



Healthy Holiday Recipes Ebook

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This ebook is FULL of recipes I've made for my family for years during the holidays. They've become staples at our holiday gatherings, and Thanksgiving just wouldn't be right without a side of my cornbread stuffing and bacon green beans. I hope you enjoy these slightly better for you but still tasting amazing holiday recipes as much as we do! I've also brought all these dessert recipes to potlucks throughout the entire holiday season and gotten rave reviews. **Especially the Cranberry Bliss Bars**, those are my go-to for potlucks. The recipe makes a ton, and people LOVE them.

Don't forget you can always [use my recipe index](#) to filter search results down to find the perfect recipes for any meal or event!

Happy Holidays!

- Kelli

PS If you need to stock up on holiday supplies, check out these awesome deals below:

Thrive Market

If you need to stock up on organic baking supplies like spices, nuts seeds, flours, honey, maple syrup, chocolate chips and more, then [you can click here to get 25% off at Thrive Market.](#)

Butcher Box

Butcher Box meat delivery service is my preferred source for 100% grass-fed meat, heritage breed pork, and free-range chicken all year, but especially during the holidays. The quality and taste are unbeatable. [Click here for an HH exclusive deal!](#)

Amazon Page

Need cookware or gift ideas? Check out [my Amazon Page](#) where I keep a list of all my favorite stuff from cooking to baby to gear, it's all there!



Pumpkin Spice Cold Brew

5 servings

2 hours

Ingredients

- 3/4 cup Cashews (raw)
- 1 cup Water
- 3/4 cup Unsweetened Vanilla Almond Milk (or other milk)
- 2 tbsps Maple Syrup (if you want yours sweeter add more)
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/8 tsp Ground Allspice
- 1/8 tsp Ground Cloves
- 2 1/2 ozs Collagen Powder (optional)
- 2 pints Cold Brew

Nutrition

Amount per serving	
Calories	195
Fat	10g
Carbs	13g
Fiber	1g
Sugar	6g
Protein	15g
Cholesterol	0mg
Sodium	58mg
Potassium	140mg
Vitamin A	227IU
Vitamin C	0mg
Calcium	81mg
Iron	2mg
Vitamin D	15IU

Directions

- 1 Pour cashews into a mason jar or other airtight jar. Pour water into the jar making sure they are completely covered with water. Place the lid on the jar, secure tightly, let cashews soak in the water in the fridge overnight or at least 12 hours.
- 2 Drain the water. Add cashews, spices, maple syrup, and 1/2 cup almond milk to a blender. Blend until smooth, add more milk as needed. This is based on your preference depending on how thick you want your creamer to be. I used 3/4 cups almond milk.
- 3 Pour the cashew creamer into a jar (you can use the same one you soaked them in if you want). Pour 6 ounces cold brew into the blender, 1 scoop collagen (optional), and 1-2 tablespoons of creamer (add more if you want a stronger flavor.) Blend for no more than 10 seconds. Pour the cold brew mixture over ice and enjoy!



Healthy Pumpkin Muffins

11 servings
 35 minutes

Ingredients

- 1 3/4 cups Almond Flour
- 1/3 cup Oat Flour
- 2 tsp Baking Powder
- 1/4 tsp Salt
- 1 tbsp Pumpkin Pie Spice
- 1 tbsp Cinnamon
- 1 cup Pumpkin Puree
- 1/2 cup Maple Syrup
- 2 Eggs
- 1 tsp Vanilla
- 3 2/3 tbsps Pumpkin Seeds (pepitas)

Nutrition

Amount per serving	
Calories	191
Fat	11g
Carbs	19g
Fiber	4g
Sugar	10g
Protein	6g
Cholesterol	34mg
Sodium	105mg
Potassium	95mg
Vitamin A	3519IU
Vitamin C	1mg
Calcium	127mg
Iron	2mg
Vitamin D	7IU

Directions

- 1 Preheat oven to 350F. Grease a muffin tin or line with silicone or paper liners. (See notes about paper liners.)
- 2 Combine all dry ingredients (almond flour, oat flour, baking powder, salt, pumpkin pie spice, and cinnamon) in a large bowl.
- 3 Combine wet ingredients in a separate bowl (eggs, pumpkin, maple syrup, vanilla).
- 4 Add wet ingredients to dry ingredients and mix until just combined, DO NOT OVERMIX.
- 5 Using an ice cream scooper, fill each muffin hole. Or evenly spoon batter into each muffin hole. Top each muffin with 1 tsp pumpkin seeds (optional.)
- 6 Bake for 35 minutes or until an inserted toothpick comes out clean. Let cool on a cooling rack.



