



Holiday Gluten Free Meal Plan

from

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Healthy Gluten Free Recipes One Bite at a Time!



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Holiday Side Dishes and Bread

paleo pumpkin bread with fresh rosemary

Prep Time: 15 minutes

Cook Time: 1 hr

Total Time: 1 hour 15 minutes

Yield: 10-14

DESCRIPTION

An easy quick bread made with pumpkin puree and fresh rosemary, this gluten free and paleo pumpkin bread is high in antioxidants and Vitamin A. Delicious served with chili or stew!

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 raw or coconut sugar
 - 1 tsp baking soda
 - 1 tsp allspice
 - 1 tsp sea salt
 - 1 pinch black pepper
 - 2 rosemary sprigs with stems removed
 - 1/4 cup roasted pumpkin seeds, divided
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INSTRUCTIONS

1. Preheat oven to 325°F. Line a 9×5 bread pan or 8×4 loaf pan (see notes) with parchment paper. You can also use 2 mini loaf pans. Grease or oil the inside of the pans.
2. In a mixing bowl, combine the pumpkin, eggs, oil, and vinegar. Beat gently or mix with a spoon until smooth.
3. In another bowl, sift together the flours, sugar, baking soda, allspice, and sea salt. Keep the pumpkin seeds and rosemary sprigs aside.
4. Add the flour mixture to the bowl of wet ingredients, and mix until batter is smooth. It may be a little grainy, due to the coconut flour.
5. Fold in the rosemary sprigs and 2 to 3 tbsp pumpkin seeds. Reserve remaining seeds for topping.
6. Pour batter into prepared loaf 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 for doneness after 45 minutes)
9. Cover with foil and bake for another 10 minutes or until golden brown and toothpick inserted into the center comes out clean.
10. Remove pan from oven and let bread cool in the pan. After cooling, remove bread from the pan and slice or store for later.
11. **Freezing instructions:** After cooling, wrap bread in foil or wax paper and freeze for up to 6 months.

NOTES

If you are using a 8×4" loaf pan, check the middle for doneness at 40 to 45 minutes.

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

baked cauliflower mac and cheese (vegan option)

Prep Time: 15 minutes *Cook Time:* 40 minutes *Total Time:* 55 minutes *Yield:* 4-5 servings

DESCRIPTION

Baked cauliflower mac and cheese is a comfort food casserole that's gluten free and low carb, with a vegan recipe option. Perfect holiday side dish!

INGREDIENTS

See notes for vegan ingredient substitutions

- 800g (2 small heads) raw cauliflower, cut into florets (3 cups florets)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1/4 tsp black pepper

For the pan

- 1 tbsp unsalted butter or vegan butter
 - 6 oz (1/2 cup) cream cheese
 - 1/2 cup cream + 1/3 cup non dairy milk
 - 1/2 tsp paprika or smoked paprika
 - 1/2 cup salsa (optional)
 - 6 ounces shredded sharp cheddar cheese
 - 1/2 cup grated parmesan cheese
 - 1/4 cup blanched almond flour
 - 1/4 tsp kosher salt
 - freshly cracked black pepper, to taste
-

INSTRUCTIONS

1. Preheat oven to 350°F.

2. Toss the raw cauliflower florets in oil, garlic powder, and pepper. Bake on a sheet pan for 15 minutes. Once baked, cut each floret into smaller pieces, about the size of a quarter. Set aside.
3. In a large pot, bring the cream and milk to a soft boil. Then, whisk in the butter and cream cheese together and reduce to medium heat. Add the cheddar and stir until combined. Stir in the paprika and optional tomato sauce or salsa. Stir until combined.
4. Next, add the cauliflower to the cheese roux and mix evenly with cheese sauce on medium heat, about 3 minutes.
5. In a small bowl, whisk together the grated parmesan and almond flour. Add 1/2 of the parmesan and almond flour mixture (reserve other half for topping), and salt/pepper to the pot with the cheese and cauliflower. Mix again. Feel free to add in any cooked veggies or raw spinach or kale here.
6. Spoon into an 8×11 inch casserole dish, then top with remaining almond flour and parmesan mixture. If you're using a large oven-safe skillet to coat the cauliflower, you can bake in the same pan.
7. Bake for 25-35 minutes or until golden and batter is cooked through. To create a crispy topping, place the pan under a broiler for the final minute.
8. Remove pan from oven and allow the dish to cool for 5 minutes, then serve with topping of choice.

