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# HOLIDAY

# RECIPES

*GIVE YOUR HOLIDAY TRADITIONS A HEALTHY EDGE MAKEOVER!*

Featuring recipes of Healthy Edge Culinary Artist **BRIAN THIEL**

[GetTheHealthyEdge.com](http://GetTheHealthyEdge.com)

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# HOLIDAY RECIPES

*GIVE YOUR HOLIDAY TRADITIONS A HEALTHY EDGE MAKEOVER!*

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## THE HEALTHY EDGE **HOLIDAY COOKBOOK**

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**Published by** The Healthy Edge, LLC

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**Design & Layout by** Innovative Graphics, Inc. • Kalispell, Montana • [igprodesign.com](http://igprodesign.com)

**ISBN** 978-0-9832155-1-6



## A WORD FROM HEALTHY EDGE



### **The world doesn't need a diet, we need a direction.**

The foundation of TheHealthy Edge is empowerment, personal responsibility and abundance in all areas of life. After losing our 45 year old mother to an eight year battle with breast cancer, our entire perspective on health and life drastically shifted. Time is precious. It is limited. Making every day count and feeling our best is not only important but critical if we want to live out our true potential. Do you feel you are living your full potential in your health, relationships and contribution? Does how you look reflect how you feel? Does how you feel reflect how you look? How would your life be different if you felt and looked your personal best?

When you are finally able to let go of society's standards of beauty based on scales and skinny models, and accept your body for the weight it was designed to be, you will begin to experience a freedom we experience every day in living The Healthy Edge lifestyle. When you focus on your health and honor your body, the weight takes care of itself. It becomes a side effect of your daily lifestyle. The focus is no longer on the scale, calories, points or hours spent at the gym, but rather on the joy of the journey.

Please know that your life is more than gaining and losing weight. The value of your life is not measured in pounds but rather on how you show up every day and affect those around you. The Healthy Edge lifestyle is a movement. It's a way of life. It's for people who are sick and tired of being sick and tired. It's for people who are ready for a

lifestyle, not another diet designed to provide short lived results and a bruised self-esteem. It's about progress, not perfection. It's about accepting that we always have a choice and our choices always have a consequence. We own those consequences.

It is our hope that this Holiday Cookbook will bring some health and happiness to your holidays. These recipes will allow you to experience a bit of what we experience everyday living The Healthy Edge lifestyle. Healthy can taste amazing. Health is not about deprivation or telling yourself you "can" or "can't" have things. "Healthy" will allow your body to work FOR you and not against you. As you enjoy these recipes and the incredible love that has gone into creating them, know that there is a lifestyle where you can have it all.

To experience The Healthy Edge FREE for 14 days, visit us at [www.getthehealthyedge.com](http://www.getthehealthyedge.com). If you would like additional recipes for all year around, check out The Healthy Edge Cookbook at [www.thehealthyedgecookbook.com](http://www.thehealthyedgecookbook.com).

### **Live The Abundant Life!**



# CULINARY ARTIST BRIAN THIEL

*"My passion for cooking is quite simple—I love to eat!"*



## Chef Brian and The Healthy Edge

"Chef Brian is an incredible asset to The Healthy Edge vision because he is a 'real person' preparing healthy, whole food dishes that anyone at any level can prepare. Eating healthy has to be realistic and simple enough that anyone can do it," says Co-Founder April Willer. Brian's motto is, "If I can do it, anyone can do it."

## Passion for Eating

Many people say that it's easy for Brian and Amber to live a healthy lifestyle because Brian LOVES to cook. It is more accurate to say that Brian loves to EAT delicious food and that is why he is motivated to cook. He doesn't just love to EAT delicious food; he is motivated by the way the food makes him feel and look. "Too often people throw out the excuse that they hate to cook as the reason to why they are overweight and unhealthy. By shifting your focus to the outcome of the cooking, which is a delicious and wholesome meal that promotes optimal health and weight, the process of cooking actually becomes less arduous" says Brian.

## From "White Sandwiches" to Healthy Edge Approved

Brian and his brother, Jason, loved to prepare white sandwiches consisting of white bread, mayonnaise and bananas. Although this dish will NOT be featured in any of Brian's upcoming recipes books, it shows that even at a young age he had imagination in the kitchen. As Brian went through-out adulthood, he became quite aware of the toll that pizzas, restaurant-fare and fast food can have on your health and body. Self-motivated to get rid of the grease and back to the basics of whole foods, Brian started to experiment with REAL food from a REAL grocery store and discovered that he could make it taste REAL good. An incredible shift in his health followed.

## Love at First Bite

After meeting Amber on a trip back to visit his family in Ohio, Brian and Amber quickly realized their passion for health, food and fitness was an inspiration to all of those around them. The Healthy Edge program began as weekly classes hosted in Brian and Amber's home. Every session would start with a cooking demonstration by Brian on how to prepare a simple, quick and healthy meal that would satiate any appetite. These weekly meetings would ignite a passion in Brian to share a message of health through whole food recipes that ANYONE could prepare and that everyone would love.



# CULINARY ARTIST BRIAN THIEL

## Culinary Artist, Brian Thiel of The Healthy Edge

The Healthy Edge program is now worldwide and can be enjoyed as an online program or with the support of certified Healthy Edge coaches in a one-on-one or group experience. The 8-week lifestyle program features over 175 of Chef Brian's recipes that were created, taste tested and enjoyed in his own home or within the homes of friends.

Our vision for The Healthy Edge Holiday Cookbook is to create meals that represent the traditions of the holidays without the unnecessary saturated fats, processed sugars, and chemical preservatives.

Food is such an integral part of the holiday experience of spending quality time with family and friends. It is possible to enjoy healthy food without sacrificing taste or your traditions. This holiday cookbook will support you in making your health and the health of your family a priority during the holiday season.

