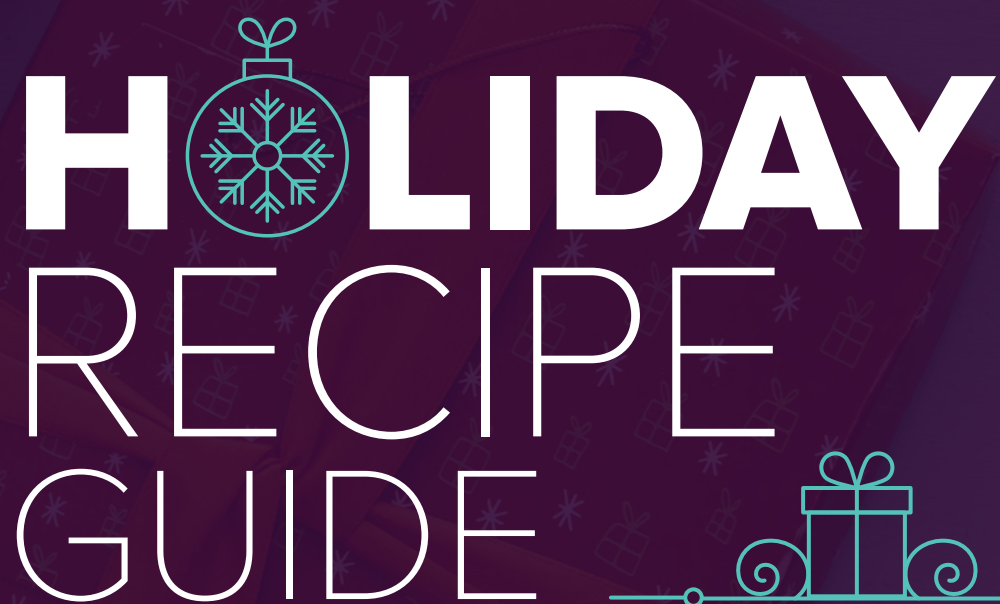


The background of the entire page is a festive collage of Christmas-themed items. It includes a large green star in the top left, two small red-wrapped gifts with gold string, two red Christmas ornaments, a brown corrugated cardboard gift wrapped in red and white twine with a gold star, and a red gift wrapped in red paper with white gift icons and stars. The background is a light teal color.

JJ VIRGIN

# HOLIDAY RECIPE GUIDE

A dark purple rectangular box containing the title 'HOLIDAY RECIPE GUIDE' in white. The letter 'O' in 'HOLIDAY' is replaced by a white line-art Christmas ornament. To the right of the title is a white line-art illustration of a gift box with a bow. The background of the purple box features a repeating pattern of small white gift icons and stars.

**20 DELICIOUS, HEALTHY  
WAYS TO CELEBRATE**

JJVIRGIN.COM





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## HAPPY HOLIDAYS!



November and December are like one big party. There's plenty of opportunities to get together with loved ones to celebrate – and every single one involves food...

**Instead of resigning yourself to gaining weight and feeling awful, let's do the holidays right!**

Here's 20 amazing recipes for every holiday occasion, from neighborhood brunch to family dinners to cocktails with your coworkers.

These recipes have a lot in common:

1. **They're free of the 7 most inflammatory foods, including gluten, dairy, and soy.**
2. **They're low-sugar impact, so you won't be on a blood sugar roller-coaster for months.**
3. **They're designed to boost your metabolism, not cause holiday weight gain.**
4. **They taste incredible! (No one will even know they're eating healthy food...)**


So eat up and enjoy! This might just be the first holiday season you actually lose weight, not to mention feel energized and excited.

With this kind of holiday food, who needs New Year's resolutions?

