
Holiday Recipe
SWAPS
Menu
Kris Honeycutt


Holiday
APPS
&
DRINKS

Apple Cider (THM FP)

Ingredients:

- 1 C. Boiling Hot Water
- 1/4 C. Unsweetened Applesauce
- 1/2 T. Apple Cider Vinegar
- 2-3 T. Gentle Sweet (Depending on your preference)
- 1/8 t. Allspice
- 1/4 t. Cinnamon
- Very tiny pinch! Cloves

Instructions:

Recipe Link

Holiday Eggnog (THM S)

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:

Recipe Link



Classic Deviled Eggs (THM S)

Ingredients:

- 1 dozen boiled organic eggs
- 1/4 cup organic mayonnaise
- 3 Tbsp. diced organic pickles
- sea salt and pepper to taste

Instructions:

Recipe Link

Charcuterie Board (THM FP, S, or E)

Ingredients:

- A board, platter, plate or other large serving surface sufficient to hold enough food for the number of people you wish to serve (with minimal refills if possible)
- Finger-foods appropriate for the Trim Healthy Mama Fuel Type you desire and/or theme you have in mind
- Small decorative bowls, cups, or other containers for serving dips and sauces
- Herbs, kale, edible flowers, etc. for garnish as desired

Instructions:

Recipe Link



Jess' Famous Stuffed Mushrooms (THM S)

Ingredients:

- 4 slices bacon
- cooking spray
- 1 tablespoon olive oil
- 16 mushrooms, stems removed and chopped and caps reserved
- 2 cloves garlic, minced
- 2 jalapeno pepper, ribs and seeds removed, finely chopped (optional)
- 1 (8 ounce) packages cream cheese, softened
- sea salt to taste
- ground black pepper to taste

Instructions:

1. Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Crumble the bacon slices and set aside.
2. Preheat an oven to 350 degrees F (175 degrees C). Spray a baking dish with cooking spray.
3. Heat the olive oil in a skillet over medium heat. Stir in the chopped mushroom stems, garlic, and jalapeno; cook and stir until the mushrooms release moisture and soften, about 10 minutes.
4. Transfer the mushroom mixture to a bowl, and stir in the cream cheese, and bacon. Season with salt and pepper.
5. Spoon the cheese mixture generously into the reserved mushroom caps, and arrange the stuffed caps on the prepared baking dish. Bake in the preheated oven until cheese begins to brown, 30-35 minutes.

Holiday Snack Mix (THM S)

Ingredients:

- 3 cups of mixed nuts
- 1.5 cups peanuts
- 1 cup cashews (or an additional cup of peanuts for a more budget friendly option)
- 2 packages of Whisps Cheese Crisps, broken in half (any flavor you prefer, I like the Parmesan or Cheddar for this mix). I usually buy these at Wal-Mart.
- 4 Tbsp. Melted Butter
- 1 Tbsp. Worcestershire Sauce
- 1/4 tsp. onion powder
- 1/2 tsp. garlic powder
- 3/4 tsp. seasoned salt

Instructions:

Recipe Link


Holiday
MAIN
DISHES

Easy Thanksgiving Turkey (THM S)

Ingredients:

- 12 to 18 pound turkey (*see notes below about using a larger turkey), fully thawed
- 1 onion, peeled and quartered
- 1 lemon, quartered
- 1 to 2 sprigs fresh rosemary
- 1 to 2 sprigs fresh thyme
- 1 to 2 sprigs fresh sage
- kosher salt and black pepper

HERB BUTTER

- ¾ cup unsalted butter, room temperature
- 6 cloves garlic, minced
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon finely chopped fresh thyme

Vegetables Under Turkey (optional, but recommended)

- 1 onion, peeled and quartered
- 3 celery ribs, roughly chopped
- 2 carrots, roughly chopped

Instructions:

Recipe Link



Deviled Turkey and Stuffing (THM S)

Ingredients:

- 1 (20 lb.) turkey (thawed if frozen)
- 8 tablespoons salted butter (melted)
- 2 tablespoons Dijon mustard

SPICE RUB

- 3 tablespoons each salt, black pepper
- 1 tablespoon each curry powder, garlic powder, ground sage, parsley flakes, smoked paprika
- 2 teaspoons each chili powder, dill weed, oregano, thyme
- 1 teaspoon ground allspice
- 5 bay leaves

STUFFING

- 4 tablespoons salted butter
- 1 large onion (chopped)
- 2 cups chopped celery
- 1 cup chopped Granny Smith Apple
- 1 cup cranberries (chopped if desired)
- 12 cups sprouted bread cubes
- 1 cup pecan pieces
- 2 teaspoons reserved spice rub
- 1 teaspoon each ground sage, onion powder
- ½ teaspoon salt
- ¼ teaspoon each cinnamon, ground cloves
- 2 cups chicken broth (mine was salted)
- 2 eggs

Instructions:

Recipe Link

Low Carb "Brown Sugar" Ham (THM S)

Ingredients:

- Smoked butt portion fully-cooked bone-in ham (mine was around 9 lbs.)

