



*The Holidays at IMC:  
Holiday Recipes From  
IMC to You*

# Drinks

## *Buttered Hot Cocoa*

- 🌲 2 cups milk - (whole grass-fed milk, or substitute with your preferred milk)
- 🌲 2-3 TBSP raw cacao powder - (2 TBSP if you don't like it too chocolatey)
- 🌲 1 ½ TBSP maple syrup - (Grade A dark amber preferred)
- 🌲 2 TBSP butter
- 🌲 1 tsp vanilla extract
  - Combine cacao powder, maple syrup, butter, vanilla and optional peppermint into a small bowl.
  - Pour milk into a saucepan over medium heat. Slowly warm the milk, stirring constantly – if you heat it too quickly or don't stir, the milk will scorch and it won't taste right.
  - Warm to desired temperature (I prefer very hot to the touch) and either add ingredients from the small bowl to the saucepan if using a stick/immersion blender, or add everything to an actual blender. (I prefer to use an immersion blender so I don't have to wash my blender.) Blend until frothy!

## *Kombucha Cranberry Mocktail*

- 🌲 2 bottles kombucha (ginger or cranberry)
- 🌲 ½ cup 100% cranberry juice
- 🌲 1-inch slice of fresh ginger, thinly sliced, plus more for garnish
- 🌲 Fresh cranberries, rosemary sprigs, and thinly sliced ginger for garnish
  - Mix all ingredients in a pitcher, pour into glasses and garnish with ginger, cranberries, and rosemary

## *Adrenal Mocktail*

- 🌲 ½ Cup of orange juice
- 🌲 ½ Cup of coconut water
- 🌲 ½ tsp buffered vitamin c powder
- 🌲 ¼ tsp celtic sea salt
- 🌲 Optional: 1 tsp of collagen
  - Put all ingredients in a blender and enjoy!
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### *Pumpkin Spice Latte with Collagen*

- 🌲 2 Medjool dates pitted\* see note for other sweetener options
- 🌲 1/2 cup almond milk add more or less to suit your taste
- 🌲 10 oz strong brewed coffee hot
- 🌲 1 Tbsp coconut oil
- 🌲 2 Tbsp pumpkin puree
- 🌲 1 1/2 tsp pumpkin pie spice more for serving, if desired
- 🌲 cinnamon as desired
- 🌲 2 scoops Organixx Collagen
- 🌲 1 1/2 tsp pure vanilla extract optional - but so good
- 🌲 Coconut whipped cream (optional)
  - In a small saucepan, heat the dates and almond milk until hot and bubbly, transfer to a blender and puree until smooth. Add in the hot coffee, pumpkin puree, coconut oil, pumpkin pie spice, cinnamon and collagen and blend for another 30-60 seconds. Serve right away, with coconut whipped cream if desired. Enjoy!

### *Cherry Cucumber Prosecco Spritz*

- 🌲 2 inch piece of cucumber chopped
- 🌲 1 oz Aperol
- 🌲 1 oz cherry juice no sugar added
- 🌲 Ice
- 🌲 1 Riondo Prosecco chilled
- 🌲 Optional: Fresh cherries for garnish
- 🌲 Optional: Cucumber ribbons for garnish
  - Place cucumber, Aperol, and cherry juice in a cocktail shaker, and muddle.
  - Add ice, and shake vigorously.
  - Strain into a glass over ice, then top with Riondo Prosecco.
  - Garnish with fresh cherries and cucumber ribbons, if using , and enjoy!

### *Dairy Free Egg Nog*

- 🌲 14 oz full-fat coconut milk
- 🌲 2 egg yolks
- 🌲 2 tablespoons of dark maple syrup
- 🌲 1/2 teaspoon of pure vanilla extract
- 🌲 1/4 teaspoon of ground cinnamon

🌲 1/4 teaspoon of freshly grated nutmeg

🌲 A pinch of cloves

- Heat the Coconut Milk, the first step you should do is to pour the canned coconut milk into your saucepan and heat it on low heat. If you're in a rush, you can put it on medium heat, but I don't recommend it because coconut milk is prone to curdling when cooked at high temperatures.
- Make sure to use full-fat coconut milk, not reduced fat, because it'll give you an ideal consistency and richness. Some people like to add coconut cream to enhance the eggnog's texture and make it more filling, but full-fat canned coconut milk is more than enough.
- Add the spices: While the coconut milk is heating gently, you should add the spices, namely the nutmeg, cloves, vanilla extract, and cinnamon. You can skip the cloves if you dislike their intense aroma. And here's a word of advice when adding nutmeg: always get fresh nutmeg and grate it right before you use it. Ground nutmeg loses flavor quickly and tastes slightly different from fresh nutmeg, so it might not add the same delicious effect to your homemade eggnog. Also, fresh nutmeg has a much more intense flavor. The same goes for cinnamon. Freshly grated cinnamon is extra spicy and delicious, so use it if you can. While adding the spices, gently whisk them into the hot coconut milk to infuse the flavors. Once the coconut milk is heated and whisked with the spices, leave it to cool for a while.
- Whisk the Egg Yolks and Maple Syrup, Combine your dark
- maple syrup and egg yolks in a large bowl, and whisk them manually. You can use a stand mixer if you own one to save time, but the old-fashioned way is just as fine. Keep whisking till the egg mixture looks fluffy and light.
- Mix the Coconut Milk and Egg Mixture, Once the egg mixture reaches the right consistency, add the warm coconut milk to the bowl. But as the milk pours right onto the eggs, you should keep whisking slowly to maintain the consistency.
- A trick :use the blender! First, run it at a low speed with the egg mixture inside and leave the lid half off. Then, slowly pour the hot milk into the blender and let it do all the whisking. It's less handy work and results in the same delicious taste.
- Serve It Hot or Cold If you like to drink your eggnog cold, you can stop here and let the mixture cool for a while in the fridge before drinking it. But if you like drinking it hot, you have an extra step to take.

- After turning off the blender, pour the eggnog back into the saucepan you used to prepare the hot coconut milk. Heat the drink on medium heat and stir till it's thick and hot enough for your liking.

# Snacks

## *Almond Flour Chocolate Chip Cookies*

- 🌲 2 cups almond flour
- 🌲 1/4 cup unsalted butter, softened
- 🌲 1/4 cup honey or maple syrup (for a vegan option, use maple syrup)
- 🌲 1 large egg (for a vegan option, use a flax or chia egg)
- 🌲 1 teaspoon vanilla extract
- 🌲 1/2 teaspoon baking soda
- 🌲 1/4 teaspoon salt
- 🌲 Optional add-ins: chocolate chips, chopped nuts, dried fruit, etc.
  - Preheat the Oven: Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
  - Mix Dry Ingredients: In a mixing bowl, combine the almond flour, baking soda, and salt. Mix well to ensure even distribution of the leavening agents.
  - Cream Butter and Sweetener: In another bowl, cream together the softened butter and honey (or maple syrup) until the mixture is smooth and well combined.
  - Add Egg and Vanilla: Add the egg (or flax/chia egg) and vanilla extract to the butter and sweetener mixture. Mix until everything is well incorporated.
  - Combine Wet and Dry Ingredients: Gradually add the dry ingredients to the wet ingredients, stirring until a cookie dough forms. If you're adding any optional ingredients like chocolate chips or nuts, fold them into the dough at this stage.
  - Shape the Cookies: Using a spoon or your hands, scoop out portions of cookie dough and shape them into balls. Place the dough balls on the prepared baking sheet, leaving enough space between them.
  - Flatten the Cookies: Use the back of a fork to gently flatten each cookie. You can create a crisscross pattern on the top if you'd like.
  - Bake: Place the baking sheet in the preheated oven and bake for 10-12 minutes, or until the edges of the cookies turn golden brown. Keep a close eye on them, as almond flour cookies can brown quickly.
  - Cool: Once done, remove the cookies from the oven and allow them to cool on the baking sheet for a few minutes. Then, transfer them to a wire rack to cool completely.

