

COTTER CRUNCH HOLIDAY MEAL PLAN

DAIRY FREE & GLUTEN FREE



Recipes compiled into PDF format from

<https://www.cottercrunch.com/gluten-free-dairy-free-holiday-meal-plan/>

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**GLUTEN FREE AND DAIRY FREE FRIENDLY
APPETIZERS, STARTERS AND DRINKS**

EASY ROSEMARY PALEO PUMPKIN BREAD

Prep Time 15 min Cook Time 1 hr Total Time 1:15

Serves 10-14

INGREDIENTS

- 1 cup pumpkin puree
- 1/2 to 2/3 cup avocado oil or olive oil (the more oil, the more dense, moisture).
- 4 eggs
- 1 tsp apple cider vinegar (or lemon juice will work, just an acid)
- 3 cup almond flour
- 1/2 cup sifted coconut flour
- 1/4 cup coconut sugar
- 1 tsp baking soda
- 1 tsp all spice
- 1 tsp sea salt
- pinch of black pepper
- 2 rosemary sprigs with stems removed
- 1/4 cup roasted pumpkin seeds (feel free to add in more seeds like sunflower seeds or fennel seeds)

INSTRUCTIONS

1. Preheat oven to 325F. Line a 9x9 bread pan (or 2 mini loaf pans) with parchment paper. Grease or oil the side of the pans.
2. In a mixing bowl, combine your pumpkin, eggs, oil, and vinegar. Beat gently or mix with spoon until smooth.

3. In another bowl, sift together your dry ingredients (flours through seasonings and sea salt). Keep the pumpkin seeds and rosemary sprigs aside.
4. Combine the flour mix with the pumpkin/egg mix into one bowl. Beat or gently mix until batter is smooth. It might be a little grainy due to coconut flour.
5. Fold in your rosemary sprigs. Keep a few for topping.
6. Pour batter in to lined 9x9 pan (or 2 smaller mini loaf pans).
7. sprinkle pumpkin seeds and extra rosemary on top.
8. Bake for 50 minutes to 1 hr. (Check bread after 45 minutes to see progress)
9. Cover with foil and bake for another 10 minutes or until golden brown and center comes out clean with poked with knife or toothpick.
10. Remove and let cool.
11. Once cooled you can remove the bread from the pan and slice or store for later.
12. You can freeze this bread for later use as well.

RECIPE NOTES

NUTRITION Since this bread is pretty dense, I recommend using it as a meal or slice thinner for a side. Texture is amazing and filling!

This has a lovely rosemary taste. Feel free to reduce the "herbed" taste by using one sprig or two. You also use thyme or mix herbs.

This a GREAT bread to make with paleo [Chili](#).

VEGAN PERSIMMON BUTTERNUT SQUASH SOUP

Prep Time 15 min Cook Time 30 min Total Time 0:45

Serves 3

INGREDIENTS

- 3 medium Fuyu persimmons
- 2 cups chopped Butternut Squash
- 8 oz of vegetable broth
- 1 cup coconut milk
- 1 tbsp maple syrup
- 1 tbsp roasted nut butter
- 1 tbsp olive oil or coconut oil
- 3 cloves
- 1/2 tsp sea salt
- 1/2 tsp smoked paprika
- 1/8 tsp ground ginger or cinnamon if you prefer more sweet than spice
- dash of pepper
- Optional - toasted nuts and chili sauce for topping

INSTRUCTIONS

1. First steam your squash in steamer or microwave until they are a little tender. About 60-90 seconds in microwave works.

2. Next cut off tops from persimmon. Peel each if desired. I left mine on but it's up to you for texture.
3. Combine persimmon, squash, and broth in a blender until smooth.
4. Transfer to a medium size pot and add in your oil, coconut milk, almond butter, and maple syrup.
5. Place on medium low and stir until smooth and everything is mixed thoroughly.
6. Then add in your spices, stir, and simmer for 30 minutes.
7. About 20 minutes into your simmer, the soup with thicken.
8. Once it thickens, place an emersion blender in the pot to make extra creamy and smooth.
9. You can also just blend again or mix with spoon repeatedly.
10. Taste and see if the seasoning is too your liking. It should be a little sweet but smokey.
11. Serve and top with a dash of pepper, chili sauce, and toasted nuts if you'd like.

RECIPE NOTES

to make it more cheesy versus smokey, just add in 1-2 tbsp nutritional yeast.

CREAMY OLIVE PIMENTO DEVILED EGGS

Prep Time 10 min Cook Time 20 min Total Time 0:30

Serves 12

INGREDIENTS

- 6 eggs
- 1/4 c to 1/3 cup paleo mayo or plain whole Greek yogurt
- 2 tbsp pickle juice
- 1 tsp ground mustard
- 1/4 tsp melted butter or non-dairy butter. (Optional but it does make it so creamy!!)
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 12 green olives with pimentos
- chili powder or paprika for topping

INSTRUCTIONS

1. First hard boil your eggs. Let them cool before peeling. Once peeled, slice your eggs vertically.
2. Scoop out the yolk and place in a bowl. Mix your mayo or yogurt and melted butter together and combine with the rest of your ingredients, except the paprika and olives.
3. The more yogurt you use, the creamier.
4. Taste and see if it's salty enough, if not, add a dash more salt or pickle juice.
5. Mix until smooth then scoop a 1/2 tbsp to 1 tbsp of egg yolk mix into your egg white halves.
6. Smooth the surface of the egg and then place the olive with the pimento on top.

7. Sprinkle with paprika or chili powder after.
8. If you are making 12 dozen eggs, just double the recipe but add in the salt 1/4 tsp at a time and taste to make sure it's not too salty.

