



STEPH HENDEL'S

BIKINI ABS

HEALTHY HOLIDAY COOKBOOK

Welcome to the Bikini Abs **Healthy Holiday Cookbook!** In the following pages you will find breakfasts, appetizers, sides, and knockout desserts to get you through the holidays without the extra weight gain.

This cookbook was designed with you and your health in mind so that you won't have to feel guilty about eating these delicious festive foods. Every dessert you'll find here is free of artificial sugar and is crafted with sweeteners that contain nutrients. In Bikini Abs we believe that everything you eat should make you better. Bring these meals to Thanksgiving, Christmas and every holiday party you attend. Your friends, your family and your body will love you for it!

From the Fit and Fearless family, we wish you the happiest and healthiest this Holiday season!

BREAKFASTS

Pumpkin Waffles

PREP TIME

20 Minutes Prep

SERVES

7-8 Waffle Squares

INGREDIENTS

- 1 Cup 100% Pure Pumpkin
- ½ Cup Almond Butter
- 1 Tbsp Coconut Flour
- 3 Eggs
- 1 Tsp Pure Vanilla Extract
- 1 Tsp Pumpkin Spice
- ½ Tsp Baking Soda
- 2 Tbsp 100% Pure Maple Syrup

DIRECTIONS

1. Preheat waffle maker.
2. Brush the preheated waffle iron with coconut oil every time you add batter.
3. Spoon batter into waffle iron and cook until golden. Top with walnuts and 100% pure maple syrup.

Sweet Potato Oatmeal Breakfast Casserole

PREP TIME

30 Minutes Prep Time

40 Minutes Cook Time

SERVES

3-4 Servings

INGREDIENTS

OATMEAL INGREDIENTS

- ½ Cup Steel Cut Oats, Gluten Free
- 2 Cups Almond Milk, Carrageenan Free

- 1 Small Sweet Potato, Peeled, Chopped
- 1 Large Banana, Ripe
- 1 Tbsp Chia Seeds
- 1-2 Tsp Pure Vanilla Extract
- 1 Tsp Ground Cinnamon
- 1/8 Tsp Nutmeg
- 1/4 Tsp Pink Himalayan Sea Salt
- 2 Tbsp Pure Maple Syrup

CRUNCHY PECAN TOPPING

- 1/3 Cup Chopped Pecans
- 2 Tbsp Grass Fed Butter
- 2 Tbsp Almond Flour
- 1/4 Cup Coconut Palm Sugar

DIRECTIONS

1. Preheat oven to 350F. Bring several cups of water to a boil in a medium sized pot. Add in the peeled and chopped sweet potato. Cook over medium heat, for about 5 minutes, until soft. Drain and set aside.
2. Give the pot a quick rinse and then add in the oats, milk, and chia seeds. Whisk well and bring to a boil. Reduce heat to low-medium and cook for about 5-7 minutes, stirring frequently.
3. With a potato masher, mash in the cooked sweet potato and the banana into the pot. Leave some chunks for texture. Stir in the cinnamon, maple syrup, nutmeg, vanilla, and salt to taste. Adjust seasonings if necessary. Cook on low for another few minutes.
4. Make the crunchy pecan topping by mixing together the pecans, flour, butter, and palm sugar with a fork, until clumpy. Pour the oatmeal into a baker dish (I used a 4 cup/8 inch casserole dish) and spread evenly. Sprinkle on the pecan topping.
5. Transfer the oats to a casserole dish (8inch/4cup) and bake, uncovered, for 20 minutes, at 350F. After 20 minutes, set oven to BROIL and broil on low for 2-3 minutes, watching closely not to burn. Remove from oven and serve.

