



PALEO HOLIDAY COOKING

50 Festive Recipes for Real Healthy Celebrations



DIANA KEUILIAN

The *Paleo Holiday Cooking Recipe Book* is published by Paleo Limitless, LLC in conjunction with Keuilian, Inc.

A note from the Publisher:

Diana has been a friend of Paleo hacks and myself for over a year now, you may have seen her featured on our [Paleo hacks Blog](#). Her recipes have been consistently a big hit for Paleo hackers, and she's been a pleasure to work with. I hope you enjoy her recipes this holiday season!

- **Dave Sinick**, Paleo hacks.com

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Hello Friends,

Welcome to Paleo Holiday Cooking, 50 Festive Recipe for Real Healthy Celebrations! I'm so happy that you've picked up this book, and can't wait to share these new, innovative paleo holiday recipes with you.

My name is Diana Keulian, I'm the mother of two and a lover of food. A few years ago I discovered a passion for turning classic recipes into delicious, paleo-approved creations. That passion prompted me to start my blog [Real Healthy Recipes](http://RealHealthyRecipes.com) and to then put over 200 of my original recipes into a collection of cookbooks titled [Family Friendly Fat Burning Meals](http://FamilyFriendlyFatBurningMeals.com).



The holidays are a time filled with love, laughter and sharing home cooked meals and treats with friends and family. This can get tricky for those of us who avoid grains and refined sugar. It's hard not to feel obligated to break your diet and join in on the feasting.

My solution has been to create and share wholesome versions of classic holiday dishes. This way I can join in on the feasting without breaking my diet and while exposing others to a healthier version of their favorite foods.

In this book, I share 50 of my favorite paleo holiday recipes with you. :)

I'd love to get your feedback on which recipes you and your family loved the most! Reach out to me at RealHealthyRecipes@gmail.com. Also let's be friends on Facebook. Like my [Real Healthy Recipes Facebook Page](#) and receive ongoing support, motivation, healthy eating tips and lots of new recipes!

In the following pages I share with you 50 of my most delicious, paleo holiday recipes. From Halloween to Christmas, I've got all of your holidays covered. This collection of innovative creations is proof that healthy can taste just as good, and sometimes even better, than your old favorites.

I hope that your family comes to love these recipes as much as mine does. Enjoy and Happy Holidays!

Happy Cooking :)

Diana Keuilian

P.S. 'Like' the [Real Healthy Recipes Facebook Fan Page](#) for ongoing tips, support, motivation and paleo recipes.

Disclaimer: The information contained in this book is for educational purposes only. This content is meant to supplement, not replace, medical advice. Always consult your physician prior to starting a new nutrition plan.

Paleo Holiday Cooking

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Caramel Apples

Caramel apples are one of fall's most classic treats. This recipe takes out the refined cane sugar and corn syrup and instead uses coconut sugar. I honestly think it tastes better than any other caramel apple I've tasted – the caramel flavor is deep and rich, without being sickly sweet like traditional caramel.

Prep: 20 minutes **Chill:** 15 minutes **Makes:** 12 servings

One serving equals:

161 calories, 8g fat, 74mg sodium, 20g carbohydrate, 3g fiber, and 1g protein



Here's what you need:

- 6 green apples
- 1 batch Coconut Sugar Caramel (found on page 61)
- ½ cup sliced almonds

1. Wash the apples, remove stems and press a craft stick into the top of each. Line a plate with wax paper and set the apples on it.
2. Roll each apple in the caramel and sprinkle with sliced almonds. Place coated apples back on the wax paper, then chill for 15 minutes before serving. Store in the fridge.

Sour Fruit Candy

Halloween is a time when most people eat a scary amount of processed, sugar-filled candy. As the mother of two school aged kids, I have a battle to fight every October. By making our own wholesome candies and treats at home the kids don't feel like they are missing out on the fun—and I'm happy since they aren't eating refined sugar!

Prep: 20 minutes **Total Time:** 10 hours 20 minutes **Makes:** 12 servings

One serving equals:

36 calories, 0g fat, 7mg sodium, 6g carbohydrate, 0g fiber, and 2g protein



Here's what you need:

- 1/3 cup fruit-only juice (I made a batch with Black Cherry Juice and a batch with Mango Juice)
 - 1 teaspoon citric acid, divided
 - 1/2 cup water, divided
 - 4 (1/4 oz) packets unflavored gelatin
 - 1/4 cup coconut nectar
 - 1 Tablespoon arrowroot starch
1. In a small pot combine the fruit juice, 1/2 teaspoon of the citric acid, 1/4 cup of the water. Mix well then sprinkle the gelatin evenly over the top of the fruit mixture. Set aside.
 2. In another small pot, combine the remaining 1/4 cup water and the coconut nectar.

3. Bring to a rapid boil for 5 minutes. Pour the hot nectar mixture over the gelatin mixture. Immediately place over medium heat and stir well until liquid and smooth, about 4 minutes.
4. Pour the mixture into an 8x8 pan and leave at room temperature for 2 hours. Cut into pieces. Combine the arrowroot with the remaining 1/2 teaspoon of citric acid and coat the candies. Place the candies on a wire rack and dry for 8 hours or overnight.

*For fun shapes try using a rubber mold, and pour the mixture into the mold in step 3. Enjoy!

Ghostly Pumpkin Custard

These little white ghosts are not only cute, they're also wholesome and delicious. Not sure which is more tasty—the cream made from young coconut meat or the silky pumpkin custard. I'll take both :)

Prep: 20 minutes **Bake:** 55 minutes **Oven:** 325 **Makes:** 6 servings

One serving equals:

290 calories, 20g fat, 104mg sodium, 24g carbohydrate, 5g fiber, and 5g protein



Here's what you need:

- 1 (15 oz) can pumpkin
- 1 (13.66 oz) can coconut milk, full fat
- 1/3 cup pure maple syrup
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 2 eggs
- 1 cup Coconut Cream Frosting (found on page 64)
- 1 Tablespoon mini chocolate chips (Enjoy Life brand)

1. Preheat the oven to 325 degrees F.
2. Blend all of the ingredients, except the coconut cream frosting and chocolate chips, in a high speed blender until very smooth.

3. Arrange 6 custard cups in a casserole dish. Fill the casserole dish with 1 inch of hot water. Pour the custard mixture into each custard dish. Bake for 55 minutes.
4. Remove from oven, cool and then chill in the fridge for 20 minutes. Use a piping bag and frosting tip to apply coconut cream frosting to the tops of each custard dish in the shape of a ghost. Give each ghost 2 eyes using the mini chocolate chips. Store in the fridge.

Franken Slime

Maybe you're seen this fun technique for Frankenstein treats floating around on Pinterest, well this version is quite different. Not only is the pudding made with nutritious chia seeds and zero refined sugar, the awesome green color comes from spirulina powder rather than artificial food coloring. While the biggest draw to this treat may be the novelty of the Frankenstein face, what I love the most is the delicious taste!

Prep: 35 minutes **Makes:** 6 servings

One serving equals:

297 calories, 19g fat, 106mg sodium, 25g carbohydrate, 6g fiber, and 8g protein



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Here's what you need:

- 1 (13.66 oz) can coconut milk, full fat
- 4 kiwis, peeled and chopped
- dash of salt
- ¼ teaspoon vanilla extract
- 1 Tablespoon spirulina powder
- ½ cup chia seeds
- ½ cup mini chocolate chips (Enjoy Life brand)

1. In a high speed blender combine the coconut milk, kiwis, salt, vanilla extract and spirulina powder. Blend until smooth and uniformly green.

2. Pour the blender contents into a medium size bowl. Add the chia seeds, mix well and set aside for 30 minutes.
3. Meanwhile, use a permanent black marker to draw Frankenstein faces on 6 clear plastic cups.
4. Divide the green pudding between the 6 cups then sprinkle the tops with mini chocolate chips. Enjoy!

Monster Cookies

These cookies are a kid favorite. Who says paleo treats can't be cute and fun like all the processed ones sold in stores? With a little creativity even the healthiest cookie can become a magical experience. Keep these cookies chilled until right before serving to keep the decorations solidly in place.

