

How To Have A

Paleo Christmas & New Year

A PALEOPLAN HOLIDAY GUIDE



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A PaleoPlan Holiday Guide

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A Paleo Christmas & New Year



Holidays can feel especially difficult when you're on a more restricted eating plan, but fret not Paleo pal. Our team at [PaleoPlan](#) believes that you should be able to enjoy delicious treats during Christmas and New Year's, just like anyone else! That's why we've put together this Paleo-friendly cookbook featuring our most festive recipes, ranging from appetizers and sides to main courses to traditional holiday beverages and the sweetest of desserts. Pick and choose what appeals most to your flavor palate, or find more complementary dishes on the [recipe section](#) of our website.

The Paleo diet is all about digestive health and sticking to the roots of traditional foods. These recipes contain the highest quality ingredients while catering to all the decadence that the holiday season has to offer. We hope it contributes to your festivities and helps you ring in the new year with a good-for-you but delicious bang!

Happy Holidays and Best Wishes for a Healthy New Year from all of us at PaleoPlan!

Five 5-minute Workouts for Busy People



So, you've got limited time, but still want to get your heart rate up, and feel like you've at least put in an effort, even though you're cooking, traveling, watching football...whatever! We've got you covered!

Each of these workouts involves only one movement. That one movement is done for 5 minutes continuously. That's right. You just do one movement for the workout, for 5 minutes.

The trick here is that you should be going pretty much as hard as you can for those 5 minutes. The first minute isn't going to seem that bad. But, starting somewhere around the 2 minute mark, you're going to look up at your clock or stopwatch and think, "Oh no." If you don't have this feeling, then you could push harder.

These workouts are also *self-scaling*. Meaning, that if you've been away from fitness for a while, it's quite easy to slow these down, and ease up the pace so that you can still finish. We'll even give a few suggestions below, as well as in the videos that show the movements.

BTW, did you know that we do this stuff for our members every WEEK? Yeah, we've got a great service called [PaleoFit](#) where we update you with simple guided workouts each week, right to your inbox. They're almost equipment free and allow you to do your workouts from the comfort of your own home. No matter your level of fitness, PaleoFit helps you to get moving and stay strong!

Each of the following workouts will involve just one movement, performed for 5 minutes. The movement will be one of these five: **jump rope**, **walking lunges**, **running**, **box jumps**, or **burpees**.

Workout Levels

- **Beginner:** Do 1 minute work, 1 minute rest, 1 minute work, 1 minute rest, 1 minute work (total 5 minutes)
- **Intermediate:** Do 2 minutes work, 1 minute rest, 2 minutes work (total 5 minutes)
- **Advanced:** Do the full 5 minutes, with no scheduled rest time.

Workout Goals

Within the 5 minute time frame, try to do as many reps of the movement as possible, or, in the case of running and walking lunges; cover as much distance as possible. Your score for each workout will either be total reps completed, or total distance covered. For example, your score on the jump rope may be 427, while your score for walking lunges would be 125 meters. It's good to record your results so you can try to beat your old scores in the future!

Movement Modifications

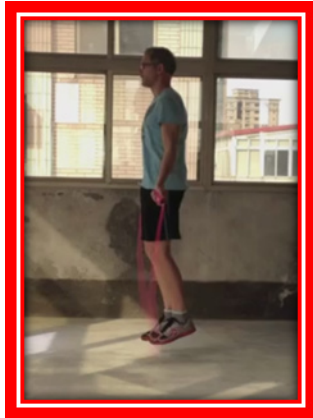
Easier

- Do "grade school" jump rope (see video)
- Push on your leg to help with the lunges
- Run 30 seconds, walk 30 seconds
- Step-ups instead of box jumps (see video)
- No push-up in the burpee

Harder

- Do double unders instead of regular jump rope (see video)
- Hold a 45 lbs plate overhead (or 20 lbs dumbbells) for the lunges
- Sprint the first minute and last minute as hard as possible
- Make the box waist high
- Gun for 100 burpee

Movement Techniques



Jump Rope (full size video link)

Rope length - step in the middle, the end of the handles should come to your armpit. As you get better go shorter. Keep the body straight, and jump straight up. No excessive kick back to the feet, or knees too high. Keep your hands (and the rope) low and in front of you. It should "tick" the ground about 12 inches (30cm) in front of your feet each time. Relax! (Double Under = two turns of the rope for every one jump, see 1:50 into

the video).



