



# HOLIDAY RECIPE COLLECTION

*(Most recipes from [www.bariatricfoodcoach.com](http://www.bariatricfoodcoach.com))*

## BEVERAGES:

### Low Carb Holiday Egg Nog

#### Ingredients

- 1 egg
- 4 packets Splenda®
- 1 tsp sugar-free vanilla syrup
- 1 1/4 cups cold unsweet almond milk
- 1/4 tsp (or more) ground nutmeg

#### Instructions

1. Place in a small blender (or whatever blender you have) the egg, Splenda®, and sugar-free vanilla syrup. Blend on high for 30-60 seconds until thoroughly blended.
2. Add cold almond milk and blend for another 30-60 seconds.
3. Pour into serving glass and sprinkle a good amount of nutmeg on top. Enjoy

### Pumpkin Pie Milkshake

#### Ingredients

- 1/2 cup low fat cottage cheese
- 1-2 scoops plain or vanilla protein powder
- 1/2 cup pumpkin puree
- 1/2 tsp pumpkin pie spice
- 1/2 tsp cinnamon
- 2 packets of Stevia (or sweetener of choice)
- 1/2 cup cold water
- 5-10 ice cubes

#### Instructions

ONE SIMPLE STEP! Put all the base ingredients in the blender and blend away until desired consistency! Top with crushed teddy grams if desired...and enjoy!!!!.

### Candy Cane Protein Shake

#### Ingredients

- 2 cups ice
- 1 scoop vanilla whey protein powder
- 1/2 cup low-fat cottage cheese
- 3/4 cup light almond milk
- 1 tbsp sweetener
- 1/2 tsp peppermint extract \*\*adjust per your liking

- light whipped topping

#### Instructions

ONE SIMPLE STEP! Put all the base ingredients in the blender and blend away until desired consistency! Top with crushed peppermint and light whipped cream if desired...and enjoy!!!!.

## **Cinnamon & Pumpkin Spice Coffee**

### Ingredients

- 8 tbsp Dunkin Donuts Cinnamon Spice Coffee grounds or Decaf coffee
- 6 cups water
- 1 tbsp Pumpkin Pie Spice
- Cinnamon optional
- Splenda

### Instructions

ONE SIMPLE STEP! Put all the base ingredients in the blender and blend away until desired consistency! Top with crushed peppermint and light whipped cream if desired...and enjoy!!!!.

## **BREAKFAST**

### **Spinach & Red Pepper Frittata**

#### Ingredients

- 1 small onion, diced
- 1 red bell pepper, diced
- 4 strips turkey bacon, diced
- 1/2 tsp each salt and pepper
- 1 cup loosely packed baby spinach, chopped
- 8 large eggs
- 2 oz shredded parmesan cheese

#### Instructions

1. Heat oven to 375 F.
2. Heat a non-stick skillet to medium high heat. Make sure skillet is oven safe.
3. Sauté onion, bell pepper and turkey bacon until onions are translucent and turkey bacon is starting to crisp. Sprinkle salt and pepper and stir.
4. Add spinach and stir. Cook 30-60 seconds or until spinach starts to wilt.
5. Whisk and add eggs, moving pan around a bit for eggs to surround the pan evenly.
6. Sprinkle with cheese and move to oven for 8-10 minutes or until eggs look set.
7. Remove with hot pad and let cool before serving

## Spinach, Pesto & Sausage Egg Bake

### Ingredients

- 3/4 cup red onion, diced
- 3/4 cup red pepper, diced
- 2 cloves garlic, chopped
- 1/4 cup jarred pesto
- 6 oz fresh spinach
- 1 lb Italian chicken sausage can substitute turkey sausage
- 12 eggs
- 3/4 cup cottage cheese
- 3/4 cup 2% shredded mozzarella cheese
- cooking spray

### Instructions

1. Preheat oven to 350 F.
2. In a skillet on medium high heat, spray with cooking spray and add red onion, red pepper, garlic and pesto. Toss until soft and add spinach. Heat until wilted, stirring it all together. Transfer to a 9x13 casserole dish sprayed with cooking spray. Re-spray the skillet and brown the chicken sausage.
3. While chicken sausage is browning, whisk eggs and cottage cheese in a mixing bowl and set aside. Add sausage to baking dish and mix around with onion mixture.
4. Spread out mixture at the bottom of the casserole dish and pour in the egg mixture. Top with shredded cheese.
5. Bake in preheated oven for 30 minutes. Remove, let rest 5-10 minutes then cut and serve.