Prep: 40 minutes **Bake:** 10 minutes **Oven:** 350 **Chill:** 30 minutes **Makes:** 10 servings

One serving equals:

300 calories, 22g fat, 144mg sodium, 18g carbohydrate, 3g fiber, and 4g protein



Here's what you need:

- ½ cup blanched almond flour
- ¼ cup plus 1 Tablespoon coconut flour
- ¼ teaspoon sea salt
- ½ teaspoon baking soda
- 2 Tablespoons arrowroot starch
- 1 Tablespoon Flax meal
- 1 teaspoon cream of tartar
- 3 eggs
- 1 Tablespoon vanilla extract
- ¼ cup pure maple syrup
- 3 Tablespoons coconut oil, melted
- 1/2 batch Cinnamon Frosting (found on page 62)
- 1 batch Chocolate Frosting (found on page 63)
- 2 Tablespoons mini chocolate chips (Enjoy Life brand)

1. Preheat the oven to 350 degrees F. Lightly grease a cookie sheet with coconut oil.

2. In a medium bowl combine the almond flour, coconut flour, salt, baking soda, arrowroot starch, flax meal and cream of tartar. Mix until fully combined.
3. In another medium bowl beat the eggs. Add the vanilla extract, maple syrup and coconut oil. Mix until fully combined.
4. Add the dry ingredients to the wet ones, mixing well.
5. Form round ball with about 2 Tablespoons of dough, and flatten them slightly as you place on the prepared baking sheet. Try to make the cookies very close to the same size.
6. Bake for 8-10 minutes until golden. Allow to cool on the pan before transferring to a wire cooling rack.
7. Chill the cookies for 10 minute before frosting. Place the cinnamon frosting and the chocolate frosting in piping bags with frosting tips. Apply a thick layer of cinnamon frosting to the top of half of the cookies. Top with the remaining cookies, creating a sandwich. Use the chocolate frosting to give your monster hair, then add 2 white dots with the cinnamon frosting for eyes. Place a mini chocolate chip in the center of each eye. Chill for 20 minute before serving and store in the fridge.

Pumpkin Chia Seed Pudding

I love using chia seeds to make simple, wholesome pudding, so it only made sense to create a pumpkin flavored pudding for the holidays. A little addition of steamed carrot helps make the color more vibrant, but is a totally optional step.

Prep: 25 minutes **Chill:** 20 minutes **Makes:** 8 servings

One serving equals:

173 calories, 11g fat, 42mg sodium, 18g carbohydrate, 5g fiber, and 3g protein



Here's what you need:

- 1 (15 oz) can pumpkin
- 1 (13.66 oz) can coconut milk, full fat
- 1/3 cup pure maple syrup
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- pinch of ground cloves
- dash of sea salt
- 1/4 teaspoon vanilla extract
- 2 carrots, sliced and steamed
- 1/2 cup chia seeds

1. Combine all of the ingredients, except the chia seeds, in a food processor or high speed blender. Blend until very smooth and the little carrot pieces have disappeared, turning the mixture a bright orange color.
2. Pour the pumpkin mixture into a medium sized bowl. Mix in the chia seeds. Set aside for 20 minutes, then cover with plastic wrap and chill for another 20 minutes before serving. Store in the fridge.

Pumpkin Cake Push Pops

Back to my theory that every fun treat under the sun can be made healthier and wholesome...Why not cake push pops? It does require a mini whoopie pie pan and cake push pop holders – both items can be found online via Amazon.com or at your local craft store—but it's so worth it if you have a party or special occasion to put them on display.

Prep: 40 minutes **Bake:** 15 minutes/ batch **Oven:** 350 **Makes:** 24 servings

One serving equals:

135 calories, 8g fat, 66mg sodium, 5g carbohydrate, 2g fiber, and 2g protein



Here's what you need:

- 1 batch of Coconut Cream Frosting (found on page 64)
- 1 batch of Pumpkin Chia Seed Pudding (found on page 15)
- ½ the batter from Spiced Pumpkin Cake (found on page 67)
- 24 cake push pop holders

1. Preheat the oven to 350 degrees F. Lightly grease a mini whoopie pie pan with coconut oil.
2. Fill each mini whoopie pie mold with 1 Tablespoon of the pumpkin cake batter. Bake for 15 minutes, or until golden. Remove from pan and cool on a wire rack. Repeat until you have 48 mini cakes.

3. Place the coconut cream frosting and the pumpkin pudding in piping bags with large frosting tips.
4. Place a mini cake at the bottom of each cake push pop holder. Use the piping bag to fill in a layer of pumpkin pudding on top of each mini cake. Use the other piping bag to fill in a layer of coconut cream frosting on top of each pudding layer. Repeat all three layers, until you've reached the top of the cake push pop holder. Chill for 20 minutes before serving and store in the fridge.

Monster Face Muffins

My kids have so much fun with these grain-free Monster Face Muffins. It tastes like a traditional cornbread muffin with the salty olives giving a delicious sweet and salty effect. My son loves the olive part so much that he eats his with a bowl of olives – popping an olive in with each bite :) It's perfectly fine to reduce the amount of honey in this recipe, however if you're making it for kids I'd use the full amount.

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

233 calories, 16g fat, 126mg sodium, 15g carbohydrate, 2g fiber, and 6g protein



Here's what you need:

- 1 ½ cups blanched almond flour
- 1/3 cup arrowroot starch
- 1/3 cup coconut flour
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- ¼ teaspoon turmeric
- 4 eggs
- ¾ cup coconut milk, canned, full fat
- 2 teaspoons apple cider vinegar
- ¼ cup coconut oil
- 1/3 cup raw honey, melted
- ½ green bell pepper, sliced into 24 slivers for horns
- 12 Green olives with pimento centers, sliced in half for eyes
- ¼ red bell pepper, sliced into 12 1-inch slices for mouths

1. Preheat the oven to 350 degree F. Lightly grease a 12-tin muffin pan with coconut oil.

2. In a medium bowl combine the almond flour, arrowroot starch, coconut flour, baking soda, salt and turmeric. Mix until fully combined.
3. In a large bowl beat the eggs. Add the coconut milk, vinegar, coconut oil and honey. Mix until well combined, then add the wet ingredients. Mix until smooth.
4. Fill each muffin tin 2/3's to the top. Use the bell pepper pieces and olives to create a face on each muffin. Bake for 20-25 minutes, until golden and set. Cool in the muffin pan before transferring to a wire cooling rack.

Spider Web Soup

Mmmmmm curling up with a bowl of warm butternut squash soup on a chilly evening is my idea of a cozy night. Light some pumpkin spice candles, pull on a soft sweater and enjoy. It's a bonus that carefully placed rings of coconut milk easily turn an ordinary bowl of soup into a spider web. The kids have so much fun with this. And that means dinner gets eaten without complaint – score one for mom!

Prep: 20 minutes **Bake:** 40 minutes **Oven:** 400 **Makes:** 6 servings

One serving equals:

130 calories, 6g fat, 447mg sodium, 12g carbohydrate, 2g fiber, and 3g protein



Here's what you need:

- 1 butternut squash, peeled, seeded and chopped
- 2 Tablespoons coconut oil
- 1 yellow onion, chopped
- 4 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon dried sage
- Dash of black pepper
- 16 ounces chicken broth
- Juice from one orange
- 1/3 cup coconut milk to garnish

1. Preheat oven to 400 degrees F. Grease a roasting pan, toss the cubed butternut squash with 1 tablespoon melted coconut oil. Bake for 40 minutes.
2. In a large soup pot, heat 2 tablespoons coconut oil and sauté the onion until browned. Add the garlic, salt, sage and pepper. Cook for another 2 minutes.

3. Add the chicken broth, cooked butternut squash and orange juice. Heat for 5 minutes. Remove from heat, use an immersion blender to blend the soup until smooth (is using a regular blender, allow soup to cool first.)
4. Spoon the soup into individual bowls. Dip a small spoon into the coconut milk, then create 4 concentric circles of white, being careful not to drip outside of the circles. Using a butter knife, insert into the center circle, then draw the knife straight out toward the side of the bowl, pulling through each circle. Repeat this all the way around the circle, about 8 or 9 times, to create a spooky spider web.

Candy Corn Quesadillas

My kids love quesadillas, but I don't do dairy anymore. This is a fun dairy-free way to mimic their favorite cheesy treat.

Prep: 35 minutes **Cook Time:** 20 minutes **Makes:** 24 servings

One serving equals:

159 calories, 13g fat, 152mg sodium, 5g carbohydrate, 2g fiber, and 6g protein



Here's what you need:

- 12 Pumpkin Tortillas (see page 58)
- 1 batch Dairy-free Cheese Spread (page 26)
- 1 batch Real Healthy Cheese Substitute (recipe below)

1. Spread a layer of Dairy-free Cheese Spread on 6 of the tortillas (Save ½ cup of spread). Top each tortilla with another tortilla to create 6 large quesadillas.
2. Cut each quesadilla into 4 triangles. Spread 1 teaspoon of Dairy-free Cheese Spread in a triangle shape at the top of each quesadilla. Use a Tablespoon of the Real Healthy Cheese Substitute to create a wide line across the middle of each quesadilla, turning it into a 'candy corn'!