GLAZE:

- ½ c. butter
- 2 T. Dijon mustard
- 3-4 tsp. THM Super Sweet Blend (to taste)
- 1 tsp. garlic powder
- 1 tsp. maple extract
- ¼ tsp. ground cloves
- 8 drops orange essential oil (or use orange extract to taste)

Instructions:

Recipe Link


Holiday
SIDE
DISHES

Grandma's Cornbread Stuffing (THM XO)

Ingredients:

- 3 cups crumbled cornbread
- 2 tablespoons butter
- 1 small onion, diced
- ½ cup chopped celery
- 2 large eggs, beaten
- 2 cups chicken stock
- 1 tablespoon dried sage, or more to taste
- salt and ground black pepper to taste

Instructions:

Recipe Link

Turkey Stuffing Muffins (THM E)

Ingredients:

- ¾ cup oat fiber (use gluten free if necessary)
- ⅓ cup Briana's Baking Mix * see notes - can sub baking blend
- ⅓ cup masa flour (I used Maseca brand)
- 2 tsp. THM Super Sweet Blend (or more for a sweet cornbread)
- 1½ tsp. baking powder
- Scant tsp. salt
- ½ tsp. turmeric (optional, for color)
- ⅔ cup low-fat sour cream
- ½ cup egg whites
- ½ cup unsweetened almond milk (or carton coconut milk for a nut free version)
- ¼ cup water

Instructions:

Recipe Link

Sweet Potato Casserole (THM XO)

Ingredients:

SWEET POTATO LAYER

- 4 ½ cups mashed sweet potato (see note in instructions for how to prepare)
- 1/2 cup heavy whipping cream
- 1/2 cup unsweetened almond milk
- 6 tablespoons salted butter (melted)
- 2 eggs
- 2 tablespoons THM Super Sweet Blend
- 2 teaspoons vanilla extract
- 1 ½ teaspoons cinnamon
- 1/2 teaspoon salt

TOPPING

- 1 cup finely chopped pecans
- 1 cup quick oats
- 1/2 cup oat flour
- 1/2 cup salted butter (melted)
- 1 tablespoon THM Super Sweet Blend
- 2 teaspoons molasses

Instructions:

Recipe Link

Turkey Stuffing Muffins (THM E)

Ingredients:

- 1/2 cup egg whites
- 1/3 cup fat free broth
- 1/2 to 1 teaspoon mineral salt
- 1 teaspoon ground thyme
- 1/2 teaspoon ground sage
- 1/4 cup diced onion
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 4 slices sprouted bread, cubed
- 2 cups turkey breast, shredded

Instructions:

Recipe Link

Green Bean Casserole (THM S)

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

Instructions:

Recipe Link

Mashed Potatoes (THM XO)

Ingredients:

- 2 pounds russet potatoes
- ½ cup milk, or more for a creamier texture
- ¼ cup butter
- kosher salt and freshly ground black pepper, to taste

Instructions:

Recipe Link

Apple Walnut Salad (THM E)

Ingredients:

FOR THE SPICED WALNUTS

- Chopped walnuts
- Bragg's Liquid Amino's, cayenne

FOR THE SALAD

- 1 1 head romaine lettuce (finely diced)
- 1 apple (diced)
- balsamic vinegar (to taste)
- apple cider vinegar (to taste)
- mineral salt (to taste)
- THM Gentle Sweet (to taste)
- 3 ounces tuna (optional for holiday meal)

Instructions:

Recipe Link

Classic Broccoli Salad (THM S)

Ingredients:

BROCCOLI SALAD

- 8 slices bacon
- 5 cups broccoli florets (from 1 large head of broccoli)
- ⅓ cup diced red onion
- ½ cup dried unsweetened cranberries
- ½ cup sunflower seeds
- ¼ cup crumbled goat cheese

BROCCOLI SALAD DRESSING

- ½ cup mayonnaise
- ¼ cup plain yogurt

Instructions:

Recipe Link

Cesar Salad (THM XO)

Ingredients:

CRUTONS:

- 8 cups cubed sourdough bread
- 1 tbsp dried parsley
- 1 1/2 tsp onion powder
- 2 tsp garlic powder
- 1/2 tsp salt
- 1/4 cup olive oil

DRESSING:

- 3/4 cup Parmesan cheese
- 1 cup mayonnaise
- 1/2 cup Greek yogurt
- 5 large garlic cloves, crushed
- 4 tsp lemon juice, freshly squeezed
- 2 1/2 tsp Dijon mustard
- 1 1/2 tsp Worcestershire sauce
- 3/4 tsp black pepper, freshly ground
- 1/3 tsp salt

Instructions:

Recipe Link

Winter Sunshine Salad (THM S)

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:

Recipe Link

Balsamic Bacon Brussels Sprouts (THM S)



Ingredients:

- 1 ½ pounds Brussels sprouts
- 2 tablespoons extra virgin olive oil
- kosher salt and ground black pepper, to taste
- 8 ounces bacon
- ½ yellow onion, diced
- ⅓ cup balsamic vinegar

Instructions:

Recipe Link

Jiggly Cranberry Orange Salad (THM E)

Ingredients:

- 1 12 oz. bag of fresh cranberries
- 2 medium oranges, peeled and chunked
- 4½ cups water (divided)
- 5 tsp. plain Knox brand gelatin (if using beef gelatin such as Great Lakes brand or THM Just Gelatin, add an extra 1 + ¼ tsp.)
- ½ tsp. salt
- 5 tsp. THM Super Sweet Blend (or more, to taste - I like mine tart)
- 10 drops Lorann Royal Raspberry flavor oil (or your favorite fruity extract to taste)
- 1 tsp. vanilla extract
- ½ tsp. orange extract

Instructions:

Recipe Link



Cranberry Sauce (THM FP)

Ingredients:

- 12 oz bag of cranberries
- 4 oz water
- 1 cup Joy Filled Eats Sweetener (or see alternatives in recipe notes)
- 1 tsp vanilla
- 1 tsp cinnamon

Instructions:

Recipe Link


Holiday
SWEET
TREATS

Keto Pecan Pie (THM S)



Ingredients:

CRUST:

- 2 2/3 cups almond flour
- 3 tsp coconut flour
- 3 tbsp cold butter
- 1 tbsp cold water

FILLING:

- 12 tbsp softened butter
- 1.5 cup Joy Filled Eats Sweetener (or see alternatives in recipe notes)
- 2 tsp vanilla
- 2 oz heavy cream
- 2 egg
- 2 tsp molasses
- 1.5 cups pecans chopped (save 1/2 cup or so whole for the top)

Instruction:

Recipe Link

Low Carb Pumpkin Delight (THM S)

Ingredients:

CRUST:

- 1 cup freshly ground pecan meal*
- 1/4 cup + 1 tablespoon oat fiber
- 4 tablespoons salted butter (softened)
- 2 teaspoons molasses
- 1 1/2 teaspoons THM Super Sweet Blend

CREAM CHEESE LAYER:

- 1 ½ (8 ounce) packages reduced fat cream cheese (room temperature) – 12 ounces total
- 2 teaspoons THM Super Sweet Blend (or more, to taste)
- ½ teaspoon vanilla extract
- ½ cup heavy whipping cream

PUMPKIN LAYER:

- ½ cup unsweetened almond milk
- 1 teaspoon beef gelatin
- 1 (15 ounce) can plain pumpkin puree
- ½ cup heavy whipping cream
- 1 tablespoon + 1 teaspoon THM Super Sweet Blend (to taste)
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 3/8 teaspoon salt
- ¼ teaspoon glucomannan

CRUMB TOPPING:

- ½ cup freshly ground pecan meal*
- 1 teaspoon THM Super Sweet Blend
- ¼ teaspoon cinnamon
- Hearty pinch of salt (to taste)

WHIPPED CREAM:

- ¾ cup heavy whipping cream
- 1/32 teaspoon (1 doonk) THM Pure Stevia Extract Powder
- 1/32 teaspoon xanthan gum

Instructions:

Recipe Link

Fudge (THM S)

Ingredients:

- 1 Cup Low Carb Sugar Free Sweetened Condensed Milk
- 1 Cup Lily's Stevia Sweetened Chocolate Chips

Instruction:

Recipe Link

Keto Pumpkin Cheesecake (THM S)

Ingredients:

PECAN CRUST:

- 2 cups pecans
- 2 tbsp butter
- 2 tbsp Joy Filled Eats Sweetener (or see alternatives in recipe notes)

PUMPKIN FILLING:

- 16 oz cream cheese
- 1 cup cottage cheese
- 1 cup pumpkin
- 6 eggs
- 1 cup Joy Filled Eats Sweetener (or see alternatives in recipe notes)
- 1 tbsp cinnamon

WHIPPED CREAM TOPPING:

- 1 cup heavy cream
- 2 tbsp Joy Filled Eats Sweetener (or see alternatives in recipe notes) optional

Instruction:

Recipe Link

Keto Maple Pecan Scones (THM S)

Ingredients:

SCONES:

- 2 cups almond flour
- ¼ cup Swerve Sweetener
- 2 teaspoon baking powder
- ¼ teaspoon salt
- ½ cup chopped pecans toasted
- 1 large egg
- ¼ cup butter melted
- 2 tablespoon heavy cream
- 1 teaspoon maple extract

GLAZE:

- 6 tablespoon powdered Swerve Sweetener
- 2 tablespoon heavy cream
- 1 teaspoon maple extract
- Water if needed

Instruction:

Recipe Link

Pay Off Day Candies (THM S)

Ingredients:

- 1/4 cup TH Gentle Sweet
- optional: 2 doonks TH Pure Stevia Extract Powder (if you have a real sweet tooth)
- 2 Tbsp butter
- 2 Tbsp heavy cream
- 1/8 tsp TH Natural Burst caramel extract
- 2 tsp natural peanut butter (sugar-free)
- 2 pinches TH Mineral Salt (2 to 3 pinches)
- 3/4 cup peanuts (chopped)

Instruction:

Recipe Link

Leslie's Buckeye Candies (THM S)

Ingredients:

- 1 C Natural PB (I use Smuckers)
- ½ C Gentle Sweet
- 1 T butter
- 2 T Integral Collagen
- 2 T coconut oil (optional)
- On plan chocolate chips

Instruction:

1. Put PB and butter in a bowl, microwave 30 sec, mix thoroughly.
2. Add Gentle Sweet, combine until smooth.
3. Add collagen, combine until smooth.
4. Place in refrigerator for 10 min until mostly firm.
5. Roll into balls, place on parchment lined cookie sheet and place in freezer until cold and firm (15-20 min)

Low Carb Pumpkin Pie (THM S)

Ingredients:

- 1 Recipe Flaky Low Carb Pie Crust or your favorite low-carb pie crust
- 1 ⅓ Cup Low Carb Sugar Free Sweetened Condensed Milk
- 1 15 Ounce Can Pumpkin
- 1 ½ Teaspoon Pumpkin Pie Spice
- 2 Eggs

Instruction:

Recipe Link

Cranberry Apple Crumble (THM E)

Ingredients:

BASE

- 3 cups chopped gala or honey crisp apples, leave the skins on
- 2 cups whole cranberries
- 1/2 cup Pyure, see notes for substitutions
- 1/2 teaspoon ground cinnamon
- 1/4 cup sprouted wheat flour
- 1/2 tsp Glucomannan or Xanthan Gum

- **TOPPING**
- 1/4 cup Pyure
- 1/4 tsp Blackstrap Molasses
- 1/2 tsp maple extract
- 1 1/2 cups old fashioned oats
- 1/4 cup chopped walnuts or pecans
- 5 teaspoons unsalted butter, melted
- 1/4 cup egg whites
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon mineral salt

Instruction:

Recipe Link



Holiday Pumpkin Trimtastic Roll (THM S)

Ingredients:

- 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
- -3/4 to 1 cup THM Baking Blend* (*Please see Recipe Notes for a NSI option.)
- -3/4 cup THM Gentle Sweet*
- -1/8 tsp THM Pure Stevia Extract Powder* (or, to taste)
- -1.5 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 – 8 ounce package 1/3 less fat cream cheese
- -4 Tbsp softened butter
- -3 to 4 Tbsp THM Gentle Sweet (or to taste)
- -1 tsp vanilla extract

Instruction:

Recipe Link



Adrienne's Christmas Cookie (THM S)

Ingredients:

CHRISTMAS COOKIES:

- 1/4 cup of unsalted butter (if you use salted butter leave out the salt in the batter recipe)
- 1/4 cup of coconut oil melted (use refined coconut oil if you don't want the coconut flavor)
- 1/4 cup plus 2 tbsp THM Super Sweet Blend (Mrs. Criddle used 1/2 cup plus 2 tbsp of THM Gentle Sweet)
- 1/2 tsp vanilla extract
- 1/2 cup of sour cream or 1/4 cup of sour cream & 1/4 cup of plain greek yogurt
- 2 eggs plus 1 & 1/2 tbsp egg whites
- 3/4 cup almond flour
- 1/2 cup THM Baking Blend
- 1/2 cup of Oat Fiber (plus some for flouring)
- 1 tsp baking powder
- 1/4 tsp salt

COOKIE ICING:

- 4 oz of 1/3 less fat cream cheese
- 1/2 cup (1 stick) of butter (I used salted)
- 1/2 cup of THM Gentle Sweet (or 1/4 cup of THM Super Sweet ground into powder or 3/4 cup of Xylitol or Swerve ground into powder)
- 1 tsp vanilla extract
- Heavy whipping cream as needed to reach desired frosting consistency

- Natural food coloring

Instruction:

Recipe Link

