

# NIKKIFIT

## Healthy Thanksgiving Recipes

Created by NIKKIFIT



# Healthy Thanksgiving Recipes

NIKKIFIT

Hi,

Welcome to your personal recipe book! On the next pages, you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

## How to Use

---

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

## Recipe Tips

---

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

## Leftovers

---

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

# Chocolate Strawberry Chia Pudding

4 ingredients · 30 minutes · 2 servings



## Directions

---

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the strawberries and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to five days.

### No Protein Powder

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

### Likes it Sweet

Add a drizzle of maple syrup or honey.

### Likes it Thicker

Use full fat coconut milk instead.

### Additional Toppings

Add granola or cacao nibs on top for crunch.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

## Ingredients

---

**1/4 cup** Chia Seeds

**1 cup** Plain Coconut Milk (unsweetened, from the carton)

**1/4 cup** Chocolate Protein Powder

**1 cup** Strawberries (halved)

# Egg & Beef Breakfast Bowl

7 ingredients · 25 minutes · 3 servings



## Directions

---

1. In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
2. Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
3. Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is roughly 2 cups of the beef mixture.

### More Flavor

Add sea salt, pepper, garlic, onions and/or chili flakes.

### Additional Toppings

Top with sliced cherry tomatoes.

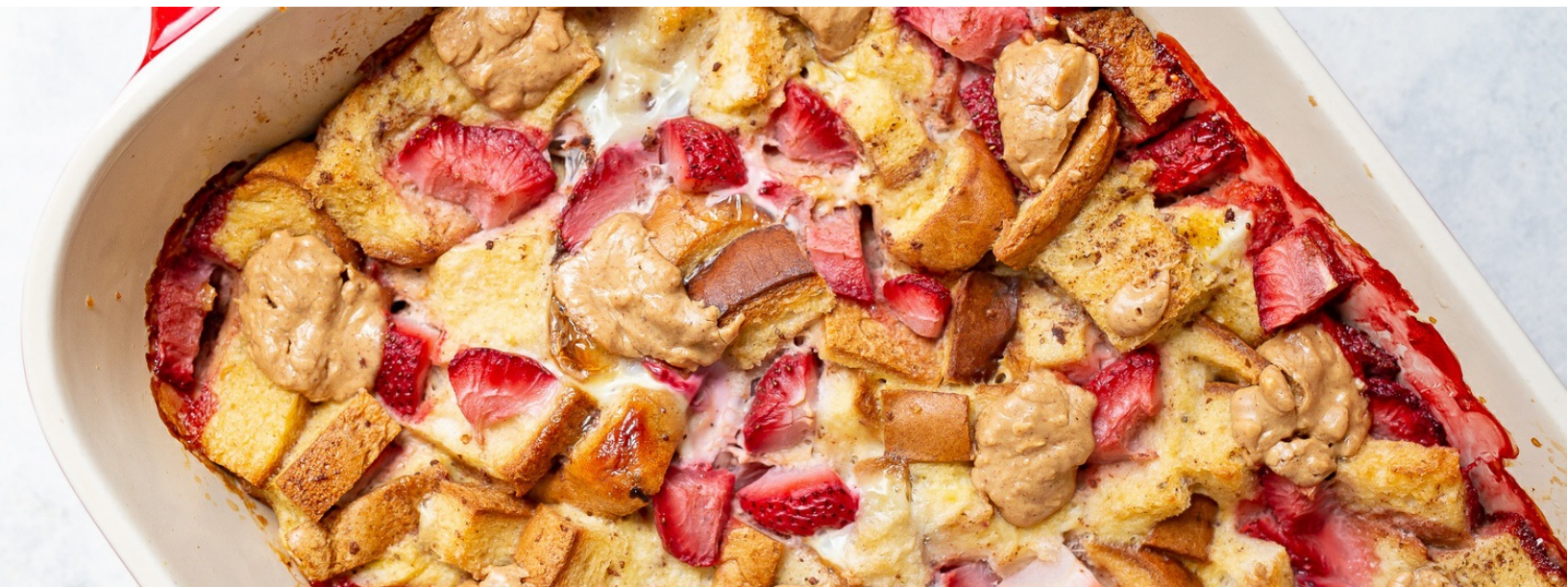
## Ingredients

---

- 1 **tbsp** Coconut Oil
- 1 **lb** Extra Lean Ground Beef
- 1/2 **cup** Mushrooms (sliced)
- 1 **cup** Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 **tbsps** Nutritional Yeast

