



 **Homemade Method™**

# 2024 HOLIDAY COOKING DEMO RECIPE GUIDE



## MESSAGE FROM OUR FOUNDER

I'm so thrilled to welcome you to our 2024 Holiday Live Cooking Class with Chef Lizzie! Losing weight over 50 and lowering your high blood sugar, pressure, and cholesterol is **TOTALLY** doable **AND** can be fun, even through the holiday season!

With the "Reset Response", you can fix all nine of your body's most important hunger and fat-burning hormones. I stumbled upon this simple system for losing weight when I was on my own journey to losing over 30lbs. Since then, we've helped +30,000 women over 50 get incredible results too.

Are you ready to cook along with us and enjoy a little seasonal inspiration?

Let's do this!

xo Anna

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## Maple-Glazed Pumpkin Scones

**Note:** *This is a treat recipe, so make sure you enjoy in moderation and share with loved ones (or freeze extras for later). All treat recipes are optional and can be skipped.*

These Maple-Glazed Pumpkin Scones are the perfect blend of warm spices, earthy pumpkin, and a subtly sweet maple glaze. They make for a **mouth-watering** breakfast treat or a cozy snack.

The natural sweetness from coconut sugar and maple syrup has a lower glycemic index compared to refined sugar, which helps **stabilize energy levels throughout the day**. This makes the scones a better option for those looking to manage their blood sugar while still enjoying a sweet treat.

This recipe even supports **heart health and immune function**. Pumpkin puree is rich in **beta-carotene**, an antioxidant that boosts immune health and supports skin vitality. The healthy fats from the coconut oil help lower bad cholesterol levels and support overall heart health.

# MAPLE-GLAZED PUMPKIN SCONES

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**Prep** 15 minutes **Cook** 25 minutes

## Serves 8

*For the scones:*

- ½ cup instant oats (or whole rolled oats that have been pulsed in a food processor or blender, then measured)
- ½ cup pumpkin puree, canned or homemade
- 3 Tbsp maple syrup
- 1 tsp vanilla extract
- 1 cup whole wheat flour
- 2 tsp pumpkin pie spice
- 1½ tsp baking powder
- ¼ tsp salt
- 1½ Tbsp butter, cold and cubed
- 3 Tbsp milk of choice

*For the maple glaze:*

- ¾ cup coconut sugar
- 1 tsp cornstarch
- ⅛ tsp salt
- 1 Tbsp melted coconut oil
- ½ tsp vanilla extract
- 3 Tbsp maple syrup

## Directions:

- Preheat the oven to 425°F/218°C and line a baking sheet with baking paper.
- In a medium bowl, stir together the oats, pumpkin puree, maple syrup, and vanilla extract.
- In a separate bowl, whisk together the flour, pumpkin pie spice, baking powder, and salt.
- Cut in the butter with a pastry cutter or a fork until the mixture resembles fine crumbs.
- Make a well in the center. Pour in the oat mixture and milk. Stir together gradually until just incorporated.
- Transfer the dough to the prepared baking sheet and shape it into a rough ball, then press and shape so it is ¾-inch tall.
- Slice the dough into 8 triangles with a sharp knife but do not separate them.
- Bake 22-25 minutes, or until the tops are golden and the center feels firm to the touch.

# MAPLE-GLAZED PUMPKIN SCONES

## **Directions, continued:**

- Cool on the pan for 10 minutes before transferring to a wire rack.
- While the scones bake, prepare the maple glaze. Place the coconut sugar and cornstarch in a high-speed blender and blend until it has reached icing sugar consistency. Add to a small bowl with the remaining glaze ingredients.
- Whisk together the glaze ingredients in a small bowl until smooth and creamy.
- Let the scones cool until they are lightly warm to the touch. Drizzle the glaze generously over the scones, and enjoy.



## Easy Maple-Glazed Salmon with Winter Slaw

This festive recipe features a nourishing - and **visually stunning** - meal that comes together fast and is bursting with flavor.

