



Thanksgiving Special Holiday Recipes

STARTERS:

ROASTED VEGETABLE SALAD W CIDER VINAIGRETTE

Ingredients:

1 pound parsnips, peeled and cut lengthwise
1 pound carrots, peeled and cut lengthwise
1 pound small golden beets, peeled and coarsely chopped
10-12 garlic cloves
1 cup frozen pearl onions, thawed
1 pound small Brussels sprouts, trimmed and halved
3 fresh rosemary or thyme sprigs
3 small bay leaves
3 tablespoons butter, melted
1 ½ tablespoons olive oil
Kosher salt and freshly ground black pepper

Directions

Preheat oven to 425°. Divide first 8 ingredients between two aluminum foil-lined jelly-roll pans. Drizzle with butter and oil; toss to coat. Spread vegetables in a single layer in each pan, leaving about 1 inch between pieces. Season with salt and pepper.

Bake both pans at 425° for 20 minutes, placing 1 pan on middle oven rack and 1 pan on lower oven rack. Rotate pans front to back, and top rack to bottom rack. Bake 20 to 25 more minutes or until vegetables are tender.

Gently loosen vegetables, and add salt and pepper to taste. Cool completely (about 20 minutes). Discard herb sprigs and bay leaves. Place vegetables in a zip-top plastic freezer bag, and refrigerate 2 hours to 2 days.

To serve, let vegetables stand 20 minutes or until room temperature. Add 1/4 cup Apple Cider Vinaigrette; toss to coat.

Layer vegetables on a platter. Drizzle with another 1/4 cup vinaigrette over salad. Season with salt and pepper.

APPLE CIDER VINAIGRETTE

¾ cup extra virgin olive oil
¼ cup apple cider
¼ cup apple cider vinegar
2 tablespoons finely chopped shallot
1 tablespoon whole grain Dijon mustard
1 tablespoon honey
1 ½ teaspoons kosher salt
1 teaspoon fresh thyme leaves
½ teaspoon freshly ground black pepper

Directions

Combine all ingredients in a glass jar with a tight-fitting lid. Cover with lid, and shake well. Shake jar again just before serving.

SIDES:

STUFFED MUSHROOMS

Ingredients:

1 cup [Italian Nut Crumbs](#) plus 2 Tablespoons for extra sprinkling
2 lbs. white button mushrooms
1 lb hot italian pork, turkey or chicken sausage (may use cauliflower rice as sub)
4 garlic cloves chopped fine
½ onion chopped fine
1/3 cup dry white wine (we prefer Sauvignon Blanc)
8 oz. cream cheese
1 egg
3/4 cup parmigiana cheese grated fine
1 Tablespoon olive oil

Directions:

In a skillet brown the sausage. Crumble into small pieces as browning Once cooked remove and allow to cool. Leave drippings in skillet and set aside.

Rinse the mushrooms thoroughly in a strainer. Take each mushroom and break the stem off. They should pop right off! Keep the stems and set them aside, as we are going to use them in the stuffing.

Chop the stems up into small pieces, about the same size as the garlic and onions.

Saute onions in your skillet with drippings and olive oil for a few minutes, add the garlic and chopped mushrooms saute another minute add white wine and simmer for a couple of minutes. Add Nut Crumbs and cook another couple of minutes. Remove from heat and allow to cool.

In a large bowl mix together your egg and cream cheese then mix in parmesan cheese and stir in well. Add the cooled sausage and onion mixture to that and mix it up until well combined.

Using a spoon, stuff each mushroom with as much filling as can fit into the stem hole of the mushroom, with a little coming out the top. Place each mushroom into a baking dish or on a cookie sheet. Using a cookie sheet will brown the mushrooms better. A baking dish, makes the mushrooms easier to transport, if you are taking them to a party! Either way, they both turn out delicious! Once all the mushrooms are stuffed, sprinkle with additional Italian Nut Crumbs and place in a 350 degrees oven for 20-25 minutes.