Paleo Cranberry Orange Muffins

12 servings
37 minutes

Ingredients

- 2 Eggs
- 1/2 cup Maple Syrup
- 2 tsp Vanilla Extract
- 2 tsp Orange Extract
- 2 cups Almond Flour (Blanched)
- 1/2 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 cup Frozen Cranberries (frozen or fresh)

Nutrition

Amount per serving	
Calories	161
Fat	10g
Carbs	14g
Fiber	2g
Sugar	9g
Protein	5g
Cholesterol	31mg
Sodium	164mg
Potassium	49mg
Vitamin A	51IU
Vitamin C	1mg
Calcium	59mg
Iron	1mg
Vitamin D	7IU

Directions

- 1 Preheat oven to 350F and grease a muffin tin (or line with muffin cup liners.)
- 2 Whisk eggs, maple syrup, vanilla extract, and orange extract in a large bowl.
- 3 Add almond flour, baking soda, and salt. Mix until well combined.
- 4 Fold in cranberries.
- 5 Fill each muffin cup about half-way. Bake for 25-30 minutes or until you can insert a toothpick into the muffins and it comes out clean.



Healthy Pumpkin Bread

10 servings

1 hour

Ingredients

- 1 cup Sunflower Seed Butter (or other nut/seed butter)
- 3/4 cup Pureed Pumpkin (puree canned)
- 1/4 cup Honey
- 2 Egg
- 1 tbsp Pumpkin Pie Spice
- 3 tbsps Coconut Flour (or oat flour)
- 1/2 tsp Baking Soda
- 1/2 tsp Baking Powder
- 1/2 tsp Vanilla Extract
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	230
Fat	17g
Carbs	17g
Fiber	3g
Sugar	10g
Protein	7g
Cholesterol	37mg
Sodium	108mg
Potassium	203mg
Vitamin A	2928IU
Vitamin C	2mg
Calcium	46mg
Iron	2mg
Vitamin D	8IU

Directions

- 1 Preheat oven to 375F.
- 2 Combine all ingredients (except for pumpkin seeds) in a food processor. Process until everything is mixed. Usually I will process mine for 5 seconds, scrape the side and process another 5 seconds.
- 3 Pour in a parchment lined bread pan (makes for SUPER easy clean up) and then top with pumpkin seeds.
- 4 Bake it for 40-45 minutes. (Depending on your altitude it may require a little longer, just bake until tooth pick inserted comes out clean!)
- 5 Let cool for 5 minutes and then eat it all up!!!!

Notes

recipe link , <https://hungryhobby.net/healthy-pumpkin-bread/>



Delicata Squash Egg Bake

3 servings
 45 minutes

Ingredients

- 1 Delicata Squash (medium)
- 1 tbsp Avocado Oil
- 1 Sprinkle Garlic Salt
- 4 Eggs
- 1 1/2 cups Egg Whites
- 1/4 tsp Garlic Powder
- 1/4 tsp Turmeric
- 1/4 cup Goat Cheese (2 ounces)

Nutrition

Amount per serving	
Calories	283
Fat	13g
Carbs	17g
Fiber	2g
Sugar	1g
Protein	24g
Cholesterol	251mg
Sodium	344mg
Potassium	797mg
Vitamin A	887IU
Vitamin C	16mg
Calcium	100mg
Iron	2mg
Vitamin D	55IU

Directions

- 1 Preheat oven to 400F. Cut in half length ways, then cut width ways into 1/2 inch wedges. Toss wedges with oil, then spread on a parchment paper and sprinkle with garlic salt. Roast for 20-25 minutes or until tender.
- 2 Whisk egg, egg whites, garlic, and turmeric seasoning. Grease a 9 x 13 glass casserole dish. When squash is done roasting spread, turn down to 375F and spread out over the bottom the casserole dish. Pour egg mixture over squash wedges. Crumble goat cheese evenly over the mixture.
- 3 Bake at 375F for 30-35 minutes until fully set.

Notes

Goat cheese, Sub Feta 1:1 if you don't like goat cheese!

Recipe Courtesy of Hungry Hobby , <https://hungryhobby.net/delicata-squash-egg-bake/>



Pumpkin Pie Baked Oatmeal

6 servings
 45 minutes

Ingredients

- 2 cups Pureed Pumpkin
- 2 Egg
- 1/2 cup Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1 cup Unsweetened Almond Milk
- 2 1/2 cups Oats (rolled or quick)
- 1/4 cup Ground Flax Seed
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	307
Fat	8g
Carbs	51g
Fiber	8g
Sugar	19g
Protein	10g
Cholesterol	62mg
Sodium	318mg
Potassium	382mg
Vitamin A	12885IU
Vitamin C	4mg
Calcium	200mg
Iron	4mg
Vitamin D	31IU

Directions

- 1 Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- 2 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 3 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage, Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free, Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins, Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.



