

THE

CODE RED

Holiday

RECIPE COLLECTION

CRISTY
"CODE RED"
NICKEL



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NANCY'S EASY MEATBALLS

INGREDIENTS

- » 1 lb ground beef
- » 2 Tbsp unsalted butter
- » 2 tsp Hidden Valley Ranch Powder
- » 1/2 cup beef broth

DIRECTIONS

1. In a large bowl, combine ground beef and dressing mix. Shape mixture into 24 meatballs.
2. Melt butter in a large skillet over medium-high heat; brown meatballs on all sides. Add broth, then reduce heat to medium, cover, and simmer 15 minutes or until cooked through.
3. Serve warm with toothpicks.

 Submitted by Nancy Bond

GARLIC LEMON EASTER TURKEY

INGREDIENTS

- » 2 medium lemons, sliced
- » 1 bone-in turkey breast (6 to 7 lbs), skin removed
- » 1/4 cup minced fresh parsley
- » 8 garlic cloves, minced
- » 4 tsp grated lemon zest
- » 2 tsp Redmond lemon-pepper seasoning
- » Redmond Real Salt to taste

DIRECTIONS

1. Line bottom of a greased 6-qt. slow cooker with three-fourths of the lemon slices. (You can use a bag if desired.) Place turkey over lemons, breast side up.
2. Mix parsley, garlic, lemon zest, lemon pepper seasoning and Redmond Real Salt; rub over turkey. Top with remaining lemon slices.
3. Cook, covered, on low until turkey is tender, 5-6 hours.
4. Remove turkey from slow cooker, then create tent with foil.
5. Let stand 15 minutes before carving. If desired, you can add any approved thickener to thicken pan drippings for sauce; serve with turkey.

CRISTY'S NOTE: Lemons are fine to use in this recipe if you're in weight loss mode, so long as you avoid **consuming** the lemon slices themselves.

 Submitted by Melissa Nokes-Yeaste

SQUASH CHILI

INGREDIENTS

- » 2 lbs ground meat
- » 1 chopped onion
- » 2 minced garlic cloves
- » 1 chopped green bell pepper
- » 3 Tbsp chili powder
- » 1 Tbsp ground cumin
- » 1 Tbsp ground coriander
- » 1 tsp ground cinnamon
- » 1 tsp salt or to taste
- » 1 tsp pepper or to taste
- » 1 large bay leaf
- » 28 oz can diced tomatoes with juice
- » 28 oz can crushed tomatoes
- » 1 lb chopped butternut squash
- » 1/4 cup minced cilantro (optional)
- » Garnish with additional minced cilantro on top (optional)

DIRECTIONS

1. Slightly cook ground meat with onions, garlic, and bell peppers.
2. Add chili powder, cumin, coriander, cinnamon, salt, and pepper. Stir well and continue to cook ground meat.
3. Add tomatoes, squash, and bay leaf
4. Cover and simmer for 30 minutes or until squash is tender but not mushy.
5. Stir in cilantro immediately after turning heat off.

 Submitted by Awilda Taveras

LONDON BROIL WITH TOASTED BRUSSELS SPROUTS

INGREDIENTS

For The Marinade

- 1 tsp Redmond Real Salt
- 1/2 tsp ground black pepper
- 2 cloves garlic, minced
- 4 sprigs fresh thyme (or use crushed in spice jar)
- 2 Tbsp avocado oil or Code Red Olive Oil

For The Meat

- 1 to 1 1/2 lb London broil

For The Brussels Sprouts

- 1 lb Brussels sprouts, halved
- 2 Tbsp Code Red Olive Oil
- 1/2 tsp Redmond Real Salt
- 1 tsp onion powder
- 4 slices bacon, chopped
- 2 Tbsp butter

DIRECTIONS

1. In a casserole dish mix all of the marinade ingredients. Add the meat and flip it around in the marinade to get it all over. Cover and set in the fridge overnight, turning over once before cooking the next day (you can also marinate most of the day and eat it for meal 2).
2. When ready to cook, remove the meat from the fridge, let it rest at room temperature in the marinade for an hour.
3. In the meantime, preheat the oven to 400° F.
4. Add Brussels sprouts to a sheet pan, toss with oil, salt, and onion powder.
5. Arrange bacon pieces all over it and then distribute the butter in little clumps all over everything.

