

## *Holiday Recipe Collection 2014*

# **Blueberry Muffins**

*By Monica Bravo, bravopaleo.com*

*These are delicious in flavour and texture!*

## **Ingredients**

- 2 1/2 cups almond flour
- 1 Tablespoon coconut flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 Tablespoon vanilla
- 1/4 cup coconut oil
- 1/4 cup maple syrup
- 1/4 cup coconut milk\*
- 2 eggs
- 1 cup fresh or frozen blueberries
- 2-3 Tablespoons cinnamon



## **Instructions**

Preheat oven to 350. Line a 12 count muffin tin and lightly oil with coconut oil. In a mixing bowl combine almond flour, coconut flour, salt and baking soda and stir to combine.

Pour in coconut oil, eggs, maple syrup, coconut milk, and vanilla; mix well.

Fold in blueberries and add cinnamon.

Distribute into muffin tin. Sprinkle with additional cinnamon. Bake for 22-25 minutes. Allow to cool and enjoy!

## **Notes**

\*Coconut milk can come in different textures depending on the brand you use. If you use a thicker brand like THAI, then use 1/8 cup of coconut milk and 4 Tablespoons of water. If your coconut milk is thinner, stick to the 1/4 cup of coconut milk.



# German Marzipan Christmas Cookies

*(Frankfurter Bethmännchen)*

*Recipe by: Rose, The Clean Dish*

*Yields: 15-20 Bethmännchen*

*Prep time: 10mins, cook time 30mins*

## Ingredients for Marzipan

- 1 cup almond flour (made from blanched almonds)
- 2 tablespoon maple syrup
- 1 teaspoon vanilla extract (or rosewater)

## Ingredients for cookies

- 1 cup marzipan
- 1 egg
- 2 tablespoon arrowroot powder
- 2 tablespoon almond flour
- 1/2 cup almonds halves, blanched



## Directions

Mix almond flour with maple syrup and vanilla extract and knead well.

Separate the egg and add the egg-white to your marzipan. Mix well, then add arrowroot powder and additional almond flour.

Your cookie dough will be thick and a little sticky; if it's too sticky, add another tablespoon of almond flour. Line a baking tray with parchment paper. Using your hands, form little balls the size of a small walnuts and place them on the baking tray. It's easier to form little balls if your hands are moistened. Place baking tray into refrigerator for 1h.

Preheat oven to 275F. Mix egg yolk with 1 tablespoon water and coat marzipan balls. Decorate with almond halves and bake for 27-30 minutes.



# Jam Thumbprint Cookies

*From withfoodandlove.com*

*Makes 18 soft and chewy cookies*

## Ingredients:

- 2 cups blanched almond flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/4 cup melted coconut oil
- 1/4 cup honey or agave
- 1 tablespoon vanilla extract
- 1 tablespoon unsweetened almond milk
- 2 tablespoons of blanched almond flour for finishing
- 2 tablespoons of your favorite jam



Preheat your oven to 375 degrees. Line a baking sheet with parchment paper. Combine the first three dry ingredients into a mixing bowl. With a whisk mix it together well. Then add in the coconut oil, honey, vanilla and milk. With a spoon stir the batter until it forms a dough.

This dough will make 18 cookies. Divide it into 18 equal parts. Roll each part into a small ball and dip just one half of the ball into the almond flour that was set aside for finishing. Place the ball on the cookie sheet with the bare side down, meaning the side that was dipped in the almond flour should be facing up. Press the ball down leaving a small indentation in the center of the cookie.

Fill the indentation in the middle of the cookie with your favorite jam. I've filled these cookies with my favorite raspberry, strawberry and fig jams. They're delicious with any flavor!

Bake for 8 – 10 minutes. To prevent burning the bottoms I strongly recommend that you double up your baking sheets.

When the cookies come out of the oven their texture will still be quite soft, transfer them to a cooling rack and allow them to cool completely. During the cooling process the cookies will become a little more firm, but still soft and chewy. Finish with a little sprinkle of almond flour. Then eat, gift and share these little babies right up!

