



# Egg Nog

The ultimate holiday booze.

## Ingredients:

4 egg yolks

1/3 cup honey

1 pint coconut milk or raw milk

1 cup coconut cream or heavy raw cream

3 oz bourbon

1/2 tbsp cinnamon

4 egg whites

## Directions:

In a blender, blend everything except the egg whites until combined.

In a bowl with a hand mixer (or whisk), beat the egg whites until firm.

Mix the whites into the the mixture.

Optional but pretty: serve with cinnamon sticks.



# Crab Stuffed Mushrooms

If you don't have access to crab, you can omit.

## Ingredients:

- 10 stuffing mushrooms
- 1 cup fresh spinach leaves, roughly chopped
- 1 tbsp butter
- 1/2 cup of crab
- 10 grass-fed cheese cubes (I just cheese into 1/2 inch cubes)

## Directions:

1. Preheat oven to 375.
2. Chop the stems of the mushrooms and sautee them in butter with the spinach.
3. Add the garlic, then the crab.
4. Stuff the mushrooms.
5. Top each mushroom with a small cheese cube.
6. Bake for 20 minutes.

Optional: top with chopped herbs.



# Cinnamon Sweet Potato Fries

Perfect side dish, double or triple for more people.

## Ingredients:

1 sweet potato, peeled and cut into fry shapes

drizzle of olive oil

1 tsp cinnamon

Himalayan salt

## Directions:

Preheat oven to 450.

Toss the fries with the olive oil, cinnamon and sea salt.

Bake for about 10 minutes, but make sure to keep your eye on them.



# Roast Beef

Perfect for Christmas dinner.

## Ingredients:

- 2 lbs of sirloin tip
- 3 tbsp butter, lard or expeller pressed coconut oil
- 1-2 tbsps of your favorite seasonings (I use a mix of garlic, paprika, Himalayan salt and pepper)

## Directions:

1. Preheat oven to 375.
2. Sauté the roast on all sides.
3. Place in oven and roast for about 30 minutes for rare (my favorite) or until a meat thermometer reads 130 degrees.
4. Remove from oven and cover with foil, let it rest for at least 15 minutes.



# Easy Roasted Chicken

Set it and forget it.

## Ingredients:

- 1 5lb whole chicken
- 4 tbsp butter
- seasoning of your choice (I love Trader Joe's 21 Seasoning Salute)
- salt

## Directions:

1. Preheat oven to 400.
2. Rub the chicken with butter, under the skin as well.
3. Coat it with your seasoning and salt.
4. Roast for 1.5 hours.





# Chocolate Freezer Fudge

Super easy and delicious fudge, perfect for the holidays.

## Ingredients:

- 1.5 cups coconut oil, melted
- 1/2 cup coconut milk
- 1/2 cup cacao powder
- 1/2 cup raw honey
- 1 tbsp vanilla extract

optional: walnuts or peppermint oil

## Directions:

1. Line a 9 inch loaf pan with parchment paper.
2. Using a hand mixer or blender, beat all ingredients until smooth with no lumps.
3. Freeze for at least 30 minutes.



# Hashbrown Crust Quiche

Perfect to make the night before.

## Ingredients:

6 eggs

1.5 cups milk

1 cup cherry tomatoes, halved

4 scallions, diced

1 cup cheddar

2.5 cups hashbrowns (buy in store or use about 4 potatoes and shred them)

## Directions:

Preheat the oven to 350.

Mix the eggs and milk, then mix in the tomatoes, scallions and cheddar. Set aside.

Like a crust, press the hashbrowns into the bottom and sides of a pan.

Pour in the egg mixture and bake for about 50 minutes, or until the center is set.