



Trim Healthy Mama
Ultimate Holiday Recipe Collection





The Ultimate Holiday Recipe Collection

By very definition the word “*ultimate*” means - “*the best achievable or imaginable of its kind*”. That’s what we have for you! We’ve put together the best of the best THM Holiday recipes with a special twist this year, Mama! We have some featured Holiday recipes from our talented niece Rashida’s new THM cookbook, Trim Healthy Future!

So... bring on the trim and healthy yummys! Lick that Gentle Sweet cookie dough batter with delight! This truly is the season to be jolly and it is time to get your THM feast on and be merry! Please enjoy all the many wonderful Christmas and holiday recipes that we have put together for you in this **Ultimate THM Holiday Recipe Collection**... there’s 60 recipes included here, counting the recipes within recipes!

You’ll want to take these delectable dishes and yummy treats with you to community get-togethers, school parties, church fellowships, and family functions. They’ll help you to say “no” when those pound-inducing casseroles and immune system depleting sweet temptations pass your way! You can “TRIM” the holidays healthy this year and get your slim on while enjoying recipes like the **Holiday Breakfast & Brunch Ideas**, including *Rashida’s Breakfast Bread Pudding & Sauce!* Other recipes inside are: *Grandma’s Secret Turkey Recipe*, *Green Bean Casserole*, *Sweet Potato Casserole*, *Just Like Canned Cranberry Sauce*, *Holiday Pumpkin Trimtastic Roll*, *Gingerbread Snowball Cookies*, the amazing *Sparkling Cran-Ginger* drink from Trim Healthy Future, and many more!

The following [Holiday Menu](http://www.TrimHealthy.com) Recipe Ideas and more can be found at www.TrimHealthy Membership.com.





The Ultimate Holiday Recipe Collection

Holiday Breakfast/Brunch Ideas:

- **Donuts...**
 - ◆ Basic Donuts
 - ◆ Chocolate Drizzled Donuts
 - ◆ Jelly Donuts
 - ◆ Powdered Cinnamon Sugar Donuts
- **Quiches, Frittatas, & Egg Bakes...**
 - ◆ Basic Quiche
 - ◆ BLT Frittata
 - ◆ Breakfast Casserole
 - ◆ Loaded Egg Bake
 - ◆ Spinach and Sausage Quiche
 - ◆ Spinach and Turkey Bacon Quiche
- **Muffins, Warm Cereal, and Bread Pudding...**
 - ◆ Cran-Apple Holiday Breakfast Muffins
 - ◆ Holiday Variety Crockpot Oatmeals (4 in 1)
 - ◆ Rashida's Breakfast Bread Pudding & Sauce

Holiday Sippers & Beverages:

- Rashida's Sparkling Cran-Ginger Drink
- Autumn Spiced Trimmy
- Cranberry Wassail Sip
- Healing Hot Chocolate Trimmy Mix
- Holiday Eggnog
- Hot Chocolate Trimmaccino
- Pumpkin Hot Nog
- Pumpkin Pie Sip
- Pumpkin Spice Cafe Secret Big Boy
- Trim Mint Trimmy
- Winter Wonderland Sip

Holiday Appetizers:

- Candied Pecans
- Deviled Eggs
- Sausage Balls
- Vegetable Tray with Rohnda's Ranch Dressing

Holiday Main Courses:

- Grandma's Secret Turkey Recipe
- Beef Pot Roast
- Lazy Lasagna
- Pumpkin Spice Pancakes with Pancake Syrup

Holiday Sides:

- Cranberry Red Sauce
- Green Bean Casserole
- Just Like Canned Cranberry Sauce
- Mashed Potatoes with Basic Gravy
- Sweet Potato Casserole
- Trim Healthy Stuffing (Trim Bouillon Mix)
- Winter Sunshine Salad
- WWBB Holiday Stuffing

Holiday Desserts:

- Cranberry Upside Down Cake - Full Size
- Cranberry Upside Down Cake - Single Serve
- Gingerbread Snowball Cookies
- Guilt Gone Cranberry Pie
- Holiday Pumpkin Trimtastic Roll
- Peanuttty Fudge
- Pumpkin No-Bake Cheesecake
- Rich Chocolate Fudge
- Trim Holiday Cookies
- Trim Twixters

Holiday Leftovers Re-Purposed:

- Creamy Turkey & Wild Rice Soup
- Leftover Turkey Sandwich on Swiss Bread
- Turkey Bone Broth
- Turkey Pot Pie



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Basic Donuts - S

These are not your cut-out type of donuts; the recipe makes a loose batter that you pour into a donut form and bake in the oven or use an electric donut maker. They cook up quickly and are delicious! Here is the basic recipe and then three suggested ways to move them to a new level are found in the Recipe Notes area.

Serving Size: Family-serve

INGREDIENTS:

- Coconut oil spray
- 3 large eggs
- 1/3 cup sour cream (for dairy-free use canned, full-fat coconut milk)
- 2 teaspoons vanilla extract
- 1/4 cup water (or unsweetened almond or cashew milk)
- 6 Tablespoons melted butter (or melted coconut oil)
- 1 cup *THM Baking Blend*
- 1 teaspoon aluminum-free baking powder
- 1/8 teaspoon Mineral Salt
- 1/2 cup *THM Gentle Sweet* (or 1/4 cup *THM Super Sweet Blend*)

INSTRUCTIONS:

1. Preheat the oven to 350° F, if you are baking the donuts. Lightly coat a donut form with coconut oil cooking spray. If using an electric donut maker, consult the manufacturer's instructions for preheating and grease well.
2. In a large bowl, whisk together the eggs, sour cream, vanilla, water, and 1/4 cup melted butter. Add the *Baking Blend*, baking powder, salt, and *Gentle Sweet* and stir to combine.

(Recipe Continued...)

(*Basic Donuts*, Continued...)

3. Pour the batter into the prepared donut form and bake for 15 to 20 minutes, until golden on top. Or, follow the manufacturer's instructions for cooking the donuts in an electric donut maker; usually the donuts cook for 5 to 7 minutes, until brown.
4. Remove the donuts from the form or maker, and brush with the remaining 2 to 3 Tablespoons melted butter.

RECIPE NOTES:

- Move this recipe to a new level by adding one of the following:
 1. Top with the *Slim Belly Jelly* recipe (or up to 1 teaspoon store-bought, all-fruit jelly for each donut) for *Jelly Donuts*.
 2. Drizzle with the *Handy Chocolate Syrup* recipe for *Chocolate Drizzled Donuts*.
 3. Coat with cinnamon and "sugar" (*THM Gentle Sweet*) for *Powdered Cinnamon Sugar Donuts*.
- This recipe can be made dairy-free by using full-fat coconut milk instead of sour cream and ghee or coconut oil instead of butter.

The *Basic Donuts* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Chocolate Drizzled Donuts - S

These are not your cut-out type of donuts; the recipe makes a loose batter that you pour into a donut form and bake in the oven or use an electric donut maker. They cook up quickly and are delicious with our Handy Chocolate Syrup drizzled over them! But then again, the Handy Chocolate Syrup is delicious over anything you want to make chocolatey!

Serving Size: Family-serve

INGREDIENTS:

For the Donuts...

- Coconut oil spray
- 3 large eggs
- 1/3 cup sour cream (for dairy-free use canned, full-fat coconut milk)
- 2 teaspoons vanilla extract
- 1/4 cup water (or unsweetened almond or cashew milk)
- 6 Tablespoons melted butter (or melted coconut oil)
- 1 cup *THM Baking Blend*
- 1 teaspoon aluminum-free baking powder
- 1/8 teaspoon Mineral Salt
- 1/2 cup *THM Gentle Sweet* (or 1/4 cup *THM Super Sweet Blend*)

For the Donut Topping - *Handy Chocolate Syrup* recipe...

- 1 cup plus 2 Tablespoons water
- 1/2 cup unsweetened cocoa powder
- 3/4 cup *THM Gentle Sweet*
- 1/4 scant teaspoons Mineral Salt
- 1 teaspoon vanilla extract

(Recipe Continued...)

(*Chocolate Drizzled Donuts*, Continued...)

INSTRUCTIONS:

1. Preheat the oven to 350° F, if you are baking the donuts. Lightly coat a donut form with coconut oil cooking spray. If using an electric donut maker, consult the manufacturer's instructions for preheating and grease well.
2. In a large bowl, whisk together the eggs, sour cream, vanilla, water, and 1/4 cup melted butter. Add the *Baking Blend*, baking powder, salt, and *Gentle Sweet* and stir to combine.
3. Pour the batter into the prepared donut form and bake for 15 to 20 minutes, until golden on top. Or, follow the manufacturer's instructions for cooking the donuts in an electric donut maker; usually the donuts cook for 5 to 7 minutes, until brown.
4. Remove the donuts from the form or maker, and brush with the remaining 2 to 3 Tablespoons melted butter.
5. Drizzle the butter-brushed donuts with *Handy Chocolate Syrup*.

For the Handy Chocolate Syrup...

1. Put all the ingredients in a medium saucepan over medium high heat, and whisk often while it comes to a boil. Take the saucepan off the heat, turn the heat to low, then return the saucepan to the heat and whisk well while the mixture simmers gently for a couple of minutes.
2. Drizzle over the butter-brushed donuts.
3. For storage on any remaining *Handy Chocolate Syrup*, allow the chocolate syrup to cool a little, then pour into a small jar with a lid. Store in the refrigerator until ready to use. The mixture will thicken more as it cools.

RECIPE NOTE:

This recipe can be made dairy-free by using full-fat coconut milk instead of sour cream and ghee or coconut oil instead of butter.

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Jelly Donuts - S

These are not your cut-out type of donuts; the recipe makes a loose batter that you pour into a donut form and bake in the oven or use an electric donut maker. They cook up quickly and are delicious topped with either our Slim Belly Jelly recipe or a store-bought, all-fruit jelly.

Serving Size: Family-serve

INGREDIENTS:

For the Donuts...

- Coconut oil spray
- 3 large eggs
- 1/3 cup sour cream (for dairy-free use canned, full-fat coconut milk)
- 2 teaspoons vanilla extract
- 1/4 cup water (or unsweetened almond or cashew milk)
- 6 Tablespoons melted butter (or melted coconut oil)
- 1 cup *THM Baking Blend*
- 1 teaspoon aluminum-free baking powder
- 1/8 teaspoon Mineral Salt
- 1/2 cup *THM Gentle Sweet* (or 1/4 cup *THM Super Sweet Blend*)

For the Donut Topping...

- *Slim Belly Jelly* (or up to 1 teaspoon store-bought, all-fruit jelly for each donut)

INSTRUCTIONS:

1. Preheat the oven to 350° F, if you are baking the donuts. Lightly coat a donut form with coconut oil cooking spray. If using an electric donut maker, consult the manufacturer's instructions for preheating and grease well.

(Recipe Continued...)

(*Jelly Donuts*, Continued...)

2. In a large bowl, whisk together the eggs, sour cream, vanilla, water, and 1/4 cup melted butter. Add the *Baking Blend*, baking powder, salt, and *Gentle Sweet* and stir to combine.
3. Pour the batter into the prepared donut form and bake for 15 to 20 minutes, until golden on top. Or, follow the manufacturer's instructions for cooking the donuts in an electric donut maker; usually the donuts cook for 5 to 7 minutes, until brown.
4. Remove the donuts from the form or maker, and brush with the remaining 2 to 3 Tablespoons melted butter.
5. Top the butter-brushed donuts with *Slim Belly Jelly* or serve with up to 1 teaspoon store-bought, all-fruit jelly for each donut.

RECIPE NOTE:

This recipe can be made dairy-free by using full-fat coconut milk instead of sour cream and ghee or coconut oil instead of butter.

The *Jelly Donuts* recipe and other delicious THM recipes can be found at
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Powdered Cinnamon Sugar Donuts - S

These are not your cut-out type of donuts; the recipe makes a loose batter that you pour into a donut form and bake in the oven or use an electric donut maker. They cook up quickly and are delicious with the cinnamon and Gentle Sweet "sugar" coating!

Serving Size: Family-serve

INGREDIENTS:

For the Donuts...

- Coconut oil spray
- 3 large eggs
- 1/3 cup sour cream (for dairy-free use canned, full-fat coconut milk)
- 2 teaspoons vanilla extract
- 1/4 cup water (or unsweetened almond or cashew milk)
- 6 Tablespoons melted butter (or melted coconut oil)
- 1 cup *THM Baking Blend*
- 1 teaspoon aluminum-free baking powder
- 1/8 teaspoon Mineral Salt
- 1/2 cup *THM Gentle Sweet* (or 1/4 cup *THM Super Sweet Blend*)

For the Donut Coating/Mixture...

- 3/4 teaspoon cinnamon
- 3 Tablespoons *THM Gentle Sweet* (or 1 and 1/2 Tablespoons ground *THM Super Sweet Blend*)

INSTRUCTIONS:

1. Preheat the oven to 350° F, if you are baking the donuts. Lightly coat a donut form with coconut oil cooking spray. If using an electric donut maker, consult the manufacturer's instructions for preheating and grease well.

(Recipe Continued...)

(*Powdered Cinnamon Sugar Donuts*, Continued...)

2. In a large bowl, whisk together the eggs, sour cream, vanilla, water, and 1/4 cup melted butter. Add the *Baking Blend*, baking powder, salt, and *Gentle Sweet* and stir to combine.
3. Pour the batter into the prepared donut form and bake for 15 to 20 minutes, until golden on top. Or, follow the manufacturer's instructions for cooking the donuts in an electric donut maker; usually the donuts cook for 5 to 7 minutes, until brown.
4. Remove the donuts from the form or maker, and brush with the remaining 2 to 3 Tablespoons melted butter.
5. Mix together the cinnamon and sweetener. Roll the butter-brushed donuts in the mixture.

RECIPE NOTE:

This recipe can be made dairy-free by using full-fat coconut milk instead of sour cream and ghee or coconut oil instead of butter.

The *Powdered Cinnamon Sugar Donuts* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Basic Quiche - S

This is our "retro quiche" from the first BIG Trim Healthy Mama book! You won't miss the crust on this quiche. Several variations are given in the Recipe Notes area using the ingredients from the basic foundation. You can create a high protein dish for an evening meal or a delicious breakfast that will impress visitors! The various quiche ideas are made even more delicious by finely slicing tomatoes and placing them in a single layer on top. Season the tomatoes generously with mineral salt, black and red pepper, and Italian seasonings. The tomatoes crisp nicely for an added gourmet texture.

Serving Size: Family-serve; Serves 6 to 8

INGREDIENTS:

- 12 whole eggs
- 2 cups grated cheddar cheese (or, cheese of choice)
- Mineral Salt
- Black pepper
- Coconut oil cooking spray

INSTRUCTIONS:

1. Preheat the oven to 350° degrees F. Spray or grease an 11x13 baking pan and set aside.
2. Crack the eggs into a bowl and whisk thoroughly.
3. Add the grated cheese and any of the variation ingredients found in the Recipe Notes area.
4. Add mineral salt and black pepper (to taste).
5. Pour into the baking pan and bake at 350° degrees for 30 to 45 minutes.

(Recipe Continued...)

(*Basic Quiche*, Continued...)

RECIPE NOTES:

Quiche Variations...

- Chopped spinach and bacon bits.
- Turkey or chicken sausage with finely cut green onion and green peppers.
- Canned salmon and spinach (omit cheese for this one).
- Ground beef and drained small can of green chilies and tomatoes.
- Sliced natural deli meats, olives, and mushrooms.
- Any leftovers such as baked or pulled chicken, broccoli, and finely diced onion.
- Top with finely sliced tomatoes and season them well with salt, pepper, and Italian seasoning.

This is a NSI (no special ingredients) recipe.

The *Basic Quiche* recipe and other delicious THM recipes can be found at
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BLT Frittata - S

Holiday brunches and busy weeknight dinners can be saved as long as you have some bacon, veggies, and eggs in your house. A frittata is basically a crustless quiche cooked in a skillet and then finished in the oven. It's super quick and inexpensive. You'll need an oven-safe skillet for this. By the way, "BLT" here stands for "bacon loves tomato." The two really are a perfect match. Pair this frittata with a side salad and you'll have your lettuce, if you'd rather go with the traditional meaning.

Owing to our religious beliefs, we use turkey rather than pork bacon here, but that is totally your choice. But, say that you have a picky eater or two in your home—one doesn't like tomato, the other doesn't like bacon. Hold on... doesn't like bacon? Like that's going to happen! Just in case it does, though, this basic recipe can be the foundation for your own creation. Once you have your eggs, cheese, and seasonings, use or don't use the frittata ingredients as you wish...whatever your heart desires. Some additions are spinach, mushrooms, yellow squash, asparagus, or sausage.

Serving Size: Family-serve; Serves 6 to 8

INGREDIENTS:

- 6 ounces bacon slices, diagonally cut into large bite-size pieces
- 12 large eggs
- 2 cups grated cheese of choice
- 1 (8-ounce) package baby tomatoes, sliced in half
- 1/2 medium onion, diced (optional)
- 1/4 teaspoon Mineral Salt
- 1/4 teaspoon black pepper
- 1 teaspoon dried parsley

INSTRUCTIONS:

1. Preheat the broiler. Cook the bacon pieces in a large oven-safe skillet until slightly crisp (if using pork bacon, drain off most of the grease after cooking), then remove from the heat.

(Recipe Continued...)

(*BLT Frittata*, Continued...)

