

Simply Delicious

# Healthy Holiday Recipes



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Created with love

— Marie

**SYNERGY NUTRITION**  
HEALTH &  
Science Meets Practical

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# Menu for a Healthy & Happy Holiday

## Appetizers

Smoked Salmon in Endive Spears  
Kefir Cheese Onion Dip  
Culture Tapenade Variety

Salmon Paté  
Cashew Roasted Red Pepper Dip

## First Course

Festive Squash Soup  
Yucatan Lemon Shrimp Soup  
Raw Beet, Carrot & Apple Slaw with  
Ginger Lime Dressing

Pear & Watercress Salad with Honey Ginger Dressing  
Avocado, Baby Bib & Spinach Salad with  
Tangy Citrus Dressing

## The Main Attraction

Stuffed Roast Turkey  
Festive Fruit & Rice Stuffing  
Holiday Seared Duck  
Blueberry Chutney & Potato Rosti

## Sides

Roasted Root Vegetables  
Baked Fennel  
Black Olive & Rosemary Focaccia

## Desert

Pumpkin Chiffon Chocolate Pie

## Beverages

Spiced Chai Tea  
Lemon Ginger Tea

## This & That: Dressings, Condiments...

Tangy Citrus Dressing  
Honey Ginger Dressing  
Lemon Basil Dressing

Ginger Spice Cranberry Sauce  
Mayonnaise  
Herbamare

## Leftovers That Continue The Cheer

Turkey Pad Thai  
Sunshine Sauce

Coconut Curry Soup

Where appropriate, I've included [hyperlinks](#) to less common ingredients.

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# Appetizers

## Smoked Salmon in Endive Spears

Alternate leaves from white and red endive for a festive display

8 oz salmon filets, remove skins and flake  
¼ cup home-made mayonnaise  
1 tablespoon fresh lemon juice  
1 tablespoon of fresh chopped dill  
1 teaspoon [Lapsang Souchong](#) tea, ground  
handful of chopped scallions  
4 heads of Belgian endive

1. In a small bowl, mix all the ingredients except the endive.
2. Cut your endive heads at the stem to make individual leaves (and use the base a “rose” for the center accent)
3. Spoon small amounts of your trout salad into the spears and arrange on a platter.
4. Garnish w/ fresh dill sprigs.

*Keep your best wishes, close to your heart and watch what happens.*

Tony DeLiso, Legacy: *The Power Within*

## Creamy Kefir “Cheese” Onion Dip

1 cup coconut milk kefir (see [ournutritionkitchen.com](http://ournutritionkitchen.com))  
nylon mesh strainer  
cheese cloth (or unbleached coffee filter)

### The onion dip:

juice of 1 lemon  
2 cloves garlic, crushed  
½ bunch of green onions

1. Set the cheesecloth or coffee filter into the nylon strainer.
2. Pour the coconut milk kefir into the lined strainer, it should not pour through. Place over a bowl and cover with saran wrap, place in the refrigerator for several days to let the whey drain through the filter and the cheese thicken to a cream cheese spread consistency.
3. Use the whey to start cultured vegetables or discard.
4. Place the thickened “cheese” into a serving bowl.
5. Squeeze the lemon juice into your magic bullet or food processor. Add the garlic and the chopped white sections of the onions. Puree.
6. Slice fine the green ends of the onions.
7. Mix the chopped onions and lemon/garlic/onion puree into the kefir cheese. Serve.



## Cultured Tapenade

Makes about 4 pints of various flavors

- 1 cup cauliflower florets, chopped
- 2 carrots, diced
- ½ red bell pepper seeded and sliced
- 1 celery stalk, chopped
- 3 cloves of garlic, peeled and crushed
- 1 teaspoon Sea salt
- 1 teaspoon turmeric
- 1 teaspoon mustard seeds
- 1 teaspoon dill weed
- ¼ cup yellow banana pepper, seeded and sliced
- 2 Tablespoons extra-virgin olive oil

### Black Olive Tapenade

- ¼ cup pitted black olives, preferably niçoise or kalamata

### Tomato version

- ¼ cup sundried tomatoes

### Green Olive Tapenade

- ¼ green olives

### Artichoke Tapenade

- ¼ cup marinated artichoke hearts

1. Mix first ingredients well then divide into 4 cleaned pint canning jars and add the olives or tomatoes or artichokes
2. Add water to within 1 inch of the top
3. Place lids on jars and invert to mix several times. Then loosen the lids and let sit on top of the fridge (or in a warm place) for 2-4 days
4. Strain all liquid from the cultured veggies and re-serve for future ferments or discard
5. Transfer veggies to a food processor and add the olives (or sundried tomatoes, or marinated artichoke hearts, or...) plus the yellow pepper and enough olive oil to keep moist and have the desired consistency (which is somewhat up to you, so drizzle it in while you do the next step)
6. Pulse a few times, but please leave some texture

This tapenade can be stored in the fridge for at least a month and it gets better with time.

