

## Almond Milk Hot Chocolate



*Makes: 1 serving*

*Total time: 10 minutes*

### **Ingredients**

1 cup almond milk

1 tablespoon raw cacao powder

1 Tablespoon pure maple syrup

1/4 teaspoon vanilla extract

Pinch of sea salt

### **Directions**

Combine all the ingredients into a saucepan over high heat, using a whisk to break up any clumps. Keep stirring until smooth and piping hot, then pour into a mug and serve warm. Top with dairy-free whipped cream and shaved chocolate, if desired.

<https://detoxinista.com/baby-its-cold-outside/#wprm-recipe-container-23399>

## Keto Sugar Cookies



*Makes: 24 Servings*

*Total Time: 25 minutes 6 hours refrigerator time*

### Ingredients

5 tablespoons Butter, at room temperature  
1/2 cup Monkfruit Sweetener  
1 large Egg, at room temperature  
1 teaspoon Pure Vanilla Extract  
1/2 teaspoon Pure Almond Extract  
1 1/4 cups Almond Flour, 125g  
4 tablespoons Coconut Flour, packed, 28g  
1/2 teaspoon Baking Powder  
1/4 teaspoon Salt

### Directions

In a large bowl, using an electric hand mixer, cream together the butter and monkfruit until well combined. Add in the egg and extracts and beat on high speed until fluffy. Add all the remaining ingredients into the bowl and stir until well mixed. Form the cookie dough into a disc, wrap tightly with saran wrap, and refrigerate for at least 6 hours, but best overnight. Once chilled, preheat your oven to 375°F degrees and line a cookie sheet with parchment paper or a silpat. Roll the cookie dough between two large pieces of parchment \*\* (one piece under the cookie dough and one on top of it, under the rolling pin) to about 1/4 inch thick. Use your cookie cutters to cut into shapes and then GENTLY transfer to the prepared pan. If you have a small offset spatula, it will help a lot! Bake until the edges are JUST lightly golden brown, about 10-11 minutes. They firm up a lot once cool. Let cool on the pan completely.

<https://www.foodfaithfitness.com/low-carb-keto-sugar-free-sugar-cookies-with-almond-flour/>

## Eggnog Pudding



*Makes: 3 Servings*

*Total Time: 16 minutes*

### Ingredients

- 2½ cups milk (I used 2%), divided
- 2 large eggs
- 2 tablespoons cornstarch
- ¼ cup vanilla-flavored protein powder
- 2 packets stevia powder
- 1 pinch sea salt
- 1 teaspoon pure vanilla extract
- ⅓ teaspoon freshly grated nutmeg, plus more to sprinkle on top
- ⅓ teaspoon cinnamon
- ⅓ cup whipping cream, whipped to soft peaks, for topping (optional)

### Directions

Whisk together ½ cup milk with the eggs, cornstarch, protein powder, stevia, and salt in a medium bowl; set aside. Pour the remaining 2 cups of milk into a heavy-bottomed medium saucepan over medium heat. Cook until bubbles form around the outside and the milk starts to steam. Turn off the heat and very slowly whisk 1 cup of hot milk into the egg mixture, starting with just a couple drops at a time and gradually adding more until the whole cup is incorporated. Pour this into the pot and bring to a boil over medium-low heat, stirring constantly. Once boiling, turn off heat and stir in the vanilla, nutmeg, and cinnamon. Strain through a fine mesh sieve to remove any lumps, then pour into small, individual-sized serving bowls or cups. Cool to room temperature, and then refrigerate to chill. Before serving, top each with whipped topping and a sprinkle of nutmeg.