Here's what you need for the Real Healthy Cheese Substitute:

- 1 Tablespoon coconut oil
- 1/2 cup pine nuts
- 1/2 cup pecans, chopped
- 1/2 cup nutritional yeast
- 1 teaspoon sea salt

1. In a small pan heat the coconut oil. Add the nuts and sauté them until golden brown. Allow to cool slightly then pulse in a food processor until finely chopped.
2. Place the nuts in a bowl and mix in the nutritional yeast and salt.

Spaghetti Eye-Ball Pie

This pie is so much fun! Spaghetti squash takes the place of noodles in this not-so-traditional spaghetti pie. Pairs of black olives placed on cashew cream give the look and feel of a critter looking up at you. It's both creep and exciting. Eat it if you dare!

Prep: 30 minutes **Bake:** 40 minutes + 20 minutes **Oven:** 375 and 350 **Makes:** 8 servings

One serving equals:

324 calories, 18g fat, 392mg sodium, 26g carbohydrate, 7g fiber, and 14g protein



Here's what you need:

- 1 organic spaghetti squash
- 1 Tablespoon coconut oil
- 1 yellow onion, chopped
- 1 small green bell pepper, chopped
- 1 garlic clove, minced
- 8 ounces ground turkey or beef
- ½ teaspoon fennel seeds, crushed
- 1 8-ounce can tomato sauce
- 1 teaspoon dried oregano, crushed
- 2 eggs, beaten
- 2 Tablespoons flax meal
- 2 Tablespoons nutritional yeast
- Dairy-Free Cheese Spread (see recipe on page 26)
- 20 black olives

1. Wash the spaghetti squash, slice in half lengthwise and bake cut-side up in a 375 degree F oven for 40 minutes, or until tender. Remove from oven and set aside to cool.
2. In a large skillet warm the coconut oil over medium-high heat. Add the onion, bell pepper and garlic. Sauté for 3 minutes. Add the ground turkey and cook until the meat

is brown and onion is tender. Stir in fennel seeds, tomato sauce, and oregano. Heat through. Remove from heat.

3. Use a fork to scrape the spaghetti squash strands from the squash skins and place in a medium bowl. Add the eggs, flax meal and nutritional yeast. Mix until fully incorporated. Coat a 9-inch pie plate with coconut oil. Press spaghetti squash mixture onto the bottom and up sides of pie plate, forming a crust. Spread the meat mixture over the crust.
4. Form balls out of one Tablespoon of the cheese spread, and place a black olive in the center of it. Arrange the 'eyeballs' in pairs all over the top of the pie.
5. Bake in a 350 degree F oven for 20 to 25 minutes or until bubbly and heated through. Slice into wedges to serve.

Dairy-Free Cheese Spread

This Dairy-Free Cheese Spread, made with raw cashews, works beautifully in baking as well as simple spreading. Its mild, creaminess adds that texture dimension that's lost when cheese is removed.

Prep: 15 minutes **Makes:** 16 servings

One serving equals:

90 calories, 8g fat, 50mg sodium, 2g carbohydrate, .5g fiber, and 2g protein



Here's what you need:

- 6 oz (about 1 cup) raw cashews, soaked in hot water for 10 minutes
- 1 Tablespoon lemon juice
- 1 Tablespoon water
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon sweet paprika
- 1/2 clove garlic
- dash of pepper

1. Discard the cashew soaking water. Combine all of the ingredients in a food processor and pulse until smooth and creamy.

Slow Cooker Spiced Apple Cider

I've always loved to serve hot apple cider to guests as they arrive for Thanksgiving or Christmas dinner. It gives the house a nostalgic, festive aroma and just one sip sends me back to holidays past. This recipe is super easy. Simply throw all of the ingredients into your slow cooker in the morning and you'll have hot apple cider on hand all day long.

Prep: 5 minutes **Slow Cooker:** 2-3 hours- low **Makes:** 12 servings

One serving equals:

90 calories, 0g fat, 2mg sodium, 20g carbohydrate, 0g fiber, and 0g protein



Here's what you need:

- 2 quarts apple cider
- 2 Tablespoons coconut crystals
- 1 teaspoon whole cloves
- 1 teaspoon whole allspice
- 2 cinnamon sticks
- 1 orange, sliced
- 1 apple, sliced

1. Pour the apple cider into a slow cooker. Mix in the coconut crystals until dissolved.
2. Tie the cloves and allspice into a bundle using a piece of cheesecloth. Add to the cider.
3. Add the cinnamon sticks and sliced fruit.
4. Cook on low for 2-3 hours. Serve warm.

Taco Spice Roasted Pumpkin Seeds

What to do with the fresh pumpkin seeds from your carved pumpkins? Turn them into this simple, savory snack. The kids gobble these up!

Prep: 10 minutes **Bake:** 20 minutes **Oven:** 325 **Makes:** 4 servings

One serving equals:

144 calories, 10g fat, 290mg sodium, 11g carbohydrate, 1g fiber, and 4g protein



Here's what you need:

- 1 cup fresh pumpkin seeds, washed and dried
- 2 Tablespoons coconut oil
- 2 Tablespoons Taco Seasoning or Fajita Seasoning
- ¼ teaspoon sea salt
- ¼ teaspoon garlic powder

1. Preheat the oven to 325 degrees F.
2. Place a skillet over medium heat. Add the pumpkin seeds and coconut oil, sauté for 5 minutes until lightly browned.
3. Transfer to a rimmed baking sheet and sprinkle with the remaining ingredients. Bake for 15-20 minutes or until golden and crisp.

Chili Spiced Nuts

A warm bowl of these chili spiced nuts make a fantastic appetizer or snack to serve with drinks. The spice combo is so good, try not to eat them all before your guests arrive! A jar of these would also make a wonderful hostess gift.

Prep: 10 minutes **Bake:** 20 minutes **Oven:** 325 **Makes:** 16 servings

One serving equals:

211 calories, 18g fat, 98mg sodium, 8g carbohydrate, 4g fiber, and 6g protein



Here's what you need:

- 1 cup raw pecan halves
- 1 cup raw pepitas
- 1 cup shelled pistachios
- 1 cup raw almonds
- 3 Tablespoons coconut oil, melted
- 3 Tablespoons coconut sugar
- 1 teaspoon sea salt
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ¼ teaspoon ground ginger
- ½ teaspoon garlic powder

1. Preheat the oven to 325 degrees F. Lightly grease a rimmed baking sheet with coconut oil.
2. In a large bowl combine all of the nuts with the coconut oil. Toss to coat.
3. In another bowl, combine the remaining ingredients. Mix well and then sprinkle over the nuts, mixing until fully combined.

4. Spread the nuts over the prepared baking sheet. Bake for 10 minutes, stir, and then bake for an additional 10 minutes until golden and toasty.

Stuffed Mushrooms

I've never been a huge fan of mushrooms, but even I couldn't keep my hands off these tasty morsels. Make lots – these disappear quickly!

Prep: 20 minutes **Bake:** 30 minutes **Oven:** 350 **Makes:** 14 servings

One serving equals:

99 calories, 6g fat, 151mg sodium, 2g carbohydrate, 1g fiber, and 6g protein



Here's what you need:

- ½ lb loose pork sausage
- ½ yellow onion, chopped
- 2 teaspoons garlic, minced
- 28 large white mushrooms
- ¼ cup white wine
- 1 egg
- dash of salt and pepper
- ¼ cup Dairy-Free Cheese Spread (found on page 26)
- 2 Tablespoons blanched almond flour
- ¼ teaspoon garlic salt
- 1 teaspoon dried parsley

1. Preheat the oven to 350 degrees F. Lightly grease a rimmed baking sheet with coconut oil.
2. Wipe and de-stem the mushrooms, mince half of the stems and discard the rest.
3. In a large skillet brown the pork sausage over medium heat. Add the onion and garlic and continue to cook for 5 minutes. Add the wine and cook until the liquid has

evaporated. Add the minced mushroom stems and cook for 3 more minutes. Remove from heat.

4. In a large bowl beat the egg. Add a dash of salt and pepper, the Dairy-Free cheese spread and the sausage mixture. Mix well.
5. Fill each mushroom with the sausage mixture and place on the prepared baking sheet.
6. In a small bowl combine the almond flour, garlic salt and dried parsley. Sprinkle the mixture over each mushroom.
7. Bake for 25-30 minutes, until heat through and golden on top.

Turkey Apple Meat Balls with Spinach and Balsamic Glaze

These meat balls are the perfect balance of sweet and savory. Serve with toothpicks on a tray or in a bowl as a side dish. Oh and try not to drool over the picture, I know it looks amazing. Time to go make some...

