



LIVINGOOD DAILY

HOLIDAY FOOD GUIDE

CHRISTMAS EDITION





Green Grinch Smoothie

Serves: 1 | Time: 5 minutes

Put all ingredients into a blender and blend until smooth. Add ice and almond milk until desired consistency and temperature. Top with homemade or store-bought (So Delicious brand) coconut whipped cream if desired and add a handful of goji berries, matcha powder, and/or strawberry on top to create a Christmas look. :)

- 1 cup almond milk, unsweetened
- 1 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#)
- 1/4 banana (partially frozen)
- 1 Tbsp unsweetened matcha green tea powder
- 1/2 cup baby spinach
- 1/4 ripe avocado, frozen preferably (optional)
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 dash ground cloves
- 1/2 cup ice (optional)



Snickerdoodle Smoothie

Serves: 1 | Time: 5 minutes

Put all ingredients into a blender and blend until desired consistency.

- 1 cup almond milk, unsweetened
- 1 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#)
- 1 spoonful almond butter
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 1/2 frozen banana (optional)
- 1 cup ice (or as much as you like for consistency and temperature)



Sugar Cookie Latte

Serves: 1 | Time: 5 minutes

Put all ingredients in a blender and blend until smooth.

1 cup brewed coffee

1/2 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#)

1 tbsp butter

1 tbsp coconut oil

Few drops almond extract

Few drops vanilla extract

1 tsp Swerve granular (or any other clean sugar substitute) (or to taste)

2 dozen Lily's brand white chocolate chips (or to taste)



Gingerbread Latte

Serves: 1 | Time: 5 minutes

Put all ingredients into a blender (or use an immersion blender) and blend until mixed well and frothy.

1 cup brewed coffee
1/2 cup coconut milk (ideally warmed over the stove)
1/2 tsp blackstrap molasses
1/4 tsp ground ginger
1/4 tsp ground cinnamon
1 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#)



Dr. Livingood Peppermint Mocha

Serves: 1 | Time: 5 minutes

Put all ingredients into a blender (or use an immersion blender) and blend until mixed well and frothy.

1 cup brewed [Livingood Daily Coffee + Moringa](#)

1 tbsp grass-fed butter

1 tbsp coconut oil

1 tbsp unsweetened cocoa

1 scoop [Livingood Daily Chocolate Collagen + Multivitamin](#)

1 scoop [Livingood Daily Chocolate Greens + Superfoods](#) (optional)

1 drop of peppermint essential oil (or 1/8 tsp peppermint extract)

1/2 cup coconut milk, ideally warmed over stove (optional)



Simple Healthy Eggnog

Serves 3–4 | 20 Minutes + 15–20 Minute Chill Time

Blend all ingredients together until blended well. Pour into a pot and warm on medium–low heat for 15 minutes, stirring nearly constantly to not let the mixture come to a boil, but just barely a light simmer. Enjoy warm or chill for a few hours and enjoy chilled. Can top with homemade whipped coconut cream or store bought So Delicious Brand Coco Whip.

2 cups almond milk
1 cup heavy whipping cream
1/2 cup powdered Swerve or Monk Fruit powder
3 egg yolks
1 tsp vanilla
1 tsp cinnamon
1 tsp nutmeg
1 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#)



Gingerbread Smoothie

Serves: 1 | Time: 10 minutes

Put all ingredients into a blender and blend until desired consistency.

1 cup coconut milk or almond milk
1/2 frozen banana
1/2 tsp ground ginger
1 tbsp molasses
1/2 tsp cinnamon
1/8 ground cloves
1/4 tsp nutmeg
1/2 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#)



Simple Hot Chocolate (+ Peppermint)

Serves: 1 | Time: 5 minutes

In a saucepan, warm the almond milk until it reaches the temp that you prefer. Put all ingredients into a blender and blend until smooth.

1 cup unsweetened almond milk (or milk of choice)

1 scoop [Livingood Daily Collagen + Multivitamin](#) (ideally chocolate)

1 Tbsp cocoa powder

1/4 tsp vanilla extract

1 Tbsp organic real maple syrup (optional if you like it more sweet)

1 dash of sea salt

1/4 tsp peppermint extract (optional for chocolate-peppermint flavor)



Breakfast Enchilada Casserole

Serves: 6 | Time: 45 minutes

In a pan, brown the sausage until mostly cooked, add the onion and peppers and cook for a few more minutes. Stir in the green chilies. In another pan, scramble the eggs in butter until cooked. Combine the vegetables and meat to the egg pan, season and remove from the heat.

In an 8x8 baking dish, pour a little of the sauce on the bottom of the dish. Add a layer of the tortilla pieces. Add some egg and meat mixture with cheese on top. Repeat with sauce, layer of tortilla, egg and meat mixture and cheese until you are through the ingredients. Cook at 350° F for approximately 20 minutes or until the cheese is melted. Top with desired toppings.