## *Apple Pie Muffins*

- 🌲 1/2 cup coconut flour
- 🌲 1 tsp cinnamon
- 🌲 1/4 tsp ground ginger
- 🌲 Pinch of ground cloves
- 🌲 1/2 tsp baking soda
- 🌲 1/4 tsp salt
- 🌲 3 eggs
- 🌲 1/4 cup unsweetened applesauce
- 🌲 1/4 cup coconut oil, melted
- 🌲 2 tbsp honey
- 🌲 1 tsp vanilla extract
- 🌲 1 red Gala apple, finely diced
  - Preheat the oven to 350 degrees F. Line a muffin tin with cups. In a large bowl, stir together the coconut flour, cinnamon, ginger, cloves, baking soda, and salt.
  - In a separate bowl, mix the eggs, applesauce, coconut oil, honey, and vanilla with a hand blender. Add the wet ingredients into the dry and blend well to combine. Fold in half of the diced apple.
  - Divide the batter equally among the muffin cups. Sprinkle the remaining diced apple over the tops of the muffins. Bake for 18–20 minutes, or until a toothpick inserted into the center comes out clean. Let cool on a wire rack for 10 minutes before serving.

## *Maple-Glazed Pecans*

- 🌲 2 cups pecans
- 🌲 3 tbsp maple syrup
- 🌲 1/2 tsp ground ginger
- 🌲 1/2 tsp cinnamon
- 🌲 1/4 tsp salt
  - Warm the maple syrup in a small saucepan over medium–low heat. Once warm, add the pecans, ginger, cinnamon, and salt. Stir well to coat the pecans and turn to medium heat until the remaining liquid is gone, stirring regularly. Spoon the pecans onto wax paper and refrigerate to cool.

## *Gingerbread Bars*

- 🌲 1 1/4 cups almond flour
- 🌲 1 tbsp arrowroot powder
- 🌲 1/2 tsp salt
- 🌲 1/2 tsp baking soda
- 🌲 2 tsp ground ginger
- 🌲 1/2 tsp cinnamon
- 🌲 1/4 tsp ground cloves
- 🌲 Pinch of ground cardamom
- 🌲 3 eggs
- 🌲 1/4 cup coconut oil, melted
- 🌲 1/2 ripe banana, mashed
- 🌲 1/4 cup maple syrup
- 🌲 1/4 cup molasses
- 🌲 1 tsp vanilla extract

- Preheat the oven to 350 degrees F. Line an 8×8-inch baking pan with parchment paper. Add the almond flour, arrowroot powder, salt, baking soda, ginger, cinnamon, cloves, and cardamom to a bowl and stir to combine.
- In a separate bowl, stir together the eggs, coconut oil, banana, syrup, molasses, and vanilla. Add the wet ingredients into the dry and stir well to combine. Pour the batter into the prepared baking dish and spread into an even layer. Bake for 25–30 minutes, or until a toothpick inserted into the center comes out clean.

## *Sea Salt and Dill Crackers*

- 🌲 2 cups almond meal
- 🌲 1 tbsp fresh dill, chopped
- 🌲 1/2 tsp sea salt
- 🌲 1 egg
- 🌲 1 tbsp extra virgin olive oil
- 🌲 1 tsp honey

- Preheat the oven to 325 degrees F. In a large bowl, mix together the almond meal, dill, and salt. In a separate bowl, whisk together the egg,



olive oil, and honey. Mix the wet ingredients into the dry and stir well to combine.

- Transfer the dough to a sheet of parchment paper. Cover with a second sheet of paper and roll out the dough to 1/8-inch thick. Peel back the top layer of paper and cut the dough into squares. Sprinkle with additional sea salt if desired.
- Place the parchment paper with the squares onto a baking sheet. Bake for 12-15 minutes until lightly browned. Let cool for 15 minutes before serving.

# *Appetizers/ Side Dishes*

## *Butternut Sausage Stuffing*

- 🌲 Butternut squash
- 🌲 cooking oil, like olive or avocado
- 🌲 ground sausage
- 🌲 salt and pepper
- 🌲 fresh poultry herbs (or dried, as an alternative)
- 🌲 apple
- 🌲 dried cranberries (fruit sweetened for Whole30)
- 🌲 onion
- 🌲 celery
- 🌲 egg (optional)
  - Roast the butternut squash cubes. You'll want to roast them until crisp and toasty on the outside to get the best flavor and texture for your stuffing.
  - While the butternut roasts, prepare the rest of the stuffing mixture. Sauté the onions and celery and brown the sausage.
  - Season and add in the fresh herbs (or dried) and apples until softened. Stir in the cranberries, then toss everything with the roasted butternut squash.
  - If you want your stuffing to "stick", you can add the whisked egg to the mixture now. It's totally optional.
  - Transfer the stuffing mixture to a large baking dish and bake until set, then serve!

## *Balsamic Glazed Goat Cheese Cranberry Roasted Root Veggies*

- 🌲 1 sweet potato, cubed
- 🌲 1 parsnip, cubed
- 🌲 2 cups brussel sprouts, cleaned, whole
- 🌲 1 small onion, cut into large pieces
- 🌲 1/4 cup dried cranberries
- 🌲 4 oz goat cheese
- 🌲 2 tbs avocado oil
- 🌲 1 tsp salt
- 🌲 1 tsp pepper
- 🌲 1 tsp garlic powder (or fresh pressed garlic if you prefer)

- 🌲 1 tsp Italian spices
- 🌲 1 1/2 tbs Balsamic Glaze

- Preheat oven to 375 degrees Fahrenheit
- Place diced veggies on parchment-lined cookie sheet, season with high quality salt (such as Redmonds), pepper, garlic powder, and Italian seasoning
- Drizzle avocado oil over veggies and mix to coat evenly
- Bake for approximately 30 minutes, mixing half way, until veggies are tender and slightly browned
- Top veggies with dried cranberries, crumbled goat cheese, and balsamic glaze. Enjoy!

