

THE ULTIMATE

# Holiday FEAST

23 Delicious and Healthy Recipes  
for Your Thanksgiving Celebration



A PainlessNutritionals.com Publication

# Table of Contents

<b>Table of Contents.....</b>	<b>2-3</b>
<b>Disclaimer.....</b>	<b>5</b>
<b>Legal Notice.....</b>	<b>6</b>
<b>Entrees.....</b>	<b>7</b>
Air Fried Turkey.....	8
Slow Cooker Roast Beef.....	9
Lemon Butter Roasted Turkey.....	10
Slow Cooked Pulled Turkey.....	11
Garlic Roasted Chicken.....	12
<b>Sides.....</b>	<b>13</b>
Cauliflower Au Gratin.....	14
Carrot Red Lentil Soup.....	15
Curried Roasted Green Beans.....	16
Gluten Free Sausage Stuffing.....	17
Sweet Corn Bread.....	18
Classic Dinner Rolls.....	19
Cranberry Sauce.....	20
Mashed Potatoes Au Gratin.....	21
Cinnamon Apple Sauce.....	22
Pumpkin and Coconut Soup.....	23
Sweet Potato Muffins.....	24
Caramalized Butternut Squash.....	25
Lemon Garlic Roasted Potatoes.....	26

**Drinks..... 27**

    Apple Pear Cider .....28

    Iced Pumpkin Spice Latte.....29

**Desserts..... 30**

    Crustless Pumpkin Pie.....31

    Cranberry Mini Bundt Cakes.....32

    Honey Comb Cake.....33

**About Painless Nutritionals..... 34**

**Our Best Selling Products ..... 35-39**

**Title:**

The Ultimate Holiday Feast  
23 Delicious & Healthy Recipes For Your Thanksgiving Celebration

**Edition:**

3rd Edition (November 2022)  
2<sup>nd</sup> Edition (June 2018)  
1<sup>st</sup> Edition (August 2017)

**Authors:**

Kaselj, Rick

**Keywords:**

Anti-Inflammatory Recipes, Recipes for Thanksgiving, Healthy Eating

All rights reserved, except for use in a review. The reproduction or use of the content from this book in any form (electronic, mechanical or other) is prohibited. Photocopying or scanning any information into a storage or retrieval system is forbidden without the written permission of the publisher and author.

**Published by:**

**Painless Nutritionals LLC**

2810 Trinity Mills  
Suite 209-283  
Carrollton, TX 75006

Email: [Support@PainLessNutritionals.com](mailto:Support@PainLessNutritionals.com)

Website: [painlessnutritionals.com](http://painlessnutritionals.com)

Phone: (888) 947-3780

## Disclaimer

*The Ultimate Holiday Feast* is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

However, health nutrition is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in diet and nutrition prescriptions are inevitable. In view of the possibility of human error or changes in health nutrition, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

## Legal Notice

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle.

If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property. This will lead to felony charges, fines, possible prison time and bad karma. Just to be clear, you may NOT edit this document, extract from it, change the contents or offer it for sale in any way shape or form.

Any trademarks used in this book are the property of their respective owners.



# Entrees

## Air Fried Turkey

### INGREDIENTS

1 whole fresh turkey  
1 ½ tbsp sea salt  
1 ½ tbsp smoked paprika  
1 ½ tsp onion powder  
1 ½ tsp garlic powder  
1 ½ tsp cayenne pepper  
1 ½ tsp fresh ground pepper

### DIRECTIONS

In a bowl, mix together the salt, paprika, garlic powder, onion powder, cayenne pepper, and fresh ground pepper.

