

BALANCED BITES PRESENTS



# HEALTHY FOR THE HOLIDAYS

50+ RECIPES FOR A FESTIVE TABLE





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# The holiday season is upon us,

and while this year is looking a whole lot better than last year, there's still a lot to contend with. It is the holidays after all!

You might be worrying about hosting a holiday celebration. You may feel anxiety about food choices or worry about getting caught in a dreaded political debate... yikes! You may feel that you want to start a new health program, but it's just too hard with all of the temptations of the holiday season. Well, here's the thing - making healthy choices is one thing you can control this holiday season. With a little planning, you can take control of your health and enjoy holiday celebrations.



This guide is packed with my top drama-free strategies for surviving the holidays, and tons of my favorite holiday recipes! With your plan in place and amazing dishes to share at any event, you'll be set to thrive this year.

Here's to a healthy and happy holiday season!

Diane



# Tips and Tricks for Healthier Holidays

## **IT DOESN'T HAVE TO BE STRESSFUL!**

Anxiety around food is a very common concern, especially whenever you feel like you may eat “differently” than those you are spending the holiday with this year. This topic is easiest to tackle based on whether you are hosting or just going to a gathering.

## **WHEN YOU'RE THE HOST**

If you are hosting the holiday feast, assign dishes or categories of dishes for guests to bring — sides, desserts, etc. If someone you are inviting eats food you don't, ask them to bring that plate so they can still enjoy it (i.e.: rolls, gluten-items, dessert, etc.). This way, you can control preparation of the foods you want to make so they fit your dietary needs.

## **WHEN YOU'RE NOT HOSTING**

When you aren't in charge or hosting, you can bring at least one dish that you know you can eat alongside the turkey or other protein option. Chances are that there will be some veggies, but if you can't eat dairy and want mashed potatoes, you may want to bring your own made a way you can enjoy!

## **FINDING BALANCE**

Let the holidays be a time where you don't freak out if you had a bite of something you wouldn't normally eat. It's okay to make concessions (unless you're allergic!). If something will make you feel less-than-amazing but you aren't truly allergic, don't sweat it! You'll be able to get back to your normal routine the next day.

Make mindful choices about when to indulge, and be remember that the holidays are actually only a few days over the span of two months. Choose where and when to indulge - Grandma's legendary apple pie on Christmas Eve may be something you really look forward to, while drinking with co-workers after the potluck may not be worth the hangover. It's always your call!

## **MANAGING FAMILY AND FRIENDS**

When it comes to friends and family at the holidays, it's really about deeper, closer connections. My first tip is to connect more deeply with just one friend or family member at the gathering. Take the opportunity to learn something new about that person. Ask, engage, and learn! It'll allow for a more meaningful conversation, and you'll feel so much better having made a deeper connection with one person, than not having made much of a connection with anyone.

## **AVOID TOXIC PEOPLE**

Most of us have at least one family member or a friend of a friend who we do not really want to exchange energy with or be around. The good news is that there's no need to have a conversation with that toxic person. It may seem like a big deal in the short term, but in the longer term, you'll realize that it was the right decision. If things change in the future, you can always circle back to the relationship.

If you are talking to one person and things go off topic or onto a topic you don't want to discuss (i.e. politics), you can deflect pretty easily or even say that you aren't interested in talking about it. If you are talking in a small group and a topic is brought up that you would rather not discuss, change the conversation or topic to something much more lighthearted. Think movies, TV shows, Kardashians?! Another option is to physically leave the conversation - actually walk away! You could go to the bathroom, refill a drink, grab some veggies to nibble on, etc.

If you are hosting the holiday gathering, lay ground rules. For example, make it a “no politics” holiday. Or, if someone starts to talk about it, and someone else changes or asks to change the conversation, realize it's not a big deal, and move on.





# Guide to Dining Out (or Ordering Takeout!)

*Tips and tricks for navigating menus and making healthy choices*

## AMERICAN FOOD



**AVOID** Fried foods, anything breaded, sandwiches, wraps, and pre-mixed dressings.

**ENJOY** Bunless or lettuce-wrapped burgers and salads with lemon or vinegar and olive oil.

## CHINESE FOOD



**AVOID** Unless you know the restaurant well enough to make special requests for no MSG and only sauces without sugar, it's best to avoid Chinese food. Many of the sauces contain hidden sweeteners.

## INDIAN FOOD



**AVOID** Skip the naan and rice. Ask about flour/gluten in sauces and spice rubs.

**ENJOY** Meats and veggies that are grilled or roasted and not drowning in sauces. Tandoori meats are often marinated in yogurt.

## ITALIAN FOOD & PIZZA



**AVOID** Bread, pasta, and breaded meats. Ask about sauces and preparation of items (meatballs often contain breadcrumbs). There is simply no great way to enjoy a healthy version of pizza while dining out.

**ENJOY** Broiled chicken, fish, shrimp, or other protein with red sauce and veggies or salad on the side.

## JAPANESE FOOD



**AVOID** Rice (white and brown) is typically flavored with vinegar, which is okay, but also sugar, which is not. Also avoid anything fried or tempura battered, imitation crab, and most sauces.

**ENJOY** Sashimi or broiled fish; just be sure to ask about sauces used and avoid soy sauce.

## MEXICAN FOOD



**AVOID** Tortilla shells and chips (both corn and flour), beans, and rice (or eat limited portions per Level 1 & 2 guidelines). Vegetarians: Have some beans but go lightly on the rice.

**ENJOY** Meat, salsa, and guacamole—often you can ask for these ingredients to be placed over a salad or with vegetables. Ask for raw celery or carrots to dip into guacamole. Ask for a side of vegetables to add to your entrée.

## THAI FOOD



**AVOID** Noodles and desserts.

**ENJOY** A curry dish or other coconut-milk based dish without rice.

## MORE TIPS & TRICKS FOR DINING OUT

Think ahead and don't arrive starving. Eat a small snack of some nuts or nut butter, or even a few bites of avocado or leftover meat before you head out the door.

Preview the restaurant's menu online before you go.

Check out reviews from other diners on a site like Yelp.com or TripAdvisor.com (especially when traveling).

Pass on the bread basket—it'll keep temptation away! Ask for sliced veggies or olives instead.

Either skip the appetizers or opt for a salad starter.

Entrées are easy. While finger food is often breaded, fried, or otherwise carb-loaded, entrées that are made of simpler ingredients can be easy to find.

Look for grilled, broiled, or baked options, as these typically aren't breaded. But ask the server for details on how things are prepared; they're used to questions! Be polite, but get the answers you need.

Make substitutions. If a meal comes with French fries, bread or pasta, simply ask that the kitchen either leave it off of the plate or substitute some vegetables instead.

## AT PARTIES

Ask the host what they plan on serving so you know what to expect. Bring a dish or two that you know you can enjoy and that will satisfy your hunger. The host will be happy to have the contribution, and you'll be glad to know that you won't be hungry all night if they're serving only foods that you aren't currently eating.



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Breakfast





## BREAKFAST

# Holiday Lattes 3 Ways

Nuts\* Eggs\* Nightshades FODMAPs Seafood Sugar

### Nut Milk Base **PREP** 3-4 HOURS (IDEALLY OVERNIGHT) **COOK** 5 MINUTES **SERVINGS** 1 QUART

1 cup raw cashews  
4 cups water  
2 dates, pits removed (optional)

Soak the cashews in some water for a few hours—overnight is ideal, but 3-4 hours will work just fine. Drain and rinse under cold water for 30 seconds or so.

Add the cashews and 2 cups of water to your blender and blend until smooth, stopping to scrape down the sides once if necessary. Then add 2 more cups of water and the dates and blend for a minute or two more, until completely smooth.

It's ideal to use a high-speed blender, such as a Vitamix, but if you don't have one it's okay—your milk just might have a slightly grainier texture so you might have to strain it.

### Coconut Milk Base **COOK** 2 MINUTES **SERVINGS** 12 OZ

1 can full-fat coconut milk  
1 date, pit removed

Add the milk and dates to a high-speed blender and blend until smooth.

*\*Use this milk base for any recipe you'd like to make nut-free. Or, simply use canned coconut milk without any added dates for sweetness.*

### Peppermint Mocha **COOK** 5 MINUTES **SERVINGS** 1 LATTE

1 cup nut or coconut milk base  
2 tablespoons cocoa powder  
1 teaspoon peppermint extract  
1-3 teaspoons maple syrup, honey, or other sweetener to taste (optional)  
1-2 shots espresso (or 1/2 cup strongly brewed coffee)  
whipped coconut cream (optional)  
dark chocolate shavings, for garnish  
Balanced Bites COCOA Organic Infused Sugar, for garnish



**This recipe goes perfectly with our Balanced Bites COCOA Infused Sugar!**

In a small saucepan, heat the milk, cocoa powder, peppermint extract, and sweetener. Once it is heated and lightly frothy, add the espresso or coffee, and stir to combine.

At this point, you can use an immersion blender or high-speed blender to add more frothiness. Or, you could use a frother for the milk mixture, and add this to your coffee separately.

Top with the whipped coconut cream (or regular whipped cream if you can tolerate dairy) and lots of chocolate shavings.



## Gingerbread Latte

COOK 5 MINUTES SERVINGS 1 LATTE

1 cup nut or coconut milk base  
1/2 tablespoon molasses  
1/4 teaspoon ginger  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon all-spice or ground cloves  
1 teaspoon vanilla  
1-3 teaspoons maple syrup, honey, or other sweetener to taste (optional)  
1-2 shots espresso (or 1/2 cup strongly brewed coffee)  
whipped coconut cream for garnish (optional)  
extra cinnamon, for garnish  
Balanced Bites CINNAMON and/or CAMEL Organic Infused Sugar, for garnish

In a small saucepan, heat the milk, spices, vanilla, and maple syrup. Once it is heated and lightly frothy, add the espresso or coffee, and stir to combine—about 5 minutes.

At this point, you can use an immersion blender or high-speed blender to add more frothiness. Or, you could use a frother for the milk mixture, and add this to your coffee separately.

Top with whipped coconut cream (or regular whipped cream if you can tolerate dairy) and an extra sprinkling of CINNAMON OR CAMEL infused sugar.



## Eggnog Latte

COOK 5 MINUTES SERVINGS 1 LATTE

1 cup nut or coconut milk base  
1-3 teaspoons maple syrup, honey, or other sweetener to taste (optional)  
1 teaspoon vanilla  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1 egg yolk  
1-2 shots espresso (or 1/2 cup strongly brewed coffee)  
whipped coconut cream for garnish (optional)  
extra cinnamon and nutmeg, for garnish  
Balanced Bites CINNAMON and/or CAMEL Organic Infused Sugar, for garnish

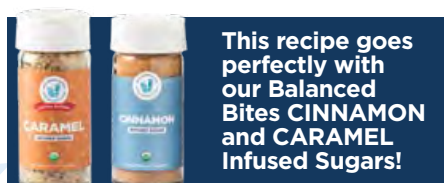
Warm the milk, maple syrup, vanilla, cinnamon, and nutmeg over medium-low heat for about 5 minutes, stirring occasionally.

In a separate bowl, whip the egg yolk until pale and frothy.

Add a few tablespoons of the milk mixture into the egg yolks to temper the eggs (if you dump the eggs into the warmed milk too quickly, you'll end up with scrambled eggs!), then pour the egg mixture back into the warm milk and continue to heat the mixture for a minute or two longer.

To serve, combine the eggnog with the espresso and sprinkle with extra nutmeg and cinnamon. At this point you can use an immersion blender or high-speed blender to add more frothiness. Or, you could use a frother for the milk mixture, and add this to your coffee separately.

Top with whipped coconut cream (or regular whipped cream if you can tolerate dairy) and an extra sprinkling of CINNAMON and CAMEL infused sugars.



This recipe goes perfectly with our Balanced Bites CINNAMON and CAMEL Infused Sugars!









# Peanut Butter Granola

BREAKFAST

**PREP** 10 MINUTES **COOK** 2-3 HOURS **SERVINGS** 25 1-OUNCE SERVINGS

Nuts

Eggs

Nightshades

FODMAPs

Seafood

Sugar

## INGREDIENTS

4 cups rolled oats  
1/2 cup collagen  
1/2 teaspoon flake salt  
Cinnamon  
1/4 cup cacao butter  
1/2 cup crunchy peanut butter,  
creamy is OK too  
1/2 cup maple syrup  
1 teaspoon vanilla

## PREPARATION

Preheat oven to 325° F.