**For additional year-round recipes, check out The Healthy Edge Cookbook at [www.thehealthyedgecookbook.com](http://www.thehealthyedgecookbook.com).**



*If you like these recipes, you can view more of Brian's recipes by visiting [www.getthehealthyedge.com](http://www.getthehealthyedge.com).*



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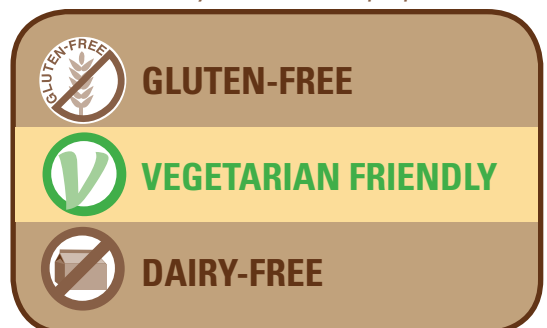
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*Look for these symbols on recipe photos...*



# Healthy Edge Cheese Ball

Makes approximately 6 cups



## What you'll need:

- 2 cups organic cheddar cheese, grated or shredded
- 2 cups organic pepper jack cheese, grated or shredded
- 3–4 organic celery stalks, diced
- 4 green onions, thin sliced
- 1/2 medium-sized red onion, diced
- 1/2 medium-sized organic red bell pepper, diced
- 1 cup avocado mayonnaise (see *Avocado Mayonnaise* recipe)
- 4 tbsp Dijon mustard
- 2 tbsp Bragg Liquid Aminos (see tips)
- 1 tsp sea salt
- 1 tsp cracked black pepper



- 1 In a large bowl, combine the cheeses, celery, green onion, red onion, and red bell pepper.
- 2 In a separate smaller bowl, combine avocado mayonnaise, Dijon mustard, Bragg, sea salt, and black pepper. Mix until thoroughly combined.
- 3 Add the dressing to the cheese and vegetable mixture, folding to combine.
- 4 Scoop mixture onto a serving plate and use clean, dry hands to shape into a ball or mound.



## Brian's Tips

- Bragg Liquid Aminos is an all purpose seasoning and natural soy sauce alternative. If not available, substitute with a low-sodium soy sauce.
- If concerned with dairy allergies, you may replace the cheeses with your favorite grated soy cheese versions
- You may place the finished mixture in a food processor to create a smooth version of this recipe.
- Try this recipe with raw vegetables, whole grain crackers or as a spread with your favorite sandwich.
- If you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.



## Candied Pecans

Makes 2 cups



### What you'll need:

- 2 cups raw, unsalted whole pecans
- 1/2 cup maple syrup
- 1/4 cup honey
- 1 tsp sea salt



- 1 Preheat oven to 350 degrees. Spread pecans on a baking sheet covered with parchment paper. Place in oven and toast until lightly browned and fragrant, approximately 10–12 minutes. Remove from oven and set aside to cool. Retain baking sheet and parchment paper for later use.
- 2 Add the maple syrup and honey to a saucepan over medium heat. Stir frequently and bring mixture to a boil. Boil for 2–3 minutes before adding toasted pecans. Continue cooking for approximately 1 minute, stirring to thoroughly coat all of the pecans.
- 3 Spread the pecan mixture onto baking sheet with parchment paper to cool. Sprinkle pecans evenly with sea salt before serving.



### Brian's Tips

- You may replace pecans with raw, unsalted whole walnuts if desired.
- Although terrific as a snack or dessert, try adding these sweet pecans to your favorite salad or vegetable recipe.

# DIPS/APPETIZERS

## Pumpkin Hummus

Makes approximately 3 cups



### What you'll need:

- 1 (15 oz) can pumpkin puree
- 2 tbsp tahini
- 1 garlic clove, chopped
- 2 tbsp fresh lemon juice
- 1 tsp ground cumin
- 1 tsp extra virgin olive oil
- 1/2 tsp sea salt
- 1/8 tsp ground cayenne pepper
- 1–2 tbsp raw pumpkin seeds, toasted (optional)



- 1 Add all ingredients to a food processor. Blend until thoroughly combined and a smooth consistency is achieved.
- 2 If using, sprinkle mixture with toasted pumpkin seeds before serving.



### Brian's Tips

- Be sure to use plain pumpkin puree and not pumpkin pie filling.
- Tahini is the paste of ground sesame seeds.
- To toast pumpkin seeds, add seeds to a dry skillet over medium heat. Turn seeds frequently until fragrant and/or seeds begin to brown. Remove from heat and place on a plate to cool before using.
- Tahini is typically found in the same aisle as other nut or seed butters within grocery stores.

# Pumpkin and Sweet Potato Soup

Serves 4–6



## What you'll need:

- 2 tbsp olive oil
- 1 leek, white and light green parts only, quartered lengthwise, sliced thin
- 1 sweet potato, peeled and chopped
- 1 (15oz) can pumpkin puree
- 4 cups low-sodium organic vegetable stock
- 1 cup unsweetened coconut milk
- Squeeze of fresh lemon juice
- 1 bay leaf
- 1/2 tsp sea salt
- 1/4 tsp cracked black pepper
- Fresh cilantro, chopped (optional)



- 1 Heat the olive oil in a large pot over medium heat. Add the leek and sweet potato and sauté until they begin to soften.
- 2 Add the pumpkin puree, vegetable stock, coconut milk, bay leaf, lemon juice, salt and black pepper. Increase heat and bring to a boil, cover and simmer until vegetables are tender.
- 3 Remove and discard bay leaf. Working in batches, process soup in a blender until smooth. Return soup to a clean pot. Season with additional sea salt and black pepper if needed. Top with fresh cilantro (if using) before serving.



## Brian's Tips

- Be sure to wash the leek thoroughly before using.
- You may replace the leek with 1 small red onion.
- Serve with a dollop of plain organic Greek style yogurt.
- Be sure to use pumpkin puree and not pumpkin pie filling.
- If you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.

# Butternut Squash and Garbanzo Bean Soup

Serves 6–8



## What you'll need:

- 1 medium butternut squash, peeled, seeds removed, cut into 1 inch chunks
- 4 organic Granny Smith apples, cored, peeled, cut into chunks
- 1 yellow onion, chopped
- 1/4 cup low-sodium organic vegetable stock
- 2 tbsp Bragg Liquid Aminos
- 1/4 tsp ground paprika
- 1 tsp sea salt
- 1/8 tsp cracked black pepper
- 1 bay leaf
- 2 cups cooked garbanzo beans
- Ground coriander (optional)



- 1** Add butternut squash, apple, and onion to a large pot over medium heat. Sauté ingredients until they begin to soften.
- 2** Add the vegetable stock, Bragg, paprika, sea salt, black pepper, and bay leaf along with enough water to cover the vegetables. Bring mixture to a boil, cover and reduce heat to low and simmer until the vegetables are fully tender.
- 3** Add the garbanzo beans before removing from heat. Discard bay leaf. Working in batches, process soup in a blender until smooth. Return soup to a clean pot. Season with a pinch of ground coriander (if using) before serving.



