

# IC-Friendly Holiday Recipes

Collection compiled by Callie Krajcir, MS, RD

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## **A note from Callie:**

A big thank you to everyone who modified the recipes that went into this document. Something to keep in mind - every single person with IC is different. Some people can tolerate certain ingredients whereas others can't. The recipes in this document are a collection of recipes that were either modified to be IC-friendly or give the option to omit ingredients. To identify what ingredients you are sensitive to, conduct an elimination diet.

-Callie

For more info, visit [callieknutriton.com](http://callieknutriton.com)

Contact: [support@callieknutrition.com](mailto:support@callieknutrition.com)

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RECIPE

# Pumpkin Spice Breakfast Shake



Ready in: 15 minutes

Serving size: serving large serving

## Ingredients

- 1/4 c. pumpkin puree (without problem ingredients)
- 1 tbsp. pure maple syrup (optional)
- 3/4 tsp. pumpkin pie spice (without problem ingredients)
- 3/4 c. plain or vanilla almond milk (any milk is fine though!)
- ½ c. plain Greek yogurt (if tolerated)
- 1/2 c. old fashioned oats
- 1/2 small banana, frozen
- sprinkle of cinnamon (if tolerated)

## Preparation

1. Whisk together pumpkin puree, maple syrup, pumpkin pie spice, and almond milk in a resealable container.
2. Stir in oats, seal, and refrigerate overnight.
3. In the morning, combine frozen banana and pumpkin mixture in blender or food processor. Process until smooth; add more milk for a thinner consistency if desired.
4. Pour into glass and sprinkle with cinnamon.

## Source:

<http://icfriendlyrecipes.blogspot.com/2017/06/pumpkin-spice-breakfast-shake.html>

RECIPE

# Pumpkin Carrot Zucchini Oatmeal



Ready in: 20 minutes

Serving size: 1 large serving

## Ingredients

- 1/3 cup rolled oats
- 1/2 cup pumpkin puree
- 1/3 cup finely grated carrot
- 1/3 cup finely grated zucchini
- generous pinch of sea salt
- 1/2 tsp cinnamon (omit if not tolerated)
- 1 cup water
- 1 Tbsp vanilla protein powder (if tolerated)
- 1 tsp maple syrup (optional)

## Preparation

1. Add everything (except the toppings) to a small pot and cook over medium low heat until creamy and heated through, about 7–8 minutes. Watch carefully and stir often to ensure it doesn't burn.
2. Scoop into a bowl and enjoy as is or top with a drizzle of nut butter, pumpkin seeds, or any toppings you like.

## Source:

@ICfood4u

<https://www.instagram.com/p/CRWhxVosa0i/>

RECIPE

# Pumpkin Protein Waffles



Ready in: 20-30 minutes

## Ingredients

- 1 cup rolled oats
- 3/4 cup cottage cheese
- 1/2 cup canned pumpkin puree
- 1/2 cup almond milk (or regular)
- 1 tablespoon chia seeds
- 1 tsp vanilla
- 2 teaspoons baking powder
- 1/8 teaspoon cinnamon (omit if not tolerated)
- 1/4 teaspoon kosher salt
- 1 large egg

## Preparation

1. Preheat a waffle iron.
2. Process the oats in the blender until the texture of flour. Add the cottage cheese, pumpkin puree, milk, protein powder, chia seeds, vanilla, baking powder, pumpkin pie spice, salt and egg and blend until smooth.
3. Scoop between 1/4 and 1/3 cup of the batter into each quarter of the waffle iron, depending on the size of your waffle iron. Close and cook until golden brown, 5 to 8 minutes (or cook to waffle iron manufacturer's instructions). Repeat with remaining batter.
4. Serve hot with maple syrup or your favorite nut butter, if desired

## Source:

@ICfood4u

<https://www.instagram.com/p/CT9yMkyg-Td/>

RECIPE

# Baked Blueberry French Toast



Ready in: 1 hour 30 minutes

Makes: 6 servings

## Ingredients

- 1 tsp coconut oil
- 6 cups (9 slices) whole wheat bread (GF if needed)
- 1 1/2 cups lowfat milk
- 6 eggs
- 2 Tbsp maple syrup
- 1 1/4 tsp lemon zest (grated peel)
- 1 tsp pure vanilla or almond extract
- 1 tsp ground ginger or cinnamon (if tolerated)
- pinch of salt
- 1 cup frozen or fresh blueberries (or raspberries or blackberries)