NOTES

Vegan ingredient substitutions

- vegan butter for unsalted butter
- hummus or non dairy cream cheese for the cream cheese
- non-dairy milk for milk
- coconut cream or unsweetened non dairy creamer for heavy cream
- shredded vegan cheese for the shredded cheddar
- nutritional yeast flakes for parmesan cheese

riced broccoli cauliflower risotto

Prep Time: 12 minutes Cook Time: 25 minutes Total Time: 37 minutes Yield: 4 servings

DESCRIPTION

Riced Broccoli Cauliflower Risotto is an oven baked, low carb side dish recipe, for a lighter version of classic risotto that's kid-friendly and healthy!

INGREDIENTS

- 1 head cauliflower, cut into florets
- 3–4 small broccoli crowns, bottom stem and leaves trimmed off
- 2 slices uncured bacon, cut into small pieces (see notes for vegetarian option)
- 1 large shallot or 3/4 cup red onion, finely chopped
- 2 garlic cloves, finely chopped (about 1 tsp minced)
- 1/4 cup chopped asparagus (celery works as a substitute)
- sea salt and black pepper to taste
- 1/2 – 2/3 cup vegetable or chicken stock or broth
- Thyme leaves, plus oil to fry it in (optional)

OPTIONAL TOPPINGS

- Parmigiano-Reggiano cheese (omit for Whole30 and paleo)
 - Butter
 - Finely chopped fresh herbs
 - Lemon slices
 - peppercorns
-

INSTRUCTIONS

1. Preheat oven to 350F.
2. In small batches, put the cauliflower florets into a food processor. Process until the cauliflower has the consistency of rice. Transfer to a large bowl and repeat with broccoli florets. Combine the two in the bowl. You should have 5 to 6 cups total of riced broccoli and cauliflower. Set aside.

3. Chop the bacon into small pieces. Bacon is optional. If you don't want to use bacon, replace with olive oil or refined avocado oil.
4. Add bacon, shallot, and garlic to a wide skillet over medium-high heat. Sauté until bacon becomes brown (crispy edges) and onion is translucent and fragrant, about 5 to 7 minutes. If the bacon hasn't released enough fat, add a little bit of olive oil or butter to the pot.
5. Add the asparagus and sauté for 5 minutes.
6. Add the riced broccoli and cauliflower to the pot. Stir ingredients together over medium heat.
7. Stir in the stock/broth and place a few sprigs of fresh thyme on top. Cover the pot and place in the oven for 13-15 minutes.
8. Meanwhile, fry your herbs, if desired. Simply place the thyme in a pan and cover with oil. Cook (fry) on high for 45-60 seconds. Remove and pat dry. Your herbs will be crispy and perfect for garnishing!
9. Take the risotto out of the oven and place on stove over medium heat. Stir in generous amounts of grated Parmesan cheese, a touch of butter, the fried thyme, and a squeeze of lemon.
10. Garnish with lemon slices and peppercorns.

NOTES

- This dish can be stored in airtight container in fridge for up to 5 days. Or freeze for 2 months.
- **For Whole30 option**, omit cheese.
- **For vegetarian option**, omit the bacon and use cooking oil or butter instead.



Gluten free soups and side dishes

creamy hungarian vegan mushroom soup

(dairy free)

Prep Time: 15 minutes

Cook Time: 45 minutes

Total Time: 1 hour

Yield: 4-5 servings

DESCRIPTION

This recipe for vegan mushroom soup makes a rich, creamy dairy free soup that's perfect for lunch or a light dinner. Gluten free and packed with nutrients!

