

# Holiday Recipes

**Gluten-Free Note:**

*Recipes may be made using Bob's Red Mill Gluten-Free 1 to 1 flour.  
Available from Bobsredmill.com or Amazon*

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**Creamy Rice Pudding**

350 degree oven, 25 minutes baking time  
Butter an 8" square pan

2 cups cooked rice (1 cup raw, cooked slowly in 2 cups water until well-done)  
2 eggs  
1 cup almond milk  
1/3 cup monk fruit sweetener  
1 tsp. vanilla  
1/2 tsp. sea salt  
handful of raisins  
(optional) 1/2 cup chopped nuts, mix in with the rice  
1/2 tsp. cinnamon  
dash or two of nutmeg  
2 tsp. fresh lemon juice  
1 cup of almond or coconut milk

Beat eggs, almond milk and monk fruit together in a blender. Combine with cooked rice and remaining ingredients, except the nut milk. Spread into a buttered 8" square pan (or equiv.) and bake. Stir well every 8 - 10 minutes during baking. Remove from oven after 25 minutes. It'll still be loose, but will solidify as it cools. After it has cooled 10 minutes, stir in the milk. Eat it hot, warm or cold.

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**Fresh Apple Cake**

2 cups chopped apples, approximately 4 apples  
1 cup monk fruit  
1 egg, beaten  
1/2 cup cooking oil  
1 teaspoon vanilla  
1 1/2 cups flour (oat)  
1 scant teaspoon of baking soda  
1/2 teaspoon sea salt  
1/2 teaspoon cinnamon

Blend monk fruit with apples and let stand in a bowl. Add all dry ingredients and stir until mixed well. Bake in preheated oven at 350 degrees in a greased pan 8" x 8" x 2" for 35 - 45 minutes. Use a toothpick and insert it into the middle of the cake when none of the cake sticks on it, it's done.

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**Apple Pie**

6 medium apples - peeled and sliced (6 cups)  
1 can frozen apple juice  
1 1/2 tablespoon cornstarch  
1 tsp. cinnamon  
3 tablespoons butter  
1 ready-made pie crust (uncooked)

Put apples and juice in a large saucepan and bring to a boil. Reduce heat and simmer covered for 5 minutes. Dissolve cornstarch in a little water and stir into apple mixture. Bring to a boil, reduce heat and simmer covered 10 - 15 minutes or until apples are soft and mixture thickens. Gently stir in cinnamon. Fill pie shell with mixture. Dot with butter. Cover with top crust or lattice. Bake at 350 degrees for 45 minutes.

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## Baked Custard

3 cups almond or coconut milk  
4 eggs  
1/2 cup monk fruit sweetener  
1/4 teaspoon sea salt  
1 teaspoon vanilla, nutmeg or cinnamon

Heat the milk until hot, but not boiling. Beat eggs in large bowl. Add monk fruit and salt. Add milk, slowly stirring all the time. Mix in vanilla. Pour into baking pan. Sprinkle with nutmeg or cinnamon. Bake at 300 degrees for about one hour, or until a knife comes out clean. Yield: 6 servings.

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## Organic Cranberry Sauce Classic:

5 1/2 cups fresh organic cranberries  
zest of one navel or Valencia orange  
2 Valencia or navel oranges peeled and cut into small pieces  
1 cup monk fruit sweetener  
3/4 cup water  
1 1/2 T. fresh ginger, minced

Bring water, monk fruit and ginger to a boil on medium heat. Stir in cranberries; simmer until they begin to pop (about 5 - 10 minutes), stirring occasionally. Shut off heat. Add zest and oranges. Stir well. Turn into storage bowl to cool. Can be prepared 3 days in advance.

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## Basic Carrot Cake:

### Wet Ingredients

3/4 cup walnuts  
3 to 4 medium size carrots  
3/4 cup drained, crushed, Unsweetened pineapple  
3/4 cup shredded Unsweetened coconut  
3/4 cup oil  
1/4 c almond milk  
1 cup monk fruit  
2 eggs  
1 1/2 teaspoons vanilla extract

### Dry Ingredients

1 1/2 cups cake flour  
1 1/2 teaspoons cinnamon  
1 1/2 teaspoons baking soda  
3/4 teaspoon nutmeg

Preheat the oven to 350° F. Line the bottom of two 8-inch round cake pans with parchment paper. Toast the walnuts in the preheated oven for 7 to 10 minutes, stirring occasionally. Let the nuts cool. Then process in a food processor, using the pulse action, until they are finely ground. Do not over-process or you will end up with an oily paste.

