



DELICIOUS KETO HOLIDAY RECIPES

Holiday Turkey

TURKEY (Prepare your turkey as usual but pair it with this amazing stuffing)

PUMPKIN BREAD, SAUSAGE & FETA CHEESE STUFFING

PUMPKIN BREAD (Make a day or two in advance)

After baking let it sit out loosely covered to dry out a bit, and then prior to making the stuffing cut it into cubes and toast in the oven for a few minutes. I served this last Thanksgiving and EVERYONE at the table wanted the recipe.

This bread is also good as a stand alone bread with butter or excellent for French toast. There are many ways to enjoy it!

- ¾ cup butter, melted
- 4 large eggs
- ¼ cup unsweetened almond milk
- 1 cup canned pumpkin puree
- 2 cups almond flour
- 1/3 cup coconut flour
- 4 tsp baking powder
- ½ cup erythritol sweetener
- pinch of salt
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground allspice
- Preheat oven to 350 degrees (F)

Combine the melted butter, eggs, almond milk, and pumpkin puree in a blender and blend until smooth.

Combine the almond flour, coconut flour, sweetener, baking powder, salt, and spices in a medium bowl and stir well.

Pour the blender ingredients into the dry ingredients and stir until well combined and moisture is absorbed.

Line a long, narrow loaf pan with parchment paper and spoon the batter into a 12 x 4 loaf pan.



Bake the bread at 350 degrees in the center of your oven for 60 minutes (or until a knife inserted in the center comes out clean.)

Turn off the oven and leave the bread in there for an additional 15 minutes.

Remove the bread from the oven and then from the pan using the parchment paper base to lift it out.

Cool on the counter or in the refrigerator loosely covered for a minimum of 4 hours, but for best results leave it overnight before slicing.

PUMPKIN BREAD, SAUSAGE & FETA CHEESE STUFFING

- 4 cups cubed pumpkin bread (recipe above)
- 16 oz roll of sage flavored pork sausage
- 1/2 cup onion, chopped
- 1/3 cup chicken or turkey broth
- 2 Tbsp butter
- 1 tsp *Bell's seasoning*
- 3/4 cup crumbled feta cheese
- 2 Tbsp fresh parsley, chopped

Toast the pumpkin bread cubes in a 350 degree (F) preheated oven for 8-10 minutes or until golden brown.

In a medium pan, cook the sausage and onions together until the onions are soft and the sausage is fully cooked (about 5 minutes.) Pour off 1/4 cup of the liquid from the pan.

Add the broth, butter and Bell's seasoning and bring to a boil.

Remove from the heat and gently stir in the bread cubes, feta and parsley.

Transfer to a baking dish and bake at 375 degrees (F) for 20 minutes or until the top is golden brown and slightly crunchy. Serve warm within one hour of baking.



CAULIFLOWER MUSHROOM RISOTTO

If you choose not to do the stuffing or Mushroom soup this is a great option and always a hit.

- 1 tablespoon olive oil
- 2 cloves garlic
- 4 medium baby bella mushrooms
- 1 cup chicken broth
- 1 medium cauliflower, riced
- ¼ cup heavy whipping cream
- ¼ cup Parmesan cheese
- 1 teaspoon tarragon
- Salt and pepper to taste

Chop florets in a food processor. Process them until they're about the size of couscous. Or, buy frozen cauliflower but let it dry on a paper towel to get the moisture out of it .

In a pan cook garlic and mushrooms in a tablespoon of olive oil over medium heat. Add a T of butter for a richer flavor

When the garlic is fragrant, add chicken broth and your riced cauliflower. Stir very well. Lower the heat so that the whole dish simmers and cover. Let steam for 5-7 minutes.

After the cauliflower has cooked a bit, remove the cover and let some of the chicken broth evaporate and cook the cauliflower more. This should take about 5-10 minutes.

Once there is no moisture at the bottom of the pan when stirred, add the heavy cream, parmesan cheese and your spices. Stir until parmesan has melted and serve.