Apple Cinnamon Banana Bread

PREP TIME

10 Minutes Prep
30 Minutes Cooking

SERVES

3 Small Loaves

INGREDIENTS

- 1 Cup Almond Flour
- 1/2 Cup Arrowroot Flour
- 2 Tbsp Coconut Flour
- 1/2 Tsp Pink Himalayan Sea Salt

- 1 Tsp Baking Soda
- 1 Tsp Cinnamon, Plus More to Garnish
- ¼ Cup Coconut Oil
- ⅓ Cup 100% Maple Syrup
- 1 Tsp Vanilla
- 2 Eggs
- 1 Large, Very Ripe Banana, Mashed
- 1 Medium Apple, Cored and Cubed
- 1 Tbsp Coconut Sugar

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Coat 3 small bread pans with coconut oil. In a large mixing bowl, mix together all of the dry ingredients (almond flour, arrowroot flour, coconut flour, salt, baking soda and cinnamon) until well blended.
3. In a separate mixing bowl, mix together all of the wet ingredients (coconut oil, maple syrup, vanilla, eggs) until they egg yolks are well separated and integrated.
4. Add the wet ingredients mix to the dry ingredients mixing bowl and stir well until smooth.
5. Add the mashed bananas and fold in as evenly as possible throughout the batter.
6. Fold in ¾ cup of apple cubes, distributing them evenly.
7. Separate the batter equally between the 3 bread pans.
8. Drop the remaining ¼ of the apple pieces along the top of the batter. Sprinkle the tops of the apples and better with the coconut sugar, then add any extra cinnamon as desired.
9. Bake for 25-30 minutes, until the bread is slightly brown on the outside and the toothpick comes out clean when stuck in the middle.

APPETIZERS

Jalapeno Cranberry Meatball Poppers

PREP TIME

10 Minutes Prep

20-22 Minutes Cooking

SERVES

50 One Tablespoon Poppers

INGREDIENTS

- 1 Pound Ground Beef, Grass Fed, Organic
- ¼ Cup Whole Berry Cranberry Sauce

- 1 Large Egg
- 3 Jalapeños, Minced
- ½ Cup Almond Flour
- 4 Garlic Cloves, Minced
- 1 Tbsp Dried Oregano
- 1 Tbsp Chili Powder
- 1 Tsp Pink Himalayan Sea Salt
- ½ Tsp Freshly Ground Black Pepper

DIRECTIONS

1. Preheat oven to 350°F.
2. In a large mixing bowl, combine all ingredients. Mix well, do not over mix or you will have tough meatballs. Using a 1 tablespoon scoop, scoop meat mixture and place on baking sheet. After all meatballs have been scooped onto tray, roll into balls.
3. Bake for 20-22 minutes until lightly browned and cooked through.
4. Serve and enjoy!

Health Coach Tip: When forming meatballs if you lightly wet your hands the meatballs will form better and crack less. Freeze when you make them and simply reheat at 350°F for 12-15 minutes.

Mini Cashew Cheese Ball Bites (Dairy Free)

PREP TIME

Overnight

SERVES

1 Cheese Ball

INGREDIENTS

- 1 Cup Raw Cashews (Soaked for 2 hours and Drained)
- 3 Tbsp Water
- 1/2 Tbsp Warmed Coconut Oil (this helps it become smooth and thick when chilled)
- 1 Medium Shallot, Finely Minced
- 2-3 Large Garlic Cloves, Finely Minced
- 1 Tbsp Chives, Minced
- 3 Tbsp Olive Oil, Cold-Pressed, Stored in a Dark Bottle
- 1 Tsp Pink Himalayan Sea Salt
- Freshly Ground Black Pepper to Taste

TOPPING

- Dried Cranberries, Chopped
- 1 Cup Pecans, Finely Chopped
- Fresh Basil, Chopped

