



Healthy Holidays
RECIPE BOOK

SANDI KORSHNAK



Healthy Holidays **RECIPE BOOK**



Hi there!

Happy holidays to you and thank you so much for downloading my Healthy Holidays Recipe Book!

Nothing captures the spirit of holidays quite like the familiar smells that fill your kitchen, season after holiday season.

From party-pleasing appetizers to festive dinner dishes to classic holiday desserts, food is what brings us together every season.

I totally get that the hardest thing about organizing holiday celebrations isn't the holiday decorating, or figuring out how to wrap the gifts. It's planning the holiday menu. It needs to be tasty, and there need to be at least a few festive and hearty sides to go with it. Add that to the challenge of sticking to your health goals (especially for us gals on-the go, where the parties are plenty!)- which is why I created this recipe book just for you.

I've compiled the tastiest, healthiest, easiest, and most delicious holiday recipes so that you have everything you need to make a family-pleasing slash girlfriends-approved meal worth the celebration.

5 starters. 5 main dishes. 5 side dishes. 5 desserts. All the dazzling dishes and Yuletide-ready recipes you can bring to ANY occasion, any time, that EVERYONE will love... AND that will keep you on track 1 party at a time. Use these for the company pot-luck, holiday office treats, family gatherings or parties with friends, whatever you want my beautiful friend! Let's get the party started.

Grab your apron and let's get cooking!

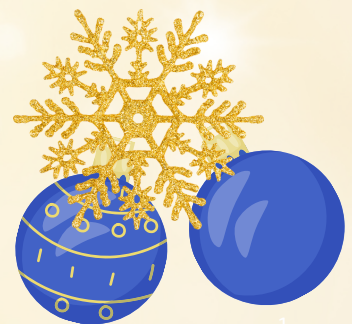
Sandi



STARTERS



Perfect appetizer assortments for holiday brunches, family gatherings, or taking to the company potluck! Any of these can be the conversation piece at a party or simply a meal in itself.



Festive Spinach Frittata

SERVING 3-4

INGREDIENTS

- 6 large eggs, beaten
- 1/2 tsp. salt
- 1/4tsp. black pepper
- 2 Tbsp. ghee
- Half a diced onion
- 1 cup diced, seeded fresh tomato (plus 5 extra slices for topping)
- 1 bag (about 10 ounces) baby spinach, chopped
- Grated zest and juice of 1/4 lemon
- 1/2 cup Parmesan or Romano cheese



INSTRUCTIONS

Set the oven to broil or preheat to 500 degrees F. In a mixing bowl, whisk the eggs, salt and pepper together. Heat a large oven safe skillet over medium heat. Add the 2 Tbsp. of ghee, let it melt and then turn the pan to coat with the ghee.

Then add the onion and tomato until softened, stirring 2-3 minutes. Add the spinach and stir until wilted, about 3 minutes. Add eggs and the Parmesan cheese, and fold into the vegetables. Cook, without stirring to let the eggs set at the bottom and sides of the pan. The eggs should appear wet and firm, about 3-4 minutes. Lay the sliced tomato slices on top. Drizzle the lemon juice and sprinkle the zest over the top.

Transfer the pan to the oven. Place the pan 4-6 inches from the heat, which is usually the top rack. Let it cook for 3-5 minutes, until the top is golden brown. Cut into slices and serve.

NUTRITION

Calories: 291
Carbs: 7.5g
Protein: 20g
Fat: 21 g

Hot Holiday Crab Dip

SERVINGS - 12

INGREDIENTS

- 2 -170g cans crab meat, drained (yields 240g meat)
- 250g cream cheese, room temperature
- ¼ cup sour cream
- ¼ cup avocado mayonnaise
- 100g of grated cheddar cheese, divided
- 50g Parmesan cheese, freshly grated
- 1 TBSP minced fresh garlic
- ¼ cup minced onion
- ¼ cup chives, minced (reserve 1 TBSP for garnish)
- 1 tsp smoked paprika
- ½ tsp black pepper
- ½ tsp sea salt

INSTRUCTIONS

Preheat oven to 350F. Grease an oven-proof 2-quart casserole dish, set aside.

