

HEALTHIER HOLIDAY RECIPES

The following recipes are a compilation of various recipes we have used over the years especially around the holidays. We have found many folks these days have certain food sensitivities, so we have adapted traditional recipes to accommodate gluten, dairy and sugar sensitivities. You can make your own recipes healthier or better for food sensitivities by using some of the following substitutions:

Sugar (white-refined)-substitute evaporated cane juice/turbinado sugar/raw cane sugar for any sugars (white or brown) (Some brands include Florida Crystals, Sugar in the Raw, Sucanet, etc.)

Corn Syrup (Karo)-use brown rice syrup instead

Evaporated Milk (for pumpkin pie recipes)- substitute the same amount of coconut milk for evaporated milk in the recipe and add two tablespoons of arrowroot powder.

Milk-use rice, almond, or coconut milk instead of cow's milk.

Wheat Bread (for stuffing)-use a millet (or other wheat free) bread instead (Deland Bakery or Sami's Bakery makes some)

Graham Crackers for crust-use wheat-free cookies instead of graham crackers.

Other websites where you can find gluten free, dairy free, or recipes without white-refined sugar include:

www.godairyfree.org - information and recipes for those sensitive to dairy products

www.bobsredmill.com - gluten free recipes

www.celiac.com - celiac disease and gluten free diet recipes

www.sweetsavvy.com - natural sweetener alternatives to sugar with recipes

www.paleofood.com - Paleo Diet recipes that are: gluten-free, grain-free, bean-free, potato-free, dairy-free, and sugar-free.

www.trinityhealthweightloss.com – low glycemic recipes

www.againstallgrain.com – grain-free recipes

You can find gluten-free ingredients, including flours and mixes, in the health food stores and specialty sections of most grocery stores.

We have listed the desserts first and savory dishes at the end. We hope you enjoy these recipes and have a very *Happy Holiday Season!*

Blessings to you and yours,

CARE Natural Wellness Center

German Chocolate-Pecan Pie

PREP: 15 min., BAKE: 50min., COOL: 1 hr.

1 prepared, unbaked (gluten free) pie crust

3 large eggs

$\frac{3}{4}$ cup Sucanet (evaporated cane juice)

$\frac{3}{4}$ cup dark brown rice syrup

$\frac{1}{4}$ cup butter, melted

1 Tbsp. cocoa

1 tsp. vanilla extract

$\frac{1}{8}$ tsp salt

2 cups coarsely chopped pecans

$\frac{1}{2}$ cup sweetened flaked coconut (or unsweetened flaked coconut and 1 tsp xylitol or other natural sweetener combined)

1. Fit piecrust into a 9-inch pie plate. Fold edges under, and crimp.
2. Whisk together eggs, and next 6 ingredients until thoroughly blended. Stir in pecans and coconut. Pour mixture into piecrust; place pie on a baking sheet.

Bake at 350° on lowest oven rack 50 minutes or until pie is set. Cool on a wire rack 1 hour or until completely cool.

Carob (or Chocolate) Fudge

1-Cup Nut Butter (peanut or almond butter)

1-Cup Honey

1-Cup Carob (if don't have or like carob, use cocoa powder)

2-Tablespoons arrowroot powder

1-2 teaspoon vanilla

Combine nut butter, honey and vanilla in saucepan and heat over medium heat until softened. Reduce heat to low and add carob powder until thoroughly mixed. Remove from heat and add arrowroot powder, mixing thoroughly. Press into lightly oiled 8 inch pan or pie plate. Chill in fridge 1-2 hours and cut into squares.

Bob's Red Mill Rice Flour Pie Crust

1-1 1/4 cup Bob's Red Mill White Rice Flour
1/4 tsp. Baking Powder
1 Tbsp. Sugar (evaporated cane juice)
1 pinch Sea Salt
1 large Egg, slightly beaten
1/4 cup melted Butter

(Preheat oven to 420°. If recipe calls for unbaked pie shell don't bake first) Set aside a 9" pie pan. In a medium bowl, beat egg and butter. In another bowl, sift the rice flour, baking powder, sugar and salt. Add to egg mixture. Gently stir until blended. (May need to add small amount of additional water so dough will stick together in a ball) Place dough on a rice-floured flat surface. Sprinkle rice flour over rolling pin. Roll out a little larger than a pie plate, 8" or 9". Cut pastry into 6 wedges. Use a large spatula and carefully slip one piece at a time onto the pie plate. Repeat until all pieces have been used and edges line up. Seal edges with finger tips. (Bake for 20 minutes until golden brown if not cooking the filling.) Makes one pie crust.

