Healthier Holiday Recipes

VALEO
HEALTH AND WELLNESS CENTER

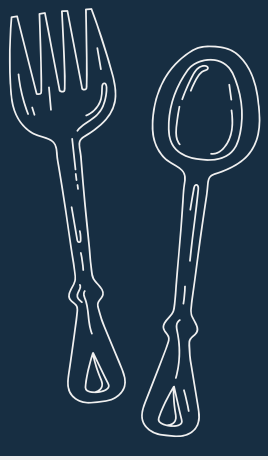
The holidays are a joyous time that encourage us to reflect on all the blessings in our lives—unfortunately, they can be a stressful time, too. The thought of fitting in multiple family gatherings, cleaning the house for guests, and still finding time for yourself can be overwhelming. Not to mention wanting to make sure the recipes you're choosing for your big meal will nourish your family and contribute to good health, rather than cause fatigue or a major sugar rush.

At Valeo, we know that finding nutrient-rich food can also be difficult when navigating food sensitivities and allergies, so we've put together a few healthier-for-you ideas that are versatile for meeting many different dietary needs.

May these recipes be a blessing to your and your family this season, and may you find abundance and joy during this time with those you love most.

Matthew 4:4
Jesus answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

1 Corinthians 10:31
So, whether you eat or drink, or whatever you do, do all to the glory of God.



Healthier Holiday Recipes
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Entree

Wild Rice Stuffed Mini Pumpkins

By Half-Baked Harvest

Gluten free
Dairy free (option)
Egg free
Nightshade free (option)

Original Recipe Link: https://www.halfbakedharvest.com/nutty-wild-rice-and-shredded-brussels-sprout-stuffed-mini-pumpkins/

PREP TIME: 25 minutes COOK TIME: 90 minutes SERVES: 6-8

INGREDIENTS:

- 1 1/4 C uncooked wild rice
- 2 1/2 C water
- 6-8 mini pumpkins
- 2 T olive oil
- 2 C shaved brussels sprouts
- 2 T fresh thyme, chopped
- 1 C raw pecans, chopped
- 1/4 C apple cider
- 1 C dried cranberries
- salt + pepper, to taste
- 1 C shredded manchego
- cheese, optional

DIRECTIONS:

1. In a large sauce pot, boil water & add the rice. Cover & cook over low heat for 35-45 minutes or until water is gone & rice is fluffy. If yours still seem hard after 45 minutes, add 1/2 cup more water & cook for another 15-20 minutes.
2. Preheat the oven to 400 degrees F.
3. Slice the tops of your mini pumpkins & scoop out the seeds (reserve the seeds for roasting and then topping the dish if desired).
4. Place the pumpkins on a baking sheet & rub with a little olive oil, salt + pepper. Roast for 15-20 minutes or until the pumpkins are just tender.
5. Meanwhile, heat a large skillet over medium heat & add a drizzle of olive oil. Add the brussels sprouts in a single layer and season with salt + pepper. Let sit 1 minute then stir. Continue to cook for another 8-10 minutes, until tender and caramelized. Stir in the thyme, pecans and cider, cook another 5 minutes. Remove from the heat and add the wild rice (~3 cups cooked wild rice). Stir in the cranberries, and manchego cheese.
6. Arrange pumpkins in a large baking dish and stuff with the wild rice mixture. If desired, sprinkle the top of each pumpkin with cheese.
7. Place the oven and bake 10-20 minutes or until pumpkins are soft and the wild rice has heated through. Serve hot!