### *Thanksgiving Stuffing*

- 🌲 1/2 cup cooked sweet potato mashed
- 🌲 4 eggs
- 🌲 1 tsp raw honey or pure maple syrup
- 🌲 1 tbsp raw apple cider vinegar
- 🌲 1/4 cup coconut oil melted and cooled
- 🌲 1 1/3 cups blanched almond flour
- 🌲 3 Tbsp coconut flour
- 🌲 3/4 tsp baking soda
- 🌲 1/2 tsp sea salt
- 🌲 Stuffing Ingredients:
- 🌲 3/4 lb pork sausage or turkey sausage, casings removed if necessary
- 🌲 2 Tbsp plus more as needed ghee or preferred cooking fat
- 🌲 1 cup celery chopped
- 🌲 1 onion medium, chopped
- 🌲 1 cup white mushrooms chopped
- 🌲 1 pink lady apple chopped
- 🌲 1/3 cup pecans chopped
- 🌲 Sea salt and pepper to taste
- 🌲 1 Tbsp organic poultry seasoning
- 🌲 1 tsp ground sage or 2 Tbsp fresh sage leaves, finely chopped
- 🌲 2 eggs whisked
- 🌲 6 Tbsp or more turkey or chicken bone broth
- 🌲 1 bread recipe cooled, cubed, and allowed to sit for at least an hour\*
  - for the bread:

- Preheat your oven to 350 degrees and line an 8 x 8" baking pan with parchment paper.
- In a medium bowl, combine the dry ingredients and set aside. Then, in a large bowl, whisk together the sweet potato, eggs, honey or maple syrup, apple cider vinegar and coconut oil.
- Stir the dry ingredients into the wet until fully combined, then spread the batter into the prepared baking pan and bake 25 minutes or until set and beginning to brown.
- Allow to cool completely before cutting into 1" cubes. You can make this the day before and let the bread cubes dry overnight, or, toast them on a large baking sheet prior to using for the stuffing.
- Preheat your oven to 375 degrees. Heat a large skillet (cast iron/oven proof is ideal) over med to med-hi heat and add the 2 Tbsp cooking fat. Once heated, add chopped onion and celery and cook for about 3-5 minutes, until softened.
- Add the ground sausage to the skillet and use a wooden spoon to break up lumps and stir as it cooks. Cook the sausage with the onions and celery until browned, lower heat to medium.
- Add the mushrooms, chopped apples and pecans and cook for a couple of minutes until just softened. Now add the salt, poultry seasoning and sage. Lower the heat and stir to combine all flavors. Simmer for 2 more minutes, remove from heat and set aside to cool a bit.
- After the stovetop mixture cools enough to handle, toss it with the bread cubes, broth and whisked eggs. Transfer the stuffing to a large baking dish coated with a thin layer of coconut oil, and bake in the preheated oven for 30-40 minutes until toasty brown. Serve and enjoy

### *Garlic and Herb Roasted Baby Potatoes*

- 🌲 1.5 pounds baby potatoes (Yukon gold or red potatoes work best)
- 🌲 2 tablespoons olive oil
- 🌲 4 cloves garlic, minced
- 🌲 1 teaspoon dried rosemary (or fresh if you have it)
- 🌲 1 teaspoon dried thyme (or fresh)
- 🌲 Salt and pepper to taste
- 🌲 Fresh parsley, chopped (for garnish, optional)
  - Preheat your oven to 400°F (200°C).
  - Wash and cut potatoes: Rinse the baby potatoes thoroughly. You can cut them in halves or quarters depending on their size, but leaving them in bite-sized pieces works best for even cooking.

- Season the potatoes: In a large bowl, toss the potatoes with olive oil, minced garlic, rosemary, thyme, salt, and pepper. Make sure the potatoes are evenly coated with the oil and seasoning.
- Roast the potatoes: Spread the seasoned potatoes in a single layer on a baking sheet. If needed, line the sheet with parchment paper for easy cleanup.
- Bake for 30–35 minutes, or until the potatoes are golden brown and crispy on the edges. You can check doneness by piercing a potato with a fork; it should go through easily.
- Garnish and serve: Once the potatoes are done, remove them from the oven and sprinkle with freshly chopped parsley for a burst of color and freshness. Serve warm!

### *Chickpea and Roasted Vegetable Salad*

- 🌲 2 cups cooked or canned chickpeas (drained and rinsed)
- 🌲 2 medium carrots, peeled and sliced into thin rounds
- 🌲 1 red bell pepper, chopped into bite-sized pieces
- 🌲 1 small zucchini, chopped
- 🌲 1 tablespoon olive oil
- 🌲 1 teaspoon ground cumin
- 🌲 1 teaspoon smoked paprika (or regular paprika)
- 🌲 Salt and pepper to taste
- 🌲 2 tablespoons fresh parsley, chopped
- 🌲 2 tablespoons fresh lemon juice (about 1 lemon)
- 🌲 1 tablespoon extra virgin olive oil (for dressing)
- 🌲 1 tablespoon tahini (optional, for creaminess)
- 🌲 1 tablespoon pomegranate seeds (optional, for garnish)
  - Preheat your oven to 400°F
  - Prepare the vegetables: On a large baking sheet, toss the chopped carrots, red bell pepper, and zucchini with 1 tablespoon of olive oil, cumin, paprika, salt, and pepper. Spread them out in a single layer.
  - Roast the vegetables: Roast the vegetables for 20–25 minutes, flipping halfway through, until they're tender and slightly caramelized around the edges. Remove from the oven and let cool slightly.
  - Prepare the chickpeas: While the vegetables roast, rinse and drain the chickpeas. If you want them extra crispy, you can roast them in the oven as well! Spread the chickpeas on a separate baking sheet, drizzle with a little olive oil, salt, and pepper, and roast for 15 minutes at 400°F until crispy.

1. **Make the dressing:** In a small bowl, whisk together the lemon juice, olive oil, tahini (if using), and a pinch of salt and pepper. This dressing will add creaminess and a bright, tangy flavor to the salad.
2. **Assemble the salad:** In a large mixing bowl, combine the roasted vegetables, chickpeas, and chopped fresh parsley. Drizzle with the dressing and toss everything together until well combined.
3. **Garnish and serve:** If using, sprinkle the salad with pomegranate seeds for a burst of color and sweetness, and serve immediately or chill for a bit in the fridge.
4. **Enjoy:** This chickpea and roasted vegetable salad is hearty, healthy, and a great side dish for any holiday meal!

### *The best Easy & Smooth Homemade Hummus Recipe*

- 🌿 1 can (15 ounces) garbanzo beans, drained and rinsed
- 🌿 2 cloves garlic, peeled
- 🌿 1 teaspoon sea salt (divided)
- 🌿 1/4 cup fresh lemon juice
- 🌿 2 tablespoons water
- 🌿 1/3 cup tahini
- 🌿 2 tablespoons extra virgin olive oil (plus extra for topping)
- 🌿 Paprika (for garnish)
- 🌿 Fresh parsley or mint (for garnish)
  - Using a food processor, crush two cloves of garlic and add 1/2 teaspoon of sea salt. Process until the garlic is finely minced.
  - Add the drained garbanzo beans to the food processor.
  - Add fresh lemon juice and water to the food processor.
  - Blend the mixture until it reaches a smooth consistency.
  - Add the tahini and 1/2 teaspoon of salt to the mixture.
  - Add 1 teaspoon of salt.
  - While the food processor is running, gradually pour in the extra virgin olive oil. Continue blending until the hummus becomes creamy.
  - In a small bowl, mix paprika with a pinch of salt.
  - Dip a fork into the hummus, then dip it into the paprika mixture.
  - Press the paprika-coated fork into the surface of the hummus, creating a decorative pattern.
  - Drizzle extra virgin olive oil over the top of the hummus.
  - Garnish the hummus with fresh parsley or mint for added flavor and a pop of color.
  - Serve with pita bread, vegetable sticks, or your favorite dip-able snacks.
  - For a little extra taste, add a little more salt and oil

## *Cauliflower Bake*

- 🌲 1 head of cauliflower
- 🌲 1/2 pound (more or less) of bacon
- 🌲 1/4 cup of parmesan cheese, shredded or grated
- 🌲 1/4 cup of mozzarella cheese, shredded
- 🌲 1/4 cup of cheddar cheese, shredded
- 🌲 Salt and pepper to taste
- 🌲 1 Tbs of butter or margarine
- 🌲 2 Tbs of milk
- 🌲 Green onions
  - Preheat your oven to 375 F.
  - Fry and crumble your bacon. Set aside.
  - Take your head of cauliflower and chop it into decent sized chunks. Boil it or steam it for about 10 minutes. You don't want it to be too soft. Strain it and put it back into your pot.
  - Add in your butter or margarine, your milk, salt and pepper, parmesan and mozzarella cheese and bacon. Mix it up.
  - Put it all in an ovenproof baking dish. Top with your cheddar cheese and green onions.
  - Bake for 10 minutes and enjoy!

