



Happy Holidays!



<https://www.herbandtonic.com/>

Happy Holidays!

Check out some of our favorite "treats" that give you the pumpkin spice and everything nice without the sugar rush of a usual dessert. These indulgent recipes will make any houseguest happy. Hope you enjoy!

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!





Fruits

- ☐ 1 Apple
- ☐ 1/2 Banana
- ☐ 3/4 Lemon

Breakfast

- ☐ 1 tbsp Almond Butter
- ☐ 1 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 1/2 cups Cashews
- ☐ 1 tbsp Chia Seeds
- ☐ 2 1/4 tsps Cinnamon
- ☐ 2 tsps Ground Flax Seed
- ☐ 1 tsp Ground Ginger
- ☐ 3 cups Pecans
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 1/2 tsp Sea Salt
- ☐ 1/2 cup Walnuts

Vegetables

- ☐ 4 cups Cauliflower Rice
- ☐ 1/2 tsp Ginger

Boxed & Canned

- ☐ 1 1/2 cups Organic Coconut Milk

Baking

- ☐ 1 1/8 cups Almond Flour
- ☐ 2/3 cup Arrowroot Powder
- ☐ 2 tsps Baking Powder
- ☐ 1 1/2 tsps Baking Soda
- ☐ 1 1/2 tsps Blackstrap Molasses
- ☐ 1 1/4 cups Coconut Flour
- ☐ 1/4 cup Coconut Sugar
- ☐ 1/8 tsp Ground Cloves
- ☐ 1 1/2 cups Oat Flour
- ☐ 2 cups Pitted Dates
- ☐ 1 tbsp Pumpkin Pie Spice
- ☐ 2 cups Pureed Pumpkin
- ☐ 1 tbsp Tapioca Flour
- ☐ 1/4 cup Unsweetened Applesauce
- ☐ 1 cup Unsweetened Coconut Flakes
- ☐ 1/4 cup Unsweetened Shredded Coconut
- ☐ 1 tsp Vanilla Extract

Condiments & Oils

- ☐ 1 tsp Apple Cider Vinegar
- ☐ 1 cup Coconut Oil
- ☐ 1 tbsp Extra Virgin Olive Oil

Cold

- ☐ 3 Egg
- ☐ 2 1/16 cups Unsweetened Almond Milk

Other

- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 1 1/16 cups Water



Pumpkin Pie Cauliflower Porridge

4 servings

10 minutes

Ingredients

1 1/2 cups Organic Coconut Milk
(canned, full-fat, divided)
1 cup Pureed Pumpkin
2 tsps Pumpkin Pie Spice
4 cups Cauliflower Rice
2 tbsps Maple Syrup
1/4 cup Pumpkin Seeds

Directions

- 1 In a large pan over medium heat, combine 2/3 of the coconut milk, pureed pumpkin, pumpkin pie spice and cauliflower rice. Cook until the cauliflower is tender, about 5 to 8 minutes.
- 2 Divide into bowls or plates, top with the remaining coconut milk, maple syrup and pumpkin seeds. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to two days.

Serving Size, Each serving equals approximately one cup of cauliflower porridge.

Additional Toppings, Top with your choice of crushed nuts or seeds.

No Maple Syrup, Use honey, coconut sugar or stevia.



Gingerbread Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 1/2 tps Blackstrap Molasses
- 1/2 tsp Ginger (fresh, minced)
- 1/4 tsp Cinnamon (ground)
- 1/8 tsp Ground Cloves

Directions

- 1 Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds, Use flax seeds instead.

No Blackstrap Molasses, Use maple syrup instead.

Nut-Free, Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies, Add frozen cauliflower.



Apple Pie Pancakes

6 servings

30 minutes

Ingredients

3 Egg
3/4 cup Unsweetened Almond Milk
3 tbsps Maple Syrup (divided)
3/4 Lemon (juiced and divided)
1 tsp Vanilla Extract
1/2 cup Coconut Flour
1/2 cup Arrowroot Powder
1 1/2 tsps Baking Powder
1/4 tsp Baking Soda
1/4 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil
1 tbsp Coconut Oil
1 Apple (cored and diced)
1/2 tsp Cinnamon
2 tsps Almond Flour

Directions

- 1 In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
- 2 In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
- 3 Mix in baking powder, baking soda, and salt.
- 4 Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
- 5 Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
- 6 Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
- 7 Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
- 8 Top apple pancakes with chunky apple cinnamon sauce and enjoy!