## Brian's Tips

- This soup can be made up to two days in advance.
- Serve with a dollop of organic plain Greek style yogurt.
- Alternatively, you may use an immersion blender to puree the soup directly in the pot instead of transferring to a blender.
- If using canned garbanzo beans, be sure to choose a low-sodium variety and rinse well before adding to recipe.
- Bragg Liquid Aminos is an all purpose seasoning and natural soy sauce alternative. If not available, substitute with a low-sodium soy sauce.
- Save the butternut squash seeds for an additional treat. Sprinkle seeds with ground cumin or garlic powder and roast at 325 degrees for 20–25 minutes or until dry and crunchy.
- If you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.



# Beef Tenderloin with Mushroom & Onion Stuffing



## What you'll need:

### Stuffing

- 8 oz cremini mushrooms, cleaned
- 2 tbsp olive oil
- 1 medium onion, thinly sliced
- 1/4 tsp sea salt
- 1/8 tsp cracked black pepper
- 1 garlic clove, minced
- 1/2 cup low-sodium organic vegetable broth

### Beef Roast

- 1 (2–3 lb) whole grass-fed, organic beef tenderloin, fat trimmed and silver skin removed
- Sea salt
- Cracked black pepper
- 1 cup organic spinach leaves
- 3 tbsp olive oil

Serves 4–6



- 1 Make the stuffing by adding mushrooms to a food processor. Blend until coarsely chopped. Heat olive oil in a large skillet over medium-high heat. Add onion, sea salt and black pepper, stirring until onion begins to soften. Add mushrooms and continue to cook for approximately 5 minutes or until the majority of the liquid evaporates. Reduce heat to medium and continue to cook until vegetables are browned and sticky. Stir in garlic and cook for an additional 1–2 minutes. Add vegetable broth and cook until liquid has evaporated. Remove from heat. Scoop onion mixture to a separate plate to cool.
- 2 Prepare roast by creating a double-butterfly cut. Begin by opening meat like a book by inserting a chef's knife about 1 inch from bottom of meat and cutting horizontally (see Fig 1a & 1b). Next, make another cut diagonally into the thicker portion. Open up this flap to create a flat surface (see Fig 2). Season cut side of meat with sea salt and black pepper. Spread onion mixture over interior of meat, leaving a 1 inch border along the sides. Spread spinach leaves on top of onion mixture. Using both hands, roll stuff tenderloin lengthwise and tie with kitchen twine (see Fig 3).
- 3 Whisk 1 tbsp olive oil, 1 tsp sea salt, and 1 tsp black pepper in a small bowl. Evenly rub roast with oil mixture. Let stand at room temperature for approximately 1 hour.
- 4 Preheat oven to 450 degrees. Heat remaining 2 tbsp olive oil in a large skillet over medium-high heat. Add tenderloin to skillet and cook until well browned on each side. Transfer to a wire rack supported over a deep baking sheet. Place in oven and roast until the meat thermometer inserted into the thickest part of the meat registers 120–125 for rare, 130–135 for medium-rare, and 140–145 for medium.
- 5 Allow tenderloin to sit for approximately 10–15 minutes before cutting into thick slices. Remove twine and serve.



## Brian's Tips

- The tenderloin can be stuffed, rolled and tied one day ahead, but refrain from seasoning the outside until ready to cook.

## Salt Brined Turkey

Serves 12–14

**What you'll need:**

- 1 organic turkey (12–14 lbs), reserve neck and giblets for *Traditional Turkey Gravy* recipe
- 4 1/2 tbsp sea salt
- 4 tbsp olive oil
- 3 zip-top plastic bags, 1 gallon size
- Ice to fill plastic bags



- 1 Prepare turkey for brining by carefully separating skin from meat (see tips). Rub 2 tbsp sea salt evenly in cavity of turkey. Massage 1 tbsp salt over each breast. Apply remaining salt evenly over each leg and underside of each thigh. Wrap turkey tightly with plastic wrap and refrigerate for a minimum of 24 hours.
- 2 Remove turkey from refrigerator. Rinse well under kitchen faucet to remove excess salt. Pat dry with paper towels. Add enough ice to fill three plastic zip-top bags half-full each. Place two plastic bags in a roasting pan and lay turkey breast side down on top of ice bags. Stuff remaining bag of ice inside cavity of turkey. Ice bags should not touch legs or thighs. Keep turkey on ice for 1 hour (do not place turkey in refrigerator).
- 3 Preheat oven to 425 degrees. Remove turkey from ice and pat dry with paper towels. Brush skin with olive oil. Place the turkey on the rack in the roasting pan.
- 4 Roast uncovered and breast side down for 45 minutes. Remove from oven; reduce oven temperature to 325 degrees. Rotate turkey breast side up using clean kitchen towels. Continue to cook for approximately 1 1/2 hours or until the internal temperature reaches 165–175 degrees.
- 5 Place cooked turkey on a carving board and let rest for 20–30 minutes before carving.

**Brian's Tips**

- Separating the skin from the turkey meat is easier when using a chopstick or thin handle of a wooden spoon. Be careful not to break the skin.
- Chilling the turkey breast over ice helps to keep the breasts from drying out during roasting.
- Be sure to remove any plastic leg ties or other devices designed to keep the turkey together before cooking.
- Plan on one pound of turkey per guest.