# Coconut Flour Carrot Cake

*From: Detoxinista.com*

*Creates 1 Bundt cake or 2 x 9" rounds*

## Ingredients

1 cup coconut flour  
1 cup maple syrup  
½ c melted coconut oil  
8 eggs, room temperature  
1 tablespoon cinnamon  
1 tsp ginger  
½ tsp nutmeg  
½ tsp salt  
1 tablespoon lemon juice  
1 tsp baking soda  
2 cups shredded carrot  
1/3 cup diced pineapple (optional)  
¼ cup raisins (optional)  
1 batch of Maple Pecan Glaze  
Shredded coconut to garnish



## Method

Preheat the oven to 350F and generously grease your pan with coconut oil. (If you're using 9-inch cake pans, use parchment paper instead for easier removal.) To prepare the cake, combine the coconut flour, maple syrup, coconut oil, eggs, cinnamon, ginger, nutmeg, salt, lemon juice and baking soda, and mix well to create a uniform batter. If any of your ingredients are cold the mixture will be thicker than traditional cake batter, but don't worry, it will still bake just fine! Once the batter is uniform, stir in the shredded carrots, pineapple, and raisins (if using).

Pour the batter into your prepared pan(s) and bake at 350 until the center is firm, about 35-40 minutes for 9-inch pans, or about 45-50 minutes for the bundt pan. Allow to cool in the pan for 20 minutes, then transfer to a wire rack to cool completely before frosting with the Maple Pecan Glaze, or other topping of Choice.

For best shelf-life, store the cake covered in the fridge 4. for up to one week.

# Maple Pecan Glaze

*Makes about 1 cup*

## Ingredients:

3/4 cup pecans  
1/4 cup pure maple syrup  
2 Tablespoons coconut oil  
1/4 cup water  
1 teaspoon vanilla extract  
Pinch of sea salt

## Directions:

Combine all of the ingredients in a high-speed blender, and blend until smooth and creamy.



# Paleo Cinnamon Rolls (Nut-free)

*From: Detoxinista.com*

*Serves: 6-7*

*A soft and gooey cinnamon roll that is grain-free!*

## Ingredients, Cinnamon Rolls:

1½ cups arrowroot starch  
½ cup + 2 T. coconut flour  
2 eggs  
½ cup water  
½ cup melted coconut oil  
2 teaspoons vanilla extract  
¼ cup coconut sugar  
¼ teaspoon salt



## Filling

$\frac{1}{3}$  cup coconut sugar  
Ground cinnamon, for sprinkling

## Maple Cashew Glaze

$\frac{3}{4}$  cup cashews, soaked in water for 2 hours and drained  
3 tablespoons pure maple syrup  
2 tablespoons melted coconut oil  
 $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  teaspoon vanilla extract

## Instructions

Preheat the oven to 350F and line a baking dish with parchment paper. In a large mixing bowl, combine all of the ingredients for the cinnamon rolls and stir very well to mix-- there should be no clumps! Place the bowl of dough in the fridge for 20 minutes to chill and thicken.



Place the chilled dough on a large piece of parchment paper, and use your hands to press the dough into a 8" x 12" rectangle. (Alternatively, you could roll out the dough using a rolling pin over an additional layer of parchment paper.) Sprinkle the coconut sugar over the top of the dough, then top with a generous sprinkling of cinnamon. Use the parchment paper to help you roll the dough up, the way you would use a bamboo mat to help you roll up sushi. You want the dough to be rolled as tightly as possible. Seal the end, then slice the roll into 6-7 pieces. (Depending on the temperature of your dough at this point, they could be fragile.)

Carefully transfer the rolls to the lined baking dish, and cover the top with foil.  
\*Note: I normally avoid using aluminum foil in cooking, but in this case the foil should not touch the rolls-- just the pan-- and it's an easy way to prevent the rolls from drying out. If you'd still prefer to skip the foil, you could try covering the rolls with additional parchment paper, but the result may be drier and more biscuit-like in texture.

