

HOME FOR THE HOLIDAYS

MINI COOKBOOK



CRISTY **"CODE RED"** NICKEL

CODE RED HOME FOR THE HOLIDAYS MINI COOKBOOK

Congratulations on ordering your Code Red Home For The Holidays Mini Cookbook!

My Certified Coaches, Code Red Mentors, and my sister, Cari, all pitched in to bring you over 50 fall, winter, and holiday recipes.

Use these recipes to make DELICIOUS, filling holiday meals, soups, beverages, and desserts you and your family will love, *and* that will help you stay on track and start the new year off weighing less and feeling better.

Thank you for investing in this mini cookbook, and in so doing, investing in your health and your family's health.

Congratulations again, and enjoy!

Cristy "Code Red" Nickel



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MAIN DISHES



CARI'S "WHAT THE HECK DO I DO WITH THE LEFT-OVER TURKEY MEATBALLS" WITH DIP!

INGREDIENTS

- » 2 oz butter, divided
- » 4 oz (2/3 cup) red onions, finely chopped
- » 1 3/4 lbs ground turkey (put your leftover turkey in the food processor)
- » 1 egg
- » 1 tsp salt
- » 1/2 tsp ground black pepper
- » 1/2 tsp ground cinnamon
- » 1/2 tsp ground allspice

MUSTARD MAYO

- » 3/4 cup mayo
- » 1 Tbsp dijon mustard
- » Redmond Real Salt and ground black pepper to taste

DIRECTIONS

Meatballs

1. Heat up a large frying pan with half of the butter on medium-high heat. When hot, add the chopped onion. Fry until soft.
2. In a big bowl, mix the ground turkey with the fried onion, egg, and spices.
3. Form the meat mixture into balls, about 1" (3 cm) each. It helps to keep your hands damp while forming the balls.
4. Add the rest of the butter to the hot frying pan. Place the meatballs in the pan in a single layer making sure they don't touch. You might need to fry them in batches depending on the size of the pan. Fry until browned on all sides. Keep warm.

Mustard Mayo

1. Mix the mayo and mustard in a small bowl. Season with salt and pepper to taste.
2. Serve the meatballs with the drippings from the pan and a scoop of mustard mayo.

OTHER IDEAS

You could also fry some sliced strips of bacon until crispy to add some extra flavor, salt, and fat to this dish.

To make the meatballs even juicier you can add some mayonnaise (about 2 Tbsp) or bacon fat into the meat mixture. It will be a bit more challenging to make them completely round, but they sure will taste fantastic.

 Submitted by Cari Thompson

HOLIDAY PULLED BEEF

INGREDIENTS

- » Tri tip or sirloin tip roast
- » Redmond Real Salt to taste
- » Pepper to taste
- » Garlic to taste
- » 2 large onions, sliced
- » Mushrooms, fresh and some ground dried mushrooms adds a great flavor
- » Beef broth (2 to 3 cups, add more if needed to stay moist)

DIRECTIONS

1. Cut the meat into 2-3 inch pieces. Sear on both sides with Redmond Real Salt, pepper, and garlic.
2. Put into a crock pot with beef broth, onions, and mushrooms. You cannot have too much, these ingredients will disintegrate.
3. Cook for 6-8 hours or overnight. Break up meat with 2 forks. Do not discard liquid; it will absorb into the meat and make it moist and delicious.
4. Eat it with a fork or try on Outer Aisle Thins or cloud bread.

 Submitted by Lori Hawryluk

PRIME RIB PERFECTION

INGREDIENTS

- » (1) 4-5 lb bone-in prime rib
- » 4 cups beef bone broth, divided
- » 1 Tbsp Bragg Apple Cider Vinegar
- » 1 Tbsp worcestershire sauce
- » 3 Tbsp Code Red Olive Oil
- » 5 garlic cloves, minced
- » 2 Tbsp rosemary, chopped*
- » 2 Tbsp thyme, chopped*
- » 1 Tbsp Redmond Real Salt
- » 1 tsp black pepper, ground

*If using dried herbs, use 3 tsp each

Serve with:

- » 1 cup sour cream
- » 2-3 Tbsp creamed horseradish

DIRECTIONS

1. Let roast rest at room temperature for one hour. Preheat oven to 450°. Ensure plenty of room for roasting rack, which should be in the center of the oven.
2. Add 2 cups beef broth, apple cider vinegar, and worcestershire sauce to roasting pan. Whisk to combine. Add rack and place roast on rack, fat side up.

3. Make a paste with Code Red Olive Oil and remaining ingredients in small bowl. Rub over top of roast.
4. Roast at 450° for 20 minutes.
5. Reduce heat to 325° and continue roasting until internal temperature reaches 120-125 degrees for medium rare (roast will continue to rise in temperature as it rests, 5 to 10 degrees). Roast should rest, tented under foil, for approximately 15 minutes after removing from oven.
6. Meanwhile, remove roasting rack from pan and add remaining beef broth.
7. Cook on medium low, stirring constantly, stirring up small bits from pan.
8. Skim off any fat.
9. Mix horseradish and sour cream together.
10. Serve roast with optional sides of warm broth sauce and/or sour cream sauce.

 Submitted by Monica McCann

REBEL HOLIDAY HAM

Free up your oven on the holidays. This is an easy main dish that requires very little work. Set it and forget it! Go enjoy your family instead.

INGREDIENTS

- » 8-9 lb ham - dispose of any seasoning packets that come with it (I like bone-in, but you can use a boneless one)
- » 1/2 cup ghee or butter
- » 1/3 cup Lakanto Golden Monk Fruit or plain white Lakanto Monk Fruit
- » 1/4 cup dijon mustard
- » 3-4 cloves of garlic, minced

DIRECTIONS

1. Place ham in crockpot.
2. Warm ghee/butter, mustard, Lakanto Monk Fruit, and garlic mixture in a saucepan.
3. Pour over top of ham.
4. Ensure the mixture goes on each slice if the ham is pre-sliced.
5. Add about 1 cup of water to the crockpot. You can use more if you think it needs it as the cooking goes on.
6. Cook on low for 2-4 hours until it reaches the proper temperature.
7. Remove ham from crockpot and slice.
8. Return slices to the mixture for the most flavorful result.

Proportions depend on the size of your ham. You can adjust this recipe to suit your needs.

 Submitted by Christine Romero

SMOKED SAUSAGE SKILLET

INGREDIENTS

- » 1 lb of smoked sausage rope
- » 3 small zucchini
- » 1/2 onion or 1 small onion (to taste)
- » 1 can diced tomatoes
- » 1/2 cup thinly sliced carrots
- » 1/4 cup diced celery
- » 3 Tbsp butter
- » 2 Tbsp Lakanto Golden Monk Fruit
- » Onion powder to taste
- » Garlic powder to taste
- » Redmond Real Salt to taste
- » Pepper to taste

DIRECTIONS

1. Put all veggies in a skillet with butter, Lakanto Brown Monk Fruit and seasonings.
2. Simmer about 15 minutes.
3. Add meat and cover.
4. Simmer until liquid is ALMOST gone. Usually no more than 20 minutes.
5. Makes approximately 6 servings.

