

Thanksgiving

RECIPES



TRIED AND TRUE

VOL. 1

Fennel Apple Stuffing

By Angela of Axe & Root Homestead



Fennel Apple Stuffing

INGREDIENTS

- 1 loaf sourdough or crusty bread cut into 1" cubes
- 2 large apples, cubed (peeling optional)
- 2 Italian Sausage links (regular or veggie-Italian sausage), ground and cooked
- 1/2 fennel bulb, cubed
- 1 large onion, diced
- 1/2 cup raisins
- 4 cups vegetable broth

Salt and pepper to taste

INSTRUCTIONS

Heat the oven to 375F. Combine all ingredients in a large mixing bowl. Stir to coat evenly and ensure the stuffing mixture is moist. Add more vegetable broth if needed.

Place stuffing in a roasting pan covered with a lid or a piece of tin foil. Bake for 30-40 minutes, stirring occasionally. Stuffing should be soft but not soggy.

Dry Brine Roast Turkey

INGREDIENTS

- 1 12 lb turkey
- 3 tbsp kosher salt
- 1 tbsp diced rosemary or other herb, optional
- melted butter, optional

NOTES

prep time: 15 MINS

cook time: 3 HRS

total time: 3 HRS 15 MINS (+/- overnight brining)

Dry brining is such simple technique, and it results in a moist, flavor-packed roast turkey. Cook time based off 11 pound bird. Adjust time accordingly and check with meat thermometer for doneness

Dry Brine Roast Turkey

INSTRUCTIONS

- Remove giblets, and rinse & pat dry your turkey.
- Measure out approximately 1 tbsp kosher salt per 4 lbs of turkey and place in a small bowl.
- If using herbs, stir 1 1/2 tsp diced herbs into the salt.
- Sprinkle a little salt into the cavity of the turkey.
- Distribute the remaining salt over all surfaces of the turkey, concentrating a little more on the meatiest areas. {I tend to be very generous with the salt, often using a little more than the recipe calls for.}
- Refrigerate turkey on an uncovered platter for at least 1 hour per pound, but up to 48 hours.
- An hour before you're ready to cook, remove turkey from refrigerator and let sit at room temperature.
- Preheat oven to 425.

Dry Brine Roast Turkey

INSTRUCTIONS

- Place turkey breast side down on a rack in a roasting pan. Cook for 30 minutes. {This step is crucial in ensuring the breast meat absorbs enough salt and herb into the meat.}
- Reduce temperature to 325. Flip turkey so the breast side faces up and return to oven.
- Cook for about 2 1/2 more hours or until internal temperature at the thickest part reaches 165.
- Let rest for about 30 minutes, carve, and serve.

Glazed Ham

By Mikayla from the Herrmann Homestead



Glazed Ham

INGREDIENTS

- 1/2 Cup Brown Sugar
- 1/4 Cup Water
- 2 tsp Paprika
- 3 tbsp Honey

INSTRUCTIONS

- Mix ingredients together & brush onto ham.
- Put 1/2 inch to 1 inch of water in pan with ham.
- Cover with foil.
- Cook at 325 for 20 min. per pound.
- Enjoy!

Honey Butter Yeast Rolls

NOTES

- This dough could be rolled out to about 1/4" thickness, cut into triangles and rolled up like croissants.
- Also, if you are feeling indulgent, you could substitute half of the whole wheat flour for white flour. This will make them incredibly fluffy. The ones in the photos were made with all whole wheat.



Honey Butter Yeast Rolls

INGREDIENTS

- ½ Cup Warm water Between 105° -110°
- 2 ¼ tsp Active Dry or Instant Yeast This is the equivalent of one packet
- 5 TBS Sugar or Honey I use Organic Evaporated Cane Sugar
- 1 ½ Cup Warm Milk
- 1 Beaten Egg
- 1 ¼ tsp Salt
- 5 TBS Softened Butter
- 4 Cups Flour I use Prairie Gold White Whole Wheat Flour

Honey Butter

- 4 TBS Soft Butter
- 3 TBS Honey

Honey Butter Yeast Rolls

INSTRUCTIONS

- Sprinkle the yeast over the warm water with $\frac{1}{4}$ tsp sugar. Let proof for about 10 minutes.
- When it is foamy mix in the sugar, milk, egg, salt and butter. Gradually add the flour.
- This is easiest using a stand mixer. The dough will be sticky.
- Place dough in a greased glass bowl and let rise until doubled, or approximately two hours.
- After it has risen, punch it down and work into two lumps.
- Then shape the dough into small balls about 2". Brush with honey butter and let rise for about an hour.
- Bake at 375° for about 18 minutes. The bake time depends on your oven. Time could range from 15-20 minutes.
- Remove from the oven and brush generously with honey butter.
- Enjoy!

Cheesy Sourdough Biscuits

By Alexa from the Duvall Homestead



Cheesy Sourdough Biscuits

INGREDIENTS

- 1 farm fresh egg
- 1/3 cup milk1 cup flour
- 1/2 cup sourdough starter
- 1 cup grated cheese
- 1 tsp salt
- 1/3 cup coconut oil melted

Cheesy Sourdough Biscuits

INSTRUCTIONS

- Add all the ingredients to a large bowl and stir (or of course you could mix with your hands).
- Cover the bowl with plastic wrap and set in the fridge overnight if you plan on making this the next day. If you're in a hurry like I am most of the time, you can skip the fermenting part (it just won't have all the probiotics)
- Preheat oven to 450 degrees F. Line a cupcake/muffin baking tray with cupcake liners and dollop the dough into the cupcake tins.
- Reduce the temperature to 350 degrees F, place the baking tray inside the oven, and bake at 350 F for 40 minutes.
- Enjoy!