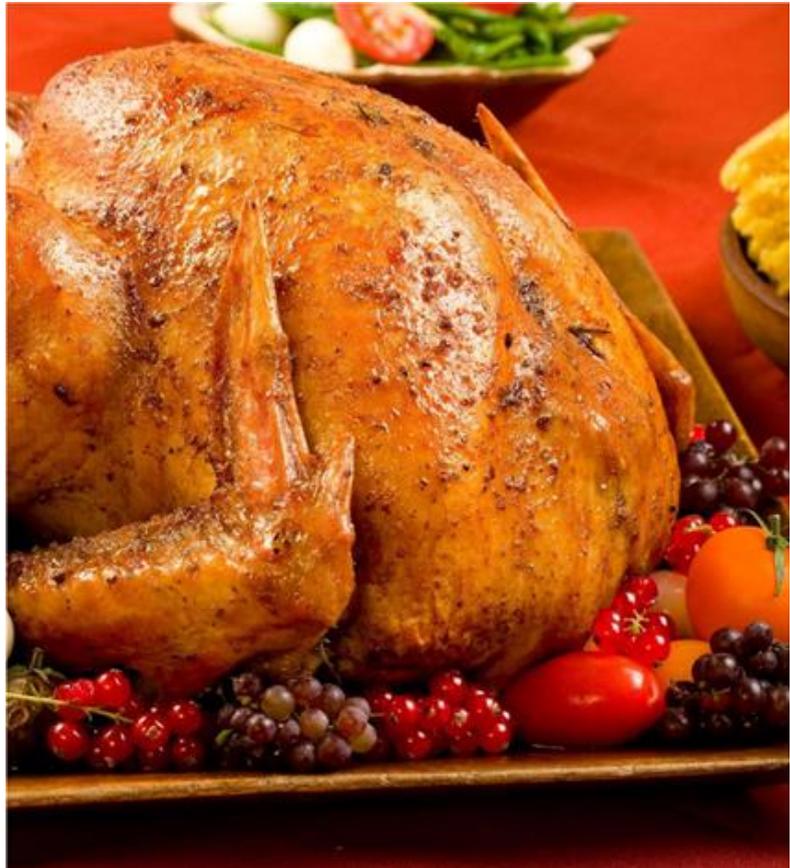
Remove giblets and neck from turkey and discard. Loosen and lift skin and generously spread the seasoning.

Also, rub the seasoning inside the cavity and outside of turkey. Keep it aside.

Preheat your air fryer at 350 F and place the turkey, breast side down, into air fryer. Cook for 30 minutes.

Flip the turkey and cook for an additional 30 minutes.

Let it rest for 10 minutes, then serve.



### SERVES 6

**NUTRITION INFORMATION:** Calories: 520    Fat: 27g    Carbs: 1g    Protein: 67g

## Slow Cooker Roast Beef

### INGREDIENTS

3 lb. beef rump roast  
1 cup beef stock  
2 small onions, sliced  
1 lb. red skin potatoes, halved  
1 tbsp Italian seasoning  
1 tbsp garlic powder  
Salt & pepper to taste



### DIRECTIONS

Heat the slow cooker on a low setting and spray with cooking spray.

Season the beef with Italian seasoning and garlic powder on

both sides and keep aside. Add the vegetables to the slow cooker and season with salt and pepper. Put the beef on top of the veggies and pour the beef stock in.

Cover and cook for at least 8 hours on low heat.

### SERVES 8

**NUTRITION INFORMATION:** Calories: 250    Fat: 8g    Carbs: 0g    Protein: 25g

## Lemon Butter Roasted Turkey

### INGREDIENTS

2 lb. skinless turkey breast  
Juice from 1 lemon  
1 tbsp olive oil  
1 tsp salt  
1 tsp freshly ground pepper  
2 tbsp butter  
Few sprigs of fresh rosemary

### DIRECTIONS

Rinse the turkey breast and pat dry.

Slice into smaller pieces.

In a bowl, mix together the lemon juice with olive oil, salt and pepper.

Rub the meat with this mixture and place in a baking dish together with all the juices left.

Place the butter and rosemary sprigs on top.

Bake for 60-90 minutes at 375 F.

Check from time to time to see if it needs more liquid and add some warm water if necessary.

Wait until the meat gets golden brown on top and remove from the oven.

You may also add some butter on top of the meat while it is still warm.



