



HEALTHFUL THANKSGIVING RECIPES

Tastes So Good, No One Will Know!

Happy Thanksgiving From:
CAPLAN HEALTH INSTITUTE

Personalized Care for Achieving Remission

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CROCKPOT CRANBERRY SAUCE

Ingredients

- 3 cups fresh cranberries
- 1 teaspoon lemon zest
- juice of 1 small lemon
- ¼ cup water
- 1 tablespoon apple cider vinegar
- 2 tablespoon graded maple syrup
- pinch of stevia
- 1 cinnamon stick



Directions

1. Place all ingredients in crockpot and cook on low 3-4 hours.
2. Use spoon to break up/mash the cranberries. Sauce will thicken as it cools. Can leave alone or blend until smooth.

CAULIFLOWER RICE STUFFING

Ingredients

- | | |
|-----------------------------------|-----------------------------|
| 2 medium heads of cauliflower | 2 1/2 teaspoon dried sage |
| 1 tablespoon olive oil | 1 T poultry seasoning |
| 1 large yellow onion, diced | 1 teaspoon red wine vinegar |
| 1 garlic clove, minced | 1 teaspoon sea salt |
| 4 stalks of celery, sliced thinly | 1/4 teaspoon black pepper |
| 3 cups of mushrooms, sliced | |
| 1/2 cup pecans, roughly chopped | |



Directions

1. Pulse cauliflower in a food processor until “rice” consistency is reached.
2. Add olive oil to a large skillet over medium-high heat. Add onions, garlic and celery and sauté for 5 minutes. Add in cauliflower and cook for about 10 minutes, or until fully cooked.
3. Add mushrooms and continue cooking until they've begun to sweat (about another 5 mins)
4. Top with pecans, spices and vinegar and cook for 1 min. Serve warm or store in refrigerator for up to 5 days.

*NOTE: This is not to be stuffed inside a turkey. Cook only on the stove top and serve alongside turkey.

BALSAMIC ROASTED BRUSSELS SPROUTS

Ingredients

- 1 pound brussels sprouts, halved
- 2-3 tablespoons olive oil
- 1 tablespoon minced garlic
- 2 tablespoons aged balsamic vinegar
- ½ teaspoon sea salt
- Optional: turkey bacon



Directions

1. Preheat oven to 375°F.
2. Prep Brussels sprouts by washing and patting dry. Slice off the end and then slice in half. Place on a large baking sheet. Drizzle with a generous amount of olive oil and sprinkle on minced garlic, balsamic vinegar, and sea salt. Using your hands, toss Brussels to make sure that everything is evenly coated and spiced.
3. Place in oven for 23-27 minutes until desired crispiness.
4. Optional: top with crispy turkey bacon pieces

MASHED CAULIFLOWER

Ingredients

- Medium-sized head of cauliflower, chopped into florets (about 1 1/2 lbs.)
- 3 roasted garlic cloves
- 1 teaspoon fresh thyme leaves
- 1 teaspoon fresh chives, chopped
- salt and pepper, to taste



Directions

1. Fill a large saucepan with about an inch of water, and insert a steamer basket. Bring the water to a boil, and add the cauliflower florets. Reduce the heat to a simmer and cover, allowing the cauliflower to steam for 6-8 minutes, or until fork tender.
2. Drain the steamed cauliflower, and transfer to the bowl of a large food processor. Add in the roasted garlic cloves and seasonings, and process to your desired texture.

