

~ Thanksgiving Day Menu Suggestions ~ Michelle's Holiday Healthy Favorites!

High Health TIP * For all traditional recipes: Use REAL BUTTER, avoid "fat free" "sugar free" ingredients, stay away from artificial flavors, food coloring, hydrogenated oils, anything that has a list of ingredients that look unfamiliar! Coconut oil and EVO are great substitutes for any OIL, coconut palm sugar is a great substitute for refined sugar and it swaps out equally, oat flour is a great swap out for "flour" ~~!



One Body Health & Wellness
Spice Up Your Life!
Harvest High Health - Let's GO!

Pumpkin Pie Smoothie

- 1 cup almond milk
- 1 small banana
- 1/3 cup pumpkin puree
- 1 tsp cinnamon + 1 tsp honey
- 1/4 cup gluten free rolled oats
- 2 cups ice

Blend together in high power blender... Enjoy!

RENEW
your food

www.MichelleVerdugo.com
760.607.6911

Raw Cranberry Sauce

- 2 cups fresh cranberries
- 1 apple, peeled
- 1 orange (zest first then peel, cut & quarter)
- 1/2 tsp cinnamon
- Pinch of ginger or a sliver of fresh ginger
- 2 tbsp coconut palm sugar or 5 pitted dates
- 1-2 tbsp organic honey

Combine all ingredients in food processor or blender, pulse until desired consistency. Taste & add for your desired sweetness~! Chill before serving!

Alternate option: combine all ingredients in saucepan after & bring to a simmer, stir often, simmer for 10-15 minutes on low heat. [not raw anymore!] Cool & chill!

~ Be Inspired... Give thanks for all of the nourishing blessings that surround you ~

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Roasted Pumpkin Seeds

2 cups pumpkin seeds
1 tbsp coconut oil
½ tsp chili powder
½ tsp curry powder

Oven at 350' ~ line cookie sheet with parchment paper or coat with coconut oil – Combine all ingredients in a bowl & toss to coat evenly, spread across cookie sheet. Bake for 20 minutes, remove & stir/toss. (You may need to brush more coconut oil on if dry.) Bake (roast) for another 15-20 minutes. Cool ~ then put them in a beautiful dish on the kitchen table or add as a garnish for meals!

***HOLIDAY HEALTHY FAVORITE * Spinach Cranberry Quinoa Salad**

2 cups cooked quinoa, cooled
3 cups organic spinach, chopped down
1 ½ cups fresh cranberry sauce
1 orange, juiced
¼ cup crushed walnuts

Toss cooked quinoa, cranberry sauce and spinach together. Drizzle juice of one orange over, add in walnuts and toss. Chill in fridge for at least 2 hours prior to serving or chill overnight for extra marinating flavor!
~Enjoy!

Mashed Cinnamon Sweet Potatoes * One of My FAVORITES *

4+ large sweet potatoes
2 tbsp Cinnamon
¼ cup coconut milk or almond milk, more/less -
3 tbsp coconut oil
Crushed walnuts ~ ¼ cup

Peel and boil sweet potatoes in large pot on medium heat for about 30 minutes until centers are soft. Remove and place in colander to drain and air dry potatoes, then place potatoes back into your cooking pot and mash down add the other few ingredients and on very low heat mix well and stir every couple of minutes for about 10-12 minutes until desired consistency, taste and add more cinnamon & coconut oil if needed, adding more C or A milk will give it a smoother consistency. Place in a beautiful dish with a sprinkle of cinnamon on top and crushed walnuts across the top for dressing! Beautiful and super yummy!

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