2. Whisk the eggs in a large mixing bowl until light, then add the cheese, tomatoes, and onion (if using). Stir in the salt, pepper, and parsley, and combine well. Pour the egg mixture into the skillet with the bacon, then put the skillet back over medium heat. Cover and cook for about 5 minutes, or until the egg mixture is just setting around the sides.
3. Place the skillet in the oven, uncovered, and broil for 3 to 5 minutes, until lightly browned on top. Keep a good eye on it because these few minutes go fast and you don't want to end up with a dark brown frittata.

This is a NSI (no special ingredients) recipe.



The *BLT Frittata* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Breakfast Casserole - S

This is very creamy and you'll know you're eating a doozy of an S-type of breakfast. We have our friend Jennifer Morris to thank for sharing this recipe with us.

Serving Size: Family-serve; Serves Approximately 6

INGREDIENTS:

- 8 ounces cooked, chopped breakfast meat (such as breakfast sausage or turkey)
- 4 slices bacon (cooked until crisp and crumbly)
- 8 eggs, whisked
- 1 bell pepper (cored, seeded, and diced)
- 2 cups grated Monterey Jack cheese (or, any other grated cheese)
- 2 Tablespoons butter
- 1/4 cup diced onion
- 1/2 cup chicken broth
- 1/2 teaspoon THM Glucomannan ("Glucic")
- 1/4 cup heavy cream
- 1/4 cup water
- Mineral Salt
- Black pepper
- Coconut oil cooking spray

INSTRUCTIONS:

1. Preheat the oven to 350° degrees F.
2. Combine the breakfast meat, bacon, eggs, bell pepper, and 1 cup of the cheese in a large bowl.
3. Melt the butter in a small saucepan. Add the onion, cook until soft, about 2 minutes, then add the broth. Slowly whisk in the Glucic, stirring until thickened. Add the cream and water and keep whisking. Add salt and pepper to taste.

(Recipe Continued...)

(Breakfast Casserole, Continued...)

4. Stir the sauce into the egg mixture. Lightly coat a 9 × 13-inch baking pan with coconut oil spray and pour the egg mixture into the pan. Top with the remaining cheese.
5. Bake for 35 minutes, or until golden brown on top.

RECIPE NOTE:

The creamy sauce here can be used in any recipe that calls for a “cream of” soup! Awesome, huh?

This is a NSI (no special ingredients) recipe if using xanthan gum instead of the THM Glucic.

The *Breakfast Casserole* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Loaded Egg Bake - S

This recipe was created by Pearl and Serene's Mom, Mrs. Nancy Campbell. This is a quick recipe that is "loaded" with lot's of non-starchy veggies and all kinds of wonderful superfoods like miso, baobab powder, apple cider vinegar, and collagen. You can use this recipe for a big dinner for your family or you can pre-make and bake this recipe and cut it into "Egg Squares" for a quick breakfast on the run that can be reheated in a jiffy!

Serving Size: Family-serve; Feeds More than 8

INGREDIENTS:

- 24 eggs (2 dozen)
- 1 to 2 cups egg whites
- 2 to 3 Tablespoons Nutritional Yeast
- 1/4 teaspoon Mineral Salt (or more to taste; use more if you do not have miso)
- 2 to 3 Tablespoons miso (optional)
- 2 scoops *THM Integral Collagen* (optional)
- 1/2 teaspoon onion powder
- 3 sprinkles garlic powder (or to taste)
- 2 to 3 teaspoons chipotle chili powder
- 2 to 3 Tablespoons soy sauce (or tamari)
- 2 to 3 Tablespoons *THM Baobab Boost Powder* (optional)
- 2 Tablespoons apple cider vinegar
- 3 squirts mesquite flavored liquid smoke
- 3 habanero peppers (optional; just use the bottom or "botts" of the pepper, cut the tops off)
- 3 handfuls fresh kale (roughly chopped)
- 3 cups chopped bell peppers (use any colors you like)
- 3 cups fresh, sliced mushrooms
- Fresh, minced garlic (any amount to your personal taste)
- Coconut oil cooking spray

(Recipe Continued...)

(Loaded Egg Bake, Continued...)

INSTRUCTIONS:

1. Preheat the oven to 350° degrees F. Spray a 9x13 baking pan with coconut oil cooking spray and set aside.
2. Crack all of your eggs into a blender, add the egg whites, all of the seasonings and the bottoms of the habanero peppers.
3. Blend on high until the mixture is blended and combined well.
4. Pour half of the egg mixture into the prepared baking pan.
5. Next, place the kale, bell peppers, mushrooms, and fresh garlic on top of the egg mixture.
6. Gently press the veggies down and squish them down into the egg mixture a few times.
7. Then pour the remaining egg mixture on top of the veggies and continue to squish and press down 5 to 6 times as this allows the egg mixture to come up through all of the veggies.
8. Take the coconut oil pan spray and spray the top of the casserole dish, as this will crisp up any kale that is poking up and those pieces of kale will be like kale chips.
9. Bake for one hour in a 350° degree oven.

This is a dairy-free recipe.

The *Loaded Egg Bake* recipe and other delicious THM recipes can be found at
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Spinach and Sausage Quiche - S

This is a beautiful quiche with a wonderfully rich crust. Perfect for taking to a Holiday or family get-together. Non-THMs won't have any idea that this recipe comes from a "diet" cookbook.

You can skip the crust if you want to make things easier on yourself. Or, another option for a simple crust is to combine 1 cup almond flour with 1 egg white and bake for 10 minutes to crisp it before filling.

Serving Size: Family-serve; Serves 6 to 8

INGREDIENTS:

For the Crust...

- 1 cup *THM Baking Blend*
- 5 Tablespoons cold butter
- 2 large egg yolks (save the whites for the filling)
- 1 Tablespoon cold water

For the Filling...

- 10 large eggs plus 2 egg whites
- 4 to 6 cooked chicken sausage links, thinly sliced
- 1 (10-ounce) package frozen, chopped spinach (thawed & squeezed of excess water)
- 2 cups grated cheese of your choice
- 1/2 teaspoon Mineral Salt
- 1/2 teaspoon black pepper
- Dried basil, to taste (optional)
- Sliced, fresh mushrooms (optional)
- Ripe tomatoes (optional)
- Pitted olives (optional)

(Recipe Continued...)

(*Spinach and Sausage Quiche*, Continued...)

INSTRUCTIONS:

1. Preheat the oven to 350° degrees F.
2. Make the crust. Place the *Baking Blend* and butter in a food processor and process until well combined, like coarse meal. Add the egg yolks and pulse to mix well. Add the tablespoon cold water and pulse again. You should be able to press the mixture together and have it stick; if it doesn't, add a little more cold water.
3. Gather the mixture into a ball and flatten the ball. Put the flattened ball between 2 sheets of parchment and roll out to a large circle if you are using a pie plate or a large rectangle if using a 9 x 13-inch baking pan. Remove the top parchment and use the rolling pin to invert the crust into the baking dish. If the crust breaks apart, gently press it back together and press into the pan. Bake the crust for 10 minutes. Let cool briefly to set. Keep the oven at 350° degrees.
4. Make the filling. In a bowl, whisk together the eggs, egg whites, sausage slices, spinach, grated cheese, seasonings, and optional ingredients like mushrooms, tomato, and olives. Pour into the crust and bake for about 45 minutes, or until the filling is set.

This is a NSI (no special ingredients) recipe if going crustless or making an almond flour crust.

The *Spinach and Sausage Quiche* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Spinach and Turkey Bacon Quiche - S

This simple, crustless quiche is quick and easy to put together when you need to be busy about doing other things. Great for those busy hustle and bustle days!

Serving Size: Family-serve; Serves 6 to 8

INGREDIENTS:

- 12 whole eggs
- 2 cups grated cheese of choice
- 6 to 8 slices turkey bacon (or, you may substitute with bacon bits)
- 2 or 3 handfuls fresh spinach
- 1/2 teaspoon Mineral Salt
- Black pepper (to taste)
- Crushed red pepper flakes (to taste)
- Handful Nutritional Yeast (optional)
- 2 tomatoes finely sliced
- Coconut oil cooking spray

INSTRUCTIONS:

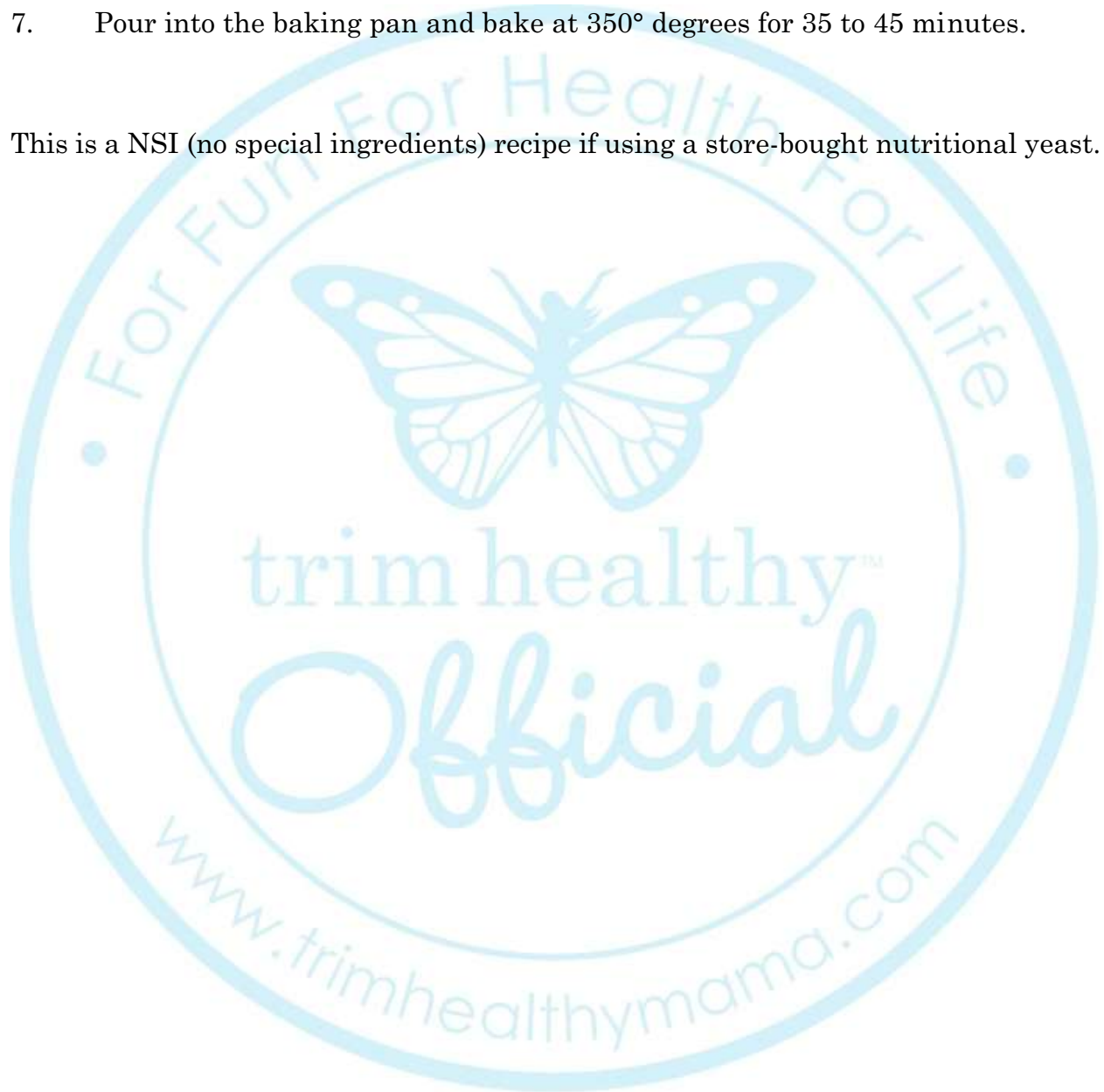
1. Preheat the oven to 350° degrees F. Spray or grease an 11x13 baking pan and set aside.
2. Fry bacon until crispy then slice into small pieces.
3. Roughly chop spinach.
4. Crack eggs into bowl and whisk well.
5. Add seasonings, grated cheese, and all other ingredients.

(Recipe Continued...)

(Spinach and Turkey Bacon Quiche, Continued...)

6. Top with finely sliced tomatoes and season them well with salt and pepper.
7. Pour into the baking pan and bake at 350° degrees for 35 to 45 minutes.

This is a NSI (no special ingredients) recipe if using a store-bought nutritional yeast.



The *Spinach and Turkey Bacon Quiche* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Cran-Apple Holiday Breakfast Muffins - E

Sink your teeth into one of these delicious cranberry-apple muffins, kissed with an orange flavored burst! All the flavors of this season with none of the harm of sugar and empty starches. These muffins will be great for your next Holiday family gathering or any time during this festive season. These are easy to prep-ahead so you can grab-and-go when running out the door on busy Holiday mornings or enjoy with a cup of coffee for a cozy afternoon treat.

Serving Size: Makes Approximately 12 Muffins

INGREDIENTS:

For the Muffins...

- 2 cups old-fashioned oats ground into flour
- 1/2 cup old-fashioned rolled oats
- 1/2 cup *THM Gentle Sweet*
- 1 cup unsweetened apple sauce
- 1 cup frozen or fresh cranberries
- 3/4 cup egg whites (carton or fresh)
- 1/2 cup unsweetened almond milk
- 1 & 1/2 teaspoons aluminum-free baking powder
- 2 pinches Mineral Salt
- 1 to 2 teaspoons extracts of choice (We recommend 1/2 teaspoon each of vanilla, orange, and almond.)
- 1/4 cup *THM Integral Collagen* (optional, for added protein)
- Coconut oil cooking spray

For the Topping...

- 1/4 cup old fashioned oats
- 1 Tablespoon *THM Super Sweet Blend*
- 3 Tablespoons pecans (chopped finely)
- 1/2 teaspoon blackstrap molasses

(Recipe Continued...)

(Cran-Apple Holiday Breakfast Muffins, Continued...)

INSTRUCTIONS:

1. Preheat the oven to 425° F. Line a 12-cup muffin tin with cupcake or muffin liners and coat the liners with coconut oil cooking spray.
2. Combine all the muffin batter ingredients in a large bowl, then divide among the 12 muffin cups and set aside.
3. For the topping, stir all the ingredients together and top each muffin with 1/2 Tablespoon of the topping mixture. The pecans will be your added fat and will not take you out of E-range.
4. Bake for 17 to 18 minutes at 425° F or until a toothpick inserted in the center comes out dry.

The *Cran-Apple Holiday Breakfast Muffins* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Variety Crockpot Oatmeals - E

Wake up to a hearty, hot breakfast all ready and waiting! Crockpot Oatmeals are especially great during the Holidays when your house is full of family and overnight house guests! Feed the whole family or just yourself, and refrigerate or freeze any leftovers. Sometimes people shy away from cooking oatmeal in their crockpot because it can get either too mushy or too dried out. This is especially true when cooking old-fashioned rolled oats. There is a remedy for this, however. Put your oats and other ingredients in a heat-safe ceramic or glass bowl in the crockpot and surround it with water. This water bath allows the oats to cook more slowly.

Steel-cut oats hold up much better in the crockpot and are the usual favorite for cooking this way. It requires using almost double the liquid than what old-fashioned oats need, so less grain is required. It is less important to use a water bath when cooking steel-cut oats, but you can still do it and see if you like the results better. Don't rule old-fashioned oats out—they can turn out super yummy, too; it's all about your personal preference. The following recipes include some unsweetened almond or cashew milk, but if your budget is tight, using all water to cook the oats won't be a problem at all.

Serving Size: Family-serve; Serves 6

APPLE CINNAMON CROCKPOT OATMEAL (Master Recipe)

INGREDIENTS:

- 3 cups old-fashioned rolled oats, or 1 & 1/2 cups steel-cut oats
- 3 & 1/2 cups water
- 3 cups unsweetened almond or cashew milk
- 3 large apples, peeled, cored, and diced
- 2 & 1/2 Tablespoons *THM Super Sweet Blend*
- 1 & 1/2 teaspoons vanilla extract
- 2 teaspoons ground cinnamon
- 1 teaspoon grated nutmeg (optional)
- 1/3 teaspoon Mineral Salt
- 3 scoops *THM Pristine Whey Protein* (optional)

(Recipe Continued...)

(Variety Crockpot Oatmeals, Continued...)

INSTRUCTIONS:

1. Put all the ingredients in a heat-safe bowl that can fit into your crockpot. Stir well and place the bowl in the cooker. Add enough water to come halfway up around the bowl.
2. Turn on to low heat right before hitting the sack. Cook all night. In the morning, stir well before serving.

CHOCY NUT CROCKPOT OATMEAL

Use the same ingredients as in the master recipe, except omit the apples and cinnamon, increase the *Super Sweet Blend* to 1/4 cup (however, you may prefer the taste of *THM Gentle Sweet* in double amounts in this version), and add 1/3 cup *THM Pressed Peanut Flour* and 1/3 cup unsweetened cocoa. Use 1/2 teaspoon Mineral Salt.

BANANA BREAD CROCKPOT OATMEAL

Use the same ingredients as in the master recipe, but omit the apple and cinnamon and include 2 to 3 large sliced bananas. Include 1 & 1/2 teaspoons pure banana extract and 1 & 1/2 teaspoons grated nutmeg.

CHERRY ALMOND CROCKPOT OATMEAL

Use the same ingredients as in the master recipe, but omit the apples and cinnamon and add 2 to 3 cups frozen cherries and 2 teaspoons almond extract.

These recipes are NSI (no special ingredients) recipes if you substitute a store-bought, plan-approved sweetener and leave out the whey protein powder. These recipes are dairy-free if you leave out the whey protein powder.