- 1/2 cup slivered almonds

### Berry Sauce:

- 2 cups frozen or fresh berries
- 1 Tbsp maple syrup
- 1 tsp lemon zest
- 1/2 tsp ground ginger or cinnamon (if tolerated)
- pinch of salt

## Preparation

1. Coat a 9×9 inch baking dish with coconut oil. Add cubed bread. In a bowl beat milk, eggs, syrup, zest, extract, spice and salt until frothy. Pour berries on over bread then pour egg/milk mixture on top. Press berries and bread down with a fork. Cover and refrigerate 30 minutes or overnight.
2. Top with slivered almonds and bake in 350 degree preheated oven on the middle rack for 45 minutes until top is golden brown. Remove from oven, cool and slice into 6 servings.
3. To make sauce, melt coconut oil over medium heat in a large skillet. Add berries and stir for 3 minutes. Add syrup, zest, spice and salt. Stir 5 more minutes until thickened.
4. To serve, pour 1/4 cup sauce over each serving.

## Source:

<http://icfriendlyrecipes.blogspot.com/2017/04/ic-baked-blueberry-french-toast.html>

RECIPE

# Spinach & Feta Quiche



Ready in: 60 minutes

Serves: 6-8

## Source:

<https://icfriendlyrecipes.blogspot.com/2018/10/spinach-and-feta-quiche.html>

## Ingredients

- $\frac{1}{2}$  cup butter (can use less according to your taste)
- 1 teaspoon bottled minced garlic
- 1 small onion, chopped (if tolerated)
- 12 ounces shredded cheddar cheese, divided
- 1 cup milk
- 4 eggs, lightly beaten
- salt & pepper, to taste (if tolerated)
- 1 (10 oz) box frozen chopped spinach, thawed & squeezed dry
- 6 ounces feta cheese with a sprinkle of dried basil to taste
- 1 (4 oz) jar sliced mushrooms, drained
- 1 frozen deep-dish pie shell, slightly thawed (without problem ingredients)

## Preparation

1. Heat oven to 375°F.
2. In a large skillet, sauté onion and garlic in butter, approximately 5 minutes or until just soft. Remove from heat.
3. Stir in 6 oz. cheddar, feta cheese, mushrooms, and spinach. Mix well; place into pie crust.
4. In a medium bowl, whisk together the eggs, milk, salt, and pepper. Pour over spinach mixture, poking holes to allow the egg mixture to seep inches.
5. Bake 15 minutes.
6. Top with remaining 6 oz. cheddar, continue baking for 40 minutes, or until a knife inserted in the center comes out clean.

RECIPE

# Pumpkin Maple Dip



Ready in 20 minutes

Serves: 8 people

## Ingredients

- 4oz package cream cheese
- 1/2 cup of canned pumpkin puree
- 1/4 cup plain Greek yogurt
- 3 tablespoons of maple syrup
- 2 tablespoons of peanut butter
- 1/2 teaspoon of ground cinnamon (if tolerated)
- Pinch of salt

## Preparation

1. In a food processor, combine a 4-oz. package (not tub) room temperature cream cheese, 1/2 cup canned pumpkin puree, 1/4 cup plain Greek yogurt, 3 tablespoons maple syrup, 2 tablespoons peanut butter, 1/2 teaspoon ground cinnamon (if tolerated), and a pinch of salt.
2. Process until smooth.
3. Place in a serving bowl.
4. Serve with sliced Gala or Fuji apples, whole wheat bread (no preservatives), or graham crackers (if tolerated).

## Source:

<https://icdietblog.wordpress.com/2014/12/03/ic-friendly-appetizers-holiday-dips/>

## RECIPE

# Creamy Herb Dip



Ready in: 20 minutes

## Ingredients

- 8 oz Organic Neufchatel Cheese (softened)
- 6 oz Organic Plain Yogurt
- 1 Tbsp of Chives or Green onion finely chopped (if tolerated)
- 1 Garlic clove, finely minced (optional)
- 1/8 tsp fresh ground pepper (if tolerated)
- 1/8 tsp marjoram (pinch between fingers to release flavor)
- 1/8 tsp thyme
- 1/4 tsp basil
- 3 - 6 Oil Cured Black Olives, chopped (optional)
- Unrefined Sea Salt to taste

## Preparation

1. Cream the softened cream cheese and yogurt in a food processor, blender, or hand mixer
2. Add garlic, chives, herbs, olives, salt, and pepper and combine thoroughly
3. Refrigerate for at least 1 hour before serving to allow the flavors to combine

