



40 APRONS · EASY HEALTHY RECIPES · CHEAP CHEAP EATS

the ultimate holiday cookbook

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Croissant French Toast Casserole

SERVINGS: 9 PREP: 45M COOK: 35M CHILL: 2H TOTAL: 3H 20M

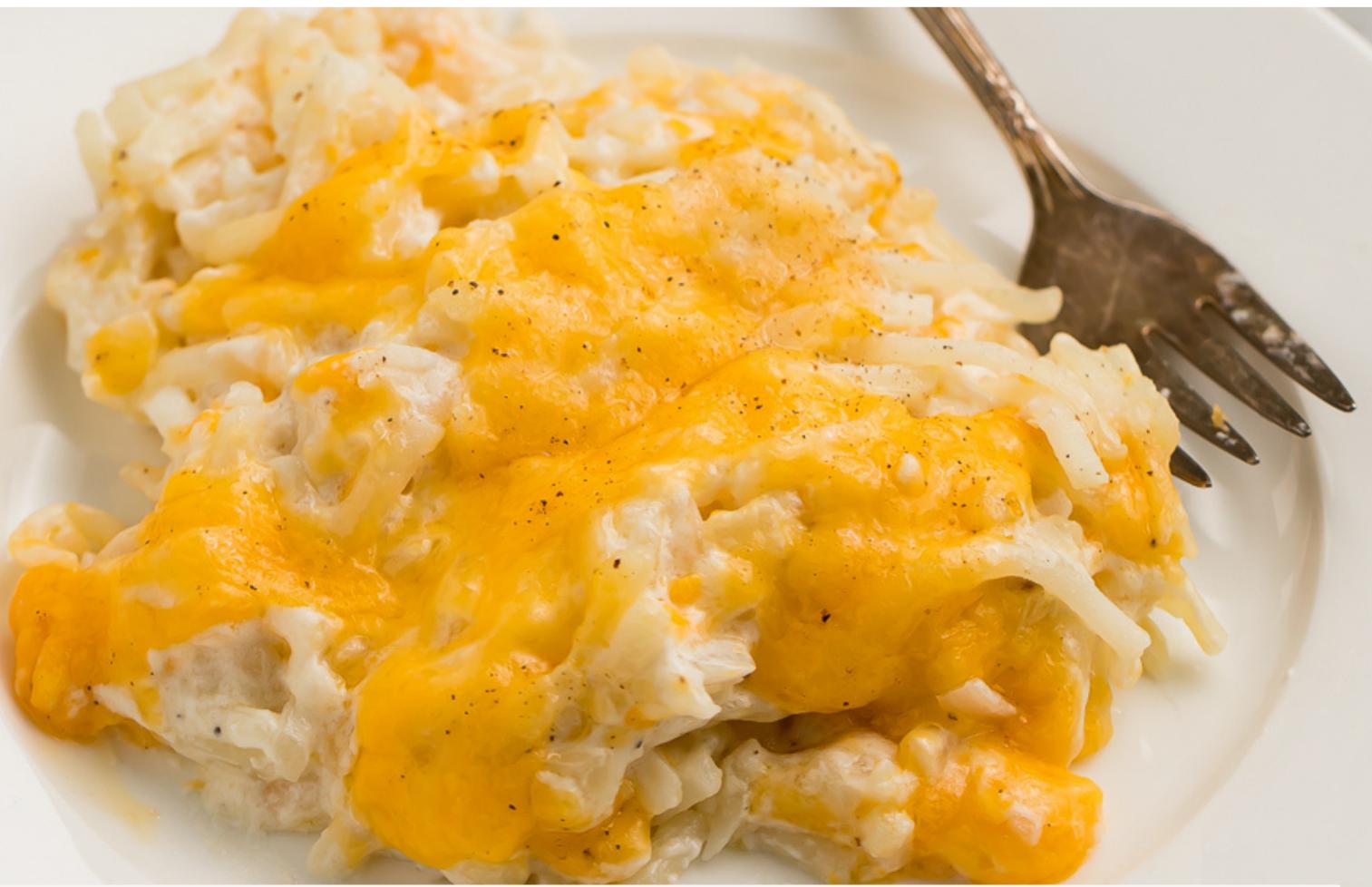
For the Casserole

- 8-10 croissants (at least 1 day old, not fresh)
- 6 large eggs
- 1 ½ cups half and half
- 2 teaspoons pure vanilla extract
- ½ teaspoon ground cinnamon
- 1 large pinch sea salt
- ¼ cup pure maple syrup (plus more to serve)

Optional Toppings

- powdered sugar
- whipped cream
- fresh berries
- maple syrup

1. Lightly spray 9x13 baking dish with cooking spray. Set dish aside.
2. Slice croissants in half, cutting through middle of croissants to create buns. Detach halves completely and set aside.
3. Add eggs, half and half, vanilla extract, cinnamon, salt, and maple syrup to large mixing bowl. Whisk ingredients together until fully combined.
4. Submerge one croissant half in egg wash until completely soaked, then place croissant cut-side down in greased casserole dish. Repeat until all croissant halves have been placed in casserole dish. Overlap croissant halves slightly as needed to fit.
5. Cover baking dish tightly with lid or food-safe plastic wrap. Place covered baking dish in refrigerator and chill at least 2 hours, but no more than 24 hours.
6. Remove baking dish from refrigerator 30 minutes prior to baking. Let stand at room temperature. Meanwhile, preheat oven to 375° Fahrenheit.
7. When oven is preheated, uncover dish and place dish in oven. Bake casserole 25 to 35 minutes, or until croissants are golden brown and heated through completely.
8. Remove casserole from oven. Let stand 5 minutes, then dust top with powdered sugar. Add fresh fruit and whipped cream if desired. Serve immediately with maple syrup.



Copycat Cracker Barrel Hashbrown Casserole

SERVINGS: 8

PREP: 15M

COOK: 1H

TOTAL: 1H 15M

- ¼ cup butter
- half of one onion (peeled, chopped)
- 2 pounds frozen hashbrowns (thawed, patted dry)
- 1 10.25-ounce can cream of chicken soup
- 1 cup sour cream
- 1 cup half and half, heavy cream, or milk
- 2 cups shredded cheddar cheese (divided; or 2 cups shredded Colby cheese, divided)
- 1 teaspoon salt (more or less to taste)
- ¼ teaspoon freshly cracked black pepper

1. Preheat oven to 350° Fahrenheit. Spray baking dish with cooking spray and set aside.
2. Heat large skillet over medium heat. When pan is hot, add butter. Let butter melt completely, then add chopped onion. Cook, stirring occasionally, until onions have softened, approximately 5 minutes.
3. Transfer softened onions to greased baking dish or large bowl. Add thawed hashbrowns, cream of chicken soup, sour cream, half and half, 1 cup cheddar cheese, salt, and pepper to onions. Stir well until ingredients are fully combined. If mixing in bowl, transfer mixture to baking dish. Cover baking dish with foil.
4. Place covered baking dish in preheated oven. Bake casserole 40 minutes, then carefully remove dish from oven. Remove and discard foil. Cover top of casserole evenly with remaining 1 cup cheddar cheese.
5. Return baking dish to oven. Bake, uncovered, 5 to 10 minutes, or until cheese is melted and casserole begins to brown lightly in spots. Carefully remove casserole from oven and serve as desired.



Crockpot Breakfast Casserole

SERVINGS: 10

PREP: 15M

COOK: 8H 10M

TOTAL: 8H 25M

- 1 pound bacon (diced), or 1 pound breakfast sausage (mild or hot)
- 1 26-ounce bag frozen hash browns (no need to thaw)
- 3 cups shredded cheese of choice (cheddar preferred)
- $\frac{2}{3}$ cup chopped white onion
- 12 large eggs
- 1 cup half and half
- 1 teaspoon garlic powder
- 1 teaspoon salt (more or less to taste)
- $\frac{1}{2}$ teaspoon freshly cracked black pepper (more or less to taste)

1. Heat large skillet over medium heat. When pan is hot, add diced bacon. Cook bacon until crisp, then transfer to plate lined with paper towels and set aside. Discard rendered bacon fat or save for another use. If using sausage instead, add sausage to hot skillet and cook until sausage is completely browned and crumbled. Transfer cooked sausage to bowl lined with paper towels and set aside.
2. Spray bottom and sides of Crockpot insert with spray oil. Layer half of frozen hashbrowns in bottom of Crockpot insert, then top hashbrowns with 1 $\frac{1}{2}$ cups shredded cheese and $\frac{1}{3}$ cup chopped onions. Top onion layer with half of cooked bacon. Repeat layers in same order until all ingredients have been added to Crockpot.
3. Crack eggs directly into large mixing bowl. Add half and half, garlic powder, salt, and black pepper, and whisk until mixture is fully combined and no longer streaky.
4. Pour egg mixture evenly over casserole layers in Crockpot. Cover with Crockpot lid and set to low for 8 hours. After 8 hours, check doneness of casserole to ensure eggs are fully cooked. Add additional time as needed, cooking no more than 9 hours total.
5. When casserole is cooked through, serve immediately or set Crockpot to warm and serve when ready.



Air Fryer Canned Cinnamon Rolls

SERVINGS: 5

PREP: 10M

COOK: 10M

TOTAL: 20M

- 1 can cinnamon rolls (5-count) with icing

1. Preheat air fryer to 360° Fahrenheit. Line air fryer basket with parchment paper specifically designed for air fryers, then lightly spray parchment paper with air-fryer-safe spray oil.
2. Place cinnamon rolls in air fryer basket in one even layer. Place basket in air fryer and bake cinnamon rolls at 360° Fahrenheit for 6 to 8 minutes. Adjust bake time as needed based on desired cinnamon roll texture and doneness.
3. When desired doneness is achieved, carefully remove cinnamon rolls from air fryer. While cinnamon rolls are still hot, top each roll with icing as desired. Serve warm.



Blueberry Baked Oatmeal

SERVINGS: 9

PREP: 15M

COOK: 30M

TOTAL: 45M

- 3 cups rolled oats
- $\frac{2}{3}$ cup maple syrup
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ - $\frac{3}{4}$ cup milk of choice ($\frac{1}{2}$ cup for firmer oatmeal, $\frac{3}{4}$ for less-firm oatmeal)
- 2 large eggs
- $\frac{1}{2}$ cup melted butter (or refined coconut oil, plus more to grease baking dish)
- 3 teaspoons vanilla extract
- 1 $\frac{1}{2}$ cups blueberries (fresh, or thawed & drained if frozen)

1. Preheat oven to 350° Fahrenheit. Lightly grease baking dish with butter or coconut oil.
2. Add oats, maple syrup, cinnamon, baking powder, salt, milk, eggs, melted butter, and vanilla extract to large mixing bowl. Mix thoroughly until all ingredients are fully incorporated.
3. When oatmeal mixture is just combined, add blueberries and gently fold blueberries into oatmeal mixture, being careful not to overstir.
4. Transfer mixture into 9x13 baking dish. Gently spread oatmeal mixture out across bottom of baking dish in one even layer, making sure to press mixture into corners of dish.
5. Place baking dish in preheated oven. Bake oatmeal mixture 30 minutes, then check doneness. Continue baking as needed, checking doneness every 1 to 3 minutes, until top of baked oatmeal is golden brown and crisp.
6. When oatmeal is fully baked, carefully remove baking dish from oven. Let cool slightly, then slice baked oatmeal into 9 equally-sized bars. Serve warm.



Gingerbread Pancakes (Paleo, Gluten Free)

SERVINGS: 12

PREP: 15M

COOK: 30M

TOTAL: 45M

Dry Ingredients

- 1 teaspoon ground ginger
- ¼ teaspoon cloves
- ¼ teaspoon nutmeg
- ¼ cup coconut sugar
- ¼ teaspoon salt
- ¼ cup coconut flour
- ⅓ cup tapioca starch
- ½ cup almond flour
- ¾ teaspoon baking soda

Wet Ingredients

- 3 tablespoons molasses
- ¼ cup almond milk
- 1 teaspoon apple cider vinegar
- 4 large eggs
- 1 teaspoon vanilla extract

Other Ingredients

- coconut oil (for frying)
- pure maple syrup (optional, for serving)
- tapioca starch or organic powdered sugar (optional, for serving)

1. In a medium bowl, whisk together dry ingredients.
2. In a large bowl, whisk together wet ingredients.
3. Fold dry ingredients into wet and stir until well incorporated.
4. Heat a bit of coconut oil in a skillet or griddle over medium or medium-low heat. Spoon pancake batter on, about ¼ cup per pancake. Batter will be thin but will set upon hitting heat, so pour relatively slowly.
5. Cook until bubbles form and burst on the surface. Flip carefully with a spatula and cook through, about another minute. Transfer pancakes to plate and set aside. Repeat until all batter has been cooked. Note: pancakes will burn quickly, so pay close attention.
6. Serve with pure maple syrup and a sprinkling of tapioca starch to mimic powdered sugar, or use organic powdered sugar.



dips & appetizers



Crockpot Baked Brie Dip

SERVINGS: 8

PREP: 15M

COOK: 2H

TOTAL: 2H 15M

For the Brie Dip

- ½ cup fig or apricot preserves
- ¼ cup apple juice
- 2 8-ounce wheels brie (rinds cut off completely, cheese cubed)
- ¼ cup toasted pecans (chopped)

To Serve

- 1 baguette (sliced)
- 2-3 apples (sliced)
- crackers

1. Add fig or apricot preserves and apple juice to Crockpot. Whisk ingredients together until incorporated.
2. Add cubed brie to Crockpot. Use large spoon to gently stir ingredients together to fully coat brie with juice mixture.
3. Cover slow cooker with lid. Cook on low heat 1 to 2 hours, or until brie is soft and melty.
4. Remove lid and stir dip. Top dip with chopped pecans and additional preserves if desired, then serve warm with baguette and apple slices.