These recipes and other delicious THM recipes can be found at
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Rashida's Breakfast Bread Pudding (E)

This recipe comes to us from page 113 of THM's newest cookbook, Trim Healthy Future! Our amazing niece Rashida is the author of the cookbook and she says: "This bread pudding is yummy, yummy, in my tummy...Oh, and did I mention it's a delicious way to get those energizing carbs in to jumpstart your day! You can top this with a sugar-free syrup or the delicious Bread Pudding Sauce created for this."

Serving Size: Makes 4 Servings

INGREDIENTS:

- 8 pieces sprouted bread
- 3/4 teaspoons Mineral Salt
- 1 Tablespoon cinnamon
- 1/2 cup THM Gentle Sweet
- 3 doonks THM Pure Stevia Extract Powder
- 1 teaspoon Maple or Vanilla Natural Burst Extract
- 4 egg whites (1/2 cup liquid egg whites)
- 3/4 cup 0% Greek yogurt
- 1/2 cup unsweetened almond or cashew milk

INSTRUCTIONS:

1. Preheat oven to 350°F and spray an 8x8 baking dish with coconut oil.
2. Chop bread into small squares, add to a medium bowl, and combine with the rest of the dry ingredients.
3. Add all wet ingredients to another bowl and whisk with a fork until smooth.
4. Pour wet mixture into the dry mix, stir everything together, and add to your baking dish. Bake for 35–40 minutes and while it is baking make the Bread Pudding Sauce on the next page to top your pudding with it.

(Continued... *Rashida's Bread Pudding Sauce recipe*)



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Rashida's Bread Pudding Sauce (FP)

This recipe comes to us from page 374 of THM's newest cookbook, Trim Healthy Future! Rashida says: "This was created for the Breakfast Bread Pudding, but you can use it for pancakes or on any E or FP muffin or cake that you want to make taste even more delicious without the use of fat."

Serving Size: Makes Multiple Servings

INGREDIENTS:

- 1 & 1/3 cups unsweetened almond or cashew milk
- 1/3 cup THM Gentle Sweet
- 2 Light Laughing Cow Cheese wedges
- 1/2 teaspoon Vanilla Natural Burst Extract
- 1/2 teaspoon Caramel Natural Burst Extract
- 1/2 teaspoon blackstrap molasses
- 2 large pinches Mineral Salt
- 1/4 teaspoon Glucie or xanthan gum

INSTRUCTIONS:

1. Add everything but the Glucie to a small saucepan and set to high heat, whisk well. Once it starts to bubble, reduce heat to low. Whisk in Glucie and let simmer for 3 more minutes.

Rashida's Breakfast Bread Pudding and Bread Pudding Sauce recipes, and other delicious THM recipes, can be found at www.TrimHealthyMembership.com.



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Rashida's Sparkling Cran-Ginger Drink (FP)

This recipe comes to us from page 43 of THM's newest cookbook, Trim Healthy Future! Rashida says: "I can barely express how much I love this and how it has saved me from many dismal days! I created it when I was just a few weeks pregnant with my first baby and feeling miserable. The ginger and bubbles helped with my nausea and the cranberries made it taste so delightful that it helped me make it through the worst of those "blah" feeling days. Since cranberries are loaded with polyphenols and antioxidants, they super charged my health while pregnant (and beyond). During pregnancy, a woman can be more susceptible to UTI's so the cranberries are also a great preventative against that. But don't just drink this when you're pregnant. Anytime is the perfect time... even my husband loves it!"

Serving Size: Makes Multiple Servings (About 4)

INGREDIENTS:

- 2 cups fresh or frozen cranberries *
- 3 cups water
- 2 Tablespoons ginger powder
- 2 Tablespoons THM Super Sweet Blend
- 2 pinches Mineral Salt
- Optional 4000 mg vitamin-C **
- 24 ounces sparkling water

INSTRUCTIONS:

1. Place cranberries in a pot with the 3 cups of water and ginger powder. Place a lid on the pot and bring to a boil.
2. When cranberries have all started to pop, remove lid, stir then let simmer on low for 3–5 minutes. Let the mixture cool off then pour it through a cheesecloth or super fine strainer. Now add the Super Sweet Blend, salt, vitamin-C, and sparkling water. Best served over ice.

RECIPE NOTES:

- * Buy heaps of cranberries when they are in season.
- ** I buy vitamin C tablets as they are the least expensive I can find. I crush them with the bottom of a jar before adding to drinks, but you can use vitamin C powder, if preferred, and then save in your freezer to use in lots of my recipes.

Rashida's Sparkling Cran-Ginger Drink recipe, and other delicious THM recipes, can be found at www.TrimHealthyMembership.com.



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Autumn Spiced Trimmy (FP)

This is an extra-large, frothy fall latté with all the goodness of chamomile and festive spices that dance over your taste buds like a kaleidoscope of falling leaves. Add it to any meal or snack to give you more filling factor without piling on needless calories. We've been doing research into chamomile and this humble herb is blowing our minds! Did you know chamomile tea is not just for calming tummies and fighting anxiety? It may be one of the most potent cancer fighters God made, especially for thyroid and breast cancers. A recent study showed that extracts of chamomile cause significant reductions in human cancer cells, without adversely affecting normal healthy cells. If you drink between two and six cups a week, your risk of thyroid cancer can plunge by 70%. The more you drink it, the lower your cancer risk.

Serving Size: Single-serve

INGREDIENTS:

- 1 chamomile tea bag
- 2 cups boiling water
- 2 teaspoons THM Gentle Sweet (or 1 teaspoon of THM Super Sweet Blend, might want a bit more... if you don't have stevia)
- 1 doonk THM Pure Stevia Extract (optional, use if you like things sweeter)
- 2 pinches mineral salt
- 6 to 8 doonks pumpkin pie spice
- 1 doonk THM Simply Sunflower Lecithin (optional, but not as necessary if using whey protein powder)
- 1 teaspoon THM Integral Collagen (optional)
- 1 teaspoon THM MCT oil (or 1/2 teaspoon extra virgin coconut oil)
- 1 teaspoon THM Pristine Protein Powder

(Continued... *Instructions, Recipes Notes, & Serving Suggestions*)

(*Autumn Spiced Trimmy*... Continued)

INSTRUCTIONS:

1. Blend!

RECIPE NOTES:

***Please review and follow the manufacturer's instructions on using hot liquids in your blender, or use a tall heatproof cup and an immersion blender.** Our Trimmaccino's do allow for a natural venting of steam when removing the lid to add whey powder. Make sure to start the blender on low, not high.

SERVING SUGGESTION:

For those who cannot tolerate whey protein powder, or who may not like their "Trimmy" so frothy, just leave out the whey. If you omit the whey protein powder, the collagen and sunflower lecithin will be necessary, not optional.

You will also have to adjust the sweetness by pulling it back just a little. You might want to take out 1 doonk of the pumpkin pie spice, too. This is due to the fact that they whey covers up flavors and so you'll need less of the aforementioned ingredients when not using it.

The Pristine Whey Protein powder used in this recipe makes a wonderful creamy froth on top. If you have the whey protein, you don't really need the sunflower lecithin... so don't fret if you don't have all the ingredients listed. If you have all three...whey protein, collagen, and sunflower lecithin...feel free to add them all and it will be all the more creamy and delicious. If you don't have any whey protein powder on hand, you can use sunflower lecithin and collagen for a creamy, but less frothy drink - great for dairy-free Mamas.

You'll notice this is the "Light-version" of a Trimmy. We are making it light because as you enter into the "eating season" of the holidays, you will likely be having some richer foods and this brings balance. Feel free to make it a "Rich-version" by adding a full 2 to 3 teaspoons of oil versus the 1 that we call for here. We call for a "doonk" in some of our measurements... a doonk equals 1/32 of a teaspoon.

The [*Autumn Spiced Trimmy*](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Cranberry Wassail Sipper (FP)

The aroma that fills your home from the "wassail pot" as this drink festively brews, is so inviting. This is a non-spiked, trimming toddy - a medicinal drink that is good for what ails you. Each ingredient contributes to your Holiday health ? or drink it all year long just because it is so gooooood! This All-Day Sipper recipe is found on page 406 of the Trim Healthy Mama Cookbook. This recipe makes 2 quarts that should stay warm and inviting for the family!

Serving Size: Single-serve All-day Sipper or Multiple-serve as a Drink

INGREDIENTS:

- 2 cups fresh or frozen cranberries
- 3 sticks cinnamon
- 1 teaspoon whole cloves (or only 1/2 teaspoon, if you prefer a less "spiced" toddy)
- 3 whole star anise (optional)
- 1 & 1/2 quarts water
- 1/8 to 1/4 teaspoon THM Pure Stevia Extract Powder (to taste)
- 2 teaspoons orange extract (or a few drops pure essential orange oil)
- Additional water (almost boiling)

INSTRUCTIONS:

1. Put cranberries, cinnamon sticks, cloves, and star anise into a pot and cover with 1 & 1/2 quarts of water.
2. Place a lid on the pot and bring to a rolling boil over medium-high heat. Turn the heat down to a gentle simmer and brew for 1 hour while you become completely intoxicated with the "heart and home"—warming aroma.
3. Fit a 2-quart jar or large jug with a circle of fine cheesecloth, tying it over the mouth of the jar, or insert a funnel-type coffee filter into the mouth of the jar...

(Continued... Instructions & Serving Suggestion)

(Cranberry Wassail Sipper, Continued...)

(Serene uses the permanent filter from her coffee maker for this). Using a ladle, scoop the spicy mixture into your filter to strain it into the jar. Occasionally you might need to swish things around in the filter and maybe even remove some of the mush to allow the liquid to flow through.

4. Remove the filter and add very hot water to top off the jar. Add the stevia and orange extract, stir very well, and taste. Adjust the flavorings accordingly to “own it”.
5. Pour your wassail into a warmed crockpot, leave on warm setting and enjoy at your leisure to delight your senses this holiday season and beyond.

NSI (if using other store-bought, plan-approved sweetener)

DF



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The [*Cranberry Wassail Sipper*](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Healing Hot Chocolate Trimmy Mix (FP)

This mix makes 15 delicious Healing Hot Chocolate Trimmaccinos! Each mugful includes approximately half a scoop of Integral Collagen to boost your immune system, improve digestion, and raise your metabolism!

Serving Size: Approximately 15

INGREDIENTS:

- 2/3 cup unsweetened cocoa powder
- 5 Tablespoons THM Super Sweet Blend
- 4 teaspoons THM Simply Sunflower Lecithin
- 8 scoops THM Integral Collagen
- 1/2 teaspoon mineral salt
- 5 Tablespoons THM Pristine Protein Powder

INSTRUCTIONS:

For the Hot Chocolate Trimmy Mix...

1. Put all the ingredients into your blender or food processor and swirl it for about 45 seconds to get it nice and powdery.
2. Store in a mason jar or other container.

For a Mug of Hot Chocolate Trimmy...

1. Put 12 ounces of just off the boil water into your blender and add two Tbsp of the Hot Chocolate Trimmy mix, 1/2 tsp vanilla extract, and 1 tsp MCT oil (or 1/2 tsp butter).
2. Blend for a few seconds until creamy and frothy!

The [Healing Hot Chocolate Trimmy Mix](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Holiday Eggnog (S)

A true staple of the Christmas season is EGGNOG! This rich and creamy drink would be an amazing addition to your party menu or for a special night at home with the family. Hang up your stockings by a crackling fire, while you sip some warm Holiday Eggnog. This is a Heavy S, so save it for a couple of special occasions during this wonderful time of the year. This recipe makes over one-quart of Holiday Eggnog. For a larger family, or when company comes, double or triple the recipe! You can serve hot or enjoy cold.

Serving Size: Multiple-serve

INGREDIENTS:

- 4 cups unsweetened almond milk (divided; reserve 1/2 for later in the recipe)
- 1/2 teaspoon cinnamon (or pumpkin pie spice)
- 1 & 1/2 teaspoons vanilla extract
- 6 egg yolks
- 1/4 cup THM Super Sweet Blend
- 1 dash THM Pure Stevia Extract Powder
- 1 cup heavy cream

INSTRUCTIONS:

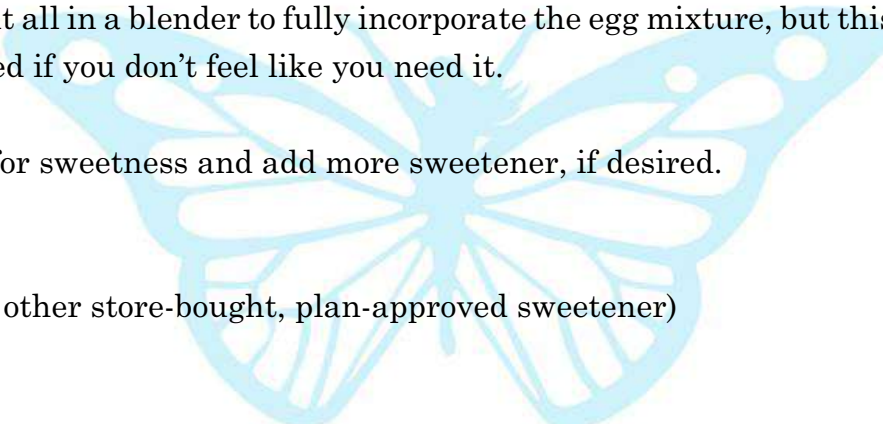
1. Start by pouring 2 cups of unsweetened almond milk into a saucepan along with cinnamon and/or pumpkin pie spice and heat on medium-low until it comes to a gentle boil.
2. Separate the yolks from 6 eggs and put them in separate bowl. Mix sweetener in with the eggs.
3. Remove saucepan from the heat and slowly ladle hot almond milk into egg mixture while gently whisking constantly. You will want to do this step nice and slow so that your eggs don't curdle.

(Continued... *Instructions*)

(Holiday Eggnog... Continued)

4. After it is all incorporated, return the saucepan to the stove on low heat and heat for 3 to 4 minutes more. DO NOT BOIL!
5. Remove from saucepan and chill in refrigerator for 1 hour.
6. Once chilled, add the vanilla, 1 cup of heavy whipping cream and two more cups of unsweetened almond milk.
7. Blend it all in a blender to fully incorporate the egg mixture, but this step is not required if you don't feel like you need it.
8. Taste for sweetness and add more sweetener, if desired.

NSI (if using other store-bought, plan-approved sweetener)



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The [Holiday Eggnog](https://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at
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Hot Chocolate Trimmaccino (FP)

Welcome back hot chocolate into your life! This is an awesome Trimmy take on hot chocolate. This is the master recipe to other variations. You can drink it and burn body fat at the same time. Every time you take a decadent sip of this Hot Chocolate Trimmy, you literally "cream" unwanted fat cells into the dust. Oh... and did we mention it is SUPER YUMMY? The "Hot Chocolate Trimmy" recipe is found on page 431 of the Trim Healthy Mama Cookbook.

Serving Size: Single-serve

INGREDIENTS:

- 1 & 1/2 cups brewed, strong coffee
- 2 rounded teaspoons unsweetened cocoa powder
- 1 teaspoon THM Super Sweet Blend (or more, to taste)
- 1/4 teaspoon THM Simply Sunflower Lecithin
- 1 to 2 teaspoon THM MCT oil (for FP and E) (For S: 1 Tablespoon MCT oil or 1 & 1/2 teaspoons unsalted butter and 1 & 1/2 teaspoons MCT oil)
- 1/2 scoop THM Integral Collagen (1/2 to 1 scoop - Healing Trimmy variation) (1 teaspoon for the Basic Trimmy variation)
- 3 pinches mineral salt
- 1/2 teaspoon vanilla extract
- 1 teaspoon THM Pristine Protein Powder (optional for a frothier Hot Chocolate Trimmy)
- 1 drop essential peppermint oil (optional; or orange oil)

INSTRUCTIONS:

1. Place all the ingredients in a blender.
2. Hold the lid on tightly and blend for 10 seconds, until frothy and deliciously creamy (or use an immersion blender).

(Continued... *Recipe Notes*)

(Hot Chocolate Trimmaccino... Continued)

RECIPE NOTES:

*Please review and follow the manufacturer's instructions on using hot liquids in your blender, or use a tall heatproof cup & an immersion blender. Our Trimmaccinos do allow for a natural venting of steam when removing the lid to add glucie and whey powder. Make sure to start the blender on low, not high.

From page 428 of the Trim Healthy Mama Cookbook: *"An Iced Trimmy is simply the chilled version of any of the Trimmies. You use half the liquid (cooled to room temperature) instead of the 1 & 1/2 cups called for in the hot drink recipes, and blend with a heaping cup of ice cubes."*

From page 430 of the Trim Healthy Mama Cookbook: *"Those with sensitive tummies might need to get used to MCT oil slowly, and at first will want to halve this Hot Chocolate Trimmy version with unsalted butter. You can "happyize" this Trimmy by replacing the 1 tablespoon MCT oil with 1 teaspoon cocoa butter and 2 teaspoons MCT oil."*

DF (if omitting the whey protein powder)

The [Hot Chocolate Trimmaccino](https://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Pumpkin Hot Nog (FP)

Have you arrived at the Holiday season "craving" pumpkin pie? Like you want to have pumpkin pie for breakfast, and not just one slice but maybe three? Well this "Pumpkin Hot Nog" is really a Sipper! Like all of our "All-Day Sippers", it does not have enough fuel to make a difference to your meals, so you can sip on this all day long! This recipe makes a 2-quart batch! Enjoy all of the slimming antioxidant ingredients while you sip! Please see the Recipe Notes below for a lovely "Light S" option.