Pumpkin Protein French Toast (w/ butter & maple syrup)

3 servings
 20 minutes

Ingredients

- 1/4 cup Vanilla Protein Powder
- 1/2 cup Egg Whites (liquid)
- 2 tbsps Pureed Pumpkin (not pumpkin pie mix)
- 1 tsp Cinnamon
- 3 slices Whole Grain Bread (gluten free if needed - thin sliced <70 calories per slice)
- 1 tbsp Butter
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	215
Fat	6g
Carbs	25g
Fiber	4g
Sugar	7g
Protein	16g
Cholesterol	12mg
Sodium	239mg
Potassium	241mg
Vitamin A	1710IU
Vitamin C	0mg
Calcium	102mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Whisk vanilla protein powder, egg whites, pumpkin, and cinnamon in a shallow large bowl until well combined.
- 2 Grease a large non stick frying pan or griddle and heat to medium high.
- 3 Dredge both sides of bread in mixture and then place on heated pan. Cook on each side for 1-2 minutes or until crispy layer forms, then flip and cook for an additional 1-2 minutes until crispy layer forms.
- 4 Serve immediately, top each slice with 1 tsp butter and 1 tsp maple syrup!

Notes

Bread, Use GF if needed, otherwise, I used Dave's Killer Bread for this recipe. Whole grain bread should be thinly sliced less than 70 calories per slice to match nutrition facts!

Protein Powder, I used vanilla whey protein powder. You can use any vanilla protein powder you like, however, if it has greens or other tastes mixed in these might taste weird, so make sure you use one you really like! Or skip the protein powder and add vanilla stevia drops!

Recipe Courtesy of Hungry Hobby , <https://hungryhobby.net/pumpkin-protein-french-toast/>



Bacon Green Beans

4 servings
30 minutes

Ingredients

- 2 tbsps Avocado Oil Or Ev Oo
- 3 cups Green Beans (I used haricot, they are thinner so they cook faster, they are thinner so they cook faster)
- 1 tbsp Fresh Thyme Leaves
- 1 tsp Garlic Salt (use less if you want!)
- 4 slices Organic Bacon (crumbled)
- 1/2 cup Slivered Almonds

Directions

- 1 Pre heat oven to 350F
- 2 Toss all ingredients in a large bowl and then spread evenly in an oven safe casserole dish.
- 3 Bake for 20 minutes, toss, and bake for an additional 20-25 minutes until tender.

Nutrition

Amount per serving	
Calories	213
Fat	18g
Carbs	8g
Fiber	4g
Sugar	3g
Protein	7g
Cholesterol	9mg
Sodium	348mg
Potassium	206mg
Vitamin A	549IU
Vitamin C	10mg
Calcium	61mg
Iron	2mg
Vitamin D	0IU



Low Carb Garlic & Herb Cauliflower Mash

4 servings
 13 minutes

Ingredients

- 1 head Cauliflower (large or 2 medium)
- 2 cloves Garlic (minced)
- 1 1/2 ozs Wedges Garlic & Herb Laughing Cow Wedges
- 1 tsp Dried Chives
- 1/4 tsp Dried Rosemary
- Sea Salt (too taste)
- Pepper (too taste)
- 1/2 cup Shredded Cheddar Cheese

Nutrition

Amount per serving	
Calories	112
Fat	6g
Carbs	9g
Fiber	3g
Sugar	3g
Protein	7g
Cholesterol	18mg
Sodium	230mg
Potassium	447mg
Vitamin A	164IU
Vitamin C	71mg
Calcium	176mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Steam head of cauliflower on the stove or in the microwave. (To microwave: add the florets to a large glass dish with enough room so that there is one inch between cauliflower and rim, add 1 inch of water and cover with saran wrap. Place in microwave for 10-13 minutes or until tender/easily pierced with a fork.)
- 2 Preheat oven to broil.
- 3 Add all ingredients (except shredded cheddar) to the food processor or Vitamix (leave the lid off to allow venting if florets are still hot) and process until desired consistency is reached.
- 4 Add mixture to an oven-safe dish and top with cheddar cheese and a sprinkle of chives. Broil for 2-3 minutes until cheese is melted, bubbly, and golden brown.
- 5 Follow the instructions for 1 & 3 but do not turn on the oven. Once the cauliflower mixture is ready; place it in an oven-safe dish that has a cover, such as a pyrex container. Top with shredded cheddar cheese, cover, and store in the refrigerator.
- 6 When you are ready to reheat the cauliflower mixture, preheat the oven to 350F. Cover the dish with foil and bake for 35-45 minutes until hot in the center. Uncover dish and broil for 1-3 minutes until cheese is melted, bubbly, and golden brown.