8 eggs

2 Tbsp butter

1/2 lb breakfast sausage (or meat of choice, or skip the meat)

1/2 red pepper, diced

1/2 green pepper, diced

1/4 small onion, diced

1 small can diced green chilies

2 cups green or red enchilada sauce (or half and half) (I love Siete brand)

1 package organic shredded fiesta or pepper jack cheese

1 package siete tortilla wraps (6-8 total), quartered, cut into wedge shapes

Sea salt, pepper, garlic powder to taste

Optional toppings: sour cream, avocados, cilantro, salsa



Healthier than Monkey Bread

Serves: 20 | Time: 1 hour

In a bowl, stir together the warm milk, butter, coconut sugar, and sea salt. Sprinkle the yeast on top and wait 10-15 minutes or until the mixture turns a little frothy. Add in 2.5 cups of flour. If the dough is still “wet”, continue stirring and add in 2 Tablespoons of flour at a time until the dough begins to pull away from the bowl and becomes less sticky. Put the dough onto a well-floured surface and knead it for approximately 3-4 minutes or until the dough rises back after pressing your finger into it. Let the dough sit aside while making the rest of the filling.

Coat a bundt pan with a light layer of butter or an avocado oil spray. In a small bowl, whisk together the milk and butter. In a separate bowl, mix the coconut sugar and cinnamon together.

Using a serrated knife, cut the dough into 16 pieces (cut in half, then half again, then half again, then half one more time). Keep cutting in half until you have small, bite-sized (approximately 60-80) pieces.

Dip each piece of dough in the milk and butter bowl and then roll it in the cinnamon and coconut sugar bowl until coated. Put the pieces into the bundt cake pan, stacking on top of each other evenly.

Cover the pan with a light towel and set aside to let the dough rise for approximately 30 minutes or until 3/4 of the pan is filled. Make the sauce and pour half of it on top before baking and half 10 minutes into baking. Bake at 350° F for approximately 20 minutes, or until the pieces feel slightly firm to the touch.

Dough:

1 cup unsweetened milk alternative of choice (warm)

1 Tbsp butter, melted

3 Tbsp coconut sugar

1/2 tsp sea salt

4 cups organic whole wheat flour (or organic flour)

4 1/2 tsp dry yeast (or two 1/4 oz packages, I used Red Star brand)

Coating:

1/2 cup unsweetened milk alternative of choice (warm)

1 Tbsp butter, melted

3/4 cup coconut sugar

4 tsp cinnamon

Extra Sauce:

1/8 cup unsweetened milk alternative of choice, warmed

1 Tbsp butter, melted

3 Tbsp coconut sugar

2 tsp cinnamon



Zucchini Chicken “Noodle” Soup

Serves: 2 | Time: 30 minutes

In a large pot, heat 1 tbsp oil over medium heat. Season with sea salt and pepper and add chicken chunks to the pot. Cook for about 3 minutes and set aside. Add 1 tbsp oil to the pot and add garlic, onion, carrots, celery. Cook for about 3 minutes, or until tender. Add thyme and oregano. Whisk in the chicken broth, bay leaf and 2 cups of water. Add zucchini noodles and simmer for about 5 minutes and add the lemon juice and salt and pepper to taste. Add parsley on top before serving.

- 1 lb chicken breasts (cut into chunks)
- 1 lb zucchini noodles (2-3 zucchini spiralized)
- 2 tbsp olive oil or coconut oil
- 4 cups chicken broth
- 2 cloves garlic, minced
- 1 onion, diced
- 4 large carrots, diced
- 4 stalks celery, diced
- 1 tsp dried thyme
- 1 tsp oregano
- 1 bay leaf (optional)
- 2 tbsp parsley leaves, chopped
- Sea salt and pepper, to taste



Simple Broccoli Soup

Serves 4 | 25 Minutes

In a large pot over medium heat, saute garlic for one minute. Add the chicken broth, heavy cream or milk, and chopped broccoli. Increase heat to bring to a boil, then reduce heat and simmer for 10–15 minutes, until broccoli is slightly tender.

Use a slotted spoon to remove about 1/3 of the broccoli pieces and set aside. (This step is optional, if you want some pieces in your soup at the end. If you want all of the soup pureed, you can leave them in.) Use an immersion blender to puree the remaining broccoli. Reduce heat to low. Add the shredded cheddar cheese $\frac{1}{2}$ cup at a time, stirring constantly, and continue to stir until melted. Puree again to make it smooth. Remove from heat. Add the reserved broccoli florets back to the soup.