Serve over [Seeds Gone Crackers](#), celery sticks...





## Salmon Paté

Serves 4

- 1/2 - 3/4 pound cooked boneless and skinless salmon
- 1/2 cup finely ground cashews
- 1 tablespoon cider vinegar
- 1 teaspoon Cholula hot sauce
- 1-2 tsp salt (to taste)
- 1/2 cup snipped chives

1. Preheat the oven to 350oF. Coated two small (2"x4") mini loaf pans with olive oil. Note: you can use different sized pans and just adjust the baking time.
2. In a blender or Magic Bullet, cream the salmon until well blended.
3. Add the cashews, vinegar, hot sauce and salt and blend until creamy. It is very thick and will need a strong blender or do it in batches in the Magic Bullet.
4. Fold in the scallions using a spoon, not the blender.
5. Spread the mixture into the prepared pan and bake until puffed up and golden brown, about 20 minutes. Remove and let cool completely. Chill for at least 2 hours before turning out onto a platter or plate and serving.

## Cashew Roasted Red Pepper Dip

Yields about 1 1/2 cups

**Blend together in a Magic Bullet or food processor:**

- 1 cup raw cashews soaked overnight in filtered water additional filtered water as needed for consistency
- 2 large roasted red bell peppers
- 1/4 cup extra virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 clove garlic
- 1 teaspoon herbamare or to taste (see condiments page)

*A friend is a gift you give yourself.*

Robert Louis Stevenson



*The healing power of whole foods*

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# First Course

## Festive Squash Soup

Serves 4

- 4 pounds whole butternut squash (about 2 medium), halved lengthwise and seeds removed
- 2 tablespoons pasture butter ( $\frac{1}{4}$  stick)
- 1 medium granny smith apple, peeled & cored
- $\frac{1}{2}$  medium yellow onion, diced
- 8 fresh sage leaves
- $2\frac{1}{2}$  cups vegetable, [chicken or turkey broth](#)
- $2\frac{1}{2}$  cups water (to desired soup consistency)
- $1\frac{1}{2}$  teaspoons sea salt or to taste
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- $\frac{1}{2}$  cup coconut milk
- $\frac{1}{2}$  cup toasted pumpkin seeds, for garnish (optional)

1. Heat the oven to 425°F and line a baking sheet with aluminum foil, lightly oiled. Place the squash cut side up on the pan, rub the tops with butter. Roast until knife tender, about 50 minutes to 1 hour. Cool.
2. Melt the remaining tablespoon of butter in a large saucepan over medium heat. Add the apple, onion, and sage, season with salt and pepper, and cook, stirring occasionally, until softened, about 7 minutes.
3. Add the broth, water, and measured salt and pepper, stir to combine, and bring to a boil over medium-high heat. Remove the pan from the heat and set aside.
3. In batches, with a spoon scoop the squash flesh into a blender or vitamix then add a portionate amount of broth/onion mixture. Purée the soup in batches until smooth. Pour back into a stock pot and warm to serving temperature.
6. Add the coconut milk. Taste and season with salt and pepper as needed.
7. Ladle into serving bowls. Serve garnished with the pumpkin seeds, if using.

## Yucatan Lemon Shrimp Soup

Serves 4

- 4 cups chicken or turkey broth
- 1 medium onion, cut into quarters
- 2 jalapeño peppers, seeded and quartered
- 8 cloves garlic, crushed and peeled
- 3 tablespoons finely grated lemon zest
- $\frac{1}{2}$  teaspoon cumin seeds
- 1 4-inch cinnamon stick
- 4 whole cloves
- 1 pound raw shrimp, (26-30 per pound), peeled and deveined
- 3 tablespoons fresh lemon juice
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon hot sauce, or to taste (optional)
- $\frac{1}{2}$  cup chopped fresh cilantro

1. Bring broth, onion, jalapeños, garlic, zest, cumin seeds, cinnamon stick and cloves to a simmer in a large saucepan or Dutch oven. Cover, reduce heat, and continue to simmer for 20 minutes. Strain the broth (discard solids).
2. Return the broth to the pan and bring to a low simmer. Add shrimp, lemon juice, salt and hot sauce (if using). Cook until the shrimp are pink and firm, about 3 minutes. Stir in cilantro and serve.



