

## Healthy for the Holidays

Created by Nicole Porter Wellness



# Pistachio Pomegranate Bark

4 ingredients · 30 minutes · 4 servings



## Directions

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1. Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
2. Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
3. Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
4. Once the chocolate is firm, break or cut it into pieces. Enjoy!

## Notes

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### Storage

Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.

## Ingredients

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**7 1/16 ozs** Dark Organic Chocolate (at least 70% cacao)

**1 cup** Pomegranate Seeds

**1/2 cup** Pistachios (shelled and chopped)

**1/4 cup** Unsweetened Coconut Flakes



# Sweet Cheats by Nicole | Pumpkin Pie Tarts with Coconut Whipped Cream

13 ingredients · 1 hour 30 minutes · 12 servings



## Directions

1. Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
2. Preheat oven to 350 and line a muffin tray with parchment cups.
3. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
4. Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2-3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
5. Gently press each cut-out into a parchment cup to form the crust. Set aside.
6. Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
7. Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
8. In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
9. Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
10. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

## Notes

### No Arrowroot Powder

Use tapioca flour instead.

## Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 Egg
- 1/4 cup Coconut Oil (melted and divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 1/4 cups Pureed Pumpkin
- 1/3 cup Unsweetened Almond Milk
- 2 1/2 tbsps Arrowroot Powder
- 2 tsps Pumpkin Pie Spice
- 1 1/2 cups Organic Coconut Milk (full fat, refrigerated overnight)

**Homemade Pumpkin Pie Spice**

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

**Pumpkin Pie Squares**

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.

# Sweet Cheats by Nicole | Coconut Brownie Bites

6 ingredients · 15 minutes · 14 servings



## Directions

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1. Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
2. Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
3. Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

## Ingredients

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**1 cup** Almonds  
**1/4 cup** Cocoa Powder  
**1/2 cup** Unsweetened Coconut Flakes (divided)  
**1 cup** Pitted Dates (soaked and drained)  
**1 1/2 tbsps** Coconut Oil  
**1 tbsp** Raw Honey



# Sweet Cheats by Nicole | Chocolate Almond Butter Pudding

5 ingredients · 5 minutes · 3 servings



## Directions

1. Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
2. Divide into small bowls, add your choice of toppings or enjoy as is!

## Notes

### No Cocoa Powder

Use cacao powder instead.

### No Almond Butter

Use peanut butter or any type of nut butter.

### Optional Toppings

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

### More Fibre

Add ground flax seeds before blending.

## Ingredients

**2** Avocado (peeled and pits removed)

**1/4 cup** Maple Syrup

**1/2 cup** Unsweetened Almond Milk

**2 2/3 tbsps** Cocoa Powder

**1/4 cup** Almond Butter

# Dark Chocolate Turtles

3 ingredients · 30 minutes · 12 servings



## Directions

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1. Finely chop the dates or blend in a food processor until sticky.
2. With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
3. Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
4. Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
5. Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

## Notes

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### No Pecans

Use hazelnuts, almonds, cashews or pumpkin seeds instead.

### No Dates

Use a combination of prunes, dried apricots or raisins instead.

### Storage

Refrigerate or freeze in an airtight container until ready to serve.

### No Microwave

Melt the chocolate in a double boiler instead.

### Serving Size

One serving is equal to one dark chocolate turtle.

## Ingredients

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**1 cup** Pitted Dates (soaked for 10 minutes then drained)

**1/4 cup** Pecans (whole or halves)

**3 1/2 ozs** Dark Organic Chocolate

# Sweet Cheats by Nicole | Ooey Goopy Date Squares

10 ingredients · 30 minutes · 16 servings



## Directions

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1. Preheat oven to 375.
2. Place chopped dates in a small sauce pan with water. Place over low heat. Stir continuously with a fork until mixture forms a gooey paste.
3. In a large mixing bowl, combine flour, salt, baking soda, oats and cinnamon. Mix dry ingredients together. Then add oil, honey/maple syrup, almond butter and ¼ cup warm water. Use a spatula to stir well.
4. Divide the oat mixture into two even portions. Press one portion down into a pan to form the crust (we use an 8 x 8 inch square pan). Then use a spoon to spread date mixture evenly over the crust. Sprinkle the other half of the oat mixture evenly across the top.
5. Pop in the oven and let bake for 15 minutes. Remove from oven and let cool before cutting into squares. Enjoy!