## Source:

<http://icfriendlyrecipes.blogspot.com/2017/07/creamy-herb-dip.html>

RECIPE

# Chicken Cheese Dip



Ready in: 20 minutes

## Ingredients

- 1 8-ounce tub reduced-fat cream cheese
- 1/2 cup buttermilk
- 1 teaspoon dried dill or mixed herbs of your choice
- 1/3 cup shredded mozzarella cheese
- 3 – 5 oz. cans premium chunk white chicken, drained

## Preparation

1. Heat oven to 350 degrees.
2. Place cream cheese in a mixing bowl & whisk until smooth. Stir in the remaining ingredients.
3. Grease a 9x9-inch baking dish and pour the mixture into the dish.
4. Bake 15-20 minutes.
5. Stir again and serve.

## Source:

<https://icdietblog.wordpress.com/tag/ic-friendly-appetizer/>

RECIPE

# Classic Hummus



Ready in: 10 minutes

Serving size: 2-2.5 cups

## Ingredients

- 2 cans of chickpeas, drained (save 1/4 cup juice)
- 1/4 cup chickpea juice
- 1/4 cup light olive oil
- 1/3 cup tahini (Might Sesame Company is the best)
- 3 large cloves of garlic
- 1/4 tsp sea salt

## Preparation

1. Mix all ingredients except the olive oil in a food processor until mostly mixed, then drizzle in the olive oil and blend until smooth.
2. Add additional oil if needed for preferred consistency.
3. Use your favorite veggies or chips to dip.

## Source:

@ICfood4u

[https://www.instagram.com/p/CRRm\\_5mMtFy/](https://www.instagram.com/p/CRRm_5mMtFy/)

RECIPE

# Harvest Salad



Ready in: 30 minutes

Serves 2 people

## Ingredients

For salad:

- 3 slices center cut bacon, cooked and crumbled (nitrate-free)
- 2 cups cubes butternut squash, 3/4 inch dice
- olive oil spray
- 1/8 tsp kosher salt
- 3 cups spring mix lettuce
- 3/4 oz crumbled feta
- 1/4 cup toasted slivered almonds
- 2 Tbsp dried blueberries

For dressing:

- 1/4 cup pear juice (from can of organic sliced pears)
- 1/4 cup light olive oil
- 1-1/2 tsp sugar
- pinch of salt

## Preparation

1. Preheat the oven to 425F.
2. Place the butternut on a large nonstick baking sheet, spray with oil, season with salt and pepper and bake 15 minutes, turn then cook an additional 10 minutes, or until tender.
3. Let cool a few minutes.
4. Blend the dressing ingredients.
5. Divide the lettuce between two plates, top each with half of the remaining ingredients and a drizzle of dressing.

## Source:

<https://www.instagram.com/p/COgcolXDR0X/>

RECIPE

# Pumpkin Chili



Ready in: 45 minutes

## Source:

@ICfood4u

<https://www.instagram.com/p/CMdMpUiJ7e/>

## Ingredients

- 1 lb. ground beef (or turkey)
- 1 red bell pepper, diced
- 2 carrots, chopped
- 2 celery, chopped
- 1/4 small onion, diced (can omit)
- 1-1/2 tsp cumin (use less if you are sensitive)
- 1 tsp garlic powder
- 1 tsp onion powder (omit if you can't tolerate)
- 1 (15oz) can pumpkin puree (NOT pie filling)
- 2 (15oz) cans pinto beans, not drained
- 1 (15oz) can great northern beans, not drained
- 1 can beef broth
- salt, to taste
- brown sugar, to taste
- olive oil

Toppings: Cheese, avocado, crushed tortilla chips, cilantro, green onion, sour cream/greek yogurt

## Preparation

1. In a large soup pot, brown ground beef. Then add red bell pepper, onion (if using), celery, carrots & a drizzle of olive oil.
2. As the meat and veggies are cooking, sprinkle over cumin, garlic powder, onion powder, a healthy pinch of salt, & brown sugar, to taste.
3. When the meat is cooked through & the veggies are tender (10-15 min), add pumpkin puree, undrained beans, & beef broth. Taste & add more brown sugar if needed.
4. Cover and simmer until ready to eat. Take lid off at the end to thicken up.