Phil's Bars

3 cups whole raw organic almonds
2/3 cup powdered egg white (or rice or whey protein)
4 tablespoons organic cocoa powder **
1/2 cup organic unsweetened shredded coconut
pinch of sea salt
1/3 cup raw honey
1/3 cup hot water
1 to 2 tablespoons vanilla

** If you don't want the cocoa, substitute the same amount (4 tablespoons) of the protein powder or 2 tablespoons protein powder and 2 tablespoons coconut

Grind all dry ingredients in a food processor to a course meal consistency, but not too fine. Mix honey, hot water, and vanilla in a small container preferably with a small spout. Turn on food processor and add wet ingredients to dry until thoroughly mixed. Depending on the strength of the food processor you may need to finish mixing by hand. You can make the mixture into balls or bars. For bars, pour mixture into greased 9x13 glass pan and press out evenly. Make sure to firmly press it in so it will form a bar that will stick together. Put dish into fridge for 1 hour then remove and cut into bars but leave in pan and put back into fridge to firm up for a few hours or overnight. Keep bars in fridge and they will last at least 10 to 14 days. Recipe from Dr. Phil Maffetone's book, In Fitness and in Health.

SWEET POTATO PECAN PIE

Ingredients:

1 (9 inch) pie crust – unbaked – deep dish pie plate works best

*****Sweet Potato Filling*****

1 large egg
1 1/2 cup mashed, cooked fresh sweet potatoes
1/4 cup raw sugar
2 tablespoons unsalted butter melted
1 teaspoon vanilla extract
1/4 teaspoon sea salt
1/4 teaspoon ground cinnamon
1/8 teaspoon ground allspice
1/8 teaspoon ground nutmeg or ground clove

*****Pecan Topping*****

2 large eggs
1/2 cup raw sugar
1/2 cup brown rice syrup
2 tablespoons unsalted butter melted
1 teaspoon vanilla extract
dash ground cinnamon
1 1/2 cup pecans chopped

Directions:

Prepare pie shell: set aside. Preheat oven to 350 degrees.

Make sweet potato filling: In med. bowl, with electric mixer, beat 1 egg until frothy. Add all the remaining filling ingredients; beat at med. speed until the mixture is smooth, about 2 min.

Make pecan topping: In med. bowl, with mixer, beat eggs until frothy. Add sugar, brown rice syrup, melted butter, vanilla and cinnamon. Beat at low speed just until mixture is well blended, about 1 min. Stir in pecans.

To assemble: turn sweet potato filling unbaked pie shell, spreading evenly. Pour pecan topping over top. Bake 60-70 min., until set and knife inserted in center comes out clean. Remove pie to rack to cool.

Dairy Free Pumpkin Pie (with pie crust)

Ingredients:

3/4 c. Succanet or evaporated cane juice (raw sugar)
1 tsp. ground cinnamon
1/2 tsp. salt
1/2 tsp. ground ginger
1/4 tsp ground cloves
2 large eggs
1 can (15 oz) pumpkin puree
1 can unsweetened coconut milk (Thai Kitchen brand has no preservatives)
1 tsp. vanilla
1 unbaked 9-inch pie shell

Directions:

Preheat oven to 425 degrees. Beat eggs in large bowl. Stir in pumpkin, sugar, cinnamon, salt, ginger, and cloves. Gradually add coconut milk while stirring. Pour into pie shell. Bake for 15 minutes at 425 degrees, then lower temperature to 350 degrees and bake for 40 to 50 minutes or until a knife inserted into the center comes out clean. Cool on wire rack for 2 hours

