

# 5 Healthy & Fat Burning Holiday Classics



# 5 Healthy & Fat Burning Holiday Classics

The holidays are a wonderful time to gather with friends and family, to reconnect and to savor a delicious feast. It's a time to relax and enjoy the company of those you love while holiday flavors dance across your tongue.

**Too bad your favorite holiday dishes are filled with fattening, unhealthy ingredients.**

*Does it really matter? You may wonder. Aren't holidays a time to cut loose and simply indulge?* Those are great questions, and there's no cut and dry "right" answer. I know that I feel better when eating a diet that's free of grains, refined sugar, chemicals and preservatives. And so that's how I cook for my loved ones: using only real, wholesome ingredients. Ingredients that I know bring healing and harmony within our bodies. Even on holidays. Especially on holidays.

**Will you join me?**

In the following pages I'll share with you healthier, more wholesome ways to prepare 5 classic holiday dishes. Then, just for fun, I added a few more recipes to round out your holiday meal. And, because you know there will be turkey leftovers, I threw in 4 great recipes to use up that leftover bird.

**All the best to you and yours this holiday season.**

Happy Cooking :)  
Diana Keulian

PS – Don't forget to visit [www.RealHealthyRecipes.com](http://www.RealHealthyRecipes.com) for hundreds of quick and delicious **real food** recipes.

# 1) Stove Top Stuffing



## Contains...

- Processed and refined grains
- Plenty of gluten
- Trans Fats
- HFCS (high fructose corn syrup)
- GMO soy
- GMO corn
- Preservatives and chemicals

# Try this...**Apple Cornbread Stuffing**

**Prep:** 50 minutes **Bake:** 30 minutes **Oven:** 400 **Makes:** 24 servings

**One serving equals:**

198 calories, 13g fat, 205mg sodium, 10g carbohydrate, 2g fiber, and 6g protein



This recipe for grain-free stuffing has none of the toxic ingredients of the store bought brands. Ahhhhh, cornbread stuffing, what would a holiday feast be without you? It would be like that time the Grinch stole Christmas. Not cool. It's the holidays, we need stuffing. Turn to page 18 for the Faux Cornbread Recipe.

Here's what you need:

- 1 loaf Faux Cornbread
- 1 Tablespoon olive oil
- 1 yellow onion, chopped
- 1 lb loose pork sausage
- dash of salt and pepper
- 2 apples, chopped
- 2 Tablespoons fresh rosemary, minced
- 3 Tablespoons fresh sage, minced
- ¼cup fresh parsley, minced
- 1 cup chicken broth
- 2 eggs, beaten
- ½cup golden raisins

1. Cut the entire loaf of faux cornbread into 1 inch cubes. Spread over a rimmed baking sheet and place in a preheated 400 degree F oven. Bake for 8 minutes, stir and bake for another 5 minutes. When the cubes are dried and toasty, remove from oven and set aside.
2. Place a large skillet over medium heat. Add the olive oil and onion, sauté until soft, about 3 minutes. Add the sausage and cook until cooked through.
3. Add the salt and pepper, fresh herbs and apple. Cook for another 3 minutes, then remove from heat.
4. Add in the chicken broth, beaten eggs, raisins and bread cubes. Mix well then pour into a large casserole pan. Bake, uncovered, for 30 minutes, until golden and cooked through.

## 2) Marshmallow Sweet Potatoes



### Contains...

- High Fructose Corn Syrup
- Artificial Flavors
- Artificial Colors
- Butter or Margarine
- Refined Cane Sugar

## Try this...**Candied Yams**

**Prep:** 15 minutes **Bake:** 50 minutes **Oven:** 350 **Makes:** 6 servings

**One serving equals:**

134 calories, 6g fat, 71mg sodium, 18g carbohydrate, 3g fiber, and 2g protein



I love this simple, wholesome recipe for Candied Yams. No marshmallows needed. No corn syrup. No refined sugar. Just some good ol' organic sweet potatoes topped with a coconut sugar spice blend. More, please!