The Lunge (full size video link)

Keep feet shoulder width apart. Take a nice long step forward. Bend the front knee, keeping the knee behind the toe, until the back (trailing) knee kisses the ground. Push back up, through the heel to the standing position. Repeat these actions with the other leg. Keep the chest up; the whole movement should happen with a relatively vertical back.



Running (full size video link)

Focus on landing toward the front of the foot. Have a nice easy bounce to your step. Lean forward just enough to move yourself forward. Let gravity do the work, you should feel as if you're being pulled forward or almost "falling" into the run, instead of pushing yourself with a big over-emphasized push toward the back.



[The Box Jump \(full size video link\)](#)

Feet hip width apart. Jump with both feet onto the top of a box, bench, step, or anything else sturdy enough to hold your weight and impact. Stand up to full extension while on top of the box. Jump or step back down to the floor. Repeat.



[The Burpee \(full size video link\)](#)

Start with the standard clap overhead. From a standing position, place hands 18-24 inches in front of feet, kick both feet back, drop to push-up, jump feet back to start, stand and jump while clapping

overhead.

Paleo Meal Planning, Simplified



Did you know that PaleoPlan offers meal-planning services and FREE recipes all year long? We aim to make your Paleo lifestyle simple and sustainable by providing weekly meal plans with shopping lists so that you can focus on what's most important: *quality time for you and your family.*

'Tis the season for gift giving, and there's truly no better gift to give than the gift of good health! PaleoPlan has [meal plan subscriptions](#), [eBooks](#) and [fitness plans](#) that make it easy for anyone to reclaim their health and vitality by embracing a Paleo lifestyle. Gifting a month-long PaleoPlan membership costs less than \$10. Simply choose the **GIVE AS A GIFT** option during checkout.

[Our customizable meal plans](#) save you precious time and money while taking the worry out of deciding what to eat next. With custom shopping lists and

easy-to-follow recipes, we make shopping for and cooking Paleo a breeze (even fun!) while helping you eliminate wasted food.

For more healthy gift ideas from the PaleoPlan nutritionists, check out our [Holiday Gift Guide](#). And now...onto the recipes! Enjoy!

Paleo Recipes for Christmas & New Year



Shrimp Cocktail



Recipe by PaleoPlan

This popular appetizer is always a hit at parties, and even as a Paleo version, it will quickly become a favorite of even non-Paleo friends and family. The tangy cocktail sauce makes the perfect complement to chilled shrimp. And if you like things hot, spice it up by adding a pinch of cayenne pepper to the cocktail sauce, or toss in a few cloves of garlic while you're boiling the shrimp for some added flavor.

Serves 2-4

PREP & COOK TIME: 15 minutes

Ingredients

- 1 lb shrimp, shelled and de-veined
- 6 Tbsp chili sauce (Trinity Hills Farms recommended or look for one without sugar)
- 2 Tbsp lemon juice
- ½ Tbsp horseradish
- 1 tsp grated onion

- 1 celery stalk, finely chopped
- 2-4 lettuce leaves

Instructions

1. Bring two quarts of water to a boil. Add shrimp and turn off heat. Let shrimp sit in the hot water for 3-5 minutes, until flesh is opaque throughout.
2. Remove cooked shrimp from water and rinse with cold water to chill immediately. Meanwhile, whisk chili sauce, lemon juice, horseradish, and onion together to make the cocktail sauce.
3. Toss chilled shrimp with chopped celery. Line cocktail cups or plates with salad greens. Spoon in shrimp mixture, top with sauce, and serve cold.

Salami Stackers



Recipe by PaleoPlan

These tasty little snacks are easy to prepare for any event, and as a bonus, they're a kid favorite! Don't like tomatoes and Dijon? Try pickled peppers and horseradish, or simply smear a slice of avocado with freshly ground black pepper instead.

Serves 2

PREP & COOK TIME: 5 minutes

Ingredients

- ¼ lb hard salami, sliced
- Dijon mustard
- 1 cup cherry tomatoes, halved

Instructions

1. Spread Dijon on salami slices. Top with half of a cherry tomato.
2. Place on a serving tray and serve immediately or refrigerate prior to serving.