DIRECTIONS

1. Put cashews, water and coconut oil in a high powered blender or food processor.
2. Puree the mixture stopping often to stir if needed. The less water you use the better the cheese will 'set' later. Blend until smooth and creamy. Depending on your food processor, this could take up to 5 minutes.
3. Once smooth, transfer the mixture to a medium sized bowl and cover with a lid. Place the bowl in the oven with the light on and allow it to ferment for 12-16 hours. (preferably overnight).
4. When the 'cheese' is ready, cook the minced onions and garlic in about 3 tablespoons of oil in a skillet over medium heat. Let them slowly cook for about 10 minutes. You want them golden in color and crispy once cooled. Drain the onion mixture and let cool on a paper towel.
5. Pan roast the chopped pecans until they are nicely toasted. Careful not to burn them. Add salt and pepper to taste. Set aside to cool.
6. Stir the onion mixture into the cashew cheese, add the cooked minced chives, salt and pepper to taste, then chill the mixture (sometimes I put it in the freezer for about 10 minutes) till firm then make the ball.
7. This is the fun part, toppings. Set out three small bowls, one with dried, chopped cranberries, one with roasted pecans and one with chopped basil.
8. Press the topping on the outside of the cheese ball. Wrap and chill well until ready to serve.

Sweet Potato, Kale, Quinoa Fritters

PREP TIME

10 Minutes Prep

30 Minutes Cooking

SERVES

18-20

INGREDIENTS

- 1 Large Sweet Potato, Steamed and Pureed
- 2 Cups Cooked Quinoa
- 2 Cups Lacinato Kale, Finely Chopped.
- 2 Eggs
- 4 Tsp Almond Flour + ½ Cup
- 1 Tsp Ginger, Grated
- 1 Pinch Paprika
- 1 Tsp Freshly Ground Black Pepper
- 1 Tsp Pink Himalayan Sea Salt
- 4-6 Tbsp Coconut oil

DIPPING SAUCE

- ¼ Cup Blended Cashews
- 1 Teaspoon Ginger, Freshly Grated
- Pinch of Pink Himalayan Sea Salt
- Pinch of Freshly Ground Black Pepper

DIRECTIONS

5. Separate kale leaves from stem, roll up and chop
6. In a medium size bowl, combine all fritter ingredients and mix well.
7. In a medium size pan heat 4-6 tablespoons of coconut oil.
8. With a small Ice cream scooper scoop about 6 patties into the pan and slightly flatten the tops.
9. Cook for about 3-4 minutes on each side or until golden brown. Allow to cool.
10. While cooling, mix ginger dipping sauce ingredients and chill.
11. Serve sweet potato fritters warm with ginger sauce on the side.

SIDES

Brussel Cranberry Holiday Hash

PREP TIME

15 Minutes Prep

30-40 Minutes Cooking

SERVES

4-6

INGREDIENTS

- 1 Red Onion, Thinly Sliced
- ½ Cup Balsamic Vinegar
- 1 Sprig of Fresh Rosemary
- 1 Shallot, Finely Diced
- 3 Cloves of Garlic, Roughly Chopped
- 1 Lb Brussels Sprouts, Trimmed & Halved
- ¼ Cup Dried Cranberries
- 2 Tsp Coconut Oil
- Pink Himalayan Sea Salt & Fresh Black Pepper

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Add red onion, coconut oil, salt and pepper to a small pan or skillet on medium heat until the onions start to brown. As onions turn translucent, add garlic and shallot to the pan. Turn the heat to low, stirring constantly and leaving the onions in the middle of the pan to caramelize. It will take about 30-40 minutes on low.

3. Put balsamic vinegar and rosemary in a small pot. Bring to a boil on high, then reduce to low and let simmer for about 20 minutes. The vinegar should reduce $\frac{1}{3}$ - $\frac{1}{2}$ of the original amount. Discard the rosemary and refrigerate to thicken.
4. Set pan or skillet to medium heat, add coconut oil and brussels sprouts, stirring constantly to keep from burning or sticking to the bottom of the pan. After 10 minutes, add the caramelized garlic, shallot, onion mixture as well as cranberries to the pan and mix.
5. Once balsamic reduction has thickened, spoon onto the hash and serve!