RECIPE

# Chunky Ham & Bean Soup



Ready in: 45 minutes

## Ingredients

- 1/2 small onion (omit if sensitive)
- 3 carrots
- 3 ribs celery
- 2 cloves garlic
- 1 nitrate-free ham slice
- 1 Tbsp EVOO
- 3-15oz. cans great northern beans
- 1/4 tsp dried thyme
- chicken bouillon, to taste (msg-free)
- freshly cracked black pepper
- 2 cups chicken broth

## Preparation

1. Dice the onion, peel & slice the carrots, slice the celery, & mince the garlic.
2. Dice the ham into bite-sized chunks. Add the ham & cooking oil to a large soup pot.
3. Sauté the ham for 3-5 minutes over medium heat, or until it achieves a decent amount of browning. Remove the browned ham to a clean bowl.
4. Add the onion, carrots, celery, and garlic to the pot in place of the ham.
5. Sauté the vegetables for about 5 minutes over medium heat, or until the onions have softened. Allow the moisture released from the vegetables to help dissolve the browned bits of ham from the bottom of the soup pot as you stir.
6. While the vegetables are sautéing, add one of the three cans of beans to a blender, with the liquid from the can, and purée until smooth. Drain and rinse the remaining two cans of beans.
7. Add all three cans of beans (one puréed and two drained) to the soup pot with the vegetables. Also add 1/4 tsp dried thyme, ham, chicken bouillon and 2 cups chicken broth. Stir to combine, then turn the heat up to medium-high and allow the soup to come to a boil.
8. Once it reaches a boil, turn the heat down to medium and allow the soup to continue to boil for 15 minutes, stirring occasionally. As the soup boils it will reduce and thicken. Reduce to a simmer and cook for additional 15 minutes

## Source:

@ICfood4u

[https://www.instagram.com/p/CNdkOjRJ\\_2y/](https://www.instagram.com/p/CNdkOjRJ_2y/)

RECIPE

# Herb-Roasted Chicken



Ready in: 1 hour 40 minutes

Serves: 4-5 people

## Source:

<https://diethood.com/roast-chicken-recipe/>

## Ingredients

- 3 to 3-1/2 pound whole broiler-fryer chicken
- 3 tablespoons butter, melted
- 3 cloves garlic, minced
- 3/4 teaspoon salt, or to taste
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme

- 1/4 teaspoon fresh ground black pepper (can omit)
- 3 fresh rosemary sprigs
- 4 cloves garlic, peeled

## Preparation

1. Preheat oven to 450°F.
2. Remove giblets from inside of the chicken's cavity.
3. Thoroughly dry the chicken with paper towels.
4. Place chicken, breast side UP, on a rack set over a shallow roasting pan or jelly roll pan.
5. Brush chicken with melted butter.
6. Sprinkle or rub minced garlic all over chicken.
7. In a small bowl combine salt, basil, thyme, & pepper; rub onto the chicken.
8. Add some salt to the inside of the cavity and fill the cavity with lemon slices, rosemary, and garlic cloves.
9. Tie the legs together with kitchen twine, and tuck the wings under the body of the chicken.
10. Roast, uncovered, for 10 minutes.
11. Reduce oven temp to 350°F & continue to cook until done; about 1 more hour & 10 minutes, or until internal temp of chicken reaches 165°F.
12. Remove from oven and baste the chicken with the juices.
13. Let rest for about 15 to 20 minutes before cutting.

RECIPE

# Butternut Squash Ravioli



Ready in: 15 minutes

## Ingredients

- Butternut squash ravioli (I like Trader Joe's)
- Olive oil
- Basil or sage
- Fresh parmesan cheese (if tolerated)

## Preparation

1. Boil water and cook ravioli according to package directions.
2. Drain the ravioli.
3. Return pasta to pot and drizzle with a little olive oil (about 1 tablespoon).
4. Add fresh parmesan and herbs (basil or sage).

## Source:

<https://www.instagram.com/p/CUTiHCMs6ir/>

RECIPE

# Cornbread Broccoli Stuffing



Ready in: 30 minutes

## Ingredients

Cornbread:

- 3/4 cup cornmeal
- 3 Tablespoons all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1/2 cup milk
- 3 drops vinegar (the baking soda will neutralize it, but meanwhile it will help the bread rise)
- 1 egg

- 1 Tablespoon canola oil
- Non-stick cooking spray

Stuffing:

- 1-1/2 tablespoons margarine
- 3/4 cup frozen broccoli (partially thaw and chop in 1/2" pieces)
- 2 slices white bread (preservative-free) crust removed, torn in pieces
- 1-2/3 cups chicken broth (Campbell's Healthy Request or Health Valley)
- 3/4 teaspoon poultry seasoning
- 1/4 teaspoon ground sage
- 1/2 teaspoon onion salt
- 1/8 teaspoon black pepper (optional)
- non-stick cooking spray

## Preparation

1. Thoroughly combine the cornmeal, flour, baking powder, baking soda, and salt in a bowl.
2. Make a well in the center of dry ingredients.
3. In a large measuring cup, whisk together the milk, vinegar, egg, and oil.
4. Pour the liquid ingredients into the well and gently stir until all is moistened.
5. Spray a 7- inch square baking dish with cooking spray. Pour in the cornmeal batter and spread evenly.
6. Bake at 425 degrees F for 20 minutes or just until golden and center springs back when touched.