## Ingredients

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- 1 cup Pitted Dates (finely chopped)
- 1 cup Water
- 1 cup Almond Flour
- 1 tsp Sea Salt
- 1 tsp Baking Soda
- 2 cups Oats
- 2 tsp Cinnamon
- 1 tbsp Coconut Oil (melted)
- 1/4 cup Maple Syrup
- 1/4 cup Almond Butter



# Sweet Cheats by Nicole | Pecan Pie Squares

5 ingredients · 35 minutes · 16 servings



## Directions

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1. Preheat oven to 350.
2. Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
3. Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
4. Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
5. Place in the oven and bake for 20 minutes.
6. Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

## Ingredients

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- 2 cups** Pitted Dates (divided)
- 1 1/2 cups** Cashews (soaked for 1 hour and drained)
- 1 cup** Unsweetened Coconut Flakes
- 3/4 cup** Water
- 2 cups** Pecans

# Chewy Gingerbread Cookies

10 ingredients · 20 minutes · 12 servings



## Directions

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1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the almond flour, coconut flour, baking powder, ginger and cinnamon. Mix well using a fork to break up any clumps. Add in the coconut oil, egg, vanilla, molasses and maple syrup. Mix again.
3. Roll the dough into even balls and place on the baking sheet. Gently flatten with the palm of your hand. Bake in the oven for 12 to 15 minutes. Remove from oven and let cool completely. Enjoy!

## Notes

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### Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

## Ingredients

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**1 cup** Almond Flour  
**1/4 cup** Coconut Flour  
**1 1/2 tsps** Baking Powder  
**2 tsps** Ground Ginger  
**1 tsp** Cinnamon  
**3 tbsps** Coconut Oil (melted)  
**1** Egg (room temp)  
**1 tsp** Vanilla Extract  
**1/4 cup** Fancy Molasses  
**1/4 cup** Maple Syrup



# Gingerbread Protein Cookies

10 ingredients · 20 minutes · 12 servings



## Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Combine almond flour, protein powder, coconut sugar, baking powder, cinnamon and nutmeg in a bowl. In a separate bowl, whisk together the molasses, syrup and egg.
3. Add wet ingredients to the dry ingredients and mix until a dough forms.
4. Generously dust a flat surface, a rolling pin and cookie cutter with tapioca flour. Roll out the dough and cut out shapes.
5. Bake for 8 to 10 min. Let cool completely before serving. Enjoy!

## Notes

### No Cookie Cutter

Use the rim of a mason jar to cut out circles. Or roll into balls and press down flat with the palm of your hand.

### Protein Powder

This recipe was developed and tested using a whey-based protein powder. If using a different type of protein, results may vary.

## Ingredients

- 1 1/4 cups Almond Flour
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Coconut Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 2 tbsps Fancy Molasses
- 1 tbsp Maple Syrup
- 1 Egg
- 1/4 cup Tapioca Flour (or any type of flour, for dusting)



# Cinnamon Toasted Pecans

3 ingredients · 15 minutes · 4 servings



## Directions

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1. Place nuts in a frying pan over medium heat stirring occasionally for 5 minutes or until pecans are toasted.
2. Drizzle maple syrup over pecans and add in cinnamon. Stir well with a wooden spoon until pecans are evenly coated. Continue stirring until pecans become sticky.
3. Remove from heat and spread pecans over a piece of wax paper. Let dry for 10 minutes and break apart into individual pieces. Store in a mason jar. Enjoy!

## Ingredients

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- 1 cup** Pecans
- 1 tbsp** Maple Syrup
- 1 tsp** Cinnamon

# Pumpkin Pudding with Gelatin

8 ingredients • 3 hours • 3 servings



## Directions

1. Add the almond milk to a small mixing bowl and whisk. Sprinkle the gelatin over top and set aside. Let it sit while you prepare the rest. (Do not mix.)
2. In a small pot over medium-low heat, add the coconut milk, pureed pumpkin, monk fruit sweetener and pumpkin pie spice and whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm.
3. Remove the coconut milk mix from the heat and slowly pour it into the mixing bowl with the gelatin, whisking while you pour.
4. Place a sieve over the top of your jars and use a large spoon to transfer the pudding mixture into the jars through the sieve. (The sieve will ensure there are no clumps of gelatin remaining.) Store the jars in the fridge for two hours to set.
5. Remove the jars from the fridge and top each with coconut whipped cream and pumpkin seeds. Enjoy!