Best,  
JJ







# HOLIDAY **BREAKFAST & BRUNCH**





# GLUTEN-FREE PECAN PANCAKES WITH STRAWBERRIES

**MAKES 2 SERVINGS**

## FRUIT TOPPING

- 1 cup** strawberries, sliced
- 1 small** orange, peeled, sectioned, and coarsely chopped
- 1/4 tsp** stevia extract

## PANCAKES

- 1/3 cup** Bob's Red Mill Gluten-Free All-Purpose Baking Flour
- 1 1/2 scoops** **Vanilla JJ Virgin All-In-One Protein Shake** powder
- 2 tbsp** arrowroot
- 1/2 tsp** aluminum-free baking powder
- 1/4 tsp** baking soda
- 1/2 tsp** stevia extract
- 2 Tbsp** finely chopped pecans
- 3/4 cup** unsweetened coconut milk
- 1/2 tsp** vanilla extract
- 2 tsp** coconut oil

Combine the strawberries, orange, and stevia extract in a bowl; let stand for at least 15 minutes or refrigerate for up to 2 hours.

Sift the baking flour, protein powder, arrowroot, baking powder, baking soda, and stevia extract through a wire strainer into a medium bowl; add the pecans and whisk to mix.

Combine the coconut milk and vanilla extract in a separate bowl. Pour the wet ingredients into the dry and stir with a rubber spatula until just moistened.

Heat a large nonstick skillet over medium heat. Add 1 teaspoon of the coconut oil and swirl to coat.

Cook 4 pancakes at a time; for each, spoon 2 slightly rounded tablespoons into the pan and spread into a thin 3-inch-diameter pancake. Cook until the tops of the pancakes have some bubbles and the bottoms are golden, about 3 minutes. Turn and cook 3 minutes longer, or until golden brown and cooked through.

Repeat with the remaining oil and batter. Serve topped with the fruit mixture.



## BACON AND MUSHROOM SWEET POTATO HASH

**MAKES 2 SERVINGS**

**2** small sweet potatoes, peeled, halved lengthwise and sliced into half-moons

**2 Tbsp** olive oil

**1/2** medium red onion

**4** cloves garlic, sliced

**1/2 tsp** ground cumin

**8 oz.** white mushrooms, sliced

**8** slices cooked nitrate-free uncured bacon, cut into 1" pieces

**3 Tbsp** chopped fresh basil

**1/2 tsp** sea salt

**1/4 tsp** freshly ground black pepper

Place the sweet potatoes in a small saucepan and add enough cold water to cover by 2 inches. Bring to a boil and cook until the potatoes are crisp-tender, about 2 minutes; drain and set aside.

Add olive oil to a medium skillet and heat the skillet over medium-high heat. Add the onion, garlic, and cumin and cook for 1 minute.

Stir in the mushrooms and cook, stirring occasionally until they are starting to brown, 5 to 6 minutes. Add the sweet potatoes and continue cooking until they are completely tender, about 4 to 5 minutes longer.

Remove from the heat and stir in the bacon, fresh basil, salt, and pepper before serving.

*Originally published in The Virgin Diet Cookbook, Grand Central Life & Style, 2014*



# CRANBERRY-ORANGE SUNRISE SHAKE

**MAKES 1 SERVING**

**2** scoops **Vanilla or Chai JJ Virgin All-In-One Protein Shake** powder  
**1/3 cup** Nutty Orange Cranberry Sauce (recipe on page 21)  
**10 oz.** unsweetened coconut milk  
**2 Tbsp** unsweetened almond butter  
**1 Tbsp** freshly ground flaxseed  
**2 tsp** grated fresh ginger  
**1/2 tsp** grated fresh orange zest  
**dash** ground cinnamon  
**4-5** ice cubes

Blend the ingredients together until smooth. (If you're using Paleo shake mix, ramp up the blender speed slowly to keep it creamy.)

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Enjoy!

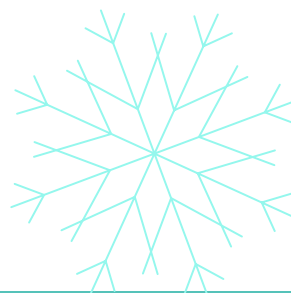
# STRAWBERRY DETOX SMOOTHIE

**MAKES 1 SERVING**

**1** scoop **JJ Virgin Green Smoothie Cleanse** powder  
OR **2** scoops **JJ Virgin All-In-One Protein Shake** powder (your choice of flavor and protein type)  
**10 oz.** unsweetened coconut or almond milk  
**1 cup** frozen organic strawberries or mixed berries  
**2 Tbsp** coconut butter or coconut oil  
**1 Tbsp** chia seeds or 2 tsp **JJ Virgin Extra Fiber**

Blend the ingredients together until smooth.