Naturally Sweetened Apple Pie

NOTES

- You can use anywhere from 4 to 10 apples, depending on size and how big you want your pie. We use a variety of apples to get a sweet, sour, flavorful fall pie.



Naturally Sweetened Apple Pie

INGREDIENTS

- Four to six apples, depending on size, peeled and sliced
- 5 TB butter
- Three tablespoons honey
- Juice from half a lemon
- One teaspoon cinnamon
- Half teaspoon nutmeg
- Dash vanilla extract
- 2 TB water
- Two tablespoons flour
- 1 egg (if making homemade pie crust)

Naturally Sweetened Apple Pie

INSTRUCTIONS

- In a dutchoven or stainless steel pot, combine the apples, butter, honey, lemon, and spices. Stir and saute on medium heat for a few minutes, until fully combined.
- Add the water and flour and stir to combine. Let sit on the heat for another 5 to 10 minutes, until you can see the juices from the apples start to come out and a thick apple filling is formed. The goal here is not to cook the apples yet, but to just get a nice juicy flavorful filling.
- Remove the apples from the heat and let cool for 5-10 minutes. Prepare your pie crust. We like sourdough pie crust best here at our house!
- Pour the apple mixture into the pie crust and prepare your crust how you like it. I always brush a whisked egg over the top of the pie crust because it gives it that nice glazed and buttery finish.

Naturally Sweetened Apple Pie

INSTRUCTIONS

- Bake at 350 degrees for 60 minutes. Now this part is very important: about halfway through baking (so at 30 minutes), put an aluminum foil cover over the top of the pie. This allows the pie to continue baking evenly and not burn the pie crust edges.
- Let cool slightly. Slice and top with homemade whipped cream for a sweet fall dessert!

Pumpkin Bars

NOTES

With homemade vanilla cream cheese frosting.



Pumpkin Bars

INGREDIENTS

- 4 farm fresh eggs
- 1 & 2/3 cup organic raw cane sugar
- 2/3 cup melted coconut oil
- 1 15oz can pumpkin
- 2 cups organic flour
- 1 & 1/2 tsp saigon cinnamon
- 1 tsp baking soda
- 2 tsp baking powder
- 1/2 tsp salt
- tsp vanilla extract

Pumpkin Bars

INSTRUCTIONS

- Preheat your oven to 350 degrees.
- Mix your ingredients well and place on sheet pan.
- Bake for 25 minutes.
- Allow pumpkin bars to cool to room temperature before frosting.

Vanilla Cream Cheese Frosting

By Tara from She's Rooted Home



Vanilla Cream Cheese Frosting

INGREDIENTS

- 4 tbsp Kerrygold butter
- 1 8oz pack of organic cream cheese
- 1/3 cup honey
- 1 tsp vanilla extract

INSTRUCTIONS

- Mix well on high speed.
- you may top with fresh walnuts, pecans or cinnamon.
- Enjoy!

Homemade Tangy Cranberry Sauce

By Rachel from Happy Dirt Life



Homemade Tangy Cranberry Sauce

INGREDIENTS

- 1 12 ounce bag of fresh cranberries
- 1 cup cranberry juice (or sub any juice you have on hand—orange, apple, anything!)
- 1 cup 100% pure maple syrup
- 2 tablespoons of orange juice (or orange)
- 1 tablespoon of lemon zest (or orange zest)

Homemade Tangy Cranberry Sauce

INSTRUCTIONS

- Wash the cranberries under cool water and put them in a medium saucepan. Pour in the cranberry juice (or whatever juice you prefer) and maple syrup. Add the orange juice and lemon zest (you can also use lemon juice or orange zest—just anything citrusy). Stir together and turn heat up to high until it starts boiling.
- Once the cranberries have mostly popped, turn down the heat to medium-low and continue cooking until the juice thickens up. Should take about 15 minutes.
- Turn off the heat and allow to cool. Chill in the fridge until ready to eat. You should get a nice jelly-like consistency.
- This is one of those easy recipes to make the day or two before so you just have to grab it out of the fridge on Thanksgiving Day!