 Submitted by Melissa Nokes-Yeaste

CHICKEN SKILLET

INGREDIENTS

- » 4 Tbsp butter
- » 4-5 chicken thighs (bone in and skin on)
- » 2 large carrots or 1 cup of baby carrots (diced)
- » 2 celery stocks (diced)
- » 1 medium yellow onion, diced
- » 3 cloves of garlic (minced)
- » 2 Tbsp tomato paste
- » 28 oz can of whole peeled tomatoes
- » 1/2 cup chicken broth or bone broth
- » 1 1/2 tsp Redmond Real Salt
- » 1 tsp dried oregano
- » 1/3 cup fresh basil chopped or 1 Tbsp dried basil
- » Crushed red pepper and black pepper to taste
- » Cauliflower rice or spaghetti squash
- » Sour cream for topping

DIRECTIONS

1. Preheat oven to 425°.
2. Heat 3 Tbsp butter in skillet over medium heat.
3. Season chicken with Redmond Real Salt, pepper, and oregano.

4. Cook skin side down for 5 minutes, then transfer to oven, keeping skin side down for 10 minutes. Flip chicken over and cook another 5 minutes.
5. Once the chicken is done, remove from pan and set aside.
6. Heat 1 Tbsp butter in the pan over medium heat and add in the carrots, onion and celery. Cook for 5-7 minutes until onion is translucent and veggies are slightly tender. Add in the garlic and cook another minute.
7. Add in the seasonings and tomato paste and cook while stirring for 1 minute to incorporate the paste, then add in the can of tomatoes (including liquid) and the broth and the basil.
8. Bring to a boil and then reduce to a simmer for 20 minutes, add the chicken thighs back in and cook for 10 more minutes.
9. Serve over cauliflower rice or spaghetti squash and top with basil and sour cream.

 Submitted by Katy Privon

PUMPKIN WAFFLES

INGREDIENTS

- » 3 beaten eggs
- » 1/3 cup pure pumpkin purée
- » 3 Tbsp ground flax
- » Dash of vanilla extract
- » 1 tsp pumpkin pie spice or cinnamon as available
- » 1 Tbsp Lakanto Monk Fruit (less can be used if you don't like it as sweet)
- » Small dash of Redmond Real Salt

DIRECTIONS

1. Mix the ingredients and pour into hot greased waffle iron.
2. Makes three mini waffles or one full size waffle.

 Submitted by Whitney Smith

PUMPKIN SPICE WAFFLES

INGREDIENTS

- » 8 eggs
- » 1/3 cup sour cream
- » 1/3 cup Pumpkin Spice Nut Pods
- » 1/2 cup canned plain pumpkin (NOT pie filling – plain ONLY)
- » 1 tsp vanilla
- » 1 tsp pumpkin pie spice
- » 2 pinches of Redmond Real Salt
- » 1 cup ground flax meal
- » Cooking spray for waffle iron – I use Chosen Foods Avocado Oil

DIRECTIONS

Combine all EXCEPT flax meal in the blender.

1. Pour mixture into a bowl. Add flax meal and whisk until combined.
2. Allow mixture to sit for 10-15 minutes to thicken.
3. Cook in waffle iron until golden brown, roughly 3 minutes. Your cooking time may be different based on your waffle iron.
4. Serve with butter and sugar-free syrup.
5. These reheat nicely in a toaster oven.

REBEL PRO TIP: I use a tortilla warmer to keep Code Red waffles and pancakes warm during cooking and on the table for a meal.

 Submitted by Christine Romero

CR GINGERSNAP PANCAKES

INGREDIENTS

- » 1 cup ground flax
- » 1/2 cup heavy whipping cream
- » 1 cup almond milk
- » 3 Tbsp nut butter
- » 3 Tbsp butter (melted)
- » 3 Tbsp Lakanto Monk Fruit
- » 1 egg
- » 1 Tbsp baking powder
- » 1 1/2 tsp ginger
- » 1 tsp Redmond Real Salt
- » 1 tsp cinnamon

DIRECTIONS

1. Whisk all ingredients together until smooth.
2. Place on oiled griddle 1/2 cup at a time.
3. Cook for about 3-4 minutes until edges are a little dry, turn over.
4. Cook 2-3 minutes until browned.
5. Serve with your favorite topping, Lakanto Maple Syrup, whipped heavy whipping cream, butter or berries.

 Submitted by Lorna Loveland

SIDE DISHES



CREAMY MUSHROOM KALE

INGREDIENTS

- » 4 Tbsp butter, divided
- » 1 cup cremini mushrooms, chopped
- » 1 bunch kale, approximately 4 cups chopped, with large stalk removed
- » 1/2 cup heavy whipping cream
- » 1/8 tsp nutmeg
- » 1 Tbsp cream cheese, warmed in microwave
- » Redmond Real Salt/pepper to taste

DIRECTIONS

1. Wash and thoroughly dry mushrooms before chopping. Melt 2 Tbsp butter in large saucepan over medium high heat.
2. Add mushrooms and sauté until brown and liquid is reduced by half.
3. Reduce heat to medium.
4. Add additional 2 Tbsp butter and chopped kale, Redmond Real Salt/pepper to taste.
5. Sauté until kale is bright green and starting to wilt.
6. Add remaining ingredients. Stir until all ingredients are thoroughly incorporated, paying extra attention to be sure cream cheese has melted in.

 Submitted by Monica McCann

HOLIDAY GREEN BEANS

INGREDIENTS

- » 1 lb fresh green beans
- » 4 Tbsp butter
- » 1 Tbsp garlic and herb seasoning (or more to taste)
- » Redmond Real Salt and pepper to taste
- » 3-4 slices of bacon, cooked and crumbled
- » Nutritional yeast

DIRECTIONS

1. Trim green beans and snap in half if they are long.
2. Place the beans in a pot or large sauté pan and cover with water.
3. Bring to a boil and let boil for 5 minutes or until tender.
4. Drain water and add the butter, bacon and seasonings.
5. Stir it in until all the butter melts.
6. Sprinkle nutritional yeast on top before serving.

 Submitted by Melanie Wyman

BUTTERNUT SQUASH CASSEROLE WITH PECAN TOPPING

INGREDIENTS

- » 1 large butternut squash (around 4 pounds)
- » 6 Tbsp butter
- » 1/4 cup heavy whipping cream
- » 3 eggs
- » 1/2 tsp Redmond Real Salt
- » 1 tsp cinnamon
- » 1 tsp nutmeg
- » 1 tsp vanilla
- » 1/2 cup granulated Lakanto Monk Fruit

Topping

- » 2 cups pecan halves
- » 1/3 cup brown Lakanto Monk Fruit
- » 1/4 cup butter melted

DIRECTIONS

1. Preheat oven to 350°.
2. Cut squash in half lengthwise and scoop out seeds.
3. Place facedown on a baking sheet lined with parchment paper.
4. Bake for 60 minutes or until tender and falling out of the skin.
5. Scoop out squash and mix in the butter, heavy whipping cream, eggs, salt, cinnamon, nutmeg, vanilla and Lakanto Monk Fruit.
6. Mix well. A stand mixer works well for this.
7. Pour mixture into a lightly greased baking dish.
8. Bake for 30 minutes or until almost set.
9. While it is baking, mix pecans and brown Lakanto Monk Fruit in a bowl and pour melted butter over it.
10. Mix until well coated.
11. Once the squash is almost set, put topping on the squash and bake an additional 15 to 20 minutes until completely set and topping lightly browned.

