

Model Holidays

cookbook

chemaines.model.health

I don't want you to stress over Christmas. I want you to enjoy every recipe and every bite, knowing your nutrition and goals are still

center stage xo

-Chemaine Linnie

A Christmas note;

Christmas is a beautiful time of year. Filled with joy and love. Warm scents of pine, cinnamon and ginger fill the air. Christmas music is every where as are the not so good festive cakes, finger food and chocolate. Temptation is everywhere and although we try to resist.we don't want to 'miss out'. I believe that is why I put together this 4th cookbook. Because I don't want to miss out either and I do associate Christmas with family, laughter, yummy food and wine.

But I don't want to ruin all my progress and hard work. Plus I certainly don't want to be putting foods in my body that are not good or working for my best interests.

On top of that I am a mom of two growing - demanding boy's and everything else. This will be my third Christmas in Canada with no family and boy does it get stressful. There are days that my hands are full and I don't have time to cook lavish nutritious meals. I like to have food ready or premade that just needs a quick warm up or can be grabbed as we all run out the door. So I compiled some of my best favorite recipes that are super simple and easy to make while being super delicious . Oh and of course full of awesome nutrition.

So take the stress out of Christmas and impress not only your family but yourself too, with the Christmas fair contained in this cookbookwhile keeping your health and goals a top priority ;)

Enjoy making these recipes and it would really really be a pleasure to me to hear how they turned out and what are your favorites. Have a wonderful Christmas and see you in the New year!

Lots of Love,
Your Model Health coach
Chemaine xo

Recipes;

Appetizers -

- Baked spinach dip
- Sausage stuffed mushrooms
- Mini pizza pies
- Parmesan zucchini strips

Entrees -

- Turkey and cranberry meatloaf
- Roasted salmon and avocado salsa
- Coffee braised pot roast with caramelized onions
- Four cheese sausage casserole

Sides -

- Cheddar chive crackers
- Cream of mushroom soup
- Sausage and pecan stuffing

Desserts -

- Eggnog ice cream
- Mince pies
- Peppermint hot chocolate

Baked spinach dip

1 cup full fat mayonnaise (O'Neills brothers mayo is my favorite)

2oz grated parmesan cheese

4oz softened cream cheese

8oz frozen spinach, thawed and drained

1 can artichoke hearts, drained well

4oz finely chopped red pepper

1 tbsp nutritional yeast

1/2 tsp lemon pepper

2 1/2oz grated mozzarella



Place mayo, parmesan and cream cheese in a bowl and beat well until completely combined.

Finely chop the spinach and add it along with the artichoke hearts to the may mixture. Add 3/4 of the red pepper, yeast and lemon pepper and stir well. Spread mixture in a casserole dish that has been sprayed with coconut oil. Spread the mozzarella and remaining red pepper over the top. Cover with foil and bake at 350°F for 15 minutes. Remove foil and bake for another 10 minutes. Serve warm or cold xo

Sausage stuffed mushrooms

6oz ground pork

4oz cauliflower rice

2oz cream cheese

1oz grate parmesan

1oz pine nuts

1tsp dried thyme

12 large mushrooms, stems removed

1 egg

In a pan cook the pork, breaking it up into small pieces as you go. Add the cauliflower and continue to cook for 10 minutes or until the cauliflower is soft. Add the cream cheese and stir well until melted, then remove from the heat. Add parmesan, pine nuts and thyme, mix well and allow to cool.

Spray a casserole dish with coconut oil and place the mushrooms upside down in it. Beat the egg and add pork mixture, mix well. Spoon heaps of the sausage mix into each mushroom. Bake for 350°F for 20 minutes or until the pine nuts are nicely browned xo

Mini pizza pies

1 tbsp coconut oil

1lb cauliflower rice

2oz grated parmesan

1 tsp Italian seasoning

1 egg beaten

1/2 cup of unsweetened tomato sauce

2 1/2oz grated mozzarella

2 1/2oz grated cheddar cheese

3oz chopped salami



Heat the oil over a medium heat and add the cauliflower rice, cook for 10 mins. Allow to cool. Spray 2 muffin pans with coconut oil. Add the parmesan, seasoning and beaten egg to the rice and mix well. Divide the mix among the muffin cups using a spoon. Using your thumbs, push the cauliflower mix up the sides creating a well in the center. Bake at 400F for 20 minutes.