RECIPE NOTES

Serving size: 1 Calories: 45 Fat: 3 Saturated fat: 0.9 Carbohydrates: 0.5 Sugar: 0 Fiber: .2 Protein: 3.6

SPICED PINEAPPLE RUM HOT TODDY

{NATURALLY SWEETENED}

Spiced Pineapple Rum Hot Toddy! It's the perfect festive Fall/Winter drink to soothe the body or to simply enjoy with good company.

YIELDS 2 - 3

Ingredients

- 1/2 cup natural pineapple concentrate (from frozen works great)
- 1 3/4 cup water
- 2 cinnamon sticks
- 4 oz spiced rum
- 1/2 tsp pure vanilla
- 2 tsp honey (or agave nectar for vegan option)
- 1 tsp ground cinnamon
- 4 oz coconut cream or milk (warmed)

Instructions

- Place pineapple juice concentrate and water in a pot on stove. Simmer on medium until pineapple concentrate, rum, and water blend and mix together.
- Add in your cinnamon stick, vanilla, honey, salt, and cinnamon, and let it simmer more on low or medium low for another 5 minutes.
- Serve into 2-3 glasses and then add in 1 to 2 oz of coconut cream to each glass.
- Stir with your cinnamon stick and add more cinnamon on top if desired.

TURKEY FREE MAIN DISH OPTIONS

ONE PAN CRANBERRY BALSAMIC ROASTED CHICKEN {PALEO}

Prep Time 35 min Cook Time 28 min Total Time 1:03

Serves 5

INGREDIENTS

- 2.5 lbs chicken thighs or breasts with skin on (around 4 to 6 chicken thighs or breast) See notes for lower fat option
- fresh thyme
- a sprinkle of dried Italian herbs (optional)
- 1/3 cup to 1/2 cup fresh cranberries (or previously frozen)
- 1 tbsp each maple syrup and balsamic vinegar mixed together to coat chicken during roasting

FOR THE MARINADE

- 1/3 cup cranberries
- 2 tbsp olive oil
- 2 tbsp gluten free tamari sauce or coconut aminos (optional)
- 2 tbsp maple syrup
- 1/4 cup balsamic vinegar
- 1/4 tsp sea salt
- 1/4 tsp black peppers
- 2 garlic cloves (or 1 tsp minced)

INSTRUCTIONS

1. Clean your chicken then place in a roasting or baking dish. Set aside.
2. Next prepare your marinade.
3. Blend all the ingredients listed in the Marinade in a food processor or blender until liquified and smooth.
4. Pour this over the chicken thighs, coating evenly.
5. Cover and place in fridge to marinate for 30 minutes or up to 24 hrs.
6. Once marinated, preheat oven to 375F.
7. Remove chicken from fridge.
8. Add your extra 1/3 to 1/2 cup cranberries, thyme, and Italian herbs to the dish. Spread it out evenly on and around the chicken.
9. Bake skin side down first for 22 minutes.
10. Remove and turn skin side up. Then brush each chicken skin with the maple syrup/balsamic vinegar combo.
11. Add more seasoning (like dried herbs, salt, pepper) to the top if desired. if using fresh herbs, wait to add until after broil
12. Broil for about 2-4 minutes or until skin is crispy and chicken is cooked evenly inside.
13. Updated If using boneless chicken, cooking time will be around 35 minutes total.
14. After thoroughly cooked, remove from oven.
15. Spoon the sauce from the pan onto each chicken thigh/breast and a pinch of black pepper or cracked pepper.
16. Serve with the roasted cranberries on top and any extra fresh herbs desired.

RECIPE NOTES

This is a great recipe to make ahead. Prep the marinade hours before then just pop in the oven the next day or later in day.

A great roasted chicken alternative for Holidays!

Lower Fat option if you use skinless chicken. **Preparation for skinless chicken-** the cooking time will be 20-25 minutes or so No broiling needed

Estimated Nutrition for skin on: per 4oz - 5oz chicken

350-360 calories, 24-26 grams of fat; 4-6 grams of saturated fat, 390mg sodium, 12-13g carbohydrates, 1 gram of fiber, 10 grams of sugar, 22-23 grams of protein.

Estimated Nutrition for skin off:

280-300 calories, 10 to 12 grams of fat; 2-3 grams of saturated fat, 390mg sodium, 12-13g carbohydrates, 1 gram of fiber, 10 grams of sugar, 23 -25 grams of protein.

CINNAMON CHIPOTLE BAKED PORK CHOPS {ONE PAN MEAL}

Prep Time 10 Cook Time 20 Total Time 0:00

Serves 4-5

Paleo Cinnamon Chipotle Baked Pork Chops with Parsnips. A quick and healthy one pan meal.

INGREDIENTS

FOR THE CINNAMON CHIPOTLE RUB

- 1 tbsp coconut sugar (or raw sugar) - Omit for whole 30 option
- 1 tsp ground chili powder (Chipotle chili powder)
- 1/2 tsp cinnamon
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp smoked paprika
- Pinch of dried oregano
- 1/2 tsp Sea salt (or taste)
- 1/4 tsp ground Black Pepper

FOR THE PAN

- 2 Large parsnips 7 to 8 inches long. Cut into 1/2 inch slices
- 2 Large carrots - 7 to 8 inches long. Cut into 1/2 inch slices
- 2 -3 tbsp olive oil (divided)
- 1.5 lbs of boneless pork chops or loin (or around 4 boneless pork chops). See notes of other meat options.
- Lemon slices to garnish

- Parsley to garnish
- Red Chili pepper flakes to garnish
- optional extra salt/pepper to season each plate, if needed.