Thai Chicken Wraps



Recipe by PaleoPlan

This Asian dish is your perfect holiday party appetizer. With a quick prep time and bold flavors of cilantro and lime, these wraps yield a flavorful punch that will have your guests coming back for seconds!

Serves 4

PREP & COOK TIME: 25 minutes

Ingredients

- 1 lb boneless, skinless chicken breasts
- 12 Bibb or Romaine lettuce leaves, washed
- 4 Napa cabbage leaves, thinly chopped
- 1 cup raw broccoli, finely chopped
- 1 large carrot, shredded
- 3 green onions, thinly sliced
- Cilantro
- ¼ cup [almond butter](#)
- ¼ cup water

- 2 Tbsp [coconut aminos](#)
- 2 Tbsp lime juice or the juice of 1 lime
- 2 cloves garlic, minced

Instructions

1. In a skillet, cook the chicken breasts on medium heat until done (about 10-15 minutes depending on thickness). Set aside to cool.
2. Combine the almond butter, water, coconut aminos, lime juice, and garlic in a food processor to make the Thai sauce.
3. Dice the chicken into ½ inch cubes.
4. Spread the lettuce on a plate or cutting board and fill with chicken, broccoli, napa cabbage, carrots, green onions, and cilantro. Drizzle with the Thai sauce. Serve immediately.

Easy Ceviche



Recipe by [Kinsey Jackson](#), MS, CNS®

This Easy Ceviche is an exquisite prelude to your Paleo holiday meal. White ocean fish, red bell pepper, and green garnish marinate together with lime to yield a refreshingly festive appetizer. Prepare this dish ahead of time and serve chilled, alone or with crisp endive or lettuce leaves. Our mouthwatering ceviche will get your guests and their taste buds into the holiday spirit, without spoiling anyone's appetite. This ceviche will hold up well in the refrigerator (tastes even better the next day!), and should be stored in an airtight container. (Tip: If working with frozen fish, make things easier and cube it while it's still partially frozen).

Serves 4 PREP TIME: 20 minutes

COOK TIME: 3-4 hours chilled

Ingredients

- 1 lb boneless, skinless, firm white-fleshed ocean fish such as rockfish, cod, halibut, sole, or flounder, cut into ¼ inch cubes
- 1 jalapeno, de-seeded and diced
- ½ red, yellow, or orange bell pepper, diced
- ½ yellow onion, diced
- 1 clove garlic, minced
- ¼ cup fresh cilantro, chopped
- 1 cup fresh squeezed lime juice
- *Optional:* sea salt

Instructions

1. Combine all ingredients in a large bowl and season with salt to taste (optional).
2. Cover in an airtight container and refrigerate for 3-4 hours or longer before serving. Garnish with lime wedges (optional).

Bison Chili



Recipe by PaleoPlan

If ever there were a wintry comfort food, this would be it. Our bison chili has a perfectly balanced savory and spicy combination and as a bonus, is quick and easy to prep for any number of people! Cook it one day, reheat in crockpot the next. With all the chaotic scheduling of the holiday season, this is a recipe you won't have to lose sleep over! (Bonus: Add a pinch of cayenne or a tsp of red pepper flakes to make things a little hotter. You can also add sautéed green and red peppers for a chunkier version).

Serves 4

PREP TIME: 10 minutes

COOK TIME: 2 hours

Ingredients

- 1 Tbsp [coconut oil](#), tallow, bacon grease or lard
- ½ medium yellow onion, diced
- 3 stalks celery, diced
- 2 cloves garlic, sliced
- 1¾ lbs ground bison (elk, venison, or beef may be substituted)

- 2 tsp ground cumin
- 2 tsp chili powder
- 2 tsp thyme
- 12 oz salsa, from a jar or fresh
- 8 oz tomatoes, diced canned or fresh
- 7 oz mild green chiles, canned or fresh
- *Optional:* 2 tsp sea salt

Instructions

1. Heat a heavy bottomed soup pot over medium-high heat. When the pan is hot, add coconut oil. Drop in the onions, celery, and garlic and sauté until onions are translucent (about 3-4 minutes).
2. Add the ground bison, cumin, thyme and chili powder to the onion mixture. Stir while this cooks for about 5 minutes.
3. Pour in the salsa, tomatoes, green chiles, and salt (optional). Simmer for at least 1 hour (2 is better).