Combine dry ingredients in a large mixing bowl.

Melt cacao butter, then mix in all other wet ingredients. Once combined, pour into dry and stir to thoroughly/evenly coat the oats with the wet mixture so that no dry spots remain. The resulting mixture won't feel super moist, don't worry, it'll be perfect.

Bake on a parchment lined sheet at 325° F for 25-30 minutes, then turn off the oven, remove the parchment and stir the granola up. Place back into the oven and let dry out a couple hours before storing into a container.



### Don't feel like baking?

You can grab our granola in our shop, just visit [balancedbites.com](https://balancedbites.com). Diane's Magic Blend is the same recipe, only peanut-free!



# Gingerbread Muffins

BREAKFAST

PREP 20 MINUTES COOK 35 MINUTES SERVINGS 12-18 MUFFINS

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

6 eggs  
1/2 cup butter or coconut oil  
1 teaspoon pure vanilla extract  
1/2 cup blackstrap molasses  
1/4 cup grade B maple syrup  
1/2 cup coconut flour  
1/2 teaspoon sea salt  
1/4 teaspoon baking soda  
1 teaspoon cinnamon  
1 teaspoon ginger  
1/2 teaspoon ground cloves  
3 cups carrots, shredded  
1/2 cup raisins (optional)

## FROSTING (OPTIONAL)

1/4 cup coconut butter  
1/4 cup coconut oil  
1/4 teaspoon of freshly grated ginger  
1 tablespoon orange zest  
1 tablespoon shredded coconut  
1 tablespoon maple syrup  
Balanced Bites CINNAMON Infused Sugar, for garnish

## PREPARATION

Preheat oven to 350°F.

Whisk the eggs, butter or coconut oil, pure vanilla extract, molasses, and maple syrup together in a large mixing bowl.

Sift in the coconut flour, sea salt, baking soda, cinnamon, ginger, and ground cloves. Next add in the carrots and raisins (if using) and combine together.

In a muffin tin, scoop 1/4 cup of the batter into each lined muffin container (natural parchment muffin papers work best for lining), and bake for 35 minutes.

Combine all frosting ingredients until smooth. Allow the muffins to cool slightly before frosting.



This recipe goes perfectly with our Balanced Bites CINNAMON Infused Sugar!



Looking for a crunchy top? Sprinkle with our Spiced Gingersnap Granola before baking!







# Pumpkin Cranberry Muffins

BREAKFAST

**PREP** 15 MINUTES **COOK** 40 MINUTES **SERVINGS** 12 MUFFINS

Nuts

**Eggs**

Nightshades

**FODMAPs**

Seafood

**Sugar**

## INGREDIENTS

6 eggs  
1/4 cup canned pumpkin  
1/2 cup butter or coconut oil, melted  
1 teaspoon pure vanilla extract  
1/4 cup grade B maple syrup  
1/2 cup coconut flour  
1/2 teaspoon sea salt  
1/4 teaspoon baking soda  
1 tablespoon pumpkin pie spice  
1/2 cup fresh cranberries  
Balanced Bites PUMPKIN SPICE  
and/or CINNAMON Infused Sugars,  
for garnish

## PREPARATION

Preheat oven to 350°F.

Whisk the eggs, pumpkin, butter or coconut oil, pure vanilla extract, and maple syrup together in a large mixing bowl.

Sift in the coconut flour, sea salt, baking soda, and pumpkin pie spice and stir until well combined. Gently fold in the cranberries.

In a muffin tin, scoop 1/4 cup of the batter into each lined muffin cup (natural parchment muffin papers work best for lining), and bake for 35 minutes.

These muffins taste delicious with the Simple Cranberry Sauce on page 42.









# Gluten-Free Banana Bread

BREAKFAST

**PREP** 15 MINUTES **COOK** 45 MINUTES **SERVINGS** 11 SLICES

Nuts **Eggs** Nightshades FODMAPs Seafood **Sugar**

## INGREDIENTS

1 1/2 cups gluten-free flour  
3 tablespoons light brown sugar  
1 teaspoon ground cinnamon  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon sea salt  
4 bananas (around 1 1/2 cups  
of mashed banana)  
1 egg  
2 tablespoons honey, softened  
1 tablespoon vanilla  
1 teaspoon apple cider vinegar  
or lemon juice  
1/4 cup + 2 tablespoons chocolate  
chips  
Balanced Bites CINNAMON, COCOA,  
or VANILLA Infused Sugars, for  
garnish

## PREPARATION

Preheat oven to 350° F and line a large loaf pan with parchment paper.

Combine dry ingredients in a large mixing bowl.

Combine wet ingredients in a medium mixing bowl.

Mix the wet ingredients into the dry, then before mixing in 2/3 of the chocolate chips, quickly mix in the vinegar.

Add chocolate chips at the very end and quickly stir in.

Pour the batter into your lined loaf pan, then sprinkle the remaining chocolate chips evenly along the top of the loaf.

Bake for 45-50 minutes or until a toothpick placed into the center of the loaf comes out cleanly (chocolate excluded!).



**This recipe goes perfectly  
with Balanced Bites VANILLA  
CINNAMON, or COCOA  
Infused Sugar!**



# Cinnamon Spice Pancakes

BREAKFAST

PREP 5 MINUTES COOK 10 MINUTES SERVINGS 2

Nuts

Eggs

Nightshades

FODMAPs

Seafood

Sugar

## INGREDIENTS

1/4 cup plus 2 tablespoons coconut flour  
1/2 teaspoon baking soda  
1/4 teaspoon ground nutmeg  
1 teaspoon ground cinnamon  
4 large eggs, beaten  
1/2 cup full-fat, canned coconut milk  
1 teaspoon lemon juice  
2 teaspoons honey  
2 tablespoons unsalted butter, ghee, or coconut oil, for cooking; melted butter or ghee, for serving  
Balanced Bites CINNAMON Infused Sugar, for serving (optional)



This recipe goes perfectly with our Balanced Bites CINNAMON Infused Sugar!

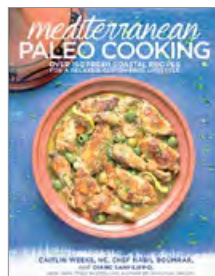
## PREPARATION

Sift the coconut flour, baking soda, nutmeg, and cinnamon into a large bowl. Add the eggs, coconut milk, lemon juice, and honey to the bowl. Whisk until smooth.

Melt the fat in a medium skillet over medium heat. Pour 1/4 cup of batter into the hot pan for each pancake, leaving room for it to spread.

Cook each pancake for 2 minutes, then flip it over and cook for 2 more minutes on the opposite side. Transfer the cooked pancakes to a plate and cover to keep warm while you cook the rest of the pancakes.

Top with the melted butter and a sprinkling of Cinnamon Infused Sugar, and serve.



### Want even more Mediterranean-inspired Paleo recipes?

Check out Diane's book collaboration, *Mediterranean Paleo Cooking*, with more than 150 vibrant recipes for your every day life.







# Spiced Apple Cider Waffles

BREAKFAST

PREP 10 MINUTES COOK 10-15 MINUTES SERVINGS 3 LARGE WAFFLES

Nuts Eggs Nightshades FODMAPs Seafood Sugar

*This recipe was created as a modification of an original recipe by Simone Miller in **The Zenbelly Cookbook**: Apple Cider Donut Holes.*

## INGREDIENTS

2/3 cup arrowroot powder  
1/2 cup coconut flour, sifted  
1/2 teaspoon cinnamon  
1/2 teaspoon pumpkin pie spice (or just double the cinnamon if you don't have pumpkin pie spice on hand)  
1/4 teaspoon finely ground sea salt  
1/2 teaspoon baking soda  
4 large eggs  
1/4 cup honey  
1/2 cup apple cider  
Ghee (or butter or coconut oil) for greasing the waffle iron and for garnish  
Maple syrup for serving (optional)  
Balanced Bites CINNAMON Infused Sugar for serving (optional)



**This recipe goes perfectly with our Balanced Bites CINNAMON Infused Sugar!**

## PREPARATION

Place all the ingredients except the ghee in a large mixing bowl and whisk or use a hand or stand mixer to combine until smooth. Allow the batter to sit for 10 minutes to thicken.

Heat up your waffle iron and brush it with the ghee. Fill the iron completely with the batter, allowing it to reach all of the edges. This is different from a typical instruction with a waffle iron because these will rise but will only spread a tiny bit. Allow the waffle to cook for a few minutes until it rises and is golden brown.

Serve topped with ghee, maple syrup, and a dash of Cinnamon Infused Sugar.

## CHEF NOTE

Since this is originally a donut recipe, these are a bit softer than traditional waffles. If makes three large waffles so doubling it to serve more than 2-3 people is a good idea!



### Discover Epicurean Paleo Dishes

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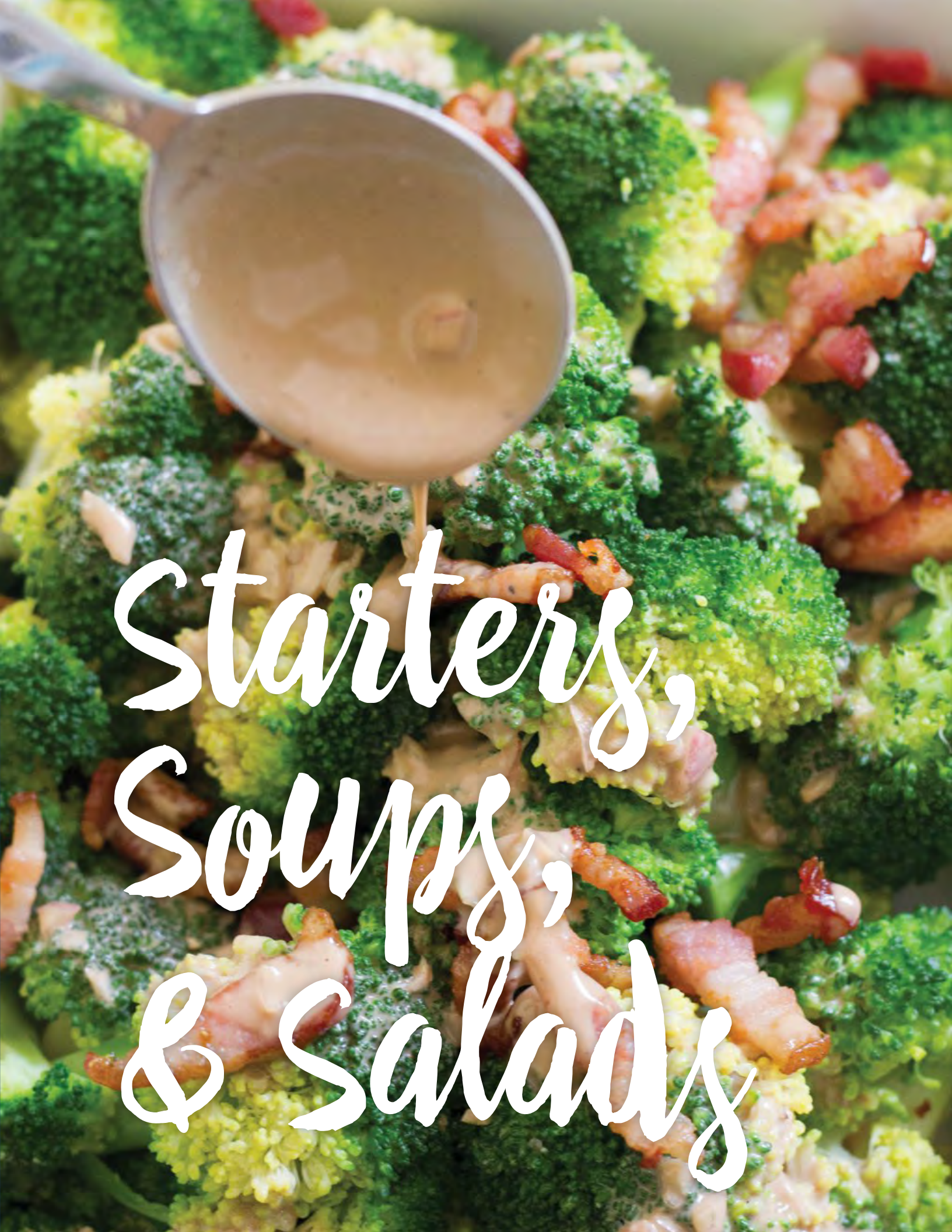
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Starters,  
Soups,  
& Salads





# Grandma Barbara's Stuffed Mushrooms

STARTERS,  
SOUPS,  
& SALADS

PREP 20 MINUTES COOK 20-30 MINUTES SERVINGS 12 MUSHROOMS

Nuts Eggs **Nightshades** **FODMAPs** Seafood Sugar

*My grandma used to make a big spread of appetizers for every holiday or occasion, and I always requested her stuffed mushrooms. This is an adaptation of that recipe since the original calls for breadcrumbs, but the tops of these get crispy even without the grains.*

## INGREDIENTS

1 dozen baby Portobello mushroom caps, cleaned  
1 tablespoon bacon fat (or other cooking fat)  
1/4 cup bell pepper, minced  
1/4 cup yellow onion, minced  
1 lb ground pork  
2 tablespoons ITALIAN blend  
2 cups spinach, finely chopped or processed  
1 clove garlic, grated



This recipe uses our  
Balanced Bites ITALIAN  
blend!

