

# Healthy Holidays



Natural  Hormone Solution

## *Healthy Holidays!*

The holidays can be a very special time of year when you can feel the best ever while enjoying delicious food and beautiful community. The hard part is knowing what to make to eat.

Before I knew better my holidays were filled with sugary, wheat-filled treats. In fact the beautiful cookies that my grandmothers, great aunt and mom made would be on display like appetizers. They were beautiful! Cookies in the shape of turkeys, fall leaves, stars, gingerbread men, reindeer, and then the specialty cookies, pfeffernusse and springerles. I'd eat my fill of cookies well before the main meal of the day was served. We'd always have rolls at dinner with stuffing and 12 other kinds of wheat. Then after dinner we'd have pies and See's candy. There was no chance I could escape a holiday meal without feeling hopelessly fat, bloated, tired and cranky.



It's easy to fall back on the traditional fare like stuffing made with bread crumbs, traditional pies and baked goods, crackers, cheeses and breads of all kinds. And then there's sugar, sugar and more sugar. My family loved the sugar-filled traditional holiday foods so eating healthier was a challenge that I embraced wholeheartedly, but it took a few years to transition all of us. (You can grab some of my secrets on the last page.)

I didn't have recipes like these when I was transitioning to healthier eating because if I did it would have been so much easier! Lindsay Chandler, our Food Advocate, has put this entire holiday meal plan together for you, and it couldn't be yummiier. We invite you to honor the beautiful you, and make foods that are not only delicious but that also nourish your body inside and out. Wishing you the happiest of holidays!

## Recipes

### Sugar Free Turkey Brine

1 gallon of brine – good for 10–12 lb. turkey

Ingredients:

- 1 gallon of filtered water – separated
- 1/2 cup Himalayan sea salt
- 3 garlic cloves
- 1/4 cup whole peppercorns
- 2 sprigs thyme or rosemary
- 3 bay leaves
- 1/2 onion – halved
- 2 ribs of celery
- 1/4 bunch of parsley

Directions:

1. Rinse and pat dry turkey. Add it a large stockpot – allow room for brine as well.
2. In a separate stockpot over high heat add in 1/2 gallon (8 cups) filtered water along with all other ingredients. Bring to a boil and allow to boil for 5 minutes.
3. Add in the additional 1/2 gallon of water and allow to cool completely.
4. Pour the brine over the turkey filling the pot completely. You want to make sure the turkey is completely submerged in the brine. Allow the turkey to brine in the fridge for 24 – 48 hours.
5. When you are ready to roast your turkey remove from the brine and rinse thoroughly. Prepare turkey to your liking.

## Cream of Mushroom Soup

Makes 4 cups

### Ingredients

- 16 oz. slices mushrooms (your choice)
- 1 shallot – minced
- 2 garlic cloves – minced
- 1 cup cashew milk or coconut milk (unsweetened)
- 1 cup bone broth (or chicken/vegetable broth)
- 2 Tbsp. olive oil
- 1/2 tsp. sea salt
- 1/2 tsp. pepper
- 1 tsp. arrowroot powder
- 1 Tbsp. apple cider vinegar
- Pinch of thyme

### Directions:

1. In a large saucepan add 2 tbsp. olive oil over medium heat. Once warm add in onion and garlic and cook until fragrant – about 3 minutes.
2. Next add in thyme, salt and pepper. Cook an additional minute.
3. Add in mushroom and apple cider vinegar. Cook about 7 –10 minutes or until the mushrooms are really soft and have produced a lot of juice.
4. Next add in broth and cashew milk. Simmer a few minutes to allow the favors to marry.
5. Sprinkle arrowroot powder over soup and whisk to combine. Allow to simmer a few minutes more so it can begin to thicken.
6. With an immersion blender (or regular blender – just allow soup to cool a bit first) – blend to combine all ingredients into a creamy soup. As the soup cools it will thicken (you may omit the arrowroot powder and just enjoy this as a soup!)