Creamy Hot Crab Dip

SERVINGS: 8

PREP: 15M

COOK: 30M

TOTAL: 45M

For the Crab Dip

- 12 ounces cream cheese (softened)
- 6 green onions (finely chopped)
- 5 tablespoons mayonnaise
- 12 ounces crabmeat (drained if canned)
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 cup shredded white cheddar cheese or shredded mozzarella (divided)

To Serve

- crackers
- chips
- celery
- crostini

1. In a medium bowl, combine the cream cheese, onion, mayonnaise, crabmeat, garlic powder, salt, and $\frac{1}{2}$ cup shredded cheese. Stir until very well combined.
2. Spread into a small 6-inch cast-iron skillet or 1 quart baking dish. Top with other $\frac{1}{2}$ cup cheese.
3. Bake for 20 minutes in the preheated oven or until bubbly.
4. Turn broiler on and broil until cheese on top is browned in spots.
5. Remove from oven and let sit 5-10 minutes before serving. The dip will be very hot.



Creamy Herb Dip

SERVINGS: 10

PREP: 15M

COOK: 0M

TOTAL: 15M

For the Herb Dip

- 8 ounces cream cheese at room temperature
- ½ cup sour cream
- ½ cup mayonnaise
- 4 scallions (minced)
- 3 tablespoons fresh parsley (minced)
- 1 ½ tablespoons fresh dill (minced)
- 1 teaspoon kosher salt
- ¾ teaspoon freshly ground black pepper

To Serve

- crackers
- chips
- celery
- crostini
- carrots
- cucumber slices
- thinly-sliced radishes

1. Add all ingredients to stand mixer bowl. Fit stand mixer with paddle attachment. Mix on medium speed until ingredients are fully combined and dip is creamy
2. Transfer herb dip to serving bowl and serve at room temperature.



The Best Ever Cranberry Brie Bites

SERVINGS: 18

PREP: 15M

COOK: 20M

TOTAL: 35M

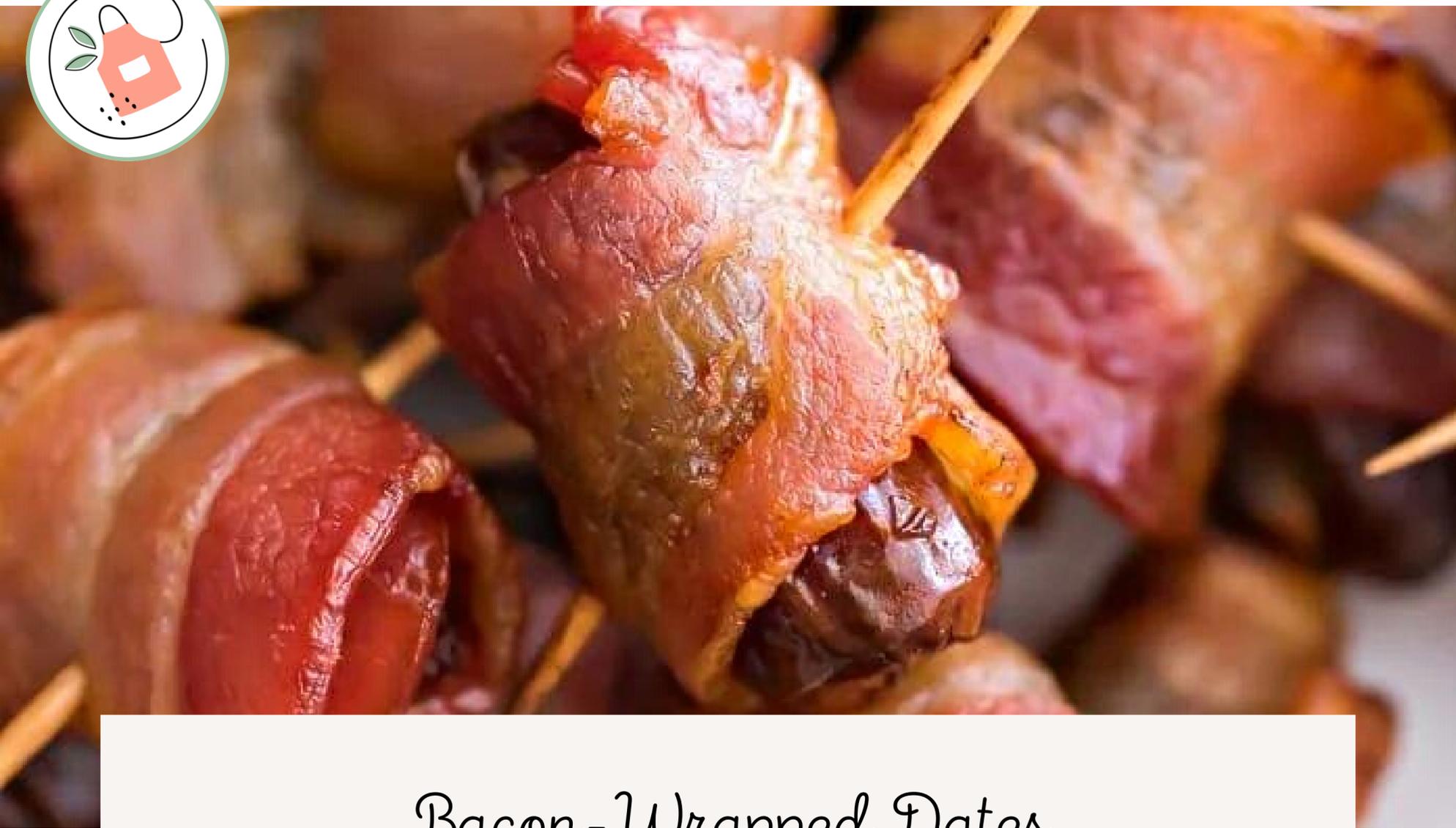
For the Brie Bites

- 1 can crescent roll dough
- salt to taste
- 4 ounces brie
- ½ cup homemade cranberry sauce

Optional Toppings

- ¼ cup honey
- sprigs fresh rosemary
- ¼ cup chopped toasted pecans

1. Preheat oven to 375° Fahrenheit. Unroll crescent roll dough from tube and lay flat, gently pressing seams together to create one large sheet of crescent roll dough. Cut dough sheet into 18 equally-sized rectangles.
2. Place one dough rectangle into one mini-muffin cup. Gently press center of dough toward bottom of muffin cup. It's ok if dough is shorter than sides of cup. Repeat until all dough rectangles have been placed in cups, then lightly sprinkle salt over dough.
3. Cut brie wheel into 18 small pieces (no need to remove white rind). Place one piece of brie into one dough cup, then top with 1 teaspoon cranberry sauce. Repeat until all dough cups have been filled with brie and cranberry sauce.
4. Place muffin tin in preheated oven. Bake 12 to 14 minutes or until dough is golden brown. Cheese and cranberry sauce should be bubbly.
5. Carefully remove muffin tin from oven and immediately transfer brie bites to serving platter. Drizzle honey over bites and garnish with chopped toasted pecans and rosemary (optional). Serve warm.



Bacon-Wrapped Dates

SERVINGS: 18

PREP: 15M

COOK: 20M

TOTAL: 35M

- 18 dates (pitted)
- 6 slices bacon (cut into thirds)

1. Preheat oven to 425° Fahrenheit. Place wire baking rack in baking sheet. Arrange bacon slices evenly on wire rack, being sure not to overlap or stack bacon pieces.
2. Bake 10 minutes, or until bacon has rendered some fat but is still floppy. Remove from oven and let cool slightly, just until bacon is cool enough to handle.
3. Wrap each date in piece of bacon. Secure ends of bacon by skewering toothpick through date, making sure to pierce both ends of bacon. Place wrapped date on wire baking rack and repeat until all dates have been wrapped with bacon.
4. Return baking sheet to oven. Bake 10 minutes or until bacon is rich, orangey-red and firm. Remove from oven and let cool 2 to 3 minutes, then serve.



Crab-Stuffed Mushrooms

SERVINGS: 8

PREP: 15M

COOK: 20M

TOTAL: 35M

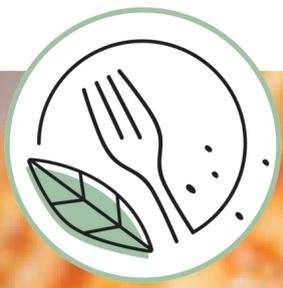
For the Stuffed Mushrooms

- 1 ½ pounds fresh mushrooms
- 12 ounces crabmeat (drained if canned)
- 5 green onions (thinly sliced)
- 1 teaspoon Italian seasoning
- 1-2 cloves garlic (minced)
- freshly ground black pepper to taste
- 10 tablespoons mayonnaise
- ¼ cup grated parmesan

Optional Toppings

- 2-4 tablespoons grated parmesan

1. Preheat the oven to 350° Fahrenheit. Wipe mushrooms clean with a damp towel and remove stems. Spoon out gills and base of stem to make deep cups. Discard gills and stems.
2. In medium bowl, combine crabmeat, green onions, Italian seasoning, garlic, and pepper. Mix in mayonnaise and ¼ cup parmesan cheese until well combined. Refrigerate filling until ready to use.
3. Sprinkle salt over mushroom cups, then fill with rounded teaspoonfuls of crab meat filling. Place mushrooms in ungreased shallow baking dish. Sprinkle parmesan over tops of crab meat.
4. Place baking in dish in preheated oven. Bake 20 minutes at 350°F, then change setting to Broil. Broil on high 2 to 3 minutes, to browned tops of mushroom cups, being careful not to burn them. Remove stuffed mushrooms from oven and serve immediately.



Cream Cheese Sausage Balls

SERVINGS: 10 PREP: 15M COOK: 25M CHILL: 1H TOTAL: 1H 40M

- 1 pound sausage (mild or hot)
- 8 ounce cream cheese (softened)
- 2 cups sharp cheddar cheese (shredded or grated)
- 1 cup almond flour
- 1/3 cup coconut flour
- 2 teaspoons baking powder
- 4 large eggs
- 1/2 teaspoon salt

1. Using mixer or by hand, mix together sausage and cream cheese. Add eggs and cheddar cheese and mix until well-combined.
2. Whisk together almond flour, coconut flour, salt, and baking powder in separate bowl.
3. Add dry ingredients to cheese mixture and stir well. Cover the bowl and chill the dough in the fridge for at least 1 hour.
4. After the dough has chilled, preheat the oven to 375° F. Spray a large baking or cookie sheet with cooking spray or line with aluminum foil.
5. Scoop the dough in tablespoon sized portions and roll into balls. Place them on the baking sheet about an inch apart. Bake until the balls are golden brown, about 25 minutes.
6. Let the cheese balls cool slightly, then transfer them to a plate lined with a paper towel. Let cool 5 minutes then serve.



Crockpot Spinach Artichoke Dip

SERVINGS: 8

PREP: 15M

COOK: 2H

TOTAL: 2H 15M

For the Stuffed Mushrooms

- ¼ cup freshly grated parmesan
- 8 ounces cream cheese (softened)
- ¼ cup mayonnaise
- 1 can artichoke hearts (drained, chopped)
- 2 cups frozen chopped spinach
- 1 cup freshly shredded mozzarella cheese
- 2 cloves garlic (minced)
- 1 teaspoon salt
- 1 teaspoon freshly cracked black pepper

To Serve

- chips
- crackers
- crostini
- naan
- pita chips

1. Add all ingredients to Crockpot. Stir well until ingredients are fully combined.
2. Cover slow cooker with lid and cook on high heat 2 hours or low heat 4 hours, stirring occasionally.
3. Once cook time is up, stir dip well. Cheeses should be completely melted and well incorporated. Serve with chips, crackers, crostini, or naan as desired.



Classic Deviled Eggs

SERVINGS: 6

PREP: 15M

COOK: 10M

TOTAL: 25M

For the Deviled Eggs

- 6 large eggs
- 1 teaspoon paprika
- 1 tablespoon lemon juice
- 3 tablespoons mayonnaise
- 1 teaspoon dijon mustard

To Garnish

- additional paprika
- chopped parsley
- cooked, diced bacon

1. In a medium size saucepan, bring a good amount of water to a boil. Gently place six eggs in the boiling water and boil for 10 minutes.
2. Once eggs have been boiled, gently place eggs in a container filled with ice water. Let soak for five minutes. This allows the peels to come off easily! Peel the eggs, and cut the eggs in half (length wise) with a knife.
3. With a spoon, carefully scoop out each hard yolk. Transfer yolks to a medium bowl. Place the egg whites on a plate. In the medium bowl with the yolks, combine mayonnaise, mustard, salt, pepper, paprika, and lemon juice.
4. Smash the yolk mixture and stir until evenly combined. With a tablespoon or piping bag, insert yolk mixture into each egg white. Garnish with additional paprika and parsley.