## Notes

### Gelatin

One package of gelatin is equal to one tablespoon.

### Likes it Sweet

Add more monk fruit sweetener.

### No Monk Fruit Sweetener

Sweeten with maple syrup, honey or coconut sugar instead.

## Ingredients

- 1/4 cup** Unsweetened Almond Milk
- 1 package** Gelatin (one tablespoon per package)
- 1 2/3 cups** Organic Coconut Milk (full fat, from the can)
- 1 cup** Pureed Pumpkin
- 3 tbsps** Monk Fruit Sweetener
- 1 tsp** Pumpkin Pie Spice
- 3 tbsps** Coconut Whipped Cream
- 1 tbsps** Pumpkin Seeds



# Sweet Cheats by Nicole | Strawberry Rhubarb Crisp

10 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 350 degrees F. Combine the rhubarb, strawberries, orange juice, half of the maple syrup and half of the coconut flour in a bowl and mix well until well combined.
2. In a separate bowl, mix together the chopped pecans, almond flour, cinnamon, sea salt and coconut oil with the remaining maple syrup and coconut flour. Mix well to combine.
3. Lightly grease ramekins, then divide the fruit mix into them. Crumble the pecan topping evenly over top. Bake for 20 to 25 minutes or until topping is golden brown and bubbling.
4. Remove from oven and let cool for about 5 minutes before serving. Enjoy!

## Notes

### No Ramekins

Bake in an oven-proof dish, pan or pie plate instead.

### No Rhubarb

Use blueberries, cherries, raspberries or peaches instead.

### Serve it With

Although the recommendation is to avoid mixing fruit with a protein, you can add coconut whipped cream or coconut ice cream if you need a treat!

## Ingredients

- 1 1/2 cups Rhubarb (diced)
- 1 1/2 cups Strawberries (sliced)
- 1/4 Navel Orange (juiced)
- 1/4 cup Maple Syrup (divided)
- 2 tbsps Coconut Flour (divided)
- 1/2 cup Pecans (chopped)
- 1/3 cup Almond Flour
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 2 tbsps Coconut Oil (melted)



# Layered Nacho Dip

17 ingredients · 20 minutes · 8 servings



## Directions

1. Prepare your queso by combining cashews, nutritional yeast, sea salt, garlic powder, cumin, chili powder, tabasco sauce, olive oil and warm water in a blender or food processor. Blend until smooth and creamy. Add more warm water 1 tbsp at a time if necessary.
2. Create your guacamole by mashing avocado in a bowl. Add lime juice and season with sea salt and black pepper to taste. Mash well until creamy.
3. When ready to assemble your dip, spread refried beans in the bottom of a glass dish. Add the queso layer, then guacamole, then salsa. Top with diced bell pepper, black olives and cilantro. Serve immediately with brown rice chips or cover and refrigerate.

## Notes

### Meat Lover

Use ground meat instead of refried beans.

### Prep Ahead

This can be made up to 1 day in advance. Cover and store in the fridge until ready to eat.

### Serve it With

Veggie sticks, sweet potato chips or brown rice chips (check out our Garlic Chili Lime Chips).

## Ingredients

- 1 1/2 cups Cashews
- 3 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/4 tsp Garlic Powder
- 1/2 tsp Cumin
- 1 1/2 tps Chili Powder
- 1 tbsp Tabasco Sauce
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Water (warm)
- 2 Avocado (ripe)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)
- 1 can Refried Beans
- 1 cup Organic Salsa
- 1 Yellow Bell Pepper (diced)
- 1/4 cup Black Olives (sliced)
- 1/4 cup Cilantro (chopped)

# Sweet Potato Crostini with Pomegranate & Goat Cheese

8 ingredients · 35 minutes · 8 servings



## Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Add the sweet potato slices to a bowl and drizzle the extra virgin olive oil and sea salt over top. Mix well. Place them in a single layer on the sheet and bake for 15 minutes. Flip and roast for 5 to 10 minutes more.
3. Remove the sweet potato slices from the oven and top with goat cheese, walnuts, pomegranate, thyme and drizzle with honey. Serve immediately. Enjoy!