# Almond Butter & Berry Baked French Toast

9 ingredients · 50 minutes · 6 servings



## Directions

---

1. Preheat the oven to 350°F (175°C) and grease a baking dish with oil or butter.
2. Arrange the bread and strawberries in an even layer in the baking dish.
3. In a mixing bowl, whisk together the almond milk, eggs, maple syrup, vanilla, ginger, and cinnamon. Pour the mixture over the bread and strawberries. Gently press down the bread to ensure all pieces are drenched.
4. Add dollops of peanut butter. Bake for 45 minutes, or until browned and cooked through. If the top is browned before the cooking time is reached, place a sheet of foil or lid on top to prevent burning. Let cool a bit before serving. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

A 9- by 13-inch baking dish was used to make six servings.

### Nut-Free

Use oat milk instead of almond milk. Use pumpkin seed butter, tahini, or cream cheese instead of peanut butter. You can also omit the peanut butter completely.

### More Flavor

Add nutmeg or your choice of additional spices. Top with flaky sea salt.

### Additional Toppings

Serve with maple syrup, nuts, fruits or coconut whipped cream.

## Ingredients

---

- 12 slices Gluten-Free Bread (chopped)
- 2 cups Strawberries (stems removed, chopped)
- 2 cups Unsweetened Almond Milk
- 8 Egg
- 2 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 1 tsp Ground Ginger
- 1 tsp Cinnamon
- 1/4 cup Almond Butter

# Almond Butter Breakfast Bars

9 ingredients · 25 minutes · 9 servings



## Directions

---

1. Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
2. In a mixing bowl, stir together the flour, baking soda, and stevia. Then stir in the eggs, coconut oil, and vanilla extract.
3. Transfer the mixture to the baking dish and spread into an even layer. Drop the peanut butter in dollops across the top, then sprinkle the chocolate chips and oats across the top. Bake for about 12 to 15 minutes or until lightly golden brown and cooked through. Let cool before slicing and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to one week, or freeze if longer.

### Serving Size

A 8 by 8-inch baking dish was used to make 9 servings.

### Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.

## Ingredients

---

- 1 cup Cassava Flour
- 1/2 tsp Baking Soda
- 2 tbsps Stevia Powder
- 3 Egg
- 1/4 cup Coconut Oil (melted, then measured)
- 1 tsp Vanilla Extract
- 1/2 cup Almond Butter (runny, chunky)
- 1/4 cup Dark Chocolate Chips (Sweetend with Stevia )
- 1/4 cup Oats (Gluten Free, rolled)

# Chocolate Pumpkin Energy Bars

7 ingredients · 45 minutes · 6 servings



## Directions

---

1. In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
2. Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
3. In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
4. Freeze for about 30 minutes and slice into bars. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

### Serving Size

One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

### No Pumpkin Seed Butter

Use tahini, sunflower seed butter, peanut butter, or almond butter instead.

## Ingredients

---

- 1/3 cup Pumpkin Seed Butter (melted)
- 3 tbsps Maple Syrup
- 1/2 tsp Ground Ginger
- 1/2 tsp Cinnamon
- 1 1/2 cups Rice Puffs Cereal
- 1/2 cup Pumpkin Seeds
- 1 oz Dark Chocolate (chopped)

# Air Fryer Prosciutto Wrapped Avocado

2 ingredients · 10 minutes · 2 servings



## Directions

---

1. Slice the prosciutto pieces in half. Wrap one piece around one slice of avocado. Repeat until all of the avocado slices are wrapped.
2. Set the temperature on the air fryer to 400°F (204°C). Place the avocado slices inside, ensuring they are spaced out.
3. Bake for 7 to 8 minutes until the prosciutto is crispy. Enjoy!

## Notes

---

### Leftovers

Best served immediately after making.

### Serving Size

One serving is equal to half an avocado wrapped with prosciutto.

### No Prosciutto

Use bacon.

### More Flavor

Season with salt and pepper.

