

## Thanksgiving

Drink



Mulled Cider

Appetizer 1



Baked Spinach & Artichoke Dip

Main Dish



Citrus Herb Roasted Turkey Breast

Side Dish 1



Green Beans Almondine

Side Dish 2



Savory Squash

Dessert



Apple Crisp

### Fruits

- ☐ 2 Apple
- ☐ 1 2/3 tbsps Lemon Juice
- ☐ 1 1/2 Navel Orange

### Breakfast

- ☐ 1/3 cup Maple Syrup

### Seeds, Nuts & Spices

- ☐ 5 servings Cinnamon Stick
- ☐ 1/4 cup Hazelnuts
- ☐ 3/4 tsp Onion Powder
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Slivered Almonds
- ☐ 2 tbsps Star Anise

### Frozen

- ☐ 1 cup Coconut Ice Cream
- ☐ 1/2 cup Frozen Cranberries
- ☐ 1 cup Frozen Spinach

### Vegetables

- ☐ 2 cups Butternut Squash
- ☐ 1 Delicata Squash
- ☐ 1 tbsp Fresh Sage
- ☐ 4 Garlic
- ☐ 4 cups Green Beans
- ☐ 1 tbsp Parsley
- ☐ 1 tbsp Rosemary
- ☐ 1/3 cup Shallot
- ☐ 1 tbsp Thyme
- ☐ 1 Yellow Onion

### Boxed & Canned

- ☐ 4 cups Corn Tortilla Chips

### Baking

- ☐ 1 tsp Baking Powder
- ☐ 1 tbsp Coconut Flour
- ☐ 1 cup Oat Flour
- ☐ 3/4 cup Oats
- ☐ 1/4 cup Unsweetened Applesauce

### Bread, Fish, Meat & Cheese

- ☐ 1/4 cup Goat Cheese
- ☐ 4 ozs Mozzarella Cheese
- ☐ 2/3 cup Parmigiano Reggiano
- ☐ 2 1/4 lbs Turkey Breast, Skin On

### Condiments & Oils

- ☐ 1 1/2 cups Artichoke Hearts
- ☐ 1 tsp Avocado Oil
- ☐ 1/3 cup Coconut Oil
- ☐ 1 1/2 tbsps Extra Virgin Olive Oil
- ☐ 1/4 cup Mayonnaise

### Cold

- ☐ 2 tbsps Butter
- ☐ 1/2 cup Plain Greek Yogurt

### Other

- ☐ 3 quarts Apple Cider
- ☐ 2/3 cup Water



## Mulled Cider

12 servings

30 minutes

### Ingredients

3 quarts Apple Cider  
2 tbsps Star Anise (whole)  
5 servings Cinnamon Stick  
1/2 cup Frozen Cranberries  
1/2 Navel Orange (sliced)

### Directions

1

Add all of the ingredients into a large pot and bring to a simmer over medium-high heat. Drop the heat to low once the pot is simmering and continue to simmer for 30 minutes. Pour into glasses or mugs and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week.

**Serving Size:** One serving is one cup.

**More Flavor:** Add cranberry juice.

**Serve at a Party:** This is a fool-proof drink to serve at a party. You can keep this pot simmering on low for a few hours for the duration of your party.

**Star Anise:** One teaspoon is approximately one whole piece of star anise. Two tablespoons equal six whole pieces of star anise.



## Baked Spinach & Artichoke Dip

8 servings

35 minutes

### Ingredients

- 1 1/2 cups Artichoke Hearts (from the can, drained, chopped)
- 1 cup Frozen Spinach (thawed, drained)
- 1/2 cup Plain Greek Yogurt
- 1/4 cup Mayonnaise
- 4 ozs Mozzarella Cheese (shredded)
- 2/3 cup Parmigiano Reggiano (shredded)
- 2 Garlic (clove, minced)
- 3/4 tsp Onion Powder
- 2 tsps Lemon Juice
- 4 cups Corn Tortilla Chips

### Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In a large bowl, add the artichokes, spinach, yogurt, mayonnaise, mozzarella, parmesan, garlic, onion powder, and lemon juice. Mix well to combine.
- 3 Spoon the mixture into an oven safe baking dish and transfer to the oven. Bake for 22 to 25 minutes, until bubbling and browned on top.
- 4 Serve with tortilla chips and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** A 7 x 5-inch (18 x 13 cm) baking dish was used to make eight servings. One serving is about 1/2 cup of dip and 1/2 cup of chips.