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## Raw Beet, Carrot & Apple Slaw with Ginger Lime Dressing

Serves 6-8

- 3 raw beets washed, peeled, and grated (about 1.5 cups)
- 5 raw carrots washed, peeled, and grated (about 1.5 cups)
- 2 medium granny smith apple, peeled, cored and grated (about 1 cup) (optional)
- 4 tablespoons fresh lime juice (or lemon)
- 1 tablespoon fresh ginger root, very finely grated
- 3 tablespoons extra virgin olive oil

1. Mix together the prepared grated beets, carrots and apples in a serving bowl.
2. Whisk together the lime juice, finely grated ginger root, and olive oil. Note: a Magic Bullet or other high-speed small blending tool makes it unnecessary to grate the ginger first resulting in a smoother dressing.
3. Pour the dressing over the salad, toss and chill until serving.

*The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.*

Helen Keller

## Pear & Watercress Salad with Honey Ginger Dressing

Serves 4

- 1 recipe Honey Ginger Dressing (see condiments)
  - 8 oz. watercress, trimmed and torn into bite-size pieces
  - Sea salt and freshly ground black pepper to taste
  - ½ cup toasted cashews, coarsely chopped
  - 2 firm-ripe pears, quartered, cored, and cut into thirds lengthwise
1. Toss the watercress with enough dressing to coat lightly. Season to taste with salt and pepper.
  2. Divide among 4 plates.
  3. Arrange the pear slices on top and sprinkle with cashews.
  4. Drizzle with the remaining vinaigrette and serve.

## Avocado, Baby Bib & Spinach Salad with Tangy Citrus Dressing

Serves 4

- 1 recipe Tangy Citrus Dressing (see condiments)
  - 1 small ripe avocado, peeled and sliced
  - 5 ounces baby spinach, coarsely chopped
  - 5 ounces bib lettuce, washed and torn
  - ½ small red onion, thinly sliced
  - 2 tablespoons toasted pumpkin seeds
1. Toss all together in a salad bowl
  2. Pour Tangy Citrus Dressing over right before serving, toss and transfer to serving dishes.

### *Wise Old Wisdoms*

A peaceful heart leads to a healthy body.

Encourage others in health, happiness & cooking.

You get what you put your attention on, negative "don'ts" create more "didn't wants" while positive "I'd like" create harmony.

Consciously choose the uplifting.

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# The Main Attraction

## How To Select Your Turkey

**Self Basting:** The standard turkeys you'll find in supermarkets are injected with salt, corn or soy oil, and sometimes herbs, spices, and preservatives in an effort to retain the turkey's flavor throughout extended freezing. Although self-basting turkeys require less basting during roasting, they're definitely not on the "healthy" side of the equation and injecting meat so far ahead of cooking can give it a mushy texture and insipid flavor. Self-basted turkeys are often not labeled as such, so be sure to check the ingredients list: If you see anything other than "turkey," chances are it was self-basted.

**Kosher:** farmed according to Jewish dietary customs, with strict rabbinical supervision, fed a vegetarian diet free from antibiotics, and has undergone a salting process after slaughter that gives the meat a moist and juicy texture when roasted.

**Organic:** The organic label is regulated by the USDA and requires that all turkeys sold as organic be raised free-range, without the use of antibiotics, and fed an organic and vegetarian diet of grains and grasses that have not been treated with pesticides.

**Natural:** there's no government guarantee to back up the "natural" label, they are generally cheaper than organic, and not all natural turkeys are created equal. Read the label; it should say antibiotic-free, free-range, and/or raised on a vegetarian diet. But skip the "hormone-free, bragging; ALL poultry products sold with the USDA seal (including eggs) are hormone-free.

**Free Range:** a bird that is not raised in a cage and is free to graze on any grasses or grains it can find. Labeling regulated by the USDA but can be very small pastures.

**Buy about 1.5 pounds of whole turkey per person**



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# How to prepare, stuff & roast your turkey

**Defrost & Clean:** If your bird is not fresh, it will take at least a day to thaw at room temperature. If it is a high quality (non-commercially-rised and cleaned) it likely will have a few quills or residues. Use pliers to pluck and the rinse the bird well. Pat dry

**Butter Rub:** take a stick of pasture butter and rub the entire surface of the bird. If you want to add moisture to the breast meat, before you rub butter over the outside of the turkey, gently lift the skin and stuff as much butter as you can manage between it and the flesh, breaking through the white membrane. Replace the skin, then butter rub the skin itself.

**Dry Herb Spice:** Just before roasting, rub a generous amount of Herbamare over the turkey, under the wings and thighs, and on the bottom. Some of the seasoning will be absorbed during roasting, saturating the bird with flavor and bits will stick to the skin to give a crackling texture. Match the spices with your stuffing.