### Additional Toppings

Serve with a ranch dip on the side.

## Ingredients

---

1 Avocado (sliced into wedges)

2 ozs Prosciutto



# Maple Mustard Brussels Sprouts

8 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Toss the Brussels sprouts with olive oil, sea salt and pepper. Spread across the baking sheet and bake for 22 to 24 minutes.
2. While the Brussels sprouts roast, mix the dijon mustard with the maple syrup in a small bowl and set aside.
3. Remove the Brussels sprouts from the oven and toss with the dijon maple dressing. Transfer to a serving dish and top with feta, pumpkin seeds and microgreens (optional). Enjoy!

## Notes

### No Extra Virgin Olive Oil

Use avocado oil instead.

### Leftovers

Store in the fridge in a sealed container for 2 to 3 days.

### Dairy-Free

Omit the feta or use a plant-based cheese instead.

### No Pumpkin Seeds

Omit, or use another type of nut or seed such as walnuts, almonds, or sesame seeds.

### No Dijon Mustard

Use a grainy mustard instead.

## Ingredients

**2 cups** Brussels Sprouts (trimmed and halved)

**1/2 tsp** Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

**1 tbsp** Dijon Mustard

**1 tbsp** Maple Syrup

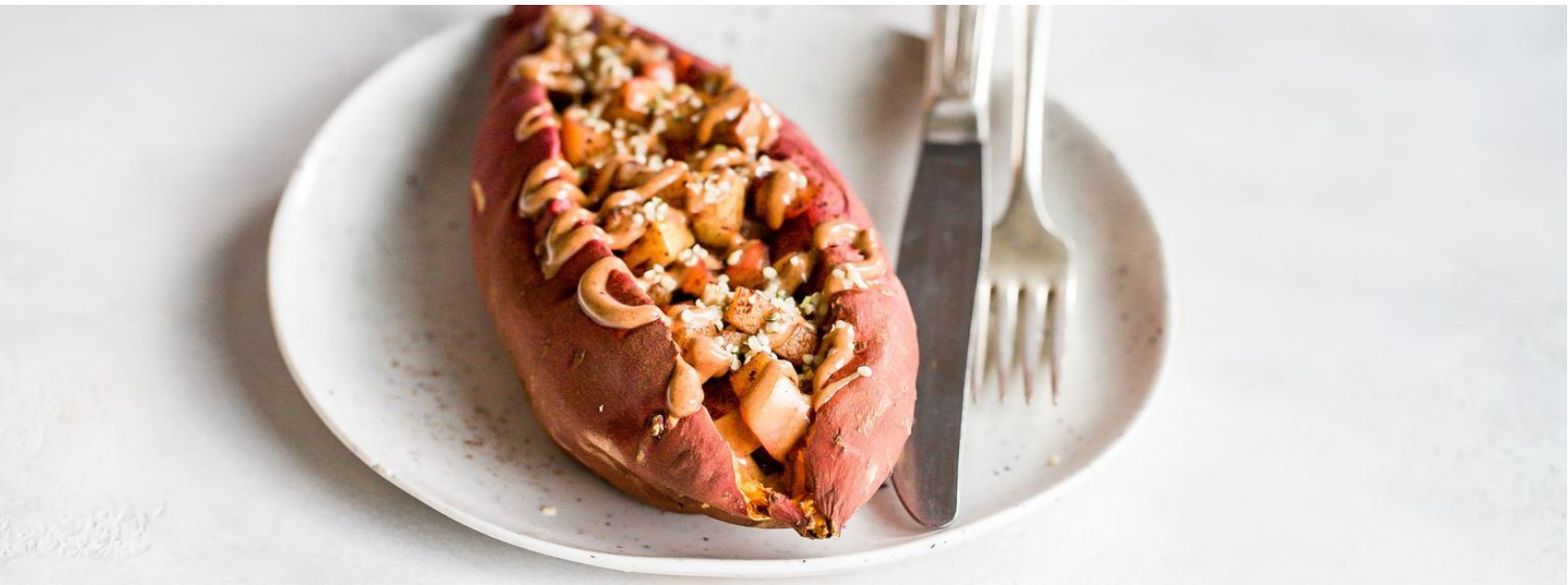
**1/4 cup** Feta Cheese (crumbled)