CARAMELIZED GREEN BEANS

Ingredients

- 1 lb. fresh green beans, trimmed
- 1 shallot bulb (about 5-6 cloves), peeled and thinly sliced
- 1 Tablespoon coconut oil
- 1 teaspoon apple cider vinegar
- sea salt, to taste
- fresh ground pepper, to taste
- 3 Tablespoons chopped fresh parsley
- 2 Tablespoons toasted almond slices



Directions

1. Heat a large dry skillet over medium heat, add almond slices and cook until toasted, about 5-6 minutes or until almonds are golden. Remove almonds from skillet and set aside.
2. In the same skillet, add coconut oil and heat over high heat until melted. Add in shallot slices, turn heat down to medium-low. Cover the skillet with a lid and cook shallots until caramelized, stirring frequently throughout the cooking process. This should take about 15 minutes and the shallots should turn golden brown in color.
- 3.
4. Meanwhile, cook the green beans by bringing a saucepan of water with a pinch of sea salt to a boil. Once water is boiling, add in green beans and cook for about 3-4 minutes or until the beans are bright green in color and tender crisp. Drain and transfer the beans into the skillet with the caramelized shallots. Toss to combine.
- 5.
6. The coconut oil and shallots will coat the beans. Add in chopped parsley and apple cider vinegar. Season with sea salt and pepper. Heat for another 3-4 minutes or until beans are warm. Transfer beans to a large dish or platter, top with toasted almonds and serve.

MAPLE BALSAMIC DRESSING

Ingredients

- 1/3 cup avocado oil
- 1/4 cup balsamic vinegar
- 2 teaspoons dijon mustard
- 2 teaspoons pure maple syrup
- Pinch of salt



Directions

In a blender combine all dressing ingredients and blend until smooth.

SCALLOPED SWEET POTATOES

Ingredients

- 2 Heads of garlic
- 2 Tablespoon Olive oil + additional for roasting the garlic
- 1 Cup Onion, finely chopped
- 1 Cup + 1 Tablespoon full-fat canned coconut milk, divided
- 1 Cup + 1 Tablespoon almond milk, divided
- 1 1/2 Tablespoon arrowroot starch
- 1 teaspoon Sea salt
- 1/4 teaspoon black pepper
- 2 pounds sweet potatoes, thinly sliced (about 2 very large potatoes)
- Parsley, for garnish (optional)



Directions

1. Preheat your oven to 400 degrees and place two squares of tinfoil on top of each other (shiny side up!)
2. Cut the tops of each head of garlic off, so that the tips of each clove is exposed. Peel off any of the large pieces of papery skin. Drizzle the heads with a little bit of olive oil and rub it in. Wrap the tinfoil up like a packet and place into the oven. Cook until the garlic is tender, about 45 minutes.
3. Once the garlic has roasted, squeeze the garlic out of its skin and finely chop it. Additionally, reduce the oven temperature to 350 degrees.
4. Heat the remaining 2 Tablespoon of olive oil up in a very large, oven-safe frying pan, set over medium/high heat.
5. Cook the onion until golden brown and soft, about 5 minutes.
6. Add 1 Cup of coconut milk and 1 Cup of almond milk and bring to a boil. While you wait for the liquid to boil, whisk together the remaining 1 Tablespoon of coconut milk, 1 Tablespoon of almond milk and 1 1/2 Tablespoon of arrowroot starch in a small bowl, until smooth.
7. Once the milk mixture boils, whisk in the arrowroot starch mixture, stirring constantly so it doesn't gum up in the milk and boil for 2 minutes, again stirring constantly.
8. Reduce the heat to medium, add in the salt, pepper and chopped roasted garlic, and cook the sauce for an additional 5-6 minutes until nice and thick, stirring frequently.
9. Once the sauce has cooked, add in the thinly sliced potatoes and stir around until they are coated in the sauce. This can get a little messy! Then, move the potatoes around with your spoon until they are in flat layers.
10. Cover the pan with tinfoil and place into the oven for 30 minutes. Uncover the pan, press the potatoes down so they really sink into the sauce, and cook an additional 30-40 minutes, until the potatoes are fork tender and the top is browned. Let the potatoes stand for 10 minutes.