In a large bowl, beat cream cheese until smooth and fluffy, about 2 minutes. Add in sour cream, blend until mixed, scraping down the sides of the bowl. Add mayonnaise and blend again.

Scrape off the beaters and scrape the sides of the bowl down again and add 80g of the cheddar cheese (save the other 20g for the top) and add remaining ingredients, reserving 1 TBSP of chives for garnish after baking. Add in both cans of crab meat, mix well.

Spread the dip into the prepared casserole dish. Bake for 25 minutes, until bubbly and hot.

Serve with low carb tortilla chips, pork rinds, low carb veggies or fat-head “bread” sticks.

Note: You can sub canned shrimp for this recipe as well!

NUTRITION

Calories: 180

Carbs: 2.3g

Protein: 8.9g

Fat: 15.4 g



Recipe By:

www.FreeFromDieting.com

Bacon Wrapped Brussels Sprouts

SERVINGS - 4

INGREDIENTS

- 12 Slices Bacon
- 12 Brussels Sprouts, stems trimmed

Balsamic Dip

- 5 tbsp mayonnaise
- 1 tablespoon balsamic vinegar

INSTRUCTIONS

Prepare: Set aside baking sheet lined with parchment paper and 12 toothpicks. Preheat oven to 400 F.

Wrap Sprouts: Wrap 1 bacon slice around each brussels sprout, secure with toothpick, and place in single layer on baking sheet.

Bake uncovered at 400 F until bacon is crispy and brussels sprouts are very tender, about 40 minutes.

Stir together mayonnaise and balsamic vinegar in small bowl until smooth. Serve bacon wrapped brussels sprouts on a platter, with dip on the side.



NUTRITION

Calories: 170
Carbs: 5g
Protein: 2g
Fat: 15 g

Deep Dish Quiche Pizza

SERVINGS - 4

INGREDIENTS

- 4 ounces cream cheese
- 3 eggs
- 1/4 cup tomato sauce
- 1 cup shredded mozzarella
- 1/3 cup olives (optional)
- 20 slices pepperoni
- 1/3 cup heavy cream
- 1/2 teaspoon oregano
- 1/4 cup parmesan cheese
- 2 cups shredded Italian cheese (mozzarella, romano, parm mix - or your choice)
- 1/4 teaspoon garlic powder

NUTRITION

Calories: 292

Carbs: 2.8

Protein: 15.7

Fat: 24.6 g



INSTRUCTIONS

Preheat oven to 375 degrees.

In a bowl, beat together eggs and cream cheese. Stir in heavy cream, parmesan, and spices.

Pour 2 cups cheese into a greased 13x9 inch baking pan or equivalent. Add egg mixture and blend into the layer of cheese. Top with tomato sauce.

Bake in the oven for approximately 30 minutes.

Add layers of pepperoni and shredded cheese.

Return to oven for 10 more minutes or until the dish is bubbly and brown.

German Cucumber & Tomato Salad

SERVINGS - 6

INGREDIENTS

- 2 cucumbers, thinly sliced
- 4 scallions, thinly sliced
- 3 small tomatoes
- 2 Tablespoons snipped parsley
- 1/4 cup sour cream
- 1/4 Teaspoon mustard
- 2 Tablespoons minced dill
- 1 Tablespoon vinegar
- 1 Tablespoon heavy cream
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

INSTRUCTIONS

Mix together cucumbers, onions, tomatoes, and parsley.

Combine dressing ingredients and pour over cucumber, tomato, and parsley mix.

Toss lightly.

Serve chilled.

NUTRITION

Calories: 60

Carbs: 7.5

Protein: 1.9

Fat: 3.3 g



MAIN DISHES



Center your meal on any one--or five--of these festive and hearty main dish recipes. You've found the elegant centerpiece of your holiday table.