Broccoli Casserole

By Rachel from Happy Dirt Life



Broccoli Casserole

INGREDIENTS

- 3 heads of broccoli (large) cut into small florets or 2 large bags of frozen broccoli
- 1.5 sticks butter
- 1 medium onion, diced
- 6 cloves of garlic, minced or pressed
- 1/2 C flour
- 4.5 C low sodium chicken broth
- 8 oz. cream cheese, room temperature (or microwaved for 20 seconds)
- 1/2 tsp salt
- 1 tsp black pepper
- 1/2-1 tsp Tony Chachere's Cajun Seasoning (or any seasoned salt)
- 1/2 tsp paprika, plus extra for sprinkling
- 4ish cups cheese (Mexican Blend, Cheddar, Monterrey Jack, Romano—any will do!)
- 2 TB melted butter
- 1 C seasoned breadcrumbs

Broccoli Casserole

INSTRUCTIONS

- Preheat the oven to 375 degrees Fahrenheit.
- Steam your broccoli florets for 3-4 minutes. You want them just bright green, not oversteamed, as they will cook for a bit in the oven. Set aside.
- In a large skillet, melt your butter and saute the onion until almost translucent. Add the garlic and saute for an additional minute.
- Sprinkle the flour over the top, whisking to combine, and cook for 45 seconds. You want to watch for it to turn a nice golden, brown. Add chicken broth (use bone broth for the extra nutrients!) and cook until the sauce thickens.
- Reduce heat to low and add the softened cream cheese, salt, seasoned salt, pepper, and paprika. Whisk to combine until the sauce is nice and smooth. Taste and adjust the seasonings as needed. Try not to eat the entire pot of sauce before the dish is done...

Broccoli Casserole

INSTRUCTIONS

- Layer half the broccoli in a large casserole dish. Pour on half the cream sauce on top, then sprinkle paprika over it. Add half the cheese. Add remaining broccoli, rest of the cream sauce, sprinkle paprika, and add the cheese. If you want to make this ahead of time, you can stop here and pop the casserole into the fridge to bake later.
- In a small bowl, mix together the melted 2 TB of butter and the breadcrumbs. Sprinkle over the top of the casserole.
- Pop into the oven (uncovered) and bake for 20 minutes if you've just prepped it, or 35ish minutes if its coming out of the fridge. You just want it heated through and the cheese melted.
- Enjoy!

Honey Nut Baked Brie

INGREDIENTS

- 8 oz Brie cheese
- 1/2 chopped walnuts and/or pecans
- 2 tbsp honey or maple syrup
- 1 pinch salt
- 1/4 tsp cinnamon
- crackers & apples for serving

Honey Nut Baked Brie

INSTRUCTIONS

- Cut the top rind off of Brie and place in microwave safe dish. Bake at 350 degrees for 15-20 minutes or microwave for 3-5 minutes. Until cheese is warmed through, slightly bubbly & melty.
- Heat a small sauce pan over medium heat & add the nuts, toasting until they slightly brown and give off a nutty aroma.
- Add the honey, salt, and cinnamon to the nuts and stir to coat.
- Pour the honey nut mixture over the top of the Brie.
- Serve with crackers & apple slices.
- Enjoy!

Moist Stuffing

INGREDIENTS

- 1 cup butter or margarine
- 2 cups diced celery
- 1 1/2 cups chopped onions
- 1/4 cup minced parsley
- 2 1/4 tsp salt
- 2 TBSP poultry seasoning
- 1/2 tsp pepper
- 18 cups bread cubes
- 3-5 eggs (or as needed to create needed moisture)

Moist Stuffing

INSTRUCTIONS

- In a quart Dutch oven over medium heat, in hot butter or margarine, cook celery and onions until tender (about 10 minutes).
- Add parsley, salt, poultry seasoning, and pepper; stir well until thoroughly mixed.
- Stir in bread cubes and eggs; mix together well.

NOTES

When stuffing whole birds, prepare stuffing just before roasting. You will need 3/4 to 1 cup stuffing per pound of bird. Stuffing expands during cooking, so pack it lightly into the bird. If you wish, bake extra stuffing in a covered, greased casserole dish along with the bird during the last 30 to 45 minutes of roasting time. My preference is cooking on the side! This recipe EASILY converts to gluten free by using either homemade or store bought gluten free bread and is JUST as satisfying!!

EMILY JOY UNDONE

Box Stuffing

INGREDIENTS

- 2 boxes of your favorite dry stuffing mix
- 1 medium onion
- 2 medium apples
- 1/2 to 1 cup raisins (optional)
- 1 1/2 to 2 cups chicken stock
- 1/2 stick of butter
- 1 tbsp of olive oil

Box Stuffing

INSTRUCTIONS

- Pre-heat oven to 400 degrees.
- Chop onions and saute until they are translucent (3-5 minutes) in olive oil.
- Peel apples and chop them to roughly the same size as you chopped onions.
- Place chicken stock and butter in a sauce pan and heat until butter is melted.
- In a large bowl mix stuffing mix, onions, apples and raisins.
- Once mixed add wet ingredients until everything is moist but not soggy. (If you need additional chicken stock, add it now.)
- Place mixture into a 9 x 13 pan and cover with foil.
- Bake for 15 minutes covered and then uncover and bake for an additional 10 minutes or until brown on top.
- Enjoy!

Fall Sangria

INGREDIENTS

- 1 bottle red wine (Pinot Noir)
- 2 cups apple cider
- 1 pear, chopped
- 3 cinnamon sticks

INSTRUCTIONS

- Combine all ingredients in a large pitcher & place in fridge.
- Let sit overnight or several hours. Serve cold.
- Enjoy!

Sweet Potatoes

INGREDIENTS

- 4 sweet potatoes, peeled and cut into 1-inch cubes
- 1/4 cup extra-virgin olive oil
- 1/4 cup honey
- 2 teaspoons ground cinnamon
- Salt and black pepper

INSTRUCTIONS

- Preheat oven to 375 degrees F.
- Lay the sweet potatoes out in on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes.
- Roast for 25 to 30 minutes in oven or until tender. (If they are taking a while to get tender you can put foil over the top to help soften them)
- Take sweet potatoes out of the oven and transfer them to a serving platter.

