Cathedral
CENTRE FOR WELLNESS

YOUR HEALTHY HOLIDAY FEAST

AIP Holiday Stuffing

Recipe submission by
Marika Geis

Serves: 4-8

Prep time: 30 minutes
Cook Time: 30 Minutes
Total Time: 60 minutes

Ingredients:

- 2 cups homemade bone broth or meat stock
- 2 cups water
- 4 green plantains
- 1/2 cup of palm shortening or butter/ghee (if tolerated)
- 1 package of mild italian grain free sausage (available at Dad's or the Italian Star Deli)
- 1 yellow onion
- 3-4 stalks celery
- 1½ tsp salt
- 1½ tsp thyme
- 1½ tsp sage
- ½ cup fruit sweetened dried cranberries (optional)

Instructions:

Bring broth and water to a boil over medium high heat
Peel plantains and chop into 1 inch cubes
Add plantains to broth, making sure they are covered and boil until soft, about 20-25 minutes
While the plantains are cooking, melt shortening in a skillet over medium heat
Add sausage, onion and celery and cook until soft, about 5-10 minutes, set aside
When plantains are done cooking, mash the plantains into the broth with a potato masher or fork, leaving some chunks
Add onion mixture, salt, thyme, and sage and mix until incorporated
Place in a greased baking dish, cover and bake at 325 degrees for 30-35 minutes
Dig in and enjoy.

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Recipe submission by Julie Zepp Rutledge

Sweet Potato Casserole

Serves: 4-8

Ingredients:

- 4-5 large sweet potatoes (about 3 c. mashed)
- 2 eggs or "flax eggs"
- 1/3 cup butter*
- 1/2 cup non-dairy milk
- 1/2 tsp sea salt
- 1/2 tsp vanilla

Topping:

- 1 cup ground pecans
- 1/3 cup melted butter*
- 1/3 cup maple syrup
- 1/3 cup rice flour

Instructions:

Boil sweet potatoes until tender, mash. Mix together with eggs, butter, milk, sea salt and vanilla. Pour into a medium sized casserole dish. Stir together topping ingredients and spread over casserole. Bake for 30 mins at 350F.

This is one of my most favorite holiday dishes. Over the years, as I have played around with many different types of cooking and eating, I have learned that I don't need a ton of new cookbooks or recipes to suit my evolving dietary needs and preferences when I can get creative with recipe substitutions. I often encounter recipes that contain foods I no longer, or rarely, eat - like dairy, sugar, sometimes eggs, and gluten and it comes in handy to know what to substitute when healthifying my cooking. Here are a few of my quick tips:

1 egg = 1 Tbsp ground flax or chia soaked in 3 Tbsp water

1 cup butter = 1 pureed avocado OR 3/4 cup coconut oil

1 cup dairy milk = 1 cup unsweetened non-dairy "mylk" (hemp, rice, coconut, almond)

1 cup sugar = 1/2 cup pitted dates soaked in 1/3 cup water and blended OR 3/4 cup coconut sugar OR 1/3 cup maple syrup

1 cup of wheat flour = 3/4 cup rice flour + 1/4 cup arrowroot or tapioca starch + 1/4 tsp xanthum gum

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Lentil Pie

Recipe submission by Allison Ziegler

Serves: 4-8

Crust:

- 4 cups cooked millet chilled*
- 1 cup dry + 2 cups water
- 3 tbsp extra virgin coconut oil
- 2 tablespoons arrowroot flour
- ½ tsp guar gum or 3/4 tsp xanthan gum
- ½ teaspoon sea salt

Cook one cup dry millet with two cups water millet. Bring to a boil, then lower heat to a simmer and cook, covered, for 5 minutes. Turn stovetop heat off yet leave the pot on the stovetop to cook, covered, in its remaining heat for 20 minutes. Chill overnight or for a few hours in the refrigerator. Blend chilled millet in a food processor or blender with the remaining ingredients until smooth. Alternatively, mash ingredients well with a potato masher. Preheat oven to 400F. Press into a large, lightly oiled 9.5 inch pie plate. Use extra virgin olive oil to smooth the surface and to shape the crust with your fingers. Bake for 25 minutes to half an hour. Notes: *If you are using a smaller pie plate you may only need half the required millet. *This crust makes an excellent quiche crust as well! While the crust is cooking, prepare the filling.

