

# Holidays

## Gluten Free Meal Plan

from

*cotter* CRUNCH

Healthy Gluten Free Recipes One Bite at a Time!



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## **Holiday Brunch/Christmas Breakfast**

# Cranberry Sour Cream Almond Cake

## {Grain Free}

Prep Time: 10

Cook Time: 40

Total Time: 50 minutes

Yield: 8 slices

### DESCRIPTION

*Cranberry Sour Cream Almond Cake* is a flavorful *grain free almond cake* that tastes just like favorite sour cream coffee cake, but healthier.

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### INGREDIENTS

- 3 eggs (room temp if possible)
- 1/2 cup organic sour cream (light sour cream or Greek yogurt is substitutable)
- 1 ripe banana ( see notes for best size)
- 2 cups fine almond flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp kosher salt
- pinch of cinnamon
- 1/2 cup to 2/3 cup coconut sugar (may substitute some with brown sugar or maple syrup)
- 1/2 tsp vanilla
- 2 tsp Apple Cider Vinegar
- 1 cup cranberries plus extra for topping. See notes for substitutes
- Powdered sugar or Swerve Sugar substitute for Sprinkling

Optional glaze:

- 2 tbsp butter (or refined coconut oil)
- 1 tbsp maple syrup

- 1 cup powdered sugar (or Swerve sweetener)
  - 1/2 tsp vanilla
  - 1 tbsp lemon juice
- 

#### INSTRUCTIONS

1. Preheat oven to 350F. Line an 8 or 9-inch cake pan with parchment paper. Grease the sides of the pan.
2. Blend the eggs, banana, sour cream in blender or beat with hand mixer. Place in a large bowl and set aside.
3. In another large bowl, combine your dry ingredients: Almond flour, baking soda/powder, salt, cinnamon, and coconut sugar (or brown sugar).
4. Pour your wet ingredients (eggs/sour cream) into the dry ingredient bowl and combine until smooth. Gently mixing.
5. Next add your vanilla and apple cider vinegar. Gently mix again. Not over mixing.
6. Fold in your cranberries. Keep 1/4 cup cranberries for topping. (See notes for other fruit options)
7. Pour batter into an 8 to 9 in lined/greased cake tin. Place extra cranberries on top.
8. Bake for 30 minutes, checking at 25 minutes to see progress.
9. If cake is not done in center after 30 minutes, cover with foil and bake an additional 5-8 minutes. Check to see if center comes out clean with toothpick after covered. Remove and let cool. While cooling, make your optional glaze.

#### FOR GLAZE AND TOPPING:

1. Melt butter or oil and maple syrup in a medium sauce pan. Add powder sugar on low and whisk until smooth. Add remaining ingredients and whisk again until smooth.
2. Pour the glaze over the cranberry cake. It's best to do this right away as it will harden after it sets/cool. (See notes for make ahead option)
3. Place a handful of remaining cranberries in a microwave safe bowl. Cook for 30-45 seconds until cranberries soften. Add slightly cooked cranberries and a sprinkle of powdered sugar on top of glazed cake.

Store glazed cake covered in fridge covered for up to 5 days. Freezes well for up to 3 weeks.

## NOTES

If you want to save this cake and serve later, don't pour on the maple glaze. Instead, store the glaze in a jar in the fridge. Then reheat/melt and pour onto the cake before serving.

A small to medium ripe banana, 6- 7 inches, works best.

Cranberry Substitutions: This cake works well with tart pitted cherries, raspberries, or blackberries if you don't have fresh cranberries in season. The other berries make for a lighter Spring/Summer Brunch cake.

# Naturally Sweetened Orange Coconut Oat Muffins

Prep Time: 10 min

Cook Time: 20-25 min

Total Time: 35 minutes

Yield: 10-11

## DESCRIPTION

Naturally Sweetened Orange Coconut Oat Muffins {Gluten Free, Dairy Free friendly}

## INGREDIENTS

- 1 cup gluten free oat flour (or other flour of choice) See notes for homemade oat flour.
- 1/2 cup coconut flour (sifted)
- 1 tsp baking soda
- 3 tbsp vanilla plant protein of choice (a pea protein based protein works best)
- 1/4 tsp of kosher salt
- 1 tbsp tapioca starch or arrowroot starch
- 1 cup fresh orange juice
- 1 egg
- 1 tbsp melted coconut oil or butter
- 1/4 tsp Vanilla extract
- 1/4 to 1/3 cup non dairy milk (almond or coconut)
- 1/2 to 2/3 cup shredded coconut
- Orange Slices to garnish
- optional – sugar free or regular sweetener if you prefer sweeter (ex. 1/2 c xylitol sugar)

## INSTRUCTIONS

1. Preheat oven to 375F. Line or grease a muffins pan. Set aside.
2. Combine your dry ingredients; flours, protein, starch, and salt in a large mixing bowl.
3. In another bowl, whisk together your juice, egg, extracts, oil, and milk.
4. Slowly combine the wet ingredients with the dry ingredients. Mixing at you pour. Then use a hand mixer to mix the batter together until smooth. If the batter is too dry (thick) add more milk. Fold in your shredded coconut. Save a few tbsp for topping.
  1. *If you are wanting the muffins to be more sweet without adding sugar, fold in an extra 1/2 c xylitol sugar.*
5. Scoop the mix muffins cups. Place a thinly sliced orange on top of each muffin and a sprinkle of shredded coconut.
6. Bake at 375 F for 18-25 minutes, depending on your oven. Check at 15 to make sure they don't burn. It depends on the flours you use and type of oven.
7. Remove and let cool for 15 minutes until removing from pan.
8. Serve or store in sealed container in fridge for later. These also freeze well for up to 4 months.

## NOTES

If you don't mind added sugar and want to make these more sweet, to make more sweet, add in 1/2 cup honey or coconut sugar. You can also add in 1/4 cup diced peeled orange slices.

# Easy Spiced Hot Fruit Bake

*Prep Time:* 10 min

*Cook Time:* 1 hr

*Total Time:* 1 hr 10 min.