Mini Spinach Stuffed Turkey Sliders

SERVINGS - 4

INGREDIENTS

- 1 Pack of 93% or 97 % Fat-free ground turkey
- 1 Cup of Fresh Spinach
- 1/2 Cup of diced Mushrooms (optional)
- 1/4 Cup of Slice or Diced Onions
- 1 teaspoon of Black Pepper
- 1 Tablespoon of Garlic powder
- Mrs. Dash or other No-Salt Seasoning
- 1 Tablespoon of Duck Sauce (optional)
- Cooking Spray or Coconut or 2 tbsp of Olive Oil

INSTRUCTIONS

In a large bowl season the ground turkey. Mix in the onions and mushrooms.

Next, take a palm-sized (or a little smaller) amount of ground turkey; stuff and mold chopped up fresh spinach mushrooms into it until it reaches the desired size for your slider. Place on a plate and repeat until all are done.

Next, heat the skillet and add oil or spray the skillet with cooking spray. Place the sliders in the pan. Allow each side to cook, turning occasionally until both sides are brown and the inside is fully cooked.

Optional: After the sliders are done, use a basting brush and lightly glaze them with duck sauce or another healthy condiment.

Recipe Option:

To switch up the taste add a lil feta when you stuff the sliders and you will wow your taste buds with the flavor.

NUTRITION

Calories: 176

Carbs: 3.1

Protein: 25

Fat: 3.1g



Recipe by: www.cookinghealthywithtiffany.com

Slow Cooker Beanless Chili

SERVINGS - 10

INGREDIENTS

- 2 Tbsp. olive oil
- 3 pounds ground beef, 80% lean
- 2 10-oz cans large cans tomato sauce
- 2 10 ounce cans diced tomatoes
- 2 cups beef broth
- 1 green pepper, chopped
- 1 red pepper , chopped
- 6 celery stalks, chopped
- 6 Tbs. chili powder
- 1.5 Tbs. garlic powder
- 1.5 Tbs. ground cumin
- 1 pinch black pepper
- 1 tsp. allspice
- 1 tsp. onion powder
- 3 teaspoons cayenne pepper
- salt to taste
- 8 oz sour cream
- 4 cups shredded cheddar
- 1 jar pickled jalapeno slices, diced if you like
- 1/2 onion, diced finely
- 3 avocados, sliced just before serving

NUTRITION

Calories: 597
Carbs: 17.5
Protein: 57.2
Fat: 33.7



INSTRUCTIONS

Heat olive oil over medium heat. Place ground beef in a large skillet and cook through. Add to slow cooker along with tomato sauce and diced tomatoes, celery, peppers, chili powder, garlic powder, cumin, black pepper, allspice, onion, salt, pepper and cayenne. Cover your crock pot and cook on low for 6 hours, stirring occasionally.

Before serving your chili, dice up the onion and the jalapeno peppers. Set out bowls of sour cream and cheddar. Peel and slice the avocado.

Pork Medallions Dijon

SERVINGS - 4

INGREDIENTS

- 2 lbs. pork tenderloins cut into 1/2 inch thick rounds
- 2 Tablespoons butter or olive oil
- 1/4 cup sliced shallots
- 4 Tablespoons heavy cream
- 1/3 cup chicken broth
- 3 Tablespoons capers, drained
- 2 Tablespoons coarse Dijon mustard

INSTRUCTIONS

Sprinkle salt and pepper on pork medallions. Sauté in butter or olive oil, about 2 minutes per side.

Transfer pork to plate but reserve drippings in the pan.

To the drippings, add shallots and sauté for 1 minute. Add heavy cream and boil until sauce thickens enough to coat a spoon.

Stir in capers and mustard.

Return tenderloins to sauce in skillet to heat through.