Dark Chocolate Raspberry Torte *

4 Tablespoons unsalted butter
1-9 oz. bag dark chocolate chips (Sunspire 65% bittersweet chips)
½ cup unsweetened cocoa powder
4 eggs, beaten
1/3 cup almond, coconut, or soy milk
1/3 cup Raspberry preserves
¼ cup agave nectar or brown rice syrup
1-teaspoon vanilla extract
1/3 cup tapioca flour
½ cup chopped walnuts

1. Preheat oven to 300 degrees
2. In a double boiler, melt butter and chocolate chips, stirring regularly. Add agave nectar or syrup and cocoa powder and stir well. Remove from heat.
3. In a separate bowl using electric mixer, mix eggs, milk, raspberry preserves, tapioca flour and vanilla
4. Add chocolate mixture to egg mixture and mix until thoroughly combined
5. Fold in chopped nuts and pour mixture into 9-inch buttered pie plate
6. Bake in oven for 30-35 minutes. Torte will pull back slightly from sides.
7. Remove from oven and cool on rack several hours before serving

* Recommend organic ingredients

Paleo Fudgy Brownies

Ingredients:

- ½ cup raw cacao powder
- ½ cup flaxseed meal
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup coconut milk, full fat
- 1 egg
- 1 teaspoon vanilla extract
- 4 tablespoons raw honey
- 1 tablespoon sunflower seed butter (or other nut butter)
- ¼ cup chocolate chips

Instructions:

1. mix together the cacao powder, flaxseed meal, baking soda and salt
2. in a separate bowl whisk the coconut milk, egg, vanilla, honey and sunflower seed butter
3. gently mix dry ingredient with wet to form a batter
4. fold in the chocolate chips into the batter and pour it evenly across the bottom of a [9-inch square silicone pan](#). Alternatively, you can line your pan with parchment paper or grease it with coconut oil.
5. bake at 350°F until a toothpick inserted into the center comes out clean, about 15-20 minutes
6. set over a wire rack to cool then cut into squares

Pumpkin Bread (everything free...almost)

Prep time: 10 mins, Cook time: 60 mins, Total time: 1 hour 10 mins

Autumnal Pumpkin Bread that is free of gluten, grains, dairy, nuts, and coconut!

Author: Danielle Walker- Against All Grain

Serves: 10

Ingredients

- 2 large eggs
- $\frac{3}{4}$ cup sunbutter (you may also use almond butter)
- $\frac{1}{2}$ cup [grade B maple syrup](#)
- $\frac{1}{2}$ cup pumpkin puree ([homemade](#) or [canned](#))
- 3 tablespoons softened earth balance, ghee, or unsalted butter
- 2 teaspoons fresh lemon juice
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup arrowroot powder
- $1\frac{1}{2}$ tablespoons cinnamon
- 2 teaspoons nutmeg
- 2 teaspoons grain-free baking powder (or make your own- 1tsp baking soda+2 tsp cream of tartar)
- $\frac{1}{2}$ teaspoon lemon zest
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon sea salt

note: if almond butter is used, decrease baking powder to 1.5 teaspoons and add $\frac{1}{2}$ teaspoon baking soda

Instructions

1. Preheat oven to 350 degrees F.
2. Lightly grease an 8.5×4.5 loaf pan then place a piece of parchment paper on the bottom of the pan.
3. In a high-speed blender or food processor, combine the eggs, sunbutter, maple syrup, pumpkin puree, palm shortening, lemon juice, and vanilla. Puree for 30 seconds until smooth and creamy.
4. Add the arrowroot, cinnamon, nutmeg, baking powder, lemon zest, ginger, and sea salt. Blend again for 30 seconds until well combined.
5. Pour the batter into the prepared loaf pan. Bake for 60 minutes, until a toothpick comes out clean.
6. Remove the loaf from the oven and allow to cool in the pan for 15 minutes. Remove from the pan and cool completely before eating, about 2 hours. Store tightly wrapped in the refrigerator.

