



2017  
*trim healthy mama*  
**Holiday Recipe Collection**





## 2017 Holiday Recipe Collection

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 **2017 THM Holiday Recipe Collection**... there's more than 40 recipes included here!

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 sweet temptations pass your way! You can "TRIM" the holidays healthy this year and get your slim on while enjoying recipes like *Pumpkin Spice Cafe Secret Big Boy*, *Grandma's Secret Turkey Recipe*, *Green Bean Casserole*, *Sweet Potato Casserole*, *Holiday Pumpkin Trimtastic Roll*, *Gingerbread Snowball Cookies*, and many more!

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





## 2017 Holiday Recipe Collection

### **Holiday Sippers & Beverages:**

- Autumn Spiced Trimmy
- Cranberry Wassail Sip
- Healing Hot Chocolate Trimmy Mix
- Holiday Eggnog
- Hot Chocolate Trimmaccino
- 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

### **Holiday Sides:**

- Cranberry Red Sauce
- Green Bean Casserole
- Mashed Potatoes with Basic Gravy
- Sweet Potato Casserole

### **Holiday Sides (Continued):**

- 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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp THM Gentle Sweet (or 1 tsp 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 tsp THM Integral Collagen (optional for those who may not have this supplement)
- 1 tsp THM MCT oil (or 1/2 tsp extra virgin coconut oil)
- 1 tsp THM Pristine Protein Powder

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

## **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](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 goooood! 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 tsp cloves (1 tsp whole cloves or only 1/2 tsp, if you prefer a less “spiced” toddy)
- 3 whole star anise (optional)
- 1.5 quarts water
- 1/8 to 1/4 tsp THM Pure Stevia Extract Powder (to taste)
- 2 tsp 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 1½ 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 (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



trim healthy  
mama™

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp cinnamon (or pumpkin pie spice)
- 1 & 1/2 tsp vanilla extract
- 6 egg yolks
- 4 Tbsp THM Super Sweet Blend
- 1 dash THM Pure Stevia Extract Powder
- 1 cup heavy cream

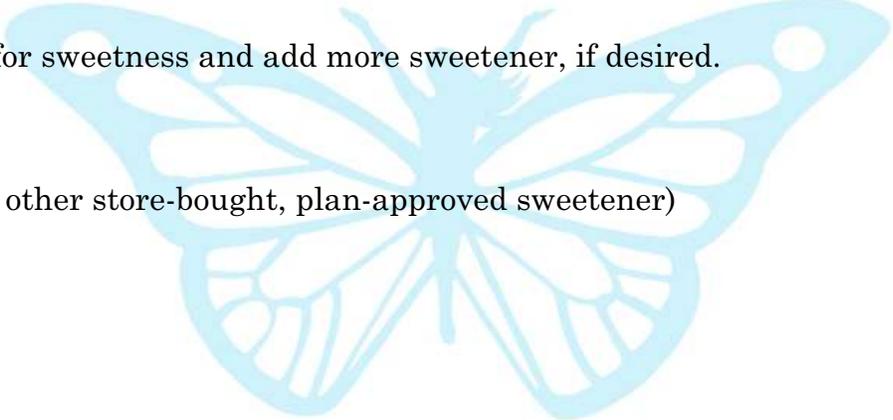
### **INSTRUCTIONS:**

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...)*

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)



trim healthy  
mama™

The [\*Holiday Eggnog\*](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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: 15

### INGREDIENTS:

- 2/3 cup unsweetened cocoa powder
- 5 Tbsp THM Super Sweet Blend
- 4 tsp THM Simply Sunflower Lecithin
- 8 scoops THM Integral Collagen
- 1/2 tsp mineral salt
- 5 Tbsp 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](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp unsweetened cocoa powder
- 1 tsp THM Super Sweet Blend (or more, to taste)
- 1/4 tsp THM Simply Sunflower Lecithin
- 1 to 2 tsp THM MCT oil (for FP and E) (For S: 1 Tbsp MCT or 1 & 1/2 tsp unsalted butter and 1 & 1/2 tsp MCT)
- 1/2 scoop THM Integral Collagen (1/2 to 1 scoop - Healing Trimmy variation) (1 tsp for Basic Trimmy variation)
- 3 pinches mineral salt
- 1/2 tsp vanilla extract
- 1 tsp 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:**

\*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](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 Tbsp pumpkin puree
- 1/2 tsp 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 tsp THM MCT oil (or 1/2 tsp coconut oil) (\*see note below)
- 2 tsp THM Pristine Protein Powder (\*or 1/2 cup unsweetened almond 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...)*

