

# Thanksgiving Anxiety?! We've Got some Healthy Thanksgiving Recipes for You!

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## Meet Our Recipe Guru Ali!



Ali began creating allergen and irritant-free foods and recipes for herself, because of her struggles with Irritable Bowel Syndrome (IBS), Hashimoto's Disease, Thyroid Cancer and Lyme Disease. Fortunately, she had also spent some time in an Italian cooking school! Now with her company, Bare Life, she creates foods and recipes for everyone that are Dairy Free, Gluten Free, Refined Sugar Free, Yeast Free, Egg Yolk Free and Xanthan Gum Free to bring convenience to healthy eating.

Bare Life is launching their first product, a rich, coconut-based **Hot Cocoa** that's: **Organic, Non-GMO, Kosher, Paleo, Dairy Free and Refined Sugar Free.** Check it out, along with Bare Life's Sweets and

Thanksgiving Cookbooks, Cooking Lessons and More on their crowdfunding campaign: <https://igg.me/at/eatbarelife/x/17334688>



Find out more about Ali and Bare Life on their website: [www.eatbarelife.com](http://www.eatbarelife.com)!

## Bare Life Raw Key Lime Cheesecake

Paleo, Gluten Free, Refined Sugar Free, Vegan & Dairy Free



Prep Time: 8 Hours, 10 Minutes Active  
Cook Time: 3 Hours, 30 Minutes Active

Makes about 9 Servings

## Equipment

- 2 Small bowls
- Pie pan
- Food processor or blender
- Spatula
- Measuring cups
- Teaspoons
- Tablespoons
- Grater or zester

## Ingredients

### Crust

- 3/4 cup raw pecans (soaked overnight or for at least 8 hours)
- 3/4 cup raw macadamia nuts (soaked overnight or for at least 8 hours)
- 1/2 ripe banana
- 2 Tablespoons coconut oil
- 2 Tablespoons of dark amber agave nectar
- 1 teaspoon alcohol-free vanilla extract
- 1 1/2 teaspoons Key lime zest

### Filling

- 1 1/2 cups cashews (soaked overnight or for at least 8 hours)
- 1 ripe avocado
- 1/3 cup coconut oil, softened
- 1/2 cup light agave nectar
- 3/4 cup Key lime juice
- 2 Tablespoons Key lime zest (about 3 limes)
- 1 teaspoon alcohol-free vanilla extract
- 1/8 teaspoon Himalayan salt

### Garnishes/Toppings (Optional)

- Candied Walnuts (See Candied Walnut Recipe)
- Lime zest
- Lime slices

## Instructions

### Prep

- 1) In a bowl, cover the pecans and macadamia nuts with water and allow to soak for at least 8 hours or overnight.
- 2) Repeat this step, in a separate bowl, with the cashews.

### For the Crust

1. Select a cheesecake or pie pan and set aside for later.
2. Strain the soaked pecans and macadamia nuts to remove any excess water.
3. Combine the strained nuts, ripe banana, coconut oil, dark amber agave nectar, vanilla extract and lime zest into food processor or blender. Pulse about 1 minute, until the mix becomes a coarse meal. (Do not over-pulse or you will end up with more of a paste).
4. Spread mixture evenly across the bottom and sides of the pie pan. Use a spatula to press mixture down to ensure it's packed firmly.
5. Place pan into the freezer to harden while you prepare the filling.

### **For the Filling**

1. Strain the soaked cashews to remove any excess water.
2. Combine the strained cashews, avocado, coconut oil, light agave nectar, lime juice, lime zest, vanilla extract, and salt into food processor. Blend, on high, until smooth and creamy, about 5 minutes.
3. Remove crust pan from the freezer. Check that the crust is firm. If crust is not firm, return pan to freezer and intermittently check on crust until firm. When crust is firm, pour the filling mixture on top of the crust, and then smooth until it's an even layer.
4. To finish your cheesecake quickly, place cheesecake in freezer for 2 - 3 hours to allow the filling to solidify. Alternatively, if you are not serving the cheesecake immediately, allow it to solidify in fridge for 5 or 6 hours and keep it there until you wish to serve.
5. Before serving, garnish with chosen toppings. Be sure to keep the cheesecake cool when serving to keep the coconut oil from melting.

### **Tips:**

When the nuts are soaking, cover the nut bowls with a cloth or plastic wrap to prevent anything from falling into the water. This recipe also makes great mini cheesecakes, using a mini muffin tin instead of a pie plate.