Here's what you need:

- 3 yams
- 3 Tablespoons coconut oil
- 1 teaspoon ground nutmeg
- 2 teaspoons ground cinnamon
- 1 Tablespoon coconut sugar
- ½teaspoon ground allspice
- pinch of ground ginger

For the topping

- 2 Tablespoons coconut oil
- 2 Tablespoons blanched almond flour
- 2 Tablespoons coconut sugar
- 1 teaspoon ground cinnamon
- grind of sea salt

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1. Preheat the oven to 350 degrees F. Lightly grease a casserole dish with coconut oil.
2. Wash, peel and slice the yams into ¼inch rounds.
3. In a large bowl combine the coconut oil, nutmeg, cinnamon, coconut sugar, allspice and ginger. Add the yam rounds and mix until evenly coated.
4. Spread the yam rounds into the prepared casserole dish. Bake, uncovered, for 25 minutes. Remove from oven, flip the yams, then return for an additional 15 minutes.
5. In a small bowl combine the topping ingredients. Sprinkle over the tops of the yams then place back in the oven for 8-10 minutes until golden.



### 3) Dinner Rolls



#### **Contains...**

- **Processed and refined grains**
- **Plenty of gluten**
- **Trans Fats**
- **HFCS (high fructose corn syrup)**
- **Preservatives and chemicals**

# Try this...**Fluffy Egg White Biscuits**

**Prep:** 15 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 20 servings  
**One serving equals:**  
186 calories, 14g fat, 64mg sodium, 8g carbohydrate, 4g fiber, and 6g protein



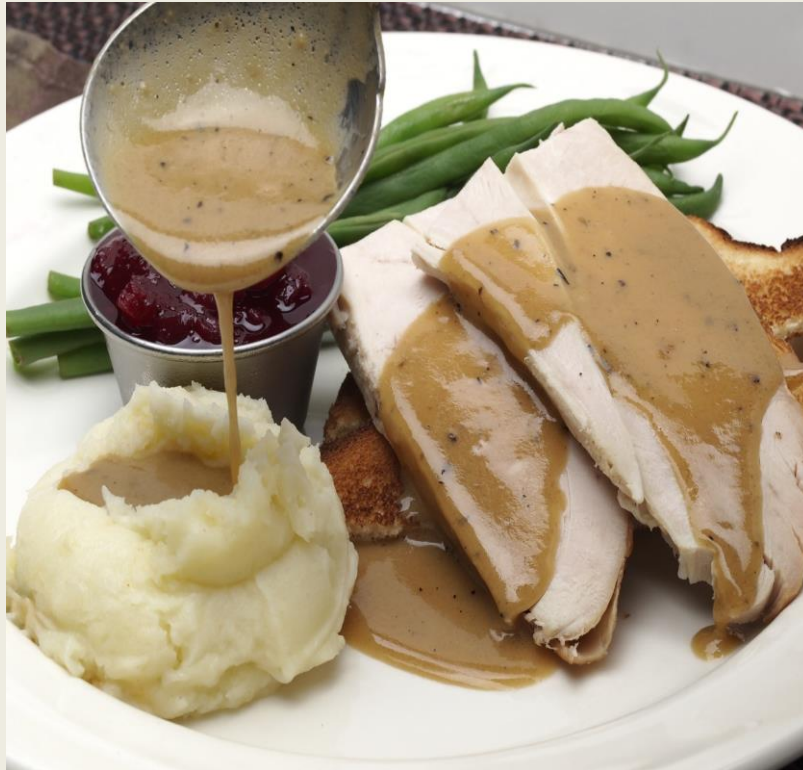
This recipe uses beaten egg whites to create a fluffy, delicate biscuit that not only tastes amazing but is amazing for you. These are also really quick to whip together, you could start just 30 minutes before dinner and have them hot on the table.

Here's what you need:

- 2 cups blanched almond flour
- 2 cups flax meal
- 1 teaspoon baking soda
- 2 Tablespoons raw honey, melted
- 1/2 cup coconut oil, melted
- 8 egg whites

1. Preheat the oven to 350 degrees F. Lightly grease a baking sheet. In a medium bowl combine the almond flour, flax meal and baking soda. Mix well and set aside.
2. Using an electric mixer, beat the egg whites until stiff peaks form.
3. Mix the honey and oil into the flax mixture, then quickly fold in the egg whites. Be careful not to over mix the egg whites, so the fluffiness remains.
4. Use an ice cream scooper to drop mounds of the batter on prepared baking sheet. Bake for 15 minutes, or until the tops are golden brown.