### SERVES 4

**NUTRITION INFORMATION:** Calories: 318    Fat: 13g    Carbs: 10g    Protein: 39g

## Slow Cooked Pulled Turkey

### INGREDIENTS

#### *Pulled Turkey*

1 turkey leg joint  
 1 large red onion, cut into thick wedges  
 4 cloves garlic  
 ⅓ cup stock or water  
 ⅓ cup balsamic vinegar  
 2 tbsp extra virgin olive oil  
 1 tbsp maple syrup (optional)  
 3 large sprigs rosemary  
 3 sprigs thyme  
 A generous crack black pepper  
 A generous pinch sea salt

#### *Cranberry & Orang Relish*

150 g dried cranberries  
 ½ cup water  
 The juice and zest of 1 orange  
 2 tbsp balsamic vinegar  
 1 tbsp maple syrup  
 2 thumb sized pieces fresh grated ginger  
 1 tsp ground ginger  
 1 tsp ground cinnamon  
 A generous pinch of sea salt



### DIRECTIONS

Add the onion wedges and garlic cloves to the bottom of the slow cooker and pour the stock over the top. Season the turkey leg generously with salt and pepper and rest on top of the onion and garlic.

Pour the balsamic vinegar, maple syrup and olive oil over the turkey.

Add the fresh herbs to the slow cooker.

Set the heat to high and cook for 5 hours, until the meat is thoroughly cooked through and falling off the bone.

While the turkey is cooking, you can make your relish. Add the maple syrup, orange juice, zest, balsamic vinegar and grated ginger to a small

Bring the liquid gently to a boil, then add the dried cranberries, ground ginger, ground cinnamon and salt.

Reduce the heat and simmer gently, continuously stirring until all the liquid has been absorbed.

Add the water and bring the liquid back up to a simmer for around 20 minutes, until the liquid has reduced right down and you are left with a sticky relish.

Once the turkey has cooked, remove the meat from the cooker and shred onto a plate using two forks. Serve with a little of the cooking liquid and the cranberry and orange relish.

### SERVES 2-4

**NUTRITION INFORMATION:** Calories: 435      Fat: 21g      Carbs:21g      Protein: 41.5g

## Garlic Roasted Chicken

### INGREDIENTS

1 whole chicken, rinsed  
3 heads garlic, peeled  
½ onion, quartered  
½ carrot, cut into pieces  
½ rib celery, cut into pieces  
½ cup lemon juice  
4 tbsp olive oil  
¼ tsp turmeric powder  
1 tsp cumin powder  
Salt & pepper to taste



### DIRECTIONS

Preheat the oven to 425 F.

Place the chicken in a roasting pan and season the inside of the chicken with black pepper and salt.

Stuff the chicken with celery, onion, carrot, and garlic cloves.

In a bowl, mix the olive oil, turmeric powder, cumin powder, salt, and black pepper.

Rub half of the spice mixture under

the skin of the chicken and rub the remaining spice mixture over the top of the chicken skin. Use your hands to rub evenly.

Roast the chicken for 30 minutes or until breast is firm. Using your tongs, turn the chicken breast over and roast for 20 minutes.

Transfer the roasted chicken to cutting board and carve.

### SERVES 4

**NUTRITION INFORMATION:** Calories: 240    Fat: 13g    Carbs: 2g    Protein: 29g

# Sides

## Cauliflower Au Gratin

### INGREDIENTS

1 large head cauliflower, cut into florets  
¾ cup grated Parmesan cheese  
3 eggs  
1 tbsp butter  
Salt & pepper to taste  
Few sprigs of fresh thyme

### DIRECTIONS

Steam the cauliflower florets for 10-15 minutes until tender, then place on a sieve to discard all the liquid.

Grease a baking dish with butter or coconut oil and place the florets inside the dish and add the parmesan. Beat 2 eggs and add them to the cauliflower. Season with salt and pepper to taste. Beat the remaining egg and spread the mixture over the veggies. Top with knobs of butter.

Cook for 30-40 minutes at 400 F until golden brown on top. Garnish with freshly chopped thyme to serve.



**SERVES 6**

**NUTRITION INFORMATION:** Calories: 105      Fat: 7g      Carbs: 3g      Protein: 8g

## Carrot and Red Lentil Soup

### INGREDIENTS

2 cups red lentils, rinsed  
2 tbsp olive oil  
4 cups vegetable broth  
½ medium onion, chopped  
2 cups carrots, chopped  
15 oz. tomatoes, chopped  
3 garlic cloves  
1 tsp turmeric  
1 tsp cumin  
2 tsp coriander  
½ tsp paprika  
¼ tsp cinnamon  
Salt & pepper to taste  
Fresh coriander or cilantro,  
chopped  
Green chilies, chopped



### DIRECTIONS

In a pot, heat olive oil over a medium heat and fry the onions and garlic for 2 minutes or until soft. Add all the spices and sauté for 3 minutes. Add the carrots and sauté for a further 5 minutes or until soft.

