



 **Homemade Method™**

TASTY HOMEMADE GIFTS



MESSAGE FROM OUR FOUNDER

I'm so thrilled to welcome you to our 2024 Tasty Homemade Holiday Gift 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 your friends and family!

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 +35,000 women over 50 get incredible results too.

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

Let's do this!

xo Anna

www.homemademethod.com



HOMEMADE SPICE BLENDS

Homemade spice blends make for a thoughtful and personalized Christmas gift that adds a touch of warmth and creativity to holiday cooking. They're **practical, heartfelt, and easy to customize** to different tastes.

A Homemade spice blend is **healthier** than the store-bought options because **you control the ingredients**, avoiding added preservatives, artificial flavors, and excessive salt or sugar. It allows you to use high-quality spices tailored to your preferences, ensuring a **fresher, more natural product**.

We've shared several of our favorite delicious blends for you here - each yielding ½ cup of spice blend. But **half the fun is creating your own** - so let your inner chef shine!

HOMEMADE SPICE BLENDS

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Prep 5 minutes **Cook** 0 minutes

Serves 24

Homemade Poultry Seasoning:

- 3 Tbsp rubbed sage
- 2 Tbsp dried thyme
- 1 Tbsp dried marjoram
- 1½ tsp dried crushed rosemary
- ¼ tsp pepper
- ½ tsp ground nutmeg
- ½ tsp sea salt

Homemade Everything Bagel

Seasoning:

- 2 Tbsp poppy seeds
- 1 Tbsp white sesame seeds
- 1 Tbsp black sesame seeds
- 2 Tbsp dehydrated minced garlic
- 2 Tbsp dehydrated onion flakes
- ½ tsp sea salt

Homemade Greek Seasoning:

- 3 Tbsp dried oregano
- 2 Tbsp dried mint
- 2 Tbsp dried thyme
- 1 tsp dried basil
- 2 tsp dried marjoram
- ¼ tsp dehydrated minced garlic

Directions:

- For each variation, simply place all ingredients into a mixing bowl and combine well.
- Transfer to an airtight jar or container.
- Create a pretty, customized label and store in a cool dry place for up to 6 months.



HEALTHIER PEPPERMINT BARK

This super simple recipe offers a better-for-you twist on the traditional holiday treat by replacing processed and sugary ingredients with **nourishing alternatives**. Using dark chocolate and coconut butter instead of milk chocolate, heavy cream and butter reduces added sugars and unhealthy fats.

Dark chocolate boasts numerous health benefits, particularly for **heart health and brain protection**. Rich in antioxidants called **flavonoids**, dark chocolate helps lower blood pressure, improve circulation, and reduce inflammation. Plus, its ability to enhance brain function through improved blood flow can **promote cognitive health**.

Coconut butter also supports overall wellness, particularly for **stabilizing blood sugar** and supporting natural weight loss. Its medium-chain triglycerides (MCTs) are quickly metabolized, providing a source of energy without causing significant spikes in blood sugar.

HEALTHIER PEPPERMINT BARK

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Prep 10 minutes **Cook** 5 minutes

Serves 16

- 1 cup dark chocolate chips
- ½ cup coconut oil, melted
- 1 Tbsp honey
- 1/8 tsp salt
- ½ tsp peppermint extract
- 1 tsp vanilla extract
- 2 candy canes, crushed into small bits (optional)

Directions:

- Line an 8x8-inch baking dish with parchment paper; set aside.
- Melt the chocolate using the double-boiler method: In a small pot, bring one inch of water to a simmer. Place a glass or metal bowl on top of the pot like a lid, and turn the heat to a low simmer. (Be mindful that the bowl will become hot, and watch out for steam!)
- Add the dark chocolate chips to the bowl and heat gently, stirring often, until completely smooth. Remove from heat.
- With a spatula, scrape all of the melted chocolate into the prepared baking dish. Smooth into an even layer and refrigerate until solid; about 15 minutes.
- In the meantime, mix together the coconut oil, honey, salt, and extracts in a mixing bowl until well combined.
- Once the chocolate layer has hardened, spread the coconut butter layer evenly on top. Sprinkle with crushed candy cane pieces, if using.
- Return to the fridge until fully hardened; about 20 minutes.
- Break into 2-inch chunks, and enjoy! Store this treat in the fridge for up to 2 weeks, or freeze for up to 3 months.



HEALTHY PECAN SANDIES

These buttery little cookies are a holiday must-bake. They're festive, simple, **gluten-free and absolutely mouthwatering!** In this special recipe, almond flour replaces refined flour, offering healthy fats and protein. This one switch alone reduces the cookie's impact on blood sugar levels and provides a rich nutrient profile while maintaining the **classic buttery pecan flavor.**

Almond flour is a key ingredient in this recipe and offers numerous health benefits, including **stabilizing blood sugar** and promoting heart health. It is rich in healthy monounsaturated fats, fiber, and protein, which work together to slow the absorption of sugar.