## Green Bean Casserole

Serves 8

Ingredients:

- 2 lbs. fresh green beans – cleaned, ends trimmed and cut
- 2 cups mushroom soup
- 2 Tbsp. coconut aminos
- 1/2 tsp. Himalayan sea salt
- 1/4 tsp. pepper
- 6 shallots – sliced and separated
- 1/4 cup avocado or olive oil

Directions:

1. Fill a large stockpot with water and bring to a boil. Preheat oven to 350 degrees. Once boiling add in green beans. Boil for 5 minutes.
2. Drain and rinse with cold water.
3. In a large bowl or cooking dish combine green beans, mushroom soup, coconut aminos, salt and pepper.
4. In a skillet over medium heat warm oil. Slice and separate shallots. Once the oil is hot add shallots and fry until they begin to brown and get a golden color. Remove from oil onto paper towels to drain excess oil. Sprinkle with sea salt.
5. Top the casserole with onion and place into the oven for 25 – 35 minutes – remove once the casserole begins to brown and bubble.

## Roasted Brussels Sprouts and Butternut Squash Salad

Serves 8

Ingredients:

- 1 lb. butternut squash – peeled and cubed
- 1 lb. Brussels sprouts – cleaned and halved
- Olive Oil
- Nutmeg
- Sea salt
- Pepper
- 1/2 cup raw pecans
- 1/4 cup pomegranate seeds (or cranberries)

Directions:

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
2. Prepare veggies. Place butternut squash on side of tray and Brussels sprouts on the other.
3. Drizzle about 2 Tbsp. olive oil on each veggie and toss with hand to coat.
4. Sprinkle with sea salt. Sprinkle nutmeg over butternut squash and pepper over Brussels sprouts.
5. Roast about 25 – 35 minutes depending of the size of veggies. The squash should be fork tender and the Brussels sprouts should have some browned crisped edges. Remove tray from oven and allow veggies to cool slightly.
6. In a small skillet add raw pecans and toast over medium heat. This should take about 3 – 5 minutes – stir frequently as you don't want them to burn.
7. Add the nuts and pomegranate seeds (or dried cranberries) to serving dish. Add in veggies and toss to combine.

## Orange Cranberry Sauce

Serves 8

Ingredients:

- 12 oz. fresh cranberries
- 1 cup fresh orange juice
- 1 tsp. orange zest
- 2+ dropperfuls of Stevia to taste and/or coconut sugar (1/4 cup)

Directions:

1. In a saucepan combine all ingredients.
2. Bring to a boil stirring occasionally. The berries will begin to soften and pop.
3. Reduce to medium and allow to simmer for 10 minutes.
4. Serve warm or cooled.

## Cardamom Mashed Sweet Potatoes

Serves 8

Ingredients:

- 3 pounds sweet potatoes – about 8
- 1/2 cup butter, coconut oil or ghee
- 1/2 cup bone broth (or chicken/vegetable broth)
- 1/2 tsp. cardamom
- 1/8 nutmeg
- Salt and pepper to taste

Directions:

1. In a large stockpot over high heat bring water to a boil.
2. Peel and chop sweet potatoes into fairly even sized cubes. Add to boiling water and cook until fork tender.
3. Drain potatoes and return to pot. Add in fat and mash with potato masher or electric hand beaters. Slowly add in broth until desired consistency is reach. Add in cardamom and nutmeg and season with sat and pepper to your liking.

## Wild Rice Stuffing

Serves 8

Ingredients:

- 2 cups wild rice
- 1.5 cups bone broth (or chicken/vegetable broth)
- 1.5 cups water
- 1 tsp. sea salt
- 1 tbsp. olive oil
- 2 ribs of celery
- 1 small yellow onion – chopped
- 2 cloves of garlic
- 1/2 lb. ground sausage
- 1/2 tsp. thyme
- 1/2 tsp. dried sage
- 2 Tbsp. nutritional yeast (optional)
- 1/4 cup raw chopped nuts (almonds, pecans, walnuts)

Directions:

1. In a large stockpot over high heat bring to boil water, bone broth, 1 tbsp. olive oil and 1/2 tsp. sea salt. Once boiling add in rice and cover. Reduce heat to low and cook for 45 minutes. Turn off heat and leave covered for an additional 10 minutes to steam. Fluff with fork and prepare the rest of your ingredients.
2. In a large skillet brown ground sausage. Add in onion, garlic and celery. Season with the remaining salt, pepper, thyme and sage. Continue cooking until the onions become translucent and very fragrant.
3. Add in cooked rice and stir to combine. Add additional broth if the rice seems a bit dry. Season with salt and pepper if needed.