### **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](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## Pumpkin Spice Cafe 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 Cafe 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 Cafe Secret Big Boy Smoothie is such a great way to enjoy the "Okra Challenge"!*

Serving Size: Single-serve

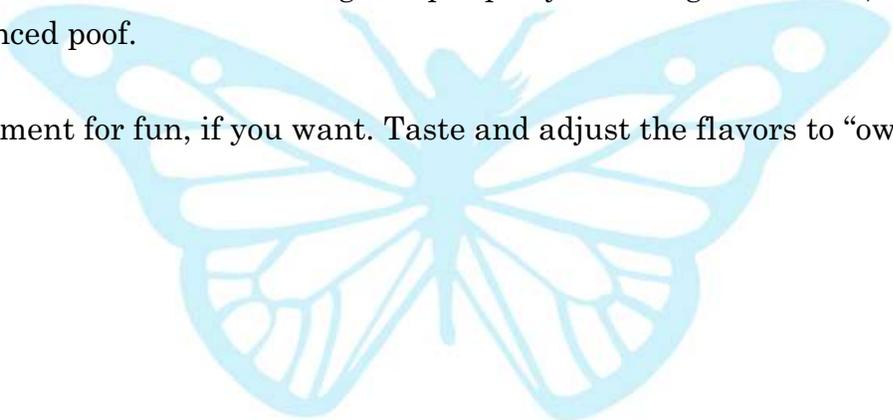
### INGREDIENTS:

- 1 cup cold coffee
- 1 cup frozen, diced okra
- 3 Tbsp pumpkin puree
- 1 tsp THM MCT oil
- 1/2 tsp vanilla extract
- 1/2 tsp pumpkin pie spice
- 3 generous pinches mineral salt
- 4 tsp THM Super Sweet Blend
- 1 doonk THM Pure Stevia Extract Powder (optional)
- 1/4 tsp 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:**

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”.



trim healthy  
mama™

The [\*Pumpkin Spice Cafe Secret Big Boy\*](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 oz peppermint tea
- 2 tsp unsweetened cocoa powder
- 1 tsp THM Integral Collagen
- 1 tsp THM Pristine Protein Powder (unflavored)
- 1 tsp THM MCT Oil
- 1 tsp 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](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp THM MCT oil (or, 1 tsp butter )
- 2 tsp THM Pristine Protein Powder (or, 1/2 cup unsweetened almond milk)
- 2 to 4 doonks THM Pure Stevia Extract Powder (to taste) (or 2 to 3 tsp THM Sweet Blend)
- 1 pinch (or two) mineral salt
- 1 tsp vanilla extract
- 1/2 to 1 tsp peppermint extract (or 1-2 drops essential oil of peppermint)
- 2 to 4 doonks THM Glucomannan ("gluccie") (or, xanthan gum)™
- 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...)

**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.



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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp vanilla extract
- 2 Tbsp carton egg whites (or one fresh egg white)
- 2 cups pecans (halves)
- 2 Tbsp THM Super Sweet Blend
- 1 tsp cinnamon
- 1 tsp mineral salt

### INSTRUCTIONS:

1. Preheat oven to 225 degrees.
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 for 1 & 1/2 hours stirring every 20 minutes or so until well browned.
6. Remove from oven and separate pieces BEFORE they cool. They will get crunchy once cooled.

*(Continued...)*

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)

DF



trim healthy  
mama™

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 Tbsp mayonnaise (6 Tbsp 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 jalepeños
- 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...)*

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.

NSI

DF



trim healthy  
mama™

The [\*Deviled Eggs\*](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 lbs 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 oz cheddar cheese
- 1 & 1/2 tsp mineral salt
- 1 tsp onion powder (and/or garlic powder)
- 1 tsp sage (ground)
- 1 tsp black pepper
- 1/4 to 1/2 tsp 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...)

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.

**NSI** (if using the combination of store-bought almond flour/oat fiber or coconut flour)



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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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)
- Bell Pepper Strips
- Broccoli
- Carrots
- Cauliflower
- Cherry Tomatoes
- Celery
- Cucumber slices
- Dill Pickle spears
- Green Beans (blanched)
- Endive leaves
- Fennel cuts
- Jicama (peeled & cut)
- Mini Sweet Peppers
- Mushrooms
- Olives (black or green)
- Radishes
- 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.*