## PREPARATION

Preheat oven to 450°F.

Place the mushrooms on a baking sheet with the “cup” side facing down, and bake for 10 minutes or just enough to allow some of the moisture to release from the mushrooms. Do this before or while you prepare the filling mixture.

In a large skillet over medium heat, melt the bacon fat, and place the bell peppers and yellow onions in the pan, sautéing until the onions are clear and soft. Add the ground pork to the pan, season with ITALIAN blend, and cook it until little or no pink meat remains (approximately 5 minutes), stirring occasionally to break up any large chunks of meat.

Add the spinach and garlic, and combine together in the pan. Spoon the mixture into each of the mushroom caps, and place them back onto the baking sheet.

Bake for approximately 20 minutes or until golden brown on top.

## CHEF NOTE

Substitute ground turkey for the pork. Stuff 4 large Portobello caps instead of 12 baby mushrooms. For a nightshade-free dish, omit the bell peppers.





# Bacon Wrapped Pecan Dates & Pineapple

STARTERS,  
SOUPS,  
& SALADS

**PREP** 20 MINUTES **COOK** 20-30 MINUTES **SERVINGS** 2 DOZEN

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

12 dried medjool dates  
2 dozen pecan halves  
12 slices of bacon  
1-2 cups fresh pineapple  
(to yield 12 chunks, about 1" each)

## PREPARATION

Preheat oven to 425°F.

Slice the dates down the center lengthwise; remove and discard the pits. Place 2 pecan halves in the center of each date where the pit had been.

Slice the bacon in half so that you now have 2 pieces from each strip, each approximately 4 inches long. Wrap one piece of bacon around each pecan-stuffed date, and secure with a toothpick.

Wrap the remaining bacon, 1 piece each, around the pineapple chunks, and secure with a toothpick.

Place the bacon-wrapped dates and bacon-wrapped pineapple onto a sheet, and bake for 20-30 minutes or until the bacon is done to your liking.

## CHEF NOTE

Be very careful when biting into these treats out of the oven- they'll be extremely hot in the center!





### *Chef note*

Fresh chives and rosemary are good choices for these crackers.





# Herb Almond Cheese Spread

STARTERS,  
SOUPS,  
& SALADS

**PREP** 8 HOURS + 10 MINUTES **COOK** -- **SERVINGS** 2 CUPS

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

1 cup raw almonds  
2 1/4 cups water, divided  
5 tablespoons extra-virgin olive oil  
1/4 cup fresh lemon juice (2 lemons)  
1 clove garlic, minced or grated  
2 tablespoons minced fresh chives  
Sea salt and black pepper

## PREPARATION

Place the almonds and 2 cups of the water in a glass or other nonporous container and let them soak, covered, in a dark place, overnight or for 8 hours.

Drain and rinse the almonds, then place them in a food processor along with the remaining 1/4 cup water and the rest of the ingredients. Process until smooth and creamy, stopping occasionally to scrape down the sides of the processor, about 5 minutes total.

If you'd like a lighter texture, add another tablespoon of warm water at a time until you achieve the desired consistency.

# Herb Crackers

**PREP** 30 MINUTES **COOK** 10-15 MINUTES **SERVINGS** ABOUT 24-36 CRACKERS

Nuts **Eggs** Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

1 cup fine almond meal, store-bought or home-made  
1/2 teaspoon sea salt  
1/2 teaspoon onion powder  
1/2 teaspoon granulated garlic  
1 tablespoon chopped fresh herbs of your choice  
Black pepper to taste  
1 egg, beaten

## PREPARATION

Preheat the oven to 350°F.

In a mixing bowl, use a fork to combine the almond meal, salt, onion powder, granulated garlic, herbs, and pepper. Add the egg to the dry ingredients and combine with the fork until it forms a crumbly texture. Gather the dough into a ball, wrap it in a sheet of plastic wrap, and refrigerate for 20 to 30 minutes.

Remove the dough from the refrigerator, place it between 2 sheets of parchment paper, and roll it out gently with a rolling pin.

Use a knife or cookie cutter to make cracker shapes of your choice. Place the shapes on a baking sheet and bake for 10-15 minutes or until golden brown.







# Butternut Sage Soup

STARTERS,  
SOUPS,  
& SALADS

**PREP** 30 MINUTES **COOK** 45 MINUTES **SERVINGS** 4-6

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

1 butternut squash  
4 tablespoons bacon fat, coconut oil or ghee, divided  
1 yellow onion, diced  
4 cloves of garlic, peeled and smashed  
1/2 teaspoon dried sage  
1/2 teaspoon sea salt  
Black pepper to taste  
16 ounces bone broth, chicken is ideal  
2 tablespoons coconut milk (optional)  
Juice of 1 orange  
2 tablespoons water (more or less as needed)  
8-12 fresh sage leaves

## PREPARATION

Preheat oven to 400°F.

Peel and chop the butternut squash. Toss in 1 tablespoon of the bacon fat in a roasting dish and bake for about 40 minutes or until fork-tender.

While the squash roasts, melt the remaining bacon fat in a large pot or skillet. Sauté the onions until they begin to brown along the edges. Add the garlic to the skillet, followed by the sage, sea salt, and pepper. Cook for approximately 2 minutes to take the edge off of the raw garlic.

Add broth, coconut milk, and water.

Add the roasted squash, and stir together.

Finally, add the orange juice just before turning off the heat.

After the soup has cooled, pour it into the blender, and blend until smooth. Be careful not to fill the blender to the top because the steam will expand the liquid.

Once the soup is in bowls, use a small frying pan or cast iron skillet to fry the sage in 1-2 tablespoons of butter or ghee until it looks bubbly or is crispy to the touch.

Garnish each bowl with a couple of sage leaves.







# Creamy Mushroom Soup

STARTERS,  
SOUPS,  
& SALADS

PREP 10 MINUTES COOK 20 MINUTES SERVINGS 4

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

1 tablespoon bacon fat or ghee  
1/2 medium onion, diced (1 cup)  
Sea salt and black pepper  
1 dozen medium-sized mushrooms  
(cremini or shiitake), sliced  
Leaves from 1 sprig fresh thyme (1/2  
teaspoon), plus an additional sprig  
for optional garnish  
Pinch of nutmeg  
3 1/2 cups broth (Quick Turkey Stock  
on page 32)  
1/2 cup full-fat coconut milk,  
canned or homemade

## PREPARATION

In a large saucepan or soup pot, melt the bacon fat over medium heat, then cook the onions until they're translucent and the edges begin to brown, about 5 minutes. Season lightly with salt and pepper.

Add the mushrooms, thyme leaves, and nutmeg to the pan. Continue to cook until the mushrooms brown, about 10 minutes.

Add the broth and coconut milk and simmer for 5 minutes.

Using a slotted spoon, remove 1/2 cup of the mushrooms from the pan and set aside. (For a completely creamy soup without any chunks of mushroom, skip this step.)

Transfer the soup to a blender in 3 small batches, removing the center "valve" from the lid and covering the hole where the valve normally rests with a thick kitchen towel. Holding the lid in place with your hand, blend on low, then move to high speed after a few seconds. Note that blending hot liquids causes them to expand, so rushing to blend this all at once or in an overfilled blender is not safe and will cause hot soup to splatter everywhere.

After blending all 3 batches, pour the soup into serving bowls and evenly distribute the reserved mushrooms. Garnish with a portion of a thyme sprig, if desired.







# Quick Turkey Stock

STARTERS,  
SOUPS,  
& SALADS

**PREP** -- **COOK** 1-2 HOURS **SERVINGS** ABOUT 24 OZ

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

1 turkey neck  
Excess skin from turkey & trimmings  
32 oz water

## PREPARATION

Preheat the oven to 375°F.

(This is the same temperature you will use to roast the turkey.)

While you prepare the turkey for roasting, place the neck, back (if you split the bird), and skin on a small rimmed baking sheet and bake for about 30 minutes.

Transfer the neck and skin to a small pot on the stove top and simmer over medium heat until the stock begins to reduce slightly - about 20 minutes.

Reduce the heat to low and simmer for an additional 20-30 minutes or continue to simmer on low until the turkey is fully cooked.

## CHEF NOTE

Stock is made by cooking bones and/or meaty bones in water without any additional seasoning, intended to be a base for flavor and other recipes. Stock becomes broth when you add seasonings and other elements, like salt and garlic.





# Broccoli & Bacon Salad with Creamy Balsamic Dressing

STARTERS,  
SOUPS,  
& SALADS

PREP 15 MINUTES COOK 15 MINUTES SERVINGS 4

Nuts

**Eggs**

Nightshades

**FODMAPs**

Seafood

Sugar

## INGREDIENTS

4 slices bacon  
1 large head broccoli  
1/4 cup avocado oil mayonnaise of choice  
3 tablespoons balsamic vinegar  
2 tablespoons minced shallot  
Sea salt and black pepper to taste

## PREPARATION

Slice the bacon crosswise into 1/2 inch strips and cook it in a skillet over medium heat until crispy. Remove the bacon from the pan and set it on paper towels to drain. Reserve the bacon fat for another use.

Chop the broccoli into large florets. Steam the broccoli in a basket over 1 inch of boiling water until it's bright green but not overdone, about 5 minutes. Place the steamed broccoli in a large bowl of ice water to "shock" it-this will keep it from cooking further and maintain its bright color. Drain in a colander.

In a small mixing bowl, whisk together the mayonnaise, vinegar, shallot, salt, and pepper.

In a serving bowl, toss the broccoli with the dressing, then garnish with the bacon strips. Serve at room temperature.





# Apple & Fennel Salad

STARTERS,  
SOUPS,  
& SALADS

PREP 10 MINUTES COOK -- SERVINGS 4

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

2 green apples, sliced into matchsticks

1 cup thinly sliced fennel (1 to 2 bulbs)

1/4 teaspoon ground cinnamon, for garnish

Salad greens or baby spinach,

### FOR THE DRESSING

1/2 cup extra-virgin olive oil or macadamia nut oil

2 tablespoons apple cider vinegar

2 tablespoons fresh lemon juice

1/2 teaspoon fennel seeds, ground

1/2 teaspoon ground cinnamon

1/4 teaspoon onion powder

Sea salt and black pepper to taste

1 tablespoon unsalted butter or coconut oil, melted, for the pan

## PREPARATION

In a small mixing bowl, whisk together all the ingredients for the dressing.

In a medium-sized mixing bowl, toss the dressing with the apple and fennel and garnish with the cinnamon.

Serve alone or over salad greens or baby spinach.







## TAKE A BREAK FROM COOKING & GRAB A BALANCED BITES HOLIDAY MEAL!

Even if you've got the #bestlightsontheblock thing down, we can all use a little extra time to relax with family and friends to enjoy the season.