Notes

Make Ahead Instructions, Alternatively, you can follow the follow the instructions for 1 & 3 but do not turn on the oven. Once the cauliflower mash is done place it in a microwave-safe dish that has a cover, such as a pyrex container and then place it in the refrigerator. **DO NOT ADD CHEESE.** When you are ready to cook it, remove the dish

from the refrigerator. Microwave for 10-15 minutes stirring every five minutes until the dish is hot in the center. You can then add the cheese on top. Melt the cheese using the microwave or place the whole dish under the broiler for 1-3 minutes until cheese is melted, bubbly, and golden brown. (This can be done in the toaster oven as well!)



Healthy Sweet Potato Casserole

10 servings

2 hours

Ingredients

- 6 Sweet Potato (Large)
- 1/2 tsp Cinnamon
- 3/4 cup Unsweetened Vanilla Almond Milk
- 1 dash Nutmeg
- 1 tsp Vanilla Extract
- 1 tbsp Coconut Sugar
- 1/4 cup Almond Meal
- 3/4 cup Oats
- 1/3 cup Butter Or Ghee
- 1/3 cup Coconut Or Brown Sugar
- 1 tsp Vanilla
- 1/2 tsp Cinnamon
- 1 cup Pecans (Halves or pieces)

Nutrition

Amount per serving	
Calories	278
Fat	17g
Carbs	30g
Fiber	5g
Sugar	11g
Protein	4g
Cholesterol	19mg
Sodium	60mg
Potassium	331mg
Vitamin A	11292IU
Vitamin C	4mg
Calcium	65mg
Iron	1mg
Vitamin D	8IU

Directions

- 1 Preheat oven to 400F. Clean and wash potatoes. Rub them with coconut oil and poke holes in them with a knife. 4-6 holes in each potato should do it. Place the potatoes on a baking sheet lined with heavy-duty aluminum foil. Bake sweet potatoes for one hour on a large baking sheet, turning halfway through.
- 2 Once potatoes are soft remove them from the oven, cut them in half and let them cool until they can be handled.
- 3 Discard the skin and place the potatoes in a large bowl. Using a hand mixer whip the potatoes with the cinnamon, almond milk, nutmeg, vanilla extract and coconut sugar.
- 4 In a separate bowl mix together butter, almond meal, oats, coconut sugar, vanilla, cinnamon, and pecan halves.
- 5 Grease a 9 x 13 oven-safe casserole dish and add whipped potatoes in an even layer.
- 6 Top with the pecan oatmeal mixture.
- 7 Cover the dish with aluminum foil and bake at 350F for 30 minutes. Remove cover and continue cooking for 15-20 minutes until the top is slightly browned and looks "crunchy." Since you are technically "reheating the potatoes" check to make sure they reach 165F before pulling them from the oven.



Cranberry Meatballs

24 servings

30 minutes

Ingredients

3/4 cup Shredded Carrots
 2 tbsps Whole Cranberry Sauce
 1 tsp Garlic Powder
 1 tsp Salt
 1 tsp Onion Powder
 1 tsp Dried Parsley
 1/4 tsp Ground White Pepper
 1 3/4 lbs 93% Lean Ground Pork (or turkey 93/7)
 1/2 cup Almond Flour (or meal)
 1/2 cup Whole Cranberry Sauce
 3 tbsps Worcestershire Sauce (gluten-free)
 2 tbsps Coconut Aminos
 1 tsp Apple Cider Vinegar
 1 tsp Blackstrap Molasses
 1 tbsp Coconut Sugar (or brown sugar)
 1 cup Cranberries (50 count)
 1 tbsp Parsley

Nutrition

Amount per serving	
Calories	75
Fat	4g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	7g
Cholesterol	23mg
Sodium	92mg

Directions

- 1 Preheat oven to 400F. Line it with aluminum foil and grease or use cooking spray.
- 2 Combine all meatball ingredients and use a cookie scoop to make 24 meatballs. (Yes, it may be a good idea to have a dishwasher-safe cookie scoop or two versions.)
- 3 Place meatballs one inch apart on cookie sheet. Once you put the cookie sheet in the oven you can start making the sauce.
- 4 Add all ingredients in a medium saucepan (big enough to add your meatballs to later on) and heat over low. Heat until bubbling then remove the pan from the heat, you don't want to burn the sugar in it!
- 5 Make sure the meatballs are firm to touch and reach an internal temperature of 165F. Once they are done, remove meatballs from the oven and let cool for 5 minutes. Add meatballs to the pan with sauce. Stir to coat and you are done!
- 6 Optional: Garnish by adding two fresh cranberries to each decorative toothpick and place in meatballs. Arrange on a plate or cookie sheet as desired. Sprinkle with fresh parsley.