6. Roast on the middle rack for 30 minutes at 400° F.
7. Leaving the Brussels sprouts in the oven, set the oven to broil at the 30-minute mark, making sure your second oven rack is right under the broiler.
8. Add your London broil (in the casserole dish where it marinated, or move it to a sheet pan) and place it under the broiler. Cook for 4-5 minutes. Then use tongs to flip it over and cook it for another 4-5 minutes.
9. Remove everything from the oven. Move the meat over to a cutting board. Let it rest for 8-10 minutes before slicing against the grain.
10. Transfer the meat to the sheet pan with the Brussels sprouts and serve.

 Submitted by Lori Hawryluk

SMOTHERED PORK CHOPS

6 slices	Bacon, chopped
2	Onions, small thinly sliced
1/4 tsp.	Salt
1/4 tsp.	Pepper
4	Pork chops, bone in and 1 inch thick
1/2 cup	Chicken broth
1/4 cup	Heavy cream
	Salt and pepper to taste

In a large sauté pan, cook bacon over medium heat until crisp. Use a slotted spoon to remove to a bowl, reserving bacon grease. Add onions to bacon grease and sprinkle with salt and pepper. Stirring frequently, cook for 15 to 20 minutes, until onions are soft and golden brown. Add onions to bacon in the bowl. Increase heat to medium high and sprinkle pork chops with salt and pepper. Add chops to pan and brown on the first side 3 minutes. Then turn chops over and reduce heat to medium, cooking on the second side until internal temperature reaches 135°F, 7 to 10 more minutes. Remove to a platter and tent with foil. Add broth to pan and scrape any browned bits. Add cream and simmer until mixture is thickened, 2 or 3 minutes. Return onions and bacon to pan and stir to combine. Top pork chops with onion and bacon mixture and serve.

 Contributed by: Mia Gray, Eagle, ID.

JULIA'S FAVORITE GREEN BEANS

INGREDIENTS

- » Rendered bacon fat
- » 1 can of green beans
- » Bacon bits

DIRECTIONS

1. Add some of the rendered bacon fat to the skillet. Melt.
2. Add some bacon bits.
3. Add a can of drained green beans.
4. Heat until hot.

 Submitted by Christine Romero

AIR FRIED CAULIFLOWER

INGREDIENTS

- » One head of cauliflower, cut into pieces
- » Avocado oil or Code Red Olive Oil
- » Garlic powder
- » Smoked paprika
- » Redmond Real Salt

DIRECTIONS

1. Coat cauliflower pieces in oil.
2. Toss with spices and Redmond Real Salt.
3. Fry in air fryer on 390°F for about 20-25 minutes, depending on how crispy you like it.
4. Stir about half way through.
5. Serve and enjoy!

 Submitted by Christine Romero

MEATLOAF AND TWICE “BAKED” CAULIFLOWER MASH

Meatloaf:

- 2 lbs ground beef
- 1 cup pork rind panko
- 2 eggs
- 1/2 cup chopped onion
- 1/2 cup sugar free BBQ sauce
- 2 teaspoon garlic powder
- 2 teaspoon parsley
- 1 teaspoon pepper
- 1 teaspoon salt

Topping sauce:

- 1/4 cup sugar free BBQ Sauce
- 2 tablespoons yellow mustard
- 1 tablespoon monk fruit

Mix all ingredients together well. I separate the mixture into equal size loaf pans and place in the Instant Pot for 25 minutes, quick release; OR bake on 375 for 25 minutes in mini loaf pans. Temperature in the center should be 160 degrees.

Mix topping sauce ingredients together and add to top of meatloaf. Place in oven and broil for 5 minutes.

