

HONEY WHIPPED GOAT CHEESE

with Pomegranate

Prep Time: 10 mins.

Total time: 10 mins.

Servings: 10 (~ 2 cups dip)



INGREDIENTS

- 8 oz. goat cheese, room temperature
- 4 oz. cream cheese, room temperature
- ¼ cup honey + more for drizzling
- ¼ cup pomegranate seeds
- ¼ cup chopped pecans, toasted
- 1–2 teaspoons minced fresh rosemary and/or fresh thyme
- Crackers or bread slices for serving (gluten-free, if necessary)

DIRECTIONS

1. In a medium bowl combine the goat cheese, cream cheese and honey. With a hand mixer, whip the ingredients together starting at low speed and increasing the speed to high. Mix until smooth and fluffy. You may also do this in a standup mixer.
2. Transfer the whipped goat cheese to a serving bowl or platter. Top with pomegranate seeds and pecans. Garnish with fresh herbs and drizzle with a little honey.
3. Serve with your favorite crackers or on top of slices of a french baguette.

NOTES

To toast the pecans, place the chopped pecans in a small pan over medium-low heat. Heat, stirring the nuts every minute or so, watching closely so they don't burn, about 5 minutes total. The pecans are toasted when they start to give off a nice nutty aroma.

NUTRITION INFO

Serving Size: 1 /10 of recipe (~3 tablespoons);

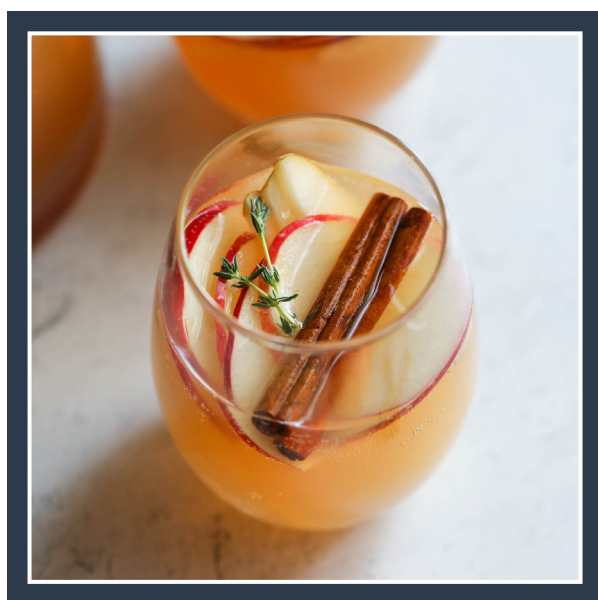
Calories: 150; Fat: 10 g (Sat Fat: 5 g); Sodium: 150 mg; Carbohydrate: 11 g (Fiber: 0 g, Sugar: 9 g); Protein: 4 g

Apple Cider SANGRIA

Prep Time: 10 mins.

Total Time: 10 mins. + 1 hour soaking time

Makes: 8 servings (8 cups)



INGREDIENTS

- 1 medium apple, any variety
- 1 medium pear, any variety
- 2–4 cinnamon sticks (optional)
- 2 whole star anise (optional)
- 1 (750 ml) bottle dry white wine, such as Pinot Grigio, Pinot Gris, or Sauvignon Blanc
- 2 cups apple cider
- 1 (16 ounce) bottle ginger-flavor kombucha or ginger beer
- Optional garnishes & toppings: Additional cinnamon sticks, whole star anise, sprigs of fresh thyme, and sparkling water

DIRECTIONS

1. Thinly slice the apple and pear. Add the apple and pear slices to a large pitcher along with the cinnamon sticks and star anise (if using).
2. Add the wine, apple cider, and kombucha to the pitcher; stir gently.
3. Cover and refrigerate at least 1 hour and up to 24 hours.
4. To serve, divide chilled sangria and fruit among 8 glasses, spooning some of the fruit into each glass. If desired, top each glass with a splash of sparkling water to add some fresh bubbles. Garnish servings with a cinnamon stick, star anise, and/or a sprig of thyme. Serve chilled.

NOTES

If desired, add 1/2 cup vodka or apple brandy to the pitcher.