Recipe provided by Susan Appel, founder of [Nut Crumbs](#)

HOLIDAY ROASTED BRUSSEL SPROUTS

Ingredients:

1 pound brussel sprouts
2 tablespoons olive oil
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 tablespoons pine nuts for serving
2 tablespoons Pomegranate seeds for serving

Directions:

Preheat oven to 425°F. If you don't have a nonstick baking sheet, line it with parchment paper for easy clean up.

Peel the outer, yellow-ish leaves of the brussel sprouts off, trim the ends, then cut them in half. Place brussel sprouts on the baking sheet, drizzle olive oil on top, and sprinkle with garlic powder, salt and pepper.

Toss to coat evenly, and then roast in the preheated oven until golden brown, about 20-25 minutes, depending on their size. Shake the pan every few minutes for even roasting.

Transfer the brussel sprouts to a serving dish. Sprinkle toasted pine nuts and pomegranate seeds on top. Serve warm.

SIDES (Continued):

GREEN BEAN CASSEROLE

Ingredients:

1 lb. fresh green beans, trimmed and halved
6-8 oz. mushrooms, sliced or chopped
1 cup chicken broth
1 cup full-fat coconut milk or Half & Half
2 garlic cloves, minced
2 tsp. fresh thyme
1 1/2 tsp. coconut aminos, tamari or soy sauce
3 tbsp. tapioca starch
1 tbsp. butter, ghee, coconut or avocado oil
Sea salt and freshly ground black pepper

Topping:

2 medium leeks (about 1 1/2 lb.)
1 cup avocado oil for frying

Directions:

Preheat your oven to 400 F.

Bring a large pot of salted water to a boil. Add the green beans and blanch for 5 minutes.

Remove from the stove and strain the green beans with cold water to stop the cooking. Add back to the pot and set aside.

Heat a tablespoon of cooking fat in a large skillet over medium heat and add the mushrooms. Cook for 5-8 minutes until soft.

Add the garlic, thyme, and season to taste; stir, cooking for another 2 minutes.

Sprinkle the tapioca starch over the mushrooms and mix.

Pour in the broth, coconut milk, and coconut aminos and bring to a boil. Stir constantly until the mixture thickens.

Mix the mushroom sauce in the pot with the green beans. Transfer to a casserole dish and top with remaining onion crumble.

Bake for 15 minutes until bubbling and top is golden brown.

Cover lightly with foil if top browns too fast.

While beans bake, cut leeks in half lengthwise; cut each half into 2- to 3-inch pieces. Thinly slice into

long strips (about 2 cups thin strips).

Heat avocado oil in a small saucepan over medium-high to 350°F. Fry leeks in hot oil, in 2 to 3 batches, until golden, 1 to 2 minutes per batch. Remove with a slotted spoon, and drain on paper towels. Sprinkle fried leeks over hot casserole just before serving. The leeks fry up very quickly; keep a close watch on them as they cook. Serves 6

CAULIFLOWER – POTATO MASH

Ingredients

Nonstick cooking spray

1 medium head cauliflower (2 pounds), cut into florets (about 4 1/2 cups)

1 tablespoon olive oil

1 1/2 pounds Yukon Gold potatoes, scrubbed or peeled, and cut into 2-inch pieces

1 1/4 cups milk, unsweetened almond or unsweetened coconut milk

3 tablespoons butter or ghee, melted

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Green onions, chopped (optional)

Directions

Preheat oven to 400°F. Lightly coat shallow baking pan with nonstick cooking spray. Place cauliflower in pan; drizzle with oil. Toss to coat. Roast 30 to 40 minutes or until just browned, stirring occasionally.

Place potatoes in large saucepan with salted water to cover. Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until very tender. Drain; return potatoes to saucepan. Mash with potato masher; set aside.

Place cauliflower in food processor; cover and process until smooth adding 2 Tbsp. of the milk. Add cauliflower mixture to potatoes in saucepan. Add remaining milk, butter, salt, and black pepper. Heat through over medium heat, stirring frequently. Top with green onions.