## Notes

### Serving Size

There are approximately two sweet potato crostini per serving.

### Dairy-Free

Use a cashew cheese instead of goat cheese.

### Nut-Free

Use toasted pumpkin seeds instead of walnuts.

### No Pomegranate Seeds

Use dried cranberries instead.

### No Thyme

Use rosemary, or another herb of your choice instead.

### Prep Ahead

Bake the sweet potatoes ahead of time and then reheat before topping and serving them.

## Ingredients

- 2 Sweet Potato (medium, sliced into even rounds)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/8 **tsp** Sea Salt
- 1/2 **cup** Goat Cheese (crumbled)
- 1/2 **cup** Walnuts (toasted and chopped)
- 1/4 **cup** Pomegranate Seeds
- 1 1/2 **tsps** Thyme (fresh, removed from the stem)
- 1 **tbsp** Raw Honey

# Cucumber Hummus Bites

3 ingredients · 10 minutes · 4 servings



## Directions

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1. Slice cucumber into 1/4-inch thick rounds.
2. Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

## Notes

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### More Flavour

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

## Ingredients

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- 1 Cucumber (large)
- 1 **cup** Hummus
- 1/2 **tsp** Black Pepper



# Vegan Stuffed Mushrooms

10 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Heat a pan over medium heat and add the extra virgin olive oil along with the onion, walnuts, and thyme. Cook until lightly toasted, about 4 to 5 minutes and then add the minced garlic and cook for 30 seconds longer. Add the sea salt and cranberries and remove from heat.
3. Use a spoon to add the walnut mixture to the mushrooms and sprinkle the nutritional yeast on top. Transfer to the baking sheet and bake for 16 to 18 minutes.
4. Remove the mushrooms from the oven and top with minced parsley. Enjoy immediately.

## Notes

### Serving Size

One serving is equal to three stuffed mushrooms.

### No Cremini Mushrooms

Use portobello mushrooms or white button mushrooms instead.

### No Thyme

Use another herb like sage or rosemary.

### Prep Ahead

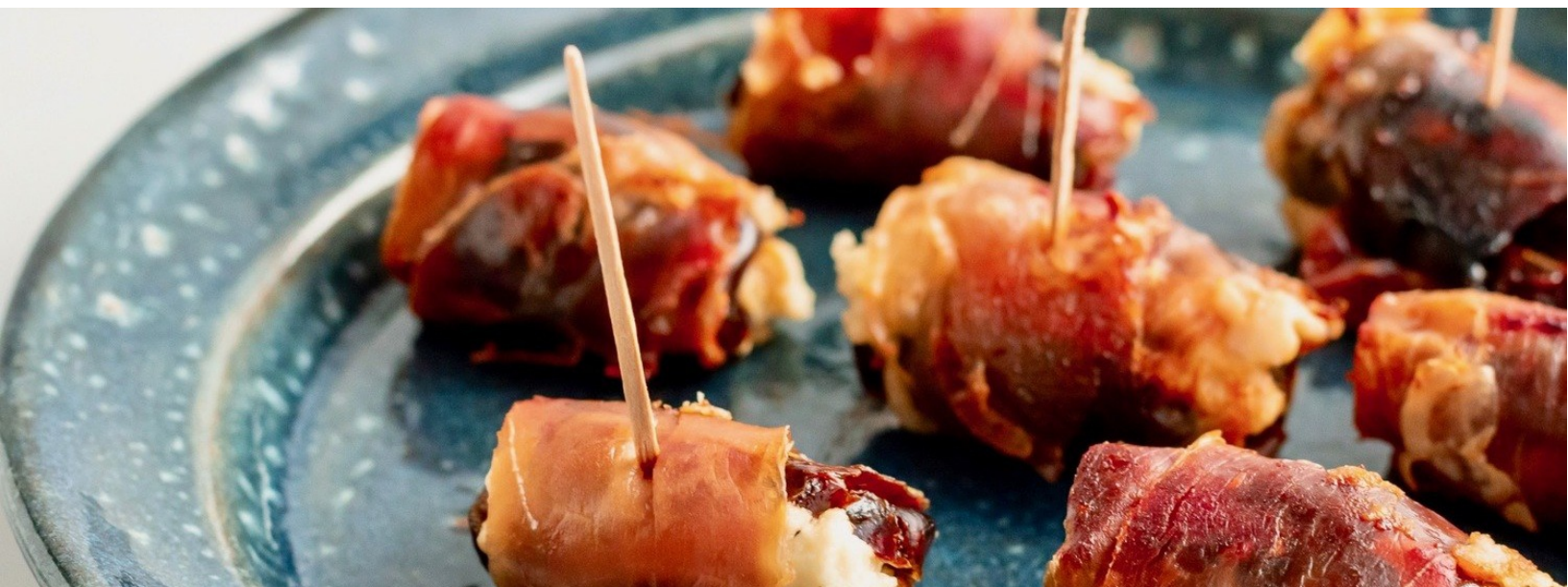
Make the onion/walnut mix ahead of time and then prepare the rest before eating by stuffing the mushrooms and cooking them.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 1 **cup** Walnuts (raw, chopped)
- 2 **tsps** Thyme (fresh)
- 1 Garlic (clove, minced)
- 1/4 **tsp** Sea Salt
- 1/3 **cup** Dried Unsweetened Cranberries (roughly chopped)
- 12 Cremini Mushrooms (whole, stems and gills removed)
- 1 **tbsp** Nutritional Yeast
- 2 **tsps** Parsley (chopped)