NUTRITION

Calories: 578

Carbs: 2.5

Protein: 68.9

Fat: 29.9



Meatballs and Gravy

SERVINGS - Makes about 30 meatballs

INGREDIENTS

- 1 lb of ground beef
- 1 lb of ground pork
- 1 cup of shredded cheddar cheese
- 1 large egg
- 1 tbsp water
- ¼ cup diced onions
- ½ tsp ground nutmeg
- ¼ tsp all spice
- 4 tbsp salted butter
- 1.5 cups of chicken broth
- 1.5 cups of heavy cream
- 1 tbsp Dijon mustard
- 1 tbsp Worcestershire sauce

INSTRUCTIONS

Preheat oven to 400F and preheat a slow cooker to low heat. Line a large baking pan with parchment paper.

In a large bowl, combine the ground meat, cheddar cheese, egg, onion, water, nutmeg, and all spice.

Rolls the mixture into 1.5 inch meatballs and arrange them on the lined baking pan. (may need two pans)

Bake for about 20-25 minutes.

Meanwhile in a skillet, heat the butter, chicken broth and heavy cream over medium heat. Once it begins to simmer, reduce the heat to low and continue to simmer for about 20 minutes until it reduces in half. (stir frequently especially near the end)

Stir in the mustard and Worcestershire sauce.

Pour the sauce into a slow cooker and add the meatballs when they are ready. Cook on low for about two hours so the meatballs can marinate. (can also put on low in the oven)

Stir every half hour covering the meatballs.



Recipe By:

www.rebel-medicine.com

NUTRITION Per 3 Meatballs

Calories: 315
Carbs: 1.5g
Protein: 30.3g
Fat: 20.2g

Spicy Stuffed Bell Peppers

SERVINGS - 10

INGREDIENTS

- 1 lb. ground beef
- 2 Tbs. extra virgin olive oil
- 2 cups spinach
- 1/2 cup chopped onion
- 1 small can tomato sauce
- 2 cups sour cream
- 1 tsp ground pepper
- 1/2 tsp cayenne
- 2 tsp paprika
- 1 tsp chili powder
- 2 tsp garlic
- 1 tsp cumin
- 5 whole peppers
- 1 Tbsp crushed pine nuts

NUTRITION

Calories: 238

Carbs: 7.8g

Protein: 16.6

Fat: 16.2

INSTRUCTIONS

Preheat oven to 425 degrees. Cook the ground beef in extra virgin olive oil in a pan. While the ground beef is cooking, cut the peppers in halves and clean out the middle of each one. Set one pepper aside and finely chop.

To the ground beef, add ground pepper, cayenne, paprika, chili powder, garlic, and cumin. Pour in the can of tomato sauce and continue cooking for about 15 more minutes.

When the mixture is cooked, add in the sour cream, spinach and finely chopped peppers. Stuff each pepper half with the beef mixture and top with crushed pine nuts. Bake for 20 minutes (or until peppers are nearly soft).

Serve hot and enjoy!



SIDE DISHES

Forget about cooking another batch of plain vegetables. These festive and unique Holiday side dishes bring delicious variety that your holiday guests will truly appreciate.



Old Fashioned Stuffing

SERVINGS - 4

INGREDIENTS

- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1/4 cup butter
- 1/2 tsp poultry seasoning
- 1/4 tsp pepper
- 1/8 tsp salt
- 4 cups bread, cubed and dried (see below for bread recipe)
- 1/4- 1/2 cup chicken broth

Recipe by

www.sandikorshnak.com



INSTRUCTIONS

In a saucepan add onion and celery to butter and cook down until soft. Be careful not to burn. Add poultry seasoning, salt and pepper. Stir. Add chicken broth.

Put the bread cubes in a large bowl. Drizzle onion mixture over bread cubes. Toss, then turn out into casserole dish.

Bake covered at 350 for 40-45 minutes. This can also be stuffed inside a bird to be cooked.

90 second bread: make 3 breads for this stuffing recipe.