Special for the holiday, we have:

**Turkey Meatloaf with Cranberry Sauce, Mashed Potatoes, Green Beans, & Gravy**

A classic holiday meal combination, this tender turkey meatloaf is loaded with flavor and features a touch of delicious grain-free gravy (we use potatoes to thicken it) paired with fresh green beans and mashed potatoes. To pull it all together, a tangy, freshly made cranberry

sauce comes with this meal, and the flavors all together are pure comfort!

**Sliced Country Ham with Applesauce, Brussels Sprouts, & Mashed Sweet Potatoes**

A holiday favorite, this slightly sweet ham is paired with roasted Brussels sprouts and mashed sweet potatoes. To pull it all together, a tangy, freshly made spiced applesauce comes with this meal, and the flavors all together are pure magic!

Orders in before Saturday will ship the following Tuesday. Use code WELCOME10 for \$10 off your first meal order!

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Sides





# Spiced Applesauce

SIDES

PREP 10 MINUTES COOK 30 MINUTES SERVINGS 4

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

4 green apples, peeled and diced  
1/4 cup water  
2 pinches ground nutmeg  
2 pinches ground allspice  
1 pinch ground cloves  
1/2 teaspoon ground cinnamon  
1 cinnamon stick

## PREPARATION

Place all the ingredients in a saucepan. Bring to a simmer over medium-low heat and simmer for 30 minutes or until the apples are cooked and become soft to your desired texture, chunky or smooth.

Remove the cinnamon stick before serving or storing.



This recipe goes perfectly with our Balanced Bites CINNAMON Infused Sugar!







# Simple Cranberry Sauce

SIDES

**PREP** 5 MINUTES **COOK** 15 MINUTES **SERVINGS** 2 CUPS

Nuts Eggs Nightshades FODMAPs Seafood **Sugar**

## INGREDIENTS

15-16 ounces fresh cranberries  
Organic honey or maple syrup to taste  
Juice + zest of one orange

## PREPARATION

In a medium-sized sauce pot, simmer the cranberries with the water/juice until all berries have “popped” open, and the texture is gelatinous. Add the honey or maple syrup to taste. Remove the mixture from the heat, and allow it to come to room temperature before refrigerating for later use.

## CHEF NOTE

To make a chunky cranberry sauce, add 1 cup mandarin orange segments, drained; 1 cup pineapple (fresh is ideal; check canned for additives, and get one without added sugar); 1/2 cup raw walnuts, chopped (soaked/dehydrated raw nuts are ideal).







# Cherry Kale with Pepitas

SIDES

PREP 5 MINUTES COOK 5-10 MINUTES SERVINGS 4

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

1 bunch of curly kale  
1 tablespoon coconut oil, ghee, or butter  
Sea salt and black pepper  
Pinch of garlic powder  
1/4 cup 100% tart cherry juice or apple juice, organic if possible  
3 tablespoons dried cherries  
3 tablespoons pepitas (pumpkin seeds)



Swap out salt, pepper, & garlic powder for  
**Balanced Bites TRIPECTA!**

## PREPARATION

Rinse the kale leaves under cold water, and pat them dry with a towel. Pull the leaves from the stalk by holding tightly onto the end and running your hand up the sides of the stem. You can also just cut the stem out, but the by-hand method is faster and is a kid-friendly method. Chop the kale into small pieces.

In a large stainless steel skillet over medium-high heat, melt the coconut oil, then place the kale into the pan and season with a few pinches of salt, pepper, and garlic powder. Allow the kale to sauté for a minute to begin to wilt, then pour the juice into the pan and cover with a lid to allow the kale to steam lightly for another 4 to 6 minutes or until it becomes soft and turns a bright shade of green throughout.

While the kale cooks, roughly chop the cherries. Once the kale is cooked through, place the cherries and pepitas into the pan and stir to combine. Allow the cherries and pepitas to warm through on the stove for about 1 to 2 minutes.

## CHEF NOTE

Use broth or water if you don't have juice on-hand. Use chopped nuts of your choice in place of the pepitas.





# Brussels Sprouts with Crispy Capers & Bacon

SIDES

PREP 15 MINUTES COOK 40 MINUTES SERVINGS 4

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

4 slices bacon  
2 dozen Brussels sprouts  
Sea salt and black pepper  
Coconut oil for frying the capers  
1/4 cup capers, drained  
Zest of 1 lemon  
Juice of 1/2 lemon

## PREPARATION

Preheat the oven to 350 F.

In a large, deep pot over medium-low heat, cook the bacon for about 8 minutes

Remove the bacon from the pot and pour the bacon grease onto a large rimmed baking sheet.

Slice the bottoms off the Brussels sprouts, then quarter them. Place them on the baking sheet and toss to coat evenly with the bacon grease. Season lightly with salt and pepper.

Roast the Brussels sprouts for approximately 30 minutes or until the edges begin to brown and they become bright green.

While the Brussels sprouts roast, add about 1/4 inch of coconut oil to the pot used to cook the bacon. Once the oil has melted and is hot, carefully place the capers in the oil and cover with a splatter screen, as a lot of water in the capers will cook off and splatter in the first few seconds. Fry the capers for 1 to 2 minutes or until they become darker green and crispy. Set them aside.

When the Brussels sprouts are finished roasting, chop the bacon into 1/4-inch pieces and sprinkle it over the top along with the capers and lemon zest. Pour the lemon juice over the top and serve warm.

## CHEF NOTE

The large, deep pot is useful in this case because dropping capers, which have a fair amount of water in them, into hot oil will cause splattering. The depth of the pot helps to contain the splattering that naturally occurs in this process.









# Green Bean Casserole

SIDES

**PREP** 5 MINUTES (30 MIN TO MAKE SOUP) **COOK** 30 MINUTES **SERVINGS** 4-6

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

1 teaspoon bacon fat or ghee  
1 large shallot, thinly sliced (1/4 cup)  
1 1/2 to 2 pounds green beans, trimmed  
1 1/2 cups Creamy Mushroom Soup (page 30)  
1/2 cup almond meal or other nut meal  
Sea salt and black pepper

## PREPARATION

Preheat the oven to 350 F.

In a small skillet over medium heat, melt the bacon fat, then cook the shallots in the fat until translucent and slightly browned on the edges, about 5 minutes.

Roughly chop the green beans and place them in a 9-by-13-inch baking dish. Pour the Creamy Mushroom Soup over the green beans, then top evenly with the almond meal. Sprinkle the top with salt and pepper and then evenly distribute the shallots across the top.

Bake for 20 to 30 minutes or until the sides of the casserole are bubbling.







### *Chef note*

Try the squash recipe with sweet potatoes, yams or any kind of winter squash.





# Roasted Winter Squash with Coconut Butter

SIDES

**PREP** 5 MINUTES **COOK** 35-45 MINUTES **SERVINGS** 4

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

1 winter squash  
2 tablespoons coconut  
butter/ coconut cream  
concentrate  
Cinnamon, to taste  
Sea salt, to taste  
Dried currants, raisins,  
cranberries, or slivered  
almonds for garnish

## PREPARATION

Preheat your oven to 375 F.

Cut the squash in half and scoop out the seeds and dispose of them (compost if you have it) or keep them in there to roast with the squash if you like.

Place each half cut-side down in a roasting pan or dish (I use a glass pan) and cook until the flesh of the squash is soft. The cooking time will vary depending on the size of the squash but you're looking at anywhere from 30-60 minutes.

A small Delicata squash may roast up in 20-25 minutes.

When the squash is done, remove it from the oven and top it with coconut butter, cinnamon and a dash of sea salt while it's still warm.

Garnish with dried currants, raisins, cranberries, or slivered almonds.

# Green Beans with Shallots

**PREP** 5 MINUTES **COOK** 15 MINUTES **SERVINGS** 4

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

1 lb fresh green beans  
2 tablespoons butter or  
coconut oil, divided  
2 shallots, sliced  
Sea salt and black  
pepper to taste

## PREPARATION

Steam the green beans in a basket over about 1-inch of boiling water for approximately 8 minutes or until they become a brighter shade of green.

While the green beans are steaming, melt 1 tablespoon of the butter or coconut oil in a medium-sized skillet over medium-heat. Place the shallots in the skillet, and sauté until they are translucent and the edges are golden brown. Add sea salt and black pepper to taste.

Remove the green beans from the steamer basket, and place them in a serving bowl. Top with the remaining 1 tablespoon of cooking fat, and toss to combine.

Place the cooked shallots on top of the green beans, and serve.







# Orange Ginger Carrots

SIDES

**PREP** 10 MINUTES **COOK** 20-30 MINUTES **SERVINGS** 4

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

8 large carrots, sliced into 2" sticks  
Juice + zest of 1/2 an orange  
1 tablespoon ghee or coconut oil  
1/2 - 1 teaspoon ginger powder or  
fresh ginger (fresh will be stronger,  
use whichever you prefer or have  
on-hand)  
1/2 teaspoon sea salt  
1/2 teaspoon ground black pepper  
Few pinches of nutmeg

## PREPARATION

Preheat oven to 375°F.

Place the carrots in a baking dish and top with the orange juice, ghee, ginger, salt, and pepper and toss to combine. Reserve the orange zest for garnish.

Roast until the carrots are soft and begin to brown on the edges, 30-40 minutes.

Serve garnished with the orange zest and nutmeg.

## CHEF NOTE

This recipe goes perfectly with the Maple Mustard Smoked Ham on page 72, and you can roast the carrots for the last portion of time while you also cook the ham!





# Chestnut & Sausage Stuffing

SIDES

PREP 15 MINUTES COOK 40 MINUTES SERVINGS 8-10

Nuts

Eggs

Nightshades

FODMAPs

Seafood

Sugar

## INGREDIENTS

1 pound ground pork  
2 tablespoons ITALIAN blend  
1 tablespoon butter, duck fat, or bacon fat  
1 large onion, chopped  
3 stalks of celery, diced  
2 large carrots, peeled and diced  
2 green apples, chopped into 1/2 inch pieces (optional)  
1 teaspoon chopped fresh sage  
2 teaspoons SAVORY blend  
14 ounces cooked chestnuts, roughly chopped (about 2 1/2 cups)  
1/2 cup fresh cranberries (or use 1 cup dried cranberries)  
1/4 cup Quick Turkey Stock (page 32)

## PREPARATION

In a large, high-sided skillet over medium heat, brown the pork with the ITALIAN spice blend and remove the meat from the pan with a slotted spoon, and set aside.

Add the butter to the pan, then sauté the onion, celery, carrots, apples (if using) and herbs. Stir to combine and season lightly with SAVORY blend. Cook until the vegetables and apples become soft, 8-10 minutes.

Add the chestnuts (already roasted or bought pre-roasted from TJs or Whole Foods), cranberries and stock and simmer together until well heated and the cranberries either cook down and pop (if fresh) or hydrate a bit (if dried).

Add the sausage back in to combine all of the ingredients.

Place in the oven to heat through or to reheat when you're ready to serve it.



This recipe uses Balanced Bites ITALIAN blend!





# Savory Herb Drop Biscuits

SIDES

PREP 15 MINUTES COOK 25 MINUTES SERVINGS 6

Nuts

**Eggs**

Nightshades

**FODMAPs**

Seafood

Sugar

## INGREDIENTS

6 eggs

1/2 cup coconut oil or unsalted butter, melted but not hot

1/4 teaspoon apple cider vinegar

1/2 cup coconut flour

1/2 teaspoon baking soda

1/3 teaspoon sea salt

1 tablespoon fresh rosemary or sage leaves, chopped

## PREPARATION

Preheat the oven to 350°F.

In a mixing bowl, whisk together the eggs, coconut oil or butter, and vinegar until well combined.

Sift in the coconut flour, baking soda, and salt and stir to combine. Add the herbs and give it a quick stir.

Line a baking sheet with parchment paper and, using a large spoon, dollop the mixture onto the sheet in 12 small portions. Bake for 20-25 minutes or until golden brown.

To make as muffins: Line 6 cups of a muffin tin with parchment paper muffin cup liners and fill the cups evenly. Bake for approximately 25 minutes or until the muffins are set and the edges begin to become golden brown.

