



 **Homemade Method™**

SPECIAL HALLOWEEN-THEMED
LIVE COOKING CLASS WITH
CHEF LIZZIE!



MESSAGE FROM OUR FOUNDER

I'm so thrilled to welcome you to our Halloween-themed 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, too!

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

www.homemademethod.com



Halloween Charcuterie Board

Get ready to gather around the cauldron with your favorite witch-friends to share this **super-spooky** charcuterie board!

Featuring special baby pumpkins, savory eyeballs, and bloody-looking pickled veggies - there's sure to be something for everyone. This impressive spread is secretly very nourishing - thanks to the **protein-rich eyeballs** and **antioxidant-packed pumpkins**! You can also include a little dark chocolate or a dish of your favorite Halloween candy. (We love candy corn!)

We've chosen to use lots of Halloween colors in our board - but go ahead and **get creative** with this one! Add any fruits, veggies, nuts or cheese that you especially love.

HALLOWEEN CHARCUTERIE BOARD

GF

Prep 25 minutes **Cook** 5 minutes

Serves 4

For the Quick-Pickled Carrots & Beets:

- 1 cup carrot, cut into thin sticks
- 1 cup beets, peeled and cut into thin sticks
- 1 cup white vinegar
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cup coconut sugar
- 1 Tbsp salt

For the Spooky Eyeballs:

- 8 pieces bocconcini cheese
- 4 large pimento-stuffed green olives
- 4 slices prosciutto, shaved, cut in half length-wise

For the Baby Pumpkins:

- 3 clementines, peeled
- 2-inch stalk celery, cut into small pieces

To garnish:

- 1 cup blackberries or grapes
- 1 cup candy (M&M's or candy corn)
- 1 blood orange or star fruit, sliced thinly
- 1 cup hummus, store bought or homemade, in a small bowl
- 2 Tbsp balsamic reduction
- 2 cups Mary's Cracker (or Chef Lizzie's Flaxseed Crackers)
- 4 sprigs rosemary or sage
- *Optional:* fun spooky decorations - like plastic spiders!

Directions:

- Begin by preparing the quick-pickled carrots and beets: In a small saucepan, combine the vinegar, water, sugar and salt. Bring to a boil.
- Add the carrots and beets to the boiling pickling liquid, and remove the saucepan from heat. Set aside for at least 15 minutes.
- While the vegetables pickle, create the spooky eyeballs: trim one side of each piece of bocconcini to create a flat side.
- With a paring knife, carve a small hole opposite the flat side; it should be just big enough to fit half an olive, cut width-wise.
- Poke the olive half into the hole, and carefully wrap the eyeball in half a slice of prosciutto. Repeat for the remaining cheeses.
- To create the baby pumpkins, simply poke a small length of celery into the top to look like a pumpkin stem.
- Now you're ready to build your board! Arrange your baby pumpkins and spooky eyeballs on your board or platter. Add a dish or two of quick pickled vegetables.
- Decorate the rest of the board with berries, grapes, fruits, candy, hummus and crackers.
- You can add a spooky drizzle of balsamic reduction to the hummus if you like. Be sure to customize and use your favorite fruits, veggies and spooky decorations!



Healthier Pumpkin Pie

At Homemade Method, we are all about showing our Members how they can continue to enjoy their favorite foods - and still hit their health & weight loss goals. But traditional pies are made with refined white flour, tons of sugar & butter - which is not a great combination if you're trying to watch your blood numbers, weight or cholesterol.

The good news is you don't need to abstain either - with this amazing recipe we have substituted **low GI & low calorie coconut sugar** for most of the sugar, we've used walnuts **rich in protein & health omega fatty acids** instead of white flour and we've added nourishing coconut milk in place of the usual sweetened milks hidden in traditional pies. Best of all: It truly tastes decadent!

HEALTHIER PUMPKIN PIE

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Prep 15 minutes **Cook** 1 hour, 40 minutes

Serves 6-8

Directions:

For the filling:

- 2lbs fresh pumpkin to make 2 cups of puree (or 1 x 15 oz can of pumpkin puree)
- 3 large eggs
- 1 ½ cups canned coconut milk
- 1 tbs arrowroot powder (found in the spices section)
- 1 cup coconut sugar
- 2 tsp pumpkin spices (cinnamon, cloves, ginger & nutmeg)
- ½ tsp salt

Note: This is enough filling for 2 pies. Freeze the leftover filling mix for a future pie!