Bake the rolls for 25 minutes at 350, then remove the foil and bake for an additional 5 to 10 minutes, until the sides of the rolls are firm to the touch. Allow to cool for 10 minutes, then serve warm with the Maple Cashew Glaze, if desired.

To make the Maple Cashew Glaze, simply combine all of the ingredients in a high-speed blender, and blend until completely smooth and creamy. This recipe may

make more glaze than you need, depending on how much icing you like on your rolls. (The extra freezes well if you want to save it for a future batch!)

## Notes

\*For a nut-free glaze, try replacing the cashews with 6 tablespoons of sunflower butter or coconut butter.

# Gluten Free Whipped Shortbread

*Author: Jeanine Friesen*

*Serves: Yields 3 1/2 doz.*

*This recipe is not paleo-friendly, but a request for this old tradition in GF form*

Although traditional Whipped Shortbread does not include any vanilla or almond extract, I found that it gave the cookies a really great flavour. If you're a purist, you can omit the flavourings.

## Ingredients

- 1 cup butter, softened
- 1/2 cup confectioners' (icing) sugar
- 1/4 teaspoon almond extract (optional, but good)
- 1 teaspoon vanilla extract (optional, but good)
- 1 cup white rice flour
- 1/2 cup cornstarch
- 1/4 cup tapioca starch/flour
- 1/2 teaspoon xanthan gum
- almonds or pecan halves for decorating

## Instructions (GF Whipped Shortbread)

- Preheat the oven to 300 degrees F. Line your baking sheets with parchment paper.
- Place the butter and confectioners' sugar in the bowl of a stand mixer fitted with a paddle attachment. Starting on slow speed, and slowly increasing, beat the butter &
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## Instructions (GF Whipped Shortbread con't)

- sugar until fully combined, scraping down the bowl in between. Add the extracts if using, and beat until blended.
- In a separate bowl, whisk together the remaining ingredients. Slowly add to the butter mixture while the mixer is on low speed. Once the flour has been worked in, slowly increase the speed to medium. Beat on medium speed for 5-6 minutes. This is crucial, as it adds the lightness to the dough, giving you a light, airy cookie.
  - Scoop 3/4-inch balls of dough onto the cookie sheet, keeping 2-inches between cookies. I use my small cookie scoop for this, works perfectly.
  - Use a fork, that has been floured with rice flour, to press the cookies down slightly. Place cherries, sprinkles, or coloured sugar on the top of the cookies, if using.
  - Bake in preheated oven for 23-25 minutes. You do not want the cookies to brown at all, just for the dough to set. Let cookies remain on cookie sheet for 2-3 minutes before removing to wire cooling rack.
  - Store cooled cookies in an airtight container.

## Soup Secrets

*From: Teri Jaklin ND*

Make simple pureed soups but filling your pot with veggies – any veggies! All some sea salt, a stick of wakame, your favourite dry or fresh herbs. Bring it to a boil and simmer until the veggies are soft – puree the whole thing in your vitamix or blend-tech. Just before serving add some fresh herbs of your choice and blend them in. You can't go wrong!

Keep a bag in the freezer with all your vegetable bits – the stump of the broccoli, onion peels, stems of parsley, celery stumps, or anything that it is near the end of it's life. When the bag is full add it to a pot, top it up with water, add a little sea salt and a stick of wakame. Bring to a boil and simmer for 45 mins. Strain and start to create you new soup in this awesome veggie stock.

Create bone broth by adding frozen bones (beef, chicken, lamb, fish) to a pot, top up with water, add a stick of wakame, some sea salt and spices of your choice (bay-leaf, black pepper corns, rosemary, sage etc) bring to a boil and simmer for 45 minutes to 4 hours. Drink a glass each day to nourish the joints or use it as a soup base or in other recipes calling for a flavourful broth.



# Pecan Crusted Chicken with Fennel Compote

*From our good friend and nutritionist extraordinaire Anita Sauvé*

*Serves 4*

## Ingredients:

- ¾ cup chopped pecans
- 2 tbsp Dijon or grainy mustard
- 2 tbsp maple syrup
- 2 chicken breasts, split lengthwise to form 4 cutlets

## Method:

Mix pecans, mustard and maple syrup and spoon over chicken cutlets.  
Bake in 350° oven for 15 minutes or until cooked through.  
Top with fennel compote and enjoy!

