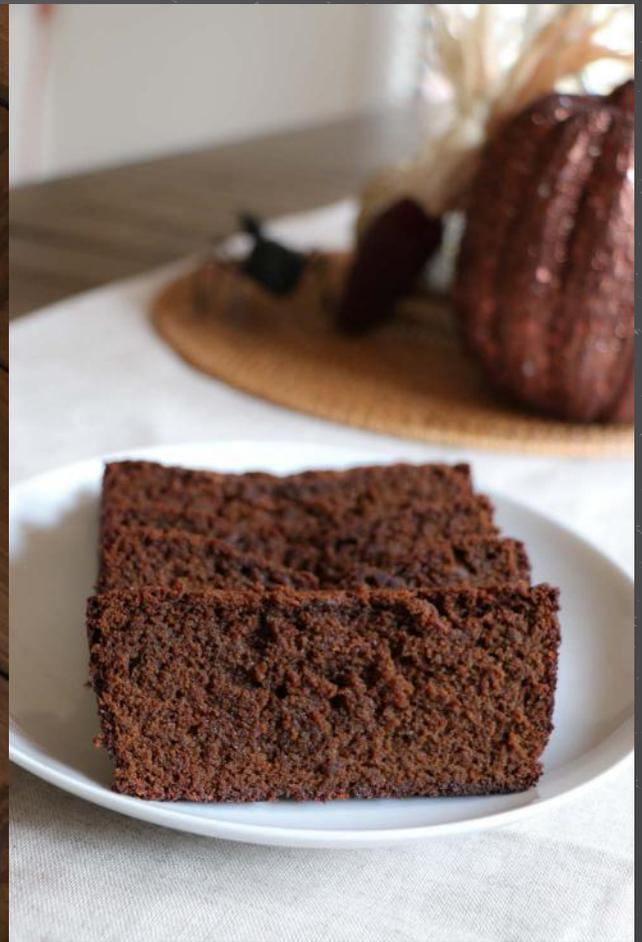


Healthy Holidays

27 Holiday Desserts Made Healthy



With Katie Bramlett

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Book and Cover design by Andrea Horowitz

Content Contributions by Kaitie Korver

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First Edition:

10 9 8 7 6 5 4 3 2 1

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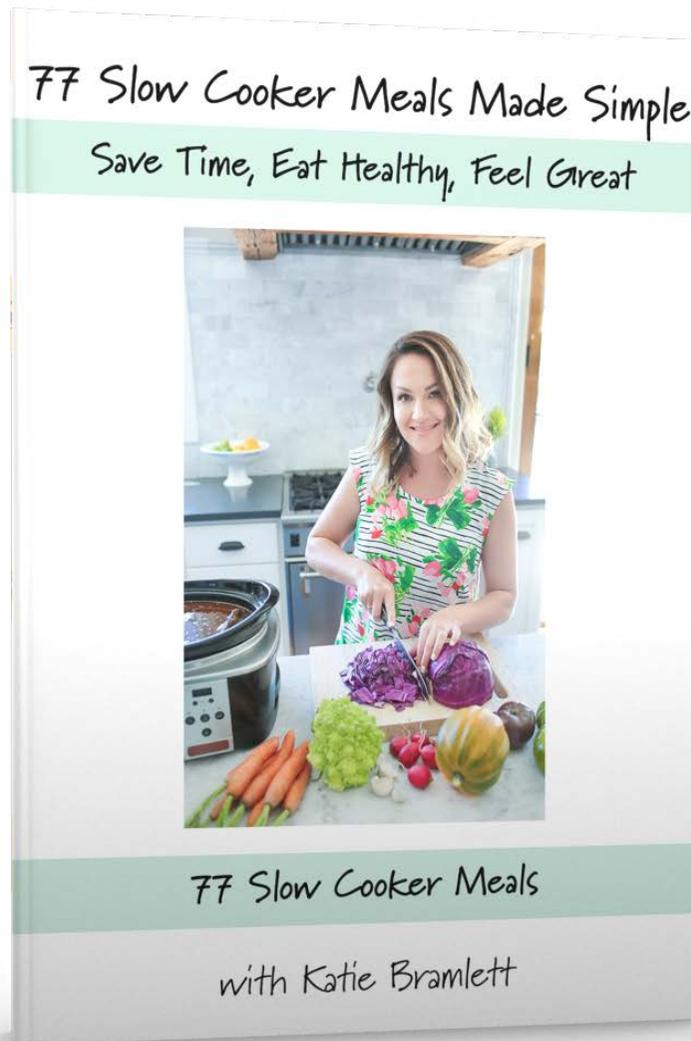
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Introduction

Welcome to 27 Holiday Recipes Made Super Extra Simple. We've done a couple Holiday recipe books and they've all been great hits, so we've decided to keep the ball rolling and give you another one!

Let's start with the a few reminders about our Warrior Way Philosophy of Eating...

My Take on Eating Healthy

Things in our culture have become so confusing around "what is healthy?" and I want to make it as simple as possible for you. My personal philosophy is not centered on complicated research (although there is research to support my theory), it's based on the idea that human beings were designed to eat pretty simply. The processed food movement has made simple eating extremely confusing for most of us. Bottom line, if it comes ready-to-eat in a box or package, it's probably not that great for you.