## Source:

<https://www.ic-network.com/bev/thanksgiving-dinner/>

RECIPE

# Maple Baked Sweet Potatoes



Ready in: 20-30 minutes

Serves: 3-4

## Ingredients

- 2 fresh sweet potatoes (not yams)
- 1/4 cup stick margarine
- 1/4 cup maple syrup
- 1/4 teaspoon almond extract
- 1 dash nutmeg
- Margarine, vegetable oil, or non-stick cooking spray

## Preparation

1. Coat a 1-1/2 quart casserole dish with margarine or non-stick cooking spray, or lightly coat with vegetable oil.
2. Peel sweet potatoes and slice in half-inch-thick slices.
3. Melt margarine in a saucepan then stir in maple syrup, almond extract, and nutmeg, mixing thoroughly.
4. Toss potato slices in the liquid mixture to coat.
5. Spoon slices into the casserole dish, pouring remaining liquid over them.
6. Cover and bake at 400 degrees F. for 35 minutes or until potato slices are soft.

## Source:

<https://www.ic-network.com/bev/traditional-holiday-vegetables-are-bladder-friendly/>

RECIPE

# Roasted Mushrooms in Garlic Sauce



Ready in: 30 minutes

Serves: 4

## Ingredients

- 1 pound mushrooms (button, cremini, or other), cleaned
- 1 tbsp oil
- salt & pepper to taste
- 1/4 cup butter
- 2 cloves garlic, chopped
- 1 teaspoon thyme, chopped
- 1 tbsp lemon juice (can omit)
- salt & pepper to taste

## Preparation

1. Toss the mushrooms in the oil, salt and pepper, place on a baking sheet in a single layer and roast in a preheated 400F/200C oven until they start to caramelize, about 20 minutes, mixing half way through.
2. Cook the butter over medium heat until it starts to turn a nice hazelnut brown, remove from heat and mix in the garlic, thyme and lemon juice.
3. Toss the roasted mushrooms in the browned butter and season with salt and pepper to taste!

## Source:

<https://www.closetcooking.com/roasted-mushrooms-in-brown-butter/>

RECIPE

# Sweet Potato Casserole



Yield: 6-8 servings

Time: 60 min

## Ingredients

### Casserole

- 1/2 stick (4 tablespoons) unsalted butter, melted, plus more for buttering the baking dish
- 3-4 large sweet potatoes
- ½ cup milk
- ¼ cup brown sugar, packed
- 1 tsp vanilla extract
- ½ tsp salt
- 2 large eggs

### Topping

- ½ cup all-purpose flour
- ½ cup brown sugar, packed
- ½ stick (4 Tbsp) unsalted butter, melted

- ¼ tsp salt
- ¾ cup chopped pecans

## Preparation

1. For the sweet potatoes: Add 1 3/4 pounds peeled and cubed sweet potatoes to a large pot of salted water. Bring to a boil over high heat, then lower the heat to a simmer and cook until the potatoes are very tender, 15 to 20 minutes. Drain and cool. Mash the sweet potatoes.
2. For the filling: Preheat the oven to 350 degrees F. Butter a 2-quart baking dish.
3. Whisk together the butter, mashed sweet potatoes, milk, brown sugar, vanilla, salt and eggs in a large bowl. Transfer to the prepared baking dish.
4. For the topping: Combine the flour, brown sugar, butter and salt in a medium bowl until moist and the mixture clumps together. Stir in the pecans. Spread the mixture over the top of the sweet potatoes in an even layer. Bake until mostly set in the center and golden on top, 25 to 30 minutes. Serve hot.