SIDES (Continued):

HEALTHY MAPLE & PECAN YAMS

Ingredients

2 cups yam cubed*
1/2 cup orange juice
4 Tb maple syrup**
2 tsp cinnamon
1 tsp nutmeg
¼ tsp salt
1/4 cup chopped pecans (for topping)

Directions

Preheat oven to 400.

Slice the yam into 1-inch cubes. Place in a pot of boiling water for about 5-7 minutes until they are slightly underdone. Transfer yams to a greased baking pan

Mix the orange juice, 2 Tb maple syrup, cinnamon, nutmeg and salt. Pour the mixture over the yams. Bake in the oven for about 25 minutes. For the last 2-3 minutes of cooking, pull the dish out and brush with the last 2 Tb of maple syrup and sprinkle with chopped pecans

Serves: 6

Nutrition: Calories 152, Carbohydrates 30gms (Sugar 16gms), Protein 2gms, Fat 2gms

*Want to dial down the sugar?

We highly recommend cutting the maple syrup in half and instead bumping up the sweet with our highly concentrated [Pure Monk Fruit Sweetener](#). Approx - ¼ teaspoon usually does the trick.

**Want less total carbs?

Consider using half yams and half kabocha or acorn squash in this recipe

Nutrition with both modifications:

Calories 78, Carbohydrates 13gms (Sugar 4 gms), Protein 2gms, Fat 2gms

GRAIN FREE STUFFING

Bread Alternative Ingredients:

Option #1: Simple Mills [Almond Flour Baking Mix](#)

Use this easy grain free mix to which you add eggs, water, oil, and vinegar to make your bread alterna-

tive. Follow directions on the box to make the bread loaf. It is great for many other uses. If you cannot find it in the "healthy baking" section of your local market, buy it on our [Amazon link here](#).

Option #2: Homemade "Cornbread"

1/2 cup coconut flour
1/4 tsp sea salt
1/4 tsp baking soda
6 eggs (or 3 eggs and 1/3 cup coconut milk)
1/2 cup coconut oil, melted

Cornbread Directions:

Preheat oven to 350 degrees F. In a medium-sized bowl sift together the dry ingredients. Slowly add the wet ingredients into the dry ingredients and stir until very smooth. Grease a small bread pan and fill about 2/3 of the way full with batter. Bake for 40-50 minutes, or until a toothpick comes out clean. This can be made ahead and frozen.

Remaining Ingredients:

1 pound ground turkey sausage
2 cups chopped water chestnuts or celery (or half of each)
1/2 cup chopped onion
5 cups crumbled almond or corn bread (from above)
2 cups sliced mushrooms
1 1/2 cups chicken broth* (or more if you like a mushy stuffing)
2 tsp poultry seasoning
1 tsp sage

*If unsalted, add 1 tsp salt to recipe

Directions

Preheat oven to 325 degrees F (165 degrees C). Place sausage, mushrooms, celery, and onions in a large skillet. Cook over medium-high heat until evenly brown. Drain excess liquid and set aside.

In a large bowl combine sausage mixture with one of the bread options above, chicken broth, poultry seasoning, and sage. Mix well and transfer to a greased 9x12 inch baking dish. Bake, uncovered, for 45 minutes or until well set and cooked through. For extra crunchy top, place under broiler for 2 minutes.

Makes 12 servings.

Nutritional Comparison (per serving)

Traditional Cornbread Stuffing = 441 calories, 20g fat, 15g protein, 52 carbs, 4.3g fiber

Grain Free Cornbread Stuffing = 278 calories, 22g fat, 12.4g protein, 4.4 carbs, 2.2g fiber

CONDIMENTS:

RICH MUSHROOM GRAVY

Ingredients:

2 Tablespoons organic butter or ghee
1 Small finely chopped onion
1 ½ cups finely chopped mushrooms
3-4 teaspoons arrowroot flour
2 cups vegetable broth
Salt & pepper to taste.