4 cups broccoli, cut into florets
3 $\frac{1}{2}$ cups chicken bone broth (can use vegetable too)
1 cup heavy cream (can use coconut milk as well)
3 cups organic cheddar cheese, shredded
2–3 cloves garlic, minced (or garlic powder to taste)



Beef Stew

Serves 4 | 20 Minutes + 2 Hour Simmer Time

Season the beef chunks with salt and pepper. Sprinkle the flour over and toss the seasoned beef to coat it on all sides. Heat the oil in a large Dutch oven or pan over medium heat. Brown the beef in batches, on all sides, approximately 3–4 minutes per batch. The beef does not need to be cooked all the way through. Set the browned beef aside. Add the onions, garlic, and carrots to the Dutch oven, and cook, stirring occasionally, for 2–3 minutes, or until lightly browned. Add the potatoes, peas, beef broth, tomato paste, bay leaf, thyme, and Worcestershire sauce. Bring the mixture to a simmer, stirring, and return the beef to the pot. Simmer the stew, stirring regularly, for 1–2 hours or until the vegetables and beef are tender. Remove the bay leaf. Taste the stew and season with additional salt and pepper, if necessary.

If you wish for a thicker stew: Before simmering, remove $\frac{1}{2}$ cup of liquid from the pot to a small bowl, add the xanthan gum and whisk until well mixed. Return mixture to the pot and simmer. Or, you may add an additional 1–2 cups of water or more broth if you like to have more broth on your stew!

2 lbs Beef chuck roast cut into thick chunks, fat removed
3–4 Cups beef bone broth
 $\frac{1}{4}$ Cup tomato paste
1 Tbsp Worcestershire sauce
2 Tbsp Spelt or cassava flour
2 Tbsp avocado oil or olive oil
 $\frac{1}{2}$ Yellow onion, cut into chunks
4 Garlic cloves, minced
2 Large carrots, cut into thick chunks
1 cup frozen peas
2 sweet potatoes, cut into chunks (can use regular potatoes if desire)
1 Bay Leaf
2 Tsp fresh thyme leaves and / or parsley (optional)
Salt and pepper, to taste
 $\frac{1}{2}$ tsp xanthan gum (if desired for a thicker base)



New Recipe!

Herb-Roasted Turkey Breast

Serves: 6 | Time: 1 hour 15 minutes

Mix olive oil, herbs, and garlic and rub over the turkey. Roast at 375°F for 60–75 minutes until internal temp is 165°F. Let sit for 10 minutes before slicing.

1 boneless turkey breast
3 Tbsp olive oil
1 Tbsp chopped fresh rosemary
1 Tbsp chopped thyme
4 garlic cloves, minced
Salt & pepper



Prime Rib

Serves 4–6 | 3–4 Hours + 4 Hour Warming Time

Prime Rib:

4 pound prime rib roast

Salt and pepper, to taste
Combination of any of the following: thyme, basil, rosemary, tarragon, oregano, bay leaf

Au Jus:

3 cups water

4 tsp beef bouillon (or 4 cubes)

1 tsp Braggs Liquid Aminos (soy sauce alternative) $\frac{1}{4}$ tsp garlic powder
salt and pepper, to taste

Horseradish Sauce:

$\frac{1}{2}$ cup sour cream

2 Tbsp prepared horseradish drained

2 Tbsp avocado oil mayo

$\frac{1}{2}$ tsp Dijon mustard

1 tsp dill weed

1 tsp apple cider vinegar

$\frac{1}{4}$ tsp sea salt

$\frac{1}{8}$ tsp pepper

1 Tbsp chives finely chopped



Prime Rib Cont.

Prime Rib: Place rib roast on a plate and bring to room temperature, approximately 4 hours.

Combine butter, pepper, and herbs in a bowl; mix well. Spread butter mixture evenly over the entire roast. Season roast generously with sea salt. Roast the 4–pound prime rib (see below if using a larger and smaller roast) at 500 degrees F for 20 minutes. Turn the oven off and, leaving the roast in the oven with the door closed, let the roast sit in the oven for 2 hours. Remove roast from the oven, slice, and serve.²

Note: cooking times will vary depending on the size of your prime rib roast. To calculate your cooking time, multiply the exact weight of the roast by 5. Round the resulting number to the nearest whole number. The rib is cooked at 500 degrees F for exactly that many minutes. For example, for a 6 pound roast: $6 \times 5 = 30$, so cooking time is 30 minutes. Turn the oven off and wait 2 hours before opening the oven door. Remove the prime rib and slice to serve.

Tip: This works well for certain ovens. Here is the fool proof plan! After your calculated 500 degree blast turn off the oven. In 30 minutes check the oven temp by setting it to bake at 325 degrees. If your oven is below 325 and begins to heat up your oven either has a vent fan or cools off too quickly. No problem. Set it to 275 and leave it for the next hour. You are now at 1.5 hours after the blast. Turn the oven off for the last half hour. Perfection. If your oven is over 325 one half hour after the first half hour blast you should be good with the original recipe.

Au Jus:

Place the water in a small saucepan and bring to a boil. Reduce heat to low; whisk in the beef bouillon. Whisk in the Braggs, garlic powder, salt and pepper to taste.

Horseradish Sauce:

Mix all ingredients in a bowl together until well mixed. Chill for 30 minutes or longer and serve with the prime rib roast.



New Recipe!