# Baked Halibut with Maple-Cranberry Sauce

Serves 4



## What you'll need:

- Four (5 oz) halibut fillets
- 2 tbsp olive oil, divided
- 1 cup unsweetened cranberries, fresh or frozen
- 1 tbsp maple syrup
- 1 small shallot, minced
- 1/8 tsp sea salt
- 1/8 tsp cracked black pepper



- 1 Preheat oven to 350 degrees.
- 2 Place the halibut fillets (skin side down) on a baking sheet covered with parchment paper and brush them with 1 tbsp of olive oil. Bake until just cooked through, approximately 20 minutes. The fillet is done when the color is solid and the meat is flaky.
- 3 While the fish is cooking, prepare the sauce. In a medium saucepan, add the cranberries and cover with water. Bring to a boil, then reduce heat to low, cover, and simmer for approximately 5 minutes. Drain the water from the cranberries and add the cranberries to a medium mixing bowl.
- 4 Add maple syrup, shallot, sea salt, and black pepper to cranberries. Mix well to thoroughly combine ingredients.
- 5 Divide the cranberry mixture evenly and spread upon each fillet before serving.



## Brian's Tips

- If using frozen cranberries, allow to thaw before cooking.
- Feel free to replace the halibut fillets with your favorite white-fleshed fish such as Whitefish or Pacific Cod.
- You may substitute the white part of green onions for the shallot.
- Enjoy the maple-cranberry sauce with other Healthy Edge holiday recipes!

# SAUCES/DRESSINGS

## Avocado Mayonnaise

Makes approximately 1 cup



### What you'll need:

- 1 ripe avocado, peeled, pit removed
- 2 tbsp fresh lime juice
- 2 tbsp fresh cilantro
- 1/4 tsp sea salt
- 1/4 tsp cracked black pepper
- 2 tbsp extra virgin olive oil



- 1 Add everything except for the olive oil to a food processor. Turn on processor and slowly drizzle olive oil into the top of the processor to emulsify the mixture. Turn off processor to scrape down inside sidewalls with a spatula. Continue to blend until mixture is smooth.



### Brian's Tips

- This mayonnaise is best if used within a few hours of making it.
- Double the recipe to create a larger serving size.
- Add a pinch of ground cayenne pepper for a little kick.
- This recipe also makes a great dip or dressing for salads.



# Traditional Turkey Gravy

Serves 10–12



## What you'll need:

(Prepare gravy while cooking a 12-14 lb turkey.)

- Giblets and neck from whole turkey
- 2 medium onions, quartered
- 2 large organic carrots, peeled and chopped
- 1 cup organic celery, chopped
- 1/2 tsp cracked black pepper
- 1 quart low-sodium organic chicken broth
- Turkey broth from *Salt Brined Turkey* recipe
- 1/2 cup cornstarch
- Sea salt to taste



- 1 Rinse giblets and neck before adding to a large pot. Add onions, carrots, celery, and 1 cup water. Bring to a boil over high heat, then reduce heat to medium-low, cover and simmer for approximately 20 minutes. Uncover and stir frequently over high heat until liquid evaporates and vegetables and meat are browned and begin to stick to pan.
- 2 Add 1 quart chicken broth and black pepper to pan. Stir well before reducing heat and cover to simmer for approximately 1 to 1 1/2 hours. The meat should be tender when pierced.
- 3 Pour broth through a fine strainer into a bowl. Reserve neck and giblets for gravy. Chop meat from neck along with giblets. Discard bones and vegetables. Return broth and turkey meat to pot.
- 4 When turkey is done, skim off and discard fat from pan juices. Pour turkey broth through a fine strainer and combine with stock mixture. Return to a boil over high heat.
- 5 In a small bowl, blend cornstarch with 1/2 cup water to create a smooth consistency. Add to stock mixture and whisk until boiling and thickened. Remove from heat and season with salt if desired.



## Brian's Tips

- You can prepare all of the steps prior to cooking the turkey one day ahead; cover and chill.
- If you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.

# Cashew and Corn Gravy

Serves 3–4



### What you'll need:

- 1/2 cup raw, unsalted cashews
- 1 cup cooked corn (fresh or frozen)
- 1 tbsp white onion, chopped
- 1 tbsp low-sodium organic vegetable broth
- 1 tsp sea salt
- 1/4 cup water



- 1 Place all ingredients in a food processor and blend until creamy.



### Brian's Tips

- Add more water to reach your desired consistency.
- Use this recipe in place of the traditional holiday gravy. You'll be surprised how well it goes with other food!
- This recipe is a great vegetarian option to traditional gravy.

# Cranberry and Pear Chutney

Makes approximately 4 cups



## What you'll need:

- 1 tsp olive oil
- 1 shallot, minced
- 1 tsp lemon zest, minced
- 1 lemon, peeled and segments removed
- 1/2 tsp sea salt
- 1/4 cup water
- 1/4 cup apple cider vinegar
- 1/2 cup honey
- 1 tbs molasses
- 3 cups fresh or frozen cranberries
- 2 organic pears, cored, peeled and cut into small chunks
- 2 tsp fresh rosemary, chopped



- 1 Heat oil in a large saucepan over medium heat. Add shallot, rosemary, and salt; stir and cook until shallot begins to soften, approximately 2-3 minutes.
- 2 Add water, vinegar, honey, and molasses. Stir to combine ingredients before adding pear, lemon zest, lemon segments, and 1 1/2 cups cranberries. Increase heat to high and bring to a simmer. Stir occasionally, until mixture has thickened and cranberries have broken down (approximately 12–15 minutes).
- 3 Add remaining 1 1/2 cups cranberries; continue to simmer while stirring until cranberries begin to burst. Remove from heat and allow to cool before serving.



## Brian's Tips

- If using frozen cranberries, allow cranberries to thaw before adding them to recipe.
- You may substitute 1 tsp dried rosemary for the fresh rosemary.
- Keep this sauce in the refrigerator for up to 4 days.