Remove from the oven and spoon tomato sauce into each cauliflower cup. Sprinkle the two grated cheese over the top of each cup. Then top each with salami.

Place back in the oven for 10 minutes or until the salami is starting to crisp. Try not to devour all of these all at once ;) xo

Parmesan zucchini strips

3 large zucchini

Avocado oil

Dried thyme

Grated parmesan cheese

Slice the zucchini diagonally in 1/4" thick slices. Place the zucchini strips on a cooling rack and brush top side with avocado oil. Generously sprinkle parmesan over each strip and top with thyme. Place the cooling rack in the center of the oven and bake at 400F for 13 minutes until they are golden brown xo

Turkey and cranberry meatloaf

1 tbsp coconut oil

4 large stalks of celery chopped

1lb of chopped leeks

3oz unsweetened cranberries

2 tbsp of finely chopped fresh sage

2 tsp sea salt

1 tsp of ground black pepper

2 tsp of xanthan gum

8oz almond meal

3 tbsp egg whites

2lb ground turkey

1/2 cup of whole berry cranberry sauce

Heat the coconut oil and saute the vegetables over medium heat until the moisture has been all cooked out.

In a large bowl, put the cranberries, sage, salt, gum and almond meal and mix until completely combined. Add the vegetables to the dry ingredients. Next add the egg white and turkey and mix well, you can use your hands for this. Place the mixture in a loaf pan that has been sprayed with coconut oil and press into all corners and sides. Bake at 350 F for 60 minutes. Once meatloaf is done, remove carefully from the tray and place on a cooling rack to cool. Spread whole cranberry sauce on the top of the loaf before serving xo



Roasted salmon and avocado salsa

4 salmon fillets

2oz butter

sea salt and ground black pepper

2 tsp ground cumin

2 tbsp avocado oil

3 tsp erythritol

1/4 cup of lime juice

1 avocado

2 tbsp finely chopped cilantro

2oz finely chopped onion

Put butter on a rimmed cookie sheet and place in the oven at 450 F for 1 minute or until butter melts. Season the top of each salmon with salt, pepper and cumin. Using a spatula, carefully slide each fillet into the butter and return to the oven for about 8-12 minutes depending on how thick your fillets are.

Salmon is 'done' when it flakes easily.

Meanwhile put avocado oil, erythritol, sea salt and lime juice into a bowl and whisk well. Peel avocado and remove stone. Slice avocado length ways and width ways to get small chunks. Add avocado, cilantro and onion to the bowl with oil and lime mixture and stir until avocado is fully coated with liquid. Once salmon is done, lift onto plates and spoon the avocado salsa onto each fillet. Garnish with fresh cilantro and serve xo



Coffee braised pot roast with caramelized onions

4lb roast beef

1/2 tsp sea salt

4 tsp coconut oil

Freshly ground pepper

4 cloves garlic minced

1 tsp dried thyme

3/4 cup strong brewed coffee

2 tbsp balsamic vinegar

2 tbsp coconut flour mixed with 2 tbsp water

2 finely chopped onions

Season beef with salt and pepper. Heat 2 teaspoons oil in a dutch oven or soup pot over medium-high heat. Add beef and cook, turning from time to time, until well browned on all sides, 5 to 7 minutes. Transfer to a plate. Add the remaining 2 teaspoons oil to the pot. Add onions, reduce heat to medium and cook, stirring often, until softened and golden, 5 to 7 minutes. Add garlic and thyme stirring, for 1 minute. Stir in coffee and vinegar; bring to a simmer.