INSTRUCTIONS

- Mix together your cinnamon chipotle rub seasoning in a small bowl. Set aside. Preheat oven to 400F. Slice your parsnips and carrots into 1/2 inch pieces. Toss in 2 tbsp olive oil and 2 tsp of the cinnamon chipotle seasoning.
- Lay the parsnips and carrots flat on the baking sheet. Roast in oven for 15 minute, give or take. While the veggies are roasting, prepare your pork chops.
- Rub each piece of pork in cinnamon chipotle seasoning. Place each pork chops in pan with 1 tbsp olive or avocado oil. Sear pork on medium high for 2-4 minutes. Flipping once.
- Remove pork chops from heat and place on baking pan with vegetables. Place the pan back in the oven (with veggies and pork) and roast/bake at 400F for an additional 6-8 minutes or until pork reaches an internal temperature of 165F pork.
- Remove pan from oven and add garnishes; Lemon slices, fresh Parsley, red pepper flakes. Serve and enjoy.

RECIPE NOTES

This seasoning and one pan meal also works well with lamb chops if you don't eat pork. If you are using bone in pork chops, the meat will cook faster, so watch baking times and searing times.

Estimated Nutrition per serving:

230- 250 calories; 6-8 grams of fat; 2 grams saturated fat; 13-14 grams of carbohydrates; 3-4 grams of fiber; 6.6 grams of sugar; 25 grams of protein.

Omit Sugar for whole 30 option

ROSEMARY CITRUS ONE PAN BAKED SALMON {PALEO}

Prep Time 5 minutes Cook Time 12 to 15 minutes Total Time 0:05

Serves 3

This Rosemary Citrus Baked salmon is a healthy one pan meal ready in 20 minutes. Whole 30 and paleo friendly.

INGREDIENTS

- 1/3 c olive oil
- Pinch of ground pepper
- 2 tbsp fresh orange juice
- 2 tbsp fresh rosemary, plus 1-2 extra sprigs to garnish (See notes for dried rosemary option)
- 1 tbsp Lemon juice
- 1/2 tsp garlic minced
- 1/4 tsp of grated dried orange peel (divided)
- Kosher salt or fine sea salt to taste
- 1 bunch thin asparagus (trimmed) (Or other vegetable of choice)
- Olive oil or melted butter to drizzle
- 10-12 ounces sockeye salmon (whole fillet or around 3 fillets)
- Thinly sliced Orange (5-6)
- Optional 1/4 tsp lemon pepper to
- Additional Salt/pepper to taste - after baking

INSTRUCTIONS

1. Preheat oven to 400F.
2. Whisk together orange juice, lemon, 2 tbsp rosemary, 1/4 to 1/3 cup olive oil, pinch of salt, pepper, 1/4 tsp orange peel and garlic. Set aside.
3. Next Layer your dish.
4. First add your trimmed asparagus (or other vegetable of choice) and drizzle with olive oil or butter. Add a pinch (1/4 tsp or so) of lemon pepper seasoning.
5. Place your salmon (skin side down) on between the asparagus spears.
6. Drizzle the orange rosemary marinade on top of the salmon.
7. Add thin orange slices on top of the salmon and on top of the asparagus.
8. Place 2 to 2 fresh sprigs of rosemary evenly on top of the salmon and around the pan.
9. Sprinkle a bit more orange peel, pepper, and kosher salt on top of the salmon veggie bake.
10. Bake at 400F for 12-15 minutes or until salmon is not longer opaque in the middle.

RECIPE NOTES

Feel free to use green beans or broccoli instead of asparagus.

If you don't have fresh asparagus, you may use 1 tbsp dried rosemary.

This dish calls for 1 salmon fillet that's 12 ounces, or you may use three 4 ounce fillets.

For wild caught sockeye salmon fillets, we use [sizzlefish](#).

Estimated Nutrition per serving:

340-350 calories; 20-23 grams of fat, 3 grams saturated fat, 50 mm cholesterol, 10 grams of carbohydrates, 3 grams of fiber, 5 grams of sugar, 25-26 grams of protein 35-40 % Vitamin C 20-22% Iron

GLUTEN FREE CRANBERRY MAPLE LENTIL LOAF {VEGAN}

Prep Time 15 min Cook Time 45 min Total Time 1:00

Serves 6-7

INGREDIENTS

- 2 cups cooked lentils (I used black lentils)
- 3 tbsp chia seed
- 1/2 cup water
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 2 tbsp olive oil
- 1 cup whole fresh cranberries
- 1/2 cup chopped nuts
- 1/2 tsp sea salt
- 1 tsp minced garlic
- 1/4 tsp onion powder or onion salt
- 3 thyme sprigs or 1/4 tsp dried thyme
- 1 cup gluten free oats
- 2 small pieces of gluten free bread
- FOR THE MAPLE GLAZE
- 2 tbsp dijon mustard
- 1 tbsp olive oil
- 1 tbsp Balsamic Vinegar

- 1/4 cup maple syrup (see notes for substitute)
- dash of garlic/pepper

INSTRUCTIONS

1. First, make sure your lentils are cooked. They should only take about 20 minutes or so. Follow instructions according to package or see notes for how to cook lentils.
2. Once cooked, drain and measure out 2 cups to use in this recipe. Set aside.
3. In another bowl, combine your chia and water, mix together and set aside to let it gel.
4. Preheat oven to 350F
5. Combine your lentils, seasoning, cranberries, and vegetables all in one skillet with oil.
6. Cook on medium until onion are cooked and lentils are soft.
7. You want to be able to mash the lentils easily. Should take about 10 minutes.
8. Once that is cooked, turn off skillet and place everything in a large bowl. Set aside
9. Combine your oats and bread in a food processor, grind you until you get a flour texture.
10. Add your oat flour to your lentils and vegetable bowl, then add in your chia egg/mixture, and finally mix in the chopped nuts.
11. Mash and mix everything together with hands or spoon and then press into a 9x5 greased baking pan.
12. Bake at 350F for 45 minutes.
13. While that is cooking, make your glaze.
14. Combine the maple syrup, olive oil, balsamic vinegar, garlic/pepper, and dijon mustard in one bowl. Whisk until smooth.
15. Remove lentil loaf from oven and coat with maple glaze. You will probably have extra.
16. Serve and enjoy!