# Prosciutto Wrapped Dates with Goat Cheese

6 ingredients · 40 minutes · 8 servings



## Directions

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1. Preheat oven to 350°F (177°C) and line a baking tray with parchment paper.
2. Slice each date lengthwise on one side to create an opening then set them aside.
3. In a small mixing bowl combine the goat cheese, maple syrup, salt, and pepper.
4. Stuff each date with a scant teaspoon of the goat cheese mixture then wrap in a strip of prosciutto. Place each wrapped date on the baking sheet.
5. Bake in the oven for 20 minutes, turning dates over about halfway through, or until prosciutto is just crisp and cheese is warm. Serve immediately and enjoy!

## Notes

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### Serving Size

One serving is equal to approximately three wrapped dates.

### No Maple Syrup

Use honey instead.

### No Goat Cheese

Use feta or cashew cheese instead.

### No Prosciutto

Use bacon instead. Baking times may increase depending on the thickness of the bacon.

## Ingredients

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**2 cups** Pitted Dates (whole, about 12 dates per cup)

**1/3 cup** Goat Cheese (crumbled, room temperature)

**1 tsp** Maple Syrup

**1/8 tsp** Sea Salt

**1/8 tsp** Black Pepper

**2 2/3 ozs** Prosciutto (thinly sliced into strips)



# Baked Brie with Cranberry Sauce

2 ingredients · 20 minutes · 6 servings



## Directions

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1. Preheat oven to 325°F (165°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

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### 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.

## Ingredients

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**10 ozs** Brie Cheese (whole, round)

**1/2 cup** Cranberry Sauce (homemade or canned)



# Guacamole Corn & Feta Dip

10 ingredients · 15 minutes · 8 servings



## Directions

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1. Add the avocado, tomato, corn, and onion to a mixing bowl and gently stir to combine.
2. Add the cilantro, garlic, olive oil, apple cider vinegar and salt to the bowl and gently mix together.
3. Transfer to a serving bowl and top with feta cheese. Enjoy!

## Notes

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### Serve it With

Brown rice chips, tortilla chips or pita wedges. Also goes great as a side with chicken or fish.

### Leftovers

This recipe is best enjoyed immediately as the avocado will start to brown over time, however, leftovers can keep in the fridge, tightly sealed for about 1 to 2 days. Stir well before mixing.

### Serving Size

One serving is equal to approximately 1/2 cup of dip.

## Ingredients

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- 3** Avocado (diced)
- 2** Tomato (medium, seeds removed and chopped)
- 1 cup** Corn (cooked)
- 1/2 cup** Red Onion (finely chopped)
- 1/4 cup** Cilantro (finely chopped)
- 1** Garlic (clove, minced)
- 2 tbsps** Extra Virgin Olive Oil
- 3 tbsps** Apple Cider Vinegar
- 1/2 tsp** Sea Salt
- 1/2 cup** Feta Cheese

# Turkey Gravy

7 ingredients · 15 minutes · 4 servings



## Directions

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1. Heat olive oil in a large skillet over medium heat. Cook the garlic and onion for about 5 minutes or until translucent.
2. Add the ground turkey and salt. Use a spatula to stir and break up the turkey as it cooks. Saute until cooked through.
3. Stir in coconut milk and arrowroot powder. Cook for about 5 to 10 minutes, or until the mixture has thickened. Taste and adjust seasoning if needed.
4. Transfer to a dish and enjoy!