Serving Size: Single-serve All-day Sipper or Multiple-serve as a Drink

INGREDIENTS:

- 2 chamomile teabags (or rooibos, black, or oolong tea)
- 1 cup hot water (to brew the tea bags)
- 1 cup cold water
- 2 teaspoons THM Just Gelatin
- 2 teaspoons THM Integral Collagen
- 1/8 teaspoon THM Glucomannan ("gluccie")
- 10 pinches mineral salt (approx. 1/4 tsp) (*See Recipe Note below.)
- 1/8 teaspoon black pepper
- 1/4 teaspoon nutmeg
- 1/2 teaspoon ginger
- 3/4 teaspoon cinnamon
- 4 to 8 teaspoons THM Super Sweet Blend (*See Recipe Note below.)
- 1/8 teaspoon THM Simply Sunflower Lecithin (optional)
- 1 teaspoon vanilla extract
- 2 teaspoons extra virgin coconut oil
- 1/2 cup pumpkin puree (100% pumpkin puree)
- 2 teaspoons THM Pristine Protein Powder
- Water (enough hot water to fill your 2-quart jar)

(Continued... Instructions & Recipes Notes)

(*Pumpkin Hot Nog*, Continued...)

INSTRUCTIONS:

1. Brew your 2 tea bags of choice in one cup of just off the boil water. Set aside for 5 minutes.
2. While the tea is brewing, put a cup of cold water in the blender so the powdered ingredients do not stick. Add the gelatin, collagen, glucie, mineral salt, black pepper, nutmeg, ginger, cinnamon, sweetener, sunflower lecithin, vanilla extract, extra virgin coconut oil, the brewed tea and the pumpkin puree.
3. Blend until all of these ingredients are nicely "creamified".
4. While the blender is running, carefully add the whey protein powder and blend until smooth. Add another cup of hot water to the blender and continue to blend until smooth.
5. Pour the concentrate into your 2-quart jar and add enough hot water to fill the jar.
6. Taste to own it! (Be sure to see the Recipe Note below.)

RECIPE NOTES:

- **Light S Idea:** You can make up several batches of this recipe and use it like you would a pot of coffee. Simply add a little cream to your cupful of "*Pumpkin Hot Nog*" if you would like to enjoy a lovely Light S beverage!
- **Salt & Sweetener Note:** Use the amounts noted above as your starting point and don't be afraid to "*tweak to own it*".

The [*Pumpkin Hot Nog*](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Pumpkin Pie Sip (FP)

Fall always promises so much to look forward to... except, the miserable extra pounds many are usually stuck with by the end of season. What is a poor mama do? Listen up, Mamas!!! Please don't despair. You can "TRIM" the holidays healthy this year. You CAN get your slim on while satisfying your holiday taste buds - never denying them one mouthful of "festive flavor" indulgence. Plug yourself into the taste of Autumn with our Pumpkin Pie Sip!

Serving Size: Single-serve; All-day Sipper

INGREDIENTS:

- 4 bags rooibos tea
- 2 Tablespoons pumpkin puree
- 1/2 teaspoon pumpkin pie spice
- 3 splashes vanilla extract
- 3 pinches mineral salt
- 2 to 4 doonks THM Pure Stevia Extract Powder (to taste) (or 2 to 3 tsp THM Sweet Blend)
- 1 teaspoon THM MCT oil (or ½ tsp coconut oil) (*see note below)™
- 2 teaspoons THM Pristine Protein Powder (*or 1/2 cup unsweetened nut milk)
- Ice cubes and cold water (optional)

INSTRUCTIONS:

1. Steep the rooibos tea bags in a mug of boiled water for several minutes. Discard the tea bags and pour the tea into a blender with all the remaining ingredients except the ice (if using). Blend until smooth and frothy. This your Pumpkin Pie Sip concentrate.
2. Now take a second to muse upon whether you want your drink chilled and refreshing or hot and soothing.

(Continued... *Instructions, Serving Suggestions, and Recipe Notes*)

(Pumpkin Pie Sip... Continued)

For a Chilled Pumpkin Pie Sip:

1. Pour the concentrate into a 2-quart jar. Fill to the brim with ice cubes, then pour in the concentrate and top off with cold water.
2. Stir, taste, and adjust the flavors until it rocks your holiday world.

For a Hot and Soothing Pumpkin Pie Sip:

1. For a hot sip, pour the concentrate into a 2-quart jar and add enough boiling water to reach the top. Taste and adjust as necessary.
2. You can put this yummy mixture in a large stay warm carafe (cheap from Walmart) and use an insulated cup for when you are on the go.

RECIPE NOTES:

- ▶ *Sip your pumpkin pie all day, but please don't forget to enjoy it at night by the fireside, too. Great antidote to the evening snackies. Enjoy!! - From Serene*
- ▶ You can replace oil and whey protein powder with ½ cup unsweetened almond milk, if you don't have those ingredients.

DF (if using almond milk in place of THM Pristine Whey Protein powder)

NSI (if using on-plan, store-bought sweetener in place of THM sweeteners; coconut oil in place of MCT oil; almond milk in place of THM Pristine Whey Protein Powder)

The [Pumpkin Pie Sip](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Pumpkin Spice Café Secret Big Boy (FP)

Save your waistline and your money! No need to suffer through the huge price tag at coffee shops to get your pumpkin spice coffee fix! Experience the taste of autumn while enjoying our newest edition to the Secret Big Boy family - "Pumpkin Spice Café Secret Big Boy"! Secret Big Boys are new takes on our original "Big Boy Smoothie". They are large and satisfying protein drinks that soothe digestion, moisturize your insides, and help shed stubborn pounds. The "secret" comes from the fact that you would never guess all that creamy goodness contains a full cup of okra—unless somebody spills the beans. Don't spill the beans! (Are you taking the "Okra Challenge"? Many THM's are having great success by trying to get a good dose of okra in every day. Okra has amazing slimming and blood sugar lowering benefits (you can read about more okra benefits on page 132 of your Trim Healthy Mama Plan book). This Pumpkin Spice Café Secret Big Boy Smoothie is such a great way to enjoy the "Okra Challenge"!

Serving Size: Single-serve

INGREDIENTS:

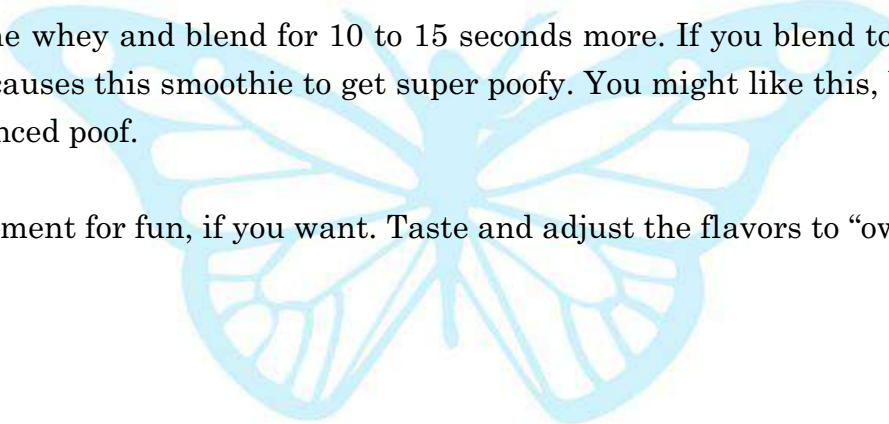
- 1 cup cold coffee
- 1 cup frozen, diced okra
- 3 Tablespoons pumpkin puree
- 1 teaspoon THM MCT oil
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon pumpkin pie spice
- 3 generous pinches mineral salt
- 4 teaspoons THM Super Sweet Blend
- 1 doonk THM Pure Stevia Extract Powder (optional)
- 1/4 teaspoon THM Simply Sunflower Lecithin (optional)
- 12 to 16 large ice cubes
- 1 scoop THM Pristine Protein Powder (or 1/2 scoop Pristine Protein Powder and 1 scoop of Integral Collagen)

(Continued... *Instructions*)

(Pumpkin Spice Café Secret Big Boy... Continued)

INSTRUCTIONS:

1. Place all of the ingredients except the ice cubes and whey in a blender and blend until very smooth. (Note: It is very important not to blend the ice and whey yet. You want all the okra completely broken down first.)
2. Add the ice and blend well again. You may have to stop the blender and stir a couple of times or add the ice in slowly.
3. Add the whey and blend for 10 to 15 seconds more. If you blend too long, the whey causes this smoothie to get super poofy. You might like this, but we like a balanced poof.
4. Experiment for fun, if you want. Taste and adjust the flavors to “own it”.



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The [Pumpkin Spice Café Secret Big Boy](https://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Trim Mint Trimmy (FP)

This delectable Trim Mint Trimmy might just remind you of those calorie-laden cookies the girls in green sell every year... or perhaps remind you of the taste of a Christmas candy cane! Only this delightfully minty treat will not cause you to feel one bit guilty - even if you drink more than one!

Serving Size: Single-serve

INGREDIENTS:

- 10 ounces peppermint tea
- 2 teaspoons unsweetened cocoa powder
- 1 teaspoon THM Integral Collagen
- 1 teaspoon THM Pristine Protein Powder (unflavored)
- 1 teaspoon THM MCT Oil
- 1 teaspoon THM Super Sweet Blend
- 1 or 2 drops essential peppermint oil (optional)

INSTRUCTIONS:

1. Blend!

The [Trim Mint Trimmy](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Winter Wonderland Sip (FP)

This drink has a wintry peppermint snap with a sugar-cookie hint. Use it to curb your winter cravings and as something to look forward to instead of second helpings! This sip will tantalize your taste buds while halting abuse of “over the top” holiday grazing. Like all our sippers, the Winter Wonderland Sip is a Fuel Pull beverage... a waistline preserver with many health benefits to boot!

Serving Size: Single-serve All-day Sipper

INGREDIENTS:

- 4 bags peppermint tea
- 2 teaspoons THM MCT oil (or, 1 teaspoon butter)
- 2 teaspoons THM Pristine Protein Powder (or, 1/2 cup unsweetened nut milk)
- 2 to 4 doonks THM Pure Stevia Extract Powder (to taste) (or 2 to 3 teaspoons THM Super Sweet Blend)
- 1 pinch (or two) mineral salt
- 1 teaspoon vanilla extract
- 1/2 to 1 teaspoon peppermint extract (or 1-2 drops essential oil of peppermint)
- 2 to 4 doonks THM Glucomannan ("glucie") (or, xanthan gum) TM
- Ice cubes and cold water (optional)

INSTRUCTIONS:

1. Steep the peppermint tea bags in a mug of boiled water for several minutes. Discard the tea bags.
2. Pour the tea into a blender along with all the other ingredients except the ice (if using). Blend until whipped and frothy. This is your *Winter Wonderland* concentrate.
3. Choose whether you want your sip soul-warming hot or chilled over ice.

(Continued... Instructions for “Chilled” or “Hot and Soothing” Sips)

(*Winter Wonderland Sip*, Continued...)

For a Chilled Winter Wonderland Sip:

1. Fill a 2-quart to the brim with ice cubes - then pour in the concentrate and top off with cold water.
2. Stir, taste, and adjust the flavors until it rocks your holiday world.

For a Hot and Soothing Winter Wonderland Sip:

1. For a hot sip, pour the concentrate into a 2-quart jar and add enough boiling water to reach the top. Taste and adjust as necessary.
2. You can put this yummy mixture in a large stay-warm carafe (cheap from Walmart) and use an insulated cup for when you are on the go.



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Candied Pecans (S)

Candied pecans are a staple at many Christmas parties! Why should we be deprived of such a delicious treat? These make great gifts for teachers, bus drivers, family members, or friends! Take them along to a party for a sweet and scrumptious treat!

Serving Size: Multiple-serve

INGREDIENTS:

- 1 teaspoon vanilla extract
- 2 Tablespoons carton egg whites (or one fresh egg white)
- 2 cups pecan halves
- 1/4 to 1/3 cup THM Gentle Sweet (or 2 Tablespoons THM Super Sweet Blend)
- 1 teaspoon cinnamon
- 1 teaspoon mineral salt

INSTRUCTIONS:

1. Preheat oven to 225 degrees Fahrenheit.
2. Beat vanilla and egg whites until frothy.
3. Stir in pecans until they are coated with egg white mixture and then pour in cinnamon/sweetener/salt mixture and stir until evenly coated.
4. Pour onto a well-greased baking sheet or you can line the cookie sheet with parchment paper.
5. Bake at 225 degrees Fahrenheit for 1 & 1/2 hours, stirring every 20 minutes or so until well browned.

(Continued... *Instructions, Recipe Note, and Quick Tip*)

(*Candied Pecans...* Continued)

6. Remove from oven and separate pieces BEFORE they cool. They will get crunchy once cooled.
7. Package these in air-tight jars or Ziploc bags so they stay fresh.

RECIPE NOTE:

The amounts of salt and sweeteners in this recipe provide a mild flavor, but you can boost the amounts if you want a stronger salty or sweet flavor.

QUICK TIP:

Make sure you check out our delicious *Winter Sunshine Salad*. You can use these Candied Pecans as a topping! This is a wonderful treat that will help you fight the urge to pick up a quick snack that is off plan. Keep these on hand as you travel, go shopping or head to a Christmas get-together!

NSI (if using store-bought, plan-approved sweetener)

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Deviled Eggs (S)

This easy appetizer is always a crowd pleaser. If you'd like to dress up your Deviled Eggs for your Holiday occasion, we've given you some garnish ideas below.

Serving Size: 6 or more

INGREDIENTS:

- 6 to 12 large eggs
- 3 Tablespoons mayonnaise (6 Tablespoons if using 12 eggs)
- Creole seasoning
- Paprika

OPTIONAL GARNISH IDEA INGREDIENTS:

- Bacon pieces
- Capers and fresh dill
- Fresh chives
- Fresh parsley
- Green onion
- Olive slices
- Pickled okra
- Pickled jalapeños
- Pimentos

INSTRUCTIONS:

1. Fill a medium to large saucepan to the half way point with water and bring to a boil over high heat.
 2. Put the eggs in the boiling water and boil for 10 minutes.
 3. Run under cool water to cool the eggs, then peel them when cool enough to handle.
- (Continued... *Instructions*)

(Deviled Eggs... Continued)

4. Cut each egg down the center lengthwise and scoop the yolks into a bowl. Place the whites on a large plate.
5. Mix the mayo with the yolks, then sprinkle ever so lightly with the creole seasoning (don't use too much or the eggs will taste too salty). Fill the cavities of the whites with the yolk mixture.
6. Sprinkle lightly with paprika and/or cayenne pepper.
7. Garnish, if desired.

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Sausage Balls (S)

These flavorful balls are great either hot or cold, enjoy them as part of a quick grab out of the fridge breakfast or snack or enjoy hot as the main protein portion of your dinner. They're a hit at parties too! This is a family-size recipe that makes about 80 sausage balls. The recipe will serve 6 to 8 people with leftovers for the rest of the week .

Serving Size: 6 to 8; Approximately 80 Sausage Balls

INGREDIENTS:

- 2 pounds ground sausage
- 1/2 cup THM Baking Blend (or a combination of almond flour and oat fiber or coconut flour)
- 1/2 medium onion (very finely diced), or 1/4 cup dried minced onion mixed with 1/4 cup water
- 1 egg
- 8 ounces cheddar cheese
- 1 & 1/2 teaspoons mineral salt
- 1 teaspoon onion powder (and/or garlic powder)
- 1 teaspoon ground sage
- 1 teaspoon black pepper
- 1/4 to 1/2 teaspoon cayenne pepper (only needed if you don't use spicy sausage)

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Mix all the ingredients in a large bowl. The fastest results will be with your hands. Squeeze the mixture into balls with those same sticky hands. Place the balls on 2 parchment lined 9 × 13-inch baking sheets.
3. Bake for 20 minutes. Some of the cheese will melt out during the baking, but that's okay—it makes them even yummiier.

(Continued... *Instructions*)

(*Sausage Balls...* Continued)

4. Use a spoon to push the melted cheese back toward each ball (you don't have to get fussy about it—you just don't want to waste any cheese). Return the balls to the oven and broil the top of the balls for 3 to 5 more minutes, watching carefully so they don't burn.



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Vegetable Tray with Rohnda's Ranch Dressing (S)

We thought about trying to be a bit fancy and use “crudités” in our title for our vegetable tray appetizer - since crudités is a French term that refers to raw vegetables, but we decided to keep things as simple as possible. Crudités is a platter that typically consists of one or more types of vegetables served with one or more dips. These are great for parties and can be served in place of a salad. The sky is the limit as far as what you can place on them - it doesn't have to be just the standard carrots, celery, broccoli, and cauliflower! Mix and match to discover what you like best. We've included “Rohnda's Ranch Dip” for you here as well...

Serving Size: Multiple-serve

OPTIONAL VEGETABLE TRAY INGREDIENTS:

- | | |
|---------------------------------|---------------------------|
| ■ Asparagus (may need blanched) | ■ Green Beans (blanched) |
| ■ Bell Pepper Strips | ■ Endive leaves |
| ■ Broccoli | ■ Fennel cuts |
| ■ Carrots | ■ Jicama (peeled & cut) |
| ■ Cauliflower | ■ Mini Sweet Peppers |
| ■ Cherry Tomatoes | ■ Mushrooms |
| ■ Celery | ■ Olives (black or green) |
| ■ Cucumber slices | ■ Radishes |
| ■ Dill Pickle spears | ■ Sugar Snap Peas |

INSTRUCTIONS:

1. Choose your favorite fresh veggies from our list of suggestions.
2. The amount to purchase of each veggie that you choose would be based on the number of guests you are serving.
3. Wash fresh veggies, dry thoroughly, and then prep to your liking. Some items will remain whole, others will need to be blanched, and other items may need to be sliced into strips, bite size pieces or sticks.
4. Arrange the fresh veggies onto a serving platter and have your ranch dip nearby for all to enjoy!