RECIPE NOTES

feel free to use [Agave nectar](#) instead of Maple syrup for the glaze. It works well too and is vegan friendly.

To cook lentils, use 3 cups of liquid (water or broth) to 1 cup of rinsed lentils. Bring to a boil, cover tightly, reduce heat and simmer for about 15-20 minutes. Drain the lentils and set aside in a bowl.

EAT YOUR VEGGIES! {AND OTHER SIDE DISHES}

CREAMY MUSTARD BRUSSELS SPROUTS SALAD (VEGAN, PALEO, PAN FRIED)

Prep Time 2 hr, 10 Cook Time 15 min Total Time 0:15

Serves 3-4

INGREDIENTS

- 4-5 cups Brussels Sprouts (halved)
- 1 shallot (sliced) or 1/3 c red onion sliced
- 1 tbsp olive oil
- tsp balsamic Vinegar
- Red pepper flakes (optional)

FOR THE CASHEW CREAM MUSTARD SAUCE

- You will be using the same steps as my Plain Cashew Cream Sauce - See [recipe](#) or notes for substitutions.
- You will need to 1 1/4 raw cashews and 1/4 cup broth instead of milk for the cashew cream recipe to thin it out.
- 3/4 c purified water
- Juice of 1/4 of Lemon
- dash of sea salt
- 1/4 cup spicy or honey mustard (gluten free)
- 2 garlic cloves, minced.
- 1 tsp mustard powder
- 1 tsp olive or avocado oil
- 1/4 tsp onion powder
- sea salt/pepper to taste

- See notes for QUICK version if you don't want to use the cashew cream.

INSTRUCTIONS

FOR THE CREAMY MUSTARD CASHEW CREAM SAUCE

1. You will need to soak your cashews for at least 2 hrs or up to 24hrs in the purified water. Then you can use my [plain cashew cream sauce](#). To make this cashew cream creamy mustard sauce,
2. after soaking, toss water, cashews, and garlic, mustard, and spices into blender or food processor.
3. Blend until creamy. Thin out with more water or broth to get consistency you like.
4. Pour sauce into a bowl, set aside.
5. NOTES The less you soak, the more water is leftover and you won't need to add as much back in when blending. The longer you soak will need to add about 1/4c to 1/3 cup more liquid (water or broth) back in when blending to make it more like a sauce. Set sauce aside.

SEE NOTES FOR A READY TO USE SAUCE ALTERNATIVE.

1. Next wash and cut your veggies. Remove stems from Brussels Sprouts.
2. Add 1 tbsp olive to a skillet or fry pan. Heat on medium heat then add in your Brussels Sprouts and Onion. Pan Fry on medium high for 7-10 minutes or until Brussels Sprouts start to get tender and crispy brown on edges. Add in your balsamic vinegar last few minutes to brown edges.
3. Next add add in about 2/3 c to 3/4 cup of your creamy mustard sauce. Save the extra sauce for other dish or freeze for later.
4. Mix all together.

5. Add 1/4 tsp pepper and sea salt. Cook for another 3 to 5 minutes on medium heat until everything is mixed, creamy, and, cooked.
6. Remove from heat. Plate or serve in a bowl.
7. Garnish with red pepper.
8. Serve or store in fridge covered for later.
9. Great hot or cold!

RECIPE NOTES

If you are not up for making the cashew cream sauce or are short on time, you can use plain hummus or a creamy plain yogurt dressing (although not paleo or vegan) and blend with the mustard and garlic and spices! Easy!

This dish is similar to a creamy potato salad. Great hot or cold! Perfect for potlucks or holidays.

CROCK POT AUTUMN QUINOA PILAF {GLUTEN FREE, VEGETARIAN}

Prep Time 10 min Cook Time 3 hr Total Time 3:10

Serves 8-9

INGREDIENTS

FOR THE CROCK POT/SLOW COOKER

- 2 golden beets (chopped, sliced) if you don't have golden beets, then regular beets or squash work too
- 1 shallot or red onion (1/3 cup chopped)
- 1 cup fresh cranberries
- 1 cup chopped broccoli (to be added last)
- 3/4 cup wild rice (see notes for substitutes)
- 1 1/4 cup quinoa ([Better Body Foods Quinoa](#))
- 2 1/4 to 3 cups broth
- 1/2 to 1 tsp sea salt and pepper (adjust to your taste and sodium content needed)
- 1/2 to 1 tsp dry herb season mix of choice. (I used a [Mediterranean Spice Blend](#).)
- 3 tbsp orange juice

INGREDIENTS TO ADD AFTER THE QUINOA PILAF IS COOKED

- 1 cup feta crumbles (5oz)
- 1/2 cup pumpkin or sunflower seeds (roasted or raw)
- 1 tbsp olive oil or avocado oil
- salt/pepper to taste
- extra dried cranberries to mix in if desired.