 Kristin Small from Meridian, Idaho

MASHED PARSNIPS

INGREDIENTS

- » 4-6 parsnips
- » 1/4 cup heavy whipping cream, +/-
- » 1/4 cup unsweetened nut milk, +/-
- » 4 Tbsp butter, +/-
- » Redmond Real Salt to taste
- » Pepper to taste

DIRECTIONS

1. Wash parsnips and cut off ends. Cut into chunk-sized pieces.
2. Boil for 20-30 minutes. You want to make sure the parsnips are soft. If they are undercooked you will not get the desired creaminess. When done, strain.
3. In a bowl add the parsnips, 1/2 of the heavy whipping cream, 1/2 of the nut milk and butter. Blend.
4. If the mixture is too thick or still needs to be creamy, add the other half of the HWC and nut milk. You can also add more butter to taste.
5. Redmond Real Salt and pepper to taste.
6. On a home study program? No problem! Prior to making this dish for your family, take out as much parsnip as fits into your macros and add the other ingredients as to what fits into your macros.
7. If you like more butter flavor but don't have room in your macros, use butter extract!

This dish goes great with ham or BBQ for Easter dinner. It is also always a favorite at potlucks.

 Submitted by Charlene DeSalme

LOADED MASHED RUTABAGA

2	Rutabagas
4 cups	Bone broth or chicken broth
2-4 cups	Water
8 oz.	Cream cheese
3 Tbsp.	Butter
4 Tbsp.	Ranch dressing
4 pcs.	Bacon
2 stems	Green onions, chopped

Peel the rutabagas and cut into chunks. In a large pot, boil in the water and broth until it is soft then drain the liquid off. Meanwhile cook the bacon in a skillet and crumble. Combine all other ingredients and mix together. Then add the rutabaga and the bacon back in and blend it in a blender or food processor. Recipe yields 4-6 servings.

 Contributed by: Janice Lynn Reed, Emmett Idaho

MAMA'S FAUXTATO SOUP

- 30 grams diced onion
- 80 grams smoked ham
- 120 grams Turnips cubed
- 3 Tbsp heavy whipping cream
- 2 Tbsp cream cheese – room temperature
- 10 grams butter
- 1 cup chicken broth

Place butter, onion and turnips in sauté pan and sauté until onions are translucent. Then add ham and brown. Add 1 cup chicken broth and let simmer until turnips are soft. In a blender, add whipping cream and cream cheese and blend just until smooth. When turnips are soft add the “cream mixture” to the soup and let thicken. Salt and pepper to taste!

 **Debbie Toavs from Twin Falls, Idaho**

NOPE POTATO SALAD

1	Cauliflower, cut into chunks
8	Eggs, boiled and cooled
2 bunches	Green onions, diced
2 stalks	Celery, diced
4	Dill pickles, diced
1 can	Olives, sliced and drained
1 cup	Mayonnaise OR
3 Tbsp.	Mustard
1 tsp.	Vinegar, red wine
	Salt and pepper, to taste

Steam cauliflower for 5-6 minutes. Remove from heat and let cool then cut it into bite size pieces. Add the rest of the ingredients and mix. Recipe yields 6-8 servings.

 Contributed by: Donna Scoles Sines

YOU'LL BE STUFFED STUFFING

12 oz.	Rice cauliflower
4	Celery sticks, chopped
1/2	Onion, chopped
1/2 cup	Mushrooms, chopped
2 1/2 Tbsp.	Butter
2 cloves	Garlic crushed
1/2 tsp.	Salt, pink
1/2 tsp.	Thyme
1 tsp.	Sage
1 cup	Chicken broth

In a large fry pan, add 1 Tbsp. of butter and melt. Add everything but remaining butter and broth and sauté until veggies are tender. Add the broth and cook 5 more minutes. Transfer to a baking dish that has been buttered. Top with remaining butter. Bake at 350°F for 30 minutes or until golden brown!

 Contributed by: Dianna Atchley

PICKLED BEETS

2 lbs.	Beets, fresh
3/4 cups	Red Wine Vinegar
1/2 cup	Stevia or Monk fruit
1/2 cup	Water
1/2	Onion, red, sliced

Trim the top stem of a beet to roughly 1 inch. Peel and thoroughly wash beets. Cut or slice uncooked beets as desired and place in a large pot of water. Boil for roughly 20 minutes, or until tender. Similar to boiling potatoes, the larger beets will take longer to cook.