## *Honeycrisp Apple and Feta Salad*

- 🌲 1/4 cup raw pecans
  - 🌲 2 tablespoons pumpkin seeds
  - 🌲 3 tablespoons maple syrup
  - 🌲 1/2 teaspoon cayenne pepper
  - 🌲 1/4 teaspoon ground cinnamon
  - 🌲 flaky sea salt
  - 🌲 3 ounces thinly sliced prosciutto
  - 🌲 6 cups arugula or shredded kale
  - 🌲 2 honeycrisp apples, thinly sliced
  - 🌲 1 avocado, diced
  - 🌲 arils from 1 pomegranate
  - 🌲 1/2 cup crumbled feta cheese
- Apple Vinaigrette**
- 🌲 1/3 cup extra virgin olive oil
  - 🌲 1/4 cup apple cider vinegar
  - 🌲 1 tablespoon dijon mustard
  - 🌲 1 tablespoon apple butter (optional)
  - 🌲 2 teaspoons honey or maple syrup

🌲 1 tablespoon fresh thyme leaves

🌲 2 teaspoons chopped fresh sage

🌲 kosher salt and black pepper

- Preheat the oven to 350° F. Line a baking sheet with parchment paper. On the prepared baking sheet, toss together the pecans, pumpkin seeds, maple, cayenne, and cinnamon. Arrange in a single layer.
- Lay the prosciutto flat around the nuts.
- Transfer to the oven and bake for 10-15 minutes or until the nuts are toasted and the prosciutto is crisp. Watch both closely. Sprinkle the nuts with sea salt.
- Meanwhile, in a large salad bowl, combine the arugula, apples, avocado, and pomegranate arils.  
To make the vinaigrette. Combine all ingredients in a jar with a lid and shake. Taste and adjust as needed.
- Pour the vinaigrette over the salad, tossing to combine. Top the salad with toasted nuts, prosciutto, and feta. Eat and enjoy!
- Tip: you can substitute goat cheese for feta and decrease the maple syrup used to be more metabolically friendly

### Easy-Peasy Purple Cabbage

🌲 1 large head of purple cabbage, shredded or chopped

🌲 3-4 tablespoons coconut oil

🌲 Pink salt, to taste

🌲 Freshly ground black pepper (optional, to taste)

🌲 1 tablespoon apple cider vinegar or lemon juice (optional, for a tangy kick)

🌲 1/2 teaspoon caraway seeds or cumin (optional, for extra flavor)

- Wash the cabbage thoroughly. Remove the outer leaves and core, then chop or shred the cabbage into thin strips. You can use a sharp knife or a mandoline slicer for even pieces.
- Heat the coconut oil in a large skillet or sauté pan over medium heat. Once the oil has melted, add the chopped cabbage to the pan, and stir to coat the cabbage evenly in the coconut oil.
- Cover the pan with a lid and let the cabbage cook, stirring occasionally. This will allow the cabbage to soften and release its moisture. Cook for 15-20 minutes, or until the cabbage is soft and slightly caramelized.
- Sprinkle with pink salt to taste. You can also add freshly ground black pepper if desired. For an extra layer of flavor, you can stir in 1 tablespoon of apple cider vinegar or lemon juice just before serving to add a tangy flavor



- If you like a warm, slightly earthy flavor, consider adding 1/2 teaspoon of caraway seeds or cumin at the same time.

# Entrees

## *Tater tot hotdish (Minnesota classic)*

- 🌲 1 can of cream of mushroom
  - 🌲 1 can cream of chicken
  - 🌲 1 bag of frozen mixed vegetables
  - 🌲 1 large can of vegetable beef soup
  - 🌲 2 pounds of grass fed hamburger meat
  - 🌲 1 packet of lipton onion soup mix
  - 🌲 1 bag of tater tots
- Preheat oven to 400°
  - Brown hamburger with 1 packet of lipton onion soup mix. Add all the soup, vegetables, browned meat together in a large 9x12 pan. Top with tater tots and cover in tinfoil. Place in the oven for 40 minutes. After 40 minutes, remove the tinfoil and allow the tater tots to continue to cook and brown for an additional 10-15 minutes.
  - Eat and enjoy! (:

## *Gluten-Free Meatloaf with Ground Beef and Italian Sausage*

- 🌲 2/3 ground beef (about 2 lbs)
- 🌲 1/3 ground mild Italian sausage (about 1 lb)  
(Or substitute with your preferred meat or plant-based option)
- 🌲 1 small box of fresh mushrooms, finely chopped (you want them to "disappear" into the meatloaf)
- 🌲 1 small can of petite diced tomatoes, drained
- 🌲 1-2 whole eggs (1 large egg or 2 small eggs, depending on size)
- 🌲 1/2 to 1 whole onion, finely chopped (depending on personal taste)
- 🌲 Salt and freshly ground black pepper to taste
- 🌲 1/2 to 3/4 cup gluten-free Italian breadcrumbs (or enough to absorb the moisture and help bind the mixture)
- 🌲 Optional toppings: ketchup, bacon strips, or other toppings of your choice (but typically not used in this recipe)

- Take the ground beef and Italian sausage out of the refrigerator ahead of time so they can warm up a bit before mixing. This makes it easier to handle when you're mixing.
- If you're using plastic bags on your hands (as Bob does), get those ready to make the mixing less messy!
- Preheat your oven to 375°F (190°C) to get it ready for the meatloaf.
- In a large mixing bowl, combine the ground beef and Italian sausage.
- Add the finely chopped mushrooms, drained petite diced tomatoes, and the finely chopped onion. Mix these in with your hands, being sure that the mushrooms blend in well and are evenly distributed.
- Add the eggs (1 or 2, depending on size), salt, and pepper to taste, and mix again.
- Slowly add the gluten-free Italian breadcrumbs, about 1/2 cup at a time, until the mixture holds together and isn't too wet. You want the meat mixture to feel firm but not dry. Adjust the amount of breadcrumbs as needed to achieve the right consistency.
- Once the meat mixture is well combined, form it into a loaf shape. Place it into a glass or metal baking dish that's deep enough to catch any drippings.
- Place the meatloaf in the oven and bake at 375°F (190°C) for 20 minutes to start the browning process.
- After 20 minutes, reduce the heat to 350°F (175°C) and continue baking for an additional 40 minutes, or until the meatloaf is cooked through. The internal temperature should reach 145°F (63°C) if you're using a meat thermometer.
- If you have a smaller meatloaf, it may cook faster, so check the temperature earlier.
- Once the meatloaf is cooked, remove it from the oven and let it rest for about 5-10 minutes to set the juices before slicing.
- Slice the meatloaf into thick slices and serve.