**Arrange in the Pan:** Vital to place your bird on a baking rack or use a pan with preform "lifts or ridges. If you have a smaller bird, the meat will be more tender if you roast breast-side down for the first half of baking. Turning a large, hot, bird is tricky. Recommend arrange those breast side up.

**Stuff & Tie:** If you plan to stuff your turkey, now is the time to spoon your pre-made stuffing into your bird. Use kitchen twine to tie the "ankles" together.

**Bake:** Cover with a double layer of foil if not using a quality turkey pan with a lid. This retains the moisture. A lower baking temperature will take longer. Remove the cover the last half hour in the oven to brown.

Turkey Weight	Time at 325° F
12-14 pounds	3-3 ¾ hours
15-16 pounds	3 ¾-4 hours
18-20 pounds	4 ¼-4 ½ hours
22-24 pounds	4 ¾-5 ¼ hours

Your bird is done when the internal stuffing temperature measured with a thermometer exceeds 165°F-important to kill bacteria. "Rest" your bird at least 15 minutes before carving. The internal temperature will continue to rise a little and it makes the meat more easily carved.

## Festive Fruit & Rice Stuffing

### Soak overnight in filtered water:

- 1 cup uncooked Wehani or [sprouted Gaba](#) rice
- ½ cup uncooked [Forbidden rice](#)
- 1½ cups water
- 1½ cups [chicken or turkey broth](#) (if buy commercia, read the label for cane sugar, why oh why... ?)
- 2 tablespoons olive oil or butter
- 3 cups diced onions
- 3 cups diced celery
- 1 tablespoons water
- 1¾ cups currants
- 2 cup fresh or frozen unsweetened cranberries
- ½ cup dried, unsweetened apricots
- 1 cup diced, unpeeled apples
- ½ cup chopped Italian flat leaf parsley
- 2 tablespoons dried sage
- 1 tablespoons rosemary
- 1 tablespoons thyme
- 2 cloves garlic, crushed
- 1 teaspoon sea salt
- ½ teaspoon pepper

1. Drain and rinse the rice and let it sit, covered, on the counter several hours until you are ready.
2. In a medium saucepan over medium heat, bring 1½ cups water and the chicken broth to a boil. Stir in rices. Cover, reduce heat, and simmer 45 minutes.
3. Stir currants, cranberries, apricots, and apples into the rice and cook another 10 minutes.
4. In the skillet melt the butter or add olive oil and 1 tablespoon water, sauté onions and celery over low-medium heat. Cook until soft, about 10 minutes.
5. In a large bowl, mix the onion mixture into the rice mixture. Mix in the Italian parsley and other seasonings.
6. Stuff into poultry cavity and bake following recommended time guidelines for the size and type of bird or vegetable that you are using.



*The healing power of whole foods*

# Holiday Seared Duck, Blueberry Chutney & Potato Rosti

Serves 4

## Pan-seared duck:

4 duck breasts

- 1 tablespoons paprika
- 1 tablespoons salt
- 1 tablespoons garlic powder
- ½ tablespoon black pepper
- ½ tablespoon onion powder
- ½ tablespoon cayenne pepper
- ½ tablespoon dried leaf oregano
- ½ tablespoon dried thyme

Special equipment: a 6-8 inch cast iron pan

## Blueberry Chutney:

- 10 ounces (~2 cup) fresh or frozen blueberries
- 1½ tablespoon lemon juice vinegar
- 2 teaspoons peeled & minced ginger
- ¼ teaspoons sea salt
- ¼ teaspoons ground cinnamon
- ¼ teaspoons crushed red pepper (more if you like it spicy)
- pinch ground cloves

## Potato RostiPotato Rosti:

- 4 Yukon Gold potatoes
- ½ stick pasture butter, melted
- 2 tablespoons chopped fresh rosemary
- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper
- Duck fat, for frying (use what comes off the duck breasts)