Sweet Potato Casserole

INGREDIENTS

- 40 oz can sweet potatoes or fresh yams
- 1/2 cup butter
- 1 cup granulated sugar
- 3 eggs (beaten)
- 1/3 cup evaporated milk
- 1 tsp vanilla

TOPPING

- 1 cup brown sugar
- 1/3 cup butter
- 1/3 cup flour
- 1 cup chopped pecans

Sweet Potato Casserole

INSTRUCTIONS

- Pre heat oven at 350 degrees.
- Mash potatoes.
- Add butter, sugar, eggs, milk, and vanilla.
- Place in a baking dish.
- Mix topping ingredients together.
- Spread on top.
- Bake at 350 degrees for 25-30 minutes.
- Enjoy!

Paleo Sweet Potato Casserole

INGREDIENTS

- 3 lbs sweet potato (roast or cook instant pot)
- 3 tbs ghee (coconut oil works too)
- Salt and fresh cracked pepper to taste.

INSTRUCTIONS

- Instant pot potatoes for 18 mins on manual pressure.
- Or sliced lengthwise, brush with Coconut oil and roast face down @ 400 degrees for 30 mins or until soft.
- Combine ingredients and whip in a mixer. Pour into a baking dish and add your pecan topping to then bake.

Paleo Sweet Potato Casserole

INGREDIENTS

- **PECAN TOPPING:**

- 3 cups rough chopped pecans
- 3 tbs ghee or coconut oil
- 1/4 cup maple syrup
- Cinnamon + salt to taste

INSTRUCTIONS

- Put it all together in a skillet/sauce pan
- Bring it all to a simmer and let the liquid evaporate (the hardest part here is being patient. But watch closely)
- Stir often and when you notice the mix go from thick and goes to a grainy texture, you're ready to remove.
- Lay your sugary nuts onto a piece parchment paper to cool. Add salt and cinnamon at this point.
- In a few minutes you have healthy holiday crack to put atop your sweet potatoes.

Paleo Sweet Potato Casserole

INSTRUCTIONS

- Add a few dollops of coconut oil or ghee, cover with tin foil, and bake at 375 degrees for 20 minutes.
- Enjoy!

Holiday Green Beans

INGREDIENTS

6 cups frozen green beans

1 lb uncured bacon

2 tbsp ghee or bacon rendering (save whatever is left after you bake your bacon)

1 lemon

Lemon zest

Salt + fresh cracked pepper

Holiday Green Beans

INSTRUCTIONS

- Season green beans with salt + pepper. Cook in a skillet over medium heat with the lid on. Usually 10 minutes will do. If you like them crunchy, cook less. Carmelized, cook longer.
- Bacon in the oven at 400 degrees for 17-20 minutes. This is to your desired texture.
- Allow bacon to cool. Then chop in small strips width wise + combine with your green beans in the skillet.
- Transfer to your favorite dish and zest the lemon on top.
- Squeeze a bit of lemon juice and serve!

Macaroni & Cheese

INGREDIENTS

- 1 cup velveta cheese (cup into small cubes).
- 1/2 cup sharp cheddar cheese
- 1/2 muenster cheese
- 1/2 cup monterey jack cheese
- 1 lb macaroni shells
- 2 eggs (lightly beaten)
- 2 cups half & half
- 1 stick plus 1 tbsp butter
- 1/4 tsp seasoning salt
- 1/8 fresh ground pepper
- 1 tbsp olive oil (add to water).

Macaroni & Cheese

INSTRUCTIONS

- Pre-heat oven to 350 degrees
- Lightly butter baking dish.
- Cook macaroni only 7 minutes & drain water.
- In sauce pan, melt butter, add cheeses(except sharp cheddar & velveeta).
- Then add half & half, velveeta, eggs, and seasoning.
- Transfer to baking dish.
- Put small amount of butter on top.
- Add sharp cheddar cheese on top.
- Bake for 35 minutes.
- Enjoy!

Butterscotch Pie

INGREDIENTS

- 1 2/3 cups grand cracker crumbs
- 1/4 cup sugar
- 6 tbsp butter, melted
- 2 3.4 ounce boxes of instant butterscotch pudding mix
- 2 cups milk
- 12 ounces cool whip

Butterscotch Pie

INSTRUCTIONS

- in a medium bowl, mix together the grand cracker crumbs, sugar and butter until well combined.
- Press mixture into the bottom and up the sides of a 9 in. pie plate using the bottom of a measuring cup.
- In a large bowl, whisk together the pudding mixes and milk for 2 minutes, until thick. Pour half of the pudding into the crust and spread evenly to cover the bottom. Fold half the cool whip into the remaining pudding and pour over crust.
- Spread the remaining cool whip over the crust evenly.
- Chill for at least 2 hours before serving.
- Enjoy!

Best Apple Pie

INSTRUCTIONS

In a large bowl, slice 5 apples, sprinkle liberally with cinnamon, nutmeg, 2 tbs minute tapioca, and 2/3 cups sugar. Mix well and place in bottom crust. Repeat process again, and place in pie tin on top of first mixture _ press firmly. Dot with butter and drizzle 4 tbs orange juice over all. Put on top crust, sprinkle with sugar. Cut slits in the top and bake at 375 degrees for 60 minutes.

