



Turkey Broth

Don't you dare throw away that turkey carcass!

Ingredients:

- 1 turkey carcass
- enough filtered water to cover it
- salt
- any seasonings you like, you can also use onions, carrots and celery

Directions:

I do this in a [crock pot](#). I simply add all the ingredients, cover with water and set to low for at least 10 hours. You can also do this on the stove, turn it on low for at least 8 hours.



Leftover Spicy Turkey Soup

Ingredients:

- 4 cups turkey broth
- 1 can of diced tomatoes
- 1 cup shredded turkey
- 1 onion, diced
- 3 carrots, diced
- 2 celery stalks, diced
- 1 tsp chipotle powder
- 1 tsbp red pepper flakes

Directions:

Simmer all ingredients over medium high heat for 30-45 minutes.



Mashed Potato Latkes

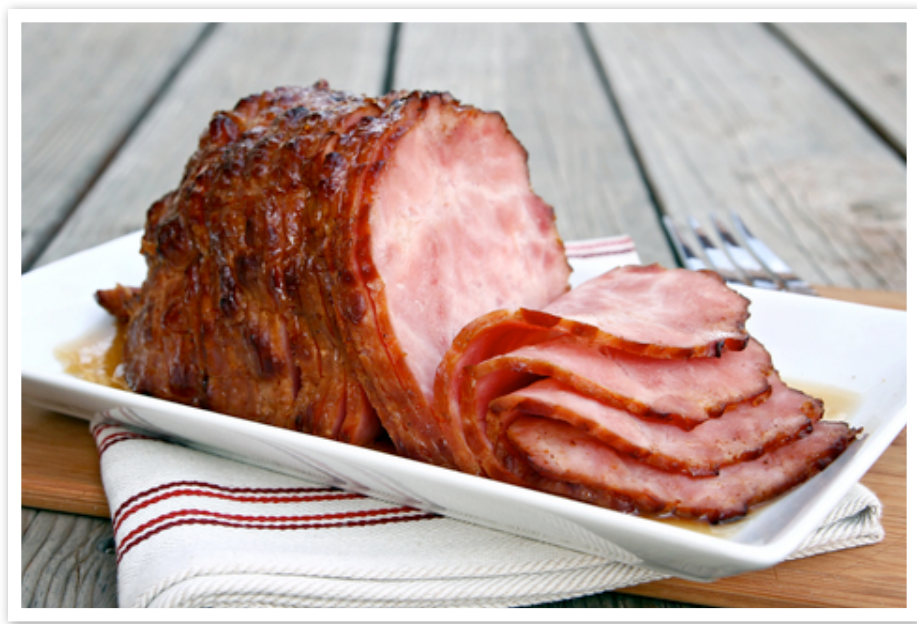
Got too many leftover mashed potato? I've got you covered.

Ingredients:

- 2 cups mashed potatoes
- 1 egg
- 1/4 cup almond flour
- 1/4 cups butter, duck fat, expeller pressed coconut oil, etc

Directions:

1. Combine the mashed potatoes, egg and almond flour.
2. Melt about 1 tbsp of fat over medium-medium high heat.
3. Form the potato mixture into patties.
4. Fry on both sides, flipping after about 2 minutes or until golden brown.
5. Add more fat as you need it.
6. Serve with smoked salmon, dill, red onions and sour cream. So good!



Crock Pot Honey Baked Ham

A super simple ham recipe that you can set and forget.

Ingredients:

- 7 lbs spiral ham
- 1/2 cup [coconut sugar](#)
- 1/2 cup honey
- 1 tbsp cinnamon
- 1 cup water

Directions:

1. In a bowl, combine the coconut sugar, honey and cinnamon.
2. Add 1 cup of water to the crock pot.
3. Rub the ham with the sugar/honey mixture.
4. Cook on low for 8 hours.



Chocolate Pie

This dark chocolate pie with sweet whipped cream is always a hit.

Ingredients:

1 pie crust (2 cups [almond flour](#), 2 tbsp butter, 1 egg. Blend in food processor, bake in pie pan on 350 for 20 minutes).

Filling

- 1 can [coconut milk](#)
- 1 cup milk of choice
- 1/2 cup [honey](#)
- 2 tbsp vanilla
- 2 3.5 oz [organic chocolate bars](#)
- 1.5 tbsp [gelatin](#)

Directions:

1. Heat all filling ingredients over medium low heat until thoroughly melted.
2. Pour into pie crust and let it cool overnight.
3. Top with whipped cream (2 cups cream, 1/2 cup honey, beat with hand mixer).



Turkey Salad

Full of healthy fats and perfect for lunch.

Ingredients:

- 2 cups chopped turkey
- 1 cup homemade mayo
- 1/2 apple, diced
- 1 celery stalk, diced
- 1/2 onion, diced

Directions:

Combine all ingredients and serve over lettuce or on your favorite grain-free bread.



White Russian

A healthier version even The Dude would appreciate.

Ingredients:

- 1.5 oz organic vodka
- 1.5 oz kahlua
- 3 oz raw cream or coconut cream (the thick cream at the top of the can)

Directions:

1. Pour the vodka and kahlua over ice, stir.
2. Top with raw cream or coconut cream, stir.