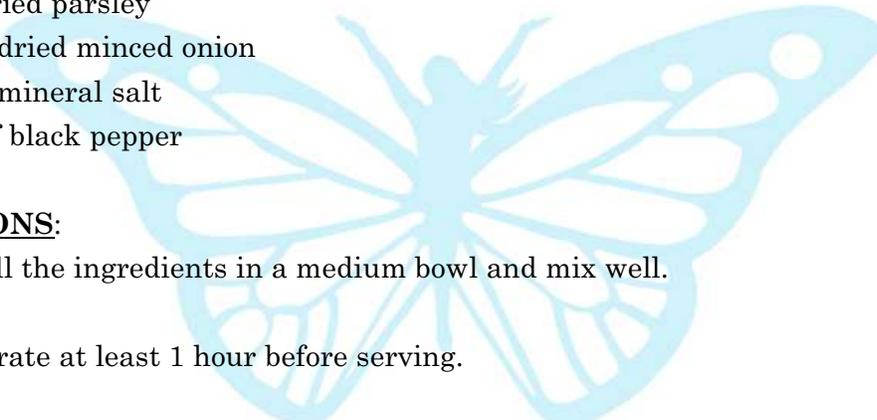
### **INGREDIENTS:**

- 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 tsp dried parsley
- 1/2 tsp dried minced onion
- 1/2 tsp 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.

NSI



trim healthy  
mama™

The [Vegetable Tray with Rohnda's Ranch Dressing](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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:

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)

NSI

The [Grandma's Secret Turkey Recipe](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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.

NSI  
DF

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



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

(Continued...)

## **INSTRUCTIONS:**

1. Preheat the oven to 350°.
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)

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## Simply Red Sauce - Cranberry 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 tsp 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...)*

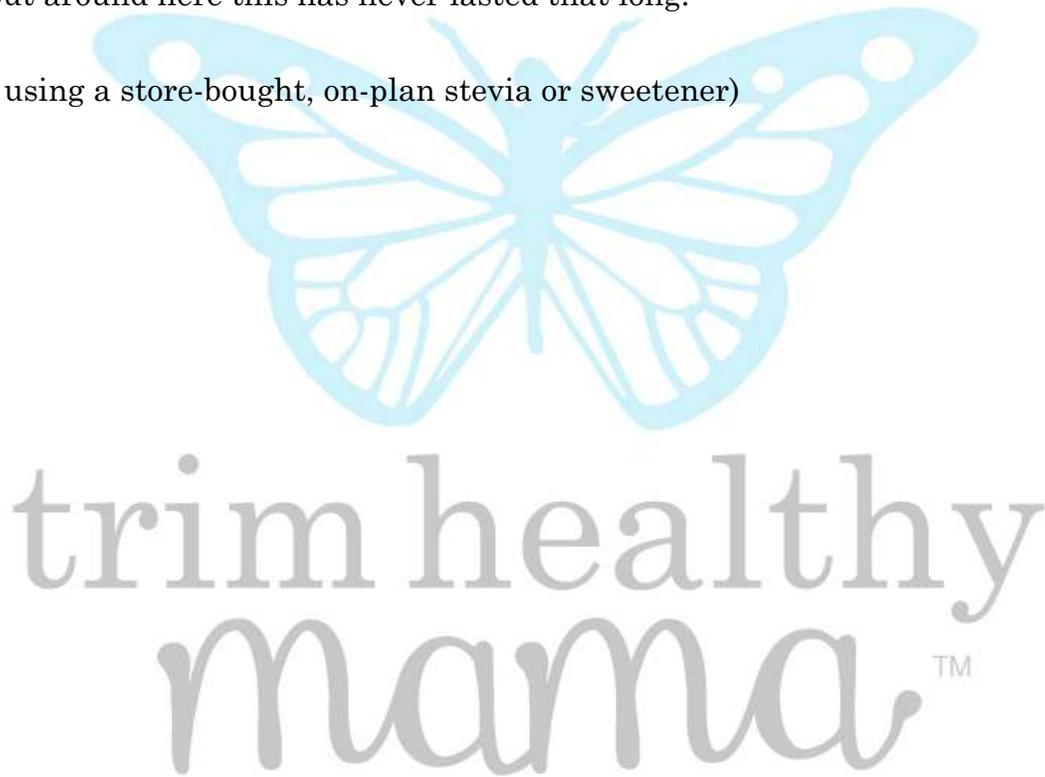
**RECIPE NOTE:**

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 sweetener)



The [\*Simply Red Sauce - Cranberry Sauce\*](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp salt
- 1 tsp onion powder
- 1/2 tsp black pepper

Topping...

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

(Continued...)

