

## Better Choice Holiday Recipes



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### Mashed Cauliflower

#### Ingredients

- 1 lg head of Cauliflower, cut off stems (6 cups florets)
- 2 TBSP Grass-Fed Butter, chunked
- 2 TBSP Cream Cheese, cubed
- 4 cloves of Garlic, minced
- Sea Salt
- Black Pepper
- Chives, to garnish (optional)

#### Instructions - Microwave Method

Place the cauliflower florets into a large bowl with ½ cup water. Cover the top with parchment paper. Microwave for 10-15 minutes or until soft and mashable. Drain well and pat dry. Place the cauliflower into a food processor with the remaining ingredients except the chives. Puree until smooth (scrape the sides as needed). Add sea salt and pepper to your liking. Place in a serving dish and top with chopped chives.

### Sautéed Green Beans with Bacon Cream Sauce

#### Ingredients

- 12 oz frozen Green Beans (fine cut or French cut)
- 4 slices of Uncured Bacon, thick slices, chopped fine

- 1 medium Shallot, minced
- 1 small container (4oz) Mushrooms, chopped fine
- 2 cloves Garlic, minced
- 1 cup Chicken Bone Broth or Stock
- ¼ cup Almond Flour
- ¼ cup water
- ½ cup organic Heavy Cream
- 1 TBSP McCormick's Mediterranean Sea Salt
- 1 cup Parmesan Cheese, shredded

#### Instructions

Slightly thaw green beans by running them under cool water. Pat them dry. Heat a skillet over medium-high heat. Sauté the bacon and shallots for 4-5 minutes or until browned and set aside. Do not drain the bacon grease. Add green beans to the greased skillet. Sauté for 5-6 minutes or until tender. Remove and set aside. Add mushrooms and garlic to the skillet. Sauté 3-4 minutes or until tender. Cover with the chicken broth/stock. Mix the almond flour with 1/4 cup of water and add to skillet. Add cream, salt, and Parmesan cheese. Mix together. Bring to a simmer and let thicken for 4-5 minutes. Place green beans in a serving dish. Top with sauce. Top with crispy bacon and shallots.

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## Sausage Herb Bread Stuffing

### Ingredients for the Herb Bread

- 2 cups Almond Flour
- 3 TBSP Oat Fiber (very important)
- 3 Eggs, beaten
- 1 cup Sour Cream
- ½ cup Grass-Fed Butter, melted
- 2 tsp Swerve Confectioners sweetener
- 1 TBSP fresh Thyme, chopped (regular or lemon flavor)
- 3 tsp dried Herbs De Provence
- 1 tsp fresh Sage, chopped
- 1 TBSP Baking Powder
- ½ tsp Baking Soda
- Pinch of Sea Salt

### Ingredients for the Stuffing

- 1 pound Pork Sausage, ground no sugar added
- 2 ¼ cups Chicken Bone Broth or Organic Chicken Stock
- 2 stalks Celery, chopped
- 2 whole Carrots, shaved
- ½ cup or 1 medium Sweet Vidalia Onion, chopped
- ½ cup fresh Fennel, chopped
- ½ cup Grass-Fed Butter, divided
- 1 TBSP fresh Sage, finely chopped
- 1 TBSP fresh Thyme, chopped
- 1 TBSP fresh Parsley, chopped
- ½ tsp Sea Salt
- ¼ tsp Black Pepper, ground

### Instruction to make the Herb Bread

Preheat your oven to 350 degrees. Mix all the dry ingredients together in a bowl and set aside. In a separate bowl, add the eggs, sour cream, herbs, swerve, and butter. Mix to combine. Add dry ingredients, and mix just until combined. Pour the mixture into a 9x12 glass or ceramic baking dish that's been sprayed with Avocado oil spray or Thrive Algae Oil spray. Bake for 25 minutes or until a butter knife, when inserted, comes out clean. Remove from oven. Set oven to 250 degrees for later. Invert bread onto a cutting board to cool slightly. Cut into small cubes and spread over a baking sheet lined with parchment paper. Return to the oven for an additional 25 minutes or until the bread has dried and firmed up. Remove and set aside to cool slightly. Increase the temperature to 375 degrees. Return and cook for 5 more minutes, then set aside.