Your smoothie can be thickened by adding ice cubes or thinned by adding cold water.







## SPICY GINGERSNAP PROTEIN SHAKE

**MAKES 1 SERVING**

**2 scoops JJ Virgin Chai Plant-Based All-In-One Protein Shake** powder  
**2 tsp** peeled, grated fresh ginger  
**1/4 tsp** ground cinnamon  
**dash** ground allspice  
**1/2** avocado  
**1 Tbsp** freshly ground flaxseed  
**10 oz.** unsweetened coconut milk  
**4-5** ice cubes

Blend the ingredients together until smooth.

Your shake can be thickened by adding ice cubes or thinned by adding cold water. Enjoy!





# HOLIDAY **DRINKS**





## BULLETPROOF WHITE RUSSIAN

**MAKES 1 SERVING**

**6 oz.** brewed and chilled organic coffee (I love **Bulletproof** beans!)

**3 oz.** unsweetened coconut milk

**2 oz.** vodka

**1/4 tsp** real vanilla extract

**dash JJ Virgin Sprinkles** (or to taste)

Stir together the coffee, coconut milk, vodka, vanilla, and Virgin Sprinkles in a glass tumbler.

Add ice cubes and drink up!

## CHAMPAGNE TWIST COCKTAIL

**MAKES 1 SERVING**

**1 oz.** vodka

**2 oz.** freshly squeezed grapefruit juice

**1-1/2 oz.** sparkling water

**1-1/2 tsp** freshly squeezed lemon juice

**2** ice cubes

lemon peel curls to garnish

Measure vodka and juices into martini shaker and add 2 ice cubes; shake until cold. (For a Virgin Twist, replace the vodka with extra grapefruit juice.)

Pour into champagne flute. Measure sparkling water and add to flute.

Garnish with lemon peel curls. Cheers!





# PROTEIN PUMPKIN SPICE LATTE

**MAKES 1 SERVING**

**1** scoops **JJ Virgin Vanilla or Chai Protein Shake** powder

**2 Tbsp** organic canned packed pumpkin (NOT pumpkin pie filling)

**1/4 tsp** ground cinnamon

**1/8 tsp** ground ginger

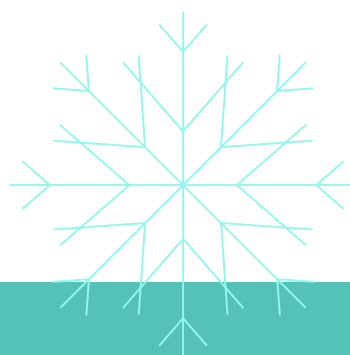
**dash** ground nutmeg

**8 oz.** hot brewed coffee

**2 oz.** unsweetened vanilla almond milk

Whisk the protein shake into the hot coffee until completely dissolved.

Add remaining ingredients and whisk again until smooth. (For a touch of sweetness, you can also add a dash of JJ Virgin Sprinkles to taste.) Yum!





The background of the page is a teal color with a subtle wood-grain texture. In the top left corner, there are two red Christmas ornaments and two small red-wrapped gifts tied with gold string. In the top right corner, there is a green star-shaped decoration and a larger gift wrapped in brown corrugated paper with a red and white striped string and a yellow star. In the bottom right corner, there are two more red Christmas ornaments and another gift wrapped in brown corrugated paper with a red and white striped string and a yellow star.

# HOLIDAY **APPETIZERS**





# VIRGIN STUFFED MUSHROOMS

**MAKES 4-6 SERVINGS**

**12-14** large button mushrooms, stems removed (chop the stems), caps wiped clean

**1 tsp** sea salt

**1 tsp** freshly cracked black pepper

**3 Tbsp** olive oil (not extra-virgin)

**1** medium onion, chopped

**1** box frozen chopped spinach, thawed and squeezed dry

**1** bunch kale, chopped

**1 Tbsp** coconut aminos

**1/4 tsp** red pepper flakes

**1 lb.** wild shrimp, chopped small

**1/4 cup** almond butter

**2 Tbsp** whole flaxseeds

**1/2 cup** chopped walnuts

Preheat the oven to 350F.

Season the mushroom caps with 1/2 teaspoon of the salt and 1/2 teaspoon of the pepper.