- 1 TBSP melted butter
- 3 TBSP almond flour
- 1/2 tsp baking powder
- 1 egg.

Melt butter in mug, bowl or small plastic container.

Add the rest of the ingredients and mix well.

Microwave for 90 seconds.

Cube bread and place on baking sheet. Bake at 350 for 10-15 minutes to dry.

NUTRITION

338 calories
9.5 g protein
5.4 g carbs
30.7 g fat



Spinach Artichoke Casserole

SERVING

SERVINGS - 10

INGREDIENTS

- 30 ounces spinach (frozen chopped)
- 1 stick butter, softened
- 8 oz cream cheese, softened
- 1 can artichoke hearts, drained and chopped
- 1/2 cup Parmesan cheese
- 1/2 cup pork rind panko
- 1 Tbsp GF soy sauce or tamari
- 1/2 tsp Red Boat Fish sauce

NUTRITION

Calories: 310
Carbs: 13.2g
Protein: 15.6g
Fat: 22.3g



INSTRUCTIONS

Defrost spinach in the microwave.

Drain and squeeze moisture from spinach. In a large mixing bowl, place spinach and chopped artichoke hearts.

Add softened butter, cheese, fish sauce, and soy sauce. Mix Parmesan and pork rinds. Add 3/4 cup of the cheese mixture, saving 1/4 cup for topping.

Cream together until well blended. Press into a 9x13 baking pan.

Top with remaining Parmesan mix. Bake at 350 for 25 minutes.



Recipe by: theketodiner.com



Orange Cranberry Sauce

SERVINGS - 12

INGREDIENTS

- 1 large bag of whole cranberries (3 cups)
- 1 cup water
- 1 tsp orange extract
- Sweetleaf stevia drops to taste*

NUTRITION

Calories: 9
Carbs: 1.3g
Protein: 0g
Fat: 0g

INSTRUCTIONS

Put everything but the sweetener into a medium-sized pot. Bring to a boil over medium heat. The skins will begin to open a bit and they might spit.

Once it comes to a boil, reduce heat and let simmer for about 10 minutes. Most of the berries will pop open and the sauce will gel, you can use a spoon or masher to pop more if you prefer. Let cool at room temperature for 5 minutes or so, then add stevia. Start with 6 drops because it's very tart.

Taste and adjust the stevia, then refrigerate (or use warm if you like.) Can be stored for a week in the refrigerator, longer in the freezer. Makes just over 2 cups.

* if you substitute erythritol based sweeteners, add them with the berries at the beginning.

Recipe by: theketodiner.com



Garlic Mashed Turnips

SERVINGS - 4

INGREDIENTS

- 3 cups diced turnip
- 2 cloves garlic, minced
- 1/4 cup heavy cream
- 3 T melted butter
- Salt and pepper to taste



INSTRUCTIONS

Add turnips to a saucepot and fill with water until they're just covered.

Bring to a boil, then lower the heat to medium and allow to simmer until tender. Drain the water, and in the same pot as you cooked them, mash the turnips using a potato masher.

Stir in heavy cream, butter and garlic pieces. Heat briefly to help the flavors meld.

Sprinkle with salt and pepper, then stir well again. Serve as is, or puree in a food processor for an extra smooth texture.

NUTRITION

Calories: 132

Carbs: 7g

Protein: 1.2g

Fat: 11.5g



Grilled Chicken Salad Recipe

SERVINGS - 4



INGREDIENTS

- 1 pound boneless, skinless chicken thighs
- 1 cup mayonnaise
- 1 tsp. salt
- 1 tsp. black Pepper
- 1/2 tsp. ground cumin
- 1/2 tsp. chili powder
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 4 cups romaine lettuce leaves, cut into pieces
- 1/2 cucumber, diced
- 1/4 cup unsweetened cranberries

Raspberry Walnut Vinaigrette Recipe:

- 1/2 cup of fresh raspberries, smashed
- 1/4 cup apple cider vinegar (Bragg's is a great brand)
- 2 Tbsp. finely chopped walnuts
- 1 tsp. Minced fresh cilantro
- 3/4 cup extra virgin olive oil
- 1/4 tsp. Salt
- 1/4 tsp. Black pepper

INSTRUCTIONS

Preheat grill to a medium-high heat (you can use an outdoor or indoor grill)

In a small bowl, mix together salt, pepper, cumin, chili powder, garlic powder and onion powder. Season the chicken evenly with the mixture.

