



healthy Holiday Recipes

Naturally Nourished Nutrition Services



TABLE OF CONTENTS

I	Thank You	3
II	Paleo Baking Substitutions	4
III	Healthy Ingredient Swaps	5
IV	Fat & Oil Guide	6
V	Roast Turkey with Herb Butter	7
VI	Chai Pork Tenderloin with Apples	8
VII	Roasted Root Veggie Medley	9
VIII	Brussel Sprouts with Bacon & Balsamic Glaze	10
IX	Slow Cooker Sweet Potato Casserole	11
IX	Gluten Free Stuffing	12
X	Cranberry Sauce	13
XI	Bone Broth Gravy	14
XII	Salted Caramel Pecan Pie	15
XII	Peppermint Protein Hot Cocoa	16



Thank You

Hi friends,

Thank you for choosing this book of Healthy Holiday Recipes! The holidays are such a special time for all of us, and holiday foods are vital to our traditions. These recipes were created from a holistic perspective, removing inflammatory ingredients while keeping all the flavors we remember and love. Plus, each recipe is gluten free, so they are safe for you or a loved one who can not tolerate gluten. I've included some healthy ingredient swaps for your pantry, but these can be used as a substitute list for any recipe.

A little bit about me...Back in 2015, I started to slowly gain weight without changing how I exercised or ate. I worked out twice a day (running and CrossFit) and ate around 1200 calories of mostly grains and veggies, so when my doctor suggested I just "eat less and work out more", I felt so defeated. Plus, I was dealing with chronic symptoms that would not change no matter what I tried. You could say that I was stressed. :) After spending almost \$20K out of pocket to get answers, I decided to take my health into my own hands and become a certified nutritional practitioner. Now, I'm equipped to help other women who struggle with trying everything to feel better to finally be free, take the guesswork out of their health for good, and get their life back!

If you'd like to know more about what I do or how I can help you, please visit my website at @naturallynourishedntp.com or follow me on IG @naturallynourishedntp. I hope you enjoy these recipes as much as my family does, and that you have a wonderful holiday season.

(Note: Some Fowler Market Vendors are listed by the ingredients they sell; i.e., Chicken Waddle sells eggs)

With Love,

Elizabeth Todd NTP, RWP, FBCS

Nutritional Therapy Practitioner, Restorative Wellness Practitioner,
Functional Blood Chemistry Specialist



Paleo Baking Substitutions

1:1 Ingredient Swaps for Baking

Bone broth for stock or broth

Gluten Free Flour Blend for
white/wheat flour

Like Bob's Red Mill 1:1 flour blend

Arrowroot or Tapioca Starch
for cornstarch

Butter or ghee for high heat
cooking

Melted coconut oil for
canola/vegetable oils

Honey or Maple syrup for
liquid sweeteners

Coconut Sugar for cane sugar

@naturallynourishedntp

Healthy Ingredient Swaps

Start with a few when you run out, and build your CLEAN pantry as you go

Instead of these:		Use these:	
	corn, soybean, canola, vegetable oil		extra-virgin olive, avocado, coconut oil
	margarine		butter or coconut oil
	dressings + sauces with toxic oils		dressings with healthy oils, vinegars
	chips, crackers, cookies with many ingredients or hydrogenated oils		snacks with healthy oils, nuts + seeds
	microwave popcorn		whole kernel or pre-popped popcorn
	cereal + granola (esp. with added sugar)		oats, whole food granola, coconut flakes
	candy, chocolate, cookies, pudding, jello, baked goods, sugary granola bars		dried fruit, 70% dark chocolate, cacao nibs, trail mix, natural energy bars
	refined pasta		whole grain/pasta from rice, quinoa, beans, lentils, veggies
	refined bread + bagels		sourdough or sprouted bread, rice cakes
	refined baking flour		whole grain, nut, coconut flours
	refined baking sugar		honey, maple syrup, dates, coconut sugar
	baking ingredients + mixes with artificial colors or flavors		baking ingredients + mixes with whole food ingredients
	fake syrup; jelly with lots of added sugar		maple syrup; honey; date syrup
	processed peanut butter		natural nut butter
	artificial flavor mixes; anything with MSG		spices + herbs
	canned soup + broth with many ingredients, MSG, artificial flavor		canned soup + bone broth with whole food ingredients
	soda, juice, beverage mixes with lots of added sugar or artificial coloring		sparkling water; tea; coconut water; drinks with natural or minimal sugar
	misc: anything with many ingredients, toxic oils, sugar, flavorings, colors, etc.		misc: canned fish, olives, beef jerky, tahini, seaweed, superfood powders, etc

Fat + Oil Guide

The “lines” below indicate the fat molecule, each bend is a weak spot that is affected by high heat when processed. The fewer bends, the less inflammatory the oil is.

