

HOLIDAY MOCKTAIL

MOCKTAIL

- 1 Gallon Apple Cider
- 48 oz Ginger Ale (I substitute with seltzer water)
- 1 Red Apple, sliced thin
- 1 Green Apple, sliced thin
- 1 Navel Orange, sliced thin
- 4 Cinnamon Sticks
- 1 cup Frozen Cranberries
- 1 tbsp Pumpkin Pie Spice



INSTRUCTIONS

- In a 2-gallon drink jar, add 2 cups apple cider.
- Whisk in pumpkin pie spice until any clumps are gone, then add the rest of the apple cider.
- Add in your ginger ale or seltzer water
- Add apples, oranges and cranberries to the jar and stir gently.
- Refrigerate for 2-3 hours before serving cold in garnished glasses.
- Will keep for 3-4 days in fridge in airtight container.

Roasted Brussels Sprouts and Cinnamon Butternut Squash with Pecans and Cranberries



If you want a healthy side dish for the Holiday's try Roasted Brussels Sprouts and Cinnamon Butternut Squash with Pecans and Cranberries. It is one of the best holiday side dishes you'll ever try!

This recipe is packed with vegetables and nuts. It's healthy, gluten-free, vegetarian, and rich in fiber!

Roasted Brussels Sprouts:

3 cups Brussels sprouts ends trimmed; yellow leaves removed
3 tablespoons olive oil
1/4 teaspoon Salt to taste

Roasted Butternut Squash:

1 1/2 lb butternut squash peeled, seeded, and cubed into 1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)
2 tablespoons olive oil
3 tablespoons maple syrup

1/2 teaspoon ground cinnamon

Other Ingredients:

2 cups pecan halves
1 cup dried cranberries

2-4 tablespoons maple syrup optional **Instructions**

How to roast Brussels Sprouts:

1. Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.
2. Trim ends of Brussels sprouts and remove yellow leaves.
3. Then, slice all Brussels sprouts in half.
4. In a medium bowl, combine halved Brussels sprouts, 2 tablespoons of olive oil, salt (to taste), and toss to combine.
5. Place onto a foil-lined baking sheet, cut side down, and roast in the oven at 400 F for about 20-25 minutes. During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely and partially charred but not blackened (see my photos).

Roasted Brussels Sprouts and Cinnamon Butternut Squash with Pecans and Cranberries

How to roast Butternut Squash:

1. Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.
2. In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix.
3. Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened.
4. Note: You can roast both Brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven – that's what I did.

How to toast pecans:

1. Toast pecans in the preheated oven at 350 F
2. Line a baking sheet with parchment paper.
3. Toast the pecans for about 5 minutes (maybe a bit longer) in the preheated oven at 350 F until they get darker in color.
4. Note: pecans burn really fast, so make sure to check the nuts after 5 minutes and frequently afterward.

Assembly:

1. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.
2. (OPTIONAL): For more sweetness, add 2 or 4 tablespoons of maple syrup, if desired – do not add all maple syrup at once, start with 2 tablespoons, then add more, if desired, and toss with the salad ingredients to combine.

Stuffed Acorn Squash

This Quinoa Stuffed Acorn Squash is an all-in-one meal that's bursting with fall flavors. The savory goodness comes from sautéed onions, celery, mushrooms, and warm spices. Then it's balanced out with subtly sweet and tart flavors from apples and cranberries. The quinoa gives it a nice texture and lots of added protein. It's heavenly!



Main Course American, Vegan

25 minutes 30 minutes 55 minutes

6 people

280kcal

Melissa Huggins

Ingredients

- 3/4 cup dry quinoa
- 1 1/2 cups vegetable broth , low sodium
- 3 acorn squash (medium-sized)
- 2 tablespoons olive oil + more for brushing acorn flesh
- 1 small onion , finely diced
- 1 stalk celery , finely diced
- 1 large apple , diced
- 8 ounces cremini mushrooms , diced
- 1/2 cup cranberries (fresh or frozen)
- 3 cloves garlic , minced
- 1 teaspoon sage
- 1 teaspoon thyme
- 1/2 teaspoon cinnamon
- 1 teaspoon Himalayan salt (or preferred salt), more to taste

Fresh cracked pepper, to taste
2 tablespoons pure maple syrup *Optional

Instructions

1. Preheat oven to 425 degrees F
2. Cut a thin slice off the bottom of each squash to create a flat edge, so the squash can stand up (*don't cut too much or it will leave a hole*). Cut stems off the tops if they protrude. Now cut each squash horizontally in half. Scoop out the membranes and seeds inside of the squash & discard. (*photos are in post above)
3. Place the squash on a rimmed baking sheet, cut-side up. Brush the inside with olive oil and sprinkle with salt & pepper. (*Optional: *lightly brush with maple syrup to add a subtle sweetness*) Roast the squash for about 35-45 minutes, or until tender (test with a fork).
4. Add the quinoa and broth to a medium pot. Bring to a boil and then turn heat down to maintain a low simmer. Cover with lid and cook until liquid is gone and quinoa is fluffy. This usually takes about 15-20 minutes to cook. Remove from heat and fluff with fork. Set aside.
5. In a large pan, heat 2 tablespoons of oil over medium heat. Sauté the onion, celery, apples until softened. About 5-6 minutes