*Yield:* 5

## DESCRIPTION

Spiced Hot Fruit Bake {Gluten Free, Vegan option}

## INGREDIENTS

- 2 cup sliced apples
- 2 cups pear slices
- 1 1/2 cup fresh cranberries
- 1 cup pineapple chunks (save the juice)
- 1 tbsp lemon juice
- 1/3 cup coconut palm sugar (unrefined) or brown sugar
- 1 tbsp maple syrup, agave, or honey
- 1 tsp cinnamon (extra for topping)
- 1/4 tsp nutmeg
- 1/2 stick melted butter (4 to 5 tbsp melted vegan butter can be substituted)
- Optional – An additional 2 teaspoons melted coconut oil or butter to coat walnuts
- 1/3 cup chopped raw walnuts or pecans
- extra cinnamon for nuts or serving

## INSTRUCTIONS

Updated 12/1/2017

1. Preheat oven to 300F.
2. In a large bowl, toss your fruit and add in 1-2 tsp lemon juice. Set aside.

3. In another glass bowl, combine your melted butter, spices, and honey or maple syrup.
4. Mix in a few tablespoons of your leftover pineapple juice as well.
5. Add this sugar/butter mixture to your fruit and coat evenly.
6. Pour fruit evenly in a 9×12 baking dish.
7. Pour the leftover sugar/butter/oil mixture on top.
8. baking for 1 hr.
9. OPTIONAL – Toss your nuts in a tiny bit of melted coconut oil or butter and pinch of cinnamon. I usually just coat the nuts in the leftover butter/sugar from the fruit mix bowl. Then sprinkle the nuts to the top of dish and bake all together for 1 hr.
10. Sprinkle any additional cinnamon and spiced over hot fruit bake before serving, if desired.
11. See notes for Make ahead prep

#### NOTES

You can prep this dish the night before and baking the day of. There are a few ways.

- Option 1: You can mix everything, place in casserole dish, place in fridge, then bake the next morning.
- Option 2: The fruit is more bright and crispy if you mix the fruit in lemon, place in a large dish, cover. Then mix the melted butter, sugar, spices in another bowl. Place that in fridge too. In the morning, reheat the butter/sugar mix and pour it over the fruit. Then bake.
- Option 3: Bake everything the night before and then simply reheat for 20 minutes at 300F before serving.

To save on time, feel free to use canned pineapple and pears (in water or juice), drained. Ultimately, you can't go wrong with whatever method you choose. All delish!

# Paleo Plantain Breakfast Lasagna

## {Puerto Rican Inspired}

*Prep Time: 10*

*Cook Time: 33*

*Total Time: 43*

*Yield: 7*

### DESCRIPTION

Latin inspired paleo and whole30 breakfast lasagna

### INGREDIENTS

- 1/2 tbsp olive oil or avocado oil or clarified butter
- 3- 4 ripe plantains (sliced in half, lengthwise). Use 4 plantains for larger casserole dishes
- 2/3 – 3/4 cup chopped onion
- 1 bell pepper, chopped
- 1 tsp + minced garlic (around 2 medium garlic cloves)
- 6-8 oz cooked chorizo sausage or smoked turkey or chicken sausage (omit for vegetarian)
- Optional – 2/3c riced cauliflower to make thicker filling
- 1 tsp dried oregano
- 1 tbsp adobo sauce or 1 tsp adobo seasoning (see notes for substitutes)
- Sea Salt and black pepper to taste
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/2 cup fresh cilantro, chopped. Extra to garnish.
- 2 tbsp diced green olives
- 1 tbsp Apple Cider Vinegar
- 5 tbsp tomato sauce (unsweetened)
- 5-6 eggs, whisked (use 6 for larger casserole dishes)
- Extra Sea salt and crushed red pepper flakes to garnish .

### INSTRUCTIONS

1. Preheat oven to 350F and oil a 8×11 baking/casserole dish. Set aside.
2. Slice your plantains in half, lengthwise. Fry them on medium high in 1/2 tbsp oil (or butter) until golden brown. About 2-3 minutes per side. Set aside.
3. In same pan add your chopped onion, chopped bell pepper, and Adobo seasoning or sauce. Saute until onion is fragrant. Around 3-4 minutes.
4. Add sausage meat, tomato sauce, olives, cilantro, and apple cider vinegar. Mix all together. Cook on medium heat for 2-3 minutes.
5. Layer ½ of plantain in small casserole dish. Add meat and veggies. Layer again with rest of plantains.
6. Add whisked egg on top. Sprinkle with sea salt and pepper and optional red pepper flakes.
7. Bake at 350F for 30-35 minutes.
8. Garnish with cilantro, lime wedges, salt/pepper to taste.
9. Slice and serve.

#### NOTES

Optional add-ins to replace meat – 8 oz beans, ½ cup more chopped cauliflower or chickpeas.

If you don't have adobo sauce or seasoning, you can use a spicy chili sauce (no additives) or make your own by combining 1 tablespoon tomato paste , 1 tablespoon apple cider vinegar, 1 teaspoon chipotle powder (or smoked paprika/cayenne powder mix), 1/2 teaspoon cumin, a pinch of oregano, a pinch of garlic powder, and a pinch of salt.

# Italian Egg Bake (Low Carb Breakfast)

*Prep Time:* 10 minutes   *Cook Time:* 18 minutes   *Total Time:* 28 minutes   *Yield:* 4.5 servings

## DESCRIPTION

Italian Egg Bake is a low carb breakfast recipe that's perfect for a healthy breakfast, brunch, or breakfast for dinner (brinner). Great for back to school meal planning, too! Low carb, gluten free, grain free, and kid friendly!

## INGREDIENTS

- 4 ounces diced pancetta
- 1/2 cup chopped red onion (around 140 grams)
- 1/2 cup chopped fresh oregano
- 1/2 cup chopped fresh basil
- 1/4 cup unsweetened almond milk
- 2/3 cup shredded Parmesan cheese (extra for topping)
- 1/2 tsp minced garlic
- 1/4 tsp Sea salt and pepper each (or to taste)
- 1/2 cup chopped fresh tomato
- 1 cup tomato sauce
- 5 large cage-free eggs
- Red pepper flakes to garnish
- Oregano to garnish

## INSTRUCTIONS

1. Preheat oven to 425 degrees F.

2. Pan fry the pancetta and onion together in 8 inch cast iron skillet (or oven safe pan) for 2 minutes or until fragrant.
3. Remove from heat.
4. Whisk together the almond milk, and parmesan cheese. Reserve extra cheese for topping.
5. Stir in the garlic, tomato, sea salt/ pepper, tomato sauce, and herbs.
6. Pour the milk tomato mix over the cast iron skillet (or oven safe pan) with the onion and pancetta.
7. With a spatula, create 5 small crevices in the pan (evenly spaced) where you can place the eggs so the yolk don't break. Crack 5 eggs on top of each crevice.. If you find you have an egg with a running yolk, just mix it to the pan, but then add another egg that has a set yolk. Or discard the running yolk.
8. Add any extra cheese on top of eggs and place skillet in oven for 15-18 minutes or until egg whites have set (yolk will be soft) and corners are brown. Baking times vary with oven and type of skillet used.
9. Garnish with Italian parsley and red pepper flakes. Enjoy

#### NOTES

Baking times vary with oven and type of skillet used. I prefer using a Cast iron skillet.