- 1/2 cup or so of fresh basil or parsley

INSTRUCTIONS

1. clean, chop, and prep your vegetables. Place vegetables (minus the broccoli), quinoa, wild rice, broth, fresh cranberries, and seasoning in crock pot. Pour your broth and orange juice on top and mix thoroughly.
2. Important Note each slow cooker works differently. If you don't want your broccoli overcooked, please add it the last half hour of cooking versus at the beginning. If you want it more cooked add the broccoli with the rest of the vegetables at the beginning.
3. Place on high for 2 to 2 1/2 hours or low for 5 hours. Check half way and mix ingredients in pot with spoon. see notes for if pilaf is too dry or too wet halfway through cooking
4. Quinoa should be fluffy once done. The wild rice will still be a little al dente.
5. Remove and place all contents in a large bowl.
6. Mix in the remaining pilaf ingredients. Seeds, feta, dried cranberries, and any extra fresh raw vegetables you might want to use up.
7. Add salt, pepper, and any other spices desired.
8. mix again.
9. Top with fresh herbs.
10. Serve immediately or store in fridge (covered) until ready to serve.

RECIPE NOTES

If there is too much liquid half way through cooking, drain a few tbsp and cook a little longer. If quinoa is soaking up liquid too fast, then add a 1/4 to 3/4 cup more broth.

If you don't have cranberries, you can use any other berry. Just don't slow cook them. Add them fresh afterwards.

If you don't have wild rice, brown rice should work. It won't be the same texture as wild rice though.

* crockpot cooking times may vary* so keep a close check halfway through suggested cooking time

BALSAMIC OLIVE-OIL BRAISED GREEN BEANS

Prep Time 10 Cook Time 30 Total Time 0:00

Serves 5

Balsamic Olive-Oil braised green Beans with a quick, easy, and healthy side dish. Paleo, vegan friendly.

INGREDIENTS

- 1/3 cup extra virgin [olive oil](#)
- 1 tsp minced garlic
- 1 cup chopped white onion
- 1 cup water
- 2-3 tbsp fresh orange juice
- 3 tbsp balsamic vinegar
- 1 tsp. maple syrup (optional)
- 1 cup whole black olives
- 1 lb. green beans, trimmed
- Kosher salt to taste
- freshly ground black pepper, to taste
- 2 tbsp. fresh thyme
- fresh orange slices
- 1/4 cup toasted pine nuts

INSTRUCTIONS

- Heat olive oil in a large dutch pot or large saucepan over medium-high. Add garlic and onion and cook until tender, close to 4–6 minutes.
- Next add your orange juice and optional maple syrup to the pot. Cook an additional 1 to 2 minutes
Place the olives and 1/2 c water in the pot with the garlic/onion. Cook for 5 minutes on medium high until olives begin to soften.
- Add your green beans, kosher salt, pepper, balsamic vinegar, and 1/2 cup more of purified water.
Cover and reduce heat to medium until green beans are tender. Check around 18-22 minutes.
- While green beans are cooking, toast your pine nuts. You can do this in toaster oven or regular oven. Simply place nuts on foil and in oven at 400F for just a few minutes, until golden brown. If you are using toaster oven, they will brown fast. Be careful not to burn.
- Once beans are cooked, place them in serving dish or keep in pot.
If placing in a serving dish, add about 1/2 cup of the sauce from the dish, plus your olives.
- Garnish with fresh thyme, orange slices, and toasted pine nuts before serving.
Optional pinch of red pepper flakes

RECIPE NOTES

Estimated Nutrition per serving with the braised sauce:

140 -145 calories; 10-12 grams of fat; 1.8 g saturated fat, 0 Cholesterol, 9 grams of carbohydrates, 2.5 grams of fiber, 4 grams of sugar, 1.6 - 2 grams of protein. 33% Vitamin C, 10 % Iron

TURMERIC ROASTED CHICKPEA CARROT SALAD WITH APPLE CIDER TAHINI DRESSING {VEGAN}

Prep Time 5 min Cook Time 30 min Total Time 0:35

Serves 3-5 depending on if you want it as meal or side dish

INGREDIENTS

- 6-7 large Rainbow carrots
- 10 ounce can drained chickpeas
- 1/4 to 1/3 c olive oil
- 1/2 tsp balsamic vinegar
- 1 tsp ground turmeric
- 1/2 tsp paprika
- 1/4 tsp garlic salt
- 1/4 tsp pepper
- optional crushed red pepper
- Fresh parsley

FOR THE APPLE CIDER TAHINI DRESSING

- 1/4c tahini or almond butter
- 1/2 tbsp ACV (Apple Cider Vinegar)
- 1/4 tsp sea salt
- 1 tbsp maple syrup
- dash of black Pepper
- 2-3 tbsp warm almond or coconut milk

- Optional mustard powder 1/4tsp or 1/4 tsp cumin

INSTRUCTIONS

1. Preheat oven to 425F. Rinse and slice carrots then drain chick peas.
2. Place in large bowl together. Add the rest of your oil, spices, and balsamic vinegar.
3. Toss all together. Lay flat on greased baking sheets.
4. Roast at 425F for 25-30 minutes, turning half way.
5. Remove and sprinkle with a bit of sea salt and crushed pepper.

WHILE CARROTS ARE COOKING, MAKE CIDER DRESSING

1. Blend all ingredients together in food processor or blender. Adjust sweetness or creaminess to you liking. You can thin it out with more vinegar or oil, or make more creamy thick texture by add more tahini.
2. Place carrots and chickpeas in large serving bowl.
3. Add dressing on top (as much or as little as you desire).
4. Toss all together and garnish with parsley.

RECIPE NOTES

Any type of carrot or color will work.

The apple cider tahini dressing is optional but very good. You can use almond butter in place of the tahini if desired. just make sure its natural and creamy.

This is a great vegan dish for holidays. Quick to make as a side dish and full of healthy fat, fiber, and plant based protein.