CREAMY MUSHROOM SOUP

Sauté the mushrooms. This is a critical first step and helps deepen the flavor of the mushrooms. And there is something absolutely magical about the combination of melted butter and browned mushrooms. Browning the butter first creates a rich caramel flavor that is spectacular in both sweet and savory dishes.



- 6 tbsp butter
- 2 tbsp fresh sage chopped
- 1 lb mushrooms sliced
- 4 cups vegetable or chicken broth
- Salt and pepper to taste
- 1/2 cup heavy cream

In a large pot, heat butter over medium heat until it begins to brown and turns fragrant, 3 to 4 minutes. Add sage and cook one minute more.

Add mushrooms and stir to coat, then sauté until mushrooms are tender and lightly browned, 4 to 5 minutes.

Stir in stock and bring to a simmer. Cook 4 to 5 minutes more.

Transfer to food processor or blender (in batches, if your processor is not large enough). Blend until smooth.

Return to pot and stir in cream. Serve immediately.

VEGETABLE SIDE DISH OPTION

Favorite veggies – use one or a combination is always popular (asparagus, broccoli, green beans, zucchini) but roast in the oven on a baking sheet covered with Avocado Oil and bacon grease for about 20 minutes at 475°.

Cook bacon in a pan and break up into crumbs. Let the veggies cool slightly and sprinkle bacon on top along with parmesan cheese (both optional but makes it extra delicious)

CAULIFLOWER MASH

Purchase at Trader Joes in the freezer section.

Add a dash of HWC, I T butter, salt and pepper and warm up on medium heat. Don't add water as it directs.

SHORTBREAD CRUST PUMPKIN PIE SQUARES

Shortbread Crust:

- 1 1/4 cups almond flour
- 1/3 cup Swerve Sweetener
- 1/4 tsp salt
- 1/4 cup butter melted



Shortbread Crust:

Preheat the oven to 325F.

In a medium bowl, whisk together the almond flour, sweetener, and salt. Stir in the melted butter until the mixture begins to come together.

Turn out the mixture into an 8x8 baking pan and press firmly into the bottom. Bake 12 to 15 minutes, until just golden brown around the edges.

Remove and let cool while preparing the filling.

Also, this is a great basic crust recipe to use for other fillings such as lemon or lime bars, etc.)

Pumpkin Filling:

- 2/3-1 cup golden erythritol, monk fruit or xylitol
- 1/2 teaspoon kosher salt
- 1 1/2 teaspoon cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon nutmeg
- pinch ground cloves
- dash black pepper freshly ground
- 3 eggs
- pumpkin puree (1 15-ounce can)
- 1 1/4 cup heavy cream
- 1 teaspoon vanilla extract

Mix together in a small bowl the sweetener, salt and spices. Set aside.

Lightly beat the eggs in a large bowl. Add in the pumpkin puree, heavy cream, vanilla extract and continue to beat until thoroughly incorporated. Beat in the sweetener and spices mix.



Pour in the pumpkin filling and bake for 50 minutes until done. The filling didn't begin to rise until about minute 35, and with sugar alcohols it will appear to still not be set. Put a toothpick inserted 2-inches from the edges and they should come out barely moist, and the center should still be jiggly.

Allow the pumpkin bars to cool completely at room temperature, as it will continue to cook and set while cooling. I also always like my pumpkin recipe best after a couple hours in the fridge.

PECAN PIE BARS

I use the same crust as the Pumpkin bars, it's so good and easy and I've tried many other recipes that are more complicated and not as good.

Filling:

- 3/4 cup Butter
- 3/4 cup Powdered monk fruit sweetener blend
- 1 1/2 cup Heavy cream
- 1 tsp Sea salt
- 1/2 tbsp Vanilla extract
- 3/4 tsp Maple extract
- 1 large Egg (at room temperature)
- 2 1/2 cups Pecans (2 cups chopped coarsely + 1/2 cup halves for topping)

Preheat the oven to 350 degrees F

Meanwhile, make the filling. In a large sauté pan (not a saucepan!) over medium-low heat, heat the butter and sweetener for about 5 minutes, stirring frequently, until dark golden brown.