Instant Pot French Onion Soup

SERVINGS: 6

PREP: 15M

COOK: 45M

TOTAL: 1H

- ¼ cup butter
- 3 pounds yellow onion (peeled, sliced approximately ¼-inch thick)
- 3 cloves garlic (minced)
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 pinch sugar
- 1 teaspoon salt
- ½ cup dry red wine
- 8 cups beef broth
- 6-8 slices French bread (each approximately 1-inch thick)
- 1 cup shredded Gruyere cheese

1. Set Instant Pot to Sauté. Add butter to Instant Pot and let melt completely, then add in sliced onions, garlic, bay leaf, and thyme. Sauté 15 minutes, stirring as needed.
2. Sprinkle in sugar and salt. Stir to incorporate, then continue sautéing 15 to 20 minutes, or until onions have caramelized.
3. Pour in red wine. Use large spoon or spatula to scrape up any browned bits stuck to pot. Simmer on Sauté mode 10 minutes, or until most of liquid has evaporated.
4. Pour in beef broth. Secure lid on Instant Pot with valve in sealing position. Set to Manual High Pressure for 5 minutes. Instant Pot will pressurize and then cook time will begin. Meanwhile, preheat broiler on High.
5. When cook time on Instant Pot is up, immediately Quick Release pressure and carefully remove lid. Transfer soup to ramekins, dividing soup into equal portions. Top each ramekin with 1 slice bread and 2 to 3 tablespoons Gruyere.
6. Place ramekins on baking sheet. Place baking sheet under broiler, approximately 6 inches from heating element. Broil 1 to 2 minutes or until cheese is bubbly and bread is golden brown. Carefully remove baking sheet from oven. Serve hot.



Creamy Tomato Soup

SERVINGS: 6

PREP: 15M

COOK: 30M

TOTAL: 45M

- 1 tablespoon olive oil
- ½ yellow onion (chopped)
- 1 medium carrot (chopped)
- 1 celery stalk (chopped)
- 3 garlic cloves (minced)
- ½ teaspoon salt (more or less to taste)
- 2 cups gluten-free vegetable or chicken stock
- 1 28-ounce can diced tomatoes (undrained)
- 1 cup heavy cream

1. Heat olive oil in large pot over medium heat.
2. When oil is hot and shimmery, add in chopped onion, carrot, celery, garlic, and salt. Sauté 8-10 minutes or until onion is translucent.
3. Pour in stock and diced tomatoes. Bring mixture to boil, then reduce heat to low. Simmer soup 20 minutes.
4. After 20 minutes, move pot to cool burner. Insert immersion blender and puree soup until completely smooth. Alternately, let soup cool 5 to 10 minutes, then transfer soup to blender and blend until completely smooth, working in batches as needed.
5. Pour in heavy cream and stir to incorporate. Return pot to heat and heat, stirring constantly, until just warmed through. Taste soup and adjust seasonings as desired, then portion soup into serving bowls and serve warm.



Sweet Potato Soup

SERVINGS: 6

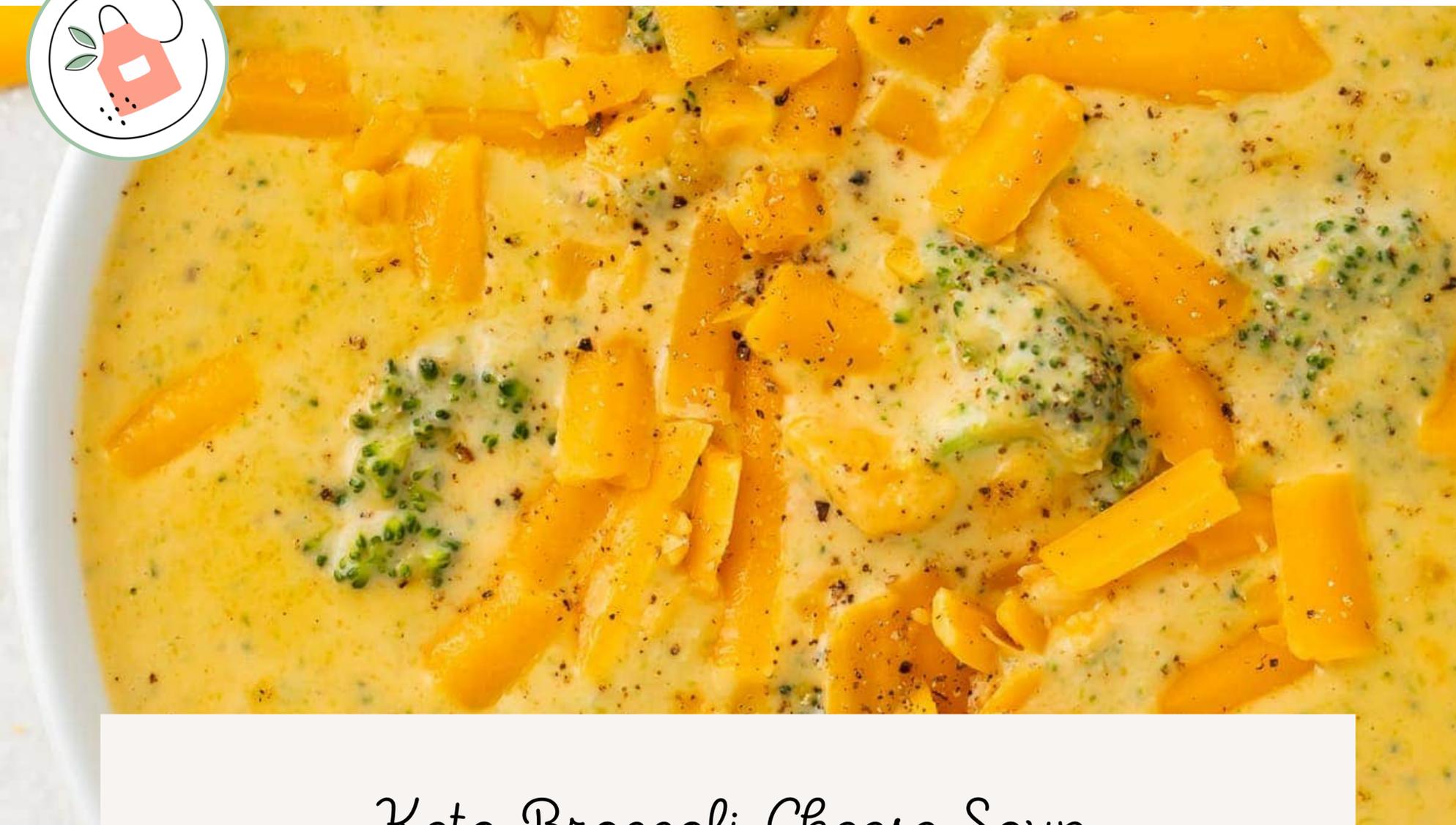
PREP: 15M

COOK: 30M

TOTAL: 45M

- 2 tablespoons butter
- 1 medium yellow onion (chopped)
- 1 celery stalk (chopped)
- 2 cloves garlic (minced)
- 2 teaspoons curry powder
- 2 large sweet potatoes (peeled, cubed)
- 1 medium Granny Smith apple (peeled, chopped)
- 1 quart vegetable stock
- ½ cup heavy cream
- salt to taste
- freshly cracked black pepper to taste

1. Melt butter in a large pot over medium heat, then add in the onion, celery, carrots, and garlic. Sauté 5 minutes, or until onions are soft.
2. Add in curry powder, sweet potato, and apple. Sauté 2-3 minutes, then add stock. Reduce heat to low. Cover pot with lid and simmer 20 minutes or until sweet potato can be easily pierced with fork.
3. Move pot to cool burner. Insert immersion blender and puree soup until completely smooth. Alternately, let soup cool 5 to 10 minutes, then transfer soup to blender and blend until completely smooth, working in batches as needed.
4. Pour in heavy cream and stir to incorporate. Return pot to heat and heat, stirring constantly, until just warmed through. Taste soup and adjust seasonings as desired, then portion soup into serving bowls and serve warm.



Keto Broccoli Cheese Soup

SERVINGS: 6

PREP: 15M

COOK: 30M

TOTAL: 45M

- 2 tablespoons butter
- half of one medium onion (chopped)
- 2 cloves garlic (minced)
- 4 cups broccoli florets (chopped)
- 2-3 cups chicken broth
- 1 cup heavy cream
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon mustard powder
- 1 teaspoon salt (more or less to taste)
- freshly cracked black pepper (to taste)
- 3 cups shredded cheddar cheese (plus more for garnish)

1. In large stockpot, melt butter over medium heat. Add onion and cook until translucent, approximately 4 minutes. Stir in garlic and cook 30 seconds, stirring constantly, until fragrant.
2. Add broccoli florets, chicken broth (see Notes), heavy cream, garlic powder, paprika, mustard powder, salt, and pepper. Simmer until broccoli is tender, approximately 10 minutes.
3. Use slotted spoon to remove roughly 1 cup broccoli and transfer to bowl. Remove stockpot from heat and use immersion blender to blend soup until smooth.
4. Add in 1 to 2 handfuls of shredded cheese and stir until melted. Repeat until all shredded cheese is incorporated, then blend again with immersion blender until smooth.
5. Return stockpot to heat. Transfer broccoli florets from bowl to soup. Taste and adjust seasonings as desired. Serve warm with extra shredded cheese for garnish.



Strawberry Goat Cheese Salad with a Homemade Balsamic Vinaigrette

SERVINGS: 6

PREP: 15M

COOK: 0M

TOTAL: 15M

For the Balsamic Vinaigrette

- ¼ tablespoon balsamic vinegar
- 2-3 tablespoons maple syrup
- ½ cup olive oil
- ½ teaspoon salt

For the Salad

- 6 cups lettuce blend of choice
- 2 cups strawberries (stems cut away, berries sliced)
- ¾ cup goat cheese crumbles
- ¾ cup praline pecans (or toasted pecans, roughly chopped)
- ¼ cup shallots (thinly sliced)
- ¼ cup fresh basil (chiffonaded)

For the Balsamic Vinaigrette

1. Add balsamic vinegar, salt, and 2 tablespoons maple syrup to medium bowl and whisk until well blended.
2. Slowly drizzle olive oil into vinegar mixture, whisking vigorously until mixture becomes smooth and dark, with no separated oily spots.
3. Use immediately, or transfer balsamic vinaigrette to jar with airtight lid and refrigerate until ready to use. Note: dressing will separate over time. Whisk vigorously to reincorporate, or seal jar tightly with lid and shake well.

For the Strawberry Goat Cheese Salad

1. Layer lettuce blend in large salad bowl or serving dish. Top with sliced strawberries, goat cheese crumbles, chopped pecans, sliced shallots, and fresh basil if using.
2. Immediately before serving, drizzle balsamic vinaigrette over top of salad and toss well to thoroughly distribute ingredients. Serve with additional balsamic vinaigrette if desired.



Kale Caesar Salad with Homemade Croutons

SERVINGS: 6

PREP: 15M

COOK: 20M

TOTAL: 35M

For the Salad

- 1 large bunch kale (thick stems removed, leaves roughly chopped; approximately 8 cups total)
- shaved parmesan

For the Croutons

- 1 loaf country bread (torn into smallish pieces, approximately 3 cups)
- 3 tablespoons olive oil
- kosher salt (to taste)
- freshly cracked black pepper (to taste)

For the Dressing

- 6 flat anchovies
- 1 clove garlic
- 2 egg yolks from large eggs
- 2 tablespoons lemon juice
- $\frac{3}{4}$ teaspoon Dijon mustard
- 6 tablespoons neutral oil
- 3 tablespoons grated parmesan

- Preheat oven to 375° Fahrenheit. Place torn bread pieces on baking sheet and cover with olive oil, salt, and pepper. Toss and coat bread pieces fully in oil, then spread bread out across baking sheet in one even layer.
- Place baking sheet in oven. Bake 10 to 15 minutes, tossing bread occasionally to brown evenly. Transfer prepared croutons to medium bowl and set aside.
- Roughly chop anchovies and garlic, then transfer ingredients to food processor bowl. Add egg yolks, lemon juice, and dijon mustard.
- Process ingredients until anchovies and garlic are finely chopped. Keep food processor running and slowly drizzle neutral oil into food processor bowl, drop by drop. Mixture should become thick after approximately 50% of oil has been added. Continue adding oil slowly, now in 1-tablespoon increments rather than drop by drop.
- When all oil is incorporated, add grated parmesan to food processor. Pulse 1 to 2 times or until parmesan and dressing mixture are just combined.
- Pour desired amount of salad dressing over kale leaves in large bowl. Use hands to gently massage dressing into kale, making sure to coat as many pieces as possible. When satisfied, top salad with croutons and parmesan shavings. Serve immediately.