<https://www.anediblemosaic.com/eggnog-pudding/?cn-reloaded=1>

## Healthier Buckeyes



*Makes: 35 buckeyes*

*Total Time: 1.15 hours*

### Ingredients

1 (14 ounce) can cannellini beans drained + rinsed

1/2 cup unsweetened applesauce

1/2 cup pumpkin puree

2 tablespoons coconut oil

1 tablespoon vanilla extract

1 cup creamy peanut butter

Pinch of sea salt

10 ounces dark or semi-sweet chocolate melted (use vegan chocolate if needed)

### Directions

Line two cookie sheets with wax paper. In the bowl of a food processor, add the cannellini beans and puree until mostly smooth. Add the applesauce, pumpkin, coconut oil and vanilla. Puree until completely smooth and creamy, about 2 minutes, scrapping down the sides if needed. Add the peanut butter and salt, process another minute. Scoop 1/2 tablespoon size amounts of dough out and roll into a rough ball. Place on the prepared cookie sheet. Repeat with the remaining dough, cover the pans and place in the fridge for 15 minutes. After 15 minutes, remove the balls from the fridge and roll them once more between your hands to smooth the balls out. Stick a toothpick into the top of each ball. Cover the cookie sheets and place them in the freezer for at least 45 minutes, but not too much longer than an hour. Just before removing the balls from the freezer melt the chocolate over a double broiler or in the microwave. Working with one ball at a time, dip the frozen balls into the chocolate leaving a small opening at the top so the peanut butter can peek out. Place the balls back on the cookie sheet. Repeat with the remaining balls. Store in the fridge until ready to eat. These are best straight out of the fridge with some cold milk!

### Recipe Notes

\*I used an organic brand of pumpkin that is very thick and not pourable at all. This helped my dough firm up. If you are using a canned pumpkin that is pourable, you may need to add 1/4 cup to 1/2 cup of white whole wheat or regular flour to help the dough firm up. You will not taste they flour at all.

<https://www.halfbakedharvest.com/healthy-harvest-buckeyes/>

# Vegan Monkey Bread



*Makes: 1 Monkey Bread*

*Total Time: 3 hours 35 minutes*

## Ingredients

### Sweet Dough

- 2½ tsp dry active yeast or fresh yeast
- ¼ cup brown cane sugar\*
- ½ cup water (\*bath temperature, 110F/45C)
- 1 cup almond milk (or light coconut milk)
- 2 tbsp. applesauce
- 2 tsp vanilla extract
- 3½ - 4 cups white whole wheat flour + more for kneading

### Sugar Coating

- 1 cup brown cane sugar
- ½ tbsp. cinnamon
- ½ tsp nutmeg (optional)
- ¼ cup applesauce
- ½ cup almond milk (or light coconut milk)

### Caramel Sauce

- 5 tbsp. applesauce
- ¼ cup coconut oil
- ¼ cup almond milk (or light coconut milk)
- 1 tsp vanilla extract
- ½ cup brown cane sugar

## Directions

### For the Dough

In a large mixing bowl, dissolve the yeast and brown cane sugar in warm water (make sure your water is not too warm or it will kill the yeast). Proof your yeast (make sure it's active) by leaving it in the bowl for 10 minutes until it gets bubbly. You can skip this step if you are positive your yeast is active. Add the milk, applesauce and vanilla extract and stir until combined. Add the flour (3½ cups) to the wet mixture and beat using the dough hook on your mixer for a couple minutes until a firm and shaggy dough is formed (not sticky). Add extra flour is necessary - I added the entire extra half cup. Flour a dry surface where you will knead your bread. Knead the dough on the floured surface until the dough is smooth and elastic. Do not over-knead your bread or your end result will be chewy. Your dough is ready to rest and rise when you poke it and it bounces back. Lightly grease a bowl (\*or oven safe pot if using the quick method) with oil and place the dough ball into the bowl. Cover the bowl and leave it to rise overnight OR if you are using the quick method see next step. For the quick-rise method (one hour), place your bowl in a warm environment (75F/25C) for one hour. I warm up my oven to 200F/95C and then turn it off and leave the pot in the oven with the door open until the dough has tripled in size. After about 30 minutes I close the oven door to trap the warm air inside. Your dough might take an extra twenty minutes or so depending on the brand of yeast you used. Once your dough has risen, punch it to release the extra air.