NOTES:

- Low sugar: replace cranberries with chopped apples
- Nightshade free: Omit black pepper
- Dairy free: Omit cheese
- Nut free: Omit pecans or replace with matchstick carrots or pepitas

Entree

Stuffed Acorn Squash

By Steph Gaudreau

Gluten free
Dairy free
Egg free
Nut free
AIP (option)
Nightshade free

Original Recipe Link: https://www.halfbakedharvest.com/nutty-wild-rice-and-shredded-brussels-sprout-stuffed-mini-pumpkins/

PREP TIME: 15 minutes COOK TIME: 90 minutes SERVES: 4

INGREDIENTS:

- 1 large acorn squash
- 1 lb grass-fed ground beef
- 1 medium onion, diced
- 1 apple, any variety, cored and diced
- 6 slices bacon, sliced
- 1 tsp dried rosemary
- 2 tsp dried thyme
- 2 tsp fennel seeds
- 1 tsp ground sage
- 1 tsp black pepper
- 1/2 tsp cinnamon
- 1/2 tsp sea salt
- 1/4 tsp nutmeg

DIRECTIONS:

1. Preheat oven to 375°F. Line a baking sheet or dish with foil or parchment paper.
2. Cut the squash in half and scoop the seeds out. Place on the baking sheet and roast until the flesh is tender, approximately 45 minutes. Remove and allow to cool to the touch. **While the squash is baking, prepare the stuffing. Hint: You can always do this step ahead of time.
3. In a large skillet over medium heat, brown the bacon. Add the onion and cook for 5-10 minutes until softened and translucent. Add the apples and cook for another 5-10 minutes. Remove the bacon / onion / apple mixture to a large bowl.
4. In the same skillet over medium-high heat, brown the ground beef. (Note: If the beef has yielded a lot of fat and is not grass-fed, you may want to drain it before adding the spices and herbs). Add all spices and herbs: rosemary, thyme, fennel seeds, sage, pepper, cinnamon, salt and nutmeg. Pour the ground beef into the same large bowl. Stir to combine.
5. When the squash is cool to the touch, use a spoon to scoop out some of the flesh and mix into the beef. Use a spoon to fill the squash boats with the beef mixture.
6. Return the squash to the oven and bake another 15 minutes until everything is heated through.

NOTES:

- AIP: Omit fennel seeds and black pepper
- Nightshade free: Omit black pepper

Entree

Keto Cottage Pie

By Louise Hendon

Grain free
Dairy free
Egg free
Nut free (option)
AIP (option)

Original Recipe Link: https://ketosummit.com/keto-cottage-pie-recipe/

PREP TIME: 15 minutes COOK TIME: 45 minutes SERVES: 4

INGREDIENTS:

- 600 g cauliflower florets
- 2 T ghee or coconut oil, melted
- 1/2 C avocado oil
- 1 medium onion, finely chopped
- 1.5 lbs ground beef
- 2 carrots (100 g), grated
- 2 T Italian seasoning
- 2 T fresh parsley, finely chopped
- Handful of crushed nuts and seeds for topping (optional, omit for AIP)

DIRECTIONS:

1. Preheat the oven to 350 F (175 C).
2. Steam the cauliflower until fork-tender, about 5 to 10 minutes (depending on the size of the florets). Drain well.
3. In a food processor or blender, combine the cauliflower with the ghee. Season with salt, to taste. Set aside.
4. Meanwhile, add the avocado oil to a large skillet over medium-high heat. Add the onion and saute until translucent, about 4 to 5 minutes.
5. Add the ground beef and carrots to the skillet. Saute until the ground beef is browned, about 8 to 10 minutes.
6. Add the Italian seasoning and parsley to the skillet, stirring well to combine. Season with salt and pepper, to taste.
7. Place the beef mixture in the bottom of a greased baking dish (9-inch x 9-inch (23cm x 23cm) or large oval dish would work). Place the reserved cauliflower mash on top of the beef mixture.
8. Place the baking dish in the oven and bake for 30 minutes.
9. Remove from oven and let cool slightly before serving.