Peel the carrots and medium-grate them to equal 1 1/2 cups. Drain the canned pineapple, reserving the juice for another use. Combine the grated carrots, drained pineapple, coconut, and ground walnuts. Set aside.

With an electric mixer on medium-high speed, whisk the oil and sweetener until thickened.

Sift the dry ingredients together 3 times.

When the oil and sweetener are thick, add the eggs one at a time, waiting until one is incorporated before adding the next. Stir in the vanilla. On the lowest speed, stir in the vanilla. On the lowest speed, stir in the sifted dry ingredients and the carrot mixture.

Pour the batter into the prepared pans, putting two-thirds of the batter in one pan and one-third of the batter in the other pan.

Bake the cakes in the preheated oven for 30 to 35 minutes for the smaller layer, and for 35 to 40 minutes for the larger layer. The cakes are done if they bounce back when touched lightly in the center.

Place the pans on a wire rack to cool before removing the cakes onto cardboard rounds. The cakes must be completely cool before you cut and layer them. Cut the larger layer in half to yield three layers altogether.

Serve Carrot Cake simply with whipped cream or hot lemon sauce.

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## Harvest Soup

1 - 2 Tbs. organic, unrefined coconut oil, ghee or butter  
1 large onion, chopped  
3 cloves garlic, chopped  
4 - 5 medium carrots, chopped  
3 medium red potatoes, chopped  
1 medium fennel bulb with stalk and leaves (optional)  
Broccoli stems from one bunch of broccoli, chopped  
Sea salt to taste  
Ginger curry flavoring to taste (Nile Spice Foods)

In a stockpot, sauté onion in oil, ghee or butter.  
Add other vegetables and enough water to cover  
When vegetables are tender, puree ingredients and return to the stockpot.  
Add more water to achieve desired consistency, sea salt and other seasonings.  
Simmer 10 more minutes and serve.

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## Potato/Corn Chowder

1 - 2 Tbs. organic, unrefined coconut oil, ghee or butter  
1 onion, diced  
1 tsp. thyme  
2 bay leaves  
4 - 6 cloves garlic  
4 medium red potatoes, diced  
4 cups corn  
1 Tbs. sea salt  
1 leek, washed, halved lengthwise and sliced  
3 stalks celery, diced  
1/4 tsp. pepper

In coconut oil, ghee or butter, sauté onion with thyme, bay leaves and garlic until onion is translucent.  
Add potatoes, 2 cups corn, water, and sea salt.  
Simmer until potatoes are tender (approx. 20 minutes).  
Remove bay leaves and 1/4 of the soup. Puree and return to pot.  
Add remaining corn, leeks, celery and pepper.  
Adjust seasonings.  
Simmer until veggies are just tender (10 - 15 minutes).

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## Old-Fashioned Oatmeal Raisin Cookies

3/4 cup walnuts or pecans  
3/4 cup raisins  
1 cup (1/2 pound) butter  
3/4 cup monk fruit sweetener  
2 eggs  
1 teaspoon vanilla extract  
1 teaspoon cinnamon  
1 teaspoon baking soda  
Pinch salt  
1 1/2 cups unbleached white flour  
1 1/2 cups rolled oats

Preheat oven to 350 degrees F.  
Toast the walnuts or pecans in the preheated oven for 7 to 10 minutes, stirring occasionally. Allow the nuts to cool. Then process in a food processor, using the pulsing action, until they are coarsely chopped.

Bring 1 cup of water to a boil and add the raisins. When the water returns to the boil, turn off the heat. Let the raisins plump in the water for at least 10 minutes. Drain the raisins, saving any raisin water for another use.

Cream the butter and sweetener together. When light and fluffy, add the eggs one at a time, beating well after each addition. Stir in the vanilla, cinnamon, baking soda, and salt. When mixed, add the flour, oats, chopped nuts, and plumped raisins. Cover the dough and refrigerate it for 30 minutes to make it easier to handle.

Preheat the oven to 325 degrees F. Line baking pans with parchment paper.

Using a #12 scoop (or a 1/2-cup measure) for giant cookies or a #24 scoop (2 tablespoons) or a spoon for regular-size cookies, scoop out the dough and place the balls 1 inch apart on insulated baking pans. With lightly moistened fingers, flatten the cookies to a thickness of 1/3 inch. Bake until a light golden brown. Giant cookies bake for 20 to 24 minutes, and regular size cookies bake for 12 to 15 minutes. Remove the cookies to wire racks to cool.

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## Apple Pie

6 medium apples- peeled and sliced (approx. 6 cups)  
1 can frozen apple juice  
1 1/2 Tbs. cornstarch  
1 tsp. cinnamon  
3 Tbs. butter  
2 pie crusts \*

Put apples and juice in a large saucepan and bring to a boil. Reduce heat and simmer covered for 5 minutes. Dissolve cornstarch in a little water and stir into apple mixture. Bring to boil, reduce heat and simmer covered 10-15 min or until apples are soft and mixture thickens. Gently stir in cinnamon. Fill pastry shell with mixture. Dot with butter. Cover with top crust or lattice. Bake 350 degrees for 45 min.

\*Gluten free pie crusts can be purchased or made with Pamela's GF baking mix.

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## Lemon Squares

2 cups flour \*  
2 sticks butter  
1/2 cup monk fruit sweetener  
Sift together flour and monk fruit. Cut in butter.  
Oven temp 350 Bake in 9 x 13 pan 20 to 25 minutes.

Topping  
4 eggs  
2 cups monk fruit  
1 tsp. baking powder  
6 tbs. Lemon juice

Beat together eggs, monk fruit and baking powder. Pour egg mixture over baked crust. Bake at 350 degrees for 25 min. Remove from oven. Cool. Cut in small squares. \*Gluten free flour mix can be used

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## Zucchini Bread

1 cup oil  
4 eggs  
2 cups monk fruit  
3 1/2 cup flour \*  
1 1/2 tsp. baking soda  
1 1/2 tsp. cinnamon  
1 cup raisins-optional- need to be floured  
1 1/2 tsp. nutmeg  
1 1/2 tsp. salt  
3/4 tsp. baking powder  
1 tsp. vanilla  
1 cup chopped nuts  
2 cups shredded zucchini (do not peel)

Beat eggs, gradually add monk fruit sweetener and oil.  
Combine dry ingredients and mix with eggs alternately with zucchini  
Add nuts, raisins and vanilla.  
Bake at 325 50 min to 1 hour until a toothpick comes out clean.  
Makes 2 loaves or 1 bundt pan.

\*GF flour mix can be used

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## New England Pumpkin Pie

1 can One-Pie pumpkin  
1 tbs. Cornstarch  
1/2 tsp. Cinnamon  
1/2 tsp. Ginger  
1/2 tsp. Nutmeg  
1/2 tsp. Salt  
1 1/2 tbs. butter  
1 1/2 cups almond milk  
1 cup monk fruit sweetener  
1/8 cup Molasses  
2 eggs (beaten)

Sift monk fruit, Cornstarch, Salt, Cinnamon, Ginger, and Nutmeg together. Mix this with contents of on can pumpkin. Add eggs, beaten, melted butter, molasses and almond milk. Add a dash of lemon juice (if desired). Line a 9-inch pie plate, pour in contents. Preheat oven and bake at 450 degrees for 15 minutes. Then reduce temperature to 350 and continue to bake for 50 minutes.

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## Sweet Potato Casserole

3 cups mashed sweet potatoes  
1 cup monk fruit  
2 well beaten eggs  
1 stick butter  
1 cup almond milk  
1 tsp. vanilla

Mix ingredients well. Pour in a 13 x 9-inch baking dish or pan. Sprinkle with topping.

### Topping:

1 cup monk fruit  
1/2 cup flour or GF flour mix  
1 cup chopped nuts  
1 stick butter

Combine monk fruit, flour, nuts and mix melted butter. Sprinkle over top of potato mixture. Bake 35 min at 350 degrees

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## Pecan Pie

1 9-inch pie crust  
2/3 cup Molasses  
2/3 cup Rice Syrup  
2 tbs. monk fruit  
3 eggs  
2 tsp. vanilla  
1/4 cup flour \* or GF flour mix  
1/2 stick melted butter  
1 1/2 cups whole pecans or pieces

Preheat oven to 350

Beat eggs lightly in mixer, add remaining ingredients except pecans. Blend until just combine.

Pour mixture into pie crust and sprinkle on the pecans

Bake 40 min or until filling is puffy and the crust is golden.

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## Rum Balls

1 pkg. 12 oz organic semi-sweetened chocolate morsels or Lily's or Choc Zero chocolate chips  
3 tbs. Rice Syrup or other sugar free syrup  
1/2 cup Rum  
2 1/2 cups crushed Joseph's Almond cookies or GF cookies  
1/2 cup monk fruit  
1 cup Ground pecans

Melt chocolate over low heat. Add syrup and rum, combine crushed almond cookies, monk fruit and nuts, mix well. Let stand 30 min. Grease hands form into balls 1 inch in diameter then roll in monk fruit. Let ripen in covered container at least seven days.

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## Incredibly Creamy Chocolate Pie

### Filling:

1 10 oz pack Choc Zero or Lily's Chocolate Chips (or Carob Chips)  
20 oz tofu (firm)  
3 tbs. light Honey

### Pie Crust:

1 9-inch graham cracker or cookie pie-crust (see crust recipe below)

Heat chocolate chips in double boiler or pan.

Add honey

In a blender or processor blend tofu until smooth.

Add the chocolate/honey mixture to tofu and whip until creamy.

Pour filling into pie crust.

Refrigerate overnight or until firm.

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## Chocolate Graham Cracker Crust

1 1/2 cups Chocolate Graham cracker crumbs  
1/4 cup butter melted

Mix the cracker crumbs and butter in a bowl until well blended. Press the mixture onto bottom and sides of an 8" or 9" spring form pan lightly sprayed with nonstick cooking spray.

Freeze the crust for 30 min or refrigerate until firm. For less crumbly crust, increase butter to 5 or 6 tbs.)

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## Chocolate Chip Cookies

2 cups organic white or all-purpose flour or GF mix  
3/4 tsp. baking soda  
3/4 tsp. salt  
1 cup (2 sticks) softened butter  
1 1/4 cup monk fruit  
1 egg  
1 tsp. vanilla extract  
1 1/4 cups of Lilly's or Choc Zero Chocolate chips  
3/4 cup chopped nuts (optional)

Preheat oven to 350 degrees

Combine flour, baking soda and salt. Set aside.

Cream together butter and sugar until light and fluffy, beat in egg and vanilla. Blend in flour mixture slowly.

Stir in chocolate chips and nuts.

Drop heaping teaspoonfuls onto an un-greased cookie sheet.

Bake 10- 15 min, until browned. Cool one minute on cookie sheet: place on wire cooling racks. Makes about 4 dozen 2-inch cookies.

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## Old Fashion Cocoa Recipe

8 oz non-dairy milk substitute  
1 Tbs. Organic unsweetened baker's cocoa  
1-2 Tbs. monk fruit to taste  
1/2 Tsp. vanilla

Stir thoroughly as you heat until creamy DO NOT BOIL

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## Cranberry Apple Casserole

3 cups peeled, chopped apples  
2 cups fresh cranberries  
2 tbs. unbleached winter wheat flour  
1/2 cup monk fruit  
3/4 cup rolled oats  
3/4 cup chopped pecans  
1/2 cup flour or GF mix  
1/4 cup monk fruit  
1/2 cup melted butter

Combine apples and cranberries with 2 tbs. Flour, tossing to coat. Add 1/2 cup monk fruit, mixing well. Place in 2 qt. Casserole. Combine oatmeal, pecans, 1/2 cup flour and 1/4 cup monk fruit; add butter and stir well. Spoon over fruit mixture. Bake uncovered at 350 for 45 minutes. Garnish with pecan halves and cranberries (if desired).

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## Cornbread

### Wet Ingredients

5 tbs. Butter, softened  
2 tbs. monk fruit sweetener  
3 eggs  
1 ¼ cups unsweetened almond milk

### Dry Ingredients

¾ tsp. Baking powder  
¾ tsp. Baking soda  
¼ tsp. Salt  
1 cup unbleached white flour  
1 1/8 cups cornmeal

Preheat the oven to 350. Spray a 9-inch-square pan with lecithin spray. With an electric mixer on medium-high, use the paddle attachment or beaters to cream the softened butter and monk fruit sweetener until light and fluffy. Beat in the eggs, one at a time, being sure that the first egg is incorporated before the next one is added. Sift the dry ingredients together. Reduce the mixer speed to low. Add the sifted dry ingredients, one third at a time, alternating with the soy milk. Pour the batter into the prepared 9-inch square pan. Place the pan on the middle shelf of the oven and bake for 30 to 35 minutes. When done, the cornbread will be a rich golden yellow and will spring back when touched lightly in its center. Cool the cornbread in its pan on a wire rack. Best stored at room temperature in plastic wrap.

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## Gingerbread

### Wet Ingredients

½ cup monk fruit sweetener  
¼ cup oil  
2 eggs  
1 tsp. Vanilla extract  
1 cup unsweetened applesauce

### Dry Ingredients

¼ cup walnuts  
1 ½ cups pastry flour or GF mix  
½ tsp. Salt  
1 ½ tsp. baking soda  
2 tsp. Ginger  
1 tsp. Cinnamon  
1/8 tsp. Nutmeg  
1/8 tsp. cloves

Preheat oven to 350. Lightly spray a 9-inch square pan with spray. Toast the walnuts in the oven for 7-10 minutes, stirring occasionally. Allow the nuts to cool. Then process them in a food processor, using a pulsing action, until finely ground. Be careful not to overdo and end up with a paste! Use an electric mixer on medium-high speed to whisk the sweetener and oil together until thickened. Continuing on medium-high speed, add the eggs one at a time, beating well after each one. Reduce speed and stir in the vanilla extract. Sift together dry ingredients and stir in the ground toasted walnuts. With the mixer on its lowest speed, add the dry ingredients in 2 parts, alternating with the applesauce. Mix just until the flour is incorporated. Pour the batter into the prepared pan. Place pan on middle shelf in oven and bake for 25 to 35 minutes, until the gingerbread springs back when touched lightly in its center. Cool bread in its pan on a wire rack. Store bread wrapped in plastic at room temperature.

# German Chocolate Cupcakes

Gluten-free, dairy-free yumminess! These cupcakes will take you some time to make, but I guarantee you will not be disappointed!

## Batter

- ¼ cup coconut flour
- ¼ cup unsweetened cocoa powder
- ¼ teaspoon sea salt
- ½ teaspoon baking soda
- 4 large eggs
- ¼ cup grapeseed oil
- ¾ cup monk fruit sweetener
- ¼ cup almond milk or coconut milk
  
- Coconut Pecan Filling (see recipe below)
- Chocolate Ganache (see recipe below)
- 2 tablespoons unsweetened shredded coconut

## Instructions

Preheat oven to 350 degrees F. Line 9 muffin cups with paper liners.

To make batter, in a large bowl, combine the coconut flour, cocoa powder, salt and baking soda. In a medium bowl, whisk together the eggs, grapeseed oil, and monk fruit. Blend the wet ingredients into the coconut flour mixture with a hand-held mixer until thoroughly combined.

Scoop ¼ cup of batter into each prepared muffin cup.

Bake for 18 to 22 minutes, until a toothpick inserted into the center of cupcake comes out with a few moist crumbs attached. Let the cupcakes cool in the pan for 1 hour.

To assemble the cupcakes, remove each from its liner. Use a serrated knife to split each cupcake in half horizontally. Spoon 1 tablespoon of Coconut Pecan Filling onto the bottom half of each cupcake. Replace the tops, pressing down to distribute the filling. Spread the sides of each cupcake with chocolate Ganache, and then spread the top of each cupcake with the remaining Coconut Pecan filling. Sprinkle each cupcake with shredded coconut.

## Coconut Pecan Filling

- 2 egg yolks
- 1 cup coconut milk
- ½ cup monk fruit sweetener
- ¼ cup coconut oil
- ¾ cup unsweetened shredded coconut



- 1 cup pecans, toasted and coarsely chopped

### Instructions

In a medium saucepan, combine the egg yolks, coconut milk, monk fruit and coconut oil. Bring to a vigorous simmer over medium heat, stirring constantly, and cook for 5 minutes, until the mixture is slightly reduced. Strain through a sieve into a bowl.

Mix the shredded coconut and pecans into the egg yolk mixture and let cool completely, stirring every now and then.

Use immediately or store in refrigerator for up to 24 hours. Before using, bring to room temperature and stir with a flexible spatula until softened.

## Chocolate Ganache

- $\frac{3}{4}$  cup heavy cream
- 8 ounces dark chocolate chips (73% cacao) (just over 1  $\frac{1}{3}$  cups) (Lily's Baking Chocolate Chips and Choc Zero chocolate chips have no sugar!)
- 1 teaspoon vanilla extract
- Pinch of sea salt

### Instructions

In a medium saucepan, bring the heavy cream to a boil, then immediately remove it from the heat. Stir in the chocolate until it is melted and smooth, then stir in the vanilla extract and salt.

Let the ganache stand at room temperature for 5 minutes, then transfer to the refrigerator and chill until the ganache thickens and becomes shiny and spreadable. This could take anywhere from 10 to 30 minutes, depending on the temperature of your refrigerator.

If the frosting becomes too stiff to work with, reheat the pan ever so briefly over very low heat, and stir until softened.

Use immediately or store in refrigerator for up to 24 hours.

## Pumpkin Cupcakes

Fragrant and brimming with health-boosting nutrients, these little cakes are a scrumptious alternative to pumpkin pie at Thanksgiving dinner.

Note: Roast your own pumpkin or use canned pumpkin pie filling.

- $\frac{1}{2}$  cup pumpkin pie filling
- 1 cup blanched almond flour
- $\frac{1}{4}$  cup coconut flour

- 2 tablespoons arrowroot powder
- 2 teaspoons baking soda
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- 3 large eggs
- ¼ cup grapeseed oil
- ½ cup monk fruit sweetener (to taste)
- 1 tablespoon raw apple cider vinegar

## Instructions

Preheat oven to 350 degrees f. Line 12 muffin cups with paper liners.

If roasting pumpkin use ¾ to 1 pound sugar pumpkin: Fill the bottom of a baking dish with ¼ inch water. Cut pumpkin in half vertically; remove the seeds and place cut side down in the baking dish. Roast for 45 to 55 minutes, until pumpkin is soft when pierced with a fork. Allow pumpkin to cool, scrape the flesh into a bowl, then measure out ½ cup.

In a large bowl, combine the almond flour, coconut flour, arrowroot powder, baking soda, cinnamon, nutmeg, ginger and cloves. In a food processor, pulse together the eggs, grapeseed oil, monk fruit, vinegar and pumpkin until well combined. Add the almond flour mixture and pulse until thoroughly combined, about 30 seconds.

Scoop ¼ cup of batter into each prepared muffin cup.

Bake for 18 to 25 minutes, until toothpick inserted into center of cupcake comes out with just a few moist crumbs attached. Let the cupcakes cool in the pan for 1 hour, then frost and serve.

## Whipped Cream Frosting

- 1 cup heavy cream
- 2 TBS monk fruit sweetener

## Instructions

In a deep bowl, whip the cream with a handheld mixer for 2 to 3 minutes until it is thick and fluffy and soft peaks form. Add the monk fruit sweetener gradually. Spoon onto the top of cupcakes or swirl it onto top of cupcakes with a pastry bag.

## Vegan Whipped Cream Frosting

Don't want the dairy? Try this vegan version.

- 2 (13.5 ounce) cans Thai Kitchen coconut milk (or any full fat version)
- ¼ cup monk fruit sweetener

- 1 tablespoon vanilla extract
- Pinch of sea salt

### Instructions

Place the coconut milk in the refrigerator overnight so that it is very chilled. Open container(s) and gently scoop out the very solid coconut cream into a bowl. Pour out the remaining liquid coconut water into a jar and save it for another use.

Whip the coconut cream with a handheld mixer for 1 minute, until light and fluffy. Whip in the monk fruit, vanilla extract and salt.

Use immediately or store in refrigerator for up to 24 hours.

## Roasted Sweet Potatoes with Pineapple and Pecans

- 2 tablespoons oil (use grapeseed, peanut or safflower)
- 5 cups sweet potatoes, peeled, cut into chunks
- 1 cup fresh pineapple, cut into chunks
- Salt to taste
- $\frac{3}{4}$  cup pecans, coarsely chopped
- 2 tablespoons maple syrup or Keto maple syrup or monk fruit sweetener
- Juice of one orange, plus 1 teaspoon of orange zest
- 1 tablespoon lemon juice
- $\frac{1}{2}$  teaspoon Dijon mustard

### Instructions

Preheat oven to 425 degrees F.

Toss sweet potatoes and pineapple with oil and salt. Transfer to prepared baking sheet and roast 15 minutes. Add pecans and roast for 10 more minutes, then transfer to a large bowl.

In a small pan, add maple syrup or other sweetener and the juice of one orange. Simmer until juice thickens and is slightly reduced. Whisk in Dijon mustard, lemon juice and orange zest. Pour over sweet potato mixture and gently toss to combine.

## Creamy Sweet Potato and Parsnip Soup

Recipe courtesy of Top Chef University. This seems like a lot of ingredients, but this is very simple to make.

- Yield: serves 4
- Time: 45 minutes

## Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon unsalted butter
- 4 cups, peeled and cubed sweet potato
- 1 cup peeled and sliced parsnip
- 1/2 onion, diced
- 1 clove of garlic, peeled and sliced
- 2 pink lady apples, peeled and rough chopped
- 1 x 1/2-inch piece of fresh ginger, peeled and sliced
- 2 cups low-sodium chicken broth, store bought
- 2 cups of water
- 1 dried red chile
- 1/4 cup heavy cream
- Kosher salt and freshly ground black pepper

## Blue Cheese Sauce:

- 1/4 cup of crumbled blue cheese
- 1/2 cup of heavy cream

## Gastrique (a fancy name for a reduced sauce):

- 1 cup of sherry vinegar
- 1/4 cup of sugar
- 1 dried Thai chile
- 4-6 black peppercorns

## Instructions

Heat butter and olive oil in a large pot over medium heat. Add garlic and onion and cook for 5 minutes until fragrant and translucent. Add parsnips and sweet potatoes and continue to sweat for 5-6 minutes. Season with salt and pepper. Add apple and chile to the pot and stir well.

Add chicken stock and 2 cups water. Bring to a boil, reduce heat and simmer, partially covered, until vegetables are tender, 20 to 25 minutes.

Working in batches, puree soup in a blender (use a handheld immersion blender if you have one) until smooth. Add a splash of heavy cream and season with salt and pepper once more. Blend until light and smooth.

**TO MAKE BLUE CHEESE SAUCE**, melt cheese and cream in a small sauce pan. To make gastrique, reduce vinegar and sugar with chile and peppercorns in a small saucepan until thick and syrupy - about 5 minutes.

To serve, pour soup into bowl and top with a swirl of the blue cheese sauce and a drizzle of the gastrique.

# Roasted Root Vegetables with Blue Cheese and Honey

Recipe Courtesy of Top Chef University.

- Yield: serves 2-4
- Time: 1 hour

## Ingredients

- 4 carrots, peeled and split lengthwise
- 2 parsnips, peeled and split
- 1 large onion, peeled and cut into wedges
- Extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 2-3 sprigs of fresh thyme
- 3-4 tablespoons of honey
- 1/4 cup of crumbled blue cheese

## Instructions

Pre-heat oven to 350 degrees F.

Scatter the peeled and cut vegetables onto a roasting tray and drizzle with a little olive oil. Sprinkle with thyme and season with salt and pepper. Drizzle with honey then roast in the pre-heated oven 45-55 minutes until everything is nicely caramelized.

Serve with another drizzle of honey and scattered with crumbled blue cheese.

## Vegetarian Collard Greens

- 4 bunches of collards, stems and ribs removed
- Salt
- 1/4 cup brown butter
- 1 onion, diced
- 2 thinly sliced garlic
- 1/2 teaspoon red pepper flakes
- Hot pepper sauce

Bring a large pot of water to boil. Add enough salt to make the water taste like sea water. Chop collard greens into bite sized pieces. Add to boiling water and blanch for 5 minutes. Remove the collards greens from the pot using a large slotted spoon or a spider. Reserve 2-3 cups of the water.

Brown butter: add butter to a frying pan and let cook on medium low heat until the butter turns brown--not burned. The browner the butter the nuttier the flavor.