Danish Meatloaf



Recipe by PaleoPlan

Make the ordinary, extraordinary this holiday season with our flavorful Paleo Danish Meatloaf. Although meatloaf has an ancient history, there's something decidedly comforting about it and our Paleo version provides a classic taste in every slice. In a mere 15 minutes, prepping is complete which makes this dish an excellent option for the busy holiday cook!

Serves 4

PREP & COOK TIME: 90 minutes

Ingredients

- ½ lb ground pork
- ½ lb lean ground turkey
- 1 egg, beaten
- 4 Tbsp almond flour (alternatively use 2 Tbsp coconut flour and 2 Tbsp tapioca flour)
- *Optional*: 1 tsp sea salt
- ½ tsp freshly ground black pepper

- ¼cup full fat canned coconut milk
- 1 Tbsp [coconut oil](#), lard, or tallow
- 1 onion, finely diced
- 5-7 white button or cremini mushrooms, sliced
- 3 slices of bacon

Instructions

1. Preheat oven to 400° F.
2. Add coconut oil or fat of choice to a large sauté pan over medium heat. When the pan is hot, add onion and mushrooms and sauté until softened and slightly browned (about 10 minutes).
3. While the onions and mushrooms cook, mix the ground meat, egg, almond flour, coconut milk, sea salt (optional), and black pepper in a bowl.
4. Combine mushrooms and onions with meat loaf mixture.
5. Shape into a loaf in an ungreased baking pan, and add the bacon strips across the top of loaf.
6. Bake for 50-65 minutes, or until fully cooked. There might be "soup" surrounding the loaf which you can just throw away or freeze for later use as stock in a real soup.

Crock Pot Pork Loin



Recipe by PaleoPlan

Looking for a hearty holiday meal that cooks itself? This is your dish! Chock full of veggies and smothered in tomato sauce seasoned with basil, this Christmas entree is reminiscent of rustic Italian cooking. Buone Feste!

Serves 4

PREP TIME: 10 minutes

COOK TIME: 3-8 hours

Ingredients

- 1½ lbs pork loin
- 16 oz tomato sauce, canned or homemade
- 2 medium (6-8") zucchini, sliced
- 1 head cauliflower, separated into medium florets
- 1-2 Tbsp dried basil

- ¼ tsp freshly ground black pepper
- *Optional:* ½ tsp sea salt
- *Optional: serve on a bed of lettuce after cooking*

Instructions

1. Add all ingredients to a large crockpot. Cook on high for 3-4 hours or low for 7-8 hours.
2. Slice pork and serve on a bed of green lettuce (optional).

Spiced Chicken with Peaches & Pineapple Sauce



Recipe by PaleoPlan

Roast chicken is elevated to new heights with raisins, almonds, peaches and pineapple, providing layers of flavor. Serve this exquisite entrée with our [Vegetable Trinity](#) for a stunningly beautiful Christmas meal.

Serves 2 with leftovers

PREP & COOK TIME: 65 minutes

Ingredients

- 1 (3-lb) chicken, cut up
- 1 (8-oz) can crushed pineapple in juice
- 1 large orange, juiced
- ½ cup raisins
- ½ cup sliced almonds

- ¼ tsp [cinnamon](#)
- ¼ tsp ground cloves
- freshly ground black pepper, to taste
- 1 lb sliced pureed peaches; fresh, frozen, or canned (if using canned, rinse and drain well)

Instructions

1. In a large skillet, combine chicken, pineapple, orange juice, raisins, almonds, cinnamon, and cloves.
2. Simmer partly covered for 45 minutes, turning chicken occasionally.
3. Add peach puree to pan and stir.
4. Simmer uncovered 15 minutes longer, until chicken is tender and sauce is slightly thickened.
5. Season with freshly ground black pepper to taste.

Asparagus with Mushrooms and Hazelnuts



Recipe by PaleoPlan

Hazelnuts provide an elegant touch to any holiday meal and the distinctive smoky flavor of roasted hazelnuts finds a perfect complement to earthy mushrooms and crisp asparagus in this decadent side dish.

