



LIVINGOOD DAILY

HOLIDAY FOOD GUIDE

THANKSGIVING EDITION



DLG Family Famous Turkey

Serves 8 (Depending on Size of Turkey)

Cook Time: Refer To Instructions That Come With Turkey

Preheat the oven to 425 degrees F. Cut the cheesecloth to a size that will cover the turkey and unfold to a single thickness. Melt butter in a small saucepan and add the seasonings. Place the cheesecloth in the pan and completely saturate. In the bottom of a roasting pan put 1/2 to full box of chicken broth (depending on turkey and pan size), line the bottom of the pan with the whole carrots and spread out half of the garlic cloves. Place the rest of the garlic cloves inside the turkey. Place the turkey on top of the carrots. Put the turkey in the oven and reduce the temperature to 325 degrees F for as long as directed for turkey size. After 15 minutes, drape the butter-soaked cheesecloth over the bird so that it's completely covered. After one hour, baste the turkey with the broth every 15 minutes to keep the cheesecloth moist. Remove the cheesecloth for the last 30 minutes of cooking for crisp skin. Allow the turkey to sit for about 20 minutes before carving.

1 cheesecloth
Turkey (your choice of size)
1 stick of butter
1/2 tsp sage
1/2 tsp thyme
1/2 tsp rosemary (crushed)
1 box of chicken bone broth
6-8 large carrots
10-12 garlic cloves (left whole, peeled)



No Bread | Stuffing

Serves 4 | 60 Minutes

Melt butter in a large pan over medium heat. Add onion, celery, mushrooms, cranberries or dates, parsley, seasonings, salt, and pepper. Sauté until very soft, about 7 minutes. Can add half of the broth if desired for more flavor and moisture (add rest as needed or desired). Transfer to 9x9" baking dish. Stir in almond flour and cooked turkey, chicken or sausage and mix. Add the whisked eggs and stir. Bake at 350 degrees F for 45 minutes to 1 hour, or until browned.

2 tbsp butter
2 cups onion (diced)
2 cups celery (diced)
1 cup mushrooms (diced)
1/4 cup dried cranberries or dates (chopped - optional)
1/4 cup flat-leaf parsley (chopped)
1/2 tsp each (or to taste): sage, rosemary, thyme, parsley (oregano, optional)
Salt and pepper (to taste)
1/2 cup chicken bone broth or vegetable broth (if desired)
2 cups almond flour (can sub Paleo approved bread crumbs or a clean bread source)
1 cup turkey, chicken, or sausage (cooked)
3 eggs (whisked)



Sweet Potato Casserole

Serves 4 | 25 Minutes

Steam or boil peeled and cubed sweet potatoes until softened. Put all ingredients in a high-powered blender and blend until smooth or whip with a hand mixer until smooth. Put into a baking dish and top with the nut mixture (can crumble over top). Bake for approximately 10-15 minutes.

3 large sweet potatoes (peeled & cubed)
5 tbsp butter
1/4 cup almond milk or organic cream
2 tbsp grade A maple syrup 1/4 tsp cinnamon (optional) Topping:
2 cups raw pecans
1 tbsp olive oil
2 tbsp grade A maple syrup or coconut nectar
1 tsp cinnamon + 1 tbsp Swerve brown sugar or coconut sugar (optional)
1/2 tsp sea salt



Mashed Cauliflower + Gravy

Serves 2 | 20 Minutes

Mashed Cauliflower

Steam cauliflower in steamer until tender. In blender mix cauliflower, butter and cream until smooth.

Gravy

Heat butter in a medium saucepan over medium-low heat. Sprinkle tapioca starch or arrowroot powder in and whisk until smooth. Cook for 1 minute, whisking constantly. The mixture should be golden and bubbling. Slowly pour in the warm broth while whisking constantly. The mixture will become a bit lumpy. Keep whisking until smooth. Cook the gravy for a couple of minutes or until thickened, whisking regularly. Add the coconut aminos, if desired.