Directions:

Melt butter or ghee in a saucepan over medium heat.
Add onion and fry until dark golden brown. Add mushrooms and cook for additional 2 minutes

Stir in 3 teaspoons of arrowroot, cook gently for 1 minute and then gradually add vegetable broth.
Bring to a boil, stirring constantly, until thickened and blended. Reduce heat and season to taste.

Tip: If the sauce is not thick enough add one additional teaspoon at a time of arrowroot using the following method: Take 1 teaspoon of arrowroot flour add a teaspoon of water stir until dissolved then add to your gravy and stir. Allow to come to boil again while stirring. Gravy should thicken to desired consistency.

Serves 8 – Serving size ¼ cup
Approx. 40 Calories, 3g Carbs, 3g Fat, 1g Protein

HOMEMADE LOWER SUGAR CRANBERRY SAUCE

Ingredients:

½ cup of orange juice (the juice from about three medium oranges). Fresh is best
Juice of one small lemon
3 Tablespoons pure maple syrup or wild raw honey
5 cups of raw cranberries
1 tablespoon of orange zest
a pinch of salt
3/8 teaspoon [Pure Monk Fruit Sweetener](#)

Directions:

Pour the orange juice, lemon juice, and maple syrup into a medium saucepan or pot over medium heat, and let simmer for a few minutes.

Add the fresh cranberries, stir, and simmer to let the cranberries burst for another 5 minutes.

Add the salt, stir again, and simmer for another 5 minutes.

Add the orange zest, stir, add the [Pure Monk Fruit Sweetener](#) to taste.

Pour into a bowl to serve warm or chill overnight.

DESSERTS:

GUILT-FREE PUMPKIN PIE

Low Sugar & Grain Free

Ingredients

2 Cups chopped pecans
5 Tb melted salted butter
2 Cups organic pumpkin puree
1/2 Cup softened cream cheese
4 Large eggs
1/4 Cup pure maple syrup
1/8 Tsp [Pure Monk Fruit Sweetener](#)
1 Tb vanilla
1 Tb pumpkin pie spice
1 Tsp cinnamon
1/4 Tsp sea salt

Instructions:

Preheat oven to 375 degrees F
Butter a 9-inch pie dish

In a single-serve blender or food processor, blend nuts and butter in pulse mode into a very fine texture being careful to not over-blend into a nut butter

Spread the nut mixture over the pie dish, covering the bottom and pushing up the sides with any excess. Be mindful to press firmly so crust well congealed

Bake for 20-25 minutes until the shell begins to brown Remove from oven and set aside to cool for at least 20 minutes

In a blender or food processor, combine pumpkin, cream cheese, eggs, maple syrup, monk sweetener, pumpkin pie spice, cinnamon and salt. Pour mixture over cooled crust

Bake for about 40 minutes or until you can put in a fork and it comes out clean.
Let cool and serve with homemade whipped cream sweetened lightly with monk sweetener

PUMPKIN PIE CUSTARD

Ingredients:

15 Ounces canned pumpkin
1/2 Cup heavy cream or coconut cream for dairy free
4 Eggs beaten
2 Teaspoons vanilla extract
2 Tablespoons pure maple syrup
1/2 Teaspoon salt
2 Teaspoons pumpkin pie spice
1 Teaspoon cinnamon
1/4 Teaspoon [Pure Monk Fruit Sweetener](#)
Avocado oil spray – only necessary if you don't want to serve in ramekin
Optional: dollop of fresh whipped cream

Directions:

Preheat oven to 350 degrees.

Optional: Spray 6 ramekins with Avocado oil spray if you don't want to serve in the ramekins
In a large bowl combine all remaining ingredients. Whisk thoroughly. Place ramekins in baking pan and pour water in pan until it measures about 1/2 way up the sides of the ramekins. Pour pumpkin mixture evenly into ramekins. Carefully transfer pan with ramekins to the lower rack of the oven

Bake for 45-50 minutes or until a knife in center comes out clean.

Allow to cool completely to touch then remove ramekins from water bath and fully cool at room temperature. Once cooled, transfer to the refrigerator for at least 3 hours before serving.
Best served cold.