## Fennel Compote

### Ingredients:

- 2 tbsp butter
- ½ bulb of fennel, sliced
- 1/3 cup chicken stock
- Juice and rind of 1 lemon
- 2 tbsp maple syrup



### Method:

Soften fennel in butter.  
Add remaining ingredients and let simmer until thickened.



***Anita Sauvé RNHP***

*No pic of this delicious meal so here is the kitchen goddess herself*

# Cauliflower Pizza Crust

*From: Detoxonista.com*

*Serves 2*

## Ingredients:

- 1 pound cauliflower florets (fresh or frozen)
- 3 tablespoons ground chia or flax seeds, divided
- 6 tablespoons water
- 1/2 cup almond meal
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano



## Directions:

Preheat the oven to 400F and line a baking sheet with parchment paper. Place the cauliflower florets in the bowl of a large food processor fitted with an “S” blade, and pulse until a rice-like texture is created. Pour the cauliflower “rice” into a large sauce pot, add enough water to cover, and bring to a boil. Cover, reduce the heat and allow to cook for 5 minutes. Drain the liquid, then transfer the cooked cauliflower rice in a freezer-safe bowl. Place in the freezer to cool for 10 minutes.

In the meantime, mix together 2 tablespoons of ground chia or flax seeds with 6 tablespoons of water, to create a vegan “egg.” Set aside and allow the mixture to thicken. Remove the cooled cauliflower rice from the freezer and transfer it to the center of a thin dish towel. Use your hands to squeeze the rice in the dish towel, removing all of the excess moisture from the cauliflower.

\*Note: You can skip the cooking and cooling process when using frozen cauliflower. Simply allow the frozen cauliflower to thaw in your fridge overnight, which creates a “cooked” texture without having to do the extra work. Pulse the thawed cauliflower to create the rice, then drain well using a dish towel.

# Balsamic Mustard Vinaigrette

*This basic recipe tastes great on all salads!*

*Yields 1 ¾ cups*

¼ c balsamic vinegar

¼ c water

1 tsp Dijon mustard

Herbs to taste (rosemary, oregano, thyme, basil, parsley, tarragon – or try Braggs SPRINKLE – a combo of herbs)

1/3 cup cold pressed , extra virgin olive oil or avacado oil

1/3 flax or hemp oil

1 large clove garlic

Sea salt and ground pepper to taste.

Measure all ingredients, except oils into a jar with a tightly fitting lid. Shake vigorously. When combined add oils and shake again. (Or put it all in your magic bullet) Store in the refrigerator. Mixture will harden when refrigerated. Remove from fridge 10-15 mins before serving. Use this dressing for any salad or veggie dish you wish.

To make this dressing thick and creamy add ¼- ½ ripe avocado in the magic bullet. For something different try adding a handful of blueberries.

# Anti-Inflammatory Turmeric Tea

*From autoimmune-paleo.com*

## Ingredients

32 oz boiling water

½ Tbsp turmeric powder

1 Tbsp fresh ginger, thinly sliced

1 handful cilantro, chopped

1 garlic clove, peeled and crushed

1 Tbsp olive oil

2 lemons, juiced

5 peppercorns, whole (if tolerated on AIP)

1 orange, juiced (or substitute 1½ tbsp honey)



## Instructions

Put water on the stove to boil. Combine all ingredients in a strainer or teapot. Pour boiling water into the pot and steep for 10 minutes. Strain and enjoy!

# Incredible Mulled Cider

*From: Jamie Oliver*

## Ingredients

- 2 litres good-quality traditional cider
- 6 cloves
- 3-4 star anise
- ¼ nutmeg, finely grated into the pan
- 1 cinnamon stick
- 1 vanilla pod, halved
- juice of 1 orange
- juice of 2 clementines
- 1 pomegranate, juice and seeds of
- 4-5 tablespoons caster sugar (or other sweetner)



## Method

Pour the cider into a large pan on a low heat and let it warm through for a few minutes. Add all the spices and juices and turn the heat up. Once boiling, turn down to a simmer and leave to tick away for 5-8 minutes.

