



 HAYLIE POMROY

# HAYLIE'S HEALTHY HOLIDAY COOKBOOK

Fuel Your Metabolism with Old  
and New Holiday Favorites

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## Haylie Pomroy's Healthy Holiday Recipes

Enjoy these festive, fat burning meals and treats!

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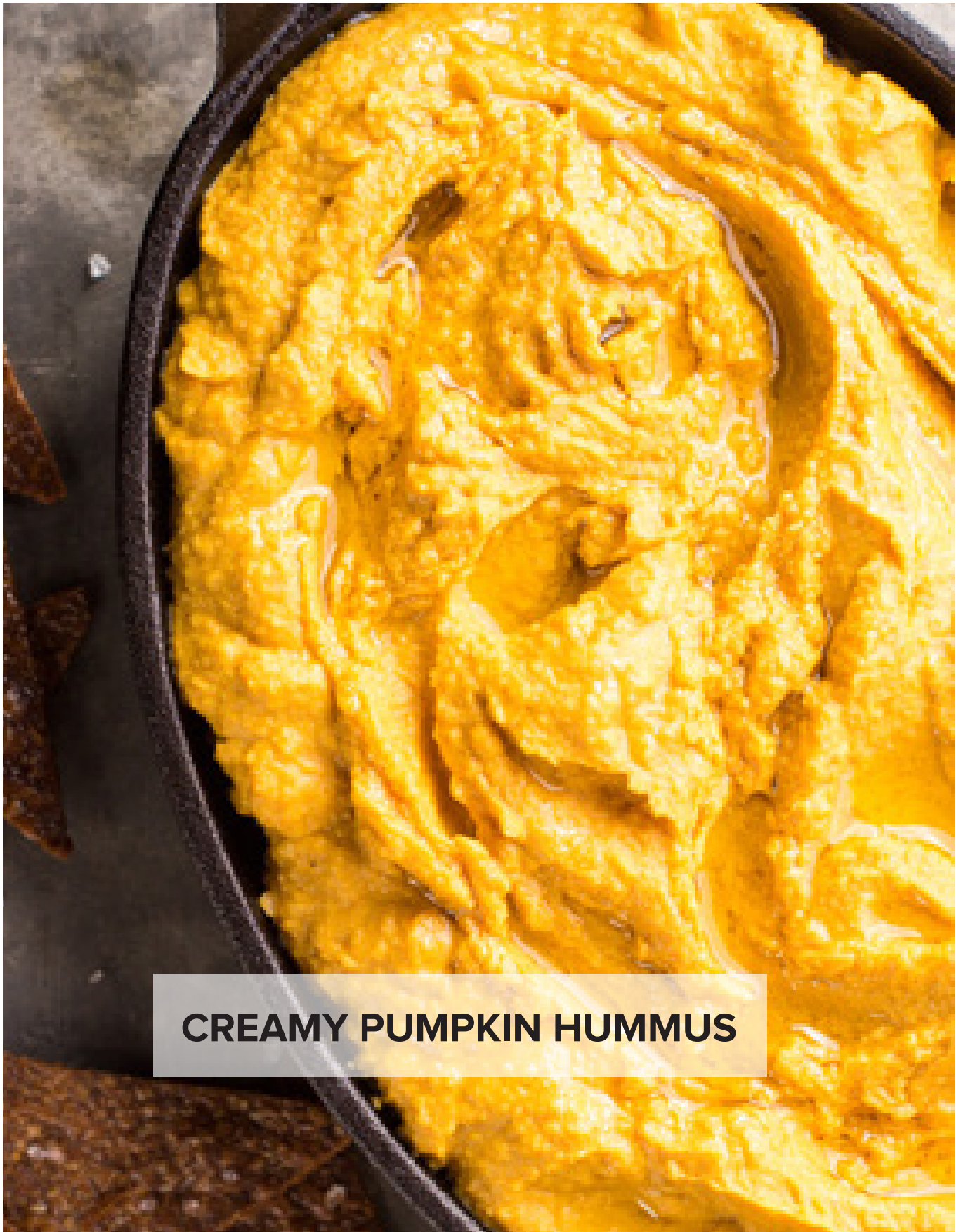
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**CREAMY PUMPKIN HUMMUS**

# CREAMY PUMPKIN HUMMUS

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**PHASE 3 | SERVES: 6-8 AS AN APPETIZER | PREP TIME: 10 MIN | TOTAL TIME: 10 MIN**

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1 15-oz can chickpeas, drained

1 15-oz can pumpkin

1/4 cup tahini

1/4 cup extra-virgin olive oil

3 cloves garlic, peeled (use less if you like a milder garlic flavor)

3 tablespoons fresh lemon juice

2 teaspoons sea salt

1 teaspoon cinnamon

1/2 teaspoon pumpkin pie spice

1/4 teaspoon cayenne

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## DIRECTIONS

1. Place all ingredients in a food processor, and process to the consistency you like. Taste and adjust for seasonings, adding more sea salt or lemon juice to taste.
2. Serve the hummus with veggies, baked sprouted grain pita or tortilla chips, or as a sandwich spread.



**CREAMY CAULIFLOWER SOUP**

# CREAMY CAULIFLOWER SOUP

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**PHASE 3 | SERVES: 8 | PREP TIME: 20 MIN | TOTAL TIME: 45-55 MIN**

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2 tablespoons extra-virgin olive oil	1/2 cup raw cashews
2 cups thinly sliced leeks (white parts only)	2 teaspoons fresh lemon juice
2 cloves garlic, minced	3 tablespoons chives, chopped to serve
1 teaspoon sea salt, plus more to taste	
1/4 teaspoon freshly ground black pepper	
1 large head cauliflower, chopped	
1/2 teaspoon ground nutmeg	
7 cups vegetable broth	

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## DIRECTIONS

1. Heat a soup pot over medium heat. Add the oil, leeks, garlic, 1 teaspoon salt, and pepper. Sauté for about 3 minutes, until the vegetables are soft. Add the cauliflower and nutmeg, and sauté for 1 minute more.
2. Add the vegetable broth, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer for 20 to 30 minutes, until the cauliflower is completely tender.
3. Remove the saucepan from the heat and allow the soup to cool slightly. Stir in the nuts.
4. Pour the soup into your blender in batches and blast on high for about 1 minute, until smooth and creamy. Return the soup to the saucepan and warm it over low heat. Stir in the lemon juice, and add salt to taste.
5. To serve, ladle the soup into bowls and garnish with chopped chives.



**ENDIVE-POMEGRANATE SALAD**

# ENDIVE-POMEGRANATE SALAD

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**PHASE 3 | SERVES: 16 | PREP TIME: 10 MIN | TOTAL TIME: 10 MIN**

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1 1/2 tablespoons balsamic vinegar	1/2 cup pomegranate arils
1/2 tablespoon red wine vinegar	1/2 cup flat-leaf parsley
1/4 teaspoon sea salt	
1/8 teaspoon freshly ground black pepper	
6 tablespoons extra-virgin olive oil	
12 ounces Belgian endive (about 3 heads), separated into leaves	
1/3 cup raw walnuts, chopped	