Potassium	29mg
Vitamin A	332IU
Vitamin C	1mg
Calcium	11mg
Iron	1mg
Vitamin D	0IU



Oven Roasted Butternut Squash & Brussel Sprout Salad

6 servings
 30 minutes

Ingredients

- 14 cups Brussels Sprouts (Quartered)
- 2 cups Butternut Squash (Cubed Or Zig Zag)
- 1/2 tsp Garlic Powder
- 1/2 tsp Parsley
- 1/8 tsp Thyme (dried)
- 1/8 tsp Nutmeg (dried)
- 1/8 tsp All Spice
- 1/2 tsp Sea Salt
- 1 tbsp Avocado Oil (or olive oil)
- 1 1/2 cups Brown Rice
- 1/2 cup Organic Raisins
- 1/4 cup Feta Cheese
- 1 tbsp Balsamic Vinegar
- 1 1/2 tps Maple Syrup
- 1 tbsp Slivered Almonds

Directions

- 1 Preheat oven to 425
- 2 Toss Brussel sprouts and butternut squash in seasonings (garlic, thyme, nutmeg, all spice, salt) and oil. Place on a parchment lined baking sheet (you might need two baking sheets for all of it) and bake for 20 minutes. Toss vegetables half way through cooking. They are done when they are fork tender.
- 3 Combine roasted veggies with rice, raisins, and feta.
- 4 Whisk together the balsamic vinegar and maple syrup then toss the mixture with veggies. Garnish with almond slivers and serve hot! (However, it's pretty good cold as well!)

Nutrition

Amount per serving	
Calories	372
Fat	6g
Carbs	72g
Fiber	11g
Sugar	16g
Protein	13g
Cholesterol	6mg
Sodium	328mg
Potassium	1194mg
Vitamin A	6546IU
Vitamin C	185mg

Calcium	158mg
Iron	4mg
Vitamin D	1IU



Healthy Cornbread Stuffing

16 servings

1 hour

Ingredients

4 cups 1 Packaged Prepared Whole Grain Corn Bread (Gluten Free if needed)
 1 stalk Celery (Washed and chopped)
 1 Yellow Onion (chopped)
 2 tbsps Bacon Fat (lard, ghee or Kerrygold butter*, ghee or Kerrygold butter*)
 1 tsp Thyme (ground)
 1 tsp Ground Sage
 1/2 tsp Dried Rosemary (crushed)
 Black Pepper (sprinkle)
 Sea Salt (to taste)
 1 1/2 cups Organic Vegetable Broth
 2 Eggs

Nutrition

Amount per serving	
Calories	117
Fat	7g
Carbs	12g
Fiber	2g
Sugar	1g
Protein	2g
Cholesterol	25mg
Sodium	335mg
Potassium	51mg
Vitamin A	270IU
Vitamin C	1mg
Calcium	22mg
Iron	1mg

Directions

- 1 24-48 hours ahead of time: Make the cornbread according to the package directions. I left mine out for 24 hours to dry out a bit.
- 2 Preheat the oven to 350F.
- 3 Saute chopped celery and onion for about 10 minutes on medium high in bacon fat, ghee or Kerrygold butter until the vegetables are translucent and tender. During the last minute of cooking adding seasonings (thyme, sage, nutmeg, black pepper, and salt).
- 4 Cut cornbread into one inch cubes and spread the cubes evenly across in a 9 x 13 inch casserole dish.
- 5 Next, spread sauteed celery and onion evenly in the same casserole dish. Use a large spoon to gently mix the corn bread and veggies. You shouldn't need to mix it too much, just enough to so that there is an even layer of vegetables and cornbread.
- 6 In a medium bowl whisk broth and eggs. Use two cups if you want a more moist casserole, use less broth for a dryer casserole. (I used 1.5cups and it came out medium, crispy on the top and bottom, moist in the center)
- 7 Pour egg mixture over casserole evenly. Use the back of a wooden spoon to press the mixture down and ensure all the bread is soaked in the egg mixture.
- 8 At this point you can refrigerate the mixture to bake later or bake 30-45 minutes until the top is crispy and lightly golden brown. Use a meat thermometer to check to make sure it has reach 165F. (When a ton of things are in the oven I prefer to bake it covered then broil it at the end. Either way will work! Or if you see it's getting to brown on top you can always cover it!)