### *Salmon with Lemon-Dill Sauce*

- 🌲 4 salmon fillets (skin on or off, as preferred)
- 🌲 2 tablespoons olive oil
- 🌲 Salt and pepper to taste
- For the Lemon-Dill Sauce:
- 🌲 1/2 cup sour cream (or Greek yogurt for a lighter version)
- 🌲 1 tablespoon fresh dill, chopped

- 🌲 1 tablespoon lemon juice
- 🌲 1 teaspoon Dijon mustard
- 🌲 1 teaspoon honey or maple syrup (optional)
- 🌲 Salt and pepper to taste
  - Prepare the salmon: Preheat your oven to 375°F (190°C). Rub the salmon fillets with olive oil, and season with salt and pepper.
  - Roast the salmon: Place the salmon on a baking sheet lined with parchment paper. Roast for 12–15 minutes, or until the salmon flakes easily with a fork.
  - Make the sauce: While the salmon cooks, whisk together the sour cream (or yogurt), dill, lemon juice, Dijon mustard, honey (if using), salt, and pepper in a small bowl. Taste and adjust seasonings as needed.
  - Serve: Drizzle the lemon–dill sauce over the cooked salmon and garnish with extra fresh dill or lemon slices.

### *Sweet and Spicy Chicken Thighs*

- 🌲 6–8 bone-in, skin-on chicken thighs (about 3 lbs)
- 🌲 1/4 cup hot pepper jelly (make sure it's gluten-free)
- 🌲 2 tablespoons olive oil
- 🌲 1 tablespoon apple cider vinegar or white vinegar
- 🌲 1 teaspoon smoked paprika
- 🌲 1/2 teaspoon garlic powder
- 🌲 Salt and pepper to taste
- 🌲 Fresh cilantro or parsley for garnish (optional)
  - Preheat the oven to 400°F (200°C).
  - Pat the chicken thighs dry with paper towels. This helps the skin crisp up during roasting.
  - Place the chicken thighs on a baking sheet or in a roasting pan, skin side up.
  - Drizzle the olive oil over the chicken thighs and rub it evenly into the skin. Sprinkle the smoked paprika, garlic powder, salt, and pepper evenly over the chicken thighs.
  - For the glaze: In a small bowl, mix together the hot pepper jelly and apple cider vinegar. Stir until the jelly is smooth and the vinegar is well incorporated. This will create a tangy–sweet glaze that balances the heat from the jelly.
  - Brush the glaze generously over the chicken thighs, ensuring they are well coated. Reserve a little bit of the glaze to brush on the chicken again halfway through cooking.

- Roast the chicken thighs in the preheated oven for about 35-40 minutes, or until the chicken is golden brown, crispy on the edges, and cooked through (internal temperature should reach 165°F or 74°C).
- About halfway through cooking (around 20 minutes), brush the chicken with the remaining glaze for extra flavor.
- Once the chicken is done, remove it from the oven and let it rest for 5-10 minutes before serving.

### *Instant Pot Spaghetti & Meatballs*

- 🌲 Works for most diets - serve with bread of your choice and a fresh green salad!
- 🌲 2 tablespoons extra virgin olive oil
- 🌲 2 tablespoons (1/4 stick) salted butter (can exchange for non-dairy product or use all oil)
- 🌲 2 shallots or 1 medium yellow or sweet onion, diced
- 🌲 1 tablespoon (3 cloves) garlic, crushed or minced
- 🌲 1 - 1 1/2 pounds of meatballs (beef, turkey, plant-based, etc.) about the size of ping-pong balls; either frozen or raw will work
- 🌲 3 cups broth of your choice (beef, chicken, OR vegetable)
- 🌲 3 cups marinara sauce, divided into two equal portions - you can use homemade or jarred, whatever you prefer
- 🌲 1 teaspoon oregano
- 🌲 1 lb (1 box) of spaghetti - regular, whole wheat, gluten-free, etc.
- 🌲 10 ounces grape/cherry tomatoes
- 🌲 1/4 cup grated Parmesan cheese, plus extra for the table
- 🌲 5.2 ounce package of Boursin cheese (any flavor) or 4 ounces (1/2 of a brick) of cream cheese, or non-dairy creamy cheese - OPTIONAL!
  - Add the oil/butter to the Instant Pot, press Sauté Once melted, add in the shallots/onions and garlic and sauté for 3 minutes. Press the Cancel button to stop the Sauté.
  - Add in the meatballs (frozen or raw) followed by the broth, 1 1/2 cups of the marinara sauce and the oregano. Stir well.
  - In batches, break the spaghetti in half and place in the pot, layering it in opposite directions (like an "X") to help it cook. DO NOT STIR the spaghetti, but smooth it out with a spoon so it's submerged under the broth.
  - Top with the cherry tomatoes, secure the lid, then hit Manual or Pressure Cook at High Pressure and set the time for 8 minutes. Quick release when done.

- Give the spaghetti a stir. If it appears to clump together a bit, it will quickly detach once stirred and while the noodles should be perfectly al dente, they will also soften in a few moments of resting. If the sauce appears a bit thin, not to worry as that will all change!
- Add in the remaining 1 1/2 cups of marinara sauce along with the Parmesan and the Boursin or cream cheese (if using) and give it a final stir and let rest for about 3-5 minutes before serving as the sauce will thicken even more.
- Place in bowls and serve with additional parmesan cheese if desired.

### *Zucchini Breakfast Cookie*

- 🌲 1 cup rolled oats rolled oats, old fashioned oats or large flake oats
- 🌲 1 cup all-purpose flour
- 🌲 1 1/2 tsp baking soda 1 1/4 tsp ground cinnamon
- 🌲 1/4 tsp ground nutmeg
- 🌲 1/2 cup shredded coconut
- 🌲 1/3 cup chopped pecans, almonds or walnuts
- 🌲 1/2 cup maple syrup
- 🌲 1/3 cup avocado oil or melted coconut oil
- 🌲 1 tsp vanilla extract
- 🌲 1 cup packed shredded zucchini (important! squeeze excess water out of zucchini first and then measure)
  - Preheat the oven to 375 F.
  - Line a large baking sheet with parchment paper
  - Mix together maple syrup, avocado oil, vanilla extract and shredded zucchini in a bowl and set aside.
  - Mix together dry ingredients in a large bowl.
  - Add wet ingredients to dry and stir to combine. You'll get a thick dough.
  - Scoop out 1/4 cup per cookie, forming into a bit of a ball and then flatten to about a 3/4 inch on the cookie sheet.
  - Bake for 14-17 minutes until just golden brown on top.
  - Cool on the pan for 5 minutes and then remove to a cooling rack.
  - Store in an airtight container on the counter for up to 2 days and in the fridge for 5 days. Freeze for up to 2 months.

### *Kitchen Sink Casserole*

- 🌲 What to do when you're tired of Thanksgiving or holiday leftovers? Make a casserole!

- Preheat your oven to 350 degrees.
- Layer your leftovers in an oven-ready casserole dish in any order.
- For instance: turkey, stuffing, gravy, veggies, cranberry sauce and mashed potatoes. Place in the oven and heat until warm.
- If you're tired of holiday food, freeze the casserole and take it out some day when you would love to have a taste of the holidays!