HIGH HEAT



SATURATED
=
SOLID
=
SAFE TO HEAT



- coconut oil
- butter & ghee
- red palm oil
- duck fat
- goose fat
- lard
- beef tallow
- lamb tallow

LOW HEAT



MONOUNSATURATED
=
MODERATE HEAT

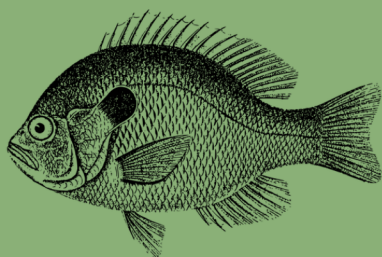


- olive oil*
- avocado oil*

**if quality, can handle higher heat because of protective polyphenol content*

- sesame oil
- macadamia oil

DO NOT HEAT



POLYUNSATURATED
=
PROTECT FRAGILITY
(best when cold pressed to avoid heat damage)



- almond oil
- flaxseed oil
- pumpkin seed oil
- grapeseed oil
- hemp oil
- walnut oil
- fish + cod liver oil
- any omegas

DO NOT EAT*



DAMAGED
INFLAMMATORY
RANCID
TOXIC



- canola oil
- corn oil
- soybean oil
- rapeseed oil
- sunflower oil
- safflower oil
- vegetable oil
- hydrogenated oils

*These oils are exposed to high levels of heat during processing and are stored in clear bottles that increase their heat damage.

Roast Turkey with Herb Butter



INGREDIENTS

Turkey:

- 1 12lb pasture raised or organic turkey, fully thawed
- 2 yellow onions, peeled and cut into quarters
- 3 cloves garlic, peeled
- 3 stalks of celery
- 1 lemon, quartered
- 2 tsp salt
- Herb Bundle: 3 sprigs of fresh rosemary, sage, thyme

Herbed Ghee Rub:

- 3/4 cup ghee or grass fed butter
- 1 tsp salt
- 2 tsp garlic powder
- 1 sprig of rosemary, thyme and 5 sage leaves: finely chopped



*THERAPEUTIC NUTRIENTS

GRASS FED, PASTURE RAISED PRODUCTS: PROVIDE UP TO 10X THE NUTRIENTS OF CONVENTIONALLY FARMED MEATS
FRESH HERBS: ADDS A VARIETY OF VITAMINS AND MINERALS

DIRECTIONS:

1. Preheat oven to 325.
2. Remove neck and giblets. Clean the inside of the turkey and pat dry. Season the cavity with salt and fill with onion, garlic, celery, lemon, and herb bundle. Secure legs with twine.
3. Soften butter or ghee and mix in seasonings. Spread the butter generously all over the entire turkey, both under the skin and on it.
4. Bake the turkey for 13-15 minutes per lb, until internal temperature reaches 165. Baste the turkey with butter drippings every 30 minutes.
5. When turkey reaches internal temp of 165, remove from oven and tent with foil, letting it rest 30 minutes before carving to redistribute the juices.



ELIZABETH TODD, NUTRITIONAL THERAPY PRACTITIONER
FOR MORE INFORMATION, VISIT:
WWW.NATURALLYNOURISHEDNTP.COM
FOLLOW ON INSTAGRAM: @NATURALLYNOURISHEDNTP



Chai Pork Roast with Apples



INGREDIENTS

- 1 pkg of K&K Chai Golden Chai (or your preference)
- 3lb Wheatland Natural pork roast
- 1Tb Ternero olive oil
- 1/2 cup apple cider
- 1/2 cup Wild Feather Medicinals beef bone broth*
- 2 medium apples, cored & quartered
- 1 large onion, peeled and chopped
- 3 cloves garlic, peeled and whole
- 3 twigs of fresh rosemary & sage
- 1 lemon
- Salt, pepper to taste
- 2 tsp brown sugar (optional)
- Sour & Soul Sourdough bread for dipping



*THERAPEUTIC NUTRIENTS

PORK: GREAT SOURCE OF B VITAMINS AND HEALTHY FATS

BONE BROTH: SOOTHES THE DIGESTIVE TRACT AND SUPPORTS THE INTEGRITY OF THE GUT LINING

ROOT VEGGIES: SUPPORTS COLLAGEN FORMATION AND CONNECTIVE TISSUE'S ELASTICITY AND RESILIENCE. ALSO REGULATES CALCIUM PLACEMENT IN BONE AND TISSUE.