# Pumpkin Paleo Frittata with Fried Garlic and Herbs

Prep Time: 10

Cook Time: 25 Total Time: 35 minutes

Yield: 5

## DESCRIPTION

*This Pumpkin Paleo Frittata is a delicious, healthy recipe you can make for any meal of the day. Make it with or without your leftover holiday turkey! This paleo frittata recipe is also gluten free, grain free and low carb friendly.*

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## INGREDIENTS

- 3 sprigs rosemary and/or thyme
  - 1 tsp minced garlic
  - oil to fry (I use avocado oil)
  - 1 cup chopped and peeled pumpkin or squash (quick on time? see notes)
  - 7 eggs
  - 1/4 cup coconut milk or almond milk – for richer taste, use coconut cream (liquid)
  - sea salt and pepper, to taste
  - couple handfuls of spinach
  - 1/2 cup grated Parmesan cheese or nutritional yeast for Paleo (feel free to omit if desired)
  - OPTIONAL: 1 cup of leftover roasted chicken or turkey (skinless, shredded)
  - OPTIONAL: Red pepper flakes, to garnish
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## INSTRUCTIONS

1. Heat the oven to 400°F.

2. Heat an 8-inch cast iron pan (or oven safe frying pan) to medium high heat. Add 1/4 cup oil. Next, add your garlic and herbs. Let them fry on high for 15-30 seconds. Remove pan from heat and ladle the herbs off the pan and into a paper towel. Reserve 1 tbsp garlic oil in the pan and pour the rest into a small bowl.
3. Whisk the eggs, cream, and 1/2 teaspoon sea salt and dash of black pepper together in a small bowl. Set aside.
4. Next, add your chopped pumpkin or squash to the pan with the 1 tbsp of reserved garlic oil and cook on medium to medium high heat until softened, about 5 minutes.
5. Add your spinach and let the leaves wilt, another 2-3 minutes or so on medium.
6. Spread the vegetables out evenly into the pan and then sprinkle the cheese on top. If you want add in a meat, do so here. For paleo version, skip the cheese or use nutritional yeast.
7. Pour the egg and cream mixture over the vegetables. Tilt the pan to make sure the eggs are evenly distributed. Allow the eggs to settle and cook for a minute. You will see the edges of the pan start to brown from the eggs.
8. Add your fried herbs on top then place the pan in the oven for 20-22 minutes. The eggs might puff up while cooking, but they will settle once removed from the oven and cooled a minute.
9. Garnish with red pepper flakes, any fresh herbs, and salt/pepper to taste.

#### NOTES

- If you're short on time, you can sub the pumpkin for any other vegetable or even 1/4 to 1/3 c pureed pumpkin, but you might need cook it longer due to the softer consistency.

## **HOLIDAY ENTREES AND POTLUCK DINNERS**

# Pistachio Crusted Salmon with Glazed Carrots (Sheet Pan Dinner)

*Prep Time:* 10 minutes    *Cook Time:* 20 minutes    *Total Time:* 30 minutes    *Yield:* 3 to 4 servings

## DESCRIPTION

*Pistachio Crusted Salmon with Glazed Carrots is a healthy baked salmon recipe that's super easy to make and packed with superfoods and healthy Omega fats. Switch up your holiday dinner with fish and serve this baked salmon sheet pan dinner! Gluten and grain free, dairy free, low carb and paleo friendly.*

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## INGREDIENTS

- 3 salmon fillets (4 oz each) or 12 ounce filet
  - 1/4 cup olive oil
  - 3 tbsp maple syrup
  - 1/2 tsp chili powder or paprika
  - 1/2 tbsp ginger root, grated or 1 tsp minced
  - 1 tsp garlic minced
  - 1 tbsp apple cider vinegar or balsamic vinegar
  - Sea salt and pepper
  - 1 lb baby carrots
  - Shallot
  - Lemon
  - Parsley
  - Sea salt and pepper
  - 1/2 cup ground pistachios
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## INSTRUCTIONS

1. Preheat oven to 400F.
2. Clean your salmon and place on plate in fridge until ready to cook.
3. In a small bowl, whisk together olive oil, maple syrup, spices, ginger, garlic, balsamic vinegar and salt/pepper to taste.
4. Place carrots on sheet pan.
5. Brush half the maple ginger glaze over the carrots. Bake at 400F for 10 minutes. Remove from oven and toss with tongs.
6. Turn oven temp up to 425F.
7. Place your cleaned salmon between the carrots on the sheet pan. Add sliced peeled shallot (or red onion), and a few slices of lemon between the carrots and salmon.
8. Squeeze the juice from other half of the lemon over salmon and vegetables. Sprinkle with dash of salt and pepper, then brush the the rest of your glaze on top of salmon and carrots.
9. Place in oven for another 7 minutes.
10. Remove pan from oven and rub ground pistachios on top of the salmon fillets, coating evenly.
11. Place back in oven and broil for another 2-3 minutes or until salmon is cooked and vegetables are roasted, but no longer than 4 minutes.
12. Garnish with fresh parsley.

## NOTES

- If you are using roasted versus raw pistachios, you will not need much additional sea salt.

# Easy Beef Stew

*Prep Time:* 10 minutes    *Cook Time:* 90 minutes to 2 hours    *Total Time:* 2 hours 10 minutes    *Yield:* 6

## DESCRIPTION

This easy beef stew comes together with just 6 simple ingredients! It's a wholesome comfort food dinner that's packed with flavor and real food ingredients. The beef stew recipe is gluten free, grain free, dairy free, and paleo-friendly!

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## INGREDIENTS

- 3 Tbsp oil (see notes for paleo oil)
  - 2 pounds cubed chuck steak, cut into 1 1/2" (3 cm) cubes (I used lean stew meat)
  - Kosher salt and black pepper
  - 4 cups roughly chopped mirepoix (equal parts carrots, onion, and celery) – fresh or frozen
  - 1 cup red wine
  - 2 cups chicken or beef broth
  - 1 pound baby potatoes and/or chopped peeled parsnips (I used a mix of both)
  - fresh herbs to garnish (optional)
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## INSTRUCTIONS

1. Preheat your oven to 300 degrees F., with the oven rack in the lower middle position.
2. Pat the beef dry with wads of paper towels and season the beef liberally with salt and pepper.
3. Heat the oil in a dutch oven over medium high heat.

4. Working in batches, brown the beef on all sides. *Note: Don't rush the browning process or pull the steak away from the pan if it has not naturally released on its own. Let the beef tell you when it's ready to flip. Moving it early will risk pulling away the seasoned beef, leaving it in the pan.*
5. Once the beef is browned on all sides, put it on a plate to the side; repeat the browning with the rest of the beef.
6. Next, add in the chopped mirepoix and soften the vegetables, stirring them in the pan to sweat and soften. This will also act as a deglazing to the pan, pulling up some of those developed, flavorful bits cooked onto the bottom.
7. Next, stir in the chicken stock and scrape the bottom of the pan to remove any other cooked-on fond. Whisk in the red wine and add the beef back into the pan.
8. Cover the dutch oven and place it into the oven for 45 minutes to an hour. *Note: If you are using leaner meat and fresh mirepoix mix, it will cook in faster than an hour.*
9. When 45 minutes to an hour has passed, remove the lid and stir in the baby potatoes and parsnips. Cover and continue to cook for another 45 minutes to one hour.
10. Test the beef by pulling it apart with two forks. If there is resistance, continue to cook for another 20 to 30 minutes, or until the beef falls apart easily.
11. Serve into bowls and garnish with fresh herbs, if desired.

