tsp ground cinnamon
- ½ tsp salt
- ½ tsp ground ginger

- ¼ tsp ground cloves
- 2 large eggs
- 1 can (15 oz) Pumpkin puree
- 12 oz Coconut milk
- Almond flour pie crust (recipe follows)

Preheat oven to 425 degrees. Mix Stevia, cinnamon, salt, ginger, and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and spice mixture. Gradually stir in coconut milk. Pour into pie crust. Bake for 15 minutes. Reduce temperature to 350 degrees; bake for 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Cut and serve.

Almond flour pie crust

- 1 cup almond flour or almond meal
- 1 egg
- 1 cap vanilla extract
- 1 Tablespoon butter
- ½ tsp cinnamon
- Maple syrup to taste
- Pinch of salt

Preheat oven to 325 degrees. Mix all ingredients together until they form a ball. The ball should have a little moisture to it, but not liquid. Taste the mixture to make sure it has a hint of cinnamon and butter. Smooth pieces of dough into pie tin with fingers until crust is made. Bake crust until just golden brown.

Holiday Apple Crisp

Ingredients:

- 3 organic honey crisp apples, cored and finely chopped (keep the skins on)
- 1 cup fresh organic pears, cored and finely chopped (keep the skins on)
- 1/2 cup black raisins
- 1 teaspoon cinnamon
- 2 tablespoons of cacao nibs
- ¼ cup of organic unsweetened coconut flakes
- 3 tablespoons dark brown sugar
- 1 cup chopped pecans

Place all of the ingredients in a large mixing bowl. Use your hands to mix well. Set aside.

Topping:

- 1/4 cup almonds. Put in food processor to make flour
- 1/4 cup coconut butter
- 1/2 cup old fashioned rolled oats (not instant!)
- Place all the ingredients in a large mixing bowl. Use your hands to mix well. Set aside.

To Make the Apple Crisp:

- Preheat oven to 375 degrees.
- Lightly grease a 9-inch round pie dish with coconut butter.
- Spread the apple-blueberry filling in the prepared baking dish. Evenly place the topping over the filling.
- Bake for 40-50 minutes, or until apples soft.

Spiced Apple Cider

- Organic Apple Juice
- Mulling Spice

Place apple juice in pan. Bring to a simmer and add mulling spices (put mulling spices in sachets)



Creamy Vegan Pumpkin Pie Smoothie

Ingredients:

- 1/4 cup cashews
- 1/4 cup water (plus more if needed)
- 1/4 cup pumpkin puree
- 1/2 teaspoon pumpkin pie spice
- Pinch salt
- 1 tablespoon pure maple syrup
- 1/2 frozen banana (fresh works too, the smoothie just won't be as thick)
- 1/2 cup ice cubes
- Ground cinnamon for topping, if desired

Directions: Add all ingredients to the pitcher of a blender. Puree at medium speed until smooth, then increase speed to high and blend until creamy, 30 seconds to 1 minute more. Pour into a glass and dust with cinnamon, if desired. Serve.

Dark Chocolate Peppermint Smoothie

Ingredients:

- 1 large banana, frozen
- 2-3 large ice cubes
- 1 cup non dairy milk of choice or water
- 1 scoop Sun Warrior Chocolate Protein
- 2 tablespoons unsweetened cocoa powder (high quality)
- 10-15 almonds or 1 tablespoon almond butter
- Pinch of sea salt
- 1/4 tsp pure peppermint extract
- optional add in: handful of green leafy veggies (kale, chard, spinach)
- optional add in: 4-6 frozen strawberries

Directions:

Add all ingredients to the pitcher of a blender. Puree at medium speed until smooth, then increase speed to high and blend until creamy, 30 seconds to 1 minute more. Pour into a glass and serve with a candy cane.



Sweet Apple Foodles

Ingredients:

- 2 Apples spiralized
- 1 tsp cinnamon
- 2 tbsp almond butter
- 2 tbsp almond milk
- dash vanilla extract
- Optional: 1 tsp maple syrup or sprinkle of stevia
- pinch of sea salt

Directions:

1. Prepare apples into noodles using spiralizer and place in bowl
2. Mix together almond butter, milk, vanilla, cinnamon, sea salt in a small bowl and whisk together for a few minutes
3. Drizzle the almond butter mixture over the apples and enjoy.

Option: sauté apples foodles in 2 tbsp butter flavored coconut oil for 3 to 5 minutes first

Option: use carrots or pears vs apples

option: 1/4 cup chopped dates or raisins

Chocolate Chip Spiced Cookies

Yield 15 cookies

Ingredients:

- ½ cup organic pumpkin puree
- 1 Tbs coconut oil, melted
- ⅓ cup of maple syrup
- 1 tsp vanilla
- 1 egg
- 1.5 tsp cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ¼ tsp ground cloves
- 1 cup almond flour
- 4 Tbs coconut flour
- 2 Tbs tapioca flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup chocolate chips (I use Enjoy Life Chocolate Chips: dairy-free, nut-free chocolate)

Directions:

1. Preheat the oven to 350 degrees. Cover a cookie sheet with a silicone cookie sheet liner or parchment paper.
2. In a large bowl, mix the pumpkin puree, coconut oil, and maple syrup together in the bowl (mix with a whisk, fork, or handheld electric mixer). Add the vanilla and egg to the bowl; beat until just incorporated.
3. In another bowl, mix the almond flour, coconut flour, tapioca flour, baking soda, cinnamon, ground nutmeg, ground ginger, and ground cloves and salt with a fork.
4. Add the dry ingredients to the bowl of wet ingredients and mix until creamy. Fold in the chocolate chips.
5. Use a small scooper or a teaspoon and roll them between your hands, and place them onto the cookie sheet. Lightly press down on them with the back of a spoon.
6. Bake for 16-18 minutes. Let them sit for 5 mins on the pan, then remove and transfer to a cooling rack.
7. Store in a tightly closed container in the refrigerator.

Bacon Peanut Butter Chocolate Chip Cookies

Ingredients:

- 1 cup almond flour
- 1/8 teaspoon sea salt
- 1/8 teaspoon baking soda
- 3 tablespoons melted coconut oil (measure after melting) or bacon fat
- 2 tablespoons honey or maple syrup
- 2 tablespoons organic peanut butter
- 1 teaspoon vanilla extract
- 1 tablespoon almond or coconut milk
- 1/4 cup chopped dark chocolate (I used 85%) or use chocolate chips
- 2-3 tablespoons cooked & crumbled uncured bacon (about 2 slices)

Directions:

1. Preheat oven to 350 degree and line a baking sheet with parchment paper.
2. Combine almond flour, salt & baking soda in a medium bowl.
3. Whisk together wet ingredients in a small bowl.
4. Mix the wet ingredients into the dry until combined. Fold in the chocolate and bacon.
5. Wet hands and form about 1 tablespoons of the dough into balls. Place on the baking sheet and press down slightly.
6. Bake for 10-12 minutes.
7. Remove from oven and allow to cool. They will be very soft right out of the oven so give them a few minutes before you transfer to a cooling rack using a spatula.
8. Optional: Sprinkle a pinch of sea salt when they come out of the oven.