Maple Sweet Potato Casserole

PREP TIME

25 Minutes Prep

35 Minutes Cooking

SERVES

16

INGREDIENTS

- (2) $\frac{1}{2}$ Lb Sweet Potatoes, Peeled
- $\frac{1}{2}$ Cup 100% Pure Maple Syrup
- $\frac{1}{4}$ Cup Grass-Fed or Raw Butter
- 1 $\frac{1}{2}$ Tsp Pink Himalayan Sea Salt
- $\frac{1}{2}$ Tsp Vanilla Extract
- $\frac{1}{2}$ Cup Chopped Pecans

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Place peeled sweet potatoes in a large pot of water and bring to a boil. Simmer about 15 minutes or until tender. Drain and cool.
3. Place potatoes in a large bowl and add maple syrup, butter, salt and vanilla. Mash with a potato masher or fork.
4. Fold in $\frac{1}{4}$ cup of pecans and pour mixture into an 11 inch by 7 inch greased glass baking dish. Sprinkle with remaining pecans. Bake at 350 degrees F for 35 minutes or until golden brown.

Maple Dijon Brussels

PREP TIME

5 Minutes Prep

15 Minutes Cooking

SERVES

3-4

INGREDIENTS

- 1 Lb Brussels Sprouts
- 1-2 Tbsp Coconut Oil
- 2 Tbsp Dijon Mustard
- 2 Tsp Balsamic Vinegar
- Pink Himalayan Sea Salt & Freshly Ground Black Pepper to Taste

DIRECTIONS

1. Slice brussels sprouts in half. Heat coconut oil in a deep pan. Toss the brussels in oil, add salt and pepper. Saute, stirring or tossing occasionally, until sprouts become tender and browned.
2. Meanwhile, mix the mustard, maple syrup and balsamic in a small bowl.
3. Once brussels are browned, top with mustard mixture. Heat from an additional minute before removing and serving.

Mashed Cauliflower

PREP TIME

5 Minutes Prep

5-7Minutes Cooking

SERVES

4-6

INGREDIENTS

- 1 Large Head of Cauliflower, Chopped
- 1-2 Cups Warm Coconut Milk
- 2 Tbsp Grass Fed or Raw Butter
- Pink Himalayan Sea Salt & Freshly Ground Black Pepper to Taste

DIRECTIONS

1. Fill the bottom of a pot with 2 inches of water. Set up steamer and insert chopped cauliflower. Cover with lid and steam over medium-high heat for 5-7 minutes, until the cauliflower is tender.
2. Heat coconut milk until warm.
3. In a high powered blender or food processor combine steamed cauliflower, coconut milk, butter, salt and pepper.

Lemony Fresh Brussels

PREP TIME

10 Minutes Prep

20-30 Minutes Cooking

SERVES

4-6

INGREDIENTS

- 2 Lbs Brussels Sprouts
- 1 Lemon
- 1 Lime
- ¼ Cup Olive Oil, Cold Pressed in a Dark Bottle
- Pink Himalayan Sea Salt & Freshly Ground Black Pepper to Taste

DIRECTIONS

1. Preheat oven to 350 degrees F. Slice brussels sprouts in half and place in a large bowl.
2. Juice lemon and lime into a small bowl. Add olive oil.
3. Combine juice mixture with brussels sprouts in the large bowl and mix well.
4. Allow at least 30 minutes to marinate, tossing occasionally.
5. Place brussels sprouts on a large pan with tin foil. Add salt and pepper to taste.
6. Bake for 35 minutes or until golden brown.

Healthy Cranberry Sauce

PREP TIME

10 Minutes Prep

10 Minutes Cooking

SERVES

3-4

INGREDIENTS

- 1 Package Cranberries
- 1 Pineapple
 - 1 Cup Diced
 - 1 Tsp Juice
- 3-4 Oranges
 - 1 Cup Orange Juice
 - 1 – 2 Tsp Orange Zest

- 1 Tsp 100% Pure Maple Syrup

DIRECTIONS

1. In a blender, blend the pineapple and 1 teaspoon of pineapple juice until it becomes pureed.
2. In a medium saucepan, heat orange juice, pureed pineapple mixture, orange zest and maple syrup.
3. Add the cranberries after a few minutes.
4. Cook until the cranberries pop and break down (about 10 minutes).
5. Remove from heat and transfer to a bowl. The mixture will thicken while it stands. Serve immediately or refrigerate. Enjoy!