Add the vegetable broth, lentils, and tomatoes. Stir well and simmer for 20 minutes until lentils are cooked.

Transfer to a blender and blend the soup until creamy. Garnish with chopped coriander or cilantro and green chilies then serve immediately.

### SERVES 4

**NUTRITION INFORMATION:** Calories: 80      Fat: 5g      Carbs: 9g      Protein: 1g

## Curried Roasted Green Beans

### INGREDIENTS

2 lb. green or yellow beans  
2 tsp curry powder  
1 tsp turmeric powder  
Pinch of cayenne pepper  
1 tbsp olive oil  
½ tsp freshly ground pepper  
1 tsp salt  
3 garlic cloves

### DIRECTIONS

Rinse the green beans and trim the ends.

Fill a pot with water and bring to a boil.

Add the beans and cook for about 10 minutes. Transfer to a sieve and set aside for 15 minutes.

Place the green beans in a baking dish and add all the spices and oil. Use your hands to coat the veggies well.

Roast at 350 F for 20-30 minutes or until slightly crispy.

Top with chopped garlic to serve.



### SERVES 4-6

**NUTRITION INFORMATION:** Calories: 106    Fat: 4g    Carbs: 17.5g    Protein: 4.5g

## Gluten Free Sausage Stuffing

### INGREDIENTS

10 oz. roll of mild sausage  
1 cup fresh celery, chopped  
¼ cup parsley or coriander,  
chopped  
1 tsp sage, minced  
½ cup onion, chopped  
2 potatoes, peeled and  
thinly sliced  
½ cup lime juice  
Salt & pepper to taste



### DIRECTIONS

In a sauté pan, cook the sausage, breaking into small pieces.

Add the onion and celery; cook for 5 minutes or until soft.

Add the potatoes and cook for almost 10 minutes or until potatoes are cooked.

Mix in the lime juice and cook until no liquid remains.

Remove from the heat and stir in parsley or coriander and sage. Season with salt and pepper.

### SERVES 8

**NUTRITION INFORMATION:** Calories: 203    Fat: 16g    Carbs: 4g    Protein: 8g

## Sweet Corn Bread

### INGREDIENTS

1 ½ cups cornmeal  
1 cup tapioca flour  
½ cup brown rice flour ⅓  
cup melted butter  
½ cup coconut sugar  
1 tsp salt  
1 cup almond milk  
½ cup coconut milk  
2 eggs  
2 tsp baking powder  
1 tsp baking soda

### DIRECTIONS

Preheat the oven to 350 F.

Grease a baking dish with butter and place inside the oven.

In a large bowl, combine the flours, sugar, salt, baking powder and soda.

In a separate bowl, beat the eggs.

Add the milk and stir well.

Stir in the melted butter.

Pour this mixture over the dry ingredients and mix just until everything is evenly combined.

Take the baking dish out of the oven and transfer the batter inside.

Bake for about 20-25 minutes until a toothpick comes out clean.



### SERVES 12

**NUTRITION INFORMATION:** Calories: 282    Fat: 15.5g    Carbs: 35.5g    Protein: 3.5g

## Classic Dinner Rolls

### INGREDIENTS

1 tbsp olive oil  
1 egg white  
1 cup coconut flour  
1 cup tapioca flour  
1 tsp xanthan gum  
 $\frac{3}{4}$  cup potato starch  
 $\frac{1}{2}$  cup warm water  
1 tbsp honey  
1 tbsp active dry yeast  
Pinch of salt

### DIRECTIONS

In a bowl, mix together the water, yeast, and honey. Stir well and let it set for 5 minutes.

In another bowl, mix together the coconut flour, tapioca flour, potato starch, xanthan gum, and salt. Mix well until no lumps remain. Now mix in the yeast mixture, egg white, and olive oil. Mix well to make the dough soft. Cover the dough until ready to use.



Preheat your oven to 425 F and form small rolls from the dough.

Place rolls in the oven and bake for almost 20 minutes or until golden brown. Remove rolls from the oven and place on cooling rack.

Brush tops with some olive oil and serve warm.