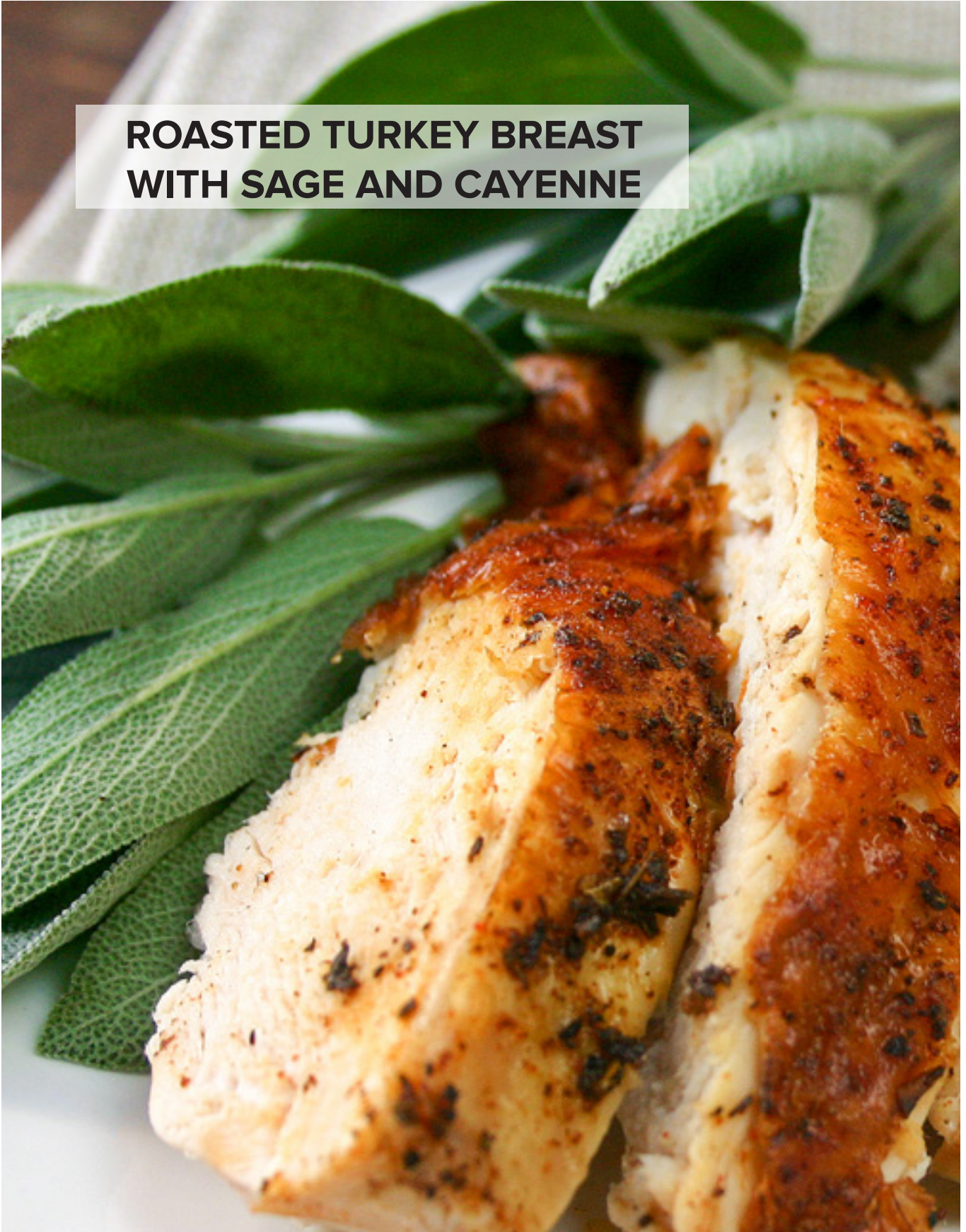
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## DIRECTIONS

1. In a small bowl, whisk together the vinegars, salt, and pepper.
2. Gradually drizzle in the olive oil, whisking until emulsified.
3. Toss the endive with just enough vinaigrette to coat. Sprinkle with walnuts, pomegranate arils, and parsley, and serve.



**ROASTED TURKEY BREAST  
WITH SAGE AND CAYENNE**



# ROASTED TURKEY BREAST WITH SAGE AND CAYENNE

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PHASE 3 | SERVES: 12 | PREP TIME: 10 MIN | TOTAL TIME: 2 HR 45 MIN

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6-pound bone-in turkey breast  
1 tablespoon coarse sea salt  
1 tablespoon dried rubbed sage  
1 teaspoon cayenne pepper  
1 teaspoon ground cumin  
1 teaspoon Hungarian sweet paprika

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## DIRECTIONS

1. Place the turkey breast, skin side up, on a rack set inside a rimmed baking sheet or roasting pan. Combine the remaining ingredients in a small bowl.
2. Rub the spices all over the turkey skin, and let the turkey stand at room temperature for 1 hour. (Note: You can prepare the turkey to this point 1 day ahead. After seasoning the turkey, chill it, uncovered, overnight. Let the turkey stand at room temperature for 1 hour before continuing.)
3. Arrange a rack in the center of the oven and preheat to 500 degrees. Roast the turkey for 25 minutes. Reduce the heat to 375 degrees and continue roasting until an instant-read thermometer inserted into the thickest part of the breast registers 155 to 160 degrees, about 50 minutes longer.
4. Transfer the pan to a wire rack, and let the turkey rest for at least 20 minutes before carving.

## CLOVE-STUDDED GLAZED HAM



# CLOVE-STUDDERED GLAZED HAM

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**PHASE 3 | SERVES: 31 | PREP TIME: 10 MIN | TOTAL TIME: 2 HR 20 MIN**

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9-pound nitrate-free, bone-in, fully cooked smoked ham butt or shank half

Whole cloves for studding ham (optional)

1/4 cup grainy mustard

1/4 cup xylitol

2 tablespoons coconut aminos

Grated zest of 1 orange

1/8 teaspoon ground cloves

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## DIRECTIONS

1. Slide a rack into the lower third of the oven, and preheat to 325 degrees.
2. Place the ham on a rack in a roasting pan (you can score the top in a diamond pattern and stud with cloves, if you like). Cover tightly with foil (the wide foil works well here) and bake for 1 1/2 hours.
3. Combine the remaining ingredients and spread evenly over the ham. Bake uncovered for another 30 minutes or until the glaze is nicely caramelized. Let the ham stand 15 minutes before slicing.



**ROASTED ACORN SQUASH  
WITH WILD RICE STUFFING**

# ROASTED ACORN SQUASH WITH WILD RICE STUFFING

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PHASE 3 | SERVES: 8 | PREP TIME: 50 MIN | TOTAL TIME: 1 HR 20 MIN

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3 cups low-sodium chicken broth	3 tablespoons fresh thyme leaves
1 1/3 cups wild rice	3 teaspoons fresh sage, chopped
5 tablespoons olive oil, divided	1/4 teaspoon freshly ground black pepper
1 1/2 teaspoons sea salt, divided	2 cups pecans, chopped
4 acorn squash	1 cup fresh Italian parsley, chopped
2 large onions, halved and thinly sliced	
20 ounces wild mushrooms (such as crimini and shiitake caps), sliced	

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## DIRECTIONS

1. Preheat the oven to 375 degrees. Place the broth in a saucepan and bring to a boil. Place the wild rice in a 13-by-9-inch baking dish with 1 tablespoon of the olive oil and 1/2 teaspoon of the salt. When the broth boils, pour it into the baking dish. Cover tightly with foil, and bake 1 hour or until tender.
2. Now, cut the squash in half crosswise, and scoop out the seeds. If the squash halves won't stand face-up on their own, cut a thin slice off the bottom. Place the squash halves face-down in a large baking dish (use two baking dishes, if necessary).
3. Add 1/4 inch of water, cover tightly with foil, and slide into the oven with the rice (you can put the squash on a lower rack, if necessary). Bake 45 minutes, or until the squash is very tender.
4. While the rice and squash bake, sauté the veggies. Heat a large, heavy skillet over medium-low heat. Add 2 tablespoons of olive oil and the onions. Cook, stirring often, until the onions are soft and caramelized, about 20 minutes. Scrape the contents of the skillet into a bowl.
5. Return the skillet to the heat, and add the remaining 2 tablespoons olive oil, mushrooms, thyme, sage, black pepper, and remaining 1 teaspoon salt. Cook, stirring often, until the mushrooms are deep brown, about 10 minutes. Turn off the heat, stir in the pecans and parsley, and scrape this mixture into the bowl with the onions.
6. When the squash and rice are done, remove them from the oven, and raise the oven temperature to 450 degrees. Stir the rice into the filling mixture, and taste for salt and pepper. Place the squash halves face-up in a baking dish, and season them with salt and pepper. Divide the filling among them, packing it in and mounding it up.
7. Bake 10 to 15 minutes, or until the edges of the squash just begin to brown (be careful not to let the pecans get too brown), and serve.



**SPROUTED GRAIN STUFFING**

# SPROUTED GRAIN STUFFING

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**PHASE 3 | SERVES: 10 | PREP TIME: 15 MIN | TOTAL TIME: 15 MIN**

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10 slices sprouted grain bread	vegetable, or mushroom broth)
3 tablespoons olive oil, divided	Sea salt and black pepper to taste
1 small yellow onion, chopped	
2 stalks of celery, chopped	
1 tablespoon fresh , minced	
1 tablespoon fresh thyme, minced	
1 tablespoon fresh sage, minced	
1 1/2 to 2 cups of turkey giblet broth (or chicken,	

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## DIRECTIONS

1. Toast the bread so it's dry and crispy. Cut it into cubes.
2. Heat 1 tablespoon of the olive oil in a large skillet over medium heat. Add the onion and celery and cook, stirring often, until they're translucent and soft, about 8 minutes.
3. Stir in the herbs, and then add 1 1/2 cups of the broth and the remaining 2 tablespoons of olive oil. Bring the mixture to a simmer, and then stir in the toasted bread cubes until they soak up all of the moisture. Cook and stir for a few minutes, breaking up the bread cubes, until the stuffing reaches the consistency you like. Add more broth if your stuffing is too dry. Add salt and pepper to taste, and serve.