**2 tbsps** Pumpkin Seeds

**1/4 cup** Microgreens (optional)

# Apple Cinnamon Stuffed Sweet Potato

6 ingredients · 55 minutes · 1 serving



## Directions

---

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the baking sheet and pierce a few times all over with a fork. Place in the oven to bake for 45 to 50 minutes, until cooked through.
2. Meanwhile, heat a small saucepan over medium-low heat. Add the coconut oil and then the apple and cinnamon and sauté, stirring often until softened, about 8 to 10 minutes.
3. Slice the sweet potato open down the middle and add the apple. Add the almond butter and hemp seeds, if using. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Nut-Free

Use sunflower seed butter or tahini instead.

### Additional Toppings

Coconut yogurt, flax, sunflower or pumpkin seeds.

## Ingredients

---

- 1 Sweet Potato (medium)
- 1/2 tsp Coconut Oil
- 1/2 Apple (medium, chopped)
- 1/4 tsp Cinnamon
- 1 tbsp Almond Butter
- 2 tsp Hemp Seeds (optional)

# Dairy Free Mashed Potatoes with Roasted Garlic & Olive Oil

5 ingredients · 30 minutes · 6 servings



## Directions

---

1. Have one head of roasted garlic cooked and ready to go (I usually make a few heads at a time so I can use them as a head start ingredients for salad dressings, hummus and to spread on toast. I've included the recipe in this book).
2. Cut potatoes into hearty chunks. Place into a medium sized pot and cover with enough water to come about an inch above the potatoes. Place over a high heat and bring to a boil. Allow potatoes to boil for about 5-10 minutes or until the chunks are fork tender.
3. Drain water from potatoes and put the potatoes back into the warm pot. Add olive oil, roasted garlic cloves, salt and pepper.
4. Use potato masher (or the back of a fork) to mash the potatoes until you have a nice, hearty, rustic mash. Adjust seasonings and enjoy!

## Ingredients

---

- 2 lbs** Potatoes (scrubbed clean you can use Russet or Yukon Gold, )
- 1/4 cup** + 2 Tablespoons Extra Virgin Olive Oil
- 1 head** Of Roasted Garlic
- 1 tsp** Kosher Salt
- 1 tsp** Pepper (to taste)

# How To Roast Garlic

4 ingredients · 45 minutes · 4 servings



## Directions

---

1. Preheat oven to 400°. Slice off the top of the head of garlic. Drizzle with oil and season with salt and pepper. Wrap in foil and place in a shallow dish. Roast until golden and soft, 40 minutes. Let cool then squeeze out garlic cloves and use on everything.

## Ingredients

---

- 1 Large Head garlic
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Kosher Salt
- 1 tsp Freshly Ground Black Pepper

# Healthy Dairy-Free Green Bean Casserole

12 ingredients · 1 hour 30 minutes · 12 servings



## Directions

1. Add the avocado oil to a large non-stick skillet and heat to medium-high. Sauté the onions, stirring occasionally, until they turn translucent and have softened. Sprinkle in the sea salt. Reduce the heat to medium or medium-low and continue cooking, stirring occasionally, until the onions are deeply golden-brown and caramelized, about 50 to 60 minutes.
2. Remove caramelized onions from the heat and stir in the almond flour. Set aside until ready to use.
3. While onions are sautéing, prepare the rest of the recipe. Bring a large pot of water to a boil on the stove top and chop the green beans into 2-inch pieces. Transfer the green beans to the pot of boiling water and cook until softened, but still al dente, about 8 to 10 minutes. Immediately drain the beans into a colander and set aside until ready to use.
4. Cook the bacon in a large skillet over medium-high heat until crispy, about 5 minutes. Transfer the bacon to a cutting board and leave the drippings in the skillet.
5. Add the chopped mushrooms to the skillet and cook, stirring occasionally, until mushrooms have turned golden-brown and are much smaller than they were when raw, about 5 to 8 minutes. Add the garlic and cook another 2 minutes.
6. Add the coconut milk, oregano, nutmeg and sea salt and bring to a full boil. Sprinkle the flour into the skillet and whisk well to combine. Continue cooking the sauce until it has thickened to a consistency similar to gravy and pulls away from the skillet when stirred, about 5 minutes.
7. Preheat the oven to 375 degrees F.
8. Transfer the cooked and dried green beans to a large (13" x 9") casserole dish and drizzle with avocado oil and sea salt. Use your hands to toss everything together until all of the beans are coated with oil.
9. Transfer the sauce mixture to the casserole dish and stir well until the beans are well-coated in sauce.
10. Evenly distribute the caramelized onions over the green beans. Transfer the casserole dish to the pre-heated oven and bake for 20 to 25 minutes, until the casserole is fragrant.
11. Chop the bacon and sprinkle the crumbles over the casserole.