 Submitted by Melanie Wyman

CAJUN GREEN BEANS WITH BACON

INGREDIENTS

- » 16 oz cut green beans (fresh or frozen)
- » 5 slices bacon
- » 1 medium onion
- » 1 clove garlic
- » 1 Tbsp Bragg Liquid Aminos (or worcestershire sauce)
- » 1/2 tsp Redmond Real Salt
- » 1/2 tsp pepper
- » 1 tsp cajun seasoning (optional if you don't like spicy)
- » 1 can (14 1/2 oz) diced tomatoes with green chilis, undrained

DIRECTIONS

1. Cook green beans by steaming for fresh or according to package directions if using frozen.
2. Meanwhile, in a skillet, over medium heat, cook bacon until crisp, then remove from heat.
3. Stir in chopped onion and cook for about five minutes or until clear.
4. Stir in minced garlic and cook for an additional minute.
5. Stir in Bragg Liquid Aminos (or Worcestershire sauce), Redmond Real Salt, and pepper until blended.

6. Stir in canned diced tomatoes and chilis.
7. Bring to a boil, cook and stir for two minutes.
8. Drain green beans and add to skillet.
9. Stir in bacon until evenly distributed.

 Submitted by Mary Kempf

CREAMY SHRIMP DIP

INGREDIENTS

- » 8 oz cream cheese, softened
- » 1/2 - 3/4 cup mayonnaise
- » 1/2 cup cooked cocktail shrimp (or 4 oz canned tiny shrimp)
- » 2 Tbsp parsley (dried or fresh)
- » 1 Tbsp dehydrated onions
- » Redmond Real Salt and pepper to taste

DIRECTIONS

1. Place all ingredients, except shrimp, in a food processor on high until well blended.
2. Add shrimp and process just until mixed in.
3. Dip is best when allowed to set overnight or a few hours minimum in refrigerator before serving.
4. Serve as a dip with assorted veggies or pork rinds.

 Submitted by Mary Kempf

ROASTED ROSEMARY HAZELNUTS

INGREDIENTS

- » 4 cups raw hazelnuts
- » 1/2 cup golden Lakanto Monk Fruit
- » 1/4 cup coarsely chopped rosemary
- » 2 tsp Redmond Real Salt
- » Pinch of cayenne pepper
- » 1/4 cup Lakanto Monk Fruit
- » 1/4 cup water
- » 2 Tbsp butter

DIRECTIONS

1. Preheat oven to 350°. Roast hazelnuts for 15 minutes at 350°. Remove from oven but leave oven on. Transfer hazelnuts to medium bowl.
2. Mix hazelnuts with golden Lakanto Monk Fruit, rosemary, Redmond Real Salt, and a pinch of cayenne pepper.
3. Meanwhile, make a sugar free simple syrup. Combine Lakanto Monk Fruit + water in saucepan over medium high heat. Bring to a boil. Reduce heat and simmer for 4-5 minutes, stirring frequently.
4. Mix 2 Tbsp of simple syrup* with butter. Combine butter and simple syrup on baking sheet. Put in oven to melt butter.
5. Add the nut mixture to the melted butter and simple syrup on baking sheet.

6. Mix well with large spatula.
7. Roast in oven for 15 minutes, stirring every 5 minutes as mixture caramelizes. Do not overcook!
8. Remove from oven and let cool.
9. Break into clusters.
10. Store in airtight container at room temperature. Enjoy!

*You will have extra simple syrup.

 Submitted by Monica McCann

BACON MUSHROOM DELICIOUSNESS

INGREDIENTS

- » 4 slices bacon, chopped
- » Butter, if needed
- » 16 oz cremini mushrooms
- » 1/2 tsp garlic powder
- » Redmond Real Salt and pepper to taste
- » 1/4 cup chicken bone broth
- » 1/3 cup heavy whipping cream
- » 1/4 tsp xanthan gum

DIRECTIONS

1. Wash and thoroughly dry mushrooms. Remove button and chop into quarters. Set aside.
2. Heat a skillet over medium heat and add chopped bacon, cooking until crispy. Remove bacon, but leave bacon grease.
3. Add butter, if needed, to have approximately 3 Tbsp of fat in skillet. Add mushrooms and cook until browned and approximately half of the liquid from the mushrooms is cooked out. Season with garlic powder, Redmond Real Salt, and pepper as you are cooking.
4. Add chicken bone broth and heavy whipping cream.

5. Simmer until liquid is reduced by half.
6. Sprinkle with xanthan gum and allow sauce to thicken.
7. Serve and enjoy!

 Submitted by Monica McCann

CR ROASTED FALL VEGGIES

INGREDIENTS

- » Butternut squash
- » Acorn squash
- » Parsnips
- » Rutabaga
- » Kohlrabi
- » Onions
- » Garlic gloves
- » 1/2 - 1 cup avocado oil or Code Red Olive Oil
- » Garlic powder
- » Onion powder
- » Sweet basil
- » Chipotle pepper

DIRECTIONS

1. Preheat oven to 375.°
2. Take any of the veggies and cut into 1/2 inch cubes.
3. Place all of the cubes in a bowl.
4. Pour oil over cubes and sprinkle the spices to your liking.
5. Stir well and pour onto a baking sheet (no parchment).

6. Bake for 20 minutes in a 375° oven.
7. Take out and stir, then place back in oven under a low broiler in the center of the oven for 8-10 minutes.
8. Take out and enjoy.

 Submitted by Lorna Loveland

GOLDEN MONK

FRUIT-GLAZED CARROTS

INGREDIENTS

- » 2 lbs peeled carrots or baby carrots
- » 2 Tbsp butter
- » 1 Tbsp Lakanto Golden Monk Fruit

DIRECTIONS

1. Set carrots in a saucepan, cover with water, and bring to a boil.
2. Cook until carrots are tender (but not mushy).
3. Drain and set aside.
4. Melt your butter over low heat and add Lakanto Golden Monk Fruit.
5. Stir until a paste-like glaze forms.
6. Add the carrots to the glaze and toss to coat.
7. Serve warm.

 Submitted by Leisha Pielak

ROASTED BUTTERNUT SQUASH

INGREDIENTS

- » 1 large butternut squash
- » 1 large yellow onion, diced
- » 4 Tbsp butter
- » 1 cup chopped pecans
- » 3-4 Tbsp fresh parsley
- » Cinnamon to taste (optional)
- » Redmond Real Salt and pepper to taste

DIRECTIONS

1. Heat oven to 350°.
2. Place pecans on baking sheet (ungreased) and toast for 7 minutes.
3. Peel butternut squash. Divide in half and remove seeds. Cut into 1/2 inch cubes.
4. Melt butter in skillet over low heat and sauté onions until very tender (14-16 minutes).
5. Add squash and mix to coat.
6. Cover with lid and cook until squash is tender but holds shape (about 14-16 minutes again), stirring frequently throughout this time.
7. Season with salt and pepper and cinnamon.
8. Serve immediately or chill and serve warm later.