Filling:

- 2 cups kale, fine torn
- 1 ½ cups green or brown lentils, cooked* OR one large can, rinsed and drained
- 1 cup carrot, grated on 'medium-large' holes
- 1 red bell pepper, diced
- 2 tbsp oregano
- 2 tsp thyme
  2 tsp dried sage leaves
- ½ cup fresh or thawed cranberries
- 1/2 cup grated parmesan
- dashes of sea salt & pepper

Sauce for filling:

- 1 1/3 cups vegetable broth
- 3 tablespoons or 1/4 cup arrowroot
- powder
- 1 tablespoon coconut aminos
- 1 tablespoon dijon mustard
- 2 teaspoons - 1 tablespoon apple
- cider vinegar
- 1 teaspoon blackstrap molasses or
- maple syrup, optional
- 2 tablespoons whole flax seeds
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- ½ teaspoon sea salt, or to taste
- ¼ teaspoon ground black pepper

Prepare then toss vegetables together in a mixing bowl. Shake sauce ingredients together in a mason jar then pour over vegetables and toss. Transfer vegetables to the cooked millet crust. Arrange with garnishes (fresh cranberries, pecans, and grated parmesan). Bake for an additional 20 - 25 minutes at 350F. Serve with mixed greens.

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Gingersnaps

gluten-free, vegan

Cinnamon sugar:

- 2 tbsp palm or coconut sugar
- 1 tsp ground cinnamon

Dry ingredients:

1 cup brown rice flour
2/3 cup blanched almond flour
1/3 cup arrowroot powder
1 tbsp whole flax seed

- 1 tbsp freshly ground flax seed
- 1/2 tsp ground cinnamon
- 3/4 tsp ground ginger
- 1 tsp gluten-free baking soda
- 1/4 tsp Himalayan rock salt

Wet ingredients:

3 tbsp black strap molasses
1.5 tbsp water
1/2 cup palm sugar
1/4 cup grapeseed oil
2 tbsp canned pumpkin – just pumpkin, not the pie filling

Directions:

1. Preheat oven to 350F and line a baking sheet with parchment paper or a silicon baking mat. Set aside.
2. Combine cinnamon sugar ingredients in a small bowl. Set aside.
3. Place dry ingredients in a medium-sized bowl and combine with a fork. Set aside
4. Combine all wet ingredients in a large bowl with a hand mixer until fully incorporated.
5. Pour dry into wet while the hand mixer is running. Mix for no more than 30 seconds, just until all ingredients are nicely combined.
6. Scoop 1.5 tablespoons at a time and roll into balls with your hands – dough will be sticky, don't worry.
7. Roll balls in cinnamon sugar and place on prepared sheet.
8. Bake for 15-20 minutes. The longer you cook, the crispier they will be.

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Nut-Free Dream Bars

Recipe Source: Angela Liddon from Oh She Glows Every Day Cookbook

Recipe submission & photo by: Kaylee Woolhether from Health Starts Today

gluten-free, vegan, makes 20 small squares

Crust ingredients:

1 tbsp virgin coconut oil, melted, plus more for the pan
1 ½ cups crispy rice cereal
2 tbsp unsweetened cocoa/cacao powder
2 tbsp + 1½ tsp brown rice syrup
Pinch of fine sea salt

Filling ingredients:

- 1 cup sunflower seed butter
- ¼ cup plus 1½ tsp pure maple syrup
- ¼ cup virgin coconut oil, melted
- 1 tsp pure vanilla extract
- 2 pinches of fine sea salt

For the chocolate coating:

¼ cup hulled sunflower seeds
¾ cup non-dairy chocolate chips
1 tsp virgin coconut oil

Directions:

Make the crust- Oil a large loaf pan (about 10- x 6-inches/ 3 L) and then line it with a piece of parchment paper.
In a medium bowl, mix together the crust ingredients until the cereal is fully coated. Spoon the mixture into the prepared loaf pan and spread it out evenly with the back of a spoon. It'll be very sticky, but this is normal. With slightly wet hands, press the mixture down firmly and evenly into the pan. The crust mixture will seem very loose at this stage. Place in the freezer.
Make the filling- Rinse and dry the bowl you used to make the crust. In the bowl, combine the filling ingredients and stir until combined and smooth.
Remove the pan from the freezer (the crust should be firm) and spoon the filling on top of the crust. Spread it out evenly with a spatula. Return the pan to a flat surface in the freezer for about 1 hour, or until the filling is firm. Make the chocolate coating- In a small skilly, toast the sunflower seeds over medium heat, stirring often, for 3 to 5 minutes, until the seeds are lightly golden.
Once the filling is firm, in the top of a double boiler, melt the chocolate and coconut oil over medium-low heat, stirring frequently, until smooth. (Alternatively, melt them in a small pot over low heat, stirring frequently.) Turn off the heat. Spread the chocolate quickly on top of the filling (working fast ensures it doesn't harden up before you've finished spreading the chocolate). Immediately sprinkle on the toasted sunflower seeds before the chocolate sets.
Return the pan to the freezer until the chocolate coating is solid, about 30 minutes.
Run a knife around the edges of the pan to loosen. Lift out the slab by holding the parchment paper and lifting up. Run very hot water over a sharp knife for a couple minutes (this helps the knife cut through the frozen chocolate). Slice the bar into small squares and serve immediately, as they will begin to melt at room temperature. Store any leftovers in an airtight container in the freezer for up to a month.