**QUINOA STUFFING WITH  
CRANBERRIES AND ROSEMARY**



# QUINOA STUFFING WITH CRANBERRIES AND ROSEMARY

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PHASE 3 | SERVES: 8 | PREP TIME: 20 MIN | TOTAL TIME: 30 MIN

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1 1/2 cups white, red or tri-color quinoa, uncooked	1 cup fresh cranberries
3 cups chicken or vegetable broth, divided	2 tablespoons raw coconut oil (Phase 3 only)
1 teaspoon sea salt	1 tablespoon fresh rosemary, minced
1 tablespoon extra-virgin olive oil (Phase 3 only)	1/2 teaspoon freshly ground black pepper
1 large onion, finely chopped	
3 large garlic cloves, minced	
8 ounce package sliced baby bella mushrooms	
1 cup celery, diced	

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## DIRECTIONS

1. Rinse the quinoa under cold water until the water runs clear. Place the quinoa in a medium saucepan with 2 1/2 cups of the broth and the salt. Bring to a boil, reduce the heat to a simmer, cover, and cook 12 minutes.
2. While the quinoa cooks, heat a large, deep skillet over medium heat. Add the olive oil (or a tablespoon of broth, for Phase 1) and swirl to coat. Add the onion and garlic and cook for 3 minutes, stirring occasionally. Increase the heat to medium-high, add the mushrooms and celery, and cook for 7 minutes or until the mushrooms begin to brown, stirring occasionally.
3. Stir in the remaining 1/2 cup broth, cranberries, coconut oil (Phase 3 only), rosemary, black pepper, and quinoa. Reduce the heat to low, cover and cook for a few minutes or until some cranberries have popped. Add sea salt to taste. Let stand, covered, 5 to 10 minutes before serving.



**BACON AND WILD-  
MUSHROOM STUFFING**

# BACON AND WILD-MUSHROOM STUFFING

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PHASE 3 | SERVES: 16 | PREP TIME: 50 MIN | TOTAL TIME: 1 HR 45 MIN

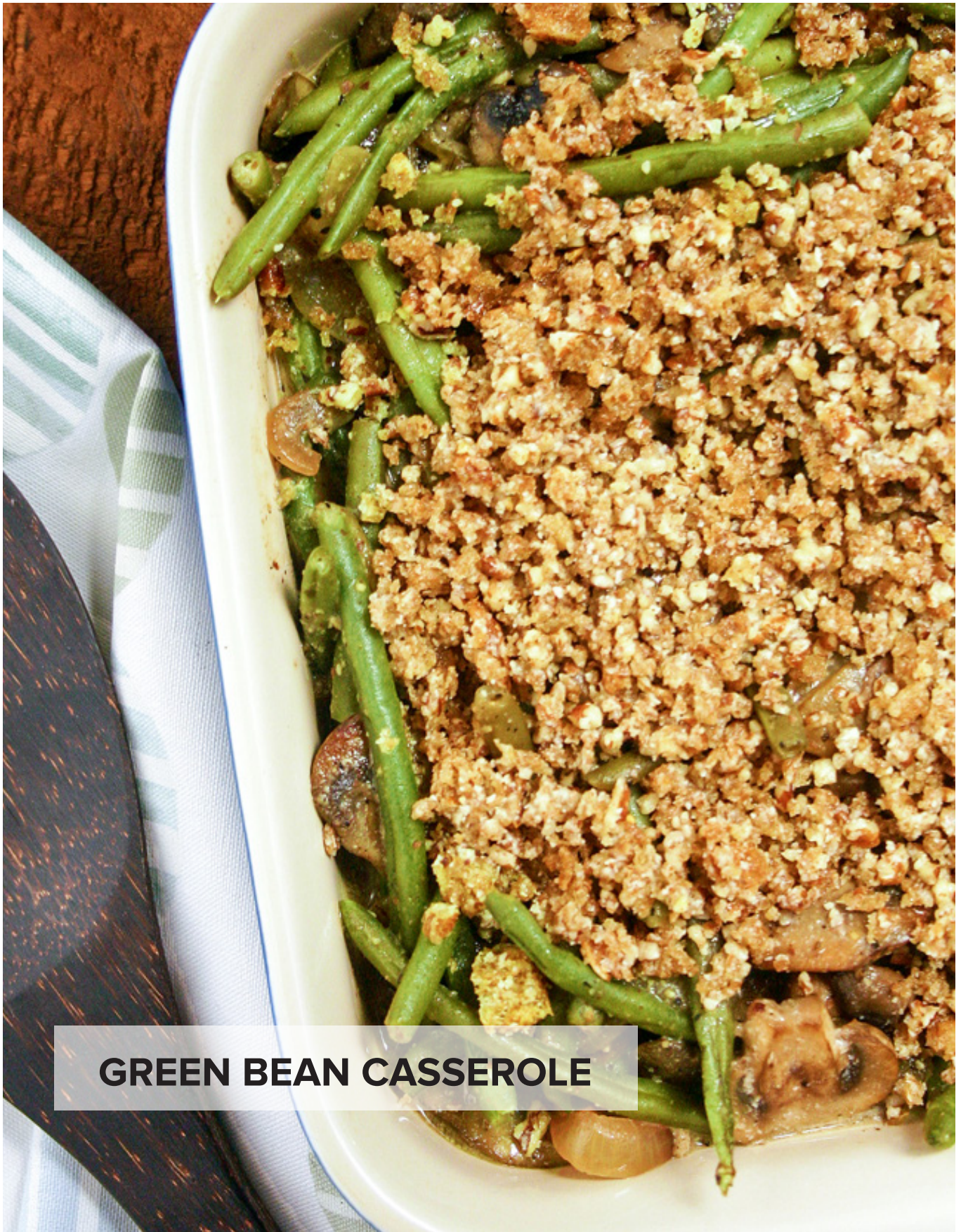
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1 pound sprouted-grain bread, crusts cut off, cut into 3/4-inch cubes	2 tablespoons fresh thyme leaves
5 tablespoons olive oil, divided	3 teaspoons sea salt, divided
8 ounces nitrate-free turkey bacon, diced	1 1/2 pounds mixed fresh wild mushrooms (like porcini, chanterelle, shiitake caps, oyster), roughly chopped
3 stalks celery, finely diced	1/2 teaspoon freshly ground black pepper
1 large onion, finely diced	3 cups low-sodium chicken broth, divided
1/2 cup flat-leaf Italian parsley, chopped	
2 cloves garlic, minced	

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## DIRECTIONS

1. Preheat the oven to 325 degrees. Spread the bread cubes in a single layer on a large baking sheet. Bake until dry, about 25 minutes. Remove the pan from the oven and set it aside. Raise the oven temperature to 350 degrees.
2. Meanwhile, heat a large, heavy skillet over medium heat. Add 2 tablespoons of the olive oil and the bacon, and sauté until browned. Remove the bacon with a slotted spoon, and set it aside. Add the celery and onion to the skillet and cook, stirring often, until the celery is tender, about 5 minutes. Add the parsley, garlic, thyme, and 1 teaspoon of the salt. Sauté 1 minute. Scrape the contents of the skillet into a large mixing bowl.
3. Raise the heat to medium-high, and add the remaining 3 tablespoons olive oil, mushrooms, another 1 teaspoon salt, and the black pepper to the skillet. Cook, stirring often, until the liquid released by the mushrooms has evaporated, about 10 minutes. Reduce the heat to medium-low, and continue to sauté until the mushrooms turn a rich mahogany brown, about 5 minutes. Add 1/2 cup of the chicken broth and stir for 1 minute, scraping up all of the browned bits from the bottom of the skillet. Scrape this mixture into the mixing bowl.
4. Add the bread cubes and the remaining 1 teaspoon salt to the mixing bowl, and toss to combine. Gradually add the remaining chicken broth and toss gently until all of the bread is moistened. Fold in the bacon.
5. Spread the stuffing in a 13-by-9-inch baking dish. Cover with foil, bake at 350 degrees for 30 minutes, and serve.