Prep: 20 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 6 servings

One serving equals:

243 calories, 7g fat, 199mg sodium, 28g carbohydrate, 2g fiber, and 16g protein



Here's what you need for the Meat Balls:

- 1 Tablespoon olive oil
- 2 gloves garlic, minced
- 1 yellow onion, finely chopped
- 1 lb ground turkey
- 1 apple, shredded
- 1 egg, beaten
- 1 cup organic spinach, chopped
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 teaspoon ground marjoram
- 1 teaspoon fennel seed

For the Glaze:

- 1 cup apple cider vinegar
- ½ cup pure maple syrup
- 2 Tablespoons balsamic vinegar

1. Preheat the oven to 350 degrees F. Lightly grease a casserole pan.

2. Place a large skillet over medium heat. Add the olive oil, garlic and onion. Sauté for 4 minutes, until soft. Remove from heat and allow to cool.
3. Add the remaining meatball ingredients and mix well. Form golf ball sized meatballs and place in a single layer on the prepared casserole pan. Bake for 25 minutes.
4. Meanwhile, wipe out the skillet, add the glaze ingredients and place over medium heat. Bring to a boil, then simmer for 10 minutes.
5. After removing the meatballs from the oven, place in a single layer in the skillet with the glaze. Coat all sides of each meatball, cooking over low heat for 5 minutes.
6. Remove from the skillet and serve warm.

Melon & Prosciutto Salad

This sweet, light salad is a wonderful, festive addition to your holiday meal.

Prep: 15 minutes **Makes:** 4 servings

One serving equals:

90 calories, 8g fat, 50mg sodium, 2g carbohydrate, .5g fiber, and 2g protein



Here's what you need:

- 2 cups Cantaloupe, thinly sliced
- 2 cups Honeydew, thinly sliced
- 1 cup fresh Blackberries, halved
- 16 oz Prosciutto
- 3 Tablespoons chives, snipped
- 1 lemon, juice and zest
- 1 shallot, minced
- dash of crushed red pepper
- dash of sea salt

1. Arrange the melons, berries and prosciutto on each plate. Sprinkle with snipped chives.
2. In a small bowl combine the lemon juice and zest, shallot, red pepper and salt. Mix well then drizzle over the plated salads.

Field Greens Salad with Candied Pecans

This is quite possibly my favorite salad ever. Yum. Yum. Yum.

Prep: 15 minutes **Makes:** 4 servings

One serving equals:

196 calories, 14g fat, 49mg sodium, 15g carbohydrate, 3g fiber, and 2g protein



Here's what you need:

For the Salad:

- ⅓ cup glazed pecans (see recipe on page 77)
- 4 cups organic, mixed greens
- 1 Bosc pear, sliced

For the Dressing:

- ⅓ cup olive oil
- ¼ cup balsamic vinegar glaze
- 1 packet stevia
- 1 Tablespoon fresh thyme
- 1 teaspoon Dijon
- 1 minced garlic clove
- dash of pepper

1. Combine the dressing ingredients in a small jar. Mix well.
2. Divide the greens and sliced pears between 4 plates. Top with the candied pecans and drizzle with dressing. Enjoy!

Fennel, Celery & Green Apple Slaw

To me, fennel is a holiday flavor, which makes this light, green salad the perfect compliment to turkey dinner.

Prep: 20 minutes **Makes:** 2 servings

One serving equals:

219 calories, 14g fat, 192mg sodium, 23g carbohydrate, 7g fiber, and 3g protein



Here's what you need:

- 2 Tablespoons olive oil
- 1 Tablespoon Apple Cider Vinegar
- 1 Tablespoon fresh tarragon, minced
- 1 teaspoon lemon juice
- zest from 1 lemon
- 2 celery sticks plus the leaves
- 1 fennel bulb, plus the fronds
- 1 green apple
- dash of salt and pepper

1. In a small bowl combine the oil, vinegar, tarragon, lemon juice and zest. Set aside.
2. Using a mandoline slicer on the thinnest setting, thinly slice the celery, fennel bulb and green apple. Place in a medium bowl. Chop the celery leaves and fennel fronds and add to the bowl.
3. Toss the salad with the dressing and season with salt and pepper.

Granny Smith Apple Salad with Glazed Pecans and Bacon

Bacon makes everything taste better, especially salads. To make this dairy-free dressing extra creamy I added some chia seed powder – did the trick beautifully!

Prep: 20 minutes **Makes:** 4 servings

One serving equals:

287 calories, 24g fat, 313mg sodium, 13g carbohydrate, 5g fiber, and 5g protein



Here's what you need:

- 4 cups mixed greens
- 1 green apple, chopped
- 4 strips bacon, cooked and chopped
- ¼ cup Glazed Pecans, chopped (recipe on page 77)

For Creamy Lemon Dressing:

- ½ cup coconut milk, canned and full fat
- ¼ cup lemon juice
- 4 teaspoons lemon zest
- ¼ cup olive oil
- 1 packet Stevia
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 teaspoons Dijon mustard
- ½ teaspoon crushed garlic
- 2 Tablespoons chia seed powder

1. Arrange the greens, apples, bacon and pecans on 4 salad plates.
2. Combine the salad dressing ingredients in a small bowl. Drizzle over the salads. Serve immediately.

Cranberry Chicken Salad

Cranberries give this chicken salad a distinctive holiday feel. Swap out the chicken for leftover turkey after your big holiday meal.

Prep: 10 minutes **Makes:** 8 servings

One serving equals:

221 calories, 9g fat, 123mg sodium, 10g carbohydrate, 4g fiber, and 23g protein



Here's what you need:

- 4 cups cooked chicken breast, cubed
- 1 fennel bulb, chopped
- ¼ cup roasted pistachios, chopped
- ¼ cup dried cranberries
- 1 Tablespoon roasted pepitas
- 3 Tablespoons coconut milk, canned and full fat
- 1 teaspoon dried, ground sage
- 3 Tablespoons fresh parsley, minced
- dash of salt and pepper
- head of Romaine lettuce

1. Mix all of the ingredients, except the lettuce, in a bowl. Serve by spooning the chicken salad in large Romaine lettuce leaves.

Leftover Turkey Noodle Soup

Who says noodles have to be made with grain? I like to use zucchini strips simply made with a veggie peeler. This soup also works well with chicken.

Prep: 20 minutes **Makes:** 4 servings

One serving equals:

242 calories, 7g fat, 347mg sodium, 16g carbohydrate, 5g fiber, and 27g protein



Here's what you need:

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 4 carrots, sliced
- 3 celery stalks, sliced
- 1 onion, chopped
- 6 cups chicken broth
- salt and pepper
- 1/4 cup fresh parsley, chopped
- 3 zucchini, peeled into noodles with a vegetable peeler
- 2 cups chopped, cooked turkey meat

1. Heat the oil in the bottom of a soup pot. Add the garlic, carrots, celery and onion. Sauté for 5 minutes, until tender.
2. Add the broth and season with salt and pepper.
3. Bring to a simmer, then add the parsley, zucchini noodles and chicken. Continue to simmer for 5 minutes, until fully warmed. Enjoy!

Creamy Roasted Red Pepper Soup

Here's a simple, wholesome soup to warm you from the inside out on a chilly winter night.

Prep: 20 minutes **Cook:** 10 minutes **Makes:** 4 servings

One serving equals:

227 calories, 18g fat, 512mg sodium, 11g carbohydrate, 3g fiber, and 6g protein



Here's what you need:

- 5 red bell peppers, roasted, peeled and seeded
- 4 cups of chicken broth,
- 1 can of coconut milk
- 2 teaspoons of lemon juice
- 1 teaspoon of sea salt,
- dash of black pepper
- 1 teaspoon of smoked paprika
- 1 Tablespoon of nutritional yeast

1. Roast the bell peppers on a grill pan. Let them get really blackened. Place in a closed paper bag for 15 minutes. Peel off the skin, remove the seeds and stem.
2. Transfer the roasted peppers and the remaining ingredients in a high speed blender or food processor. Blend until smooth then heat on the stove. It's really delicious chilled, too. Garnish with a Tablespoon of coconut milk and chopped parsley. Enjoy!

Wild Rice with Walnuts and Dates

Before going paleo, my holiday dinners always had a side of flavorful, wild rice. By using cauliflower I was able to recreate that festive rice dish without grains. Woop woop! And yes, it tastes as good as it looks.