INGREDIENTS

- 4 tablespoons unsalted butter* (I used plant-based butter. See notes for vegan option)
 - 1.5 cups chopped onions
 - 1 lb fresh mushrooms, sliced. (~3 to 4 cups sliced). *Cremini* or white button mushrooms.
 - 1/3 cup dry white wine, **OPTIONAL**. Can be left out.
 - 2 teaspoons dried dill weed or 1.5 tablespoons fresh (finely chopped)
 - 1 tablespoon hot paprika and pinch of smoked paprika (smoked paprika is optional)
 - 1 tablespoon tamari sauce or coconut aminos
 - 2.5 cups vegetable or chicken broth
 - 1 cup non dairy milk
 - 3 tablespoons arrowroot flour (tapioca starch may be subbed but texture will vary).
 - 1 teaspoon kosher salt
 - ground black pepper to taste
 - 2 teaspoons lemon juice
 - 1/4 cup chopped fresh parsley
 - 1/2 cup greek yogurt or full fat coconut milk (*canned and chilled for vegan option)
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INSTRUCTIONS

1. Heat a large pot over medium heat. Place butter* in pot and melt, coating the pan.
2. Place your onions in the pot and saute for 5 minutes. Add the sliced mushrooms and saute for an additional 5 minutes until mushroom are browned and coated in butter. Onions will brown as well.
3. Stir in the wine, dill, paprika, tamari sauce and broth. Reduce heat to low, cover and simmer for 15 minutes.

4. In a separate small bowl, whisk the thickening mixture; non dairy milk and arrowroot flour. Pour the flour milk mix into the soup and stir thoroughly to blend. Cover pot and simmer for 15 more minutes, stirring occasionally.
5. Finally, stir in the salt, ground black pepper, lemon juice, parsley and yogurt (or solid coconut cream). Mix together and allow to heat through over low heat, about 3 to 5 minutes. Do not boil.
6. Garnish with extra chopped parsley and cracked pepper. Serve immediately or let it cool and store in airtight container in fridge.
7. May be placed in freezer for up to 3 months.

NOTES

- 3 tablespoons refined avocado oil or olive oil may be substituted for butter
- *To lower carbs, use full fat coconut cream versus yogurt. For solid coconut cream or milk, be sure to keep the can in the fridge to chill.*

baked pears with vegan and gluten free stuffing

Prep Time: 15 minutes *Cook Time:* 25 minutes *Total Time:* 40 minutes *Yield:* 8-10 pear halves

DESCRIPTION

Baking pears with gluten free and vegan stuffing makes for a unique and healthier holiday side! Plus, they're delicious, and it's a gorgeous way to serve traditional holiday dressing.

INGREDIENTS

- 5 cups (7 slices ~ 30g each) diced vegan seed bread (Little Northern)
 - 1 tbsp vegan butter or oil
 - 1 cup onion or shallot, chopped
 - 1 cup celery stalks, chopped
 - 2 cloves of garlic, minced
 - 2 rosemary sticks, leaves only
 - 1/2 tsp dried thyme
 - 1/3 cup slivered almonds
 - 1/2 cup fresh cranberries or pomegranate arils (or 1/3 c dried cranberries)
 - salt and black pepper, to taste
 - 1 1/4 cups (12 oz) vegetable stock
 - 4–5 medium pears (green Bartlett or red)
 - Optional topping: crushed candied nuts and/or fresh thyme
-

INSTRUCTIONS

1. Preheat oven to 350°F. Dice the bread into small cubes and place on a baking sheet.
2. Bake bread for 15 minutes, flipping halfway through cook time. Remove from oven and set aside in a large bowl.
3. Add butter to a pan and turn heat to medium. Add onion, celery, and garlic; sauté for 5 minutes, or until fragrant and onions are translucent.
4. Add in the thyme and rosemary and cook for an additional 3 minutes. If using fresh cranberries, add them as well. If using dried cranberries, mix in later with bread.
5. Place toasted bread in the pan with cooked celery onion herb mixture. Pour the vegetable stock on top, being careful not to over saturate the bread.
6. Add salt and pepper to taste. Set aside.