(Continued... *Rohnda's Ranch Dressing*)

ROHNDA'S RANCH DRESSING

This is a delicious homemade ranch dressing that can be whipped up in a jiffy. What a wonderful treat to be able to enjoy a homemade, fresh ranch dressing for all of your salads or dipping needs. This is a multiple-serve recipe that makes about 1 & 1/4 cups.

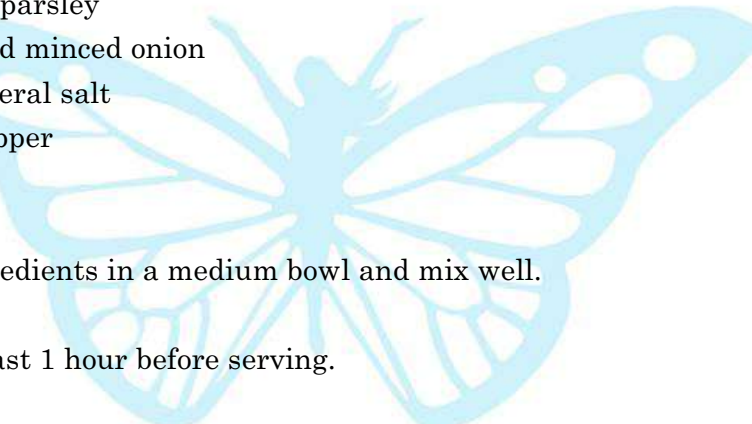
INGREDIENTS:

- 3/4 cup mayonnaise (homemade or store-bought)
- 1/2 cup plain 0% Greek yogurt
- 1 or 2 garlic cloves, minced (or, 1/2 to 3/4 tsp powdered garlic)
- 1 teaspoon dried parsley
- 1/2 teaspoon dried minced onion
- 1/2 teaspoon mineral salt
- Dash of black pepper

INSTRUCTIONS:

1. Place all the ingredients in a medium bowl and mix well.
2. Refrigerate at least 1 hour before serving.

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Grandma's Secret Turkey Recipe (S)

Honestly, there are probably not too many turkey recipes out there are not “plan-approved”... Chances are your great-grandma's secret family recipe that has been passed down for generations will most likely work just fine. Since most of us will be making an S-style turkey, using lots of butter or oil and herbs and seasonings are all going to be just fine for prepping the “star of the show”. We'd like to share with you this brining method that yields a juicy and flavorful result. Brining is similar to marinating, but is primarily focused on moistening the meat as opposed to adding flavor.

Serving Size: 6 or more; varies depending on size of turkey selected

INGREDIENTS:

For the Brine:

- 1 frozen turkey
- Water
- 3/4 cup mineral salt

For the Turkey Cavity (optional):

- Onions (in large chunks)
- Celery (in large pieces)
- Whole bulbs garlic
- Sprigs fresh thyme
- Sprigs fresh sage

For the Turkey Rub:

- 1/2 cup butter (or coconut oil, room temperature)
- Mineral salt
- Fresh, minced, or powdered garlic
- Fresh or dried sage
- Fresh or dried thyme
- Herbs of choice

(Continued... *Instructions*)

(Grandma's Secret Turkey Recipe... Continued)

INSTRUCTIONS:

For the Brine:

1. Make your brine, which is really just dissolving salt in water. Dissolve 3/4 cup salt in about two cups of hot water. Allow this mixture to cool. In a large pot, cooler, or container place the turkey with all wrappers removed. Pour the cooled brine mixture over the top, adding extra cold water if you need more to completely cover the turkey. Allow the turkey to sit until defrosted, but still cool. It can take 12 to 24 hours depending on the size of your turkey and how frozen it is - estimated thawing time is 30 minutes per pound.

For Preparing to Roast the Turkey:

1. Once the turkey is defrosted - drain, pat dry, and place into a roasting pan. Into the cavity of the turkey, place large chunks of onion, celery, and whole bulbs of garlic along with some fresh sprigs of thyme and sage.
2. In a bowl, mix together 1/2 cup room temperature butter (or coconut oil), mineral salt, fresh garlic, fresh or dried sage, and thyme (or other herbs of your choice). Rub this mixture all over the skin of your turkey. Be sure to rub some in-between the skin and breast meat sections.
3. Roast according to your turkey's specifications.

DF (if using coconut oil instead of butter in the turkey rub)

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Beef Pot Roast (S)

This pot roast recipe is perfect for a Sunday afternoon meal or for a big family gathering! You can add vegetables such as onions and celery to the crock pot a few hours before serving. You may also add a small side salad to round out the meal! Enjoy!

Serving Size: 6 or more; Varies depending on size of roast selected

INGREDIENTS:

- 1 beef pot roast
- Water
- Mineral salt (to season)
- Black pepper (to season)
- Onion powder (to season)
- Bragg's liquid aminos (to season)

INSTRUCTIONS:

1. Place one large beef roast in crockpot.
2. Completely cover with water.
3. Season with salt, pepper, and onion powder.
4. Simmer all day on high.
5. Once ready, place on a serving dish and separate meat with fork. Squirt Bragg's Liquid Aminos over the fork pulled beef, or add a little more salt and pepper.

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Lazy Lasagna (S)

We've included this recipe in our Holiday Recipe Collection for those who like to step outside the box of normal traditions... or perhaps decide that they're a bit tired of turkey by the time Christmas Day or New Year's Day comes around. Pearl Chats: "I've made plenty of zucchini and eggplant lasagnas in the last few years that fit S mode, but those types of lasagnas require me to pre-cut up the veggies into thin flat layers as faux noodles and sometimes also require pre-cooking of the veggies. I'm so over that. These days my life is way too busy for extra steps. I need ultra-easy meals, so I thought about spinach. It's super cheap when you buy it in frozen bricks, it doesn't require cutting... hmmm... couldn't that work as a lasagna noodle layer? My children are not the hugest spinach fans, but they scarf this down and tell me it is the best lasagna ever! This is my go to lasagna now; I've ditched all the others." This is a family-size recipe that will serve 6 to 8 people.

Serving Size: 6 to 8 people

INGREDIENTS:

- 2 pounds ground meat
- 24 ounces spaghetti sauce (no-sugar added; or, *pizza sauce)
- 1 & 1/2 teaspoons dried oregano
- 1/2 teaspoon mineral salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1 doonk THM Pure Stevia Extract Powder (optional)
- 20 ounces frozen spinach, chopped and thawed
- 8 ounces 1/3 less fat cream cheese
- 14 ounces 1% cottage cheese
- 2 eggs
- 8 ounces part skim mozzarella cheese, grated
- 1/4 cup Parmesan cheese (for sprinkling over top)

(Continued... *Instructions and Recipe Note*)

(*Lazy Lasagna...* Continued)

INSTRUCTIONS:

1. Preheat the oven to 350° Fahrenheit.
2. Brown the meat in a large skillet over high heat, then drain off any excess fat if necessary. Add the sauce and seasonings, and simmer over low heat for several minutes.
3. Put the spinach in a colander and squeeze and push to get all the liquid out.
4. Put the cream cheese, cottage cheese, and eggs in a food processor and process until smooth.
5. Layer half the meat sauce in the bottom of a 9 × 13-inch baking dish. Top with half the cheese mixture, then layer on half the spinach. Follow with half the grated mozzarella. Repeat the layers, ending with the mozzarella. Top with a good sprinkling of Parmesan cheese. Bake for 40 minutes or until bubbly.

RECIPE NOTE:

*Walmart's Great Value Pizza Sauce only has 3 net carbs.

NSI (if using a store-bought, on-plan stevia or sweetener)

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Pumpkin Spice Pancakes with Pancake Syrup (FP)

The "Pumpkin Spice" season is upon us! If you're looking for some trim and healthy pancakes for a special holiday breakfast, brunch, or anytime... look no further! This recipe is an amazing "pumpkin spice" single-serve treat that makes 3 or 4 nice size pancakes! This recipe was created by Esther Smith, our Trim Healthy Membership Content Assistant and an Admin in our THM Official Facebook Groups. Please see the Recipe Notes below for some serving suggestions.

Serving Size: Single-serve; Makes 3 or 4 Pancakes

INGREDIENTS:

- 1/3 cup THM Baking Blend
- 1/3 cup egg whites
- 1/3 cup 1% cottage cheese
- 1 to 1 & 1/2 Tablespoons pumpkin puree
- 1/2 teaspoon THM Super Sweet Blend
- 1/2 teaspoon vanilla extract
- 1 teaspoon unsweetened almond milk
- 1/4 teaspoon cinnamon
- 1/8 to 1/4 teaspoon pumpkin pie spice
- 3/4 teaspoon aluminum-free baking powder
- Coconut oil pan spray

INSTRUCTIONS:

1. Place all ingredients into a blender. Blend well, then allow the mixture to sit for a few minutes to let it thicken up.
2. Lightly coat a nonstick griddle or nonstick fry pan with coconut oil spray and heat over low/medium heat.

(Continued... *Instructions, Serving Suggestions & the Pancake Syrup recipe*)

(Pumpkin Spice Pancakes... Continued)

3. Ladle desired-pancakes-size amounts onto the griddle and cook until golden brown, about 3 minutes. Flip and brown the other side, an additional minute or two.

Serving Suggestions:

- Sprinkle some THM Gentle Sweet on each pancake and then top with a tiny bit of whipped cream or 0% Greek yogurt.
- Enjoy with the *Pancake Syrup* recipe.



The [Pumpkin Spice Pancakes](http://www.TrimHealthyMembership.com) and other delicious THM recipes can be found at www.TrimHealthyMembership.com.

(Continued... the Pancake Syrup recipe)



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Pancake Syrup (FP)

Why use the store-bought stuff with its fat-exploding sugar or health-destroying artificial sweeteners when this is a snap to make?

Serving Size: Multiple-serve

INGREDIENTS:

- 1 cup water
- 2 & 1/2 Tablespoons THM Gentle Sweet
- 1/2 teaspoon maple extract
- 1/2 teaspoon butter extract
- 1 pinch mineral salt
- 1/4 teaspoon blackstrap molasses (optional)
- 1/4 teaspoon THM Glucomannan ("gluccie") or xanthan gum

INSTRUCTIONS:

1. Put all the ingredients except the Gluccie in a small saucepan and bring to a simmer over medium heat. Reduce the heat to medium-low and slowly whisk in the Gluccie from a shaker. Simmer for a couple of minutes, whisking like crazy as it thickens.
2. Transfer the syrup to a jar and, when cool, cover and chill. As the syrup cools, it will continue to thicken.

NSI (if using a store-bought, plan-approved sweetener and you substitute xanthan gum for gluccie)

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Cranberry Red Sauce (FP)

The perfect topping for this Holiday Season! This recipe bears the title, “Simply Red” because it is so super simple and quick to make and requires only a few basic ingredients. Cranberries are what give it that gorgeous hue.

Serving Size: 6 or more people

INGREDIENTS:

- 3 cups cranberries (frozen or fresh)
- 1 cup water
- 4 squirts vanilla extract
- 1/8 teaspoon THM Pure Stevia Extract Powder (Add a couple more doonks if you like your sauce more sweet than tart.)

INSTRUCTIONS:

1. Place cranberries and water in a large enough sauce pan so the cranberries can spread out and cook faster.
2. Bring to a boil then turn down to an easy simmer.
3. Once berries get a little soft (which happens pretty quickly) get a kitchen utensil and start to squash them while in the pan. (We use a potato mashing thingy, but just use whatever you think does the job. You could use a blender and blend the cranberries first, but that is not as simple because then you'll have to wash the blender and smashing hot bursting berries is fun... like a game at Chucky Cheese!)
4. Leave sauce to simmer with the lid off until it reduces slightly... now add your sweetener and vanilla, taste test and adjust if needed - you're done!

(Continued... *Recipe Note & Recipe Tip*)

(*Cranberry Red Sauce...* Continued)

RECIPE NOTE:

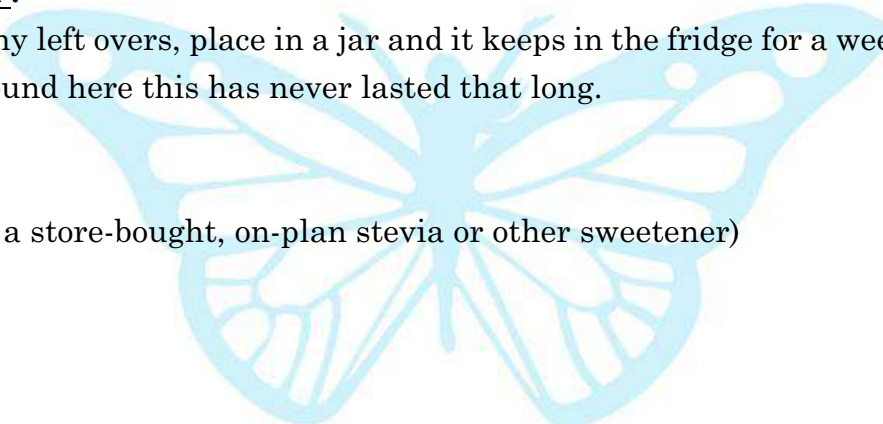
To kick this Simply Red Sauce into extra gourmet mode (and make family and friends think that you have slaved in the kitchen) you could add a drop or two of therapeutic grade, wild orange essential oil to the sauce after you have removed it from the stove. But simply dolloped on Monday morning oatmeal makes the mundane extraordinary – our children love it that way!

RECIPE TIP:

If you have any left overs, place in a jar and it keeps in the fridge for a week... maybe more, but around here this has never lasted that long.

NSI (if using a store-bought, on-plan stevia or other sweetener)

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Green Bean Casserole (S)

For many of our Trim Healthy Mamas, one of their favorite Holiday traditions is enjoying Grandma's Green Bean Casserole. One of the great things about THM is that we don't have to give up our favorite recipes during the holidays - we might just have to tweak them a little bit! This recipe is simple and easy. You're not going to miss using that red and white labeled canned soup either, because the flavor in this Green Bean Casserole is just as good - but so much healthier for you!

Serving Size: 8 or more people

INGREDIENTS:

Main Ingredients...

- 4 (15 oz) cans of cut green beans (*see the note below)
- 1 (4 oz) can of mushrooms, chopped small (pieces and stems variety works fine)
- 1 cup shredded cheddar cheese

Mayo Mixture...

- 1/2 cup mayonnaise
- 1/2 cup heavy whipping cream
- 1 teaspoon mineral salt
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper

Topping...

- 1/2 cup almond meal
- 1/2 cup Parmesan cheese (green can kind is fine)
- 1 teaspoon onion powder
- A few more pinches of salt and pepper
- Thinly sliced onion rounds

(Continued... *Instructions and Recipe Note*)

(*Green Bean Casserole...* Continued)

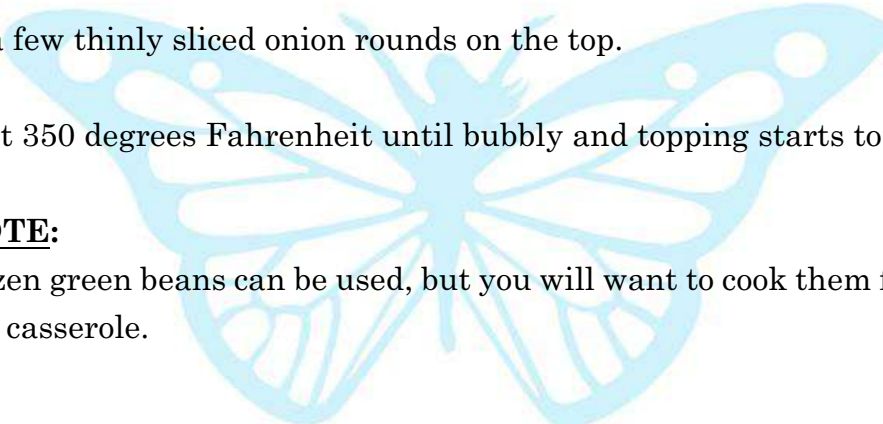
INSTRUCTIONS:

1. Mix green beans, mushrooms and shredded cheese into a 9x13 pan.
2. In a small bowl, mix up mayo mixture and pour into the bean mixture, stirring gently to coat.
3. Top with topping mixture, but do not stir in together.
4. Place a few thinly sliced onion rounds on the top.
5. Bake at 350 degrees Fahrenheit until bubbly and topping starts to brown.

RECIPE NOTE:

*Fresh or frozen green beans can be used, but you will want to cook them first, before adding to the casserole.

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Just Like Canned Cranberry Sauce (FP)

Mamas, this recipe is sure to make your taste buds sing “It’s time for the Holidays”! The Holiday turkey just isn’t complete without the cranberry sauce! No reason to decide to have a sugar-laden cheat this year by buying your favorite canned Holiday treat! You can make a slimming version that just might make even you do a double take to figure out which canned-version on the Holiday table is “real” or THM’d! This recipe was created by Stephanie Copeland, our Membership Site’s Content Manager.

Serving Size: Multiple-serve

INGREDIENTS:

- 3 cups cranberries, frozen or fresh (12 oz. bag)
- 1 & 1/4 cups water divided (set 1/4 cup aside)
- 2 Tablespoons THM Just Gelatin (See Recipe Note.)
- 1 cup THM Gentle Sweet
- 1/2 teaspoon lemon juice, fresh or bottled
- 1/2 teaspoon vanilla extract (optional)
- 1 generous pinch of salt
- Coconut oil spray (optional)

INSTRUCTIONS:

1. Dissolve 2 Tablespoons THM Just Gelatin into 1/4 cup warm water and set aside.
2. Place cranberries and 1 cup water in a medium saucepan. Bring to a boil and then reduce the heat to medium.
3. Cook until the berries begin to pop (approximately 5 to 7 minutes).
4. Turn the heat to low and stir in the gelatin mixture and remaining ingredients.