PALEO STUFFING

Ingredients

- 1 pound ground pork
- 2 cups diced onions
- 2 cups diced bell peppers
- 4 cups (about 1 pound) diced mushrooms
- 2 cups diced apples
- 8 ounces fresh cranberries
- 1 cup toasted chopped pecans (optional)
- 2 T coconut oil.
- 1 T fresh rosemary, minced
- 1 T fresh thyme, minced
- 2-3 leaves fresh sage (or 1/2 t dried)
- sea salt
- 4 eggs
- 1/4 cup chicken or turkey stock
- 2 T coconut flour



Directions

1. Prepare all of your ingredients and preheat your oven to 350°.
2. Melt about 2 teaspoons of your fat of choice in a large cast iron or stainless skillet over medium-high heat. Add the pork and cook until it just browns, 3-4 minutes. Add a pinch of salt and remove with a slotted spoon and place in a large bowl. Pour off excess liquid from your skillet and add another teaspoon of fat.
3. Turn the heat down to medium and add the onions. Sauté until golden brown and soft, 6-8 minutes. Add to the bowl with the pork.
4. Add another teaspoon of fat, and sauté bell peppers for 4 minutes, stirring often. Add to the bowl with the other ingredients.
5. Throw in yet another teaspoon of fat, turn the heat up to medium-high, and add the mushrooms. Sauté for about 3 minutes, stirring often. Add to the bowl with the other ingredients.
6. To the large bowl, add the apples, pecans, cranberries, herbs, and a good pinch of salt. In a medium bowl, beat together the eggs, chicken or turkey stock, and coconut flour. Add a pinch of salt if your stock isn't salted. Pour the liquid into the large bowl and mix. Pour the whole thing into an oven safe casserole and bake for one hour.
7. Allow to cool for 10 minutes before eating. It will firm up a bit.

GRAVY

Ingredients

- 2 cups drippings from meat/broth from a chicken or roast
- 1 Tablespoon Arrowroot powder
- 1/4 cup water



Directions

1. In a small bowl add 1 Tablespoon of arrowroot to 1/4 teaspoon water and stir until completely dissolved.
2. Strain the broth/ meat drippings through a wire mesh to get out the lumps. Pour the the drippings into a sauce pan. Warm up broth to medium heat and add the arrowroot mixture.
3. Bring the broth with arrowroot mixture to a simmer until it thickens to the desired consistency.
4. Turn off heat and let sit for 5 minutes.

SWEET POTATO CASSEROLE

Ingredients

Casserole:

- 5 cups sweet potatoes, peeled and diced
- 1/4 cup maple syrup
- 1/2 cup coconut milk, full-fat canned
- 1/4 cup minced pineapple
- 4 tablespoons vegan butter or ghee
- 1 pinch salt
- 2 teaspoons pure vanilla extract

Topping:

- 1/4 cup coconut sugar
- 2 tablespoons vegan butter or ghee
- 1 cup pecans, chopped



Directions

1. Preheat the oven to 350F. Lightly grease a 13x9 baking dish with ghee or coconut oil.
2. Add the diced sweet potatoes to a large pot and cover with water. Bring the potatoes to a boil and continue cooking until fork tender, about 10-12 minutes.
3. Drain the sweet potatoes when they are done, and add all casserole ingredients, except pineapple, to a blender or a food processor. Pulse until just combined, but not a smooth puree. Mix in pineapple. Pour casserole mixture into the prepared baking dish. set aside.
4. Combine all topping ingredients and pour the topping over the sweet potatoes in the casserole dish.
5. Bake for 35-40 minutes, or until center is set.

CLASSIC GREEN BEAN CASSEROLE

Ingredients

Casserole:

- 3 tablespoons olive oil
- 8 tablespoons vegan butter
- 10 button mushrooms
- ½ red onion, chopped
- 2 tablespoons coconut flour or arrowroot flour
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 ½ cups chicken or vegetable broth
- 16 ounces frozen green beans

Crispy Onion Topping:

- 2 medium onions, thinly sliced
- 3 tablespoons almond flour
- 3 tablespoons gluten-free oat flour
- 1 tablespoon arrowroot flour
- Coconut oil spray



Directions

Crispy Onion Topping:

1. Preheat oven to 475°F.
2. In a large bowl combine almond flour, oat flour and arrowroot flour. Add in sliced onions and 1 teaspoon salt and toss to combine. Be sure to separate each individual onion piece.
3. Spread onions in an even layer on a baking sheet sprayed with coconut oil spray or lined with a Silpat. Spray onions once again with coconut oil spray. Bake for 25 minutes, tossing halfway through.
4. Once onions are done cooking, remove from oven and lower oven to 350°F.