NOTES:
Low sugar: replace cranberries with chopped apples
Nightshade free: Omit black pepper
Dairy free: Omit cheese
Nut free: Omit pecans or replace with matchstick carrots or pepitas

Entree

Stuffed Peppers

By The Clean Eating Couple

Grain free
Dairy free
Egg free
Nut free

Original Recipe Link: https://thecleaneatingcouple.com/whole-30-crockpot-stuffed-peppers/

PREP TIME: 15 MIN COOK TIME: 45-60 MIN SERVES: 4

INGREDIENTS:

- 1 Tbsp olive oil
- 6 large bell peppers
- 1 Lb ground turkey
- 1/2 Cup onions, finely minced
- 1 Tbsp garlic, finely minced
- 1 Cup carrots, finely minced
- 1 Cup cauliflower rice
- 2 Cups tomato sauce (leave 6 Tbsp to the side)
- 3 Tbsp fresh basil, finely chopped
- 2 Tbsp fresh parsley, finely chopped
- 1/2 tsp pepper
- 1/2 tsp salt

DIRECTIONS:

1. Preheat oven to 375. In a large pan, heat olive oil. Sauté turkey for 5-10 min.
2. While the turkey cooks, slice the tops off the peppers + remove seeds.
3. Stir in onion, garlic and carrot mixture with turkey.
4. Sauté until veggies are soft. When everything is cooked, turn off the heat. Stir in raw cauliflower rice, tomato sauce + spices.
5. Stuff the peppers with the mixture and top each pepper with remaining tablespoon of tomato sauce. You can use a spoon or your hands to fill the peppers + press the mixture down to fit all of it inside.
6. Place peppers in a 9×13 oven safe dish and cover with foil. Bake at 375 for about 35-40 min until peppers are easily pierced with a fork. Make sure to cover the peppers with foil.

NOTES:

Make it themed for Halloween by choosing orange bell peppers and cutting jack-o-lantern faces in the peppers before or after cooking.

Entree

Chicken Wings

By Dr. Aaron

Grain free
Dairy free
Egg free
Nut free
AIP

PREP TIME: 5 MIN COOK TIME: VARIES SERVES: VARIES

INGREDIENTS:

- Chicken Drumsticks
- Salt

DIRECTIONS:

1. Place chicken wing on grill, searing one side.
2. Flip, add salt to seared side while opposite side sears
3. Flip gain, adding salt to second side
4. Grill until chicken is cooked through

A note from Dr. Aaron:
Every time I make chicken wings for guests, people say, “these are the best wings I’ve ever had!” They ask me what recipe I use, or what my secret is.

I don’t do anything too special. No crazy seasonings. I just use salt. But, I think what might contribute to these being the “best wings ever” is the type of salt I use. It’s the Premier Pink Salt from Premier Research Labs.

Pretty much everyone in our office has converted to using it as their go-to salt at home. It seems more flavorful than regular salt, and we love it because it’s higher quality than what you’ll find in most stores, too.

NOTES:

Pair it with the crunchy detox salad for a well-rounded meal.

Entree

Balsamic Glazed Salmon

By Well Plated By Erin

Grain free
Dairy free
Egg free
Nut free

Original Recipe Link: https://www.wellplated.com/balsamic-glazed-salmon/#wprm-recipe-container-34574

PREP TIME: 5 MIN COOK TIME: 20 MIN SERVES: 2

INGREDIENTS:

- 2 salmon fillets (~5 oz eachj)
- 2 tsp olive oil
- 2 cloves garlic, minced
- 3 Tbsp balsamic vinegar
- 2 tsp honey
- 2 tsp Dijon mustard
- 1/2 tsp salt
- 1/4 tsp black pepper
- Chipped fresh parsley for garnish

DIRECTIONS:

1. Preheat oven to 400 F. Line a baking sheet with aluminum foil (avoid parchment paper), then coat with oil or non-stick cooking spray.
2. In a small skillet, heat the olive oil over medium heat. Add garlic and cook until fragrant and beginning to brown, about 2 minutes, watching carefully so that it does not burn.
3. Add the balsamic vinegar, honey, mustard, salt, and pepper. Whisk and simmer until the mixture thickens; about 4 minutes.
4. Place salmon skin-side down on the prepared baking sheet. Brush liberally with the glaze.
5. Bake for 5 minutes and then remove from the oven.
6. Baste with the glaze, then bake 5 to 10 additional minutes, until the fish flakes easily with a fork and is cooked through.
7. Sprinkle with chopped parsley and serve.