 Submitted by Katy Privon

CARI'S "JUST ASK ME TO BRING A SIDE" OF CRACK CABBAGE

INGREDIENTS

- » 1 1/2 lbs green cabbage
- » 2 oz butter
- » 1 1/4 cups heavy whipping cream
- » Redmond Real Salt and pepper, to taste
- » 1/2 cup fresh parsley, finely chopped
- » 1 Tbsp lemon zest

DIRECTIONS

1. Shred the cabbage using a food processor or, slice it thinly using a sharp knife.
2. Melt the butter in a large frying pan over medium-high heat. Add the cabbage and sauté for a few minutes, or until soft and golden brown.
3. Add the heavy whipping cream and stir to combine. Reduce the heat to medium-low and simmer uncovered for 3-5 minutes, or until the cream is reduced and texture is creamy. You can also use coconut cream if you want to avoid dairy.
4. Season with salt and pepper to taste.
5. Add the parsley and lemon zest just before serving.

 Submitted by Cari Thompson

TACO GREEN BEAN SKILLET

INGREDIENTS

- » 1 lb ground beef
- » Taco seasoning to taste
- » 1/4 cup water
- » 1 steamer bag green beans
- » 1/2 cup cream cheese

DIRECTIONS

1. Brown 1 lb ground beef in a large skillet.
2. Once browned add CR-approved taco seasoning to taste and 1/4 cup water.
3. Let simmer a few minutes to meld flavors a bit.
4. Add 1 steamer bag of frozen green beans.
5. Let cook until heated through.
6. Add 1/2 cup of cream cheese.
7. Mix until thoroughly combined.
8. Serve with any toppings you enjoy, like lime, cilantro, sour cream, salsa.

This is a family favorite, and Code Red kid approved!

 Submitted by Melissa Nokes-Yeaste

MOIST PUMPKIN FLAX MUFFINS

INGREDIENTS

- » 1 cup ground flaxseed
- » 1/2 cup canned pumpkin
- » 1/2 cup Lakanto Monk Fruit
- » 3 eggs
- » 2 Tbsp avocado oil
- » 2 Tbsp melted butter
- » 1 tsp vanilla
- » 1 tsp baking powder
- » 1-2 tsp pumpkin pie spice
- » 1 tsp cinnamon
- » 1/2 tsp Redmond Real Salt

DIRECTIONS

1. Mix dry ingredients together and then mix in the rest of the ingredients.
2. Bake at 350° degrees for 20-30 min in a greased silicone muffin pan.
3. Caution: they may stick with paper liners.

 Submitted by Caitlin Madison

TACO SEASONING

- » 1/2 cup chili powder
- » 2 tsp garlic powder
- » 2 tsp onion powder
- » 2 tsp crushed red pepper flakes
- » 2 tsp dried oregano
- » 1 Tbsp paprika
- » 1/3 cup cumin
- » 3 Tbsp Redmond Real Salt
- » 3 Tbsp black pepper

 Submitted by Jade Gallagher

SOUPS



HOLIDAY POSOLE

I come from a long line of short, fat Mexicans who have lived in the Colorado/New Mexico area long before it was part of the United States. I was sure I was destined to be fat like them forever – until I found Code Red. I am still short and Mexican, but I am not fat anymore!

In my family, holidays are ALL about the tamales and posole, a traditional Mexican soup served piping hot with lime, oregano, cilantro, diced onion and lots of chili peppers. Traditional posole includes hominy. In this Code Red-approved version, we substitute cauliflower for the hominy. My family is from Colorado, so we eat red posole. You'll also see verde, or green, posole from other areas.

You can also do this in the crockpot and on the stove. I use an InstantPot because it's so fast and easy.

INGREDIENTS

- » 2.5-3 lb pork shoulder or butt
- » To taste: 1 Tbsp per pound of meat for mild or 2 Tbsp per pound of meat for spicy of red chili powder (look for a high quality one; New Mexican is the best. Gebhardt brand is a good brand that you'll find at regular grocery stores)
- » 1/4 tsp cumin
- » Oregano to taste
- » 2 onions – one cut in half for cooking; the other left raw and diced finely
- » Redmond Real Salt – to taste
- » Black pepper – to taste
- » Garlic – consider 3 cloves per pound of meat
- » Chicken or beef bone broth OR chicken or beef broth (homemade or a clean, sugar-free store bought one) – enough to cover meat
- » Limes – to taste

- » Cilantro – to taste
- » Chili pepper flakes (like the kind at a pizza restaurant) – to taste
- » Cauliflower

DIRECTIONS

1. Cut pork into bite-sized pieces and season with salt and pepper.
2. Mince garlic (consider at least 3 cloves for every pound of meat).
3. Slice one onion in half (Do NOT mince them, you'll need to remove them later. If they are still large, it's much easier).
4. Add the juice of one lime. For mild, add 1 Tbsp red chili powder for every 1 pound of meat. Use 2 Tbsp of chili powder for spicy!
5. Place all of this inside the InstantPot.
6. Cover with bone broth. Set InstantPot on high pressure for 45 minutes. Set vent to close. Allow natural release.
7. If using the crockpot, all directions are the same, except you should cook it on low for about 6-8 hours or on high for 4 hours, or until meat is fork tender.
8. If using the stove, bring to a boil. Cover and simmer on low for about 2.5-3 hours, or until meat is fork tender.
9. I use steamer bags of cauliflower, or you can cut a whole head and steam it. This also works well with riced cauliflower.

HOW TO SERVE

Serve as a soup with steamed small bite-sized pieces of cauliflower, raw minced onion, oregano, the juice from lime wedges, diced cilantro and chili pepper flakes to suit your taste preferences. Some families also serve with thinly sliced raw radishes and thinly sliced raw green cabbage.

REBEL PRO TIP: If you have leftovers, I strongly advise reheating this on the stove. The pork is not as good when you microwave it.

 Submitted by Christine Romero

PUMPKIN SOUP

INGREDIENTS

- » 1 cup chicken broth
- » 1/4 cup full-fat canned coconut milk (unsweetened)
- » 1 1/2 cups pumpkin puree or roasted pumpkin
- » 1/2 onion, peeled, diced, and sautéed
- » 1/4 tsp ground nutmeg
- » 1/2 tsp Redmond Real Salt
- » 1/4 teaspoon black pepper (optional)
- » 1 Tbsp Lakanto Monk Fruit (optional)

DIRECTIONS

1. Place all ingredients in blender and secure lid.
2. Blend until thoroughly mixed. Store chilled until ready to serve.
3. When ready to serve, transfer soup mixture to saucepan and warm over medium heat, stirring continuously until warmed. Do not boil.
4. Transfer to bowls and garnish with pumpkin seeds.

 Submitted by Katy Privon

ITALIAN WEDDING SOUP

INGREDIENTS

Meatballs

- » 1 lb ground beef
- » 1 large egg
- » 1 tsp onion powder
- » 1 tsp garlic powder
- » 1/2 tsp dried basil
- » Nutritional yeast for cheesy flavor (optional)
- » Crushed pork rinds (as needed) to hold meatballs together

Italian Wedding Soup Base

- » 8 cups chicken broth
- » 1/4 cup sliced baby carrots
- » 1 cup sliced celery
- » 6 oz bag fresh baby spinach
- » 2 tsp garlic powder
- » 2 tsp onion powder
- » Redmond Real Salt & pepper to taste
- » Code Red Olive Oil

DIRECTIONS

1. Sauté carrots and celery in a pan with Code Red Olive Oil and with some Redmond Real Salt, then set aside.
2. Mix meatballs with crushed pork rinds and place on a sheet pan and brown in the oven for approximately 15 minutes at 350° (optional—can also just go directly into boiling broth uncooked).
3. Put the broth to boil in a soup pot after the meatballs are out of the oven.
4. When the broth is boiling, gently drop the meatballs into the broth.
5. Add the sautéed carrots and celery (not the spinach) and spices.
6. Simmer until everything is cooked through (20-30 minutes).
7. Meatballs should be cooked, and carrots should be soft.
8. Add Redmond Real Salt and pepper to taste.
9. When everything is done cooking, quickly stir in the spinach and allow the soup to boil for another 1 to 2 minutes to cook the spinach.
10. Remove from heat and allow to cool.