Casserole:

1. Thaw and drain green beans. Set aside.
2. Add olive oil to a medium saucepan or small pot. Add 4 tablespoons vegan butter, and heat on medium-high until melted.
3. Finely chop mushrooms and red onions and add to the butter and olive oil mixture. Heat until mushrooms darken and shrink, and onions become soft and translucent.
4. Remove from heat. Add three tablespoons of flour and mix together. Add 1 ½ cups of broth, salt, pepper (and any other spices you'd like), and heat on medium-high again until somewhat reduced.
5. Add additional flour for a thicker sauce. Pour over green beans and heat in the oven at 350°F for 30 minutes.
6. Sprinkle crispy onions on top and bake an additional 5-10 minutes.

HEALTHY FIBER BREAD

Ingredients

- 1 ½ cup almond flour
- 1/3 cup psyllium husk powder
- ½ cup coconut flour
- ½ cup packed flax meal
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1 teaspoon pink salt
- 6 large egg whites (approximately 8oz)
- 2 large whole eggs
- 2 cups boiling water
- 2 teaspoons apple cider vinegar



Directions

1. Preheat oven to 375°F
2. Mix all dry ingredients together in bowl and set aside
3. Beat egg whites and cream of tartar until foamy/ almost peaks
4. Add in whole eggs to egg whites. Intermittently add dry ingredients and hot water into eggs until well incorporated
5. Add in apple cider vinegar
6. Prepare pan(s) using parchment paper or oil

Buns/Rolls

yield: 12 buns

Bake 40-45 minutes until top is hard and toothpick inserted is clean. Remove buns and cool on cooling rack.



OR

Loaf Pan

yield: 1 loaf

Bake 60-75 minutes until top is hard and toothpick inserted is clean. Cool loaf in pan for about 10 minutes before removing and cooling on cooling rack.

Tip: Best if using 2 smaller loaf pans to ensure even cooking

ROASTED TURKEY

Ingredients

- 12 - 14 lb turkey
- ½ cup vegan butter, softened
- 2 Tablespoon fresh sage, minced
- 2 Tablespoon fresh garlic, minced
- 1 Tablespoon salt
- 1 teaspoon freshly ground pepper
- 1 lemon, quartered
- 2 small apples, quartered



Directions

1. Preheat your oven to 400 degrees and adjust your racks to fit the turkey into it.
2. Remove the neck and giblets from the turkey and rinse the bird inside and out. Pat dry.
3. Combine the softened butter, sage, garlic, and salt in a small bowl, mixing well to combine. Starting from the back of the bird, slide your fingers between the skin and breast meat, opening a cavity that extends all the way to the front and along the sides of the breast. Push the flavored butter under the skin, covering all of the meat. Do the same with the tops of the drumsticks, being careful not to pierce the skin. Then rub the remaining butter over the rest of the skin of the turkey, top and bottom. Stuff the quartered lemons and apples into the cavity of the bird. If they don't all fit, throw the rest into your roasting pan.
4. Place the bird UPSIDE DOWN into the roasting pan - this protects the breast and keeps it from drying out.
5. Roast at 400 degrees for one hour. Remove from the oven and turn over carefully. Roast right side up for another hour.
6. Test with a meat thermometer for 165 degrees at the thickest part of the thigh. If not quite there, give it another 15 minutes and test it again. Remove from the oven and let it rest - preferably for an hour if you can.

Note: It's important to let it rest for AT LEAST half an hour before cutting into it which keeps all the juices from running out onto your cutting board and leaving you with dry meat. The apples, lemon, and sage give the pan juices a beautiful flavor and the best gravy!

Optional Gravy: While the turkey is resting, pour the pan juices into a measuring cup. Skim off 90% of the fat and then add about 1/2 cup of water and ½ teaspoon of xanthan gum (if you have it) to thicken it. Puree in a blender or magic bullet and re-heat just before serving.