## Ingredients

- 3 tbsps** Avocado Oil
- 2** Large Yellow Onions
- 1/2 cup** Almond Flour
- 1/2 tsp** Sea Salt (to taste)
- 4 slices** Thick Cut Bacon
- 8 ozs** Baby Bella Mushrooms (chopped)
- 4 cloves** Garlic (minced)
- 1 can** Full Fat Coconut Milk
- 2 tpsps** Italian Seasoning
- 1/4 tsp** Ground Nutmeg (optional)
- 1 tbsps** Cassava Flour (or tapioca flour)
- 1 tsp** Sea Salt (to taste)
- 2 lbs** Fresh Green Beans (trimmed and chopped into 2-inch pieces)
- 2 tbsps** Avocado Oil
- 3/4 tsp** Sea Salt

# The Best Vegan Mac and Cheese You'll Ever Eat

12 ingredients · 1 hour 20 minutes · 6 servings



## Directions

1. \*To make the cashew cheese sauce: soak the cashews in 4 cups of water for at least 2 hours; otherwise I've found that you can easily speed up the process by adding the raw cashews to a pot with water and placing over high heat. Bring water to a boil, then immediately turn off the heat; let the cashews sit for 30-45 minutes in the warm water, then drain.
2. Once the cashews have finished soaking you'll be ready to make the sauce: add drained cashews, garlic, nutritional yeast, almond milk, jalapeno, turmeric, paprika, onion powder, dijon mustard, salt and black pepper to a high powered blender. Blend until a thick sauce comes together. If you want a thinner sauce, add a bit more almond milk. Taste and adjust seasonings as necessary.
3. Cook the noodles according to the directions on the package, until they are al dente. Drain noodles, then add back to pot and stir in your cashew cheese sauce. Taste and adjust seasonings if necessary. You may need more salt! Garnish with freshly ground black pepper. Enjoy!

## Ingredients

- 1 1/2 cups Raw Cashews\*
- 2 cloves Garlic
- 1/2 cup Nutritional Yeast
- 1 1/4 cups Unsweetened Almond Milk (or neutral dairy free milk of choice)
- 1 Jalapeño (you can deseed if you are sensitive to spice, chopped)
- 3/4 tsp Ground Turmeric
- 3/4 tsp Paprika
- 1/2 tsp Onion Powder
- 1 tsp Dijon Mustard
- 1 tsp Salt (plus more to taste)
- 1 tsp Freshly Ground Black Pepper
- 1 lb Shell Pasta\* (GLUTEN FREE Conchiglie, or sub any kind of gluten free pasta you'd like!)
- Freshly Ground Black Pepper

# Dairy-free Mac and Cheese

11 ingredients · 35 minutes · 6 servings



## Directions

---

1. In a medium saucepan with lid, melt oil over medium heat.
2. Add onions and cook, stirring occasionally, until onions start to soften.
3. Add garlic, stir and cook another 30 seconds to a minute or until garlic is fragrant.
4. Add squash, cauliflower and broth and bring to a steady simmer.
5. Once simmering, cover pan with lid and cook until vegetables are very tender, about 15-18 minutes. You may need to lower the heat slightly to maintain a steady simmer and prevent it from boiling.
6. When veggies are very tender, transfer to a blender. Add remaining ingredients and blend until very smooth.
7. Taste and adjust seasoning before pouring over your favorite cooked pasta (or roasted vegetables).

