

CLEAN LIFE

Real World

YOUR JOURNEY TO HEALTHY LIVING



Holiday Recipe Book



Clean Eating During The Holidays

Clean eating during the holidays doesn't have to be complicated and overwhelming. Here are some tips I use for myself and the kids during this busy time full of celebrations:

1. Plan ahead - when possible I think ahead about where we are going and what will be available for us to eat.

A. If I'm hosting - I can easily plan ahead for food we can eat. I always make sure there is food we will enjoy as well as food our guests will like too. I usually have a few staple appetizers in the freezer that I can pull out at any time.

B. If we are going to someone's house and I can call them in advance - I call beforehand and ask what the menu is. This way I know what we can eat before we go and/or offer to bring something that we can eat.

C. If I am going to someone's house or a party where I can't call in advance - I always eat or have a hearty snack before, just in case there isn't anything I can eat at the party. I usually pack a bar or something in my purse as well... just in case I am still hungry..

D. If we are going to a restaurant - I always look at the menu online ahead of time so I know what our options are. If I have questions, I can call ahead and ask so I'm not "that person" once we get there. Sometimes the restaurant chosen isn't a good fit with our diet and I will recommend another option to the group. We can't always change the restaurant but at least I know ahead of time and I am not surprised when we get there.

2. Don't deprive - I don't look at the holidays as a time to deprive myself but rather focus on what it is I can have and then enjoy foods and treats within those boundaries. When those boundaries are clear from the beginning, it's much easier to enjoy and indulge in safe foods. For example, gluten is hard no for everyone in my family. If we know that going in, it's easier to say no to some things and yes to others!

3. Have treats premade and available - I always have approved treats already made at home, whether in the freezer or in a container on the counter. When going to an event where we might not be able to have a treat, we can either grab one to take with us, have one before we go or when we get back. This way my kids, and who are we kidding, me too, never feel deprived during the holidays!

4. Slip-ups - If you do cheat or accidentally eat something you shouldn't, don't beat yourself up about it. Enjoy it, move on, and make sure not to repeat it again.

5.. Be strict at home - when at home, stick to your regular diet so when you are out and you do indulge, it's not such a big deal.

Holidays are a time to relax and enjoy, not deprive and restrict. With that said, we do need to take care of ourselves so be mindful.

Happy Holidays!
Clean Life Real World



CLEAN LIFE *Recipes*

Breakfast sausage

CLEAN (GRAIN FREE, GLUTEN FREE AND SUGAR FREE)

INGREDIENTS

1 lb ground pork or chicken

¼ tsp pepper

½ tsp salt

1 tsp dried sage

1 tsp dried thyme

Avocado oil or refined coconut oil for cooking

INSTRUCTIONS

Mix all of the ingredients together. Form patties the size of your palm.

Heat a skillet over medium heat. Add oil and cook sausage for 4-5 minutes per side. This will need to be done in batches. Place cooked patties on a paper towel lined plate while you cook the rest.

Serve and Enjoy!

Note - these freeze well! When ready to eat, heat in the microwave for 1 min.

Enjoy!

French Toast Casserole

CLEAN(GRAIN FREE, GLUTEN FREE, DAIRY FREE AND REFINED SUGAR FREE)

INGREDIENTS

1 loaf grain-free or gluten-free bread cut into cubes

8 eggs

2 cups dairy-free milk (I prefer cashew milk)

¼ cup maple syrup

2 tsp vanilla extract

1 tbsp cinnamon

¼ tsp salt

INSTRUCTIONS

Grease a 9x13in baking dish with ghee or coconut oil and put bread in the prepared baking dish.

In a medium-sized bowl, mix eggs, milk, maple syrup, vanilla extract, cinnamon and salt. Pour mixture over bread pieces.

Cover and place in the refrigerator overnight.

When ready to cook. Pull the casserole out of the fridge and preheat the oven to 350 degrees.

Cook for 45 min to 1 hour until the top is golden brown and the eggs are cooked through.

Serve with a drizzle of maple syrup and Enjoy!

Note - this freezes well. Cut into serving-size pieces and freeze on a baking sheet. Once frozen, place in a freezer-safe bag until ready to eat. Reheat in the microwave or oven.

Enjoy!

Bacon Wrapped Dates

CLEAN (SUGAR FREE AND DAIRY FREE)

This is a very easy appetizer that taste like dessert but there is no added sugar.

INGREDIENTS

1 container of dried dates

1 package of bacon (pasture raised and no sugar added)

*Goat Cheese or Cashew Cheese - optional to stuff the dates.