### *Savory Butternut Squash Pie*

- 🌲 3 tablespoons extra-virgin olive oil
- 🌲 1 large white or yellow onion, chopped (about 1½ cups)
- 🌲 Salt and pepper
- 🌲 2 pounds butternut squash or winter squash, peeled, seeded and cut in 1-inch cubes (about 8 cups)
- 🌲 4 cups shredded kale, chard or other sturdy cooking green (from one 8-ounce bunch)
- 🌲 1 tablespoon roughly chopped sage
- 🌲 1 tablespoon roughly chopped thyme
- 🌲 2 garlic cloves, minced
- 🌲 Pinch of red-pepper flakes
- 🌲 2(8-ounce) puff pastry rounds, or use 2 (14-ounce) puff pastry rectangles
- 🌲 5 ounces provolone, cut in ¼-inch cubes (about 1 cup)
- 🌲 3 tablespoons grated Pecorino Romano
- 🌲 1 egg, beaten

- Put oil in a wide skillet over medium-high heat. Add onions, and season generously with salt and pepper. Cook, stirring, until softened and lightly browned, 5 to 7 minutes. Reduce heat if onions are browning too quickly.
- Transfer onions to a large bowl. Add squash cubes, kale, sage, thyme and garlic. Season with salt and red-pepper flakes, and toss well to coat.

Heat oven to 350 degrees. Roll the puff pastry rounds to 12 inches in diameter (or roll and trim pastry rectangles to achieve two 12-inch rounds). Line a 10-inch pie pan or other shallow round baking dish with one 12-inch round of pastry. Add squash filling, piling it high. Sprinkle it with provolone and pecorino. Lay the remaining pastry round over filling and crimp edges to seal. Paint the top of the pie with beaten egg.

- Place the pie on a rimmed baking sheet to catch drips. Transfer to oven, and bake for about 1 hour, until pastry is nicely browned and squash is soft when probed with a paring knife. (Start checking at the half-hour mark and the 45-minute mark to make sure the pastry isn't browning too

quickly. Tent with foil, if so.) Allow to rest at least 10 to 15 minutes before cutting into large wedges and serving.

### *Miso-Butter Pasta With Butternut Squash*

- 🌲 2 tablespoons unsalted butter, at room temperature
- 🌲 2 teaspoons white miso
- 🌲 3 to 5 large garlic cloves, smashed
- 🌲 2½ pounds butternut squash, peeled and cut into ½-inch cubes (see Tip)
- 🌲 1 tablespoon olive oil, plus more as needed
- 🌲 Kosher salt and black pepper
- 🌲 1 pound mezze rigatoni or other short pasta
- 🌲 ½ cup grated Parmesan, plus more for serving
- 🌲 1 lime, zested and juiced (2 teaspoons zest, 2 tablespoons juice)
- 🌲 ¼ teaspoon red-pepper flakes (optional)
  - Heat the oven to 450 degrees. On a sheet pan, mash together the butter and miso. Add the garlic and squash, drizzle with 1 tablespoon olive oil, and toss to coat with the miso-butter mixture. Sprinkle 1 teaspoon salt and season with pepper. Cook until easily pierced with a fork and the raw taste is gone, 25 to 30 minutes.
  - Meanwhile, bring a large pot of salted water to a boil. Add the pasta, adjusting the heat to maintain a gentle boil, and cook until just shy of al dente. Reserve 1 cup pasta water, then drain the noodles. If done before the squash, drizzle with olive oil to prevent the noodles from sticking together. Leave in the sink to drain.
  - When the squash is done, return the pasta to the pot over low heat. Scrape in squash, garlic and any liquid that accumulated, then add the Parmesan and ½ cup pasta water, stirring well until the noodles have a light sheen to them. If it appears dry, add more pasta water a tablespoon at a time until you reach your desired consistency. Stir in the lime zest and juice, season to taste with salt, and top with pepper and red-pepper flakes, if using. Serve with extra cheese.
  - Peeling and cutting the squash is the hardest and most time-consuming part of this recipe, so you can make it easier by using pre-cut squash or by softening the skin before cooking. To do so, trim the ends, prick the skin all over with a fork and microwave for 3 to 3 ½ minutes. This softens the skin and flesh — without cooking it too much — to make it easier to cut. Hold the squash with a kitchen towel, then use a vegetable peeler to remove the skin, and continue to cut from there.



## *Double-Duty Chicken with Olives & Artichokes*

- 🌲 1/4 cup all-purpose flour
- 🌲 1/2 teaspoon garlic salt
- 🌲 1/4 teaspoon pepper
- 🌲 8 bone-in chicken thighs (3 pounds), skin removed if desired
- 🌲 1 tablespoon olive oil
- 🌲 4 garlic cloves, thinly sliced
- 🌲 1 tablespoon grated lemon zest
- 🌲 1 teaspoon dried thyme
- 🌲 1/2 teaspoon dried rosemary, crushed
- 🌲 1 can (14 ounces) water-packed quartered artichoke hearts, drained
- 🌲 1/2 cup pimiento-stuffed olives
- 🌲 1 bay leaf
- 🌲 1-1/2 cups orange juice
- 🌲 3/4 cup chicken broth
- 🌲 2 tablespoons honey

### Gremolata:

- 🌲 1/4 cup minced fresh basil
  - 🌲 1 teaspoon grated lemon zest
  - 🌲 1 garlic clove, minced
- In a shallow bowl, mix flour, garlic salt and pepper. Dip chicken thighs in flour mixture to coat both sides; shake off excess. In a large skillet, heat oil over medium heat. In batches, brown chicken on both sides. Transfer to a 4-qt. slow cooker.
  - Sprinkle garlic, lemon zest, thyme and rosemary over chicken. Top with artichoke hearts, olives and bay leaf. In a bowl, mix orange juice, broth and honey; pour over top. Cook, covered, on low 4-5 hours or until chicken is tender. Remove bay leaves.
  - Mix gremolata ingredients in a small bowl. Sprinkle over chicken and artichoke mixture, serve chicken.

## *Desserts/Candies*

### *Salty Chocolate Date Caramels*

- 🌲 1 cup packed soft & pitted Medjool dates
- 🌲 1 tablespoon creamy almond butter
- 🌲 1/2 teaspoon vanilla extract
- 🌲 1 tablespoon warm water
- 🌲 1/4 teaspoon fine sea salt
- 🌲 2 1/2 tablespoons almond flour
- 🌲 5 ounces of dark chocolate, at least 70%
- 🌲 flaky sea salt for finishing

- Add dates, almond butter, vanilla, salt and warm water to a food processor. Blend until completely smooth, scraping down the sides to make things easier. Add almond flour/meal and process until incorporated.
- Line a small bread pan or narrow pan with greased parchment paper (you can use coconut oil). Scrape the date mixture out of the processor, and smooth with another greased sheet of parchment paper, using your hand or a spatula to press on top of the paper and make even.
- The caramels should be about a 1/2 inch thick. Place in the freezer for one hour. Meanwhile, temper chocolate using these instructions. Remove caramels from the freezer, and cut into 12

small squares. Then dip and coat with chocolate using a fork, tapping on the side of the bowl to get chocolate to drip off. Set on a piece of parchment paper to dry.

- Sprinkle with sea salt as you work, waiting a few seconds so that the chocolate has started to harden a bit and the salt will adhere. Caramels will last at room temperature for 1 week if you temper the chocolate. You can also use the regular method of melting the chocolate over a double boiler or in the microwave, and adding a 1/2 tablespoon coconut oil. If you make this way, the caramels will need to be kept refrigerated until serving.