Notes

No Arrowroot Flour, Use tapioca flour or cornstarch.

Leftovers, Store pancakes in the fridge and reheat them in the toaster.



Pumpkin Muffins

12 servings

40 minutes

Ingredients

2 tbsps Ground Flax Seed
1/3 cup Water
1/3 cup Unsweetened Almond Milk
1 tsp Apple Cider Vinegar
1 1/2 cups Oat Flour
1 cup Almond Flour
1 tsp Baking Soda
1/2 tsp Baking Powder
1 tsp Pumpkin Pie Spice
1/4 tsp Sea Salt
1 cup Pureed Pumpkin
1/2 cup Maple Syrup
2 tbsps Coconut Oil (melted)
1/2 cup Walnuts (roughly chopped)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2 In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
- 3 In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
- 4 Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
- 5 Remove from oven and let cool before serving or storing. Enjoy!

Notes

Leftovers, Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size, One serving is equal to one muffin.

No Walnuts, Use chocolate chips instead of walnuts.



Coconut Shortbread Cookies

8 servings

20 minutes

Ingredients

1/2 cup Coconut Flour
2 tbsps Arrowroot Powder
1/4 cup Coconut Sugar
1/3 cup Coconut Oil (melted)

Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 2 In a mixing bowl, stir the coconut flour, arrowroot and coconut sugar together. Fold in the coconut oil until evenly combined.
- 3 Gently roll a tablespoonful of batter at a time and transfer to the baking sheet. Flatten each ball using your fingers or a fork.
- 4 Bake for 6 to 8 minutes or until they just turn golden brown. Let cool completely before serving to allow the cookies to firm up, at least 15 minutes. If the cookies are too crumbly, freeze them before serving.

Notes

Leftovers, Freeze in an airtight container or freezer bag. Serve from frozen for best results.

Serving Size, Each serving equals one cookie.

Coconut Flour, This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Coconut Candied Pecans

4 servings

10 minutes

Ingredients

1 tbsp Coconut Oil
1 cup Pecans
2 tbsps Maple Syrup
1/4 cup Unsweetened Shredded Coconut
1 tsp Cinnamon

Directions

- 1 In a medium skillet, heat the coconut oil over medium heat. Add the pecans, maple syrup, shredded coconut and cinnamon.
- 2 Cook for about 10 minutes, stirring frequently.
- 3 Remove from heat, let cool and enjoy!

Notes

Leftovers, Store pecans in a glass jar for up to 14 days.

Serving Size, One serving is approximately 1/4 cup of pecans.

More Crunch, Add pumpkin seeds.

No Pecans , Use almonds or walnuts instead.



Pecan Pie Squares

16 servings

35 minutes

Ingredients

2 cups Pitted Dates (divided)
1 1/2 cups Cashews (soaked for 1 hour and drained)
1 cup Unsweetened Coconut Flakes
3/4 cup Water
2 cups Pecans

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
- 3 Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
- 4 Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick gooey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
- 5 Place in the oven and bake for 20 minutes.
- 6 Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!



Molasses Cookies

8 servings

20 minutes

Ingredients

1/4 cup Coconut Flour
1 tbsp Tapioca Flour
1/2 tsp Cinnamon
1 tsp Ground Ginger
1/4 tsp Baking Soda
1/4 cup Coconut Oil (melted)
1/4 cup Unsweetened Applesauce
1 tbsp Blackstrap Molasses

Directions

- 1 Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 2 In a mixing bowl, combine the coconut flour, tapioca flour, cinnamon, ginger and baking soda.
- 3 Add the coconut oil, applesauce and molasses. Stir until the mixture is thick and the ingredients are evenly combined.
- 4 Gently roll a tablespoonful of batter at a time and transfer to the baking sheet. Flatten each ball using your fingers or a fork.
- 5 Bake for 12 to 15 minutes. Remove from the oven and let them cool completely to allow the cookies to firm up. If the cookies are too crumbly, freeze them before serving. Enjoy!

Notes

Leftovers, Freeze in an airtight container or freezer bag. Serve from frozen (no need to thaw).

Serving Size, One serving equals one cookie.

Coconut Flour, This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

No Tapioca Flour, Use cornstarch or arrowroot powder instead.