Use your favorite variety/brand of apple, pear, and ginger-flavor kombucha or ginger beer.

NUTRITION INFO

Serving Size: 1 cup;

Calories: 131; Fat: 0 g (Sat Fat: 0 g); Sodium: 10 mg; Carbohydrate: 15 g (Fiber: 1 g, Sugar: 11 g);

Protein: 0 g; Cholesterol: 0 mg

Massaged KALE SALAD

Prep Time: 15 mins.

Total Time: 15 mins.

Serves: 8-10 servings (12 cups)



INGREDIENTS

- 2 large bunches curly green or red kale, washed and patted dry, tough stems removed (about 10 cups)
- ½ teaspoon sea salt
- 2 medium apples, thinly sliced
- 4 stalks celery, thinly sliced
- 2 medium carrots, peeled and julienned or cut into ribbons with a vegetable peeler
- 2 cups shredded Brussels sprouts (or substitute with an additional 4 cups kale)
- ½ cup dried cranberries (or use raisins)
- ⅓ cup roasted pumpkin seeds
- ¼ cup roasted sunflower seeds
- 6 tablespoons extra-virgin olive oil
- ¼ cup apple cider vinegar
- ⅓ - ¼ teaspoon black pepper
- ⅔ cup feta, goat cheese or Parmesan cheese (optional)

DIRECTIONS

1. Get out a big bowl. Tear the washed kale into bite-sized pieces and toss into the bowl. Sprinkle with sea salt.
2. Massage the kale. Really get into it. Continue to massage the leaves with the salt until they start to soften and wilt a bit.
3. In a jar with a tight-fitting lid, combine the oil, vinegar, and black pepper; shake well and set aside. Do not add extra salt, there's plenty on the kale already.
4. Toss remaining ingredients (apples through sunflower seeds) into the bowl with the kale.
5. Just before serving, shake the dressing again and drizzle over the salad; toss to combine.

NUTRITION INFO

Serving Size: 1/10 recipe (~ 1 ¼ cups);

Calories: 256; Fat: 13 g (Sat Fat: 2 g), Sodium: 235 mg; Carbohydrate: 28g; (Fiber: 6g; Sugar: 12g); Protein: 7g

Healthy SWEET POTATO CASSEROLE

Prep Time: 1 hour

Cook Time: 45 minutes

Total Time: 1 hour, 45 minutes

INGREDIENTS

FOR THE SWEET POTATO FILLING:

- 2½–2¾ lbs. sweet potatoes (about 4 garnet or jewel medium sweet potatoes)
- ¼ cup maple syrup
- ⅓ cup dairy or non-dairy milk of choice
- 1½ tablespoons butter or coconut oil, melted
- 1 teaspoon sea salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon chili powder
- 2 whole eggs

FOR THE TOPPING:

- 1 cup pecans (½ cup chopped + ½ cup pecan halves)
- 3 strips bacon, cooked and chopped
- 1 tablespoon butter or coconut oil, melted
- ½ teaspoon ground cinnamon
- Pinch of ground nutmeg
- Pinch of sea salt