Heat 1 tablespoon of the olive oil in a frying pan, add the mushroom caps, and sauté for a few minutes. Do not cook through. Remove from pan and let cool.

Add 1 tablespoon of the olive oil to the pan and sauté the onion and garlic.

Add the greens, coconut aminos, red pepper flakes, and chopped mushroom stems. Cook until the kale is softened and the onions are translucent.

Season the shrimp with the remaining 1/2 teaspoon salt and 1/2 teaspoon pepper, add them to the pan, and cook until any liquid has evaporated and the shrimp have turned pink; do not overcook.

Stir in the almond butter and flaxseeds, then stuff the mushroom caps with this mixture, and place them in a baking pan coated with the remaining 1 tablespoon of olive oil

Top the mushrooms with the chopped nuts and bake for 30 minutes, until heated through and the nuts are toasty.

When baking time is complete, remove from oven and ENJOY!

*Originally published in The Virgin Diet Cookbook, Grand Central Life & Style, 2014*



## ROASTED ARTICHOKE DIP

**MAKES 6-8 SERVINGS**

**2** (9-ounce) packages frozen artichoke hearts, thawed  
**6** cloves garlic  
**2 Tbsp** olive oil  
**1** medium Vidalia or other sweet onion, chopped  
**1/2** avocado  
**3 Tbsp** Sugar Impact Mayonnaise (recipe on page 15)  
**1 Tbsp** lemon juice  
**1/2 tsp** sea salt  
**2 Tbsp** chopped fresh parsley or basil (optional)

Preheat the oven to 450F. Lightly oil a large baking sheet

Combine the artichoke hearts, garlic, and 1 tablespoon of the oil in a medium bowl.

Spread the artichokes and garlic out in a single layer on the prepared baking sheet. Roast, stirring occasionally, until the artichokes are lightly browned and the garlic is tender, 20-22 minutes.

Remove from the oven and let cool for 5 minutes.

Meanwhile, heat the remaining 1 tablespoon oil in a medium nonstick skillet over medium heat. Add onions and cook, stirring occasionally, until golden, 12 to 15 minutes; let cool for 5 minutes.

Combine the artichoke hearts, garlic, onion, avocado, mayonnaise, lemon juice, and salt in the bowl of a food processor. Process until smooth, and transfer to a bowl.

Top with the parsley or basil, if using.

*Originally published in The Virgin Diet Cookbook, Grand Central Life & Style, 2014*





# SMOKED PAPRIKA AND CAYENNE ROASTED ALMONDS

**MAKES 1-1/2 CUPS**

**1-1/2 cups** slow-roasted almonds (see directions)

**1/2 tsp** olive oil

**1/2 tsp** smoked paprika

**1 tsp** ground cumin

**1/4 tsp** monk fruit extract

**1/2 tsp** sea salt

**1/8 tsp** cayenne pepper

To Slow-Roast Almonds: Place 1 cup raw almonds and 1/2 teaspoon sea salt in a medium bowl, and add enough water to cover by 3 inches. Soak overnight at room temperature, then drain the nuts.

Spread them on a rimmed baking sheet and bake at 140F for 8 hours.

Preheat the oven to 200F.

Combine the almonds and oil in a medium bowl and toss well.

Combine the paprika, cumin, monk fruit extract, salt, and cayenne in a small bowl; add to the nuts and stir well to coat.

Place the nuts in a single layer on a large baking sheet and bake for 10 minutes.

Remove from the oven and let cool for at least 10 minutes before serving. Store in covered container in fridge.

*Originally published in The Virgin Diet Cookbook, Grand Central Life & Style, 2014*



# SUGAR IMPACT MAYO

**MAKES 1 CUP**

**1/4 cup** unsweetened coconut milk

**1/2 cup** raw cashews

**4 tsp** fresh lemon juice

**1 Tbsp** Dijon mustard

**1/2 tsp** sea salt

**1/2 cup** macadamia nut oil

Combine the coconut milk, cashews, lemon juice, mustard, and salt in a blender and puree. With the blender running, add the oil in a slow, steady stream until the mixture is thick and creamy.

Store in an airtight container in the refrigerator for up to 3 weeks.