Humans have been hunters and gatherers for centuries, eating basic foods such as meats, fruits, vegetables, tubers, herbs and so on. We've moved away from this "real food" model into a more complex, processed, fad-dieting society. If you're trying to figure out what is healthy, just make it easy on yourself and ask, "is this a real food?" Once you get passed that, you can go on to more complex questions about things like organic foods, meat quality, and best dairy options. I go over these below.

With that said, I want to share with you one of my favorite Chinese proverbs:

“It’s better to eat bad food and feel good than eat good food and feel bad.”

I’m a big believer in balance. There have been times in my life where I let my need for perfect nutrition cause a lot of unnecessary stress. I find that I’m a lot happier if I allow myself to bend the rules once in a while. This doesn’t mean you fly off the handle and eat a box of donuts because it’s the weekend and you ate healthy all week. This means that you seek balance and allow yourself some freedom with foods that work for you. There’s a way to be smart about it. For example, a scoop of organic ice cream on a Saturday night is way better than a whole box of cookies. The bottom line is that it needs to make sense for YOU. If you’re struggling with a major health challenge, you may be in a space where bending the rules every once in a while isn’t possible until you are in a better space health-wise. Listen to your body; it knows the way.

Start Slow and Be Consistent

If you’re having trouble consistently eating healthy then remember that first goal you should set is to use these recipes just 4 days a week. From my experience, anyone can eat healthy 4 days a week so this is a great place to start.

Once you get comfortable with eating healthy 4 days a week, make sure you set a new goal of eating healthy 5 days a week. Finally, once you get comfortable eating healthy 5 days a week, try to go for eating healthy 6 days a week and only having one cheat day.

Remember that these are just guidelines and most people including myself have good weeks and bad weeks. So do your best to stay consistent but don't beat yourself up if you miss your goals.

Batch Your Meals

One of the best ways to easily eat healthy is to double or even triple the recipes so you have plenty of food to refrigerate or freeze and reheat quickly and easily at a later time. This works especially great for lunches because you can often have dinner's leftovers for lunch with very little effort.

This isn't required, but once you find a recipe that you and your family love, you'll be able to save a lot of time by batching your meals.

Why Organic?

I'm a firm believer in looking at nutrition in the most simple way possible. I ask myself, "how is food supposed to be?" and "how was my body designed to process food for optimal health?" When I ask myself these questions, it's pretty easy to find the answers. If I have the choice between a fruit covered in pesticides and one that was simply grown in its natural state, I'm going with the organic option.

Why Include Dairy?

I've been super lucky in the sense that my body does great with most dairy. I know this is not the case for other people. If your body doesn't feel well after eating dairy, you should probably avoid it. The good news is there is a lot of great alternatives today, such as almond milk or coconut milk. I do personally avoid soy milk because of its estrogen-promoting nature.

Why I Buy Full-Fat Dairy Products

When I do eat dairy I choose to buy full-fat dairy products. This goes back to my questions about nutrition in general: How is food supposed to be? Did the milk come out of the cow fat-free? Buying full-fat dairy products means you're buying food that is less processed. Also- and I know it's hard to believe- but fat is actually good for you. The only thing you need to remember about this is that not all fats are created equal. I'll make it easy and provide you with a list of healthy fats and others to avoid.

Why Quality Dairy Products Are A Big Deal

I'm a firm believer in looking at nutrition in the most simple way possible. I ask myself, "how is food supposed to be?" and "how was my body designed to process food for optimal health?" When I ask myself these questions, it's pretty easy to find the answers. If I have the choice between a fruit covered in pesticides and one that was simply grown in its natural state, I'm going with the organic option.

Healthy Fats

- Animal fats (from organic sources)
- Olive oil (from good organic sources)
- Coconut oil (from good organic sources)
- Avocado oil (from good organic source)
- Butter (from organic, grass-fed cows)
- Ghee (from organic, grass-fed cows)

* smoke points vary

Fats to Avoid

- Any type of seed oil (like sunflower or sesame)
- Hydrogenated oils (like shortening or margarine)
- Any type of “cooking oils” (other than what is listed above)

How to Select the Healthiest Meats

I wish going to the store and buying a pound of high-quality, healthy beef was a no-brainer. Unfortunately, our food system has become a big business, and mass production has become the priority. With mass production meat products, most animals are kept in small, confined spaces and they eat a highly processed, grain-based diet. This is not how these animals evolved to live, and it doesn't produce a high-quality, nutrient-dense product for the consumer. If you're avoiding processed grains, but eat an animal that lived on such food, there's no avoiding it: you're eating that too.

The Best Type of Meat to Purchase

- 100% grass-fed or pasture-raised beef or lamb
- Organic, free-range chicken
- Organic, nitrate-free pork
- Wild-caught seafood (farm-raised seafood falls along the same lines as a “processed food”)

Canned Foods

Researchers are discovering a whole laundry list of negative side effects linked to BPA, which can be found in plastics and canned goods. Rather than going into that here, I'm just going to tell you that you're better off avoiding them. Some of the recipes in this book call for canned ingredients, and I want to mention that when possible, search for cans labeled "BPA Free."