## Ingredients

---

- 1 Medium Yellow Onion (diced)
- 2 cloves Garlic (minced)
- 1 **tbsp** Coconut Or Avocado Oil
- 3 **cups** Cubed Butternut Squash (fresh or frozen)
- 3 **cups** Cauliflower Florets (fresh or frozen)
- 2 **cups** Chicken Broth (substitute vegetable broth for vegan)
- 1 **1/2 tsps** Freshly Squeezed Lemon Juice
- Scant **3/4 Tsp.** Dijon Mustard
- 1 – 1 **1/2 Tsp.** Salt
- 3 **tbsps** Nutritional Yeast
- 1 **lb** Gluten Free Pasta Of Choice

# The Best Sweet Potato Casserole

9 ingredients · 45 minutes · 8 servings



## Directions

---

1. For the sweet potatoes: Add 1 3/4 pounds peeled and cubed sweet potatoes to a large pot of salted water. Bring to a boil over high heat, then lower the heat to a simmer and cook until the potatoes are very tender, 15 to 20 minutes. Drain and cool. Mash the sweet potatoes.
2. For the filling: Preheat the oven to 350 degrees F. Butter a 2-quart baking dish.
3. Whisk together 4 tbsp melted butter, mashed sweet potatoes, unsweet plain almond milk, brown coconut sugar (1/4 cup), vanilla, salt and eggs in a large bowl. Transfer to the prepared baking dish.
4. For the topping: Combine the cassava flour, brown coconut sugar (1/2 cup), butter (4 tbsp) and salt (1/2 tsp) in a medium bowl until moist and the mixture clumps together. Stir in the pecans. Spread the mixture over the top of the sweet potatoes in an even layer. Bake until mostly set in the center and golden on top, 25 to 30 minutes. Serve hot.

## Ingredients

---

- 1/2 cup Butter (Grass Fed )
- 4 Sweet Potato
- 1/2 cup Unsweetened Almond Milk (plain )
- 3/4 cup Coconut Sugar (use brown coconut sugar )
- 1 tsp Pure Vanilla Extract
- 1 tsp Sea Salt
- 2 Egg
- 1/2 cup Cassava Flour
- 1 cup Pecans (chopped)



## 10 Minute Cranberry Jam

4 ingredients · 10 minutes · 10 servings



### Directions

---

1. Add the cranberries and water to a food processor or blender, and pulse until smooth. Transfer the mixture to a small saucepan, and add the chia seeds and stevia. Cook over medium-high heat, stirring constantly, for 3-5 minutes or until the amount of liquid has reduced by half. Transfer the jam to a glass jar with a tight fitting lid, and let it cool to room temperature before covering and refrigerating.

### Ingredients

---

- 1 cup Fresh Cranberries
- 1/4 cup Water
- 1 tbsp Chia Seeds
- 6 Stevia (Use 6-8 packs of stevia)

# Decadent Chocolate Peppermint Truffles

7 ingredients · 20 minutes · 10 servings



## Directions

---

1. Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
2. Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
3. Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
4. In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
5. Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to seven days.

### Serving Size

One serving is equal to approximately two truffles.

### Additional Toppings

Top with crushed up candy cane or shredded coconut flakes.

### More Flavor

For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.

## Ingredients

---

- 1 cup Pitted Dates (packed)
- 3 cups Water (just boiled)
- 1/3 cup Cocoa Powder
- 1/2 tsp Peppermint Extract
- 3 tbsps Coconut Oil
- 1/3 cup Dark Chocolate Chips
- 1/4 tsp Sea Salt (large flakes, for topping)

# Grain Free and Gluten Free Pie Crust

6 ingredients · 35 minutes · 1 serving



## Directions

---

1. Preheat the oven to 350 degrees. Lightly grease a pie plate and set aside.
2. In the bowl of a food processor, pulse together the almond flour, cassava flour, sweetener (if using), and salt.
3. Add the egg and mix until combined.
4. Add the butter and pulse until it's roughly the size of peas.
5. Add the water, one tablespoon at a time, until the dough comes together. You may not need all of it (see note).
6. Gather the dough into a ball and place between two pieces of parchment paper.
7. Roll out into a thick disc, then transfer to the prepared pie plate and use the heel of your hand to press the dough up the sides of the pan. Crimp the edges between your thumb and first two fingers.
8. Place one piece of parchment over the crust, and fill with pie weights or dry beans.
9. Bake for 10 minutes, then remove the pie weights and parchment, and bake an additional 5 minutes.