## CHEF NOTE

Don't skip the parchment paper! Liners are critical as coconut flour has a strong tendency to stick even to well greased non-stick muffin pans. If you can't find them, make this recipe as biscuits using a standard roll of parchment.







# Creamy Herb Mashed Cauliflower

SIDES

**PREP** 5 MINUTES **COOK** 15 MINUTES **SERVINGS** 4

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

1 large head cauliflower  
2 tablespoons unsalted butter or coconut oil  
2 tablespoons extra-virgin olive oil  
1/2 teaspoon fresh rosemary, or up to 1 teaspoon other fresh herb of your choice  
Sea salt and black pepper to taste

## PREPARATION

Cut the cauliflower into 2- to 3-inch pieces.

Set up a pot with 1 inch of water and a steamer basket. Bring to a boil, covered, over high heat.

Steam the cauliflower until it is fork-tender, then place it in a food processor along with the butter (or coconut oil) and olive oil, rosemary or other herb, salt, and pepper.

Puree until smooth and creamy.

## CHEF NOTE

You can also make this recipe using a hand held or small blender. If using a regular-sized blender, double the recipe to make the blending easier. Use the opening at the top to slowly drizzle in the oil.







# Easy Mashed Potatoes

SIDES

**PREP** 15 MINUTES **COOK** 20-30 MINUTES

**SERVINGS** 6 REGULAR, 8-10 IF AT A HOLIDAY MEAL WHERE MANY DISHES ARE SERVED

Nuts

Eggs

**Nightshades**

FODMAPs

Seafood

Sugar

## INGREDIENTS

4 large or 8 small Yukon Gold potatoes (about 2-2 1/2 pounds)  
1/4 up grass-fed butter, divided (\*use ghee or coconut oil for dairy-free)  
3 tablespoons full-fat coconut milk  
1 teaspoon sea salt

## PREPARATION

Set up a large steamer pot or basket over 1-2" of boiling water. Peel the potatoes and chop roughly into 3/4" pieces, then place them into the steamer pot to cook for 20-30 minutes until they easily break apart with a fork.

Place the cooked potatoes, 3 tablespoons of the butter, coconut milk, and salt, into a large bowl and use a potato masher to mash the potatoes to your desired consistency.

Garnish with 1 tablespoon of the butter (melted if you prefer).  
Serve warm.







# Sweet & Savory Potatoes

SIDES

**PREP** 10 MINUTES **COOK** 20-40 MINUTES **SERVINGS** 8-10

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

3-4 large sweet potatoes, peeled and diced  
1 tablespoon coconut oil, butter, ghee, or duck fat  
1 teaspoon cinnamon  
1 teaspoon pumpkin pie spice  
1 teaspoon onion powder  
Sea salt & black pepper

## PREPARATION

Preheat the oven to 375°F.

In a large roasting pan, toss the sweet potatoes with the coconut oil well to combine, using your hands to feel that each piece of potato is coated. Sprinkle in the spices and season liberally with salt and pepper. Toss to coat evenly.

Roast for 30-40 minutes or until the potatoes are fork tender and the edges begin to brown.







# Easy Whipped Sweet Potatoes

SIDES

**PREP** 15 MINUTES **COOK** 20-30 MINUTES

**SERVINGS** 6 REGULAR, 8-10 IF AT A HOLIDAY MEAL WHERE MANY DISHES ARE SERVED

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

4 large or 8 small sweet potatoes  
(about 2 - 2 1/2 pounds)  
1/4 cup grass-fed butter, divided  
(\*use ghee or coconut oil for dairy-free)  
3 tablespoons full fat coconut milk  
1/2 teaspoon cinnamon  
1/2 teaspoon Balanced Bites  
Cinnamon Infused Sugar, optional



This recipe goes perfectly  
with our Balanced Bites  
CINNAMON Infused Sugar!

## PREPARATION

Set up a large steamer pot or basket over 1-2" of boiling water.

Peel the sweet potatoes and chop roughly into 3/4" pieces, then place them into the steamer pot to cook for 20-30 minutes until they easily break apart with a fork.

Place the cooked sweet potatoes, 3 tablespoons of butter, coconut milk, and cinnamon into a food processor and process until smooth, stopping to scrape down the sides once if necessary.

Garnish with 1 tablespoon of the butter (melted if you prefer) and extra cinnamon.

Garnish with 1 tablespoon of the butter (melted if you prefer), & Cinnamon Infused Sugar, if using.

## CHEF NOTE

The large, deep pot is useful in this case because dropping capers, which have a fair amount of water in them, into hot oil will cause splattering. The depth of the pot helps to contain the splattering that naturally occurs in this process.





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Entrées





This recipe uses Balanced  
Bites SAVORY blend!





# Split Roasted Turkey with Sage Butter

ENTRÉES

PREP 20 MINUTES COOK 60-90 MINUTES SERVINGS VARIES

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

1 whole turkey  
SAVORY blend  
2 large carrots, peeled and chopped  
3-4 large stalks of celery, chopped  
2 medium onions, chopped  
1/2 pound butter, softened (room temperature)  
Sea salt & black pepper  
Leaves from 2 sprigs of fresh sage  
Needles from 1 sprig of fresh rosemary  
Leaves from 2-3 sprigs of fresh thyme

## CHEF NOTES

Cooking temperature and time will vary according to the size and quality of your bird. See [this link](#) for more information on cooking your turkey.

If you used a towel on the counter top, be sure to disinfect the counter top and remove the towel from your kitchen while preparing the rest of the meal.

This turkey is plated with grapes, lettuce, and fresh herbs, but plate it as you desire!

## PREPARATION

Remove any giblets or bag of extra parts that are inside the cavity of your turkey, then rinse the turkey thoroughly under warm water.

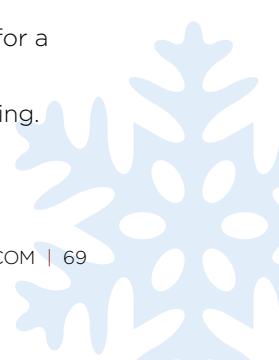
Place the turkey on a large cutting board or large kitchen towel on the counter top if you don't have a large board. To split the turkey in half, using poultry shears or a very sharp, large chef's knife, cut along each side of the turkey's backbone and remove it. Then, place the turkey skin-side-down on a clean surface and flatten it by pressing down on it. Optional: for easier roasting, use a knife or a meat cleaver to cut firmly through the breastbone, creating two even-sized halves. Reserve the back along with the neck to make your stock. Season the bottom side of the turkey liberally with SAVORY blend.

For a very large turkey, divide the chopped vegetables evenly between two high-sided roasting pans, season with SAVORY blend, then place each half of the turkey into one pan. If you have your turkey stock already prepared, add about 1/2 cup to the bottom of each roasting pan to keep the vegetables from burning. If you can fit both halves of your turkey in one pan, then place all of the vegetables into the one pan and continue accordingly.

In a small bowl, mix together the butter and herbs, and a generous amount of salt and pepper. Carefully separate the skin from the meat, and press the compound butter mixture under the skin, spreading it into a thin layer from the outside of the skin once you place it inside. To reach parts of the turkey that aren't as easily accessible from the opening over the breast meat, make small, 1/2 - 1-inch incisions and insert small amounts of the butter mixture into the hole and spread from outside the skin as-needed.

Melt any remaining butter mixture, then brush it generously over the turkey. Season the skin liberally with salt and pepper, then place into the oven on a rack in the lower third for 45-90 minutes (depending on the size of your bird) or until the internal temperature at the thickest part of the turkey reaches 155F. Once you remove the turkey from the oven, it will continue to rise in temperature up to 160F for a completely cooked-through bird.

Allow the turkey to rest for at least 20 minutes before carving. Serve with Pan-Roasted Vegetable Gravy, page 70.









# Pan Roasted Vegetable Gravy

ENTRÉES

PREP 10 MINUTES COOK -- SERVINGS 8-10

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

1 cup pan-roasted vegetables  
(from under your turkey)  
1 cup Quick Turkey Stock (page 32)

## PREPARATION

Scrape some of the roasted, browned bits from your pan.

Place the browned bits along with the roasted vegetables and stock into a blender, taking care not to fill the blender jar more than halfway as hot liquids will expand when blended.

Remove the top “stopper” from your blender jar and cover the opening with a kitchen towel that you hold in place while you blend the gravy.

Blend until completely smooth, about 1-2 minutes. This works best in a high-speed blender like a Vitamix or Blend-Tec, but any blender will work.







# Maple Mustard Smoked Ham

ENTRÉES

**PREP** 5 MINUTES **COOK** VARIES **SERVINGS** VARIES

Nuts

Eggs

Nightshades

FODMAPs

Seafood

**Sugar**

## INGREDIENTS

1 tablespoon mustard  
1 tablespoon maple syrup  
1 tablespoon apple cider  
1 tablespoon ghee  
(melted if it isn't soft)  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/4-1/2 teaspoon dried rosemary  
2 1/2 pound smoked ham  
3 large carrots peeled  
and chopped into 1" pieces  
2 sprigs rosemary

## PREPARATION

Preheat oven to 375°F.

Whisk together the mustard, maple syrup, cider, ghee, salt, pepper, and rosemary.

Place the ham into a baking dish and surround it with the carrots. Brush the sauce liberally over the ham, then pour the remaining sauce over the carrots and toss to coat them.

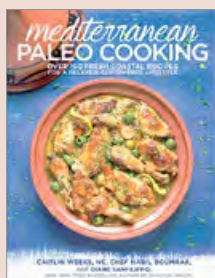
Place the rosemary on top of the ham, then bake until it reaches 160°F internal temperature - about 20-30 minutes per pound.





## NUTRITION NOTE

Lamb is very high in B vitamins, which help give us energy. When eating meat-based meals, it's important to be in a relaxed state and chew very well to increase digestibility



### Want even more Mediterranean inspired Paleo recipes?

Check out Diane's book collaboration, Mediterranean Paleo Cooking, with more than 150 vibrant recipes for your every day life.

# Spiced Rack of Lamb

ENTRÉES

PREP 5 MINUTES + 1 HOUR MARINADE COOK 15 MINUTES SERVINGS 4

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

1 teaspoon chili powder  
1 teaspoon paprika  
1 tablespoon dried oregano leaves  
1 teaspoon ground coriander  
2 tablespoon dried thyme leaves  
1 tablespoon ground cumin  
Fine sea salt and ground black pepper  
2 tablespoons extra-virgin olive oil  
1 (2-pound) rack of lamb  
1 tablespoon unsalted butter, ghee, or coconut oil  
1 recipe Mint Pesto for serving

## PREPARATION

Mix together the chili powder, paprika, oregano, coriander, thyme, cumin, a pinch of salt and pepper, and the olive oil in a small bowl. Rub the mixture onto the lamb evenly and let it sit for up to 1 hour in the refrigerator.

Preheat the oven to 350°F. Melt the fat in an oven-safe skillet over medium-high heat. Sear the rack of lamb for 1 minute on each side, pressing down firmly.

Transfer the pan with the lamb to the oven for 10 minutes for medium doneness or 12 minutes for well-done. Take the lamb out of the oven and let it rest for 2 minutes before slicing. Top with the pesto and serve.

# Mint Pesto

PREP 5 MINUTES COOK -- SERVINGS 2 CUPS

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

3 cups tightly packed fresh mint leaves  
1/2 teaspoon fine sea salt  
1/2 teaspoon ground black pepper  
1/2 cup pine nuts  
2 cloves garlic, peeled  
1/2 cup chopped scallions (optional)  
1 tablespoon lemon juice  
1 cup extra-virgin olive oil

## PREPARATION

Place all of the ingredients except the oil in a food processor and pulse until a paste forms, about 10 seconds.

While the machine is running, slowly add the oil (this should take about 30 seconds). You may need to stop the food processor once or twice to scrape down the sides with a spatula.

### BASIL PESTO

Use basil leaves in place of the mint leaves.

### CILANTRO PESTO

Use cilantro leaves in place of the mint leaves.

### PARSLEY PESTO

Use parsley leaves in place of the mint leaves.