Salmon is a powerhouse for heart health, thanks to its high content of **omega-3 fatty acids**, which can help reduce inflammation and lower cholesterol levels. Omega-3s also play a protective role in brain health, helping to reduce cognitive decline as we age. The protein in salmon also helps **stabilize blood sugar**, making this dish a great choice for balanced energy throughout the day.

Fennel and red cabbage in the winter slaw are rich in antioxidants and fiber, making them excellent for **digestion** and overall health. Fennel, in particular, has **anti-inflammatory properties**, while cabbage is loaded with vitamin C, which supports immune function and skin health. Both ingredients also contribute to protective benefits for bone health and can support a healthy metabolism.

# EASY MAPLE-GLAZED SALMON WITH WINTER SLAW

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**Prep** 20 minutes **Cook** 15 minutes

## Serves 2

*For the winter slaw:*

- 1 Tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp honey
- ½ lemon, juice and zest
- 1 cup fennel, shaved or sliced very thinly
- 1 cup red cabbage, shaved or sliced very thinly
- 1 small carrot, shredded
- Salt & pepper, to taste

*For the maple-glazed salmon:*

- 1 Tbsp avocado oil
- 2 salmon fillets (4 oz each)
- Salt & pepper, to taste
- 2 Tbsp maple syrup
- 2 tsp low-sodium soy sauce (or tamari)
- 1 clove garlic, finely minced
- 1 tsp ginger, fresh, grated
- ½ tsp hot sauce (optional)

## Directions:

- Preheat your oven to 375°F/190°C.
- To make the slaw, whisk together the oil, mustard, honey, lemon juice, and lemon zest in a medium mixing bowl.
- Add the fennel, cabbage, and carrot and toss to combine. Season with salt and pepper to taste and set aside.
- Heat a cast iron (or other oven-safe) skillet over medium-high heat and add the oil.
- Season the salmon fillets on both sides with salt and pepper and carefully place in the hot pan.
- Let brown until caramel-coloured on the first side (about 2 minutes) and then flip to brown on the other side.
- While the salmon is browning, whisk together the maple syrup, soy sauce, garlic, ginger, and hot sauce in a small bowl.

# EASY MAPLE-GLAZED SALMON WITH WINTER SLAW

## Directions, continued:

- Place the pan with the salmon into the preheated oven, uncovered, and cook for about 7 minutes, or until the salmon is cooked through and flakes with a fork.
- Remove the salmon from the pan and set aside. Pour the maple-glaze ingredients into the hot pan and cook over medium heat until thickened and syrupy; about 5 minutes.
- Place the salmon back into the pan and spoon over with glaze.
- Serve the salmon accompanied by a heaping serving of winter slaw.

# NOTES

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# MEMBER LOVE

## JULIE HAHN

"Guess who bought size 12 pants today! Happy happy dance! My whole life I didn't think it possible. Before vs after: 88.8kg (195 lbs) to 73-75-ish kg (160 lbs). This works, people."