Prep: 15 minutes **Bake:** 40 minutes **Oven:** 400 **Makes:** 8 servings

One serving equals:

114 calories, 5g fat, 97mg sodium, 18g carbohydrate, 4g fiber, and 4g protein



Here's what you need:

- 1 onion, chopped
- 1 Tablespoon olive oil
- 1 head cauliflower, cut into small pieces
- 1 cup Brussels sprouts, cut into quarters
- 4 stalks celery
- 1 cup organic, free range chicken broth
- Dash of salt and pepper
- ½ cup pitted dates, chopped
- 1/3 cup walnuts, chopped and toasted

1. In a large skillet cook onions in the olive oil for about 10 minutes or until tender.
2. Meanwhile, shred the cauliflower, Brussels sprouts and celery in a food processor using the grating attachment.
3. Add the shredded cauliflower, Brussels sprouts, celery, broth and a dash of salt and pepper to the skillet. Mix well and cook for 3 minutes.

4. Pour the mixture into a lightly greased casserole dish. Cover with foil and bake in a 400 degree F oven for 35 minutes.
5. Stir in the dates and walnuts, return to the oven for 10 minutes, uncovered.

Pomegranate Rice with Toasted Almond

I have two pomegranate trees (well, really more like bushes) that are producing pomegranates by the dozens. So I'm trying to sneak pomegranate seeds into everything :) This version of cauliflower rice is perfect for the holidays.

Prep: 10 minutes **Cook Time:** 20 minutes **Makes:** 6 servings

One serving equals:

82 calories, 4g fat, 80mg sodium, 8g carbohydrate, 3g fiber, and 3g protein



Here's what you need:

- ¼ cup sliced almonds
- 1 head cauliflower
- 1 Tablespoon coconut oil
- 3 Tablespoons chicken broth
- 2 teaspoons fresh ginger, grated
- zest from 1 orange
- 1 teaspoon ground cumin
- ½ cup pomegranate seeds
- dash of salt and pepper

1. Place the almonds in a small skillet over medium heat. Toast, stirring often for 3-5 minutes until golden. Remove from heat and set aside.
2. Wash the cauliflower, discard the leaves, and chop into small pieces. Grate the pieces with a food processor.
3. In a large skillet heat the coconut oil over medium. Add the shredded cauliflower. Sauté for about 5 minutes. Add the chicken broth, ginger, orange zest, cumin, pomegranate

seeds and the toasted almonds. Mix until fully combine and continue to sauté for 5 minutes, until tender.

4. Season with salt and pepper. Serve as you would traditional rice.

Pumpkin Sausage Risotto

OK, OK, I know it's not really risotto. It's cauliflower rice made into a paleo rendition of risotto. But taste it and tell me that it's not awesome. Go on, taste it.

Prep: 20 minutes **Cook:** 25 minutes **Makes:** 10 servings

One serving equals:

216 calories, 16g fat, 262mg sodium, 9g carbohydrate, 3g fiber, and 8g protein



Here's what you need:

- 10 oz butternut squash, frozen and cubed
- 1 head cauliflower, cut into small pieces
- 2 Tablespoons olive oil
- 1 yellow onion, chopped
- 2 teaspoons garlic, minced
- ½ lb loose pork sausage
- ½ cup chicken broth
- ¼ cup white wine
- ½ cup Dairy-Free Cheese Spread (found on page 26)
- ½ cup canned pumpkin
- ¼ teaspoon sea salt
- 1 teaspoon ground sage
- ½ cup coconut milk, canned, full fat
- ¼ cup fresh parsley, chopped

1. In a medium skillet, place the frozen butternut squash with ¼ cup of water over medium heat. Cover and bring to a boil. Reduce to low heat and continue to cook for 5 minutes, until tender. Remove from heat, drain the skillet and set aside.
2. Run the cauliflower pieces through a food processor with the grating attachment, to create a rice-like consistency. Set aside.

3. In a large skillet, place the olive oil over medium heat. Add the onion and garlic and cook until soft, about 5 minutes. Add the sausage and cook until fully browned.
4. Add the cauliflower, chicken broth, wine, dairy-free spread, pumpkin, salt and sage to the skillet. Mix until fully combined, cover and cook for 8 minutes. Remove the cover, swirl in the coconut milk and fresh parsley. Cook, covered, for an additional 5 minutes before serving.

Pumpkin Muffins

Pumpkin has a wonderful flavor and consistency for baking, so don't limit yourself to pumpkin pie twice a year. These muffins are packed with protein, vitamins and minerals, while being low on waist-expanding carbohydrates. Enjoy with a piping hot cup of coffee for breakfast or an afternoon snack.

Prep: 15 minutes **Bake:** 20 minutes **Oven:** 400 **Makes:** 12 muffins

One muffin equals:

176 calories, 10g fat, 136mg sodium, 15g carbs, 3g fiber, 5g protein



Here's what you need:

- ½ cup coconut flour
- 1 Tablespoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup canned pureed pumpkin
- 6 eggs, beaten
- 3 Tablespoon coconut oil, melted
- 1/3 cup raw honey, melted
- 1 teaspoon vanilla extract
- 1/2 cup walnuts, chopped
- 12 walnuts for topping
- 1/4 cup Coconut crystals
optional

1. Preheat oven to 400 degrees F. Oil muffin pans.
2. In a medium bowl, combine the coconut flour, spices, baking soda and salt.

3. In another bowl, place the pumpkin puree then add the eggs one at a time, mixing well after each addition. Add melted coconut, honey, vanilla, and nuts. Mix until well combined.
4. Add the flour mixture to the pumpkin mixture, blend with a whisk until most lumps have disappeared.
5. Spoon into prepared muffin pan, filling each muffin $\frac{2}{3}$ full. Sprinkle the tops with coconut crystals and one walnut.
6. Bake for 18-20 minutes or until golden. Place on wire rack to cool.

Apple Cornbread Stuffing

Ahhhhh, cornbread stuffing, what would a holiday feast be without you? It would be like that time the Grinch stole Christmas. Not cool. It's the holidays, we need stuffing.

Prep: 50 minutes **Bake:** 30 minutes **Oven:** 400 **Makes:** 24 servings

One serving equals:

198 calories, 13g fat, 205mg sodium, 10g carbohydrate, 2g fiber, and 6g protein



Here's what you need:

- 1 loaf Faux Cornbread (Recipe on page 53)
- 1 Tablespoon olive oil
- 1 yellow onion, chopped
- 1 lb loose pork sausage
- dash of salt and pepper
- 2 apples, chopped
- 2 Tablespoons fresh rosemary, minced
- 3 Tablespoons fresh sage, minced
- ¼ cup fresh parsley, minced
- 1 cup chicken broth
- 2 eggs, beaten
- ½ cup golden raisins

1. Cut the entire loaf of faux cornbread into 1 inch cubes. Spread over a rimmed baking sheet and place in a preheated 400 degree F oven. Bake for 8 minutes, stir and bake for another 5 minutes. When the cubes are dried and toasty, remove from oven and set aside.
2. Place a large skillet over medium heat. Add the olive oil and onion, sauté until soft, about 3 minutes. Add the sausage and cook until cooked through.

3. Add the salt and pepper, fresh herbs and apple. Cook for another 3 minutes, then remove from heat.
4. Add in the chicken broth, beaten eggs, raisins and bread cubes. Mix well then pour into a large casserole pan. Bake, uncovered, for 30 minutes, until golden and cooked through.

Faux Cornbread

When you have a craving for a hunk of warm cornbread with your holiday dinner, this recipe for Faux Cornbread saves the day.

Prep: 15 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 24 servings

One serving equals:

111 calories, 8g fat, 63mg sodium, 6g carbohydrate, 1g fiber, and 3g protein



Here's what you need:

- 1 1/2 cups blanched almond flour
- 1/3 cup arrowroot starch
- 1/3 cup coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 4 omega-3 eggs
- 3/4 cups coconut milk, full fat from can
- 2 teaspoons apple cider vinegar
- 1/4 cup coconut oil, melted over low heat
- 3 Tablespoons raw honey, melted over low heat
- 1/4 teaspoon turmeric

1. Preheat the oven to 350 degrees F. Lightly grease an 8x8 pan with coconut oil. Set aside. In a medium bowl combine the almond flour, arrowroot, coconut flour, baking soda and salt. In another medium bowl combine the eggs, coconut milk, vinegar, coconut oil (cooled), and honey.
2. Add the dry ingredients to the wet ones and mix well. Sprinkle in the turmeric and mix until fully combined (this will give your faux cornbread a gorgeous golden yellow color).

3. Pour the batter into your prepared pan and bake for 20-25 minutes, until lightly golden on top and fully set.

Balsamic & Orange Roasted Beets

Here's a simple, stunning way to serve a side of tender, sweet beets. The kids can't get enough of this one!

