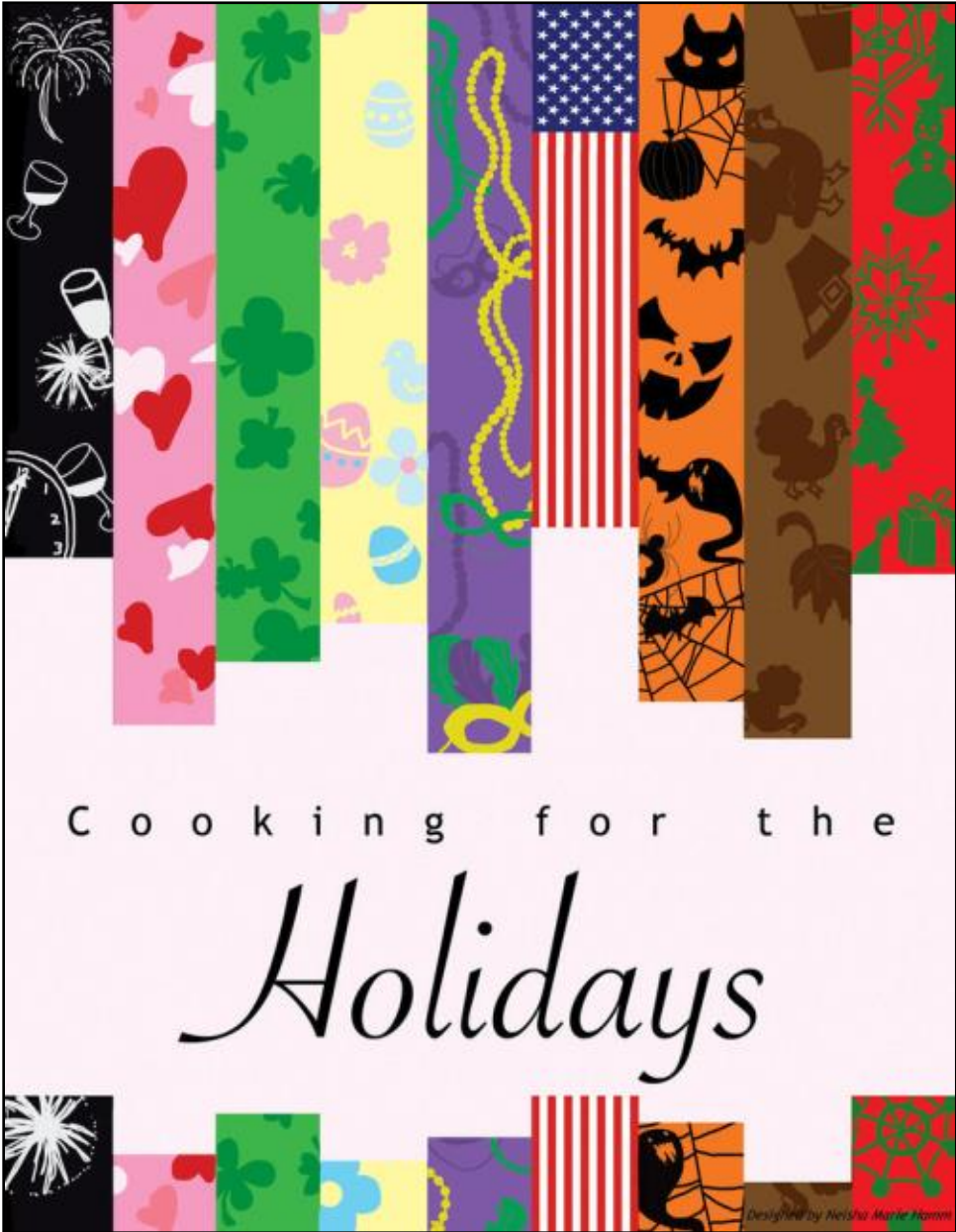


!!! Beth Stout's Holiday Favorites

Holiday Favorites of Our Family!