Next return the beef to the pot and spoon some more onions over it. Cover and transfer to the oven. Braise the beef in the oven until fork-tender but not falling apart, 2½ to 3 hours. Transfer beef to a cutting board, tent with foil and let rest for about 10 minutes. Meanwhile, bring the braising liquid to a boil over medium-high heat. Add the coconut mixture and cook, whisking, until the gravy thickens slightly, about 1 minute. Season with pepper. Carve the beef and serve with gravy xo



Four cheese sausage casserole

1lb of ground pork

1lb cream cheese

1 cup chicken stock

1 1/2 tsp dried tarragon

Sea salt and black pepper to taste

18 slices of thin sliced turkey

10 finely chopped hardboiled eggs

6oz grated mozzarella

2oz grated parmesan

4oz grated cheddar cheese

Brown the pork in a pan over medium heat, break it up into small pieces as it cooks.

Add the cream cheese and chicken stock and mix well. Stir in tarragon and season with sea salt and pepper to taste. Spread a thin layer of the sausage mix into a casserole dish that has been sprayed with coconut oil. Cover the mix with 6 slices of turkey, 1/2 the chopped hardboiled eggs, 1/2 the mozzarella and 1/2 the parmesan. Then repeat with the sausage mixture first, 6 turkey slices, followed by eggs and cheese. Add the remainder of the sausage sauce, cover with the last 6 turkey slices and cover with the grated cheese.



Cheddar chive crackers

7oz almond flour
1/2oz nutritional yeast
1/4 tsp of organic baking powder
1/2 tsp sea salt
1/2oz fresh chives finely chopped
4oz grated cheddar cheese
1oz organic grass fed butter
2 eggs



Put the flour, yeast, baking powder, salt, chives and cheese in a bowl and mix well.

Melt the butter in a small bowl and add in the eggs, whisk well. Pour the egg mixture into the dry ingredients and mix into a dough. Let the dough sit for 10 minutes so its easier to work with.

Place the dough between two pieces of parchment and rollout the dough between the paper until it is no more than 1/4" thick. Lift off the top layer of parchment and cut dough into small rounds. Try not to lift the rounds off the parchment but lift the scrapings off instead - the crackers stay on the parchment. You can make a 2nd try with the scrapings by repeating the process. Prick crackers with a fork. Place the parchment on a baking sheet and bake at 350 degrees for 28 - 30 minutes or until golden brown.

Don't burn! Store in an airtight container xo

Cream of mushroom soup

2 tbsp coconut oil
6 crushed garlic cloves
1 1/2lb mushrooms
3 cups of beef stock
1/2 cup of heavy or double cream
1 tsp sea salt
1 tsp guar gum

Heat the coconut oil in a pan over medium heat, add the crushed garlic and saute until soft, but not browned. Add the mushrooms, lower the heat and simmer for 5 minutes. Add the stock and bring to the boil. Using a slotted spoon, remove half the mushrooms and set aside. Transfer the remaining mushrooms and stock to a blender along with the cream and sea salt, blend until smooth. Turn the blender to low and slowly tap the guar gum through the opening in the lid. Next add the mushrooms you had set aside and pulse a few times maintaining some texture. Warm soup if needed xo

Sausage and pecan stuffing

1lb of ground pork

1lb cauliflower rice

1 1/2 tbsp dried sage

4 tbsp red wine vinegar

4oz cream cheese

5oz finely chopped onion

6oz finely chopped celery

1 tbsp coconut oil

5oz finely chopped mushrooms

4oz chopped pecans

Sea salt and pepper to taste

3 eggs beaten

Cook the sausage in a pan over medium heat. Once the sausage is no longer pink add the cauliflower, sage and red wine vinegar. Stir well. Continue cooking until the cauliflower is soft. Meanwhile in a separate pan, saute the onion and celery in coconut oil for about 10 minutes, then add the mushrooms and pecans and saute for a further 5 minutes.