Let's Get Started

I'm excited for you to try out these recipes and I also want to make sure I offer you some encouragement. Trying out a new recipe takes a little patience. While these are pretty straight forward, it's also important to note that it may take a little practice before you feel like you've mastered any of the recipes. Give yourself some time and enjoy the learning process.



Katie
The Warrior Wife

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Recipes

Almond Pound Cake

Prep Time



15 Minutes

Cook Time



45-60
Minutes

Serving



Serves 12

Ingredients:

- 3 cups almond flour
- 3 Tbsp. coconut flour
- 7 Tbsp. tapioca starch
- 1 /2 tsp. tsp baking soda
- 1 1 /2 tsp. baking powder
- 1 /2 cup coconut sugar
- 1 /2 tsp. salt
- 5 Tbsp. coconut oil, melted
- 1 /3 cup full-fat coconut milk
- 3 eggs
- 2-3 Tbsp. Almond Extract
- 1 /2- 1 cup slivered almonds

Directions:

1. Preheat the oven to 325°F and grease a 9x5" loaf pan with coconut oil. In a large bowl, combine the almond flour, coconut flour, tapioca starch, baking soda, baking powder, coconut oil, sugar and salt.
2. In another bowl, combine the wet ingredients. Pour the wet into the dry and mix well, then fold in the almonds.
3. Pour the batter into the loaf pan and bake for about an hour or until a toothpick comes out clean when inserted in the center.

Mixed Fruit Nut Chocolate Clusters

Prep Time



15 Minutes

Cook Time



30-40
Minutes

Serving



8-10

Ingredients:

- 2 cups dark chocolate chips, (least sugar possible)
- 1 1/2 cup roasted nuts of choice (cashews, pecans, almonds, walnuts, etc.)
- 1 cup dried fruit of your choice (no sugar added)
- 1/4 cup unsweetened shredded coconut
- Pinch of salt

Directions:

1. Melt the chocolate in a bowl.
2. Fold in the nuts and fruit.
3. Line a baking pan with parchment paper. Use a spoon to scoop a spoonful of the chocolate mixture and push onto the parchment paper.
4. Sprinkle with a tiny bit of salt and sprinkle with coconut.
5. Place in a freezer and let cool for about 30 minutes or more. Once the chocolate is hard, store in the refrigerator in an airtight container.

Chocolate Hazelnut Cheesecake

Prep Time



15 Minutes

Cook Time



20-30
Minutes

Serving



8

Ingredients:

Crust:

- 1 cup hazelnut meal
- 2 Tbsp. cocoa powder, (unsweetened)
- 8-9 Medjool dates, pitted
- 1-2 Tbsp. coconut oil
- 1 tsp. vanilla
- Pinch of salt

Filling:

- 2 cups raw cashews, soaked for at least 4 hours, drained and rinsed
- 6 Tbsp. hazelnut butter, (no sugar added)

- 1 / 2 cup coconut oil melted
- 1 / 2 cup honey
- 1 tsp. vanilla extract
- 1 / 4 cup cocoa powder (unsweetened)
- 1 / 2 cup water
- Pinch of Salt
- Chocolate Sauce (optional):
- 1 / 3 cup coconut oil, melted
- 1 tsp. vanilla extract
- 2 Tbsp. honey
- 1 / 4 cup cocoa powder, (unsweetened)

Directions:

1. In a food processor, pulse together the crust ingredients until it comes together in a ball. Press evenly into a lightly greased 8" spring form pan (about 1 / 4" thick).
2. In a blender or food processor, blend together the cashews, honey, water and salt. Mix until completely smooth. Scrape down the sides as necessary. Add the remaining ingredients and process until the mixture is smooth. Pour into the crust and freeze until solid.
3. If using a the chocolate sauce, whisk together the ingredients until smooth. Drizzle or spread over the top of the cheesecake before serving.



Buche de Noel

Prep Time



15 Minutes

Cook Time



15-20
Minutes

Serving



8-10

Ingredients:

For the cake:

- 6 eggs, separated
- 5 Tbsp. coconut sugar, divided
- 1/2 cup cocoa powder, (unsweetened)
- 1 tsp. vanilla extract
- 1/4 tsp. cream of tartar

- Pinch of salt
- Coconut oil, as needed

For the filling:

- 1 1/2 cup heavy cream
- Honey or liquid stevia, to taste
- 1 Tbsp. vanilla extract

Directions:

1. Preheat the oven to 375°F and lightly grease a jelly roll (half sheet pan) with coconut oil, line with parchment and dust with a Tbsp. or 2 of cocoa powder.
2. Whisk the egg yolks with 4 Tbsp. of the coconut sugar, then add the cocoa powder, vanilla and salt until smooth.
3. Beat the egg whites with the cream of tartar, a pinch of salt and 2 Tbsp. coconut sugar until a soft peaks form.
4. Fold the egg whites into the chocolate mixture and briefly mix until everything is incorporated. Work quickly but carefully- you don't want the egg whites to deflate!
5. Pour the batter into the prepared pan and bake for about 15 minutes, or until a toothpick comes out when inserted in the middle. Take out of the oven and cool. Take the cake out of the pan once cooled and place it on a piece of parchment paper. Make sure the paper is ~2-3" bigger than the cake on all sides.
6. To make the filling, beat the heavy cream with honey (or stevia) and vanilla until stiff peaks form. Spread the whipped cream onto the cake, then gently roll the cake up into a log and place it seam down on a plate. Dust the top with cocoa powder and decorate as you wish.