*Toothpicks - not necessary but easier to serve

INSTRUCTIONS

Preheat oven to 400. Line a baking sheet with parchment paper.

Cut bacon strips in half. Remove pits of dates if they are not already pitted.

*If using cheese, stuff the dates with a spoonful of cheese.

Wrap bacon around the middle of the date. Pierce the date with a toothpick, if using, holding the bacon together and place on the baking sheet seam side down.

Cook dates for 20 min. Flip dates over and cook for another 5 -10 minutes until bacon is fully cooked. When done, place dates on a plate lined with paper towels to drain.

Serve at room temp and Enjoy!

Note - to remove the pit of the date, cut a slit lengthwise down the side of the date.

Enjoy!

Cranberry Jelly

CLEAN (REFINED SUGAR FREE)

My mom has been making a version of this since I was a kid. I always loved it but it is full of refined sugar. Years ago I decided to recreate it so I could still enjoy it today. While it was intended to go with Turkey and Stuffing, it's great on paleo toast with coconut butter and topped with this jelly!

INGREDIENTS

24 oz (2 bags) fresh cranberries
1 cup fresh squeezed OJ
1 cup honey
 $\frac{3}{4}$ cup water
2 tbsp gelatin (Vital Proteins green container)

INSTRUCTIONS

Add water to a small bowl and sprinkle gelatin on top. Let it sit to bloom while you continue this recipe.

Heat a saucepan over medium heat. Add cranberries, orange juice and honey. Cook until the cranberries start to break open, about 20-30 min.

Put a large spoonful the cranberry mixture in a strainer over a bowl and push the juice out using the back of the spoon. Keep the juice and discard the pulp.

Pour cranberry juice, which will be thick, back into the saucepan and bring to a simmer. Simmer for about 5 minutes until a few drops cling to a spoon. Add the gelatin and stir until the gelatin is melted and mixed in.

Pour into a mold and place in the fridge to set for a min of 4 - 6 hours or overnight. Pull out of the fridge just before you are ready to serve. Enjoy!

Enjoy!

Sundried Tomato Torta

CLEAN ((SUGAR FREE))

This is an easy appetizer to put together and is sure to impress your guests. If you can tolerate goat cheese, feel free to use that instead of the cashew goat cheese.

INGREDIENTS

8 oz or 1 cup Cashew Goat Cheese or Kite Hill cream cheese spread

¼ cup pesto

¼ cup chopped sundried tomatoes

*Pine nuts - optional for sprinkling on top

INSTRUCTIONS

Use a bowl or mold that hold 2 cups. Line it with cheese cloth or plastic wrap, making sure it comes up and over the sides.

Layer ingredients starting with the sun dried tomatoes on the bottom. Follow with half of the cheese, then the pesto and the rest of the cheese. Cover and place the torta in the fridge until ready to serve.

When ready to serve, uncover the bowl and place upside down on a serving plate. Remove the cheese cloth or plastic wrap and sprinkle with pine nuts.

Serve with crackers and Enjoy!

Enjoy!

Cashew "Goat" Cheese

CLEAN ((SUGAR FREE))

INGREDIENTS

1 cup raw cashews soaked 4-6 hours or overnight and drained
2 tbsp refined coconut oil
2 tbsp lemon juice
1 clove of garlic
½ tsp sea salt
¼ tsp ground black pepper

INSTRUCTIONS

Put all ingredients in a high speed blender or food processor and blend until smooth. If it is not getting smooth, add a little water (1 Tbsp at a time) until it is smooth but still thick. Line a small bowl or ramekin with cheesecloth or plastic wrap and pour cheese mixture in the bowl. Cover and put it in the fridge to set for 2 hours or overnight. Enjoy!

Tip - after you have blended the cheese, you can add herbs such as chives, parsley, basil or oregano for a different flavor. Simply fold the herbs into the cheese before putting it into a ramekin.

Enjoy!

Green Bean Bundles

CLEAN (GLUTEN FREE, DAIRY FREE AND SUGAR FREE)

INGREDIENTS

Green beans

Bacon (preferably uncured and no sugar added)

Salt and pepper

Avocado or coconut oil for preparing the pan

INSTRUCTIONS

Preheat oven to 425.

Rinse and dry the green beans then snap off the ends. Cut bacon strips into half.

Grease an oven safe baking dish with avocado or coconut oil.

Take a handful of veggies, 5 - 7 green beans and wrap a piece of bacon around the center. Place the wrapped veggie bundle in the prepared dish with the seam of the bacon face down.

