



Natural Health Improvement Center

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## Sausage Veggie Stuffing

- 1 lb Italian sausage, casings removed
- 1 TBSP Coconut oil
- 2 TBSP Coconut oil
- 1 Large leek, chopped (White and pale green parts)
- 1 Large apple (Granny Smith or Pink Lady)
- 1 cup chopped celery
- 2 medium carrots, peeled and chopped
- 1/2 medium yellow onion, chopped
- 1 (8oz) package white button mushrooms
- 1-1/2 tsp poultry seasoning
- 2 TBSP coconut flour
- 1 tsp chopped dried rosemary
- 1/3 cup chopped Italian parsley
- Sea salt
- Freshly ground pepper
- 2 eggs
- 1/4 cup chicken broth
- 1 cup pecans, coarsely chopped and lightly toasted

## Preparation:

1. Brown the sausage in 1 tablespoon oil in a skillet. Transfer to a large bowl.
2. In the same skillet, heat 2 tablespoons oil over medium heat. Add the leeks, apples, celery, carrots, onions, mushrooms and poultry seasoning. Saute until the leeks and carrots soften, about 6 minutes.
3. Add the veggies to the bowl of sausage. Stir to combine.
4. Add the coconut flour, rosemary, parsley, salt and pepper. Stir to combine.
5. Beat the egg with the chicken broth. Pour over the sausage mixture and stir to combine.
6. Spoon the stuffing into a greased baking dish, sprinkle the top with pecans, and cover with foil.
7. Bake at 350 F for 30 minutes

## **Mashed Cauliflower**

### Ingredients

2 heads cauliflower, washed and cut into large pieces  
2 Tbsp olive oil or butter  
½ tsp sea salt

### Instructions

1. Steam the cauliflower pieces until very tender
2. Puree cauliflower in a food processor; add in olive oil and salt
3. Reheat in a casserole dish in the oven at 350F for 20 minutes
4. Serve

## **Walnut and Coconut Whipped Sweet Potato Casserole**

4-5 large sweet potatoes  
½ can full fat coconut milk  
1 TBSP pumpkin pie spice  
1 ½ cups walnuts  
¾ cup flaked coconut  
3-4 TBSP coconut oil or butter  
Pinch of sea salt

1. Roast sweet potatoes (preheat oven to 450 F, line cookie sheet with tin foil, scrub sweet potatoes and dry well. Poke all over with a fork. Place sweet potatoes on cookie sheet and put in oven for 30 minutes. Flip the sweet potatoes over and set timer for 30 more minutes, 20 minutes if smaller. Let them cool. This step may be done ahead of time.
2. Preheat oven to 200 F.
3. Peel off the skin from the sweet potatoes and place the inside flesh into a large mixing bowl.
4. Add coconut milk, pumpkin pie spice and sea salt and using a stick blender, blend until smooth.
5. Transfer sweet potato mixture into a large glass or stoneware baking dish (13 by 9).
6. In a food processor, add the walnuts and coconut and pulse 15-20 times until slightly chopped but still different sized chunks.
7. Spread the topping over the whipped sweet potato.
8. Place chunks of your cooking fat over the top.
9. Place in oven for 20 minutes to thoroughly heat the sweet potatoes.
10. Turn on broiler to low and broil for 10-15 minutes, watch carefully so it doesn't burn.
11. When some pieces are browned on the edges, remove from oven and serve.

# Paleo Biscuits

**Serves: 7 biscuits**

## Ingredients

- 2½ cups **blanched almond flour (not almond meal)**, plus 1 cup for dusting dough
- ½ teaspoon **celtic sea salt**
- ½ teaspoon **baking soda**
- ¼ cup **coconut oil**
- 2 **large eggs**
- 1 tablespoon **honey**

## Instructions

1. In a **medium bowl**, combine almond flour, salt, and baking soda
2. In a **large bowl**, blend together coconut oil, eggs, and honey
3. Stir dry ingredients into wet until dough forms
4. Roll out dough between 2 pieces of **parchment paper** to ¾ inch thick
5. Dust dough with extra almond flour if it is sticky or misbehaving
6. Cut dough into biscuits using a mason jar with a 2 ½-inch wide mouth
7. Use a **metal baking spatula** to transfer biscuits to a parchment lined **baking sheet**
8. Bake at 350° for 15 minutes, until biscuits are browned on the bottom edges
9. Serve

## **Kale with Cranberries**

**Serves 8**

### **Ingredients**

**2 bunches of kale**  
**¼ cup pine nuts**  
**¼ cup dried cranberries**  
**3 Tbsp olive oil**

### **Instructions**

- 1. Steam the kale until it is bright green**
- 2. Meanwhile in a cast iron skillet, toast the pine nuts**
- 3. Allow kale and pine nuts to cool, then toss together in a large bowl**
- 4. Add dried cranberries and olive oil**
- 5. Toss and serve**

## **Raw Cranberry Sauce**

### Ingredients

1 orange, peeled, seeds removed  
1 lemon, peeled, sliced, seeds removed  
2 dates pitted and chopped  
2 cups fresh cranberries

### Instructions

1. Blend orange, lemon, dates in a food processor
2. Add cranberries and process until coarsely chopped
3. Serve

# Keto Pumpkin Cheesecake

Need I say more? It's keto, it's pumpkin and it's cheesecake! Yummy! But seriously, this cheesecake is the bomb and no one can even tell it's keto. My only regret is that I only made one because it was all gone before I could have more than one bite. Next time I will be making one for myself and one to share.