Cranberry Quinoa Salad

Serves: 6 | Time: 25 minutes

Combine quinoa, spinach, cranberries, pecans, and onion. Whisk olive oil, vinegar, honey, salt, and pepper. Toss together and serve.

2 cups cooked quinoa
1/2 cup dried cranberries
(unsweetened if possible)
**1/2 cup chopped pecans and/
or walnuts**
2 cups baby spinach
1/4 cup diced red onion
1/4 cup olive oil
2 Tbsp apple cider vinegar
1 Tbsp honey or maple syrup
Salt & pepper



Livingood Meatballs

Serves: 2-3, yields 15-20 | Time: 1 - 1.5 hours

Mix all meatball ingredients together and make them into balls. Place a baking dish. Mix all of the sauce ingredients together until smooth and pour over the meatballs. Bake at 350° for 1-1 ½ hours or until cooked through. Can also put them in the crockpot/slow cooker if desired for 3-4 hours.

Serve with mashed cauliflower for a meal or as an appetizer alone. Mix all sauce ingredients together and pour over meatballs.

Meatballs:

2 lbs organic, grass-fed ground beef

1 egg

3/4 cup coconut cream

2 tbsp onion

Salt and pepper, to taste

3/4 cup Simple Mills brand crackers, finely crushed

Sauce:

3 Tbsp Worcestershire sauce

4 Tbsp Swerve brown sugar substitute

2 tsp apple cider vinegar

1 Tbsp onion

1 cup ketchup

1 cup water



Simple Spinach Dip

Serves 4 | 20 minutes

Mix all ingredients in a small or medium saucepan. On medium-low heat, stirring regularly, warm all ingredients until simmering and hot. Can also mix all ingredients in a bowl and put into a small baking dish, cook at 350 degrees for approximately 20 minutes if you prefer.

6 oz organic cream cheese, softened
¼ cup organic sour cream
¼ cup avocado oil mayo (Primal Kitchen is a great brand)
1 garlic clove, minced (or garlic powder to taste)
½ cup mozzarella cheese, shredded
1 - 14oz can artichoke hearts, drained and chopped
1 cup organic frozen spinach
½ cup parmesan cheese, grated
Salt and pepper, to taste
Optional to Serve With: raw veggies of choice, Siete brand tortilla chips, Simple Mills brand crackers



Simple Cheesy Brussels Sprouts

Serves: 6 | Time: 30 minutes

In a large pan over medium heat, add the oil and sprouts. Season with sea salt and pepper. Let them cook until slightly cooked and caramelized, approximately 6-8 minutes. Add the butter and the garlic to the pan and stir until well coated. Transfer the sprouts to a baking sheet in a single layer. Bake at 400° F for approximately 8-10 minutes. Remove from the oven and top with shredded cheese and bake until the cheese is melted (less than 5 minutes). Top with salt, pepper, and Parmesan cheese if desired.

2 bags (24 oz) of Brussels sprouts, trimmed and cut lengthwise
3 tbsp olive oil
2 tbsp butter
6 cloves garlic, minced
1 ½ cup shredded mozzarella cheese (and/or cheddar or cheese of choice)
Sea salt and pepper, to taste
Parmesan cheese (optional for topping)

Augratin Cheesy Brussels Sprouts

Serves: 6 | Time: 30 minutes

In a large pan over medium heat, add the oil and sprouts. Season with sea salt and pepper. Let them cook until slightly cooked and caramelized, approximately 6-8 minutes. Add the butter and the garlic to the pan and stir until well coated.

Transfer the sprouts to a baking dish. Once the sprouts are out of the pan, add the heavy cream and lightly simmer on low heat. Mix in the starch slurry slowly, stirring constantly, until a thicker cream is formed. Pour over the sprouts. Top the sprouts with the mozzarella and Parmesan cheeses. Bake at 400° F until bubbly, approximately 15 minutes. Top with salt and pepper.

2 bags (24 oz) of Brussels sprouts, trimmed and cut lengthwise
3 tbsp olive oil
2 tbsp butter
6 cloves garlic, minced
1 ½ cups organic heavy cream
1 ½ tsp arrowroot powder mixed with 1 tbsp water (to make a slurry)
1 cup shredded mozzarella cheese (and/or cheddar or cheese of choice)
¼ cup shredded or grated Parmesan cheese
Sea salt and pepper, to taste



Twice Baked Mashed Cauliflower

Serves 4 | 30 Minutes

Boil cauliflower chunks in salted water, or steam chunks, until slightly tender. Drain cauliflower and mash in a large mixing bowl with a masher or hand mixer. Stir in sour cream, parmesan, softened cream cheese, chopped green onion and $\frac{3}{4}$ of the turkey bacon to the mashed cauliflower and mix well. Spread mixture evenly into a lightly butter greased 8×8 dish. Top with shredded cheddar cheese and remaining turkey bacon pieces. Cover top with foil and bake at 350 degrees F for approximately 20 minutes, or until the cheese is bubbly.