Grill the chicken, turning once, until the internal temperature reached 160 degrees F or until the chicken is no longer pink.

Let the chicken rest for a few minutes, then cut into chunks and toss with mayo to coat thoroughly.

In a large salad bowl, combine the lettuce, cucumber and dried cranberries. Top with the chick and mayo mixture. Toss all ingredients with the raspberry walnut vinaigrette just before serving.

Raspberry Walnut Vinaigrette Recipe:

Mix together in a small bowl, the raspberries, vinegar, walnuts and cilantro. While whisking together, SLOWLY add the olive oil. Whisk until fully blended

NUTRITION

Calories: 561
Carbs: 21g
Protein: 35.1g
Fat: 37.7g



DESSERTS



No holiday table is complete without these holiday dessert recipes. If you're looking for desserts that stop the show, look no further than these 5 divine and dazzling treats.



Pumpkin Cheesecake Squares



NUTRITION

SERVINGS - 20

INGREDIENTS

- 6 tbsp butter melted
- 2 eggs large
- 1 1/2 cup Swerve granulated or sweetener equivalent to 1 1/5 cup sugar
- 1 15 oz can pumpkin puree
- 1/4 cup water
- 2 cups almond flour
- 2 tsp cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ginger
- 1/2 tsp nutmeg
- 1 tsp vanilla
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt

Cream Cheese Filling

- 1/2 cup swerve granulated or sweetener equivalent to 1/2 cup sugar
- 8 oz cream cheese softened
- 1/2 tsp vanilla
- 1 egg large

INSTRUCTIONS

Preheat the oven to 350 degrees. Grease and flour a 13x9 cake pan or line pan with parchment paper.

In a mixing bowl, combine melted butter, eggs and sweetener. Mix until well incorporated.

Add pumpkin puree, water and all spices. Continue to mix.

Add flour and mix until fully combined.

Spoon 1/2 batter into the pan and spread it across until level.

Cheesecake Filling

In a mixing bowl combine softened cream cheese, egg, sweetener and vanilla.

Spread cream cheese mixture over pumpkin batter.

Spoon remaining pumpkin batter onto cream cheese filling.

Drag butter knife back and forth through batter to swirl.

Bake for 35-40 minutes until toothpick comes out clean.



NUTRITION

Calories: 154
Carbs: 6.8 g
Protein: 5.2g
Fat: 12 g

Recipe by
www.sandikorshnak.com

Chocolate Peanut Butter Bites



SERVINGS - 12

INGREDIENTS

- 1/2 cup peanut butter
- 1-2 tsp ground flax seed
- 1/4 cup or 4 squares dark chocolate
- 2 tbsp stevia sweetener (to taste)
- 1/2 tsp vanilla extract
- 2-3 tsp coconut oil

INSTRUCTIONS

Melt chocolate and coconut oil in pan with vanilla extract.

Place peanut butter, flax seed, and sweetener in bowl.

Pour chocolate mixture in bowl with peanut butter and mix.

Place 1 tbsp blobs on parchment paper and refrigerate 1 hr.



NUTRITION

Calories: 76
Carbs: 3.1g
Protein: 2.8g
Fat: 6.7 g



Recipe By:

www.rebel-medicine.com

Holiday Fudge

SERVINGS - 16

INGREDIENTS

- 1 cup heavy cream
- 2 Tablespoons grass-fed butter
- 1/3 cup Swerve
- 1 teaspoon vanilla
- 1/3 cup unsweetened cocoa powder
- 1/4 teaspoon salt
- 1/3 cup coconut flakes
- 1/3 cup macadamia nuts, chopped

INSTRUCTIONS

Start by combining the cream, butter and swerve and bringing to a quick boil in a small sauce pan.