Spinach Salad with Apples, Cranberries, and Homemade Maple Vinaigrette

SERVINGS: 6

PREP: 15M

COOK: 0M

TOTAL: 15M

For the Maple Vinaigrette

- 1/3 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon pure maple syrup
- salt (to taste)
- pepper (to taste)

For the Salad

- 5 ounces fresh spinach
- 1 crisp apple (thinly sliced)
- 1/3 cup crumbled goat cheese or feta
- 1/4 cup red onion (thinly sliced)
- 1/4 cup glazed pralines (roughly chopped; or toasted pecans, roughly chopped)
- 1/4 cup dried cranberries

- Add all vinaigrette ingredients to jar. Tightly secure lid and shake well, until combined. Alternately, add all vinaigrette ingredients to bowl and whisk until well combined.
- Add spinach to large bowl. Pour vinaigrette over spinach and toss to coat. Add remaining salad ingredients and serve.



entrées



Easy Prime Rib

SERVINGS: 8

PREP: 15M

COOK: 1H 30M

TOTAL: 1H 45M

For the Prime Rib

- 1 prime standing rib roast
- sea salt
- freshly cracked black pepper
- ¼ cup unsalted butter (softened)

For the Optional Crust

- 2-3 cloves garlic (minced)
- 1 tablespoon minced fresh rosemary

1. Preheat oven to 450° Fahrenheit. Liberally sprinkle salt on all sides of prime rib, then season generously with black pepper.
2. If making the garlic-rosemary crust, in a small bowl, stir together softened butter, minced garlic, and rosemary, mixing until ingredients are well incorporated. Pat rosemary-garlic butter all over roast. If not using crust, simply pat softened butter all over roast.
3. Place roast in roasting pan and place pan in preheated oven. Cook for 15 minutes, then reduce heat to 325° Fahrenheit.
4. Insert a meat thermometer into center of roast and cook until internal temperature is 113-115° Fahrenheit (for very medium-rare roast). Note that roast will continue cooking after removing from oven. Every 30 minutes, dip basting brush into drippings collected in roasting pan and brush drippings back onto prime rib, covering completely.
5. When the prime rib reaches desired internal temperature, remove pan from oven, transfer roast carefully to cutting board, and let rest 20 minutes. After 20 minutes, carve prime rib and serve with desired sides.



Reverse-Sear Filet Mignon

SERVINGS: 10 PREP: 15M COOK: 30M REST: 30M TOTAL: 1H 15M

For the Filet Mignon

- 4 filet mignon steaks (about 6-8 ounces each, about 2" thick)
- salt to taste
- freshly cracked black pepper to taste

For the Garlic Butter

- ½ cup unsalted butter softened
- ¼ cup fresh parsley (roughly chopped)
- 1-1 ½ teaspoon garlic (roughly chopped)
- 2 tablespoons shallot (roughly chopped)
- 1 tablespoon fresh lemon juice
- ½ teaspoon salt
- freshly cracked black pepper to taste

1. Liberally season both sides of each steak with plenty of salt and black pepper. Place on wire rack over baking sheet and let sit at room temperature 30 minutes minimum. If letting stand for more than one hour, keep in refrigerator, then let stand at room temperature 30 minutes before cooking.
2. Meanwhile, place all ingredients in food processor and process until smooth. Spoon onto sheet of plastic wrap and roll into log shape. Chill until firm.
3. Preheat oven to 250° Fahrenheit. Once preheated, place baking sheet in oven. Cook filets until internal temperature reaches 120°F for medium-rare, or 130°F for medium.
4. Remove steaks from oven and let rest 5 minutes. Preheat cast-iron skillet over high heat. Pat steaks completely dry in order to get best crust.
5. Place steaks in hot skillet and cook 45 seconds; flip and place 1 pat compound butter on top of filets. Cook another 45 seconds, then flip once or twice as needed until steaks are richer brown color, about 20-40 seconds total. Press sides of filets against sides of cast iron skillet briefly until no longer red or pink.
6. Remove steaks from skillet and serve with more garlic herb compound butter.



Air Fried Whole Chicken

SERVINGS: 8

PREP: 15M

COOK: 1H

REST: 10M

TOTAL: 1H 25M

- 1 whole chicken (4 to 5 pounds)
- avocado oil (or melted butter, or melted ghee)
- salt, to taste
- freshly cracked black pepper, to taste

1. Preheat air fryer to 360° Fahrenheit. Pat chicken completely dry with paper towels.
2. Rub avocado oil over entire surface of chicken, coating all sides well, then season chicken generously with salt and pepper.
3. Place chicken in preheated air fryer, breast-side facing down. Cook at 360° Fahrenheit for 45 minutes.
4. After 45 minutes, carefully flip chicken over so breast-side faces up. Cook 15 minutes more, or until internal temperature reaches 160° Fahrenheit.
5. Once chicken reaches 160°F internally, carefully remove chicken from air fryer and place on cutting board. Let chicken rest 10 minutes, then carve chicken and serve with desired sides.



Garlic-Herb Spatchcock Chicken

SERVINGS: 6 PREP: 25M COOK: 45M REST: 10M TOTAL: 1H 20M

For the Garlic Herb Butter

- ½ cup unsalted butter softened
- 2 tablespoons fresh parsley (chopped)
- 2 tablespoons fresh herbs of choice (chopped)
- 1 ½ teaspoons garlic
- 2 tablespoons shallots (chopped)
- 1 tablespoon lemon juice
- 1 teaspoon salt
- ½ teaspoon black pepper

For the Chicken

- 1 whole chicken (5 pounds)

1. Preheat oven to 425° Fahrenheit.
2. Place chicken breast-side down on cutting board. Use kitchen shears to cut through chicken on either side of backbone, then remove backbone and discard or use for broth.
3. Turn chicken over. Open back so that chicken legs face inward. Press firmly on center of breastbone until you hear bone crack, allowing chicken to lay flat. Transfer chicken to roasting pan.
4. In small bowl, mix together garlic herb butter ingredients.
5. Tuck wings underneath chicken. Gently pull away chicken skin (be careful not to remove skin completely) and rub half of butter mixture under the skin. Rub remaining butter over top of the entire chicken, covering chicken completely.
6. Place pan in preheated oven. Roast chicken 40-45 minutes or until thermometer inserted into the thickest part of the chicken reads 160° Fahrenheit. Remove from oven and let rest at least 10 minutes, then carve and serve with desired sides.



Roasted Turkey Breast

SERVINGS: 6 PREP: 15M COOK: 30M BRINE: 12H TOTAL: 1H 15M

For the Brine

- 9 cups water (room-temperature or cooler)
- ½ cup salt
- 1 spring fresh thyme
- 3 cloves garlic (mashed)

For the Turkey Breast

- 5 tablespoons ghee (divided)
- 3 cloves garlic (minced)
- 3 tablespoons fresh thyme (chopped)
- 1 3-4 pound skin-on turkey breast
- freshly ground pepper

1. Add brine ingredients to large bowl and stir until salt is completely dissolved. Transfer brine mixture to large food-safe container with lid or extra-large food-safe sealable plastic bag.
2. Place turkey breast in brine solution and cover with lid. If using plastic bag, seal bag partially and remove as much air as possible, then finishing sealing bag. Place container in refrigerator and let turkey breast sit in brine at least 12 hours.
3. After 12 hours, remove container from fridge and transfer turkey breast to roasting pan fitted with rack. Pat completely dry with paper towels. Preheat oven to 350° Fahrenheit.
4. Add ghee, garlic, and thyme to food processor and pulse until well incorporated. Use hands to rub butter mixture all over turkey breast, making sure to rub butter under skin. Season turkey breast with pepper to taste.
5. Place pan in oven and roast turkey 1 hour. After 1 hour, use basting brush or baster to thoroughly baste turkey with drippings from pan, then roast another 15 to 20 minutes or until internal temperature reaches 160°F.
6. Carefully remove pan from oven. Tent turkey with foil and let rest 15 to 20 minutes, then discard foil, carve turkey, and serve with desired sides.



Garlic & Herb Sous Vide Turkey

SERVINGS: 12

PREP: 20M

COOK: 12H 30M

TOTAL: 12H 50M

- 1 whole turkey (8-12 pounds)
- ½ cup butter (softened)
- 6 cloves garlic (minced)
- 6 tablespoons fresh thyme
- 2 quarts chicken stock or turkey stock
- 1 cup kosher salt
- 3 tablespoons avocado oil or melted butter

1. Set sous vide to 150° Fahrenheit.
2. Mix the softened butter, garlic, and fresh thyme in a bowl then carefully peel skin away from the turkey breast and rub butter mixture under the skin.
3. Place turkey in a large zip-top freezer bag along with the salt and chicken or turkey stock.
4. Seal bag and remove as much air from the bag as possible before dropping turkey into the sous vide water bath. Cook for 12 hours.
5. Remove turkey from bag, pat dry with a paper towel then leave to rest on the counter for 30 minutes before brushing with avocado oil or melted butter.
6. Preheat oven to 450° Fahrenheit then transfer turkey to the oven to roast for 25-30 minutes or until golden brown and crispy.



Salmon Meuniere

SERVINGS: 3

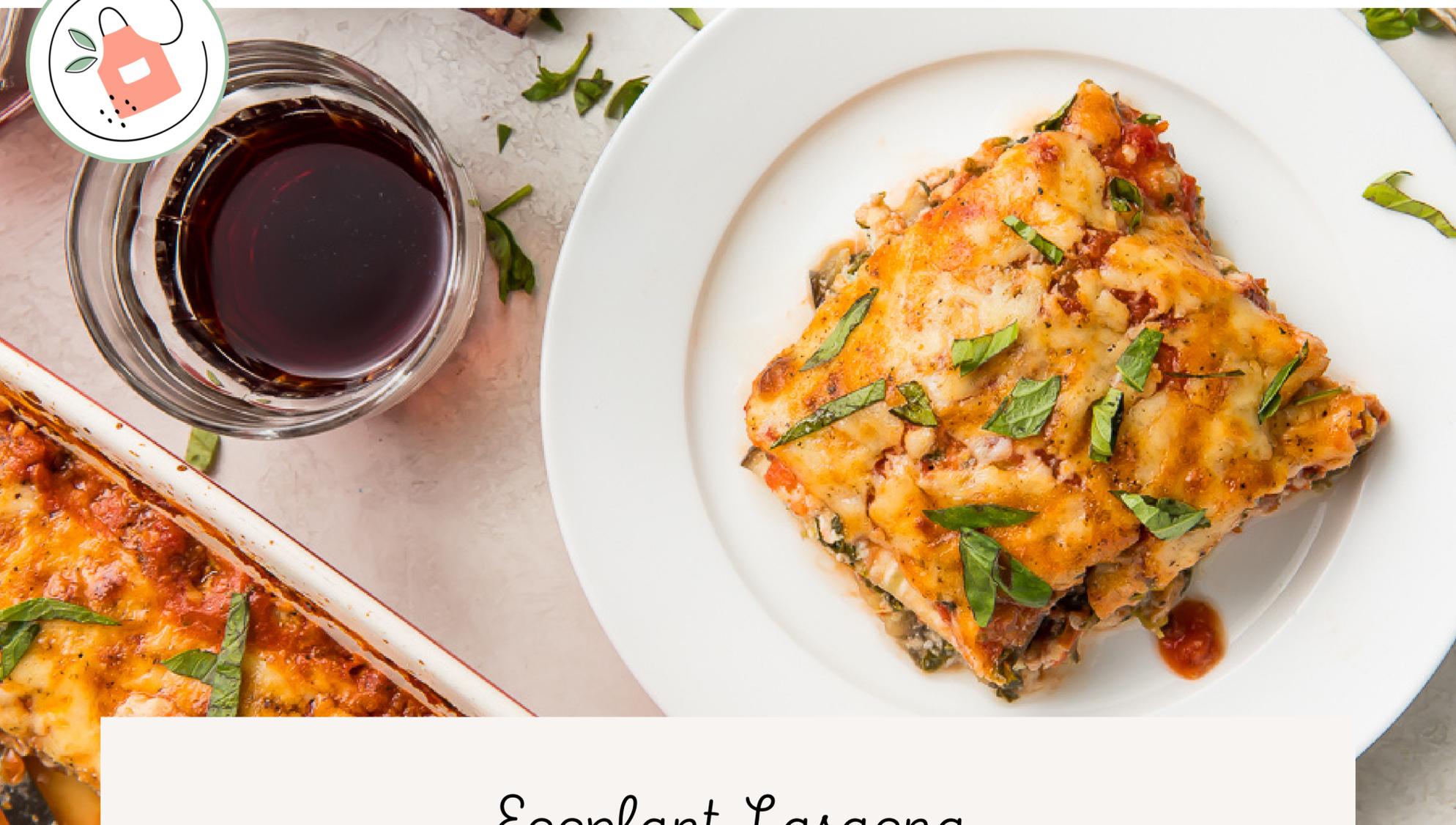
PREP: 15M

COOK: 15M

TOTAL: 30M

- ¼ cup all-purpose flour
- 1 ½ teaspoons kosher salt
- ¼ teaspoon black pepper
- 3 6-ounce salmon fillets
- 6 tablespoons butter (divided)
- juice of half a lemon (approximately 1 tablespoon)
- 2 tablespoons fresh parsley (chopped)
- 1 tablespoon capers

1. Place flour, salt, and black pepper in shallow baking dish and whisk to combine. Set aside.
2. Pat salmon fillets completely dry with paper towels. Dredge both sides of each fillet in flour mixture, coating well.
3. Heat 3 tablespoons butter in cast iron skillet over medium heat, swirling butter until browned.
4. Shake off any excess flour on salmon fillets, then place salmon in skillet skin-side up. Cook 3 to 4 minutes, then flip and cook 2 to 3 additional minutes depending on thickness of skin.
5. Transfer salmon to plate. Carefully remove butter from skillet by wiping it out with paper towels or pouring it into a glass dish. Add remaining 3 tablespoons butter to skillet, followed by lemon juice and parsley. Simmer 2 to 3 minutes.
6. Return salmon to skillet. Spoon butter over salmon and top with capers. Serve immediately.