- 1 large head of cauliflower, cut into small chunks**
- 4 oz cream cheese, softened, cut into cubes**
- $\frac{1}{4}$ cup sour cream**
- 4 green onions, chopped**
- $\frac{1}{2}$ cup Parmesan cheese, shredded**
- 6 slices turkey bacon, cooked and cut into pieces**
- 1 cup shredded cheddar cheese**
- Salt, pepper, and garlic powder to taste**



Creamed Corn

Serves: 8 | Time: 10 minutes + 2-3 Hours in crockpot on high

Divide out one cup of the corn and put it in a high-powered blender. Add the remaining corn to the crockpot. Add all of the remaining ingredients, except the butter, to the blender and blend until completely smooth. Add the mixture to the corn. Cut up the butter and add to the crockpot. Cook for 2-3 hours on high, stirring occasionally. Add any seasoning to taste.

2 - 16 oz bags frozen organic corn, divided (can use organic canned corn as well, will cook faster)

4 Tbsp organic butter

1/2 cup organic heavy cream

1 cup ricotta cheese

4 oz organic cream cheese, cubed

1 Tbsp Swerve or monk fruit (granulated)

1 Tbsp gluten free flour (or something similar)

1 tsp sea salt

1/4 tsp pepper

1/2 tsp garlic powder

1/4 tsp paprika

1/4 tsp onion powder

1/4 tsp rosemary (optional)

1/4 tsp thyme (optional)



Simple Deviled Eggs

Serves: 6 | Time: 25 minutes

Place the eggs in a small saucepan with enough water to cover them. Bring the water to a boil. Once boiling, put a lid on the pan and remove from the heat and let sit for approximately 10-12 minutes. Take the pan to the sink and run cold water over the eggs. Let the eggs sit in cold water for approximately 10 minutes. When you're ready to make you can peel the egg shells off. Cut the egg in half lengthwise and remove the egg yolks and place into a small bowl. Add the mayonnaise, mustard, and apple cider vinegar to the bowl and mix until smooth. Spoon about a tsp of the filling back into each half egg. Sprinkle paprika on top if you wish.

6 eggs

**3 tbsp clean mayonnaise
(Chosen Foods or Primal
Kitchen brands are good)**

1 tsp Dijon mustard

1/2 tsp apple cider vinegar

**Paprika (optional) to sprinkle
on top**



New Recipe!

Gingerbread Cake

Serves: 6 | Time: 25 minutes

In a bowl, beat egg and brown monk fruit until smooth. Add in pumpkin, oil, and vanilla and beat well. Add in flour, molasses, spices, sea salt, and baking soda and mix until fully combined. Pour the batter into a parchment paper lined 8x8 baking dish (or a round cake pan lightly greased) and smooth out the top.

Bake at 350° F for 25 minutes or until a toothpick comes out clean. Let the cake cool completely. While the cake is cooling, beat together cream cheese and butter. Add in maple syrup and cinnamon. Add in powdered monk fruit until smooth. Spread frosting over cake.

1 egg
1 cup brown monk fruit (a substitute for brown sugar)
1 cup pumpkin puree
1/4 cup butter, melted
1 tsp vanilla
1 cup organic gluten free flour (for more challenge approved use chickpea flour)
1/4 cup organic molasses
1 Tbsp ground ginger
1 tsp cinnamon
1 tsp nutmeg
1/4 tsp sea salt
1 tsp baking soda

Cream Cheese Frosting:

1/2 cup cream cheese, softened
2 Tbsp butter, softened
1 Tbsp organic maple syrup
3/4 cup powdered monk fruit (a substitute for powdered sugar)
1/4 tsp cinnamon



Simple White Chocolate Covered Pretzels

Serves: 3 cups | Time: 15 minutes

In a saucepan, slowly melt the white chocolate chips, stirring constantly until the chocolate is completely smooth. Dip the pretzel into the chocolate and coat however much you want. Add sprinkles on top if you wish. Place the treats on a parchment paper lined cookie sheet or wire rack. A wire rack will also allow the excess chocolate drip. Chill in the fridge to allow the chocolate to harden.

3 cups pretzels (such as Fit Joy brand or any organic or sprouted pretzel)

1 package Lily's white chocolate chips

Clean sprinkles (optional, Supernatural has fun sprinkles)



Simple Spiced Nuts

Serves: 3 cups | Time: 15 minutes

In a bowl mix the nuts and pour the olive oil in until well coated. Add in the spices and stir until coated. Transfer the nuts to a parchment paper lined baking sheet and spread into a thin single layer. Place in the oven at 400°F for approximately 10 minutes, stirring halfway through. Remove from the oven and cool by spreading the nuts out on paper towels.