### **Sugar Coating**

Combine the brown sugar, cinnamon and nutmeg in a shallow bowl. Combine the milk and applesauce in a small bowl. Grease or spray a Bundt pan with oil. Rip small pieces off your dough and roll them into balls (they don't have to be perfect). Make sure your balls are not too big - you need 35 - 40 balls in total. One by one, dip each ball in the milk and applesauce mixture and then in the cinnamon sugar mixture. Don't be skimping with the cinnamon sugar! You might need more cinnamon and sugar depending on how much you use on each ball. Place and layer the coated balls in the Bundt pan. Leave the dough to rise for a second time in a warm oven (using the same technique as before) for 20 - 30 minutes. The Monkey Bread has risen enough when the coated balls have reached the top of the pan.

### **Caramel Sauce & Bake**

Preheat the oven to 350F/180C. While the oven is warming up, add the applesauce, coconut oil, milk, brown cane sugar and vanilla extract to a pot. Heat the caramel on a medium-high heat until the sugar is dissolved and the caramel mixture thickens slightly. Pour  $\frac{3}{4}$  of the caramel sauce over the risen monkey bread. Bake the Monkey Bread for 30 - 35 minutes in total until golden brown. 20 minutes into the baking time, pour the rest of the caramel sauce onto the monkey bread. If your Monkey Bread is looking a bit too golden cover it with aluminum foil. Bake for the remaining 10 - 15 minutes. Leave the Monkey Bread to rest in the pan for 10 minutes until inverting on plate. Best enjoyed and served right away.

<https://www.cearaskitchen.com/healthy-monkey-bread-vegan/>

## Gluten-Free, Vegan Rum Balls



*Makes: 12*

*Total Time: 15 minutes*

### **Ingredients**

¼ cup finely shredded unsweetened coconut

¾ cup Chia Seeds

½ cup high-quality cacao powder

⅓ cup almond flour

2 tablespoons dark rum

2 tablespoons coconut oil

15 drops alcohol-free liquid stevia or 2 tablespoons coconut sugar (if Hemp Pro is not used)

pinch sea salt

### **Instructions**

Line a baking sheet or plate with parchment paper or a silicon baking sheet. Set aside. Place shredded coconut in a small bowl. Set aside. Add remaining ingredients to the bowl of your food processor. Pulse until mixture forms a ball, about 30-45 seconds. Pinch 1 ½ tablespoons of dough and roll between your hands to form a ball. Drop the ball into the coconut and roll around until coated. Place the completed ball on the prepared baking sheet. Repeat with remaining dough. Transfer baking sheet to the fridge or freezer to set for one hour. These grain-free rum balls hold up well at room temperature and can be frozen for up to 1 month.

<https://www.healthfulpursuit.com/2014/12/grain-free-christmas-rum-balls-vegan-paleo-dairy-free-low-carb-keto/> edited by Rita Sartin

## Winder Fruit Salad



*Makes: 6 Servings*

*Total time: 15 Minutes*

### **Ingredients**

- 1 lb. 5 count Clementine oranges peeled and separated into segments
- 2 pears cored and sliced
- 2 apples cored and sliced
- 1 large pomegranate to get 1 to 1 1/2 cups arils or seeds
- 4 kiwis peeled and sliced

### **Lemon Lime Syrup:**

- 3 Tbsp. **honey**
- 2 Tbsp. fresh lime juice from 1 medium lime
- 2 Tbsp. **fresh lemon juice** from 1 medium lemon

### **Directions**

In a large mixing bowl combine all prepared fruit - 5 segmented clementine's, 2 sliced pears, 2 sliced apples, pomegranate seeds, and 4 sliced kiwis. In a measuring cup, combine: 3 Tbsp. honey, 2 Tbsp. lemon juice and 2 Tbsp. lime juice, until honey is dissolved. If honey is not dissolving easily, warm for 10 seconds in microwave. Drizzle dressing over salad and toss gently to combine. Serve right away or cover and refrigerate if not serving right away.