Eggplant Lasagna

SERVINGS: 12 PREP: 15M COOK: 50M REST: 25M TOTAL: 1H 30M

For the Eggplant

- 2 large eggplants sliced into ¼" slices
- sea salt (plus more to taste)
- olive oil (to taste)

For the Marinara

- ½ teaspoon red pepper flakes
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 28-ounce can crushed tomatoes

For the Ricotta Filling

- 2 tablespoons basil leaves (shredded)
- 1 large egg
- 1 15-ounce container ricotta cheese
- 2 cloves garlic (minced)
- ½ teaspoon lemon zest
- ½ teaspoon salt
- 10 ounces frozen spinach (thawed, liquid squeezed out)
- 2 cups shredded mozzarella cheese (divided)
- 1 cup grated parmesan cheese (divided)

1. Preheat the oven to 375° F. Place eggplant slices on baking sheet. VERY liberally sprinkle sea salt on all sides. Let sit 10 minutes, then pat VERY dry with paper towels to remove any excess water.
2. In small bowl, stir together marinara ingredients until combined.
3. In medium bowl, beat egg until no longer streaky, then add ricotta, 1 ½ cups mozzarella, ½ cup parmesan, lemon zest, salt, and 1 tablespoon basil. Mix well.
4. Cover bottom of 9x13 baking dish with even layer of marinara. Cover marinara with slices of eggplant, overlapping slightly if needed. Cover eggplant slices with even layer of ricotta filling. Repeat until ingredients are layed in dish, with sauce layer on top.
5. Sprinkle remaining mozzarella and parmesan on top of sauce. Bake 45 minutes, or until cheese is fully melted. Switch oven to broil and broil 5 minutes, or until cheese on top is browned and bubbly.
6. Remove lasagna from oven. Let rest 15-20 minutes, then garnish with remaining basil and cut lasagna into 12 even squares. Serve with desired sides.



side dishes



Truffle Mashed Potatoes

SERVINGS: 8

PREP: 15M

COOK: 20M

TOTAL: 35M

For the Potatoes

- 3 pounds Yukon gold potatoes (or russet potatoes; washed, peeled, cubed)
- 1 big pinch salt (plus more to taste)
- ¼ cup butter
- ½ cup milk of choice
- ½ cup full-fat sour cream
- ¼ cup freshly grated parmesan

Optional Garnishes

- additional butter
- additional truffle oil
- additional parmesan
- chopped fresh parsley

1. Place cubed potatoes in large pot. Cover potatoes with enough water that waterline sits approximately 1" above top of potatoes. Sprinkle 1 large pinch salt into water.
2. Heat pot over medium-high heat. Once water begins to boil, reduce heat to low. Simmer, uncovered, 15 minutes or until potatoes can be easily pierced with tines of fork.
3. Remove pot from heat. Carefully pour water and potatoes out of pot and into colander. Drain well, then transfer potatoes to large mixing bowl. Use potato masher to lightly mash potatoes.
4. Place butter in small, microwave-safe bowl. Microwave 30 seconds or until butter is melted but not bubbling or burnt.
5. Add melted butter, milk, sour cream, parmesan, and truffle oil to mixing bowl with potatoes. Resume mashing until potato mixture is light and fluffy, being careful not to overwork potatoes. Taste potato mixture and add salt if desired.
6. Transfer mashed potatoes to serving bowl or plates. Garnish with chopped parsley and a drizzle of truffle oil if desired. Serve warm.



Make-Ahead Green Bean Casserole

SERVINGS: 8

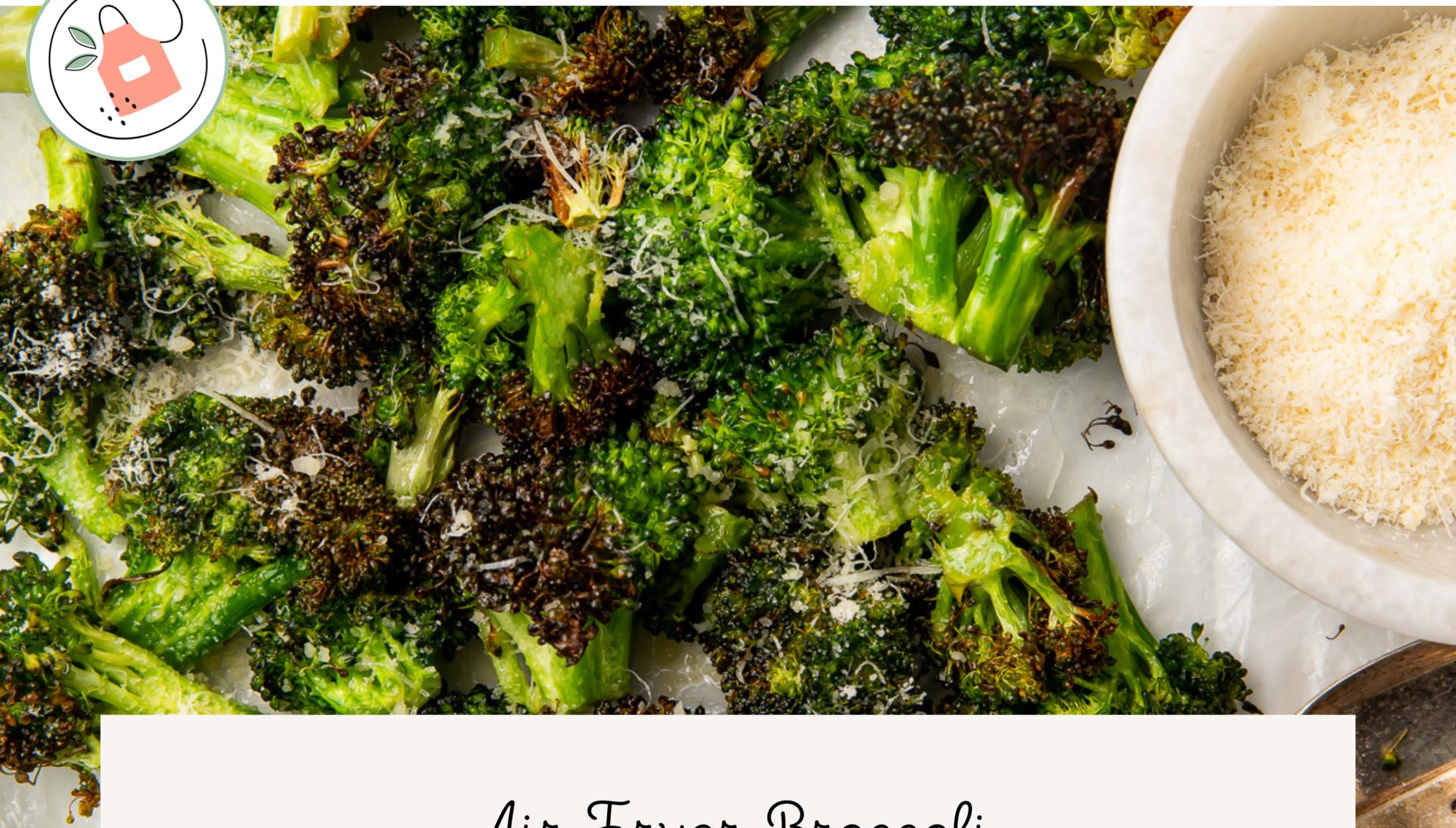
PREP: 15M

COOK: 45M

TOTAL: 1H

- 1 10.5-ounce can cream of mushroom condensed soup (or make your own)
- $\frac{2}{3}$ cup milk of choice
- 1 teaspoon soy sauce
- 2 14.5-ounce cans cut green beans (drained, rinsed, patted dry; or 4 cups cooked cut green beans, patted dry)
- 1 $\frac{1}{3}$ cups French's® French Fried Onions (divided)

1. Add cream of mushroom soup, milk, soy sauce, green beans, and 1 cup fried onions directly to casserole dish. Stir ingredients together until thoroughly incorporated, then spread mixture out into one even layer covering entire bottom surface of casserole dish.
2. Cover dish tightly with lid, aluminum foil, or food-safe plastic wrap. Place covered dish in refrigerator up to 3 days ahead of cooking.
3. When ready to cook casserole, preheat oven to 350° Fahrenheit. Remove casserole dish from refrigerator, uncover, and place dish directly in preheated oven. Bake 35 minutes.
4. Remove casserole dish from oven. Top casserole evenly with remaining $\frac{1}{3}$ cup fried onions, then return casserole dish to oven and bake 5 minutes or until onion topping has browned.
5. Remove casserole from oven. Let stand 5 minutes, then serve as desired.



Air Fryer Broccoli

SERVINGS: 6

PREP: 15M

COOK: 10M

TOTAL: 25M

For the Broccoli

- 12 ounces fresh broccoli florets (dried well)
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- freshly cracked black pepper (to taste)

Optional Garnishes

- lemon zest
- grated parmesan

1. Preheat air fryer to 320° Fahrenheit. In large bowl or bag, combine broccoli florets, extra-virgin olive oil, garlic powder, salt, and pepper. Toss to coat broccoli well, making sure to work oil into crowns of broccoli to ensure they crisp well.
2. Place seasoned broccoli florets in air fryer basket in one flat layer. Place in air fryer and cook at 320° for 6 minutes.
3. After 6 minutes, increase air fryer temperature to 400° Fahrenheit. Cook broccoli at 400° for 3 to 4 minutes or until florets are crispy on edges. Remove broccoli from air fryer, garnish with lemon zest and grated parmesan if desired, and serve warm.



Carrot Soufflé

SERVINGS: 8

PREP: 15M

COOK: 1H

TOTAL: 1H 15M

For the Souffle

- 2 pounds carrots (peeled and chopped)
- ½ cup sugar
- ¼ cup brown sugar
- ½ cup butter melted
- 3 large eggs
- 1 teaspoon vanilla extract
- 3 tablespoons all purpose flour
- 1 ½ teaspoons baking powder
- ½ teaspoon cinnamon

Toppings

- powdered sugar

1. Preheat oven to 350° Fahrenheit.
2. Cook carrots in a large pot of boiling water until very soft, about 15 minutes.
3. Drain carrots and add them to a large bowl along with the sugar, brown sugar, butter, eggs, and vanilla extract. Beat mixture with either a hand or stand mixer until light and fluffy.
4. Add in the flour, baking powder, and cinnamon then beat until combined.
5. Transfer to a lightly greased baking dish and bake for 45 minutes or until lightly golden brown.
6. Carefully remove baking dish from oven and let soufflé cool slightly. Dust powdered sugar over top of soufflé and serve warm.



Shaved Brussels Sprouts Salad

SERVINGS: 8

PREP: 20M

COOK: 0M

CHILL: 1H

TOTAL: 1H 30M

- 1 pound Brussels sprouts (shaved, store-bought or shave your own)
- 6 tablespoons olive oil ($\frac{1}{4}$ cup + 2 tablespoons)
- zest of 1 lemon
- juice of 1 lemon (or less to taste)
- 1 tablespoon white wine vinegar
- $\frac{1}{2}$ teaspoon freshly cracked black pepper
- $\frac{1}{2}$ teaspoon salt (more or less to taste)
- 1 $\frac{1}{2}$ loose cups freshly grated parmesan

1. Place shaved Brussels sprouts in medium bowl. Use hands to gently break up leaves.
2. Add olive oil, lemon zest, lemon juice, white wine vinegar, black pepper, and salt. Toss to distribute evenly, until all Brussels sprouts leaves have been coated in dressing.
3. Gently fold in freshly grated parmesan cheese. Chill until ready to serve. Before serving, let salad sit at room temperature for 10 minutes or so, then taste and adjust seasonings as needed.



Hasselback Sweet Potatoes

SERVINGS: 4

PREP: 15M

COOK: 45M

TOTAL: 1H

- 4 large sweet potatoes (approximately 8 ounces each)
- 4 tablespoons butter (softened)
- 2 cloves garlic (minced)
- 2 tablespoons maple syrup
- 1 teaspoon finely chopped fresh rosemary (or ½ teaspoon dried rosemary, minced)
- 1 pinch cinnamon
- ½ teaspoon salt (plus more to taste)
- freshly cracked black pepper (to taste)

1. Preheat oven to 450° Fahrenheit. Line baking sheet with aluminum foil and set aside.
2. Place 1 sweet potato horizontally on cutting board. Position 1 wooden spoon handle or 1 skewer against top side of sweet potato, and position other spoon or skewer against bottom side of sweet potato.
3. Position knife perpendicular to sweet potato. Carefully cut across potato from one end to other, making slices every ⅛ inch. Use spoon handles or skewers as bumpers to catch knife and prevent slicing completely through potato.
4. Once potato has been thinly sliced from one end to other, set sliced potato on foil-lined baking sheet. Repeat process with remaining sweet potatoes.
5. Add butter, garlic, maple syrup, rosemary, cinnamon, and salt to small bowl. Whisk or stir until ingredients are fully incorporated.
6. Use basting brush to evenly apply butter mixture to sweet potatoes, brushing butter down between slices whenever possible.
7. Place baking sheet in preheated oven. Bake sweet potatoes 25 minutes, then carefully remove baking sheet from oven. Place fork under center of potato. Gently lift potato up slightly, not actually removing potato from pan but simply allowing slices to fan apart slightly. Repeat with remaining sweet potatoes, then return baking sheet to oven.
8. Bake sweet potatoes 20 additional minutes or until potatoes are cooked through and tender. Carefully remove baking sheet from oven. Sprinkle salt and pepper over potatoes as desired and serve warm.