NOTES:

We love this with a side of cooked asparagus and some rice.

Side

Grain-free Stuffing

By Amy Konkoly, MS, CHHC

Grain free
Dairy free
Egg free
Nut free
AIP
Repair + Clear (Option)

Original Recipe Link: https://valeowc.com/wp-content/uploads/2015/10/grainfreethanksgivingstuffing.pdf

PREP TIME: 15 MIN COOK TIME: 20 MIN SERVES: 4-6

INGREDIENTS:

- 1/2 lb breakfast sausage
- 2 cups diced onion
- 1 1/2 cups diced celery
- 1 cup cauliflower, chopped
- 1 apple, cored and diced
- 2 TBSP raisins or dried cranberries
- 1- 2 TBSP chopped fresh herbs ("poultry seasoning" mix)
- sea salt, to taste
- pepper, to taste
- Optional: 2 eggs, whisked AND 1/2 cup almond flour

DIRECTIONS:

1. Cook sausage over medium heat until beginning to change color.
2. Add onions, celery and cauliflower and continue cooking, stirring occasionally until no pink remains in sausage and onions are translucent.
3. Add apples, dry fruit and sauté an additional 3-5 minutes. Taste for cauliflower to be fork tender. Stir in finely chopped fresh herbs. Remove from heat.
4. Add salt and pepper and stir.
5. Garnish with LOVE and serve

NOTES:

Low sugar: replace cranberries with chopped apples
Nightshade free: Omit black pepper
Dairy free: Omit cheese
Nut free: Omit pecans or replace with matchstick carrots or pepitas

Side

Sweet Potato Unstuffing

By The Real Food RDs

Grain free
Dairy free
Egg free
Nut free
AIP
Repair + Clear (Option)

Name of dish: https://therealfooddietitians.com/sweet-potato-unstuffing/

PREP TIME: 20 MIN COOK TIME: 60 MIN SERVES: 8

INGREDIENTS:

- 1.5-2 cups peeled & cubed sweet potato
- 1.5 cups halved or quartered brussels sprouts
- 2 medium carrots, chopped
- 2 celery ribs, choppsed
- 8 oz sliced mushrooms
- 1/2 medium yellow onion, chopped
- 3 cloves garlic, minced
- 1 medium apple, cored and diced
- 2 t fresh thyme (or 1 t dried)
- 2 t fresh rosemany or sage (or 1 t dried)
- 1/2 t chili powder
- 1 t salt
- 2 T avocado oil
- 1/2 C dried cherries or cranberries
- 1/3 cup chopped pecans

DIRECTIONS:

1. Preheat oven to 375F
2. Combine al ingredients *except for dried fruit and pecans) in a large baking dish. Toss with oil and cover
3. Bake for 20 minutes
4. Remove foil, add fruit and pecans, toss and bake for an additional 20-25 minutes or until sweet potatoes are cooked through
5. Remove from heat and serve

NOTES:

Nut free: Omit pecans
AIP: Omit chili powder
Repair + Clear: Omit mushrooms, chili powder and pecans. Replace dried cherries/cranberries with extra diced apple.