### *Chocolate Covered Peppermint Marshmallows*

🌲 1 cup unfiltered honey

🌲 1 cup water

🌲 2.5 Tbsp powdered gelatin

🌲 1 tsp vanilla extract

🌲 1/2 tsp peppermint extract

🌲 8 candy canes, crushed (I used TruJoy candy canes, which are organic, corn syrup free, and colored with fruit juice)

🌲 1.5 cups of chocolate chips, finely chopped (I use Enjoy Life, allergy-free chocolate)

🌲 Note: you will need a candy thermometer for this recipe

- Line an 8×8 inch baking dish with parchment paper.
- In a large mixing bowl, add your gelatin, and 1/2 cup of water. Allow this to sit while you work with your sugar mixture. Also, have an electric hand mixer ready to go when your sugar is ready.
- To a medium saucepan, add your other 1/2 cup of water, and all of your honey. Turn the heat up to medium-high, and bring to a boil. The mixture will foam up significantly, so be very careful to not let it boil over. If it starts to get too close to the top, remove from the heat briefly. Stir constantly.
- Using a candy thermometer (very important, you cannot do this without one. But good news is you can get one cheap at Walmart!), bring your sugar/water mixture up to the “soft ball” level, or 240 degrees F. This will take between 15-30 minutes. Continue stirring your mixture throughout the entire process, you do not want it to burn on the bottom. Watch your temperature very closely.
- As soon as the temperature is exactly at the “soft ball” mark, remove it from the heat. Immediately start to drizzle your sugar mixture over the

gelatin, and mix the two together with your electric mixer on medium. This is a relatively delicate process, because this means you are pouring hot, liquid sugar with one hand, and are using the electric mixer to mix the ingredients with the other. Slowly pour in all of your sugar, in a thin stream, until it is all in your bowl.

- Now use your electric mixer, on high, to combine the gelatine and sugar. This process will take about 5-10 minutes, but as you continue to mix and incorporate, you will notice that the mixture will begin to froth up, slowly lighten in color, and then thicken into a fluff. Even if it seems like it isn't doing anything in the beginning, just keep going!
- Continue to mix until you have a fluffy, marshmallow-like texture. There will be ripples in your fluff, and it will easily coat your finger. At this point, add the vanilla extract, and peppermint extract, and continue to mix until combined.
- Once your mixture is the consistency of marshmallow fluff, use a rubber spatula to transfer the mixture into your parchment-lined baking dish. evenly distribute the fluff, and allow it to sit for at least 2 hours, or until completely set. Note that this will be VERY sticky, even once set. Do not touch the top.
- Once your mixture is set, use a pizza cutter to cut the marshmallows into equal-sized squares (whatever size you prefer). Again, the marshmallows will still be VERY sticky, so it may be helpful to grease the pizza cutter, or your fingers. However, you want them to remain sticky so you can easily coat them, so try not to get the marshmallows too oily.
- Add the chopped candy canes and chocolate into a large bowl and combine. In small batches, add the marshmallows to the candy cane and chocolate mixture, and toss to coat. Repeat until all of the marshmallows are coated. Store in a jar or Tupperware container, and enjoy!

### *Chocolate Bourbon Caramel Cups*

FOR THE CHOCOLATE CUPS:

- 🌲 12 oz. weight Chopped Dark Chocolate (I Used Vegan Dark Chocolate)
- 🌲 2 tsp. Coconut Oil
- 🌲 1/3 c. Toasted Pistachios, Chopped
- 🌲 Sea Salt For Sprinkling

FOR THE BOURBON CARAMEL:

- 🌲 1 tbsp. Bourbon
- 🌲 2 tsp. Vanilla Extract (I Used Vanilla Bean Paste)
- 🌲 1 c. Sugar
- 🌲 2 tbsp. Coconut Oil

🌲 3/4 c. Unsweetened Coconut Cream (I Used Trader Joe's)

🌲 24 candy cup liners

- For the chocolate cups, melt the chocolate and coconut oil in a heat proof bowl in a microwave or over a double boiler, whisking until smooth. Spread the inside of small candy cup liners with a thin layer of chocolate (you should have chocolate left over). Place them on a sheet pan and into the freezer for 10–15 minutes while you make the caramel.
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- For the caramel, add bourbon and vanilla to the cream.
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- In a heavy saucepan over medium-high heat, melt the sugar. Stir gently until sugar is mostly melted and then reduce heat to lowest setting and add coconut oil. Whisk in the cream mixture. If the sugar seizes up, then turn the heat to medium and stir constantly until sugar has melted back into the caramel and is smooth and thick. This can take 5–8 minutes so be patient!
- 
- Take the chocolate cups out of the freezer and put a little spoonful of the caramel into the frozen chocolate cups. When they are all filled, place back in the freezer for about 15 minutes.
- At this point, you will have to re-melt the remaining chocolate. Spoon a small amount over the top of the caramel, just enough to cover the caramel and seal up the cup. Immediately sprinkle with a small amount of the pistachios and salt. Let sit at room temperature to set up.
- Store in an airtight container or in the freezer.

### *Chocolate Covered Strawberry Marshmallow Cookies*

#### **Hazelnut Sabl e Cookie**

🌲 9 tablespoons (127 grams) unsalted butter room temperature (65–68°F degrees)

🌲 1 1/2 cups (212 grams) all-purpose flour

🌲 1/2 teaspoon kosher salt

🌲 1/4 cup (28 grams) hazelnut flour

🌲 2/3 cup (86 grams) powdered sugar

🌲 3 (60 grams) egg yolks room temperature

Strawberry Marshmallow

🌲 18 tablespoons (225 grams) granulated sugar

🌲 6 tablespoons (123 grams) Karo corn syrup

🌲 6 teaspoons (18 grams) powdered gelatin

🌲 1 1/4 cups water divided

- 🌲 3 (90 grams) egg whites room temperature
- 🌲 1/4 teaspoon kosher salt
- 🌲 2 teaspoons vanilla
- 🌲 1 cup (1 ounce) freeze-dried strawberries
- Chocolate Glaze
- 🌲 12 ounces bittersweet chocolate chopped
- 🌲 12 tablespoons (172 grams) unsalted butter room temperature

### **Hazelnut Sableé Cookie**

- In the bowl of a stand mix combine the butter, all-purpose flour, and salt and beat on medium low speed until the mixture is crumbly. Add the powdered sugar and hazelnut flour and mix on medium-low speed until just combined. With the mixer on medium-low speed add the egg yolks one at a time, waiting for the first yolk to be mixed in before adding the next one.
- Gather the bowl, divide it into two pieces and shape each one in a disk and wrap in plastic wrap. Refrigerate the dough for at least one hour.
- Remove the dough from the refrigerator and let it rest at room temperature for 5 minutes. Letting it rest will make it easier to roll out. Roll out the dough to 1/4-inch thickness and use a 1.75-inch cookie cutter to cut out the cookies. Place the cookies on a cookie sheet and chill them for 20 minutes. Chilling them will ensure that the cookies keep their shape when they bake.
- Preheat the oven to 325°F. Line a baking sheet with parchment paper or Silpat.
- If using a half-baking sheet, bake 16 cookies at a time. Even though the cookies don't spread, if there are too many cookies on the baking sheet, the air won't circulate properly and the cookies will take longer to brown.
- Bake the cookies for 15-20 minutes until they start to turn brown around the edges. Remove them from the oven and cool to room temperature.
- Before starting the strawberry marshmallow, arrange the cookies on a baking tray or cooling rack and have them ready for piping the strawberry marshmallow.

