

Bonus!

SWEET

- lakanto cookies

SAVORY

- butternut squash soup
- stewed collards

FERMENTED

- pomegranate cooler

SUPPLEMENTAL

- roasted vegetable stock



Shopping List

dairy and eggs:

- ___ ghee (3/4 cup)

fruits, vegetables & herbs:

- ___ butternut squash (1 medium)
- ___ onion (2 small)
- ___ grated ginger (1 tsp)
- ___ pomegranate juice (2 cups)
- ___ zest of 1 orange
- ___ collard greens (2 bunches)

pantry & dried goods:

- ___ quinoa flour (1/2 cup)
- ___ buckwheat flour (1/2 cup)
- ___ arrowroot starch (1 cup)
- ___ olive oil (1/4 cup)

spices & seasonings:

- ___ Celtic Sea Salt
- ___ cayenne pepper (1/4 tsp)
- ___ vanilla (1 tsp)
- ___ ground coriander (1/2 tsp)
- ___ ground cinnamon (1/4 tsp)
- ___ cinnamon stick (1)
- ___ whole cloves (4)
- ___ apple cider vinegar (1 tbsp)

prepared foods:

- ___ roast vegetable stock (1 qt) ^{HM}

from BodyEcology.com:

- ___ Lakanto (1 cup)
- ___ CocoBiotic (2 cups)

about your ingredients:

- Eggs: Choose farm-fresh eggs from hens raised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.
- Pantry Items: Choose organic, local and raw when and where possible.
- Fresh Produce: Choose organic, local vegetables when possible.
- Meat, Fish & Fowl: Choose locally and naturally raised meats from animals allowed to graze on fresh pastures. Choose small, wild-caught fish.
- SA: Substitution available, see recipe.
- HM: Preferably homemade, see supplemental recipes.
- O: Optional ingredient.

Bonus!

- Lakanto Cookies
- Butternut Squash Soup
- Pomegranate Cooler

Serve cultured vegetables at every meal. Season foods with healthy unrefined oils and Celtic sea salt to taste.

Lakanto Cookies, Butternut Squash Soup and Pomegranate Cooler are three simple dishes you can serve up this holiday season.

Did you know?

Butternut squash is rich in antioxidants including beta carotene, a precursor to vitamin A.

Lakanto Cookies

skill level: easy | yield: about 2 dozen

cookies, depending on size time: 10

minutes (active), 1 hour (refrigerator), 10

minutes (baking)

ingredients

- 1 cup Lakanto
- 3/4 cup ghee
- 1 tsp vanilla
- 1/2 cup quinoa flour
- 1/2 cup buckwheat flour
- 1 cup arrowroot starch
- 1 tsp Celtic Sea Salt

method

1. Cream Lakanto, ghee and vanilla together until well-combined. Beat in quinoa flour, buckwheat flour, arrow root starch and salt.
2. Form into a log and refrigerate for at least an hour and up to 24 hours.
3. Preheat oven to 375 F.
4. Cut cookies into circles about 1/4-inch thick and bake for 10 to 12 minutes. Cool on a wire rack and serve.

Butternut Squash Soup

skill level: easy | yield: 4 servings | time:

5 minutes (active). 45 minutes (oven), 15

minutes (soaking), 30 minutes (stove)

ingredients

- 1 medium butternut squash, halved and seeded
- 1 strip kombu
- 1 qt roast vegetable

stock (see supplemental recipes)

- 2 tbsps olive oil
- 1 small onion, sliced thin
- 1 tsp grated ginger
- 1/2 tsp ground coriander
- 1/4 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- 1/2 tsp Celtic Sea Salt
- pumpkin seed oil, to serve

method

1. Preheat the oven to 425 F.
2. Place the squash flesh-side down in a baking dish and bake until softened - about 45 minutes. Allow the squash to rest until comfortable enough to handle, then scoop out its flesh with a spoon and reserve.
3. Place kombu in vegetable stock and allow it to soak for 15 minutes.
4. Pour oil into a heavy-bottomed stock pot over medium heat and saute onion until fragrant. Stir in ginger, squash, coriander, cinnamon and cayenne. Pour in kombu and stock and simmer about 25 to 30 minutes. Remove kombu, season with salt and puree with an immersion blender until smooth. Drizzle with pumpkin seed oil and serve warm.

Pomegranate Cooler

skill level: easy | yield: 2 quarts | time: 20

minutes (stove)

ingredients

- 2 cups pomegranate juice
- 1 cinnamon stick
- 4 whole cloves
- zest of 1 orange
- 2 cups CocoBiotic

method

1. Pour pomegranate juice into a large sauce pan, drop in cinnamon stick, cloves and orange zest and warm over medium heat for 15 minutes. Strain and cool until lukewarm. Stir in CocoBiotic and ferment, well-covered, at room temperature for 24 to 48 hours. Serve.

Stewed Collards

skill level: easy | serves: 4 | time: 40 min-

utes (stove)

ingredients

- 2 bunches collard greens (trimmed and sliced thin)
- 2 tbsps olive oil
- 1 onion (sliced thin)
- 1 tbsp apple cider vinegar

method

1. Boil collards until tender, about 25 minutes. Drain and pat dry.
2. Heat olive oil over medium heat, stir in onions and saute until soft. Stir in collards and continue cooking for 15 minutes. Drizzle vinegar over greens and season with Celtic sea salt.

Bonus!

Roasted Vegetable Stock

skill level: easy | yield: 2 quarts | time: 5

minutes (active), 30 minutes (oven), 30

minutes (stove)

ingredients

- 2 yellow onions, quartered
- 2 carrots, chopped
- 8 cloves garlic
- 2 leeks, trimmed and chopped
- 4 ribs celery
- 2 bay leaves
- Celtic Sea Salt

method

1. Preheat the oven to 425 F.
2. Layer vegetables in a casserole dish and roast until tender, about 30 minutes.
3. Transfer to a stock pot, drop in bay leaves, and cover with 2 quarts water and simmer, covered, for 30 minutes.
4. Strain and season with salt before serving or using as a base for soups.