Food Babe's Almond Chocolate Freezer Fudge

Prep time: 75 mins, **Total time:** 1 hour 15 mins, **Serves:** 20

Ingredients:

1 cup almond butter
4 tablespoons of coconut oil
1 and ½ tablespoons of maple syrup
4 ounces [quality dark chocolate](#)
½ tsp sea salt

Instructions:

Cream almond butter, coconut oil, maple syrup, and salt together in a bowl
Pour mixture into a parchment paper lined small baking dish (8×6)
Top with chopped chocolate and freeze for at least 2 hours
Remove from freezer, carefully remove fudge by lifting ends of parchment paper
Cut into 1 inch squares and store in freezer separated by parchment paper

Apple Cinnamon Coconut Flour Muffin

Ingredients:

- 5 eggs
- 1 cup homemade applesauce (store bought should work too)
- 1/2 cup coconut flour
- 1-3 TBSP cinnamon
- 1 tsp baking soda
- 1 pinch sea salt
- 1 tsp vanilla (optional)
- 1/4 cup coconut oil
- 2 T honey

Directions:

1. Preheat the oven to 400 degrees F.
2. Grease a muffin pan with coconut oil. (Makes 6 large muffins)
3. Put all ingredients into a medium sized bowl and mix with immersion blender or whisk until well mixed.
4. Let sit 5 minutes.
5. Use 1/3 cup measure to spoon into muffin tins.
6. Bake 20-25 minutes until starting to brown and not soft when lightly touched on the top and toothpick comes out clean.
7. Let cool 2 minutes, drizzle with honey (if desired) and serve.

Flavor Options!

This recipe is actually very versatile! To mix it up, try these flavor combinations:

- Reduce the applesauce by 1/4 cup and add an overripe banana before blending. Mix in 1/2 cup toasted chopped nuts (like walnuts) by hand.
- Add 1/2 cup blueberries or raspberries
- Add 1/2 cup chopped nuts
- Add 1/2 cup chopped apples for a little crunch
- Add 3 T of cocoa powder to make almost cupcake like

Paleo Dark Chocolate Chip Walnut Cookies

Makes ~24 Cookies

Ingredients:

3 cups Sifted Almond Meal

¼ tsp Kosher Salt

½ tsp Baking Soda

1 cup Dark Chocolate Chips

1 cup Chopped Walnuts

1/3 cup Honey

2 Tbl Virgin Coconut Oil (melted)

½ tsp Vanilla Extract

1 Egg

Directions:

- Preheat oven to 350 F.
- Line a baking sheet with parchment paper (or aluminum foil).
- In a large bowl, thoroughly mix the dry ingredients together with a fork. Includes: almond meal, salt, and baking soda.
- Add the chocolate chips and chopped walnuts to the dry mixture and stir evenly.
- In a separate bowl, whisk the wet ingredients together (honey, oil, vanilla extract, and egg). You may need to heat the honey and oil in order to liquefy them. 30 seconds in the microwave will do. Be sure to heat **BEFORE** you add the egg.
- Make a crater in the center of the dry ingredients and pour in the whisked wet ingredients.
- Stir the wet ingredients into the dry until evenly mixed.
- Using a 1 Tbl scoop or a spoon, spoon out balls of the dough and align them on the baking sheet.
- Using either the palm of your hand or the back of a spoon greased with a little coconut oil, smash the balls of cookie dough down. Because the cookies don't expand much during baking, the shape you make will stick.
- Bake for 15 minutes then let cool for at least 5 minutes. The cookies will not come off the parchment paper (or aluminum foil) very easily if they're too warm.

Time: 15 minutes prep

Bake Time: 15 minutes

Almond Butter Dark Chocolate Chip Cookies

Ingredients:

1 cup almond butter
1/3 cup honey (or 1/2 cup if you like it a bit sweeter)
1 egg
1 Tbsp. vanilla extract
1/2 tsp. baking soda
1/4 tsp. baking powder
1/2 tsp. salt
1/2 cup dark chocolate chips (look for gluten-free and dairy-free if you are trying to avoid those)
2/3 cup unsweetened coconut (or if you prefer, replace with chopped nuts)

Directions:

1. Preheat oven to 350 degrees Fahrenheit
2. Oil baking sheets or line with parchment paper
3. Stir together first seven ingredients. Mix well. Make sure honey is fully incorporated.
4. Add chips and coconut
5. Scoop with a cookie scoop onto cookie sheets. Bake 8-13 minutes or until lightly browned.