### SERVES 4

**NUTRITION INFORMATION:** Calories: 460   Fat: 1.5g   Carbs: 70g   Protein: 8.5g

## Cranberry Sauce

### INGREDIENTS

1 package cranberries  
1 small can pineapple  
1 cup honey  
1 orange, peeled and quartered

#### *Agar Agar Jelly*

1 package of agar agar powder  
7 cups of water  
2 cups honey

### DIRECTIONS

Prepare the Agar Agar Jelly

Mix agar agar with water and let it set for 30 minutes.

Bring the mixture to a boil and mix in honey until dissolved.

Pour the mixture into molds and refrigerate.

Prepare the Cranberry Sauce

In a blender or food processor roughly chop the cranberries and one whole orange.

Mix pineapple, honey, cranberries, and orange with agar agar jelly.

Serve chilled.



### SERVES 8

**NUTRITION INFORMATION:** Calories: 285    Fat: 2g    Carbs: 69g    Protein: 1g

## Mashed Potatoes Au Gratin

### INGREDIENTS

1 lb. white potatoes  
2 tbsp butter  
2/3 cup almond milk  
3 oz. ricotta  
4 tbsp old goat cheese  
1 red onion  
Fresh parsley to serve  
Salt & fresh ground pepper to taste

### DIRECTIONS

Rinse the potatoes well without peeling them.

Boil for about 30 minutes in a pot with salty water.

Remove from the pot and allow to cool.

Preheat the oven to 350 F.

Remove the potato skins and return to the pot. Add the almond milk and butter.

Mash and season to taste with salt and pepper then add the ricotta and stir.

Grease a baking dish and transfer the mashed potatoes.

Top with red onion slices and crumbled goat cheese.

Bake for 30 minutes or until the cheese has melted.

Top with fresh parsley and freshly ground pepper to serve.



### SERVES 4

**NUTRITION INFORMATION:** Calories: 294

Fat: 19.5g

Carbs: 24g

Protein: 8g

## Cinnamon Apple Sauce

### INGREDIENTS

6 medium apples, peeled and cored  
¼ cup cherries  
1 cup of water  
¼ cup honey  
½ tsp ground cinnamon  
¼ tsp sea salt

### DIRECTIONS

In a large pot, add the apples, cherries, honey, water, salt and cinnamon. Stir well.

Cook on a high heat until it starts boiling, then cover and turn the heat to low. Simmer for 30 minutes or until the apples are soft.

Once cooked, remove from heat and mash the apples with a potato masher or blend in a blender until smooth.

Serve warm or cold.



### SERVES 4

**NUTRITION INFORMATION:** Calories: 50    Fat: 0g    Carbs: 13g    Protein: 0g

## Pumpkin and Coconut Soup

### INGREDIENTS

8 cups pumpkin, peeled and cubed  
8 cups winter squash, peeled and cubed  
3 cups vegetable broth  
2 tbsp organic fish sauce  
1 red onion, chopped  
2 tbsp ginger, grated  
3 garlic cloves, chopped  
1 red chili pepper  
2 tbsp lime juice  
1 tbsp honey  
1 can of coconut milk (save a little for garnish)  
A few sprigs of rosemary  
Handful of hulled pumpkin seeds

### DIRECTIONS

In a slow cooker add the pumpkin, squash, red chili pepper, ginger, garlic, and onion. Mix in the fish sauce, broth and coconut milk.

Cover and cook on low heat for at least 6-7 hours.

Transfer to a blender and blend until smooth, then mix in the honey and lime juice.

Garnish with a teaspoon of coconut milk swirled on top, a fresh rosemary sprig and pumpkin seeds.



### SERVES 8

**NUTRITION INFORMATION:** Calories: 159    Fat: 10g    Carbs: 18g    Protein: 3g

## Sweet Potato Muffins

### INGREDIENTS

1 cup sweet potato, mashed  
⅓ cup coconut butter  
3 tbsp coconut flour  
2 scoop vanilla protein powder  
½ cup liquid egg whites

### DIRECTIONS

Preheat the oven to 375 F. Using your hands, mix all the ingredients well.

Pour this mixture into 12 muffin cups and bake for 20 minutes. Let cool for 10 minutes.