Strain cooked beets in a colander and cool your beets by running cold water over them. Combine vinegar, sweetener and water in a small saucepan. Heat to dissolve. Remove from heat and set aside.

In glass jar or container with a tightly fitting lid, layer cut up beets and sliced onion. Pour vinegar mixture over the top. Add additional water if needed to fully submerge the beets in the liquid.

Cover with a tightly fitting lid and place in the refrigerator for 5-7 days before serving. Beets will keep in the refrigerator for up to 2 months.

 Contributed by: Dianna Atchley

AIR FRY ZUCCHINI

Two styles to enjoy:

- Almond & Hemp Heart zucchini OR
- Pork Rind Panko Zucchini

Use a Ninja Bullet to make your “breading” of choice (pork rinds or almonds and hemp heart) in seconds.

Then, drizzle olive oil over zucchini slices or sticks. Toss in mixture of choice. Layer in air fryer and cook at 370 for 15 minutes. Toss midway. Enjoy!

 Michele Knight from Meridian, Idaho

ZUCCHINI CARROT FRITTERS

2 cups	Zucchini, shredded/grated
2 cups	Carrots, shredded/grated
2/3 cup	Almond flour
2	Eggs, large
1/2 cup	Scallions, sliced
	Avocado oil or coconut oil for pan
	Fine sea salt, to taste
	Black pepper, to taste
	Sour cream, if desired

Shred/grate zucchini and carrots. Sprinkle lightly with salt. Set aside for 10 minutes. Use cheesecloth to squeeze out excess liquid. Add eggs, almond flour, scallions, sea salt and black pepper. Stir the mixture until it's combined. Scoop the mixture (about 3 Tbsp. per fritter) into the pan. Gently press them into round shape. Cook until they are golden brown. Transfer the fritters to a large plate lined with paper towel. Serve with sour cream and sprinkle with scallions.

 Contributed by: Cindy Leavitt

 **CRISTY'S NOTE:** Almond flour can stall weight loss. Save this recipe for maintenance, or try replacing the almond flour with ground up pork rinds.

ROASTED VEGETABLES

8 oz.	Carrots, cut on angle into 1/4 slices
8 oz.	Brussels sprouts, ends trimmed, and halved
	Your favorite vegetables
2 tsp.	Olive oil
1/4 tsp.	Salt
1 pinch	Pepper

Toss vegetables with olive oil, salt and pepper. Spread on prepared baking sheet into a single layer (some overlap is ok). Roast in hot oven until tender and well-browned, 25-30 minutes

 Contributed by: Carolyn Yates, Battlefield, MO

CINNAMON-GLAZED CARROTS

INGREDIENTS

- » 64 oz baby carrots
- » 1/2 cup salted butter
- » 1/4 cup orange/tangerine juice (omit during weight loss mode)
- » 1 cup Golden Lakanto Monk Fruit Sweetener
- » 2 Tbsp cinnamon
- » 1 tsp pumpkin pie spice
- » 1/2 tsp nutmeg
- » 1/2 tsp garam masala
- » 1/4 tsp allspice
- » 1/4 tsp cloves
- » 1/2 tsp Redmond Real Garlic Salt
- » 1/4 tsp celery salt
- » 1/2 tsp onion powder
- » 1/4 tsp cayenne pepper
- » 1/2 tsp Redmond Real Salt
- » 1/2 tsp pepper

DIRECTIONS

1. Prep spices first in a small bowl, and add/modify ingredients to taste.
2. Steam baby carrots in steamer pan on stove until halfway done, 10-15 minutes.
3. Drain pan and put carrots back in bottom pan to use as a mixing bowl.
4. Mix butter, orange/tangerine juice (skip if in weight loss mode), Lakanto Monk Fruit, and spices.
5. Put mixture into a roasting pan and cover with foil.
6. Cook in oven at 350°F for 30 minutes to finish baking.
7. Stir carrots and glaze, then sprinkle cinnamon and Lakanto Monk Fruit on top before serving.
8. Enjoy!