## Whipped Cauliflower

Serves 8

Ingredients:

- 2 large heads of cauliflower – chopped
- 2 cloves of garlic
- 1/4 cup pasture butter, ghee, or olive oil
- 1/4 – 1/2 cup bone/chicken/vegetable broth
- Sea salt and pepper

Directions:

1. In a large stockpot over high heat bring water to a boil. Clean and chop cauliflower. Add cauliflower and peeled garlic cloves to pot. Cook until cauliflower is fork tender. Drain.
2. In a food processor add cauliflower and garlic. Turn processor to low and slowly add in fat. Then slowly add in broth until desired consistency is reached. Season with salt and pepper to taste.

## Perfect Gravy

Serves 8

Ingredients:

- Drippings from roast turkey or chicken
- Bone, chicken or vegetable broth
- Rice or arrowroot flour
- Sea salt and pepper

Directions:

1. Strain drippings into stockpot and warm over medium low heat. Add broth if the turkey did not produce enough drippings.
2. You will need 1 Tbls. of the flour listed above per every cup of drippings/broth.
3. In a small bowl mix together the amount of flour needed and water to make a slurry. While whisking the drippings/broth slowly add in the slurry and continue to cook over medium heat until thickened – about 5 minutes.
4. Season with salt and pepper to your liking.

## Pumpkin Pie Crumble

Inspired by PaleoMg

Serves 8

Ingredients:

Pie filling:

- 1 can pumpkin puree
- 1 cup full fat coconut milk
- 2 eggs
- 1/2 cup coconut sugar or Lakanto or combination
- 1 tsp. vanilla
- 1 tsp. pumpkin pie spice

Topping:

- 1 cup almond flour
- 1/2 cup sliced almonds or chopped raw pecans
- 1/4 cup coconut sugar or Lakanto
- 1/4 cup palm shortening
- 1/4 tsp. sea salt

Directions:

1. Preheat oven to 350 degrees.
2. In a mixing bowl combine all the pie filling ingredients and whisk to combine.
3. In a separate bowl create a crumble with the almond flour, nuts, coconut sugar/Lakanto and palm shortening. Using your hands or a fork to combine.
4. Pour pie filling into pie dish and then top with crumble.
5. Bake at 350 degrees for 35 - 40 minutes. Serve warm or cold with coconut whipped cream.

## No Bake Pumpkin “Cheesecake”

Serves 8

This dish is a bit higher in sugar to avoid chemical-type sweeteners.

Ingredients:

Filling:

- 2 cup raw cashews – soaked overnight
- 1 cup pumpkin puree
- 1/2 cup unsweetened almond milk
- 1/2 cup maple syrup or 8 tbs. CocoMonkey or Lakanto (use same as sugar)\*
- 1 tsp. vanilla
- 1 tsp. pumpkin pie spice

Crust:

- 2 cups nut flour – almond, hazelnut or pecan
- 6 dates or ~1/2 cup CocoMonkey or Lakanto (use same amount as sugar)\*
- 2 Tbsp. coconut oil
- 1/4 tsp. sea salt

\*Cut down on sugar wherever possible by using CocoMonkey, Lakanto or Stevia.

Directions:

1. In a food processor combine nut flour, dates/Lakanto and coconut oil. Process until the mixture is combine and somewhat crumbly.
2. Press the crust mixture into a spring form pan and place into the freezer while preparing the filling.
3. In a blender combine all the filling ingredients. Drain and rinse cashews after soaking. You may need to scrape down the sides of the blender a few times. Blend on high for a few minutes until the mixture become smooth and creamy. It will be a bit thick and need to be spooned into the pan.
4. Smooth the top of the cake and place into the fridge covered for at least 3 hours. Serve with coconut whipped cream.

## Coconut Whipped Cream

Serves 8

Ingredients:

- 2 cans full fat coconut milk – chilled overnight
- 1 tsp. vanilla
- A few drops stevia
- Pinch of sea salt

Directions:

1. Place can of coconut milk in fridge overnight upside down to allow the cream and water to separate.
2. About 10 minutes before preparing the whipped cream place a large bowl and beaters into freezer. After 10 minutes remove and carefully open cans of coconut milk.
3. Remove the firm cream from the can leaving behind the water (reserve for your morning smoothie).

Begin whipping the cream on low speed for just about a minute then increase the speed to high. Add in the vanilla and stevia and whip until combined.



*Take your next step towards better health.*