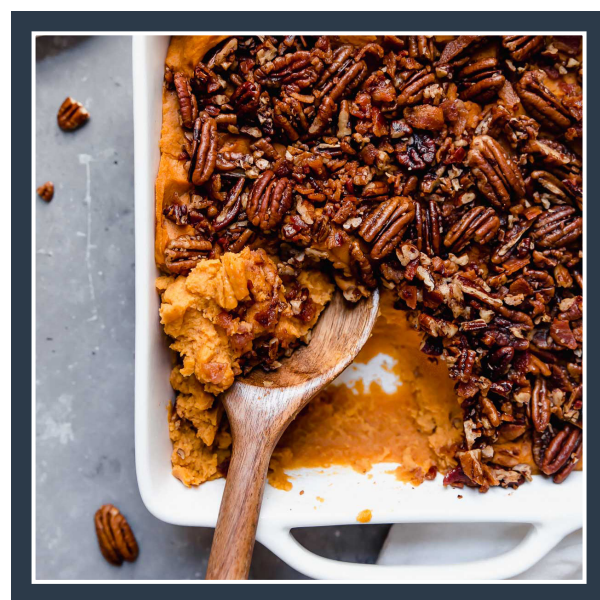
DIRECTIONS

1. Preheat oven to 375°F. Grease a 9- or 10-inch or 1.5 quart baking dish (square, round or oval); set aside.
2. Prick sweet potatoes with a fork and bake in the oven for 40-50 minutes or until soft and cooked through. Baking time will depend on the size of sweet potatoes. *Note: feel free to bake/cook the sweet potatoes however you wish. This can be done a day or two ahead of time.
3. While sweet potatoes are baking, in a small bowl, combine the topping ingredients (except for the bacon) and mix well; set aside.
4. When the sweet potatoes are done, remove them from the oven and set aside for 5 minutes.
5. Peel off skin from the sweet potatoes; add the peeled sweet potato flesh to a food processor or large bowl. Process or use a hand mixer or stand mixer to mix and mash until creamy.
6. Add the remaining filling ingredients to the sweet potatoes (except for the eggs) and process or mix until smooth. Next, add the eggs and process or mix again just until smooth.
7. Transfer the sweet potato filling to the prepared baking dish and spread out evenly. Top with the pecan mixture.
8. Cover with foil and bake for 30 minutes. Remove foil, add the bacon, then bake (uncovered) for an additional 10-15 minutes. If pecans begin to get too brown, cover again with foil. Serve warm.

NUTRITION INFO

Serving Size: 1/9 of recipe;

Calories: 245; Fat: 13 g (Sat Fat: 5 g); Sodium: 285 mg; Carbohydrate: 28 g (Fiber: 5 g, Sugar: 6 g); Protein: 6 g



ROASTED BRUSSELS SPROUTS

with Bacon and Balsamic

Prep Time: 15 mins.

Cook Time: 25 mins.

Total Time: 40 mins.

Servings: 8-10



INGREDIENTS

- 1 ½ lbs. Brussels sprouts
- 2 garlic cloves, minced
- 3 tablespoons olive oil or avocado oil
- 1 tablespoon balsamic vinegar
- ¼ teaspoon sea salt
- ⅓ teaspoon black pepper
- 4 slices bacon, crisp-cooked and chopped
- ¾ cup pecan halves, toasted*
- ½ cup dried cranberries (or use pomegranate seeds)
- ¼ cup feta cheese (optional)

DIRECTIONS

1. Preheat oven to 400°F.
2. Wash and trim the Brussels sprouts, slice them in half from top to bottom, or cut them into quarters, if large.
3. In a large bowl, combine the oil, balsamic vinegar, minced garlic, salt, and pepper. Add Brussels sprouts and toss to coat.
4. Arrange Brussels sprouts on a baking sheet and roast for 20-25 minutes or until tender and golden brown.
5. Toss roasted Brussels with cooked bacon, toasted pecans, and cranberries. Top with feta and serve warm.

NOTES

To toast the pecans, place the chopped pecans in a small pan over medium-low heat. Heat, stirring the nuts every minute or so, watching closely so they don't burn, about 5 minutes total. The pecans are toasted when they start to give off a nice nutty aroma.

NUTRITION INFO

Serving Size: 1 /10 of recipe;

Calories: 171; Fat: 12 g (Sat Fat: 2 g); Sodium: 150 mg; Carbohydrate: 13 g (Fiber: 3 g, Sugar: 6 g); Protein: 5 g