## 4) Store Bought Gravy



### Contains...

- **MSG**
- **Gluten**
- **Artificial Food Coloring**
- **Corn Syrup**
- **Chemically Engineered Ingredients**
- **High Sodium**

# Try this...**RHR Gluten-Free Gravy**

**Prep:** 5 minutes **Cook:** 25 minutes **Makes:** 8 servings

**One serving equals:**

93 calories, 7g fat, 131mg sodium, 2g carbohydrate, 1g fiber, and 1g protein



Store bought gravy is filled with toxic ingredients, and most homemade versions contain gluten. So I came up with this simple, savory gravy recipe using coconut flour. Love this on Brussels Sprouts!

Here's what you need:

- 4 Tablespoons bacon grease (or coconut oil)
- 3 shallots, minced
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- 2 Tablespoons coconut flour
- 1/2 cup white wine
- 2 cups chicken broth
- 1/4 cup coconut milk, canned, full fat

1. In a large skillet, place the bacon grease over medium heat. Add the shallots and cook for 5 minutes until tender. Add the salt and pepper.
2. Add the coconut flour and continue to cook until browned.
3. Add the wine and cook for a full minute. Add the broth and coconut milk. Simmer for 10 minutes, then puree using an immersion blender. Serve warm.

## 5) Store Bought Pumpkin Pie



### Contains...

- Artificial Colors
- Refined Cane Sugar and/or HFCS
- Gluten
- Shortening
- Preservatives

# Try this... **Creamy Pumpkin Custard**

**Prep:** 20 minutes **Bake:** 55 minutes **Oven:** 325 **Makes:** 6 servings

**One serving equals:**

290 calories, 20g fat, 104mg sodium, 24g carbohydrate, 5g fiber, and 5g protein



Who says that pumpkin pie has to have that fattening, gluten-filled crust? These Creamy Pumpkin Custards deliver all the flavor and yumminess of pumpkin pie without the harmful ingredients. And try it with my coconut cream recipe below...so tasty!

Here's what you need:

- 1 (15 oz) can pumpkin
- 1 (13.66 oz) can coconut milk, full fat
- 1/3 cup pure maple syrup
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 2 eggs
- 1 cup Coconut Cream Frosting

1. Preheat the oven to 325 degrees F.
2. Blend all of the ingredients, except the coconut cream frosting, in a high speed blender until very smooth.

3. Arrange 6 custard cups in a casserole dish. Fill the casserole dish with 1 inch of hot water. Pour the custard mixture into each custard dish. Bake for 55 minutes.
4. Remove from oven, cool and then chill in the fridge for 20 minutes. Use a piping bag and frosting tip to apply coconut cream frosting to the tops of each custard dish. Store in the fridge.

## Coconut Cream Frosting

My former life as a raw vegan came in handy in creating this awesome, wholesome frosting. Young coconut meat is blended into a sweet, white cream.

**Prep:** 15 minutes **Makes:** 8 servings

**One serving equals:**

117 calories, 10g fat, 52mg sodium, 7g carbohydrate, 2g fiber, and 1g protein

Here's what you need:

- 2 cups young coconut meat
- 2 Tablespoons raw honey
- 1 teaspoon vanilla extract
- 2 Tablespoons lemon juice
- 2 Tablespoons coconut oil, melted
- ¼teaspoon sea salt

1. Blend all of the ingredients in a food processor until very smooth and creamy. This may take 5 minutes or longer, so be patient and have faith that the coconut will become creamy! Chill for 20 minutes before using. Always keep this frosting stored in the fridge.

## **More Holiday Recipes...to round out your meal!**

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# Dates Stuffed and Wrapped

**Prep:** 20 minutes **Bake:** 20 minutes **Oven:** 375 **Makes:** 10 servings

**One serving equals:**

171 calories, 4g fat, 241mg sodium, 32g carbohydrate, 3g fiber, and 10g protein



With only three ingredients these dates are a quick and delicious way to impress your guests—or to treat yourself. Plump dates are stuffed with creamy goat cheese then wrapped in smoky turkey bacon. It's the perfect combination of sweet and salty.