Serves 4

PREP & COOK TIME: 30 minutes

Ingredients

- 2 Tbsp red wine vinegar
- ½ tsp sea salt, to taste
- *Optional:* freshly ground black pepper, to taste
- 1 lb fresh asparagus, ends trimmed
- 2 Tbsp coconut oil, tallow, or lard
- 1 lb (about 6 cups) mushrooms
- ½ cup green onions, sliced

- 2 Tbsp hazelnuts, toasted and finely chopped

Instructions

1. Add the vinegar, 1 Tbsp of oil, salt, and pepper (optional) in a small bowl.
2. In a small pot, boil the asparagus for a few minutes, so that they remain crisp. Drain and pour ice water over immediately.
3. Heat the remaining 1 Tbsp oil in a skillet on medium high heat. Add mushrooms and sauté until they are soft. Add green onions, sauté 1 minute. Add the asparagus and cook another 3 minutes.
4. Remove the vegetable mixture from heat and slowly add in the vinegar mix. Toss the toasted hazelnuts over the top.

Roasted Brussels Sprouts & Pomegranate



Recipe by [Kinsey Jackson](#), MS, CNS®

This festive side dish makes a perfect addition to any Paleo holiday meal. Green and white Brussels sprouts, ruby red pomegranate seeds, and crispy toasted hazelnuts unite in a Christmassy flavor fusion! This dish is easy to make, and hard not to love!

Serves 6

PREP TIME: 10 minutes COOK TIME: 25 minutes

Ingredients

- 6 cups Brussels sprouts, halved (keep and use the leaves that fall off when cutting)
- $\frac{2}{3}$ cup raw hazelnuts, chopped (other nuts may also be used such as almonds, macadamia nuts, pecans, walnuts, etc.)
- 1 cup pomegranate seeds

- 2 Tbsp [olive oil](#)
- 1 tsp garlic powder
- 1 tsp ground black pepper
- 1 tsp sea salt

Instructions

1. Preheat oven to 400°F.
2. In a small bowl, whisk together olive oil, garlic powder, pepper, and salt.
3. In a medium bowl, toss together the Brussels sprouts and nuts with the olive oil mixture.
4. Place the mixture onto a baking sheet, and bake for approximately 20-30 minutes, tossing occasionally throughout the cooking process.
5. When Brussels sprouts and nuts have reached desired crispiness, remove from oven and place into serving bowl. Toss with pomegranates and serve immediately.

Vegetable Trinity



Recipe by [Kinsey Jackson](#), MS, CNS®

This winter-root inspired dish is a stunning accompaniment to any holiday meal. Dazzle your guests with this festive medley of seasonal vegetables, each imparting a unique flavor that perfectly complements one another. Serve this beautiful side dish in a martini glass or get creative with the presentation to accentuate the delicious trinity of colors.

Serves 8-10

PREP TIME: 40 minutes

COOK TIME: 25 minutes

Ingredients

- 1 large head of cauliflower, cut into equal-sized chunks
- 1 large celeriac root, cut into equal-sized chunks
- 3 large yams (orange sweet potatoes), cut into equal-sized chunks
- 5 red beets, cut into equal-sized chunks

- 2 Tbsp white or yellow onion, finely diced
- 1 Tbsp garlic, finely diced
- 1-2 tsp ginger, peeled and finely diced
- 2-4 Tbsp full-fat coconut milk (or another liquid)
- 2 tsp fine ground salt
- ½ tsp ground black pepper
- 1-2 tsp [cinnamon](#) or [pumpkin pie spice](#)
- [Coconut oil](#)

Instructions

1. Boil three separate pots of salted water simultaneously. Alternately, you can re-use the same pot of water to boil the veggies in.
2. When water is boiling, add the cauliflower and celeriac to the first pot, the yams to the second pot, and the beets to the third pot. If you are only using one pot, you can reuse the water if you boil the veggies one at a time (cauliflower and celeriac can go together) in the order listed above.
3. While the veggies are boiling, heat up 1-2 Tbsp of coconut oil in a small stove top pan. When hot, add the garlic, 1 Tbsp of diced onion, 1 tsp salt, and ½ tsp black pepper. Sauté until slightly browned, then remove from pan and set aside. In the same pan, add another 1-2 Tbsp of coconut oil and sauté the ginger with the remaining 1 Tbsp of onion until slightly browned, remove, and set aside.
4. When the boiling veggies are soft (about 20 minutes for each), drain off the water, reserving about one cup of the beet water.
5. In a food processor, blend together the cauliflower, celeriac, and the sautéed garlic/onions. You can add coconut milk or water if needed to achieve a creamy consistency. Set aside.
6. Clean food processor and then blend together the yams, 2-4 Tbsp coconut milk, 1 tsp salt, and the cinnamon or pumpkin pie spice (or 1 tsp of each). More or less liquid may need to be added to achieve a creamy smooth consistency.
7. Clean food processor and then blend together the beets with the sautéed ginger/onion, adding enough of the reserved beet water to achieve a creamy texture. Set aside.