(Continued... *Instructions & Recipes Notes*)

(Just Like Canned Cranberry Sauce, Continued...)

5. Taste test and make it your own!
6. Place a mesh strainer over a mixing bowl. Pour contents of saucepan into strainer. Mash cranberries with a spoon to get as much of the cranberry goodness as you can through the strainer. Discard the remaining pulp, if any.
7. Stir contents of the mixing bowl and then pour into a prepared 14 or 15-oz can sprayed with coconut oil (if you want your end result to look like the “real” thing), mason jar, or serving container of choice.
8. Cover and cool completely at room temperature and then refrigerate to set, approximately 6-hours. (See Recipe Note.)

RECIPE NOTE:

Once set, slice and either serve immediately or keep the slices refrigerated until serving time. You may need to run a butter knife along the inside of the can to release the jellied cranberry sauce. If the sauce does not release with using a knife along the sides, poke a hole in the bottom of the can and “blow”. It really does work!

The longer the recipe has time to “jell” in the refrigerator, the firmer the recipe will become. For a softer set recipe, you may want to pull back on the gelatin some.

NSI (if using a store-bought, on-plan sweetener and gelatin)

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The [*Just Like Canned Cranberry Sauce*](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Mashed Fotatoes with Basic Gravy (S)

Mashed Fotatoes are the perfect side dish at any Holiday feast. If you do these the right way, you can barely tell the difference between this dish and real mashed potatoes. The secret is the food processor.

Serving Size: 6 to 8 large servings

INGREDIENTS:

- 3 (16 ounce) bags frozen cauliflower (or, 6 to 8 cups fresh)
- 3 Tablespoons butter
- 3 Tablespoons Parmesan cheese (finely grated, optional)
- 3 Tablespoons heavy cream
- 3/4 teaspoon mineral salt
- 1/4 teaspoon black pepper
- 1/2 to 3/4 teaspoon garlic powder (optional)
- Bacon pieces (optional)
- Green onions (diced, optional)

INSTRUCTIONS:

1. Steam 3 bags of frozen cauliflower (or 6-8 cups fresh) until tender.
2. Transfer the cauliflower to a colander and push out the excess water.
3. Place tender florets in food processor and add butter, optional Parmesan cheese, heavy cream, salt, black pepper, and optional garlic powder.
4. Process to a smooth puree. (You may need to stop the processor to scrape down the sides every now and then.)
5. Scoop out and serve topped with the bacon pieces and green onions, if desired.

NSI

The [Mashed Fotatoes](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Basic Gravy (FP)

Who doesn't enjoy gravy over their Mashed Potatoes? This gravy will be extra delicious when using stock or meat juice, but can just as easily be made using water.

Serving Size: Multiple-serve

INGREDIENTS:

- 3 cups chicken broth or water (or, beef juice from your pot roast)
- Onion powder
- Mineral salt
- Black pepper
- Cayenne pepper
- 1 or 2 Tablespoons nutritional yeast (optional)
- Bragg's Liquid Aminos
- 3/4 to 1 & 1/2 teaspoon THM Glucomannan (or xanthan gum)

INSTRUCTIONS:

1. Pour 1 cup of either chicken broth, beef juice, or water into saucepan.
2. On medium heat add generous shakes of onion powder, sea salt, black pepper, red pepper, nutritional yeast, and generous squirts of Bragg Liquid Aminos.
3. Add another 1 to 2 cups water or chicken broth.
4. Once gravy liquid is hot, shake in glucomannan or xanthan gum from empty salt shaker (or a combination of both) and stir like crazy with a whisk.
5. Keep shaking and stirring until gravy starts to thicken. Do not let blobs form. If this happens, it would be better to add the glucomannan or xanthan to a separate 1/2 cup of water to dissolve in first then add to the hot gravy.
6. Simmer gravy for several minutes, stirring every so often. Taste for final seasoning adjustments.

(Continued... *Recipe Notes*)

(*Basic Gravy...* Continued)

RECIPE NOTES:

If you don't have stock or meat juice for this gravy, and you are using water for liquid, adding nutritional yeast is a must. It is not as necessary to add it when using stock, but it makes the gravy extra delicious. It usually takes between 3/4 to 1 & 1/2 tsp of glucomannan to thicken 3 to 4 cups of liquid to a gravy consistency.

NSI (if using xanthan instead of gluccie and omitting the nutritional yeast)

DF



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Sweet Potato Casserole (E)

This is a Trim Healthy Mama Community recipe submitted by Shannon Sikes. This is a delicious holiday side dish. You might have noticed that most of our recipes on our THM Holiday Menu are S recipes. We want you to enjoy the Holidays and be satisfied and content! However, for those of us planning to enjoying a Crossover meal for our Holiday feast - this E side would be the perfect way to do that!

Serving Size: 10 to 12 people

INGREDIENTS:

Main Ingredients...

- 6 sweet potatoes (baked, peeled, and mashed)
- 1/2 cup THM Gentle Sweet (or the equivalent of your sweetener of choice)
- 3 fresh egg whites (or carton egg whites)
- 2/3 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 2 teaspoons cinnamon
- 1/2 teaspoon mineral salt (optional)

Topping...

- 1 cup THM Gentle Sweet (or Truvia)
- 3/4 teaspoon blackstrap molasses
- 1/8 teaspoon caramel extract (or butterscotch or rum extract)
- 1 cup oats
- 1/3 cup oat flour (or grind rolled outs in a blender)
- 1 teaspoon cinnamon
- 8 teaspoons butter (melted)
- 1/4 teaspoon mineral salt (optional)

(Continued... *Instructions & Tips*)

(*Sweet Potato Casserole...* Continued)

INSTRUCTIONS:

1. Preheat oven to 350 degrees and lightly grease a 9x13 baking dish.
2. Combine potato ingredients with a hand mixer and put mixture in baking dish.
(Shannon bakes the sweet potatoes a day ahead of time to save time.)
3. In another bowl; combine sweetener, molasses and extract together to make "brown sugar". Then stir in all other topping ingredients to make a crumble.
4. Pour crumble evenly over the top of potatoes.
5. Bake for 35 minutes.

TIME SAVING TIP:

You could also combine all the topping ingredients (except butter) and store them in a baggie till the next day.

HELPFUL TIP:

If you make this into 8 servings, the 8 teaspoons of melted butter used in the topping is the entire amount of your added fat for an E meal.

NSI (if using store-bought, on-plan sweetener)

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Trim Healthy Stuffing with Trim Bouillon Mix (S)

Nobody has to miss out on savory stuffing this season! Thankfully we will miss out on the fattening starches that usually make up stuffing but on none of the flavor. This delicious (S) bread stuffing is a wonderful side dish alone, or you can add meat such as cooked sausage or ground turkey to make this a complete meal.

Serving Size: 6 or more people

INGREDIENTS:

For the Bread... (*please see note below)

- 1 cup THM Baking Blend (or, 1/3 cup each: THM Oat Fiber, coconut flour, golden flax meal)
- 2 teaspoons aluminum free baking powder
- 1/3 cup egg whites (carton egg whites are fine)
- 1/3 cup water
- 1 teaspoon mineral salt

Extra Ingredients...

- 3 Tablespoons butter (or coconut oil)
- 1 onion (diced)
- 4 stalks celery (sliced or diced)
- 1 teaspoon dried sage
- 1/4 black pepper
- 8 ounces mushrooms (you can use up to 16 ounces, if you prefer)
- 1 Tablespoon *Trim Bouillon Mix* (*Please See Recipe Note)
- 1 & 1/2 cups water (or chicken broth or stock)

INSTRUCTIONS:

For the Bread...

1. Mix well and bake in greased 8×8 pan at 350 for 25 min. These will have a tendency to stick so you will want to grease the pan well or use parchment paper.

(Continued... *Instructions, Recipe Notes, and Trim Bouillon Mix recipe*)

(Trim Healthy Stuffing... Continued)

2. Cool slightly and then cut into cubes. (You can use a 9×13 inch pan if you want smaller pieces but you may need to adjust the cook time as it may cook faster that way.)
3. Spread cubes on a cookie sheet and bake again at 300 for 20 to 30 min or until slightly browned and crunchy like croutons.
4. This can be made up ahead of time and stored in an air tight container. Refrigerate or freeze for use with stuffing later.

For the Extra Ingredients...

1. Add all ingredients except mushroom and Trim Bouillon powder to a skillet on medium/high heat.
2. Sauté until onions and celery are soft (about 15 minutes).
3. Add mushrooms and chicken bouillon powder.
4. Saute until mushrooms are cooked.
5. Add 1 & 1/2 cups water and full recipe of bread cubes. Mix and pour into a 9×13 pan.
6. Bake at 350 degrees Fahrenheit for 25 min. Stir mixture half way through baking.
7. Serve with your holiday turkey or chicken.

RECIPE NOTES:

- ▶ The THM Baking Blend variation may produce a denser stuffing.
- ▶ Add cooked sausage, ground turkey or other meat of choice before baking to make this a complete meal.
- ▶ If not using the pre-made *Trim Bouillon Mix*, you will want to add 1/2 teaspoon of each: mineral salt, onion powder, thyme, and garlic powder.

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Trim Bouillon Mix (FP)

This recipe is chock full of super foods without the usual maltodextrin, MSG, and other unneeded additives in most bouillons. This recipe can help both Drive Thru Sues and Purists stay on-plan. You won't regret spending the few minutes that it takes to make this up. It will help you make up a bowl of soup as tasty as grandma's, without the time and effort.

Serving Size: Multiple

INGREDIENTS:

- 1 cups nutritional yeast
- 3 Tablespoons onion powder
- 2 Tablespoons mineral salt
- 1/2 teaspoon THM Super Sweet Blend (or 1 teaspoon THM Gentle Sweet)
- 1 Tablespoon garlic powder
- 1 & 1/2 teaspoons thyme
- 1 teaspoon dried sage
- 1 teaspoon paprika
- 1/2 teaspoon turmeric
- 1 teaspoon THM Just Gelatin

INSTRUCTIONS:

1. Combine the ingredients and blend in a dry blender, food processor or coffee grinder to make sure all ingredients are blended and powdered.
2. You only need 2 to 3 tsp of the mix per 1 cup of boiling water to make a tasty broth or stock. We suggest starting at 2 tsp then adding a little more if you want a richer flavor.

DF

The [Trim Bouillon Mix](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Winter Sunshine Salad (S)

During the months of November and December, sweets abound! Parties, get-togethers, carry-ins, potlucks, work, school, and church functions become the norm. Even when eating on-plan goodies, we need to remember a very important part of Trim Healthy Mama ... HEALTHY GREENS! This salad is perfect to take along to any function or as a side dish to your Holiday feast! It's power-packed with nutrient dense goodness. Add additional protein such as chicken and you'll have a full meal!

Serving Size: Multiple-serve

INGREDIENTS:

- 1 bunch kale (about 10 oz; washed and shredded, or chopped)
- 1/4 cup olive oil
- 1 teaspoon THM Super Sweet Blend (or 1 Tablespoon THM Gentle Sweet)
- 1/4 teaspoon mineral salt
- 2 Tablespoons lemon juice
- 1 red, orange, or yellow bell pepper
- 3/4 cup dried, unsweetened cranberries
- 1/3 cup *Candied Pecans* (or walnuts) (or, just toasted nuts - if you don't want it sweet)

INSTRUCTIONS:

1. Place the shredded or chopped kale into a bowl.
2. Pour the olive oil over the kale and massage it into the kale for a few minutes, coating it evenly. This will slightly wilt the kale and make it a more tender salad.
3. Add the sweetener, salt and lemon; mix together.

(Continued... *Instructions and Recipe Notes*)

(*Winter Sunshine Salad...* Continued)

4. Add peppers and cranberries; toss the salad.
5. Just before serving, add toasted or candied nuts.

RECIPE NOTES:

Kale is a superstar and we want you to learn all about it's benefits. You can do a quick search and find out a massive amount of fantastic information on kale, but we thought we'd do a little studying for you and pass along the good news! Here is a little list of it's benefits to your health:

- ▶ Anti-inflammatory, rich in Omega-3
- ▶ Anti-cancer nutrients
- ▶ Anti-oxidant
- ▶ Lowers harmful cholesterol
- ▶ Helps your body detox
- ▶ Helps lower blood pressure
- ▶ Helps regulate blood sugar
- ▶ Improves bone health
- ▶ Lowers risks for asthma
- ▶ Promotes regularity

NSI (if using store-bought, plan-approved sweetener)

DF

The [Winter Sunshine Salad](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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WWBB Holiday Stuffing (S)

Introducing the WWBB Holiday Stuffing! This stuffing recipe uses the "Wonderful White Blender Bread", a new recipe that is found on page 242 of the Trim Healthy Table Cookbook that everyone has been making and loving. This S-bread stuffing is a wonderful side dish or can be enjoyed as a complete meal, when adding the optional sausage or other cooked meat.

Serving Size: 6 to 8 people

INGREDIENTS:

For the Wonderful White Blender Bread (WWBB) Croutons...

- Coconut oil cooking spray
- 1 & 1/2 cups egg whites (carton or fresh)
- 1/2 teaspoon xanthan gum
- 3/4 cup THM Pristine Protein Powder (original; unflavored)
- 1 cup THM Baking Blend
- 1 cup 0% Greek yogurt (or 1% cottage cheese)
- 2 & 1/2 teaspoons aluminum-free baking powder
- 1 teaspoon THM Super Sweet Blend
- 1/2 teaspoon mineral salt

For the WWBB Holiday Stuffing...

- Poultry seasoning (or sage, thyme, and rosemary; to taste)
- 2 cups diced celery
- 2 cups diced onion
- 8 Tablespoons butter
- 1 pounds sausage (optional; see Recipe Notes below)
- 1 Tablespoon Trim Bouillon Powder (optional)
- 1 & 1/2 cups water (if using the Trim Bouillon Powder)
- 1 & 1/2 cups chicken stock (optional; if not using the THM Bouillon Powder)
- Mineral salt (to taste)
- Black pepper (to taste)

(Continued... *Instructions & Recipe Notes*)

(WWBB Holiday Stuffing... Continued, p. 2)

INSTRUCTIONS:

For the Wonderful White Blender Bread (WWBB) Croutons...

1. Preheat the oven to 350°F. Spray a 9x13 pan with coconut oil cooking spray.
2. Put the egg whites and xanthan gum in a blender and blend on high for 1 minute, until thickened and frothy. Add all the other ingredients and blend well for another minute or so.
3. Bake for 20 minutes or until edges are very lightly browned and sides are slightly pulling away from the pan.
4. Flip the bread onto a cooling rack and allow the bread to cool.
5. Reduce oven temperature to 300°F.
6. Cube bread and place on a large baking sheet that's been sprayed with coconut oil cooking spray.
7. Spray the top of the bread cubes with cooking spray and then sprinkle poultry seasoning, salt, and pepper over the cubes.
8. Bake at 300°F for 30 minutes or until browned and crisp.

For the WWBB Holiday Stuffing...

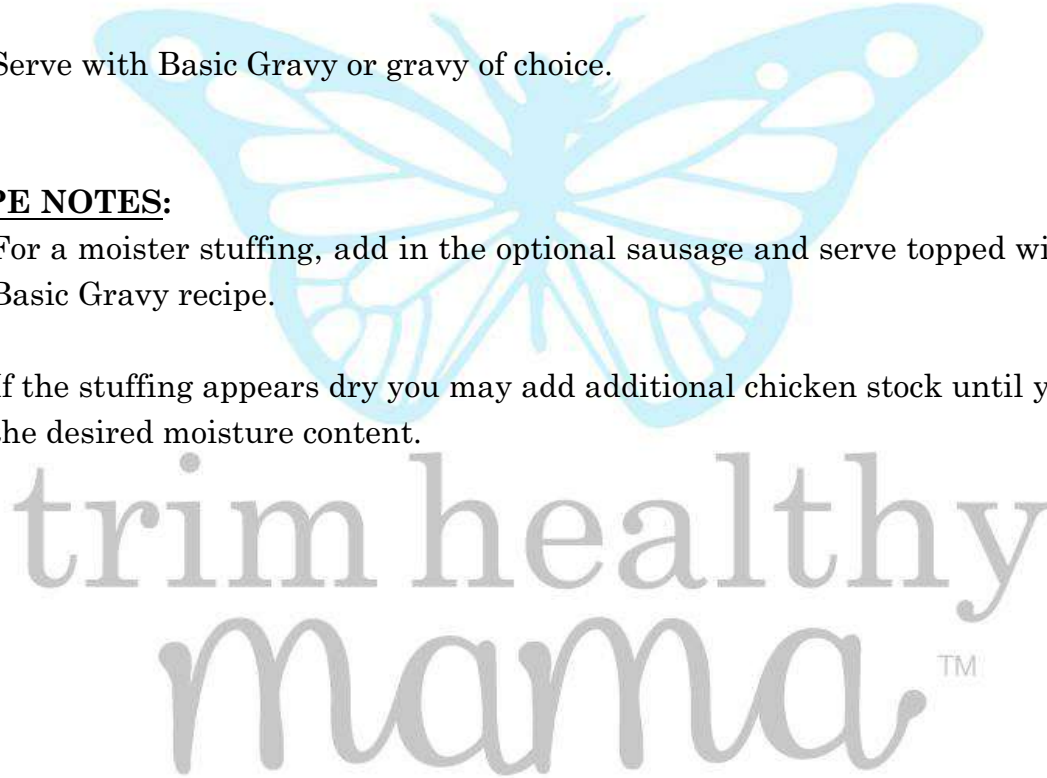
1. While the WWBB bread cubes are in the oven, saute the celery and onions in the butter over medium heat until soft and tender. Remove from pan and place in a large bowl.
2. Brown the optional sausage until cooked through. Place the browned sausage in the bowl with the onion and celery mixture.
3. When bread cubes are toasted, remove from oven and add to the bowl with the sausage and vegetable mixture, tossing well.
4. Taste and adjust seasonings to your liking. (Continued... *Instructions*)

(WWBB Holiday Stuffing... Continued, page 3)

5. Mix the THM Bouillon with the hot water and pour over the bread cube mixture tossing well, insuring that the liquid gets evenly distributed. If you are not using THM Bouillon and water, pour the chicken broth over the bread cube mixture at this time and toss well.
6. Spray a 9x9 pan with cooking spray and add the stuffing mixture.
7. Bake at 300°F for 30 minutes or until heated through.
8. Serve with Basic Gravy or gravy of choice.