 Submitted by Lori Hawryluk

PORK TACO SOUP

INGREDIENTS

- » 2 lbs ground pork (cooked)
- » 2 cans Rotel
- » 2 blocks cream cheese
- » 4 Tbsp taco seasoning
- » 4 cups chicken broth

DIRECTIONS

1. Combine ingredients in a crockpot.
2. Cook on LOW 6-8 hours and mix together prior to serving.
3. Top with sprinkles of nutritional yeast.

 Submitted by Jade Gallagher

CAITLIN'S QUICK & EASY PUMPKIN SOUP

INGREDIENTS

- » 1-15 oz can pure pumpkin purée
- » 1-15 oz can chicken broth
- » 1-15 oz can full fat coconut milk
- » 2 Tbsp golden Lakanto Monk Fruit
- » 1 diced fresh jalapeño
- » 1 tsp Redmond Real Salt

DIRECTIONS

1. Mix all ingredients in a large stockpot.
2. Heat on your stove at medium heat until boiling.
3. Reduce temperature to low and simmer for 10 minutes, stirring occasionally.
4. Voila! Pumpkin Soup!

REBEL PRO TIP: More golden Lakanto Monk Fruit can be added for a sweeter taste or to counteract heat from the jalapeños.

REBEL PRO TIP: Heavy whipping cream is a great addition to swirl in individual bowls.

 Submitted by Caitlin Madison

SQUASH DOG SOUP

INGREDIENTS

- » 1 Tbsp avocado oil
- » 1 Tbsp minced garlic
- » 1 cup diced onions
- » 1 cup cubed turnips
- » 2 cups cubed butternut squash
- » 1 lb sliced hot dogs
- » 1 tsp ground cumin
- » 1 tsp ground coriander
- » 1 tsp dried oregano
- » 1 tsp dried thyme
- » 1 tsp Redmond Real Salt
- » 1/2 tsp black pepper
- » 1 large bay leaf
- » 6 cups of water

DIRECTIONS

1. Sauté garlic and onions in avocado oil over medium heat for about 30 seconds.
2. Add turnips and squash, sautéing for five minutes.
3. Add hot dogs, seasonings, and herbs.

4. Sauté for an additional 5 minutes.
5. Add water, cover and simmer for 20 minutes.

 Submitted by Awilda Taveras

CREAMY TOMATO BASIL SOUP

INGREDIENTS

- » 4 large tomatoes, roughly chopped, OR 2 cans of diced tomatoes with green chilis
- » 1/2 cup chopped onion
- » 1 Tbsp minced garlic
- » 16 oz vegetable broth
- » 2 Tbsp basil
- » 1 tsp Italian seasoning
- » 1 tsp dill
- » 4 oz cream cheese
- » 1 1/2 cup heavy whipping cream
- » Steamed or grilled shrimp

DIRECTIONS

1. Combine ingredients in saucepan and bring to a boil
2. Garnish with steamed or grilled shrimp
3. Serve and enjoy!

 Submitted by Madelyne Moore

SOUTH OF THE BORDER SOUP

INGREDIENTS

- » 2 lbs beef
- » 1/2 tsp + 1/2 tsp minced garlic
- » 1 Tbsp chili powder
- » 1 tsp cumin
- » 1/2 tsp Redmond Real Onion Salt
- » 2 (10 oz) cans diced tomatoes and chilis
- » 1 (4 oz) diced green chilis
- » 1 (32 oz) chicken bone broth
- » 1 (8 oz) cream cheese block

DIRECTIONS

1. Turn InstantPot to sauté and brown beef (I used ground). Add all spices except reserve 1/2 tsp minced garlic for later.
2. Remove browned beef from pot and strain. Set aside.
3. Add tomatoes and chilis, diced chilis, cream cheese (cut into smaller pieces), bone broth and 1/2 tsp minced garlic.
4. Mix until cream cheese melts.
5. Add browned beef to pot, place lid on pot and pressure cook for 5 minutes.

Enjoy immediately! My kids love adding black olives, cheese (not for weight loss mode) and sour cream. It is a delicious football game addition during the cooler fall and winter weather!

 Submitted by Lisa Cain

EASY MEXICAN CHILI

INGREDIENTS

- » 1 lb ground meat (ground beef or any meat)
- » 1 jar no sugar added salsa

DIRECTIONS

1. Brown one pound of ground meat.
2. Add one jar of no sugar added salsa and simmer until well blended.
3. Serve and top with sour cream, fresh lime, cilantro, or whatever you enjoy. It is delicious!

 Submitted by Melissa Nokes-Yeaste

JADE'S CHILI

INGREDIENTS

- » 2 lbs ground beef (cooked)
- » 1 lb kielbasa
- » 2 cans Rotel
- » 1 8-oz can tomato sauce
- » 1/4 cup chili powder
- » 2 Tbsp cumin
- » 1 Tbsp oregano
- » 2 tsp Redmond Real Salt
- » 1 tsp pepper

DIRECTIONS

1. Combine all ingredients in crockpot.
2. Cook on LOW for 4-6 hours.
3. Serve topped with sour cream and avocado and pork rinds to scoop.

 Submitted by Jade Gallagher

DESSERTS



PUMPKIN PIE IN A MUG

INGREDIENTS

- » 1 egg
- » 2 tsp Lakanto Monk Fruit sweetener
- » 1/8 tsp Himalayan salt
- » 1/8 tsp ground ginger
- » 1/8 tsp ground cloves
- » 1/4 tsp ground cinnamon
- » 1/4 tsp ground nutmeg
- » 1/4 tsp vanilla extract
- » 1/2 cup pumpkin puree
- » 1/2 cup sour cream

Topping:

- » 1/4 cup sour cream
- » 1 tsp Lakanto Monk Fruit sweetener
- » 1/8 tsp vanilla extract
- » 1/8 tsp ground nutmeg

DIRECTIONS

1. Whisk eggs with the sweetener, salt, ginger, cloves, cinnamon, nutmeg, and vanilla.
2. Whisk in pumpkin.
3. Stir in sour cream and whisk some more.

4. Microwave for 6-10 minutes, until center is no longer runny.
5. In a separate container, whisk the sour cream, sweetener, and vanilla for the topping.
6. Top over cooked pumpkin pie and sprinkle nutmeg.