Mashed Cauliflower

1 head cauliflower (cubed)
Salt and pepper (to taste)
4 tbsp organic butter (+2 tbsp organic cream if needed)

Gravy

3 tbsp butter
4 tbsp tapioca starch or arrowroot powder
2 1/2 cups chicken bone broth or stock (hot, but not boiling)
1/2 - 1 tbsp coconut aminos (optional)
Salt and pepper (to taste)



Honey Glazed Carrots

Serves 4 | 30 Minutes

Melt butter over medium-heat in a large pan. Add garlic and cook until lightly browned, stirring frequently, approximately 3 minutes. Remove from heat and stir in the honey. Pour the sauce over the carrots, season with salt and pepper, mix well. Transfer the carrots to a lightly buttered or greased baking sheet or parchment lined baking sheet. Bake 425 degrees F for approximately 20-25 minutes or until the carrots are browning and tender. Garnish with fresh parsley, if desired.

5 tbsp butter

2 garlic cloves (minced)

2 tbsp honey

2 lbs carrots (cut into 2 to 3-inch pieces)

Salt and pepper (to taste)

Parsley (chopped for garnish)



Raspberry Cranberry Sauce

Serves: 10-12 spoon fulls | Time: 20 minutes + chill time

Put all ingredients into a sauce pan. Simmer and cook for approximately 10 minutes, stirring frequently. Once the cranberries start to pop open slightly, start mashing the berries with a potato masher or a fork. Mash until desired thickness. Cook for approximately 5 more minutes. Cool completely before serving chilled.

1 1/2 cups fresh cranberries

1/2 cup fresh raspberries

1/2 tsp vanilla extract

1/2 cup water

2/3 cup of sugar alternative such as Swerve, Monk Fruit (can also try approximately 1/2 cup raw honey or maple syrup)



Cheesy Vegetables

Serves 6 | 25 Minutes

Steam vegetables until slightly tender, do not overcook. Remove and put into a baking dish.

In a saucepan, melt the butter. Whisk in the flour until smooth. Add the almond milk into the butter mixture. Stir until mixture thickens, approximately 3 minutes. Add cheddar cheese and stir until cheese is melted, approximately 3 minutes. Season with salt, pepper and dry mustard to taste. Pour over the vegetable mixture. Can top with additional shredded cheese or crispy onions if desired and cook until bubbling, approximately 15–20 minutes.

2 small heads of broccoli
1 small cauliflower
2 cups carrots (baby carrots or carrots cut into chunks)
4 tbsp butter
4 tbsp spelt flour (or almond flour)
2 cup unsweetened almond milk
3 cups shredded cheddar cheese
Pinch of dry mustard (optional)
Salt and pepper, to taste
1 cup organic crispy onions (optional)



New Recipe!

Butternut Squash Orzo

Serves: 6 | Time: 40 minutes

In a large skillet, combine the cubed butternut squash and 1 teaspoon of salt. Cover with water and bring to a simmer over high heat. Reduce heat to medium-low and simmer until tender (about 5 minutes). Remove from heat and drain the squash. Set 1 cup of the cooked squash aside. Transfer the remaining squash to a blender. Add 3 tablespoons of water and blend until smooth. Set aside.

In the same large skillet, melt 2 tablespoons of butter. Add the onion and season with 1/2 teaspoon of salt. Cook, stirring occasionally, until the onion is translucent (about 8 minutes). Add the garlic and sage to the skillet and cook, stirring, until fragrant (about 1 minute). Add the dry orzo and the remaining 2 tablespoons of butter to the skillet. Cook, stirring occasionally, until the orzo is lightly toasted and golden brown (about 4 minutes). Add the remaining 1/2 teaspoon of salt and 2 2/3 cups of water (or broth). Bring to a simmer over medium-high heat. Reduce heat to medium-low, cover, and simmer until the orzo is tender and the liquid is absorbed (about 8 minutes).

Stir the pureed squash into the orzo mixture until creamy and combined. Add in the Parmesan cheese, 1/4 teaspoon of black pepper, and the reserved 1 cup of cubed squash. Cook, stirring, until the cheese is melted and the squash is heated through (about 3 minutes). Season with additional salt if desired. If desired, stir in 1 cup of heavy cream or coconut cream for extra richness and 1-2 cups of spinach to wilt.

