



PALEO HOLIDAY RECIPES

NOURISHING DISHES TO ENJOY
WITH FRIENDS & FAMILY

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Paleo Holiday Recipes by Elizabeth Fritzler
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Everything but the turkey...

Life gets hectic near the end of the year. And preparing the biggest meals of the year certainly doesn't do much to alleviate stress.

That's why I've created this collection of easy, Paleo-friendly recipes: to help you stay on track with healthy eating while making the holidays enjoyable for everyone—including you, the chef!

From Grandma's fruit salad to cranberry sauce, many of these recipes have been part of my family's traditions for years. I hope they become part of your traditions, too.

To your family's health,

A handwritten signature in a cursive script that reads "Elizabeth". The ink is dark and the signature is fluid and elegant.

P.S. You can find more recipes and inspiration at [DIYPaleo.com](https://www.diy-paleo.com).

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Chili-Spiced Nut Mix

Makes 4 cups

INGREDIENTS

4 cups nut mix of your choice (I used almonds, pecans, walnuts and hazelnuts)

2 Tbsp. + 2 tsp. coconut oil

1 tsp. each cayenne, black pepper, smoked paprika, cumin

2 tsp. chili powder

1 tsp. sea salt

DIRECTIONS

- Preheat oven to 300°.
- Melt coconut oil in a saucepan or in the microwave, then add spices and mix well.
- Line a baking sheet with parchment paper and spread out nut mix in a single layer on the paper.
- Coat nuts with the oil and spice mixture.
- Bake for 20 minutes, then remove from oven and let cool completely.



Pomegranate-Bacon Salad

Serves 4

INGREDIENTS

Salad:

4 cups fresh baby spinach
Seeds from 1 pomegranate
8 pieces bacon
½ cup chopped walnuts
¼ cup thinly sliced red onion

Citrus Dressing:

½ cup orange juice
2 Tbsp. lemon juice
½ cup olive oil
2 tsp. finely minced shallot
½ tsp. salt
1 tsp. orange zest

DIRECTIONS

- Cook bacon until crispy, then crumble once cooled.
- Place spinach in a large serving bowl, then add pomegranate seeds, crumbled bacon, walnuts and red onion.
- For the dressing, mix all ingredients well in a jar or cruet.
- Drizzle dressing over salad and serve.



Plantain Stuffing

Makes 4 cups

INGREDIENTS

4 green plantains, diced
2 stalks celery, diced
1 green apple, diced
1 cup mushrooms, diced
2 cups yellow onion, diced
1/2 cup chopped pecans
1/4 cup raisins

2 garlic cloves
2 Tbsp. bacon fat
1 tsp. sea salt
2 Tbsp. each minced sage,
thyme, and rosemary
1/2 cup + 1/4 cup chicken
broth

DIRECTIONS

- Steam plantains with 1/2 cup broth for 15 minutes.
- Heat bacon fat in a frying pan, then add mushrooms, onion, plantains and salt.
- When onion becomes translucent, add the rest of the ingredients and cook another 5 minutes.
- Transfer to a baking dish and bake at 350° for 30 minutes.



Cranberry Sauce

Makes 2 cups

INGREDIENTS

3 cups cranberries
2 Tbsp. honey
2 Tbsp. lemon juice
1/2 medium apple
1/2 cup orange juice
1/2 tsp. cinnamon

DIRECTIONS

- Simmer all ingredients over medium heat for 15-20 minutes, mashing fruit with a potato masher or back of a spoon.
- Remove from heat, chill and serve.



Roasted Butternut Squash

Makes 4 cups

INGREDIENTS

1 butternut squash (about 4 cups diced)
1/4 cup chopped pecans
1 tsp. maple syrup
1 tsp. cinnamon
1/2 tsp. sea salt
3 Tbsp. melted butter or coconut oil

DIRECTIONS

- Peel squash and scoop out seeds, then dice into 1-inch cubes.
- Toss with rest of ingredients in a mixing bowl, then transfer to an oven-safe casserole dish.
- Bake at 375° for 45 minutes, or until squash is fork-tender.



Orange-Glazed Duck

Serves 6

INGREDIENTS

Whole duck (about 3 lb.)
Juice of 2 oranges (about 1 cup)
2 Tbsp. honey
2 tsp. sea salt
Several sprigs of fresh rosemary
2 parsnips
3 carrots
3 celery stalks

DIRECTIONS

- Preheat oven to 350°.
- Dice vegetables and place in a roasting pan with rack.
- Simmer orange juice, honey, salt and 2 sprigs of rosemary in a small saucepan for 15 minutes, then remove from heat.
- Rinse and dry duck thoroughly, then place breast-up on rack in roasting pan.
- Score the skin over the breast and legs to help some of the fat escape while roasting (this will help the skin crisp up, too.)
- Brush glaze over duck, reserving the rest for later.
- Truss duck legs together and cover the pan with foil.
- Roast for 2-2 ½ hours, brushing more glaze over the duck and stirring the vegetables every 30 minutes.
- Duck is done when internal temperature reaches 135° for medium-rare or 170° for well-done.