**<https://natashaskitchen.com/winter-fruit-salad-recipe/>**



## Skinny Cranberry Bliss Bars



*Makes: 15 squares*

*Total Time: 50 minutes*

### Ingredients

2 cups all purpose flour, Gold Medal  
1/2 tsp baking soda  
1/4 tsp salt  
1/8 teaspoon ground cinnamon  
1/3 cup granulated sugar  
2/3 cup brown sugar, unpacked  
1/4 cup melted unsalted butter  
2 large egg whites  
1/4 cup unsweetened apple sauce  
2 tsp vanilla extract  
2/3 cup white chocolate chips or chopped white chocolate  
1/3 cup dried cranberries, chopped  
Frosting-  
8 oz 1/3 less fat cream cheese (softened)  
1/2 cup powdered sugar  
2 ounces white baking chocolate (melted\*)  
1/3 cup dried cranberries (chopped)  
1/2 tsp vanilla extract

### Instructions

Preheat oven to 350°F. Lightly spray a 9 x 13 inch non-stick baking pan with cooking spray.

In a large bowl, combine the flour, baking soda, salt and cinnamon and stir to blend. In another bowl, whisk the sugars with the butter, egg whites, applesauce and vanilla until light and fluffy. Whisk the dry ingredients into the wet ingredients in two additions until the batter is very well blended. If the batter looks more “crumbly” than smooth, add just a drop of water at a time (ONLY if needed) until it smooths out. Fold in white chocolate chips and 1/3 cup cranberries. Spread batter onto the baking pan using the back of a measuring cup to smooth evenly. Bake 10 - 14 minutes, until the edges are light brown and a toothpick inserted comes out clean. Don't over-bake or your bars will be dry. Let it cool completely on wire rack. Meanwhile, prepare the frosting; in a large bowl, use an electric mixer to beat the cream cheese, powdered sugar and vanilla until well-blended. Frost bars and sprinkle with remaining cranberries. Drizzle with the melted white chocolate.

\*To melt the chocolate, place in a microwave safe cup and heat 15 seconds; stir. Another 15 seconds; stir until the chocolate is melted.

When the chocolate sets, cut into 15 large squares (5 cuts by 3 cuts with the knife). Then cut each square in half diagonally to create triangles. Store in the refrigerator until ready to serve.

<https://www.skinnytaste.com/skinny-cranberry-bliss-bars/edited> BY RITA SARTIN

## Festive Veggie Tray



*Serves: 15*

*Total Time: 15 minutes*

### **Ingredients**

cut broccoli florets  
red & yellow bell peppers  
grape tomatoes  
baby carrots  
olives  
ranch dressing

### **Directions**

Start with green vegetables for the base and made the general shape of a Christmas tree. I used broccoli but sugar snap peas work well too. Add olives and grape tomatoes on top for ornaments. Slice bell pepper for garland. Put baby carrots surrounding the tree for some additional color. Serve ranch dressing in a hollowed-out bell pepper.

<https://butterwithasideofbread.com/20-festive-holiday-vegetable-trays/>

## Turkey Sausage Balls



*Makes: 20 medium size balls*

*Total Time: 30 minutes*

### **Ingredients**

2 cups Bisquick

8 ounces shredded cheese

1 pound Turkey sausage

### **Directions**

Thoroughly mix Bisquick and shredded cheese evenly in a large bowl. Next add sausage. It is messy and takes some mushing and kneading to get the ingredients evenly mixed. Roll the mixture into small balls about the size of little golf balls. Spray Pam on a cookie sheet and place balls evenly on the sheet. Bake for approx. 20 minutes or until lightly browned. These are best served warm and are great reheated in the microwave.