*Originally published in JJ Virgin's Sugar Impact Diet Cookbook, Grand Central Life & Style, 2015*



## HERBED SALMON CAKES WITH TARTAR SAUCE

**MAKES 4 SERVINGS**

### TARTAR SAUCE

**1/4 cup** Sugar Impact Mayonnaise (recipe on page 15)

**2 Tbsp** finely chopped shallots

**2 Tbsp** finely chopped cucumbers

**2 tsp** chopped drained capers

### SALMON CAKES

**1-1/2 pounds** skinless salmon fillet, cut into 1-inch chunks

**1 Tbsp** chopped drained capers

**1** large egg, slightly beaten (if no intolerance)

**3 Tbsp** chopped fresh parsley

**1 Tbsp** chopped fresh basil

**1 tsp** Dijon mustard

**1 Tbsp** olive oil

For the tartar sauce, combine the mayonnaise, shallots, cucumbers, and capers in a small bowl; set aside.

For the salmon cakes, place the salmon in a food processor and pulse until chopped. Transfer to a bowl and stir in capers, egg, parsley, basil and mustard. With moist hands, form the mixture into four 3/4-inch-thick-patties.

Heat the oil in a large nonstick skillet over medium heat. Add the salmon patties and cook, turning once, until browned and cooked through. 8 to 10 minutes.

Serve the salmon cakes topped with the tartar sauce.

*Originally published in JJ Virgin's Sugar Impact Diet Cookbook, Grand Central Life & Style, 2015*





# SATISFY YOUR HOLIDAY SWEET TOOTH WITH JJ VIRGIN DARK CHOCOLATE COCONUT FIBER BARS!

11 GRAMS OF FIBER • JUST 1 GRAM OF SUGAR







# HOLIDAY **MAINS** **& SIDES**





# TURKEY CUTLETS WITH MARSALA AND SHIITAKE MUSHROOMS

**MAKES 4 SERVINGS**

**4** (6-ounce) turkey breast cutlets  
**1/2 tsp** sea salt (divided)  
**1/2 tsp** freshly ground black pepper (divided)  
**2 Tbsp** arrowroot powder  
**2 Tbsp** olive oil  
**8 oz.** shiitake mushrooms, stems removed and caps thinly sliced  
**3** cloves garlic  
**3/4 cup** low-sodium chicken stock or chicken broth  
**1/2 cup** Marsala wine  
**2 Tbsp** chopped fresh parsley

Season the turkey with 1/4 teaspoon of the sea salt and 1/4 teaspoon of the pepper.

Spread the arrowroot powder in a thin, even layer in a dish, then dredge both sides of the turkey cutlets in it, dusting off the excess.

Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the turkey and cook until lightly browned, 3-4 minutes per side. Transfer cooked cutlets to a plate and set aside.

Wipe the skillet clean and heat the remaining 1 tablespoon oil; add the mushrooms and cook, stirring occasionally, until lightly browned and softened, about 5 minutes.

Stir in the garlic and cook until garlic is softened, 1-2 minutes. Pour in the stock and wine; bring to a boil and cook until the mixture begins to thicken, about 2 minutes.

Reduce the heat to medium and add the turkey cutlets to the pan. Cook, turning occasionally, until the turkey is hot and cooked through, about 3 minutes.

Remove from heat and stir in remaining 1/4 teaspoon each sea salt and pepper, plus the 2 tablespoons of parsley. Serve right away.

*Originally published in JJ Virgin's Sugar Impact Diet Cookbook, Grand Central Life & Style, 2015*



## WILD RICE AND VEGETABLE PILAF

**MAKES 4 SERVINGS**

- 1 cup** dry wild rice
- 1/2 tsp** sea salt (divided)
- 1 Tbsp** olive oil
- 1** medium red onion, chopped
- 2** cloves garlic, minced
- 1 Tbsp** chopped drained capers
- 1** small zucchini, cut into 1/4" dice
- 1** small yellow squash, cut into 1/4" dice
- 1/4 tsp** freshly ground black pepper

Cook the wild rice according to the package directions with 1/4 teaspoon of salt.

Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and garlic; cook, stirring occasionally, until starting to soften, 1-2 minutes.

Add the zucchini and squash and cook until lightly browned and tender, 7-8 minutes. Stir in the cooked rice and cook until hot, 1-2 minutes.