Side

Herbed Whipped Sweet Potatoes

By Meatified

Grain free
Dairy free
Egg free
Nut free
AIP
Repair + Clear (Option)

Original Recipe Link: https://meatified.com/instant-pot-cider-braised-country-ribs/

PREP TIME: 15 MIN COOK TIME: 50 MIN SERVES: 4-6

INGREDIENTS:

- 2.5 lbs white sweet potatoes (~2 large)
- 2 T avocado oil, ghee, or tallow
- 1/4 C coconut milk
- 1 t sea salt
- 1 t minced fresh rosemary or 1/2 t dried rosemary
- 1 t fresh thyme or 1/2 t dried thyme

DIRECTIONS:

1. Peel and chop sweet potatoes into chunks
2. Add to saucepan and cover with just boiled water
3. bring to a boil, then reduce heat to a simmer and cook until tender (~15 minutes)
4. Drain and let sit for a few minutes to release steam which will reduce potential gumminess later
5. Add sweet potatoes to a food processor, blender, or bowl for whipping. Add oil/ghee/tallow, coconut milk and seasoning. Process/blend/whip until smooth and creamy.

NOTES:
You may also use coconut oil in place of avocado oil, ghee, or tallow. You may also use 2 T broth and an extra 1 T of fat of choice in place of coconut milk.

Side

Regular Gravy

By Food Babe

Grain free (Option)
Dairy free
Egg free
Nut free
Nightshade free
Repair + Clear (Wk 4+6)

Original Recipe Link: Regular Gravy by Food Babe

PREP TIME:	COOK TIME:	SERVES: 4

INGREDIENTS:

- 24 oz reduced sodium chicken broth
- 8 oz red wine
- 2 oz aged balsamic vinegar
- 1/3 C spent flour or GF flour of your choice
- 1 T fresh chopped herbs such as oregano, thyme or rosemary
- Sea salt and black pepper to taste

DIRECTIONS:

1. Leave drippings from turkey in the pan and roasting over medium heat
2. Add the broth, wine, and vinegar at the same time
3. Whisk to combine, scraping until all of the bits have come loose.
4. Cook for another 2-3 minutes in order to reduce the mixture slightly
5. Transfer the liquid to a fat separator and let sit for 5 minutes to allow fat to separate
6. Return ⅔ to ¾ cup of the fat to the pan and place over med-high heat
7. Discard any remaining fat. Add the flour and whisk to combine
8. Cool, whisking continuously, until the mixture starts to smooth and thicken, ~ 2-3 minutes. Then, gradually add the liquid back to the pan and whisk until smooth and desired consistency is reached (~ 5-6 minutes). Your gravy should be slightly thin in the pan as it will thicken once you serve it.
9. Add the herbs and whisk to combine. Season with salt and pepper.

NOTES:
For Repair + Clear, make sure your flour blend is made of approved grains (rice, millet, quinoa, buckwheat, and/or tapioca)

Side

Honey Glazed Carrots

By Adventures of Mel

Grain free
Dairy free
Egg free
Nut free
AIP
Repair & Clear (Option)

Original Recipe Link: https://adventuresofmel.com/honey-glazed-carrots/

PREP TIME: 20 MIN COOK TIME: 45 MIN SERVES: 8

INGREDIENTS:

- 2 lbs carrots
- 3 T ghee or avocado oil
- 2.5 T raw honey
- 1 stalk rosemary leaves (optional)

DIRECTIONS:

1. Wash, peel, and slice the carrots
2. Steam or boil the carrots until soft
3. Melt butter/heat oil in a large skillet
4. Add the honey and carrots to the skillet, toss together. If desired, add rosemary to the mixture and toss
5. Cook on low heat for 3-5 minutes
6. Serve while warm

NOTES:
Repair & Clear Option: Omit honey or opt for simple roasted carrots (cut carrots into "fries", toss with avocado oil or ghee, sprinkle with salt and roast for 15-20 minutes at 400F or until soft.