Green Beans Almondine

PREP TIME

10 Minutes Prep
20-30 Minutes Cooking

SERVES

4-6

INGREDIENTS

- 1/2 Lb Green Beans
- 1/3 Cup Slivered Almonds
- 2 Tbsp Olive Oil, Cold-Pressed in a Dark Bottle
- Pink Himalayan Sea Salt & Freshly Ground Black Pepper to Taste

DIRECTIONS

1. Heat pan or skillet on medium heat.
2. Add 1 tbsp of olive oil, almonds and sea salt to pan.
3. Saute until browned. Set aside.
4. Add green beans and 1 tbsp of olive oil to the same pan and cook on medium heat. Stirring continuously until bright green slightly crunchy.
5. To serve, garnish green beans with toasted almonds.

Cranberry Apple Walnut Salad

PREP TIME

10 Minutes Prep

10 Minutes Cooking

SERVES

4-5

INGREDIENTS

- 1 Large Bunch of Kale
- 1 Green Apple
- ¼ Cup Walnuts
- ¼ Cup Dried Cranberries
- 4 Tbsp 100% Pure Maple Syrup

DRESSING

- 2 Tbsp Olive Oil, Cold Pressed, Stored In A Dark Bottle
- 4 Tbsp Raw Apple Cider Vinegar
- 1 Tsp Cinnamon
- Pink Himalayan Sea Salt & Freshly Ground Black Pepper to Taste

DIRECTIONS

1. Heat pan or skillet on medium heat. Add walnuts and maple syrup. Stir consistently until walnuts begin to brown and get sticky. Transfer to wax paper to cool.
2. Chop kale and green apple. Place in a large bowl. Add walnuts and cranberries.
3. For dressing, mix olive oil, apple cider vinegar, cinnamon, salt and pepper in a small bowl.
4. Pour dressing on salad and enjoy!

Pear and Pomegranate Salad with Candied Pecans

PREP TIME

10 Minutes Prep

10 Minutes Cooking

SERVES

4-5

INGREDIENTS

- 4-5 Cups Organic Spinach
- 1 Pomegranate, Seeded
- 1 Pear, Chopped
- ¼ Cup Pecans
- ¼ Cup Dried Cranberries
- 3 Tbsp Raw Local Honey
- ⅓ Cup Pepitas (Pumpkin Seeds)

DRESSING

- 4 Tbsp Olive Oil, Cold Pressed, Stored in a Dark Bottle
- 2 Tbsp Balsamic Vinegar
- Pink Himalayan Sea Salt & Freshly Ground Black Pepper to Taste

DIRECTIONS

1. Heat pan or skillet on medium heat. Add pecans and honey. Stir consistently until pecans begin to brown and get sticky. Transfer to wax paper to cool.
2. Chop pear and seed pomegranate. Place in a large bowl of spinach. Add pecans, cranberries, and pepitas.
3. For dressing, mix olive oil, balsamic vinegar, salt and pepper in a small bowl.
4. Pour dressing and enjoy!

DESSERTS

Chocolate Thin Mints

PREP TIME

15 Minutes Prep

8 Minutes Cooking

SERVES

24

INGREDIENTS

- 1 ½ Cups Almond Flour
- ¼ Cup Pure Cocoa Powder
- ¼ Tsp Baking Soda
- ⅛ Tsp Pink Himalayan Sea Salt
- 2 Tbsp Coconut Oil, Melted
- ⅓ Cup Honey
- 1 Tsp Pure Peppermint Extract

DIRECTIONS

1. Preheat the oven to 325 degrees F. Line a large baking sheet with parchment paper.
2. In a large bowl, sift together the almond flour, cocoa powder, baking soda and salt.
3. Using an electric mixer, beat the oil, honey and peppermint until creamy.
4. Add the dry ingredients to the wet, mix well.

5. Divide the dough into 2-3 portions and roll out each portion to ¼ inch thick between 2 sheets of parchment paper. Using a cookie cutter, cut into shapes and transfer to the prepared baking sheet.
6. Bake for 8 minutes. Remove from the oven and allow to cool for 5 minutes, then transfer to a wire rack to cool completely.