Special equipment: a 12-16 inch cast iron pan

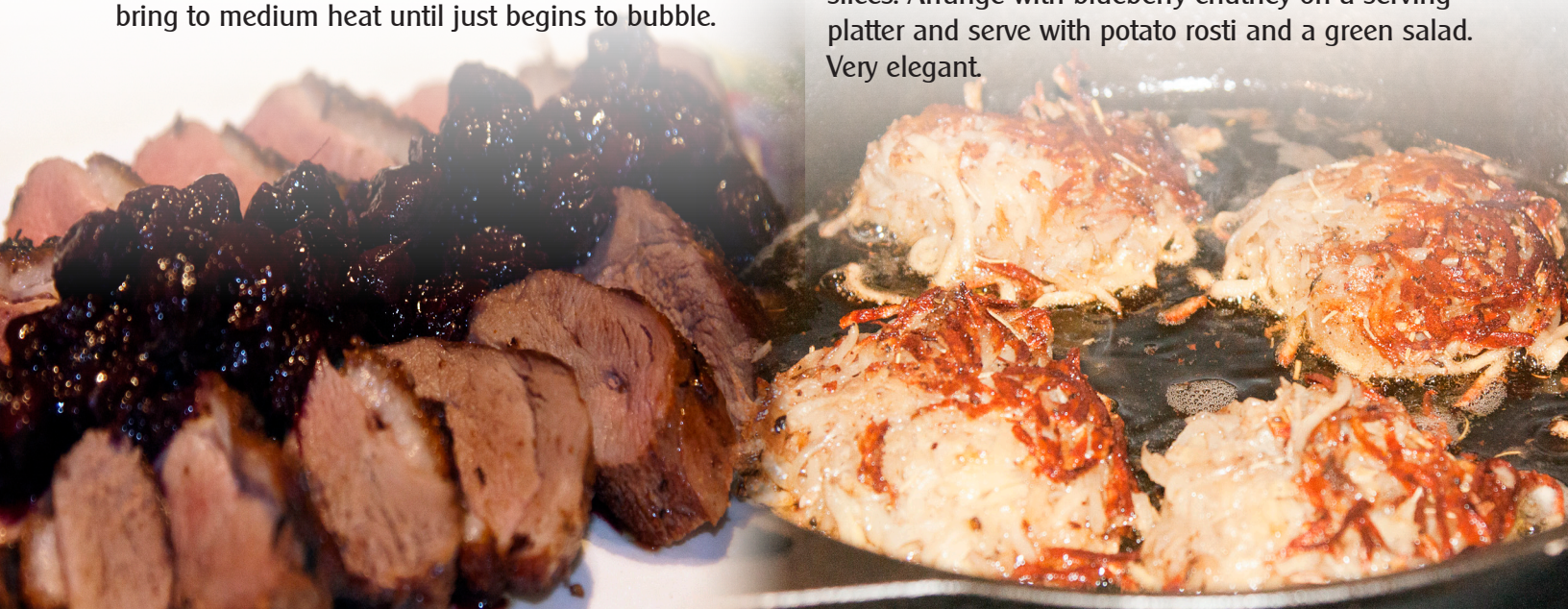
## Make the Chutney:

1. Place all chutney ingredients in a small sauce pan, bring to medium heat until just begins to bubble.

Reduce the heat to low and simmer for 45 minutes or until thickened, stirring occasionally to prevent scorching. Cool to serve. Chutney can be made ahead and stored up to two weeks.

## Make the Duck and Potato Rosti:

2. Preheat the oven to 400 degrees F.
3. Sprinkle both sides of each duck breast with the herbs and spices. Set aside.
4. Grate the potatoes. Squeeze out excess liquid using your hands—much like wringing out a sponge. Toss the potatoes with the melted butter, rosemary, salt, and pepper. Set aside.
5. Add the olive oil to the small cast-iron skillet. Warm over medium heat.
6. When the oil is hot, add the duck breast, skin side down. Sear for 6 minutes.
7. Pour the duck fat off into the larger cast iron skillet to cook the rosti. Place over medium heat.
8. Flip the duck breast over and place the entire skillet in the oven to roast for 8 to 10 minutes for medium rare (less time if breasts are smaller).
9. Drop potato mixture into the warmed duck fat making small ¼-inch thick or so cakes. Simmer the rosti in duck fat until golden brown, about 5 minutes. This is about when the duck breasts are done baking—pour into the rosti skillet any additional duck fat from the baked breasts. Set the duck aside to rest 2 to 3 minutes.
10. Flip the rosti in the pan and add more duck fat. Continue cooking until golden and crisp. If making large batches, you can place the finished rosti onto an unlined baking sheet and continue cooking the rest of the potato mixture. Reheat rosti in a 400 degree F oven for 10 minutes.
11. Slice each duck breast, on the bias, into ½ inch slices. Arrange with blueberry chutney on a serving platter and serve with potato rosti and a green salad. Very elegant.