Vitamin D

7IU



Layered Crustless Ham & Pepper Jack

6 servings
 55 minutes

Ingredients

6 Eggs
 1/2 cup Half And Half
 1 Medium Zucchini
 2 Tomato (chopped)
 1 cup Chopped Ham
 8 ozs Pepper Jack Cheese (shredded)
 1 stalk Green Onion (sliced)
 Garlic (onion, black pepper, salt seasonings)

Nutrition

Amount per serving	
Calories	230
Fat	17g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	16g
Cholesterol	223mg
Sodium	291mg
Potassium	262mg
Vitamin A	1239IU
Vitamin C	12mg
Calcium	356mg
Iron	1mg
Vitamin D	41IU

Directions

- 1 Preheat oven to 350F and grease a pie plate or 8x8 baking dish (pam, butter, coconut oil, avocado oil, etc...)
- 2 Prepare vegetables- slice zucchini about 1/4 inch thick into rounds, do the same with the two tomatoes.
- 3 Beat eggs with half and half and seasonings. I usually just sprinkle the above seasonings in, about 1/2tsp to tsp is a good start depending on how much you love the seasoning. I go a little easier on the garlic, but I know other people love it. Feel free to make it your own!
- 4 Mix in 1/2 of the cheese into the egg mixture.
- 5 Pour 1/2 of the egg mixture into a pie dish or 8x8 baking dish.
- 6 Layer zucchini in one layer in egg mixture, top with another layer of tomatoes. Top the veggies with the rest of the egg cheese mixture.
- 7 Now layer in the ham(just sprinkle it on top it will sink into the eggs just fine).
- 8 Spread the remaining cheese over the top and sprinkle with the green onions.
- 9 Bake for 40 minutes at 350F or until eggs are set. Let stand 10-15 minutes before serving.



Paleo Pumpkin Chocolate Chip Cookies

22 servings
 35 minutes

Ingredients

2 cups Almond Flour
 1/4 cup Coconut Sugar
 2 tsps Pumpkin Pie Spice
 1 tsp Cinnamon
 1/2 tsp Baking Soda
 1/2 tsp Baking Powder
 2 tbsps Coconut Flour
 2/3 cup Pumpkin Puree (canned)
 1 Egg
 1 tsp Vanilla Extract
 1/4 cup Coconut Oil (melted)
 1 1/2 tbsps Maple Syrup
 1/2 cup Mini Semi Sweet Chocolate Chips

Nutrition

Amount per serving	
Calories	125
Fat	10g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	3g
Cholesterol	8mg
Sodium	45mg
Potassium	41mg
Vitamin A	1168IU
Vitamin C	0mg
Calcium	37mg
Iron	1mg
Vitamin D	2IU

Directions

- 1 Preheat your oven to 350F. Line a cookie sheet with parchment paper or grease it well. (I always recommend parchment paper or a baking mat for easy cleanup.)
- 2 Combine all the dry ingredients in a large bowl (almond flour, coconut sugar, pumpkin pie spice, cinnamon, baking soda, baking powder, and coconut flour), mix them well!
- 3 Whisk together all wet ingredients (pumpkin, egg, vanilla, melted coconut oil, and maple syrup) in a medium-size bowl. I used an electric mixer but you can hand mix if you want. If you hand mix I would beat the egg separately then add it into the rest of wet ingredients.
- 4 Add wet ingredients to the dry ingredients and mix until dough forms.
- 5 Fold in chocolate chips.
- 6 Using a cookie scoop, scoop about 2 tablespoons of dough at a time. Roll each one into a ball then gently flatten on the cookie sheet with the back of a greased spoon. Repeat until all the dough has been used.
- 7 Bake for 23-25 minutes, or until cookies are set. If you are using more than one cookie sheet, make sure to rotate the pans halfway through to prevent the bottom pan from cooking too fast on the bottom. (Change top pan to bottom, and bottom pan to top rack.)
- 8 Let cool for five minutes before eating (if you can wait that long!)



Cranberry Bliss Bars

18 servings
 30 minutes

Ingredients

- 2 tsp Vanilla Extract
- 2 tsp Orange Extract
- 2/3 cup Coconut Oil (melted)
- 2/3 cup Maple Syrup
- 4 Eggs
- 6 cups Almond Flour
- 1/2 tsp Sea Salt
- 1 tsp Baking Powder
- 1/2 cup Dried Cranberries
- 1/2 cup White Chocolate Chips
- 1 3/4 cups Cream Cheese Frosting (Simple Mills or Miss Jones)

Nutrition

Amount per serving	
Calories	439
Fat	38g
Carbs	31g
Fiber	4g
Sugar	24g
Protein	9g
Cholesterol	41mg
Sodium	110mg
Potassium	41mg
Vitamin A	60IU
Vitamin C	0mg
Calcium	113mg
Iron	2mg
Vitamin D	9IU