### SERVES 6

**NUTRITION INFORMATION:** Calories: 94    Fat: 4g    Carbs: 7g    Protein: 1g

## Caramelized Butternut Squash

### INGREDIENTS

3 lb. butternut squash, cut into cubes  
⅓ cup melted butter  
3 tbsp honey  
2 tbsp coconut sugar  
½ tsp sea salt  
2 tsp cinnamon  
1 tsp nutmeg  
½ tsp garam masala

### DIRECTIONS

Preheat the oven to 350 F.

Line a baking tray with parchment paper. Place the butternut squash on the tray, and brush with butter and honey. Sprinkle the salt and all the spices.

Place the tray into the oven and roast for 15 minutes.

Turn over the squash chunks, sprinkle the coconut sugar and cook for a further 15-20 minutes.



### SERVES 4-6

**NUTRITION INFORMATION:** Calories: 234    Fat: 10.5g    Carbs: 40g    Protein: 2.5g

## Lemon and Garlic Roasted Potatoes

### INGREDIENTS

½ cup olive oil  
3 lbs. potatoes, peeled and cut into cubes  
½ cup beef or chicken stock  
⅓ cup fresh lemon juice  
4 garlic cloves, minced  
1 ½ tsp dried oregano  
1 tsp cumin  
½ tsp chili powder  
Salt & pepper to taste



### DIRECTIONS

Preheat the oven to 400 F.

Place the potatoes on a baking sheet and add the olive oil, oregano, cumin, garlic, chili powder, salt, and pepper. Toss well.

Bake the potatoes in the oven for 10 minutes, then add the stock and bake for an additional 10 minutes.

Add the lemon juice and bake for a further 10 minutes.

Serve hot.

### SERVES 6

**NUTRITION INFORMATION:** Calories: 534    Fat: 28g    Carbs: 68g    Protein: 9g

# Drinks

## Apple Pear Cider

### INGREDIENTS

5 apples  
2 pears  
1 orange, peeled  
1 tbsp cinnamon  
1 tsp garam masala ½ tsp nutmeg  
½ tsp ground cloves  
6 cups of water  
Honey to serve (optional)

### DIRECTIONS

Cut the apples and pears into quarters and slice the peeled orange.

Place them in a large pot and add the spices and water.

Bring to a boil, then lower the heat.

Simmer for 2 hours.

Blend the fruits and then pass through a fine cheesecloth.

Bring back to the stove and simmer again for 30-40 minutes.

Let cool down and serve warm or cold. Add 1 teaspoon of honey if you prefer it sweeter.



### SERVES 6

**NUTRITION INFORMATION:** Calories: 156    Fat: 0.5g    Carbs: 41g    Protein: 1g

## Iced Pumpkin Spice Latte

### INGREDIENTS

2 tbsp pumpkin puree  
1 tsp honey  
2 tbsp coconut cream  
1 cup coffee, strongly brewed  
1 tsp coconut sugar  
1 tsp pumpkin spice  
¼ cup cold coconut milk  
Dash of cinnamon

### DIRECTIONS

Mix together the pumpkin puree, honey and coconut cream.

Place the mixture into the freezer for a minimum of 2 hours.

Prepare a cup of strongly brewed coffee and pour into a tall glass.

Add the pumpkin spice, coconut sugar and coconut milk, and stir well.

Then add the pumpkin ice cream, top with cinnamon and serve.



### SERVES 1

**NUTRITION INFORMATION:** Calories: 235    Fat: 19.5g    Carbs: 16.5g    Protein: 2.5g

# Desserts

## Crustless Pumpkin Pie

### INGREDIENTS

1 tsp coconut oil  
1 can pure pumpkin puree  
3 eggs  
2 tbsp coconut flour  
1 cup full fat coconut milk,  
unsweetened  
½ cup honey  
1 tbsp ground cinnamon  
1 tbsp vanilla extract



### DIRECTIONS

Preheat the oven to 350 F.

Grease a glass pie plate with oil.

In a bowl, whisk the eggs and add the honey, pumpkin puree, cinnamon, and vanilla extract. Whisk well.

Now mix in the coconut flour and coconut milk, whisking briskly. Transfer the mixture to the pie plate and bake for 75 minutes or until the center appears set.

Cool the pie for 2 hours on a rack, then cover with plastic wrap. Keep in the fridge for 2 hours.

Slice the pie gently with a knife and serve.

