

Holiday Feasts

BY SUSAN TETON CAMPBELL

PHOTOGRAPHY BY MIEKO HORIKOSHI

The holidays scream for yummy treats. These recipes were designed to make holiday munching entertaining and gift giving by not only being healthy but also pleasurable.

Cut down some of the fat at holiday feasts by going with dairy-free creamers. The new dairy-free creamer nutpods captured my enthusiasm when I learned it replaces half and half with rich, creamy coconuts and almonds to get fat-fighting medium chain triglycerides from the former and omega-3s from the latter. I also like that nutpods is free from

sweeteners, GMOs, soy, carrageenan, hydrogenated oils and artificial flavors and colors that usually come with dairy-free creamers.

For sweetening I like xylitol (XyloSweet and Lite&Sweet) for keeping blood sugar from spiking and cutting calories.

And then there are cranberries. Who said that cranberries are only for holiday dinners? Did you know that these little red fruits are powerfully potent and loaded with phytonutrients essential for every season? They are tart, yet, when combined with certain foods, add a vibrant punch to practically every meal.



Chef Susan Teton Campbell's online courses at www.ChefTeton.com supply recipes for raw, cooked and cultured foods.

VANILLA CRANBERRY MUFFINS

INGREDIENTS

- 2 C Bob's Red Mill Gluten Free All Purpose Flour
- 1/2 t nutmeg
- 2 t baking powder
- 1/4 t salt
- 1-2 T Immune-Tree Colostrum6 Powder
- 1 t vanilla (less if using nutpods French Vanilla)
- 1/2 C nutpods (fresh vanilla or plain)
- 1 C XyloSweet
- 1/2 C Barlean's coconut oil
- 2 eggs
- 2 C fresh cranberries (roughly chopped)

METHOD: Preheat oven to 350°. Cream XyloSweet and coconut oil. Add eggs and mix thoroughly. Add vanilla and nutpods. Sift baking powder, flour, salt and nutmeg together. Mix well with the liquids, and then fold in the cranberries. Place dough in the muffin pans filling them half way. Bake for approximately 40 minutes.



HIGH PROTEIN Cranberry Walnut Bread

INGREDIENTS

- 2 C Bob's Red Mill Spelt Flour
- 1 1/2 t baking powder
- 1/2 t baking soda
- 1 scoop MHP Probiotic-SR (vanilla) powder
- 1-2 t Immune-Tree Colostrum6 powder
- 1/2 t Coral EcoPure calcium powder
- 1/4 C Barlean's Forti Flax
- 1/4 C Barlean's Coconut Oil
- 2 t nutpods Dairy-Free Creamer (french vanilla or plain)
- 1/2 C cranberries (roughly chopped)
- 1 C walnuts (roughly chopped)

METHOD: Preheat oven to 375°. Combine the wet ingredients and add the Barlean's Forti Flax. Let this mixture sit until the flax seeds soften. Combine dry ingredients and mix in with the wet. Fold in cranberries and walnuts. Place in a loaf pan and bake for 50 minutes.



DAIRY-FREE French Vanilla Egg Nog

INGREDIENTS

- 2 eggs
- 2-3 T XyloSweet
- 2 C nutpods (hazelnut or french vanilla)
- 1 t Immune-Tree Colostrum6 powder
- 1/4 t Coral EcoPure calcium powder
- 1 t freshly grated or powdered nutmeg



METHOD: Place all ingredients into a blender and blend thoroughly. This no cook recipe is so easy, has only a few ingredients and is totally delicious made with or without the bourbon. Made with almonds and coconuts, nutpods has a creamy consistency and is already flavored. Adding Coral EcoPure and Immune-Tree Colostrum6 supplies extra nutrients for immune building, taste and texture.

III CELEBRITY CHEF

COCONUT Chocolate Chip Cookies

These cookies are a staple in my house. I make them for friends and relatives because they beg me to do so. There is just something about the coconut oil and spelt flour combo that works. They are hearty and healthy.

INGREDIENTS

- 2 C Bob's Red Mill Spelt Flour
- 1 1/2 t baking powder
- 1 t baking soda
- 1 t Celtic Sea Salt
- 3/4 C XyloSweet
- 1 C Barlean's Coconut Oil
- 2 eggs (or 2 tbsp Barlean's Forti-Flax)
- 2 t vanilla
- 1 C shredded coconut flakes
- 1 C walnuts (rough chopped)
- 1/2 C dark chocolate chips



METHOD: Preheat oven to 350°. Blend XyloSweet and coconut oil by warming in a saucepan. Be careful not to get this mixture "hot". Whisk eggs and vanilla together. Blend with the dry ingredients. Add coconut flakes, walnuts and chocolate chips. Place cookie dough rounds on a cookie sheet, and bake for approximately 20 minutes.



CRANBERRY SMOOTHIE

INGREDIENTS

- 1 banana
- 1 C orange juice
- 1/2 C fresh unsweetened cranberries
- 1 small chunk ginger
- 1 small chunk turmeric
- 1 C sunflower sprouts
- 1 scoop Novaforme PhytoPro (Vanilla)
- 1 T Immune-Tree Colostrum 6 powder
- 1/4 t Coral EcoPure calcium powder
- 1 C ice
- 1 C fresh ground pepper

METHOD: Blend all the ingredients until creamy and smooth. Add ice and blend. Top with freshly ground pepper.

LITE SWEET Cranberry Sauce

INGREDIENTS

- 1 pkg fresh cranberries
- 1 C orange juice
- 3/4 C Lite&Sweet
- zest of lemon peel
- zest of orange peel

METHOD: Place orange juice, cranberries, Lite&Sweet and zest in a saucepan. Bring to a boil and then reduce to simmer, stirring often until the cranberries begin to pop and the mixture thickens. When it begins to thicken (about 10 to 15 minutes), remove from the heat and let it cool. Enjoy this tasty condiment on everything.



SUPER GREENS VEGGIE BURGER with Caramelized Onions and Pumpkin

INGREDIENTS

- 2 Dr. Praeger's Super Greens Veggie Burger
- 1 small pumpkin
- 2 onions
- 1/4 C Barlean's Coconut Oil
- salt and pepper



METHOD: Cut and clean pumpkin or butternut squash and place on a cookie sheet along with the Dr. Praeger's Super Greens Veggie Burger. Bake until the pumpkin is soft and the burgers are cooked (approximately 20 minutes). Turn the burgers half way through. Peel and slice onions. Heat skillet with two tablespoons of Barlean's Coconut Oil. Sauté onions until caramelized. Remove pumpkin and burgers from the oven. Mash pumpkin flesh and season with a little Barlean's Coconut Oil and salt and pepper. Place pumpkin on a plate and top with Dr. Praeger's Burger and cranberry sauce. ■