Chocolate Mousse

Prep Time



10 Minutes

Serving



2

Ingredients:

- 1 ripe avocado
- 2-3 Tbsp. cocoa powder, (unsweetened)
- 1 / 4 cup full-fat coconut milk
- Liquid stevia, to taste
- 1 / 2 tsp. vanilla extract

Directions:

1. Scoop out avocado and combine it with the cocoa powder, coconut milk, vanilla and stevia in a food processor.
2. If the mixture is too thick, add a little more coconut milk to thin it out.
3. For best results, refrigerate until chilled.



Pumpkin Bars

Prep Time



20 Minutes

Cook Time



30-40 Minutes

Serving



8-10

Ingredients:

- 1 /2 cup pumpkin puree, (no sugar added)
- 1 /2 cup almond butter
- 1 /4 cup maple syrup
- 2 eggs
- 2 tsp. pumpkin pie spice
- 1 tsp. vanilla extract
- 1 /4 tsp. salt
- 1 /2 tsp. baking soda

Glaze:

- 3 /4 cup pecans
- 2 Tbsp. coconut oil
- 1 /4 cup water
- 1 tsp. vanilla extract
- Pinch of salt

Directions:

1. Preheat the oven to 350° and grease an 8x8” pan.
2. Combine all of the ingredients in a medium bowl and mix well until a smooth batter forms.
3. Pour the batter into a greased pan and bake for about 30 minutes, until the edges are golden brown and the center is firm.
4. For the glaze, combine all the ingredients together in a blender and process until smooth and creamy.
5. Allow to cool completely in the pan before glazing.



Cut Out Sugar Cookies

Prep Time



20 Minutes

Cook Time



15-20 Minutes

Serving



6

Ingredients:

- 1 cup raw cashews
- 1 /2 cup coconut flour
- 1 Tbsp. tapioca flour
- 1 /4 tsp. salt
- 1 /2 tsp. baking soda
- 1 /4 cup coconut oil
- 1 /2 tsp. vanilla extract
- 1 egg
- 1 /4 cup honey

Directions:

1. Do not preheat your oven. The timing is based on putting the cookies into a cold oven.
2. Grind the cashews into a flour in your food processor.
3. Then add the coconut flour, salt, baking soda and tapioca flour and pulse to combine. Add the coconut oil, vanilla, egg and honey and pulse until you have a dough.
4. Roll out the dough between two sheets of parchment and cut with cookie cutters of your choice. Place them on a piece of parchment paper and then bake at 350°F for 15 -20 minutes or until golden brown on the edges. Decorate if desired.

Presimmon Pudding

Prep Time



15 Minutes

Cook Time



70-80 Minutes

Serving



6-8

Ingredients:

- 1 1/2 cups Hichiya persimmon puree
- 7 eggs
- 1/4 cup maple syrup
- 1 Tbsp. orange zest
- 2/3 cups full-fat coconut milk
- 1 Tbsp. vanilla extract
- 1/3 cup unsalted butter, melted
- 1/3 cup coconut flour
- 1 tsp. baking soda
- Pinch of salt
- 2 tsp. cinnamon
- 1/4 tsp. ground cloves
- 1/2 tsp. nutmeg
- 1/2 tsp. ginger
- 1/3 cup raisins, (optional)
- 1/3 cup pecans, chopped (optional)

Optional for serving: Fresh (no sugar added) whipped cream etc.

Directions:

1. Preheat the oven to 325°F and grease an 8x8" baking dish. In a food processor or blender, combine the puree, eggs, maple syrup, zest, coconut milk and butter. Add the coconut flour, baking soda, spices and mix until combined. Fold in the raisins by hand, if using.
2. Pour the batter into the prepared pan and bake for about 45 minutes or until a toothpick comes out clean when inserted in the middle. Serve warm or cool with fresh whipped cream, if desired.

Lemon Tart

Prep Time



15 Minutes

Cook Time



20-30 Minutes

Serving



8

Ingredients:

Crust:

- 1 cup almond butter
- 1 cup unsweetened shredded coconut
- 2/3 cup walnuts
- 1-2 Tbsp. honey
- Pinch of salt

Topping:

- 5 eggs, whisked
- 1/3 cup honey
- 1/3 cup coconut oil
- 4 lemons, juiced (1 zested)

Optional for serving: Fresh whipped cream, berries, etc.

Directions:

1. Place all crust ingredients in a food processor and mix until it comes together.
2. Add crust ingredients to an 8x8" dish and press down to form an even crust. Put in refrigerator for about 20 minutes. While the crust is hardening, make the lemon filling.
3. Place a small saucepan over medium heat, then add the eggs, honey, coconut oil, lemon juice and zest to the saucepan and whisk together.
4. Continue stirring together until mixture begins to thicken.
5. Once the lemon mixture has thickened, remove from heat, and place in a bowl to cool in the fridge for about 20 minutes.
6. When the filling is cooled, spread it over the crust. Serve with fresh whipped cream if desired.