## Source:

<https://www.foodnetwork.com/recipes/food-network-kitchen/sweet-potato-casserole-3364945>

RECIPE

# Baked Cheesy Mashed Potatoes



Yield: 6-8 servings

Time: 60 min

## Ingredients

- 1 tablespoon butter
- 4 lbs russet potatoes, peeled, cut into 1-inch pieces
- 1 cup whole milk
- 1/2 cup (1 stick) butter, melted
- 1 1/2 cups grated mozzarella
- 1 cup freshly grated Parmesan (if tolerated)
- Salt & black pepper (can omit)
- 2 tbsp plain dry bread crumbs

## Preparation

1. Preheat the oven to 400 degrees F. Coat a 13 by 9 by 2-inch baking dish with 1 tablespoon of butter and set aside.
2. Cook the potatoes in a large pot of boiling salted water until they are very tender, about 15 minutes. Drain; return the potatoes to the same pot and mash well. Mix in the milk and melted butter. Mix in the mozzarella and 3/4 cup of the Parmesan. Season, to taste, with salt and pepper.
3. Transfer the potatoes to the prepared baking dish. Stir the bread crumbs and remaining 1/4 cup of Parmesan in a small bowl to blend. Sprinkle the bread crumb mixture over the mashed potatoes. Recipe can be prepared up to this point 6 hours ahead of time; cover and chill.
4. Bake, uncovered, until the topping is golden brown, about 20 minutes.

## Source:

<https://www.foodnetwork.com/recipes/giada-de-laurentiis/baked-mashed-potatoes-with-parmesan-cheese-and-bread-crumbs-recipe-1944749>

RECIPE

# Garlic Roasted Brussels Sprouts



Yield: 4 servings

Time: 30 min

## Ingredients

- 1 pint brussels sprouts (about a pound)
- 4 to 6 tbsp extra virgin olive oil, to coat bottom of pan
- 5 cloves garlic, peeled
- Salt and pepper to taste (can omit)
- 1 tbsp balsamic vinegar (can omit)

## Preparation

1. Heat oven to 400 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
2. Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes.
3. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

## Source:

<https://cooking.nytimes.com/recipes/1890-roasted-brussels-sprouts-with-garlic?action=click&module=Collection%20Band%20Recipe%20Card&region=Thanksgiving%20Side%20Dish%20Recipes&pgType=supercollection&rank=7>

## RECIPE

# Pumpkin Pie

Ready in: 60-75 minutes

## Ingredients

### Crust (can buy pre-made):

- 1 1/3 cups all-purpose flour
- 1/2 teaspoon salt
- 1 stick of butter, chilled, and cut into pieces
- 5 to 8 tablespoons of ice water

### Filling:

- 2/3 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 (15 oz.) can pumpkin puree
- 1 (12 oz.) can of evaporated milk
- Whipped cream or vanilla ice cream

## Preparation

1. Preheat oven to 425 degrees.
2. To make the pie crust, put the flour and salt into a food processor and pulse several times. Put cold butter into the mixture several pieces at a time, pulsing several times for each addition and taking care that the butter remains chilled. The butter should be thoroughly incorporated.
3. Add the first 5 tablespoons of ice water and mix until just moistened. Then add the remaining tablespoons of water one at a time, mixing thoroughly after each addition. Don't add too much water!

Only add as much as needed for the dough to form a ball in the mixer and almost clean the sides of the bowl. When it does this, turn the food processor off and remove the dough from the bowl.

4. Form dough into a ball & flatten into a disk.
5. Chill a few minutes in the freezer, until cold but still pliable.
6. Remove from the freezer and place on a well-floured piece of wax paper.
7. Using floured hands and a floured rolling pin, roll the dough out into a 12-inch circle.
8. Fold the circle in half, then in half again, and place the point in the center of a 9-inch pie pan.
9. Carefully unfold the dough and fit it into the pan.
10. Trim any overhanging pastry, and if desired, press the tines of a fork into the rim of the crust, to create a pattern.
11. To prepare filling, combine sugar, salt, cinnamon, ginger, nutmeg, allspice, and vanilla extract in a small bowl.
12. Whisk the eggs lightly in a large bowl.
13. Stir in the pumpkin and sugar-spice mixture, and gradually stir in evaporated milk.
14. Pour into pie shell.
15. Bake for 15 minutes, and then reduce the temperature to 350 degrees and bake for another 45-50 minutes, or until a knife inserted into the center of the pie comes out clean.
16. Cool on a wire rack and serve with whipped cream or a scoop of vanilla ice cream.

## Source:

<http://nikicooks.blogspot.com/2011/11/pumpkin-pie.html>

RECIPE

# Maple Pumpkin Butter



Ready in: 10 minutes

Serving size: 2-2.5 cups

## Ingredients

- 15 ounces pumpkin puree
- 2/3 cup light brown sugar
- 1/3 cup maple syrup
- 1/4 teaspoon ground cinnamon (omit if not tolerated)

## Preparation

1. Combine all ingredients in a medium size saucepan. Stir to combine.
2. Bring to a boil and then reduce to a simmer.
3. Cook for about 20 minutes, stirring frequently, until thickened.
4. Transfer to a jar and store in the refrigerator for up to 3 weeks.