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Desserts





# Chocolate Pistachio Bites

DESSERTS

PREP 15 MINUTES + 1 HOUR 15 MINUTES TO CHILL COOK 10 MINUTES SERVINGS 36 BITES

Nuts

Eggs

Nightshades

FODMAPs

Seafood

Sugar

## INGREDIENTS

1/3 cup full-fat, canned coconut milk

16 ounces dark chocolate (80% cacao), chopped

1/4 cup unsalted butter, ghee, or coconut oil

2 large eggs, beaten

2 teaspoons grated lemon zest

2 cups coconut sugar

1 1/2 cups blanched almond flour

1 3/4 cups cocoa powder

1 teaspoon vanilla extract (gluten free)

2 cups raw pistachios

Balanced Bites COCOA Infused Sugar, optional, for garnish



This recipe goes perfectly with our Balanced Bites COCOA Infused Sugar!

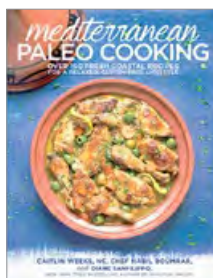
## PREPARATION

In a saucepan over medium heat, warm the coconut milk for 3 minutes. Add the chocolate and fat to the pan while stirring. Continue stirring and heating the mixture for 2 minutes. Remove the saucepan from the heat. Stir in the eggs and lemon zest and stir for 1 minute.

Put the saucepan back on the burner, still over medium heat, and add the coconut sugar, almond flour, cocoa powder, and vanilla. Stir the mixture well for 2 minutes and then remove from the heat. Let the mixture cool for 15 minutes.

Place the pistachios in a food processor and pulse until they are finely ground, about the consistency of a coarse powder.

Form the chocolate mixture into 1-by-2-inch rectangles with your hands and then roll them in the chopped pistachios. Place the squares on a platter and let them chill in the refrigerator for 1 hour before serving.



### Want even more Mediterranean-inspired Paleo recipes?

Check out Diane's book collaboration, *Mediterranean Paleo Cooking*, with more than 150 vibrant recipes for your every day life.





This recipe goes perfectly  
with our Balanced Bites  
CINNAMON Infused Sugar!



# Gingerbread Molasses Drop Cookies

DESSERTS

**PREP** 10 MINUTES **COOK** 10-15 MINUTES **SERVINGS** 24 COOKIES

Nuts Eggs Nightshades **FODMAPs** Seafood **Sugar**

*This recipe was developed in collaboration with Brittany Angell. Brittany is an expert in multi-allergen-free baking and believes that everyone should have the opportunity to enjoy a treat now and then. For more allergen-free baked goods, check out Brittany's book, *Every Last Crumb* and her website, [brittanyangell.com](http://brittanyangell.com).*

## INGREDIENTS

1 1/4 cups (156 grams) cashew flour  
1 1/4 cup (160 grams) tapioca or arrowroot starch  
2 teaspoons cinnamon  
1 1/2 teaspoons ginger  
1/2 teaspoon sea salt  
1 1/2 teaspoons baking powder  
1/3 cup coconut palm sugar (50 grams)  
1/2 cup sustainable palm shortening (90 grams)  
1/4 cup molasses (94 grams)  
1 tablespoon pure vanilla extract  
2 tablespoons of applesauce (use Spiced Applesauce on page 40)  
Balanced Bites CINNAMON and/or CARAMEL Infused Sugar, optional, for garnish



### Looking for more allergen-free baking recipes?

Check out Brittany Angell's book *Every Last Crumb* for delicious paleo bread recipes and beyond.

## PREPARATION

Preheat oven to 350°F.

Place sheets of parchment onto two standard cookie sheets. Arrange 2 baking racks to be in the center of the oven.

Mix all ingredients together using a stand or hand mixer, then finish by using your hands to bring the dough together. Start with 2 tablespoons of the water and if your mix feels very crumbly then add the last tablespoon.

Using a spoon (or a small 1 tablespoon-sized ice cream scoop) place roughly 1 heaping tablespoon of the dough onto the cookie sheets, spacing them 1 1/2 to 2 inches apart.

Bake 10-15 minutes or until the cookies puff up and become slightly brown around the edges - alternating the trays once halfway through the baking time.

Remove the cookies from the oven and allow them to cool completely before removing them from the pan. Store at room temperature in a sealed bag or container or freeze for a later date.

### FOR LARGER COOKIES

Divide dough into 16, 1 tablespoon sized balls. Place on cookie sheet covered in parchment (1/2 inch apart) and bake for 10-15 minutes. (10 minutes for soft cookies, 15 for slightly crunchy)

### FOR SMALL COOKIES

Divide dough into 32, 1/2 tablespoon sized balls. Place on parchment lined cookie sheet (1/2 inch apart) and bake 10-13 minutes. (10 minutes for soft, 13 minutes for slightly crunchy)

## CHEF NOTE

Nut free? Try these with finely ground sunflower seeds instead of cashew flour.







# Fig Brownies

DESSERTS

**PREP** 10 MINUTES **COOK** 30 MINUTES, PLUS 30 MINUTES TO COOL **SERVINGS** 18 SMALL OR 9 LARGE BROWNIES

Nuts

Eggs

Nightshades

FODMAPs

Seafood

Sugar

## INGREDIENTS

3/4 cup unsalted butter, ghee, or coconut oil, melted, plus more for greasing the dish

1 teaspoon vanilla extract (gluten free)

3 large eggs, beaten

1 cup honey

1 teaspoon lemon juice

2 1/2 cups blanched almond flour

1 1/2 cups cocoa powder

1 teaspoon baking soda

1 cup chopped dried figs

Balanced Bites COCOA and/or CARAMEL Infused Sugar, optional, for garnish



This recipe goes perfectly with our Balanced Bites COCOA or CARAMEL Infused Sugar!

## PREPARATION

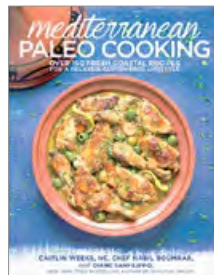
Preheat the oven to 350°F. Grease a 9-inch-square glass or ceramic baking dish.

In a medium bowl, whisk together the melted fat, vanilla, eggs, honey, and lemon juice until well combined.

In a small bowl, mix the almond flour, cocoa, and baking soda. Add the dry mixture to the wet and stir until well combined. Stir in the figs and pour the mixture into the prepared baking dish. Sprinkle with Infused Sugar of choice (optional).

Bake for 30 minutes, or until a knife inserted in the center comes out clean. Remove from the oven and cool in the baking dish for 30 minutes.

Cut into squares before serving.



### Want even more Mediterranean-inspired Paleo recipes?

Check out Diane's book collaboration, *Mediterranean Paleo Cooking*, with more than 150 vibrant recipes for your every day life.









# Nutty Bacon Bark

DESSERTS

**PREP** 10 MINUTES, PLUS TIME TO SET **COOK** LESS THAN 5 MINUTES **SERVINGS** 10-12 PIECES

Nuts

Eggs

Nightshades

FODMAPs

Seafood

Sugar

## INGREDIENTS

1 cup dark chocolate chips  
1 teaspoon bacon fat or coconut oil  
1/4 cup toasted hazelnuts or other nuts of choice  
4 slices of cooked bacon, chopped  
1/2 teaspoon sea salt  
(smoked sea salt is ideal)

## PREPARATION

Line a rimmed baking sheet with parchment paper.

Melt the chocolate chips and bacon fat in a double boiler over low heat, stirring vigorously as it melts, or in the microwave in 10-second increments to prevent burning the chocolate, stirring after each 10-second interval, for 30 seconds total.

Spread the melted chocolate on the lined baking sheet until it is 1/8 to 1/4 inch thick (depending on your preference) and set aside to cool. Once the chocolate is nearly, but not entirely set, sprinkle the nuts, bacon, and salt evenly over the top.

Chop the bark roughly before serving. Store in an airtight container in the refrigerator for as long as it takes to finish the bark, which probably won't be too long.

## CHEF NOTE

Nut free? Omit the hazelnuts and use dried cherries instead for a fun sweet-and-salty combination.

Mixed Nuts: Use two or three kinds of nuts in this recipe—live on the edge!





# Pepita Goji Berry Bark

DESSERTS

PREP 15 MINUTES COOK -- SERVINGS 10-12 PIECES

Nuts

Eggs

Nightshades

FODMAPs

Seafood

Sugar

## INGREDIENTS

1 cup dark chocolate chips  
1 teaspoon bacon grease  
or coconut oil  
2 tablespoons goji berries,  
roughly chopped  
2 tablespoons pepitas (pumpkin  
seeds), roughly chopped  
2 tablespoons walnuts, roughly  
chopped  
Pinch of coarse sea salt

## PREPARATION

Melt the chocolate chips with the bacon grease over a double-boiler on low heat or in the microwave for 30 seconds. Stir vigorously before adding more chocolate chips. Add microwave time only in 10-second increments to prevent burning the chocolate.

Stir in the goji berries, pepitas, walnuts, and sea salt, and spread the mixture on parchment paper over a cookie sheet. Place in the refrigerator to cool. After it has set, chop the chocolate roughly.







## CHEF NOTES

Keep an eye on the thermometer as the toffee mixture boils. It will reach 300° F a lot faster than you think! Heating the toffee beyond 300° F will give it a burned taste.

To make this nut-free, omit the almonds from the coating.

# Chocolate Covered Toffee

DESSERTS

PREP 5 MINUTES COOK 30 MINUTES SET 1 HOUR SERVINGS 2

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

### FOR THE TOFFEE

1 cup coconut sugar  
2 tablespoons water  
1/2 teaspoon vanilla extract  
1/4 teaspoon fine-grain sea salt  
8 tablespoons salted butter, cubed

### FOR THE COATING

1 12-ounce bag chocolate chips  
1/2 cup unsalted dry-roasted almond pieces (optional)  
Balanced Bites COCOA and/or  
CARAMEL Infused Sugar

### SPECIAL EQUIPMENT

Candy thermometer



### Looking for more paleo-inspired dessert recipes?

Check out *Clean Eating with a Dirty Mind*, by Vanessa Barajas to find this recipe and more than 150 others!



This recipe goes perfectly with our Balanced Bites COCOA Infused Sugar!

## PREPARATION

Line a 2-quart oblong glass baking dish with parchment paper; set aside.

In a large heavy-bottomed saucepan, combine the coconut sugar, water, vanilla, salt, and butter, in that order. Turn on the heat to medium-high and stir the ingredients together in one direction, so the butter doesn't separate, until the butter has completely melted and the ingredients are fully combined. Stop stirring and let the mixture come to 300° F, or the hard crack stage on a candy thermometer. Once it reaches temperature, remove from the heat and pour into the parchment-lined baking dish. If you're making toffee bark, jump ahead to Step 5.

Place the toffee in the refrigerator for 1 hour to harden, after about 45 minutes, melt the chocolate chips in a double boiler over low heat, or in a heatproof bowl set over a pan of gently simmering water. Stir frequently using a rubber spatula until the chocolate is completely melted.

Line a baking sheet with parchment paper. Once the toffee has hardened, break it into pieces using your hands or a knife. Use a candy-dipping fork or a plastic fork with the two middle prongs broken off to dip a piece of toffee into the melted chocolate, turning it over until completely coated on all sides. Let the excess chocolate drip back into the bowl and place the chocolate-covered toffee piece on the parchment-lined baking sheet. Sprinkle the almond pieces and Infused Sugars over the chocolate. Repeat this process until all the toffee pieces are coated. Refrigerate for at least 20 minutes to set the chocolate.

To make chocolate-covered toffee bark: Sprinkle the chocolate chips over the hot toffee right after transferring it to the baking dish. Let the chocolate sit for a few minutes until the heat from the toffee melts it. Use a rubber spatula to spread the chocolate evenly, then sprinkle the almond pieces over the chocolate. Refrigerate for 1 hour or until hardened. Once hardened, break into pieces using your hands or a knife.

Store any remaining toffee covered in the refrigerator for up to 1 week.

### MAKE AHEAD:

Toffee: 3 days ahead (For individually dipped pieces, not the bark.)