### SERVES 8

**NUTRITION INFORMATION:** Calories: 167    Fat: 8g    Carbs: 21g    Protein: 4g

## Cranberry Mini Bundt Cakes

### INGREDIENTS

½ cup coconut flour  
6 eggs  
4 tbsp coconut milk  
4 tbsp coconut oil  
5 tbsp coconut sugar  
4 tbsp maple syrup  
1 tsp baking powder  
1 cup dried cranberries  
6 tbsp coconut cream

### DIRECTIONS

Preheat the oven to 350 F and grease 12 mini bundt cake molds. If you prefer, use a muffin tin instead.

In a large bowl, beat the eggs.

Add the milk, oil and maple syrup and stir well.

In a separate bowl, mix the flour with sugar and baking powder.

Add the wet ingredients to the dry and stir until evenly mixed.

Pour the batter into the molds up to ⅔ of the height.

Bake for 15-20 or until a toothpick comes out clean.

After the bundt cakes have cooled, remove them from the molds. Top each cake with coconut cream and cranberries.



### SERVES 6-12

**NUTRITION INFORMATION:** Calories: 163    Fat: 10.5g    Carbs: 14.5g    Protein: 4g

## Honey Comb Cake

### INGREDIENTS

340 ml coconut milk  
6 eggs  
½ cup tapioca flour  
10 kaffir lime leaves, tear the edges  
½ tsp turmeric powder  
½ tsp sea salt  
½ cup honey  
1 tsp natural yeast



### DIRECTIONS

In a saucepan, add the kaffir leaves, turmeric powder, coconut milk, and honey. Cook for 3 minutes.

Remove from the heat and let it cool to room temperature, then add the yeast and let it set for 15 minutes until foamy. Discard the kaffir leaves.

In the meantime, mix the tapioca flour, eggs, and salt. Stir and slowly add in the coconut milk and yeast mixture. Whisk well and cover.

Preheat the oven to 350 F and grease a baking pan and line with parchment paper.

Stir the batter and pour into the pan. Bake for 50 minutes.

Place the cake on the bottom rack and turn the broiler to low, to let the top brown.

Remove from the oven and let it cool completely before slicing.

### SERVES 4

**NUTRITION INFORMATION:** Calories: 380    Fat: 10g    Carbs: 72g    Protein: 11g

## About Painless Nutritionals

Painless Nutritionals is a natural health and wellness brand. We strive to create products that help people live long healthy lives, free from aches and pains, with a youthful vigor regardless of age. Our core belief is that people shouldn't dread getting older; they should look and feel incredible. Painless Nutritionals features specially chosen and highly effective supplements that nourish the body and fill the gaps that a healthy diet and exercise don't address.

We have products for anti-aging, pain-relief, immunity, and much more. *When diet and exercise aren't enough to get the results you want, we have the solution.*

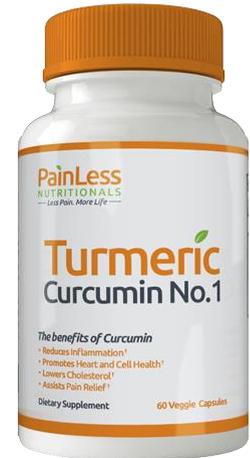
## Our Best-selling Products

### Turmeric Curcumin No. 1

Fight back against harmful inflammation with Turmeric Curcumin. Inflammation is now believed to be a leading cause of many diseases. It can also cause joint pain and older looking skin.

In addition to being used as a spice to flavor Indian cuisine, turmeric curcumin has been used for thousands of years in many Asian countries as an anti-oxidant and anti-inflammatory agent to treat a wide variety of conditions, including:

- Chest pain
- Jaundice
- Menstrual difficulties
- Bloody urine
- Hemorrhages
- Toothaches
- Bruises
- Colic
- And more



To date, over 6000 studies have been done on turmeric. Results have proven turmeric to be more beneficial than many prescription painkillers, without the frustrating side effects.

**Turmeric could be exactly what you need to recapture your youth and vitality, without taking risky medications.** If you want to decrease chronic aches, pains, and stiffness while improving the health of your skin, this is the perfect supplement for you!