- 1 lb butternut squash, peeled, deseeded, and cut into 1/2 inch cubes**
- 2 tsp sea salt, divided**
- 4 Tbsp butter, divided**
- 1/2 yellow onion, finely chopped**
- 3 cloves garlic, finely chopped**
- 2 Tbsp finely chopped fresh sage (plus more for garnish, optional) (or 2 tsp dried sage)**
- 8 ounces (1 1/3 cups) dry orzo (I use Jovial brand)**
- 2 2/3 cups water (or vegetable broth for more flavor)**
- 1/2 cup Parmesan cheese, finely grated**
- 1/4 tsp freshly black pepper**
- 1 cup heavy cream or coconut cream (optional, for extra creaminess)**
- 1-2 cups spinach (optional, to wilt in)**



Green Bean Casserole

Serves 4 | 20 – 40 Minutes

Version 1 (Simple):

2 cans green beans, drained (or 2–3 cups fresh green beans)
1 12oz can/box organic cream of mushroom
 $\frac{1}{4}$ cup organic sour cream
1 cup organic shredded cheddar cheese
Salt and pepper, to taste
2 cups organic crispy onions

If using fresh green beans, steam for approximately 5–10 minutes. Do not over cook, just lightly steam. Mix all ingredients and half of the crispy onions together. Bake in an 8x8 at 350 degrees F for approximately 15–20 minutes, until slightly bubbling. Add the remaining half of the crispy onions and bake until golden brown, approximately 5 minutes.

Version 2 (Homemade):

2 cans green beans, drained (or 2–3 cups fresh green beans)
 $\frac{1}{2}$ yellow or white onion, sliced thin
1 cup cremini mushrooms, sliced thin
 $\frac{3}{4}$ cup chicken broth
 $\frac{3}{4}$ cup heavy cream or coconut cream
 $\frac{1}{4}$ cup shredded cheddar cheese
1 tbsp butter
2 tbsp olive oil
Salt and pepper, to taste

If using fresh green beans, steam for approximately 5–10 minutes. Do not over cook, just lightly steam. In a pan saute the mushrooms and onion in olive oil, salt and pepper until tender and starting to brown, approximately 5 minutes. Add butter if starting to dry. Add the broth to the pan and simmer and reduce a bit. Add the heavy cream or coconut cream and simmer. Allow to thicken by adding the cheese and/or $\frac{1}{8}$ tsp xanthan gum. Once you have a thicker sauce, combine with the green beans and pour into an 8x8 baking dish. Cook at 350 degrees F for approximately 20 minutes or until bubbling. You can also top with crispy onions if you wish, I choose to still buy these if we use them but you could make your own ;)



Dinner Rolls

Serves 12 | 25 Minutes + 1 Hour Rise Time

Stir yeast and honey into warm water and let sit for 5–7 minutes.

Blend eggs and butter in a blender and blend for 1 minute, until light and foamy.

Combine cassava flour and salt in a mixing bowl. Pour egg mixture and yeast mixture into the cassava flour. Work into a dough. Tips: if your dough doesn't hold together, add another tablespoon of water. If your dough is too sticky, add another tablespoon or two of cassava flour.

Roll dough into 12 balls. Line a 8×8 baking pan with parchment paper and arrange rolls in the pan with about ½" space between them. Place rolls in a warm corner, or if you have a warming feature on your oven and let rise for 1 hour.

Brush the top of the rolls with melted butter. Bake for 15–20 minutes at 375 degrees F or until golden brown on top.

½ cup warm water
1 Tbsp honey
1 Tbsp dry active yeast
4 eggs
¼ cup unsalted butter (plus
another 2 Tbsp, melted for
brushing)
2 ¼ cups cassava flour
1 tsp sea salt



New Recipe!

Corn Bread

Serves: 9-12 slices | Time: 40 minutes

Combine the cornmeal, almond flour, baking powder, baking soda, cream of tartar, and salt in a large bowl, mix to combine. In a small bowl add the melted butter, eggs, milk, and honey, whisk until smooth.

Add the wet ingredients into the dry ingredients and mix until just combined, but careful not to over mix. Pour the mixture into a parchment paper lined round baking dish and bake at 350°F for 30-35 minutes or until the edges are golden brown and cooked through in the middle.

2 cups organic whole grain cornmeal

1 cup almond flour

2 tsp baking powder

1/4 tsp baking soda

1/2 tsp cream of tartar

1/2 tsp salt

2 large eggs whisked

1/2 cup butter, melted

1/2 cup honey

1 cup almond milk



Gingerbread Latte

Serves 1 | 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 Collagen + Multi Vanilla](#)



DLG 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](#)
- 1 scoop [Livingood Daily Chocolate Greens](#) (optional)
- 1 drop of peppermint essential oil (or 1/8 tsp peppermint extract)
- 1/2 cup coconut milk, ideally warmed over stove (optional)



Breakfast Sweet Potato Egg Bake

Serves 6 | 1 Hour

In a pan, cook breakfast sausage until cooked through. Remove from heat and set aside. Add a tbsp of oil to the pan and saute the sweet potatoes until slightly tender, approximately 15 minutes. Combine sausage, peppers, onions, and sweet potatoes in a 9x13 baking dish. Whisk eggs, almond milk and seasoning until frothy. Pour over the mixture in the dish. Bake at 350 degrees F for approximately 45 minutes or until golden brown on top.