Stir in the remaining 1/4 teaspoon salt and the pepper, then serve.

*Originally published in JJ Virgin's Sugar Impact Diet Cookbook, Grand Central Life & Style, 2015*





# ACORN SQUASH PUREE

**MAKES 4 SERVINGS**

**1** acorn squash (about 2-1/4 lbs) cut in half and seeds removed

**1 Tbsp** macadamia nut oil, plus more to grease baking dish

**1 pinch** ground nutmeg

**1/2 tsp** sea salt

**1/4 tsp** freshly ground black pepper

Preheat the oven to 400F. Lightly oil a 7"x11" glass or ceramic baking dish.

Place the squash, cut side down, in the prepared baking dish. Cover with aluminum foil and roast until very tender, 55-60 minutes.

Remove from oven and let cool for 10 minutes. When the squash is cool enough to handle, use a spoon to scoop out the flesh and transfer to a food processor.

Purée the squash, then transfer the purée to a medium nonstick skillet over medium-high heat and cook, stirring, until it is somewhat drier, about 4 minutes.

Remove from the heat and stir in the 1 tablespoon macadamia nut oil, salt, pepper, and nutmeg, then serve.

*Originally published in The Virgin Diet Cookbook,, Grand Central Life & Style, 2014*

# NUTTY ORANGE-CRANBERRY SAUCE

**MAKES 1-1/2 CUPS**

**2 cups** fresh or frozen cranberries

**1/2 cup** fresh or frozen raspberries

**3/4 cup** water

**3 Tbsp** monk fruit extract

**1/2** medium red bell pepper, thinly sliced

**1/3 cup** walnuts, coarsely chopped

**1 Tbsp** grated orange zest

Combine the berries, water, and monk fruit extract in a medium saucepan over medium-high heat, and bring to a boil.

Immediately reduce the heat to medium and cook, stirring occasionally, until all the cranberries have popped and the mixture has thickened slightly, about 8 minutes.

Remove from the heat and stir in the walnuts and orange zest. Let cool completely, then chill for at least 3 hours before serving.

*Originally published in The Virgin Diet Cookbook,, Grand Central Life & Style, 2014*



## GREEN BEANS WITH SHIITAKES AND SHALLOTS

**MAKES 4 SERVINGS**

**3/4 lb** green beans, trimmed  
**2 Tbsp** macadamia nut oil or palm fruit oil  
**2** large shallots, thinly sliced  
**8 oz.** shiitake mushrooms, stemmed and sliced  
**1/2** medium red bell pepper, thinly sliced  
**2 tsp** coconut aminos  
**1/4 tsp** sea salt  
**1/4 tsp** freshly ground black pepper

Bring a large pot of lightly salted water to a boil over high heat. Add the green beans, cover, and return to a boil; cook 8 minutes.

Drain and rinse under cold water to stop the cooking; drain again.

Heat the oil in a large nonstick skillet over medium-high heat. Add the shallots and cook, stirring occasionally, until they begin to soften, 2-3 minutes.

Add the shiitake mushrooms and bell pepper and cook, stirring occasionally, until mushrooms are slightly browned, 6-7 minutes. Add the green beans and cook 1 minute.

Add the coconut aminos, salt, and pepper; cook, stirring, until hot, about 1 minute; serve.





# HOLIDAY **DESSERTS**





## 4-INGREDIENT PALEO PUMPKIN BROWNIES

**MAKES 8 BROWNIES**

**1 cup** canned pumpkin puree (NOT pumpkin pie filling)

**1/2 cup** unsweetened salted almond butter (if not salted, add a pinch of sea salt to recipe)

**5 Tbsp** raw cacao powder

**1/2 tsp JJ Virgin Sprinkles** or powdered monk fruit (or to taste)  
oil for pan

Preheat oven to 350F. Generously oil an 8"x4" loaf pan with coconut oil or avocado oil.

Beat together the ingredients in a mixing bowl using an electric mixer. Transfer batter to greased loaf pan and smooth into even layer.

Bake at 350F for 40-45 minutes, until a wooden skewer inserted in the center comes out mostly clean.

Cool in the pan completely before cutting into 8 brownies. (You can put the pan in the refrigerator to speed that process up.)