Paleo Pumpkin Pie-Caken

Recipe submission by: Laura Stark

gluten-free, paleo, 5 recipes in one!

Piecaken = a pie baked into a cake?!... Also 5 recipes in 1!
1) This coconut pie crust recipe can also be made as shortbread cookies;
2) You could just make the pumpkin pie;
3) You could just make this amazing nut-free paleo chocolate cake;
4) You could just enjoy some chocolate avocado pudding OR
5) ...why would you do that when you can have them ALL in one PIECAKEN!

Coconut Pie Crust ingredients:

- ½ cup Coconut Oil or Grass Fed Butter, Melted
- 2 Eggs, Preferably Local Pastured (at room temperature)
- ¼ Teaspoon Sea Salt
- ¾ Cup coconut flour
- 1-3 Tablespoons Raw Honey
- Optional: add more sweetness to taste with liquid stevia

Pie crust instructions:

1. Preheat oven to 400 degrees.
2. In a medium bowl beat butter, eggs, honey and salt together with a fork.
3. Then add coconut flour. Stir until dough holds together.
4. Gather the dough into a ball, then pat into a 8" greased pie pan.
(option: if making the "shortbread cookies, roll dough and cut with cookie cutters)
5. Prick the dough with a fork.
6. Bake for 8-10 minutes or until lightly brown. Let cool.

Pumpkin pie filling ingredients:

- 2 cups pumpkin puree
- 2 eggs
- 2/3 cup almond or coconut milk
- 1 tsp liquid stevia
- ¼ cup honey or maple syrup
- 1 Tbsp coconut flour
- 1 tsp ginger
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp vanilla
- Pinch salt

Pumpkin pie instructions:

1. Blend all ingredients together well and pour into crust.
2. Bake at 350 degrees for 1 hour until centre only jiggles slightly when shaken.
3. Set out to cool then chill in fridge overnight to ensure a firm pie.

Pie-Caken... continued!

Chocolate Cake (nut-free) Recipe

by Jenni Hulet (My Paleo Patisserie)

Ingredients:

1/2 cup palm shortening or ghee
1 cup coconut flour
1/2 cup cocoa powder
2 Tbsp arrowroot flour
Pinch of salt
1 cup full-fat coconut milk
1 cup pure maple syrup or honey
2 tsp vanilla extract
2 tsp apple cider vinegar
1 1/2 tsp baking soda
6 large eggs at room temperature (Yes, they really do need to be at room temperature)

Instructions:

1. Preheat the oven to 325 degrees F.
2. Grease a 9" springform pan and line the bottom with a parchment circle that is cut to fit the pan.
3. In a small saucepan, melt the shortening over gentle heat, then set aside to cool slightly.
4. In a large bowl whisk together the coconut flour, cocoa, arrowroot flour, and salt until blended.
5. Separate the eggs, placing the whites in the bowl of your stand mixer.
6. Place the yolks in another bowl along with the milk, maple syrup, vanilla, vinegar and melted shortening. Whisk to combine.
7. Add the egg yolk mixture to the flour mixture and whisk until the batter is smooth and no lumps remain.
8. Using a hand mixer or the whisk attachment on your stand mixer, beat the egg whites until they look like softly whipped cream (soft peaks).
9. Stir the baking soda into the batter, then use a rubber spatula to immediately beat in one-third of the whipped egg whites to lighten the batter. Gently fold in the rest of the egg whites until only a few streaks of egg white are left.
10. Pour half the batter into the prepared pan, then place your pie, upside down in the pan on top of the cake mix, then pour the rest of the cake batter over the top. Make sure to get cake batter down the sides, and completely cover the top of the pie.
11. Bake for 45 minutes or until a toothpick inserted into the cake comes out clean.
12. Remove from oven and let cool overnight.
13. Once cooled remove from the springform pan and place on a cake plate or round serving platter to be iced.

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Pie-Caken... continued!

Laura's Carob Avocado Pudding (as icing)

Ingredients:

- 1 cup full fat coconut milk
- 4-5 Tbsp carob powder
- 1 tsp vanilla
- ¼ cup unsweetened carob chips
- ½ tsp salt
- 3 dropper fulls of liquid stevia
- 1-2 Tbsp grass-fed gelatin
- 1 large avocado (previously frozen then slightly thawed)
- Optional: extra honey or maple syrup to taste
- Optional: add additional flavouring (I added cinnamon!)

Instructions:

1. In powerful blender, combine all ingredients (except the avocado). Blend well, scraping down the sides of the blender with a spatula.
2. Blend continuously (as possible) while adding the avocado. This will thicken the mixture dramatically and the avocado may need to be pushed down toward the blender blades in order to get fully combined.
3. Once well blended, spread on piecaken as thick delicious icing!

eat, drink, be merry and stay healthy this holiday season!

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