Here's what you need:

- 20 dates, pits removed
- 1/2 cup organic goat cheese, any flavor
- 10 slices uncooked organic, nitrate-free turkey bacon
- \*optional\* ground walnuts

1. Preheat oven to 375 degrees F.
2. Remove the pits from each date. Fill each date with a spoonful of goat cheese.
3. Cut each turkey bacon in half. Wrap on piece around each stuffed date, and secure with a toothpick through its center. Line the stuffed and wrapped dates on a baking sheet.
4. Bake for 20 minutes. Once cooked, remove the tooth picks. The bacon will maintain its shape and will hold the date together.

## Faux Cornbread

*When you have a craving for a hunk of warm cornbread with your holiday dinner, this recipe for Faux Cornbread saves the day.*

**Prep:** 15 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 24 servings

**One serving equals:**

111 calories, 8g fat, 63mg sodium, 6g carbohydrate, 1g fiber, and 3g protein



Here's what you need:

- 1 1/2 cups blanched almond flour
- 1/3 cup arrowroot starch
- 1/3 cup coconut flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 4 omega-3 eggs
- 3/4 cups coconut milk, full fat from can
- 2 teaspoons apple cider vinegar
- 1/4 cup coconut oil, melted over low heat
- 3 Tablespoons raw honey, melted over low heat
- 1/4 teaspoon turmeric

1. Preheat the oven to 350 degrees F. Lightly grease an 8x8 pan with coconut oil. Set aside. In a medium bowl combine the almond flour, arrowroot, coconut flour, baking soda and salt. In another medium bowl combine the eggs, coconut milk, vinegar, coconut oil (cooled), and honey.
2. Add the dry ingredients to the wet ones and mix well. Sprinkle in the turmeric and mix until fully combined (this will give your faux cornbread a gorgeous golden yellow color).
3. Pour the batter into your prepared pan and bake for 20-25 minutes, until lightly golden on top and fully set.

## Fennel, Celery & Green Apple Slaw

*To me, fennel is a holiday flavor, which makes this light, green salad the perfect compliment to turkey dinner.*

**Prep:** 20 minutes **Makes:** 2 servings

**One serving equals:**

219 calories, 14g fat, 192mg sodium, 23g carbohydrate, 7g fiber, and 3g protein



Here's what you need:

- 2 Tablespoons olive oil
- 1 Tablespoon Apple Cider Vinegar
- 1 Tablespoon fresh tarragon, minced
- 1 teaspoon lemon juice
- zest from 1 lemon
- 2 celery sticks plus the leaves
- 1 fennel bulb, plus the fronds
- 1 green apple
- dash of salt and pepper

1. In a small bowl combine the oil, vinegar, tarragon, lemon juice and zest. Set aside.
2. Using a mandoline slicer on the thinnest setting, thinly slice the celery, fennel bulb and green apple. Place in a medium bowl. Chop the celery leaves and fennel fronds and add to the bowl.
3. Toss the salad with the dressing and season with salt and pepper.

## Wild Rice with Walnuts and Dates

*Before giving up grains, my holiday dinners always had a side of flavorful, wild rice. By using cauliflower I was able to recreate that festive rice dish without grains. Woop woop! And yes, it tastes as good as it looks.*

**Prep:** 15 minutes **Bake:** 40 minutes **Oven:** 400 **Makes:** 8 servings

**One serving equals:**

114 calories, 5g fat, 97mg sodium, 18g carbohydrate, 4g fiber, and 4g protein



Here's what you need:

- 1 onion, chopped
- 1 Tablespoon olive oil
- 1 head cauliflower, cut into small pieces
- 1 cup Brussels sprouts, cut into quarters
- 4 stalks celery
- 1 cup organic, free range chicken broth
- Dash of salt and pepper
- ½ cup pitted dates, chopped
- 1/3 cup walnuts, chopped and toasted

1. In a large skillet cook onions in the olive oil for about 10 minutes or until tender.
2. Meanwhile, shred the cauliflower, Brussels sprouts and celery in a food processor using the grating attachment.
3. Add the shredded cauliflower, Brussels sprouts, celery, broth and a dash of salt and pepper to the skillet. Mix well and cook for 3 minutes.