## Ingredients

---

- 2 cups** Blanched Almond Flour
- 1/2 cup** Cassava Flour
- 1/4 tsp** Heaping 1/4 Teaspoon Fine Sea Salt
- 1** Large Egg
- 1/4 cup** Cold Butter Or Shortening (cut into small cubes)
- 3 tbsps** Ice Cold Water

# Easy Paleo Pecan Pie

11 ingredients · 1 hour · 8 servings



## Directions

1. In a medium bowl, stir together the almond flour, coconut sugar, and salt. Add in the coconut oil and using a fork (or your fingers), cut into the almond flour until the coconut oil is mostly incorporated. Stir in the egg until the dough is slightly moist and forms a ball. There may be streaks of coconut oil running through your dough.
2. Press the dough into a disk and wrap in plastic wrap. Place in the freezer while you prepare the filling, or place in the refrigerator if not using immediately (can keep in fridge for up to 1 week).
3. When ready to bake, roll out your dough in between two sheets of parchment into a 12-inch circle. Lay dough into a 9-inch pie dish (not deep dish).
4. Preheat the oven to 325°F.
5. In large bowl, beat the eggs until slightly foamy. Stir in the maple syrup, coconut sugar, and coconut oil. Whisk together until fully combined. Stir in the almond flour, almond milk, and vanilla. Add the pecans and stir until they are fully coated.
6. Pour the mixture into the prepared pie dough. Bake in the preheated oven at 325°F and bake for 45-50 minutes, or until the top no longer jiggles in the center. Cool completely in the refrigerator before slicing and serving.

## Ingredients

- 2 cups** Blanched Almond Flour
- 1/4 tsp** Sea Salt
- 1/3 cup** Coconut Oil (solid)
- 2 tbsps** Coconut Sugar
- 1** Egg (beaten)
- 3/4 cup** Coconut Sugar
- 1/4 cup** Pure Maple Syrup
- 1/3 cup** Coconut Oil (melted)
- 2** Eggs (room temperature)
- 1 tbsp** Blanched Almond Flour
- 1 tbsp** Almond Milk Or Any Non Dairy Milk
- 1 tsp** Vanilla Extract
- 2 cups** Pecans (roughly chopped)

# Pumpkin Pie Tarts with Coconut Whipped Cream

13 ingredients · 1 hour 30 minutes · 12 servings



## Directions

1. Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
2. Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
3. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
4. Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
5. Gently press each cut-out into a parchment cup to form the crust. Set aside.
6. Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
7. Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
8. In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
9. Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
10. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

## Notes

### No Arrowroot Powder

Use tapioca flour instead.

## Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 Egg
- 1/4 cup Coconut Oil (melted and divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 1/4 cups Pureed Pumpkin
- 1/3 cup Unsweetened Almond Milk
- 2 1/2 tbsps Arrowroot Powder
- 2 tsps Pumpkin Pie Spice
- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

**Homemade Pumpkin Pie Spice**

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

**Pumpkin Pie Squares**

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.

## Pecan Pie Balls

6 ingredients · 20 minutes · 3 servings



### Directions

---

1. Combine chopped pecans, crushed graham cracker crumbs (use food processor), 1 cup dates (soaked in water, drain water before you process in food processor), and vanilla. Stir to combine. Add melted butter only until the mixture comes together and can be easily shaped into balls. (Depending on how you chopped your ingredients, you may have some leftover butter.)
2. Shape pecan mixture into 1-inch balls.
3. Place balls on a parchment-lined baking sheet and place in the refrigerator or freezer for an hour.
4. Melt almond bark according to package directions.
5. Remove balls from refrigerator and dip into the chocolate almond bark.
6. Place dipped balls on parchment or wax paper and let sit until set.

### Ingredients

---

- 2 1/2 cups** Pecan Halves (finely chopped, )
- 1 cup** Graham Cracker Crumbs (crush in food processor )
- 1 cup** Pitted Dates (soak in water for 2-3 hours)
- 1 tsp** Vanilla
- 1/4 cup** Melted Butter (MUST be grass-fed)
- 1 package** Chocolate Almond Bark (or Dark Chocolate of choice)