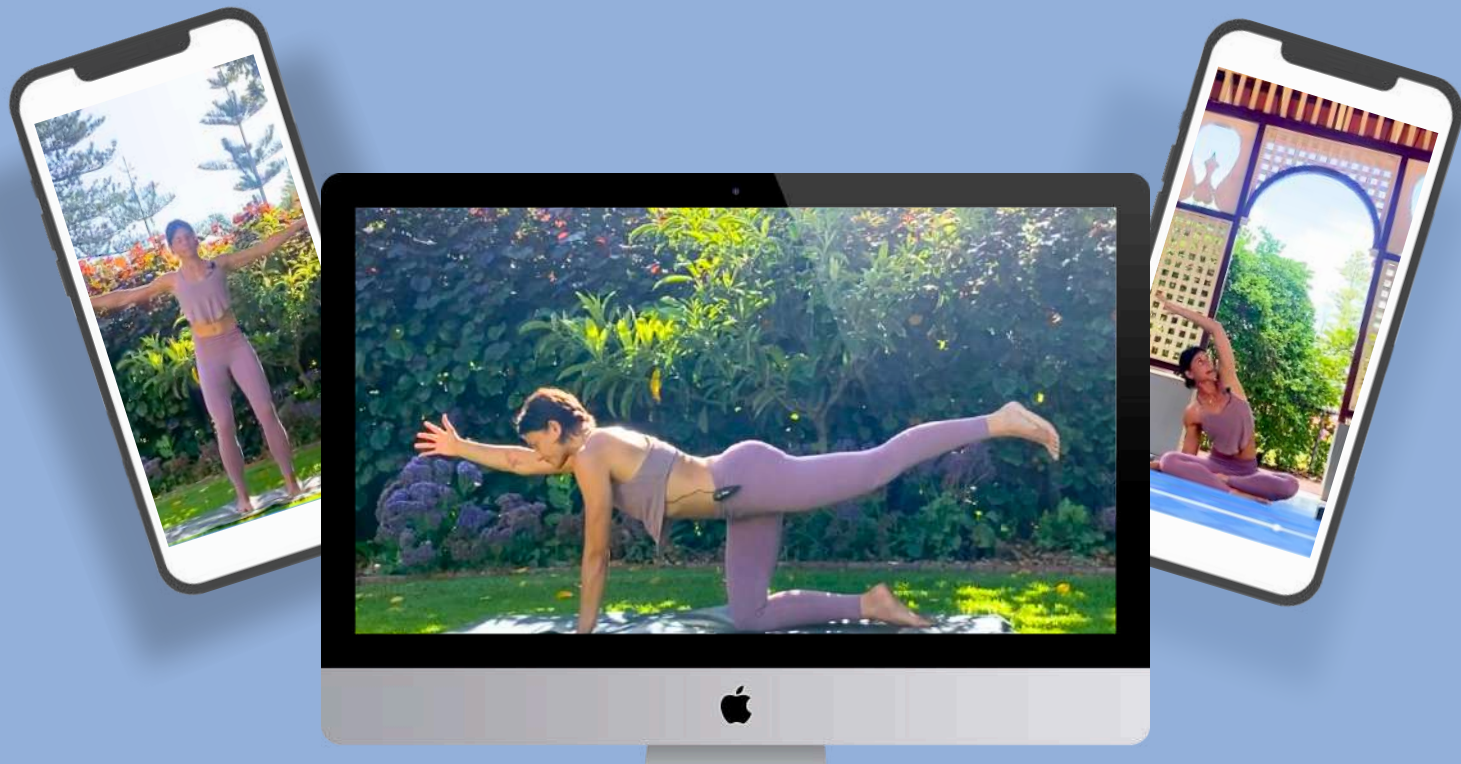
## MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

## CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"





# WANT BIGGER FASTER RESULTS?

When we go through menopause, our estrogen levels decline. And that can cause weight gain...especially around the mid-section!

Adding safe and gentle workouts specifically designed to **increase metabolism and build muscle mass** in women over 50...will **improve your results** compared to just doing the Challenge alone.

That's why when you add the Complete Fitness System for Women over 50 to your order today, you'll save a whopping **70% off** our regular pricing. **The best bit:** Every workout can be done at home in **15 mins or less** :)



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YOU CAN GET A  
HEALTHY,  
ENERGETIC BODY  
OVER 50 AND IT'S  
EASIER THAN YOU  
MIGHT THINK...

YOU JUST NEED  
THE RESET  
RESPONSE!

ANNA RAKOCZY, FOUNDER  
OF THE HOMEMADE METHOD


# YOU WOULDN'T STEAL A LOAF OF BREAD (COPYRIGHT NOTICE)

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Bakers wake early each morning to make loaves of bread.

Dressmakers sew dresses. And authors write books.

Likewise, we work hard every day to bring you the best original, content, to help you improve your health and your life.

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