Stuffed Acorn Squash

6. Add the mushrooms, cranberries, garlic, sage, thyme, cinnamon, salt, and pepper. Sauté about 7-9 minutes, or until mushrooms and cranberries are tender (*if food sticks to the pan, you can splash a little vegetable broth or white wine to deglaze*).
7. Remove from heat and add the cooked quinoa. Combine well and taste for seasoning, add more as needed.
8. When the squash is ready, fill with the stuffing mixture. (**optional: drizzle/spritz top of stuffing with oil for a crispier top*). Place in oven and bake 10-15 minutes, until the quinoa is lightly browned & crispy.

Notes

This recipe is very versatile, so feel free to add your favorite ingredients. I make this with vegan sausage too. I leave out 1/2 of the mushrooms from the recipe and I crumble up 1 sausage link and add it after the onions, celery, and apples have cooked. I add a touch more oil and lightly brown them. I recommend Field Roast - Smoked Apple Sage flavor. So good!

Oats & Pumpkin Breakfast Cookies

Serves: 16 cookies

Ingredients

- 2 cups old-fashioned oats (use GF certified for GF diet)
- 1 cup pumpkin puree (not the pumpkin pie filling)
- 1/4 cup honey (use maple syrup for vegan or other sweetener of your choice)
- 1/4 cup + 1 tablespoon peanut butter (or use any other nut butter of your choice)
- 1/2 cup flax seeds (use other seeds of your choice)
- 2 teaspoon pumpkin pie spice
- pinch of salt

Instructions

1. Pre heat the oven to 350F.
2. Line a baking sheet with parchment paper.
3. In a medium bowl, combine all of the above ingredients and mix them well.
4. Take about 1/4 cup of the mixture and form them into a cookie and place them on a parchment paper.
5. Bake for 10 - 12 minutes and allow it to cool in the oven for additional 10-15 minutes.
6. Remove from the oven and enjoy.



<https://www.foodpleasureandhealth.com/blog/2015/11/oats-pumpkin-breakfast-cookies.html>

Festive Kale Salad



Servings: 4 servings *Prep Time:* 30 mins *Total Time:* 30 mins

This Festive Kale Salad features a fresh lemony dressing, dried cranberries and delicious pecan parmesan. It's

my favorite kale salad recipe ever, and it's perfect for a holiday dinner! Gluten free, vegan & oil free.

Ingredients

2 large bunches kale (about 9 cups chopped) 1/2 cup dried sweetened cranberries

Lemon Dressing

1/3 cup fresh lemon juice

2 teaspoons Dijon mustard

2 tablespoons pure maple syrup 2 garlic cloves, minced

1/4 teaspoon salt

Pecan Parmesan

1 cup raw pecans

2 tablespoons nutritional yeast 1/2 teaspoon salt

Instructions

- 1. Prepare the kale:** Remove the stems from the kale. I use a knife, but you can also use your hands. Finely chop the kale leaves. Wash the kale and then spin it dry, using a [salad spinner](#).
- 2. Make the dressing:** In a small jar with a lid, combine all the dressing ingredients. Put the lid on, and shake until combined. You could also whisk the ingredients in a small bowl.
- 3. Massage the salad:** Add the washed, chopped kale to a large bowl. Pour the dressing on top and gently massage it into the kale. The leaves will turn a darker green and soften slightly. Stop when the volume of greens is reduced by about half.

Festive Kale Salad

4. **Make the Pecan Parmesan:** Add the pecans, nutritional yeast and salt to a food processor. Pulse until it's a coarse crumb texture, with some pecan pieces left. You don't want it to be a fine powder; you want some texture left. It won't take long.
5. **Put the salad together:** Sprinkle the pecan parmesan over the massaged greens, and then add the dried cranberries. Serve and enjoy!
6. This salad will save for about 1 day in the refrigerator, but not longer than that. It's best the day you make it! It will serve 4-6 as a small side salad, and 2 as a main dish salad. Double if needed for large get togethers or holidays.

Notes

1. I prefer to use Lacinato/dinosaur kale, but other varieties will work. The smaller you chop the kale, the better!

2. Other good additions to this salad: chopped apples, chickpeas and/or sliced red onions.

3. If you make the salad ahead of time, store it covered in refrigerator. For best results, keep the pecan

parmesan and cranberries separate until ready to serve.

Pumpkin Cashew Pudding Parfait



By [The Full Helping](#) Yield 8 servings

For the pudding:

- 1 cup cashews, soaked
- 3/4 cup pumpkin puree (homemade or canned)
- 1/2 teaspoon ground cinnamon
- 1/4 ground nutmeg
- Dash cloves
- 1/8 teaspoon salt
- 1/4 cup maple syrup
- 1/2 cup almond milk

To prepare the pudding, place all pudding ingredients into a high-speed blender or a food processor. Blend till smooth (about 2-3 minutes), stopping as needed to scrape the container down with a spatula. Transfer the pudding to the fridge until you're ready to use.