Egg Nog Ice Cream

Prep Time



10 Minutes

Cook Time



5-10 Minutes

Serving



4-6

Ingredients:

- 1 can full-fat coconut milk
- 2 cups heavy cream
- 6 egg yolks
- 4 Tbsp. honey
- 1 vanilla bean, cut in half with seeds scraped out
- 1 cinnamon stick
- Fresh nutmeg, to taste
- Ground cinnamon, to taste

Directions:

1. In a small bowl, beat the egg yolks until light yellow and thickened. Whisk in the coconut milk, heavy cream, honey and vanilla beans (and pod) until smooth.
2. Place the mixture in a small saucepan on low heat and whisk every few minutes until the mixture has thickened and coats the back of the spoon. You don't want it to thicken too quickly or sit for too long or it will curdle.
3. Remove from the heat, remove the cinnamon stick and vanilla bean and cool.
4. Once fully chilled, pour into your ice cream maker and continue as it directs. If not using a machine, pour eggnog mixture into a freezer safe container with a lid and allow it to freeze solid. Allow to sit out for a few minutes before scooping and serve with freshly grated nutmeg and/or cinnamon on top, if desired.



Flourless Chocolate Cake

Prep Time



10 Minutes

Cook Time



25-30 Minutes

Serving



8-10

Ingredients:

- 6 oz. dark chocolate, (least sugar possible)
- 1 /4 cup unsweetened apple-sauce
- 1 /4 cup melted coconut oil
- 1 /2 cup + 2 Tbsp. cocoa powder, (unsweetened)
- 2 Tbsp. hot coffee
- 3 eggs
- 1 /2 cup honey
- Pinch of salt
- 1 tsp. vanilla extract

Optional for serving: Unsweetened coconut powder for dusting, fresh whipped cream, etc.

Directions:

1. Preheat oven to 350°F and grease a 9” spring-form pan.
2. In a bowl melt chocolate, then mix in the coconut oil and stir until combined.
3. Add in remaining ingredients and mix completely.
4. Pour mixture in pan and bake for 25 minutes, or until a toothpick comes out clean when inserted in the center.
5. Let cool completely before removing from pan and dust with additional cocoa powder or whipped cream, if desired.

Mixed Berry Crumble

Prep Time



10 minutes

Cook Time



25-30 Minutes

Serving



4

Ingredients:

- 5 cups fresh berries
- 1 /2 lemon, juiced
- 1 cup dates, pitted
- 1 cup raw pecans
- 1 /2 cup almonds, chopped
- 1 /2 cup almond flour
- 1 /2 tsp. vanilla extract
- Pinch of cinnamon
- Pinch of salt

Optional for serving: Fresh whipped cream.

Directions:

1. Preheat the oven to 350°F and lightly grease an 8x8” baking dish with coconut oil.
2. Combine the dates and pecans in a food processor and pulse until coarse meal forms. Stir in the chopped almonds, almond flour, cinnamon and salt.
3. Toss the berries with vanilla and lemon juice, then place in the baking dish. Evenly distribute the crumble mixture over the top and bake until golden brown and berries are bubbling, about 20-30 minutes. Serve warm with fresh whipped cream.



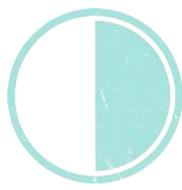
Spritz Cookies

Prep Time



15 Minutes

Cook Time



25-30 Minutes

Serving



14-16

Ingredients:

- 1 cup butter
- 1 cup coconut sugar
- 1 egg
- 1 tsp. vanilla extract
- Pinch of salt
- 2 1/2 cups tapioca flour

Directions:

1. Preheat the oven to 375°F and line 2 baking sheets with parchment.
2. In a bowl, beat the butter and coconut sugar together until fluffy. Mix in the egg and vanilla and mix until smooth. Add the flour and salt and stir until fully incorporated.
3. Use a cookie press the dough into the shapes of choice onto the baking sheet. This may need to be done in few batches. Bake for 8-12 minutes or until lightly golden brown. Cool before decorating, if desired.

Gingerbread Loaf

Prep Time



15 Minutes

Cook Time



30-40 Minutes

Serving



12

Ingredients:

- 2 / 3 cup molasses
- 4 eggs
- 1 / 4 cup milk or coconut milk
- 1 tsp. vanilla extract
- 1 / 3 cup coconut oil, melted
- 1 / 2 cup almond flour
- 1 / 2 cup coconut flour
- 1 / 4 tsp. salt
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1 / 2 tsp. cloves
- 1 tsp. ginger
- 1 tsp. nutmeg

Directions:

1. Preheat the oven to 400°F. Grease a 9x5" loaf pan with parchment paper. Whisk together the molasses, eggs, milk, vanilla and coconut oil.
2. In a large bowl, mix the almond flour, coconut flour, spices, salt and baking soda. Mix the wet ingredients into the dry and mix until there are no lumps.
3. Pour the mixture into a greased loaf pan and bake for 30-40 minutes, or until a toothpick comes out clean when inserted.