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4. Pour the mixture into a lightly greased casserole dish. Cover with foil and bake in a 400 degree F oven for 35 minutes.
5. Stir in the dates and walnuts, return to the oven for 10 minutes, uncovered.

# Shredded Brussels Sprouts with Bacon and Gravy

**Prep:** 5 minutes **Cook:** 15 minutes **Makes:** 6 servings

**One serving equals:**

182 calories, 11g fat, 337mg sodium, 12g carbohydrate, 4g fiber, and 5g protein



Here's what you need:

- 3 slices bacon
- 1 onion, thinly sliced
- 1 lb Brussels Sprouts, shredded
- ¼teaspoon sea salt
- ¼teaspoon pepper
- ½cup chicken broth
- 1 batch Real Healthy Gravy

1. Over medium-high heat, cook the bacon in a large skillet until crispy. Remove the bacon strips, leaving the grease. Crumble the bacon and set aside.
2. Add the onion slices to the skillet, and cook for 5 minutes, until soft over medium heat.
3. Run the Brussels Sprouts through a food processor with the grating attachment until shredded. Add to the skillet along with the salt, pepper and broth. Cook for 15 minutes, until the liquid has been absorbed and the Brussels Sprouts are tender. Sprinkle with the crumbled bacon and serve on a spoonful of Real Healthy Gravy.

## Pumpkin Spice Cake

*I like to change things up once in a while by making a pumpkin cake instead of pie. This cake is so fun to decorate! A simple border of grapes, pomegranate seeds and mandarin orange segments looks stunning and tastes delicious too.*

**Prep:** 25 minutes **Bake:** 40 minutes **Oven:** 350 **Makes:** 24 servings

**One serving equals:**

200 calories, 15g fat, 110mg sodium, 12g carbohydrate, 2g fiber, and 5g protein



Here's what you need:

- 1 cup coconut oil, melted
- 12 eggs, separated into yolks and whites
- 2 teaspoons vanilla extract
- 2/3 cup raw honey
- 1 cup canned pumpkin
- 1 cup coconut milk, canned full fat
- 1 cup coconut flour
- 1/2 teaspoon sea salt
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1 teaspoon baking soda
- 1 batch Cinnamon Frosting (page 62)
- toasted, unsweetened coconut flakes, sliced almonds, red grapes, mandarin slices and pomegranate seeds for garnish

1. Preheat oven to 350 degrees F. Lightly grease a 9x13 baking pan with coconut oil, or 2 8-inch cake rounds.

2. Combine the coconut oil, egg YOLKS, vanilla, honey, pumpkin, and coconut milk in a large bowl. Mix on high with an electric mixer for 60 seconds, or until fully combined.
3. In another bowl combine the coconut flour, salt, spices and baking soda. Mix until fully combined and then add to the wet ingredients.
4. Beat the egg whites, with an electric mixer using a whisk attachment, until stiff peaks form. Fold the egg whites into the batter, until fully combined. Pour into prepared pan(s).
5. Bake for 40 minutes if using rectangular pan, bake for 30 minutes if using cake rounds. Remove from oven and cool before frosting.
6. Once cooled frost with the cinnamon frosting, then sprinkle with toasted coconut flakes and sliced almonds. Garnish the cake plate with red grapes, mandarin slices and pomegranate seeds.



# Cranberry Turkey Salad

*Cranberries give this turkey salad a distinctive holiday feel. Try it with roasted chicken once your turkey runs out.*

**Prep:** 10 minutes **Makes:** 8 servings

**One serving equals:**

221 calories, 9g fat, 123mg sodium, 10g carbohydrate, 4g fiber, and 23g protein



Here's what you need:

- 4 cups roasted turkey, chopped
- 1 fennel bulb, chopped
- ¼cup roasted pistachios, chopped
- ¼cup dried cranberries
- 1 Tablespoon roasted pepitas
- 3 Tablespoons coconut milk, canned and full fat
- 1 teaspoon dried, ground sage
- 3 Tablespoons fresh parsley, minced
- dash of sea salt and pepper
- head of Romaine lettuce

1. Mix all of the ingredients, except the lettuce, in a bowl. Serve by spooning the turkey salad in large Romaine lettuce leaves.