# Pumpkin Caramel Toffee Crunch Parfaits

DESSERTS

PREP 20 MINUTES COOK 1 HOUR 45 MINUTES SET 1 HOUR SERVINGS 4-6 PARFAITS

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

### COCONUT WHIPPED CREAM

1 15 ounce can full-fat coconut milk, refrigerated overnight

### SPECIAL EQUIPMENT

Hand beaters or stand mixer

### SALTED CARAMEL SAUCE

1 cup palm sugar

1/4 cup water

3/4 cup full-fat coconut milk

3 tablespoons butter

1 teaspoon vanilla

1/2 teaspoon salt

### SPECIAL EQUIPMENT

Candy thermometer

Balanced Bites CAMEL, PUMPKIN SPICE, VANILLA, CINNAMON, COCOA, and/or CAFE MOCHA, Infused Sugars, optional, for garnish



This recipe goes perfectly with our Balanced Bites CAMEL, PUMPKIN SPICE, VANILLA, CINNAMON, COCOA, CAFE MOCHA Infused Sugar!

## PREPARATION

### PUMPKIN CUSTARD

Use my recipe for Pumpkin Custard (page 92), and cooked it in a large pie dish for approximately an hour, until the middle was set and a knife came out clean. You can make this the day before, and leave covered in your fridge until you're ready to go.

### COCONUT WHIPPED CREAM

Place the can upside down in the refrigerator, and leave for a least 8 hours. I like to leave mine in overnight.

Open the can—you'll see that the milk has separated into two layers. Reserve the liquid layer for smoothies or other recipes. Take the hardened coconut cream and add it to your mixing bowl. If you have time beforehand, you can chill your bowl as well).

Whip the cream until it's light and fluffy, and forms small peaks.

Alternatively, if you can handle dairy, feel free to use regular whipped cream in place of the coconut whipped cream.

### SALTED CARAMEL SAUCE

Melt the above ingredients in a saucepan over medium-low heat, stirring occasionally in one direction. Increase the heat to medium-high and bring to a boil. Let boil for one minute, then remove and stir again in one direction. Repeat this process four more times, until the caramel has thickened and coats the back of a spoon.

You can make the caramel ahead of time and leave covered in the fridge for up to a week beforehand.

### CHOCOLATE COVERED TOFFEE

Make the Chocolate Covered Toffee on page 88.

### ASSEMBLY

Grab four small glasses or mason jars and start layering: two to three spoonfuls of pumpkin, a spoonful or two of the coconut whipped cream, a drizzle of salted caramel, and then a sprinkling of the chocolate covered toffee. Continue until you've reached the top of your jar, then finish with extra whipped cream, caramel, and toffee.







# Pumpkin Pie Custard

DESSERTS

PREP 10 MINUTES COOK 40-60 MINUTES SERVINGS 4

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

1 teaspoon cinnamon  
1/4 teaspoon ground ginger  
2 pinches of grated nutmeg  
Pinch of sea salt  
1 cup canned pumpkin puree (or made from fresh pumpkin and strained)  
2 eggs, beaten  
1/4 cup maple syrup  
1 teaspoon vanilla extract  
1 cup full-fat coconut milk  
Balanced Bites PUMPKIN SPICE and/or CINNAMON Infused Sugars

## PREPARATION

Preheat oven to 350 F. Boil a pot of water (enough water to fill the baking pan as directed below).

In a small mixing bowl, combine the cinnamon, ginger, nutmeg, and sea salt.

In a medium-sized mixing bowl, combine the pumpkin puree, eggs, maple syrup, vanilla extract, and coconut milk. Whisk the dry ingredients into the liquid mixture until well combined.

Pour the custard into small ramekins (oven-safe ceramic or glass dishes). Place the ramekins in a baking pan and add enough boiling water to the dish to come up halfway to the top of the ramekins. Carefully place the dish with the ramekins and water in the oven.

Bake for 45-60 minutes or until a knife inserted into the center of the custard comes out clean.

Serve warm or chilled.







# Granny Smith Apple Crumble

DESSERTS

PREP 15 MINUTES COOK 45-50 MINUTES SERVINGS 4

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

### FOR THE FILLING

4 green apples, peeled and thinly sliced

Juice of 1/2 lemon

1 teaspoon ground cinnamon

### FOR THE TOPPING

1 1/4 cups almond meal or other nut meal or your choice, store-bought or homemade

1/4 cup unsalted butter or coconut oil, softened

1 teaspoon ground cinnamon

Pinch sea salt

1 tablespoon unsalted butter or coconut oil, melted, for the pan

Balanced Bites CAMEL and/or CINNAMON Infused Sugar, optional, for garnish



This recipe goes perfectly with our Balanced Bites CAMEL or CINNAMON Infused Sugars!

## PREPARATION

Preheat the oven to 350°F.

Make the filling: In a mixing bowl, toss the apples with the lemon juice and cinnamon.

Make the topping: In a separate bowl, mix together the almond meal, butter or coconut oil, cinnamon, and salt until completely incorporated.

Brush the bottom and sides of a 9 by 9-inch or similar-sized baking dish with the melted butter or coconut oil.

Place the apples in the baking dish and cover evenly with the topping.

Bake for 20 minutes covered with foil, then for an additional 25 to 30 minutes uncovered, until the apples are soft and the topping begins to brown on the edges.

## CHEF NOTE

If you're like me, you'll find yourself returning to this recipe even after you've completed The 21DSD. It's the perfect super-simple after-dinner treat that's not too sweet.





This recipe goes perfectly with our Balanced Bites CINNAMON or COCOA Infused Sugars!

## CHEF NOTES

This recipe is featured in *Mediterranean Paleo Cooking* with the use of orange zest and can be made that way as well if you prefer. I love the combination of chocolate and mint and wanted a way to use my favorite Honey Mints - this cake is delightful and rich! A small slice goes a long way!

A bain-marie, often called a water bath, is a kind of double boiler created by putting one baking dish inside another baking dish containing a few inches of water and then placing it over heat or, as here, in the oven. It helps a custard or cake cook slowly and evenly without burning.

# Flourless Mint Chocolate Cake

DESSERTS

PREP 30 MINUTES COOK 50 MINUTES SERVINGS 1 (9-INCH) CAKE

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

1 tablespoon unsalted butter, ghee, or coconut oil, for greasing the cake pan

1 tablespoon cocoa powder, for dusting the cake pan

11 ounces dark chocolate (80% cacao), roughly chopped

1 cup coconut oil

1 teaspoon or more mint extract  
*(Note: Add the extract to taste. Many are stronger than others and you may need up to 1-2 tablespoons or far less. Start slowly and add more as you stir it in and taste.)*

3/4 cup maple syrup or honey

1/4 teaspoon fine sea salt

6 large eggs

1 recipe Chocolate Dip (below), for topping (optional)

8 Trader Joe's Honey Mints, or 2-3 organic candy canes, roughly chopped for garnish (optional)

Balanced Bites CINNAMON or COCOA Infused Sugar, for garnish

## PREPARATION

Preheat the oven to 275°F. Grease a 9-inch round cake pan with the fat and dust it with cocoa powder.

Melt the chocolate and coconut oil in a double boiler, stirring constantly. If you do not have a double boiler, use a heatproof glass mixing bowl over a saucepan filled with a few cups of water, making sure the water doesn't touch the bottom of the bowl. Remove the bowl from the heat when the chocolate is fully melted.

Stir in the mint extract, maple syrup, 2 tablespoons of water, and the salt. One by one, whisk the eggs into the chocolate mixture until completely incorporated.

Pour the cake batter into the prepared pan.

Fill a large baking dish with 1/2 inch of water and place the cake pan into the baking dish. The water should come halfway up the side of the cake pan. Place the cake pan and baking dish in the oven and bake for 45 to 50 minutes, until the cake is set.

Remove the cake pan from the water bath and let the cake cool in the pan at room temperature for about an hour. Tip the cake out onto a platter. Drizzle with the chocolate dip and candy garnish, if using, slice, and serve. Store leftovers in the refrigerator.

# Chocolate Dip

PREP 30 MINUTES COOK 50 MINUTES SERVINGS 1 (9-INCH) CAKE

Nuts Eggs Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

6 ounces dark chocolate (70% to 100% cacao), chopped

Honey to taste

## PREPARATION

Melt chocolate in a double boiler over medium heat. If you don't have a double boiler, use a heatproof glass mixing bowl over a saucepan filled with a few cups of water, making sure the water doesn't touch the bottom of the bowl. Add honey and stir until well combined.

Remove from the heat and dip cookies or fruit in the chocolate while it is still warm. Store leftovers in the refrigerator. To reheat, melt the chocolate over a double boiler.





**I love including savory items in addition to cheese & salami - roasted veggies, BB Seasoned Nuts, cheese crisps, pickles, and other fermented goodies are amazing on a board. Even a small container of sauerkraut can go perfectly with meats, cheeses, and some mustard!**

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Leftovers





# Thanksgiving Stuffing Meatballs

LEFTOVERS

**PREP** 20 MINUTES **COOK** 25-30 MINUTES **SERVINGS** 24, 1 OZ MEATBALLS

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

2 pounds ground pork  
2 tablespoons ITALIAN blend  
2 teaspoons butter, bacon fat, or coconut oil  
1/4 cup onion, finely chopped  
1/4 cup celery, finely chopped  
1/4 cup carrot, grated or shredded  
1/4 cup chestnuts, finely chopped (use walnuts or pecans if chestnuts are not available)



This recipe uses Balanced Bites ITALIAN blend!

## PREPARATION

Preheat oven to 425°F.

In a medium-sized mixing bowl, combine the pork and ITALIAN blend until the spices are well incorporated evenly throughout the meat.

In a large skillet over medium-heat, melt the butter, bacon fat, or coconut oil. Place the onions, celery, and carrots in the pan, and sauté until the onions and celery appear translucent. Add the chestnuts, and continue to cook for another 2 minutes.

Set the onion, celery, carrot, and chestnut mixture aside to cool until you can touch it comfortably. Then, combine the mixture with the meat, and form the pork into 24 meatballs.

Place the meatballs in an oven-safe dish or on a baking sheet, and bake approximately 25-30 minutes or until cooked all the way through.

Serve with Simple Cranberry Sauce (page 42).

## CHEF NOTE

Make these into patties instead of meatballs to freeze and save for future breakfasts that are quick and easy.







# Leftover Turkey Soup

LEFTOVERS

**PREP** 10 MINUTES **COOK** 30-45 MINUTES **SERVINGS** 4

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

2 tablespoons cooking fat  
1 small onion, diced (3/4 cup)  
2 large celery stalks, diced (3/4 cup)  
1 extra-large or 2 medium carrots, diced (3/4 cup)  
4 cups bone broth, or Quick Turkey Stock (page 32)  
1 pound leftover turkey, chopped into chunks  
Sea salt and black pepper  
2 tablespoons chopped fresh dill, plus more for garnish

## PREPARATION

In a large pot over medium heat, melt the cooking fat. Add the onion, celery, and carrots, season with salt and pepper, and sauté for 5 to 8 minutes or until the vegetables are fork-tender and the onions are translucent.

Add the broth or stock and chunks of turkey to the pot and simmer for 10 minutes to marry the flavors. Stir in the dill just before serving and garnish with more dill if you like.

This soup pairs perfectly with the Herb Crackers on page 26.









# Leftover Turkey Salad

LEFTOVERS

PREP 5 MINUTES COOK -- SERVINGS 4

Nuts **Eggs** Nightshades FODMAPs Seafood Sugar

## INGREDIENTS

1/4 cup fresh cranberries  
1 green apple, peeled and cored  
1/4 cup leftover roasted vegetables  
(celery & onion), optional  
1 pound leftover turkey  
2-3 tablespoons avocado oil  
mayonnaise of choice  
Sea salt and black pepper to taste  
8 cups mixed greens  
2 satsuma oranges or tangerines

## PREPARATION

Pulse the cranberries and apple in a food processor, then add the roasted vegetables, turkey, and mayonnaise and pulse a few more times to combine. Add salt and pepper to taste.  
Serve over mixed greens, garnish with orange wedges.

# Cranberry Balsamic Vinaigrette

YIELD 1 CUP

Nuts Eggs Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

2 heaping tablespoons leftover  
Cranberry Sauce (page 42)  
2/3 cup extra virgin olive oil  
1/3 cup balsamic vinegar  
Sea salt and black pepper

## PREPARATION

Whisk all ingredients together in a small mixing bowl and serve over the Leftover Turkey Salad. Store in an air-tight glass jar for up to 5 days.