As everything infuses you'll get delicious layers of flavour. Taste it and add sugar as you like. You don't want it sweet; you just want the sugar to join the spices in a harmonious taste. When you're happy with the flavours, ladle into glasses or mugs and serve warm.

# Spiced Sweet Potatoes

Peel 2 -4 large sweet potatoes and cut into large cubes. Put into a large bowl, toss in the oil of your choice (I use avocado), sprinkle with the spice combo below and toss again. Bake at 350 until tender.

The spice combo can be whatever suits you, I use the following:

- 1 tsp cinnamon
- ½ tsp turmeric
- ½ tsp cumin
- ½ tsp sea salt
- ½ tsp ginger powder
- a touch of nutmeg

# Stir-fried Brussel Sprouts

By Teri Jaklin

*BTW I don't measure anything so here's what you need  
Even Brussel Sprouts haters love this one*

## Ingredients

Brussel Sprouts  
Onions  
Turmeric – optional  
Chiles - optional  
½ a lemon



## Method

Chop the onion into bite-sized pieces and the Brussel sprouts in half. Start by stirfrying the onions for a few minutes, add the Brussel Sprouts and continue until they begin to brown up a bit. Add salt and/or turmeric if you choose to, add a couple of ounces of water and put a tight lid on to steam the Brussel Sprouts (about 5 minutes). Move to a serving dish, squeeze the lemon juice over it and serve.

# Festive Spiced Nuts

From Sandy Pomeroy

*These nuts are so delicious, you won't want to make them too far ahead or you will eat them all! So much better than chips, nuts provide many nutrients and contain protein, fat and fibre!! Placing them in small jars with pretty Christmas ribbons makes a beautiful delicious and nutritious Christmas Gift that your friends will love!!*

1 cup organic walnuts  
1 cup organic almonds  
1 cup organic pecans  
1 cup organic cashews  
½ cup cultured butter  
1 Tbsp. Worcestershire sauce  
1 tsp. garlic powder  
1 tsp. onion powder  
1 tsp. celery salt  
½ tsp. Herbamere  
½ tsp. kelp flakes (optional)  
½ tsp. cumin  
1/8 tsp. cayenne

Preheat oven to 325°. Place butter in a roasting pan and put in oven until butter melts. Remove and add all the seasonings. Stir well. Throw in the nuts and stir to combine. Bake for approx. 45 minutes, stirring every 10-15 minutes to coat nuts. Let cool completely. Place in a sealed container.



# Post-Holiday Detox Salad

*From: Nourishingmeals.com*

This recipe tastes great the day it is made, plus will last a few days in your refrigerator with the dressing on it. I use pepitas (shelled green pumpkin seeds) in this recipe. You should be able to find them in the bulk food section of your local health food store. You can also substitute them with toasted sunflower seeds, or omit them altogether.

## Salad:

- 4 cups thinly sliced green cabbage
- 4 cups thinly sliced red cabbage
- 4 cups thinly sliced kale
- ½ cup chopped parsley
- ½ cup chopped cilantro
- ½ cup toasted pumpkin seeds (pepitas)
- arils from 1 small pomegranate



## Dressing:

- 6 tablespoons extra virgin olive oil
- 4 tablespoons freshly squeezed lime juice
- 2 to 3 tablespoons water
- 1 tablespoon raw almond butter, cashew butter, or tahini
- 1 garlic clove, peeled
- ½-inch piece fresh ginger
- ½ teaspoon sea salt

Place all of the ingredients for the salad into a large bowl and toss together.

To make the dressing, add all ingredients to a blender and blend until smooth. Pour dressing over salad and toss together. Serve.

Note: to toast pumpkin seeds, heat a stainless steel skillet over medium heat. Add the seeds and keep them moving in the pan. They should puff up and become slightly golden. This should take about 2 to 3 minutes. Remove the pumpkin seeds from the pan and place them onto a plate to cool.