## Turkey, Fruit and Spinach Salad

*This salad has such a fresh, cleansing quality about it. The mint and fresh fruit are delightful.*

**Prep:** 10 minutes **Makes:** 4 servings

**One serving equals:**

289 calories, 15g fat, 795mg sodium, 13g carbs, 2g fiber, and 25g protein



Here's what you need:

For the Dressing:

- 1/4 cup olive oil
- 1/4 cup fresh squeezed orange juice
- 1 Tablespoon orange zest
- Stevia to taste
- 1 Tablespoon Dijon mustard
- dash of salt and pepper

1. In a small bowl whisk the olive oil, orange juice, orange zest, stevia, Dijon, salt and pepper.

For the Salad:

- 2 cups shredded roasted turkey
- 1 organic apple, chopped
- 2 organic celery stalks, chopped
- 1/4 cup fresh mint leaves, finely chopped
- 1 cup organic, red grapes, halved
- 4 cups baby spinach

1. In a medium bowl combine the turkey, apple, celery, mint and grapes. Toss with the dressing.
2. Prepare each plate with a pile of spinach. Top with the turkey salad mixture.

# Pumpkin Turkey Soup

*This comforting autumn soup is filled with creamy pumpkin and savory turkey. Doesn't get more cozy than this!*

*If you're making this after your big holiday meal, feel free to use shredded, roasted turkey instead of raw, ground turkey. Simply chop the shredded, roasted turkey and add in the last 10 minutes of the cooking time. Enjoy!*

**Prep:** 10 minutes **Cook:** 55 minutes **Makes:** 6 servings

**One serving equals:**

110 calories, 3g fat, 195mg sodium, 10g carbohydrate, 2g fiber, and 9g protein



Here's what you need:

- 1 teaspoon coconut oil
- ½ small yellow onion, chopped
- ½ fennel bulb, chopped
- ½ small butternut squash, peeled, seeded and chopped
- 1 teaspoon fresh ginger, minced
- ½ lb ground turkey
- ½ (14oz) can diced tomatoes in sauce
- ½ (14oz) can pumpkin
- 2 cups chicken broth
- ¼ teaspoon sea salt
- pinch of black pepper
- ¼ cup parsley, chopped

1. In a large soup pot, place the coconut oil over medium-high heat. Add the onion and cook for 3 minutes, until tender. Add the fennel, butternut squash and ginger. Cook for 5 minutes.

2. In a large skillet place the ground turkey over medium-high heat. Cook until browned, stirring often. Drain off liquid.
  
3. Add the turkey, tomatoes, pumpkin, broth, salt and pepper to the soup pot. Cover and cook over low heat for 40 minutes. Stir in the chopped parsley and cook, uncovered for another 10 minutes. Serve warm. Enjoy!

# Leftover Turkey Noodle Soup

*Who says noodles have to be made with grain? I like to use zucchini strips simply made with a veggie peeler. This soup also works well with chicken.*

**Prep:** 20 minutes **Makes:** 4 servings

**One serving equals:**

242 calories, 7g fat, 347mg sodium, 16g carbohydrate, 5g fiber, and 27g protein



Here's what you need:

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 4 carrots, sliced
- 3 celery stalks, sliced
- 1 onion, chopped
- 6 cups chicken broth
- salt and pepper
- 1/4 cup fresh parsley, chopped
- 3 zucchini, peeled into noodles with a vegetable peeler
- 2 cups chopped, cooked turkey meat

1. Heat the oil in the bottom of a soup pot. Add the garlic, carrots, celery and onion. Sauté for 5 minutes, until tender.
2. Add the broth and season with salt and pepper.
3. Bring to a simmer, then add the parsley, zucchini noodles and chicken. Continue to simmer for 5 minutes, until fully warmed. Enjoy!

# Real Healthy Recipes 2013 Holiday Menu:

Dates Stuffed and Wrapped  
Fennel, Celery and Green Apple Slaw  
Shredded Brussels Sprouts  
Candied Yams  
Fluffy Egg White Biscuits  
Apple Cornbread Stuffing  
Roasted Organic Turkey  
Creamy Pumpkin Custard

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Happy Cooking :)

Diana Keulian

Happy Holidays from my family to yours :)

