

Specific Carbohydrate Diet

# Recipes

Inspiring  
Ideas for  
the Holiday  
Season



**Kim Braly** RD  
*IBD Nutrition Consultant*



**Kim Braly RD**

Recipe by *Gisele, SCD mom*

# CINNAMON "SQUARES"

*SCD | gluten free | dairy free*

## INGREDIENTS

### For the biscuit:

- 3 cups blanched almond flour (plus 2 Tbsp more if needed)
- 1/2 tsp salt (or just slightly under that amount)
- 1/4 tsp baking soda
- 1/4 cup safflower oil (or oil of choice)
- 2 Tbsp honey
- 2 large eggs

### For the filling:

- 1/4-1/2 cup honey (depending on how much sweetness you like)
- 1/2 cup ground pecans/walnuts (optional)
- 1/2 cup raisins (optional)
- 1- 2 Tbls ground cinnamon

## DIRECTIONS

1. Preheat heat the oven to 340 degrees Fahrenheit.
2. In a large bowl, combine the almond flour, salt and baking soda.
3. In a separate bowl, gently beat together the oil, honey, and eggs.
4. Add the egg mixture to the almond flour mixture. Mix (knead) until a decently smooth dough is formed. (Electric mixer not needed, but can be used in place of whisk.)
5. Drizzle the honey mixed with cinnamon evenly over the dough, then knead 3-4 times.
6. OPTIONAL: Sprinkle the raisins and ground pecans over the surface of the honeyed dough and knead again.
7. Pour dough into square baking pan.
8. Bake in a 350 degree oven for 10-15 min.

**PLEASE NOTE:** Everyone's oven cooks a bit differently. The dough should be golden with a little browning at the top and the center should be soft but not to shiny.

## NOTES

### Adjusted from:

<http://urbanposer.blogspot.com/2012/04/best-almond-flour-cinnamon-rolls-paleo.html>

The recipe used to be cinnamon rolls but it took too long. So I shorten the recipe and the effort of rolling. Enjoy!



**Kim Braly RD**

Recipe by *Annika Weeks NDTR*

# MINI PUMPKIN PIE TARTS

*SCD | gluten free | dairy free*

## INGREDIENTS

### For the crust:

- 2 cups pecans
- 1 cup pitted dates
- 2 tsp cinnamon
- 4 tsp coconut oil

### For the filling:

- 1 (15 oz) can organic pumpkin puree
- 1/3 cup honey
- 1/2 cup walnuts
- 2 tsp Pumpkin Pie Spice

### Optional-

### For the topping:

- Cream from 1 (13.5 oz) can of coconut cream, chilled overnight in the fridge
- 1/2 tsp cinnamon

## DIRECTIONS

1. In a food processor, blend crust ingredients until a crumbly paste is formed (it should stick together when pressed with your hands or fingers).
2. Place a piece of parchment paper on a flat surface (or use baking cups to line mini or regular size muffin tins).
3. Separate the crust into 4 or more portions (depending on your desired amount and the size of the cups or other tins you plan to use). This recipe works with tartlets up to three inches in diameter. Press the crust mixture into the mold/tin. Repeat with the remaining crust mixture.
4. Cleanse your food processor, and then blend the filling ingredients (pumpkin, honey, walnuts, pumpkin pie spice) together until smooth and all ingredients have been combined.
5. Pour the filling equally into the crust mixture molds you created in an earlier step.
6. Refrigerate the tarts for at least one hour prior to serving to allow the crust to firm and hold.
7. Optional: If desired, whip up the coconut cream topping immediately before serving, adding 1/2 tsp cinnamon as desired, with a blender or food processor. Use the whip to decorate topping by piping through a decorating bag like frosting.
8. Remove parchment paper when ready to serve, and enjoy! Feel free to use any left over crumbs from the crust or extra dates to make a design on the top (see image above).

## NOTES

Make your own homemade pumpkin pie spice by using Annika's recipe! Find it at

<https://www.anniweeks.com/post/recipe-the-perfect-pumpkin-pie-spice>

This recipe was adapted from an original recipe found in "Eating Purely" by Elizabeth Stein.



**Kim Braly RD**

Recipe by *Vonda, SCD mom from IL*

# HONEY CARAMEL

*SCD | gluten free*

## INGREDIENTS

**Makes about 25 pieces of caramel**

- 3 TBSP butter
- 1 cup honey
- 1/8 cup cashew butter
- 1 tsp vanilla (optional)

## DIRECTIONS

1. Heat the butter in a saucepan until brown butter starts forming - just a minute or two in my experience.
2. Remove from heat and add the honey. Put back on the heat and gradually heat up to about 220F (use a candy thermometer), stirring and monitoring constantly. Do not let the temp go up too fast.
3. Remove from heat and add the cashew butter. Use an immersion blender to mix in the cashew butter until smooth and even. If desired, add vanilla and stir.
4. Put back on heat, stir constantly, and heat gradually until 230F-235F is reached for fudge (softer caramel) or 250F is reached for caramel candies (firmer chewy caramel). (See NOTE below for how to verify the caramel is done).
5. Remove from heat. If making caramels, pour into a small glass dish lined with parchment paper (I use a rectangular 3-cup pyrex storage container). Allow to cool and firm up.
6. When cool, scoop out small amounts, roll into a ball (if it is too sticky to roll, it likely was not heated enough), and wrap in a candy wrapper. You can store these at room temp.