 Submitted by Awilda Taveras

PUMPKIN CHEESECAKE MOUSSE

INGREDIENTS

- » 1-8 oz package cream cheese (softened)
- » 1 cup canned pumpkin puree
- » 1 cup heavy cream
- » 1 tsp pumpkin pie spice
- » 1 1/2 tsp vanilla extract
- » 1/2 tsp Redmond Real Salt
- » 1/2 cup Lakanto Monk Fruit

DIRECTIONS

1. Beat cream cheese and pumpkin with a hand mixer on low until smooth.
2. Add the heavy cream, pumpkin pie spice, vanilla extract, and Redmond Real Salt and mix again on low.
3. Add Lakanto Monk Fruit and blend until smooth.
4. Beat on high speed until light and fluffy.
5. Pipe into serving cups (I use a Ziploc bag and cut off the bottom corner to pipe easily).
6. Sprinkle with Lakanto Monk Fruit.
7. Serve chilled and optionally top with whipped cream and a sprinkle of cinnamon.

 Submitted by Katy Privon

ALMOND BUTTER PUMPKIN BARS

INGREDIENTS

- » 1/3 cup sugar-free maple syrup
- » 1/2 cup almond butter
- » 1/2 cup pumpkin puree
- » 2 eggs
- » 2 tsp pumpkin spice
- » 1/2 tsp baking powder
- » 1/2 tsp Redmond Real Salt
- » 1 tsp vanilla extract

DIRECTIONS

1. Preheat oven to 350° F.
2. Place all ingredients in a medium mixing bowl and whisk until fully combined.
3. Grease an 8×8-inch baking pan and line it with parchment paper. Pour batter into pan.
4. Bake for 30 minutes, or until a toothpick poked into the center comes out mostly clean.
5. Let cool completely. Slice into bars and serve!

 Submitted by Andrea Dell's sister, Calandra

CINNAMON DONUTS

INGREDIENTS

Donuts:

- » 2 cups blanched almond flour
- » 4 tsp baking powder
- » 1/2 cup Lakanto Monk Fruit
- » 2 tsp cinnamon
- » 1/4 tsp Redmond Real Salt
- » 1/2 cup unsalted butter, melted
- » 1/2 cup unsweetened almond milk
- » 4 eggs
- » 3 tsp vanilla extract

Topping:

- » 1 cup Lakanto Monk Fruit
- » 1 Tbsp cinnamon
- » 4 Tbsp butter

You will need a donut pan; however, I have also made these as muffins in muffin pans and they turned out well.

DIRECTIONS

1. Preheat oven to 350° or 325° convection setting.
2. Grease donut pan well.

3. In a large bowl mix together almond flour, baking powder, cinnamon, and Redmond Real Salt.
4. In another bowl mix together Lakanto Monk Fruit, and butter together; add eggs and almond milk.
5. Combine wet ingredients with dry ingredients and stir.
6. Transfer the batter into donut cavities of pan, filling them 3/4 of the way.
7. Bake for 22-28 minutes, until golden brown.
8. Cool in pan until easy to remove.
9. When donuts have cooled enough to remove easily, place on non-stick surface (aluminum foil or a plate work great).
10. In a clean bowl combine 1 tablespoon cinnamon and 1 cup Lakanto Monk Fruit for topping and mix together.
11. Use pastry brush to brush both sides of one donut at a time with melted butter.
12. Press and roll each donut in cinnamon/monk fruit mixture to coat.
13. Repeat with each donut.
14. Keep in sealed container in the fridge for up to 7 days.

NOTE: Not for weight loss mode. Save for maintenance or serve to your family.

 Submitted by Katy Privon

HOLIDAY FUDGE

INGREDIENTS

- » 2 cups Lakanto Monk Fruit
- » 4 squares unsweetened baking chocolate
- » 2 cups heavy whipping cream
- » 2 tsp pure vanilla
- » 1 cup almond butter
- » 1 cup whipped cream cheese
- » 1 cup unsweetened shredded coconut
- » 1/2 -1 cup nuts (I like pecans), optional

DIRECTIONS

1. Combine heavy whipping cream and chocolate in saucepan over low heat until the squares melt and stir until it is blended.
2. Add in the Lakanto Monk Fruit. Continue stirring and increase heat to medium high and stir until mixture comes to a light boil.
3. Stir continuously for 9 minutes while boiling. Remove from heat at that time.
4. Stir in vanilla, almond butter, cream cheese, and coconut (and optional nuts if wanted) and mix thoroughly.
5. Pour into greased 9"x13" pan and cool well (45 minutes) and transfer to refrigerator for 8 hours.
6. Once solid, cut into squares and serve chilled.

 Submitted by Katy Privon

CR EASY NO BAKE CHEESECAKE

INGREDIENTS

Crust:

- » 1/2 cup flax seeds
- » 1/2 cup chopped pecans or almonds
- » 2 Tbsp melted butter

Directions:

- » Bake in an 8x8 pan at 350° for 10 minutes, let cool.

Filling:

- » 8 oz cream cheese (room temp)
- » 2 Tbsp sour cream
- » 1/4 cup heavy whipping cream
- » 3 Tbsp Lakanto Monk Fruit
- » 1 tsp vanilla

DIRECTIONS

1. Mix all ingredients well with a mixer.
2. Pour over crust.
3. Refrigerate for an hour.
4. Store in refrigerator.

4 Variations, top 3 add to filling:

- » 3 Tbsp pumpkin puree
- » 1/3 cup key lime juice or lemon juice
- » Berries on top
- » Ganache topping w/raspberries (or any berry)
- » 2 oz unsweetened bakers chocolate
- » 1/2 cup heavy whipping cream
- » Splash of water (to thin a little bit)

DIRECTIONS

1. Melt chocolate in microwave in 30-second spurts.
2. When all is melted, use whisk and incorporate heavy whipping cream a little bit at a time.
3. Thin with water.
4. Spread over top of cheesecake and refrigerate.
5. Serve with approved fresh berries of your choice.

 Submitted by Lorna Loveland

CR NO-BAKE HAYSTACK COOKIES

INGREDIENTS

- » 3 Tbsp butter
- » 1 cup almond butter (or your choice of nut butter)
- » 1 3/4 cup unsweetened shredded coconut
- » 3 Tbsp Lakanto Monk Fruit
- » 2 tsp vanilla
- » 2 Tbsp cocoa powder

DIRECTIONS

1. Melt butter and stir in almond butter.
2. When melted add Lakanto Monk Fruit, coconut, vanilla, and cocoa.
3. Stir until well blended.
4. Spoon onto cookie sheet covered with parchment paper.
5. Put in freezer for 10 minutes.
6. Put in Ziploc bag and keep in fridge.

 Submitted by Lorna Loveland

CR PUMPKIN POWER COOKIES

INGREDIENTS

- » 1/2 cup pumpkin puree
- » 2 eggs
- » 1/4 cup Lankanto Maple Syrup
- » 1/2 cup Stevia-sweetened chocolate chips
- » 1 1/2 tsp pumpkin pie spice
- » 1/2 tsp cinnamon
- » 1/2 tsp Redmond Real Salt
- » 1/4 cup coconut oil
- » 2 cups chopped nuts of choice
- » 1/2 cup pumpkin seeds
- » 1/2 cup dried cranberries (no sugar added; omit in weight loss mode)

DIRECTIONS

1. Preheat oven to 350°.
2. Whisk together pumpkin, coconut oil, syrup, eggs, Redmond Real Salt, and spices in a bowl.
3. Add nuts, seeds, cranberries (if in maintenance), and chocolate chips, and stir together until combined.

4. Drop by spoonfuls onto lightly greased cookie sheet or parchment paper.
5. Bake for 15 minutes.
6. Let cool 3 minutes before removing from pan.

