



HOLIDAY PALEO
Organic Paleo Recipes

THE DRSWOLFSON

RECIPES



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Chef Lorena having fun while cooking in the kitchen.



Our tribe enjoying real food, prepared in the healthiest way possible.

Welcome to our Paleo Holiday Cookbook. This is a holiday cookbook guide filled with delicious Paleo recipes that can be used during the holidays or any time of the year.

These recipes were first featured at our live holiday cooking event in Arizona. Our tribe of patients was there to sample each tasty dish. We spent the evening with the Drs. Wolfson chef Lorena and the staff interacting and learning how to cook each recipe and serve it during the holidays.

We hope you will enjoy these exclusive Drs. Wolfson-crafted Paleo holiday recipes as much as we do. Our mission is to deliver the healthiest recipes to you so that you can cook and serve them to your family and friends this holiday season.

Cheers to you and your health!

Enjoy Holiday Paleo, by the Drs. Wolfson.



Avocado Deviled Eggs

12 pasture-raised eggs
1/2 c. Paleo mayonnaise
1 avocado, diced
2 tsp. lemon zest
2 tbsp. lemon juice
1 tsp. white part of green onion, minced
1 tbsp. cilantro, minced
1 tsp. horseradish mustard
1/4 tsp. Celtic salt
1/2 tsp. chipotle powder
Broccoli microgreens for garnish



Directions

1. Cover eggs with water and bring to boil in a pot. When it comes to a rolling boil, turn off stove and cover pot. Let sit for 12 minutes.
2. Transfer eggs to a bowl with cold water and submerge for two minutes. Then peel eggs. Halve eggs and remove yellow yolks. Put yolks in a small bowl to cool.
3. In a food processor, add in mayo, avocado, lemon zest, lemon juice, green onion, cilantro, mustard, salt and chipotle. Mix until smooth texture.
4. Mash egg yolks. Then add in the mayo mixture and stir together until well combined.
5. Scoop 1 tablespoon yolk mixture into each egg white half.
6. Assemble on platter and garnish with broccoli microgreens.

Herb Puffs

1/2 c. water
3 tbsp. grass-fed ghee
1/4 tsp. Himalayan salt
1/8 tsp. paprika (optional)
1/8 c. freshly ground black pepper

1/2 c. Paleo all purpose flour
2 large pasture-raised eggs
2 tablespoons fresh chives, chopped
1 teaspoon fresh thyme, chopped
1 teaspoon fresh rosemary, chopped

Directions

1. Preheat oven to 425 °F. Line baking sheet with parchment paper.
2. Heat the water, ghee, salt, paprika and pepper in a saucepan until the ghee is melted.
3. Pour all of the flour into the saucepan and keep stirring until the mixture pulls away from the sides into a smooth ball. Then remove from heat and let cool for two minutes. Then put dough into a stand mixer bowl with paddle attachment.

4. Add the eggs one at a time, stirring quickly with paddle attachment to ensure eggs don't cook. The batter will be lumpy at first but after a few minutes it will become smooth. Add in the chives, thyme and rosemary. Mix until combined.
5. Scrape the mixture with spatula into a pastry bag with tip. Pipe dough into balls on baking sheet, evenly spaced apart, about the size of a small cherry tomato.
6. Bake for 5 minutes then turn oven down to 375°F and bake for 20-25 minutes longer or until golden brown.





Creamy Artichoke Dip

- 3 large artichokes
- 2 cups of spinach
- 1 large white onion, diced
- 1/8 tsp. organic ground nutmeg
- 1/2 tsp. Celtic salt
- 1/8 tsp. ground pepper
- 3 large cloves garlic, minced
- 2 tbsp. organic almond milk
- 16 oz. Paleo mayonnaise
- 3 tbsp. unrefined coconut oil

Directions

1. Chop off the ends of the artichokes. Cut off the tips of remaining leaves. Rinse artichokes.
2. In a large pot, put a couple inches of water in. Put artichokes in a steaming basket. Cover the pot and bring to a boil then reduce to simmer. Cook for 30-35 minutes or until outer leaves can easily be pulled off.
3. Remove artichokes, put aside and cool.
4. Peel and clean artichokes so they are ready. Chop artichokes.
5. In a large skillet, add in 3 tbsp. coconut oil over medium-high heat. Add in onions and sauté until translucent. Add in minced garlic, combine and cook for 2 minutes longer. Add in chopped artichokes and sauté a minute longer.
6. Next, add in mayonnaise and mix well. Add in salt, pepper and nutmeg and combine. Add in almond milk. Add spinach. Let simmer for 3 minutes or until flavors are well combined.
7. Transfer to a bowl for serving. Serve warm or cold.