# Quinoa and Pecan Stuffing

Serves 10–12



## What you'll need:

- 2 tbsp olive oil
- 6 cups cooked quinoa (see tips)
- 1 tsp dried thyme
- 1 tsp sea salt
- 1 medium onion, chopped
- 1/2 cup organic celery, chopped
- 1/2 cup organic carrots, peeled, chopped
- 1 cup raw, unsalted pecans, toasted, chopped (see tips)
- 1/2 cup dried cranberries or cherries
- 3 green onions, thin sliced
- 2 cups low-sodium organic chicken broth



- 1 Preheat oven to 400 degrees. Add cooked quinoa to a large bowl, set aside.
- 2 Heat 2 tbsp olive oil in a large skillet over medium-high heat. Add onion, celery, carrot, thyme, and sea salt. Sauté for approximately 3–4 minutes. Reduce heat to medium; cook additional 3–4 minutes, stirring occasionally. Remove from heat.
- 3 Combine onion mixture along with the pecans, cranberries or cherries, and green onions with the quinoa. Add chicken broth to mixture, stirring to thoroughly combine all ingredients.
- 4 Spoon stuffing mixture into a glass casserole dish lightly coated with olive oil. Cover with foil; bake for 30 minutes or until liquid is absorbed. Remove from oven and allow to cool in dish before serving.



## Brian's Tips

- I like to use multiple colors of quinoa (white, red, black) for the display of this stuffing recipe.
- Toast pecans in a dry skillet over medium heat. Stir frequently until pecans begin to brown and become fragrant. Remove from heat and allow to cool on a separate plate or cutting board before chopping.
- You may replace the chicken broth with low sodium organic vegetable stock or broth.



# Oyster Stuffing

Serves 6–8



## What you'll need:

- 3 tbsp olive oil
- 6–8 slices of gluten-free bread (see tips)
- 1 garlic clove, diced
- 1 medium white onion, diced
- 2 cups organic celery, diced
- 1 tbsp dried sage leaves, chopped
- One (3–4 oz) can oysters, liquid reserved
- Low-sodium organic chicken broth or stock
- 1/4 tsp sea salt



- 1 Preheat oven to 350 degrees.
- 2 Place bread slices on a baking sheet covered with parchment paper and toast in oven for approximately 20–25 minutes until they dry out and become crunchy in texture. Remove bread and allow to cool before breaking or cutting into small chunks.
- 3 Increase oven temperature to 400 degrees.
- 4 Heat the olive oil in a large skillet over medium heat. Add the garlic, onion, and celery to the skillet, sauté until the onion is softened. Add the bread and sage, stir to incorporate with existing ingredients.
- 5 Pour the oysters and liquid into a medium bowl and add one cup chicken stock or broth. Mix well before adding oysters and liquid to the skillet. Stir to combine all ingredients. Transfer to a baking dish coated with a thin layer of olive oil. Bake for 30 minutes at 400 degrees.



## Brian's Tips

- If not concerned with gluten or wheat allergies, use sprouted whole grain bread slices.
- You may replace the chicken stock or broth with water.

# Broccoli, Edamame, and Potato Gratin

Serves 6–8



## What you'll need:

- 3 tbsp olive oil
- 5 medium Yukon gold potatoes, cut into 1/4 inch slices
- 3 garlic cloves, sliced
- 3-4 cups organic broccoli florets, sliced
- 1 cup shelled edamame, fresh or frozen
- 1 cup water
- 1/4 tsp sea salt
- 1 cup organic cheddar cheese, shredded
- 1 cup organic ricotta cheese
- 1/4 cup slivered almonds
- 1/8 tsp red chile flakes (optional)



- 1 Preheat the oven to 350 degrees.
- 2 Heat olive oil in a large skillet over medium heat. Add the garlic, stirring frequently until the garlic begins to brown. Add the potatoes and toss to coat with the garlic and oil. Cook until the potatoes begin to brown.
- 3 Add the edamame and layer the broccoli florets on top of the potatoes. Sprinkle with salt and add the water. Cover and continue to cook until the broccoli becomes slightly tender and most of the water has evaporated.
- 4 In a separate large bowl, add cheddar cheese, ricotta cheese, slivered almonds, and red chile flakes, if using. Mix well to combine ingredients.
- 5 Remove potato mixture from heat and add contents to the bowl of cheeses. Toss to cover all ingredients evenly with the cheese mixture. Add mixture to a casserole dish lightly coated with olive oil. Bake for 30-35 minutes until the center is hot and cheese mixture is bubbly.



## Brian's Tips

- If concerned with dairy allergies, replace the cheddar cheese with your favorite soy cheddar cheese substitute and remove the ricotta cheese.
- Feel free to add additional shredded cheddar cheese to the top of the casserole mixture before baking.
- If using frozen edamame, be sure to thaw before cooking.
- Add additional red chile pepper flakes for a little more kick.

# Chipotle Corn Mashed Sweet Potatoes

Serves 10–12



## What you'll need:

- 2 cups cooked corn (fresh or frozen)
- 1 tbsp coconut oil
- 5 lbs sweet potatoes, peeled and cut into 2 inch chunks
- 1 cup unsweetened coconut milk
- 1 tsp ground cinnamon
- 2 chipotle chiles, minced (see tips)
- Sea salt to taste
- Cracked black pepper to taste



- 1 Heat coconut oil in a large skillet over medium heat. Add corn and sauté until kernels are lightly browned all over. Remove from heat, set aside.
- 2 Add approximately 3 qts water to a large pot, bring to boil over high heat. Add sweet potatoes and cook until potatoes are very tender when pierced, approximately 20 minutes. Drain water from pot.
- 3 Add coconut milk and cinnamon to sweet potatoes and beat with an electric mixer or mash with a potato masher until reaching desired consistency. Stir in corn and chipotle peppers. Add additional coconut milk if necessary. Season with sea salt and black pepper before serving.



## Brian's Tips

- If using frozen corn, allow corn to thaw before cooking.
- Feel free to replace coconut oil with olive oil.
- If not concerned with dairy allergies, replace coconut milk with organic whole milk.
- If using canned chipotle chiles, drain the sauce from the can. Add additional chipotle chiles for a little more kick.

# Quinoa and Vegetable Casserole

Serves 4–6



## What you'll need:

- 3 cups cooked quinoa
- 2 tbsp olive oil
- 1 cup sweet onion, diced
- 2 cups broccoli florets, sliced
- 2 cups cauliflower florets, sliced
- 2 cups cremini mushrooms, thin sliced
- 1 organic red bell pepper, diced
- 2 organic eggs
- 1 cup organic cheddar cheese, shredded
- 1 cup organic ricotta cheese
- 1/2 cup organic plain Greek style yogurt
- 1/4 tsp sea salt
- 1/4 tsp cracked black pepper



## Brian's Tips

- You may add some additional shredded cheese to the top of mixture before adding to oven.
- Feel free to omit either the broccoli or cauliflower. Increase quantity of either one to 4 cups instead of 2 cups.