1 cup raw, whole almonds
1 cup raw, whole walnuts
1 cup raw, pecan halves
3 tbsp olive oil
1 tsp cumin
1 tsp smoked paprika
1/2 tsp onion powder
1/2 tsp garlic powder
1-2 tsp sea salt



Chocolate + Nut Bark

Serves: 10 | Time: 15 minutes + chill time

Toast the almonds and pecans by adding them to either a frying pan with no oil and stir constantly for approximately 5 minutes or put them on a baking sheet and bake at 350°F for approximately 5-7 minutes. Be careful and do not leave them, they burn easily! Set the nuts aside to cool.

To melt the chocolate, place a saucepan with a little water over medium heat and bring to a light boil. Put the chocolate and sweetener in a heatproof bowl and set on top of the boiling water. Just set the bowl on the pan, do not let the bowl touch the water. Once the chocolate is nearly melted you can remove it from the heat carefully. And continue to stir until it is completely melted.

Pour the chocolate onto a parchment paper lined cookie sheet. Sprinkle the nuts, coconut, and sea salt on top evenly. Put the pan in the fridge for approximately 30 minutes or until hard. Break into pieces the size you like and enjoy!

- 1/3 cup slivered almonds**
- 1/3 cup pecans, roughly chopped**
- 12 ounces Lily's brand chocolate chips (or any clean brand)**
- 3 tsp Swerve powdered sugar substitute (or any clean powdered sugar substitute)**
- 2 tbsp flaked or shaved coconut**
- 1/2 tsp sea salt**



New Recipe!

Cinnamon Pecans

Serves: 1 Cup | Time: 20 minutes

In a bowl, whisk the egg white. Add the pecans to the bowl and coat entirely.

In a separate bowl, mix the monk fruit and cinnamon together. Remove the excess egg white from the pecan pieces and add them to the cinnamon mixture. Mix until the pecans are completely covered.

Put the pecans on a parchment paper lined baking sheet and bake at 300°F for 12-15 minutes or until golden brown. Let the pecans sit and cool for an hour before enjoying.

1 cup pecans

1 egg white

2 Tbsp granulated monk fruit

1 tsp cinnamon



Mini Cinn – A – Bites

Serves 4 – 5 | 30 Minutes + 30 Minute Chill Time

Dough:

Add almond flour, coconut flour, xanthan gum, baking powder and salt to a food processor. Pulse until combined. Pour in apple cider vinegar with the food processor running. Once it is well combined, pour in the egg. Followed by the water. Stop the food processor once the dough forms into a ball. The dough will be sticky. Wrap dough in cling wrap and knead it through the plastic for a minute or two. Allow dough to rest for 30 minutes or longer in the fridge. Roll out the dough between two sheets of parchment paper with a rolling pin until approximately 10x10 inches in size. Brush the dough with the melted butter and sprinkle with the cinnamon and Swerve or sugar substitute of choice. Fold the dough in half and cut into 8 – 10 strips with a dough cutter or pizza cutter works too. Roll into mini rolls or twist and roughly make it into knots, pinching the dough together to seal closed. Place the dough on a parchment paper-lined cookie sheet and bake for 8 – 12 minutes at 350 degrees F, or until lightly browned.

Icing: While the dough is in the oven, make your icing. With a hand mixer, cream together the cream cheese and butter until light and fluffy. Beat in the powdered sweetener, vanilla extract and salt. If you want it more of a drizzling consistency, add a few teaspoons of almond milk to thin it out. Drizzle on to the cinnamon bites once done.

Dough:

1 cup almond flour
3 tbsp coconut flour
2 tsp xanthan gum
2 tsp baking powder
1 egg, beaten
1/4 tsp sea salt
2 tsp apple cider vinegar
5 tsp water (as needed)

Filling:

2 tbsp butter or coconut oil, melted
3 tbsp Swerve, Brown Swerve, or coconut sugar
2 tsp cinnamon

Cream Cheese Icing (optional, but yummy):

2 tbsp cream cheese, softened
1 tbsp butter, softened
1-2 tbsp powdered Swerve
1/2 tsp vanilla extract
Pinch of sea salt
1-3 tsp almond milk as needed (optional)

Non-Cream Cheese Icing (optional, but yummy):

3 tbsp butter
1 1/2 cups confectioners Swerve
3/4 tsp vanilla extract
2-3 tbsp almond milk



Gingerbread Cookies

Yields 12–15 Cookies | 30 Minutes

Preheat the oven to 350 degrees F. In a large bowl, mix all dry ingredients well. Add in the coconut oil, maple syrup and the molasses and stir until a sticky dough is formed. Place the dough in the freezer for 30 minutes to help it be less sticky. Once chilled, place the dough on parchment paper that is sprinkled with a little arrowroot or tapioca starch to prevent sticking. Use a rolling pan (or your hands) and flatten the dough until about 1/4–inch thick. Use your cookie cutters and cut your cookies. With the excess dough, re-roll and cut more out until you have no dough remaining. You can also just roll the dough into cookie balls and flatten them out with your hand to make circles if you don't have cookie cutters. Bake the cookies at 350 degrees F for approximately 10–12 minutes. Frost with simple frosting recipe, if desired.