Prep: 10 minutes **Bake:** 45 minutes **Oven:** 400 **Makes:** 6 servings

One serving equals:

81 calories, 4g fat, 173mg sodium, 9g carbohydrate, 2g fiber, and 1g protein



Here's what you need:

- 4 beets, peeled and cubed
- 2 Tablespoons olive oil
- 3 Tablespoons balsamic vinegar
- ¼ teaspoon black pepper
- ½ teaspoon sea salt
- 1 teaspoon orange zest
- 2 Tablespoons pure maple syrup

1. Preheat oven to 400 degrees F. Lightly grease a casserole pan with olive oil.
2. Combine all of the ingredients in a large bowl, then pour into the prepared casserole pan. Cover with foil and bake for 45 minutes. Uncover and then bake for an additional 10 minutes.
3. Garnish with more orange zest.

Candied Yams

When I was growing up, yams were topped with marshmallows. That just the way things were. I've come up with a more wholesome, yet just as delicious, way to serve candied yams.

Prep: 15 minutes **Bake:** 50 minutes **Oven:** 350 **Makes:** 6 servings

One serving equals:

134 calories, 6g fat, 71mg sodium, 18g carbohydrate, 3g fiber, and 2g protein



Here's what you need:

- 3 yams
- 3 Tablespoons coconut oil
- 1 teaspoon ground nutmeg
- 2 teaspoons ground cinnamon
- 1 Tablespoon coconut sugar
- ½ teaspoon ground allspice
- pinch of ground ginger

For the topping

- 2 Tablespoons coconut oil
- 2 Tablespoons blanched almond flour
- 2 Tablespoons coconut sugar
- 1 teaspoon ground cinnamon
- grind of sea salt

1. Preheat the oven to 350 degrees F. Lightly grease a casserole dish with coconut oil.
2. Wash, peel and slice the yams into ¼ inch rounds.

3. In a large bowl combine the coconut oil, nutmeg, cinnamon, coconut sugar, allspice and ginger. Add the yam rounds and mix until evenly coated.
4. Spread the yam rounds into the prepared casserole dish. Bake, uncovered, for 25 minutes. Remove from oven, flip the yams, then return for an additional 15 minutes.
5. In a small bowl combine the topping ingredients. Sprinkle over the tops of the yams then place back in the oven for 8-10 minutes until golden.

Coconut Flour Pumpkin Tortillas

If you've tried my popular recipe for [coconut flour tortillas](#) on my blog, then you'll love this holiday-inspired pumpkin version.

Prep: 10 minutes **Cook:** 10 minutes **Makes:** 12 servings

One serving equals:

118 calories, 9g fat, 122mg sodium, 4g carbohydrate, 2g fiber, and 5g protein



Here's what you need:

- 6 eggs
- 1 (13.66oz) can of coconut milk, full fat
- 1/4 cup coconut flour
- 1/4 cup flax meal
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 4 Tablespoons canned pumpkin
- 1 Tablespoon arrowroot starch

1. Preheat a medium sized, non-stick skillet over medium low heat.
2. Combine all of the ingredients in a high speed blender and mix until smooth.
3. Coat the skillet with coconut oil. Pour 1/3 cup of batter into the skillet in a large tortilla shape. Allow to cook until set, then flip to brown the other side. Repeat with all of the batter — should make 12 tortillas.

Turkey Enchiladas

Still have leftover turkey? These Turkey Enchiladas are a wonderful way to enjoy it. Watch out, these disappear quickly!

Prep: 40 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

375 calories, 28g fat, 541mg sodium, 10g carbohydrate, 4g fiber, and 19g protein



Here's what you need:

- 1 teaspoon olive oil
- 1 teaspoon garlic, minced
- ½ cup red bell pepper, chopped
- 1/3 cup yellow onion, minced
- 3 cups, roasted turkey, shredded
- 6 strips bacon, cooked and chopped
- ½ cup Dairy-free Cheese Spread (recipe on page 26)
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 12 Coconut Flour Pumpkin Tortillas (recipe on page 58)
- 2 cups shredded lettuce
- 1 cup salsa
- 1 bunch chives, chopped

For the 'Cheese' Sauce

- ¼ cup olive oil
- 2 Tablespoons coconut flour
- 1 (13.66 oz) can coconut milk, full fat
- 1 Tablespoon nutritional yeast
- ½ teaspoon sea salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- ¼ teaspoon ground turmeric
- ¼ teaspoon sweet paprika
- 1 teaspoon Dijon mustard
- 1 Tablespoon Apple Cider vinegar
- 2 Tablespoons white wine

1. Preheat the oven to 350 degrees F. Lightly grease a casserole dish with olive oil.
2. In a large skillet, place the olive oil over medium heat. Add the garlic, bell pepper and onions, cook for 4 minutes until soft. Remove from heat.
3. Mix in the turkey, bacon, dairy-free spread, salt and pepper.
4. Place 1/2 cup of the turkey filling in a line down the middle of a tortilla. Fold the ends then wrap the enchilada and place into the prepared pan, seam side down. Repeat with the remaining tortillas and filling. Bake for 25 minutes.
5. For the 'Cheese' Sauce: In a large saucepan, place the olive oil over medium heat. Add the coconut flour, whisking constantly, for 30 seconds. Add the coconut milk, whisking until it begins to bubble. Reduce heat.
6. Add the remaining ingredients and continue to whisk as you cook for 5 more minutes. Remove from heat.
7. Place a handful of shredded lettuce on each serving plate and top with an enchilada. Use a large spoon to drizzle Cheese Sauce on each enchilada. Top with some salsa and a sprinkle of chives.

Coconut Sugar Caramel

Enjoy this wholesome caramel as a dip or topping for fruit and desserts.

Prep: 10 minutes **Makes:** 12 servings

One serving equals:

95 calories, 6g fat, 70mg sodium, 9g carbohydrate, 0g fiber, and 0g protein



Here's what you need:

- 1 cup coconut crystals
- 1/4 cup plus 1 Tablespoon coconut milk, canned, full fat
- 4 Tablespoons coconut oil
- pinch of sea salt
- 1 Tablespoon vanilla extract
- 1/2 teaspoon baking soda

1. In a skillet over medium heat, mix the coconut crystals, coconut milk, coconut oil, sea salt and vanilla extract. Once the mixture begins to boil, reduce the heat to low and continue to cook, stirring often for 5 minutes.
2. Remove the skillet from heat, and whisk in the baking soda. Mixture will turn a lighter color and will become creamy. Return to low heat and cook, mixing often, for 2 minutes.
3. Remove the caramel from heat and allow to cool and thicken for 5 minutes.

Cinnamon Frosting

This simple frosting makes a tasty topping for pumpkin cake or pumpkin muffins.

Prep: 15 minutes **Makes:** 10 servings

One serving equals:

151 calories, 13g fat, 28mg sodium, 6g carbohydrate, 1g fiber, and 0g protein



Here's what you need:

- 1/2 cup palm shortening
- 1/4 cup coconut nectar (or raw honey)
- grind of sea salt
- 1/2 teaspoon ground cinnamon
- 2 teaspoons vanilla extract
- 2 Tablespoons arrowroot starch
- 2 Tablespoons coconut oil, melted

1. Combine all of the ingredients in a large bowl with an electric mixer. Beat for 60 seconds, scraping the sides occasionally. Place in the fridge and chill for 15 minutes before frosting.

*Note: Store frosted cake in the fridge.

Chocolate Frosting

The kids and I love to use this frosting to give our cookies funny hair and creamy fillings.

Prep: 15 minutes **Makes:** 6 servings

One serving equals:

128 calories, 11g fat, 40mg sodium, 6g carbohydrate, 0g fiber, and 0g protein



Here's what you need:

- 1/4 cup palm shortening
- 2 Tablespoons coconut nectar (or raw honey)
- grind of sea salt
- 1 teaspoon vanilla extract
- 1 Tablespoon arrowroot starch
- 1 Tablespoon unsweetened cocoa powder
- 1 Tablespoon coconut oil, melted

1. Combine all of the ingredients in a large bowl with an electric mixer. Beat for 60 seconds, scraping the sides occasionally. Place in the fridge and chill for 15 minutes before frosting.

*Note: Store frosted cookies or cake in the fridge.

Coconut Cream Frosting

My former life as a raw vegan came in handy in creating this awesome, wholesome frosting. Young coconut meat is blended into a sweet, white cream.

Prep: 15 minutes **Makes:** 8 servings

One serving equals:

117 calories, 10g fat, 52mg sodium, 7g carbohydrate, 2g fiber, and 1g protein



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Here's what you need:

- 2 cups young coconut meat
- 2 Tablespoons raw honey
- 1 teaspoon vanilla extract
- 2 Tablespoons lemon juice
- 2 Tablespoons coconut oil, melted
- ¼ teaspoon sea salt

1. Blend all of the ingredients in a food processor until very smooth and creamy. This may take 5 minutes or longer, so be patient and have faith that the coconut will become creamy! Chill for 20 minutes before using. Always keep this frosting stored in the fridge.