 Submitted by Lorna Loveland

VANILLA CUPCAKES WITH RAZZLE-ZAZZLE FROSTING

INGREDIENTS

Cupcakes:

- » 2 1/2 cups almond flour, finely ground
- » 1/4 cup Lakanto Monk Fruit
- » 1/4 cup allulose
- » 2 tsp baking powder
- » 1/2 tsp psyllium husk powder (optional, improves texture)
- » 4 large eggs (at room temperature)
- » 1 Tbsp vanilla extract
- » 1/4 cup unsweetened coconut milk (at room temperature)
- » 1/3 cup butter (melted, lukewarm)

Razzle-Zazzle Frosting:

- » 1 cup raspberries
- » 2 Tbsp water
- » 1/4-1/2 tsp xanthan gum
- » 1 1/2 cups butter (softened)
- » 1/2 cup powdered monk fruit
- » 1/2 cup powdered allulose

- » 1-2 Tbsp unsweetened coconut milk
- » Sugar-free sprinkles (optional)

DIRECTIONS

Cupcakes:

1. Preheat oven to 350°.
2. Line muffin pan with cupcake liners. I love to use silicone liners!
3. In a large bowl, stir together all dry ingredients. (Note: You may use any combination of Lakanto Monk Fruit, allulose, or erythritol – 1/2 cup total for the sweetener. Using more than one type will typically improve results, but please know that only monk fruit is approved for weight loss mode.)
4. In a separate medium bowl, whisk liquid ingredients. Be sure the eggs and milk are at room temperature or your butter will begin to resolidify. If butter gets too hot, let cool prior to mixing with eggs.
5. Whisk wet ingredients into dry ingredients. The batter will be quite thick!
6. Spoon the batter into lined muffin tin. An ice cream scoop or two spoons work well. Smooth the top of each cupcake a bit with the back of a spoon or a spatula.
7. Bake 20-25 minutes until golden brown.
8. Let cool on wire rack.

Razzle-Zazzle Frosting (my kids named the frosting!)

1. Bring raspberries and water to a boil. Keep at a low boil for 3-5 minutes, smashing with a potato masher frequently.
2. Strain through fine mesh sieve into a small bowl, discard solids. Sprinkle xanthan gum on top of raspberries and mix in thoroughly until you have a jelly-like mixture.
3. Cream the butter and sweetener with an electric mixer for several minutes until smooth and fluffy.

4. Add raspberry mixture and beat until incorporated. Add up to 2 Tbsp of unsweetened non-dairy milk or heavy cream until desired consistency. Do not let get too thin unless you want more of a glaze!
5. Pipe the frosting on cooled cupcakes.* Top with sugar free sprinkles if desired!

*If frosting is too thin, you may refrigerate.

NOTE: This recipe is not approved for weight loss mode. Save for maintenance or make for your family.

 Submitted by Monica McCann

PUMPKIN PIE CHEESECAKE

INGREDIENTS

- » 8 oz softened cream cheese
- » 1/2 cup Lakanto Monk Fruit
- » 1 tsp vanilla
- » 2 tsp pumpkin pie spice
- » 1-15 oz can of pumpkin puree
- » 3 large room temperature eggs
- » 1/4 tsp Redmond Real Salt

DIRECTIONS

1. Whisk in a mixer very soften cream cheese and pumpkin for 2-3 minutes at medium speed or until mixed smooth.
2. Slowly add the rest of the ingredients so no clumping occurs.
3. Line muffin tin with liners and add mixture until almost to the top.
4. Bake at 325° for 15-20 min.
5. Cool on the counter for 1 hour.
6. Refrigerate for 3 hours or overnight.
7. Makes 12 mini desserts.

 Submitted by Caitlin Madison

TRES LECHES

INGREDIENTS

- » 3 cups almond flour
- » 1 cup coconut flour
- » 8 eggs (separate whites and yolks)
- » 1 1/2 cups Lakanto Monk Fruit
- » 2 sticks of butter (I use KerryGold)
- » 4 tsp baking powder
- » 8 Tbsp vanilla
- » 1 can full-fat coconut milk
- » 1 cup almond milk
- » 1/2 cup heavy whipping cream

DIRECTIONS

1. Preheat oven to 300°
2. Mix flours, Lakanto Monk Fruit, vanilla, baking powder and egg yolks together.
3. Beat egg whites like merengue, then gently fold into flour batter.
4. Pour into pan and bake 25-35 minutes.
5. Blend all three milks together.
6. Once cake has cooled, poke cake with small holes and pour the three milks over cooled cake.

7. Top with whipped heavy whipping cream (I add some vanilla and Lakanto Monk Fruit) and fresh berries.
8. Keep refrigerated.

NOTE: This recipe is not approved for weight loss mode. Save for maintenance or make for your family.

 Submitted by Tricia Toews

SNO-BALL COOKIES

INGREDIENTS

- » 2 1/2 cups almond flour
- » 3/4 cup powdered erythritol (I use Swerve)
- » 1/2 tsp Redmond Real Salt
- » 1/2 cup softened butter
- » 2 tsp vanilla
- » Dried cranberries (festive garnish; not approved for weight loss mode)

DIRECTIONS

1. Preheat oven to 350°
2. Add the almond flour, 1/2 cup of the powdered erythritol, and Redmond Real Salt to a large bowl and mix to combine.
3. Add the salt, softened butter and vanilla and mix until a soft dough forms.
4. Using a tablespoon or a cookie scooper, scoop the cookie dough and roll into small to medium size balls.
5. Place them on a baking sheet, Space them about an inch apart. Bake for 10 minutes.
6. Then let them slightly cool before transferring them to a cooling rack.
7. Dust with the remaining erythritol (I use a small fine meshed sieve) and top each one with the dried cranberry.

NOTE: This recipe is not approved for weight loss mode. Save for maintenance or make for your family.

 Submitted by Tricia Toews

PUMPKIN CHIFFON PIE WITH WALNUT CRUST

INGREDIENTS

Pie Crust:

- » 1 cup walnuts
- » 1/4 cup Lakanto Golden Monk Fruit
- » 5 Tbsp salted butter, melted

Filling:

- » 1/4 cup unsweetened almond milk
- » 1 package powdered gelatin (unflavored, unsweetened)
- » 2/3 cup Lakanto Golden Monk Fruit
- » 4 large eggs
- » 1 cup pumpkin, fresh or canned (not pumpkin-pie filling--only ingredient on can should just be "pumpkin")
- » 1 tsp ground cinnamon
- » 1/2 tsp ground ginger
- » 1/4 tsp ground cloves
- » 1/4 tsp freshly grated nutmeg
- » 1/8 tsp Redmond Real Salt
- » 1 1/2 cups heavy cream
- » Walnut halves

DIRECTIONS: PIE CRUST

1. Preheat oven to 350°.
2. Set a rack to the second-to-bottom position.
3. Grind walnuts in a food processor only until mixture is coarse.
4. Add Lakanto Golden Monk Fruit; then pulse to blend while drizzling in melted butter.
5. Press into a 9-inch pie plate.
6. Bake 10-15 minutes. Set aside to cool.