**No Tortilla Chips:** Serve with fresh bread and/or veggies such as carrots and celery.





## Citrus Herb Roasted Turkey Breast

4 servings

1 hour 5 minutes

### Ingredients

- 1 Navel Orange (cut into quarters)
- 1 Yellow Onion (cut into quarters)
- 2 1/4 lbs Turkey Breast, Skin on (bone-in)
- 1/2 tsp Sea Salt
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Thyme (finely chopped)
- 1 tbsp Fresh Sage (finely chopped)
- 1 tbsp Rosemary (finely chopped)
- 2/3 cup Water

### Directions

- 1 Preheat your oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
- 2 Season the turkey breast on all sides with the salt. Place the seasoned turkey breast on top of the orange and onion in the pan.
- 3 In a small mixing bowl combine the oil with the thyme, sage and rosemary. Spoon the oil mixture evenly over top of the turkey breast.
- 4 Add water to the bottom of the pan and bake the turkey breast for 20 minutes. Reduce the heat to 350°F (176°C) and continue cooking for 30 to 40 minutes or until the turkey is cooked to an internal temperature of 165°F (74°C). The skin should be brown and crispy. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
- 5 Let the turkey rest for at least 10 minutes before slicing. Enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Spoon pan juices over top of the sliced meat upon serving.

**Make it a Meal:** Serve with roasted veggies or mashed potatoes. Use cooked turkey in sandwiches, soups or on top of salads.

**No Water:** Use chicken broth instead.



## Green Beans Almondine

4 servings

15 minutes

### Ingredients

2 tbsps Butter  
1/4 cup Slivered Almonds  
2 Garlic (cloves, thinly sliced)  
1/3 cup Shallot (thinly sliced)  
4 cups Green Beans (trimmed)  
1 tbsps Lemon Juice  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Fill a large pot with salted water and bring to a boil over high heat. Cover with a lid.
- 2 Heat a large skillet over medium-low heat. Melt the butter and add the almonds, stirring frequently, until toasted, about three to four minutes. Add the garlic and shallot and sauté for one minute, until fragrant. Remove from the heat and set aside.
- 3 Add the beans to the large pot of boiling water and cook for three minutes.
- 4 Once the beans are done, return the skillet to medium-low heat. Use a slotted spoon to transfer the beans to the skillet and cook, stirring often for two to three minutes or until tender-crisp.
- 5 Add the lemon juice and season with salt and pepper. Toss often until the sauce is glossy. Transfer to a serving dish and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is about one cup.

**Make it Vegan:** Use plant-based butter.



## Savory Squash

4 servings

35 minutes

### Ingredients

- 1 Delicata Squash (washed and chopped with skin on)
- 2 cups Butternut Squash (peeled and chopped)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Hazelnuts (roughly chopped)
- 1/4 cup Goat Cheese (crumbled)
- 1 tbsp Parsley (chopped)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the chopped squash to the baking sheet, drizzle with avocado oil, sea salt and pepper and bake for 22 to 25 minutes, or until tender when pierced with a fork. Add the chopped hazelnuts to the baking sheet at the halfway point.
- 3 Remove the squash from the oven and transfer to a platter. Garnish with goat cheese and fresh parsley. Serve and enjoy!

### Notes

**Nut-Free:** Omit the hazelnuts and use pumpkin or sunflower seeds instead.

**No Parsley:** Omit or use another fresh herb of your choice.

**No Avocado Oil:** Use extra virgin olive oil or melted coconut oil instead.





## Apple Crisp

8 servings

1 hour

### Ingredients

2 Apple (cored and sliced)  
1/3 cup Maple Syrup (divided)  
1 tbsp Coconut Flour (or 1 tbsp)  
1/4 cup Unsweetened Applesauce  
1 cup Oat Flour  
3/4 cup Oats  
1 tsp Baking Powder  
1/2 tsp Sea Salt  
1/3 cup Coconut Oil  
1 cup Coconut Ice Cream (optional)

### Directions

- 1 Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
- 2 Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
- 3 Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
- 4 Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
- 5 Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
- 6 Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
- 7 Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
- 8 Scoop into bowls and serve with coconut ice cream.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to two months.

**Homemade Oat Flour:** Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.