OLIVE OIL: EXCELLENT HEALTHY FAT, CONTAINS ANTI-INFLAMMATORY COMPOUNDS

DIRECTIONS:

1. Pat pork dry, then season all over with chai, place in ziplock bag and let sit at room temp for one hour to marinate.
2. Preheat oven to 400. Add 2Tb olive oil to dutch oven, preheat to medium heat on stove.
3. Once oil is hot, sear roast on all sides for 2-3 minutes per side; remove to plate.
4. Reduce heat, add liquids, scrape up any browned bits, cook til liquids are reduced by half.
5. Add apples, herbs, onions & garlic to the pan, adding a pinch of S&P, sautéing for 5-7 minutes until soft.
6. Slice a few lemon slices into the pan. Squeeze the rest of the lemon juice and add with brown sugar to the pan.
7. Nestle pork roast back into the pot.
8. Roast 40-50 min (to temp 145). Start checking the temp at 30 min to prevent overcooking.
9. Remove pork from pan, tent with foil, allow it to rest for 20 minutes.
10. To serve, pour apple and onion mixture onto a serving plate, top with sliced pork roast, serve alongside a good sourdough bread and/or mashed potatoes, or any side you prefer.



ELIZABETH TODD, NUTRITIONAL THERAPY PRACTITIONER
FOR MORE INFORMATION, VISIT:
WWW.NATURALLYNOURISHEDNTP.COM
FOLLOW ON INSTAGRAM: @NATURALLYNOURISHEDNTP



Roasted Root Veggie Medley



INGREDIENTS

- 2 cups chopped root veggies* of your choice (carrots, potatoes, beets, etc)
- 1 medium butternut squash*, peeled, seeded, cubed
- 2 yellow onions, peeled and chopped
- 3 cloves garlic, chopped
- 2 Tb Ternero olive oil
- 1 Tb balsamic vinegar
- 1 tsp each salt, pepper
- 1 tsp each dried rosemary, sage, thyme
- 1/2 cup chopped pecans



*THERAPEUTIC NUTRIENTS

ROOT VEGGIES: SUPPORTS COLLAGEN FORMATION AND CONNECTIVE TISSUE'S ELASTICITY AND RESILIENCE. ALSO REGULATES CALCIUM PLACEMENT IN BONE AND TISSUE.
OLIVE OIL: EXCELLENT HEALTHY FAT, CONTAINS ANTI-INFLAMMATORY COMPOUNDS

DIRECTIONS:

1. Preheat oven to 400.
2. Place all chopped veggies on a parchment lined baking sheet.
3. Toss veggies with oil, balsamic, and seasonings.
4. Bake 20-25 minutes or until browning at the edges.
5. Remove from oven, add pecans before serving.



ELIZABETH TODD, NUTRITIONAL THERAPY PRACTITIONER
FOR MORE INFORMATION, VISIT:
WWW.NATURALLYNOURISHEDNTP.COM
FOLLOW ON INSTAGRAM: @NATURALLYNOURISHEDNTP



Brussel Sprouts with Bacon



INGREDIENTS

- 2 lbs organic Brussels Sprouts, washed, ends removed, and cut in half
- 2 Tb Ternero olive oil
- salt and pepper
- 1 pkg no sugar added bacon, cooked and crumbled
- 1/3 cup balsamic vinegar

THERAPUETIC NUTRIENTS:

BRUSSELS SPROUTS: HEALTHY FIBER AND VITAMIN & MINERALS

OLIVE OIL: HEALTHY FAT, ANTI-INFLAMMATORY

BACON: PROTEIN AND FAT

VINEGAR: BLOOD SUGAR BALANCE



DIRECTIONS:

- Preheat oven to 425.
- Toss Brussels Sprouts with olive oil salt, and pepper, spread evenly on parchment lined baking sheet.
- Cook for 20-25 minutes, stirring sprouts and rotating pan halfway through cooking time.
- While these are roasting, cook bacon til crispy, and crumble. Add vinegar to small pan over medium heat and slowly reduce to 2 Tb. (You can save some of the bacon drippings to stir into glaze)
- Toss cooked sprouts with bacon and drizzle with balsamic glaze.