Once the cauliflower is very soft, add the cream cheese to the pork mixture and stir until it is completely blended and melted through. Remove pork mixture from heat and add sauted vegetables. Season to taste with sea salt and pepper. Next add the beaten egg and mix well. Place stuffing mixture in a casserole dish and bake in the oven at 350 F for 30 minutes until the top is nicely browned.



Eggnog icecream

- 4 1/2oz xylitol
- 1/2 tsp guar gum
- 1 tsp sea salt
- 1 cup almond milk
- 6 egg yolks
- 1 cup of heavy cream
- 1 cup coconut milk
- 1 1/2 tsp ground nutmeg
- 2 tsp rum
- 2 tsp vanilla extract

Mix the xylitol, guar gum and sea salt well in a pan. Add the almond milk and whisk well over a medium heat until it starts to steam. Whisk the egg yolks in a small bowl. While still whisking, add 1 cup of the almond milk mixture from the pan into the bowl with the yolks. Pour the egg mixture back into the pan and stir constantly for 10-12 minutes while the custard thickens. Pour the thickened custard through a fine mesh sleeve into a clean bowl. Add the cream, coconut milk, nutmeg, rum and vanilla and stir well. Cover the bowl and place in the freezer for at least 8 hours or longer, it gets better the longer you leave it.

*It is good to go now BUT if you have a churner, churn the ice cream for 20-30 minutes to get a softer consistency. Store in a prechilled container in your freezer xo

Creamy peppermint hot chocolate

- 1 cup of unsweetened almond milk
- 1/4 cup of thick coconut milk
- 1 tsp of peppermint extract
- 2 tsp of xylitol
- Pinch of sea salt
- 1 tsp of raw cacao powder
- Spoonful of whipped cream



Place almond milk, coconut milk, xylitol, peppermint and sea salt in a pan over medium heat until it starts to steam. Turn off the heat and add the cacao, stir in completely. While still in the pan, whisk the hot chocolate. Pour into a mug and top with whipped cream and a sprinkle of cacao powder xo

Mince pie treat

3 1/2oz good-quality mincemeat
1oz dried cranberries or blueberries , chopped
2 clementines , zest of
1 splash sherry or brandy
flour , to dust
9oz puff pastry
1 pack filo pastry
2oz real unsalted butter , melted
1 egg , beaten
2oz flaked almonds
icing sugar , to dust



Preheat the oven to 400°F. Scoop the mincemeat into a mixing bowl and mix in the dried berries, the clementine zest and the sherry or brandy. Dust a clean work surface with flour and roll out the puff pastry into a big rectangle about 20cm x 40cm and the thickness of a pound coin. Thinly spread the mincemeat over the pastry, leaving a 1cm gap around the edges. Tightly roll up the pastry, lengthways, place it on a floured tray, and pop in the fridge to firm up.

Take two cupcake trays (for 12 cupcakes each) and butter each one lightly with the melted butter. Place one layer of filo pastry over the tray (you may need more than one sheet to cover each tray depending on the size of the sheets) and ease the pastry into each hole. Brush with the melted butter, then cover with a second layer of filo pastry. Brush with butter again.

Take the puff pastry roll out of the fridge and, with a sharp knife, cut it into 24 slices. Place each slice, flat-side down, into a filo-lined hole. Brush with the egg and sprinkle a few flaked almonds on top of each little pie, then pop both trays in the oven for about 25 minutes, until cooked and golden brown.

Leave to cool, then crack the individual pies out of the trays. Dust with a little icing sugar before serving xo

**Note - Yes I know there is sugar in this recipe and carbs. If you can find gluten free pastry and flour then that is a better choice but I believe mince pies have a very important place at Christmas, especially at an Irish Christmas meal. So these little treats are a real treat :)

PS: I top mine with brandy cream, yum xo