8. To serve: arrange the three different vegetable mashes into a martini glass, or into another dish that proudly displays their trinity of beautiful colors.

NOTE: Steps 1-7 can be done ahead of time, just make sure to store the blended veggies in separate containers so that the colors don't run together. When you're ready to serve, re-heat the three vegetable mashes in separate pans on the stovetop (or microwave). Serve hot.

Paleo Margarita



Recipe by PaleoPlan

While most alcohol isn't Paleo-friendly, this margarita is a delicious beverage that doesn't sacrifice any flavor! Enjoy one when you need to unwind from holiday chaos, or serve them to your guests for pre- or post-dinner treats.

Serves 1

PREP TIME: 5 minutes

Ingredients

- Juice of 1 lime
- ½ Tbsp [raw honey](#)
- 2 oz 100% agave tequila
- Ice

Instructions

1. Mix all ingredients except ice into a drink shaker. (If you put the ice in with the honey, it won't dissolve.)
2. Once honey is dissolved, add the ice and shake until the top of shaker is ice cold to touch. (If you don't have a shaker, just mix all ingredients and then add a large ice cube or two medium sized cubes.)
3. Garnish with a lime wedge and line rim with salt, if desired.

Paleo Hot Cocoa



Recipe by [Aimee McNew](#), MNT

What would Christmas be without hot cocoa? This dark chocolaty drink is made from the highest quality ingredients and has a rich creaminess that rivals even the most expensive brands (think Godiva). You can even top it with our [Coconut Whipped Cream](#)!

Serves 1

PREP & COOK TIME: 7-10 minutes

Ingredients

- ½ cup almond milk
- ½ cup coconut milk, full fat
- 1½ Tbsp ghee or [coconut oil](#)
- 1-2 Tbsp raw cacao powder, or unsweetened cocoa powder, to taste
- 1 tsp vanilla extract

- ½ Tbsp raw honey or coconut sugar (or more to taste)

Instructions

1. Bring the almond milk and coconut milk to a boil. Stir in honey and cacao powder until thoroughly combined.
2. Remove from heat. Add to a food processor along with the ghee and vanilla extract. Pulse or blend on low until mixed.
3. *Optional:* Top with whipped cream and serve hot.

Chocolate Coconut Cookies



Recipe by PaleoPlan

Instead of making brownies, whip up a batch of our Chocolate Coconut Cookies! Between the decadent chocolate, the caramelly coconut sugar, and the hint of sweetness from the coconut flour, these cookies are sure to dazzle your palate and satisfy your chocolate cravings. Plus, they're super easy to serve to guests, and can be dressed up with [Coconut Whipped Cream](#) as icing or dipped in our [Paleo Hot Cocoa](#).

Makes 1 dozen cookies

PREP & COOK TIME: 25 minutes

Ingredients

- ½ cup [coconut oil](#), solid
- ⅔ cup coconut sugar
- 2 [eggs](#)
- 1 Tbsp vanilla extract
- 3 Tbsp sifted [coconut flour](#)
- ¼ cup cocoa powder

- ¼ tsp [baking soda](#)
- ½ tsp sea salt
- *Optional:* ½ cup [dark chocolate chips](#)

Instructions

1. Preheat oven to 350°F.
2. Beat coconut oil and sugar in a mixing bowl. Add the eggs and continue beating on medium until well combined. Stir in the vanilla.
3. Add the coconut flour, cocoa powder, baking soda, and salt and stir until just combined. If using chocolate chips, fold them in.
4. Line a baking sheet with parchment paper, or lightly coat with coconut oil. Drop the cookies about 2 inches apart and bake for 10-12 minutes, until cookies are set. Allow to cool before moving from pan.