## Sides

### Roasted Root Vegetables

- 1 yam
- 3 red potatoes
- 2 yellow beets
- salted water for boiling
- 1 yellow onion
- ¼ cup olive oil
- 2 garlic cloves, crushed
- ½ tablespoon tarragon
- ½ tablespoon rosemary
- ½ teaspoon sea salt
- ½ tablespoon fresh ground black pepper

1. Peel all the root vegetables and slice thick, then slice in half again.
2. Bring a pot of salted water to boiling and add the above prepared root vegetables.
3. Boil about 10 minutes until just tender; do not overcook as you want them to retain their shape and not fall apart. Check by inserting a fork to check softness, you want to feel some resistance but not like when they were raw.
4. Remove vegetables from heat and drain the water (can prepare ahead to this point).
5. In a bowl, mix the olive oil, crushed garlic, tarragon, rosemary, salt and pepper.

6. Thinly slice the onion lengthwise.
7. Add the sliced onion and pre-cooked root vegetables to the bowl of seasonings and toss thoroughly. The seasoned oil should evenly coat all the vegetables.
8. Spread the seasoned vegetables on a baking tray.
9. Place a rack about 6 inches from your broiler and turn the broiler on, in my oven a med-hi setting works best.
10. Place the veggies under the broiler to brown. Check them frequently or watch through your oven window. Depending on heat and distance this takes about 3-5 minutes.
11. Stir or turn the veggies to evenly brown them.
12. Transfer to a serving dish when evenly golden brown to your liking.

*If we are creating ourselves all the time,  
then it is never too late to begin creating  
the bodies we want instead of the ones  
we mistakenly assume we are stuck with.*

Deepak Chopra

## Black Olive & Rosemary Focaccia

Serves 4

- ¼ cup arrowroot or tapioca flour
- ¼ cup coconut flour
- ¼ teaspoon baking powder
- ⅛ teaspoon sea salt
- ¼ cup extra virgin olive oil
- 4 large eggs
- 16 black pitted kalamata or botija olives, sliced
- 1 small garlic clove, finely minced
- 4 to 5 small branches of fresh rosemary, stems removed
- 1 oz sheep or goat's milk feta, crumbled (diet appropriate)

1. Pre-heat oven to 350 degrees. Prepare a loaf pan or muffin pans by lightly oiling.
2. In a small bowl combine the tapioca, coconut flour, baking powder and salt.
3. Crack the eggs into the center of the dry mixture and lightly beat then begin to mix with the dry ingredients. Pour the olive oil in and continue mixing until smooth, no lumps.
4. Stir in the olives, garlic, rosemary and crumbled feta if using.
5. Pour the batter into a prepared loaf pan and bake for about 25 minutes until the tops are just lightly golden. (muffins take about 14 minutes until the tops were cracked and golden.)
6. Remove from oven and set to cool on a wire rack.
7. Loosen from loaf pans and serve with [pasture butter](#).

## Baked Fennel

Serves 4

- 2 fennel bulbs
  - 1 clove of garlic, minced
  - olive oil
  - a few pieces of [pasture butter](#), chopped
  - ½ cup chicken or vegetable broth
- optional:
- ¼ cup of grated high quality crumbled raw goat cheese if your diet allows

1. Preheat the oven to 350 degrees F.
2. Trim the discolored bits of the fennel. Remove the fronds and set aside.
3. Cut the fennel into thin slices using a sharp knife.
4. Pour a couple of tablespoons of oil into a baking dish and add the minced garlic.
5. Put the sliced fennel into the dish and toss everything together.
6. Pour the broth over the fennel. Scatter the bits of butter on top.
7. Bake for about half an hour.
8. Garnish with the fennel fronds.

# Desert

## Pumpkin Chiffon Chocolate Pie

Makes 1 pie with surprising combinations of chocolate and traditional pumpkin pie flavors.

### Chocolate Nut Crust

- 1 cup raw cashew pieces
- 1 cup raw pumpkin seeds
- ½ cup raw pecan pieces
- ¼ cup coconut sugar
- ¼ cup raw cacao or unsweetened cocoa powder
- ¼ cup organic coconut oil, melted
- 2 tablespoons maple syrup

### Pumpkin Chiffon

- 1¾ cup cooked pumpkin or 15-ounce can (NOT pumpkin pie filling)
- ⅓ cup coconut cream\*
- ⅓ cup coconut sugar
- ⅓ cup virgin coconut oil, melted
- 1 tablespoon coconut flour
- 2 teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground allspice
- ¼ teaspoon sea salt

### Candied Pecans

- ½ cup pecan halves
- 2 teaspoons coconut sugar

### Meringue topping

- 4 large egg whites
- 1 cup coconut sugar
- 1/2 teaspoon vanilla extract

\*chill a can of coconut milk, the thick white coconut cream separates from the water. Discard the water.