### Instructions to make the Stuffing

Cook the sausage in a large skillet over medium heat. Once browned, scoop out and set aside in a bowl lined with a paper towel to absorb the grease. Add most of the butter but save some for on top of the stuffing.

Sauté the onions in the pan with the butter, fennel and celery for about 8-10 minutes or until slightly soft. Add the sausage, onions, celery, and fennel to a large bowl and mix. Mix in the chicken stock/bone broth and herbs. Add in the cubed herb bread and gently toss. Add more stock/bone broth if you like it a bit more soggy. Pour the mixture into a large baking dish that has been sprayed with Avocado oil spray or Thrive Algae Oil spray. Add extra butter chunks to the top. Cover with foil and bake 30 minutes. Uncover and cook an additional 10 minutes.

## Keto Cranberry Sauce

### Ingredients

- 2 (10 oz) bags of frozen Cranberries
- ½ cup of Monk Fruit
- ¼ tsp Nutmeg, ground
- 1 large Cinnamon Stick
- The zest of 1 fresh orange
- ¼ cup of water
- 1 TBSP Vanilla Extract, pure

### Instructions

In a small pot, combine the cranberries, monk fruit, nutmeg, cinnamon stick, orange zest, and ¼ cup water. Place over medium heat, and cook and stir until berries release their juice. Bring to a boil. Continue to boil stirring occasionally until cranberries burst and juices thicken for roughly 6 minutes. Remove from heat and stir in vanilla. Let cool before serving.

## Green Beans with Cranberries, Bacon and Goat Cheese

### Ingredients

- 2 pounds fresh Green Beans, washed and trimmed
- 6 slices Uncured Bacon, thick slices
- 1 cup fresh Cranberries
- 4 oz Goat Cheese, crumbled
- 1 TBSP McCormick's Mediterranean Sea Salt
- Sea Salt to taste
- Black Pepper to taste

### Instructions

In a large skillet, cook bacon over medium-high heat until crispy. Remove the bacon. Set aside. Leave grease in the pan. Add green beans to the pan with the bacon grease. Sauté for 3-5 minutes, tossing occasionally until the green beans start to char. At that point, cover the pan with a lid. Let steam for another 5-7 minutes. Remove the lid and add the fresh cranberries. Sauté for another 2 minutes or until the cranberries are warmed through and start to burst. Season with sea salt and pepper to taste. Place the green beans in a serving dish and top with goat cheese and bacon.

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## Three Cheese Bacon Brussels Sprouts Gratin

### Ingredients

- 4 slices of Uncured Bacon
- 1 TBSP Grass-Fed Butter
- 3 TBSP Shallots, diced
- 2 Garlic Cloves, minced
- 2 pounds Brussels Sprouts the size of your thumb and index figure touching, trimmed and halved
- Sea Salt to taste
- 1 cup Heavy Cream
- ½ tsp Dijon Mustard
- ½ cup Gruyere Cheese, shredded
- ¼ cup Parmesan Cheese, shredded
- ¼ cup Gorgonzola Cheese, crumbled
- ½ tsp Black Pepper, freshly ground

### Instructions

Preheat your oven to 400 degrees. Grease large baking dish and set aside. In a large skillet, cook bacon over medium heat until crispy (roughly 6-8 minutes). Remove the cooked bacon, placing it on a paper towel lined plate. Reserve 1 TBSP of bacon drippings in the skillet. Return skillet with dripping over medium-high heat. Add butter, shallots, garlic, and Brussels sprouts to the skillet. Add a pinch of sea salt. Cook while stirring occasionally for about 8 minutes or until sprouts blister/char. While sprouts cook, combine cream, mustard, cheeses, and pepper in a small bowl. Mix together. Pour the sprouts into the greased baking dish. Crumble the bacon and toss in with the sprouts. Pour sauce mixture over the top. Bake for 15-20 minutes or until cheese sauce is bubbly and golden brown. For added crunch, switch oven to broil and broil for 1-2 minutes.