 Submitted by Lightning Liz

CAESAR SALAD WITH CUMIN-SPICED PECANS

(The pecans add great flavorful crunch to the salad while staying Code Red compliant)

INGREDIENTS

Cumin-Spiced Pecans

- » 2 Tbsp Lakanto Monk Fruit
- » 1 tsp Redmond Real Salt
- » 2 tsp ground cumin
- » 1 tsp smoked paprika
- » Pinch of cayenne pepper
- » 3 Tbsp avocado oil
- » 10 ounces raw pecan halves

Dairy-Free Caesar Salad

- » 1 large head romaine lettuce, chopped
- » 1/4 cup Caesar salad dressing
- » 4 slices bacon, cooked and crumbled
- » 1/4 cup halved kalamata olives
- » 1/2 cup Cumin-Spiced Pecans

DIRECTIONS

Cumin-Spiced Pecans

1. Preheat the oven to 300°F. Line a rimmed baking sheet with parchment paper.
2. Put the Lakanto Monk Fruit, Redmond Real Salt, and spices in a large bowl and mix to combine.
3. Whisk in the avocado oil until the mixture is smooth and there are no clumps of seasoning.
4. Add the pecans to the bowl and toss until all the nuts are evenly coated.
5. Spread the pecans in a single layer across the prepared baking sheet. Bake for 20 minutes, or until the nuts are toasted.

Dairy-Free Caesar Salad

1. Put the lettuce and dressing in a large serving bowl and toss to coat the lettuce with the dressing.
2. Top with the bacon, olives, and pecans.

Optional

If you do not like the sound of cumin-spiced pecans, use salted pecans or cashews.

 Submitted by Lori Hawryluk

WINTER CREAMY CHICKEN VEGETABLE

3	Chicken breast halves
2	Carrots, halved and diced
4	Celery stalks, chopped
2 bunches	Green onions, diced
1/2	Cauliflower head, diced
1 cup	Green beans, frozen
2 cups	Tomatoes, diced
6 cups	Chicken stock
1 tsp.	Salt, pink Himalayan
3/4 tsp.	Black pepper
1 Tbsp.	Poultry seasoning
1 Tbsp.	Garlic, minced
1 1/2 cups	Heavy whipping cream

Put all ingredients in crock pot and cook on high for approximately 6 Hours. Add heavy whipping cream after all ingredients are tender. Let it cook down to thicken.

 Contributed by: Donna Scoles Sines, Princeton Idaho

SCRUMPTIOUS PUMPKIN SOUP

1	Onion, finely diced
2 cans	Pumpkin puree, organic, (15 oz cans)
13 1/2 oz.	Coconut milk
1 Tbsp.	Butter or Coconut oil
1 tsp.	Garlic, minced
1 tsp.	Ginger, minced
1/8 tsp.	Cinnamon
1/8 tsp.	Nutmeg, fresh, ground
	Salt and Pepper, to taste
16 oz.	Chicken or bone broth
4-5 pcs.	Ham, finely chopped
	Coconut flakes, sour cream, bacon bits, cashew bits, crushed pork rinds or shredded cream cheese, if desired for garnish.

In a large pot, add butter or oil and heat on medium. Add onion and sauté until translucent. Then add garlic and continue sautéing until the garlic smells aromatic. Add the rest of the spices and stir. Next add the pumpkin, coconut milk and broth. Simmer soup for 15 minutes, adjusting seasonings as desired. Once heated, serve in individual bowls and add desired garnish, if any.