Fudge

Prep Time



5 Minutes

Serving



16

Ingredients:

- 1 / 2 cup coconut butter
- 1 / 4 cup unsalted butter
- 1 / 4 cup coconut oil
- 1 / 4 cup cocoa butter
- 5 Tbsp. cocoa powder
- Liquid stevia, to taste
- 1 tsp. vanilla
- 1 / 2 cup walnuts, chopped

Directions:

1. Line an 8 x 8" baking dish with parchment paper. Melt the coconut butter, then whisk in the butter and coconut oil until smooth. Add the remaining ingredients and mix well.
2. Pour the mixture into the prepared pan and refrigerate for about 1 - 2 hours. Cut into squares.



Chocolate Hazelnut Bars

Prep Time



15 Minutes

Cook Time



40-50 Minutes

Serving



8

Ingredients:

Crust:

- 1 cup hazelnuts
- 4 Medjool dates, pitted
- 1-2 Tbsp. coconut oil, melted
- Pinch of salt

For the filling:

- 1 1/2 cups raw cashews, soaked

- for at least 4 hours and drained
- 1 tsp. vanilla extract
- 1/4 cup maple syrup
- 1/2 cup cacao powder
- 1 avocado
- 1 frozen banana
- 1/4 cup full-fat coconut milk

Directions:

1. For the crust, place the hazelnuts in a food processor and pulse until they become a fine meal. Add the dates, coconut oil and salt and pulse until the mixture comes together in a ball.
2. Press the mixture into an even layer in a round cake pan or baking dish of choice and set aside.
3. For the filling, place all the ingredients in a blender and process until smooth. More coconut milk may need to be added to ensure even blending and smooth texture. Pour on top of the crust and place in the freezer for at least 4 hours before serving. It may need to sit out on the counter for a few minutes to slightly soften before slicing.

Peppermint Bark

Prep Time



10 Minutes

Serving



6-8

Ingredients:

For the chocolate:

- 1 /2 cup coconut oil, melted
- 2 Tbsp. coconut butter, melted
- 1 /2 cup cocoa powder, (unsweetened)
- Pure peppermint extract, to taste (start with about 1 /4 tsp. and work your way up from there if necessary)
- 1 Tbsp. maple syrup

For the drizzle:

- 2 Tbsp. coconut butter, melted
- 1-2 tsp. maple syrup

Directions:

1. Line a baking sheet with parchment paper and set aside. For the chocolate, combine all ingredients together in a bowl and mix until completely smooth. For the drizzle, mix the coconut butter with the maple syrup until smooth and runny consistency.
2. Pour onto the prepared pan and spread out the desired thickness. Using a spoon or a piping bag, drizzle the coconut butter mixture over the top to give a decorated look. Place in the freezer until solid, then break into pieces before serving.



Pomegranate and Pistachio Bark

Prep Time



15-20 Minutes

Serving



8

Ingredients:

- 3 Tbsp. cacao powder
- 3 Tbsp. cacao butter or coconut oil
- 2 Tbsp. cashew butter
- 1 tsp. vanilla extract
- Pinch of salt
- 1 Tbsp. honey
- Pomegranate seeds, as needed
- Pistachios, chopped as needed

Directions:

1. Line a baking sheet with parchment paper and set aside. In a small saucepan, combine all the ingredients except for the pomegranate seeds and pistachios and turn the heat to low.
2. Gently melt everything and stir constantly so nothing burns. Once the mixture is fully smooth, add in some of the pomegranate seeds and pistachios. Pour the mixture out onto the baking sheet and spread out into a thin layer. Sprinkle more pistachios and pomegranate seeds over the top and place in the freezer until firm, about 1-2 hours.
3. Remove from the freezer and break into pieces before serving.



Mocha Truffles

Prep Time



15 Minutes

Serving



6-8

Ingredients:

- 1 /2 cup coconut butter
- 1 /2 tsp. vanilla extract
- 3 Tbsp. cocoa powder, unsweetened
- 1 Tbsp. coffee grounds, finely ground
- Liquid stevia, to taste
- 1 Tbsp. coconut oil
- Unsweetened cocoa powder or shredded coconut, for rolling

Directions:

1. Melt the coconut butter until it is melted and smooth. Whisk the remaining ingredients until smooth, then place in the freezer until firm.
2. Scoop the mixture into balls, then roll in cocoa powder or shredded coconut so they are not sticky. Store in the refrigerator before serving.



Chocolate Pots de Creme

Prep Time



2-2 1/2 Hours

Serving



8

Ingredients:

- 4 eggs
- 1/2 cup maple syrup
- 1 tsp. instant espresso powder
- 2 tsp. vanilla extract
- 8 oz. unsweetened chocolate
- 1 1/2 cups full-fat coconut milk

Optional for serving: Fresh berries, whipped cream, etc.

Directions:

1. Place the eggs, maple syrup, espresso powder, vanilla chocolate in a blender.
2. Heat the coconut milk in a saucepan until hot but not boil. While blender is on low, slowly drizzle the coconut milk into blender. Blend until the chocolate is completely melted and mixture is smooth and thick.
3. Pour into serving ramekins and refrigerate until solid, about 2 hours. Top with fresh berries and/or whipped cream and serve.