RECIPE NOTES:

- ▶ For a moister stuffing, add in the optional sausage and serve topped with the Basic Gravy recipe.
- ▶ If the stuffing appears dry you may add additional chicken stock until you get the desired moisture content.



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The [Wonderful White Blender Bread](#) recipe, [WWBB Holiday Stuffing](#) recipe, and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Cranberry Upside Down Cake - Full Size (S)

Why wait for Thanksgiving or Christmas day? Start enjoying the taste of the Holidays today with this full-size version of the very popular single-size Cranberry Upside Down Cake! This cake is gorgeous and delicious!

Serving Size: 8 or more people

INGREDIENTS:

For the Batter...

- 1 cup *THM Baking Blend (or, 1/3 cup each: golden flax meal, coconut flour, almond flour)
- 2 teaspoons aluminum-free baking powder
- 3 eggs
- 1/4 cup melted butter
- 1/3 cup sour cream
- 1 tsp vanilla extract
- 1 tsp orange extract (or grated orange rind, optional)
- 1/2 cup + 2 Tablespoons THM Gentle Sweet (or 1/4 cup THM Super Sweet Blend)
- 1 dash mineral salt

For the Topping...

- 1/4 cup melted butter
- 2 Tablespoons melted extra virgin coconut oil (or use more butter)
- 1 Tablespoon orange rind (grated or sliced)
- 1/4 to 1/3 cup THM Gentle Sweet (or 2 Tablespoons THM Super Sweet Blend)
- Cranberries (fresh or frozen)
- Nuts (chopped; optional)
- Orange zest (grated)

INSTRUCTIONS:

1. In a large mixing bowl combine the THM Baking Blend (or the golden flax meal, coconut flour, and almond flour mixture) and baking powder.

(Continued... *Instructions, Recipe Note, & Serving Suggestions*)

(Cranberry Upside Down Cake - Full Size... Continued, page 2)

2. Crush up the clumps, mix well and set aside.
3. In another small mixing bowl combine the eggs, melted butter, sour cream, vanilla, orange extract or grated orange rind, sweetener, and the mineral salt.
4. Blend above ingredients well, then add dry ingredients to the wet ingredients and set aside.
5. Melt the butter and oil for the topping and pour into the bottom of a round 9 inch pan.
6. Sprinkle evenly with desired sweetener and then evenly distribute the desired amount of cranberries to cover the bottom of the pan, add orange zest and nuts if desired.
7. Gently spoon batter over the topping mix, distributing evenly.
8. Bake at 350 degrees Fahrenheit for 30 minutes or until done.
9. Invert onto flat plate or serving tray and spoon out any of the topping still clinging to the pan.
10. Serve warm or cold.
11. Double the recipe to make a 9x13 pan.

RECIPE NOTE:

- ▶ Using the THM Baking Blend in this recipe might produce a slightly denser cake than if using the coconut flour + golden flax + almond meal option.

SERVING SUGGESTIONS & VARIATIONS:

- ▶ This can be made with other berries such as raspberry or blueberry. You can also add nuts to the batter or the topping, if desired.
- ▶ A little grated orange or lemon rind in the topping gives it a pop of citrus flavor.

(Continued... Serving Suggestion)

(*Cranberry Upside Down Cake - Full Size...* Continued, page 3)

- For a dairy-free version: Use coconut oil or dairy-free butter spread and leave out the sour cream, adding an extra egg or some almond milk to make up the difference in moisture.

NSI (if using a store-bought, plan-approved sweetener)



The [Cranberry Upside Down Cake - Full Size](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Cranberry Upside Down Cake - Single Serve (S)

Why wait for Thanksgiving or Christmas day? Start enjoying the taste of the Holidays today with this speedy, single serve cake. Or, on the big day – others in your family may want to eat the weight promoting stuff, but you can whip this up and not feel a bit deprived.

Serving Size: Single-serve

INGREDIENTS:

For the Batter...

- 3 Tablespoons THM Baking Blend (or, 1 Tbsp each: coconut flour, golden flax meal, and almond flour)
- 2 Tablespoons THM Gentle Sweet (or 2 to 3 teaspoons THM Super Sweet Blend)
- 1 dash mineral salt
- 1/4 tsp vanilla extract
- 1 egg
- 1 Tablespoon butter (or coconut oil)
- 1/2 teaspoon aluminum-free baking powder

For the Topping...

- 1 Tablespoon melted butter (melted)
- 1 Tablespoon THM Gentle Sweet (or 1 teaspoon THM Super Sweet Blend)
- Cranberries (fresh or frozen) (your desired amount)

INSTRUCTIONS:

1. In a bowl, mix all batter ingredients well with a fork and set aside.
2. Using a microwave safe dish with a flat bottom, melt butter for the topping, then sprinkle with the sweetener and desired amount of cranberries.

(Continued... *Instructions, Recipe Notes, and Serving Suggestions*)

(Cranberry Upside Down Cake - Single Serve... Continued)

3. Gently spoon batter over toppings and microwave for 1 minute. Cooking time may vary. (*Our purists will want to melt butter in a small saucepan then bake the cake in a baking dish or ramekin for 15 minutes at 350 degrees Fahrenheit.)
4. When done, invert onto a plate, being sure to scrape out all the butter topping.

RECIPE NOTES:

- ▶ Using the THM Baking Blend in this recipe might produce a slightly denser cake than if using the coconut flour + golden flax + almond meal option.
- ▶ This recipe should be kept in an S setting and makes a delicious breakfast, afternoon snack or Holiday dessert.

SERVING SUGGESTIONS & VARIATIONS:

- ▶ This can be made with other berries such as raspberry or blueberry. You can also add nuts to the batter or the topping, if desired.
- ▶ A little grated orange or lemon rind in the topping gives it a pop of citrus flavor.

NSI (if using a store-bought, plan-approved sweetener and store-bought flours in place of the THM Baking Blend)

The [Cranberry Upside Down Cake - Single Serve](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Gingerbread Snowball Cookies (S)

If you love gingerbread or spice cookies, then this cookie recipe is the one for you! Some might find these reminiscent of the "Russian Cookies" or the "Mexican Wedding Cakes" that they grew up enjoying every year at Christmas. Dunk these little balls of goodness into a steaming mug of Hot Chocolate Trimmaccino for an extra bit of holiday cheer!

Serving Size: 2 to 3 dozen cookies; depending on size

INGREDIENTS:

- 2 cups THM Baking Blend
- 3/4 cup THM Gentle Sweet (plus approximately 1/4th cup more for rolling)
- 3 eggs
- 6 to 8 Tablespoons melted butter (or coconut oil)
- 1 teaspoon blackstrap molasses (for flavoring)
- 1 teaspoon aluminum-free baking powder
- 1 teaspoon baking soda
- 3 to 4 teaspoons ground ginger
- 1 Tablespoon ground cinnamon
- 1 teaspoon ground allspice
- 1/4 teaspoon mineral salt

INSTRUCTIONS:

1. Preheat the oven to 350 degrees F.
2. Place all ingredients into a food processor and process until it begins to form a dough. (The dough should be soft and workable with your hands.)
3. Spoon out a full teaspoon of dough into your hands and roll the dough into a ball. Depending on how full your teaspoon is you'll get approximately 24-36 cookie balls.

(Continued... *Instructions*)

(Gingerbread Snowball Cookies... Continued)

4. Place on a parchment-lined cookie sheet and bake for 15-20 minutes, depending on how soft or hard you'd like your cookie to be.
5. When removing your cookie from the oven, roll immediately into a bowl that has approximately 1/4 cup of the THM Gentle Sweet.
6. Place onto a cooling tray to cool... Enjoy with your favorite Trimmy!



The [Gingerbread Snowball Cookies](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Guilt Gone Cranberry Pie (S)

Dreaming of a pie that tastes like buttery-sweet-short bread bursting with tart caramelized cranberries? Enjoy this one without guilt. Cranberry Pie has been the chief reason my Huzby cheats every Thanksgiving. I am so cool with him going off plan on this wonderful day of feasting and celebration. I know he'll get back on plan in a couple of days because he never feels deprived on THM. I created this on Thanksgiving Eve and hoped for the best. I even said a little prayer over the mixing bowl as I tossed in carefully thought out measurements. It was a hallelujah moment when I scanned his face while he skeptically took his first bite and a huge smile lighted on his cranberry crumb lips. He told me it beats the old one hands down! We now enjoy this pie for breakfast, for snacks, and I have a freezer stocked with cranberries so it can be eaten all year long. – Serene

Serving Size: 6 or more people

INGREDIENTS:

- 1/2 cup THM Oat Fiber
- 3 eggs
- 2 cups cranberries (fresh or frozen)
- 1/4 teaspoon guar gum (or xanthan gum)
- 1/2 to 3/4 cup THM Gentle Sweet (or 1/4 to 1/3 cup THM Super Sweet Blend)
- 1/2 cup butter (1 stick)
- 1/2 teaspoon almond extract
- 1 teaspoon vanilla extract

INSTRUCTIONS:

1. Cut stick of butter into small chunks and put into a mixing bowl with all other ingredients except cranberries.
2. Use your hands to combine all the ingredients well... yes, even the eggs. Really get in there with both hands, get messy and scrunch and mush ingredients together. This is a quick way to get the job done but if this idea grosses you out, simply use a Bosch or other mixing machine.

(Continued... *Instructions*)

(Guilt Gone Cranberry Pie... Continued)

3. Add cranberries and mix again.
4. Put pie mixture into a well-greased pie dish and bake in a pre-heated oven on 350 degrees Fahrenheit for 40 minutes. (Place pie on middle to high rack so the bottom does not burn).



The [Guilt Gone Cranberry Pie](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Holiday Pumpkin Trimtastic Roll (S)

This pumpkin roll cake is great to keep in the freezer for a quick holiday or seasonal dessert for family or unexpected guests, to take to a gathering, or to give as a yummy gift. It will be a crowd pleaser, even for those who are not on the Trim Healthy Mama eating plan! This recipe is found on page 393 of the Trim Healthy Table Cookbook.

Serving Size: Multiple-serve

INGREDIENTS:

For the Cake...

- THM Gentle Sweet (for sprinkling)
- 1/2 medium or 1 very small zucchini (yield 1/2 to 3/4 cup processed)
- 3/4 cup canned pumpkin puree
- 4 large eggs
- 4 Tablespoons butter (1/2 stick butter)
- 3/4 to 1 cup THM Baking Blend (*Please see Recipe Notes for a NSI option.)
- 3/4 cup THM Gentle Sweet (*Please see Recipe Notes for a NSI option.)
- 1/8 teaspoons THM Pure Stevia Extract Powder (or, to taste) (*Please see Recipe Notes for a NSI option.)
- 1 & 1/2 teaspoons vanilla extract
- 1 teaspoon aluminum-free baking powder
- 1 teaspoon baking soda
- 2 pinches mineral salt
- 1 Tablespoon pumpkin pie spice
- 3/4 cup chopped walnuts or pecans (optional)

For the Cream Cheese Filling...

- 1 package 1/3 less fat cream cheese (8-oz package)
- 4 Tablespoons softened butter (1/2 stick butter)
- 3 to 4 Tablespoons THM Gentle Sweet (to taste)
- 1 teaspoon vanilla extract

(Continued... *Instructions*)

(Holiday Pumpkin Trimtastic Roll... Continued)

INSTRUCTIONS:

1. Preheat the oven to 350°F. Line a 15 x 10-inch jelly-roll pan with parchment paper. Sprinkle a clean thin tea towel (or thin dish towel) with Gentle Sweet and set aside for rolling the cake.
2. Trim the zucchini and chop into a few chunks. Pulse in a food processor so it is not mush, but broken down well into very tiny pieces. Add the pumpkin, eggs, butter, Baking Blend, sweeteners, vanilla, baking powder, baking soda, salt, and pumpkin pie spice and process until well combined.
3. Spread the batter evenly onto the prepared jelly-roll pan. If opting to use the nuts, sprinkle over the batter. Bake for 15 to 20 minutes, until the top of the cake springs back when touched. (Dark-colored pans tend to cook faster.)
4. Immediately turn the cake onto the prepared towel. Carefully peel off the parchment paper. Roll the cake and towel together, starting at a narrow end. Allow to cool completely on a wire rack. (You'll want to allow the cake to cool completely as to avoid cracking later while filling.)
5. While the cake is cooling, make the filling. Beat together the cream cheese, butter, Gentle Sweet, and vanilla until smooth. Set aside.
6. Carefully unroll the completely cooled cake and spread the cream cheese mixture over the cake. Re-roll the cake. Wrap in plastic wrap and then in foil. Best if placed in the freezer.
7. Remove from the freezer a couple hours before serving. Cut the roll into slices.

For NSI (No Special Ingredients):

- ▶ Replace the THM Baking Blend with the frugal flour option. (Page 40 of Trim Healthy Table.)
- ▶ Replace the THM Gentle Sweet and THM Pure Stevia Extract Powder with an on-plan, store-bought sweetener.

The [Holiday Pumpkin Trimtastic Roll](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Peanutty Fudge (S)

Rich and fabulous, this fudge is perfect around the holidays or anytime when you are seeking sweet, peanutty indulgence. You can replace half of the peanut flour with cocoa if you desire a chocolate version.

Serving Size: Multiple-serve

INGREDIENTS:

- 1/2 cup butter (or ghee-clarified butter; or coconut oil)
- 1/4 cup THM Gentle Sweet (or 5 teaspoons THM Super Sweet Blend)
- 3/4 cup THM Peanut Flour
- 3 ounces cream cheese (1/3 less fat works well, too)
- 2 to 3 pinches mineral salt (an extra pinch if using coconut oil or ghee)

INSTRUCTIONS:

1. Melt the butter in a medium saucepan or skillet over medium-low heat. Add the sweetener and allow it to dissolve.
2. Turn the heat to low and add all the other ingredients. Combine well.
3. Spread the mixture onto a parchment-lined baking sheet and shape into a block. Score the block into squares, then place in the freezer to harden and store.
4. Cut off pieces of fudge whenever desired.

The [Peanutty Fudge](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Pumpkin No-Bake Cheesecake (S)

This is sure to become a favorite Holiday dessert for many! This delicious, yet simple to make, dessert is a great alternative to pumpkin pie, especially for those cheesecake fans out there. There's several different ways to serve this up - as a crustless cheesecake, cheesecake in a jar, or with your favorite S-style crust.

Serving Size: 8

INGREDIENTS:

Pumpkin No-Bake Cheesecake Ingredients...

- 1 cup boiling water
- 2 Tablespoons THM Just Gelatin
- 1/2 cup + 2 Tablespoons THM Gentle Sweet
- 16 oz 1/3 less fat cream cheese (2-8oz packages, softened)
- 15 oz pumpkin puree (1 small can)
- 1 teaspoon vanilla extract
- 1 Tablespoon pumpkin pie spice

Simple Nut Baked Crust...

- 1 cup almond flour
- 1 large egg white
- 1 Tablespoon THM Gentle Sweet

INSTRUCTIONS:

For the Pumpkin No-Bake Cheesecake...

1. Bring one cup of water to a boil. Remove from heat and stir the Just Gelatin and sweetener into the boiling water, until fully dissolved. Set aside.
2. In a large bowl, beat the cream cheese, pumpkin puree, vanilla extract, and pumpkin pie spice until smooth.

(Continued... *Instructions & Serving Suggestion*)

(Pumpkin No-Bake Cheesecake... Continued)

3. Slowly incorporate the gelatin mixture, beating well after each addition.
4. Pour into a prepared pie crust, pie pan (for a crustless cheesecake), or your favorite dessert containers
5. Refrigerate for 3 hours.

For the Simple Nut Baked Crust...

1. Preheat the oven to 350 F.
2. Combine all the ingredients in a medium bowl, then press into a pie pan.
3. Bake for 10 minutes. Let cool until ready to fill.

SERVING SUGGESTION:

Serve topped with homemade whipped cream or fat-free Reddi Wip, for our Drive Thru Sues.

NSI (if using store-bought, plan-approved sweetener in place of THM Super Sweet Blend and store-bought beef gelatin in place of THM Just Gelatin)

The [Pumpkin No-Bake Cheesecake](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Rich Chocolate Fudge (S)

If you love reeeeeeeal rich desserts, you'll get your fix with this fudge! Super sweet! The perfect holiday sweet treat to take to a family gathering or church fellowship.