Salted Caramel Pecan Pie

PREP TIME

20 Minutes Prep

20 Minutes Cooking

SERVES

8

INGREDIENTS

CRUST

- 1 Cup Cashews, Soaked for 3 Hours, Rinsed and Strained
- 1 Tbsp Coconut Oil
- 1 Tbsp Honey
- 1 Tsp Vanilla
- ½ Cup Shredded Coconut

FILLING

- 1 Packed Cup Pitted Medjool Dates, Soaked for 3 Hours in 1 Cup Water (Save the Soaking Water)
- ¼ Cup Coconut Oil
- 1 Tbsp Vanilla
- ¼ Tsp Pink Himalayan Sea Salt

TO FOLD IN

- 2 Cups Salted Roasted Pecans, Plus More to Garnish

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Puree cashews, oil, honey, and vanilla crust ingredients in a food processor fitted with the S-curved blade for about a minute. Add the shredded coconut, and puree to form a ball.
3. Using wet hands, press the crust into a glass pie dish. Do not prebake the crust.
4. Add all the filling ingredients including the soaking water to the blender, and puree until smooth. Fold in the pecans, then add the filling to the unbaked crust. Garnish the pie with more pecans.
5. Bake for 10 minutes, then reduce the heat to 350 degrees F and bake for 10 more minutes.
6. Allow to cool and then refrigerate to set.
7. Serve with whipped coconut cream.

Pumpkin Truffles

PREP TIME

15 Minutes Prep

SERVES

12

INGREDIENTS

FILLING

- 1 Can Organic Pumpkin
- ½ Cup Almond Butter
- 3 Tbsp 100% Pure Maple Syrup
- 1 1/2 Tsp Cinnamon
- 1/4 Tsp Nutmeg

COATING

- 1 ½ Cups High Quality Chocolate Chips (at least 70% cocoa)
- ¼ Cup Coconut Milk

DIRECTIONS

1. In a high powered blender or food processor, combine all the ingredients for the pumpkin filling. Blend until smooth.
2. Stick the food processor bowl in the fridge to firm up a little. About 10 minutes.
3. Using a cookie scoop, drop mixture onto a lined baking sheet.
4. Place baking sheet in the freezer to firm while you make the chocolate mixture.
5. To make the chocolate use a double boiler method. Fill a saucepan with water and bring it to a boil.
6. Place a smaller pot on top of the pot with the water. Add the chocolate chips and coconut milk to the small pot and gently melt the chocolate.
7. Once the chocolate is melted, use a spoon to drizzle the chocolate over each truffle.
8. Place in the fridge to firm up the chocolate.
9. Keep these truffles in the refrigerator. You can freeze them for longer storage. Enjoy!

Holiday Chocolate Cake

PREP TIME

25 Minutes Prep

30 Minutes Cooking

SERVES

INGREDIENTS

- 7 Oz Grass-Fed Butter + ½ Tbsp for Buttering Pan
- 3 Tbsp Almond Flour
- 7 Oz Quality Bittersweet Chocolate (preferably over 70% Cocoa), Chopped into Pieces
- ¾ Cup Coconut Palm Sugar
- 5 Eggs, Room Temperature, Separated

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Grease a 9 inch glass pie dish with ½ tbsp of butter, dust with 1 tbsp almond flour, tapping out the excess.
3. Cut the remaining butter into small pieces. Melt butter and chocolate together in a medium bowl set over a pot of simmering water over medium-low heat, stirring occasionally with a wooden spoon. Remove the bowl from the heat and stir in the sugar, then the remaining flour, then the egg yolks, stirring until well combined. Set aside to let cool briefly.
4. Meanwhile, beat the egg whites in a medium mixing bowl with an electric mixer on medium-high speed until soft peaks form, 2-3 minutes. Using a rubber spatula, fold ⅓ of the egg whites at a time into the chocolate mixture. Pour the batter into a prepared pan.
5. Bake the cake until a toothpick inserted in the center comes out with some moist crumbs still attached, 30 minutes. (The cake will rise and the top will crack as it bakes, then collapse on itself as it cools.) Transfer the cake to a wire rack to let cool briefly. Serve warm or at room temperature with whipped coconut cream.