Frosting: Slowly melt the coconut butter on low heat. Remove from the heat and add vanilla and sweetener. Add the milk one tablespoon at a time, stirring in between until a smooth, frosting–like consistency.

3 cups almond flour

1/2 cup arrowroot or tapioca starch (extra for rolling and cutting)

4 tsp ground ginger

1 tsp ground cinnamon

1/4 tsp sea salt

1/2 tsp baking soda

4 tbsp coconut oil (melted)

1/4 - 1/2 cup maple syrup

2 tbsp molasses

Frosting

6 tbsp coconut butter (melted)

1 tsp vanilla extract

2 tbsp Swerve sweetener

4-6 tbsp almond milk (or other non-dairy milk of choice)



Collagen Granola Bars

Serves: 10 bars | Time: 15 minutes + chill time

In a saucepan over medium heat, melt nut butter, honey, coconut oil and bring to a gentle boil stirring constantly. Remove from heat.

Stir in cinnamon, sea salt, oats, shredded coconut, collagen powder and almonds until everything is mixed well. Line an 8x8 pan with parchment paper and pour the mixture into the pan. Using a spatula, press the mixture until smooth and compressed. Press in chocolate chips and any whole almond pieces (optional) on the top.

Place in the fridge until hardened (approximately 1 hour). Once set, use the parchment paper to lift them from the pan. Slice into even bars. Recommended to keep refrigerated until ready to eat.

2/3 cup raw almond butter or organic peanut butter (or nut/seed butter of choice)

1/2 cup raw local honey

1 tbsp coconut oil

2 cups sprouted organic oats (or gluten free oats)

2/3 cup coarsely chopped almonds

1 scoop [Livingood Daily Vanilla Collagen + Multivitamin](#)

1/3 cup unsweetened shredded coconut

Pinch of sea salt

Pinch of cinnamon

1/2 cup Lily's brand chocolate chips (or any clean brand)



Snickerdoodle Cookies

Serves: 12-15 | Time: 20 minutes

In a bowl, mix together almond flour, coconut flour, cinnamon, cream of tartar, sea salt, baking soda, and xanthan gum. In a separate bowl, cream together the butter, monk fruit/Swerve, vanilla extract and eggs with a hand mixer.

Add the dry ingredients to the egg mixture and blend well. Roll the dough into balls. Mix the “sugar” coating ingredients together and roll the balls in the mixture until coated.

Place the balls on a parchment paper lined cookie sheet and flatten them slightly. Bake at 350 degrees F for approximately 10-12 minutes.

1 ½ cups almond flour

½ cup coconut flour

2 tsp cinnamon

2 tsp cream of tartar

1 tsp baking soda

1 stick organic butter

1 tsp vanilla extract

2 eggs

½ tsp xanthan gum

½ cup monk fruit or Swerve granular

Sea salt (pinch)

“Sugar” Coating:

2 tsp cinnamon

4 tbsps monk fruit or Swerve granular



No – Bake Cookies

Yields 15 – 17 Cookies | 30 Minutes + Chill Time

In a saucepan melt all ingredients, except nut butter, over low heat. Stir regularly until melted and smooth. Remove from heat and stir in the nut butter until creamy. In a bowl mix together nuts, coconut flakes, and oats if desired. Pour the chocolate mix into the bowl and stir until well coated. Can add more nuts or flakes if needed. Drop spoonfuls of the mixture (approximately 2 – 3 tbsp per cookie) onto parchment paper – lined baking sheets. Chill in the fridge for approximately 30 minutes. Store in the fridge to keep best.

Chocolate:

1 bag of Lily' s 70%+ Stevia sweetened dark chocolate chips (or 2 bars of unsweetened baking chocolate 70 – 100%)
¼ cup organic butter
4 tbsp coconut oil
2 tsp vanilla extract
½ cup almond butter (or nut butter of choice) (can omit this or add more depending on preference)
2 tbsp Swerve sweetener (or to taste)
Sea salt, to taste

"Cookie" :

¾ cup shredded almonds (or nut of choice)
¾ cup coconut flakes
¾ cup organic oats (optional. Or add more nuts and coconut flakes)



Healthier Scotcheroos

Serves: 16 squares | Time: 15 minutes + chill time

In a large bowl, add the brown rice crisps. In a small saucepan, slowly heat the honey and coconut sugar until small bubbles start to form in the mix, stirring occasionally. Reduce the heat and add the peanut butter and mix until smooth. Pour the mix over the brown rice crisps and mix until fully covered. Pour and press into an 8x8 pan. In another small saucepan over low heat and stirring frequently, melt the chocolate and spread it over the bars. Set in the fridge to chill until the chocolate is completely set before cutting.

Notes:

- You can add 2 Tbsp of peanut butter to the melted chocolate for more flavor if you do not use the butterscotch chips.
- Double the recipe to use a 9x13 pan.