Pecan Pie Bars

Prep Time



20 Minutes

Cook Time



40-50 Minutes

Serving



10-12

Ingredients:

Crust:

- 2 / 3 cup almond flour
- 1 / 3 cup coconut flour
- 3 Tbsp. unsalted butter, very cold and cubed
- 2 Tbsp. honey
- Pinch of salt
- Ice water, if needed

For the filling:

- 1 / 2 cup maple syrup
- 1 / 2 cup Medjool dates, pitted
- 2 eggs
- 6 Tbsp. unsalted butter, melted
- Pinch of salt
- 1 Tbsp. vanilla extract
- 1 1 / 2 cups pecans, coarsely chopped

Directions:

1. Preheat the oven to 350°F and lightly oil and 8x8” baking dish. In a food processor, pulse the butter chunks with the flours and salt, until coarse meal forms. If the dough is still dry, pulse in some ice water, one Tbsp. at a time until the dough is workable and comes together. Press into the prepared pan and bake until lightly golden brown, about 10 minutes.
2. For the filling, combine the maple syrup and dates in a good processor and process until smooth. Add the eggs, melted butter, salt and vanilla and mix until smooth.
3. Evenly spread the nuts over the crust, then pour the filling over the top and bake for about 25-35 minutes, or until the filling is set and is slightly puffed in the center. Cool completely before slicing.



Cranberry Orange Pound Cake

Prep Time



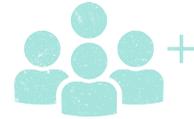
15 Minutes

Cook Time



45-60
Minutes

Serving



6-8

Ingredients:

For the loaf:

- 6 eggs
- 1 orange, zested and juiced (about 2 Tbsp. zest and juiced (about 2 Tbsp. and zest and 1 / 4 cup juice)
- 3 / 4 cup canned coconut milk
- 1 / 3 cup honey
- 2 Tbsp. coconut oil
- 1 tsp. vanilla extract
- 2 / 3 cup coconut flour

- 1 tsp. baking soda
- 1 / 4 tsp. salt
- 1 1 / 2 cups frozen cranberries

For the glaze:

- 2 Tbsp. coconut oil, melted
- 2 Tbsp. honey
- 1 Tbsp. full-fat coconut milk
- 1 Tbsp. orange zest (use some orange juice to thin it out if necessary)

Directions:

1. Preheat the oven to 350°F and grease a 9x5" loaf pan with coconut oil. For the loaf, combine the wet ingredients together in a large bowl, then add in the dry ingredients. Fold in the cranberries and pour into the loaf pan.
2. Bake for about 45 minutes or until a toothpick comes out clean when inserted in the center. To make the glaze, whisk all the ingredients together. Pour over the top of the loaf once it has cooled.



Egg Nog

Prep Time



15 Minutes

Cook Time



5-10
Minutes

Serving



4-6

Ingredients:

- 1 can full-fat coconut milk
- 2 cups heavy cream
- 6 egg yolks
- 4 Tbsp. honey
- 1 vanilla bean, cut in half with seeds scraped out
- 1 cinnamon stick
- Fresh nutmeg, to taste
- Ground cinnamon, to taste

Directions:

1. In a small bowl, beat the egg yolks until light yellow and thickened. Whisk in the coconut milk, heavy cream, honey and vanilla beans (and pod) until smooth.
2. Place the mixture in a small saucepan on low heat and whisk every few minutes until the mixture has thickened and coats the back of a spoon. You don't want it to thicken too quickly or sit for too long or it will curdle.
3. Remove from the heat, remove the cinnamon stick and vanilla bean and cool. Serve with freshly grated nutmeg and/or ground cinnamon on top.



Dutch Apple Pie

Prep Time



15 Minutes

Cook Time



45-60
Minutes

Serving



6-8

Ingredients:

Crust:

- 1 cup almond flour
- 1 / 3 cup flour
- 2 / 3 cup tapioca flour
- 2 Tbsp. unsalted butter, very cold cubed
- Pinch of Salt
- Ice water, if needed

Filling:

- 6 tart apples peeled, cored and sliced
- 1 / 4 cup coconut sugar

- 2 Tbsp. coconut flour

- 2 tsp. cinnamon

Topping:

- 1 cup chopped walnuts
- 1 / 2 cup almond meal
- 1 / 2 cup coconut flour
- 1 / 4 cup coconut oil
- 1 / 4 cup coconut sugar
- 1 tsp. cinnamon

Optional for serving: Fresh whipped cream, etc.

Directions:

1. Preheat the oven to 350°F. In a food processor, pulse the butter chunks with the flours and salt, until a coarse meal forms. If the dough is still dry, pulse in some ice water, one Tbsp. at a time until the dough is workable and comes together. Form into a glass pie dish and bake until lightly golden brown, about 10 minutes.
2. Toss the apples with the coconut sugar, coconut flour and cinnamon, then in the crust. Mix together the ingredients for the topping until incorporated but still crumbly. Crumble the topping over the apples and bake for about 45 minutes or until the top is golden brown. Serve with fresh whipped cream, if desired.