PIE CRUST

- 2 cups flour
- 2/3 cups shortening
- 6 tbs cold water
- 1/2 tsp salt

Mix with beater until mixture clings together.(Make sure!) Add water and mix with a fork until forms a ball.

Berry Pie

INSTRUCTIONS

- 4 cups black berries
- 1 1/2 cups sugar
- 2 tbs corn starch
- 1 tbs butter

Let berries stand with sugar until juice appears. Pour off juice. In a small saucepan, add juice and corn starch and cook until thickened. Place berries in the bottom crust. Pour juice over berries, dot with butter. Top with the upper crust and sprinkle with sugar. Bake at 350 degrees until golden brown.

PIE CRUST

- 2 cups flour
- 2/3 cups shortening
- 6 tbs cold water
- 1/2 tsp salt

Mix with beater until mixture clings together.(Make sure!) Add water and mix will with a fork until forms a ball.

Cranberry Jello

INGREDIENTS

- 1 (6-ounce) package raspberry gelatin
- 1 (16-ounce) package can whole cranberry sauce. Be sure to use "whole"
- 16 ounces of sour cream
- 1/2 cup chopped pecans

INSTRUCTIONS

Prepare the gelatin according to package directions, using half the boiling water. Pour into a 9x13-inch glass dish. Stir in the cranberry sauce and the sour cream. Mix thoroughly while the liquid is still hot. Refrigerate the salad and sprinkle the pecans on top just before the salad is completely set. Yields 8 servings.

Holiday Cranberry Gelatin Salad

Healthier Made-from-Scratch Cranberry "Jell-O"
Salad



Holiday Cranberry Gelatin Salad

INGREDIENTS

- 1 bag (8 oz) of organic cranberries
- 1 package (8 oz) organic cream cheese (room temperature)
- 1 pint of organic heavy whipping cream
- 2 T organic grass-fed beef gelatin
- 1/2 cup of raw organic honey
- 1 c chopped walnuts
- 4 c organic cherry or cranberry juice
- 1 can crushed pineapple (drained)
- 1-2 T of organic sugar
- trifle or glass bowl

Holiday Cranberry Gelatin Salad

INSTRUCTIONS

- **Homemade Jell-O Mixture-** Pour 3/4 c juice in a glass measuring cup.
- Sprinkle gelatin over juice and whisk well. Let rest for 3-5 mins. This is the blooming (plump granules up) process.
- Next add the remaining juice into a medium sauce pan and heat just prior to a boil. Then remove from heat and add 1/2 c of raw honey and stir well.
- Place fresh cranberries and walnuts into a food processor and coarsely chop.
- Combine chopped cranberries and walnuts with both juice mixtures (bloomed with gelatin and heated juice), then add crushed pineapple (drained) into an 8 quart clear Pyrex casserole dish and set inside refrigerator for a minimum of 2 hrs to set up. May take up to 4 hrs. Length of time to firm up may vary.

Holiday Cranberry Gelatin Salad

INSTRUCTIONS

- **Whipped Cream-** Pour 1 pint of organic heavy whipping cream into a large mixing bowl.
- Add 2-3 T organic sugar and beat with handheld mixer until it forms stiff peaks.
- Blend in cream cheese (room temperature), but do not over beat. Remove homemade jell-o from refrigerator.
- Take trifle or glass bowl and begin first layer with the cranberry jell-o mixture, then a layer of whipped cream.
- Smooth down with a silicone spatula between layers. Repeat until the trifle bowl is left with a layer of whipped cream and cream cheese on top.
- Top with a few fresh cranberries and sprinkle with chopped walnuts.
- Place in refrigerator for a few hours to chill and set up. Best served chilled and within one to two days, before the liquid starts to separate.
- Enjoy!

Simple Spinach & Mushroom Quiche

Perfect for breakfast or brunch



Simple Spinach & Mushroom Quiche

INGREDIENTS

- 1 TBS avocado oil
- 2 cloves garlic, minced
- 2 c raw organic spinach
- 1 c sliced organic mushrooms
- 1/2 to 1 c feta cheese
- 1/4 c Parmesan cheese, grated
- 1/2 c mozzarella cheese
- 6-8 pasture raised eggs (medium size)
- 1/2 c whole organic milk
- Sea salt & pepper to taste

Simple Spinach & Mushroom Quiche

INSTRUCTIONS

- Sauté garlic in oil until translucent (about 2-3 mins). Add fresh spinach and continue to reduce until spinach loses most of its liquid. Then add sliced mushrooms and sauté until reduced down. Set aside to cool.
- In a separate bowl, whisk together the eggs, feta, milk, Parmesan cheese, salt and pepper until well combined.
- Prepare your 9-inch pie dish with butter or oil to prevent sticking. Line the dish with the spinach and mushroom mixture and then pour the egg and feta mixture over the top. Make sure that your surface is level. Sprinkle mozzarella all over the top.
- Place in a preheated 350 degree oven and bake for 45-55 minutes or until top of quiche is golden brown and most of the liquid has cooked out. You may need to cook longer depending on the moisture of your mushroom and spinach mixture at time of assembly.
Enjoy!