**GREEN BEAN CASSEROLE**

# GREEN BEAN CASSEROLE

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PHASE 3 | SERVES: 8 | PREP TIME: 30 MIN | TOTAL TIME: 1 HR

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1 pound fresh green beans, trimmed	1/2 teaspoon freshly ground black pepper
4 tablespoons olive oil, divided	1/2 cup raw almonds
1 medium onion, thinly sliced	1 slice sprouted grain bread
2 cloves garlic, minced	
8 ounces mushrooms, coarsely chopped	
2 1/2 tablespoons arrowroot	
1 1/2 cups unsweetened almond milk	
1 1/2 teaspoons sea salt	

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## DIRECTIONS

1. Preheat the oven to 350 degrees. Bring a large pot of water to a boil. Add the green beans, boil for 5 minutes or just until crisp-tender. Drain the beans and set them aside.
2. Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat. Add the onions and cook, stirring often, until they begin to soften, about 4 minutes. Add the garlic and mushrooms and continue to cook and stir until the mushrooms have cooked down and are golden, about 4 minutes. Transfer this vegetable mixture to a separate bowl and return the skillet to the heat.
3. In a bowl or measuring cup, whisk the arrowroot into the almond milk until it dissolves. Add 1 tablespoon of olive oil to the skillet, along with the almond milk mixture, sea salt, and pepper.
4. Bring the mixture to a simmer, whisking constantly, until the sauce thickens to the texture of heavy cream. Remove the pan from heat and stir in the mushroom mixture and green beans.
5. Pour the mixture into a 9-inch square casserole dish.
6. Cover tightly with foil and bake for 15 minutes.
7. Meanwhile, heat the remaining 2 tablespoons of olive oil in a skillet over medium heat. Grind the almonds and bread in a food processor to the consistency of crumbs. Add them to the skillet and stir constantly for a minute or two, until the mixture is golden and fragrant. Sprinkle the crumb mixture evenly over the casserole and bake uncovered for another 5 minutes, or until lightly browned. Let the casserole sit for about 10 minutes before serving.

## ROASTED GREEN VEGGIES



# ROASTED GREEN VEGGIES

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**PHASE 3 | SERVES: 16 | PREP TIME: 10 MIN | TOTAL TIME: 35 MIN**

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8 ounces Brussels sprouts, trimmed and halved (about 3 cups)	1 tablespoon fresh lemon juice
8 ounces broccoli florets (about 3 cups)	1 teaspoon grated lemon zest
8 ounces green beans, trimmed (about 3 cups)	1/2 cup slivered almonds
1 onion, peeled and cut into 8 wedges	
3 tablespoons extra-virgin olive oil	
Coarse sea salt	
Freshly ground black pepper	

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## DIRECTIONS

1. Preheat the oven to 450 degrees. Combine the first five ingredients (Brussels sprouts through olive oil) in a large bowl. Season with salt and pepper. Scrape onto a baking sheet and roast 25 minutes.
2. Transfer the vegetables to a large bowl (the same one, or your serving bowl). Stir in the remaining ingredients, taste for salt and pepper, and serve.





**COCONUT-PECAN SWEET POTATOES**

# COCONUT-PECAN SWEET POTATOES

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**PHASE 3 | SERVES: 12 | PREP TIME: 15 MIN | TOTAL TIME: 4 HR 15 MIN**

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4 pounds sweet potatoes, peeled and cut  
1/2 cup pecans, chopped  
1/2 cup unsweetened shredded coconut  
1/4 cup raw coconut oil, melted  
1 tablespoon powdered stevia  
1/2 teaspoon cinnamon  
1/4 teaspoon sea salt  
1/2 teaspoon vanilla

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## **DIRECTIONS**

1. Place the sweet potatoes in a 5-quart slow cooker.
2. Combine the next six ingredients (pecans through salt) and sprinkle over the sweet potatoes.
3. Cover and cook on low for 4 hours or until the sweet potatoes are tender.
4. Stir in the vanilla and serve.



**STREUSEL-TOPPED SWEET  
POTATOES**

# STREUSEL-TOPPED SWEET POTATOES

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PHASE 3 | SERVES: 16 | PREP TIME: 20 MIN | TOTAL TIME: 1 HR

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4 medium sweet potatoes

1/4 cup raw coconut oil

2 tablespoons xylitol

1 teaspoon vanilla

1/2 teaspoon cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon sea salt

## **Topping:**

3/4 cup pecan pieces, divided

1/4 cup raw coconut oil

1 tablespoon xylitol

1/2 cup rolled oats

1/8 teaspoon sea salt

Pinch of cinnamon

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## **DIRECTIONS**

1. Preheat the oven to 350 degrees. Place the sweet potatoes in a baking dish and bake (or microwave) until they are soft. Set aside to cool.
2. Meanwhile, make the topping: Place half of the pecan pieces in a food processor and grind finely. Transfer the ground pecans to a bowl, add the rest of the pecan pieces and the remaining topping ingredients, and mix thoroughly.
3. When the sweet potatoes are cool enough to handle, remove the skins and place the sweet potatoes in the food processor. Add the remaining filling ingredients and process until smooth.
4. Transfer the filling to a baking or casserole dish and top with the pecan mixture. Bake until golden brown and warmed through, about 20 minutes.

## ROASTED WINTER VEGETABLES



# ROASTED WINTER VEGETABLES

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**PHASE 3 | SERVES: 4-6 | PREP TIME: 20 MIN | TOTAL TIME: 40 MIN**

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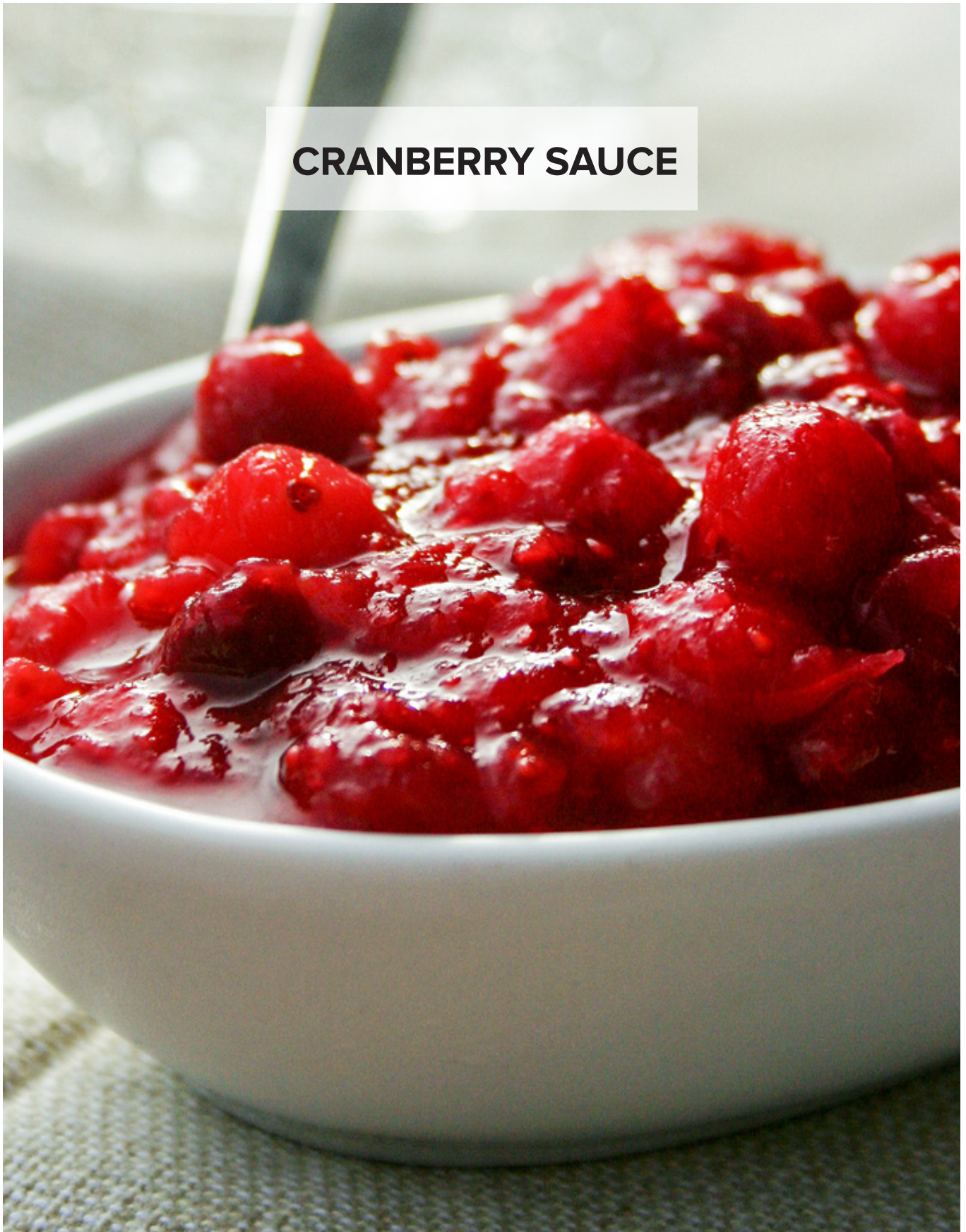
2 pounds winter squash or pumpkin, beets, carrots, Brussels sprouts, or a mix  
2 medium red onions, peeled and quartered  
1/4 cup extra-virgin olive oil  
2 tablespoons fresh rosemary chopped and/or thyme, chopped  
Sea salt  
Freshly ground black pepper

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## DIRECTIONS

1. Preheat the oven to 400 degrees. Peel or trim the vegetables and cut the larger ones into pieces about 1 inch thick.
2. Toss the vegetables and onions with the olive oil and herbs in a large bowl, and season generously with salt and pepper.
3. Spread the pieces in a single layer on one or two foil-lined baking sheets so that the vegetables don't touch. Roast until the veggies are lightly browned and just tender, about 20 minutes.
4. Taste to see if any additional salt and pepper are needed, and serve.