7. Next, slice pears in half. Using a paring knife, cut a circle in the middle of the core. Scoop out 2-3 heaping tbsps of pear from each half, leaving a hole approximately 1/4 cup in size. Place pear halves in a large casserole dish or on a baking sheet.
8. Add 1 tsp lemon juice to the center of each pear, then fill each pear with 1/4 cup of gluten free stuffing. **NOTE:** You might have extra.
9. Season with salt and pepper, then bake in the the oven for 25 to 30 minutes,* rotating the pan halfway through cooking time. (see notes)
10. Remove baked pears with stuffing from the oven and garnish with fresh herbs and/or optional crushed candied nuts.

NOTES

Depending on what type of pear you use (red pear vs Bartlett) the cooking times will vary. Red pears take 3-4 minutes longer to cook than green Bartlett.

toasted pine nut and leek quinoa salad recipe

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Yield: 4-6

DESCRIPTION

Toasted Pine Nut and Leek Quinoa Salad Recipe. Easy to make, gluten free, vegetarian, dairy free.

INGREDIENTS

- 3/4 cup to 1 cup uncooked quinoa
 - water or broth
 - 1/2 tsp kosher salt (divided)
 - 1/4 tsp black pepper
 - 2/3 cup thinly diced/chopped leeks (root portion)
 - 1/3 to 1/2 cup chopped shallot or onion
 - 1/3 cup pine nuts
 - 2 tsp honey (use agave nectar for vegan options)
 - cracked pepper (to taste)
 - 2-3 tbsp olive oil (divided)
 - 1/4 tsp minced garlic
 - 1 lemon (1-2 tbsp juice)
-

INSTRUCTIONS

1. First rinse your quinoa. Add 1 cup quinoa, 1/4 tsp salt, and you need about 2 cups liquid. Bring liquid to a boil with quinoa, then reduce heat to medium low and cover for 20 minutes or until fluffy. Set aside.
2. Preheat oven to 400F. In a small bowl, combine your chopped leeks (the roots), onion, pine nuts, honey, salt, pepper, and 1- 2 tbsp olive oil. Toss and then lay it flat on a baking sheet with parchment paper. Spread evenly across paper.
3. Roast/toast for 5 to 6 minutes. Remove, toss the pine nuts and then return to oven for another 4 -5 minutes or a total of 10 -12 minutes.
4. Remove from oven and combine (in a large bowl) cooked quinoa with honey toasted mixture.
5. Mix in your minced garlic, cracked pepper, 1/2 tbsp more olive oil, and 1- 2 tbsp of fresh lemon juice.
6. Season with flaked sea salt or coarse sea salt and serve.
7. Store in airtight container in fridge for up to 4 -5 days.

NOTES

- For vegan option, omit honey.
- To boost protein or serve as a main meal, pair quinoa salad with chicken breast, fish, or plant based protein of choice.



Holiday Gluten Free Main Dishes/Brunch

honey mustard chicken with brussels sprouts

Prep Time: 15 minutes

Cook Time: 35 minutes

Total Time: 50 minutes

Yield: 4 servings

DESCRIPTION

Honey Mustard Chicken with Brussels Sprouts is a delicious one pan wonder meal! Chicken thighs bake up to juicy perfection one the same pan with nutrient-rich Brussels sprouts, meaning you'll have less dishes to wash! This sheet pan chicken thighs recipe is paleo, gluten free, and low carb.