2 small sweet potatoes, peeled and cubed small
8 eggs
½ cup unsweetened almond milk
½ green pepper, diced
½ red pepper, diced
¼ onion, diced
Organic chicken sausage, flavor of choice (approximately 5 ounces or 1 package) or half a pound of organic breakfast sausage
Salt, pepper and garlic powder to taste



Gingerbread Smoothie

Serves: 1 | Time: 5 minutes

Place all ingredients in a blender and process until smooth. Adjust the ingredients to your liking.

1 cup almond milk

1 small apple, chopped (or a small frozen banana)

1 tsp pure maple syrup or molasses (more to taste if desired)

1 scoop [Livingood Daily Vanilla Collagen](#)

1/2 tsp ground ginger

1/2 tsp cinnamon

Pinch of ground cloves

1 handful of ice



Pecan Bars

Yields 12–16 bars, Serves 12–16 | 45 Minutes

Mix all ingredients together in a bowl until well combined. Roll into a ball and chill for at least 30 minutes. Roll the chilled dough out between two sheets of parchment paper. Transfer the rolled dough to a 8x8 pan using the bottom parchment paper to avoid lifting with your hands. Bake crust for 10–12 minutes at 400 degrees F or until lightly brown.

Combine all filling ingredients, except the pecans, in a small saucepan. Bring to a gentle boil over low to medium heat, stirring constantly. Simmer for approximately 5–6 minutes, until the mixture thickens slightly. Remove from the heat and stir in half of the pecans. Set aside to cool.

When the crust is done, pour the filling over it and spread it out evenly. Sprinkle the remaining pecans on top and bake at 350 degrees F for approximately 15 minutes or until slightly bubbling. Cool completely before cutting and enjoying. Can also put in the fridge to cool faster and allow to harden before cutting.

Crust:

2 cups almond flour
2 tbsp coconut flour
2 tbsp granulated Swerve
4 tbsp butter, melted
¼ tsp sea salt
¼ tsp xanthan gum
1 egg

Filling:

1 ½ cups unsweetened almond milk ½ cup granulated Swerve
2 tbsp coconut oil
2 tsp Arrowroot powder
1 ½ tsp sea salt (or to taste)
1 tsp vanilla extract
½ tsp maple extract (or 1–2 tbsp maple syrup)
½ tsp blackstrap molasses
2 cups pecans (coarsely chopped, divided)



Pumpkin Pie

Yields 1 Pie | 1 Hour + 15 Minutes

Crust

Whisk together almond flour, tapioca starch and salt. Cut butter into your flour, making into smaller than pea-sized pieces. Add water into the mixture and combine until dough forms. Dough will be sticky, can let it rest for a few minutes. Form your dough into a ball and press into the middle of your pie pan and work up the sides. Can add more water a little at a time to make the process easier or to fix any cracks. Set pie crust aside.

Filling

Mix all ingredients in a food processor until completely smooth. Pour pie filling into the crust. Bake 350 degrees F for 45-55 minutes, if edges start to brown, cover them with foil. Take out of oven once center has cooked. It will set more as it cools.

Crust

1 1/2 cups almond flour
1/2 cup tapioca starch
1/2 tsp salt
1/4 cup butter
3 tbsp water

Filling

1-15oz can of organic pumpkin puree
1/4 cup coconut sugar or Swerve
2 eggs
2/3 cup coconut cream (or the top of 1 can of coconut milk - the hard part that settles at top of the can after being refrigerated overnight or for 4 hours. You want it to be very thick cream)
2 tbsp arrowroot starch
1 tsp cinnamon
1/2 tsp ginger
1/2 tsp nutmeg
1/4 tsp ground clove
(or 2 tsp pumpkin pie spice)
1/4 tsp salt



New Recipe!

Pumpkin Cake

Serves: 9 | Total Time: 40 minutes

In a bowl, beat egg and brown monk fruit until smooth. Add in pumpkin, oil, and vanilla and beat well. Add in flour, pumpkin pie spice, sea salt, collagen if using, and baking soda and mix until fully combined.