Homemade Ham & Potato Soup

Comforting soup



Homemade Ham & Potato Soup

INGREDIENTS

- 2T avocado oil or evoo
- 4-6 medium size organic red potatoes (peeled and diced)
- 3-5 celery stalks (diced)
- 2-3 carrots (peeled and chopped)
- 1 medium organic yellow onion (chopped)
- 6-8 slices of natural (hormone free) cooked ham (diced)
- 4c filtered water
- 2T organic chicken bouillon base
- 5T Einkorn flour or organic all-purpose flour
- 5T organic grass fed butter or organic butter
- 2c organic whole milk
- salt and pepper to taste

Homemade Ham & Potato Soup

INSTRUCTIONS

- Pour 2T oil into a stockpot and turn heat to medium high.
- Place potatoes, celery, carrots, onions, and ham into pot and sauté for 3-5 mins.
- Add water and bring to boil. Boil on medium high for 10-12 more minutes.
- Stir in the chicken bouillon and add the salt and pepper.
- In a separate sauce pan on medium low heat, add the slices of butter.
- Gently whisk in flour with a metal whisk or fork.
- Cook for about a minute or two to form the roux.
- Slowly stir in the milk and continue to whisk until no lumps are present. About 5 minutes.
- Next, take the milk mixture and add into the stock pot. Cook soup until heated thoroughly. Best served when hot

24 hour Sourdough Boule

INGREDIENTS

- 3 cups of all-purpose flour
- 3/4 cup active sourdough starter
- 1 1/4 cup warm water
- One heaping Tbsp of Honey
- 1.5 tsp salt

INSTRUCTIONS

- Combine all ingredients in a bowl of a stand mixer.
- Allow to rest for 15 minutes.
- Knead with dough hook for 5 minutes(or by hand for 8)
- Place dough in a lightly oiled non-metal bowl fold into a ball, and cover with plastic wrap.
- Let rise at room temperature for 12 hours. loaf should double in size.

24 hour Sourdough Boule

INSTRUCTIONS

- Flour surface, and shape your loaf using the "Envelope Fold" creating a nice tight ball, pinch and twist the bottom to set.
- Place loafing a proofing basket, or a colander lined with floured cloth napkin, and cover with a towel
- Place in refrigerator for another 12 hours.
- Pre-heat oven with dutch oven or cloche inside to 485 for 40 minutes. Score your bread just before setting in the oven.
- Bake with lid for 15 minutes, remove lid and reduce temp to 450.
- Remove bread and cool.

Farmhouse Flacky Pie Crust

INGREDIENTS

- 2 1/2 cups all purpose flour
- 1/4 tsp fine salt
- 3 tbsp granulated sugar
- 1/4 cup of cold shortening or lard
- 12 tbsp cultured, farm fresh butter (or any butter will do)
- 1/4-1/2 cup cold water

Farmhouse Flacky Pie Crust

INSTRUCTIONS

- In a large bowl or bowl of your stand mixer (fitted with the paddle attachment, sift dry ingredients.
- Add your lard or shortening and work or mix until combined.
- cut butter into small cubes, and then cut in using a pastry cutter or your paddle until mixture resembles coarse corn meal.
- Add cold water a little at a time until dough forms a ball.
- Remove ball, wrap in plastic wrap, and chill until filling is ready to go.

Harvest Bisque

INGREDIENTS

- Favorite Winter squash or pumpkin. (I use fairytale pumpkin. but all kinds will taste great!)
- Drizzle olive oil
- 1 cup Full-cream fresh milk
- Salt and pepper
- Tumeric
- 2 Tbsp cultured butter
- Garlic, chopped fresh or powder

INSTRUCTIONS

- Cut your pumpkin or squash in half and empty out the insides(save the seeds to roast for a delicious topping or snack!).
- Cut into 8ths(think pie), lay out on a baking sheet, drizzle in olive oil (or oil of choice), top with salt and pepper to taste.

Harvest Bisque

INSTRUCTIONS

- Bake at 350 for around 30-40 minutes, or until you can easily pierce with a fork.
- Remove from oven. Peel the skin away from the flesh and add all the flesh to a bowl.
- Add about a cup of some delicious farm fresh milk or cream, pending the size of your squash, and butter to taste, and blend with an immersion blender or mash with a potato masher until creamy.
- Add more salt and pepper, garlic, and sprinkle with tumeric. Lots of licking the spoon needed. Use as a side, sauce, soup, or a top sticky rice for a delicious taste of Autumn's fresh harvest.

Almond Flour Biscuits

• By Kathleen Henderson



Almond Flour Biscuits

INGREDIENTS

- 2 1/2 cups blanched almond flour
- 1/2 tsp unrefined sea salt
- 1/2 tsp baking soda
- 1/4 cup coconut oil (or butter)–oil should be softish, but not melted
- 2 eggs
- 1 TB raw, local honey

Almond Flour Biscuits

INSTRUCTIONS

- Preheat oven to 350°.
- In a large bowl, combine almond flour, salt and baking soda.
- In a medium bowl, blend coconut oil, eggs and honey.
- Mix the wet ingredients into the dry.
- Form the dough into small balls (like you're making cookies) and place on a cookie sheet.
- Flatten each ball with two fingers.
- Bake about 12 minutes.