## Notes

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### Serve it With

Our Cleaned Up Biscuits, mashed potatoes, mashed cauliflower or quinoa.

### No Coconut Milk

Use almond milk instead and add arrowroot powder until desired consistency is reached.

### No Arrowroot Powder

Use tapioca flour, brown rice flour or any other starch instead.

## Ingredients

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- 1 **tbsp** Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1 Sweet Onion (medium, chopped)
- 1 **lb** Extra Lean Ground Turkey
- 1 **tsp** Sea Salt
- 1 **cup** Organic Coconut Milk
- 1 **tsp** Arrowroot Powder

# Scalloped Sweet Potatoes

9 ingredients · 1 hour · 6 servings



## Directions

1. Peel and slice sweet potatoes to approximately 1/8-inch thick or use a mandoline. Thinly slice the onions and set aside.
2. Grease baking dish with a bit of coconut oil. (Note: We use a 9x9 baking dish for 6 servings.)
3. Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.
4. Preheat oven to 400°F (204°C).
5. In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1 to 2 min.
6. Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.
7. Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.
8. Bake in the oven for 40 to 45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

## Notes

### More Protein

Add pureed chickpeas to the sauce, or top with diced chicken.

### Make it Spicy

Add chilli flakes or cayenne pepper.

### Make Veggies

Add layers of spinach and mushrooms.

## Ingredients

- 2 Sweet Potato
- 1/4 Yellow Onion (thinly sliced)
- 2 tbsps Coconut Oil
- 1/4 cup Almond Flour
- 1 1/2 cups Organic Coconut Milk
- 1 1/2 tsps Garlic Powder
- 1 tbsp Thyme (stems removed)
- 3/4 tsp Sea Salt
- 2/3 cup Pureed Pumpkin



# Roasted Cranberry & Sweet Potato Quinoa Salad

10 ingredients · 45 minutes · 6 servings



## Directions

1. Preheat oven to 400°F (204°C).
2. In a glass or foil-lined baking dish, toss the sweet potato with 1/3 of the avocado oil, and salt. Roast for 30 minutes, adding the cranberries midway.
3. Combine the quinoa and water in a saucepan over high heat. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid, turn off the heat and fluff with a fork.
4. In a large mixing bowl, whisk together the remaining avocado oil, apple cider vinegar, mustard and maple syrup. Add the roasted sweet potato, cranberries, quinoa and pumpkin seeds. Gently toss until well combined. Enjoy!

## Notes

### No Sweet Potato

Use carrots or butternut squash instead.

### Leftovers

Refrigerate in an airtight container up to five days.

### No Quinoa

Use rice or cauliflower rice instead.

### More Greens

Add spinach or arugula.

## Ingredients

**4** Sweet Potato (medium, peeled and cubed)

**3 tbsps** Avocado Oil (divided)

**1/4 tsp** Sea Salt

**2 cups** Frozen Cranberries (or fresh)

**1 cup** Quinoa (dry, uncooked)

**2 cups** Water

**1 1/2 tbsps** Apple Cider Vinegar

**2 tsps** Dijon Mustard

**1 tbsp** Maple Syrup

**1/2 cup** Pumpkin Seeds

# Maple Cranberry Sauce

3 ingredients · 30 minutes · 8 servings



## Directions

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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

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### 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.

## Ingredients

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**1 cup** Water

**1 cup** Maple Syrup

**3 cups** Frozen Cranberries (or fresh)



# Crispy Brussels Sprouts with Dip

6 ingredients · 35 minutes · 4 servings



## Directions

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1. Preheat your oven to 425°F (218°C). Line a baking sheet with parchment paper and add the brussels sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste. Toss to combine then bake for 25 minutes.
2. Meanwhile, make the dip by combining the mayonnaise, apple cider vinegar and paprika in a small bowl. Mix well.
3. Remove the brussels sprouts from the oven and serve with dipping sauce on the side. Enjoy!

## Notes

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### Leftovers

Keep leftovers in the fridge in a sealed container up to 3 days.