3 cups organic brown rice crisps cereal (I love One Degree brand) (can use cacao flavor)

1/2 cup raw organic honey

1/2 cup + 2 Tbsp coconut sugar

1 cup organic peanut butter

1 cup semi-sweet chocolate chip of choice (I love Lily's or Enjoy Life brands)

1/2 cup butterscotch chips (Lily's brand) (this is optional if you want the butterscotch flavor)



Simple Peanut Butter Blossom Wannabes

Serves: 20 cookies | Time: 30 minutes

In a bowl, mix the peanut butter, monk fruit, egg, vanilla, baking powder, and sea salt until a cookie-like consistency is formed. Spoon about 1-2 Tbsp of the dough out and roll into balls until the dough is used up. Dip the dough ball into monk fruit until covered. Put the dough balls on a parchment paper lined baking sheet.

Bake at 350° F for approximately 8 minutes or until you can see slightly browning on the edges. Remove from the oven and lightly press an indentation into the center of each cookie using a small spoon or your thumb. In a small saucepan over low heat, melt the chocolate chips and butter until completely melted and spoon a little into the center of the cookies. Allow to set before eating.

1 1/2 cups organic peanut butter
1 cup granulated monk fruit (+ a little more for rolling)

1 egg

1 tsp pure vanilla extract

1 tsp baking powder

1 tsp sea salt

1/2 bag (approximately 6oz.)
chocolate chip of choice (I like Lily's or Enjoy Life brands)

2 Tbsp organic butter



Sugar Cookie Recipe (Almond Flour)

Serves: Approximately 25 cookies (depends on size of cookie cutters used) | Time: 25 minutes (+ chill and decorating time)

Mix together all of the dry ingredients (ideally sifted if you use a thicker almond flour). In a separate bowl, cream together the butter and powdered monk fruit for at least 2 minutes (may take longer to cream). Add in the extract, then the egg.

Because this recipe is a bit more sticky, I like to put the dough between two pieces of parchment paper and flatten it a bit before putting it in the fridge for at least 2 hours.

Once you're ready to roll it out, you can leave it between the paper and roll until it is the thickness you like before cutting it out (I like mine on the thicker side at about 1/4 inch). Bake on parchment paper at 325° F for approximately 6-8 minutes or until slightly golden on the edges. Keep on the pan until cooled.

- 1 3/4 cups almond flour
- 1/3 cup coconut flour
- 1 tsp baking soda
- 1 tsp cream of tartar
- 1/2 tsp sea salt
- 1 cup unsalted butter (softened to room temp)
- 2/3 cup powdered monk fruit
- 2 tsp vanilla extract
- 1 egg
- 1/4 tsp almond extract (optional)



Grandma's (Healthy) Sugar Cutout Cookies

Serves: Approximately 25 cookies (depends on size of cookie cutters used) | Time: 25 minutes (+ chill and decorating time)

Measure flour, soda, salt, monk fruit and cut into butter until finely mixed (may take quite a few minutes to get it to come together)

Combine milk, slightly beaten eggs, and vanilla. Add to dry ingredients. Mix Well. Cover tightly and chill several hours or overnight. Roll out on a lightly floured board or counter, cut out and bake. Keep dough chilled as it becomes sticky and hard to handle when warm. I like to roll mine out a little thicker for a soft cookie, the thinner you go, the more crispy you'll get.

Bake at 425° for 5 to 7 minutes until slightly golden on the edges. They do burn easily so you need to watch them!

To make the frosting, blend butter and sugar alternative. Add vanilla and milk, beat until smooth and of spreading consistency.

2 cups organic gluten-free flour
1/2 tsp baking soda
1/4 tsp sea salt
3/4 cup monk fruit or Swerve (granular)
3/4 cup butter (room temp/softened)
1/4 cup "sour milk" (use 1/2 tsp apple cider vinegar and add milk, I use half and half, to make 1/4 cup)
1 egg
1/2 tsp vanilla

Frosting: (or buy a brand like Organic Miss Jones)

1/3 cup butter (room temp)
3 cups powdered sugar alternative (Swerve confectioners or powdered Monk fruit)
2 tsp vanilla
About 2 Tbsp milk (+/-) (I use half and half)



Spritz Cookies

Serves: 20 cookies | Time: 30 minutes

Cream together butter, sweetener, egg, and the extracts. Add in the almond flour and baking powder until a dough is formed. Spoon the dough into a cookie press and press out the cookies. I like mine a little thicker so I try to push the dough as much as I can.

Bake at 350° F for approximately 5-7 minutes or until the edges just start to turn brown (watch them carefully!) Remove from heat and add any sprinkles desired and allow to cool completely before removing from the pan or eating as they will fall apart easily if warm.

3/4 cup butter, softened

1 cup powdered monk fruit (or powdered Swerve)

3 3/4 cups almond flour (finely ground)

1 tsp baking powder

1 egg

1 tsp vanilla extract

1/2 tsp almond extract

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