## CRANBERRY SAUCE



# CRANBERRY SAUCE

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**PHASE 3 | MAKES: 2 CUPS | PREP TIME: 10 MIN | TOTAL TIME: 15 MIN + OPTIONAL CHILLING**

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3 1/2 cups fresh cranberries

1 cup water

Zest of 1 small orange

1/2 teaspoon grated fresh ginger, chopped

2 tablespoons powdered stevia, or to taste

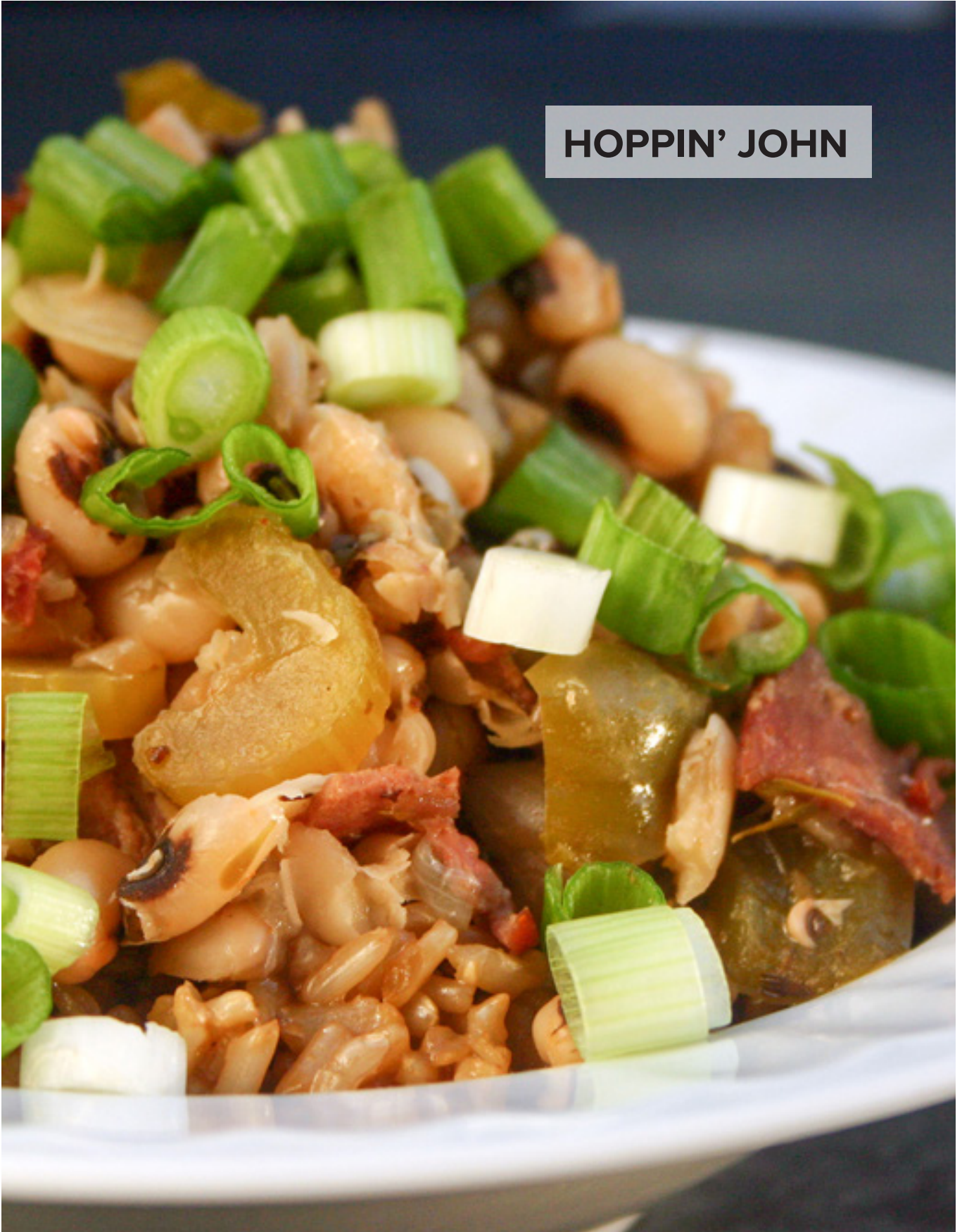
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## DIRECTIONS

1. Combine the cranberries, water, zest, and ginger in a medium saucepan.
2. Bring the mixture to a boil, and boil until the berries pop (about 5 minutes).
3. Remove from the heat and let it cool a bit. Add stevia until it's as sweet as you like, and refrigerate before serving (if you like your cranberry sauce chilled).



## HOPPIN' JOHN



# HOPPIN' JOHN

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**PHASE 1 | SERVES: 6 | PREP TIME: 20 MIN | TOTAL TIME: 1 HR**

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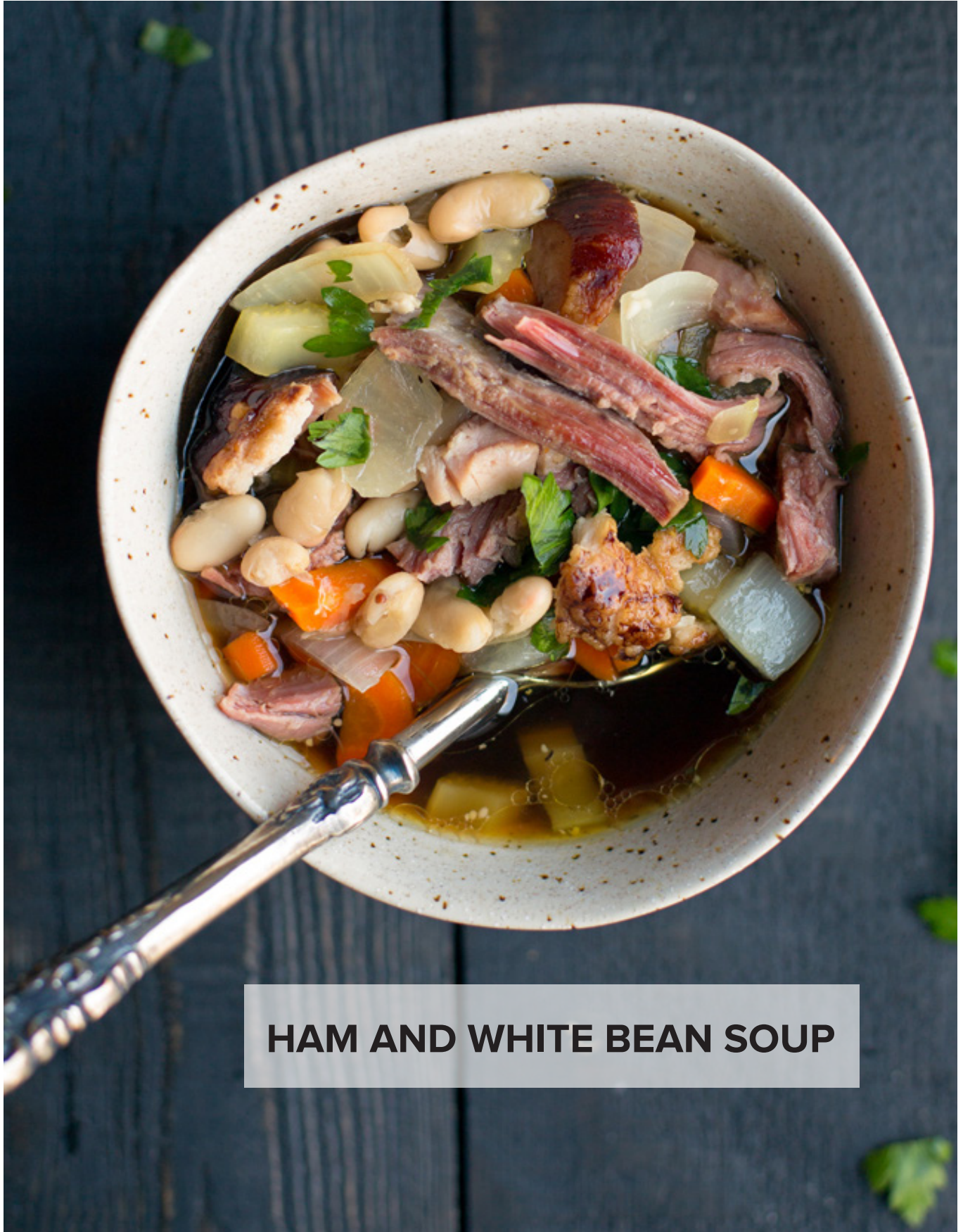
6 ounces nitrate-free turkey bacon, chopped  
1 celery stalk, diced  
1 small onion, diced  
1 small green pepper, diced  
2 garlic cloves, minced  
1/2 pound dried black-eyed peas, about 2 cups  
1 bay leaf  
2 teaspoons dried thyme  
1 heaping teaspoon Cajun seasoning