### Make the crust

1. Preheat the oven to 400°F. Grease a pie pan
2. In a Magic Bullet or food processor, process the cashews, pumpkin seeds, pecan pieces, coconut sugar, and cacao or cocoa powder until finely ground, about 30-45 seconds.
3. Add the coconut oil and maple syrup. Process to combine, about 15 seconds until holds together.
4. Using your hands, press the dough into the pie plant and evenly up the sides.
5. Place parchment paper into the pie dish on top of the crust. Fill the pie with dried beans or pie weights. Bake the crusts for 10 minutes. Set aside to cool.

### Make the Pumpkin Chiffon

1. In batches in the Magic Bullet, or in a food processor, combine all ingredients for the pumpkin chiffon.
2. Process until completely smooth. (If blending in batches, put each into a mixing bowl and then mix completely to ensue evenness.)
3. Spread the pumkin mixture into the pie crusts and refrigerate until firm, 3-4 hours. Keep refrigerated.

### Candied pecans

1. In a seasoned cast iron griddle, saute the pecans over medium heat for 3 minutes, stirring occasionally.
2. Sprinkle with coconut sugar. Stir constantly until sugar is melted and pecans are shiny, 3 to 5 more min.
3. Transfer to prepared baking sheet to cool.

### Meringue Topping

1. Place the egg whites and sugar in a glass bowl. Whisk to combine.
2. Place a couple inches of water in a saucepan over medium heat. Place the mixing bowl of egg whites on top of the saucepan to create a double-boiler.
3. Whisking occasionally, heat until egg mixture is warm and sugar has dissolved, four to five minutes.
4. Once warm, remove from heat and beat the egg mixture on high until the outside of the mixing bowl is cool. Add in the vanilla and beat until medium-stiff peaks form.
5. Dollop or pipe meringue on top of the well-chilled pie filling. Gently toast the top of the meringue in the broiler or with a kitchen torch, if desired.
6. Decorate the edges with candied pecans and serve or return to the refrigerator until ready for desert.



# Beverages

## Spiced Chai Tea

Makes 6 cups

- 2-inch piece fresh ginger, peeled and cut into thin rounds
- 4 cinnamon sticks
- 2 teaspoons black peppercorns
- 10 whole cloves
- 6 cardamom pods (or ½ teaspoon of whole cardamom)
- 2 cups cold water
- 6 bags of black tea (Darjeeling is best)
- 2 cups coconut milk
- ¼ cup real Maple syrup

1. Using mallet or back of large spoon, lightly crush or bruise spices.
2. Add water and bring to a boil over high heat.
3. Reduce heat to medium-low, cover, and simmer gently 10 minutes.
4. Remove from heat, add tea bags and steep 5 minutes.
5. Discard tea bags and strain liquid through a wire mesh or cheesecloth into another medium saucepan.
6. Add milks and syrup.
7. Bring Chai to simmer over high heat, serve hot.

## Invigorating Lemon-Ginger Tea

Makes 4 cups

- 2-inch chunk of fresh ginger
- 4 cups of pure filtered or spring water
- juice from one lemon
- lemon slices to garnish

1. Chop the unpeeled 2-inch piece of whole ginger into coarse pieces.
2. Place in a 2-3 quart stock pot with quart of pure water. Bring to a boil
3. Reduce the heat, allowing the tea to simmer for 15 minutes.
4. Pour tea through a strainer to remove the ginger chunks. Add the lemon juice.
5. Pour into serving glasses and garnish with a lemon slice.

*Respect your body. Eat well.*

*Dance forever.*

Eliza Gaynor Minden



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# Condiments, This & That...

## Tangy Citrus Dressing

Yields about  $\frac{3}{4}$  cup

Blend together in a Magic Bullet or food processor:

- $\frac{1}{4}$  cup fresh squeezed lemon juice
- 2 tablespoons apple cider vinegar
- $\frac{2}{8}$  cup olive or avocado oil
- 2 cloves garlic, chopped
- 1 teaspoon pepper
- sea salt

## Honey Ginger Vinaigrette

Recipe of Tangy Citrus Dressing plus

- 2 tablespoons very finely minced fresh ginger root
- 1 tablespoon raw honey
- 1 tablespoon Asian sesame oil

## Lemon Basil Dressing

Yields about  $\frac{1}{4}$  cup

Blend together in a Magic Bullet or food processor:

- 3 tablespoons apple cider vinegar
- $\frac{1}{2}$  cup olive oil
- 2 cloves garlic, minced
- zest and juice of one lemon
- 2 tablespoons chopped basil
- salt and pepper to taste

## Ginger Spice Cranberry Sauce

Yields about  $2\frac{1}{2}$  cups

- 12 ounce bag of fresh cranberries (frozen work, adjust the cooking time)
- 1 cup apple cider
- $\frac{1}{2}$  teaspoon dried ginger
- 2 teaspoons orange zest
- $\frac{1}{2}$  teaspoon cinnamon
- dash of dried cloves
- 2 tablespoons Balsamic vinegar
- $\frac{1}{2}$  cup raw honey

1. Bring apple cider, ginger, orange zest, and cinnamon to a boil on high heat in a medium saucepan.
2. Add cranberries. Reduce heat to medium and cook uncovered for 10-15 minutes. When mixture starts to thicken add vinegar and honey (sweeten to taste).
3. Remove from heat and cool.