## Source:

@ICfood4u

<https://www.instagram.com/p/CSjn9EhrphR/>

RECIPE

# Blueberry Sauce



Ready in: 15 minutes

Yield: 6 servings

## Ingredients

- 3 cups blueberries (fresh or frozen)
- 1 cup water
- 1/2 cup sugar
- 1 1/2 tablespoons cornstarch, dissolved into 3 tablespoons water
- 1/2 teaspoon vanilla

## Preparation

1. Place 1 1/2 cups blueberries in a small saucepan. Cover with water & add sugar & vanilla. Heat over medium-high heat until mixture comes to a low boil & blueberries just start to break apart.
2. Add dissolved cornstarch to saucepan and bring mixture to a rolling boil. Turn heat down & simmer on low heat for 2-3 minutes, or until sauce reaches desired consistency. Add water, one tablespoon at a time, if the sauce gets too thick.
3. Remove from heat. Add remaining blueberries and stir gently. Serve warm or cold.

## Source:

<https://pinchofyum.com/easy-homemade-blueberry-sauce>

RECIPE

# Pumpkin Muffin Top Cookies



Ready in: 30 minutes

## Ingredients

- 1 C Kodiak Power Cake Mix
- 1/2 C canned pure pumpkin
- 1/4 C water
- 2 tsp vanilla extract
- 1/4 cup brown sugar
- 1/2 tsp cinnamon (if you can tolerate)
- 1/2 C (white) chocolate chips
- Raw Turbinado sugar, topping (optional)

## Preparation

1. Pre-heat oven to 325.
2. Mix ingredients all together.
3. Drop 8 spoonfuls onto a parchment-lined cookie sheet. Top with sugar, if desired.
4. Bake for 15–20 minutes.
5. Cool on a wire rack.

## Source:

@ICfood4u  
<https://www.instagram.com/p/CNx42oWJce4/>

RECIPE

# Blueberry Pretzel Dessert



Ready in: 20 minutes

Makes: makes one 9x13 pan

## Source:

<https://www.instagram.com/p/CSp5K6sMDF4/>

## Ingredients

- 2 cups crushed pretzels
- 3/4 cup melted butter
- 3 tablespoons sugar, plus 3/4 cup sugar
- 1 (8-ounce) package cream cheese, softened
- 1 (8-ounce) container whipped topping
- 3 pints fresh blueberries
- 1 cup sugar
- 2 teaspoons vanilla extract
- 1 Tablespoon water
- 3 Tablespoons corn starch
- 3 Tablespoons water

## Preparation

1. Preheat oven to 400 degrees.
2. For the crust, mix the pretzels, butter, and 3 tbsp sugar. Press this mixture into a 9 by 13-inch pan & bake for 7 minutes. Set aside and allow to cool.
3. In a mixing bowl, beat together cream cheese & 3/4 cup of sugar. Fold in the whipped topping, & spread over the cooled crust so that it completely covers the crust. Refrigerate until blueberry layer is done.
4. Combine blueberries, sugar, 1 Tbsp water and vanilla in a saucepan – cook over medium heat, stirring until it comes to a slow boil. Boil for 2-3 minutes. Combine corn starch and 3 Tbsp water thoroughly, and slowly drizzle it into the blueberry mixture. Remove from heat and set aside to cool. Once cool, slowly pour on top of the cream cheese layer.
5. Refrigerate until ready to serve

RECIPE

# Pumpkin Oat Cookies



Ready in: 30 minutes

## Source:

@ICfood4u

<https://www.instagram.com/p/COgaBQ6DdO1/>

## Ingredients

- 2.5 cups rolled or quick oats
- 1 cup pure pumpkin puree
- 4 tbsp maple syrup, agave or coconut sugar
- 1 tsp cinnamon (optional but recommended if you can tolerate it)
- 1/2 cup white chocolate or carob chips (optional but recommended)
- Other Optional Add-ins (up to 3/4 cup):
  - Almonds
  - Pumpkin seeds
  - Coconut
  - Raisins (if tolerated)

## Preparation

1. Mix all of the ingredients together to form a thick dough. There's no need to worry about over mixing, just keep working it together until you have a uniform dough.
2. Form the batter into 12 cookie shapes using your hands and place them on a baking sheet.
3. **Quick Note:** These cookies will not spread or change shape during baking so be sure to create the shape you want before baking.
4. Bake for 10 minutes at 350 degrees F.
5. Let them cool on the pan for a few minutes then enjoy warm or let cool before storing.