Carrot Cake with Dairy-Free Frosting



Recipe by PaleoPlan

Carrot cake is one of those desserts that's so classic and reminiscent of Christmases gone by. Between the warmth of the cinnamon, ginger and nutmeg, and the soft sweetness of the carrots, this dessert can't help but melt in your mouth. Topped with icing that's both sweet and creamy, you'll be heading back for seconds before you know it.

Serves 12 PREP TIME: 15 minutes + 4 hours to soak cashews

COOK TIME: 35 minutes

Ingredients

Cake

- 1 cup [almond flour](#)
- ⅓ cup [coconut flour](#)
- 1 cup arrowroot starch
- 1 Tbsp [cinnamon](#)
- 2 tsp [baking powder](#)
- 1 tsp [baking soda](#)
- ½ tsp sea salt
- ½ tsp ground ginger
- Pinch of nutmeg
- 9 [eggs](#)
- ½ cup [honey](#) or maple syrup
- ¾ cup [coconut oil](#), melted
- 1 Tbsp vanilla extract
- Zest from 1 orange
- 3 cups grated carrots

Frosting

- 1 cup raw cashews, soaked for at least 4 hours
- 1¾ cup [coconut oil](#)
- ½ cup coconut butter
- 1 Tbsp lemon juice
- ¼ cup maple syrup
- 1 tsp vanilla extract
- 2 Tbsp apple cider vinegar

Instructions

1. Preheat oven to 350°F. Coat a 9x13 baking pan with coconut oil or lard. (You can also use two 9-inch cake pans and make a layer cake.)
2. Combine all dry ingredients for the cake in a large bowl. Stir until well combined.
3. In a separate bowl, combine the cake's wet ingredients except for the carrots. Whisk until well combined.
4. Stir the dry ingredients into the wet and stir. Fold in the carrots. Pour into prepared pan.

5. Place in oven and bake for 30-35 minutes or until a toothpick inserted in center comes out clean. Allow the cake to cool completely.
6. While the cake is baking, drain the cashews and blend in a food processor or high powered blender until creamy. Add the rest of the icing ingredients and blend well until combined.
7. Once the cake has cooled completely, frost and then serve.

Toasted Apple Crisp



Recipe by [Aimee McNew](#), MNT

Few things make a house smell as festive as apples baking in the oven. This apple crisp has a toasted, buttery sweetness with the bonus of being 100% dairy free! It's satisfying both warm and cold, topped with [Coconut Whipped Cream](#) or eaten straight from the pan. You can also make the granola topping for a snack all on its own!

Serves 6-8

PREP TIME: 30 minutes COOK TIME: 80 minutes

Ingredients

- 2 cups of nuts (almonds, pecans, cashews, walnuts), finely chopped
- ¼ cup coconut flakes
- ¼ cup [coconut oil](#)
- 2 Tbsp coconut butter
- 1 tsp sea salt
- 2 tsp vanilla extract
- ½ cup [raw honey](#)

- 6 medium granny smith apples, peeled, cored, chopped into ½ inch cubes
- 2 Tbsp freshly squeezed lemon juice
- 2 tsp ground cinnamon, divided
- ¼ tsp nutmeg
- ¼ tsp allspice
- ½ cup coconut sugar
- ½ cup ghee

Instructions

1. Preheat the oven to 300°F.
2. Place nuts and coconut flakes into a food processor and pulse until finely chopped. Set aside.
3. In a small saucepan, heat the coconut oil, coconut butter, vanilla extract, and raw honey until melted. Pour over the nut and coconut mixture and stir to mix.
4. Place the nut and coconut mixture on a baking sheet and bake for 15-20 minutes or until lightly browned. Stir every 5-7 minutes.
5. Remove from oven and sprinkle with sea salt.
6. Combine the apples, lemon juice, cinnamon, nutmeg, allspice, coconut sugar, and ghee in a mixing bowl. Make sure the apples get coated with the mixture.
7. Increase the oven temperature to 350°F.
8. Place the apple mixture in a 9x13 baking dish, spreading out evenly. Bake for 45 minutes.
9. Remove the apple mixture from the oven and add the nut and coconut mixture. Carefully stir the mixture with the wooden spoon a few times before returning to the oven. Bake for another 10-15 minutes.
10. Remove from oven and let cool for 10 minutes. Top with Coconut Whipped Cream and serve.