 Contributed by: Annette Veneziano

CINNAMON NUTS

INGREDIENTS

- » 3/4 cup Lakanto Monk Fruit
- » 1 tsp Redmond Real Salt
- » 1 tsp cinnamon
- » 3 cups nuts (any kind you choose - remember, peanuts are not a nut, they're a legume, so don't use them)
- » 1 egg white

DIRECTIONS

1. In a bowl combine Lakanto Monk Fruit, Redmond Real Salt, and cinnamon. Set aside.
2. In another bowl put all of the nuts.
3. In another bowl beat the egg white until it is like foam. Put the beaten egg white into the nuts and stir to get them all well coated.
4. Pour Lakanto Monk Fruit mixture over coated nuts and stir to coat the nuts. Pour out into a single layer on a parchment covered sheet pan.
5. Bake at 250 degrees for one hour. Remove from the oven, let cool for 15 minutes and break apart. Keep in an airtight container when completely cool.

 Submitted by Lorna Loveland

DAVID'S TOASTED CINNAMON "SUGAR" PECANS

- 1 lb pound pecan halves
- 3/4 cup monk fruit or stevia
- 1 tablespoon cinnamon
- 1 teaspoon pink himalayan salt
- 1 large egg white
- 1 tablespoon water

Preheat oven to 250 degrees. Pour pecans in a large bowl. In a small bowl, combine egg white and water, beat to frothiness, and pour over pecans. Be sure to coat them very well.

Combine monk fruit/stevia, cinnamon and salt in a bowl. Mix well. Pour 1/4 of the mixture at a time over the pecans, tossing and coating the pecans REALLY well. It will seem like you have way too much of the sugar mixture, but just keep pouring and tossing.

Place pecans on cookie sheets lined with parchment paper and put into oven to bake. Set a timer for 15 minutes and toss/stir the pecans every 15 minutes, for a total cook time of one hour.

The coating is extremely hot, so don't touch the pecans until they have fully cooled.

 Kristin Small from Meridian, Idaho

PUMPKIN HEMP NOATMEAL

- 3 Tbsp Hemp Hearts
- 3 Tbsp Unsweetened Vanilla Almond Milk
- 1 Tbsp 100% Pumpkin Puree
- 1 tsp Chia Seeds
- 1 tsp Monk Fruit Sweetener
- 1/2 tsp Pumpkin Pie Spice

This is one of my favorite recipes to meal prep for the week!

Mix all ingredients in a small jar or other container. Cover with a lid and put in the fridge overnight (minimum of 1 hour, so the chia seeds can activate). Add more sweetener as needed. Eat cold, or warmed up in the microwave for 30 seconds. ENJOY!!

 Angi Johnson from Spanish Fork, UT

PUMPKIN SPICE YOGURT

- 1/2 c. Full fat, unsweetened Greek yogurt
- 1-2 Tbsps Heavy whipping cream
- 1Tbsp Chia seeds
- 2 Tbsp Pumpkin puree
- 1/2 tsp Pumpkin pie spice
- Stevia to taste

Mix together and refrigerate for an hour, so chia seeds can activate, then serve.

 Patti Harvey from Jerome, Idaho

MAPLE BACON MUFFIN

2 strips	Bacon, crisped, crumbled
1 Tbsp.	Sugar free maple syrup
1 Tbsp.	Bacon grease
1/4 cup	Flax meal
1/2 tsp.	Baking powder
3 pkts.	Stevia OR
1 Tbsp.	Monk fruit
1 tsp.	Cinnamon
1	Egg, whisked
2 strips	Bacon, crisped, crumbled
1 Tbsp.	Sugar free maple syrup

Combine all ingredients into a microwaveable mug or ramekin for 1 minute 15 seconds. Top with crumbled bacon and sugar free maple syrup.

 Contributed by: Stephanie Shannon, Shoreline WA

OVEN BAKED CORN BREAD

3/4 cup	Almond flour
1/2 cup	Coconut flour
3 Tbsp.	Coconut oil, melted
2 Tbsp.	Ghee, melted
3/4 tsp.	Salt, pink Himalayan
3/4 tsp.	Baking soda
4	Eggs, large
1/2 cup	Almond milk, unsweetened
1/4 cup	Heavy whipping cream
	Stevia or Monk fruit, to taste
	Coconut oil or butter, to grease dish

Preheat oven to 350°F. Grease an 8x8 inch baking dish with butter or coconut oil then spread the batter in the pan. Bake for 25-30 min and/or until golden brown and toothpick tests comes out clean. Recipe yields 6-8 servings.