RECIPE

# Quick Peppermint Ice Cream



Makes: 1 pint

## Ingredients

- 1 pint Haagen-Dazs vanilla ice cream
- 2/3 cup of crushed peppermint candies or candy canes
- 1/4 teaspoon peppermint extract

## Preparation

1. Crush peppermint candies by placing between clean kitchen towels (or paper towels) and hitting with a meat hammer, or other heavy objects. (About 7 or 8 6-inch candy canes will make 2/3 cup crushed).
2. Sprinkle the extract over the crushed candy.
3. With a large spoon, quickly stir the crushed candy into the ice cream.
4. Ice cream will begin to soften and turn pink, so work quickly. No need to have it completely blended.
5. Return to the freezer for an hour or two to re-set and let flavors blend.
6. Serve in fancy bowls, placing oatmeal or decorated sugar cookies in the ice cream.

## Source:

<https://www.ic-network.com/bev/holiday-foods-parties/>

RECIPE

# Sweet Potato Cheesecake



Ready in: 60-75 minutes

Makes: 1 cheesecake

## Ingredients

- 1 medium sweet potato
- 1 package cream cheese (IC friendly)
- 1/2 can condensed milk
- 3/4 cup brown sugar
- 3/4 cup sugar
- 1 tsp vanilla
- 2 medium eggs
- graham cracker crusts (9" each)

## Preparation

1. Preheat oven to 375 degrees F.
2. Combine all ingredients and pour into crusts.
3. Place into a preheated oven and cook for 55 minutes or until light brown.

## Source:

<https://forum.ic-network.com/forum/the-ic-diet/ic-diet-recipes/desserts/84944-sweet-potato-cheesecake?82989-Sweet-Potato-Cheesecake=>

RECIPE

# Vanilla Horchata



Ready in: 30 minutes

## Source:

Confident Choices: a Cookbook for Interstitial Cystitis and Overactive Bladder by Julie Beyer, MA, Rd.

## Ingredients

- 1-1/2 cups medium- or long-grain white rice, cooked soft
- 3-1/2 cups water (or more, to taste)
- 1 c. sugar (or more to taste)
- 1 can evaporated milk
- 2 T. pure vanilla extract
- Ground nutmeg or cinnamon to sprinkle over top of drink (optional)

## Preparation

1. Combine rice, water, and sugar in a pitcher or bowl. Put small batches in a blender, and blend on high speed for several minutes, until the mixture is very smooth.
2. Strain rice mixture back into a pitcher using a fine sieve. Add milk and vanilla to rice mixture.
3. Refrigerate until ready to serve. Serve warm or iced. Dust with nutmeg or cinnamon if desired.

RECIPE

# White Hot Chocolate



Ready in: 10 minutes

Serves: 2

## Source:

Confident Choices: a Cookbook for Interstitial Cystitis and Overactive Bladder by Julie Beyer, MA, Rd.

## Ingredients

- 2 cups milk
- 3/4 cup white chocolate chips or finely chopped white baking chocolate
- 1/2 teaspoon vanilla
- Whipped topping

## Preparation

1. Heat 1/2 cup milk and chips over low to medium heat, whisking until chocolate melts. (You can also heat in 30 second increments in the microwave.)
2. Stir in remaining milk and heat to warm.
3. Garnish with whipped cream.

## Variations:

- Hot White Chocolate Peppermint Milk: Melt crushed peppermint candy into the white chocolate chip mixture.
- Hot Butterscotch Milk: Substitute butterscotch chips for white chocolate chips.
- Hot Carob Milk: Substitute carob chips for white chocolate chips.

RECIPE

# Carob Cinnamon Delight



Ready in: 30 minutes

## Ingredients

- $\frac{3}{4}$  cup of boiling water
- 1 Tablespoon carob powder
- $\frac{1}{4}$  teaspoon cinnamon (if tolerated)
- Coconut milk (full-fat) or fresh raw cream (if you can tolerate dairy)

## Preparation

1. Boil the water
2. Add carob and cinnamon and top up with coconut milk (or cream),
3. Stir and enjoy!

\*The carob tends to settle a bit so you'll probably need to stir it again when you're half way through drinking it.

## Source:

<http://icfriendlyrecipes.blogspot.com/2017/07/carob-cinnamon-delight-instead-of.html>