Cook for 20 - 30 min until bacon is done. If the veggies appear done but the bacon is not, turn the oven to broil and cook for an additional 2 minutes or so (but watch so you don't burn them). Serve and Enjoy!

Note - these can be assembled the day before and cook when ready to serve.

Enjoy!

stuffing

CLEAN (GRAIN FREE, GLUTEN FREE, DAIRY FREE)

I grew up loving my grandmother's stuffing but once I changed my diet, I couldn't eat it anymore. This is her version turned Paleo. It can be made a day or 2 before you are ready to serve. This is the perfect addition to your turkey and a side of cranberry jelly!

INGREDIENTS

- 1 loaf "cornbread" cubed (I love the one by Danielle Walker in Celebrations)
- 1 loaf grain free or gluten free bread cubed
- 1 cup ghee
- 1 ¼ cup finely chopped onion
- 2 ¼ cups chopped celery
- ¼ cup chopped parsley
- 2 tbsp poultry seasoning
- 1 Tbsp salt
- 1-2 cups chicken stock

INSTRUCTIONS

If making the bread, this can be done a few days in advance.

When ready to assemble, Heat oven on low, like 170.

Spread bread cubes on a baking sheet or two. Bake bread for 30 min to dry it out. When done, put dried bread into a large stockpot.

While bread is drying out, warm a large skillet over medium heat. Add ghee, onion, celery and salt and cook until onions are translucent and soft. Pour over dried bread in the stockpot.

Add parsley and poultry seasoning to bread mixture and mix well. Pour chicken stock over the top and mix again (I start with 1 cup and add more as it cooks if the stuffing seems too dry out too much).

Pour stuffing into a 9x13 in casserole dish.

Turn oven to 250. Bake for 20 minutes. Serve and Enjoy!

Note - This can be made and assembled a day or 2 in advance but do not bake until the day of.

Enjoy!

Sweet Potato Casserole

CLEAN (GRAIN FREE, GLUTEN FREE, DAIRY FREE AND REFINED SUGAR FREE)

This sweet potato casserole is a crowd favorite around the holidays. This can be made in advance but wait to add marshmallows and cook until the day of.

SERVING SIZE SERVES 15

INGREDIENTS

7 medium-sized sweet potatoes peeled and cubed

$\frac{3}{4}$ cup ghee

$\frac{1}{2}$ cup coconut sugar

*Optional marshmallows for topping

INSTRUCTIONS

Bring a pot of water to a boil. Add sweet potatoes and cook until fork-tender.

Drain the water from the potatoes. Add ghee and coconut sugar. Use an immersion blender or hand mixer to mash and blend the potatoes well. Taste and add more ghee or sugar as needed.

Pour potatoes into a 9x13 baking dish. If making in advance, cover and keep in the fridge until ready to cook.

When ready to cook, top with marshmallows if using them.

Bake at 350 for 20-30 min until warmed through and the marshmallows are melted and golden brown. Serve and Enjoy!

Note - my rule of thumb is $\frac{1}{2}$ a sweet potato per person plus an extra 2 so we will have leftovers. I adjust the ghee and coconut sugar accordingly and to taste.

Enjoy!

Turkey Chilli

CLEAN (GRAIN FREE, GLUTEN FREE, DAIRY FREE)

This is the perfect solution to all of that leftover turkey. Bonus, it freezes well to add to emergency freezer stash.

INGREDIENTS

4 cups shredded turkey (can substitute chicken)

1 cup tomato sauce

2 cups of chicken bone broth

3-4 tbsp olive oil or avocado oil

1 large onion finely chopped

4-5 cloves chopped garlic

2 tsp salt

½ tsp ground black pepper

2-3 tbsp chili powder (personal preference)

1 tbsp cumin

1 tsp Italian seasoning or oregano

INSTRUCTIONS

Heat a stockpot or Dutch Oven over medium heat. Add oil, onions, garlic, and seasoning. Saute until onions are tender (about 5-7 minutes).

Add turkey, tomato sauce, and chicken stock to the pot. Stir everything together, bring to a boil and stir again. Reduce to a simmer and cover for 30 min to 1 hour. The longer it cooks, the more the flavors come together. Add more salt and chili powder as needed.

Serve and Enjoy!

Note - I absolutely love this with a side of "cornbread" from Celebrations by Danielle Walker

Enjoy!