VEGAN WHITE BEAN SLOW COOKER MASHED POTATOES

{EASY, GLUTEN FREE}

Prep Time 10 min Cook Time 4 hr Total Time 4:10

Serves 6

INGREDIENTS

- 2.5-3lbs red and/or gold potatoes peeled
- 1/2 cups broth
- 1/2 cup almond milk
- 1 tsp garlic minced
- 1/4 tsp sea salt and pepper
- 1 shallot sliced
- fresh herbs such as thyme, basil, etc. 1-2 sprigs or a 2-3 basil or sage leaves (extra to fold in after if you'd like, or to garnish)
- Extra oil if needed or 2-4 tbsp Coconut or almond milk to thin out.
- 1/2 tsp sea Salt or garlic salt and pepper or to taste after cooked

FOR THE WHITE BEAN SAGE PUREE

- 15 oz can of organic cannelloni organic beans drained rinsed (or cooked white beans)
- 1/8 cup oil
- 1/4 cup broth
- 3 sage leaves stem removed
- 1 large or 2 small garlic cloves
- Salt/pepper to taste

INSTRUCTIONS

1. Wash and peel your potatoes. Place in slow cooker.
2. Next make your white bean puree. Place beans, oil, broth, sage leaves (stems removed), oil, 2 small garlic cloves (peeled), salt, pepper, and oil in blender or food processor.
3. Blend until creamy. Taste and see if it's to your liking. Add more salt/pepper/seasoning again if desired. Set aside.
4. Next add 1/2 cups broth, 1/2 cup almond milk, 1 tsp garlic minced, 1/4 tsp sea salt and pepper, and 1 shallot sliced to your potatoes in the slow cooker. Mix all together.
5. Now pour your white bean puree on top of the potatoes in the slow cooker/crock pot with a couple pieces of herbs/sage on top. Chop any extra herbs and/or sage into pieces. Set aside.
6. Cover and cook high for 4 hrs., stirring half way
7. Be sure to remove stems from herbs if you placed any on top of cooked potatoes. You can do this half way or at the end of cooking.
8. After potatoes have softened enough, mash first with masher in the crock pot. Then take an [Immersion Blender](#) and Blend in slow cooker until smooth. See notes if you don't have an immersion blender.
9. If potatoes are too thick, add more oil or 2-4 tbsp of coconut milk or almond milk to thin out.
10. Last Fold in herbs (as little or as much as desired).
11. 1/2 tsp sea Salt or garlic salt and pepper or to taste.

RECIPE NOTES

If you don't have an immersion blender, you can continue to mash with masher, or place cooked mashed potatoes in a blender. Add a little broth or milk (2-4 tbsp) and blend until creamy. [Immersion Blender](#) work best though.

**OUR GLUTEN FREE DAIRY FREE HOLIDAY MEAL PLAN
ISN'T COMPLETE WITHOUT... DESSERTS!**

VEGAN COFFEE PECAN PIE BARS

{EASY PALEO RECIPE}

Prep Time 20 min Cook Time 25 min Total Time 0:45

Serves 9-12

INGREDIENTS

FOR THE CRUST

- 2 cups Paleo Nut flour Blend (We used Pamela's [Paleo Nut Flour Blend](#))
- 1 tbsp Tapioca Starch (or arrowroot or potato starch works too)
- 10-12 pitted dates
- 1 tbsp coconut oil

FOR THE FILLING AND TOPPING

- 6 dates (pitted)
- pinch of sea salt
- 1 tsp vanilla
- 1 cup pecan halves to blend
- 1/3 cup maple syrup
- 1/2 cup coconut oil
- 2 tbsp coconut milk (or water if you prefer less creamy)
- 2 tbsp instant coffee or espresso
- 1/4 cup to 1/2 c extra pecan halves to place on top before baking
- Optional coffee beans for topping

INSTRUCTIONS

1. Preheat oven to 350F. Line a 8x8 or 9x9 baking pan with parchment paper and be sure to grease or oil the sides as well.
2. Blend together 2 cups nut flour, tapioca starch, dates, and 1 tbsp coconut oil in food processor. Pack this into the bottom of the baking pan.
3. Bake for 15 minutes. Remove from oven. Updated notes I've had a few readers opt not to prebake the the crust and it worked too. Depends on how crispy you want the bottom.
4. While the crust is baking, make the filling.
5. Blend together 6 dates, vanilla, salt, and 1 cup of the pecans. Batter will be sticky and thick. Then Place in bowl and set aside.
6. Next, in a small sauce pan, combine 1/2 cup maple syrup, milk (or water), 1/2 cup coconut oil, and coffee.
7. Let it come to a soft boil and then reduce to low, whisk on low. This should only take about 2-3 minutes max! It will be a little foamy bubbly then it will settle back down.
8. Combine your hot coffee coconut oil mix with the date/pecan filling in one bowl. Mix together quickly.
9. Pour that mixture over the pecan crust in the pan. Spread it out evenly. See picture in post with the glaze on top. That's the coffee/date batter.
10. Sprinkle the rest of your pecan halves on top. Sprinkle an extra coffee beans you'd like on top. The coffee beans are optional.
11. Bake again for about 18-22 minutes or until golden brown on sides.
12. Once baked, place in the fridge for 1 hr to set.
13. Remove and slice.
14. Store in fridge in sealed container if you want to keep these for later. Just pop in oven or microwave to warm again.

RECIPE NOTES

Total time does not include CHILL time, so add extra hour for them to set.