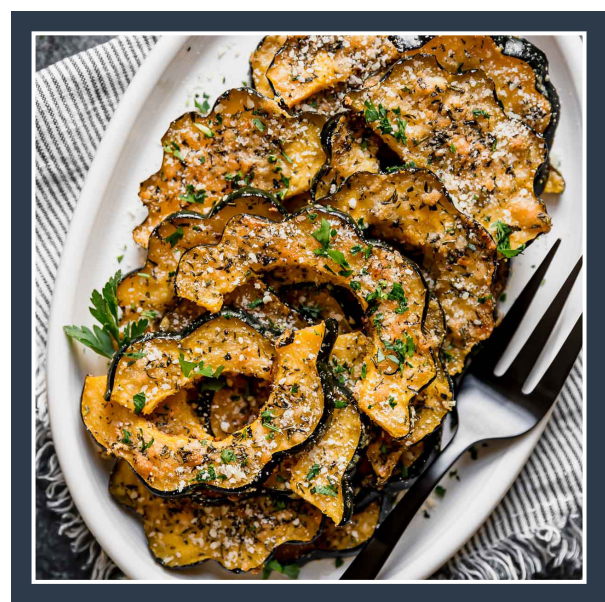
Herb Roasted Parmesan **ACORN SQUASH**

Prep Time: 10 mins.

Cook Time: 25 mins.

Total Time: 35 mins.

Servings: 8-10



INGREDIENTS

- 2 large acorn squash (or 3 small)
- 2/3 cup grated Parmesan cheese + more for garnish
- 4-6 tablespoons fresh herbs or 1 teaspoon dried (we suggest a mix of thyme, sage, rosemary, or oregano)
- 1 tablespoon butter, ghee, or coconut oil, melted
- ½ teaspoon garlic powder
- ¼ teaspoon sea salt + more to taste
- 1/3 teaspoon black pepper

DIRECTIONS

1. Preheat oven to 400°F. Cut acorn squash in half and scoop out the seeds. Then slice each half into ½-inch thick slices.
2. In a large bowl, combine all of the ingredients and toss to combine.
3. Transfer to two large sheet pans. Using your hands, gently press the Parmesan cheese mixture onto the squash for maximum coverage.
4. Bake in the oven for 25 minutes or until squash is cooked through and cheese is crispy and slightly browned. Garnish with additional cheese and herbs, if desired.

NUTRITION INFO

Serving Size: 1/10th of recipe;

Calories: 130; Fat: 6 g (Sat Fat: 2 g); Sodium: 190 mg; Carbohydrate: 11 g; (Fiber: 2 g; Sugar: 0 g); Protein: 3 g

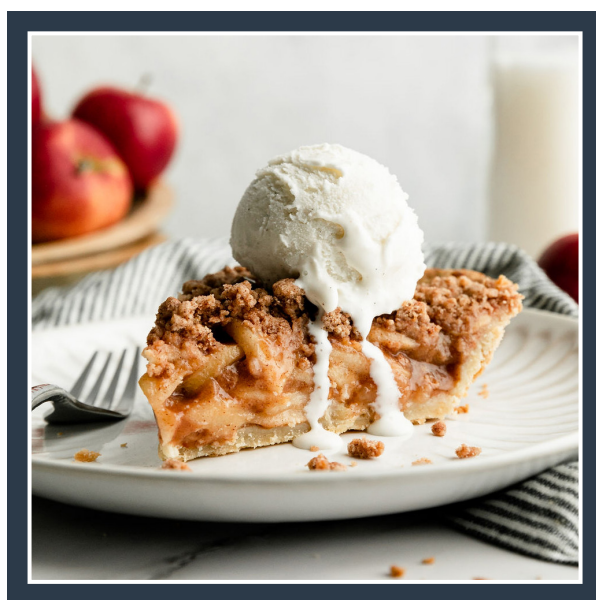
Gluten-Free APPLE PIE *with* CRUMB TOPPING

Prep Time: 30 minutes

Cook Time: 50 minutes

Total Time: 1 hour, 20 minutes

Makes 1 pie (8-10 servings); Crust recipe makes 2 pie crusts



INGREDIENTS

FOR THE PIE CRUST

- 2 ½ cups gluten-free flour* (310g)
- 1 cup (2 sticks) unsalted butter, cold and cut into ½" thick slices
- 2 tablespoons cane sugar
- ½ teaspoon salt
- 1 teaspoon apple cider vinegar
- 1 egg
- 2 tablespoons cold water

FOR THE FILLING

- 8 medium or 5 large apples, cored, peeled, and sliced ¼-inch-thick (8 cups total)
- ⅓ cup cane or coconut sugar
- 3 tablespoons gluten-free flour*
- 2 teaspoons ground cinnamon
- 1 teaspoon pure vanilla extract
- 2 tablespoons lemon juice