Fruitcake

Prep Time



20 Minutes

Cook Time



25-30
Minutes

Serving



8

Ingredients:

- 3 / 4 cup almond flour
- 1 / 4 cup coconut flour
- 1 / 2 cup tapioca flour
- Pinch of salt
- 1 / 2 tsp. baking soda
- 1 1 / 2 cups dried fruit of choice (cherries, apples, dates, raisins, etc.)
- 1 cup nuts, chopped
- 4 eggs
- 2 Tbsp. unsalted butter
- 1 Tbsp. coconut sugar
- 1 Tbsp. vanilla extract
- 1 Tbsp. orange zest
- 1 Tbsp. lemon zest

Directions:

1. Preheat the oven to 350°F and lightly oil a 9x5" loaf pan. In a bowl, combine all the dry ingredients, including the dried fruit and nuts.
2. In another bowl, combine the wet ingredients. Stir the wet ingredients into dry, mixing only until everything is incorporated. Pour batter into the prepared pan and bake for about 20-30 minutes, or until a toothpick comes out clean when inserted in the center. Allow to cool before slicing.

Soft Molasses Cookies

Prep Time



15 Minutes

Cook Time



10-15
Minutes

Serving



8-10

Ingredients:

- 2 cups almond flour
- 1 /4 cup arrowroot flour
- 6 Tbsp. coconut flour
- 1-2 tsp. cinnamon
- 1 tsp. ground ginger
- 1 /2 tsp. ground cloves
- 1 Tbsp. baking soda
- 1 /2 tsp. salt
- 1 tsp. vanilla extract
- 1 /2 cup unsalted butter
- 1 /3 cup maple syrup
- 1 /3 cup unsulfured molasses
- 1 cup coconut sugar, for rolling

Directions:

1. Preheat the oven to 375°F and line 2 baking sheets with parchment paper. In a bowl, mix the butter, maple syrup and molasses until creamy. Add the egg and vanilla and mix well, then stir in the remaining ingredients until combined.
2. Scoop the dough into 1 1 /2” balls and roll all sides into the coconut sugar. Evenly space out (about 1 1 /2-2” inches apart) on the prepared pans and bake for about 10-12 minutes.



Pecan Pie Ice Cream

Prep Time



4 Hours

Serving



4

Ingredients:

- 1 can full-fat coconut milk
- 2 cups heavy cream
- 4 Tbsp. maple syrup
- 1 tsp. vanilla extract
- Pecan Pie Bars, as needed (about half a batch) from page 31, roughly chopped

Directions:

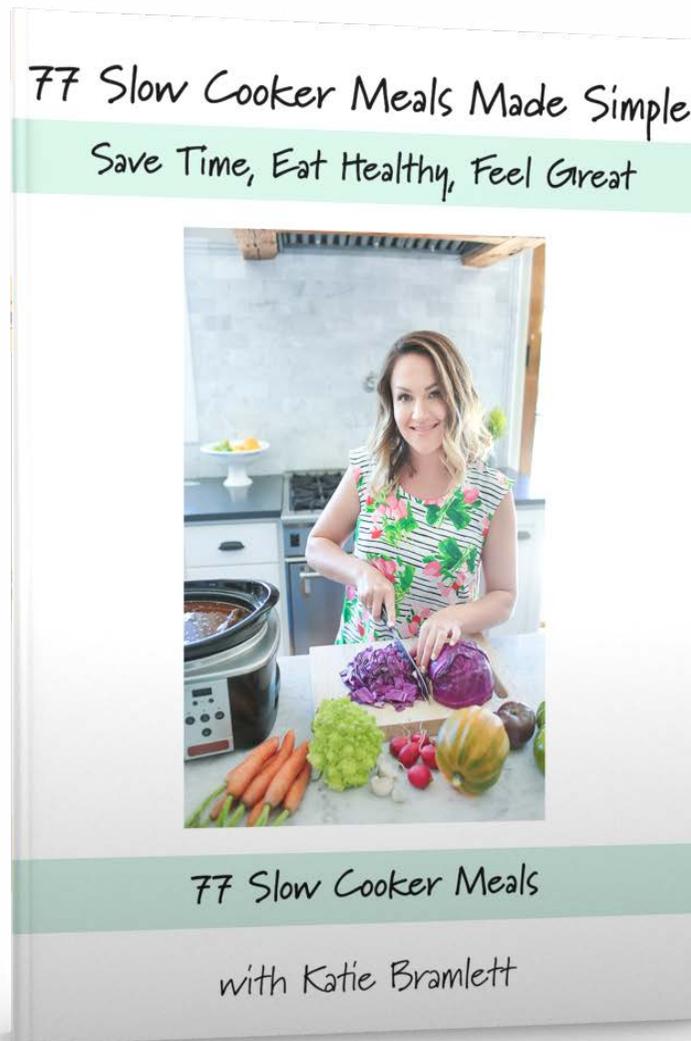
1. In a blender, combine the coconut milk, heavy cream, maple syrup and vanilla. Add the Pecan Pie Bar pieces and pulse a few times, to slightly break them up. Pour the mixture in a freezer safe container and freeze until solid or pour into an ice cream maker and continue with the manufacturer's instructions. The ice cream might need to set out for a few minutes before scooping.

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to yours,
have a wonderful
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