#### NOTES

- *Megan's notes* – Keep frozen mirepoix on hand in your freezer. Equal parts carrots, celery, and onion all frozen in 2 cup baggies will save you time and freak outs when you just want stew!
- Recipe printed from [Cast Iron Gourmet](#) with permission. Minor adaptations made.
- For paleo option, use refined avocado oil, coconut oil, or clarified butter for the pan.

# Creamy Fennel Roasted Cauliflower Soup

*Prep Time: 5 minutes   Cook Time: 45 minutes   Total Time: 50 minutes   Yield: 4*

## DESCRIPTION

This creamy roasted cauliflower soup is made with a hefty dose of fennel for bone density, anti-inflammatory properties, and gut health. This vegan cauliflower soup is also gluten free, grain free, dairy free, and low carb.

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## INGREDIENTS

### To ROAST

- 1 lb cauliflower (small 1 head) or 1 lb florets
- 1 fennel bulb/ sliced
- 2 -3 tbsp olive oil (extra to garnish)
- 2 tbsp Balsamic vinegar
- 1/4 tsp Smoked paprika or regular paprika
- 1/2 tsp cumin
- Salt/Pepper

### Soup Base

- 3 cups veggie broth
- 8 to 10 ounces almond or coconut milk
- 1 tbsp vegan butter (or clarified butter/ghee if not vegan)
- Thyme sprigs (extra for garnishing)
- 1 tsp minced garlic
- 1 tbsp arrowroot starch or tapioca starch
- 3-4 tbsp Nutritional yeast. (see notes for substitutes)
- Optional non dairy cream or coconut cream to top.

- Sea Salt/peppercorns to garnish
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#### INSTRUCTIONS

1. Preheat oven to 450F. Cut cauliflower into pieces or florets.
2. Slice off the stem of the fennel and cut lengthwise into sections.
3. Toss cauliflower and fennel in 2 to 2.5 tbsp olive oil, balsamic, and spices and spread out evenly on baking sheet.
4. Roast for 20-25 minutes, turning over veggies halfway. Remove from oven and carefully place all ingredients into a blender. If you don't have a blender, set aside and see notes.
5. Add 1 pint of vegetable broth to blender (3 cups) and blend until combined. Next add in your 8 ounces of almond or coconut milk and blend again until you get a creamy base. The more milk you add, the thinner the soup base will be. Set aside.
6. In a large stock pot place a few sprigs thyme, garlic, butter, and sauté for 3 minutes on medium.
7. Next add your roasted cauliflower fennel soup mix to the pot the butter and garlic.. Scrape the blender with a spatula to get everything out. Add a dash more salt and pepper and bring to a boil.
8. Reduce and then slowly mix in 1 tbsp arrowroot starch, whisking while you add.
9. Lastly, mix in nutritional yeast (3-4 tbsp) and simmer for another 15 minutes.
10. Serve with thyme and oregano on top to garnish
11. Optional: drizzle olive oil and non dairy milk or coconut cream. Salt and peppercorns to garnish.

#### NOTES

- If you don't have nutritional yeast and can handle dairy, Parmesan can be substituted, but it will not have the same health benefits. And if you don't have arrowroot starch, potato starch or tapioca starch may be used.

- If you don't have a blender, you can use an immersion blender. I recommended adding the ingredients into pot, after the cauliflower/fennel is roasted, little by little and blending with immersion blender. The starch will be added last before you boil again.

# Orange Honey Garlic Roasted Chicken

*Prep Time:* 10 min

*Cook Time:* 45-55 min

*Total Time:* 1 hr. 5 min.

*Yield:* 5-6

## DESCRIPTION

One-Pot (or Pan) Orange Honey Garlic Roasted Chicken {Paleo}

## INGREDIENTS

- 3 Lbs whole chicken
- 1/4 cup olive oil
- 2 oranges, juiced (or 1/4 c fresh orange juice). Extra sliced oranges for garnishing.
- 1/8 cup honey
- 1.5 tsp garlic (minced) or 3 cloves
- 1 tbsp balsamic vinegar
- 1/4 tsp onion salt
- 1 tbsp lemon juice
- Sea salt and black pepper to taste (extra for plating)

## INSTRUCTIONS

1. First clean your chicken and remove excess fat that. Place half an orange and thyme inside the chest. Tie the legs of roasted chicken together with string. Set aside
2. Cut another oranges into quarters. Squeeze the juice into a bowl but keep the oranges for later. (or you can use juice from bottled orange juice, just me sure to have extra orange – quartered and sliced for cooking)
3. Combine your juice, olive, oil, garlic, and honey, balsamic vinegar, and other remaining spices in one small bowl. Mix well.

4. Place Chicken in dutch oven on breast side down. Pour juice and garlic and honey mixture over the chicken, coating it nicely and evenly around the chicken
5. Place oranges around chicken in the dutch oven.
6. Cook on medium heat covered for 25 minutes on stove.
7. While Chicken is on stove, Preheat oven to 450F for later use.
8. After 25 minutes on stove, flip the chicken over, skin side/breast up. Coat the sauce from the pan on top of the breast and around thighs. Add a few garnishes of thyme and orange slices on top of the breast.
9. Transfer the dutch oven pot with chicken into the oven uncovered and cook for another 25-27 minutes or until cooked through and skin is crispy. 165F. Check chicken after 10 minutes in oven, just to be safe.
10. Skin should be crispy on top.
11. Remove and spoon any extra juice from pot and coat it again over chicken.
12. Serve with veggies or salad!

*See notes if you don't have a dutch oven or oven safe pot.*

#### NOTES

- You can easily make this in a roast pan or casserole pan, just skip the stove top and add on an additional 20-25 minutes or so. Check chicken around 35-40 minutes to see progress. Cover for the last half the time with foil so it doesn't burn.