Fresh Garlicky Green Beans

• By Kathleen Henderson



Fresh Garlicky Green Beans

INGREDIENTS

- 2–3 TB fat or cooking oil (I prefer bacon drippings or lard)
- fresh, slender green beans
- garlic cloves, sliced thinly, to taste
- unrefined sea salt, to taste
- freshly ground black pepper, to taste

NOTES:

- For my family of five, I fill a 12-inch cast iron skillet with green beans and add anywhere from 3-6 cloves of garlic.

Fresh Garlicky Green Beans

INSTRUCTIONS

- Trim ends of green beans.
- Heat a large skillet over medium-high heat. Try cast iron, if you have it!
- When the skillet is hot, add fat or oil.
- After the fat has melted, add green beans.
- Reduce heat and cook for 5-10 minutes, until tender crisp.
- Push green beans to one side of the skillet and add garlic to the open space. Add a bit more fat, if necessary.
- Cook and stir garlic several minutes until browned and fragrant.
- Toss beans and garlic, then season with unrefined sea salt and freshly ground pepper.
- Serve hot.

Decadent Paleo Chocolate Pie

• By Kathleen Henderson



Decadent Paleo Chocolate Pie

INGREDIENTS

- **Pie Crust:**

- 1 3/4 cups almond flour (be sure to use this brand)
- 3 TB cacao powder
- 2 TB coconut flour
- 1/4 tsp grass fed gelatin
- 1/4 tsp unrefined sea salt
- 5 TB palm shortening
- 3 TB local raw honey

- **Chocolate Filling:**

- 22 oz. coconut milk (1 can + 1 cup)
- 2 1/4 tsp grass fed gelatin
- 4 large egg yolks
- 1/3 c. local raw honey
- 2 tsp vanilla extract
- 2/3 c. (dairy-free) mini chocolate chips
- 2 TB cacao powder
- 1/8 tsp unrefined sea salt

Decadent Paleo Chocolate Pie

INSTRUCTIONS

- **Pie crust:**
- Preheat oven to 325 degrees.
- Add almond flour, cacao powder, coconut flour, gelatin, and salt to a food processor. Pulse in palm shortening, then honey. Continue to pulse into a ball of dough forms.
- Press the dough into a 9.5 inch pie plate. Use a fork to poke holes in the bottom of the crust.
- Bake 12 minutes, until crust rises and edges brown lightly. Remove from oven and allow to cool.

Decadent Paleo Chocolate Pie

INSTRUCTIONS

Chocolate filling:

- Add coconut milk to a medium saucepan. Sprinkle gelatin over the top. Leave it to bloom for about 10 minutes.
- While the gelatin softens, whisk egg yolks, honey, and vanilla in a small bowl. I like to use a 2 cup glass measuring cup.
- When the gelatin has softened, place the saucepan over medium heat. Whisking constantly, heat milk until well warmed. When milk and gelatin are well combined and milk is warm, slowly pour about 1/2 cup warm milk into egg mixture, whisking egg mixture constantly. Then slowly pour the egg mixture into the saucepan, constantly whisking milk.

Decadent Paleo Chocolate Pie

INSTRUCTIONS

- Whisk thoroughly, then add chocolate chips, cacao powder, and salt. Whisk well. Allow mixture to reach a gentle simmer, whisking occasionally. When it reaches a simmer, continue to whisk 3-5 minutes until slightly thickened.
- Pour mixture through a fine mesh strainer into the completely cooled pie crust.
- Chill in refrigerator for 6-8 hours or overnight, to allow filling to set.
- Serve with dairy-free whipped cream.

Pumpkin Pie

- By Slyvie Manderstrom



Pumpkin Pie

INGREDIENTS

- 1 $\frac{3}{4}$ cup pumpkin purée
- 1 cup canned coconut milk
- $\frac{1}{2}$ cup coconut sugar
- 4 tbsp cornstarch
- $\frac{1}{4}$ cup maple syrup
- 1 tsp vanilla extract
- $1\frac{1}{2}$ tsp pumpkin pie spice
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp salt

Pumpkin Pie

INSTRUCTIONS

- **Homemade Pumpkin Purée:** wash the dirt and debris from your pumpkin.
- I like to smash the stem off the pumpkin, then I cut it in half.
- Scoop out the seeds and strings and place pumpkin face down on a baking sheet lined with parchment paper.
- Depending on the size of your pumpkin, bake at 400°F for 30-40 minutes.
- You'll noticed the pumpkin is done when the skin starts to sink in. Remove from the oven and let cool.
- Scoop out the baked pumpkin into a blender leaving the skin behind.
- For every half of the pumpkin, add ¼ cup to ½ cup of water to blend nice and smooth.
- Any extra pumpkin purée can be frozen.

Pumpkin Pie

INSTRUCTIONS

- **Pumpkin Pie:** combine all ingredients together in a blender and blend until smooth. Pour into unbaked pie crust. Bake at 350°F for 1 hour.
- When done, remove from oven and set aside to cool for 30 minutes.
- Once cooled, transfer to the refrigerator and chill for 3 hours.
- When the pie is nice and chilled, slice a piece and top with coconut whipped cream.
- This pumpkin pie recipe is so delicious and perfect for fall. Enjoy friends!