<https://www.recipetips.com/recipe-cards/t--21548/bisquick-turkey-sausage-balls.asp> edited by Rita Sartin

## Cranberry Mandarin Salad



*Makes: 6 servings*

*Total Time: 1hr 5 min*

### **Ingredients**

1 (12 ounces) bag of fresh cranberries

1 (15 ounce) can of Mandarin oranges

½ cup sugar

1 ½ teaspoon grated fresh ginger

1 teaspoon orange zest

### **Directions**

In saucepan, place ¾ bag of cranberries over medium/high heat. Add in liquid from mandarin oranges, grate in ginger & zest, add sugar. When it starts to thicken, mash mixture until all berries are broken. Add remainder of cranberries and cook until they start to crack. Remove from heat and add mandarin oranges. Chill and serve

<https://www.food.com/recipe/cranberry-mandarin-salad-337350> edited by Rita Sartin

## The Best Mexican Turkey Dressing



*Makes: 6 servings*

*Total time: 60 minutes*

### Ingredients

1 teaspoon dried thyme  
1/2 teaspoon dried marjoram  
1/2 teaspoon dried sage  
2 tablespoons cooking oil  
1/2 cup minced onions  
2 cloves garlic, minced  
3/4 pound ground turkey  
1 14 1/2 ounce can unsalted, chopped tomatoes  
1/2 cup pecan bits  
1 1/2 cups finely chopped mixed dried fruits (apricots, pears, apples and raisins are good choices)  
1 teaspoon salt, (or slightly less if you are using salted tomatoes)  
2 1/4 cups cornbread stuffing mix, or dried bread crumbs  
1/2 stick butter melted

### Directions

**Mix the herbs.** Mix together the thyme, marjoram and sage and reserve. **Make the stuffing.** Place the cooking oil in a skillet over medium heat, add the onions and cook until they are soft but not browned. Add the garlic and cook an additional minute. Add the pork and continue cooking, stirring and breaking up the meat until it is browned. Add the tomatoes and 1/4 cup of the juice from the can, the pecan bits, dried fruit and reserved herbs. Simmer, stirring frequently, until most of the juice has either been absorbed or evaporated, about 10 minutes. Add the salt (adjusting the amount downward if you used salted tomatoes), the stuffing mix or bread crumbs and melted butter. Stir the mixture for another minute or two, or until the dry ingredients are well incorporated. **Serve the stuffing.** Either stuff the turkey just before roasting, or bake the stuffing in a separate covered dish for 30 - 40 minutes at 350 degrees.

<http://www.lomexicano.com/recipe/Mexican-Turkey-Stuffing> edited by Rita Sartin

## Vegan Mac and Cheese



*Servings: 3*

*Total Time: 5 m*

### **Ingredients**

1/2 cup raw cashews or macadamias

1 medium peeled carrot, steamed or roasted (80g)

1/4 cup nutritional yeast, OR cheese style shreds as desired

1 tsp white or cider vinegar

1/2 cup water, plus more for soaking

optional 2 tsp buttery spread or oil, for richness

1 tsp salt

1/4 tsp onion powder

1/8 tsp ground nutmeg

3 servings pasta of choice, or you can put the sauce over veggies or use it as a dipping sauce

### **Instructions**

Completely cover the nuts in a bowl with water. Let soak anywhere from 2-6 hours, or refrigerate and soak overnight. Drain fully. Combine all ingredients (including 1/2 cup water, but not including the optional cheese-style shreds), and blend in a blender or with an immersion blender until completely smooth. Transfer to a small pot and heat to your desired temperature, stirring optional cheese shreds in at the end. Taste, and add extra seasonings (onion, salt, nutmeg, pepper) if desired – I like to add another 1/2 tsp salt and a pinch more nutmeg. Serve over cooked pasta, rice, veggies, etc.

<https://chocolatecoveredkatie.com/2018/08/13/vegan-mac-and-cheese-recipe/>