3/8 teaspoon sea salt  
3/8 teaspoon freshly ground black pepper  
6 cups cooked brown rice  
Sliced green onions  
Cooked collard greens (or kale, beet, or turnip greens)

---

## DIRECTIONS

1. Place the bacon in a medium pot over medium heat. Cook, stirring often, until the bacon is browned. Add the celery, onion, and green pepper and sauté until the vegetables begin to brown, about 4 to 5 minutes. Stir in the garlic and cook for another 1 to 2 minutes.
2. Add the black-eyed peas, bay leaf, thyme, and Cajun seasoning and cover with 4 cups of water. Bring the mixture to a simmer, cover, and cook until the peas are tender, not mushy, about 40 minutes.
3. When the peas are tender, remove and discard the bay leaf. Stir in the salt and pepper. Serve with brown rice, sliced green onions, and cooked greens.



**HAM AND WHITE BEAN SOUP**

# HAM AND WHITE BEAN SOUP

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**PHASE 3 | SERVES: 8 | PREP TIME: 10 MIN | TOTAL TIME: 4-8 HR**

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1 leftover ham bone	2 bay leaves
2 cups leftover diced ham	1 teaspoon sea salt
2 (15-ounce) cans white beans, drained and rinsed	1/2 teaspoon dried thyme leaves
3 carrots, diced	1/4 teaspoon poultry seasoning
3 stalks celery, diced	1/4 teaspoon freshly ground black pepper
1 onion, diced	6 cups water
2 cloves garlic, minced	1/4 cup chopped fresh parsley
2 tablespoons tamari	

---

## DIRECTIONS

1. Combine all ingredients (except the parsley) in a slow cooker.
2. Cover and cook on low 8 hours or high 4 hours.
3. Remove the ham bone, stir in the parsley, and serve.
4. Serve with a small salad.



**TURKEY TACOS WITH  
CRANBERRY SALSA**

# TURKEY TACOS WITH CRANBERRY SALSA

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PHASE 3 | SERVES: 4 | PREP TIME: 35 MIN | TOTAL TIME: 35 MIN

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## For the tacos:

1 tablespoon olive oil  
1 onion, sliced  
1/4 teaspoon ground cumin  
1/4 teaspoon chili powder  
1/4 teaspoon sea salt  
1/4 teaspoon black pepper  
2 cups leftover roast turkey, coarsely chopped  
4 sprouted-grain tortillas  
2 cups romaine lettuce, shredded

Fresh cilantro

Lime wedges

## For the salsa:

1 cup leftover cranberry sauce  
1/3 cup white onion, finely chopped  
1 teaspoon lime zest, finely grated  
2 tablespoons fresh lime juice  
1 tablespoon cilantro, finely chopped  
1 jalapeño, seeded and minced

---

## DIRECTIONS

1. Combine all of the salsa ingredients in a small bowl. Set the salsa aside for 30 minutes for the flavors to blend.
2. Meanwhile, assemble the tacos: In a large skillet, heat the olive oil over medium heat. Add the onions and cook, stirring, until they are soft, about 8 minutes.
3. Add the next five ingredients (cumin through turkey) and continue to cook until the onions are lightly caramelized, and the turkey is warmed through, about 4 minutes.
4. Remove the filling from the heat.
5. Warm the tortillas, or toast them in a dry skillet. Divide the filling and shredded lettuce evenly among the tortillas. Serve with the cranberry salsa, fresh cilantro, and lime wedges.



**EGGNOG**

# EGGNOG

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**PHASE 3 | SERVES: 6 | PREP TIME: 15 MIN | TOTAL TIME: 15 MIN + CHILLING**

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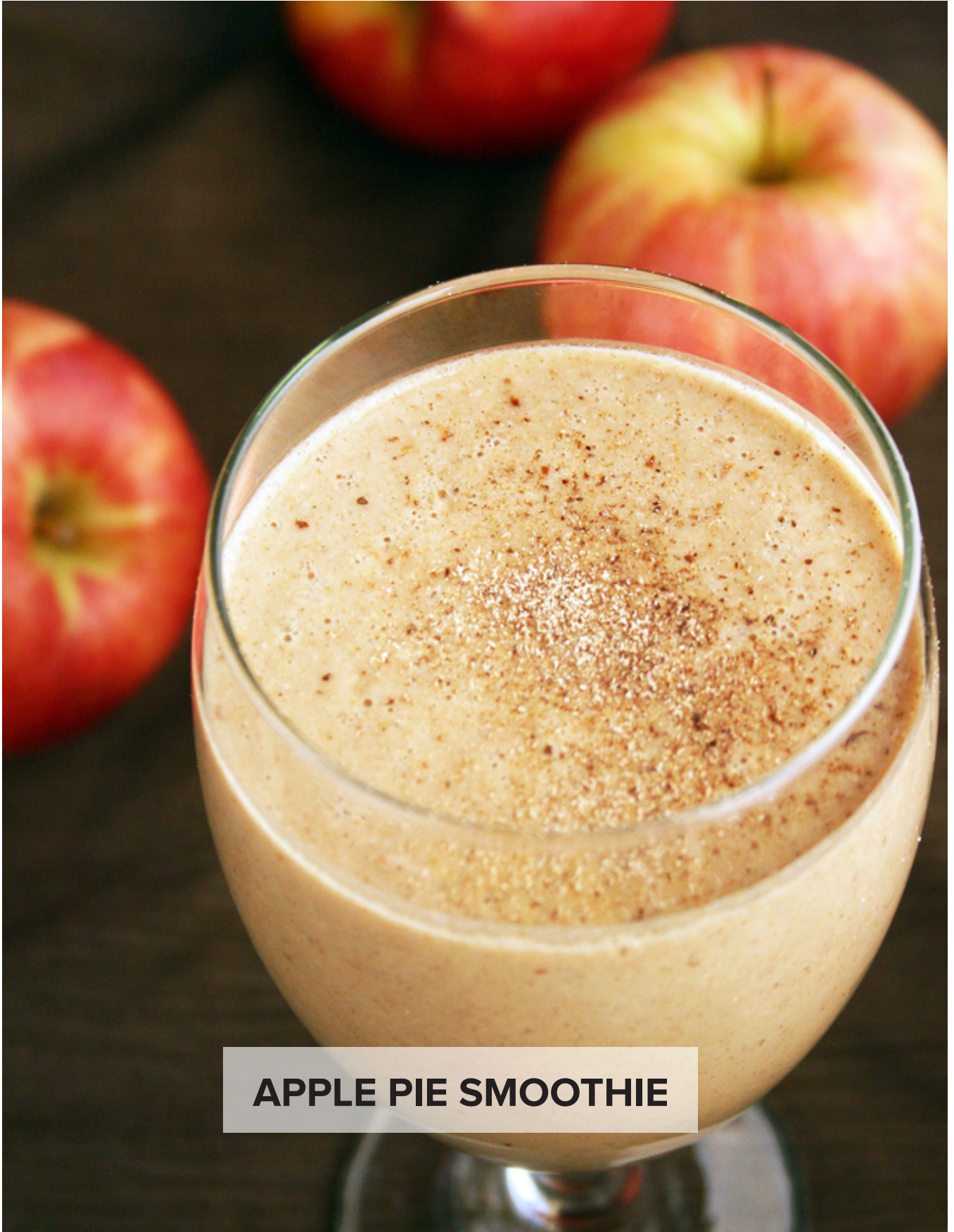
4 egg yolks, beaten  
3 cups unsweetened almond or coconut milk, divided  
1 teaspoon vanilla  
3/4 teaspoon powdered stevia, or to taste  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg

---

## DIRECTIONS

1. In a medium saucepan, mix the egg yolks and 2 cups of the milk.
2. Stir constantly over medium-low heat until the mixture thickens enough to coat the back of a spoon, about 5 to 10 minutes. (Be patient -- if you heat things too fast or don't stir, you'll get scrambled eggs!)
3. Remove the pan from the heat and set it in a bowl of ice water.
4. Stir for 2 to 3 minutes and then add the last 1 cup of milk, vanilla, stevia, cinnamon, and nutmeg.
5. Cover the eggnog and refrigerate. The longer it chills, the thicker it will get. Before serving, dust the eggnog generously with cinnamon and nutmeg.