## Protein Pumpkin Pancakes

### Ingredients

- 1 scoop vanilla whey protein powder
- 1 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- 1/2 tsp baking powder
- 1 egg
- 2 tbsp unsweetened almond milk

### Topping

- 1/2 cup 0% fat, plain Greek yogurt
- 2 packets natural sweetener Ex: Truvia
- 1/2 tsp pumpkin pie spice

### Instructions

1. Mix dry ingredients together: protein powder, pumpkin pie spice, cinnamon and baking powder.
2. Add egg and mix together well. Add unsweet almond milk and mix batter together until smooth.
3. Add to pre-heated griddle pan and let cook until slightly bubbly on top. Flip and cook about 30 seconds longer.
4. Serve with light cool whip or plain Greek yogurt with pumpkin pie spice and sweetener.

## **STARTERS**

### **Creamy Deviled Eggs**

#### Ingredients

- 8 hard cooked eggs, cut in half
- 1/2 cup low-fat mayo or miracle whip
- 2 tsp yellow mustard
- splash pickle juice
- 1/4 tsp salt
- dash pepper
- dash paprika

#### Instructions

1. Cut eggs lengthwise and in half. Remove yolks and mash in a bowl. Add dressing, pickle juice, mustard & seasonings. Mix well.
2. Spoon (or pipe) mixture evenly into centers of egg whites. Sprinkle a dash of paprika for visual appeal.

### **Creamy Stuffed Mushrooms**

#### Ingredients

- 12 mushroom caps, stems removed, washed
- cooking spray
- 3 Garlic cloves, chopped
- 1/2 cup parsley, chopped can also use chopped fresh spinach
- butter spray
- 4 wedges Laughing Cow Cheese, Light Swiss

#### Instructions

1. Preheat oven to 350 degrees F.
2. Put a large skillet on medium high heat. After wiping the mushrooms off with a wet paper towel; spray the tops with butter spray for added flavor.
3. Add mushroom caps, bottoms down, into the skillet and let sear for about 2 minutes.
4. Remove mushroom caps to a pie plate. Spray still heated pan with cooking spray and add garlic and parsley.
5. Remove wrapping from Laughing Cow Cheese wedges and add to bowl. Once parsley and garlic have been sautéed add to cheese mixture in the bowl and incorporate well with the back of a fork.
6. Add mixture to mushroom caps and put in oven for 12-15 minutes. Let cool slightly and serve.

## **SIDES**

### **Reduced Fat Green Bean Casserole**

#### Ingredients

- 1 white onion, diced
- 1 package sliced mushrooms
- 1 lb fresh green beans, trimmed and halved
- 1 can fat-free cream of mushroom soup
- 1/2 cup fried onions

#### Instructions

1. Heat oven to 350F.
2. Steam the green beans using either a microwave steamer or a stovetop steamer basket OR bring a pot of water to a boil and boil for 8 minutes, then drain. Set green beans aside.
3. In a large Dutch oven, spray with cooking spray and added onions. Cook until soft. Add mushrooms and cook a few more minutes.
4. Add fat-free cream of mushroom to the pot, stirring to combine ingredients. Add cooked green beans and stir until they are coated with mixture.
5. Spread the mixture in an 8x8 casserole dish. Sprinkle with fried onions. Bake for 10 minutes. Let cool before serving.

### **Creamy Mashed Cauliflower**

#### Ingredients

- 4 triangles Laughing Cow Cheese®, any flavor
- 16 oz cauliflower, chopped tip: buy fresh bag of chopped cauliflower
- 1 tsp salt and pepper
- 2 cloves garlic, pressed or minced

#### Instructions

1. Steam cauliflower per package instructions or place cut cauliflower in a microwave safe bowl with 1 inch water and microwave 6-7 minutes or until very soft when pierced with a fork.
2. Drain cauliflower and return to bowl. Add all remaining ingredients.
3. Cream all the ingredients together using a hand blender (or transfer all the ingredients to a blender). Blend well until consistency becomes smooth.

## Loaded Cauliflower Casserole

### Ingredients

- 2 lbs cauliflower, cut into ½" pieces
  - For convenience look for the pre-cut florets in the produce aisle
- 1 Tbsp olive oil
- 2 Tbsp unsalted butter
- 2 Tbsp all-purpose flour or coconut flour
- 1 cup fat free Mootopia or Fairlife milk, room temperature
- ¾ tsp salt
- ¼ tsp garlic powder
- 1 cup Monterey Jack cheese, shredded
- ¼ cup sour cream
- 1 bunch green onions, thinly sliced
- ½ lb bacon, cooked and crumbled
- salt and pepper, to taste
- ½ cup sharp cheddar cheese, shredded

### Instructions

1. Preheat oven to 400 degrees and place cauliflower on a large baking sheet. Drizzle cauliflower florets with oil and season with salt. Roast cauliflower florets about 20 minutes until tender. Transfer to a colander and drain as much liquid as possible. Pat dry with a towel.
2. Place a saucepan over medium heat and melt butter. Add flour and whisk to combine. Allow flour to cook for about 30 seconds before whisking in milk, salt and garlic powder. Bring to a boil then reduce heat to low and simmer for 5 minutes.
3. Remove from heat and whisk in Monterey jack cheese. When cheese is melted, stir in sour cream then season to taste with salt and set aside.
4. In a large bowl, combine drained cauliflower, sliced green onion, crumbled bacon and cheese sauce. Stir to combine, test for seasoning and transfer to a 2-qt casserole dish that has been lightly sprayed with cooking spray.
5. Sprinkle top with cheddar cheese and bake 25–30 minutes until bubbly. Remove from oven and allow to rest for at least 5 minutes before serving.