For the pie crust:

- 2½ cups walnuts
- ½ cup medjool dates, pitted
- 1 tsp baking soda
- 2 Tbsp salted butter

- Pre-heat oven to 350F/177C. Cut fresh pumpkin in half and scrape out the seeds. Wrap in aluminum foil and cook for 1 hr or until soft. Allow to cool. Scrape the pumpkin out and puree by hand using a fork or in a food processor or blender for about 30 secs.
- While the pumpkin is in the oven, blend walnuts, baking soda and salt in a food processor until well combined. Add medjool dates & butter then pulse until well mixed in. Put the batter in a 9-inch tart pan, and use your fingers to press it in nice and firm. Make the edges thicker than the base!
- Place the pie on a cookie sheet which helps to keep the bottom from burning and add to another shelf in the oven while the pumpkin is cooking for about 15 mins.
- In a bowl, mix coconut sugar, pumpkin pie spices and arrowroot powder. Beat eggs in a separate bowl and combine with spice mixture. Stir in pumpkin and gradually stir in coconut milk.
- Pour pumpkin filling into your cooled pie base and put in the oven for 50 mins.
- Allow your pie to cool before refrigerating. Chill for at least 2 hours before enjoying

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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."



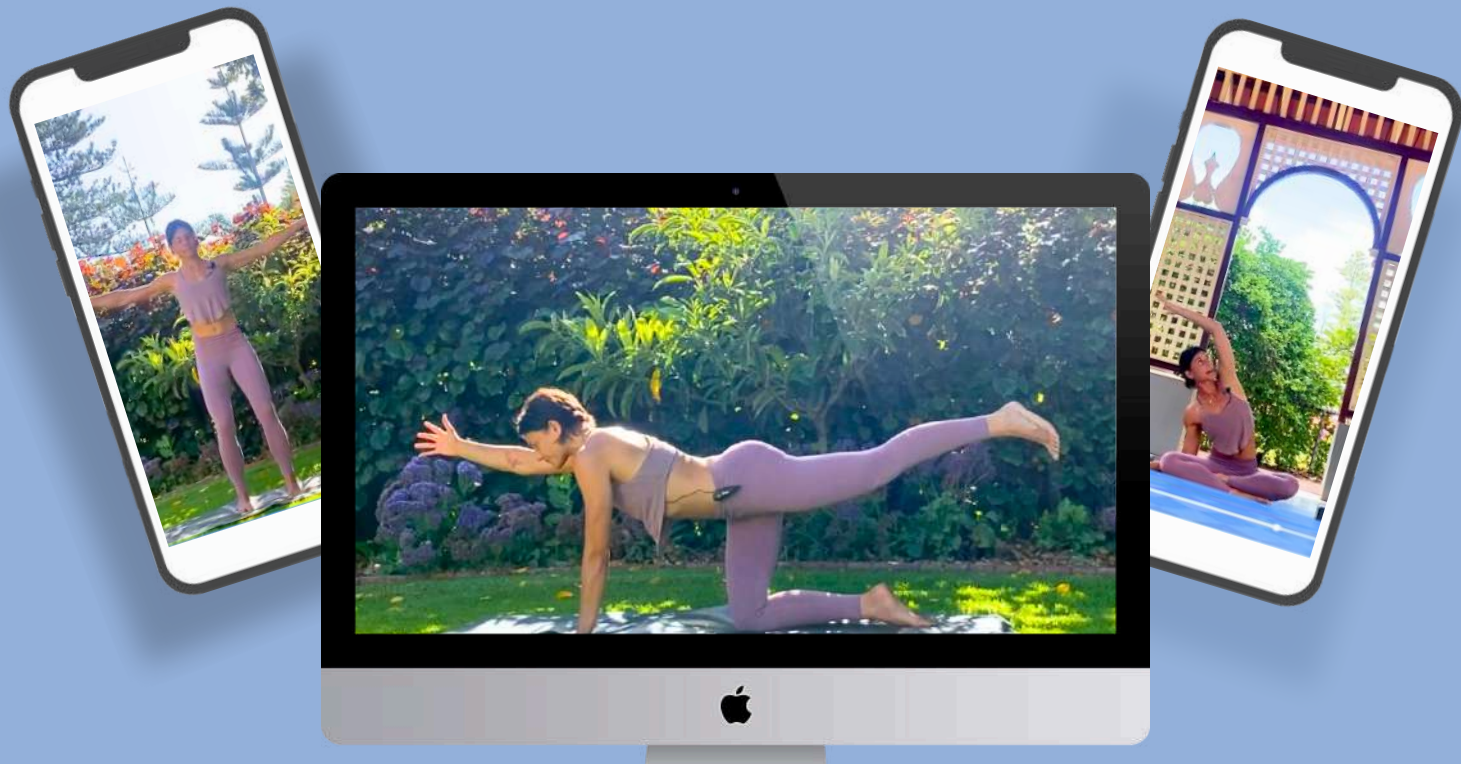
MARGIE FRANKLIN

"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** :)



[YES! GET THE OFFER](#)

www.homemademethod.com



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

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If you've got any questions, please reach out to our team at member@homemade-cooking.com.