<b>Course</b>	Dessert
<b>Cuisine</b>	American
<b>Prep Time</b>	20 minutes
<b>Cook Time</b>	1 hour
<b>Total Time</b>	1 hour 20 minutes
<b>Servings</b>	12 slices
<b>Calories</b>	84 kcal
<b>Author</b>	yvonne

## Ingredients

### Crust

- 1/4 cup fine ground almond flour
- 1/4 cup coconut flour
- 1/4 cup butter
- 1 tablespoon Monksweet keto approved sweetener
- 1/4 tsp vanilla extract

### Filling

- 2 8 oz cream cheese
- 2 large eggs
- 1/4 cup sour cream
- 2 tsp vanilla extract
- 1/2 cup Monksweet keto approved sweetener

### Pumpkin swirl

- 1/2 cup pumpkin puree
- 2 teaspoons pumpkin pie spice
- 1/2 cup cheesecake filling

## Instructions

### Crust

- Preheat oven to 325 degrees
- In a mixing bowl combine almond flour, coconut flour and sweetener
- Mix in vanilla and melted butter and mix until crumbly in texture
- Press mixture into the bottom of a pie plate
- Bake for 12-15 minutes until just slightly golden

### Cheesecake Filling

- In a stand mixer cream together, softened room temperature cream cheese, eggs and sour cream until mixture is smooth and creamy
- Add in sweetener and vanilla and mix until well combined
- Set aside and make pumpkin swirl

### Pumpkin Swirl

- Place pumpkin puree and spice into your immersion blender and pulse a few times



- Add in the cheese cake filling and blend until well combined
- Set aside

#### Putting It all Together

- Oil the sides of the pie pan with either melted butter or avocado oil
- Pour cheesecake filling on top of the baked crust
- Drop spoonfuls of Pumpkin swirl onto the top of the cheesecake filling
- Take a fork or knife and gently drag the pumpkin through the cheesecake filling making decorative swirls
- Bake at 325 degrees for approximately 60 - 70 minutes until the mixture is set
- Cool and refrigerate
- Best served chilled with a big dollop of whipped cream

## Nutrition Facts

Keto Pumpkin Cheesecake

#### Amount Per Serving

**Calories 84**                      **Calories from Fat 63**

#### % Daily Value\*

<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 54mg</b>	<b>2%</b>
<b>Potassium 37mg</b>	<b>1%</b>
<b>Total Carbohydrates 3g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 2g</b>	<b>4%</b>
<b>Vitamin A</b>	<b>35.5%</b>
<b>Vitamin C</b>	<b>0.6%</b>
<b>Calcium</b>	<b>2%</b>
<b>Iron</b>	<b>2.7%</b>

\* Percent Daily Values are based on a 2000 calorie diet.

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## Butter Pecan Ice Cream

### Macros per 1 scoop:

- 200 Calories
- 20g of Fat
- 2g of Protein
- 1g of Carbs

Course      Dessert

Servings	Prep Time	Passive Time
6 scoops	10 minutes	2 hours

### Ingredients

- 1 cup heavy cream
- 2 tbsp butter
- 1/3 cup erythritol
- 1 pinch Stevia
- 1 tsp vanilla extract
- 2 egg yolks
- 2/3 cup chopped pecans
- 1/8 tsp xanthan gum

### Instructions

1. Begin by melting the butter in a pan on a low flame and letting it brown very slightly. This will bring out more of the butter's flavor.  
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2. Add in the cream and allow it to come to a simmer.  
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3. Turn the heat down to the lowest setting and add the erythritol. Let it dissolve completely, stirring gently.  
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4. Transfer the mixture to a deep mixing bowl and add a pinch of Stevia. Use an electric hand mixer to combine all the ingredients.  
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5. While mixing at a medium speed, add xanthan gum to help the ingredients really bind and thicken.  
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6. In a small bowl, separate egg yolks and add vanilla extract. Beat them a little slowly add them into your mixing bowl as you're beating your cream mixture.

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7. Lastly, add chopped pecans and fold them in with a spoon. You can toast the pecans in a bit of butter to bring out more of their nutty and sweet flavor!

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8. Place your bowl (or wherever you're going to store the ice cream) in the freezer. Because this ice cream has chunks of pecans in it, I suggest stirring with a spoon every 30-45 minutes to make sure the pecans are well incorporated and don't get frozen sitting at the bottom of the ice cream. Of course, if you have an ice cream maker, feel free to use that and use the manufacturers instructions.

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9. Let freeze for about 3 hours or until you can scoop it. If you let it freeze overnight, let it sit on the counter for a few minutes to soften so you can scoop it easily. Enjoy!