## **Cauliflower Stuffing**

### Ingredients

- 4 tbsp. butter
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped or thinly sliced
- 1 small head cauliflower, chopped
- 1 c. chopped mushrooms
- kosher salt
- Freshly ground black pepper
- 1/4 c. chopped fresh parsley
- 2 tbsp. chopped fresh rosemary
- 1 tbsp. chopped fresh sage (or 1 tsp. ground sage)
- 1/2 c. vegetable or chicken broth

### Instructions

1. In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.
3. Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes.
4. Serve.

## **Roasted Parmesan Brussels Sprouts**

### Ingredients

- 1 lb Brussels sprouts
- 2 tsp olive oil
- 1/2 tsp each sea salt and black pepper
- 1/2 cup reduced fat grated parmesan cheese
- 2 oz shredded parmesan cheese

### Instructions

1. Heat oven to 425. Remove outer leaves and cut Brussels sprouts in half.
2. Toss with olive oil, grated parmesan cheese, salt and pepper. Spread out on a baking stone or line a baking sheet with foil.
3. Roast Brussels sprouts in the oven about 18 minutes. Remove from oven and sprinkle shredded parmesan cheese over the top. Return to oven for about 2 minutes. Remove again and serve.

## MAIN DISH

### Roasted Turkey Breast - Thanksgiving for a Few

#### Ingredients

- 1 (2 lb) bone-in turkey breast
- 1 tbsp salt
- 1 tbsp minced fresh thyme leaves
- 1 lemon zested
- 1 small onion, cut into eighths
- 2-4 sprigs fresh thyme

#### Instructions

1. Preheat oven to 325F.
2. Combine 1 tbsp salt, minced thyme and lemon zest (save rest of lemon). Wash the turkey breast inside and out and drain it well, patting with paper towels to dry.
3. Sprinkle the salt mixture all over the skin of the turkey. Place in a roasting pan with rack. Cut lemon into 4 wedges and tuck inside turkey breast along with onion and thyme sprigs.
4. Bake for 45 minutes (leave plenty of time in case it needs longer). Check with a thermometer that the internal temperature reads 165F.
5. Slice turkey breast and serve.

### Ranch Style Baked Pork Roast

#### Ingredients

- 1 lb pork roast, trimmed of any fat
- 1 pkt Ranch seasoning
- 2 garlic cloves, pressed
- 1 tsp ground black pepper
- 1/3 cup Dijon mustard
- 1 cup water

#### Instructions

1. Heat oven to 375 F. \*\*Or use slow cooker
2. Mix together Ranch, garlic, pepper and mustard. Rub on the roast.
3. Set roast in the bottom of a Slow Cooker OR bottom of a Covered Casserole Dish.
4. For slow cooker, cook on low for 7-8 hours. For oven bake for 60 minutes. Either method be sure to check internal temp is at 145F.



## **SWEET SIDE**

### **Crustless Pumpkin Cheesecake**

#### Ingredients

- 8 oz fat free cream cheese
- 1/2 cup canned pumpkin
- 1 tsp vanilla
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- 8 oz light whipped topping

#### Instructions

1. In a mixing bowl, cream together cream cheese, pumpkin and spices. Mix on high until well blended.
2. Fold in light cool whip until well blended. Pour into a pie plate or individual dishes and let chill in the refrigerator for a few hours to set.

### **Flax Seed Pumpkin Pudding**

#### Ingredients

- ½ cup pumpkin puree
- 1 tbsp. flax seeds
- ¾ cup unsweetened vanilla almond milk
- dash vanilla extract
- ½ tsp pumpkin pie spice
- ½ tsp cinnamon
- 1-2 tbsp. sweetener (ex: Splenda)

#### Instructions

1. Place pumpkin, flax seeds, almond milk, spices and sweetener in a mixing bowl and mix well until smooth.
2. Pour into smaller serving bowls- this amount makes plenty for at least 2 servings.
3. Cover and refrigerate at least 4 hours. Add dollop of whipped topping if desired.

### **Chocolate Mousse Dip**

#### Ingredients

- 4 ounces fat free cream cheese
- 1/8 cup cocoa powder
- 1 tsp vanilla extract
- 2 tbsp unsweetened almond milk
- 3/4 cup light whipped topping
- 1/4 cup natural sweetener

#### Instructions

1. Combine all ingredients except whipped topping using a hand mixer.
2. Fold in whipped topping. Refrigerate 30 minutes or longer until ready to eat.