FOR THE CRUMBLE

- ½ cup gluten-free flour*
- 3 tablespoons cane or coconut sugar
- 1 tablespoon brown sugar
- 1 teaspoon ground cinnamon
- 4 tablespoons (salted or unsalted) butter, cold, cut into pieces

NUTRITION INFO

Serving Size: 1/10 of pie;

Calories: 281; Fat: 17 g (Sat Fat: 8 g); Sodium: 197 mg; Carbohydrate: 34 g (Fiber: 2 g, Sugar: 17 g); Protein: 2 g

DIRECTIONS

TO MAKE THE PIE CRUSTS

1. To make the pie crust, in a bowl, combine the 2½ cups flour and butter. Using a pastry cutter, cut the butter into the flour mixture.
2. Add the sugar, salt, apple cider vinegar, egg, and water. Stir to mix and then, with clean hands, continue to work the dough until it comes together, forming a loose, large ball. Though dough should stick together pretty easily, but if not add 1-2 teaspoons more cold water.
3. Divide the dough in half and form each portion into a ball (you'll have two dough balls). Place each ball in the center of a large sheet of parchment paper. Fold the paper over and press down to form a thick, round disc. Wrap the disc and repeat with the other dough ball. Place the wrapped dough in the refrigerator to chill at least 30 minutes or up to 2 hours. Repeat with a second dough ball. If you only want to make a single-crust pie, wrap one of the dough discs tightly with plastic wrap and place in the freezer to save for a future pie.
4. Chill the dough discs at least 30 minutes or up to 2 hours. If chilling longer, you will need to allow the dough to set at room temperature for 15 to 30 minutes before rolling it out.
5. To roll the dough out: Remove the dough from the parchment paper and dust the paper lightly with flour. Place the dough back onto the center of the parchment paper and dust the top of dough lightly with flour. Cover with another sheet of parchment paper. Using a rolling pin, roll the disc into an ⅓- to ¼-inch-thick round. If the dough starts to stick to the parchment paper, add more gluten-free flour, as needed.
6. To transfer the first pie crust into the pie plate, remove the top parchment paper. Mist a 9-inch pie plate with nonstick spray and place upside down over the pie crust. Gently slide your hand under the bottom layer of parchment paper and quickly but gently flip the pie plate and crust over so it is right side up.
7. Carefully remove the remaining parchment paper from the dough. Gently press the dough into the bottom and up the sides of the pie plate. Use a knife to remove any excess dough that hangs over the edges of the pie plate, but leaving enough to create a thick edge. If not filling the pie crust immediately, you can refrigerate it in the pie plate for up to 1 day.
8. Add a decorative pattern to the edge of the dough, if desired, such as a fluted edge.

TO MAKE FILLING AND FINISH THE PIE

1. Preheat the oven to 400°F.
2. Place the peeled and sliced apples in a large mixing bowl. Add the ⅓ cup sugar, 3 tablespoons flour blend, cinnamon, vanilla, and lemon juice. Stir until the apples are evenly coated; set aside for 20-30 minutes.
3. To make the crumble topping, in a separate bowl, combine the ½ cup flour blend, cane sugar, brown sugar, and cinnamon. Using a pastry cutter, cut in the cold butter until the mixture is crumbly (the size of small peas).
4. Transfer the apples into the pie plate and spread out evenly over the pie crust; sprinkle the crumble topping over top.
5. Bake for 50 minutes or until lightly golden brown.

NOTES

* For gluten-free flours, we recommend [Bob's Red Mill One-to-One Gluten-Free Baking Flour](#) or [King Arthur Measure-for-Measure Gluten-Free Flour](#). For the pie crust alone, to measure the flour by weight (recommended) use 325 g of King Arthur flour or 350 g of Bob's Red Mill flour. If you don't need pie that's gluten free, you can also use regular unbleached all-purpose flour.

Store leftover apple pie in a covered container in the fridge for up to 5 days.

Can prepare and fully bake the apple pie one to two days before serving; let cool to room temperature, then store in the refrigerator. If desired, warm the pie in a 250-degree oven before serving.