Cheesy Spinach Casserole

SERVINGS: 8

PREP: 15M

COOK: 30M

TOTAL: 45M

- 2 pounds frozen spinach (thawed, rinsed, as much water pressed out as possible)
- 1 cup plain breadcrumbs
- 1 cup cream cheese
- ½ cup grated parmesan cheese
- 3 tablespoons butter (melted)
- 1 large egg
- ½ teaspoon salt
- 1 pinch nutmeg

1. Preheat oven to 350° Fahrenheit. Remove as much water from spinach as possible by pressing and patting spinach with paper towels.
2. Transfer spinach to large bowl and add remaining ingredients. Mix ingredients well until fully combined.
3. Transfer mixture to 9x13-inch baking dish. Bake casserole 30 to 35 minutes, or until golden brown around the edges. Carefully remove baking dish from oven and let cool slightly. Serve casserole warm.



Copycat Texas Roadhouse Green Beans

SERVINGS: 6

PREP: 15M

COOK: 25M

TOTAL: 40M

- 6 slices bacon (chopped)
- half of one onion (diced)
- 2 16-ounce cans green beans (drained, rinsed)
- ½ cup low-sodium chicken broth
- 3 cloves garlic (minced)
- 1 tablespoon butter
- 1 tablespoon red wine vinegar
- 1 teaspoon sugar
- ½ teaspoon salt (more or less to taste)
- ¼ teaspoon freshly cracked black pepper (more or less to taste)

1. Heat large skillet over medium-high heat. When pan is hot, add chopped bacon and cook until bacon is just crisp, approximately 5 to 6 minutes. Stir often to prevent bacon sticking and burning.
2. When bacon is crispy, add diced onion to skillet. Cook, stirring occasionally, until onion has softened, approximately 5 minutes.
3. When onion has softened, add drained green beans, chicken broth, garlic, butter, red wine vinegar, sugar, salt, and pepper to skillet. Stir to fully incorporate ingredients.
4. When ingredients are fully incorporated, reduce heat under skillet to low. Cover skillet with lid and simmer until green beans are tender, approximately 10 minutes. Taste and add salt and/or pepper as needed, then transfer green beans to serving dish or divide into individual portions and serve warm.



Bacon Wrapped Asparagus

SERVINGS: 4

PREP: 15M

COOK: 15M

TOTAL: 30M

- 1 pound fresh asparagus (trimmed)
- 1 tablespoon extra virgin olive oil
- salt (to taste)
- freshly cracked black pepper (to taste)
- 6-10 slices uncooked bacon

For Broiled Bacon Wrapped Asparagus

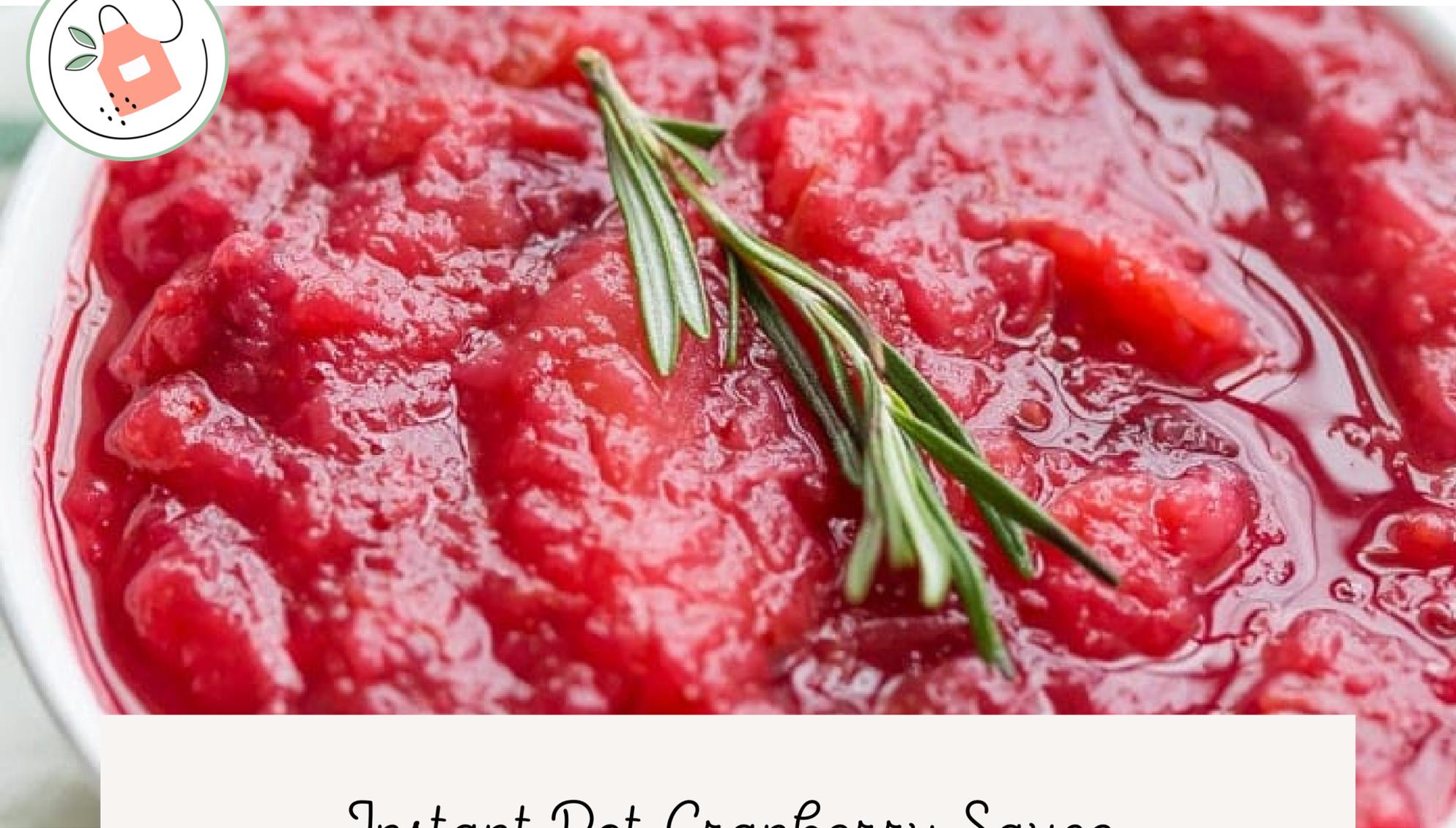
1. Preheat broiler.
2. Lightly coat asparagus spears in extra virgin olive oil and season with salt and black pepper. Wrap bundles of 3 spears in bacon.
3. Place perpendicular on wire rack over baking sheet, side-by-side. Broil on middle rack of oven 12-14 minutes until bacon is crisp and asparagus is tender and bright green.

For Grilled Bacon Wrapped Asparagus

1. Lightly coat asparagus spears in extra virgin olive oil and season with salt and black pepper. Wrap bundles of 3 spears in bacon.
2. Place bundles on hot grill and cover. Cook 10-12 minutes until bacon is crisp and asparagus is tender.



sauces & condiments



Instant Pot Cranberry Sauce

SERVINGS: 8

PREP: 15M

COOK: 1H

TOTAL: 1H 15M

- 12 ounces fresh cranberries
- 2 pounds apples (cored, roughly chopped)
- 1 cup apple cider
- 1 sprig fresh rosemary
- 2 tablespoons pure maple syrup

1. Add all ingredients to Instant Pot. Secure lid on Instant Pot with vent in Sealing position.
2. Set Instant Pot to Manual High Pressure for 5 minutes. Instant Pot will pressurize, then cook time will begin.
3. When 5 minute cook time is up, carefully Quick Release pressure and remove lid.
4. Remove rosemary sprig and discard. Use potato masher to mash cranberry mixture to desired consistency. Taste and add additional maple syrup if desired.
5. Transfer cranberry sauce to airtight container. Let cool completely, then close lid and refrigerate sauce until ready to serve.

Crockpot Option: Add all ingredients to slow cooker. Cover and cook on low 8 hours or on high 4 hours. When cook time is up, remove and discard rosemary sprig, then mash sauce to desired consistency. Transfer cranberry sauce to airtight container. Let cool completely, then close lid and refrigerate sauce until ready to serve.



Au Jus

SERVINGS: 8

PREP: 15M

COOK: 10M

TOTAL: 25M

With Drippings

- 4 tablespoons beef drippings
- 2 tablespoons all-purpose flour
- ¼ cup red wine (or beef broth)
- 2 cups beef broth (divided)
- 1 tablespoon Worcestershire sauce
- salt (to taste)
- freshly cracked black pepper (to taste)

Without Drippings

- 4 tablespoons butter
- 2 tablespoons all-purpose flour
- ¼ cup red wine (or beef broth)
- 2 cups beef broth (divided)
- 1 tablespoon Worcestershire sauce
- salt (to taste)
- freshly cracked black pepper (to taste)

1. In saucepan over medium-high heat, melt butter (or beef drippings) then sprinkle in flour. Whisk thoroughly until thin paste forms.
2. Vigorously mix red wine into flour mixture. Mixture will likely become purple and gooey. Continue cooking over medium-high heat for 2 minutes or until sharp alcohol smell is gone.
3. Slowly pour in ½ cup of beef broth in gradual increments. Whisk vigorously to combine between each addition.
4. Once beef broth is incorporated, pour in remaining broth and Worcestershire sauce. Bring mixture to boil and cook 5 minutes or until slightly thickened.
5. Season with salt and pepper to taste. Serve and enjoy!



Garlic-Herb Compound Butter

SERVINGS: 6

PREP: 15M

COOK: 0M

CHILL: 2H

TOTAL: 2H 15M

- ½ cup unsalted butter (at room temperature)
- 3 tablespoons fresh parsley (roughly chopped)
- 1 tablespoon other herbs of choice (tarragon, oregano, rosemary, chives, etc.)
- 1 teaspoon garlic (roughly chopped, approximately 1 clove)
- 2 tablespoons shallot (roughly chopped)
- 1 tablespoon fresh lemon juice
- ½ teaspoon salt (more or less to taste)
- freshly cracked black pepper (to taste)

1. Add all ingredients to food processor bowl. Process until smooth.
2. Spread sheet of plastic wrap out on flat surface. Transfer butter mixture to plastic wrap. Cover butter tightly and roll in plastic wrap to form log shape.
3. Place wrapped butter log in refrigerator. Chill 2 hours or until firm, then serve as desired.



Gluten-Free Gravy

SERVINGS: 8

PREP: 15M

COOK: 15M

TOTAL: 30M

With Drippings

- ¼ cup drippings
- ¼ cup gluten-free all-purpose flour with xanthan gum
- 2-3 cups low-sodium chicken stock or beef stock, or a combination of both
- salt (to taste)
- freshly cracked black pepper (to taste)

Without Drippings

- ¼ cup butter
- ¼ cup gluten-free all-purpose flour with xanthan gum
- 2-3 cups low-sodium chicken stock or beef stock, or a combination of both
- salt (to taste)
- freshly cracked black pepper (to taste)

1. Heat medium saucepan over medium heat. When saucepan is warm, add drippings and heat through. Alternately, add butter to warm saucepan and let butter melt completely, swirling pan occasionally to coat bottom with butter.
2. When drippings (or butter) are warmed through (or melted), sprinkle flour over top of liquid and whisk ingredients together vigorously until fully combined. Reduce heat to medium-low and simmer mixture, stirring occasionally, until mixture is golden but not burnt.
3. Slowly pour in 1 cup of stock and whisk until mixture is smooth. Pour in another 1 cup stock and whisk again until ingredients are fully combined.
4. Increase heat under saucepan to medium. Let mixture simmer, uncovered, 3 to 5 minutes or until mixture has thickened slightly. Add another ½ to 1 cup stock as needed to achieve desired consistency, whisking well to ensure all ingredients are fully combined. Note: amount of stock needed will vary depending on type of gluten-free flour used.
5. When desired consistency is achieved, taste gravy and season with salt and pepper as needed. Serve warm.