## NOTES

The final temp is very important. The lower temperature will produce runnier caramel, the higher temperature will produce something firmer that you can mold into balls, too high, and you will end up with a caramel that is rock solid like hard candy. Because not all candy thermometers read the same, you can test doneness by putting a drop of caramel into a glass of ice water. It will cool quickly and if it finishes at the desired consistency, it is done.



**Kim Braly RD**

Recipe by Vonda, SCD mom from IL

Image by Jeff Siepman

# CHOCOLATE OR TURTLE FUDGE

Modified SCD | gluten free

## INGREDIENTS

### Chocolate Fudge

- About 110g cocoa butter (about 1/2 cup melted)
- 1/2 cup cashew butter
- 1/3 cup honey (I use a mild honey)
- 1 tsp vanilla extract
- 3/8 cup cocoa powder
- 1 pinch of sea salt

### Turtle Fudge

- SCD caramel
- Modified SCD Fudge
- pecans

## DIRECTIONS

### Chocolate Fudge

1. Melt the cocoa butter in a microwave safe bowl in the microwave - occasionally stopping to stir.
2. Add the cashew butter, honey, and vanilla and whisk until smooth.
3. Add the cocoa powder and salt and whisk until smooth.
4. Pour into a glass pan lined with parchment (I used a 6 cup rectangular pyrex container - about 8x6").
5. Refrigerate for a few hours until firm (unless making the turtle fudge - then follow directions in next recipe).
6. OPTIONAL - add nuts or other ingredients to the fudge before refrigerating.

### Turtle Fudge

1. Make one batch of the Modified SCD Chocolate Fudge and pour into the parchment lined pan, but do not refrigerate yet.
2. Sprinkle pecan pieces over the top of the fudge.
3. Make one batch of the SCD Caramel - heated only to about 230-235F.
4. Let the caramel cool for a bit in the pan until it is no longer burning hot - just soft and warm.
5. Drizzle the caramel over the fudge and nuts.
6. Use a butter knife to swirl the caramel in with the fudge lightly - do not overmix, you just want swirls of caramel and fudge, you don't want them to combine. Refrigerate until firm.
7. I refrigerated over night. It takes longer to firm than the fudge by itself.



## Kim Braly RD

Recipe by *Kim Braly, RD*

# STUFFED BUTTERNUT SQUASH

SCD | *grain-free* | *vegan option*

## INGREDIENTS

### For the beans:

- 1 C dried Navy Beans (or pre-soak beans overnight for faster cooking)
- ~3 C water, favorite stock or bone broth
- ½ tsp granulated garlic
- ½ tsp salt (or 1 tsp salt if using water above)

### For the squash:

- 1 medium sized butternut squash
- 3 Tbsp avocado oil or other favorite high heat roasting oil
- 1 tsp salt
- Sprinkling of pepper
- 1 Tbsp honey

### For the stuffing:

- 1 Tbsp avocado oil
- ½ medium onion, chopped
- 1/2 C mushrooms, chopped (or small zucchini diced)
- ½ C favorite seeds (I love pepita/sunflower seed mix)
- ½ C raisins

Optional: ¾ C grated parmesan cheese

## DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Cut off the neck of the butternut squash and remove skin using a peeler. Cube the squash of the neck into ~1/2-1" pieces and set aside.
3. Cut the squash base in half. Scoop out seeds and insides (toss or roast seeds if desired)
4. Coat squash cubes and inside of squash base with avocado oil (use a generous amount). Sprinkle everything with salt and a little pepper
5. Place cubes and squash halves (Inside down) in oven on baking sheet for 20 minutes.
6. Meanwhile –In pressure cooker, pour 1 C beans, granulated garlic, salt and stock. Make sure beans are fully submerged under water/stock. If beans are dried, set Instant Pot on High Pressure for 40 minutes. Allow to naturally release
7. Warm a skillet over low-medium heat then add in seed mixture to toast.
8. Once seeds become fragrant (~3-5 min) and lightly browned, transfer seeds to a mixing bowl
9. Add 1 Tbsp of oil and sauté diced onion until just translucent. Add diced mushrooms and cook until they reach desired consistency. Transfer onions and mushrooms to the mixing bowl with the seeds, add raisins and mix together.
10. Once 20-minute oven timer sounds, test cubed squash with a fork. If fork slides through easily, add cubed squash to the mixing bowl and drizzle with ~1 Tbsp honey.
11. Test beans: If soft Add 1 C of the cooked beans (no liquid) to the stuffing mixture and mix well. Salt entire mixture to taste at this point. Save remaining beans for nachos, soup or a salad later! You can also freeze. Beans may be a bit al dente depending on the variety. If this is the case, pressure cook on high for another 5 minutes.\*
12. Test squash bases with a fork, they will likely need to roast for another 15-20 minutes until fork inserts easily.
13. Remove when finished. Flip squash and fill with the stuffing (a generous amount). Top with shredded parmesan if desired, and place back in oven for ~3 minutes on broil (enough to brown parmesan and warm stuffing back up. Remove from oven and Cut squash halves into half again and Enjoy! The stuffing is also delicious on its own as a salad/meal!

\*If using pre-soaked beans, cooking time will be closer to 15-20 minutes.