Serving Size: Multiple-serve

INGREDIENTS:

- 1 stick unsalted butter
- 1/2 cup natural, sugar-free peanut butter
- 2 oz 1/3 less fat cream cheese
- 4 Tablespoons unsweetened cocoa powder
- 1/3 cup THM Gentle Sweet (real sweet tooths might need slightly more)

INSTRUCTIONS:

1. Melt the butter and peanut butter in saucepan.
2. Take sauce pan off the heat and stir in the cream cheese.
3. Add the unsweetened cocoa powder and keep stirring.
4. Add ground the sweetener and combine until the mix is smooth.
5. Pour into a wax paper or foil-lined shallow dish.
6. Freeze for 15 minutes and cut into bite-size pieces.
7. Return to freezer or refrigerator.

NSI (if using other store-bought, plan-approved sweetener)

The [Rich Chocolate Fudge](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at
www.TrimHealthyMembership.com.



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Trim Holiday Cookies (S)

Old Saint Nick probably wouldn't be known for his round belly if he indulged in Trim Healthy Mama's Trim Cookies instead of those sugar-laden cookies he's known for requesting! No need for THMs to be left out of holiday festivities! These cookies are sure to delight everyone in the family - make an activity out of it and let the kids help you decorate!

Serving Size: 12 to 16 cookies

INGREDIENTS:

- 1 stick softened butter
- 1 egg
- 1/2 teaspoon vanilla extract
- 2/3 cup THM Gentle Sweet
- 1 pinch mineral salt
- 1 & 1/4 cups THM Baking Blend (*Alternate Flour Option Below)

INSTRUCTIONS:

1. Cream butter, egg, vanilla and the THM Gentle Sweet.
2. Add the mineral salt and THM Baking Blend to the mix and form into a ball with your hands.
3. For round shaped cookies, pull off pieces of the dough, roll into balls, then place on a well-greased cookie tray and flatten slightly with a fork.
4. For fun shaped cookies, refrigerate dough ball for 2 or 3 hours until it is very firm and chilled.
5. Roll out between parchment and create shapes.

(Continued... *Instructions, Alternate Flour, and Cream Cheese Frosting recipe*)

(Trim Holiday Cookies... Continued)

6. Bake at 350 for 10-12 minutes. Baking times may vary depending on size of cookies.

Alternate Flour Option (if not using THM Baking Blend):

- 3/4 cup almond flour
- 1/2 cup THM Oat Fiber

Trim Cookies Cream Cheese Frosting (Optional):

INGREDIENTS:

- 4 oz cream cheese, softened
- 1/2 stick butter, softened
- Splash of vanilla
- THM Gentle Sweet (to taste)

INSTRUCTIONS:

1. Blend this all together for the frosting.

Here Are Some Other On-plan Cookie Topping Ideas:

- ▶ Orange zest
- ▶ Chopped, unsweetened cranberries
- ▶ Slivered almonds
- ▶ *Slim Belly Jelly* (or another on-plan jelly/jam) for thumbprint type cookies
- ▶ Trim Healthy Chocolate Chips (or, another stevia-sweetened chocolate chip or 85% chocolate)
- ▶ Color your icing. There are some all natural options online and at some health food stores

The [Trim Cookies](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Trim Twixters (S)

This recipe is going to take many back to their childhood. This “mouth-watering”, “drool-inducing” candy bar has a delicious cookie crust, caramel center, and chocolate fudge topping. Are you wondering if we’re taking you “off-plan” for this ooey-gooey treat? No way, Mama! By taking these yummy treats with you to Fall festivals, school parties, church fellowships, and family functions... you’ll be able to say “no” when those pound-inducing, sweet temptations pass your way! You can “TRIM” the holidays healthy this year and get your slim on while enjoying “Trim Twixters” - a healthy candy bar that is so rich that you’ll find a small piece to be quite satisfying.

Serving Size: 9 to 12 bars

INGREDIENTS:

For the Crust...

- 1 cup THM Baking Blend
- 3 Tablespoons THM Gentle Sweet
- 1/2 teaspoon aluminum-free baking powder
- 1/4 teaspoon mineral salt
- 5 Tablespoons butter
- 1 teaspoon vanilla extract

For the Caramel Center...

- 3 Tablespoons butter
- 3 Tablespoons THM Gentle Sweet
- 1 teaspoon blackstrap molasses
- 1/4 teaspoon mineral salt
- 3 Tablespoons heavy cream
- 1/4 teaspoon xanthan gum (*See Important Note Below)
- 1/2 teaspoon caramel extract (optional)
- 1 to 2 handfuls of nuts (nuts of choice; optional)

(Continued...)

(Trim Twixters... Continued, page 2)

For the *Chocolate Fudge Topping*...

- 2 oz unsweetened baking chocolate
- 1/4 cup butter
- 3 to 4 Tablespoons THM Gentle Sweet
- 3 Tablespoons heavy cream
- 1/8 teaspoon mineral salt
- 1 teaspoon vanilla extract

INSTRUCTIONS:

(3-Part Overview)...

1. Make the Trim Twixter crust and allow to cool.
2. Make the Caramel Sauce and allow to cool slightly - you'll want it be still fluid enough to pour. Layer the caramel onto the top of the crust and spread out evenly. At this point you get to decide... (because, "Sometimes you feel like a nut... and sometimes you don't!"), if you want to add some chopped peanuts, pecans, or other nuts to your bars. If you decide you do - sprinkle them over the caramel and gently press them down into the layer.
3. Before your *Chocolate Fudge Topping* has cooled to the point of being set, gently pour or spoon it over your caramel layer. Place in the fridge and allow everything to set. Before serving, cut into 9 or 12 small bars. TM

Trim Twixter Crust...

1. Pre-heat oven to 350 degrees Fahrenheit.
2. Into a food processor, add all your dry ingredients.
3. Slice butter into 1 Tablespoon pieces and then add to the processor.
4. Pulse, until well blended.

(Continued...)

(Trim Twixters... Continued, page 3)

5. Add vanilla and pulse some more. Mixture should still be dry and crumbly, but able to stick loosely together when pressed.
6. Pour into an 8x8 baking dish and press firmly into the bottom to form a crust.
7. Bake at 350 for 15 minutes.
8. Remove from oven and allow to cool completely. You can place it in the freezer, if you are in a hurry.

Caramel Center...

1. In a saucepan, add butter, Gentle Sweet and molasses. Heat until bubbly - allow to bubble for about 2 minutes, whisking constantly.
2. Remove from heat and add salt, heavy cream, and extract. Whisking constantly, as it will bubble up initially.
3. Gently and evenly sprinkle in the xanthan gum while continuing to stir.
4. Allow to cool, continuing to whisk occasionally so that it doesn't form a crust on the top. It will thicken as it cools.

RECIPE NOTE CONCERNING XANTHAN GUM:

**Concerning substituting glucomannan (gluccie) for the xanthan gum...*

If you are making the bars and want them to set, the xanthan gum is a must. If you only want to make a pourable caramel sauce, then you can substitute it for gluccie and have a nice pourable consistency. You could make the bars without the caramel layer and then pour the softer caramel on top and serve it with a spoon. It will still taste great.

Chocolate Fudge Topping...

1. In a saucepan, melt butter, unsweetened chocolate squares and Gentle Sweet. Once completely melted and starting to bubble, remove from heat and add the salt and vanilla.

(Continued...)

(*Trim Twixters*... Continued, page 4)

2. Add heavy cream and whisk well. If left to cool on its own, the oils have a tendency to separate so we like to keep mixing it as it cools.
3. Pour warm mixture into a bowl. Set that bowl into a larger bowl filled with ice.
4. Using a hand-held mixer, give it a good whirl every few minutes until it has cooled. It shouldn't take too long. Or, you can put the bowl in the fridge and just pull it out to blend every few minutes. Beating it as it cools will leave you with a fluffy, creamy chocolate fudge that will set beautifully.



The [Trim Twixters](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com.



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Creamy “Turkey” and Wild Rice Soup (E)

Gather the family around - it's soup night! Down with small portions of flavorless, diet broth. Let's eat hearty, delicious, comfort food and get our bellies filled! Here's a wonderful recipe from Rohnda Monroy, our very clever and creative friend who has taken all the wonderful pictures in the Trim Healthy Mama Cookbook and Trim Healthy Table Cookbook. She's a flat out Trim Healthy wizard in the kitchen. This recipe was originally written for chicken but leftover holiday turkey will be just as yummy!

Serving Size: 6

INGREDIENTS:

- 2-16 oz bags frozen cauliflower (or, 1 large fresh head, cut into florets)
- 2 & 1/2 quarts chicken broth
- 3 to 4 cups chopped carrots
- 3 to 4 cups cups chopped celery
- 1 large onion (diced or sliced) or (1 & 1/2 cups Seasoning Blend: onions, celery, peppers, frozen, diced)
- 3/4 cup wild rice
- 3 teaspoons mineral salt
- 1 teaspoon black pepper
- 1 & 1/2 teaspoons dried thyme
- 3 oz 1/3 less fat cream cheese
- 4 to 5 cups diced, leftover holiday turkey breast (or, cooked chicken breast)

INSTRUCTIONS:

1. Put the cauliflower and broth in a soup pot over high heat and bring to a quick boil. Turn the heat down a little and simmer until the cauliflower is tender (takes just a few minutes). Scoop out the cauliflower with a slotted spoon or strainer. Put the cauliflower into a blender with 2 cups of the broth and set aside.

(Continued... *Instructions*)

(Creamy Turkey and Wild Rice Soup... Continued)

2. Add the carrots, celery, onion, and wild rice to the soup pot along with the salt, pepper, and thyme and simmer for 45 minutes to 1 hour. You want the veggies to be tender and the wild rice to begin breaking open.
3. Add the cream cheese to the blender and puree for 1 minute or until smooth. Transfer to the soup pot, stirring well.
4. Add the chicken and simmer the soup for another 15 to 20 minutes. The rice will break apart and soak up all the flavor and more of the liquid. Combine all ingredients well and heat through. (You can simmer for a few minutes but you don't have to. As soon as soup is hot, it is done.) Check the seasonings and serve.

NSI



The [Creamy Chicken and Wild Rice Soup](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Leftover Turkey Sandwich on Swiss Bread (S or E)

We know that a recipe is definitely not needed here as many of us look forward to having a leftover turkey sandwich more than we look forward to having the actual turkey itself on Thanksgiving Day! For those who do not yet have a copy of the Trim Healthy Mama Cookbook, we wanted to be sure that you had the Swiss Bread recipe... so that you could enjoy the ultimate “Leftover Turkey Sandwich” Trim Healthy Mama-style! If you do not have THM Baking Blend on hand, no worries! There’s plenty of other options for you! Please see the Recipe Notes below for those options.

Serving Size: Single-serve

INGREDIENTS:

For the Swiss Bread (Single-serve)...

- coconut oil spray
- 1/4 cup THM Baking Blend
- 2 egg whites
- 1 Tablespoon water
- 1 pinch mineral salt
- 2 pinches THM Super Sweet Blend
- 1/2 teaspoon aluminum-free baking powder

For the Sandwich Filling...

- 4 oz leftover turkey breast (or use more or less to your liking)
- 1 handful lettuce (leafy lettuce, or other leafy greens)
- Mayonnaise (regular or light mayo)
- Prepared yellow mustard (optional)
- 1 slice cheese of choice (sliced Swiss, American, Colby Jack; or, Laughing Cow Cheese wedge; optional)

(Continued... *Instructions, Filling Ideas, and Recipe Notes*)

(Leftover Turkey Sandwich... Continued)

INSTRUCTIONS:

For the Swiss Bread (Single-serve)...

1. Mix and place all ingredients in a prepared coffee mug, or bread-shaped glass dish.
2. Microwave for 1 to 1 & 1/2 minutes. Or, bake at 350° Fahrenheit for 15 minutes or until lightly browned and done through.
3. Slice the bread into two pieces and enjoy!

For the Sandwich Filling...

1. Slice or dice the leftover turkey breast to your liking.
2. Spread either mayo, light mayo, mustard or other on plan condiment of choice onto your bread of choice.
3. Add some leaf lettuce, or other leafy greens, sliced cheese (optional) and the leftover turkey to your bread.

RECIPE NOTES:

If you do not have the THM Baking Blend to make the Single-serve recipe of the Swiss Bread, please feel free to use any of the options below to create your own personal Leftover Turkey Sandwich:

- ▶ S-style sandwich bread options...
Bread in a Mug, Golden Flat Bread, Oopsie Rolls, Basic Sandwich Buns, Joseph's pita, Joseph's Lavash, low-carb wrap, etc.
- ▶ E-style sandwich bread options...
Whole-grain bread in sprouted, artisan sourdough, or dark rye form. Be sure to use the turkey breast with light mayo, instead of regular mayo.

The [Leftover Turkey Sandwich](http://www.TrimHealthyMembership.com) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com



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Turkey Bone Broth (FP)

Hardly any work.. cheap as dirt.. better than any expensive health food supplement! All you need is leftover bones, water, and an old crockpot. It takes two big roasting chickens or three fryers to get roughly 2 pounds of bones, which is what you'll need to make this stock. This is without any meat attached. There are many recipes out there for stocks using bones with some meat on them, but we never have that option because there's never a morsel of meat left on the bone in our house. If you are using turkey, venison, or beef marrow bones, just use the same poundage recommendation. Don't stress about exact ounces. Another thing not to stress about are the veggies and herbs—just use what you have. This recipe makes approximately 2 & 1/2 quarts of bone stock.

Serving Size: Multiple-serve

INGREDIENTS:

For the Broth...

- 2 pounds carcasses and mixed bones (your leftover Holiday turkey)
- 2 Tablespoons apple cider vinegar
- 2 & 1/2 quarts cold water

Optional Veggies...

- 1 medium onion (with skin, chopped in half) (optional)
- 1 bulb garlic (with peel, cut in half) (optional)
- 2 stalks celery (with leaves, roughly chopped) (optional)
- 1 carrot (with ends, unpeeled, roughly chopped) (optional)

Optional Herbs...

- 1 bay leaf (optional)
- 1/2 bunch fresh parsley (optional)
- 1 or 2 sprigs fresh thyme (optional)
- 3 or 4 leaves fresh sage (optional)

(Continued... *Instructions*)

(*Turkey Bone Broth...* Continued)

INSTRUCTIONS:

1. Place the bones in a large crockpot along with the vinegar and water. Add the veggies and herbs, and let sit for 30 minutes so the vinegar can begin pulling the goodness from the bones. (This is not a huge deal; if you start your stock at night before you go to bed and don't want to wait, just omit this step.)
2. Set the cooker on low and cook for 12 to 24 hours.
3. The next day, strain the stock in a colander. Put the stock in the refrigerator to allow the fat to rise and solidify on the top (see Recipe Notes below). Skim the fat (save it in zippered bags in the fridge or freezer for gravies and for flavoring S meals). Separate the stock into cup-size portions and freeze in zippies for future use.

RECIPE NOTES:

"There is a gadget called a grease separator. This cup device catches and separates the grease from the stock immediately, so you don't have to deal with the cooling step."

- Serene

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The [*Turkey Bone Broth*](#) recipe and other delicious THM recipes
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Turkey Pot Pie (S)

Craving some comfort food after a busy Holiday season? Here you go! The original recipe title is “Chicken Pot Pie”, but we’ve renamed it here to help you “re-purpose” your Holiday leftovers!

Serving Size: 6 to 8 people

INGREDIENTS:

For the Filling...

- 1 medium diced onion
- 3 stalks celery (thinly sliced)
- 1 large carrot (thinly sliced)
- 8 ounces mushrooms (button, thinly sliced)
- 1 Tablespoon butter
- 1 & 3/4 cup chicken broth
- 1 Tablespoon Trim Bouillon Powder
- 1 & 1/2 cups unsweetened almond milk (or, unsweetened cashew milk)
- 1 teaspoon mineral salt
- 3/4 teaspoon black pepper
- 1 & 1/2 teaspoon thyme
- 1 teaspoon THM Glucomannan (to thicken)
- 1/4 cup heavy cream
- 2 to 3 cups leftover turkey, shredded or diced (or, cooked chicken)
- 1 cup frozen sweet peas

For the Crust...

- Coconut oil spray
- 3/4 cup egg whites (carton is easier, but fresh is fine)
- 3/4 cup THM Baking Blend
- 4 Tablespoons water
- 3 Tablespoons butter (or coconut oil)
- 4 pinches THM Super Sweet Blend
- 4 pinches mineral salt
- 1 & 1/2 teaspoons aluminum-free baking powder

(Continued... *Instructions*)

(*Turkey Pot Pie...* Continued)

INSTRUCTIONS:

1. Preheat the oven to 350 degrees F.
2. Make the filling. In a large skillet, saute the onion, celery, carrot and mushrooms in the butter with 1/4 cup broth and the bouillon mix until wilted and tender. Add the remaining 1 & 1/2 cups broth, the almond milk, salt, pepper, and thyme to the skillet and bring to a simmer. Push the veggies to the side and slowly add the gluccie from a spice shaker, whisking like crazy. Allow to simmer for a few minutes and thicken a bit, then add the cream and stir. Remove from heat.
3. Evenly spread the turkey and peas into a prepared 9 x 13 inch baking dish. Add the sauteed veggies and sauce over the top.
4. Make the crust. Put all ingredients in a food processor and process until well combined.
5. Spread the batter gently over the top of the pie, using the back of a spoon so it is even thickness (does not have to go to the very edges of the dish), or put the batter in a zippy bag, snip one corner, and pipe over the top in a pattern of your choice.
6. Spray the top of the pie with coconut oil, then bake for 35 minutes or until bubbly. Broil the top for another 3 to 5 minutes, watching carefully so the crust does not burn but gets a nice golden brown.

The [*Turkey Pot Pie*](#) recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com