## **HOLIDAY DRINKS AND APPETIZERS**

# Charcuterie & Cheese Board Ideas for Your Wine and Cheese Party

*Prep Time:* 10 minutes

*Total Time:* 10 minutes

*Yield:* N/A

## DESCRIPTION

*Here are some simple ways to host an impromptu wine and cheese party that can be put together in a day! Dairy free options too.*

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## INGREDIENTS

### non-cheese snacks

- sweet pickles such as cornichon
- Arrangement of crackers and herbed gluten free crackers (these paleo crackers are my favorite).
- 2 -3 small bowls of nuts such as marcona almonds and candied nuts
- Fresh fruit like grapes, pomegranate, apple and/or orange slices
- Dried figs and apricots
- Marinated spanish olives
- 1 to 2 bars (broken into pieces) of rich dark chocolate
- Fresh berries (1 or 2 pint containers)
- Small bowls to fill with preserves and pepper jelly
- hummus and other dipping sauces like mustards or red pepper sauce
- An assortment of Artisan meats – prosciutto, salami, (I prefer the less processed uncured meats like Creminelli). Plus they have snack packs! You could even add smoked salmon for meat free option
- Garnishes of Herbs, mini pumpkins, and pretty flowers, just for kicks!
- Other optional adds ons –

- gluten free sweets – no bake cake bites, lemon macadamia nut cookies or any gluten free (healthier) store bought biscuits or sweets.

A few Cheese suggestions:

- Wedge of regular or smoked Gouda – great with red wine
- Aged cheddar – mini rounds work well to pair with crackers
- Wedges of Parmesan
- Manchego – a sheep milk cheese (for those sensitive to cow's milk)
- Gruyere
- Brie with honey
- Feta blocks (broken up to spread around board)

MORE CHEESE SUGGESTIONS with WINE PAIRINGS ON [BLOG POST](#)

VEGAN or DAIRY FREE OPTIONS–

- Kite Hill – Cream cheese or ricotta
- Daiya Block Cheese
- Or if you're looking for a more cheddar like Vegan/Paleo cheese dip, try my vegan queso. You can definitely fancy it up to make it wine and cheese party worthy. (like replace the salsa with red pepper jelly).

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INSTRUCTIONS

1. Arrange onto one large cheese board or 2-3 smaller boards. Marble or Wooden boards are more festive!
2. Focus on colors and combos. Ex: Orange and red (meats and fruit and crackers). Greens and yellows (pickles, olives, dips, nuts.). Throw it all together now and garnish with a herbs and flowers.
3. Serve with a variety of wine and sparkling wines!

# Quick Cranberry Goat Cheese Crostini Recipe (Gluten Free)

*Prep Time:* 5 min *Cook Time:* 20 min *Total Time:* 25 minutes *Yield:* 25-30 gluten free crostini bites

## DESCRIPTION

This crostini recipe makes the perfect baked gluten free appetizer for the holidays! This gluten free crostini recipe is healthy, delicious, and easy!

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## INGREDIENTS

- 2 cups fresh cranberries (Or previously frozen)
  - 1/4 c sliced red onion
  - Salt/pepper, pinch
  - 1 tbsp avocado or olive oil
  - 1 tbsp balsamic vinegar
  - 4-5 [\[url\]](http://udisglutenfree.com/products/classic-french-dinner-rolls/) gluten free rolls [∞http://http://udisglutenfree.com/products/classic-french-dinner-rolls/\[url\]](http://udisglutenfree.com/products/classic-french-dinner-rolls/) sliced 1/4 to 1/2 in thick
  - 1/4 cup or so of soft goat cheese (or soft cheese of choice, vegan cream cheese works too!)
  - 1/2 c – 2/3 cup bunch basil, stemmed and chopped
  - Thyme 1 sprig
  - cracked Pepper and sea salt to taste (after baked)
  - Optional drizzle of maple syrup or sugar to sweetened (if cranberries are too tart).
  - [\[url\]](http://amzn.to/2eXXe9X) balsamic glaze [∞http://amzn.to/2eXXe9X\[url\]](http://amzn.to/2eXXe9X) to top
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## INSTRUCTIONS

1. Preheat oven to 400F.
2. Spray a baking sheet with oil or line with parchment paper
3. Make sure your onion is sliced or chopped so it will fit on the crostini.

4. Mix together your olive oil and balsamic vinegar and salt/pepper in small bowl. Add your onion and cranberries and toss to coat all.
5. Spread coated cranberries and onion on baking dish and bake for 15-18 minutes. Remove from oven.
6. While cranberries are baking, you can also bake your gluten free bread or do that after.
7. Cut gluten free rolls into 1/4 to 1/2 thick slices.
8. Place on baking tray and bake for 7-10 minutes at 400F. Flip them over once during baking time.
9. Remove from oven.
10. Place gluten free bread slices on platter.
11. Smear 2-3 tsp of goat cheese on each baked slice.
12. Add 1/2 tbsp (or small spoon full) of the cranberry/onion mix on top of each.
13. Add a pieces of chopped basil and thyme leaves onto each piece. Thyme is optional but delicious.
14. Drizzle balsamic glaze over each crostini.
15. Cracked pepper and sea salt to finish! YUM!
16. If cranberry balsamic combo is too tart, add a sprinkle/ drizzle of sugar or maple syrup on top of each crostini. Optional.
17. Serve right away or cover and place in fridge for later.

#### NOTES

- I recommend reheat or toasting just a smidgen if you are going to serve later.

# Honey Roasted Pear Sparkling Cocktails & Mocktails

*Prep Time:* 10 minutes *Cook Time:* 20-25 minutes *Total Time:* 35 minutes *Yield:* 5 to 6

## DESCRIPTION

Honey Roasted Pear Sparkling Cocktails & Mocktails

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## INGREDIENTS

- 6 steckler pears or 1 lb pear sliced in half
  - 1/4 to 1/3 c honey (divided)
  - 1 tbsp balsamic vinegar
  - 1/4 tsp cinnamon (divided)
  - pinch of ground nutmeg
  - 2 tbsp apple juice or water
  - Pinch of ground clove
  - 1 tsp vanilla
  - 24-28 ounces sparkling wine, champagne, or sparkling white grape juice
  - Brown sugar or coconut palm sugar to coat rims of glasses (optional)
  - Optional 1 ounce of vodka or whiskey (see notes for gluten free brands)
  - Garnishes:
    - Fresh thyme, sage, or rosemary
- 

## INSTRUCTIONS

1. Preheat oven to 400F and line a baking sheet or grease it well. Slice your pears in halves or quarters. Remove the stems.

2. In a small bowl, whisk together 2 tbsp honey, 1 tbsp balsamic vinegar, 1/8 tsp cinnamon, and pinch of ground nutmeg. Brush this over the pears, evenly.
3. Place pears in oven for about 20 to 25 minutes, until soft and pears are browned on bottom. If you are using larger pears, they will take longer to roast. Steckler Pears take closer to 22 minutes.  
Remove from oven. Once cooled, scoop out the seeds from the pears.
4. Place your honey roasted pears in a blender or food processor with vanilla and 2 tbsp juice or water. Blend until puréed.
5. Add puréed pears to large glass pitcher or glass serving bowl. Let it chill before serving.
6. Once ready to serve, add a pinch of ground clove, 3 to 4 more tablespoons of honey, 24-28 ounces sparkling white wine, champagne, or sparkling white grape juice to the pitcher or bowl. Stir together. Optional 1 ounce of vodka if you would like the sparkling cocktails less sweet with a bolder liquor flavor.
7. Coat wine glasses or cocktail glasses in brown sugar or coconut sugar. Then pour 5-6 ounces of the sparkling cocktail mix into each glass.
8. Garnish with a sprig of thyme, sage, or rosemary (optional)

#### NOTES

FOR MOCKTAIL, sparkling white grape juice or apple juice works best.

