

FALL / WINTER

Holiday Recipes



aligned
MODERN HEALTH





Dr. Delilah Renegar DC, MD
Director of Functional Medicine
& Director of Physical Medicine

Letter from Our Director of Functional Medicine

At Aligned Modern Health, we believe that nutrition, celebration, and gratitude are the most essential ingredients for a happy holiday! This season, let your celebrations be an expression of thankfulness for your body with our annual recipe guide!

Here you will find delicious, nutritionally focused holiday recipes curated by our team of Functional Medicine & Clinical Nutrition experts.

As Dr. Alan Wolfelt the world renowned grief counselor states “Food is symbolic of love when words are inadequate.” Please enjoy these recipes as symbols of our love to you, your family and friends. May you enjoy them in continued good health!

Cheers!
Dr. Renegar

Recipe by:

Savannah Cass, RDN, LDN

Black Bean Hummus & Sunchoke Chips



Ingredients

Hummus:

- 2 cups black beans
- 2 cloves garlic, chopped
- 1/4 cup tahini
- 2 tbsp lime juice
- 1 tsp cumin
- 1/2 tsp cayenne powder
- 1/4 cup cilantro, fresh and minced

Directions

1. Place the black beans in a food processor or blender and process until you get a stiff paste. While the machine is still processing, add garlic, tahini, lime juice, cumin, and cayenne.
2. After the ingredients are incorporated slowly drizzle in cold water (approx. 1.5 tbsp) and keep blending until you get a very smooth paste.
3. When it is done processing, fold in the minced cilantro.
4. Serve with vegetables, pita, or sunchoke chips, as seen to the right.

Sunchoke chips:

- 1.5 pounds Sunchokes (Jerusalem artichokes), scrubbed
- 2 tbsp Avocado oil
- 2 tsp. Lemon zest
- 1 tsp. Smoked paprika
- 1 tsp. Garlic powder
- 1 tsp. Salt
- 1 tsp. Pepper

1. Preheat oven to 400 degrees F.
2. Wash and scrub the sunchokes well, then slice them into 1/8-inch thick slices on a mandolin, or slice thin with a knife.
3. Toss in the garlic powder, canola oil, paprika, and pepper. Bake until crisp and golden brown around the edges.
4. Evenly distribute sunchokes on the baking sheet and cook for about 12 minutes. Flip them over and bake for another 12 minutes, or until they are golden brown.
5. While they are baking, mix the lemon zest and salt together in a small bowl.
6. Remove sunchokes from the oven and sprinkle the lemon zest and salt on top while hot.

Roasted Sweet Potatoes with Honey and Cinnamon

Ingredients

- 4 sweet potatoes**, peeled and cut into 1-inch cubes
- ¼ cup** extra-virgin olive oil, plus more for drizzling potatoes after cooked
- ¼ cup** honey
- 2 tsp** ground cinnamon
- Salt and freshly ground black pepper**

Directions

1. Preheat oven to 375 degrees F.
2. Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in oven or until tender.
3. Take sweet potatoes out of the oven and transfer them to a serving platter. Drizzle with more extra-virgin olive oil.



Recipe selected by:
Emily Krause, MS, RDN, LDN

Recipe sourced from:
[foodnetwork.com](https://www.foodnetwork.com)

Oven-Roasted Winter Squash

With a Holiday Spice Blend

Recipe by: Dr. Kristen Halland, DC



Ingredients

- 1 butternut, acorn, or other squash
- 2 tbsp coconut oil

Holiday Spice Blend:

- | | |
|---------------------------|---------------------|
| 2 tsp ground dried ginger | ½ tsp grated nutmeg |
| 2 tsp ground cinnamon | ¼ tsp ground cloves |
| 1 tsp ground cardamom | ¼ tsp sea salt |

Directions

1. Prep squash: wash the outside, cut into manageable sections (if needed) and peel, de-seed, and cut into 1-inch cubes.
2. Preheat oven to 400 degrees F.
3. Toss butternut squash with coconut oil in a large bowl.
4. Evenly arrange coated squash on a baking sheet.
5. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.
6. Dust with Holiday Spice Blend to taste (saving the extra for later). Add additional drizzle of coconut oil if desired.



Cajun-Rubbed Turkey with a Cranberry Pear Sauce

Ingredients

Turkey & Turkey Rub:

- 1 **gluten-free turkey**
- 2 ½ **tbsp paprika**
- 2 **tbsp salt**
- 2 **tbsp garlic powder**
- 1 **tbsp black pepper**
- 1 **tbsp onion powder**
- 1 **tbsp cayenne pepper** (cut by 1/2 or 3/4 if you want less spicy)
- 1 **tbsp dried oregano**
- 1 **tbsp dried thyme**
- 1/3 **cup coconut oil, melted**

Southern-Style Stuffing (optional):

- 2-3 **unpeeled oranges**, cut into large slices
- 1 **large onion**, cut into large slices

Cranberry-Pear Sauce:

- 2 ½ **cups fresh or frozen cranberries** (about 10 ounces)
- 2 **small ripe pears**, peeled, cored, and diced
- 1 **cup freshly squeezed orange juice** or apple cider
- ¼ **cup coconut sugar** (or to taste)
- ¼ **tsp ground allspice**

Recipe by: *Dr. Kristen Halland, DC*





Directions

1. Blend cajun spices together in a small bowl and set aside.
2. Roll up sleeves and use hands to gently loosen skin on the back of the turkey. Pour coconut oil under skin, and spread around with handing, working quickly (coconut oil will begin to solidify on a cold turkey).
3. Rub the turkey (under the skin and on the skin) all over with cajun spice blend.
4. Stuff the turkey with oranges and onion (if desired).
5. Roast the turkey.

Sauce:

While turkey is roasting, make the sauce. Place all sauce ingredients into a 2-quart saucepan and bring to a boil, reduce heat to medium low and simmer for about 10 to 15 minutes. After about 7 minutes of cooking, use a large spoon to begin mashing the pears and cranberries. Continue until it has become sauce-like. It will thicken more once it cools. Cover and refrigerate until ready to serve. Heat on low to warm it up or serve it cold.

Roasted Brussels Sprouts with Garlic Bacon Aioli

Ingredients

Brussels Sprouts:

2 lbs fresh Brussels sprouts, ends trimmed and halved
2 **tbsp** olive oil or avocado oil
Sea salt and black pepper to taste

Garlic Bacon Aioli:

1/3 cup mayonnaise
2 **tsp** fresh lemon juice
2 **small** garlic cloves, smashed or finely minced
2 **strips** bacon, cooked until crispy, finely chopped
1 **tsp** Dijon mustard (optional)
1/2 **tsp** fresh thyme leaves (or 1/4 teaspoon dried thyme)



Photo sourced from:
therealfooddietitians.com



Recipe selected by:
Dr. Ron Bouffard, DC,
BS, DABCI, DACBN

Recipe sourced from:
therealfooddietitians.com



Photo sourced from: therealfooddietitians.com

Directions

Brussels Sprouts:

1. Preheat the oven to 350 degrees. Line a sheet pan with parchment paper.
2. Cut the tough stem ends off of each Brussels sprout. Slice each Brussels sprout in half. If Brussels sprouts are very large, cut them into quarters.
3. Place the Brussels sprouts on a baking sheet. Drizzle oil, salt, and pepper over the Brussels sprouts, tossing them around until coated. Spread them around in an even layer.
4. Roast the Brussels sprouts in the oven until browned, 30 to 35 minutes. Stir the Brussels sprouts quickly halfway through roasting time.

Garlic Bacon Aioli:

1. Cook 2 slices of bacon until very crispy in your preferred method: on the grill, in the oven, in a pan, or in the microwave. Crumble the bacon into pieces.
2. In a small bowl, stir together the mayonnaise, lemon juice, garlic, crumbled bacon, Dijon mustard, and thyme. If desired, sprinkle a little bacon and thyme leaves on top of the aioli for a pretty presentation.
3. Store aioli in refrigerator until ready to serve. Any leftover bacon aioli can be refrigerated for up to one week.

Stuffed Peppers

Ingredients

- 4–6 **medium** whole bell peppers (any color)
- 1 **tbsp** avocado oil
- 3 **garlic cloves**, minced
- 1 **medium** yellow onion, diced
- 1 **medium** zucchini, diced into 1/2" cubes
- 1 **pound** Italian sausage
- 2 **tbsp** Italian seasoning
- 1 **tbsp** garlic powder
- Salt and pepper** to taste
- 1 **28 oz can** crushed tomatoes
- 1 **8 oz can** tomato paste
- 2 **cups** cauliflower rice
- Fresh parsley or basil** to garnish



Directions

1. Preheat oven to 350 degrees F. Slice peppers in half lengthwise from top to bottom. Remove and discard the stems, seeds and membranes, then arrange peppers cut-side up in a 9×13 inch baking dish.
2. In large pot, heat avocado oil over medium high heat. Add the garlic, onions, and zucchini. Sauté for 3-5 minutes or until onion is translucent. Drain excess liquid from pot.
3. Remove Italian sausage from casing and add to pot along with Italian seasoning, garlic powder, salt and pepper. Brown the sausage, breaking up chunks with a spatula, until no longer pink – about 5-8 minutes.
4. Add the crushed tomatoes, tomato paste, and cauliflower rice to the pot and stir.
5. Cover pot, reduce heat, and let filling simmer for 10-15 minutes, stirring occasionally. Taste and add more seasonings as needed.
6. Remove pot from heat. Spoon filling (including sauce) into the inside of each bell pepper half.
7. Bake uncovered for 30-35 minutes, or until the peppers are tender and golden brown. Garnish with fresh parsley or basil. Serve hot.
8. For leftover filling, option to sauté additional chopped peppers and add to remaining filling. Serve hot as a soup/ stew.



Recipe by: Dr. Elisabeth M. Toth, DC



Roasted Cauliflower Steaks with Dipping Sauce

Ingredients

1 head cauliflower, cut into steaks

1/3 tsp oregano, dried

1/2 tsp thyme, dried

1 tbsp avocado oil

1/8 tsp salt

Pepper to taste

Directions

1. Preheat oven to 420 degrees F.
2. Boil a large pot of water over medium to high heat. Place cauliflower in the boiling water and cook for 2 minutes.
3. Strain the cauliflower and place in a cold ice water bath. Once cold, remove from water.
4. Place cauliflower in a bowl and add in the rest of the ingredients. Mix until incorporated.
5. Place cauliflower on a sheet pan and roast in oven until golden brown on one side, then turn cauliflower over and let it cook until it is golden brown on the other side as well.
6. Serve with tahini dressing and olives or pesto (recipes on next page)

Tip: Can replace cauliflower with eggplant if on the Bi-Phasic SIBO Diet.



Pesto

Ingredients

¼ cup walnuts, roasted no salt
1 cup basil
1 cup parsley
¼ cup extra virgin olive oil
1 tbsp lemon juice
2 cloves garlic
Salt & pepper to taste

Directions

1. Add walnuts, basil, parsley, garlic, and lemon juice in a blender or a food processor and blend.
2. While blending, add in olive oil a little at a time. Blend until somewhat smooth. Add small amount of cold water or if not blending well.
3. Add salt and pepper to taste. Enjoy!



Tahini Dressing

Ingredients

½ cup tahini
¼ cup (approx. 1 large lemon) lemon juice
¼ tsp smoked paprika
¼ tsp cumin
2 tsp extra virgin olive oil
2 cloves garlic
¼ cup fresh dill
Salt & pepper to taste
½ cup cold water

Directions

1. Put all ingredients except for water in a blender or food processor and blend until creamy.
2. Add in cold water slowly until desired texture is reached. Could be used as a spread or a thinner dressing. Enjoy!



Recipes by:
 Savannah Cass, RDN,
 LDN

Kale Cranberry Salad

Ingredients

For the salad:

- 3 cups** broccoli slaw (8 oz)
- 15** brussel sprouts, shaved or finely chopped
- 2** apples, diced
- ½ cup** dried cherries, cranberries or other fruit
- ¼ cup** roasted pepitas

For the dressing

- ¼ cup** apple cider vinegar
- ¼ cup** extra virgin olive oil
- 2 tbsp** lemon juice
- 1 tbsp** whole grain mustard (or dijon mustard)
- 1 tbsp** onion powder
- 1 tsp** garlic powder
- 1 tsp** salt
- ½ tsp** oregano
- ½ tsp** crushed red pepper flakes

Directions

1. In a large bowl, toss together lemon juice and diced apples and let rest for 3 minutes. (This helps prevent browning).
2. Add the rest of the salad ingredients and mix well.
3. In a separate bowl, whisk together the remaining dressing ingredients and drizzle over salad. Toss and chill for 1 hour before serving.





Recipes by: Dr. Alexandra Mackillop, DC

Roasted Honey-Rosemary Parsnips

Ingredients

5-6 medium parsnips,
roasted, peeled and chopped
4 sprigs fresh rosemary (or
about 1.5 tbsp fresh rosemary
leaves)
½ cup avocado oil
3 tbsp honey
2 tsp salt

1. Preheat oven to 400 degrees F.
2. Toss parsnips with oil; sprinkle with salt and rosemary.
3. Spread parsnips onto a large baking sheet.
4. Bake for about 30 minutes.
5. Remove from oven, drizzle with honey; toss to coat
6. Return to oven for an additional 10-15 minutes until soft and golden but not burned.

Pumpkin Farro Risotto

Recipe by:
Savannah Cass,
RDN, LDN



Ingredients

- 3 cups** pumpkin, diced or butternut squash
- 1 medium** yellow onion, Julienne
- 2 cups** vegetable or chicken stock
- 2 cups** farro
- ¼ cup** cashew milk (or any alternative)
- 1 tbsp** sage, fresh
- 1 tbsp** rosemary, fresh
- 2 tbsp** garlic, minced
- 2 tbsp** avocado oil
- 3 cups** swiss chard or other leafy green
- ¼ cup** parmesan cheese
- 1/3 cup** pecans, chopped
- Salt and pepper** to taste



Directions

1. Turn on the oven to 400 degrees F.
2. Slice the pumpkin in half and scoop out all of the seeds and set them aside (don't throw away). Then, scoop out the pulp with a spoon and set aside as well (don't throw away). Cut the skin off of the pumpkin and dice the pumpkin into 2-inch thick cubes.
3. Slice the onions into thin slices, and mince the sage, rosemary, and garlic.
4. Heat ½ tbsp of oil in a pan and then place the onions in and slow cook the onions, stirring every few minutes until the onions are brown and caramelized.
5. While the onions are cooking toss the pumpkin in 1 tbsp of avocado oil, salt, and pepper then roast in the oven until tender and slightly golden brown around the edges. Set aside.
6. Place the rest of the oil in a large pot wait until it is hot. Add the minced garlic, cook garlic until fragrant and add the farro. Stir until it is coated with the garlic and oil.
7. Add ½ cup of vegetable stock and stir continuously until the stock has been absorbed. Once the farro has absorbed the stock, add another ½ cup and stir until absorbed. Continue this process until the stock is gone.
8. While the farro is cooking, puree the cooked pumpkin, caramelized onions, and cashew milk in a food processor or blender until smooth.
9. When the stock is gone add a quarter of the pumpkin puree in the farro mix until that has been absorbed. Add the small cut pieces of swiss chard.
10. Continue adding the pumpkin puree until you get the desired creaminess and the farro is fully cooked.
11. Add the rosemary, sage, and grated parmesan cheese.
12. Stir and cook a couple more minutes until the herbs are incorporated and the cheese has melted. Add salt and pepper to taste.
13. Plate the Pumpkin Risotto and top with the pecans and some fresh or sautéed sage. Enjoy!

Sweet Potato Casserole

Ingredients

Sweet potato mash:

3 lbs sweet potatoes, peeled and cubed

2 flax eggs*

1/3 cup coconut sugar

1/4 cup vegan butter

1 tsp vanilla extract

1/2 tsp salt

Pecan topping:

1 cup chopped pecans

1 cup almond or oat flour

1/4 cup coconut sugar

1/2 cup (1 stick) vegan butter, softened and cut into cubes

1/4 tsp cinnamon, optional

Pinch of salt



Directions

1. Add your sweet potatoes to a large pot and just barely cover with water. Bring to a boil and simmer until fork-tender, about 20 to 30 minutes depending on the size of your cut potatoes.
2. Once they're tender, drain the potatoes and add them into a large mixing bowl.
3. Let cool slightly, and then mash the potatoes with a potato masher.
4. Add in the flax eggs, coconut sugar, vegan butter, vanilla extract, and salt. Stir until well combined, mashed to your liking, and the butter has fully melted and incorporated.
5. Spread the sweet potato mash into a lightly greased casserole dish. Mine was around 8"x11", but anything around that size will work well. Set aside while you prepare the pecan crumble topping.
6. In a mixing bowl, combine the pecans, flour, coconut sugar, vegan butter, cinnamon, and salt. Mix together until well combined and crumbly.
7. If it doesn't seem crumbly enough, place it in the refrigerator for about 10 minutes to firm up the butter.
8. Sprinkle evenly on top of the sweet potato mash.**
9. Bake at 350°F for 30 minutes until the top is crispy and browned.

Notes

*For the flax eggs: combine two tablespoons flax meal with 1/3 cup water. Whisk together and let gel for 5 to 10 minutes until thickened before using.

**To make ahead: Prepare the dish right up until baking, and then cover with foil and store in the refrigerator for up to 2 days. When you're ready to bake, remove the foil and bake as directed above. It's perfect to make ahead of time to reduce stress on Thanksgiving!



Recipe selected by:
Dr. Ron Bouffard, DC, BS, DABCI, DACBN

Recipe sourced from:
bakerita.com

Vegan Avocado Pesto Pasta

Ingredients

- 8 oz** dry pasta of choice (to make this gluten-free, use chickpea pasta, zucchini noodles or spaghetti squash)
- 1 medium** avocado, skin and seed removed
- 2 tbsp** olive oil
- 1 ½ cups** basil, loosely packed
- 1 cup** frozen spinach, thawed
- 3 cloves** garlic
- ¼ cup** cashews
- 2 tbsp** lemon juice, from one lemon
- ½ tsp** fresh ground black pepper
- ¼ tsp** salt

Directions

1. Cook pasta according to package instructions.
2. Meanwhile, make the pesto. Add all ingredients to a high-powered blender or food processor. Blend until smooth and spreadable. Taste for salt and pepper.
3. Toss pesto and pasta together. Enjoy topped with fresh cherry tomatoes.



Recipe selected by:
Dr. Alexis Mikrut,
DC, MS

Recipe sourced from:
cozypeachkitchen.com

Roasted Acorn Squash Soup



Recipe selected by:
Emily Krause, MS, RDN, LDN

Recipe sourced from:
allrecipes.com

Ingredients

2 acorn squash, halved and seeded

Water, as needed

3 tbsp unsalted butter

1 large sweet onion, chopped

1 large carrot, peeled and chopped

1 clove garlic, minced

3 ½ cups low-sodium chicken stock

¼ cup half-and-half

½ tsp ground nutmeg

½ tsp ground cinnamon

1 pinch salt and ground black pepper to taste

Directions

1. Preheat oven to 400 degrees F.
2. Put squash into a baking dish with the cut side down. Pour enough water into the baking dish to cover the bottom.
3. Bake in preheated oven until the flesh of the squash is easily pricked with a fork, about 45 minutes. Remove from oven and allow to cool until squash can be handled. Scoop flesh into a bowl and set aside.
4. Melt butter in a pot over medium-high heat. Cook onion, carrot, and garlic in melted butter until soft, 5 to 7 minutes. Pour chicken stock into the pot; add the squash.
5. Bring the mixture to a simmer and cook for 20 minutes.
6. Pour mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth and return to pot.
7. Stir half-and-half, nutmeg, and cinnamon through the blended soup; season with salt and pepper. Thin the soup with water if desired.

Pumpkin Mousse Pie

Gluten Free, Dairy Free

Photo sourced from:
handletheheat.com

Ingredients

Pumpkin Mousse Filling

1 (8 oz) package dairy-free cream cheese, softened
½ cup packed brown sugar
1 cup pumpkin puree (not pie filling!)
1 tsp vanilla extract
1 tsp ground cinnamon
¼ tsp ground cloves
¼ tsp ground nutmeg
1/8 tsp ground ginger
1 package of CoCo Whip* (or other dairy-free whipped cream)

Graham Cracker Crust

1 box of gluten-free graham crackers**
1/3 cup room temp coconut oil
1 teaspoon cinnamon
Extra CoCo Whip and cinnamon for garnish (optional)

Notes

* You'll want to move your CoCo Whip from the freezer to the fridge either a day or several hours before starting. It will need to be soft enough to stir into the recipe.

** You can also use a package and a half (21 cookies) of the Enjoy Life Vanilla Graham Cookies for the crust.

Directions

1. Place graham crackers, cinnamon, and coconut oil in a food processor and mix until it's a fine sand-like texture.
2. Place the crust mixture in a greased spring form pan, pressing it evenly along the bottom and up the sides.
3. In a stand mixer with the paddle attachment, mix the dairy-free cream cheese and brown sugar.
4. Add the rest of the ingredients--except the CoCo Whip, and mix well, scraping down the sides as necessary.
5. Turn off the mixer, and fold in the CoCo Whip. Pour the mixture into the crust. Freeze or chill until you're ready to serve.
6. Garnish with extra CoCo Whip and cinnamon if so desired.

Recipe by:

**Dr. Ron Bouffard, DC,
BS, DABCI, DACBN**



Dairy-Free

French Silk Pie

Ingredients

1 (12.3 oz) package lite silken tofu

1 ½ cup dairy-free dark chocolate chips (such as Enjoy Life! or Lily's)

1 (9-inch) gluten-free pie shell, baked according to package instructions

1. Melt chocolate in a double boiler (using a bowl over a pot of simmering water) or in the microwave.
2. Add tofu and blend with an immersion blender until thoroughly integrated (alternatively, blend in a traditional blender).
3. Pour mixture into the prepared pie shell and chill for at least four hours, preferably overnight.



Recipe by:

Dr. Alexandra Mackillop, DC



Dairy Free

Pumpkin Spice Creamer

Ingredients

2 cups water

1 cup raw nuts (soaked 24 hours beforehand - typically I will use 1/2 cashew + 1/2 almond)

1 tsp vanilla extract

1 tsp pumpkin pie spice

1 tsp pumpkin puree (not the pumpkin pie filling)

½ tsp pure organic maple syrup

¼ tsp raw honey

Dash of pink Himalayan salt

Directions

Use a nut milk machine or place all ingredients in a blender until smooth. If using the blender, you'll need to strain the liquid using a nut milk bag or cheesecloth.

Store in an airtight glass jar for up to 5 days in the refrigerator.

Notes

This amount of water creates the consistency of 2% milk, and I'd suggest only 1 cup of water for a thicker creamer.

Shake well before each use because it's normal for nut milk to separate.

This could be a sweet, flavored drink option for kids too!

Nuts are healthy fats and those are always best stored in glass containers.

Recipe by: *Dr. Kristen Halland, DC*



Pumpkin Muffins

Gluten Free, Dairy Free, Sugar Free



Recipe by:
Savannah Cass, RDN,
LDN

Ingredients

1 cup pumpkin puree
2 large eggs
1/3 cup avocado oil
1/3 cup almond milk
1 ½ cup almond flour
1 cup oat flour
3/4 cup monk fruit or coconut sugar

½ tsp salt
½ tsp baking soda
½ tsp baking powder
2 tsp cinnamon
½ tsp nutmeg
1 tsp vanilla

Directions

1. Preheat oven to 350 degrees F. Grease loaf pan or muffin tray
2. Place pumpkin, eggs, oil, and almond milk in a large mixing bowl. Using a hand mixer or whisk blend until creamy
3. In a medium bowl mix the oat and almond flour, monk fruit or coconut sugar extract, baking soda, baking powder, salt, cinnamon, and nutmeg
4. Add dry ingredients to wet and mix until smooth. Add vanilla. Pour batter into muffin or bread pan. Bake until a toothpick inserted comes out clean and allow it to fully cool before cutting. Cooking times will depend on if it is a muffin or bread. Approx. 30 mins.



Additional Recipes
from our Partners
at KitchFix



Ginger Carrot Soup

Ingredients

2 large carrots, peeled and diced
¼ onion, chopped
1 celery stalk, chopped
1 finger hut pepper whole (optional)
1 clove garlic, minced
3 tbsp ginger root, peeled and minced
8 oz. coconut milk full fat
9 oz vegetable stock or water
Pinch of sea salt
Pinch of ground coriander

Suggested Garnishes:

Scallion
Cilantro
Toasted coconut

Directions

1. In a large saucepan over medium-high heat saute 1 tbsp coconut oil with chopped carrots, onion, celery, and garlic until translucent.
2. Add remaining ingredients and bring to a boil.
3. Lower the heat and simmer for about 30 minutes.
4. Remove whole finger hut pepper and use a blender or immersion blender to puree soup until smooth.
5. Serve immediately with suggested garnishes, or garnishes of your choice.

Nutrition Facts

Servings (4) Per 8oz Serving: Calories: 145; Fat: 10g; Sat Fat: 8g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 140mg; Carbohydrate: 13g; Fiber: 3g; Sugar: 5g; Added Sugar: 0g; Protein: 2g; Vitamin D: 0%; Calcium: 4%; Iron: 4%; Potassium: 6%

Paleo Brownies

Ingredients

Makes 12-16 Brownies

- ½ cup chocolate chips
- 1/3 cup coconut oil
- ¼ cup almond flour
- 2 tbsp cocoa powder
- ¼ tsp sea salt
- ½ cup maple syrup
- 1 tbsp vanilla extract
- 3 large eggs
- 1 tsp baking soda



Directions

1. Preheat oven to 300 degrees. Combine dry ingredients: almond flour, cocoa powder, and baking soda in a bowl.
2. Combine wet ingredients: eggs, maple syrup, vanilla, and salt in a separate bowl and blend together. Add dry ingredients to wet ingredients and mix until fully combined and batter is smooth.
3. Stir in coconut oil. Fold in ¼ of the chocolate chips into the batter and then pour the batter into a greased 9 x 9 cake pan.
4. Sprinkle remaining chocolate chips over the top and bake at 300 degrees for 30 minutes. Allow to cool before slicing and serving.

Nutrition Facts

Per 1 Brownie Serving: Calories: 170; Fat: 12g; Saturated Fat: 8g; Trans Fat: 0g; Cholesterol: 45mg; Sodium: 85mg; Carbohydrate: 16g; Fiber: 1g; Sugar: 13g; Added Sugar: 12g; Protein: 3g; Vitamin D: 2%; Calcium: 4%; Iron: 10%; Potassium: 0%

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