INGREDIENTS

- Nonstick cooking spray
 - 1/4 cup plus 2 tablespoons extra-virgin olive oil
 - 2 tablespoons fresh lemon juice (1 lemon)
 - 1 tablespoon Dijon mustard
 - 1 tablespoon whole-grain mustard
 - 1 tablespoon honey
 - 3 garlic cloves, minced
 - Kosher salt and freshly ground black pepper
 - 2 pounds bone-in, skin-on chicken thighs (4 medium thighs)
 - 1 1/2 pounds Brussels sprouts, halved
 - 1/4 large red onion, sliced
-

INSTRUCTIONS

1. Preheat the oven to 425°F. Grease a large baking sheet with nonstick cooking spray and set aside.
2. In a medium bowl, whisk together the 1/4 cup olive oil, 1 tablespoon of the lemon juice, the Dijon mustard, whole-grain mustard, honey, and garlic. Season with salt and pepper to taste.
3. Use tongs to dip the chicken thighs in the sauce, coating both sides. Place the thighs on the prepared baking sheet. Discard any remaining sauce.
4. In a medium bowl, combine the Brussels sprouts and red onion. Drizzle with the remaining 2 tablespoons olive oil and 1 tablespoon lemon juice and toss until well coated. Arrange the sprouts around the chicken on the baking sheet, making sure they aren't overlapping. Season with salt and pepper.
5. Roast for 30 to 35 minutes, until the chicken is golden brown and has an internal temperature of 165°F and the Brussels sprouts are crispy. Serve hot.

5-ingredient maple mustard salmon

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Yield: 2-3 servings

DESCRIPTION

This baked maple mustard salmon cooks in ONE pan in 15 minutes, using just 5 ingredients! By the second time you make it you'll have the recipe memorized.

INGREDIENTS

- 1 pound skin-on salmon fillet, wild caught if possible
 - 1/2 teaspoon kosher salt
 - 1 tablespoon extra virgin olive oil
 - 1 tablespoon pure maple syrup
 - 2 teaspoons Dijon mustard
-

INSTRUCTIONS

1. Using aluminum foil or parchment paper, line a glass or ceramic baking dish large enough to hold the salmon, and lightly coat the foil with nonstick spray. Place the salmon in the center. With a paper towel, pat it dry, then sprinkle the salt over the top.
2. Place a rack in the center of your oven and preheat the oven to 425 degrees F.
3. In a small bowl or liquid measuring cup, whisk together the oil, maple syrup, and mustard. Pour over the salmon. With a pastry brush or your fingers, lightly rub the mixture over the top of the salmon so that the surface is nicely coated. Let the salmon stand at room temperature for 10 minutes while the oven continues to preheat.
4. Bake until the salmon is cooked through and flakes easily at the thickest part. The cooking time will vary based on the thickness of your salmon. Estimate 8 to 12 minutes for a thinner fillet ($\frac{1}{2}$ to $\frac{3}{4}$ inch at the thickest part), 13 to 19 minutes for a thicker fillet (1 inch to $1\frac{1}{2}$ inches at the thickest part), or 20 to 22 minutes for a very thick fillet ($1\frac{3}{4}$ to 2 inches at the thickest part). You can also use an instant-read thermometer to test for doneness, removing the salmon when it reaches 145 degrees F at the thickest part. Slice crosswise into individual servings. Enjoy immediately.

one pot bacon braised lamb stew

{paleo friendly}

Prep Time: 20 minutes

Cook Time: 65 minutes

Total Time: 1 hour 25 minutes

Yield: 5

DESCRIPTION

This paleo friendly Lamb stew is PACKED full of vegetables and flavor! Minimal ingredients and easy to make. Whole30 friendly.

INGREDIENTS

- 2 oz uncured bacon strips
 - 2 tbsp tapioca flour (or other gluten free flour/starch of choice)
 - 1 1/2 lbs of lamb or lamb loin (stew meat or chopped)
 - 1/2 tsp black pepper
 - 1/2 sea salt (or to taste)
 - 1 cup chopped onion
 - 1 tsp minced garlic (or about 2 cloves)
 - 3 1/2 cup chicken or vegetable stock (gluten free)
 - Optional 1 tsp sweetener (see instructions)
 - 1 cup chopped carrots
 - 1 cup chopped celery
 - 1 tsp dried thyme
 - 2 cups chopped potato (use sweet potato for paleo option)
 - 1/4 cup white wine (omit for paleo)
 - 1 bay leaf
-

INSTRUCTIONS

1. First, make sure all your veggies are chopped. Set aside.
2. Next place bacon strips in a large stock pot or dutch oven. Cook . Drain half the bacon grease out keep the other half in the pot. Save 1 tbsp of the bacon fat for later on. Crumble or chop the bacon into smaller pieces. Set aside.
3. Next coat your lamb with gluten free flour and add this to your pot with bacon grease.