NOTES for champagne option: I found that you don't need the vodka if you are using champagne. It's flavorful enough with just the champagne.

If you are adding the optional 1 ounce of vodka or whiskey, adjust to your taste/liking. Add more honey if desired. For Whiskey, be sure to look for gluten free brands.

## **HEALTHY HOLIDAY SIDES**

# Marinated Beet and Apple Salad

*Prep Time:* 5 min

*Cook Time:* 25 min

*Total Time:* 2 hours+

*Yield:* 4-5

## DESCRIPTION

Healthy Marinated Beet and Apple Salad

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## INGREDIENTS

- 4 medium Beets
  - 1 Granny Smith Apple
  - 1 large Banana Pepper (optional)
  - 1/4 cup olive or avocado oil
  - 1/4 cup Red Wine Vinegar or Apple Cider Vinegar
  - 1 tsp gluten free worcestershire sauce (use Tamari Sauce with 1/4 tsp apple cider vinegar if vegan)
  - 1/4 tsp sea salt and black pepper (each)
  - 1/4 tsp dry mustard or 1 tbsp dijon mustard
  - 1/4 tsp paprika or cayenne
  - 1/4 cup coconut sugar or raw sugar
  - Optional bed of lettuce, spinach, etc. to place salad on.
  - Optional toppings : Herbs of choice, 1/4 cup optional sunflower or pumpkin seeds, nuts, peppercorns to top.
- 

## INSTRUCTIONS

1. First wash your beets.
2. Steam in 1 inch water and dash of sea salt for 20 minutes at medium high heat on stove top.

3. Once beets are softened and steamed, you can easily peel them and chop into quarters.
4. Slice your apple thin (remove core) and combine with beets in a large mixing bowl. If you want to add banana pepper, chop and add here with apples and beets. Set aside.
5. In another small bowl, combine your sugar, salt, and the rest of your seasoning. Set aside.
6. Drizzle the oil, vinegar, and tamari or worcestershire sauce mixture over beets and apples and peppers. Then add in your seasonings and toss all together in mixing bowl.
7. Place in fridge for 1 hr up to 24 hrs to marinate.
8. Remove from fridge and add optional nuts and any additional herbs/peppercorns that you desire. You can also place the beet and apple salad on a bed of lettuce before serving. Drizzle with extra marinade if needed.
9. Serve and enjoy! You can also add goat cheese for texture/flavor. It's all great!

#### NOTES

- If you are vegan, use 1 tsp tamari sauce plus 1/2 tsp apple cider vinegar in place of worcestershire sauce.

# Sauteed Brussels Sprouts Salad with Creamy Mustard Sauce

*Prep Time:* 60 minutes

*Cook Time:* 15 min

*Total Time:* 1 hour 15 minutes

*Yield:* 4

## DESCRIPTION

Sauteed Brussels Sprouts Salad with Creamy Mustard Sauce (Vegan, Paleo)

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## INGREDIENTS

For the Cashew Cream Mustard Sauce:

- 2/3 cup to 3/4 cup of the my Plain Cashew Cream Sauce\* (no add-ins) plus Add in ingredients below note \*you will need 1 1/4 raw cashews and 1/4 cup vegetable broth in place of coconut milk for thinner sauce option

*Additional Ingredients:*

- 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.

For the sautéed brussel sprouts

- 4-5 cups Brussels Sprouts (chopped in half)
- 1 shallot (sliced) or 1/3 c red onion sliced

- 1 tbsp olive oil
  - 2 tsp balsamic Vinegar
  - sea salt and pepper to taste
  - Red pepper flakes (optional)
  - Optional cranberries and fresh herbs to garnish
- 

## 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. Once you soaked your cashew, make the plain cashew cream sauce, with the following blended in: Garlic, mustard powder, olive oil, onion powder, salt/pepper, and 1/4 cup broth to thin it out. (If you don't have time to soak cashews, there is also a quick 10 minute version of this sauce in the notes.)
2. Blend until creamy. Feel free to thin it out with more water or broth to get the consistency you like.
3. Pour sauce into a bowl and set aside.

SEE NOTES FOR A READY TO USE SAUCE ALTERNATIVE.

### TO MAKE THE SAUTEED BRUSSEL SPROUTS SALAD

1. Next, wash and cut your brussel sprouts and onion. 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. Sauté on medium to medium high for 7-10 minutes or until Brussels Sprouts start to get tender and crispy brown on edges. Add in your balsamic vinegar during the last few minutes of sautéing 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 another dish or freeze for later).
4. Mix all together, then 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.

5. Remove from heat. Plate or serve in a bowl. Garnish with red pepper flakes and/or cranberries and fresh herbs.
6. Serve or store in fridge covered for later. Great hot or cold!

#### NOTES

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

# Leek and Potato Pan Roast

*Prep Time:* 10 minutes

*Cook Time:* 35 minutes *Total Time:* 45 minutes *Yield:* 4 servings

## DESCRIPTION

Seasonal Leek and Potato Pan Roast! Super flavor, healthy, and easy to make all in one pan! A paleo and vegan spring side dish perfect for any gathering. Whole 30 friendly!

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## INGREDIENTS

- 1 lb red potatoes or gold potatoes (around 6 small)
  - 2 leeks (stem only), sliced
  - 1/3 to 1/2 cup sliced red onion
  - 1/3 cup to 1/2 cup olive oil or avocado oil
  - 1 tbsp balsamic vinegar
  - 1 garlic clove (minced)
  - 1/2 tsp salt and pepper each (divided)
  - 2 cups or more Leafy greens (spinach, kale, etc).
  - lemon
  - parsley
- 

## INSTRUCTIONS

1. Preheat oven to 425F.
2. Wash your vegetables.
3. Cut off green tops of leeks. Next trim the root off the leeks, slice stalks in half and rinse well under running water. Cut leeks into 1-inch lengths (or less). I made them

into small rings but you can also cut lengthwise and fan them out. Place into bowl of water to help remove sediment.