Store leftover brownies in airtight container in refrigerator for up to 5 days. Brownies also freeze beautifully for up to 6 weeks!





# CACAO NIB PROTEIN COOKIE BITES

**MAKES 5 SERVINGS**

**1 cup** canned pumpkin puree (NOT pumpkin pie filling)

**2 scoops JJ Virgin Paleo-Inspired All-In One Protein Shake** (your choice of flavor)

**1/2 cup** chopped walnuts

**1/2 cup** gluten-free rolled oats

**1/2 cup** unsweetened, unsalted almond butter

**2 Tbsp** coconut oil

**1 Tbsp** pure vanilla extract

**1/2 tsp** ground cinnamon

**1/2 tsp JJ Virgin Sprinkles** (or to taste)

**dash** sea salt

chopped nuts or shredded unsweetened coconut (for rolling)

Pulse the oatmeal in a food processor until the size of small crumbs.

Add the remaining ingredients, and pulse until well-combined and mixture holds its shape when pressed together. (Be careful not to over-process.)

Roll the mixture into 1-1/2 inch balls. If desired, roll the finished bites in organic cacao powder, unsweetened shredded coconut, or finely chopped nuts.

Transfer to fridge to chill completely, then enjoy. Store covered in refrigerator for up to one week.

Makes about 20 cookie bites; one serving is 4 bites



# PUMPKIN BREAD PUDDING

**MAKES 12 SERVINGS**

olive oil for pan

**1 loaf** Coconut-Pumpkin Bread (recipe below)  
preferably 1-2 days old, cubed

**4** large eggs

**2 cups** culinary coconut milk\*

**2 tsp** monk fruit extract

**1 tsp** real vanilla extract

**3/4 tsp** ground cinnamon

**1/4 tsp** ground nutmeg

*\*Culinary coconut milks are intended for use in recipes that call for canned cooking milks. They're higher in fat and more concentrated than the packaged coconut milk you drink. You can find culinary coconut milk in the Thai section or baking aisle of the grocery store.*

Position a rack in the center of the oven, and preheat the oven to 350F. Lightly dampen a towel with olive oil and wipe a 9"-square baking pan.

Place the bread cubes in the prepared pan. Whisk together the eggs, coconut milk, monk fruit extract, vanilla, cinnamon, and nutmeg in a medium mixing bowl.

Pour the egg mixture over the bread cubes, pressing down the bread cubes to be sure all of it gets wet, and let stand for 20 minutes,

Bake until puffed and the custard has set, 38-40 minutes. Let cool for at least 10 minutes until cutting and serving.

*Originally published in JJ Virgin's Sugar Impact Diet Cookbook, Grand Central Life & Style, 2015*

# COCONUT-PUMPKIN BREAD

**MAKES 1 LOAF**

**1/2 cup** coconut oil, melted, plus more for the baking pan

**4** large eggs

**1/2 cup** canned packed pumpkin (NOT pumpkin pie filling)

**1/2 cup** culinary coconut milk

**1 Tbsp** real vanilla extract

**1 cup** finely ground almond flour

**1/s cup** coconut flour

**2 Tbsp** monk fruit extract

**2 tsp** grain-free, aluminum-free baking powder

**1/2 tsp** baking soda

**2 tsp** pumpkin pie spice

**1 tsp** ground cinnamon

**1/4 tsp** sea salt

Preheat the oven to 350F. Grease an 8"x5" glass loaf pan with coconut oil.

Whisk together the melted coconut oil, eggs, pumpkin, coconut milk, and vanilla in a medium mixing bowl.

In a separate large mixing bowl, combine the almond flour, coconut flour, monk fruit extract, baking powder, baking soda, pumpkin pie spice, cinnamon, and salt, and stir well.

Add the wet ingredients to the dry, and mix until moistened and well-combined. Transfer to the prepared loaf pan and smooth the top with a spatula.

Bake until a toothpick inserted into the center of the loaf comes out clean and the outside has lightly browned, 48-50 minutes. Remove from oven and let cool in the pan for 15 minutes.

Transfer loaf to a wire rack before letting cool completely. Slice and serve or use in Pumpkin Bread Pudding.





# JJ VIRGIN

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