Pumpkin Swirl Cheesecake

Highly Involved, Highly Worth It ;)

PREP TIME

4 Hours Prep

2-4 Hours Cooking

SERVES

12

INGREDIENTS

CRUST

- 2 Heaping Cups Pecan Pieces
- ½ Cup Coconut Flour
- ¼ Cup 100% Pure Maple Syrup
- 2 Tbsp Coconut Oil, Melted
- 2 Tbsp Smooth Almond Butter

- ¼ Tsp Ground Nutmeg
- ¼ Tsp Ground Cloves
- ⅛ Tsp Pink Himalayan Sea Salt

FILLING

- 2 Cups Raw Cashew Pieces, Soaked in Water for at Least 4 Hours (Ideally Overnight)
- ½ Cup Melted Coconut Oil
- ¼ Cup + 1 Tbsp 100% Pure Maple Syrup
- ¼ Cup Canned Full-Fat Coconut Milk
- 2 Tsp Vanilla Extract
- 1 Cup Zucchini, Peeled & Diced
- ¼ Cup Coconut Palm Sugar
- ¼ Tsp Pink Himalayan Sea Salt
- 2-3 Tbsp Freshly Squeezed Lemon Juice
- 1 Cup Canned Pumpkin
- ½ Tsp Ground Cinnamon
- ½ Tsp Pumpkin Pie Spice
- ½ tsp Ground Cloves

DIRECTIONS

CRUST

1. The crust can be eaten raw or baked. If planning to bake the crust, place oven rack in the middle position and preheat the oven to 375 degrees F.
2. To make the crust, place all of the ingredients in the bowl of a high-powered blender or food processor. Process until crumbly and combined, about 30 seconds, scraping down the sides of the bowl as needed.
3. Press the crust evenly into the desired pan, starting with the sides and working down to the middle.
4. To bake the crust, poke around the bottom and sides with a fork to allow steam to escape while baking. Bake for 10-13 minutes or until lightly browned and dry to the touch.

FILLING

1. Line an 8 inch springform pan or an 8-inch square glass pan with parchment paper. Prepare the crust and press it into the prepared pan.
2. To make the filling, drain the soaked cashews, put them into the blender, and process until they are somewhat broken down. Add the coconut oil, ¼ cup of maple syrup, coconut milk and vanilla, and blend until smooth. Next, add the zucchini, coconut sugar, salt and 2 tbsp of lemon juice. Blend until a smooth creamy batter has formed. Taste and add up to 1 tbsp more lemon juice, going by taste to make sure the lemony flavor is there but not overdone.
3. Measure out 2 cups of the batter into a separate container and set aside. Add pumpkin, the remaining 1 tbsp maple syrup, cinnamon, pumpkin pie spice, and cloves to the remaining mixture. Blend until smooth.
4. Pour ½ of the pumpkin mixture into the prepared crust. Then pour ½ of the plain batter over the pumpkin layer. Repeat this process twice. Using a butter knife, gently swirl through the layers to create designs.
5. Place the finished cheesecake in the freezer to set for at least 4 hours. Remove from the freezer and let thaw for 15 minutes before cutting and serving. Store any remaining cheesecake in the freezer for up to 2 weeks.

Pumpkin Pie Cupcakes

PREP TIME

10 Minutes Prep
30-35 Minutes Cooking

SERVES

8

INGREDIENTS

CUPCAKE INGREDIENTS

- 1 Can Organic Pumpkin
- 2 Very Ripe Bananas
- 1/2 Cup Coconut Palm Sugar
- 1 1/2 Tsp Cinnamon
- 1/4 Tsp Ginger
- 1/4 Tsp Nutmeg
- 1/4 Tsp Pink Himalayan Sea Salt

WHIPPED COCONUT CREAM

- 1 Can Full Fat Coconut Milk (Refrigerate Overnight)
- 2 Tbsp 100% Pure Maple Syrup
- 1 Tsp Vanilla Beans