4. Brown your lamb on medium with the bacon fat. Cook until lamb looks tender and more brown. This will vary depending on the size pieces of your lamb. Anywhere between 6-10 minutes.
5. Once the lamb is browned, drain any extra grease fat leaving a little extra in the pot for flavor.
6. Next add your pepper, salt, onion, and garlic to the pot with the lamb.
7. Saute till onion begins to become golden. If you have any bacon fat left that you drained out at the beginning, add it back into the pot (it adds more flavor but is optional) with the garlic-onion mixture.
8. Add your bacon pieces, stock, and optional sugar or honey (omit for whole 30 option). Cover and simmer for 30 to 35 minutes.
9. Add your carrots, celery, potatoes, white wine, and bay leaf and thyme.
10. Stir and simmer again (between low and medium low) covered for 20 minutes or until vegetables are tender.
11. Season with salt and pepper to taste. Remove bay leaf once ready to serve.

NOTES

Add more broth or water to adjust thickness of stew. Feel free to add more or less salt as well.

Omit sugar/sweetener for whole 30 option.

easy spiced hot fruit bake

Prep Time: 10 minutes

Cook Time: 1 hour

Total Time: 1 hour 10 minutes

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 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!



Holiday Desserts and Cocktails

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!

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
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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.

mexican hot chocolate sugar cookies

(vegan, paleo)

Prep Time: 1 hour 30 minutes

Cook Time: 15 minutes

Total Time: 1 hour 45 minutes

Yield: 16

DESCRIPTION

Mexican Hot Chocolate Sugar cookies – This easy chocolate sugar cookies recipe has no butter! Gluten free, Paleo and Vegan friendly Christmas cookie recipe.

INGREDIENTS

- 1 cup + 1 tbsp cup blanched almond flour
 - 1/4 cup sifted coconut flour (just extra fine so it doesn't clump)
 - 1 tsp baking soda
 - 1/4 tsp sea salt
 - 1/2 tsp cinnamon
 - pinch of nutmeg
 - 1/2 tsp chili powder or cayenne
 - 3/4 cup dairy free hot cocoa mix **If you don't have hot chocolate you may substitute*
 - 2/3 c coconut sugar and 1/4 cup unsweetened cocoa powder
 - 1 small avocado (1/4 to 1/3 cup mashed)
 - 1 tsp vanilla
 - 1 large egg (if paleo) or chia egg (if vegan) (see notes for chia egg instructions) ground chia egg is 1 tbsp with 3 tbsp water sit for 10 minutes)
 - 1/4 cup coconut oil (not melted)
 - 1/4 to 1/3 cup dark chocolate shavings
 - Additional cinnamon/sugar for topping and melted dark chocolate.
-

INSTRUCTIONS

1. First mix together the almond flour, coconut flour, baking soda, spices, and salt. Beat or whisk until flour is smooth.
2. . In a another bowl, or a stand mixer, beat together the coconut oil and hot chocolate/sugar. Mix until creamy.
3. Once mixed, add in your ripe avocado and vanilla extract, beat again on medium.