- 1 Preheat oven to 350 degrees.
- 2 Beat the eggs in a medium bowl. Stir in the cheddar cheese, ricotta cheese, yogurt, sea salt and black pepper. Set aside.
- 3 Heat the olive oil in a large pot over medium heat. Add the onion and sauté until the onion begins to soften. Add the broccoli and cauliflower florets along with 2 tbsp water. Continue cooking for 3–4 minutes before adding the red bell pepper and mushrooms. Cook until the mushrooms begin to soften.
- 4 Add the quinoa to the vegetable mixture. Stir to incorporate before removing pot from heat. Stir the egg mixture into the quinoa and vegetables.
- 5 Spoon the mixture into a casserole dish lightly greased with olive oil. Bake for 35 minutes. Remove from oven. Allow to cool in dish before serving.



# Butternut Squash Sauté

Serves 4–6



## What you'll need:

- 2 tbsp olive oil
- 1 small/medium sized butternut squash, seeds removed, peeled and cut into 1 inch cubes
- 2 garlic cloves, minced
- 1 small red onion, sliced thin
- 8–10 Medjool dates, pitted and chopped
- 1 tbsp fresh lemon juice
- 1/2 cup water
- 1/4 cup white wine vinegar
- 1/4 tsp sea salt
- 1/4 cup fresh parsley, chopped



- 1 Heat the olive oil in a large skillet over medium-high heat. Add the squash and cook without stirring for approximately 7–10 minutes. Flip cubes and add garlic and onion. Continue cooking until the onion begins to soften.
- 2 Add the dates, lemon juice, water, vinegar, and salt. Stir to incorporate. Reduce heat to medium, cover and continue to cook until most of the liquid has evaporated and the squash is soft throughout.
- 3 Stir in the parsley right before serving.



## Brian's Tips

- Use caution while peeling the butternut squash. I find it easier to cut the squash into smaller pieces before peeling.
- Retain seeds from butternut squash. Sprinkle seeds with ground cumin or garlic powder and roast at 325 degrees for 20–25 minutes or until dry and crunchy.

# Green Beans with Candied Pecans

Serves 6–8



## What you'll need:

- 2 tbsp olive oil
- 1/2 cup sweet onion, minced
- 1 tsp orange zest, minced
- 1/3 cup fresh orange juice
- 1/8 tsp ground cayenne pepper (optional)
- 2 tsp gluten-free flour (see tips)
- 1 1/2 lbs green beans, trimmed
- 2/3 cup low-sodium organic vegetable broth
- 3/4 cup candied pecans (see *Candied Pecans* recipe)
- Sea salt to taste
- Cracked black pepper to taste



- 1 Heat 2 tbsp olive oil in a large skillet over medium heat. Add onion, orange zest, and cayenne pepper, if using, stirring occasionally until onions are softened.
- 2 Stir in flour, combine with onion mixture. Add green beans, toss to incorporate. Add vegetable broth and orange juice; increase heat to medium-high, cover, and cook until green beans are slightly tender. Uncover and continue cooking until sauce begins to thicken. Remove from heat.
- 3 Toss in candied pecans while transferring green bean mixture to a serving dish. Season with sea salt and black pepper before serving.



## Brian's Tips

- I prefer using fresh green beans for this recipe, but frozen whole green beans will work as well. Be sure to thaw frozen beans before using.
- If not concerned with gluten or wheat allergies, use 100% stone ground wheat flour, otherwise use a gluten-free flour such as amaranth, buckwheat, sorghum, garbanzo bean or quinoa flour.
- If you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.

# Spinach with Apples and Pistachios

Serves 4–6



## What you'll need:

- 2 tbsp coconut oil
- 2 organic red apples, cored, peeled, chopped
- 2 garlic cloves, minced
- 1 tsp lemon zest
- 1 cup raw, unsalted pistachios, shelled
- Juice from 1 lemon
- 1 tbsp water
- 1 lb organic spinach, stems removed
- Sea salt to taste
- Cracked black pepper to taste



- 1 Heat coconut oil in a large skillet over medium-high heat. Add the apples, garlic, and lemon zest, stirring frequently until the apples begin to caramelize, approximately 5 minutes.
- 2 Add the pistachios, lemon juice, and water. Reduce to medium heat and continue cooking until the liquid begins to thicken, approximately 5–7 minutes. Season with sea salt and black pepper before removing from heat.
- 3 Add spinach leaves to skillet and toss with the apple pistachio mixture until thoroughly incorporated. Serve immediately.



## Brian's Tips

- You may replace the coconut oil with olive oil.
- If fresh spinach is not available, substitute with Swiss chard or kale. If using either of these ingredients, add to recipe prior to removing skillet from heat as these ingredients require a slightly longer cooking time.

# Apple and Endive Salad

Serves 4–5



## What you'll need:

- 4 oz organic gorgonzola cheese
- 3 tbsp white wine vinegar
- 1/4 cup extra virgin olive oil
- Sea salt to taste
- Cracked black pepper to taste
- 2 organic apples, cored, thin sliced
- 4–5 heads endive, either red or white, separated
- 1/2 cup raw, unsalted walnut pieces



- 1 Add 2 oz gorgonzola cheese with white wine vinegar and olive oil. Use a fork to mash cheese with liquid. Season with sea salt and black pepper as desired.
- 2 In a separate larger bowl, toss 1/2 of the dressing mixture with the apple slices and endive.
- 3 Prior to serving, crumble the remaining 2 oz gorgonzola cheese over salad and top with walnuts and drizzle with remaining dressing.



## Brian's Tips

- Toast the walnuts before adding to salads. Add walnuts to a dry skillet over medium heat. Stir frequently and remove when walnuts begin to brown and become fragrant.
- If you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.