Directions

- 1 Preheat oven to 350F. Add a piece of parchment paper to a 17 x 11 sheet pan.
- 2 Mix together vanilla extract, orange extract, melted coconut oil, maple syrup and eggs in a large bowl.
- 3 Mix almond flour, sea salt, and baking powder in a large bowl. Add wet ingredients to dry and mix until dough forms.
- 4 Fold in chocolate chips and dried cranberries.
- 5 Spread dough across the sheet pan. To help roll it out place another piece of parchment paper on top of the dough and use a rolling pin or wine bottle to help you roll it out evenly to the edges.
- 6 Bake for 20 minutes until the edges are light and slightly golden brown.
- 7 Let cool completely before adding frosting!
- 8 Garnish with more dried cranberries.
- 9 Makes 36 Bars . Cut 6 rows parallel to the short side and 3 columns parallel to the long side. Then make diagonal cuts to make bars!

Notes

Serving Size & Nutrition Facts, Nutrition Facts calculated for 18 servings - two bars per serving if you cut them into 36 bars.



Gluten Free Pecan Pie Bars with Oatmeal Crust

9 servings
 40 minutes

Ingredients

- 2 cups Oat Flour
- 1 Egg
- 1/4 cup Coconut Sugar
- 1/3 cup Unsweetened Almond Milk
- 1 tsp Butter
- 1/2 tsp Cinnamon
- 1/8 tsp Nutmeg
- 1/2 cup Almond Flour (fine)
- 2 cups Pecans
- 1/2 cup Maple Syrup
- 1/2 tsp Cinnamon
- 1/8 tsp Nutmeg
- 1 tbsp Butter

Nutrition

Amount per serving	
Calories	387
Fat	24g
Carbs	38g
Fiber	6g
Sugar	16g
Protein	9g
Cholesterol	23mg
Sodium	16mg
Potassium	147mg
Vitamin A	89IU
Vitamin C	0mg
Calcium	85mg
Iron	2mg
Vitamin D	8IU

Directions

- 1 Preheat oven to 350F. Line an 8 x 8 pan with parchment paper, spray the paper with coconut oil.
- 2 Make the oatmeal crust by combining the oat flour, coconut sugar, cinnamon, and nutmeg in a large bowl. In a medium-size separate bowl whisk egg, almond milk, and melted butter/ghee until combined. Pour wet mixture into dry and mix until well combined.
- 3 Pour the crust into the parchment paper-lined pan. (Ideally do this right away as the oatmeal starts to absorb the moisture it gets tricky to work with.) If it doesn't seem like the mixture will cover the whole pan, don't worry. Spread it out as much as possible and get to make your topping. By the time you are done you will be press the mixture with your hands. Also, if it's a little on the wet side that's okay too. The second time I made this recipe I added more almond milk than I was supposed to and it came out just as good!
- 4 Make your topping by combining all the topping ingredients in a medium bowl. (Use the one you whisked your wet ingredients, that's fine!)
- 5 Pour toppings on top of the crust!
- 6 Bake for 25-35 minutes at 350F. You want to bake it until the crust hardens on top like a layer of crunchy candy! Don't worry the center will still be soft!



Pumpkin Pie Bars (Gluten Free)

8 servings
 1 hour 20 minutes

Ingredients

2 cups Almond Flour
 1/4 cup Butter (melted)
 1 tbsp Honey
 1 tbsp Coconut Or Brown Sugar
 1/2 tsp Vanilla Extract
 1/2 cup Coconut Or Brown Sugar
 1 tsp Cinnamon
 1/2 tsp Nutmeg
 1/8 tsp All Spice
 1/2 tsp Salt
 2 cups Pureed Pumpkin (canned)
 1 cup Half And Half
 2 Eggs (beaten)
 1 cup Pecans
 2 tbsps Coconut Or Brown Sugar
 1 cup Medjool Dates
 2 tbsps Half And Half (desired creaminess)
 1 cup Water

Nutrition

Amount per serving	
Calories	454
Fat	38g
Carbs	24g
Fiber	7g
Sugar	13g
Protein	12g
Cholesterol	83mg

Directions

- 1 Soak dates in one cup water (I use a mason jar) overnight or for 12 hours.
- 2 Preheat the oven to 425F
- 3 Add the crust ingredients to a food processor and process for 10-15 seconds. You want a slightly wet dough to form.
- 4 Press the crust into parchment lined cake pan (creating a thin even layer. Refrigerate while you make the filling.
- 5 Add all filling ingredients to a food processor and process until smooth. You may need to scrap the sides and process again.
- 6 Pour filling onto chilled crust.
- 7 Bake for 10 minutes at 425F. While it is baking make your pecan topping. Rinse out your food processor and quickly dry it. Add pecans and brown sugar to the processor and pulse 4-5 times.
- 8 When the 10 minutes is up, add the pecan topping to the top of the pie by sprinkling it evenly across it. Now turn down the heat and bake for 40-60 minutes at 350F. Bake until knife inserted 2 inches from the center comes out clean. Let sit for 10-20 minutes, ideally refrigerate overnight and serve cold.
- 9 To make the optional date caramel: drain the water from the dates and add soaked dates plus the half and half to the food processor. Process until smooth. Add to a piping bag or ziplock bag with the corner snipped off and drizzle across the bars. Best to do this when the pie is cold!