4. Add your egg or chia egg if vegan (see notes for chia egg), then beat on low. Stir gently and mix until batter is consistent.
5. Now lightly beat or stir in the dry mix/flour.
6. Fold in your dark chocolate shavings.
7. Form matter into a ball and cover. Place in fridge for 1-2 hrs.
8. . Once batter is more solid, remove and place on parchment paper. Preheat oven to 350F
9. Roll out dough on parchment paper. Use a rolling pin with plastic between dough and pin or cover the rolling pin in GF flour.
10. 1 Once dough is flat, use cookie cutters or canning jar lids to make circles or stars. You can also use roll dough in balls and press with your hands flat. Your choice. Place 4" apart on the prepared baking sheet.
11. Place on baking sheet with parchment paper. Sprinkle each with cinnamon sugar.
12. . Bake for 15-18 minutes. Check at 15 minutes if you are making the vegan version. They will be soft when removed from oven but then harden a bit when cooled.
13. . Optional Top with chocolate coconut frosting or my vegan magic shell after baked. Let it harden.
14. Make 16-18 small cookies or 10 larger.

NOTES

- For the chia egg, first grind up a few tablespoons of chia. I use my coffee grinder. Place 1 tbsp ground chia with 3 tbsp water and let it sit for 10 minutes until gel is formed.

hot toddy with rum {naturally sweetened}

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Yield: 2-3

DESCRIPTION

This hot toddy recipe is made with rum, pineapple, honey, and warm spices. It's the perfect festive fall or winter drink to soothe the body or to simply enjoy with good company. It has some great nutritional benefits, too!

INGREDIENTS

- 1. 25 cups pineapple juice or orange juice
- 2 cups water
- 3 tbsp honey (preferably raw)
- 6 to 8 ounces spiced rum and/or whiskey (combine if desired)
- 8 ounces ginger ale (diet if you prefer) or sparkling water with ginger bitters
- 2 cinnamon sticks and pinch of cinnamon (or 1 tsp ground cinnamon)
- 1/2 tsp ground nutmeg
- Orange peel or slices to garnish
- Star anise or whole cloves to garnish

Optional mix ins

- 1/2 tsp pure vanilla extract
 - 4 oz non dairy cream or 2 tbsp butter (warmed)
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INSTRUCTIONS

1. Place juice, water, honey, ginger ale, and alcohol in a small pot on stove. Simmer on medium until combined and honey is dissolved, about 2 minutes.
2. Add in cinnamon sticks and remaining spices. Continue simmering on low or medium low for another 5 minutes. If you are adding cream/butter and/or vanilla extract, do so here. Heat and stir until combined.
3. Pour into 2-3 glasses and then garnish with star anise, orange slices, and a sprinkle of cinnamon on top if desired. Enjoy!

NOTES

FOR THE NON-ALCOHOLIC HOT TODDY VERSION.

Replace 4 ounces of rum or whiskey with a 6 ounces of ginger or cinnamon herbal tea. Still warming for the soul!

yuletide moon red cocktails

Prep Time: 5 minutes

Total Time: 5 minutes

Yield: 1

DESCRIPTION

Festive red holiday cocktails to spice up your party and gatherings! Yuletide Moon is a red wine (Merlot) and bourbon holiday cocktail in an old fashioned glass. Made with cherries, spices, and a bit of maple on the rocks.

INGREDIENTS

- 4 cherries, pitted (fresh or in jar)
 - 1.5 ounces merlot wine
 - 1 oz bourbon – gluten free bourbon list in notes.
 - 2–3 tbsp fresh orange or clementine juice (more if desired)
 - 1–2 tsp maple syrup
 - ice
 - dash of cinnamon or nutmeg
 - lemon zest/peel
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INSTRUCTIONS

1. Juice the orange and remove pits from cherries.
2. Place cherries in a tall glass then muddle the cherries (if no pitter, just remove pits after muddling). This is basically just pressing the cherries with a spoon or a tool called a muddler to extract the juice. Keep the cherries once muddled.
3. Add your orange juice, maple syrup, merlot, bourbon and mix again. Pour into an old fashion glass with handful of ice. Stir then top with lemon peel and dash of with grated nutmeg or cinnamon.

NOTES

- If you don't have merlot, make sure to use a bold red wine.
- Honey or agave can replace maple syrup if needed. The more orange juice you use, the sweeter.
- Gluten Free bourbon list [here](#)