 Contributed by: Lynna Johns

STRAWBERRY NOCAKE

INGREDIENTS

- » 2 cups cold heavy whipping cream
- » 2 Tbsp powdered monk fruit
- » 1 tsp vanilla
- » Strawberries

DIRECTIONS

1. Slice strawberries and set aside.
2. In a large mixing bowl add heavy whipping cream, monk fruit, and vanilla.
3. Use a mixer to whip until light and fluffy.
4. Place strawberries in individual bowls and top with homemade whipped cream.

 Submitted by Charlene DeSalme

BUTTERNUT SQUASH PIE

1 cup	Butternut squash
2 tsp.	Olive oil
4 oz.	Cream cheese, softened
1	Egg
2 Tbsp.	Coconut milk, can omit for thicker consistency
1/4 tsp	Monk fruit
1/4 tsp	Stevia
1/4 tsp	Cinnamon
1/4 tsp	Nutmeg
1/4 tsp	Allspice
Pinch	Salt
1/2 tsp	Vanilla extract

Preheat oven to 350°F. Peel and cut the squash into cubes. Place on a baking sheet in the oven. Drizzle with oil and bake for 30 minutes until the squash is cooked. Add squash to the rest of the ingredients in a blender or food processor and blend thoroughly. Pour into a small, greased baking dish. Return the dish to the oven for 45 to 60 minutes. Time depends on how deep the dish is. Pie is done when an inserted knife comes out clean. Recipe yields 1 serving.

 Contributed by: Tamie Prociw

SALTED FUDGE BROWNIES

1/2 cup	Coconut oil, melted
1/2 cup	Cocoa powder, unsweetened
2 oz.	Chocolate baking bar, unsweetened
3/4 cup	Stevia or Monk fruit
	Eggs, large, room temperature
1 tsp.	Vanilla
1/2 cup	Coconut flour
1/2 tsp.	Salt, Himalayan, separated
1 tsp.	Espresso powder or instant coffee

Preheat oven to 350° and line an 8x8 baking pan with parchment paper. In a medium saucepan, combine coconut oil, cocoa powder, and unsweetened chocolate. Heat on medium heat, whisking until mixture is smooth and no lumps are left. Take off the heat and stir in the sweetener. Add eggs and vanilla and mix well.

Add in the coconut flour, salt, and espresso powder. Mix until fully combined. Pour mixture into a prepared pan and bake for 20-25 minutes. Recipe yields 16 small brownies.

NOTE: Store in the fridge after the first day to keep fresh. I always make a double batch; they freeze well in an airtight container.

 **CRISTY'S NOTE:** Please be aware that Almond and Coconut flour may stall weight loss. Enjoy during maintenance mode.

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CHOCOLATE MOUSSE

1 cup	Heavy whipping cream
2 Tbsp.	Cocoa powder, unsweetened
1 Tbsp.	Stevia or Monk fruit
1 tsp.	Vanilla extract
	Cinnamon

With a mixer, beat cold heavy whipping cream until soft peaks. This takes around 6-8 minutes. Add cocoa powder, sweetener and vanilla and continue beating until hard peaks form. Sprinkle cinnamon on top. Recipe yields 4 servings.

 Contributed by: Megan Callahan, Lakewood, WA.

 **CRISTY'S NOTE:** Please be aware that this recipe is a very calorie dense and may stall weight loss. If you choose to have it, it needs to serve as a “meal” but be sure to add a veggie to this meal.

HAZELNUT HOT CHOCOLATE

2 Tbsp.	Heavy whipping cream
1 cup	Hazelnut milk or other nut milk
1 Tbsp.	Baking cocoa
1/8 tsp.	Stevia or Monk fruit
1/2 tsp.	Vanilla extract
Pinch	Salt, Himalayan pink

Using low heat, combine whipping cream and milk in sauce pan.

Add, cocoa, sweetener, vanilla and salt. Whisk until thoroughly combined. Heat slowly to avoid scalding the cream

 Contributed by: Tamie Prociw