## **Bare Life Candied Walnuts**

Paleo, Gluten Free, Refined Sugar Free, Vegan & Dairy Free

Prep Time: 10 Minutes

Cook Time: 15 Minutes, Active (About 2 Hours Cooling Time)

Makes about 10 Servings

### **Equipment**

Measuring cups

Tablespoons

Parchment paper

Double boiler

Knife and cutting board

Spoon

Spatula

### **Ingredients**

1 1/2 cups walnuts

1/4 cup coconut sugar

1 Tablespoon vegan butter or coconut oil

### **Directions**

1. Chop walnuts into pieces or halves.
2. In a double boiler, on medium heat, combine walnut pieces, coconut sugar, and vegan butter/coconut oil.
3. Cook for about 5-10 minutes or until the coconut sugar dissolves completely, stirring occasionally to thoroughly coat the walnut pieces.

4. Lay out a large sheet of parchment paper, weighing down the corners.
5. Spoon the candied walnuts onto the prepared parchment paper. Immediately, use a spoon to separate the nuts to prevent large walnut clusters from forming. Allow to cool undisturbed on the parchment paper for about 1 - 2 hours.
6. Once the walnuts have cooled completely (the candied coat should be a firm shell), remove them from the parchment.

**Tip:**

These make a wonderful garnish for the Raw & Vegan Key Lime Cheesecake and any extra can be a great little treat. Also, this recipe works very well with pecans substituted 1 to 1 for walnuts!

## Bare Life Roasted Carrots

Paleo, Gluten Free, Refined Sugar Free, Vegan, Nut Free & Dairy Free

Prep Time: 5 Minutes

Cook Time: 55 Minutes

Makes about 8 Servings

### Equipment

- Oil sprayer
- Baking sheet
- Peeler
- Knife & cutting board
- Teaspoon
- Tinfoil

### Ingredients

2lbs medium carrots, about 20 carrots

Olive oil in a sprayer or olive oil spray

1 teaspoon Himalayan Salt

### Instructions

- 1) Preheat oven to 400° F.
- 2) Spray olive oil on a baking sheet
- 3) Wash, peel and cut tops off carrots.
- 4) Place carrots on prepared baking sheet.
- 5) Spray carrots with olive oil and evenly sprinkle with Himalayan salt.
- 6) Cover with tinfoil and place in the oven to bake, on the middle rack, for about 30-35 minutes, or until the carrots are soft and cooked through. Then remove the tinfoil and cook for an additional 15-20minutes or the until the carrots are browned and a bit caramelized on the outside.

**Tip:**

The thicker the carrots, the longer they will take to cook. Oil sprayers are a great way to reduce the amount of oil used when cooking. Misto makes a great one, available online.

## Bare Life Fruit & Nut Stuffing

Paleo, Gluten Free, Refined Sugar Free, Vegan & Dairy Free

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Makes about 12 Servings

### Equipment

- Knife & Cutting board
- Tablespoon
- Teaspoon
- Measuring cup
- Large skillet
- Mixing bowl

### Ingredients

- 5 Tablespoons Vegan butter, divided
- 3 large pears, peeled, cored, cut into ½ inch cubes
- 1/2 Tablespoon of Coconut sugar
- ½ teaspoon ground cinnamon
- 2/3 cups Sauterne or another sweet white wine
- 1 cup chopped pitted prunes
- 1 cup chopped dried apricots
- 1 cup dried cranberries
- 1 tablespoon chopped fresh rosemary
- ½ tablespoon chopped fresh sage
- 4 Slices of stale paleo or gluten free bread, cut into ½ inch cubes
- ¾ cup pecans, toasted, chopped

### Instructions

- 1) Melt 1 Tablespoon of butter in large skillet over medium-high heat.
- 2) Add pears to skillet and sprinkle with coconut sugar.
- 3) Sauté until pears are golden brown, about 5 minutes.
- 4) Move pears to a mixing bowl and add the cinnamon. Mix together.
- 5) Melt the remaining butter in the skillet over medium heat.
- 6) Then add the wine, prunes, apricots, cranberries, rosemary and sage to the skillet and simmer, for about 5 minutes, stirring occasionally.
- 7) Add the cooked fruit mixture to the bowl with the pears.
- 8) Then mix in the chopped bread and toasted pecans.

Tips:

To reheat, bake uncovered at 350° F for approximately 30 minutes. A great paleo and gluten free bread comes from Julian Bakery, available online and in many Whole Foods.