Sodium	62mg
Potassium	286mg
Vitamin A	10002IU
Vitamin C	5mg
Calcium	172mg
Iron	3mg
Vitamin D	12IU



Gluten Free Chocolate Peppermint Cookies

12 servings
 2 hours 3 minutes

Ingredients

- 1 cup Almond Butter
- 1 Egg (large)
- 1/4 tsp Peppermint Extract (depending on how much you love peppermint)
- 1 cup Coconut Sugar (or cane sugar, date sugar, or maple sugar)
- 1/2 tsp Baking Soda
- 1/4 cup Cocoa Powder (dark chocolate)
- 1/2 cup White Chocolate Chips (for dairy free use dark chocolate)
- 2 Candy Canes

Nutrition

Amount per serving	
Calories	232
Fat	15g
Carbs	24g
Fiber	3g
Sugar	19g
Protein	5g
Cholesterol	16mg
Sodium	60mg
Potassium	189mg
Vitamin A	23IU
Vitamin C	0mg
Calcium	77mg
Iron	1mg
Vitamin D	3IU

Directions

- 1 Preheat oven to 350F and line a cookie sheet with parchment paper.
- 2 Using an immersion blender or electric mixer mix the almond butter, peppermint extract, and egg together in a medium bowl.
- 3 In a large bowl, mix the remaining dry ingredients together.
- 4 Add wet ingredients too the dry ingredients and using the mixer, mix until well combined. Then add in the goodies (aka the chocolate chips), just fold them in with a large spoon or spatula. The dough will be kind of dry and a bit crumbly that's okay! As long as it's sticking together you are good to go.
- 5 Using a cookie scoop, place cookies on a cookie sheet 2 inches apart. Slightly flatten with back of spoon or cookie scoop. You don't need to flatten them all the way out, just a little bit will be just fine!
- 6 **OPTIONAL STEPS:** Add chocolate chips on top of cookies so they are aesthetically pleasing. Grind 2 candy canes in a food processor until it's a relatively fine powder, sprinkle on top of cookies.
- 7 Bake cookies for 10 minutes, then let them cool on the cookie sheet for 5 minutes (if you can restrain yourself that long!)



Baked Brie with Cranberry Sauce

6 servings
 20 minutes

Ingredients

- 10 ozs Brie Cheese (whole, round)
- 1/2 cup Cranberry Sauce (homemade or canned)

Nutrition

Amount per serving	
Calories	195
Fat	13g
Carbs	10g
Fiber	0g
Sugar	8g
Protein	10g
Cholesterol	47mg
Sodium	298mg
Potassium	78mg
Vitamin A	288IU
Vitamin C	0mg
Calcium	87mg
Iron	0mg
Vitamin D	10IU

Directions

- 1 Preheat oven to 325°F (163°C) and line a baking sheet with parchment paper. Place brie on the baking sheet and bake for 15 minutes, or until soft.
- 2 Remove the brie from the oven and top with cranberry sauce. Return to the oven and bake for 5 more minutes. Let cool a bit before serving. Enjoy!

Notes

- No Cranberry Sauce,** Use any jam, fruit spread or chutney instead.
- Serve it With,** Crackers or crusty bread.
- Extra Toppings,** Crushed nuts, toasted pumpkin seeds or sunflower seeds.
- Vegan & Dairy-Free,** Use a cashew cheese instead of brie.



Maple Cranberry Sauce

8 servings
30 minutes

Ingredients

- 1 cup Water
- 1 cup Maple Syrup
- 3 cups Frozen Cranberries (or fresh)

Nutrition

Amount per serving	
Calories	123
Fat	0g
Carbs	32g
Fiber	2g
Sugar	26g
Protein	0g
Cholesterol	0mg
Sodium	5mg
Potassium	117mg
Vitamin A	26IU
Vitamin C	6mg
Calcium	46mg
Iron	0mg
Vitamin D	0IU

Directions

- 1 Combine water and maple syrup in a saucepan and bring to a boil.
- 2 Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

Notes

Serving Size, One serving is equal to approximately 1/4 cup of cranberry sauce.

Leftovers, Refrigerate in an airtight container up to one week or freeze for up to three months.

Serve it With, Turkey, stuffing, brie, as a jam, with yogurt or in baked goods.