When golden, add the cream and sea salt. Bring to a gentle simmer. Simmer for 15 to 20 minutes, until bubbly, dark golden and thick. The caramel sauce should coat the back of a spoon.

Remove the sauce from heat. Stir in the vanilla and maple extracts or use Lakanto Maple Syrup for flavoring to taste.

Let caramel sauce cool for 15 to 20 minutes, until warm but not hot.

While cooling preheat it to 350 degrees

Once caramel sauce has cooled enough not to cook an egg being added to it (warm is fine), whisk in the egg.



Place chopped pecans evenly into the crust. Pour the caramel/egg mixture over the pecans. Top with pecan halves.

Bake for about 40 to 50 minutes, until the top is dark brown and the filling is set, except some bubbles on the top.

Cool completely, then chill for at least an hour before slicing.

HEAVY CREAM (No need to use sparingly)

Start Cold

You begin by putting your mixing bowl and whisk, (yes, even those to your electric mixer) in the freezer for about 20 minutes to get as cold as possible. You'll also want to make sure that your heavy whipping cream is as cold as possible, too.

Then, you pour all of your ingredients into your super chilled mixing bowl and whisk together on high speed for about a minute until stiff peaks form. And, you are done!

- 1 cup cold heavy whipping cream
- 2 tablespoons swerve or monk fruit
- 1 teaspoon vanilla or other flavorings

For added flavor when mixing I add up to 2 tsp. Cinnamon, sweeten more if needed, to taste. 1 tsp. of Ginger is also a nice addition.

EGG NOG

- 2 cups unsweetened nut milk macadamia or almond
- 2 cups heavy cream or coconut milk*
- 1 cinnamon stick
- 1 teaspoon nutmeg freshly grated, plus more for garnish
- 6 egg yolks
- 1/2-3/4 cup swerve or monk fruit (I use 1/2 cup) *
- 2 teaspoons vanilla extract
- 1/2-1 cup dark rum or bourbon to taste (optional)

Add nut milk, heavy cream, cinnamon and nutmeg to a medium saucepan and simmer for about 8-10 to infuse. Remove from heat and set aside while you prepare the yolks.

Add egg yolks and sweetener to a large bowl and, using a whisk or an electric mixer (easier), beat them until light, fluffy, and most of the sweetener has dissolved



Gradually temper the hot mixture into the egg and sugar mixture. Tempering means adding the hot milks (very!) little by little to your egg mixture while whisking constantly, so your eggs don't curdle.

Return everything to the saucepan and cook over medium/low heat for roughly 8-10 minutes, or until your mixture coats the back of a wooden spoon. Remove from heat and sieve onto a medium mixing bowl. Stir in vanilla and liquor of choice, to taste. Cover and transfer to the refrigerator to chill.

Your eggnog will continue to thicken while chilling. So, give it a good stir right before serving, and feel free to thin it out with a little nut milk until desired consistency is reached.

CHRISTMAS SUGAR COOKIES

I've included a basic sugar cookie recipe but here is a link for 25 cookies. I've tried many of them and they are very good! <https://www.platejoy.com/blog/keto-christmas-cookies>

- 1 cup almond flour or ground almonds
- 1/3 cup coconut flour
- 1/3 cup powdered sweetener
- 1/2 cup unsalted butter softened
- 1/4 tsp baking powder
- 2 tsp vanilla extract
- 1/4 tsp xanthan gum optional

Mix all dry ingredients - almond flour, coconut flour, sweetener, baking powder, xanthan gum (if using).

Add the butter and vanilla extract and blend until you have a smooth dough

Place dough on cling film and roll into a log, about 2 inch in diameter. Chill in the freezer for 15-20 minutes (or in the fridge for 30-40 minutes).