## No-Bake Cookies

Makes 10–15 cookies

**What you'll need:**

- 1/2 cup unsweetened coconut milk
- 1/2 cup maple syrup
- 1 tbsp unsalted natural almond butter
- 3 cups rolled oat flakes
- 3–4 Medjool dates, pitted
- 1/2 cup unsweetened shredded coconut
- 1 tsp vanilla extract
- 1/2 cup cashews (optional)



- 1 Add coconut milk, maple syrup, and almond butter to a medium saucepan over low heat. Simmer while stirring frequently to create a smooth liquid consistency.
- 2 Add Medjool dates, shredded coconut, vanilla, and cashews (if using) to a food processor. Pulse until ingredients are thoroughly combined and dates are chopped.
- 3 In a large bowl, add date mixture and oats. Mix to combine before folding in the maple syrup mixture. Mix all ingredients until thoroughly coated and combined.
- 4 Scoop heaping tablespoon amounts of mixture onto a baking sheet covered with parchment paper. Press each mixture flat to form individual cookies. Place in refrigerator for approximately 1 hour before serving.

**Brian's Tips**

- If not concerned with dairy allergies, you may replace the coconut milk with organic cow's milk.
- Feel free to replace the almond butter with unsalted natural peanut butter.
- You may replace the Medjool dates with unsweetened raisins or add raisins to the mixture before pressing into cookies for an additional treat.
- If you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.



## Pumpkin Bars

Serves 10–15

**What you'll need:**

- 2 cups whole rolled oats, ground (see tips)
- 1 cup gluten-free flour (see tips)
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp pumpkin pie spice (see tips)
- 1/2 cup raw, unsalted pecans, chopped (optional)
- 2 organic eggs
- 1/2 cup honey
- 1/3 cup water
- 1/2 cup coconut oil
- 1 1/4 cups pureed pumpkin



- 1 Preheat the oven to 350 degrees.
- 2 In a large mixing bowl, add oats, flour, baking powder, baking soda, cinnamon, pumpkin pie spice, and pecans (if using). Mix ingredients until thoroughly combined; set aside.
- 3 Melt 1/2 cup solid coconut oil in a small saucepan over low heat until liquefied. In a separate bowl, add oil, eggs, honey, water, and pumpkin puree and whisk until you reach a smooth consistency.
- 4 Add the pumpkin mixture to the oat mixture; thoroughly mix all ingredients to form batter.
- 5 Add pumpkin batter to a 9 x 13 inch baking pan lightly greased with coconut oil. Bake for approximately 20 minutes, test if done by inserting a toothpick in center of pan. When toothpick comes out clean, remove from oven. Cool to room temperature before cutting and serving.

**Brian's Tips**

- Grind rolled oats within a food processor to achieve a flour-like consistency.
- If not concerned with gluten or wheat allergies, use 100% stone ground wheat flour, otherwise use a gluten-free flour such as garbanzo bean, buckwheat, amaranth or quinoa flour.
- Create your own pumpkin pie spice by combining 1/4 tsp ground ginger, 1/4 tsp ground nutmeg, 1/4 ground allspice, and 1/4 ground cloves.
- Be sure to use pumpkin puree and not pumpkin pie filling.
- If you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.
- Try the Vanilla Tofu Topping from the Coconut and Raspberry Cake recipe as a topping for the Pumpkin Bars.

## Almond-Berry Cobbler

Serves 4–6

**What you'll need:****Filling**

- 1 tbsp coconut oil
- 2 cups fresh or frozen organic blackberries
- 2 cups fresh or frozen organic raspberries
- 1 tbsp honey
- 1/2 cup gluten-free flour (see tips)

**Topping**

- 1 1/2 cup whole rolled oats
- 1 cup raw, unsalted almonds, chopped
- 1/2 cup coconut oil, liquefied
- 1/2 cup honey



- 1 Preheat oven to 350 degrees.
- 2 Heat coconut oil in a large skillet over medium heat. Add berries and sauté for approximately 2–3 minutes. Add the honey and continue cooking for 5–7 minutes.
- 3 Slowly stir in the flour, being careful not to mash the berries, until all of the berries are coated and the mixture thickens. Remove from heat, set aside.
- 4 Melt 1/2 cup solid coconut oil in a small saucepan over low heat until coconut oil liquefied.
- 5 In a large bowl combine the oats and almonds. Add the coconut oil and honey. Stir well to thoroughly coat the oats and almonds.
- 6 Line a casserole dish with half of the oat mixture to form the bottom layer. Spread the berry mixture over the bottom layer. Top with remaining oat mixture.
- 7 Bake the cobbler for 30–35 minutes until berry mixture is bubbly. Remove from oven and cool slightly before serving warm.

**Brian's Tips**

- If not concerned with gluten or wheat allergies, use 100% stone ground wheat flour, otherwise use a gluten-free flour such as amaranth, sorghum, buckwheat, or quinoa flour.
- If using frozen berries, thaw berries before cooking.
- If you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.

# Coconut & Raspberry Cake—PART 1 of 2

Serves 10–12



## What you'll need:

### Coconut Cake

Coconut oil for oiling pan

1 cup coconut oil, liquefied (see tips)

2 cups evaporated cane juice crystals  
(pure cane sugar)

4 egg yolks (retain whites for batter)

2 1/2 cups gluten-free flour

1 tsp sea salt

4 tsp baking powder

1 1/4 cups unsweetened coconut milk

1 tsp vanilla extract

1 cup fresh organic raspberries

1 cup unsweetened shredded coconut or  
coconut flakes



- 1 Preheat oven to 350 degrees. Oil one 9x13 inch baking pan.
- 2 In a medium bowl, add the liquefied coconut oil and sugar. Use an electric mixer to blend until fluffy. Set aside.
- 3 In a separate bowl, beat the egg yolks. Combine flour, sea salt, and baking powder in a large bowl. Stir the egg yolks into the flour mixture, then stir in the coconut milk and vanilla. Use the electric mixer on medium speed to blend for approximately 3–4 minutes. In a separate bowl, whisk egg whites until foamy. Fold in egg whites to the batter.
- 4 Pour batter into baking pan and bake for 30–35 minutes or until a toothpick inserted in the center comes out clean. Remove the cake and allow it to cool completely. Remove cake from pan by flipping pan over a layer of parchment paper. Cut cake across the width in the middle to make 2 layers.