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a food processor or high powered blender, combine all the cupcake ingredients and blend until smooth. You may need to scrape down the sides a few times.
3. Spoon the mixture into lined muffin pans. Bake for 30-35 minutes.
4. Let cupcakes cool completely before removing from the muffin liners. Since they are soft like pumpkin pie, I highly recommend putting them into the fridge after baking to firm up.
5. To make the coconut whipped cream, open coconut milk that has been refrigerated overnight. Scoop the fatty white part off and place in a mixing bowl with the vanilla and maple syrup. Use the whipping attachment and whip the coconut into a cream. Top each muffin with coconut whipped cream. Store in the refrigerator.

Baked Apples (Josh's fall Favorite)

PREP TIME

15 Minutes Prep Time
30-40 Minutes Cook Time

SERVES

5 Apples

INGREDIENTS

- 5 Fuji or Honeycrisp Apples, Organic
- 1/4 Cup Coconut Palm Sugar
- 1 Tsp Cinnamon
- 1/4 Cup Chopped Pecans
- 1/4 Cup Raisins or Dried Cranberries
- 1 Tbsp Butter, Grass-Fed or Raw
- 3/4 Cup Boiling Water

DIRECTIONS

1. Preheat oven to 375°F.
2. In a small bowl add sugar, cinnamon, nuts and raisins and stir to combine.
3. Prepare apples by washing well and cutting out just the core. An apple corer is helpful if you have one.
4. Once the cores are removed, place apples into a baking dish (9"x9" or similar). Stuff each apple with sugar mixture, pressing as much into the cavity as you are able. Any excess mixture can just be sprinkled into the bottom of the dish.
5. Cut the tablespoon of butter into 4 or 6 pieces and press a piece of butter onto the top of each filled apple.
6. Pour very hot/boiling water into the baking dish, pouring around the apples, not directly on top.
7. Bake for 30-40 minutes until apples are tender, but not mushy.
8. Allow to cool slightly and enjoy.

Gingerbread Cookie Dough Truffles

PREP TIME

2 Hours Total Time

SERVES

30 Small Truffles

INGREDIENTS

- 1/4 Cup Unsalted Grass-Fed Butter, Room Temperature
- 1/4 Cup Unsulphured Molasses
- 1/2 Cup Coconut Palm Sugar
- 1/2 Tsp Vanilla Extract
- 1 1/4 Cup Almond Flour
- 1/2 Tsp Ground Allspice
- 3/4 Tsp Ground Cinnamon
- 1 1/4 Tsp Ground Ginger

- 1/4 Tsp Pink Himalayan Sea Salt
- 8 Oz Baking Chocolate (At Least 70%)

DIRECTIONS

1. In a large bowl, beat butter, molasses, and coconut sugar with an electric mixer on medium speed until light and fluffy, 2 to 3 minutes. Add vanilla. Stir in almond flour, spices, and salt. Mix on low speed (or by hand) until incorporated. If dough is crumbly at this point, add almond milk, 1 tablespoon at a time, until it comes together. Cover and chill dough for 30 minutes or until firm enough to handle.
2. Form dough into 1-inch balls and arrange them on baking sheets lined with parchment paper. Place sheets in the freezer for at least 15 minutes. Meanwhile, melt chocolate in a double boiler, being careful not to overheat. Using a fork or dipping tool, dip truffles one at a time in chocolate to cover. Tap fork on the edge of the bowl to shake off excess coating, and return truffles to baking sheets. Truffles will keep, refrigerated in an airtight container, for up to 5 days.

Healthy Hot Chocolate

PREP TIME

1 Minutes Prep

3-5 Minutes Cooking

SERVES

1

INGREDIENTS

- 1 Cup Full Fat Coconut Milk
- 2 Tbsp of Cocoa Powder
- ½ Tsp Honey

DIRECTIONS

1. Pour 1 cup of coconut milk into a small pot, heat coconut milk until warm.
2. Add cocoa powder and honey. Stir and enjoy!