Pumpkin Pie

NOTES

- If you are looking for a homemade pie crust recipe, we make ours with crisco vegetable shortening.
- We also like to whip up our own coconut whipped cream with a can of full fat coconut milk (thick white coconut cream only, drain the coco water), a couple tbsp maple syrup, a splash of vanilla extract and whisk away.
- We also use So Delicious Coconut Whipped Cream.

Salt + Honey Granola

- By Meagan from Leeco Honey



Salt + Honey Granola

INGREDIENTS

- 3/4-1 cup raw, local honey
- 2 cups of nuts of your choice (I used unsweetened coconut chips, pecans, and walnuts this time)
- 2 cups of oats
- 1/3 cup of coconut oil
- tsp of cinnamon
- tsp of salt + tsp vanilla extract

INSTRUCTIONS

- mix all of your ingredients together
- press into the bottom of a pan
- bake at 275F for about 45 minutes
- stir regularly and keep an eye out - all ovens are different and you don't want to burn your granola!

Sausage Balls

- By Meagan from Leeco Honey



Sausage Balls

INGREDIENTS

- 1 lb of ground pork sausage
- 2 cups of biscuit b
- 1 lb of sharp Cheddar cheese, shredded
- 1 cup diced veggies (mushrooms, peppers, jalapeños, etc)

INSTRUCTIONS

- Preheat oven to 350F
- Combine all ingredients in a large bowl
- Form into golf ball size balls and place on baking sheets
- Bake in preheated oven for 20-25 minutes until golden brown and sausage is cooked through

Country Crusty Bread With Honey Butter

- By Meagan from Leeco Honey



Country Crusty Bread With Honey Butter

INGREDIENTS

- 2.25 tsp. active dry yeast
- 1 TBSP Leeco Honey
- 1.25 cups warm water
- 1 tsp kosher salt
- 2.5 cups All-Purpose Flour, plus extra for dusting

NOTES

- Perfect and easy crusty bread that even the least experienced breadmaker can feel good about. Get ready to have your whole kitchen smell heavenly!
- Slather on that honey butter while you're at it :)

Country Crusty Bread With Honey Butter

INSTRUCTIONS

- Combine yeast, sugar, salt, and warm water in the bowl of a stand mixer fitted with a dough hook (you could also mix this dough by hand if you like – just use a large mixing bowl).
- Let the mixture sit for about 5 minutes to absorb together.
- Add flour to bowl, a little at a time and mix on low speed until all flour is incorporated and dough has just started to pull away from the sides of the bowl.
- While your bread is sitting for this last 30 minutes, place an empty dutch oven (with the lid on) in your oven and heat to 460 degrees F.

Country Crusty Bread With Honey Butter

INSTRUCTIONS

- When the oven is hot, you're ready to bake!
Pull out the Dutch oven using oven mitts.
Carefully place your dough in the Dutch oven. I use parchment paper to help me transfer!
- Bake bread for about 25 minutes or until the top starts to turn a light brown.
- Take the Dutch oven out of the oven. Use potholders or a spatula to lift the baked bread out of the Dutch oven and onto a cooling rack.
- Enjoy!

Honey Butter

- By Meagan from Leeco Honey



Honey Butter

INGREDIENTS

- 1-2 sticks of softened butter (local if available!)
- 1/4-1/2 cup of raw, local honey
- Pinch of salt

INSTRUCTIONS

- In a medium sized bowl, stir all ingredients together.
- Add more honey and salt by taste!

Honey Grapefruit Tea

- By Meagan from Leeco Honey



Honey Grapefruit Tea

INGREDIENTS

- Juice from 1-2 grapefruit (1/2-1 cup!)
- 1/4-1/2 cup of Water
- Tsp cinnamon
- 2 Tbsp raw, local Honey

INSTRUCTIONS

- Warm up grapefruit, water, and cinnamon on low in a saucepan.
- Once you can hear it simmer, pour it immediately into your favorite mug.
- Add raw, local honey and stir in!

NOTES

- Enjoy! I like mine with less water, which makes the tea more tart.

Mud Buddies

- By Meagan from Leeco Honey



Mud Buddies

INGREDIENTS

- 9 cups gluten-free rice squares cereal
- 1 cup semi-sweet chocolate chips
- ½ cup creamy peanut butter or sunflower seed butter (for nut free)
- ¼ cup coconut oil or ghee or butter
- ⅛ teaspoon salt (omit if using buttery spread)
- 1 teaspoon vanilla extract
- ½ cups powdered sugar

INSTRUCTIONS

- Melt chocolate, oil or butter, and nut butter in microwave or on stove top on low.
- Add in vanilla.
- Stir in Chex cereal.
- Add powdered sugar and stir to coat!

Spiced Apple Cider

- By Tiffany from Down A Cow Trail



Spiced Apple Cider

INGREDIENTS

- 1 gallon Apple Cider
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 5 cinnamon sticks
- Fresh Cranberries (optional)

INSTRUCTIONS

- Combine all ingredients and bring to a simmer. Simmer for 10 minutes and serve hot.!

NOTES

- This spiced cider gets better with age, so mix it up the night before and put it in the crock pot the next morning. You'll get to enjoy this cozy fall beverage all day long!