### **Strawberry Marshmallows**

- Add a 3/8 or 1/2-inch tip to an 18-inch pastry bag and stand it up in a tall glass container. Fold over the top to make it easier to add the marshmallow mixture.
- Add 1/2 cup water to a measuring cup and sprinkle 6 teaspoons of gelatin into the water. Stir gently to combine and let the gelatin sit for at least 5

minutes. Combine the sugar, Karo Syrup and 3/4 cup of water in a 2-quart saucepan.

- Place the freeze-dried strawberries in the bowl of the food processor and process until it is pulverized. Sift the freeze-dried strawberries to remove the larger pieces. If you do not have a food processor, place the strawberries in a plastic bag and beat it with a rolling pin until the freeze-dried strawberries are pulverized.
- Place the egg whites and the salt to the bowl of a stand mixer and beat on medium speed (speed 6 if you are using a KitchenAid mixer). Beat the mixture until they have soft peaks. The egg whites may be done before the sugar syrup and that is okay.
- At the same time that you start beating the egg whites, bring the sugar mixture to a boil over medium-high heat. Gently stir the ingredients to combine them. Once the mixture comes to a boil, do not stir it. Continue to boil the sugar syrup until it reaches 242°F. It will take about 10 minutes to bring the sugar syrup to temperature. Use a candy thermometer or a Thermoworks instant read thermometer to monitor the temperature.
- When the syrup reaches the temperature of 242°F remove the pan from the heat. Add the gelatin and whisk until the gelatin is completely melted. Increase the mixer speed to high and slowly add the sugar syrup to the bowl by pouring it down the side. Once all the sugar syrup is added, continue to beat the egg whites until the mixture reaches room temperature which will be 75°F.
- Add the pulverized strawberries and the vanilla extract and mix on high speed until incorporated, about 15 seconds.
- Quickly fill the piping bag about 2/3 full with the marshmallow mixture, twist the top of the bag close. Center the piping tip over the cookie with the bag straight up and down and pipe one round on each cookie then go back and add a second dollop on top of the first one.
- If the marshmallow becomes too thick or rubbery, place the mixing bowl over a pan of simmering water and gently stir it with a silicone spatula until the texture is smooth and feels like it originally did. Continue to pipe the marshmallows.
- Once done, allow the marshmallows to set for 4 hours or overnight.

### **Chocolate Glaze**

- Place the chopped chocolate over a pan of simmering water and allow it to melt undisturbed until there are just a few pieces left unmelted. Stir the chocolate with a whisk. When the remaining pieces of chocolate are melted, add the butter 2 tablespoons at a time and whisk after each addition until the butter is thoroughly combined with the chocolate. For

covering the marshmallows, keep the chocolate at 92°F. If it cools too much, rewarm it over simmering water.

- Line two half baking sheets with parchment paper. The chocolate covered marshmallows will be placed on these baking sheets to dry.
- To cover the strawberry marshmallow, place the marshmallow cookie on a chocolate dipping fork. Hold it over the bowl of chocolate glaze and spoon the chocolate over the marshmallow until the marshmallow and cookie are completely covered. Gently place it on a parchment lined baking tray. Stop occasionally to sprinkle any toppings on the chocolate while it is still wet.
- Let the chocolate set for 2 hours and enjoy. The chocolate covered marshmallows can sit at room temperature for 2 days and be refrigerated for a week.

### *Orange White Chocolate Truffles*

🌲 3 tbsp organic no pulp orange Juice

🌲 zest of 1 medium orange

🌲 4 tbsp salted butter

🌲 1 cup white chocolate chips

🌲 1 tsp orange extract

🌲 powdered sugar for topping

- In a saucepan, heat the orange juice and zest over low heat to steaming.
- After 5 minutes of steaming, add the butter to the pan. Allow the butter to melt completely.
- Add the white chocolate chips to a separate mixing bowl. Strain the orange juice-butter mixture over the chocolate chips and allow the chips to melt.
- Whisk the chocolate and liquids together until smooth. Lastly, stir in the orange extract.
- Cover the bowl and allow the mixture to cool in the refrigerator for 20 minutes.
- Use a teaspoon to scoop the mixture into balls. Lightly coat your hands with the powdered sugar and roll the balls into a round shape before rolling them in the powdered sugar.
- Freeze the powdered orange truffles until you're ready to enjoy.

### *Gluten-Free/Dairy-Free Chocolate Chip Cookies*



- 🌲 1/2 cup coconut oil, softened or softened dairy-free butter OR regular butter if you're okay with dairy
- 🌲 1/2 cup packed brown sugar
- 🌲 1/2 cup white sugar
- 🌲 2 teaspoons vanilla extract
- 🌲 1 egg
- 🌲 1 2/3 cup gluten-free all-purpose flour with xanthan gum\*
- 🌲 1/2 teaspoon baking powder
- 🌲 1/2 teaspoon baking soda
- 🌲 1/4 teaspoon salt
- 🌲 1 cup chocolate chips + extra for cookie tops

- Preheat the oven to 350°F. Line a baking sheet with parchment or use a non-stick baking pan.
- Place the gluten-free flour, baking powder, baking soda, and salt in a bowl and whisk or stir well to combine.
- Use a hand mixer to beat the softened coconut oil or butter and both sugars together until fluffy. Add the vanilla extract and egg and mix well.
- Add the dry ingredients to the wet ingredient bowl, and fold with a rubber spatula until there are no dry spots.
- Fold in the chocolate chips. Use a small cookie scoop or your hands to form the dough into 30 balls and place them 2 inches apart on the cookie sheet - they do spread. Press 3-4 chocolate chips into the tops of the cookie dough balls.
- For crispier cookies, bake immediately. For softer cookies, refrigerate the cookie dough balls for 30 minutes.
- Bake for 12-14 minutes until the edges are lightly coloured and the centres are still a little soft.
- Allow the cookies to cool on the baking sheet for 15 minutes until they are set, then transfer to a wire rack to continue cooling.

\*I use GF flour without xanthan gum so I add my own. For this recipe I added 1/4 teaspoon + 1/8 teaspoon + a pinch of xanthan gum.

# Extra: Winter Wonderland Simmer

## *Easy Stovetop Holiday Potpourri (Good for Gifts, Too!)*

🌲 Want to make your home smell like the holidays without a candle or freshener or any other endocrine disrupting chemicals? Here is a recipe for you:

🌲 1/2 orange, sliced

🌲 1/2 lemon, sliced

🌲 1/3 cup fresh cranberries

🌲 1-2 cinnamon sticks

🌲 1 teaspoon nutmeg

🌲 1/2 teaspoon cloves (optional)

- Fill a medium saucepan 1/2 way up with water. Add orange slices, lemon slices, cranberries, cinnamon sticks, nutmeg and cloves. Bring to a boil, then reduce the heat to low and simmer. Refill water throughout the day to prevent burning.
- Packing a whole orange and lemon, some cranberries, cinnamon sticks, nutmeg and cloves in a nice box or holiday ziplock bag with the recipe makes an easy gift everyone likes!