Serve directly from ramekin with optional whipped cream topping or use a knife to loosen sides of custard, invert onto a plate and serve free standing with optional whipped cream topping.

Serves 6

Per serving: 153 calories, 8g fat, 5g protein, 12g carb, 8g sugar

Chocolate Option:

This custard is so healthy and easy to make you will want to use it all year round. We even have eaten it as part of our breakfast.

To make the chocolate option of this custard, simply omit the pumpkin pie spice and add 1/4 cup of dark cocoa powder. We love this brand of cocoa powder because it is so deep, rich and chocolaty [Organic Cocoa Dutch Process](#)

DESSERTS (Continued):

HOMEMADE SUGAR FREE WHIPPED CREAM

Ingredients:

8 oz. Organic heavy whipping cream
2 x 1/64 tsp of [Pure Monk Fruit Sweetener](#) (the tiny spoon that comes in bottle)

Directions:

In a chilled bowl pour 8 oz of cold heavy whipping cream and the monk sweetener. Using an electric beater on medium speed whip the cream usually about 90 seconds to 2 minutes until cream starts forming peaks. Be careful not to over beat or it will turn to butter!

Serving size is approx. 2 rounded Tablespoons. 50 Cal per serving.

GRAIN-FREE LOW CARB BROWNIES

Ingredients:

1 cup almond flour
1/3 cup cocoa powder
1/2 teaspoon baking soda
1/2 teaspoon kosher salt
1/4 teaspoon [Pure Monkfruit Sweetener](#) (or other non nutritive sweetener of choice)
2 Tablespoon tapioca flour or 2 Tablespoons oat fiber
1/3 cup melted butter
2 large eggs
1/4 cup pure maple syrup
2 tablespoons melted coconut oil
1 teaspoon vanilla extract

Optional:

2-3 Tablespoons sugar free chocolate chips
2-3 Tablespoons chopped pecans or walnuts

Directions:

Preheat the oven to 350 degrees Fahrenheit and grease an 8x8-inch baking pan.

In a medium bowl, combine well all of your dry ingredients and make sure you don't have any clumps. Set aside.

In a large bowl, using a hand or stand electric mixer, beat together eggs, maple syrup and vanilla extract. Slowly add in 1/3 cup of melted butter and melted coconut while the mixer is turned on to avoid egg curdling from warm oil and butter. Once wet ingredients are combined, add dry ingredients to wet and continue to mix with electric mixer, be sure to scrape down sides with spatula to get all ingredients incorporated into a batter. Now if you choose too, add in any optional ingredients to mixture and combine with your spatula. Pour batter into prepared baking pan and spread evenly.

Bake for 15 to 18 minutes, until a toothpick comes out clean.

Makes 15 Brownies Approx. per brownie 93 cal, 5g carb, 3g sugar, 1g protein, 8g fat

Makes 12 brownies

Serving Size 1 Brownie

Nutrition Per Serving: 50 cal, 4g Carb, 2g Sugar, 3g Fat, 2g protein, 1.5g Fiber

GRAIN-FREE AND GUILT-FREE APPLE CRISP

Who doesn't love the smell of apples and cinnamon baking in the oven? Fall is a time that heightens our cravings for tasty comfort foods. However, those foods often come with a lot of calories, sugar and carbs. We've converted the traditional Apple Crisp into an Eat Live Thrive Diet approved recipe. Apples are naturally sweet, so we only needed to use very small amounts of Pure Maple Syrup and Monk Fruit Sweetener. If you want to reduce the carbs and natural sugars even more, you can swap out a couple cups of apples and replace them with some cubed zucchini and no one will even know the difference.

