



## Turkey Rolls with Cranberry Sauce

4 servings  
1 hour 10 minutes

### Ingredients

1 1/2 tpsps Extra Virgin Olive Oil  
4 cups Baby Spinach  
2 lbs Turkey Breast  
1/2 cup Goat Cheese (crumbled)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Vegetable Broth  
2 cups Frozen Cranberries (diced)  
1 Navel Orange (juiced)  
1 tbsp Raw Honey  
Twine

### Nutrition

Amount per serving	
Calories	372
Fat	10g
Carbs	16g
Fiber	3g
Sugar	10g
Protein	56g
Cholesterol	125mg
Sodium	340mg
Potassium	876mg
Vitamin A	3033IU
Vitamin C	36mg
Calcium	80mg
Iron	3mg
Magnesium	92mg

### Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
- 3 Use a meat mallet to pound the turkey breasts into a thin layer. This will make it easier to roll.
- 4 Place a large piece of parchment paper across your counter. Cut 8 long strings of twine and lay them in pairs across the parchment paper, about 1 inch apart. Place each turkey breast across two pieces of twine. Season the turkey with sea salt and black pepper.
- 5 Spread your goat cheese across each turkey breast leaving a 1/2 inch border all the way around. Add the wilted spinach. Roll up each turkey breast and tie the twine around it into a tight knot. Trim the excess twine and discard. Season with salt and pepper.
- 6 Add the broth to a baking dish to cover the bottom. Set the rolled turkey breasts inside. Cook in the oven for 35 to 45 minutes or until cooked through.
- 7 Meanwhile, start the cranberry sauce. Combine cranberries, orange juice and honey in a sauce pan. Place over medium heat and stir occasionally for about 15 minutes or the sauce thickens. Reduce heat to low and cover until ready to serve. Add a few splashes of water if the sauce becomes too thick.
- 8 Remove the turkey and let it rest for 10 minutes. Remove the twine. Slice into 2 inch thick medallions. Drizzle with cranberry sauce. Enjoy!



## Butternut Squash Risotto with Crispy Prosciutto

4 servings

40 minutes

### Ingredients

- 6 cups Butternut Squash (cubed)
- 4 1/4 ozs Prosciutto (sliced into small pieces)
- 1 tsp Avocado Oil
- 1/2 Yellow Onion (chopped)
- 1/4 cup Fresh Sage (chopped)
- 1 Garlic (clove, minced)
- 1 cup Chicken Broth
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	186
Fat	6g
Carbs	28g
Fiber	5g
Sugar	6g
Protein	10g
Cholesterol	23mg
Sodium	945mg
Potassium	795mg
Vitamin A	22442IU
Vitamin C	45mg
Calcium	143mg
Iron	3mg
Magnesium	81mg

### Directions

- 1 Working in batches, place the cubed butternut squash in a food processor or blender and pulse until it resembles rice, but don't over-process. Set aside.
- 2 In a large pot or dutch oven, over medium heat, add the prosciutto. Cook for 5 to 7 minutes, until cooked through and slightly crispy. Remove and set aside.
- 3 Add the avocado oil and then the onion. Cook for 5 to 7 minutes over medium heat, until cooked through. Lower the heat to medium-low and add the sage and garlic. Cook for 1 minute more. Deglaze the pot with a splash of the chicken broth and stir to scrape up any browned bits from the pan.
- 4 Add the riced butternut squash and stir. Add the chicken broth and sea salt and cook for 14 to 16 minutes, until cooked through. Divide onto plates and top with the crispy prosciutto. Enjoy!





## Paleo Stuffing

6 servings

1 hour 30 minutes

### Ingredients

- 1 head Cauliflower (chopped into florets)
- 1 tbsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Portobello Mushroom (diced)
- 1 Leeks (chopped)
- 3 stalks Celery (diced)
- 1 cup Walnuts
- 1 Lemon (juiced)
- 3 Garlic (cloves, minced)
- 1 tbsp Thyme
- 1/2 cup Parsley (chopped)
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	376
Fat	34g
Carbs	15g
Fiber	6g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	258mg
Potassium	857mg
Vitamin A	784IU
Vitamin C	61mg
Calcium	72mg
Iron	2mg
Magnesium	67mg

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
- 3 Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
- 4 While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
- 5 In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
- 6 Remove from oven and transfer into a serving dish. Enjoy!



## Green Bean Casserole

4 servings

1 hour 20 minutes

### Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 1/2 cups French Shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green Beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Nutritional Yeast
- 1/4 cup Slivered Almonds (toasted)

### Nutrition

Amount per serving	
Calories	244
Fat	12g
Carbs	28g
Fiber	9g
Sugar	12g
Protein	11g
Cholesterol	0mg
Sodium	644mg
Potassium	940mg
Vitamin A	865IU
Vitamin C	57mg
Calcium	124mg
Iron	4mg
Magnesium	62mg

### Directions

- 1 Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
- 2 While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
- 3 Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
- 4 Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
- 5 Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
- 6 Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
- 7 Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!