Pour the batter into a parchment paper lined 8x8 baking dish 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 pumpkin pie spice. Add in powdered monk fruit until smooth. Spread frosting over cake and sprinkle cinnamon if you want!

1 egg

1 cup brown monk fruit (a substitute for brown sugar)

1 cup pumpkin puree

1/4 cup coconut oil or butter, melted

1 tsp vanilla

1 cup organic gluten free flour (for more challenge-approved: chickpea flour)

1 Tbsp pumpkin pie spice

1/4 tsp sea salt

1 tsp baking soda

1 scoop [Pumpkin Spice Livingood Daily Collagen + Multivitamin](#) (optional)

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 pumpkin pie spice



DLG Homemade Ice Cream

Serves 4 | 15 minutes + Ice Cream Maker Turn Time (Approximately 1 Hour)

Put all ingredients into a high-powered blender and blend until smooth consistency. Taste the liquid for desired sweetness and taste. If more protein power, coconut sugar, or vanilla are needed just add more. Pour the blended mixture into an ice cream maker*. Follow the instructions on the ice cream maker.

*If you don't own an ice cream maker, you can add chilled mixture to a freezer-safe container and freeze. Once every hour, remove from freezer and stir/whisk to incorporate air. Repeat until mostly firm (about 6-8 hours). Then continue freezing until completely firm before serving. It won't yield as creamy results, but it should still work.

Dr. Livingood's Homemade Ice Cream:
6 cups organic unsweetened vanilla almond milk (or half almond half coconut milk)
3 scoops of Livingood Daily Vanilla or Chocolate Collagen
4 oz of coconut milk cool whip

Mrs. Jessica Livingood's Homemade Ice Cream: 3 cups organic unsweetened vanilla almond milk
3 cups organic coconut milk
1 scoop of Livingood Daily Vanilla or Chocolate Collagen
4 oz of coconut milk cool whip
1/2 cup coconut sugar
2 tbsp vanilla extract

Optional Flavors:
Chocolate: 1 scoop of Livingood Daily Chocolate Collagen + 2 tbsp cocoa powder

Cinnamon: 1+ tbsp cinnamon

Pumpkin: 2+ tbsp pumpkin pie spice



Whipped Topping

Yields 1 Cup | 5 Minutes

Use just the “hard” portion of the coconut milk that forms at the top of the can (do not shake or use the liquid at the bottom!) and put into a bowl (chill bowl for 5 minutes if warm environment). Mix with a hand blender on high for 3-5 minutes or until fluffy. Mix in vanilla and sweetener if using.

**1 can full fat coconut milk
(refrigerated overnight)**

1 tsp pure vanilla extract

**1 tbsp Swerve powdered
sugar or pure maple
syrup (optional)**



Eggnog

Serves: 4 cups | Time: 30 minutes + chill time

In a saucepan, combine almond milk, heavy cream, spices, and sea salt and allow to lightly simmer for approximately 10 minutes. In a bowl, combine the egg yolk and sugar substitute and mix with a hand mixer until light and frothy. Adding a very small amount at a time in order to prevent the egg from curdling, slowly add a little of the hot mixture into the egg mixture, whisking constantly. Add the mixtures back into the saucepan and cook over low to medium-low heat for approximately 10 minutes to thicken slightly. Remove from the heat and pour into a bowl, adding the vanilla. Cover and chill until ready to serve. Can garnish with cinnamon stick or a dash of nutmeg.

1 cup organic heavy whipping cream
1 1/4 cup almond milk
4 egg yolks
1/2 cup sugar substitute such as Monk Fruit or Swerve
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp sea salt
1 tsp vanilla extract



Cauliflower “Mac + Cheese”

Serves: 4-6 | Time: 25 minutes

In a large pot, boil water and the cauliflower pieces for approximately 5-10 minutes or until the cauliflower is tender. Drain the water out of the pan and set aside. Melt the butter in a saucepan over medium heat. Add the cream, cream cheese, and the seasoning. Reduce the heat to low and add the shredded cheeses and stir until everything is melted and smooth. Pour the cheese over the cauliflower and stir gently to mix well.