# Leftover Ham & Apple Salad

LEFTOVERS

PREP 5 MINUTES COOK -- SERVINGS 4

Nuts **Eggs** Nightshades **FODMAPs** Seafood Sugar

## INGREDIENTS

10 ounces of cooked ham  
1/4 cup avocado oil mayonnaise of choice, or more/less to taste  
1 teaspoon gluten-free mustard  
1 stalk celery, chopped  
2 tablespoons finely chopped onion  
1/2 an apple, any kind, peeled and shredded or finely chopped  
1 large carrot, shredded  
Sea salt and black pepper to taste  
Optional, for serving: mixed greens, apple slices, or celery stalks.

## PREPARATION

Pulse the ham, mayonnaise, and mustard in a food processor until well combined. Add the celery and onion and pulse to combine further.

Place the ham mixture into a mixing bowl, then stir in the apple, celery, and carrot. Season with sea salt and black pepper to taste.

Serve over mixed greens or with celery stalks or apple slices.





# Thanksgiving Feast

## HOLIDAY MENU | SERVES 6

### APPETIZERS

Herb Crackers (double recipe), page 26

Butternut Sage Soup, page 28

*You will need 2 cups of Quick Turkey Stock (page 32) for this recipe.*

### ENTREE

Split Roast Turkey with Sage Butter, page 68

Pan Roasted Vegetable Gravy, page 70

*You will need 1 cup of Quick Turkey Stock (page 24) for this recipe.*

### SIDES

Green Bean Casserole (double recipe), page 48

*You will need 3 cups Creamy Mushroom Soup (page 30) for this recipe.*

Simple Cranberry Sauce, page 42

Creamy Herb Mashed Cauliflower (double recipe), page 58

Chestnut & Sausage Stuffing, page 54

*You will need 1/4 cup Quick Turkey Stock (page 32) for this recipe.*

Savory Herb Drop Biscuits, page 56

### DESSERT

Pumpkin Pie Custard (double recipe), page 92

**Less than 6 people at your holiday gathering?** Freeze the leftovers! Grab a few freezer-safe containers and pack up some holiday meals to eat in the new year. Add a layer of plastic wrap before sealing the lid for extra freezer protection.

Everything except the Herb Crackers will freeze nicely. You can freeze the Pumpkin Pie Custard or you could also make my Pumpkin Caramel Parfaits (recipe on page 90).



# Thanksgiving Feast

## SHOPPING LIST

### PRODUCE & FRESH HERBS

- Butternut squash, 1
- Carrots, large, 4
- Cauliflower, 2 large heads
- Celery, 6-7 large stalks
- Cranberries, fresh, 15-16 ounces + 1/2 cup
- Garlic, 4 cloves
- Green beans, 3-4 pounds, trimmed
- Herbs, fresh (rosemary, chives, etc.), chopped, 2 tablespoons
- Mushrooms, medium (cremini or shiitake), 1 dozen, sliced
- Onion (any color), large 1
- Onion (any color), medium, 2 1/2
- Onion, yellow, 1
- Orange, juice + zest of, 1
- Orange, juice of, 1
- Rosemary, fresh, 1 tablespoon + 2 teaspoons, + needles from 1 sprig
- Sage, fresh, 8-12 leaves + leaves from 2 sprigs + 1 teaspoon, chopped
- Shallots, 2 large
- Thyme, fresh, 3-4 sprigs
- Thyme, fresh, leaves chopped, 1/2 teaspoon

### PROTEIN

- Eggs, 12
- Pork, ground, 1 pound
- Turkey, whole, 1 (aim for approximately 1.25 pounds of turkey per person)

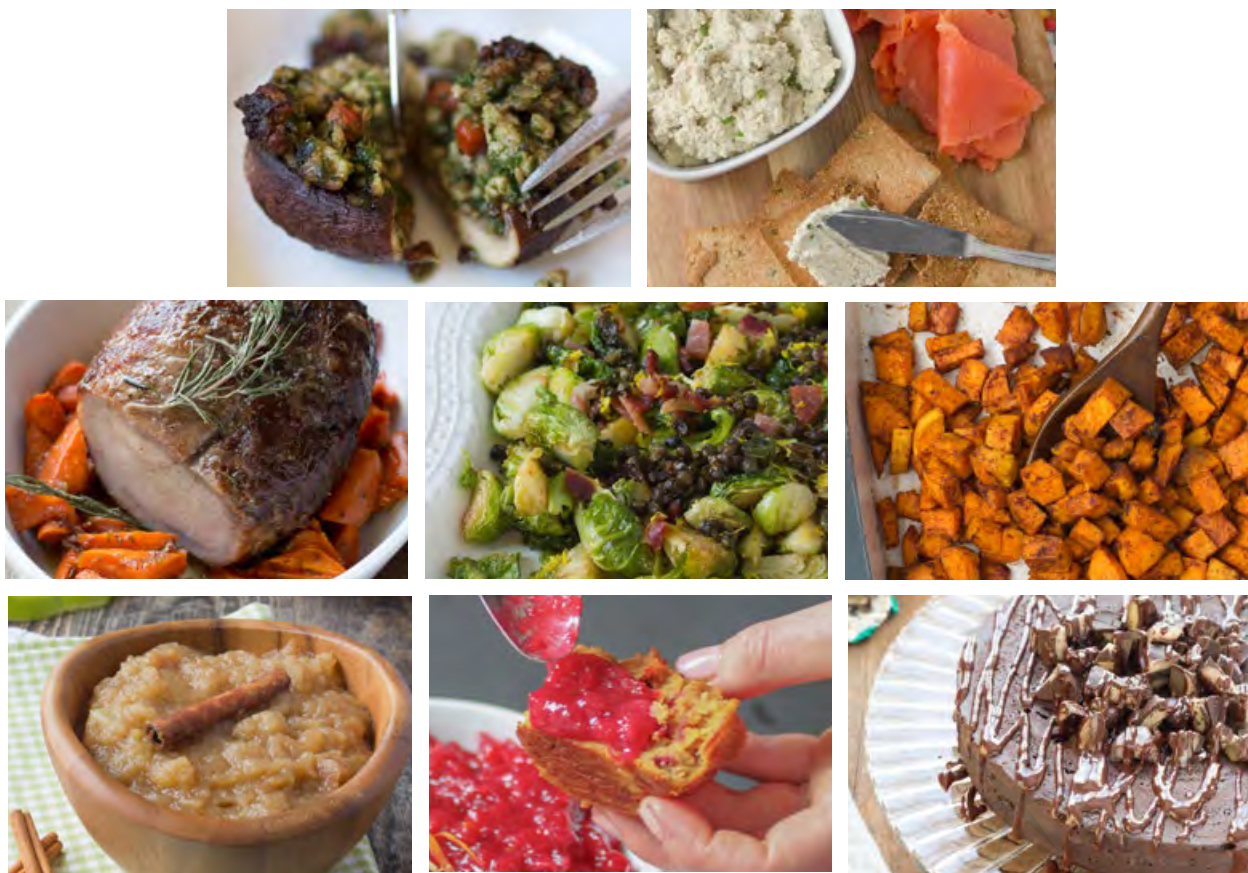
### PANTRY ITEMS

- Almond flour, fine, 3 cups
- Apple cider vinegar, 1/4 teaspoon
- Baking soda, 1/2 teaspoon
- Bone broth, 6 3/4 cup (~54 ounces)  
*(Alternatively, purchase 3 turkey necks to triple the recipe for Quick Turkey Stock)*
- Chestnuts, cooked, 14 ounces, roughly chopped (~2.5 cups)
- Cinnamon, 2 teaspoons
- Coconut flour, 1/2 cup
- Coconut milk, full-fat, 2 1/2 cups
- Fennel seeds, ground, 1 tablespoon
- Garlic, granulated, 1 tablespoon + 1 teaspoon
- Ginger, ground 1/2 teaspoon
- Honey, organic, to taste
- Maple syrup, 1/2 cup
- Nutmeg, grated, 5 pinches
- Onion powder, 1 tablespoon + 1 teaspoon
- Pumpkin puree, canned, 2 cups
- Sage, dried/ground, 1 tablespoon + 1/2 teaspoon
- Sea salt, 2 1/2 teaspoons + 1/3 teaspoon + 2 pinches, plus extra to taste per recipe
- Pepper, ground, black, to taste per recipe
- Pepper, ground, white, 1/4 teaspoon) or black pepper, 1 teaspoon)
- Vanilla extract, 2 teaspoons

### FATS & OILS

- Bacon fat, 5 tablespoons + 2 teaspoons
- Butter, unsalted, 1/2 pound + 5 tablespoons
- Coconut oil, 1/2 cup
- Extra-virgin olive oil, 4 tablespoons





# Winter Feast

## HOLIDAY MENU | SERVES 6

### APPETIZERS

Grandma Barbara's Stuffed Mushrooms, page 22

Herb Almond Cheese Spread & Herb Crackers (double recipe), page 26

[Charcuterie Board](#)

### SIDES

Brussels Sprouts with Crispy Capers & Bacon (double recipe), page 46

Sweet & Savory Potatoes, page 62

Spiced Applesauce (double recipe), page 40

Pumpkin Cranberry Muffins, page 12

### ENTREE

Maple Mustard Smoked Ham, page 72

### DESSERT

Flourless Mint Chocolate Cake, page 96

**Less than 6 people at your Winter Feast?** Freeze the leftovers! Grab a few freezer-safe containers and pack up some holiday meals to eat in the new year. Add a layer of plastic wrap before sealing the lid for extra freezer protection.

*I would recommend freezing the Herb Almond Cheese Spread in a small container or ziplock bag. I also would wrap the Pumpkin Cranberry Muffins separately to help with freezer burn. You can also eat the Flourless Mint Chocolate Cake from frozen, just as a heads up - yum!*

# Winter Feast

## SHOPPING LIST

### PRODUCE & FRESH HERBS

- Apples, green, 8
- Brussels sprouts, 4 dozen
- Carrots, 6 large
- Chives, fresh, minced, 2 tablespoons
- Cranberries, fresh, 1/2 cup
- Garlic, 1 clove
- Herbs, fresh (rosemary, chives, etc.), chopped, 2 tablespoons
- Lemons, large, juice of, 3
- Lemons, zest of, 2
- Onions, yellow, minced, 1/4 cup
- Rosemary, fresh, 4 sprigs
- Sweet potatoes, 3-4 large

### PROTEIN

- Bacon, 8 slices
- Eggs, large, 14
- Ham, smoked, 5 pounds
- Additional meats and/or cheeses, if desired, for cheese & charcuterie board

### PANTRY ITEMS

- Allspice, ground, 4 pinches
- Almond flour, fine, 2 cups
- Almonds, raw, 1 cup
- Apple cider, 2 tablespoons
- Baking soda 1/3 teaspoon
- Capers, drained, 1/2 cup
- Chocolate, dark, 80% cacao, 11 ounces
- Cinnamon sticks, 2

- Cinnamon, ground, 2 teaspoons
- Cloves, ground, 2 pinches
- Cocoa powder, 1 tablespoon
- Coconut flour, 1/2 cup
- Garlic, granulated, 1 teaspoon
- Maple syrup, grade B, 1 cup + 2 tablespoons
- Mint extract, 1 teaspoon (or more, as needed)
- Mustard, 2 tablespoons
- Nutmeg, ground, 4 pinches
- Onion powder, 2 teaspoons
- Pepper, black, 1/2 teaspoon + more to taste per recipe
- Pumpkin pie spice, 1 tablespoon + 1 teaspoon
- Pumpkin, canned, 1/4 cup
- Rosemary, dried, 1/2-1 teaspoon
- Sea salt, 2 teaspoons + 1/4 teaspoon + more to taste per recipe

### FATS & OILS

- Butter, unsalted, 1/2 cup + 1 tablespoons
- Coconut oil, 1 cup, 1 tablespoon + extra for frying the capers
- Ghee, 2 tablespoons
- Olive oil, extra-virgin, 5 tablespoons