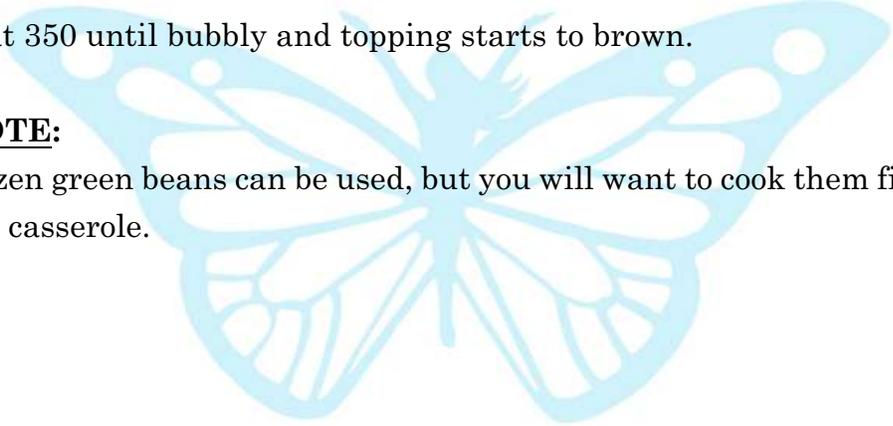
### **INSTRUCTIONS:**

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 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.

NSI



trim healthy  
mama™

The [Green Bean Casserole](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## Mashed Fotatoes (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 oz) bags frozen cauliflower (or, 6 to 8 cups fresh)
- 3 Tbsp butter
- 3 Tbsp Parmesan cheese (finely grated, optional)
- 3 Tbsp heavy cream
- 3/4 tsp mineral salt
- 1/4 tsp black pepper
- 1/2 to 3/4 tsp 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](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 Tbsp nutritional yeast (optional)
- Bragg's Liquid Aminos
- 3/4 to 1 & 1/2 tsp 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:**

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



trim healthy  
mama™

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp vanilla extract
- 2 tsp cinnamon
- 1/2 tsp mineral salt (optional)

#### Topping...

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

*(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)

The [\*Sweet Potato Casserole\*](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## Trim Healthy Stuffing (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 tsp aluminum free baking powder
- 1/3 cup egg whites (carton egg whites are fine)
- 1/3 cup water
- 1 tsp mineral salt

Extra Ingredients...

- 3 Tbsp butter (or coconut oil)
- 1 onion (diced)
- 4 stalks celery (sliced or diced)
- 1 tsp dried sage
- 1/4 black pepper
- 8 ounces mushrooms (you can use up to 16 ounces, if you prefer)
- 1 Tbsp *Trim Boullion* (\*please see note below)
- 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...)*

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 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 (salt, onion powder, thyme, and garlic powder).

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 Tbsp onion powder
- 2 Tbsp mineral salt
- 1/2 tsp THM Super Sweet Blend
- 1 Tbsp garlic powder
- 1 & 1/2 tsp thyme
- 1 tsp dried sage
- 1 tsp paprika
- 1/2 tsp turmeric
- 1 tsp 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](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp THM Super Sweet Blend
- 1/4 tsp mineral salt
- 2 Tbsp 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...)*

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](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp 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 tsp aluminum-free baking powder
- 1 tsp THM Super Sweet Blend
- 1/2 tsp mineral salt

#### **For the WWBB Holiday Stuffing...**

- poultry seasoning (or sage, thyme, rosemary; to taste)
- 2 cups diced celery
- 2 cups diced onion
- 8 Tbsp butter
- 1 lb sausage (optional; see Recipe Notes below)
- 1 Tbsp 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:**

### **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...)*

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.



trim healthy  
mama™

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp 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)
- 1/4 cup THM Super Sweet Blend
- 1 dash mineral salt

For the Topping...

- 1/4 cup melted butter
- 2 Tbsp melted extra virgin coconut oil (or use more butter)
- 1 Tbsp orange rind (grated or sliced)
- 2 Tbsp 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.
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, THM Super Sweet Blend, and the mineral salt.

*(Continued...)*

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 the 2 Tbsp of Super Sweet Blend 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 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.
- ▶ 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](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



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

For the Topping...

- 1 Tbsp melted butter (melted)
- 1 tsp 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 Super Sweet Blend and desired amount of cranberries.

*(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.)
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\*](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 Tbsp melted butter (or coconut oil)
- 1 tsp blackstrap molasses (for flavoring)
- 1 tsp aluminum-free baking powder
- 1 tsp baking soda
- 3 to 4 tsp ground ginger
- 1 Tbsp ground cinnamon
- 1 tsp ground allspice
- 1/4 tsp 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.
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.

*(Continued...)*

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!



trim healthy  
mama™

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 tsp guar gum (or xanthan gum)
- 1/4 to 1/3 cup THM Super Sweet Blend
- 1/2 cup butter (1 stick)
- 1/2 tsp almond extract
- 1 tsp 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...)