Avocado Stuffed Cremini Mushrooms

1 package cremini mushrooms
1 large avocado
1/2 tsp. Himalayan salt
1/4 tsp. paprika
1/4 tsp. cumin

1 tsp. olive oil
2 tsp. lime juice
1/4 c. cilantro, minced
4 tbsp. coconut aminos
1 tbsp. olive oil for marinade

Directions

1. Wash and clean mushrooms. Remove middle stem.
2. Mix coconut aminos and 1 tbsp. olive oil well.
3. Place mushroom caps in glass container. Pour mixture over mushroom caps until well coated. Cover and put in fridge for 30 minutes to marinate.
4. Peel avocado and remove pit. Put in a small bowl and mash until desired texture. Add in 1 tsp. olive oil and mix until combined. Add in salt, paprika, cumin, cilantro and lime juice. Mix well so flavors combine.
5. Put mushrooms in oven. Broil for 3 minutes on each side. Remove from oven and let sit for 2 minutes to cool.
6. Scoop guacamole into each mushroom cap and top with microgreens.



Autumn Arugula Salad

- 2 tablespoons coconut oil
- 1 acorn squash, sliced in 1/2-inch thick rounds and seeds removed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons coconut sugar
- 1/4 cup raw pine nuts, slightly toasted
- 1/4 teaspoon organic pumpkin spice
- 3 cups spinach
- 3 cups baby arugula
- 1 avocado, sliced
- 1 pomegranate, arils removed

Directions

1. Heat a large skillet over medium heat and add coconut oil.
2. Cover the squash slices with salt and pepper then add them to the skillet and cook until golden, about 5 minutes per side. If desired, you can add the brown sugar to help the squash caramelize.
3. Heat a small saucepan over low heat and add the pecans. Toast until they are slightly golden and fragrant, stirring and shaking the pan as they toast, for about 5 minutes. Toss them with the pumpkin pie spice.
4. Add the arugula to a large bowl with a pinch of salt and pepper. Add in the avocado, pomegranate arils, cucumber, pecans and squash pieces. Cover in the pomegranate dressing.

Pomegranate Ginger Vinaigrette

- 1/2 cup pomegranate juice (~1 pomegranate)
- 1/4 cup apple cider vinegar
- 1/2 teaspoon freshly grated ginger
- 1 garlic clove, freshly grated
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup grapeseed oil

Directions

1. Peel the skin of pomegranate and get the seeds out. Squeeze the seeds with a lemon juicer.
2. Combine pome juice, vinegar, ginger, garlic, salt and pepper in a large bowl and whisk together.
3. Stream in the olive oil while constantly whisking until the dressing comes together. Store in the fridge for up to one week.

TDW health coach, Carrington Beauchamp, looking at the tribe of health conscious people passionate about wellness.





Apple Walnut Salad

- 6 cups organic arugula, baby spinach and watercress
- 1 Honeycrisp apple
- 1 green apple
- 1 c. raw walnuts, roughly chopped
- 1/2 c. red grapes, halved

Directions

1. Core and chop apples. Toss lettuce mix, apples and grapes together in a large bowl.
2. Whisk together all the dressing ingredients. Just before serving, combine dressing and salad. Toss salad together well.

Dressing

- 1 c. grapeseed oil
- 4 tbsp. apple cider vinegar
- 2 tbsp. raw honey
- 1/2 tsp. Himalayan salt
- 1/8 tsp. black pepper
- 1/4 c. organic apple juice

Chef Lorena
hard at work
in the kitchen.