### No Avocado Oil

Use olive oil or coconut oil instead.

## Ingredients

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**2 cups** Brussels Sprouts (trimmed and halved)

**1 tsp** Avocado Oil

Sea Salt & Black Pepper (to taste)

**1/4 cup** Mayonnaise

**1 tsp** Apple Cider Vinegar

**1/4 tsp** Smoked Paprika



# Roasted Veggies

9 ingredients · 40 minutes · 4 servings



## Directions

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1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
3. Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
4. Remove from oven and transfer to a bowl. Enjoy!

## Notes

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### Leftovers

Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

### No Mushrooms

Swap in bell peppers or broccoli instead.

### Even Cooking

Chop your vegetables to be approximately the same size to ensure even cooking.

## Ingredients

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- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

# Paleo Stuffing

13 ingredients · 1 hour 30 minutes · 6 servings



## Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
3. Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
4. While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
5. In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
6. Remove from oven and transfer into a serving dish. Enjoy!

## Notes

### Meat Lover

Add cooked organic bacon bits, sausage or extra lean ground meat into the mixture as you add it to the baking dish.

## Ingredients

- 1 head Cauliflower (chopped into florets)
- 1 tbsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Portobello Mushroom (diced)
- 1 Leeks (chopped)
- 3 stalks Celery (diced)
- 1 cup Walnuts
- 1 Lemon (juiced)
- 3 Garlic (cloves, minced)
- 1 tbsp Thyme
- 1/2 cup Parsley (chopped)
- 1/2 tsp Sea Salt



# Mashed Rutabaga

3 ingredients · 40 minutes · 6 servings



## Directions

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1. Add rutabaga to a large saucepan and cover with water. Place over high heat and bring to a boil. Lower the heat and let simmer for about 30 minutes or until tender.
2. Drain the water from the saucepan and return to the heat until the cubes are dry, about 2 to 3 minutes. Once dry, turn the heat off.
3. Use a potato masher or the back of a fork to mash the chunks. Combine with olive oil and salt to taste. Enjoy!

## Notes

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### No Olive Oil

Use ghee, butter, coconut oil or avocado oil instead.

### Leftovers

Keeps well in the fridge up to 4 days.

## Ingredients

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**4 cups** Rutabaga (peeled and cubed)

**2 tbsps** Extra Virgin Olive Oil

**1/4 tsp** Sea Salt



# Blueberry Chia Parfait

5 ingredients · 30 minutes · 2 servings



## Directions

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1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

## Notes

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### No Slivered Almonds

Use shredded coconut or hemp seeds instead.

### Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

## Ingredients

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**1 3/4 cups** Unsweetened Almond Milk

**1/3 cup** Chia Seeds

**1 tbsp** Maple Syrup

**1 cup** Frozen Blueberries (thawed)

**1/4 cup** Slivered Almonds

# Gingerbread Spelt Porridge

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a saucepan over medium heat. Stir continuously until your desired thickness is reached, about 3 to 5 minutes.
2. Transfer to a bowl and enjoy!

## Notes

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### No Rice Milk

Use almond milk or cashew milk instead.

### No Maple Syrup

Sweeten with raisins, dates, honey, coconut sugar or your sweetener of choice.

### No Spelt Flour

Use almond flour instead.

### Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

## Ingredients

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**8 fl ozs** Unsweetened Rice Milk

**1/3 cup** Spelt Flour

**1 1/2 tsps** Pumpkin Pie Spice

**1 1/2 tsps** Fancy Molasses

**1 1/2 tsps** Maple Syrup

# Breakfast Cauliflower Casserole

7 ingredients • 1 hour • 3 servings



## Directions

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1. Preheat oven to 375°F (191°C).
2. On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
3. In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
4. Pour mixture into a baking dish and bake for 45 minutes.
5. Remove from oven and let cool slightly before serving. Enjoy!

## Notes

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### More Greens

Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

### Don't Like Cauliflower

Use steamed broccoli instead.

### Storage

Store in an airtight container up to three days. Reheat before serving.

## Ingredients

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- 1/2 head** Cauliflower (chopped into florets)
- 7 Egg**
- 1/2 cup** Unsweetened Almond Milk
- 1 tsp** Garlic Powder
- 1 tbsp** Nutritional Yeast
- 1 tsp** Sea Salt
- 1 cup** Baby Spinach