Oven Roasted Chicken and Veggies

CLEAN (GRAIN FREE, GLUTEN FREE AND DAIRY FREE)

An oven-roasted chicken is a staple and something everyone should know how to do. Cooking it hot first and then lowering the temp creates a nice crisp skin with tender and juicy meat. I don't always cook it with the veggies but it makes for less dishes which is always a nice bonus!

INGREDIENTS

1 whole chicken (ideally pasture-raised)

Seasoning

2 cups chopped root vegetables (sweet potatoes, potatoes, carrots, etc)

1 onion chopped

Olive Oil

Salt and Pepper

INSTRUCTIONS

Ideally, season the chicken the day before you cook it. Pat dry and season liberally. If cooking it the same day, use extra salt. Cover and refrigerate until ready to cook. The earlier you season it, the more flavor you will have in the chicken.

When ready to cook, preheat oven to 475. Remove chicken from the fridge.

In a mixing bowl, toss veggies and onion with olive oil, salt and pepper and pour in a 9x13 in baking dish.

Place chicken on top of the veggies breast side up.

Cook for 475 for 15-20 min and then lower the oven to 350 and cook for another 1 hour 15 min to 1 hour and 30 minutes, depending on the size of your chicken. You know its done when you can pierce the skin with a knife and the juices run clear.

Remove from the oven. Move chicken to a carving board. Toss veggies in the juices and let rest for 5 - 10 min before serving. Enjoy!

Enjoy!

Glazed Ham

CLEAN (REFINED SUGAR FREE)

This is so easy, delicious and great for feeding a crowd. It is delicious served hot and just as good served cold. One of my kids asked for my mom to make it for him for his birthday one year... now that must be a good ham!

INGREDIENTS

1 uncured no sugar added smoked ham

¼ - ½ cup yellow mustard

½ - ¾ cup of coconut sugar

INSTRUCTIONS

Preheat the oven to 325.

In a roasting pan or baking dish, place hard rind side down. If ham is not already sliced, score the outside with a knife making a checkerboard pattern across the ham about ½ deep.

Cook ham 20 min per pound plus an additional 10 - 15 min.

While the ham is cooking, heat a small saucepan over medium-low heat. Add mustard and coconut sugar and slowly cook until all is melted together. Stir frequently.

When ham is done, remove from the oven and turn the oven up to 425.

Pour mustard sauce over the top of the ham, making sure to get it inside the slices, and cook for an additional 10 - 15 min.

Let cool, Serve and Enjoy!

Note - this can be made a day or 2 in advance.

Enjoy!

Pumpkin Cookies

CLEAN (GRAIN FREE, GLUTEN FREE, DAIRY FREE, EGG FREE AND SUGAR FREE)

These cookies are the perfect treat any time of day, breakfast to dinner, without any guilt yet all the pumpkin and spice you want!

SERVING SIZE MAKES ABOUT 24 COOKIES

INGREDIENTS

1 tbsp ground chia seeds or flax seeds

3 tbsp water

½ cup pumpkin puree

½ cup tahini

½ cup almond flour

¼ + 1 tbsp cup monkfruit sweetener

2 tbsp arrowroot powder

1 tbsp coconut flour

¼ tsp salt

½ tsp of baking soda

1 tsp cinnamon

1 ½ tsp pumpkin pie spice

INSTRUCTIONS

In a mixing bowl, add chia or flax seeds and water. Mix and let it sit for about 5 min to congeal to the consistency of a whisked egg.

Preheat the oven to 350 and line a baking sheet with parchment paper.

Add pumpkin puree and tahini to the mixing bowl with the seeds and water and mix until well combined.

Add the remaining ingredients and mix until well incorporated. This will be thick and sticky.

Using a cookie scoop or tablespoon, scoop dough into balls on the prepared baking sheet with a couple of inches space between them. Flatten the dough balls (using plastic wrap is easier and cleaner). These do not rise or spread.

Bake for 15 min. When done, remove, let cool for about 5 minutes then transfer the cookies to a cooling rack.

Enjoy!

Trash

CLEAN (GLUTEN FREE, DAIRY FREE, SUGAR FREE)

Trash, as we call this chex mix meets trail mix, is a family tradition of ours that we serve all Holiday season. It has been tweaked to fit our gluten free and dairy free family. This makes a huge batch and will last from Thanksgiving to Christmas if stored in an airtight container. This also makes great gifts!