**APPLE PIE SMOOTHIE**

# APPLE PIE SMOOTHIE

---

**PHASE 1 | SERVES: 1 | PREP TIME: 5 MIN | TOTAL TIME: 5 MIN + CHILLING**

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1 medium Gala apple (or other sweet variety), with peel, cored and chopped

3/4 cup unsweetened rice milk

1/4 to 1/2 cup old-fashioned oats (dry)

1 teaspoon vanilla

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon ground ginger

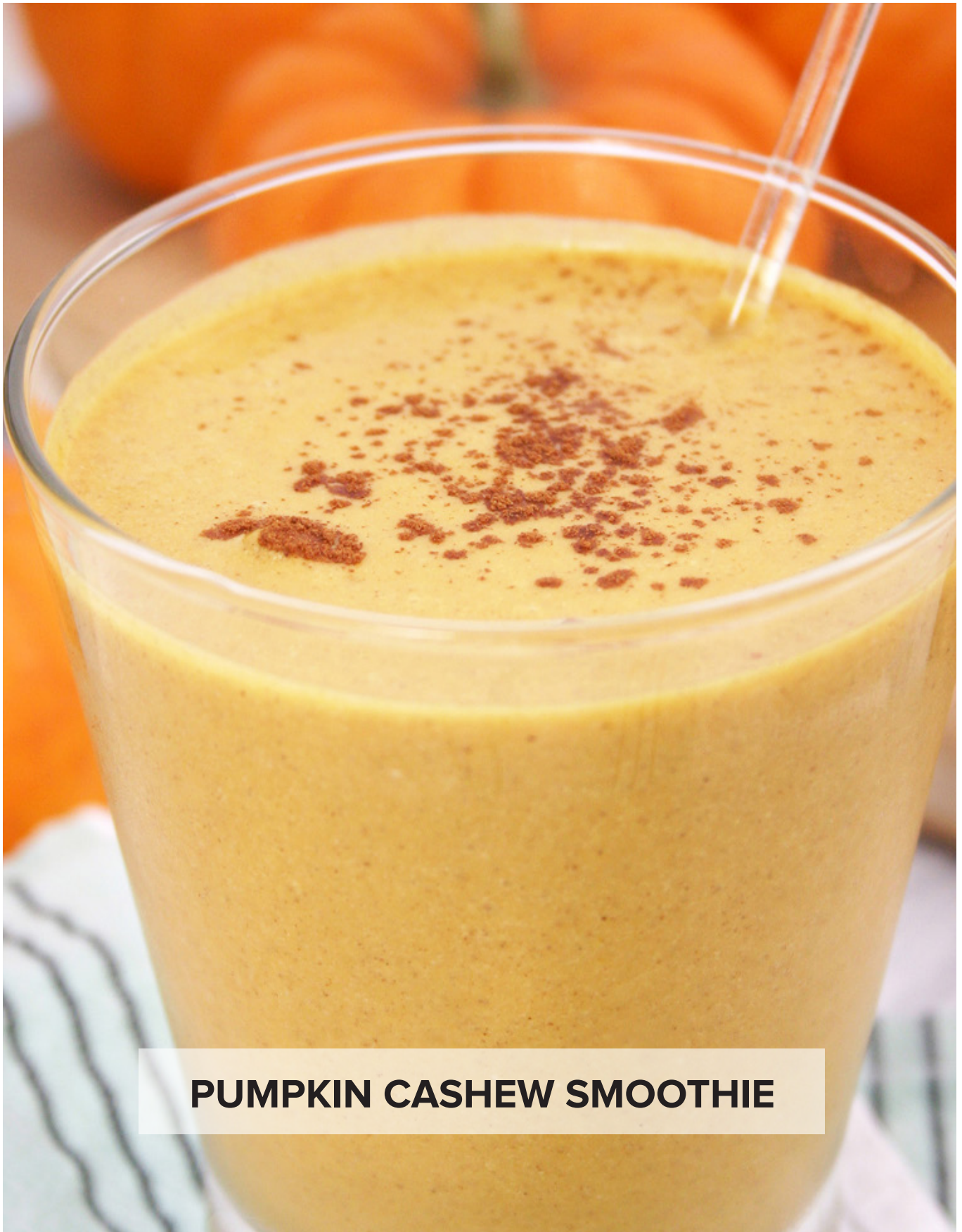
3 ice cubes

A few drops of liquid stevia, to taste (optional)

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## DIRECTIONS

1. Blend all ingredients in a blender until smooth.



**PUMPKIN CASHEW SMOOTHIE**

# PUMPKIN CASHEW SMOOTHIE

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**PHASE 3 | SERVES: 1 | PREP TIME: 5 MIN | TOTAL TIME: 5 MIN**

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1/4 cup raw cashew pieces  
1/2 cup water  
1/2 cup cooked or canned pumpkin  
1 teaspoon vanilla  
1 teaspoon cinnamon  
2 dashes ground ginger  
2 dashes ground nutmeg  
1/4 teaspoon powdered stevia  
6 ice cubes

---

## **DIRECTIONS**

1. Blend all ingredients in a blender until smooth.



**PUMPKIN COFFEE CAKE**

# PUMPKIN COFFEE CAKE

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PHASE 3 | SERVES: 8 | PREP TIME: 15 MIN | TOTAL TIME: 45 MIN

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## Cake:

1 cup Fast Metabolism All-Purpose Baking Mix  
1 teaspoon pumpkin pie spice  
1/2 teaspoon baking soda  
1/4 teaspoon sea salt  
3/4 cup canned pumpkin  
3 eggs  
1/3 cup xylitol  
3 tablespoons raw coconut oil, melted

## Topping:

3 tablespoons Fast Metabolism All-Purpose Baking Mix  
1/3 cup pecans, chopped  
1/4 cup xylitol  
1 1/2 tablespoons raw coconut oil

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## DIRECTIONS

1. Preheat the oven to 325 degrees. Line a 9-inch round pan with parchment paper.
2. Make the topping: Combine all of the topping ingredients in a bowl, moistening everything with the coconut oil (the mixture will look like wet sand). Set aside.
3. Make the cake: In a large bowl, whisk together the baking mix, pumpkin pie spice, baking soda, and salt.
4. Add the remaining ingredients and mix well. Pour into the parchment-lined pan, and sprinkle evenly with the topping.
5. Bake 30 minutes (a toothpick inserted into the center will come out moist but clean).
6. Place the pan on a cooling rack to cool completely before slicing.



**BLUEBERRY FRENCH TOAST  
CASSEROLE WITH APPLE COMPOTE**

# BLUEBERRY FRENCH TOAST CASSEROLE WITH APPLE COMPOTE

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PHASE 1 | SERVES: 6 | PREP TIME: 40 MIN | TOTAL TIME: 1 HR 10 MIN

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8 egg whites  
1 1/2 cups unsweetened rice milk  
2 teaspoons ground cinnamon  
1 teaspoon vanilla  
1/2 teaspoon almond extract  
15 drops liquid stevia  
6 slices sprouted grain bread, cubed  
2 cups fresh or frozen blueberries

**Apple Compote:**  
4 medium apples, peeled and sliced  
2 tablespoons arrowroot  
2 teaspoons cinnamon  
1 teaspoon lemon juice  
1/8 teaspoon sea salt  
2 cups water  
20 drops liquid stevia, or to taste

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## DIRECTIONS

1. For the Apple Compote: Combine the first five ingredients (apples through salt) in a large saucepan over medium heat. Stir in the water and cook, stirring often, until the mixture becomes thick and the apples are soft, about 15 minutes. Let the compote cool a bit (it will thicken more as it cools), stir in the stevia, and serve.
2. For the Casserole: In a large mixing bowl, combine the first six ingredients (egg whites through stevia). Whisk well.
3. Line a medium baking dish (about 8 by 11 inches) with parchment and fill it with the bread. Pour the liquid mixture over the bread, make sure all parts of the bread are moistened, and allow it to sit for at least 30 minutes. (Note: You can make the casserole ahead to this point, cover, and refrigerate.) Meanwhile, preheat the oven to 350 degrees.
4. Mix the blueberries into the bread mixture.
5. Bake the casserole for about 30 minutes or until there is no longer any liquid between the bread. Allow the casserole to cool a bit, and serve with the Apple Compote.