Frosted Watermelon Cake

This cake is made with sweet and refreshing watermelon, frosted with coconut cream and decorated with melons, berries and kiwis. It's beautiful, sweet and guilt free. Yes please, sign me up. I'll take two.

Prep: 40 minutes **Makes:** 16 servings

One serving equals:

198 calories, 5g fat, 33mg sodium, 36g carbohydrate, 3g fiber, and 4g protein



Here's what you need:

- 2 large seedless watermelons
- 1 batch Coconut Cream Frosting (see recipe on page 64)
- ½ cup sliced almonds
- 1 Kiwi
- ½ cup blueberries
- Honeydew and Cantaloupe slices

1. Slice the tops and bottoms off each watermelon, then cut the green rind from the sides. Decide which piece will be your top tier, and shave down the sides until it fits nicely on top of the bigger watermelon piece. Place the stacked watermelons on a cake plate
2. Use a flat knife to frost the entire cake, covering all of the red with creamy white frosting. Lightly press the sliced almonds onto the sides and top of the cake.
3. Decorate with the extra fruit. Use cookie cutters to create stars or other shapes out of the sliced melons and secure on the side of the cake with toothpicks. Place a blueberry on the tips of each toothpick.
4. Store in the fridge until right before serving. Slice and enjoy!

No Bake Almond Crust

Here's a quick and easy way to whip up a paleo-approved crust.

Prep: 8 minutes **Makes:** 12 servings

One serving equals:

74 calories, 4g fat, 36mg sodium, 7g carbohydrate, 2g fiber, and 2g protein



Here's what you need:

- 1 cup blanched almond flour
- 1/4 teaspoon salt
- 1/2 cup dates, pitted
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

1. Throw the crust ingredients into a food processor and mix until smooth. Press into the bottom of a pie pan. Place in the freezer as you prepare your filling.

Pumpkin Spice Cake

I like to change things up once in a while by making a pumpkin cake instead of pie. This cake is so fun to decorate! A simple border of grapes, pomegranate seeds and mandarin orange segments looks stunning and tastes delicious too.

Prep: 25 minutes **Bake:** 40 minutes **Oven:** 350 **Makes:** 24 servings

One serving equals:

200 calories, 15g fat, 110mg sodium, 12g carbohydrate, 2g fiber, and 5g protein



Here's what you need:

- 1 cup coconut oil, melted
- 12 eggs, separated into yolks and whites
- 2 teaspoons vanilla extract
- 2/3 cup raw honey
- 1 cup canned pumpkin
- 1 cup coconut milk, canned full fat
- 1 cup coconut flour
- 1/2 teaspoon sea salt
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1 teaspoon baking soda
- 1 batch Cinnamon Frosting (page 62)
- toasted, unsweetened coconut flakes, sliced almonds, red grapes, mandarin slices and pomegranate seeds for garnish

1. Preheat oven to 350 degrees F. Lightly grease a 9x13 baking pan with coconut oil, or 2 8-inch cake rounds.

2. Combine the coconut oil, egg YOLKS, vanilla, honey, pumpkin, and coconut milk in a large bowl. Mix on high with an electric mixer for 60 seconds, or until fully combined.
3. In another bowl combine the coconut flour, salt, spices and baking soda. Mix until fully combined and then add to the wet ingredients.
4. Beat the egg whites, with an electric mixer using a whisk attachment, until stiff peaks form. Fold the egg whites into the batter, until fully combined. Pour into prepared pan(s).
5. Bake for 40 minutes if using rectangular pan, bake for 30 minutes if using cake rounds. Remove from oven and cool before frosting.
6. Once cooled frost with the cinnamon frosting, then sprinkle with toasted coconut flakes and sliced almonds. Garnish the cake plate with red grapes, mandarin slices and pomegranate seeds.

Apple Cider Donut Holes

Enjoy one of these donut holes (or two!) with a piping hot cup of coffee. It makes quite the scrumptious holiday breakfast.

Prep: 25 minutes **Bake:** 10-12 minutes **Oven:** 350 **Makes:** 10 servings

One serving equals:

164 calories, 11g fat, 57mg sodium, 10g carbohydrate, 2g fiber, and 4g protein



Here's what you need:

Dry ingredients:

- 1 1/4 cup blanched almond flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon

Wet ingredients:

- 3 Tablespoons pure maple syrup, grade B
- 1/4 teaspoon almond extract
- 1/2 teaspoon vanilla extract
- 2 Tablespoons coconut oil, melted
- 1 teaspoon apple cider vinegar
- 2 eggs, at room temperature, whites and yolks separated

Apple ingredients:

- 1 Tablespoon coconut oil
- 1 small, organic apple, finely chopped
- 1 Tablespoon maple syrup
- 1 teaspoon ground cinnamon
- dash of sea salt

1. For the Apple Ingredients: In a small skillet, heat the coconut oil over medium. Add the finely chopped apple and cook, stirring often until very soft, about 5 minutes. Add the

syrup, cinnamon, and salt. Continue to cook for another 2 minutes. Remove from heat and allow to cool.

2. Preheat oven to 350 degrees F. Generously grease your 20 donut hole pan with coconut oil.
3. Combine the dry ingredients in a medium bowl. In another medium bowl combine all of the wet ingredients except egg whites.
4. Mix the wet with dry and set aside.
5. Beat the egg whites until firm peaks form. Gently fold the egg whites into the batter. Mix in the cooled apple ingredients.
6. Equally distribute the batter between the 20 donut hole molds. Bake for 8-12 minutes until lightly golden.
7. Allow the donuts to cool, remove from pan and then chill in the fridge for half an hour. Sprinkle with cinnamon and coconut sugar.

3-Layer Pumpkin Dessert Bars

This ooey-gooey pumpkin dessert bars are the perfect holiday indulgence.

Prep: 30 minutes **Makes:** 30 servings

One serving equals:

180 calories, 10g fat, 19mg sodium, 22g carbohydrate, 2g fiber, and 3g protein



For the crust:

- 1 cup blanched almond flour
- 1/4 teaspoon salt
- 1/2 cup dates, pitted
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

For the filling:

- 12 oz raw cashews (about 2 cups) soaked for 1-2 hours, then discard soaking water
- 1/2 cup coconut oil
- 1/2 cup raw honey
- 1 teaspoon vanilla extract
- 1 teaspoon of lemon juice

For the Pumpkin Topping:

- 20 dates, pitted, soaked for 1 hour, then discard soaking water
- 3 Tablespoons filtered water
- 8 Tablespoons canned pumpkin
- 2 Tablespoons coconut milk, canned and full fat
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon allspice
- 1/4 teaspoon ground ginger
- pinch of salt (plus extra for the top)

1. Throw the crust ingredients into a food processor and mix until smooth. Press into the bottom of an 8×8 brownie pan. Place in the freezer as you prepare the filling.
2. Wipe out the food processor, then add all of the filling ingredients. Pulse until fully smooth. Spread over the crust. Freeze again as you make the pumpkin topping.
3. Throw all the pumpkin topping ingredients into the food processor. Blend for about 3 minutes, until fully smooth. Spread over the filling layer. Put it back in the freezer.
4. After 30 minutes, cut the pumpkin bars into squares. Enjoy and then store leftovers (if there are any!) back in the freezer.

Paleo Mint Chocolate Bars

Mint chocolate bars were my favorite holiday treat when I was growing up. We would make a few batches to share with friends and neighbors. Of course those mint chocolate bars were filled with refined sugar, dairy and grains...not so healthy. This version is made with wholesome ingredients, without sacrificing flavor. Make enough to share!

Prep: 30 minutes **Makes:** 36 servings

One serving equals:

167 calories, 12g fat, 19mg sodium, 12g carbohydrate, 1g fiber, and 3g protein



For the Crust:

- 1 cup blanched almond flour
- 1/4 teaspoon salt

For the Mint Filling:

- 12 oz raw cashews (about 2 cups) soaked for 1-2 hours, then discard soaking water
- 1/2 cup coconut oil
- 1/2 cup raw honey

For the Chocolate:

- 7 oz dark chocolate (72% cocoa or higher)
- 1/4 cup coconut milk, canned and full fat

- 1/2 cup dates, pitted
- 2 Tablespoons cocoa powder
- 1 teaspoon peppermint flavor
- 1 teaspoon of lemon juice
- 1/4 teaspoon spirulina (gives it that nice green color)
- 1/4 cup coconut oil
- 1/4 cup raw honey
- 1/4 cup palm shortening

1. Throw the crust ingredients into a food processor and mix until smooth. Press into the bottom of an 8×8 brownie pan. Place in the freezer as you prepare the mint filling.
2. Wipe out the food processor, then add all of the mint filling ingredients. Pulse until fully smooth and uniformly green. Spread over the crust. Freeze again as you make the chocolate.
3. Place all the chocolate ingredients into a double boiler over medium-low heat (if you don't have a proper double boiler simply place a small pot into a skillet in an inch of water). Mix constantly, until melted and smooth. Remove from heat and allow to cool for 15 minutes. Spread over the mint layer. Put it back in the freezer.
4. After 30 minutes, cut the bars into squares. Enjoy and then store leftovers (if there are any!) back in the freezer.