Cranberry Relish

SERVINGS: 6

PREP: 15M

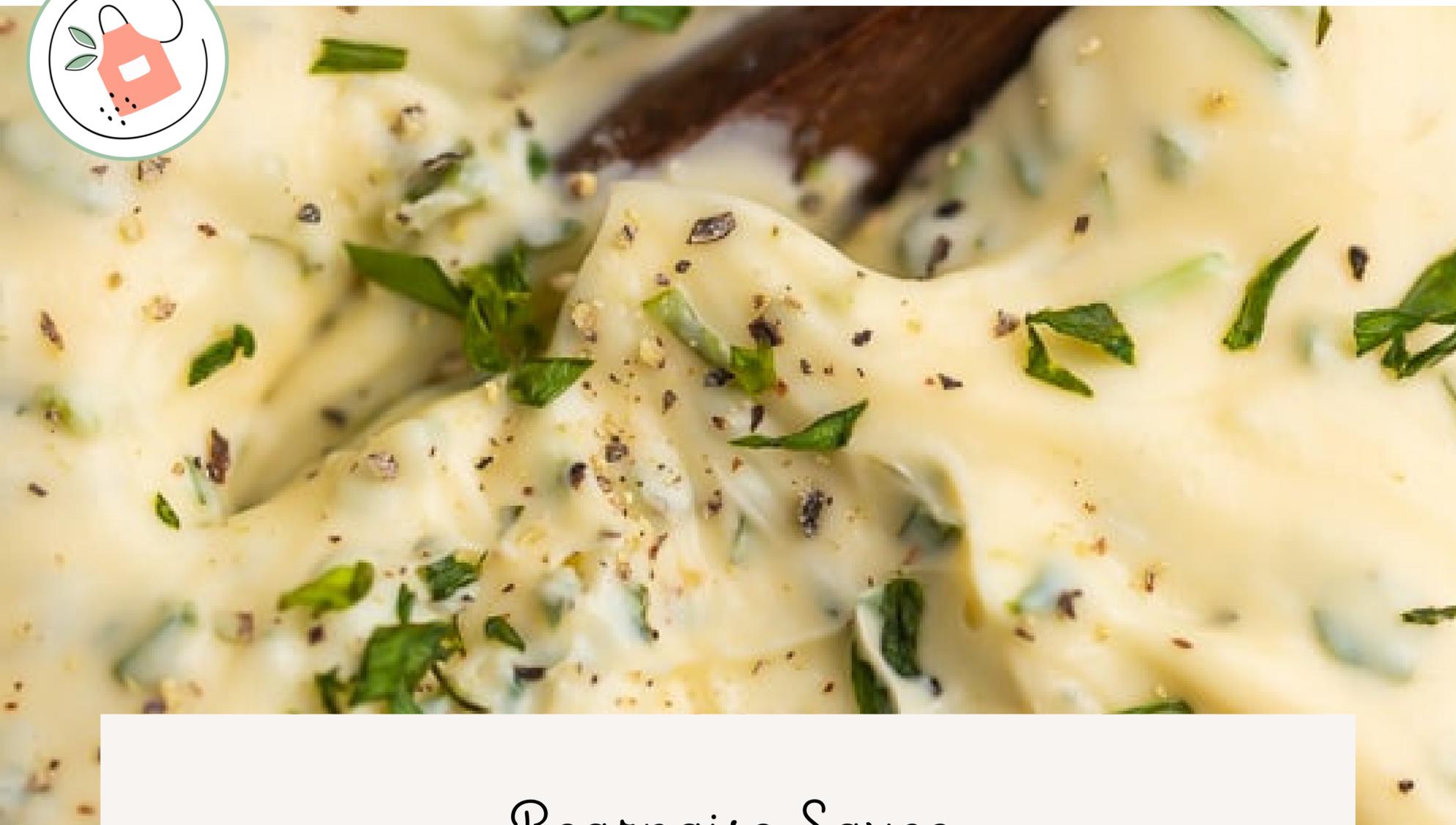
COOK: 0M

CHILL: 1H

TOTAL: 1H 15M

- 1 orange (unpeeled, cut into 4 or 8 wedges)
- 1 tart apple (cored, chopped)
- 1 12-ounce bag cranberries (fresh or frozen)
- $\frac{3}{4}$ -1 cup sugar (plus more as desired)
- 1 pinch cinnamon

1. Add orange to food processor and pulse until just chopped. Orange peel should be in very small pieces.
2. Add chopped apple and cranberries. Pulse until all fruit is roughly chopped.
3. Transfer cranberry relish to large bowl. Stir in sugar and cinnamon, cover with plastic wrap, and chill in refrigerator at least 1 hour. Serve chilled or at room temperature.



Bearnaise Sauce

SERVINGS: 6

PREP: 15M

COOK: 10M

TOTAL: 20M

- ¼ cup red wine vinegar
- ¼ cup dry white wine
- 1 tablespoon shallots (minced)
- 3 tablespoons fresh tarragon (minced, divided)
- ⅛ teaspoon freshly cracked black pepper (more or less to taste)
- 2-3 large pinches salt (more or less to taste)
- 3 large egg yolks
- 14 tablespoons cold butter (1 ¾ sticks, cut into 1-tablespoon pieces, divided)

1. Heat large saucepan over medium heat. When pan is warm, add red wine vinegar, white wine, shallots, 1 tablespoon tarragon, pepper, and salt. Stir to incorporate and bring mixture to boil.
2. Let mixture boil until reduced to approximately ¼ cup total, including shallots and herbs. Approximately 2 tablespoons of liquid should remain.
3. When mixture is reduced, pour mixture through strainer and into blender. Discard strained aromatics. Let mixture sit in blender, uncovered, until completely cool.
4. While mixture cools, return saucepan to stove and reduce heat to very low. Add egg yolks and whisk until combined and thickened, then add 1 tablespoon cold butter and whisk to incorporate. Mixture should remain thick.
5. Add additional 1 tablespoon cold butter and remaining 2 tablespoons tarragon to saucepan. Whisk until incorporated, then transfer mixture to blender. Secure lid on blender and remove center cap. Let egg yolk mixture cool slightly.
6. While egg yolk mixture cools, melt remaining 12 tablespoons (¾ cup) butter in microwave. Microwave butter in 15 to 30 second increments, stirring between each, until butter is just melted, not bubbling or boiling.
7. Once egg yolk mixture has cooled, cover hole in blender lid with dish towel to prevent splattering, and blend to combine mixtures.
8. Drop by drop, pour melted butter into blender. Continue blending and adding butter until melted butter is incorporated and mixture has thickened. Transfer sauce to serving dish or drizzle over food and serve immediately.



Microwave Hollandaise Sauce

SERVINGS: 6

PREP: 10M

COOK: 5M

TOTAL: 15M

- ½ cup butter (1 stick)
- 4 large egg yolks
- ½ cup heavy cream (or whipping cream)
- 1-2 tablespoons lemon juice (to taste)

1. Cut butter into four pieces and place in 1-quart glass bowl. Cover with a paper towel and microwave on high until almost melted, 45 seconds to 1 minute. Remove from microwave and stir until completely melted.
2. Separate eggs. Beat yolks well with whisk or fork, then stir into melted butter. Add cream and 1 tablespoon lemon juice to egg mixture. Stir well.
3. Microwave uncovered mixture on high until just slightly thick, 1-2 minutes, stopping every 20 seconds to stir with whisk or fork. Remove from microwave and stir in extra lemon juice if desired.



sweet treats



Keto Cheesecake Balls

SERVINGS: 12 PREP: 15M COOK: 0M FREEZE: 2H TOTAL: 2H 15M

- 8 ounces cream cheese (softened)
- 4 ounces butter (softened)
- 3 tablespoons Confectioners' Swerve (or other powdered erythritol)
- 1 teaspoon lemon juice
- 1 teaspoon vanilla
- 1 package (2 ounces) HighKey Snickerdoodle Mini Cookies (or other keto cookies, crumbled)

1. Add cream cheese, butter, Swerve, lemon juice, and vanilla to a large bowl.
2. Mix all ingredients together on low speed until smooth and creamy.
3. Using a cookie scoop or tablespoon, scoop cream cheese mixture into balls. Quickly roll each ball individually between palms to smooth, then roll in crumbled cookies to coat.
4. Place coated fat bomb on baking sheet lined with parchment paper. Repeat until all cream cheese mixture has been used.
5. Place baking sheet in freezer for at least 30 minutes to allow fat bombs to set up.
6. When set up, remove fat bombs from baking sheet and enjoy! Keep refrigerated unless actively eating, as the cream cheese mixture will soften at room temperature.



Avocado Chocolate Mousse

SERVINGS: 6

PREP: 10M

COOK: 10M

CHILL: 2H

TOTAL: 2H 20M

For the Mousse

- 4 ounces dark chocolate
- 2 large avocados (pitted, flesh scooped out)
- ½ cup maple syrup
- 3 tablespoons liquid coconut oil
- ½ teaspoon balsamic vinegar
- ½ teaspoon soy sauce (or tamari, or coconut aminos)
- 1 pinch salt

Optional Toppings

- dark chocolate (chopped or shaved)
- sprigs of mint
- crushed raspberries
- whipped cream

1. Add 1 cup water to medium saucepan and bring to simmer over low heat. Place double-boiler or glass bowl on top of saucepan, making sure bottom of bowl doesn't touch water. Add chocolate to bowl and stir occasionally until chocolate is completely melted.
2. Transfer melted chocolate to blender and add remaining mousse ingredients. Blend until mixture is very smooth, scraping down sides of blender as needed to ensure smooth texture.
3. Transfer mixture to serving cups or bowls. Serve immediately as avocado chocolate pudding, or refrigerate at least 2 hours to allow mixture to thicken to mousse consistency. When ready to serve, garnish with dark chocolate, sprigs of mint, crushed raspberries, or whipped cream.



Air Fryer Chocolate Chip Cookies

SERVINGS: 24

PREP: 20M

COOK: 15M

TOTAL: 35M

- ½ cup butter (softened, not melted)
- ½ cup white sugar
- ½ packed cup brown sugar
- 1 large egg (at room temperature)
- 1 teaspoon vanilla extract
- 1 ½ cups all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup chocolate chips or 1 chopped chocolate bar

1. Add softened butter, white sugar, and brown sugar to large mixing bowl. Use stand mixer or hand mixer on low-to-medium speed to mix until fully-combined and smooth.
2. Add whole egg and vanilla extract to butter-sugar mixture. Continue mixing until egg is fully incorporated.
3. Add flour, baking soda, and salt to medium mixing bowl. Whisk to blend, then slowly add flour mixture to butter mixture. Mix until ingredients are fully combined and cookie dough forms.
4. Remove bowl from stand mixer if using, and add in 1 cup chocolate chips. Use spatula to gently fold in chocolate chips, being careful not to overmix dough.
5. Use cookie scoop to portion dough into 1-tablespoon-sized portions. Roll each portion between palms of hands to form cookie dough ball. Set ball aside on plate or parchment paper and repeat until all cookie dough has been portioned and smoothed.
6. Preheat air fryer to 300° Fahrenheit and line basket with parchment paper. Place cookie dough balls in basket approximately 1-inch apart, being careful not to overcrowd basket. Work in batches as needed depending on air fryer size and number of cookies.
7. Place basket in air fryer. "Bake" cookies 7 to 8 minutes, then remove basket from air fryer. allow cookies to sit in basket 1 minute, then transfer cookies to wire cooling rack. Repeat until all cookies have been "baked". Serve as desired.



Paleo Pecan Pie

SERVINGS: 12

PREP: 30M

COOK: 30M

CHILL: 2H

TOTAL: 3H

For the Filling

- 10 ounces raw pecan halves (about 2 ¼ cups, divided)
- 1 cup maple syrup
- ¾ cup coconut sugar
- 3 large eggs
- ¼ cup ghee (melted)
- 1 teaspoon vanilla extract
- ½ teaspoon sea salt

For the Crust

- ghee (unmelted, to grease dish)
- 1 cup almond flour
- ½ cup coconut flour
- ¼ cup arrowroot or tapioca flour (plus more to roll dough)
- ½ teaspoon fine sea salt
- ½ cup cold ghee (or palm shortening or lard)
- 1 large egg
- 1 tablespoon ice water if needed

1. Combine almond flour, coconut flour, tapioca flour, and salt in the bowl of a food processor. Pulse until combined. Cut in cold ghee until ghee is size of small peas. Add egg and pulse until just combined. If dough begins to form, skip ice water. If dough does not yet begin to form, add 1 tablespoon ice water and pulse until dough begins to form.
2. Transfer dough to plastic-wrap-lined counter. Shape dough into ball then flatten into disk. Chill 10 minutes. Remove from fridge and roll out between two sheets of parchment paper dusted with flour, until dough is roughly 12 inches in diameter, or as wide as pie pan.
3. Grease pie pan with ghee. Gently transfer pie crust to pie pan. Note: pie crust will NOT hold together like typical pie crust. Repair any cracks or breaks with your fingers, using extra pie dough as necessary. Refrigerate prepared pie crust 2 hours.
4. Preheat the oven to 375°F.
5. In medium bowl, whisk together coconut sugar, maple syrup, eggs, melted ghee, vanilla extract, and salt until well combined.
6. Remove pie crust from fridge. Place 5 ounces pecan halves in pie crust then arrange remaining pecans on top as desired. Pour maple-egg mixture over pecans.
7. Cover pie loosely with foil. Bake 30 minutes or until filling is set and crust is golden. If crust is not golden, remove foil and bake uncovered another 5 minutes or so. This crust burns easily so be careful! Remove from the oven and let cool, then serve as desired.



