

Thanksgiving Recipe Book





CREAMY PUMPKIN SPICE PROATMEAL

Yields 3 1/3 Cups
Pumpkin PrOatmeal

INGREDIENTS

- 1 cup Old Fashioned Oats
- 2 Tbsp. Flax Seed Meal
- 1/3 cup Canned Pumpkin (not Pumpkin Pie)
- 1tsp. Pumpkin Pie Spice
- 1/3 cup Vanilla Protein Powder + 1/8-1/4 cup water
*make it the consistency that you prefer
- Toasted Walnut pieces

INSTRUCTIONS

- Make oatmeal according to directions; omitting salt.
- Add flax meal.
- While it's cooking, put protein powder in a small bowl with water, whisk to make smooth and creamt.
- Add pumpkin and spice to oatmeal when it's just about done.
- Add protein mixture.
- Sprinkle on nuts to your serving.



WHITE BEAN DIP

INGREDIENTS

- 15.5 Oz. can White Kidney beans (rinsed and drained)
- 2 Tbsp. Fresh Lime juice
- 3 finger pinch Kosher Salt
- 1 Roma Tomato (seeded and diced)
- 1 Tbsp. Chives (finely diced)

INSTRUCTIONS

- Place rinsed beans in a bowl. Add lime juice and salt.
- Use potato masher and mash until semi-smooth.
- Add tomato and chives; stir to blend.
- Enjoy dip with fresh cut vegetables of your choice.



CARROT-POTATO WHIP

INGREDIENTS

- 16 oz. Low-Fat Cottage Cheese
- 1 pound Yukon Gold Potatoes, roughly peeled, diced into 1" pieces
- 1 pound Carrots, peeled, diced into 1" pieces
- 1/2 cup Sweet Onion, diced small
- 2 Tbsp. Unsalted Butter, softened
- 2 Tbsp. 2% Milk (may add more if desired)
- 1 tsp. Dried Parsley Flakes
- 1 tsp. Onion Powder
- 1 tsp. Garlic Powder
- Salt and Pepper to taste

INSTRUCTIONS

- Puree cottage cheese in a blender; set aside.
- Cut potatoes, carrots and onions as suggested. Place into a steamer basket or cooker and steam until tender; usually about 15-20 min.
- Transfer to a large bowl.
- Add cottage cheese, seasoning, butter and milk.
- Whip with a beater until smooth and creamy.
- Serve as a side to your Thanksgiving meal!



HOUSEMADE CRANBERRY SAUCE

INGREDIENTS

- 12 oz. bag Fresh Cranberries
- 1 Large naval Orange, peeled, pit removed, segmented
- 1/2 cup Splenda Blend Sugar
- Up to 1/2 cup Fresh Orange Juice
- 2 Tbsp. Grand Marnier

INSTRUCTIONS

- Place cranberries into a deep saucepan over medium heat. Allow berries to begin to heat to the point of popping open.
- Add remaining ingredients, stirring constantly. Reduce heat once the berries have mostly popped to low for about 10 min. to heat all the way through.
- Remove from heat and cool to room temperature.
- Place cranberry sauce in an airtight container and refrigerate until needed.

TURKEY STUFFING SQUASH

INGREDIENTS

- 2 Acorn Squash (halved and seeded)
- 1 1/2 cup leftover cooked turkey
- 1/2 cup Cranberry sauce
- 4 Tbsp. Unsalted Butter
- Ground Cinnamon
- fresh Flat Leaf Parsley

INSTRUCTIONS

- Pre Heat oven to 350F.
- Prepare squash as directed in ingredients. Place on a baking sheet face down in a pre heated oven for 45-50 min. After they are cooked; leave oven on.
- Meanwhile, add turkey, stuffing and cranberry sauce to a medium bowl and combine.
- When squash is finished cooking, carefully remove from oven and place into a casserole dish face up.
- Evenly distribute stuffing mixture into the centre of each squash half.
- Top each with 1Tbsp. butter.
- Sprinkle cinnamon so that it sprinkles onto the edges of the squash.
- Place casserole dish into the oven and bake for 15-20 min.
- Remove from oven and sprinkle on parsley leaves for garnish.
- Enjoy!

FRESH PUMPKIN PIE

PUMPKIN PUREE

INGREDIENTS

- 1-2 Pumpkin Pie Pumpkins
- Aluminum Foil

INSTRUCTIONS

- Pre heat oven to 325F.
- Cut pumpkin in half, lengthwise. Scrape out seeds and pulp.
- Cover each half with foil. Place on a baking sheet, foil-side up for 1 hour, or until tender.
- When cool to the touch, scrape out the pumpkin meat from halves and puree in a blender or processor. Strain to remove any stringy pieces.

FRESH PUMPKIN PIE

CONTINUED...

SINGLE CRUST INGREDIENTS

- 1 1/4 cup White Whole Wheat Flour.
- 1/4 tsp. Salt.
- 1/3 cup Cold Butter, cut into pieces.
- 4-6 Tbsp. Cold Water.

PIE FILLING INGREDIENTS

- 2 cups pumpkin puree from previous page.
- 12 Oz. can Evaporated Milk.
- 1 Whole Egg + 2 Egg Whites, beaten.
- 1/4 tsp. Canola Oil.
- 3/4 cup Packed Brown Sugar.
- 1/2 tsp. Cinnamon.
- 1/2 tsp. Ginger.
- 1/2 tsp. Nutmeg.
- 1/8 tsp. Cloves.
- 1/2 tsp. Salt.

INSTRUCTIONS

- Pre heat oven to 400F.
- Prepare the pie crust by mixing together flour and salt. Cut in butter pieces with a pastry blender or two forks.
- Add cold 1 Tbsp. at a time. Mix dough and repeat process until dough is moist enough to hold together without being sticky.
- With lightly floured hands, shape dough into a ball.
- On a lightly floured board, roll dough out to about 1/8" thick,
- Turn pie dish upside down and using a sharp knife, trace out the pie dish.
- Gently roll crust around the rolling pin and transfer it to the right side of the pie dish. Unroll, easing dough into the dish, shaping as you go.
- Set aside.

FRESH PUMPKIN PIE

LAST STEP...

INSTRUCTIONS

- In a large bowl, beat pumpkin with evaporated milk, eggs, oil, and remaining 6 ingredients (thru salt) with an immersion blender or hand held beater. Mix well.
- Pour into prepared crust.
- Place pie dish onto a baking sheet and into the centre of the pre heated oven for 40 min., or until the knife inserted 1" from the edge comes out clean.