Get your bottle here: <https://painlessnutritional.com/shop/>

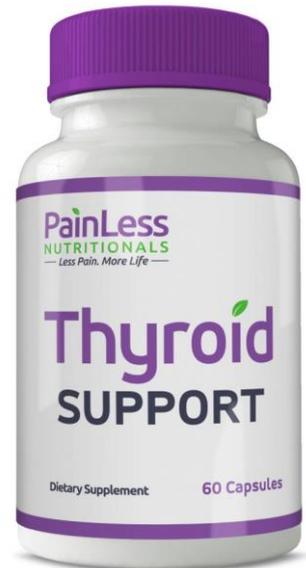
## Thyroid Support

Are you gaining weight more easily? Do you feel tired more often than you should? Do you feel older than you are? If so, you might be surprised to learn your thyroid may be the root of all your problems.

It's true. In fact, according to thyroid.org, one in five Americans have hypothyroidism, and up to 60% of these individuals have no idea!

**We created this supplement to support good thyroid health.**

Whether you have an unhealthy or healthy thyroid, Thyroid Support will help you maintain optimal health.



Benefits you can experience with a healthier thyroid include:

- Increased Energy
- Improved Strength
- Sharpened Memory
- Better Able to Tolerate Cold Temperatures
- Reduction in Hair Loss & Hair Thinning
- Weight Loss

One more big advantage of good thyroid health – it can help you look and feel younger! That's right, a healthy thyroid helps skin look fuller, more hydrated and more vibrant. It also boosts your energy!

**Get your bottle here: <https://painlessnutritional.com/shop/>**

## Balance Booster Formula

The risk of falling increases as we age, and falls are one of the leading causes of debilitating injuries in older adults. One way to lower this risk is to focus on brain health. Our Balance Booster Formula has been formulated using only those ingredients proven to boost brain function.

Not only does this supplement improve balance and reduce your risk of falling, it also helps improve memory, cognition, and cerebral blood flow.



**Even better - Balance Booster Formula will better the results from any balance and exercise programs!**

This supplement is your best defense against falling as it addresses the root cause of most balance issues, brain health. Balance Booster Formula is made in the USA with 100% natural ingredients, with no artificial fillers, flavorings, or colors. This brain boosting supplement is simply made with premium ingredients you can trust.

**Don't put your health and safety at risk!** Support your overall balance by boosting your brain function with our Balance Booster Formula.

Get your bottle here: <https://painlessnutritional.com/shop/>

## Bone Boost Formula No. 1

Bone loss due to the natural aging process can put you at greater risk of fractures.

In fact, according to the latest statistics from the International Osteoporosis Foundation (IOF), 1 in 3 women over age 50 will experience an osteoporotic fracture, as will 1 in 5 men of the same age.

Bone fractures can be painful and debilitating. They can even lead to death. **Protect your health and safety with Bone Boost Formula.**

This supplement is specially formulated with Vitamin K2 and Vitamin D3, which bones need to stay healthy.

This impactful supplement is specially formulated with Vitamin K2 and Vitamin D3 which are proven to support bone health. Without these two powerful vitamins, you put both your bones and your overall immune system at risk.

This formula:

- Stimulates calcium absorption
- Supports bone health and strength
- Reduces risk of bone disease
- Helps your body fight infections better
- Improves quality of life
- And more

Because of the importance of K2 and D3 in our everyday life, we formulated Bone Boost Formula No. 1 in such a way that it will not only provide the body with a daily dose of the nutrients, but also help it metabolize them properly.

Get your bottle here: <https://painlessnutrionals.com/shop/>



## Super Collagen Support

Get thicker, fuller, healthier hair! Our Super Collagen Support formula is uniquely designed to work from the inside-out to nourish and support your hair follicles at the cellular level, allowing you to maintain thicker, longer, stronger, and healthier hair at any age.

This formula both maintains healthy, fast-growing hair and supports hair density and strength – a powerful 1-2 combination that will have you looking your best in no time.

Your hair is one of the first things people notice about your appearance. What impression are you giving when you enter a room?

Is your hair conveying good health and an overall sense of well-being, or is it pointing out exactly the opposite?

Get Super Collagen Support and ensure your hair is making the right first impression.

**And don't forget the skin benefits of collagen!** This formula is the perfect way to maintain your youthful appearance, and even improve it!

Get your bottle here: <https://painlessnutritional.com/shop/>