I used Pamela's Paleo nut flour blend which consisted of almond/coconut/pecan flour. If you are using another paleo flour blend, be sure to watch baking time on crust. It will vary. If you are watching sugar, add less maple syrup and dates to the filling

These are SUPER EASY! Don't overthink the processes. Haha! ENJOY

IMPOSSIBLY EASY PALEO SWEET POTATO PIE WITH COCONUT

Prep Time 10 min Cook Time 60 min Total Time 1:10

Serves 6-7

INGREDIENTS

- 1.5 cups pureed Sweet potato or two cups mashed (cooked and peeled) - See notes
- 1 1/2 cup almond or coconut milk (almond milk will cook faster)
- 4 eggs
- 3-4 ounces of melted butter
- 1 tsp vanilla
- 2/3 to 3/4 cup maple syrup
- 2 tbsp coconut flour
- a little over 1/2 cup of tapioca flour. Between 1/2 c to 2/3 cup.
- 1/4 tsp salt
- 2 tsp cinnamon
- 2 tsp baking powder
- 2/3 cup unsweetened coconut flakes (plus for topping)
- optional pecan or walnuts

INSTRUCTIONS

1. Preheat oven to 350F. Line a pie pan or cake tin with parchment paper.

2. Next combine your milk, eggs, maple syrup, vanilla, and butter in a blender. Add your [sweet potato mash/puree](#) and blend again until smooth. I've made this with non-canned sweet potatoes, and the weight of baked or boiled sweet potatoes is a bit heavy. See notes
3. Transfer into a bowl.
4. In another small bowl, sift your coconut flour and then combine with your tapioca flour, spices, salt, baking powder. Mix together.
5. Mix your dry batter with your blended egg/potato batter. Stir together until smooth.
6. Fold in about 1/2 cup or more of your coconut flakes.
7. Pour into your prepared pie or cake pan.
8. Sprinkle a handful of pecans on top.
9. Bake for 50 minutes, cover with foil, then bake for 15 -20 minutes more. The edges will be crispy brown.
10. Check the middle to make sure it's no longer liquid. (see notes for more baking times)
11. Remove from oven.
12. If you are not serving this right away, place pie in the refrigerator to set more. It will still be custard like in the middle.
13. Sprinkle with the remaining coconut flakes and powdered sugar if desired before serving.

RECIPE NOTES

- Baking times vary depending on your oven and the type of milk you use. Keep watch after 45 minutes.
- I prefer canned sweet potato puree if possible. [Farmers Market](#) has a great organic puree brand.
- If you are not serving this right away, place pie in the refrigerator to set more. It will still be custard like in the middle. Simply pop in oven to warm again before serving. The pie will not have as much height after cooling and being refrigerated, but still tasty.
- Pumpkin puree will also work if you don't want to use sweet potato.

If you are looking for a paleo whipped cream to go on top, try my [coconut whip](#) frosting.
SO GOOD!

PUMPKIN MACADAMIA NUT SWEET POTATO CASSEROLE {PALEO}

Prep Time 5 Cook Time 25 Total Time 0:00

Serves 7-8

INGREDIENTS

- 1 1/4 cups cooked, peeled, mashed sweet potatoes (2 large sweet potatoes)
- 1 1/3 cup (close to 14 ounce can) pumpkin puree
- 2/3 cup paleo pumpkin bread mix. By Simple Mills
- 1/2 cup maple syrup or coconut sugar
- 2 eggs, lightly whisked or beaten
- 1/4 c melted butter, [non dairy butter](#), or refined [coconut oil](#)
- 2/3 cup coconut or almond milk
- 1/2 teaspoon ground ginger or 1 tbsp fresh ginger
- 1/2 teaspoon cinnamon
- pinch of pumpkin spice
- 3-4 tbsp coconut flakes or crushed mac nuts (optional)

TOPPING

- 3/4 cup unsweetened coconut flakes
- 2/3 to 3/4 cup whole macadamia nuts - raw
- 1/3 cup coconut sugar
- 1/4 cup paleo pumpkin bread/muffin mix (almond flour baking mix) by Simple Mills
- 5 tbsp melted clarified butter or non dairy butter/ghee (see notes if using coconut oil)

INSTRUCTIONS

Combine all ingredients (minus the toppings) in a large bowl. Mix until batter is consistent and smooth. Pour into greased 8x11 or 9x13 casserole pan. Bake 20 min. at 400 degrees

Remove then make topping

Combine mac nuts, flour mix, coconut sugar, and coconut in food processor. Pulse until a crumble topping is formed.

Pour into a bowl and add your melted butter or non dairy butter. Mix together. If you want to use coconut oil, see notes.

Then spread topping on baked casserole. Return to oven for 8-10 min or until golden brown. If edges start to brown quicker than the center, simply cover with foil and until center is pieces of the crumble are browned as well.

RECIPE NOTES

We use Simple Mills [Almond Flour Pumpkin Bread mix](#). If you don't have that available, I suggest checking out their other almond flour baking or cake mixes. Just add in a touch of pumpkin spice and 2 tbsp or so of coconut sugar.

If you are using coconut oil in the crumble, add a 1 tbsp at a time so the crumble keeps its texture. Only 1 or 2 tbsp should be sufficient. Too much oil can turn the crumble into a thick batter. I suggest **using ghee or non dairy butter if possible for dairy free option.**

Estimated Nutrition :

This will vary depending on if use coconut oil or clarified butter. The "estimated" nutrition for 7 servings is 385-400 Calories; 22 -25 grams of fat; 65 mg cholesterol, 37-39 grams of carbohydrates, 5 grams of fiber, 22 -23 grams of sugar, 5-6 grams of protein

EASY PALEO PEAR APPLE PIE

Prep Time 10 Cook Time 60 Total Time 0:00

Serves 6-8

Impossibly Easy Spiced Paleo Pear Apple Pie (Self Made Crust)

INGREDIENTS

- 1 1/2 cup almond or coconut milk (almond milk will cook faster)
- 4 eggs
- 3 tbsp of melted butter or coconut oil (clarified butter is preferred or non dairy butter)
- 2 tbsp pear juice or maple syrup (sweetener)
- 3 tbsp [coconut flour](#)
- Heaping 1/2 cup of [arrowroot](#) flour (or tapioca flour) Between 1/2 c to 2/3 cup.
- 2/3 to 3/4 cup [coconut sugar](#) (If you are not paleo, see notes for alternative sugars)
- 1/4 tsp kosher salt or fine sea salt
- 2 tsp ground cinnamon
- pinch of ground ginger
- 1 tsp baking powder
- 1/2 cup unsweetened shredded coconut flakes
- 1 c chopped/sliced pear (canned in juice)
- 1/2 c red apple - thinly slices
- Optional 2 -3 tbsp almonds - slivered

* **TOPPINGS**

- Extra apple slices, crushed pecans or slivered almonds, cinnamon, [coconut sugar](#) or powdered sugar (not paleo) cinnamon. Melted butter to drizzle.