Cashew Cream recipe by Rouxbe

Ingredients

- 2 cups raw cashews, soaked for 3-4 hours to soften
- 3/4 cup water, coconut water or unsweetened non-dairy milk of choice
- 1/4 cup liquid sweetener
- 1/2 vanilla bean minced or 2 tsp extract • pinch of sea salt

Place the cashews, liquid, sweetener, vanilla and salt in a high-speed blender. Process on high until very smooth, scraping down the sides of the blender jar from time to time. Depending on the strength of your blender, the smoothness will vary. *Note: Use sweetener or paste of choice.

*Also note: Using whole minced vanilla bean will only result in a smooth consistency when using a high-speed blender. If you are not using a high-speed blender, be sure to use vanilla extract rather than minced bean. To assemble the parfaits - Simply scoop the pudding by the half cup into serving bowls, top with a spoonful of whipped cream and then sprinkle with two tablespoons of your crunchy topping. Serve and enjoy!



Maple roasted carrots with cranberries

Ingredients

- 1.1 Lb. 17 oz medium young carrots, scrubbed clean 100 g / 3.5 oz fresh cranberries*
- 1/4 cup maple syrup, divided
- zest of 1/2 large orange
- 2 tbsp olive oil
- 3 tsp harissa paste**, adjust to taste (strength varies!) a few springs of thyme or lemon thyme
- 1 garlic clove, finely grated
- 1/2 tsp salt, adjust to taste
- black pepper, to serve
- 1/4 cup almond flakes

Method

1. Set the oven to 170° C / 340° F fan forced (or 190° C / 375° F no fan) and line one large baking tray (or two smaller ones) with baking paper.
2. Trim the green tops off the carrots (you can make pesto out of them or add them to soups) and cut carrots into halves lengthwise.
3. Coat cranberries in 1 tbsp of maple syrup and mix in orange zest.
4. In a separate bowl, combine olive oil, 3 tbsp maple syrup, harissa paste, thyme leaves (about 1 tbsp), garlic, salt and a good pinch of black pepper.
5. Coat dry carrots in the maple and harissa mixture (keep any leftovers) and space them out on a large baking tray,. If you have a large tray, place cranberries at the other end, if not use two separate trays.
6. Roast for about 20-25 minutes, until carrots are tender and the exterior slightly caramelized and cranberries are soft and jammy. If cranberries are done sooner, remove them from the tray with a spatula and set aside. If you have any leftover carrot marinade, apply it with a brush again half way through the baking time.
7. Toast almonds lightly in a hot pan until lightly browned and fragrant.
8. Place roasted carrots and cranberries on a large serving platter. Sprinkle with toasted almonds and fresh thyme or finely chopped carrot tops (but go easy on them as they taste bitter).

Notes

*In case you are wondering, you can use dried cranberries but roasted from fresh are so much nicer! If going for dried ones, use low-sugar ones and you may also want to add a touch of lemon juice to your carrot marinade to maintain the balance of flavors.

**If you don't like harissa, skip or use a mixture or one of these dry spices such as cumin, coriander, cinnamon, sweet smokey and hot paprika (or chili) instead.

Red Lentil Soup with Pumpkin and Kale



Ingredients

5 minutes 20 minutes 25 minutes - Monica Davis | The Hidden Veggies

- 1 medium onion
- 1 medium red pepper
- 1/4 cup olive oil (divided)
- 8 cups vegetable broth or water
- 15 oz can pumpkin
- 2 cups red lentils
- 4 cups kale
- 1 teaspoon salt (optional- it may not be needed if using salty broth)
- 3 teaspoon Balti seasoning or 1 tsp cumin 1 tsp ginger and 1 tsp curry powder

Instructions

1. Peel and dice the onion. Sauté it in 2tbsp of olive oil over low heat until they're translucent. Then add a washed, seeded, and diced red pepper.
 2. Sauté the onion and pepper for a few more minutes, then turn up the heat to medium-high. Add the broth, pumpkin, and spices.
 3. Wash your red lentils in a wire mesh strainer until the water runs clear. Add them to the soup once it starts to boil.
 4. Simmer your soup for 10 minutes to allow the lentils to cook most of the way.
 5. While the soup is simmering, wash your kale, break it up into small pieces removing the large tough stems, and drizzle with 2 tbsp of olive oil, sprinkle with salt, then massage the kale with your hands until it becomes dark green and shiny.
 6. Add your massaged kale to the soup after the lentils have cooked for 10 minutes. Then let the soup simmer for an additional 5 minutes with the kale in it. Turn off the soup and serve hot.

Recipe Notes

If you cook the lentils for more than 15 minutes, they start to thicken the soup more and get very soft. (It's not a bad thing, you will just have more of a lentil dahl consistency) If you want to continue simmering it until it's thick, it can be served over rice as a hearty meal. Don't skip the step of massaging the kale! It is important for both taste and texture.

You can swap out the kale for spinach but add it at the end of cooking instead of 5 minutes before the end.