Ingredients:

Filling:

6 Medium apples peeled, chopped or sliced (sub 2 cups with cubed zucchini if desired)
1 Tablespoon cinnamon
1/2 Teaspoon nutmeg
1.5 Tablespoons pure maple syrup
1 Tablespoon coconut flour
1/8 tsp [Pure Monkfruit Sweetener](#) (increase by 1/16 more at a time if more sweetness desired)

Topping:

1/3 Cup softened butter (If you choose to melt, topping will be more of a spread than a crumble.)
2 Tablespoons pure maple syrup
1 1/4 Cup almond flour
1/2 Teaspoon salt

DESSERTS continued

- 1 1/2 Teaspoon cinnamon
- 1/4 Teaspoon nutmeg
- 1 Teaspoon vanilla extract
- 1/8 – 1/4 Teaspoon Pure Monkfruit Sweetener (or more to your taste preference)

Instructions:

Preheat oven to 350 degrees F

Filling:

Peel apples (Optional: Leave on skin if you are in a hurry and don't mind the texture

Chop or slice 6 cups of apples and place in a large bowl. (Option: swap out 2 cups of peeled chopped

zucchini for apple to lower carb/sugar)

To the apples add the rest of the filling ingredients. Mix to combine.

In a greased 9x9 pan, pour the apple mixture in and set aside

Topping: In a medium bowl, combine almond flour, salt, cinnamon, nutmeg, monk fruit sweetener and

stir until combined.

Add vanilla, maple syrup and butter to the mixture and "cut" it in using a pastry cutter or fork until in

small pea size pieces. (If using fast method of melted butter, do the same, however you won't get the

pieces as much as a spreadable batter)

Cover or spread the topping over top of the apples.

Cover the apple crisp with foil and bake for approx. 50 minutes.

Pierce the apple with a fork and if it goes in easily you know they are cooked through.

Remove foil and cook for another 15 minutes uncovered until your topping is crisp and golden brown.

Allow to cool for 5-10 minutes before serving. Store in an airtight container. The topping will get soft

but you can crisp it up again in the oven or just warm it in the microwave for a soft topping. Still really

yummy!

Servings: 9

Nutrition: (Prepared Without Substitutions)

Per Serving Approx. Cal 237, Carbs 25g, Fiber 5 g, Fat 14g, Protein 4g

CHOCOLATE CHIP PECAN BANANA BREAD

Ingredients:

- 1/4 cup melted extra virgin coconut oil
- 4 tablespoons pure maple syrup (or cut down to 2 tablespoons)
- 2 large eggs
- 1/4 Teaspoon [Pure Monkfruit Sweetener](#) (extract)
- 1/2 Teaspoon vanilla extract
- 3 medium ripe bananas mashed (approx. 1 1/2 cups)
- 1 cup almond flour
- 1/2 cup coconut flour
- 1/2 Teaspoon baking soda
- 1/2 Teaspoon salt
- 1/4 cup chopped pecans (optional)
- 1/4 cup semisweet chocolate chips* (optional)
- Coconut or Avacado Oil Spray to grease pan
- *to save on sugar try [Lilly's Semi Sweet Style Chips](#)

Preheat the oven to 375 degrees F.

Warm coconut oil as needed to liquid state.

In a medium bowl, combine coconut oil, maple syrup, eggs, sweetener, and vanilla, and stir until it's creamy. Stir in mashed bananas. Add flours, salt, baking soda and mix well. Add chopped pecans and chocolate chips if desired.

Grease a 9 x 5 x 3-inch loaf pan or if you have parchment paper, put a piece that fits the bottom of the pan so the bread comes out easily once baked. Pour in batter.

Bake for 45-55 minutes – until the top and sides become golden brown and a toothpick or knife inserted in the very center comes out dry.

Serves 10.