Remove from heat and let simmer until a thick golden liquid forms. Combine with cocoa powder, salt and vanilla, and stir well.

Pour into a flat 8x8 pan and sprinkle in coconut flakes and macadamia nuts. Press the nuts in and let your fudge set in the refrigerator for about 2 hours until you're ready to enjoy.

Slice into small squares and serve. Fudge transports nicely in a parchment-lined candy tin with cover.

NUTRITION

Calories: 63

Carbs: 6.9

Protein: .8g

Fat: 6.4 g



Lemon Bars

SERVINGS - 16

INGREDIENTS

Crust:

- 1/3 cup grass-fed butter, melted
- 1 cup almond flour
- 2 Tbs. erythritol sweetener
- 1/4 teaspoon salt

Filling:

- 3 lemons, zest and juice
- 3/4 cup almond flour
- 4 eggs
- 1/2 cup erythritol sweetener
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt

NUTRITION

Calories: 71
Carbs: 9.9g
Protein: 2.2g
Fat: 6.6g

INSTRUCTIONS

Preheat oven to 350 degrees.

Line a 8x8 square baking pan with parchment paper. Add almond flour, sweetener, salt and melted butter to the pan and use a fork to mix it well and then press into the bottom to form a crust.

In a medium mixing bowl, combine zest and juice of lemons with egg, flour, sweetener, vanilla and salt.

Whisk together until well blended and then pour over the crust.

Bake at 350 degrees for 18-22 minutes or until a toothpick inserted comes out clean

Sprinkle with powdered swerve (optional)

Let cool for about half an hour, then carefully slice and enjoy.



Gingersnap Cookies

SERVINGS - 18

INGREDIENTS

- 2 cups almond flour
- ¼ cup unsalted butter
- 1 cup erythritol
- 1 large egg
- 1 tsp. vanilla extract
- ¼ tsp. salt
- 2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- ¼ tsp. ground cloves
- ½ tsp. ground cinnamon

NUTRITION

Calories: 122
Carbs: 5g
Protein: 3g
Fat: 10 g

INSTRUCTIONS

Preheat oven to 350°F. In a large mixing bowl, mix the dry ingredients together.

In a small bowl, mix the wet ingredients of melted unsalted butter, egg, and vanilla extract until well combined.

Add the wet ingredients to the dry ingredients. Blend with a hand mixer until combined. The cookie batter will be slightly stiff and crumbly.

Use a tablespoon to measure out each cookie. Flatten the top of each cookie with a spatula or just use your fingers.

Bake for 10-12 minutes at 350F or until they're lightly browned on top.





I can't believe that I am not hungry! I have been waking up starved every morning for more years than I can count. I have only been eating this way for 12 days now and in that short amount of time I have gone from eating 3 BIG meals and a few snacks a day, to two meals a day with no snacks. For the first time in a long time I am not thinking about food all the time and I love it! Thank you Sandi!!



I did it! I reached my first goal weight!!! I'm motivated to not creep up! It would pain me to type in a higher number again!



Thank you! I tried! I went to a back to school pool party with my son. It was hard to walk away from the cupcakes, but I did it! I ate before I got there and had a fat bomb when I got home. I feel totally satisfied!



ABOUT SANDI

I have struggled my whole life with my weight. I finally found a way to keep it off. The keto lifestyle is not a diet, but a whole way of living. It can be as simple or as elaborate as you want it to be. For it to become your lifestyle, it has to fit into your life. I have been following this lifestyle for over 6 years now. Let me help you find a way to make it sustainable for YOUR life.



WWW.SANDIKORSHNAK.COM