### Brian's Tips

- Melt 1 cup solid coconut oil in a small saucepan over low heat until liquefied.
- If not concerned with gluten or wheat allergies, replace gluten-free flour with 100% stone ground wheat flour.
- If not concerned with dairy allergies, replace coconut milk with organic whole milk.

*(Continued on next page—Raspberry Filling and Vanilla Tofu Topping)*

# Coconut & Raspberry Cake—PART 2 of 2

Serves 10–12



## What you'll need:

### Vanilla Tofu Topping

- 10 oz soft tofu, drained
- 1/2 cup honey
- 2 tsp vanilla extract
- 1 tsp olive oil
- 1 tsp fresh lemon juice
- 1/8 tsp sea salt

### Raspberry Filling

- 1 cup fresh organic raspberries



- 1 Prepare the topping by combining all of the topping ingredients in a food processor and blend until smooth. Scoop mixture into a bowl, cover and chill in the refrigerator until set, approximately 2–3 hours.
- 2 Make raspberry filling by adding raspberries to a food processor. Blend until raspberries are smooth.
- 3 Carefully place one cake layer on a cake dish. Top layer with half of the raspberry puree. Place second cake layer directly on top, spread top with remaining raspberry puree.
- 4 Remove the vanilla tofu topping from the refrigerator and cover cake evenly with the topping. Sprinkle entire cake with shredded coconut or coconut flakes. The cake is best if allowed to chill in refrigerator for at least 1 hour before serving.



## Brian's Tips

- The vanilla tofu topping is also a great topping for the Pumpkin Bars recipe.

# “Raw” Apple Pie

Serves 8



## What you'll need:

- 1 cup raw, unsalted macadamia nuts
- 1 cup dry, unsweetened shredded coconut
- 5–6 Medjool dates, pitted
- 4 cups organic apple, peeled and sliced thin
- 1 tbsp fresh lemon juice

## Pie Filling

- 4 Medjool dates, pitted
- 2/3 cup unsweetened coconut milk
- 3/4 cup cooked quinoa
- 1 tsp ground cinnamon
- 1/8 tsp ground nutmeg



- 1 Prepare the crust by mixing coconut, macadamia nuts, and dates in a food processor.
- 2 Remove mixture from the food processor and press crust into a pie pan.
- 3 Add sliced apples to a large glass bowl. Pour lemon juice over the apple slices; toss to thoroughly combine.
- 4 Prepare filling by mixing dates, coconut milk, quinoa, cinnamon, and nutmeg in a food processor.
- 5 Combine filling mixture with apple slices.
- 6 Add apple filling to pie crust. Garnish if desired before serving (see tips right).



## Brian's Tips

- I prefer to cover the pie and chill inside the refrigerator for approximately 1 hour before serving to enhance the fresh flavors and strengthen the crust.
- Top the pie with additional chopped macadamia nuts, shredded coconut, ground flax seeds, and fresh lemon zest.
- Replace macadamia nuts with raw, unsalted cashews, walnuts or pecans.
- If you have a gluten or wheat allergy; be sure that all canned and packaged products are manufactured in a gluten-free facility. Contact the manufacturer for this information.



# No-Bake Pumpkin Pie—PART 1 of 2

Serves 8



## What you'll need:

### Crust

- 2 cups raw, unsalted almonds, soaked for a minimum of 8 hours (see tips)
- 1 1/2 cup Medjool dates, pitted, chopped
- 2 tbsp water
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon



- 1 To make the crust, add all the ingredients to a food processor and blend until evenly ground and thoroughly combined. Using clean, dry hands, immediately press mixture into a pie plate, carefully spreading the mixture evenly along the bottom and around the sides. Cover and place in a refrigerator to chill prior to adding the pie filling.



### Brian's Tips

- Soak almonds in twice the amount of water, covered or uncovered, in or out of the refrigerator in a glass dish for a minimum of 8 hours. After minimum soak time, drain and rinse almonds and place on a clean dry towel to remove some of the liquid before using.



### Brian's Tips for Filling (next page)

- Agar agar is a vegetable gelatin made of a variety of sea vegetables with strong thickening properties. Look for them in the cooking/baking products aisle.
- You can replace the cinnamon, ginger, nutmeg, and cloves with 2 tsp pumpkin pie spice.
- Be sure to purchase plain pumpkin puree and not pumpkin pie filling.
- Serve with a dollop of plain organic Greek style yogurt.

*(Continued on next page—No-Bake Pumpkin Pie Filling)*

# No-Bake Pumpkin Pie—PART 2 of 2

Serves 8



## What you'll need:

### Pie Filling

- 3 tbsp fresh squeezed orange juice
- 2 tsp vanilla extract
- 1 tbsp agar agar flakes (see tips)
- 1 cup organic heavy cream
- 1/2 cup honey
- 3/4 tsp sea salt
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/8 tsp ground cloves
- 3 organic egg yolks
- 1 (15 oz) can pumpkin puree (see tips)



See Brian's Tips for Filling (pg. 33)



- 1 Stir orange juice and vanilla together in a large bowl. Sprinkle agar agar flakes over orange juice mixture and set aside.
- 2 Combine 1/2 heavy cream, 1/4 cup honey, sea salt, and spices in a medium saucepan. Cook over medium-low heat until tiny bubbles form along the edges of liquid; remove from heat.
- 3 Whisk remaining honey and egg yolks in a medium bowl until thoroughly combined and thickened. Slowly pour hot mixture into egg mixture, whisking constantly. Return entire mixture to the saucepan and cook over medium-low heat, stirring frequently and scraping bottom of pan with a heatproof spatula, until custard is thickened. Remove from heat when the custard reaches an internal temperature of 175 degrees. Immediately pour custard over the orange juice mixture, stirring until smooth and agar agar flakes have dissolved.
- 4 Add pumpkin puree to a food processor. Blend for 10–15 seconds. With machine running add remaining heavy cream through the processor feed tube. Scrape the sidewalls and continue to blend for an additional 10–15 seconds. Spoon the pumpkin mixture into the custard mixture and stir until completely smooth.
- 5 Remove pie crust from refrigerator. Add pie filling to crust. Cover pie with plastic wrap and return to refrigerator to chill until fully set, up to 24 hours.

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