Pecans, another standout ingredient, are loaded with antioxidants and healthy fats that **promote brain and heart health.** Their natural antioxidants, including vitamin E, protect cells from damage, contributing to anti-aging and **anti-inflammatory effects.**

HEALTHY PECAN SANDIES

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Prep 10 minutes **Cook** 12 minutes

Serves 10

- ¼ cup coconut sugar
- ¼ tsp cornstarch (or tapioca starch/arrowroot)
- 1 cup almond flour
- ¼ cup butter, room temperature
- ¼ cup pecans, finely chopped
- ¼ tsp salt
- ¼ tsp baking powder
- 1 tsp vanilla extract

Directions:

- Preheat the oven to 350°F/175°C and line a baking sheet with baking paper.
- In a high-speed blender, combine the coconut sugar and cornstarch for 30-40 seconds, or until it has reached icing sugar consistency. Set aside.
- In a mixing bowl, beat together the almond flour and butter until a soft dough forms. (We love to use a hand mixer on low for this step.)
- Add the chopped pecans, powdered coconut sugar, salt, baking powder and vanilla extract.
- Mix again until well incorporated into a soft, uniform dough.
- Drop 1.5 Tbsp balls of the dough onto the prepared baking sheet and gently flatten the tops with the bottom of a drinking glass that has been brushed with oil. (If you like, you can press half a pecan into the top of each cookie.)
- Bake the cookies for 10-12 minutes, until they begin to brown.
- Remove from the oven and allow to rest on the baking sheet for 10 minutes before transferring to a wire rack to cool completely.
- Store your cookies in an airtight container on the counter for up to one week, or freeze for up to 3 months.

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."



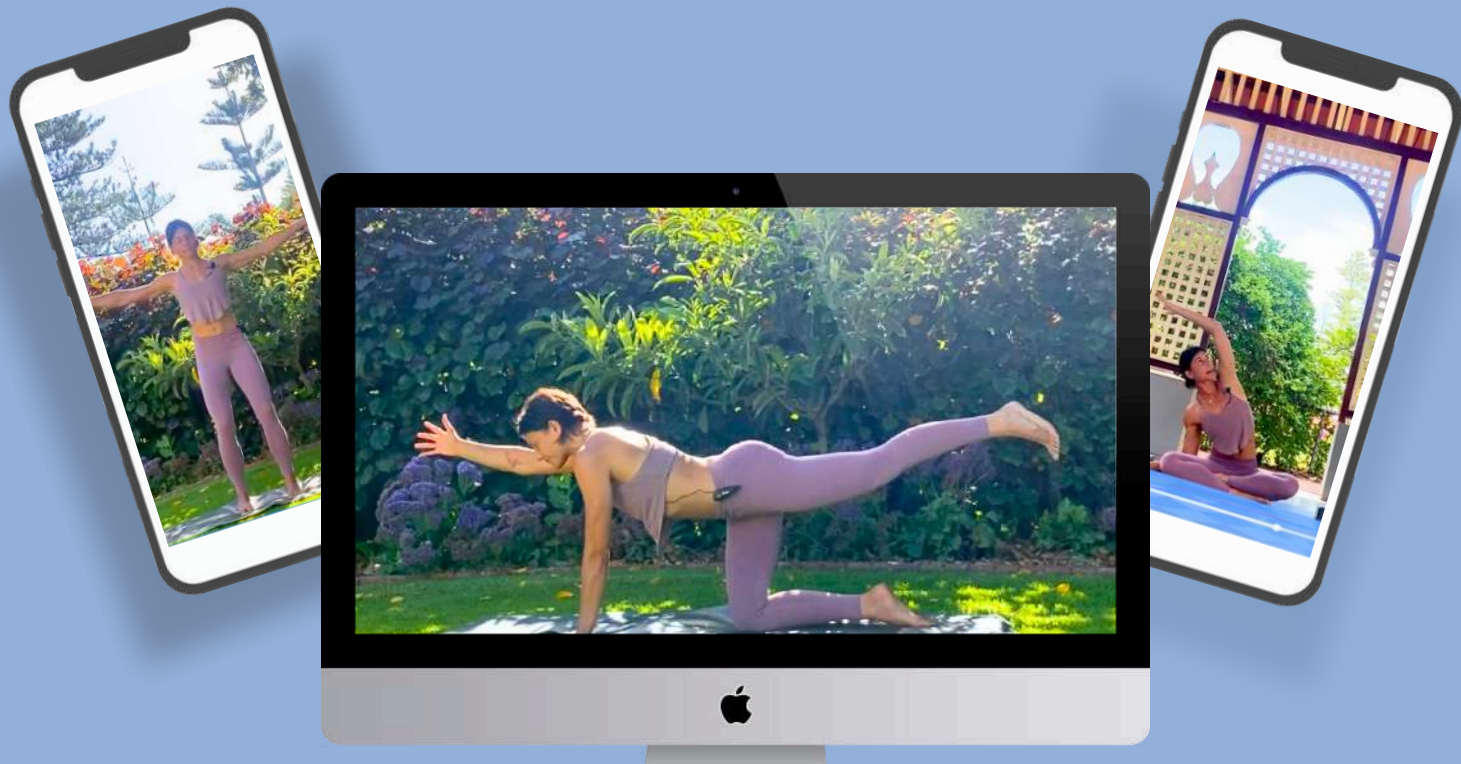
MARGIE FRANKLIN

"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](#)

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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

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