

INGREDIENTS

FOR YOUR

HOLIDAY DISHES



- LOW CARB RECIPE - SWEET POTATO CASSEROLE

- LOW CARB RECIPE - CAULIFLOWER MASHED POTATO

INGREDIENTS

- 1 Cup Pumpkin Puree
- 2 Large Eggs
- 5 Tbs of Heavy Cream
- 4 Tbs Butter
- 1 Tbs of Cinnamon
- 1 Tsp of Sea Salt
- ½ Cup Crushed Pecans
- 6 Tbs Zero Syrup Maple
- 1 Tbs Cinnamon
- 4 Cups of Cooked Chopped Cauliflower
- 15 Drops of OOOFlavors Vanilla Flavor Concentrate
- 35 Drops OOOFlavors Sweet Potato Flavor Concentrate
- 25 Drops OOOFlavors Maple Syrup Flavor Concentrate
- 20 Drops of OOOFlavors Natural Monk Fruit Sweetener

DIRECTIONS

1. Blend and mix.
2. Preheat Oven to 400 Degrees.
3. Spray Pan.
4. Divide the batter amongst 5-6 muffins.
5. Sprinkle Dash of Cinnamon.
6. Bake for 20-25 minutes.
7. Add Glaze to Sweet Potato Casserole.

INGREDIENTS

- 1 Bag Rice Cauliflower
- 2 Tbs of Heavy Cream
- 3 Tbs of Butter
- Salt and Pepper
- 10 Drops of OOOFlavors Mashed Potato Flavor Concentrate

DIRECTIONS

1. Microwave Cauliflower for 4 to 5 minutes.
2. Add all ingredients to the food processor
3. Blend until desired creamy texture.
4. Add more heavy cream or add cheese to get desired creamy textured.
5. Enjoy!

Recipe by: @LiftingCakes (IG)



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