Approx. per serving without nuts or chips: 200 calories, 20g carbohydrate, 11g sugar, 6g protein, 11g fat

With half amount of maple syrup: 190 calories, 18g carbohydrate, 8g sugar, 6g protein, 11g fat

With nuts: 219 calories, 21g carbohydrate, 11g sugar, 6g protein, 13g fat

With Lilly's Chips: 220 calories, 23g carbohydrate, 11g sugar, 6g protein, 13g fat

PUMPKIN PECAN COFFEE CAKE

Ingredients:

¼ Cup melted extra virgin coconut oil
2 to 4 Tablespoons pure maple syrup
2 Large eggs
¼ Teaspoon [Pure Monk Fruit Sweetener](#) (extract)*
½ Teaspoon vanilla extract
15 Ounce can organic pureed pumpkin
1 Cup almond flour
½ Cup coconut flour
½ Teaspoon baking soda
½ Teaspoon salt
¼ Teaspoon nutmeg
¼ Teaspoon pumpkin pie spice
1 Teaspoon cinnamon 1/3 Cup chopped pecans
Coconut or Avocado Oil Spray to grease pan

Preheat the oven to 375 degrees F. Warm coconut oil as needed to liquid state. In a medium bowl, combine coconut oil, maple syrup, eggs, sweetener, and vanilla, and stir until creamy. Stir in pumpkin. Add flours, salt, baking soda, spices and mix well. Stir in chopped pecans. Grease an 8×8 or 10×6 cake pan. Pour in batter.

Bake for 40-55 minutes – until the top and sides become golden brown and a toothpick or knife inserted in the very center comes out dry. Note: Depending upon your oven – it may need to cook 5-10 minutes longer to get the very center fully cooked. You'll need to experiment a bit and watch it carefully.

Serves 10:

Approx. per serving with 4 Tb syrup and nuts:
176 calories, 12g carbohydrate, 8.4g sugar, 6.5g protein, 11.8g fat

GINGER MOLASSES COOKIES

Ingredients:

2 tablespoons butter
¼ cup unsweetened almond butter or sunflower seed butter
1 large egg*
2 Tablespoons pure maple syrup or maple sugar**
1 tablespoon black strap molasses
1/4 teaspoon [Pure Monk Fruit Sweetener](#) (extract)
2 teaspoon vanilla extract
1 teaspoon lemon juice
¼ cup coconut flour
¼ cup arrow root flour
½ teaspoon cinnamon
1 teaspoon ground ginger
¼ teaspoon ground nutmeg
¼ teaspoon baking soda

*For egg-free, omit the egg, and reduce coconut flour to 2 Tablespoons and Arrowroot to 2 Tablespoons. This version will be more crisp than chewy.

**Use maple sugar vs maple syrup for a crispier version.

Preheat oven to 350 degrees.

Line a cookie sheet with parchment paper.

In a bowl add butter, almond or sunflower butter, egg, molasses, maple syrup and monk fruit sweetener, mix with a hand held mixer until well combined. Add the rest of the ingredients and beat until mixed into a thick mixture.

Using a tablespoon or a cookie scoop drop dollops of mixture onto the parchment paper lined cookie sheet. Lightly flatten with the back of a spoon.

Bake for 12 -15 minutes until golden brown around edges.

This recipe is adapted from Danielle Walker's [Against All Grain](#)

MERRY BERRY TART

Ingredients:

CRUST:

3/4 cup coconut flour
1/3 cup melted butter or coconut oil
2 Large eggs (preferably room temperature so they won't curdle)
1/8 tsp salt
1/8 tsp [monk fruit sweetener](#)

Instructions:

Make crust first so it has time to cool before adding filling.

Pre-heat oven to 350 degrees on Convection setting if you have it.

Lightly grease 9 inch porcelain tart pan or glass pie dish with butter or oil and set aside. In a large mixing bowl (or a food processor with the S blade, add the coconut flour, beaten eggs melted butter that is warm not hot, and salt & sweetener. Combine with a spoon (or pulse on medium speed until it forms a crumbly dough). After you've combined and/or turned off the food processor, remove dough with your hands knead it into a ball. Place the dough ball in the center of the pie pan. Press with your hand to flatten the ball. Press and spread it evenly over the pan and up the sides a bit. It doesn't have to go all the way up the side, but at least 1/2 way if not more. Prick the crust before baking it. Bake for 15 minutes lightly covered with foil, then remove foil and bake an additional 5-10 minutes. You want it watch it as you don't want it to brown. Take out of oven and allow to cool on a wire rack or on your stove top grates. While it is cooling, you can prepare your filling.