1 medium-sized cauliflower, cut into bite-sized pieces

2 Tbsp butter

1/4 cup organic heavy cream (can try half and half)

2 oz organic cream cheese

1/2 cup Gruyere cheese, shredded

1 cup cheddar cheese, shredded

2 tsp dijon mustard

1/4 tsp garlic powder

1/2 tsp sea salt

1/4 tsp pepper

1/4 tsp paprika



Sweet Potato Wild Rice Soup

Serves: 8 | Time: 1 Hour

In a pot, heat butter and saute the onion, celery, and carrots for approximately 5 minutes. Add in the garlic and thyme for a few minutes. Add the broth, chicken, wild rice, sweet potato, mushrooms, and seasoning. Simmer on medium-low heat for approximately 30 minutes or until the rice is tender. Stir occasionally. Remove the chicken and shred it, then put it back into the soup. Add the coconut milk and kale or spinach. Season with any additional seasoning as needed.

Optional for thicker soup: At the very end, if you want thicker soup. Mix 3 Tbsp of melted butter with 3 Tbsp of an organic sprouted or gluten free flour (or spelt flour) together to create a mix. Pour the mix into the soup and let simmer for a few more minutes until it thickens.

Note: Add or change any vegetable options as desired.

- 1 cup organic wild rice
- 6 cups chicken or vegetable broth (or bone broth)
- 2 chicken breasts
- 2 Tbsp butter
- 1 cup mushrooms
- 1 medium sweet potato, peeled and cut into cubes
- 3 carrots, diced
- 3 celery stalks, diced
- 1/2 white or yellow onion, diced
- 1 cup full fat coconut milk (or heavy cream)
- 1 cup spinach or kale (roughly chopped, stems removed) (optional)
- 3 garlic cloves, minced (or sub garlic powder)
- 1 bay leaf
- 1 tsp dried thyme
- Sea salt and pepper to taste



Roasted Fall Vegetables

Serves: 6 | Time: 40 minutes

In a bowl, toss the cut Brussels and butternut squash with 2-3 Tbsp oil, maple syrup, cinnamon, and sea salt until coated. Place on an oil-greased baking sheet (may need two) and roast at 400°F for approximately 20 minutes. Stir and turn and roast for approximately 10 more minutes until lightly browned. Allow to cool off a bit. Put the vegetables in a bowl and gently mix in the cranberries and pumpkin seeds. Can add a little more maple syrup if needed for sweetness.

Roasted Brussels and Squash

- 1 package Brussels sprouts, ends cut and halved**
- 1 lb (approximately 3 cups) butternut squash (or one container of pre-peeled and cut), cut into small chunks**
- 2-3 Tbsp avocado oil**
- 2 Tbsp pure maple syrup**
- 1/2 tsp cinnamon**
- Sea salt, to taste**

Pumpkin Seed Mix

- 1/2 cup pumpkin seeds**
- 1/2 cup dried cranberries**
- 1 Tbsp pure maple syrup (optional)**



Apple Crisp

Serves: 8-10 | Time: 1 Hour

Toss all ingredients in a bowl until coated well. Pour into a lightly greased 8x8 baking dish. Top with the topping of choice.

Topping Option 1 - Grain Free

- 1/2 cup raw almonds
- 1/2 cup pecans
- 1/2 cup walnuts
- 1/2 cup shredded unsweetened coconut
- 1 tsp cinnamon
- 2 Tbsp Swerve brown or monk fruit brown (alternative to brown sugar)
- 1/4 tsp sea salt
- 1/4 cup raw local honey
- 3 Tbsp butter, melted

Put all of the crust ingredients into a food processor and pulse until a thick consistency forms. Put chunks of the mix over the apples. Bake at 350° F for approximately 35 minutes or until golden brown.

Apple Filling

- 5 organic apples (I use 3 granny smith and 2 honey crisp but can use any kind), peeled and sliced
- 1/2 lemon squeezed for the juice or approximately 1 Tbsp lemon juice
- 2 tsp cinnamon
- 2 tsp raw local honey (optional)

Topping Option 2

- 1 cup almond flour
- 1 cup sprouted oats
- 1 Tbsp cinnamon
- 1/2 tsp sea salt
- 3/4 cup Swerve brown or monk brown (alternative to brown sugar)
- 6 Tbsp organic butter, sliced

Mix all ingredients together with a fork or by hand. It will be clumpy. You can always add or subtract any of these ingredients depending on how you like your crumble on top. Put chunks of the mix over the apple mixture. Bake at 350° F for approximately 35 minutes or until golden brown.

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