Yield: about 20 cookies with a level 2Tbsp. cookie scoop

Cassava Flour Chocolate Chip Cookies

Ingredients

- 1/2 cup ghee OR grass-fed butter
- 1/4 cup raw honey
- 1/4 cup coconut or organic raw cane sugar
- 1 tsp pure vanilla extract
- 1 egg room temp
- 1 1/4 cup cassava flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder*
- 1/4 tsp fine grain sea salt
- 1 cup dark chocolate chips

Instructions

Preheat your oven to 350 degrees and line a large cookie sheet (or 2) with parchment paper.

1. Using an electric hand mixer, cream together the ghee (or butter), honey, sugar and vanilla until smooth on medium speed.
2. Add in the egg and beat on low speed until combined.
3. In a separate bowl, combine the dry ingredients, then add dry mixture to wet, beating on low speed until smooth. Stir in chocolate chips then chill the dough for 30 minutes in the fridge.
4. Using a heaping tablespoon, scoop dough onto prepared cookie sheet about 2" apart since they will spread a bit while baking.
5. You'll need to repeat the process on a separate baking sheet for the leftover cookie dough.
6. Bake in the preheated oven for 10 minutes or until cookies are golden brown. Allow the cookies to cool completely on the baking sheet - do not transfer them while they're cooling since they're VERY delicate due to the cassava flour. These cookies are not at their best right out of the oven - they need time to finish setting while they cool.
7. Once completely cool to the touch, remove from sheet and serve. Cookies will be soft and chewy at room temp, and become more firm, yet still chewy after refrigeration. I personally prefer them after chilling! Store leftovers in an airtight container in the refrigerator. Enjoy!

Recipe Notes

*For Paleo (corn free) baking powder, mix 1 tsp baking soda with 2 tsp cream of tartar. For this recipe you'll need just 1/2 tsp of this mixture.

Adapted from www.paleorunningmomma.com

Vegan Cheesecakes (no-bake in a muffin pan)

Ingredients:

Crust:

1 cup pitted dates (soaked in warm water for 10 minutes then drained)
1 cup raw walnuts or almonds

Filling:

1.5 cups raw cashews, soaked in water 4-6 hours then drained
1 large lemon, juiced (1/4 cup)
1/3 cup coconut oil, melted
1/2 cup + 2 Tbsp full fat coconut milk (see instructions for note)
1/2 cup agave nectar or maple syrup (or honey if not vegan)
1 teaspoon vanilla extract

Optional:

2 Tbsp peanut or almond butter
1/4- 1/2 C. berries

Instructions:

Crust:

- Add nuts to a food processor and blend into a meal. Remove and set aside.
- Next add dates and process until small bits remain.
- Then add nuts back in and blend until a loose dough forms - it should stick together when you squeeze a bit between your fingers. If it's too dry, add a few more dates through the spout while processing. If too wet, add more almond or walnut meal. Optional: add a pinch of salt to taste.
- Place muffin liners in each muffin tin.
- Next scoop in heaping 1 Tbsp amounts of crust and press with fingers..

Filling:

- Add all filling ingredients to a blender and mix until very smooth. For the coconut milk, I like to scoop the "cream" off the top because it provides a richer texture. But if yours is already all mixed together, just add it in as is.
- You don't need a Vitamix for this recipe, just a quality blender. I mixed mine for 1 minute, then "liquified" or "pureed" it until silky smooth. If it won't come together, add a touch more lemon juice or agave or a splash more coconut milk liquid as the liquid should help it blend better.
- Taste and adjust seasonings as needed. If adding peanut butter, add to the blender and mix until thoroughly combined. If flavoring with berries, wait and swirl on top of plain cheesecakes (optional).
- Divide filling evenly among the muffin tins. Tap a few times to release any air bubbles, then cover with plastic wrap and freeze until hard - about 4-6 hours.
- Optional: you can set them out for 10 minutes before serving to soften, but I liked them frozen as well.

Recipe courtesy of: www.minimalistbaker.com

ANN'S CRANBERRY SAUCE RECIPE:

1 pkg fresh cranberries (12 oz)
20 oz can crushed pineapple in own juice
1 small orange or tangerine, peeled, seeded and diced
1 golden delicious apple, peeled, cored and diced

Put above ingredients in a pot. Bring to a boil and simmer until cranberries are all popped and get mushy, the mixture thickens and is red throughout (about 10 min). Stir occasionally to keep from sticking to bottom of pot and to blend. (Any few remaining unpopped cranberries can be mashed with a spoon at the end.)