FILLING:

1/4 cup pure maple syrup
1/4 cup arrow root starch/flour
1/4 tsp [monk fruit sweetener](#)
1 Tablespoon butter
1/4 tsp cinnamon
2 cups fresh sliced strawberries
1 cup fresh blueberries
1.5 cups fresh raspberries
1 cup fresh blackberries (if blackberries are not sweet, sub with combo of any of the other berries)
1 Tablespoon lemon juice

Option: Substitute frozen berries. Approximately 2 and a half 16 oz bags of frozen mixed berries. (about 5 1/2 cups) Allow berries to completely defrost, then drain most of the excess liquid in a colander. They just need to be mostly drained, but little liquid is fine.

In a large saucepan over medium heat combine your maple syrup, arrow root starch, monk fruit sweetener. Add the butter, berries, lemon juice and cinnamon and stir to mix well and coat the berries completely with mixture. Allow to come to a boil then reduce heat to low and cover with a lid, stirring frequently until your sauce has thickened and your berries have softened and cooked through. Remove the filling from stove top and pour into the prepared pie crust. Allow to cool completely It usually takes 5-6 hours for it to fully set.

Serves 8

Per Serving Approx. *Cal 214, Carbs 27g, Fiber 4.5 g, Sugars 14g, Fat 10g, Protein 5g*

DECADENT CHOCOLATE CAKE WITH RASPBERRY TOPPING

Ingredients

6 Large eggs
¼ Cup honey or pure maple syrup
½ Cup extra-virgin coconut oil, melted
¾ cup unsweetened coconut or almond milk
1 Tablespoon apple cider vinegar
1 Teaspoon pure vanilla extract
½ Cup coconut flour
½ Cup almond flour
½ Cup cocoa powder (We LOVE our Dutch Chocolate – [Click Here](#))
½ Teaspoon salt
½ Teaspoon baking soda
¼ Teaspoon pure monk fruit sweetener ([Click Here](#) for the concentrate we use)

Cake Directions:

Preheat the oven to 375 degrees F.

In a medium bowl, mix the eggs with a whisk. Add the honey or syrup, oil, milk, apple cider vinegar, and vanilla. Whisk well until combined.

In another medium bowl, combine the flour, salt, baking soda, and monk sweetener. Slowly add the wet ingredients into the dry ingredients while mixing. The flours may clump, so using a mixer can speed up the process, but a fork will work if you're careful to stir until all clumping is gone and mixture is well combined.

Spoon the batter into a greased 8×8 baking pan. Bake for 20-25 minutes until very center is cooked when tested with a sharp knife or toothpick. Allow to cool for at least 30 minutes.

NOTE: Cake is most delicious served when just cooled to room temperature. Store leftovers in fridge or freezer as the high egg content would not be safe left out. It is still delicious cold.

Raspberry Topping Directions:

Using organic frozen raspberries, place 20 ounces in a small saucepan and heat slowly to a very low boil stirring often until all the excess liquid reduces (about 7-10 minutes). Stir in 1 tablespoon pure maple syrup and ¼ teaspoon monk fruit sweetener. Allow to cool and then top each piece of cake.

P.S. You can use leftover as a raspberry jam on your ELT English Muffins!

Serves 12. Per serving: 170 calories, 11g carbohydrate, 4g protein, 12.5g

GOING EXTRA DECADENT!

Homemade Sugar Free Whipped Cream

Ingredients:

8 oz. Organic heavy whipping cream
1/8 tsp of [Pure Monk Fruit Sweetener](#)

Directions:

In a chilled bowl pour 8 oz of cold heavy whipping cream and the monk sweetener. Using an electric beater on medium speed whip the cream usually about 90 seconds to 2 minutes until cream starts forming peaks. Be careful not to over beat or it will turn to butter!

Serving size is approx. 2 rounded Tablespoons. 50 Cal per serving.