4. While the leeks are sitting, slice your potatoes into quarters, then peel and slice your red onion into thin strips.
5. Remove leeks from water and place all vegetables into a clean mixing bowl.
6. Add 1 minced garlic clove, 1/3 to 1/2 cup olive oil, 1 tbsp balsamic vinegar, 1/4 tsp sea salt, 1/4 tsp or more black pepper, and a squeeze of lemon.
7. Toss all together until all the vegetables are evenly coated.
8. Lay out all the vegetables on a sheet pan. Spread them out evenly.
9. Roast at 425F in the oven for 30- 35 minutes. Turn/flip potatoes half way through roasting.
10. Remove from oven, set aside.
11. Place your greens (spinach, etc) In a small microwave bowl with a tsp broth or water. Microwave for 30 seconds until greens are softened/steamed.
12. Place your leek, potatoes, and onion in a large bowl with the remaining oil/seasoning from the pan.
13. Add your steamed greens and toss all together.
14. Add another 1/4 tsp salt/pepper on top to season. Fresh lemon juice and parsley to garnish.
15. Serve immediately or store in air tight container and place in fridge if not serving right away.
16. Reheat for 5 minutes in oven when ready to serve.

## **HOLIDAY DESSERTS**

# Nutty Maple Bars with Maple Glaze (Vegan, Paleo Option)

*Prep Time:* 25 minutes

*Cook Time:* 25 minutes *Total Time:* 50 minutes *Yield:* 10-12 bars

## DESCRIPTION

These nutty maple bars are gluten free, vegan, and paleo, but ANY dessert lover will gobble them up! The maple glaze adds the perfect finishing touch. An EASY cookie bar recipe with NO refined sugar.

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## INGREDIENTS

### ***For the Maple Bars:***

- 1/3 c melted coconut oil
- 1/4 c maple syrup
- 1 tsp vanilla extract
- 1 1/2 c fine blanched almond flour
- 1/2 c tapioca flour (see notes for alternative)
- 1/4 tsp sea Salt
- 1/2 tsp baking soda
- 2 tbsp coconut sugar or swerve , extra for coating nuts.
- 1 pinch cinnamon
- 1/3 c chopped macadamia nuts (or other nut of choice)
- melted Butter (or vegan butter) and optional raw sugar (to coat the nuts in)
- Optional Add-ins (see notes)

### ***For the Maple Glaze:***

- 2 tbsp melted butter or refined coconut oil (vegan soy free butter works)
  - 1/4 c to 1/3 c pure maple syrup
  - heaping 1/2 cup or more powdered sugar or powdered sugar substitute, such as swerve. The more powdered sugar you add, the thicker the glaze.
  - Optional- 1/2 tsp vanilla
- 

### INSTRUCTIONS

#### ***Maple Bars:***

1. Preheat oven to 350F.
2. Melt your coconut oil or butter. Place in bowl and whisk with maple syrup and vanilla.
3. Next sift together your almond flour, tapioca flour\*, baking soda, and salt. Mix in coconut sugar and pinch of cinnamon. \*See notes for substitution for tapioca flour.
4. Gently add the dry batter to your wet ingredient bowl. Mix together.
5. In another bowl, coat macadamia nuts in melted butter and extra sugar, then fold nuts into the batter.
6. Let batter sit in fridge for 20 minutes or longer.
7. While batter is chilling, line an 8 x 8 inch square pan with parchment paper
8. After batter has chilled, scoop it into lined pan and press flat until batter is even and flat, reaching each edge.
9. Bake at 350F for 25-27 minutes (longer at altitude). Check at 20 minutes for doneness. Edges should be golden brown.
10. Remove and let cool.

### ***To make Maple Glaze (optional)***

1. Melt 2 tbsp butter or refined coconut oil. In a small bowl, mix confectioners' sugar, butter, vanilla and maple syrup until smooth.
2. Drizzle 1/2 or more of the glaze on top of the bars and spread it out evenly.
3. Sprinkle the rest of your macadamia nuts on top.
4. Chill bars in fridge or freezer for about 10 -15 minutes.
5. Remove and slice.

#### NOTES

- \*You can use 1/3 c arrowroot flour if you don't have tapioca flour
- Store in airtight container for up to a week or freeze for up to 6 months.
- Optional Add-ins or toppings – cocoa powder, toffee bits (non vegan), chocolate liquor, etc.



# Bourbon Chocolate Pumpkin Pie (Crustless)

*Prep Time:* 10

*Cook Time:* 65

*Total Time:* 1 hour 15 minutes

*Yield:* 6-8

## DESCRIPTION

This Bourbon Chocolate Pumpkin Pie is the BEST pumpkin pie recipe – it's a crustless pumpkin pie that's EASY to make! Gluten free, dairy free and paleo!

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## INGREDIENTS

- 15 oz canned pumpkin purée
- 1 1/4 cup almond or coconut milk (almond milk will cook faster)
- 4 eggs
- 2 tbsp refined melted coconut oil or clarified butter
- 1 tsp vanilla extract
- 1 to 2 ounce bourbon (substitute 1 to 2 tsp almond extract for non alcoholic version)
- 1/2 cup maple syrup
- 2 tbsp coconut flour
- 1/3 to 1/2 cup of arrowroot or tapioca flour.
- 1/4 tsp kosher salt
- 2 tsp pumpkin spice – optional
- 2 tsp baking powder
- 4 ounce dark chocolate baking bar (I love this brand)
- crushed nuts – optional.
- EXTRA TOPPINGS – coconut whip, cocoa powder, maple syrup, or extra melted dark chocolate.

## 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 mixing bowl. Add your pumpkin puree and mix with hand mixer or stand mixer on medium until smooth.
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. Place chocolate in microwave safe bowl. Heat it on medium high for about 45 seconds to start with. Remove from the microwave and stir. Repeat heating in smaller intervals, 15 to 20 seconds, stirring in between, until the dark chocolate is completely melted. You can also do this on the stove top on medium to medium high. Just make sure chocolate has smooth consistency for end result.
7. Two options here to add the chocolate. Fold chocolate into pumpkin batter OR our pumpkin batter into the prepared pie pan and then swirl your chocolate on top.
8. Sprinkle a handful of crushed nuts on top. optional
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. 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.
12. Add Optional toppings

## NOTES

For paleo version, omit bourbon or use almond extract in its place.

# Almond Flour Loaf Cake with Honey Roasted Figs

*Prep Time: 20*

*Cook Time: 35*

*Total Time: 55 minutes*

## DESCRIPTION

*Easy Almond Flour Loaf Cake with Honey Roasted Figs. Grain free, Paleo friendly.*

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## INGREDIENTS

- 8-10 fresh mission figs sliced in half Roasted with honey first
- 1-2 tbsp melted butter or oil and mix with 1-2 tbsp honey.
- pinch of cinnamon
- 2 cups fine blanched almond flour  
(I use Bob's Red Mill)
- 2 tbsp coconut flour
- 1/2 tsp sea salt
- 1 tsp baking soda
- 1/4 cup flax seed (ground)
- 5 eggs and 1 egg white whisked together
- 1.5 tsp apple cider vinegar
- 1/4 cup honey (extra for topping)
- 1/2 tsp vanilla
- 1.5 tbsp of clarified butter (melted) or naturally refined Coconut oil.
- optional sprinkle of raw sugar or coconut sugar.