Side

Christmas Wreath Salad

By Valeo

Grain free
Dairy free
Egg free
Nut free (option)
AIP (option)

Original Recipe Link:

PREP TIME: 20 MIN COOK TIME: 45 MIN SERVES: 8

INGREDIENTS:

- 1 lb spinach or spring mix salad
- 2 large red apples, cored and wedged thinly or 1 large orange, sliced and seeds removed
- ½ red onion, thinly sliced
- 1 ½ cups crushed walnuts or almonds
- 6 oz Treeline nut cheese (or other soft cheese)
- Grapes, as desired
- Salad dressing of choice (apple cider vinaigrette or balsamic vinaigrette recommended)

DIRECTIONS:

1. Add greens, apples/oranges, red onion, and nuts to a mixing bowl with enough dressing to lightly coat ingredients.
2. Place salad mix into a wreath-shaped container, or large platter around a small bowl containing the remainder of the dressing.
3. Top with small scoops of your favorite soft cheese (Treeline for dairy-free) and grapes.
4. Add more dressing, if desired, and serve immediately.

NOTES:

If following AIP, omit any ingredients you have not yet successfully reintroduced. If you've successfully reintroduced pumpkin or sunflower seeds, those would be a great addition. Red or golden beets could also be good on this salad.

Beverage

Pumpkin & Apple Mocktini

Valeo Original

Grain free
Dairy free
Egg free
Nut free
Nightshade free

Name of dish: Pumpkin and Apple Mocktini

PREP TIME: 5 MIN COOK TIME: 0 MIN SERVES: 4

INGREDIENTS:

- 1/2 C Ginger-Lemon Health-Ade Kombucha, or similar
- 1.5 C pumpkin puree
- 1.5 T (gluten free) vanilla extract
- 2 t pumpkin pie spice (or your favorite combination of cinnamon, ginger, allspice, nutmeg, etc.)
- 2 C Pink Lady Apple Health-Ade Kombucha, or similar

DIRECTIONS:

1. Mix together ingredients, pour over ice and enjoy

NOTES:
If you don't tolerate fermented beverages, you can try replacing the Ginger-Lemon kombucha with Zevia Ginger Ale and lemon juice, and replacing the Pink Apple Kombucha with apple cider

Beverage

Cosmic Cran-Apple Cinnamon OR Cranberry Ginger Mocktails

Valeo Original

Grain free
Dairy free
Egg free
Nut free
Nightshade free

Name of dish: Cosmic Cran-Apple Cinnamon

PREP TIME: 5 MIN COOK TIME: 0 MIN SERVES: 6-8

INGREDIENTS (COSMIC CRAN-APPLE CINNAMON):

- 2 C Cosmic Cranberry GTS Kombucha
- 2 C Pink Lady Apple Health-Ade Kombucha
- 2 C Zevia Ginger Ale
- Cinnamon, to taste

INGREDIENTS (CRANBERRY GINGER):

- 1 bottle GT's Gingerade Kombucha
- 2 bottles GT's Cosmic Cranberry Kombucha
- 12 oz sparkling mineral water
- 1 Tablespoon lime juice
- Fresh or frozen cranberries, or orange, pear, or apple slices, for garnish
- Fresh rosemary sprig, for garnish (optional)
- Ice

DIRECTIONS:

1. Mix together ingredients gently, pour over ice, garnish (if desired) and enjoy

NOTES:
If you don't tolerate fermented beverages, you can try replacing the Cranberry kombucha with unsweetened Cranberry juice and replacing the Pink Apple Kombucha with apple cider, and replacing the Gingerade with ginger ale.

Dessert

Mini Pumpkin "Cheese"cake

By Amy Konkoly, MS, CHHC

Grain free
Dairy free
Egg free
Nut free
Nightshade free
AIP (option)

Original Recipe Link: https://valeowc.com/wp-content/uploads/2015/10/pumpkinCheesecake.pdf

PREP TIME: 20 MIN COOK TIME: 75 MIN SERVES: 16-20

INGREDIENTS:

For the Crust:

- 10 dates, softened
- 1.5 C unsweetened, finely shredded coconut
- 1 tsp ginger, dry
- 2 tsp cinnamon
- pinch of salt
- 1/4 C melted coconut oil

For the Filling:

- 1/4 C honey
- 1/4 C Grade B Maple Syrup
- 2/3 C melted coconut oil
- 1 can (16 oz) pumpkin puree
- 1 avocado
- 1 tsp vanilla
- 1/4 tsp salt
- 1 Tbsp cinnamon
- 1 tsp ginger, dry
- 1 tsp ground nutmeg*

DIRECTIONS:

1. Preheat oven to 325 degrees.
2. In a food processor, combine crust ingredients until uniformly crumbly. Mixture should stick together when lightly squeezed between fingers.
3. Press the crust mixture into the bottom of the pan - or divide evenly between muffin cups and press down.
4. Bake the crust at 325 degrees until lightly golden on edges (12-15 minutes for springform pan, 8-10 minutes for muffin cups)
5. Remove from the oven and allow to cool.
6. In a blender/food processor, thoroughly combine all filling ingredients.
7. Pour the filling onto the top of the crust.
8. Place pan in the fridge for 3 hrs or freezer for 1 hr until firm.
9. Serve cold. Store leftovers in the fridge (or freezer - thaw to serve)

NOTES:

AIP: Use mace in place of nutmeg
You can use a muffin tin and liners in place of a springform pan.

Dessert

Paleo Apple Pecan Crisp

By Living Well Mom

Grain free
Dairy free
Egg free
Nightshade free
AIP (option)

Original Recipe Link: https://livingwellmom.com/grain-free-apple-crisp/

PREP TIME: 15 MIN COOK TIME: 30 MIN SERVES: 9

INGREDIENTS:

- 4 apples
- 1/3 + 1/2 C coconut sugar or paleo-friendly sweetener like Swerve, divided
- 1 tsp cinnamon
- 1 tsp nutmeg
- 2 tsp vanilla extract
- 1 C almond flour
- 2/3 C pecans, chopped*
- 1/3 C coconut oil, softened
- 2 Tbsp maple syrup or honey, optional

DIRECTIONS:

1. Preheat oven to 400F degrees.
2. Core, peel, and thinly slice the apples. Toss apples with 1/3 cup coconut sugar, cinnamon, nutmeg, and vanilla extract. Dump into an 8×8″ baking dish.
3. Mix the almond flour, chopped pecans, 1/3 cup coconut sugar, and the coconut oil until clumpy.
4. Spoon on top of the sliced apple mixture – spread it about as you can, it doesn't have to cover the apples perfectly. Optional: drizzle 2 tbsp maple syrup or honey over the almond pecan mixture.
5. Bake for 20 minutes covered, then another 10-20 uncovered. The apples should be somewhat soft (not mushy) and beginning to bubble when done.
6. Serve warm with fresh whipped cream if desired.

NOTES:

You may substitute other chopped nuts, such as walnuts or almonds.

Dessert

Vegan No-Bake Raspberry Chocolate Tart

By Bakerita

Grain free
Dairy free
Egg free

Original Recipe Link: https://www.bakerita.com/no-bake-raspberry-chocolate-tart-paleo-vegan-gf/

PREP TIME: 10 MIN CHILL TIME: 60 MIN SERVES: 8

INGREDIENTS (CRUST):

- 1.5 C almond flour
- 1/4 C unsweetened cocoa powder
- 1/4 C coconut oil, melted
- 1 Tbsp pure maple syrup
- Pinch salt

INGREDIENTS (FILLING):

- 1/2 C canned full-fat coconut milk
- 6 oz bittersweet chocolate, finely chopped
- 1/4 C raspberry preserves
- 2 C fresh raspberries

DIRECTIONS:

1. Lightly grease a 9-inch pan with a removable bottom with coconut oil.
2. In a bowl, combine all of the ingredients for the crust and stir together until it comes together and sticks together when pressed. Press evenly into the prepared tart pan, using the flat bottom of a glass or measuring cup helps with this. Set aside.
3. Finely chop the chocolate, using a serrated knife helps a lot with this. Place the finely chopped chocolate in a large bowl.
4. In a small saucepan, bring coconut milk just to a boil. Pour hot coconut milk over the chocolate, shaking the bowl to make sure it's all covered, and let stand 1 minute. After a minute, stir until smooth and creamy. Whisk in raspberry preserves. Pour the filling into the prepared crust.
5. Garnish the top with raspberries while the chocolate is still warm, pressing them in so they stick.
6. Place tart in the refrigerator to set and cool completely, about 1-2 hours.
7. Store all leftovers in an airtight container in the refrigerator.