## Shredded Brussels Sprouts & Pomegranate Salad

4 servings

30 minutes

### Ingredients

- 1/3 cup Hazelnuts (raw)
- 4 cups Brussels Sprouts (trimmed and shredded)
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Dijon Mustard
- 1 1/2 tbsps White Wine Vinegar
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Parmigiano Reggiano (finely grated)
- 1/2 cup Pomegranate Seeds

### Nutrition

Amount per serving	
Calories	344
Fat	29g
Carbs	13g
Fiber	5g
Sugar	5g
Protein	9g
Cholesterol	12mg
Sodium	174mg
Potassium	460mg
Vitamin A	766IU
Vitamin C	77mg
Calcium	202mg
Iron	2mg
Magnesium	39mg

### Directions

- 1 Preheat the oven to 350°F (180°C). Add the hazelnuts to a baking tray and bake for ten to 15 minutes, until toasted and fragrant. Remove from the oven and place in a clean kitchen towel. Rub to remove the skins. Let cool and then roughly chop and set aside.
- 2 Add the Brussels sprouts to a large salad bowl.
- 3 In a small jar or bowl, combine the oil, mustard, vinegar, salt, and pepper and shake or whisk until well combined.
- 4 Add the dressing to the Brussels sprouts and toss well to combine. Top with the hazelnuts and garnish with the parmesan cheese and pomegranate seeds. Enjoy!



## Pomegranate Thyme Mocktail

2 servings

5 minutes

### Ingredients

1/2 cup Pomegranate Juice  
2 tsps Maple Syrup  
4 Ice Cubes (large)  
2 cups Sparkling Water  
1/4 cup Pomegranate Seeds  
1/2 oz Thyme Sprigs

### Directions

1

Divide the pomegranate juice and maple syrup into glasses. Stir to combine. Add the ice then top each with sparkling water and pomegranate seeds. Garnish with thyme. Enjoy!

### Nutrition

Amount per serving	
Calories	73
Fat	0g
Carbs	18g
Fiber	2g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	12mg
Potassium	232mg
Vitamin A	337IU
Vitamin C	13mg
Calcium	68mg
Iron	1mg
Magnesium	22mg





## Pumpkin Loaf

12 servings

1 hour

### Ingredients

3 Egg  
 3/4 cup Sunflower Seed Butter  
 1/3 cup Maple Syrup  
 1/2 cup Pureed Pumpkin  
 3 tbsps Coconut Oil  
 1/2 Lemon (juiced)  
 1/4 cup Coconut Flour  
 2 tsps Cinnamon  
 1 tsp Nutmeg  
 1/3 tsp Baking Powder  
 1 1/2 tsps Ginger (grated)  
 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	185
Fat	14g
Carbs	12g
Fiber	2g
Sugar	7g
Protein	5g
Cholesterol	47mg
Sodium	89mg
Potassium	154mg
Vitamin A	1666IU
Vitamin C	2mg
Calcium	42mg
Iron	1mg
Magnesium	56mg

### Directions

- 1 Preheat oven to 350°F (177°C). Lightly grease a loaf pan or line it with parchment paper.
- 2 In a food processor, combine your eggs, sunflower seed butter, maple syrup, pumpkin puree, coconut oil and lemon juice. Blend until smooth and creamy. (Note: You can also mix by hand if you prefer.)
- 3 Add the coconut flour, cinnamon, nutmeg, baking powder, ginger and sea salt. Blend again until smooth.
- 4 Transfer the batter into the loaf pan. Bake for 40 to 45 minutes. (You can test if it is done by inserting a toothpick. It will come out clean when the loaf is finished.)
- 5 Remove the loaf from the oven and allow to cool in the pan for at least 15 minutes. Remove from the pan and let cool entirely before slicing. Enjoy!



## Pecan Pie Squares

16 servings

35 minutes

### Ingredients

- 2 cups Pitted Dates (divided)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 3/4 cup Water
- 2 cups Pecans

### Nutrition

Amount per serving	
Calories	245
Fat	18g
Carbs	21g
Fiber	4g
Sugar	13g
Protein	4g
Cholesterol	0mg
Sodium	4mg
Potassium	244mg
Vitamin A	9IU
Vitamin C	0mg
Calcium	23mg
Iron	1mg
Magnesium	57mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
- 3 Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
- 4 Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
- 5 Place in the oven and bake for 20 minutes.
- 6 Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!





## Apple Pie Cashew Cheesecake Cups

9 servings  
2 hours 30 minutes

### Ingredients

- 2 cups Oats (rolled)
- 2 tsp Cinnamon (divided)
- 1/3 cup Coconut Oil (melted, divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract (divided)
- 1/2 tsp Sea Salt (divided)
- 1 cup Cashews (raw, soaked for at least 6 hours and drained)
- 1 1/2 Apple (large, chopped, divided)

### Nutrition

Amount per serving	
Calories	290
Fat	17g
Carbs	31g
Fiber	3g
Sugar	12g
Protein	5g
Cholesterol	0mg
Sodium	137mg
Potassium	215mg
Vitamin A	18IU
Vitamin C	1mg
Calcium	38mg
Iron	2mg
Magnesium	69mg

### Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tin with silicone or paper muffin liners.
- 2 In a food processor, combine the oats, half of the cinnamon, 1/3 of the coconut oil, 1/3 of the maple syrup, half of the vanilla, and half of the salt. Process until a sticky batter is formed.
- 3 Scoop 1 1/2 tablespoons of the batter into each muffin liner. With your fingers press and mold the batter to form an even crust around the bottom and sides. Transfer to the oven and bake for seven minutes.
- 4 Wipe out the food processor and add the cashews, 2/3 of the apple, and the remaining of the following ingredients: cinnamon, coconut oil, maple syrup, vanilla, and salt. Blend for two to three minutes or until the mixture is very smooth.
- 5 Divide the cashew mixture evenly into each of the baked crusts. Top with the remaining apple, and sprinkle with cinnamon to garnish. Transfer the cups to the fridge to set for at least two hours. Enjoy!