INSTRUCTIONS

1. Preheat oven to 350F. Line a 8 inch or 9 inch pie pan or cake tin with parchment paper.
2. Next combine your milk, eggs, maple syrup, vanilla, and butter in a blender (see notes). Blend until smooth the Transfer into a bowl.
3. In another small bowl, sift your coconut flour and then combine with your arrowroot starch (or tapioca flour), cinnamon, ginger, salt, baking powder. Mix together.
4. Mix your dry batter with your blended egg/milk batter. Stir together until smooth. Fold in your sliced apple/pear
5. Fold in about 1/2 cup or more of your coconut flakes.
6. Pour into your prepared pie or cake pan.
7. Sprinkle a handful of slivered almonds, pecans, and thinly sliced apple on top.
8. Bake for 45- 50 minutes. Remove from oven, drizzle a little melted butter (optional) on top, cinnamon, more coconut sugar, etc. Then lightly Cover with foil and bake again for 15 -20 minutes, or until center comes out clean with toothpick. The edges will be crispy brown once brown.
9. Check the middle to make sure it's no longer liquid. (See notes for more baking times)
10. Remove from oven. Let it cool for 10 minutes so the center can set.
11. If you are not serving this right away, place pie in the refrigerator to set more. It will still have custard like texture in the middle.

RECIPE NOTES

Coconut sugar can be replaced with brown sugar if you are not paleo.

If you don't have a blender, you can beat all the liquid ingredients together using stand mixer or hand held mixer. Make sure the batter is smooth.

Once ready to serve again, reheat in oven for 5-10 minutes. Serve with coconut milk ice or whipped cream.

This pear apple pie also freezes well if you'd like to keep for longer.

Baking notes: This pie was baked at altitude. If you are at sea level, be sure to check on the pie around 45 minutes to see progress.

Estimated Nutrition Using Almond Milk:

280-290 calories per serving. 13 grams of fat, 6 to 6.5 grams saturated fat, 33-35 grams of carbohydrates, 3 grams of fiber, 20 -22 grams of sugar, 6 grams of protein. 30 % calcium

BONUS – Baking tip!!

Learn how to make a *3-ingredient gluten free pie crust!*

3 INGREDIENT GLUTEN FREE PIE CRUST {DAIRY FREE}

Prep Time 2 hr Cook Time 35 min Total Time 2:35

Super easy 3 Ingredient Gluten Free Pie Crust. A multipurpose Gluten free pie crust that's great for a quick meal, dessert, or baking dish. Dairy free!

INGREDIENTS

- 4 1/2 c cubed gluten free bread. We used [Udis](#) gluten free sandwich bread. About Half a loaf. gluten free sandwich bread works best.
- 1 whisked egg
- 2 tbsp 1 tsp coconut oil (softened not melted) or butter sliced
- 1/2 tbsp water or juice (acv) if needed Optional if bread is too dry when grinding

INSTRUCTIONS

1. Cut your bread into cubes.
2. Place it in a food processor. Blend, grind, until more a bread meal texture is formed.
3. Add in your whisked egg. Pulse a few times.
4. Add in your coconut oil (softened, not liquid). Blend again. Add a tiny bit of liquid ONLY if needed (Water, Juice, or Apple Cider Vinegar all work). Then press that little food processor button again to blend into a dough.
5. After you get the dough formed. Roll it up and place in the fridge. I think it works best once chilled for at least 2-3 hours.

6. Just roll out the dough with a rolling pin. Place a sheet of plastic or parchment paper between the rolling pin and gluten free pie crust dough.
7. Roll into 1/8th in to 1/4 in crust.
8. This amount of crust will make enough for 6 hand pies and a pot pie.
9. If you want to make a gluten free pie crust (9 inch), a little over half a loaf bread should work for the dough. But I would Make 2 batches and then combine dough in case you need extra patching up the pie crust. You can freeze the rest. There will be extra to hang over the pie plate to crinkle crust. Make sure to pierce the bottom with a fork.
10. Gluten Free pie crust bakes at 350F for 30-40 minutes. Pre bake 10 minutes before filing it.
11. Hand pies bake faster.
12. Baking times depend on your oven type of bread, so check at 30 minutes
13. Vegan option below
14. if you want to use this as sweet pie crust You could add in a tablespoon of sugar or try using a sweet gluten free bread like cinnamon bread, etc.

RECIPE NOTES

This amount of crust will make enough for 6 hand pies and a pot pie. If you want to make a gluten free pie crust (9 inch), Make 2 batches and then combine dough and roll it out for 9 inch pies. If you are making a 9 inch pie crust The dough might not get very flexible, but lay as much as I can over the pie dish, then press the rest of the dough in pieces into the pie pan to fill the pan with dough. Same for pinching the top. Use whatever dough you have extra to make it even on top and then pinch together. Doesn't have to be pretty, it's still tasty!

Vegans can try adding apple cider and just coconut oil. It will be thicker and harder to roll out, but still bakes. Just a little crispier.