NOTES:

Dessert

Paleo Strawberry Shortcake

By Fit Mitten Kitchen

Grain free
Dairy free
Nightshade Free
AIP Reintro Phase

Original Recipe Link: https://www.fitmittenkitchen.com/paleo-strawberry-shortcake/#recipe

PREP TIME: 20 MIN COOK TIME: 20 MIN SERVES: 10

INGREDIENTS (SHORTCAKE):

- 1.5 C coconut flour
- 1 tsp baking powder
- 1/2 tsp salt
- 3 large eggs
- 5 Tbsp coconut oil, melted and cooled
- 1/2 t vanilla extract
- 1/4 C pure maple syrup
- 1/2 C non-dairy milk

INGREDIENTS (TOPPING):

- 14 oz can coconut cream, chilled 6-8 hours (do not shake)
- 1 lb strawberries, quartered
- 1 Tbsp coconut sugar, optional

DIRECTIONS:

1. Preheat oven to 350°F and generously grease 9" baking dish with oil and set aside.
2. In a medium bowl, sift together coconut flour, baking powder, and salt. Stir together to make sure no clumps are present. Set aside.
3. In a large bowl whisk together eggs, coconut oil, vanilla extract, maple syrup, and milk. Add in dry ingredients, using a large spoon to combine. Batter will be a bit thick.
4. Pour batter into greased dish and bake shortcake for 18-22 minutes, checking with toothpick in middle for crumbs. Edges should be slightly browned and cake completely set when done. Transfer to fridge and cool for at least 20 minutes, or covered overnight.
5. Toss quartered strawberries in medium bowl with 1 tablespoon of coconut sugar and allow sugar to dissolve, about 5 minutes, set aside.
6. When the shortcake is cooling, make your whipped cream layer: Carefully scoop out chilled cream into large bowl. (Discard liquid or save for smoothies.) Using hand mixer or stand mixer with whisk attachment, whip cream until light and fluffy for about 5 minutes. Using large spatula spread cream evenly over shortcake, and cover with juicy strawberries.

NOTES:

This is a great recipe for those who have successfully reintroduced eggs and can tolerate added sugar during their AIP process.

Dessert

Peppermint (Black Bean) Brownies

Grain free
Dairy free
Nut free (option)

Original Recipe Link: https://www.fitmittenkitchen.com/paleo-strawberry-shortcake/#recipe

PREP TIME: 20 MIN COOK TIME: 35 MIN SERVES: 9

INGREDIENTS:

- 1 (15 ounce) can black beans, drained and rinsed
- 2 large eggs, room temperature
- ½ cup cocoa powder
- ¼ cup maple syrup
- ¼ cup honey
- ⅓ cup coconut oil, softened
- 1 ½ teaspoon baking powder
- Pinch of salt
- 1 tsp peppermint extract (or 2–4 drops food-safe peppermint oil)
- ⅓ cup chocolate chips (such as Enjoy Life Foods), divided
- ⅓ cup crushed nuts, optional

DIRECTIONS:

1. Preheat oven to 350° F.
2. Place all ingredients, except for chocolate chips and nuts, in a blender or food processor, blending until smooth.
3. Pour batter into large bowl and stir in ¼ cup chocolate chips and nuts (optional).
4. Pour into greased 8 x 8 - inch pan and top with remainder of chocolate chips.
5. Bake 30 - 35 minutes or until toothpick comes out clean.

NOTES: