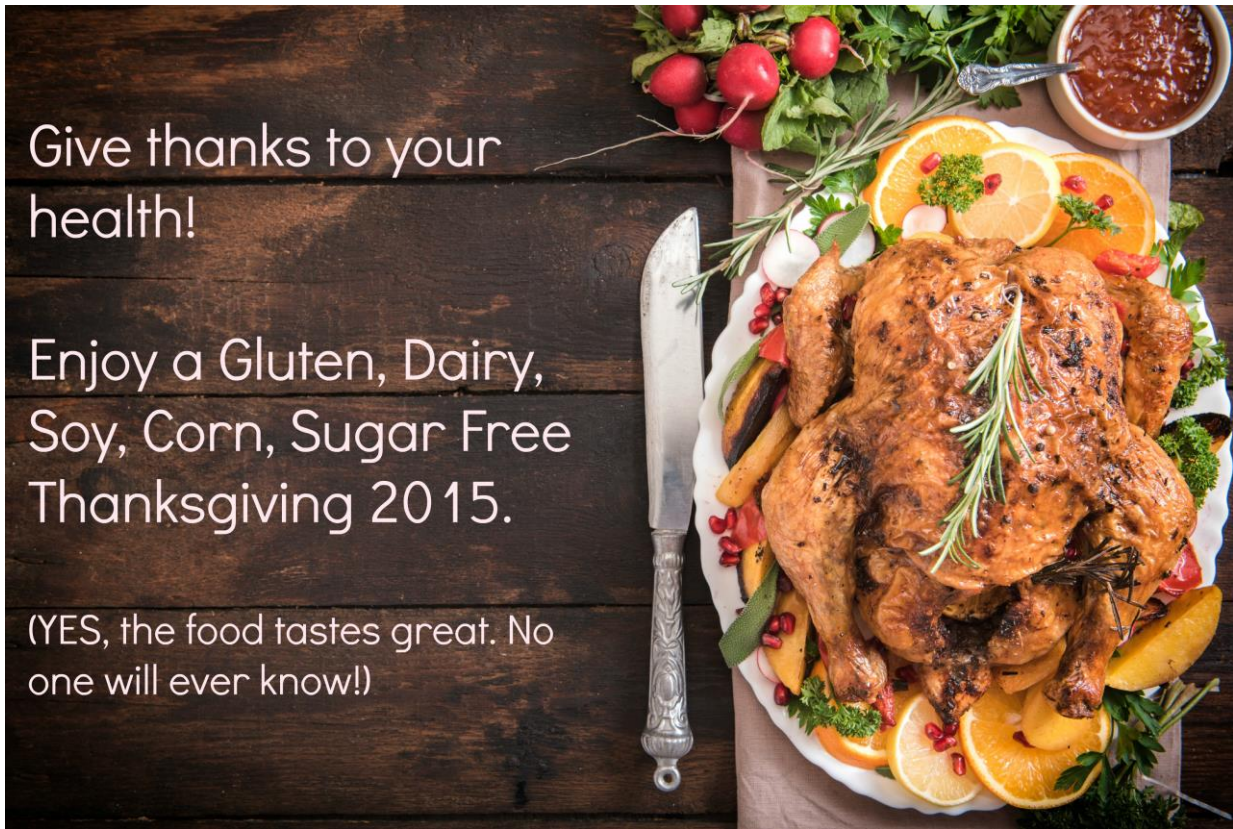


Give thanks to your health!

Enjoy a Gluten, Dairy, Soy, Corn, Sugar Free Thanksgiving 2015.

(YES, the food tastes great. No one will ever know!)



**Below are several options/recipes organized by Dr. Steph's Plate Rule Categories. Pick and choose those that sound good. I am by no means suggesting that you should make each recipe (unless you plan to feed 100 people), but I wanted you to have options.**

**You can cook your Turkey in your usual manner, but rather than basting with butter, use coconut oil, red palm fruit oil and/or macadamia nut oil (I sometimes melt these together with some sea salt and herbs for a great flavor)...OR you can try the recipe below for a change of tradition...**

### **Golden Turkey Stock (OR...simply buy ORGANIC, GLUTEN-FREE turkey stock from Whole Foods, MOM's or other grocer that sells it)**

Bon Appétit Magazine

**You will need this turkey stock to make the gravy and baste the turkey. Must be made ahead, can be made 2 weeks ahead and frozen or it will keep covered in the refrigerator for 3 days. I do not recommend store bought stock or broth unless it specifically says GLUTEN FREE. Homemade is always better!**

- 4 ½ pounds turkey wings, **cut in half**
- 1 large onion, chopped
- 1 large carrot, chopped
- 1 large celery stalk, chopped
- 6 fresh Italian parsley sprigs (leaves removed)

Living Health Integrative Medicine, 1833 A Forest Dr. Annapolis MD 21401

410-216-9180

[www.MyLivingHealth.com](http://www.MyLivingHealth.com)

- 1 fresh bay leaf
- 6 sprigs of fresh thyme
- ¼ tsp whole black pepper corns

Preheat oven to 400 degrees. Arrange wings in large roasting pan. Roast until deep brown, turning once, about 2 hours total.

Transfer wings to a large bowl. Spoon 3 TBSP of fat from the roasting pan into a large pot (reserve roasting pan) Add onion, celery, and carrot to the pot. Sauté over medium-high heat until vegetables are golden, about 20 minutes.

Add turkey wings to the pot. Add 2 cups of water to the roasting pan; place over 2 burners and bring to boil, scraping up brown bits. Add liquid to the pot. Add remaining ingredients to the pot and enough cold water to cover wings by 1 inch.

Bring water to a boil. Reduce to medium-low heat, simmer uncovered and stock is very flavorful and reduce to 7 ½ -8 cups, about 2 ½ hours. Strain stock into a large bowl. Cool 1 hour, then chill until cold, about 3 hours. Skim off fat from surface before using.

## **Salted Roast Turkey with Chipotle Glaze and Caramelized Onion Gravy**

\*This recipe calls for the turkey to refrigerate for 18-24 hours before roasting. You have to start the day before Thanksgiving.

Bon Appétit Magazine

### **Southwestern – Spiced Salt**

- 1 TBSP – Cumin seeds
- 1/3 cup – mild oak smoked sea salt (found at Whole Foods or online at surfasonline.com)
- 1 TBSP – smoked paprika
- 1 TBSP – dried oregano
- 1 tsp – ground chipotle chili powder

Toast cumin in skillet over medium heat until darker and to smoke, stirring often, about 2 minutes. Cool; grind finely in spice mill or in mortar with pestle. Transfer to bowl. Mix in remaining ingredients. Cover, store at room temperatures.

## **Turkey**

- 1 14-16 pound turkey (neck, heart, and gizzard reserved)
- ¼ cup honey
- 2 tsp ground chipotle chili powder, divided
- 1 large onion, chopped
- 12 garlic cloves, chopped
- 1 stick unsalted butter, room temperature
- 2 cups of Golden Turkey stock (see recipe or buy gluten-free at whole foods)
- Special Supplies
- 1 roasting bag
- 1 metal or wood skewer
- Butcher's string

Living Health Integrative Medicine, 1833 A Forest Dr. Annapolis MD 21401

410-216-9180

[www.MyLivingHealth.com](http://www.MyLivingHealth.com)

Rinse turkey inside and out. Pull all fat pads from main cavity; wrap, chill and reserve fat for roasting. Place turkey inside roasting bag; sprinkle inside and out with southwestern spiced salt. Close bag. Place on a baking sheet; refrigerate 18-24 hours.

Position rack on the bottom third of the oven and preheat to 325 degrees. Mix honey and 1 tsp on ground chipotle chili powder in a small bowl; reserve for glaze. Rinse turkey inside and out and pat very dry. Stir chopped onion, garlic, and 1 tsp of chipotle chili in a medium bowl to blend. Divide mixture between main and neck cavities. Fold neck skin under and secure with a skewer. Tuck wing tips under. Tie leg loosely.

Place turkey on a rack set in a large roasting pan. Spread butter all over the turkey. Place reserved fat pads and reserved neck, heart, and gizzard in roasting pan; pour in 2 cups of Golden Turkey Stock.

Roast turkey for 45 minutes. Baste with pan juices. Continue to roast until a thermometer inserted into the thickest part of the thigh reads 165-170 degrees, basting every 45 minutes adding water to the pan by the cupfuls if dry, and tenting the turkey loosely with foil if browning too quickly. 3-3 ½ hours longer.

Brush turkey with glaze twice during the last 30 minutes. Transfer turkey to a platter and tent loosely with foil and let it rest for 30-45 minutes. Reserve roasting pan with juices for gravy.

## Gravy

- 3 TBSP unsalted red palm fruit oil and/or macadamia nut oil
- 1 ½ pounds onions, chopped
- 4 cups of Golden turkey stock (see recipe)
- ½ cup Gluten Free All Purpose Flour (Bob's Red Mill is what I usually use. Even though this is gluten free, the flour may make your blood sugar go up but not as high as if you used regular wheat flour. If you are a diabetic please use sparingly.) You can also substitute with 2 Tbsp of Tapioca Starch, Potato Starch or Arrowroot powder (natural food markets) depending on what your tests show you can and can't eat.

Heat oil in a medium skillet over medium/high heat. Add onions, sauté until translucent. Reduce heat to medium-low and cook until deep brown, stirring occasionally about 30 minutes. Set aside.

Remove the turkey neck, heart, and gizzard from roasting pan. Pull the meat off the neck, chop neck meat, heart, and gizzard and reserve for gravy. Pour pan juices into an 8 cup measuring cup. Spoon off the fat from the surface, reserving ½ cup of fat. Add enough turkey stock to the pan juices to measure 5 ½ cups total.

Place roasting pan over 2 burners on medium heat. Add ½ cup of reserved fat and ½ cup of flour to the pan. Wisk until the roux is light brown, about 2 minutes. Whisk in stock mixture. Bring to a boil, scraping up browned bits and whisking. Boil until gravy coats the spoon, stirring occasionally, about 5 minutes. Add chopped neck, heart, and gizzard. Season with salt and pepper.

## **SUPER SIMPLE BRINED TURKEY**

Whole Foods often sells Gluten-free Brining kits for Turkeys as big as up to 26 lbs. This is one of the easiest ways to prepare a tender and juicy turkey since the spice mix is all done up for you. Simply follow the kit directions.

## **STUFFING**

A word about stuffing. Bread-based stuffing, even if gluten-free, in addition to starch veggies, cranberry sauce and dessert, is a nightmare for blood sugars. Any 'grain-based' stuffing is likely to cause sugars to spike, and can still cause 'gluten' immune reactions if you have been tested to be cross-reactive to grains such as rice, corn, etc. Having said that, I've included some recipes for stuffings that are rice and/or quinoa based, but remember to 'go easy' with how much you eat, or if you eat it at all. The first recipe is rice based and has fruit – this may be something you make to replace both the traditional stuffing AND the cranberry sauce.

## **Rice Stuffing with Apples, Herbs, and Bacon**

From AllRecipes.com

Prep time is just 20 minutes and cook time is 1 hour and 10 minutes

- 3 ½ cups water, divided
- 1 ½ cups low fat, low sodium chicken
- Broth
- 1 cup uncooked wild rice
- 1/3 pound bacon
- 3 cups diced onions
- 3 cups diced celery
- 1 TBS water
- 1 cup uncooked long-grain white rice
- 1 ¾ cups currants
- ¾ cup dried cranberries
- ½ oz dried apricots
- 1 cup diced, unpeeled apples
- ½ cup chopped Italian flat leaf parsley
- 5 TBSP dried mixed herbs

In a medium saucepan over medium heat, bring 1 ½ cups water and the chicken broth to a boil. Stir in wild rice. Cover, reduce heat, and simmer 45 minutes.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Reserving drippings, drain bacon, crumble, and set aside.

In the skillet with the reserved bacon drippings, sauté onions and celery with 1 TBSP of water. Cook until very soft, about 20 minutes.

Stir remaining water, white rice, currants, cherries, cranberries, apricots, and apples into the wild rice. Continue cooking 20 minutes, or until wild rice and white rice are tender.

In a large bowl, mix the bacon and the onion mixture into the rice mixture. Season with the Italian parsley and dried mixed herbs.

## Quinoa Turkey Stuffing

From AllRecipes.com

Prep time is just 20 minutes, cook time is 4 hours.

- 1 cup quinoa, rinsed
- 2 cups water
- 1 onion, chopped
- 1 pound fresh mushrooms, sliced
- 2 apples – peeled, cored, and chopped
- ¼ cup pine nuts
- 1/3 cup raisins
- 2 cloves garlic, minced
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 2 teaspoons poultry seasoning

Place the quinoa and water in a large, microwave-safe bowl; cover. Cook on high for 20 minutes or do on stove-top as directed on package. Stir the onion, mushrooms, apples, pine nuts, raisins, garlic, salt, pepper, and poultry seasoning in with the quinoa. Pack lightly into uncooked turkey. Roast turkey as directed.

## THE STICKS AND LEAVES OPTIONS

**(Eat up! Fill your plate with these)**

### **Salad Option 1 (Large Mixed Green Salad with Goat Cheese and Roasted Peppers)**

**Dr. Steph**

**(For those who can't eat peppers, simply keep out and/or substitute roasted zucchini and asparagus)**

- Put organic pre-washed **mixed greens** (most grocers carry) – 1 large container should serve 8 or so
- Make a basic olive oil/balsamic vinegar (2/3 oil, 1/3 vinegar) dressing with fresh crushed garlic. Put to side till ready to toss.
- Chop in some **green onions** (be liberal)
- Add thin slices of **fresh basil** (about 1 cup to a 10 cup salad or more to taste)
- Crumble a small package of **herbed goat cheese** all over top
- Add toasted **pine nuts or walnuts** (can do in advance)
- Roast some **red peppers** (or broil roast till skin chars and peels off cooked peppers nicely), or **zucchini** and **asparagus** if peppers are not on list to eat. Thinly slice peppers/veggies while still warm and throw onto salad.
- Pour dressing (liberally) over salad and toss - the warm peppers/veggies melt the goat cheese a bit and enhances the flavors (make enough to keep some to the side for guests to pour over other steamed veggies)
- Serve immediately upon tossing



## Salad Option 2 (Arugula and Endive)

- 4 cups baby arugula
- 2 large heads Belgian endive, cut crosswise into  $\frac{3}{4}$  inch sections (about 4 cups)
- Sea Salt
- Freshly ground black pepper
- 1 cup red seedless grapes, halved (can keep out if blood sugars run very high)
- 1 cup of spiced nuts (see recipe above)
- $\frac{1}{2}$  cup pomegranate seeds
- $\frac{1}{3}$  -  $\frac{1}{2}$  cup of balsamic vinaigrette (2 parts olive oil, 1 part balsamic vinegar)

Toss greens together in a large bowl. Drizzle with dressing and toss gently until greens are evenly coated. Adjust seasonings

**Steamed Broccoli** - Don't need to say anything other than do last because there's nothing worse than overcooked broccoli (except maybe cold eggs)! Folks can pour Gravy over these, or better yet, your salad dressing.

## Brussels' Sprouts Hash

Serves 6-8

- 2 bunches of Brussels' sprouts, roughly chopped (can also 'shred/grate' in food processor)
- 4 cloves garlic, minced
- 2 pkgs GF turkey bacon or beef bacon, cut into  $\frac{1}{4}$  inch pieces
- Salt and pepper

In a large skillet cook bacon over medium-high heat until almost done, about 7 minutes (if using Turkey bacon, add 1 Tbsp macadamia nut oil). Add brussel sprouts and sauté over medium heat until soft, add garlic, salt and pepper. Continue to sauté until just brown. Serve immediately.

## Sauerkraut (check blood type)

**Dr. Steph's Grandma – a Ukrainian classic**

- Pick up a couple bags or jars of **sauerkraut** from a natural food market (usually in fridge section). The bags/jars are made with cabbage and salt (not vinegar like in the cans)
- Cook up **turkey or beef bacon** (nitrate/msg free from whole foods or uswellnessmeats.com)
- In pot, sauté an **onion** in **macadamia nut oil**, along with a couple of slices worth of 'minced'/'diced' bacon
- Pour in the kraut and bring to light boil/cook till hot.
- Serve up in nice dish (doesn't take long at all - one of last dishes you can do, but can cook up your bacon day before/morning of to have that part ready)
- I also add caraway seeds when I pour in the kraut (enough to season) - adds great flavor

## Mashed Cauliflower (wink wink 😊 mashed potato)

4 Servings

- 1 medium head cauliflower trimmed and cut into small florets (about 6 to 7 cups)

Living Health Integrative Medicine, 1833 A Forest Dr. Annapolis MD 21401

410-216-9180

[www.MyLivingHealth.com](http://www.MyLivingHealth.com)

- 1 to 2 tablespoons extra virgin organic olive oil
- Sea salt and ground black pepper to taste
- 2 cloves of garlic, minced

Bring a large pot of salted water to a boil. Add cauliflower and cook until very tender, about 10 minutes. Reserve 1/4 cup of the cooking liquid and then drain well and transfer cauliflower to a food processor. Add oil and reserved water, 1 tablespoon at a time, and puree until smooth. (Or, mash cauliflower with a potato masher). Blend in garlic. Season with salt and pepper and serve.

## Greens with Garlic

4 Servings

- 2 large bunches greens (spinach, chard, collards, kale or mustard)
- 2 tablespoons Macadamia or Red Palm fruit oil
- 4 cloves garlic, thinly sliced
- Few pinches red pepper flakes (optional)

Rinse greens well. Tear or cut leaves away from stems and discard stems. Coarsely chop.

Heat a large skillet over high heat. Heat oil in skillet. Cook garlic and pepper flakes in oil briefly, then add greens, a few handfuls at a time, stirring in between.

Cover. Cook until just tender, 2–5 minutes, depending on the type of greens and your preference.

## Zucchini Noodles

**Dr. Steph**

These aren't necessarily a traditional food for the holidays, they're just a fun way to eat veggies. You'll need a Spiral Vegetable Slicer (Bed Bath and Beyond, Amazon.com, etc.)

- 2-3 average sized organic zucchini (depends on how many people) – whole, washed and with tips cut off (don't peel)
- 1 onion, chopped finely or julienned
- 10 or so organic baby bella mushrooms
- 1-2 cloves minced fresh garlic
- 1-2 Tbsp macadamia nut oil, ghee, or coconut oil (depends on the flavor you want)
- Sea salt for seasoning

Put the zucchini through the veggie slicer to get your noodles.

Sauté onions, mushroom and garlic in sauté pan over medium heat until mushrooms are nicely caramelized. Add the zucchini and salt and sauté for a couple of minutes until cooked but not soggy.

Serve immediately.

## Lemon Green Beans (Truly, in the bean category and not the unlimited veggies category, but the whole bean pod being part 'vegetable', I've put it in this category)

8-10 Servings

- 2 pounds green beans, trimmed
- 2 tablespoons walnut oil
- 3 tablespoons macadamia nut oil (can also mix in pumpkin seed oil)
- Juice of 1 organic lemon
- 1 teaspoon grated lemon zest

Living Health Integrative Medicine, 1833 A Forest Dr. Annapolis MD 21401

410-216-9180

[www.MyLivingHealth.com](http://www.MyLivingHealth.com)

- Sea salt
- Freshly ground black pepper

In a large saucepan of boiling salted water, cook green beans until just tender, 5 to 8 minutes. While they are cooking, whisk together both oils, lemon juice and zest. Drain beans and toss with dressing while still hot. Season with salt and pepper.

### **“Traditional” Green Bean Casserole (Some folks just need the classics)**

Take your favorite Casserole Recipe and substitute:

- Fried/Dried Onions FOR Gluten-Free Fried Onions, or make your own with
  - Thinly sliced cooking onions (about 2)
  - Dusted with GF flour
  - Fried till browned in Red Palm Fruit Oil and/or Macadamia nut oil
- Classic canned cream of mushroom soup FOR gluten-free/dairy-free ‘cream’ of mushroom soup (yes, it’s out there!)

Make and Bake as you usually would.

**STARCH OPTIONS (Make as many as you want to serve, BUT if you’re diabetic, only put 1/2 cup of one of these on your plate, or 1/4 cup of 2 of them on your plate, otherwise, your sugars will spike)**

### **Spiced and Roasted Winter Vegetables**

#### **Serves 6-8**

Whole Foods Market

- 2 Butternut squashes, peeled and sliced into wedges
- 3 parsnips, peeled and sliced into 1-inch pieces
- 3 sweet potatoes, cut into wedges
- 3 carrots peeled and sliced into 1-inch pieces
- 2 red onions, peeled and cut into wedges
- 8 cloves of garlic, peeled
- 1 tsp kosher salt
- 1 tsp pepper
- 1 TBSP maple syrup (Grade B, organic)
- 4 cinnamon sticks
- 1/4 tsp ground cardamom
- 6 whole star anise
- 3 TBSP Macadamia Nut Oil
- 2 TBSP fresh thyme, minced (thick woody stems removed)

Preheat oven to 400. In a large mixing bowl, mix the vegetables, salt and pepper with have the oil to coat. In a separate bowl, mix together the cinnamon, cardamom and star anise. Put the vegetables in a roasting pan and bake for 25 minutes. Add the spice mixture to the vegetables, then add maple syrup. Stir well and continue to roast another 10-15 minutes until the vegetables are tender. Heat the rest of the oil in a small pan and cook over medium-low heat. Stir in fresh thyme and pour over the cooked vegetables. Serve immediately.

Living Health Integrative Medicine, 1833 A Forest Dr. Annapolis MD 21401

410-216-9180

[www.MyLivingHealth.com](http://www.MyLivingHealth.com)



(This makes up the ½ cup of starch veggie on your Plate Rule for your dinner)

## Sweet Potato Apple Bake

Dr. Steph's Mom (A BIG Winner Every Year!)

- Wrap 4-6 large sweet potatoes in foil and bake at 425 degrees for about an hour (depending on size - back till soft to touch).
- Peel about 6 apples (but buy more, b/c you can always peel more if you need more to balance) - I like macintosh or something else a little on the tart side)
- Once potatoes are baked, peel and slice in 1 1/2 inch thick 'medallion's and layer on the bottom of a large crock pot.
- Place large slices / chunks of the apples on top of layer of potatoes to make a second layer
- Cut small chunks of coconut oil to toss over apples and drizzle a bit of Macadamia nut oil over the apples, sprinkle some cinnamon and nutmeg, and drizzle with a touch of Grade B organic maple syrup
- Keep repeating the layers this way till crock pot is full
- Set crock pot to low - let it warm down till apples are soft and cooked (usually a couple of hours)
- serve right out of the crock pot

\*\*Diabetics, this would be the ½ cup starch portion of your plate.

## Beets with Dill

Dr. Steph

- Scrub and boil **beets** till soft-ish (about 20 minutes depending on how thick – test with fork)
- Peel and cut into 1 inch cubes
- Pour **olive oil** over beets to coat
- Crush a clove or two of **fresh garlic** (or 3 depending on how many you are doing and how much you love garlic) over beets
- Chop **fresh dill** (about 1/4 - 1/2 cup depending on how much dill you want) and sprinkle over
- Squeeze 1/2 fresh **lemon** over beets
- Lightly toss and refrigerate (Yay! This can be made in advance for less "day of" stress!)
- serve chilled or warm if made same day

## Whipped Butternut Squash

- Purchase already peeled and cubed **Butternut Squash** (1-2 packages), or peel and cube a large squash yourself (waaay easier to have the store do this for you).
- Bring to a boil in a large pot about 1-2 inches of water, then add the squash and cook on medium/medium-high until soft (soft enough to mash – about 15 minutes).
- Drain the squash, add squash back to the pot and add
  - ¼ cup almond milk
  - 1tsp cinnamon (or to taste)
  - ¼ cup coconut butter
  - ¼ tsp nutmeg
- Mash the squash with potato masher (or hand mixer) till smooth

## **Cranberry Relish (not really a starch, but in this section because it's eaten with turkey on the meal plate and will cause sugars to elevate it too much eaten, along with starch)**

- 2 cups raw cranberries, finely chopped
- 1 TBSP lemon juice
- 1 cup apples, finely chopped
- pinch of salt
- 1 cup fresh pineapple, finely chopped
- 1 cup pecans, chopped
- 1 tsp Stevia

Mix all ingredients together and refrigerate. This relish tastes better is made the day before serving. If Diabetic, limit this to 1 TBSP for garnish (you'll be tempted for more, but you don't want sugars to spike too high).

## **DESSERTS**

**\*\*Diabetics, if you are going to have dessert, then limit or eliminate the starch veggie from the plate and load up on the 'sticks and leaves' – salad, Brussels' sprout hash, steamed broccoli, etc.**

### **Diabetic Friendly Pumpkin Pie**

- ¾ tsp Stevia
- 1 tsp ground cinnamon
- ½ tsp salt
- ½ tsp ground ginger
- ¼ tsp ground cloves
- 2 large eggs
- 1 can (15 oz) Pumpkin puree
- 12 oz Coconut milk

Almond flour pie crust (recipe follows)

Preheat oven to 425 degrees. Mix Stevia, cinnamon, salt, ginger, and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and spice mixture. Gradually stir in coconut milk. Pour into pie crust. Bake for 15 minutes. Reduce temperature to 350 degrees; bake for 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Cut and serve.

### **Almond Flour Pie Crust**

From Dan Gauron, [www.scdrecipe.com](http://www.scdrecipe.com)

- 1 cup almond flour or almond meal
- 1 egg
- 1 cap vanilla extract
- 1 Tablespoon butter
- ½ tsp cinnamon
- Maple syrup to taste (Grade B, organic)
- Pinch of salt

Preheat oven to 325 degrees. Mix all ingredients together until they form a ball. The ball should have a little moisture to it, but not liquid. Taste the mixture to make sure it has a hint of cinnamon and butter. Smooth pieces of dough into pie tin with fingers until crust is made. Bake crust until just golden brown.

## Pumpkin and Almond Bread

By Sandra Ramacher

- 4 cups almond flour
- 1 tsp baking soda
- ½ tsp salt
- 3 eggs
- ¼ cup butter, softened (best to use coconut oil for this to be dairy-free)
- 1 cup pumpkin puree
- ½ cup walnuts, chopped
- 1 Tbsp orange rind, grated
- ½ tsp ground ginger

Preheat oven to 300 degrees. Line a 4 x 8 inch loaf tin with parchment paper  
Combine the almond flour with the baking soda and salt. In another bowl whisk the eggs with the butter and add the pumpkin, walnuts, orange rind, and ginger. Combine the almond flour with the egg mixture until smooth. Pour the dough into the prepared loaf tin and bake for 1 hour, until the top of the loaf feels firm. Remove from oven and cool completely before serving. Store in the refrigerator.

## Chocolate Cream Pie with Chocolate Cookie Crust

**Modified from 'Against All Grain' by Danielle Walker**

**(Enough said...this one is always a hit, even up against the traditional pies)**

**\*Diabetics still need to watch serving sizes on this**

**\*NOT egg-free for those of you who have egg allergies.**

Chilling/setting time is about 6 hours, so you'll want to make this one a day or 2 in advance.

Crust:

- 2 cups blanched almond flour
- 2 Tbsp coconut flour
- ½ cup cocoa powder (I use raw, organic)
- ½ tsp baking soda
- ¼ tsp sea salt
- ½ cup honey (raw) (for strict diabetics, sub in 1 tsp liquid concentrate Sweetleaf Stevia or ½ tsp SteviaClear Liquid)
- ¼ cup coconut oil
- 2 oz unsweetened chocolate
- 2 tsp pure (organic) vanilla extract

Filling:

- 2 Tbsp water
- 2 ¾ tsp unflavored gelatin
- 2 ½ cups coconut milk (so delicious unsweetened bakers/chef's milk is best)

Living Health Integrative Medicine, 1833 A Forest Dr. Annapolis MD 21401

410-216-9180

[www.MyLivingHealth.com](http://www.MyLivingHealth.com)

- 4 egg yolks
- ½ cup grade B maple syrup
- ¼ tsp sea salt
- 4 oz unsweetened chocolate, roughly chopped
- 1 ½ tsp pure vanilla extract
- 1 cup Coconut Milk Whipped Cream (recipe follows)
- Dark chocolate shavings (optional)

1. Preheat oven to 350 degrees.
2. Make the crust. Sift the dry ingredients into the bowl of a stand mixer or food processor.
3. Place the remaining ingredients in a saucepan set over low heat until melted.
4. Add the melted chocolate mixture to the dry ingredients. Beat in the mixer/processor until fully combined.
5. Press the 'dough' into a 9-inch pie pan and be sure to spread evenly along the bottom and up the sides.
6. Bake for 12 minutes, then let cool.
7. Meanwhile, make the filling. Place the water in a small bowl and sprinkle the gelatin over it.
8. Place the coconut milk in a saucepan set over medium-high heat to warm.
9. Place the egg yolks, maple syrup, and salt in a mixing bowl and whisk to combine.
10. Temper the eggs by adding half of the heated milk into the bowl, whisking continuously.
11. Pour the mixture back into the saucepan and cook over medium heat for 6 minutes, stirring frequently. Do not let it boil or the yolks will curdle.
12. Whisk in the gelatin, then continue to cook for 2 minutes, whisking vigorously until the gelatin has dissolved entirely. The mixture should be thick enough to coat the back of the spoon.
13. Pour the custard through a mesh sieve into a bowl.
14. Add the chocolate pieces and vanilla, whisking until smooth.
15. Pour the custard into the cooled piecrust and cover with plastic wrap. Place in the refrigerator for 6 hours until firm.
16. Let it sit at room temperature for 20 minutes before serving. Top with coconut whipped cream and sprinkle with chocolate shavings, if desired.

## Coconut Milk Whipped Cream

**This recipe may change your world! It's great as a snack with fresh fruit and toasted nuts. Be sure to buy the Baker/Chefs Unsweetened coconut milk, or the canned organic regular (high) fat version in the Thai section of the organic food market.**

- 2 13.5 oz cans of coconut milk – refrigerate at least 24 hours (don't shake)
  - 2 tsp honey (raw).
    - If diabetic, then use 1/8 tsp or less of Stevia so as not to spike sugars
    - Can also add 1/2 tsp vanilla extract for extra richness and punch of flavor
1. Place a glass or metal bowl and beaters in the freezer for at least 30 minutes to chill them for best results

2. Remove coconut milk from fridge without shaking/disturbing the can so as not to muddy the separating of the cream from the coconut water. Open the can and scoop off the cream that has risen to the top and place in a bowl. Save the water for your shakes/smoothies.
3. Beat the cream on high until you see peaks, then drizzle in the honey/stevia/luauhan and/or vanilla extract with beaters running and mix until incorporated.

## Chewy Chocolate Chip Cookies

### Dr. Steph

**(These are crazy good so watch out because while grain-free, they're not sugar-free. The dough can be made in big batches in advance and frozen for later use. Simply thaw in fridge until soft enough cut/form and you're good to go).**

- 3 cups almond flour (I use 1 cup blanched almond flour and 2 cups Trader Joe's almond meal)
  - ½ cup arrowroot powder
  - ½ tsp baking soda (aluminum free)
  - ½ cup melted coconut oil
  - ¼ cup grade B maple syrup
  - 2 Tbsp organic blackstrap molasses
  - 1 tsp vanilla
  - 1 ½ cups dark chocolate chips (look for dairy, gluten-free such as Enjoy Life)
1. In large bowl, mix the almond flours, arrowroot powder and baking soda until well combined
  2. Add the melted coconut oil and mix well with wooden spoon (old school and less mess)
  3. Add the rest of the liquids and mix until doughy...might need to get your hands dirty here
  4. Mix in the chips
  5. Dough will be somewhat soft due to the melted coconut oil. Form it into a blob that's about 2 inches thick and fairly even onto on a large piece of plastic wrap, or in a large glass storage dish. This way, you can simply cut your cookies and place on a sheet rather than goop them out and form them with your hands. Chill dough in fridge for about 30-60 minutes to set, or wrap well and freeze for later.

Ready to Bake??

6. Preheat oven to 350 degrees
7. Prep a couple baking sheets with some parchment paper
8. Simply cut the dough into ½ inch slices (so they're about ½ tall and 2 inches around) and place on baking sheet with some space in between. They may be kind of square shaped. You can always roll the dough into a 2 inch tube and cut your cookies off that way.
9. Bake for about 10 minutes, let cool on pan for a few minutes then finish cooking on cookie rack.
10. Store in fridge to keep fresh.

## **SNACKS** (Things for your guests to munch on through the day while you're sweating in your kitchen.)

### **Spiced Nuts**

Whole Foods Market

**Can be made 1 week ahead. I usually make extra, this is a great snack food and guests like to munch on nuts before the main meal.**

- ½ teaspoon of Stevia powder
- 2 ¼ teaspoons Kosher salt
- 2 teaspoons ground cinnamon
- 1 ½ teaspoons chili powder
- ½ teaspoon ground allspice
- ¼ to ½ tsp cayenne
- 1 large egg white (or 1 tbsp of tapioca egg replacer if you're intolerant to eggs)
- 4 cups mixed nuts (pecans, walnuts, almonds, macadamia nuts)

Preheat oven to 400 degrees. Line baking sheet with parchment paper. Whisk Stevia, salt, and spices in a small bowl. In a large bowl, whisk egg white until light and frothy. Add nuts and toss until evenly coated with egg white.

Sprinkle Stevia and spice mixture over nuts and toss well. Spread nuts in single layer on baking sheet and bake until dry, 45-50 minutes, stirring once or twice. Cool to room temperature.

### **Veggies and Hummus (Make your own or purchase GF)**

4-6 Servings

- 2 cups of Garbanzo beans or White Beans (if garbanzo/chickpeas are not on your food list)
- 2 cloves of garlic
- ¼ cup of tahini (or raw almond butter if sesame seeds not on food list)
- Juice of 3 organic lemons
- 1 tablespoon of parsley finely chopped
- Sea Salt to taste

Add all ingredients to a food processor and blend until smooth.

Slice up some veggies, (red pepper, celery, carrots, broccoli, zucchini, yellow squash, green pepper) and dip in your favorite all natural hummus.