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## Mayonnaise

- 1 egg yolk
- $\frac{1}{2}$  teaspoon powdered mustard
- $1\frac{1}{2}$  teaspoon fresh lemon juice
- $\frac{1}{4}$  cup olive oil
- $\frac{1}{4}$  cup coconut oil

1. Coconut oil is naturally solid at room temperature. Place the jar of coconut oil in a pan of hot water; heat to melt enough oil for this recipe.
2. While the oil is heating, use a Magic Bullet or food processor to blend egg yolk, mustard, and lemon juice for around 30 seconds. (I use the 1 Cup Magic Bullet container; just pop the lid on it and use it for storage too.)
3. Add half the olive oil to the egg mixture and pulse to blend.
4. Add remaining olive oil and pulse—the point of pulsing in batches is to emulsify the oil and egg mixture so it does not separate.
5. Add half the coconut oil and pulse.
6. Repeat with the final amount of coconut oil. As the coconut oil returns to room temperature, the mixture will thicken and the consistency become perfect.

## Herbamare

**Mix together:**

- 1 cup sea salt
- $\frac{1}{4}$  cup dried parsley
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried dill
- 1 teaspoon dried basil
- 1 teaspoon dried sage
- 1 teaspoon dried rosemary
- 1 teaspoon black pepper

Caution, many premade spices contain any anti caking agents with gluten (especially the onion and garlic powders)

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# Leftovers that continue the cheer...

## Turkey Pad Thai

Serves 2

- 1 batch Sunshine Sauce
- 2 large eggs
- 2 teaspoons coconut aminos
- 2 teaspoons plus 1 teaspoon coconut oil
- ½ medium onion, thinly sliced (about ½ cup)
- ¾ cup snap peas, thinly sliced lengthwise
- ¾ cup carrot, sliced into matchsticks
- 2 cups steamed & separated spaghetti squash
- ½-¾ cooked turkey meat, cubed or shredded

1. Scramble the eggs and coconut aminos together in a small bowl.
2. Melt 2 teaspoons of coconut oil in a large skillet over medium heat. When melted, pour in the eggs, cover with a lid, and cook the eggs until set and just beginning to brown on the bottom, about 3-4 minutes.
3. Flip the eggs to lightly brown the other side. Remove from the pan and cut into strips.
4. In the same pan, increase heat to medium-high and add remaining teaspoon coconut oil. Sauté the onion until translucent.
5. Add the carrot and snap pea strips and sauté, stirring with a wooden spoon, until just crisp-tender, about 2 minutes.
6. Add the spaghetti squash, turkey, and cooked egg to the pan. Cook until heated through.
7. Mix in the Sunshine Sauce and serve.

*Small cheer and great welcome makes a merry feast.*

William Shakespeare

## Sunshine Sauce

- 2 tablespoons lime juice
- 1 clove garlic, minced (about 1 teaspoon)
- ½ teaspoon crushed red pepper flakes
- 1 tablespoon coconut aminos
- ¼ teaspoon powdered ginger
- ½ teaspoon rice vinegar
- ¼ cup sunflower seed butter (no sugar added)
- dash ground cayenne pepper (optional)
- ¼ cup coconut milk

Place all the ingredients in a food processor, blend well. Keeps for a week refrigerated.

## Coconut Curry Soup

Serves 2-4

- A small splash of oil
- 1 onion, sliced thin
- A big handful of shiitake mushrooms, cut in half
- 3 cloves of garlic, finely minced
- 2 teaspoons cumin
- ½ teaspoon coriander
- ½-¾ red pepper flakes to taste
- 1-2 fresh stalks of lemon grass - cut into 2" chunks
- 1 inch piece of ginger, julienned
- 4 cups turkey stock (or chicken stock)
- 1 cup shredded cooked turkey (or chicken) meat
- 1 cup canned coconut milk
- 1 tablespoon coconut aminos
- 2 bell peppers - green and red, sliced into matchsticks
- 2 carrots, sliced into matchsticks

1. combine all but the peppers and carrots into a soup pot, simmer to meld the flavors about 30 minutes.
2. add the veggies and simmer 2-3 minutes until crisp.