Peppermint Chocolate Crinkle Cookies (Paleo, Gluten Free, Dairy Free)

SERVINGS: 12

PREP: 30M

COOK: 30M

CHILL: 2H

TOTAL: 3H

- ½ cup almond flour
- ¼ cup tapioca starch
- ¼ cup arrowroot powder
- ½ cup unsweetened cocoa powder
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup coconut sugar
- ¼ cup coconut oil (melted)
- 2 large eggs
- 1 ½ teaspoons vanilla extract
- ½ teaspoon chocolate extract
- ⅛-¼ teaspoon peppermint extract
- ½ cup dairy-free chocolate chips
- 1 cup tapioca starch (for coating cookies)
- 1 cup coconut or maple sugar (for coating cookies, optional)

1. In medium bowl, whisk together almond flour, tapioca starch, arrowroot, cocoa powder, baking powder, and salt until combined and no lumps remain. Set aside.
2. In stand mixer bowl, combine coconut oil, coconut sugar, and eggs. Beat on medium-high speed until mixture is lighter in color and fluffy, about 3 minutes.
3. Add in vanilla extract, chocolate extract, and peppermint extract, beating on medium-low speed until combined.
4. Slowly add in half of flour mixture. Beat on medium-low speed until combined. Repeat with remaining half of flour mixture.
5. Stir in chocolate chips. Dough should resemble brownie batter. Transfer dough medium bowl and cover. Place bowl in fridge and chill at least 2 hours.
6. Preheat oven to 350°F. Line large cookie sheets with parchment paper. Put 1 cup tapioca starch in small bowl.
7. Use cookie scoop to portion dough into 1-inch balls. Dip each ball in tapioca starch and roll to coat. Tap ball on side of bowl to remove excess starch, then place on baking sheet. Repeat with remaining cookie dough, placing cookie dough balls 2 inches apart.
8. Bake 8-9 minutes or until tops have cracked. Sides will be slightly firm. Don't overbake - middles should be slightly we goeey. We prefer ours baked for 8 minutes.
9. Transfer cookies to wire rack and let cool to room temperature. Serve as desired.



Fluffy Gluten-Free Gingerbread

SERVINGS: 9 PREP: 15M COOK: 45M COOL: 10M TOTAL: 1H 10M

Dry Ingredients

- 2 cups gluten-free all-purpose flour with xanthan gum
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 ½ teaspoons ground ginger
- ¼ teaspoon ground cloves
- ½ teaspoon salt

Wet Ingredients

- ½ cup butter (cubed, softened)
- ½ packed cup brown sugar
- 1 large egg (room temperature)
- 1 cup unsulphured molasses
- 1 ½ cups hot water (not bubbling or boiling)
- 1 teaspoon apple cider vinegar

Optional Toppings

- powdered sugar
- whipped cream
- whole fresh cranberries or cherries

1. Preheat oven to 350° Fahrenheit. Grease bottom and sides of 9x9 pan with cooking spray or butter, then lightly dust bottom and sides of pan with flour. Set pan aside.
2. Add butter and brown sugar to stand mixer bowl. Mix on low speed 30 seconds, then increase speed to medium and mix 2 to 5 minutes, until ingredients are creamed. Mixture should be fluffy and roughly doubled in mass. Be careful not to overmix.
3. Crack egg directly into mixing bowl. Resume mixing on low speed, until egg is just incorporated. Add molasses, then resume mixer and mix until molasses is incorporated.
4. Sift flour into medium mixing bowl. Add baking soda, cinnamon, ginger, cloves, and salt to mixing bowl and whisk or stir to fully incorporate.
5. Slowly pour flour mixture into molasses mixture, adding dry ingredients in increments and mixing well between each, until all dry mix is added and fully combined.
6. With mixer on low, slowly add water and apple cider vinegar. Mix until fully combined.
7. Transfer batter to greased cake pan and place pan in center of preheated oven. Bake, uncovered, 40 minutes. After 40 minutes, test doneness. If gingerbread is not ready, return pan to oven and continue baking as needed, checking doneness every 5 minutes.
8. Carefully remove pan from oven and set aside. Allow gingerbread to cool in pan 10 to 15 minutes, or until completely cool.
9. If desired, use sifter to dust top of gingerbread with powdered sugar, then slice gingerbread into 9 even squares. Serve with whipped cream, cranberries, or cherries if desired.



Sugar-Free Creme Brulee

SERVINGS: 4

PREP: 15M

COOK: 35M

CHILL: 4H

TOTAL: 4H 50M

- 2 cups heavy cream
- 4 large egg yolks
- ½ cup granular Swerve (or similar sugar-free sweetener, divided)
- 1 teaspoon vanilla bean paste
- hot water (not boiling, enough to fill baking dish until halfway up sides of ramekins)

1. Preheat oven to 325° Fahrenheit.
2. Heat heavy cream in small saucepan over medium heat, until cream is barely simmering – not boiling.
3. In separate bowl, whisk together egg yolks and ¼ cup sugar-free sweetener.
4. Slowly pour hot heavy cream into egg yolk mixture, whisking constantly. Mix in vanilla bean paste.
5. Transfer mixture to 4 ramekins. Place ramekins in large baking dish.
6. Pour hot water into baking dish until halfway up sides of ramekins.
7. Place baking dish in preheated oven and bake 35 to 40 minutes. Test doneness by gently touching center of one creme brulee. Top should spring back slightly. When creme brulee are fully baked, carefully remove baking dish from oven. Transfer ramekins to wire cooling rack to cool completely. Once cooled, cover ramekins with plastic wrap and chill in fridge 4 hours.
8. Just before serving, top each creme brulee with remaining sugar-free sweetener. Use kitchen torch to melt sweetener until golden brown. Serve immediately.



cocktails & mocktails



Cranberry Margaritas

SERVINGS: 6

PREP: 10M

COOK: 0M

TOTAL: 10M

For the Rim (Optional)

- maple syrup or simple syrup
- sugar
- salt

Optional Garnishes

- fresh rosemary sprigs
- lime wedges
- cranberries

For the Margaritas

- 9 ounces lime juice
- 9 ounces silver tequila
- 18 ounces cranberry juice
- 4 ½ ounces orange liqueur
- simple syrup to taste (approximately 4 ½ ounces)

1. Add syrup to one shallow dish. Add sugar and/or salt to second shallow dish.
2. Invert serving glass and dip rim of glass in syrup. Hold glass above dish to allow any excess syrup to drip off, then dip glass into sugar and/or salt. Twist and roll glass to cover rim. Set glass aside. Repeat with any additional glasses as needed.
3. Add lime juice, tequila, cranberry juice, orange liqueur, and simple syrup to large pitcher. Stir liquid with long-handled spoon until well combined.
4. Add ice to serving glass(es), then pour margarita mixture into glass(es) over ice. Be careful not to spill liquid on rim of glass. Garnish with rosemary sprigs, lime wedges, and cranberries as desired. Serve immediately.



Apple Cider Mimosas

SERVINGS: 6

PREP: 10M

COOK: 0M

TOTAL: 10M

For the Cinnamon Rim (Optional)

- 1 tablespoon sugar or brown sugar
- 1 teaspoon cinnamon
- 1-2 tablespoons maple syrup

Optional Garnishes

- thin apple slices
- fresh rosemary sprigs
- whole cinnamon sticks

For the Mimosas

- 750 milliliters dry sparkling wine, chilled
- 32 ounces apple cider, chilled
- $\frac{1}{4}$ cup cinnamon whiskey plus more to taste

1. Pour bottle of sparkling wine and bottle of apple cider into large pitcher. Add $\frac{1}{4}$ cup cinnamon whiskey and stir until liquids are well-mixed. Taste mixture and add more whiskey as needed.
2. Add sugar and cinnamon to shallow dish. Whisk until ingredients are well-incorporated. Set dish aside. Pour maple syrup into second shallow dish.
3. Invert one champagne flute. Dip rim of glass directly into shallow bowl of maple syrup, making sure rim of glass is well-covered. Allow excess maple syrup to drip back into bowl. Dip rim of glass directly into bowl of cinnamon sugar mixture. Twist glass in cinnamon sugar to coat well. Set glass aside and repeat until all champagne flutes have been coated.
4. To easily fill glasses, insert funnel into glasses one by one and pour mimosas from pitcher through funnel, to prevent liquid touching cinnamon sugar rim. Repeat until all glasses have been filled. Garnish as desired and serve chilled.



Cranberry- Elderflower Champagne Sparkler

SERVINGS: 8

PREP: 10M

COOK: 10M

TOTAL: 20M

For the Cranberry Syrup

- ½ cups cranberry juice
- ½ cups granulated sugar

For the Cranberry Skewers

- fresh cranberries
- 2 cups granulated sugar

For the Champagne Sparkler

- 9 ounces St. Germain elderflower liqueur
- 32 ounces dry champagne, prosecco, or sparkling wine

1. In a small saucepan over low heat, whisk together cranberry juice and sugar until dissolved. Raise heat and bring to a boil, then remove from heat, pour into a glass jar or bowl and let cool completely. Makes enough syrup for 8-10 drinks.
2. Skewer about 5 cranberries onto a standard toothpick, then spritz very lightly with water — too much and your sugar will get clumpy! Place about ½ cup granulated sugar in a shallow dish — an individual tart dish is awesome — then add cranberry skewers, tossing with a fork until completely coated in sugar. Remove with a fork and use as garnish.
3. To make each cocktail, pour 1 ounce St. Germain and 1 ounce of cranberry syrup into a stemmed champagne glass. Top with about 4 ounces champagne per glass. Garnish with sparkling cranberry skewers and serve immediately.



Apple Cider Sangria

SERVINGS: 20 PREP: 10M COOK: 10M CHILL: 2H TOTAL: 2H 20M

For the Sangria

- 1 medium orange
- 2 medium apples
- ½ teaspoon ground cinnamon
- ½ teaspoon ground clove
- ½ teaspoon ground ginger
- 1 750-milliliter bottle white wine of choice
- 1 32-ounce bottle apple cider
- 1 ½ tablespoons maple syrup plus more to taste
- 1 cup carbonated water
- 3 cinnamon sticks

to Garnish (Optional)

- 1 medium orange, sliced into small wedges
- whole cinnamon sticks (1 per glass)

1. With sharp knife, slice one orange and both apples into very thin discs, approximately ⅛-inch thick.
2. Place orange slices and apple slices in large pitcher or punch bowl. Add ground cinnamon, clove, and ginger and stir with long-handled spoon until fruit slices are coated in spices.
3. Pour in white wine, apple cider, and maple syrup. Stir until all ingredients are well incorporated, then add 3 to 4 cinnamon sticks.
4. Place pitcher in refrigerator. Chill at least 2 hours. Just before removing pitcher from refrigerator, slice remaining orange into small wedges to garnish glasses.
5. Remove pitcher from refrigerator. Add carbonated water to pitcher and stir well to incorporate, then taste sangria and stir in additional maple syrup if desired.
6. When satisfied with mixture's sweetness, pour sangria into glasses. Add 1 cinnamon stick to each glass if desired, then garnish glasses with orange wedges and serve immediately.



Champagne Jello Shots

SERVINGS: 20 PREP: 10M COOK: 10M CHILL: 3H TOTAL: 3H 20M

For the Jello Shots

- blueberries or raspberries (optional)
- 1 cup sparkling cider (apple or white grape)
- ½ ounce gelatin (2 packets)
- ¾ cup champagne or sweet sparkling wine
- ¼ cup vodka (plain or flavored)

to Garnish (Optional)

- gold sanding sugar

1. Place 2 blueberries or raspberries in each cavity of a silicone mini muffin mold. Add gelatin to medium heatproof bowl and set aside.
2. In medium saucepan, heat sparkling cider over high heat until liquid begins to boil.
3. Carefully pour boiling sparkling cider over gelatin and stir until completely dissolved, about 2 minutes. Let cool to room temperature. Stir in champagne and vodka.
4. Pour gelatin mixture over fruit in muffin pan, filling muffin cavity to top. Place filled muffin pan in refrigerator and chill for 3-4 hours.
5. Run a toothpick around the edge of the Jello shots to loosen, then pop out upside-down onto a wax-paper lined surface or serving plate. Sprinkle with sanding sugar and serve chilled.



Blackberry Mint Mocktails

SERVINGS: 6

PREP: 10M

COOK: 10M

TOTAL: 20M

For the Blackberry-Mint Mixture

- 9 ounces blackberries, fresh or frozen
- $\frac{1}{3}$ cup fresh mint leaves
- juice of 1 $\frac{1}{2}$ limes (approximately 3 tablespoons)
- 3 tablespoons water

To Serve

- 36 ounces chilled sparkling water (6 ounces per mocktail)

1. Combine all ingredients for blackberry-mint mixture in food processor or blender. Blend until completely smooth. If desired, strain mixture through fine mesh sieve to remove all seeds (optional).
2. Spoon approximately 2 to 3 tablespoons of blackberry-mint mixture into each glass. Fill with 6 ounces sparkling water per glass. Stir to incorporate and serve immediately.



Keto Hot Chocolate

SERVINGS: 6

PREP: 10M

COOK: 10M

TOTAL: 20M

For the Hot Chocolate

- 1 ½ tablespoons cocoa powder
- 1 cup heavy cream
- 1 cup water
- ¼ cup keto dark or milk chocolate chips
- 3 tablespoons Confectioners' Swerve
- ¼ teaspoon peppermint extract optional

Optional Toppings

- whipped cream
- cocoa powder for dusting
- sugar-free chocolate shavings

1. In a medium saucepan, simmer 1 cup water over medium-high heat. Whisk in cocoa powder until no lumps remain.
2. Stir in heavy cream and simmer.
3. Whisk in chocolate chips and Swerve. Cook, whisking frequently, until mixture is smooth and creamy, and chocolate is completely melted, approximately 5 minutes. If using peppermint extract, stir in here.
4. Divide hot chocolate into mugs. Top with whipped cream, cocoa powder dusting, and chocolate shavings.