## Parmesan Brussels Sprouts Salad

### Ingredients

- 5 TBSP Extra-Virgin Olive Oil
- 5 TBSP Lemon Juice, fresh squeezed
- ¼ cup Parsley, freshly chopped
- ½ TBSP McCormick's Mediterranean Sea Salt
- 2 tsp Sea Salt
- 1 tsp Black Pepper
- 2 pounds Brussels Sprouts, halved and thinly sliced (about 8 cups)
- ½ cup Walnuts or Pecans, toasted and chopped
- ½ cup dried Cranberries, organic with no sugar added
- Parmesan Cheese to top the salad

### Instructions

In a medium size bowl, make the dressing by whisking together the olive oil, lemon juice, parsley, Mediterranean sea salt, sea salt, and black pepper until combined. Add sliced Brussels sprouts to a large salad bowl. Coat with dressing mix and toss. Let sit for at least 1 hour. Top with cheese, nuts and cranberries before serving.

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## Apple Crumble Dessert

### Ingredients

- 2 large Jazz or Honeycrisp Apples, cored and sliced thin
- 2 large Granny Smith Apples, cored and sliced thin
- 1 stick of Grass-Fed Butter, melted
- ½ cup water
- 1/3 cup Golden Monk Fruit
- 1/3 cup Classic Monk Fruit
- 2 TBSP Lemon Juice, fresh squeezed
- 2 TBSP Cassava Root Flour or King Arthur's GF Flour
- 1 TBSP Cinnamon
- 1 tsp Nutmeg
- 1 tsp Cloves
- ½ tsp Ginger
- 2 cup Purely Elizabeth Grain-Free Granola, Coconut Cashew flavor

### Instructions

Preheat oven to 350 degrees and grease a large glass baking dish. In a large sauce pan over medium heat, add the water and all the apple slices. Top with the sweeteners and spices. Mix well. Add ½ of the melted butter and the flour. Mix well. Cover and let simmer until the apples and spices create some juice. In a bowl, combine the remaining butter and the granola. In the glass baking dish, add the apples. Top with the granola and lightly blend. Cook for 15-20 minutes in the oven.

## Keto Pumpkin Pie

### Ingredients for the Crust

- 1 ½ cups Almond Flour
- 3 TBSP Coconut Flour
- ¼ tsp Baking Powder
- ¼ tsp Sea Salt
- 4 TBSP Grass-Fed Butter, melted
- 1 large Egg, beaten

### Ingredients for Filling

- 1 (15 oz) can Pumpkin Puree, organic
- 1 cup Heavy Cream
- 1 cup Golden Monk Fruit or ½ cup Swerve Brown Sugar (packed)
- 3 large Eggs, beaten
- 1 tsp Cinnamon, ground
- ½ tsp Ginger, ground
- ¼ tsp Nutmeg, ground
- ¼ tsp Cloves, ground
- ¼ tsp Sea Salt
- 1 tsp pure Vanilla Extract

### Instructions

Preheat your oven to 350 degrees. In a large bowl, whisk together almond flour, coconut flour, baking powder, and salt. Add melted butter and egg. Stir until dough forms. Press dough evenly into a 9" pie plate. Use a fork to poke holes all over the crust. Bake roughly 10 minutes or until golden. In a large bowl, whisk together pumpkin, cream, sweetener, eggs, spices, and vanilla until smooth. Pour pumpkin mixture into pre-baked crust. Bake roughly 45-50 minutes crust is golden. Turn off oven and prop door open. Let pie cool in the oven for 1 hour. Refrigerate until ready to serve.