

# ❧ *Thanksgiving Day Menu Suggestions* ❧

## **Recipe Suggestions**

**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" ~~!**

### **TURKEY ~~ BUY an ORGANIC FED, RANGE FREE TURKEY! It's worth it!!!**

Season with your favorite herbs! Use coconut oil for a rub with your favorites dried and/or fresh

rosemary, basil, oregano, cilantro, fennel, bay leaves, dash of sea salt, dash of pepper, dash of crushed red pepper, garlic, +++!

### **Raw Cranberry Sauce**

2 cups fresh cranberries

1 apple, peeled

1 orange (zest first then peel, cut & quarter)

½ 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!

### **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!

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### **Kale & Mushroom Stuffing**

1 loaf sourdough bread, chopped into small cubes  
4 tbsp coconut oil or EVO  
1 small white or yellow onion  
¼ cup leek, finely diced  
3 celery stalks, finely diced  
1 tbsp dried sage  
4 sprigs fresh thyme  
4 sprig fresh rosemary  
2 tbsp fresh parsley, finely chopped  
½ - 1 cup cremini mushrooms, sliced thinly  
Large handful or two kale, chopped down into bits  
Dash of salt & pepper  
1 ½ cup veggie broth  
1 egg, whip scrambled (optional)  
1 tbsp almond slivers or pine nuts, minced

Oven at 300' – bake the bread for about 15 minutes on a cookie sheet until toasted.

Medium skillet, coconut oil to cook onions & leeks until soft and translucent. Add celery, sage, thyme, mushrooms, kale salt & pepper; cook until kale is soft & wilted and mushrooms are tender. Add veggie broth & simmer.

In large glass bowl, combine egg, bread pieces, parsley & nuts then add the skillet mix and toss well to mix together & combine mixture. Oven up to 375' and add the mixture to a greased baking dish, cover and bake for 30 minutes, uncover and bake for 10-15 minutes until top is golden.

### **\*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!

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### **Roasted Brussels Sprouts**

1-2 lbs Brussels sprouts

3 tbsp coconut oil, liquefied

Dash of sea salt, fresh ground black pepper, thyme, rosemary,

Combine all ingredient in a bowl toss evenly ~ place on cookie sheet or in a baking pan, oven at 350-400.' Roast for 20 minutes, pull out to toss, place back in oven for 20 minutes or until browning & softening centers.

Super tasty~!

### **Herb Roasted Veggies**

Brussels sprouts

Sweet potatoes

Onion

Garlic, 1- 2 heads, singled whole cloves

Butternut squash or any squash

Spread cut up veggies on a baking dish, toss with a drizzle of EVO, sprinkle sea salt with any of your favorite herbs to season, one or some, 1 tsp each (whichever you prefer): rosemary, basil, oregano, cilantro, fennel, bay leaves, dash of sea salt, dash of pepper, dash of crushed red pepper, garlic powder! Toss and bake at 350-400 degrees. Toss every 10 minutes or so to cook evenly, roasting can take 40++ minutes up to an hour depending on the combo of veggies, roast until centers are soft and tops are nicely brown. Serve warm or cold!

### **Mashed Cinnamon Sweet Potatoes**

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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### **Saucy Apples**

\*your favorite organic apples, amount you desire\*

Slice apples in center, cored, place open side up on parchment paper lined baking dish, add a dash of cinnamon and nutmeg over all, bake at 350 for about 35-45 minutes until soft & browning. A simple & saucy side dish!

### **Pumpkin Walnut Scones**

2 cups oat (gluten free) flour

1 ½ tsp baking powder

1 tsp baking soda

Dash of salt

Wisk together

add 1 stick of softened real butter cut into bits or ¼ cup coconut oil slightly softened

mix together gently, or knead a few times

Add 1 cup pumpkin, canned or puree

Add ¼ cup crushed walnuts

¾ cup almond milk

Knead to combine once it's well combined, roll into ball, roll out, cut into triangles  
Bake on 350 degrees for about 15-20 minutes

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