Remove from stove and add the following sweeteners to taste:

no more than 1/4 cup total of honey/agave syrup/pure maple syrup
~ 1/4 cup sucaneet or turbanado sugar or evaporated cane juice or xylitol
1/4-1/2 cup chopped walnuts (optional)

Stir in sweeteners well until thoroughly dissolved.

Best to chill overnight. Mixture will be thick. (Retaste and add additional sweetener if needed.)

Roasted Butternut Squash with Maple Sage Brown Butter

Ingredients (serves 4):

1 medium butternut squash (cubed and peeled)
1 tablespoon extra virgin olive oil
1 teaspoon sea salt
¼ teaspoon ground pepper (optional)
2 tablespoons salted butter (Earth Balance for vegan butter)
10 fresh sage leaves
1 tablespoon grade A maple syrup (or honey)
½ teaspoon cinnamon

Directions:

Preheat oven to 400 degrees.

Peel, seed, and dice the butternut squash. Toss the butternut squash in olive oil, salt, and pepper. Spread it evenly on a cookie sheet. Roast the squash, tossing occasionally, until tender and slightly browned, about 20 minutes.

Heat the butter and sage leaves over medium-high heat, swirling it around the pan every couple of minutes. Once the butter foams up and starts browning, remove from heat. You want it to be a light amber color but not burnt.

Add the maple syrup and cinnamon, then pour the butter sauce over the squash. Adjust the salt and pepper to your liking. Enjoy!

Recipe courtesy of: www.againstallgrain.com

Ann's Gluten Free Stuffing

~ 8 cups day-old bread chunks

(Lay out slices of Millet bread*, or other gluten-free bread [3/4-1 loaf will do 15+ lb turkey plus extra] on a cookie sheet the day before and cover with paper towels. I turn half way through to dry slices. When dried at least 24 hours, break up into chunks like croutons in a bowl. Can be stored in refrigerator night before if necessary. If not enough time to air dry, can use lowest setting on oven to speed up the drying process--just check often.)

On morning before stuffing bird or cooking stuffing, saute in a pan of butter until onion/celery are translucent:

1 lg onion diced

2 stalks celery diced

Optional: 1 large carrot diced

2 cloves garlic, minced (add near end of cooking)

Add the above to the bowl of bread chunks along with the following optional ingredients:

1 can sliced water chestnuts, chopped (found in oriental food section of grocery store)

[1 package sliced almonds]

[2 cups chopped raw cranberries]

Add the following seasonings to your preference, but sage/poultry seasoning is a must:

Parsley, sage (or poultry seasoning), rosemary, thyme, marjoram, salt

Mix all ingredients together with chicken broth to moisten but not too wet!. Do so gently so as not to break up bread too much. If stuffing the turkey, it will get more moisture from the bird. (1 boxed container of organic chicken broth will probably be enough.) Use a large spoon to stuff the turkey. The rest put in a casserole dish, cover and heat at 350 degrees about 30 minutes.

*Deland Bakeries or Sami's Bakery produces a Millet bread. These may be available in the health food stores or CARE Natural Wellness Center.

Ann's Gluten Free Gravy

Pour off all but 2 Tblsp pan drippings from pan. Add 2 cups water or broth. Cook over medium heat stirring to loosen browned bits. Mix 2 Tblsp potato starch or rice flour and ¼ cup cold water until smooth. Stir into pan. Add desired seasoning. Stirring constantly bring to boil over medium heat and boil one minute. (For a larger quantity, use the same proportions of potato starch(rice flour)/cold water to broth.)

Mashed Cauliflower

My favorite substitute for mashed potatoes.

1 head cauliflower

1 C cashews (or macadamia nuts or pine nuts)

4 cloves garlic, finely chopped

1 T thyme

1 T butter (or Earth Balance for vegan butter)

Soak nuts in water for at least 1 hour, then drain. In a medium skillet, saute garlic and thyme in butter over medium heat until garlic is browned (about 10 minutes). Combine all ingredients in a blender or food processor and blend until smooth and fluffy.