ELIZABETH TODD, NUTRITIONAL THERAPY PRACTITIONER
FOR MORE INFORMATION, VISIT:
WWW.NATURALLYNOURISHEDNTP.COM
FOLLOW ON INSTAGRAM: @NATURALLYNOURISHEDNTP



Slow Cooker Sweet Potato Casserole



INGREDIENTS

Potato Mixture:

- 3 lbs organic sweet potatoes, washed, peeled, and chopped into 1 inch cubes
- 4 Tb milk
- 4 Tb butter or ghee
- 1/3 cup maple syrup or honey
- 1 tsp vanilla
- 1 *Chicken Waddle egg, beaten

Topping:

- 1/2 cup pecans, chopped (you can toast them lightly in a skillet over low heat to bring out flavor)
- 3 Tb melted butter or ghee
- 2 Tb maple syrup or honey
- 2 Tb almond flour OR gluten free flour blend
- 1/2 tsp pumpkin pie spice



*THERAPEUTIC NUTRIENTS

SWEET POTATOES: HEALTHY FIBER AND VITAMIN & MINERALS

BUTTER/GHEE: EXCELLENT HEALTHY FAT, CONTAINS ANTI-INFLAMMATORY COMPOUNDS

DIRECTIONS:

- Spray inside of crockpot with avocado oil or paint with butter.
- Place sweet potatoes in bottom and cook on high for 2-3 hours.
- Add remaining ingredients (not topping) and puree with a masher, hand mixer, or an immersion blender. Add 1-2 Tb more milk if needed to get desired consistency.
- Mix together topping ingredients in a small bowl; sprinkle on top of puree to cover.
- Cook for 2 hrs on low, keep warm until ready to serve.



ELIZABETH TODD, NUTRITIONAL THERAPY PRACTITIONER
FOR MORE INFORMATION, VISIT:

WWW.NATURALLYNOURISHEDNTP.COM

FOLLOW ON INSTAGRAM: @NATURALLYNOURISHEDNTP



Grain Free Stuffing



INGREDIENTS

- 1 loaf gluten free bread, toasted and cubed
 - Canyon Bakehouse 7 grain bread or any GF bread loaf
- 1/2 cup ghee or butter
- 1 yellow onion, chopped
- 4 stalks celery, chopped
- 1 tsp dried thyme
- 1/2 tsp dried sage & rosemary
- 1 tsp salt
- 1/2 tsp pepper
- 1 cup Wild Feather Medicinals bone broth



*THERAPEUTIC NUTRIENTS

BONE BROTH: SUPPORTS COLLAGEN FORMATION AND CONNECTIVE TISSUE'S ELASTICITY AND RESILIENCE. ALSO REGULATES CALCIUM PLACEMENT IN BONE AND TISSUE.
BUTTER/GHEE: EXCELLENT HEALTHY FAT, CONTAINS ANTI-INFLAMMATORY COMPOUNDS

DIRECTIONS:

- Preheat oven to 350.
- In skillet over medium heat, melt butter. Cook onions and celery until translucent.
- Add seasonings.
- Add toasted bread cubes and stir to coat them well in butter (add more melted butter if needed).
- Place in greased 8x8 baking dish, pour broth over stuffing.
- Bake for 15 minutes until liquid is absorbed.



ELIZABETH TODD, NUTRITIONAL THERAPY PRACTITIONER
FOR MORE INFORMATION, VISIT:
WWW.NATURALLYNOURISHEDNTP.COM
FOLLOW ON INSTAGRAM: @NATURALLYNOURISHEDNTP



Healthier Cranberry Sauce



INGREDIENTS

- 12 ozs fresh cranberries, rinsed
- 1 cup coconut sugar
- 1 cup orange juice



*THERAPEUTIC NUTRIENTS

CRANBERRIES: GREAT ANTIOXIDANT, SUPPORTS URINARY TRACT HEALTH

DIRECTIONS:

- in saucepan over medium low heat, dissolve sugar into the orange juice.
- add cranberries.
- cook, stirring frequently, until berries begin to burst, about 10 minutes.
- remove from heat and let cool. It will thicken as it cools.
- store in airtight container in fridge for up to 2 weeks.
- *for a thinner, less chunky consistency, place in blender and blend before storing.