## POMROY PUMPKIN PIE



# POMROY PUMPKIN PIE

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PHASE 3 | SERVES: 8 | PREP TIME: 20 MIN | TOTAL TIME: 1 HR 20 MIN + COOLING

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## **Crust:**

1/2 cup Fast Metabolism All-Purpose Baking Mix  
3/4 cup almond flour  
1/3 cup xylitol  
1/4 cup cold raw coconut oil, plus more for the pan

3 large eggs  
1 cup canned coconut milk  
3/4 cup xylitol  
1 tablespoon arrowroot  
2 teaspoons pumpkin pie spice  
1 teaspoon vanilla  
1/4 teaspoon fine sea salt

## **Filling:**

15-ounce can pumpkin

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## **DIRECTIONS**

1. Make the crust: Lightly grease a 9-inch pie pan with coconut oil. Combine the baking mix, almond flour, and xylitol in a mixing bowl. Work in the cold coconut oil with a fork or pastry blender until the mixture is crumbly. Press the crumbs evenly onto the bottom and sides of the pan. Freeze for 20 minutes.
2. Preheat the oven to 375 degrees. Bake the crust for 12 to 15 minutes, until golden brown. Remove from the oven, and cool completely on a rack.
3. Make the filling: Whisk all of the filling ingredients in a bowl until thoroughly combined. Pour the filling into the cooled crust.
4. Bake at 375 degrees for 45 minutes or until the filling is just barely set in the middle but still quite moist. Cool completely on a rack, and serve at room temperature or chilled.



**“SUGAR” COOKIES WITH RASPBERRY  
COCONUT CREME ICING**

# “SUGAR” COOKIES WITH RASPBERRY COCONUT CREME ICING

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PHASE 3 | MAKES: 16 COOKIES | PREP TIME: 25 MIN | TOTAL TIME: 55 MIN

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## “Sugar” Cookies:

1 1/2 tablespoons raw coconut oil, melted  
1 tablespoon almond milk  
15 drops liquid stevia, or to taste  
1/2 teaspoon vanilla  
1/4 teaspoon almond extract (optional)  
1 cup almond flour  
1/8 teaspoon sea salt  
1/8 teaspoon baking soda

## Raspberry Coconut Creme Icing

1/4 cup coconut cream from a full-fat coconut milk can (refrigerate the can overnight to make the cream rise to the top)  
1/4 cup defrosted frozen raspberries (with juices), pureed  
1/4 teaspoon vanilla  
15 drops liquid stevia, or to taste  
7 to 8 tablespoons arrowroot

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## DIRECTIONS

1. Combine the coconut oil, almond milk, stevia, vanilla, and optional almond extract in a medium mixing bowl. In a separate bowl, combine the almond flour, sea salt, and baking soda. Mix the wet ingredients into the dry and keep stirring, breaking up clumps as you mix, until you can form the dough into a ball with your hands. Flatten the dough ball into a disk, wrap it in plastic wrap, and refrigerate for 10 minutes.
2. Place the chilled dough ball between two sheets of parchment paper and roll it out 1/4-inch thick. Cut shapes out of the dough with cookie cutters, transfer the shapes to a parchment-lined cookie sheet, and freeze for 20 minutes.
3. Preheat the oven to 325 degrees. Bake the cookies for 10 minutes or until the edges are barely golden. Remove the cookie sheet from the oven and let the cookies cool on the sheet. Cool the cookies completely before icing.
4. For the Icing: In a small bowl, whisk the coconut cream, pureed raspberries, vanilla, and stevia. Add 1 tablespoon of the arrowroot at a time to thicken the icing to your liking, whisking in each tablespoon until there are no clumps.
5. Transfer the icing to a ziplock bag or pastry bag with tip and refrigerate for 20 minutes before using. (If you are using a ziplock bag, you can then cut off a tiny corner of the bag to squeeze the icing out onto your cookies.) 2 cookies are a grain serving on Phase 3.



**GINGER COOKIES**

# GINGER COOKIES

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**PHASE 3 | MAKES: 18 COOKIES | PREP TIME: 20 MIN | TOTAL TIME: 30 MIN**

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1 cup sprouted wheat flour	1/4 cup grapeseed or coconut oil
1/2 tablespoon ground ginger	1/4 teaspoon vanilla
1/2 teaspoon baking soda	Optional: 1 tablespoon xylitol for baking
1/4 teaspoon cinnamon	
1/4 teaspoon sea salt	
1/3 cup xylitol	
1 egg	
2 teaspoons fresh ginger, grated	
1/2 tablespoon fresh lemon zest	

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## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. In a bowl, whisk together the first five ingredients (flour through salt).
3. In a separate large mixing bowl, combine the next six ingredients (xylitol through vanilla).
4. Mix the dry ingredients into the wet ingredients.
5. Roll the dough into 1-inch balls, dip their tops in the remaining 1 tablespoon of xylitol (if desired), and place on parchment-lined baking sheets.
6. Bake for 7 to 9 minutes.
7. Transfer the cookies to a rack to cool. 2 cookies are a gran serving on Phase 3.

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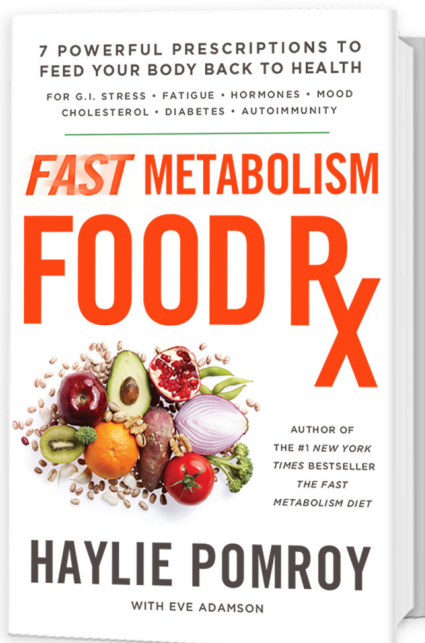
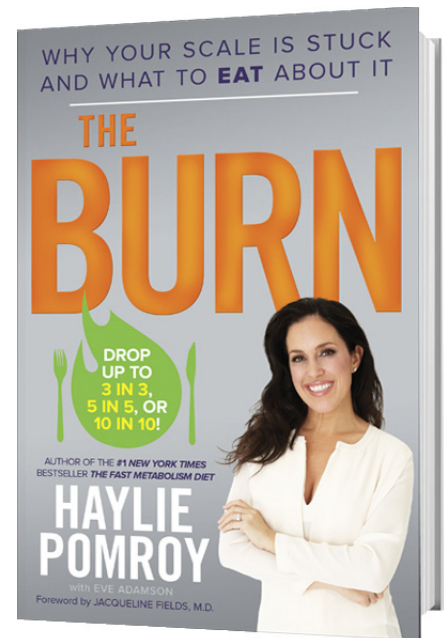
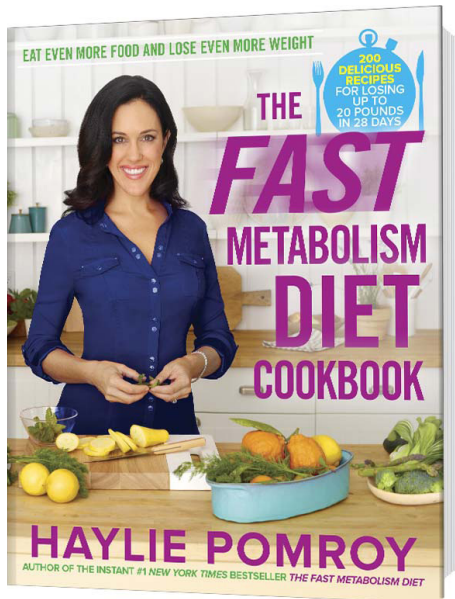
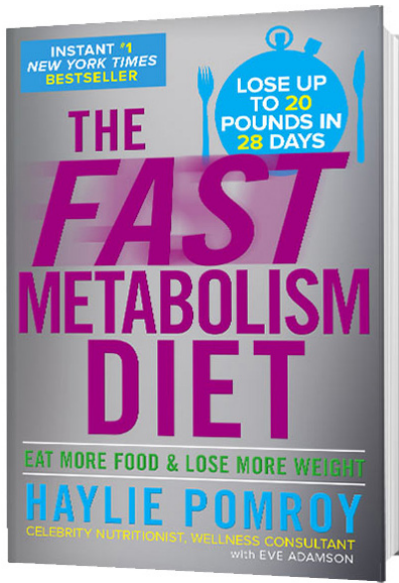
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