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 for 40 minutes. (Place pie on middle to high rack so the bottom does not burn).



trim healthy  
mama™

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 TBSP 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 tsp THM Pure Stevia Extract Powder (or, to taste) (\*Please see Recipe Notes for a NSI option.)
- 1 & 1/2 tsp vanilla extract
- 1 tsp aluminum-free baking powder
- 1 tsp baking soda
- 2 pinches mineral salt
- 1 Tbsp 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 TBSP softened butter (1/2 stick butter)
- 3 to 4 TBSP THM Gentle Sweet (to taste)
- 1 tsp vanilla extract

(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\*](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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)
- 5 tsp THM Super Sweet Blend (or, use double amounts of THM Gentle Sweet)
- 3/4 cup THM Peanut Flour
- 3 oz 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](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 Tbsp THM Just Gelatin
- 1/4 cup THM Super Sweet Blend
- 16 oz 1/3 less fat cream cheese (2-8oz packages, softened)
- 15 oz pumpkin puree (1 small can)
- 1 tsp vanilla extract
- 1 Tbsp pumpkin pie spice

Simple Nut Baked Crust...

- 1 cup almond flour
- 1 large egg white
- 1 tsp THM Super Sweet Blend (ground in a coffee grinder)

### 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 Super Sweet Blend 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...)*

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)



trim healthy  
mama™

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 Tbsp unsweetened cocoa powder
- 6 to 8 tsp ground THM Super Sweet Blend

### 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 THM Super Sweet Blend and combine until 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\*](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## Trim 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 tsp 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...)*

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
- 1 Tbsp ground THM Super Sweet Blend (or 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](http://www.TrimHealthyMembership.com).



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 Tbsp THM Gentle Sweet (or 1 & 1/2 Tbsp THM Super Sweet Blend)
- 1/2 tsp aluminum-free baking powder
- 1/4 tsp mineral salt
- 5 Tbsp butter
- 1 tsp vanilla extract

#### **For the Caramel Center...**

- 3 Tbsp butter
- 3 Tbsp THM Gentle Sweet
- 1 tsp blackstrap molasses
- 1/4 tsp mineral salt
- 3 Tbsp heavy cream
- 1/4 tsp xanthan gum (\*see important note below)
- 1/2 tsp caramel extract (optional)
- 1 to 2 handfuls of nuts (nuts of choice; optional)

(Continued...)

### **For the Chocolate Fudge Topping...**

- 2 oz unsweetened baking chocolate
- 1/4 cup butter
- 3 to 4 Tbsp THM Gentle Sweet (or, 1 & 1/2 to 2 & 1/2 Tbsp THM Super Sweet Blend)
- 3 Tbsp heavy cream
- 1/8 tsp mineral salt
- 1 tsp 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.

#### **Trim Twixter Crust...**

1. Pre-heat oven to 350.
2. Into a food processor, add all your dry ingredients.
3. Slice butter into 1 Tbsp pieces and then add to the processor.
4. Pulse, until well blended.
5. Add vanilla and pulse some more. Mixture should still be dry and crumbly, but able to stick loosely together when pressed.

*(Continued...)*

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 (glucic) 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 glucic 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 (or Super Sweet Blend). Once completely melted and starting to bubble, remove from heat and add the salt and vanilla.
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.

*(Continued...)*

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.



trim healthy  
mama™

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 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 tsp mineral salt
- 1 tsp black pepper
- 1 & 1/2 tsp 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...)

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



trim healthy  
mama™

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## Leftover Turkey Sandwich (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 Tbsp water
- 1 pinch mineral salt
- 2 pinches THM Super Sweet Blend
- 1/2 tsp 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:**

### **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° 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](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 lbs carcasses and mixed bones (your left over Holiday turkey)
- 2 Tbsp 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:**

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*

NSI  
DF

trim healthy  
mama™

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



trim healthymama™  
© 2015 Welby Street Press LLC    Unauthorized use prohibited.    \*Property of TrimHealthyMembership.com



## 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 Tbsp butter
- 1 & 3/4 cup chicken broth
- 1 Tbsp Trim Bouillon Powder
- 1 & 1/2 cups unsweetened almond milk (or, unsweetened cashew milk)
- 1 tsp mineral salt
- 3/4 tsp black pepper
- 1 & 1/2 tsp thyme
- 1 tsp 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 Tbsp water
- 3 Tbsp butter (or coconut oil)
- 4 pinches THM Super Sweet Blend
- 4 pinches mineral salt
- 1 & 1/2 tsp aluminum free baking powder

*(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](http://www.TrimHealthyMembership.com)