## INSTRUCTIONS

1. Preheat oven to 400F. Line a pan with parchment paper or grease well. Set aside.
2. Slice figs in half and Brush honey butter mix on top of sliced figs. Sprinkle with cinnamon and place in oven to roast at 400F for 15 minutes. Remove and set aside.
3. Next Reduce oven to 350F. Line an 8×4 bread pan with parchment paper at the bottom and grease the sides.
4. In a large bowl, mix together your almond flour, coconut flour, salt, baking soda, and flaxseed meal. Feel free to mix in a pinch of spices (like cinnamon or nutmeg).
5. In another small bowl, whisk together your eggs and egg white. Then stir in your honey syrup, apple cider vinegar, vanilla and melted butter or oil (1.5 to 2 tbsp).
6. Combine the wet ingredients and dry ingredients into one bowl. Gently mix or beat together in stand mixer or hand held mixer. Be sure to remove any clumps that might have occurred from the almond flour or coconut flour.
7. Pour half the batter into your greased loaf pan.
8. Layer half of your honey roasted figs on top. Then fill the pan with the rest of the batter. Place remaining figs on top and an extra honey/butter mix left from the pan. Sprinkle with raw sugar and place in the oven for 30-35 minutes, or until a toothpick inserted into center of loaf comes out clean. Optional, Cover with foil the remaining 5 minutes to prevent burn. (see notes for altitude baking. Remove from and oven.
9. Cool and serve with honey drizzled on top or store in fridge, wrapped in foil.

## NOTES

- My loaf cake took around 35 minutes to bake at altitude.
- Vegan butter or refined coconut oil will also work to substitute real butter if needed.

# No Bake White Chocolate Peppermint Rum Balls {Gluten Free}

*Prep Time:* 20 minutes

*Total Time:* 20 minutes

*Yield:* 20 balls

## DESCRIPTION

Easy no bake holiday dessert! This quick festive dessert made with gluten free ingredients. Non-alcoholic version too!

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## INGREDIENTS

- 1 1/4 cups gluten free graham crackers (crushed) or gluten free cookie crumbs
- 1 cup almond meal
- 1 cup unsweetened shredded coconut
- 2 tbsp unsweetened cocoa or hot cocoa powder
- 1/4 cup Spiced Rum (see notes for non alcoholic rum extract substitute)
- 1 tsp vanilla vanilla
- 3-4 tbsp maple syrup
- 1/2 tsp peppermint extract or oil
- 4 to 5 ounces white chocolate, melted
- 1-2 ounces Melted dark chocolate to drizzle
- dye free sprinkles, sparkling cane sugar, and/or crushed peppermint candies for topping

## INSTRUCTIONS

1. First, mash or grind gluten free graham crackers into crumbs. It doesn't need to be very fine, just crushed by hand or in a food processor. Place crumbs in a large bowl.
2. Add the almond meal, coconut, and cocoa powder. Mix together.
3. Next add your rum, maple syrup (start off with 3 tbsp and add an additional if batter is too dry), extracts, and peppermint.
4. Mix together again. Place bowl/batter in fridge. Chill batter 30 minutes or long.
5. Once batter has chilled, roll into truffle size balls. A little smaller than golf ball size. You should get anywhere between 17-20 ball. Place on a cookie sheet.
6. Melt your white chocolate in on the stove or in a microwave safe bowl. If you are using microwave, simple melt the chocolate in 30 second intervals, stirring between.
7. Once the white chocolate is melted, dip the coconut rum balls in the white chocolate and place back on cookie sheet. Repeat until all the balls are coating.
8. Sprinkle crushed peppermint or red sprinkles on top before they set.
9. Place in freezer for about 10 minutes.
10. While the rum balls are setting, melted your dark chocolate. Similar to the white chocolate, simply melt on stove or microwave, stirring until melted.
11. Remove the rum balls from the freezer and drizzle the dark chocolate on top. I did this with a small whisk or fork.
12. Sprinkle sparkling cane sugar or more sprinkles on top if desired.
13. Place back in freezer or fridge until chocolate has harden. Store in fridge until ready to serve.

## NOTES

If you want to make a non-alcoholic version, take out the 1/4 cup rum and use 2 tbsp of almond or coconut milk. Then add in 1 tsp rum extract.

# Air Fried Sweet Potato Dessert Fries

## {Oven Option}

Prep Time: 5

Cook Time: 20 Total Time: 25 minutes

Yield: 4

### DESCRIPTION

*Air Fried Sweet Potato Dessert Fries! This healthier, refined sugar free dessert recipe is made with sweet potatoes that have a sweet cinnamon coating. Gluten free with vegan, dairy free, and low carb options. Oven baked option as well.*

*Don't worry, there is an oven baked option too!*

### INGREDIENTS

- 2 medium sweet potatoes and/or yams peeled (see notes for low carb option)
- Half a tablespoon of coconut oil.
- 1 tablespoon arrowroot starch or cornstarch
- Optional 2 tsp melted butter (for coating)
- 1/4 cup coconut sugar or raw sugar
- 1 to 2 tablespoons cinnamon
- Optional powdered sugar for dusting (see notes for sugar free option)

### Dipping Sauces –

- Dessert Hummus
- Honey or Vanilla Greek Yogurt
- Maple Frosting {vegan}

### INSTRUCTIONS

#### AIR FRYER DIRECTIONS:

1. Peel your sweet potatoes and wash them with clean water, then dry.
2. Slice peeled sweet potatoes lengthwise, 1/2 inch thick.

3. Toss your sweet potato slices in 1/2 tbsp coconut oil and arrowroot starch (or cornstarch)
4. Place in air fryer for 18 minutes at 370F. Shake halfway at 8-9 minutes.
5. Remove the fries from the air fryer and place in large bowl. Drizzle 2 tsp optional butter on top of fries. Then mix in cinnamon and sugar and toss fries together again.
6. Place on plate to serve, sprinkle with powdered sugar. .
7. Serve fries with dipping sauce of choice (see notes). To store, keep fries wrapped in foil and in fridge. Then reheat in oven again to warm before serving. Should keep for 2-3 days.

#### OVEN BAKED OPTION:

1. Preheat oven to 400F. Line a baking sheet with parchment paper
2. Slice and clean your sweet potatoes just as you would for the air fryer instructions.
3. Place your sweet potato slices in a larger bowl then add in your coconut oil (or butter), cinnamon, and sugar.
4. Toss together. Lay the fries out on the baking sheet. Place in oven for 20-25 minutes, rotating fries half way.
5. Remove from oven and let cool. Add an extra cinnamon or powdered sugar. Serve with dipping sauce.

#### NOTES

For low sugar/carb options:

- Replace the sweet potato with peeled jicama sticks (baking times are similar)
  - Use swerve sugar sweetener in place of powdered sugar and other sugars.