INGREDIENTS

4 cups Rice Chex

4 cups Corn Chex

4 cups gluten-free multi grain Cheerios

1 bag gluten free pretzels (optional)

10 oz cashews (roasted and salted)

10 oz almonds (roasted and salted)

10 oz pecan halves

Sauce:

1 cup gluten free worcestershire

8 oz ghee

2 tbsp garlic salt

1 tbsp ground black pepper

½ tsp - 1 tbsp cayenne pepper or Tabasco sauce (depending on taste)

INSTRUCTIONS

Preheat oven to 250.

Heat a saucepan over medium low heat. Add all ingredients for the sauce, stir and heat until everything is melted and mixed well. Melt all sauce ingredients together in a saucepan.

Mix all cereal and nuts into 2 large baking pans, I like to use the largest disposable ones I can find at the store. Pour sauce over cereal mixture and mix well.

Bake stirring every 20 minutes for 3-4 hours or until crisp.

Serve and Enjoy!

Enjoy!

Marshmallows*

CLEAN (GRAIN FREE, GLUTEN FREE AND REFINED SUGAR FREE)

*Adapted from Danielle Walker's Celebrations Cookbook

INGREDIENTS

- 1 ¼ cup of water
- 3 scoops Vital Proteins Gelatin (green container)
- ¾ cup light-colored honey
- 1 tsp pure vanilla extract
- 2-3 tbsp arrowroot powder

INSTRUCTIONS

Add ½ cup of water to the mixing bowl of a stand mixer and sprinkle the gelatin on top. Let it sit for 5 -10 minutes to let it bloom (absorb the water).

Cover a baking sheet with parchment paper and sprinkle with half the arrowroot powder. This will keep the marshmallows from sticking to the paper.

Add remaining ¾ cup of water and honey to a saucepan. Warm on medium-low until it reaches 240 degrees. Do this slowly so you don't burn the honey!

Once the honey has reached the correct temperature, remove from the heat.

Turn your mixer on low and slowly pour the hot honey into the mixing bowl with gelatin and water. Add vanilla and turn the mixer on medium-high. Let it mix for 8 – 10 minutes.

When it's white, fluffy and much larger in volume, turn off the mixer and pour the marshmallow fluff onto the baking sheet. Spread it out with a spatula (work quickly because it starts to set fast). Leave it out for 6 hours or overnight to set.

Once it has set, sprinkle the remaining arrowroot powder on top. Grease a knife with coconut oil and cut into squares. Enjoy!

Note: these will last about 2 weeks in a container on the counter.

Enjoy!

Milk Punch

CLEAN (DAIRY FREE AND REFINED SUGAR FREE)

This is a great twist on EggNog but much lighter and a little healthier. Make this at least a day before you are ready to serve so the flavors have a chance to come together.

INGREDIENTS

8 eggs

1 cup coconut sugar

1 bottle (750 ml) Brandy

1 bottle (750 ml) of Dark Rum

2.5 quarts dairy-free milk (cashew milk will give it a rich creaminess)

INSTRUCTIONS

Using a large stockpot, whisk eggs and sugar until well blended.

Slowly pour in the brandy and rum while whisking. If you do this too fast, you will cook the eggs into pieces and chunks of egg end up in your drink.

Pour in the milk and stir well.

Using a funnel, pour the Milk Punch into containers to store in the fridge until ready to serve. I usually like to run it through a strainer as I am pouring it into containers just in case I have any egg pieces.

Keep it in the fridge until ready to serve. Pour over a couple of ice cubes and Enjoy!

Note - This will last about 7 -10 days but it never makes it in our house that long.

Enjoy!

Jingle Juice

CLEAN (GRAIN FREE, GLUTEN FREE)

This drink is a fun Holiday twist to one of my favorite drinks during the summer, Ranch Water.

INGREDIENTS

1 oz Lime Juice

1 oz Unsweetened Cranberry Juice

2 oz Silver Tequila

4 oz Topo Chico

INSTRUCTIONS

Mix together, serve over ice and Enjoy!

Enjoy!



A top-down view of a rustic dining table with autumn-themed decorations and food. The table is made of dark wood and is set with two white plates of food, each on a red napkin. The food consists of mashed potatoes, green peas, and cherry tomatoes. A person's hands are visible, using a knife and fork to eat from the top plate. In the center, there is a glass of red juice with a slice of orange. To the right, there is a small white bowl of red berries and a wooden bowl of blackberries and orange slices. A brown paper bag is on the right side. The table is decorated with dried leaves, twigs, and a small basket of bread rolls. The word "Enjoy!" is written in a large, white, cursive font across the center of the image.

Enjoy!



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YOUR JOURNEY TO HEALTHY LIVING