Beth Stout

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Christmas Favorites

ELECTRIC FRY PAN PEANUT BRITTLE

| | |
|---------------------|---------------|
| 1 1/2 cup sugar | pinch of salt |
| 2/3 cup white syrup | 1 Tbs butter |
| 1 cup water | 1 tsp soda |
| 2 cup raw peanuts | |

Procedure

Mix first 3 ingredients well. Bring to a boil in electric fry pan. Cook at 400 degrees for 10 minutes, stirring constantly. Add peanuts, salt and butter. Cook for 10 minutes at 325 degrees. Add soda and place on buttered cookie sheet. Coconut may be added.

Cooking Time: 10 minutes

Serving size: Entire recipe (29.9 ounces).

| Amount Per Serving | |
|------------------------------------|---------------|
| Calories | 2918.45 |
| Calories From Fat (45%) | 1304.04 |
| | % Daily Value |
| Total Fat 155.3g | 239% |
| Saturated Fat 27.25g | 136% |
| Cholesterol 30.53mg | 10% |
| Sodium 1322.79mg | 55% |
| Potassium 2070.38mg | 59% |
| Total Carbohydrates 347.05g | 116% |
| Fiber 24.82g | 99% |
| Sugar 311g | |
| Protein 75.46g | 151% |

Easter Favorites

Halloween Favorites

New Years Favorites

Thanksgiving Favorites

Low Carb Maple Pecan Pie

Your low carb holiday dessert prayers have been answered! This sugar-free, grain-free maple pecan pie simply takes the cake. Or the pie.

| | | | |
|------------|------------------|--------|--|
| | Press-in Crust | 1 half | recipe Low Carb Caramel Sauce |
| 1 1/4 cups | almond flour | 1 | Tbs maple extract (or vanilla extract if you want regular pecan pie) |
| 2 Tbs | coconut flour | 6 | Tbs powdered Swerve Sweetener |
| 2 Tbs | Swerve Sweetener | 2 | Tbs vegetable glycerin |
| 1 Tbs | arrowroot starch | 2 | large eggs, room temperature |
| | pinch salt | 2 | Tbs melted butter |
| 1 | large egg | 1 1/2 | cup pecan halves |
| 1 1/2 Tbs | melted butter | | |
| | Filling: | | |

Procedure

Press-in Crust:

Grease a 9-inch glass or ceramic pie pan well.

In a large bowl, combine almond flour, arrowroot starch, sweetener, coconut flour and salt. Stir in egg and melted butter until dough begins to cling together.

Press into bottom and up sides of prepared pie dish, crimping the edges. Prick the bottom a few times with a fork, then freeze one hour.

Filling:

Preheat oven to 325F.

In a large bowl, whisk together the caramel sauce, maple extract, powdered sweetener, vegetable glycerin, egg and melted butter.

Remove pie crust from freezer and spread with pecan halves. Pour filling over and place on a baking sheet.

Tent the whole pie with foil (to keep crust edges from burning) and bake about 40 to 45 minutes, until center is just a tiny bit jiggly. Bake a little less if you want a really gooey pie.

Let cool at least 30 minutes.

Servings: 10

Yield: Yield: 1 9-inch pie

Serving size: 1/10 of a recipe (1.3 ounces).

| Amount Per Serving | |
|----------------------------------|---------------|
| Calories | 170.06 |
| Calories From Fat (86%) | 146.83 |
| | % Daily Value |
| Total Fat 17.22g | 26% |
| Saturated Fat 4.03g | 20% |
| Cholesterol 66.49mg | 22% |
| Sodium 21.85mg | <1% |
| Potassium 88.93mg | 3% |
| Total Carbohydrates 2.38g | <1% |
| Fiber 1.57g | 6% |
| Sugar 0.71g | |
| Protein 3.43g | 7% |

Recipe Tips

Serves 10. Each serving has 13.23 g of carb and 5.36 g of fiber. Total NET CARBS = 7.87 g.

Food energy: 430kcal Saturated fatty acids: 8.21g Total fat: 38.84g Calories from fat: 349 Cholesterol: 24mg Carbohydrate: 13.23g Total dietary fiber: 5.36g Protein: 7.63g Sodium: 198mg

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