ELIZABETH TODD, NUTRITIONAL THERAPY PRACTITIONER
FOR MORE INFORMATION, VISIT:
WWW.NATURALLYNOURISHEDNTP.COM
FOLLOW ON INSTAGRAM: @NATURALLYNOURISHEDNTP



Bone Broth Gravy



INGREDIENTS

- 3 Tb ghee OR turkey drippings
- 3 Tb arrowroot starch (or GF flour blend)
- 3 cups Wild Feather Medicinals bone broth (turkey or chicken)
- 1/2 tsp poultry seasoning
- salt and pepper, to taste



*THERAPEUTIC NUTRIENTS

BONE BROTH: SUPPORTS COLLAGEN FORMATION AND CONNECTIVE TISSUE'S ELASTICITY AND RESILIENCE. ALSO REGULATES CALCIUM PLACEMENT IN BONE AND TISSUE.
BUTTER/GHEE: EXCELLENT HEALTHY FAT, CONTAINS ANTI-INFLAMMATORY COMPOUNDS

DIRECTIONS:

- melt butter or drippings in large skillet over medium heat.
- whisk in arrowroot starch to make a paste, cook for 1-2 minutes, stirring constantly.
- reduce heat to low, slowly stir in broth, 1/2 cup at a time, whisking constantly to remove lumps until thickened; once all liquid is absorbed, and the next 1/2 cup until reaching desired consistency.
- add seasonings, adjust salt and pepper to taste.
- if lumps remain, use an immersion blender to break them up before serving.



ELIZABETH TODD, NUTRITIONAL THERAPY PRACTITIONER
FOR MORE INFORMATION, VISIT:
WWW.NATURALLYNOURISHEDNTP.COM
FOLLOW ON INSTAGRAM: @NATURALLYNOURISHEDNTP



Caramel Pecan Pie

with option for salted caramel



INGREDIENTS

- 1, 9 in gluten free pie crust, like Wholly Wholesome
 - prebaked according to package directions
- 3 Chicken Waddle eggs
- 2Tb maple syrup or honey
- pinch of salt
- 1tsp vanilla
- 1/2 cup each: chopped pecans and pecan halves

Caramel Sauce: must be cooled for one hour before baking

- 1 can full fat coconut milk
- 1 cup coconut sugar
- 2 tsp vanilla
- (optional: 3/4 tsp salt)



DIRECTIONS:

- Caramel sauce: bring can of coconut milk and sugar to a boil over medium heat, whisking constantly. Once bubbling, reduce heat to low. Cook while stirring occasionally to avoid burning, for 15-17 minutes or until mixture is reduced and a deep caramel color. Once removed from heat, stir in the vanilla extract (and optional salt).
- Cool for one hour at room temp.
- Preheat oven to 350.
- In medium bowl, mix chopped pecans (reserve halves) with maple syrup, salt, and vanilla.
- Once cooled, whisk the eggs into the caramel mixture then add to pecan mixture.
- Pour filling into prebaked crust, place pecan halves on top.
- Bake 45-50 minutes or until set and golden brown.
- Allow to cool fully before serving with a dollop of fresh whipped coconut cream!



ELIZABETH TODD, NUTRITIONAL THERAPY PRACTITIONER
FOR MORE INFORMATION, VISIT:
WWW.NATURALLYNOURISHEDNTP.COM
FOLLOW ON INSTAGRAM: @NATURALLYNOURISHEDNTP



Peppermint Protein Hot Cocoa

Bonus: it's also healing for your gut!



INGREDIENTS

- 2 Tb raw cacao powder
- 1 scoop chocolate collagen protein powder
- 1 cup whole milk
- 1 Tb maple syrup
- splash of vanilla, pinch of salt
- 1 drop of peppermint extract
- fresh whipped cream for a garnish
- *bonus: add up to 1/2 cup bone broth for additional gut healing support



*THERAPEUTIC NUTRIENTS

RAW CACAO: ANTIOXIDANT

COLLAGEN PROTEIN: SUPPORTS TISSUE HEALING, SOURCE OF PROTEIN

MILK: SOURCE OF FAT AND PROTEIN

BONE BROTH: ADDITIONAL SUPPORT FOR HEALING INTESTINAL LINING

DIRECTIONS:

- warm milk in microwave or on stove over low heat.
- use a hand help frother or a blender to combine all ingredients.
- Serve with a dollop of fresh whipped cream!



ELIZABETH TODD, NUTRITIONAL THERAPY PRACTITIONER
FOR MORE INFORMATION, VISIT:

WWW.NATURALLYNOURISHEDNTP.COM

FOLLOW ON INSTAGRAM: @NATURALLYNOURISHEDNTP