Pumpkin Spice No-Bake Protein Bars

Try this quick and delish recipe for No Bake Pumpkin Spice Protein Bars -- these taste like pumpkin pie!

Prep: 15 minutes **Makes:** 10 servings

One serving equals:

111 calories, 4g fat, 64mg sodium, 8g carbohydrate, 4g fiber, and 9g protein



Here's what you need:

- 1 cup vanilla protein powder
- ½ cup coconut flour
- ½ teaspoon ground cinnamon
- dash of cloves, nutmeg and allspice
- ¾ cup canned pumpkin puree
- ½ cup coconut milk
- 1 teaspoon vanilla extract
- ¼ cup pecans, chopped
- 1 oz dark chocolate
- 1 teaspoon of coconut oil

1. Mix well, form the dough into 10 bars. Place in the freezer on a wax paper lined plate.
2. Melt 1 oz dark chocolate with 1 teaspoon of coconut oil. Drizzle the chocolate over the bars then return to the freezer for 10 minutes until the chocolate has hardened. Enjoy!!!!

Pumpkin Spiced Smoothie

Here's a delicious way to enjoy your favorite pumpkin flavor, all while getting a nutritious boost of protein.

Prep: 5 minutes **Makes:** 1 serving

One serving equals:

243 calories, 0g fat, 56mg sodium, 34g carbohydrate, 7g fiber, and 29g protein



Here's what you need:

- 1 frozen banana (or half if you want to save on calories and carbs)
- 2 cups ice cubes
- 1½ cups water
- 1 scoop quality vanilla protein powder
- ¼ cup canned pumpkin
- ¼ teaspoon ground cinnamon
- dash of nutmeg and cloves

1. Combine all of the ingredients in a high speed blender and mix until smooth. Serve immediately.

Glazed Pecans

Simple, glazed pecans make a delicious addition to salads and desserts. It's also amazing eaten unadorned.

Prep: 8 minutes **Bake:** 6-8 minutes **Oven:** 350 **Makes:** 20 servings

One serving equals:

133 calories, 12g fat, 18mg sodium, 4g carbohydrate, 2g fiber, and 2g protein



Here's what you need:

- 2 Tablespoons coconut oil
- 2 Tablespoons coconut sugar
- 2 Tablespoons pure maple syrup
- 3 cups raw pecan halves
- dash of sea salt

1. Preheat the oven to 350 degrees F. Line a rimmed baking sheet with wax paper.
2. In a large skillet, combine the coconut oil, coconut sugar and syrup over medium heat. Once the mixture begins to bubble, add the pecans. Mix and cook for 3 minutes.
3. Spread the pecans over the prepared baking sheet. Sprinkle with sea salt. Bake for 6-8 minutes until golden. Cool on the baking sheet for 30 minutes before breaking apart.

Cinnamon & Coconut Sugar Almonds

Here's the perfect sweet treat to share with friends and family instead of sugar-laden, grain-filled baked goods.

Prep: 10 minutes **Cook:** 10 minutes **Makes:** 20 servings

One serving equals:

176 calories, 13g fat, 20mg sodium, 9g carbohydrate, 3g fiber, and 6g protein



Here's what you need:

- 1 cup coconut sugar
- 1 Tablespoon ground cinnamon
- ½ cup filtered water
- 1 teaspoon sea salt
- 4 cups raw almonds

1. Line a rimmed baking sheet with wax paper. Set aside.
2. In a large skillet combine the coconut sugar and water over medium heat. Bring to a boil.
3. Add the almonds, continue to cook, stirring often until the liquid has completely evaporated, about 5 minutes.
4. Add the cinnamon and salt, stirring to evenly coat the almonds. Spread the almonds over the prepared baking sheet. Allow to dry for 30 minutes.

Easy Christmas Compote

My mother-in-law introduced me to the idea of turning that extra fruit at the bottom of the fridge fruit drawer into a tender, sweet compote. My kids love this recipe so much – they call it ‘fruit soup’ :)

Prep: 15 minutes **Cook:** 30 minutes **Makes:** 16 serving

One serving equals:

69 calories, 3g fat, 2mg sodium, 11g carbohydrate, 2g fiber, and 0g protein



Here's what you need:

- 8 cups chopped apples, peaches and other stone fruit
- 2 Tablespoons lemon juice
- ¼ cup coconut oil
- 1 Tablespoon Rum
- ¼ cup coconut sugar
- 1 teaspoon ground cinnamon

1. Combine all of the ingredients in a large pot. Cover and cook on low for 30 minutes, stirring occasionally. When the fruit is very tender, remove from heat and serve warm. Garnish with more coconut sugar and cinnamon.

Cinnamon Baked Apple Chips

One year a neighbor gave us homemade cinnamon apple chips as a Christmas gift. I remember thinking that it tasted better than candy. When I saw the recipe I was disappointed to see that it used refined white sugar. So over the years I've worked on recreating those sweet crispy apple chips using more wholesome ingredients. This recipe hits the nail on the head, using a sprinkle of coconut crystals instead of refined sugar.

Prep: 15 minutes **Bake:** 1-2 hours **Oven:** 250 **Makes:** 5 servings

One serving equals:

114 calories, 0g fat, 60mg sodium, 30g carbohydrate, 6g fiber, and 1g protein



Here's what you need:

- 6 apples (try Pink Lady or Honeycrisp)
- 6 cups fruit juice (try pear juice)
- 2 cinnamon sticks
- Ground cinnamon
- Sea salt
- Coconut Crystals

1. Preheat the oven to 250 degrees F. Core and then thinly slice 6 apples (skins are fine!)
2. Boil the apples for 5 minutes in a pot with the fruit juice and cinnamon sticks.
3. Remove from the juice, pat dry and arrange the apple slices on a cooling rack placed on a rimmed baking sheet. Sprinkle with cinnamon, sea salt and coconut crystals. Place in the preheated oven for 1 to 2 hours. Remove from heat once crispy. Yum!

Rhubarb Mini Muffins

Here's a delicious way to enjoy fresh rhubarb. These moist mini muffins make a wonderful breakfast or snack.

Prep: 15 minutes **Bake:** 15-20 minutes **Oven:** 350 **Makes:** 24 servings

One serving equals:

83 calories, 5g fat, 62mg sodium, 6g carbohydrate, 1g fiber, and 2g protein



Here's what you need:

- ½ cup blanched almond flour
- ½ cup golden flax meal
- 1 Tablespoon coconut flour
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon
- 3 eggs, beaten
- 1 teaspoon vanilla extract
- 2 Tablespoons almond butter
- ¼ cup coconut milk, canned and full fat
- 2 Tablespoons pure maple syrup
- 1/3 cup coconut crystals
- ½ a banana, mashed
- 1 Tablespoon Coconut oil, gently melted
- 1 cup fresh rhubarb, diced

For the Topping:

- 2 Tablespoons coconut oil
- 2 Tablespoons blanched almond flour
- 2 Tablespoons coconut crystals
- 1 teaspoon ground cinnamon
- dash of sea salt

1. Preheat oven to 350 degrees F. Lightly grease a mini muffin pan with coconut oil.
2. In a medium bowl combine the almond flour, flax meal, coconut flour, baking soda, sea salt, and cinnamon.
3. In another medium bowl combine the eggs, vanilla, almond butter, coconut milk, maple syrup, coconut crystals and banana. Mix until fully combined. Add the dry ingredients and mix well. Add the coconut oil and mix until smooth. Fold in the rhubarb.
4. In a small bowl combine all of the topping ingredients.
5. Fill each muffin tin 2/3 full. Sprinkle each muffin top with the topping mixture. Bake for 15-20 minutes, until golden and set.

I hope you've enjoyed Paleo Holiday Cooking as much as I enjoyed creating it! If you'd like more of my recipes, check out my [Family Friendly Fat Burning Meals Program](#).



Like the [Real Healthy Recipes Facebook Fan Page](#) for ongoing tips, support, motivation and paleo recipes.

Happy Cooking :)

Diana Keulian

PS: Which of these 50 holiday recipes were your favorite? I'd love to hear from you! Give me a shout out on the [Real Healthy Recipes Facebook Fan Page](#) :)