Mushroom Gravy

Makes 4 cups

INGREDIENTS

2 cups + 2 cups chicken broth,
divided
2 cups chopped cauliflower
2 garlic cloves
1 cup diced mushrooms

1 cup diced onion
Pan drippings from turkey
Salt to taste

DIRECTIONS

- Steam cauliflower, garlic, mushrooms and onion for 10-15 minutes in 2 cups of broth, or until cauliflower is very soft and fork-tender.
- Transfer to a Vitamix or high-speed blender and blend until smooth.
- Heat pan drippings and the remaining 2 cups of broth on the stove.
- Add the cauliflower mixture, stirring constantly, until desired consistency is reached. Salt to taste.



Balsamic Brussels Sprouts

Makes 4 cups

INGREDIENTS

4 cups brussels sprouts, washed, peeled and sliced in halves

¼ cup + 2 tsp. bacon fat, divided

¼ cup + ½ cup thinly sliced shallots, divided

1 cup balsamic vinegar

1/4 tsp. sea salt

1 sprig fresh rosemary

DIRECTIONS

- Preheat oven to 375°.
- Toss brussels sprouts with ¼ cup bacon fat, salt and ¼ cup shallots.
- Bake for 15-20 minutes or until slightly crispy.
- While sprouts are roasting, heat the remaining 2 tsp. bacon fat in a small saucepan over medium-low heat.
- Add remaining ½ cup shallots and cook until slightly translucent.
- Add balsamic vinegar and rosemary.
- Cook 5 minutes to reduce vinegar, then remove rosemary sprig.
- Drizzle vinegar reduction over sprouts and serve.



Grandma's Fruit Salad

Makes 4 cups

INGREDIENTS

1 cup canned coconut milk
1 Tbsp. honey
1 medium apple, diced
1 pear, diced
1 banana, sliced
1 orange, diced
Dash of cinnamon

DIRECTIONS

- Chill coconut milk can in refrigerator for several hours or overnight.
- Turn can upside down, then open and drain off the watery liquid, leaving only the cream.
- Mix cream and honey in a bowl (a hand mixer is helpful).
- Add fruit and combine. Sprinkle cinnamon on top.



Dairy-Free Eggnog

Makes 2 cups

INGREDIENTS

2 cups canned coconut milk
1/3 cup coconut sugar
½ tsp. each cinnamon, nutmeg, vanilla extract
2 whole cloves
4 egg yolks
Spiced rum or whiskey (if desired)

DIRECTIONS

- Whisk egg yolks in a small bowl and set aside.
- Add coconut milk, coconut sugar and spices to a small saucepan.
- Bring to a near boil, then remove from heat.
- Whisk in egg yolks.
- Add liquor (if using), and garnish with coconut whipped cream and a sprinkle of nutmeg.



Pecan Pie

Makes 1 pie

INGREDIENTS

Crust:

3 dates

1 1/2 cups walnuts

3/4 cup almond flour

2 Tbsp. palm shortening

Filling:

6 Tbsp. butter or ghee

3/4 cup coconut sugar

3/4 cup maple syrup

3 eggs

1 1/2 tsp. vanilla extract

1/4 tsp. salt

1 1/2 cups pecans

DIRECTIONS

- Pulse dates, walnuts and almond flour in a food processor until crumbly.
- Add palm shortening and pulse a few more times, then press mixture into a pie pan.
- Bake pie shell at 350° for 10 minutes.
- Melt butter in saucepan, then whisk in sugar, syrup, vanilla and salt.
- In a separate bowl, whisk eggs, then add to saucepan and mix again.
- Place pecans in pie shell, then pour in the filling.
- Bake at 350° for 40-45 minutes, or until middle has set.



Gingerbread

Serves 9

INGREDIENTS

4 eggs
½ cup molasses
½ cup melted palm shortening
¼ cup coconut sugar
1 cup arrowroot starch
½ cup coconut flour

1 tsp. baking soda
¼ tsp. sea salt
1 tsp. each cinnamon and
ground ginger
½ tsp. ground cloves

DIRECTIONS

- Preheat oven to 350°.
- Grease an 8x8" baking dish and dust with arrowroot starch.
- Mix dry ingredients in a small bowl and set aside.
- Beat eggs in another bowl, then add molasses and melted shortening. Mix well.
- Add dry ingredients to wet and mix again.
- Pour batter into prepared baking dish.
- Bake for 20 minutes, or until a toothpick inserted in the center comes out clean.



Peppermint Hot Cocoa

Makes 2 cups

INGREDIENTS

1 cup each canned coconut milk and water
2 Tbsp. maple syrup
¼ cup cocoa powder
10 drops peppermint oil

DIRECTIONS

- Whisk all ingredients together (except peppermint oil) in a small saucepan over medium heat.
- Remove from heat when mixture is just beginning to bubble.
- Stir in peppermint oil.
- Garnish with coconut whipped cream.



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