Preheat the oven to 350 F.

Remove log from the freezer and cut off cookies. Place on a baking sheet lined with parchment paper and flatten with your fingers. Leave some space between the cookies - they spread a little.

Bake for 8-10 minutes or until the edges of the cookies are browned. Baking time will depend on the thickness of cookies. Rotate the baking sheet if necessary.



Remove from the oven and let cool completely before handling. Low carb cookies are VERY soft when hot. They crisp up once cooled.

Either make icing or sprinkle sugar on top.

Other variations using same recipe:

- **Low carb gingersnap cookies** – add 1 tsp of ground ginger, 1/4 tsp of nutmeg and 1/4 tsp of cloves
- **Keto cinnamon cookies** – add 2 tsp of cinnamon and 1 tsp of ground coffee.

BASIC CREAM CHEESE ICING

- 4 oz Cream cheese (softened, cut into cubes)
- 2 tbsp Butter (softened, cut into cubes)
- 1/2 cup Powdered erythritol
- 1 tsp Vanilla extract
- 1 tbsp Heavy cream (or more if needed)

Use a hand mixer to beat together the cream cheese and butter, until fluffy.

Beat in the sweetener and vanilla, until well incorporated.

Add cream and beat again, until creamy. You can adjust the amount of cream to desired consistency.

CELEBRATE AND EMBRACE THE HOLIDAY'S! Keto On!

Michelle Borthwick, Keto is Easy Coach

BONUS RECIPES

One of my favorite Keto recipes ,Shrimp Scampi, and a delicious creamy Turkey Soup recipe which is great for leftovers.

CREAMY TURKEY SOUP

- 6 Cups turkey chopped & cooked
- 2 Onions chopped
- 2 Cups celery chopped



- 4 Cups cauliflower finely chopped
- 2 Cups mushrooms fresh chopped
- 2 Tsp fresh basil finely chopped
- 1 Tsp Rosemary
- 2 cloves Garlic smashed
- 4 Tsp coconut oil or butter
- 6 Cups chicken broth
- 2 Cups almond milk unsweetened or richer flavor us HWC
- 1 1/2 Tsp kosher salt
- 1 Tsp black pepper

Using a pot big enough for a soup, saute all vegetables in the basil, garlic, rosemary in oil or butter until lightly golden

Add turkey and broth and simmer for 20 minutes

Reduce heat to low and add almond milk, salt and pepper and simmer 30 minutes

Remove from heat and serve garnished with finely chopped basil, dill or parsley

SHRIMP SCAMPI OVER SPINACH

INGREDIENTS:

- 2 tablespoons olive oil
- ½ onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 tablespoon fresh thyme leaves, chopped
- 2 tablespoons fresh basil leaves, chopped
- 24 large wild shrimp, peeled, deveined and defrosted
- 4 tablespoons grass-fed butter
- 2 tablespoons heavy cream
- 1 tablespoon parmesan cheese
- 2 pounds fresh spinach



Heat a large skillet on medium-high heat, add olive oil. Add onions and garlic and cook until onions and celery are soft and translucent, 5 to 10 minutes. Stir often so garlic doesn't burn.

Add thyme and basil leaves and stir to combine for 1 minute. Move vegetables to the sides of the pan to make room for the shrimp.

Add shrimp to pan and cook for about 2 minutes or until they are pink. Depending on how big your pan is, you may need to cook shrimp in batches. Don't cook the shrimp all the way through.

Remove shrimp and vegetables from pan and put on a plate to rest.

Return pan to burner and turn heat down to medium. Add spinach and cook just until wilted, stir often. Remove from pan and set aside.

Return pan to burner and add butter, cream and cheese. Cook for a couple minutes for cheese to melt and sauce to thicken. Add shrimp and vegetables back to pan and cook for another 2 to 3 minutes. Don't overcook shrimp. Serve shrimp and cream sauce over cooked spinach



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