Bacon Asparagus Brussels Sprouts

- 1 bunch organic asparagus
(cut tips off)
- 2 lbs. organic Brussels sprouts,
quartered
- 1 package organic bacon
- 1 teaspoon Himalayan salt
- 1/4 tsp. fresh ground black pepper
- 4 medium sized cloves garlic,
minced
- 2 tablespoons coconut aminos
- 2 tablespoons olive oil

Directions

1. Put bacon on a parchment lined cookie sheet. Put into oven on top shelf and turn oven on to 360° F. Cook for 20 minutes or until done.
2. Meanwhile, chop asparagus into 1-inch pieces. Mix chopped asparagus, quartered Brussels sprouts, oil, coconut aminos, garlic, salt and pepper. Put into a baking dish.
3. Once oven is fully preheated to 360° F, then roast the vegetable mixture in the same oven on bottom shelf for 20-25 minutes or until browned and done.
4. Once cooked and cooled, crumble bacon into vegetable dish. Serve.





Cauliflower Mash

1 large head organic white cauliflower
2 tbsp. olive oil
1 tbsp. organic almond milk
2 cloves garlic, minced
Freshly chopped chives to taste
1/2 tsp. Celtic salt

Directions

1. Steam cauliflower until soft.
2. Saute garlic with olive oil for 2-3 minutes or until softened.
3. Transfer to a food processor. While processing, add in olive oil and garlic along with the almond milk until mixture is a smooth consistency.
4. Put mixture in a bowl, add salt in and then add in freshly chopped chives to taste.





Sweet Potato Casserole

40 oz. cooked sweet potato
1/3 coconut sugar
1/2 tsp. Himalayan salt
1 pasture-raised egg
1/4 c. organic almond milk
1/2 tsp. organic vanilla

Topping

1/4 c. coconut sugar
3 tbsp. cassava or almond flour
1 tsp. organic ground cinnamon
1 tablespoon coconut oil, melted
1/3 c. raw, chopped pecans



Directions

1. Heat oven to 350°F. Coat a casserole dish with coconut oil.
2. In a large bowl, mash sweet potatoes. Add in coconut sugar, salt, egg, almond milk, and vanilla. Combine mixture and add into casserole dish.
3. In a small bowl, mix all coconut sugar, flour, cinnamon, melted coconut oil and pecans. Sprinkle over the casserole mixture.
4. Bake for 35-40 minutes or until heated throughout and browned on top.



Quinoa Stuffing

4 c. organic chicken broth
2 c. sprouted quinoa
4 tbsp. ghee or avocado oil
1 large white onion, diced
6 stalks celery, finely chopped
1/2 c. ground sage sausage

1 tbsp. fresh thyme, minced
1/2 tbsp. fresh sage, minced
1/4 c. flat leaf parsley, minced
1/4 tsp. fresh, ground pepper
1 egg, loosely beaten

Directions

1. Rinse quinoa. Follow instructions and cook quinoa with 3 cups of the chicken broth. Set aside once cooked.
2. In a large skillet, add in the 2 tablespoons ghee over medium heat. Add onion. Turn stove to medium-low heat and cook for 10 minutes. Then, add in 2 more tablespoons ghee and the celery and cook 15 minutes longer. Make sure you sauté them long enough for them to be fully softened and the flavors well combined. Add in the pepper, thyme, sage and parsley and cook two minutes longer.
3. Transfer mixture to a large glass bowl and set aside.
4. In the same skillet, add in the ground sage sausage and cook over medium-high heat. Stir and cook until browned.
5. In the large glass bowl with herbs, celery and onion, add in the quinoa one cup at a time. Using your hands softly mix the ingredients together. Add in the cooked ground sausage. Mix together well. Add egg. With hands, mix all ingredients together easily.
6. Place in a glass-baking dish. Preheat oven to 350°F. Cook for 30-35 minutes or until the top is slightly browned.



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Cranberry Sauce

12 oz. fresh, organic cranberries
1 c. freshly squeezed orange juice (no pulp)
1/4 c. raw honey
1 tsp. organic ground ginger
1 tsp. orange zest
1/4 c. amber maple syrup
1/4 tsp. organic ground cinnamon

Directions

1. Combine orange juice, orange zest and ginger in a pot. Bring to a boil.
2. Once boiling, add in cranberries, reduce heat to medium and cook for 7-10 minutes or until cranberries have popped.
3. Remove mixture from heat and in honey, maple syrup and syrup. Stir and set aside. Once cooled, cover and refrigerate.

