

## **Holiday Recipes**

### **Compliments of Cindy Bryant, CNHP Health Perspectives, LLC, Payson, Arizona**

#### **DEVILED EGGS**

Hard Boiled Eggs – Cut in Half

Mix the yokes with Walden Farms – Mayo, Redmond's Onion Salt and Mustard (To Taste). Mix and spoon back into the egg halves.

Optional – Garnish with a sprinkle of Paprika

#### **CRANBERRY RELISH**

FYI - Cranberries are technically not Phase 1 approved but 'tis the season and can be used for that special holiday "Day" (only).

*Ingredients:*

1 cup water

1 cup fresh whole cranberries

4 celery sticks chopped

1 cup chives chopped

1 cup chopped zucchini

6 mint leaves

1 tsp Orange zest

1 IP Raspberry Jelly packet

3 tsp Walden Farms Raspberry Jelly

1 tsp Xylitol

Boil the cranberries in the 1 cup of water for about 5 min. Pour the water off into a cup should be about 5 oz. of liquid and still warm. Put the IP Raspberry Jelly Packet into it and mix well. Pour into a bowl and put in the icebox to setup.

Chop together cranberries, celery, chives, zucchini, mint leaves and orange zest chop in a food processor or by hand. Mix in with Xylitol and Walden Farms Raspberry Jelly into the Jelly mix cooling in the icebox add the cranberries and the vegetables and mix together. Let cool in bowl and then serve with celery sticks or flax seed crackers.

#### **STUFFING**

*Ingredients:*

2 cups of your favorite vegetables chopped up in food processor

1 cup of diced mushrooms

3 egg whites

1 tsp Poultry Seasoning

1 tsp Redmond's Real Salt and fresh ground black pepper to taste

8 – 16 oz water

1 -2 TBS Braggs

IP packets:

1 – Chicken Soup

1 – Oatmeal

Optional 1 – Sour Cream and Onion Soy Nuts

Optional Seasoning:

Rosemary, Basil, Thyme and/or Garlic

Prepare Oatmeal Biscuits (Page 69 – Volume 2 Ideal Protein Healthy Recipes):

Beat 1 egg white then stir the IP Oatmeal packet until mixed thoroughly. Add 2oz. water until batter is thin and spoon able – but not runny. You may want to add a tsp of poultry seasoning or other seasoning of your choice. Spoon batter onto a non-stick baking sheet and bake at 400 for about 10 min. or until golden brown. Once biscuits are cooled tear up and let dry out an hour or two.

In a mixing bowl put dried oatmeal biscuits, seasonings, chopped veggies, mushrooms and Braggs. (if desired, add your IP soy nuts) Mix and set aside. In your blender bottle or other mixer, mix 8 oz of water with your IP Chicken Soup mix well (more water maybe needed). Add two egg whites to soup mix. Mix well then pour over veggie/biscuit mix stir (should be a moist mixture) and then place in an olive oil sprayed casserole dish. Cook about 20 min at 350.

## **GREEN BEAN CASSEROLE**

*Ingredients:*

3 Packets IP Mushroom Soup

12 Oz. Veggie Broth (The water for the soup) 1 ●●● teaspoon Bragg Liquid Aminos

2 Containers of sliced mushrooms ●●● teaspoon ground black pepper

teaspoon Real Salt (Mix of Onion & Garlic)

3-5 cloves of garlic (minced)

1-2 teaspoons Olive Oil 8 cups cooked cut green beans 2 Packets of ground Sour Cream & Onion Soya Puffs

●●● Red Onion

●●● teaspoon Onion Powder

1 teaspoon Fresh or spice Dill

**TIP:** 2 bags (16 to 20 ounces) frozen green beans, 4 packages (9 ounces each) frozen green beans or about 3 pounds fresh green beans. Slice Onion into rings and spread minced garlic, some salt, and dill with olive oil over onions. Bake in oven for 15 minutes at 300 (just to soften them) If using fresh green beans slightly steam for 3-5 minutes to soften. Soup Mix - Stir the soup, veggie broth &/or water, Braggs, black pepper, beans, other spices, some mushroom slices – mix in blender. In 3-quart casserole dish mix the green beans, mushrooms, 1 package of crushed IP Sour Cream & Onion Puffs and soup mix. Then top off with the rings of slightly cooked red onions and 1 package of crushed IP Sour Cream & Onion Puffs

Bake at 350°F for 30 minutes or until the bean mixture is hot and bubbling. Ready to serve. Optional – Mix before serving

### **IP SPICED CHAI TEA**

*Ingredients:*

8-12 Ounces Water

1 Bengal Spice Tea Bag

1 Cinnamon Stick (Optional)

1-4 Oz. IP Ready-Made Vanilla (To Flavor)

1-2 teaspoons WF Marshmallow Dip

Heat Water in tea kettle. Pour 8-12 ounces of heated water into cup with 1 Bengal Spice tea bag and cinnamon stick – steep for 2-4 minutes or, to desired strength. Remove tea bag. Stir in IP Ready-Made Vanilla – use cinnamon stick as stirring stick. Optional – Add 1-2 teaspoons of WF Marshmallow Dip

### **MASHED POTATOES**

*Ingredients:*

1 head of fresh cauliflower

Onion powder

Garlic powder

REALSALT (Sea salt), to taste

1 packet of Ideal Protein Leek soup or Ideal Protein Chicken soup

Optional: Wasabi Powder (to taste – gives it a zing!)

Optional: 1-2 tsp. UDO's Oil or Olive Oil

Steam (preferred) or boil the cauliflower until it is very, very soft. Drain the water (if boiled). Add the seasonings (be creative) and add ●●● -1 packet of any of the soup mixes (to taste). Add UDO's or Olive Oil and mash well - serve steaming hot

### **SAUCE / GRAVY**

Pour 6.5 oz. (200 ml) of hot (not boiling) water into a bowl. Add one packet of Ideal Protein Chicken Soup or Leek Soup and mix with a mixer or hand mixer. Serve over vegetables and/or meat. Add more or less water depending on how thick you prefer the sauce.

### **CUSTARD**

*Ingredients:*

2 Butterscotch IP Puddings

2 Vanilla IP Puddings

1 Egg White

Dash of Real Salt

Pumpkin Pie Spice & Nutmeg (To Taste)

Bake 20 minutes 350 Degrees / Chill

## **PUMPKIN TARTS**

(Page 68 – Volume 2 Ideal Protein Healthy Recipes) – Use the Key Lime Tarts Recipe and substitute with pumpkin.