DIRECTIONS: FILLING

1. In a heavy-bottomed 2-quart pot, combine unsweetened almond milk and gelatin together over low heat, whisking continuously until gelatin is completely dissolved, about 2 to 3 minutes.
2. Whisk in Lakanto Golden Monk Fruit, then eggs one at a time.
3. Continue whisking over low heat (do not let it come to a boil) as you add pumpkin, spices, and Redmond Real Salt.
4. Cook for 5 to 7 minutes, until the custard is smooth and steaming.
5. Turn off heat and transfer custard to a large ceramic bowl to cool at room temperature. Do not refrigerate, because you do not want the custard to firm up.
6. In a separate bowl, whip cream to stiff peaks.
7. When the custard has cooled to room temperature (about 45 minutes), fold cream in gently.
8. Fold filling into cooled pie shell; chill for at least 2 hours.
9. Garnish with walnut halves.

 Submitted by Lori Hawryluk

BEVERAGES



CARI'S "HO HO HO SANTA NEEDS CODE RED" COCOA RECIPE

INGREDIENTS

- » 1 oz (2 Tbsp) unsalted butter
- » 1 Tbsp cocoa powder
- » 2 tsp sweetener of your choice (this may need to go up or down depending on you)
- » 1/2 tsp real vanilla
- » 1 cup boiling water

DIRECTIONS

1. Put the ingredients in a tall container to use with an immersion blender.
2. Mix for 15-20 seconds or until there's a fine foam on top.
3. Pour the hot cocoa carefully into cups and enjoy.

 Submitted by Cari Thompson

CODE RED NOG

INGREDIENTS

- » 1/2 gal almond milk (unsweetened)
- » 1/2 cup Lakanto Monk Fruit
- » 1/2 to 1 tsp ground nutmeg (to taste)

DIRECTIONS

1. Place all ingredients in blender and blend until smooth. Adjust flavor by adding more sweetener or nutmeg to taste.
2. Transfer to spill-proof container and refrigerate for 4 hours.
3. Serve chilled or to serve warm, pour into saucepan on low heat, stirring continuously, until a small amount of steam comes off.
4. Remove immediately. DO NOT BOIL.
5. You can garnish this with whipped cream and a dash of cinnamon

 Submitted by Katy Privon

CODE RED HOT COCOA

INGREDIENTS

- » 1-2 Tbsp (heaping) unsweetened cocoa powder (depending on how chocolate-y you like it)
- » 14 oz unsweetened, Code Red-approved non-dairy milk (I use almond milk)
- » 2 Tbsp Nut Pods or heavy whipping cream
- » Stevia or Lakanto Monk Fruit to taste

DIRECTIONS

1. Pour non-dairy milk into a single-serve blender cup (or blender of choice).
2. Add remaining ingredients and blend.
3. Pour into coffee mug(s) and heat in the microwave for up to 2 minutes (depending on your microwave).
4. Serve and enjoy!

Makes two 8-ounce mugs or fills a 16-ounce mug!

REBEL PRO TIP: When microwaving, you may need to break the time up so the hot cocoa doesn't bubble over and make a mess. I do 90 seconds, then 30, then another 30.

REBEL PRO TIP: This also makes delicious chocolate milk! Try giving it to your kids or grandkids instead of the gross name-brand chocolate milk mixes.

 Submitted by Andrea Dell

MEXICAN MOCHA

We love to make Mexican Mocha Mix and to have on hand for cool mornings. It stores nicely in a mason jar and also makes a great gift.

INGREDIENTS

- » 1 cup Powdered Lakanto Monk Fruit
- » 1/2 cup unsweetened cocoa powder
- » 2 tsp cinnamon
- » 2 tsp nutmeg
- » 1/2 tsp cayenne pepper
- » Heavy cream or half & half
- » 6-8 ounces of coffee OR 2 shots of espresso and 1/2 cup hot water

DIRECTIONS

1. Mix all dry ingredients in a small bowl and place in mason jar to store.
2. To make beverage: Pour coffee into a large mug, add 3 tablespoons of dry ingredient mix, and stir until smooth.
3. Add cream or half and half to taste (I usually add 1-2 tablespoons heavy whipping cream).
4. Optional: top with whipped cream and a sprinkle of cinnamon and monk fruit.

 Submitted by Katy Privon

CHRISTMAS COFFEE

Have you ever been to a restaurant and the coffee tastes so good and smooth? Many places add salt to their coffee to cut the acid. It's easy to do at home! We Rebels love our Redmond Real Salt!

INGREDIENTS

- » Ground coffee
- » Water
- » 1/8 - 1/4 tsp ground cinnamon
- » 1/8 - 1/4 tsp Redmond Real Salt

DIRECTIONS

1. Brew coffee as you normally would, with the cinnamon and salt in the grounds.
2. Enjoy black or with a Code Red approved sweetener and/or Code Red approved creamer.

 Submitted by Christine Romero

MORNING WARM CIDER

INGREDIENTS

- » 1 bag green or black tea
- » 8-10 oz water
- » 1/2 tsp ground cinnamon
- » 1/8 ground allspice
- » 1 thin lemon slice
- » 1 Tbsp Bragg Apple Cider Vinegar (with the “mother”)
- » Lakanto Monk Fruit to taste

DIRECTIONS

1. Steep tea bag in water with cinnamon, allspice, and lemon slice.
2. Add apple cider vinegar and Lakanto Monk Fruit.
3. Stir and enjoy!

 Submitted by Awilda Taveras

NO GUILT EGGNOG

INGREDIENTS

- » 2 eggs, separate whites and yolks
- » 2/3 cup vanilla unsweetened almond milk
- » 1/3 cup heavy whipping cream or full fat canned coconut milk
- » 1/4 tsp ground cinnamon
- » 1/4 tsp freshly grated nutmeg
- » 1/4 tsp vanilla extract
- » 2 tsp Lakanto Monk Fruit sweetener separated

DIRECTIONS

1. Beat the egg whites with an electric mixer.
2. Once soft peaks start to form, slowly add in vanilla and 1 teaspoon Lakanto Monk Fruit. Whip until the egg whites form stiff peaks.
3. Cover and refrigerate for at least an hour.
4. In separate bowl, beat egg yolks until light and fluffy. Set aside.
5. Combine milk and the heavy whipping cream or coconut milk.
6. Add cinnamon, nutmeg, and remaining Lakanto Monk Fruit.
7. Bring to a boil and turn off heat.
8. Slowly pour the hot milk into bowl of beaten egg yolks, while whisking constantly.
9. Cook over low heat for approximately 5 minutes, whisking regularly.
10. Drink warm or chill in refrigerator for at least an hour.

11. Whisk or stir well before drinking.
12. Fold some of the whipped egg whites into the eggnog before serving.
13. Top with remaining whipped egg whites and a dash of fresh ground nutmeg.

 Submitted by Awilda Taveras

WHERE TO GET MY FAVORITE INGREDIENTS

REDMOND REAL SALT & SEASONINGS

www.CodeRedLifestyle.com/realsalt (CodeRed15 for 15% off)

OUTER AISLE SANDWICH THINS

www.CodeRedLifestyle.com/gourmet (CODERED for 10% off)

NUT PODS

www.CodeRedLifestyle.com/nutpods (Codered for 15% off your first order)

CODE RED OLIVE OIL

www.CodeRedOliveOil.com (Get your first bottle for \$1)

BRAGG APPLE CIDER VINEGAR

NUTRITIONAL YEAST

LAKANTO MONK FRUIT

INSTANTPOT

<http://www.CodeRedLifestyle.com/Amazon>

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