Paleo Gravy

1/2 c. ghee, unsalted
1/2 c. arrowroot powder
4 c. turkey drippings and broth
(can add chicken broth if necessary)

Directions

1. Put turkey drippings and juice in pot with chicken broth. Bring to a boil. Add salt and pepper as desired.
2. Then add in the arrowroot powder to water and mix well to create a slurry. Put the slurry in a mason jar and shake together to further mix.
3. Pour mason jar mixture into a pot and using a whisk stir well while simmering. When it thickens, remove and serve.



Dr. Wolfson explaining the importance of quality cookware and the dangers of heavy metal toxicity



Turkey

Organic turkey
3 tbsp. olive oil
2 tbsp. each of fresh thyme, sage
and rosemary, minced
1 tsp. Celtic salt
¼ tsp. fresh ground black pepper
6 stalks celery
1 onions, quartered
4 large carrots
1 orange, sliced
1 lemon, sliced



Directions

1. Wash and clean turkey removing insides (giblets). Wash the inner cavity well. Drain off any excess water.
2. In a bowl add the olive oil, salt, herbs and pepper. Mix together.
3. Starting at the breast of the turkey separate the skin and insert your olive oil mixture into it, massaging it in well. Massage the same mixture into the thighs.
4. Insert orange and lemon slices into the skin between the breast and thighs.
5. Insert celery, carrots, onions and remaining herbs into the cavity of the turkey and underneath the turkey in pan.
6. Salt and pepper and olive oil on the outside of the skin.
7. Preheat oven to 350°F, and cook according to the weight of the turkey.

Ham

- 1 5-8 lb. bone in ham organic
- 1/2 c. honey Dijon mustard
- 1/2 c. raw honey
- 2 tbsp. apple cider vinegar
- 1 tbsp. coconut sugar



Directions

1. Coat a glass baking or ceramic baking dish with olive oil. Make cuts about 1 inch apart and ¼ inch deep in a diamond pattern on top of the ham. Place ham in the dish.
2. In a small bowl, stir together mustard, honey, vinegar and sugar. Pour mixture over ham.
3. Cover and cook at 325°F for 2 to 2 ½ hours or until reaches 140°F.

Pumpkin Pie

Crust

- 2 1/2 c. blanched almond flour
- 1/2 c. coconut flour
- 2/3 c. arrowroot starch
- 5 tbsp. coconut oil, solid but softened
- 1/2 tsp. Himalayan salt
- 1 pasture-raised egg
- 1 tsp. organic vanilla extract

Filling

- 2 small pumpkin (to make 3 cups cooked pumpkin)
- 3/4 c. almond milk
- 2 tsp. ground, organic cinnamon
- 1 tsp. ground, organic ginger
- 1/4 tsp. ground, organic cloves
- 1 tsp. Himalayan salt
- 3/4 c. maple syrup
- 4 large pasture-raised eggs

Optional

Serve with: Coconut whipping cream



Directions

1. Preheat oven to 350°F.
2. Add almond flour, arrowroot starch, coconut flour and salt to a food processor and pulse a few times to mix. Add egg, vanilla and coconut oil and process until well combined. If mixture is still too dry, add in a little water one tablespoon at a time until desired texture is reached.
3. Roll dough into a ball and place in the center of a 9-inch pie pan. Using your hands roll dough out to the edges in order to fill pie pan. You can crimp the edges if desired. Brush edges with egg white. Bake crust for 12 minutes. Remove from oven.
4. Bake for 12 minutes and then allow it to cool while you make the filling.
5. Cut pumpkin in half and scoop out seeds. Place pumpkin halves cut side down in baking dish and add 1/4 inch water. Let cool.
6. In a mixer, add in 3 cups of cooked pumpkin. Add in the almond milk, maple syrup, spices, salt and eggs. Combine well in a mixer.
7. Pour filling into crust.
8. Bake at 350°F for 40-45 minutes or until filling is hot and cooked through or until inserted knife comes out clean.





Healthy Paleo Holiday Recipes

By THE DRSWOLFSON

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Thank you from the Drs. Wolfson.

We hope you have enjoyed this Paleo holiday cookbook as much as we did. We hope you'll continue to use it year after year especially during this special season.

The holidays are a time that is to be enjoyed with family and friends. Our mission with this cookbook was to provide timeless, easy-to-follow and delicious recipes that you can use again and again.

Stay tuned for our next Drs. Wolfson cookbook.

Happy holidays!

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