SPICED NUTS

Ingredients

- 14 cups mixed nuts
- 2 teaspoons each: salt, cinnamon
- 1/2 teaspoon each: chili powder, allspice, cayenne, stevia
- 1 tablespoon melted coconut oil



Directions

1. Preheat oven to 400.
2. Combine all spices. Toss nuts in melted coconut oil and then sprinkle evenly with spices.
3. Bake nuts in single layer on baking sheet until dry, about 10-15 minutes, stirring once or twice.
4. Cool to room temperature. Can be made a week ahead.

PIE CRUST

Ingredients

- 1 1/2 cups almond flour
- 3 tablespoons melted coconut oil
- 3 tablespoons maple syrup
- pinch of sea salt



Directions

1. Line a pie pan with parchment paper.
2. To prepare the crust, combine all of the ingredients in a mixing bowl and stir well to create a sticky batter. Transfer the mixture to the lined pie pan and use your hands to press the dough evenly up the sides of the pan, creating a crust about 1/4-inch thick. *This dough is very sticky, so I recommend getting your hands wet with water to help press out the crust— wet hands won't stick to the dough!*
3. If pre-cooking the crust (ie for chocolate silk pie), bake crust at 350°F for approximately 15 minutes. Keep an eye on it to not let it get too brown. Let it cool completely before filling it.

PUMPKIN PIE FILLING

Ingredients

- 2 3/4 cups pumpkin puree (~1 1/2 15-ounce cans)
- 1/4 cup maple syrup or xylitol
- 1/4 cup coconut sugar
- 1/3 cup almond milk
- 1 tablespoon melted coconut oil
- 2 1/2 tablespoons arrowroot powder
- 1 3/4 teaspoon pumpkin pie spice (or sub mix of ginger, cinnamon, nutmeg & cloves)
- 1/4 teaspoon sea salt



Directions

1. Whisk together all ingredients.
2. Pour filling into prepared, uncooked pie crust and bake at 350 for 58-65 minutes.
3. The crust should be light golden brown and the filling will still be just a bit jiggly and have some cracks on the top.
4. Remove from oven and let cool completely before loosely covering and transferring to the refrigerator to fully set for 4-6 hours, preferably overnight.

CHOCOLATE SILK PUDDING

Ingredients

- 1 can full fat coconut milk
- 1/4 cup coconut sugar
- 1/2 tablespoon gelatin
- 1/4 cup water
- 1/4 cup cocoa powder

Directions

1. Heat coconut milk over low heat.
2. Measure out water and add gelatin and stir until paste forms. Slowly add this to the coconut milk, stirring constantly so that no lumps form.
3. Add in the sugar.
4. Refrigerate until set, about 30 min.



Optional: Pre-bake almond flour pie crust and fill with pudding for chocolate silk pie.

MAPLE CINNAMON PECAN PIE

Ingredients

For the Crust:

1 ½ cups almond flour
½ cup hazelnut flour
4 tablespoons coconut flour
½ teaspoon ground cinnamon
½ teaspoon unflavored gelatin
¼ teaspoon sea salt
2 medjool dates, pitted
1 tablespoon raw honey
1/3 cup coconut oil, melted

For the Filling:

4 eggs
½ cup maple syrup
3 dates, pitted and mashed
2 tablespoons coconut oil, melted
1 tablespoon vanilla extract
2 teaspoons ground cinnamon
1 ½ cups pecan halves

Directions

1. Preheat oven to 350 degrees.
2. To make crust, place almond flour, hazelnut flour, coconut flour, cinnamon, gelatin and sea salt in the bowl of a food processor and pulse to combine.
3. Add dates, honey, and coconut oil and process again until a dough forms.
4. Press the dough on the bottom and up the sides of a 9-inch pie plate or pan. Place the crust in the refrigerator to chill for 30 minutes.
5. To make filling, in the bowl of a food processor or blender add eggs, maple syrup, dates, coconut oil, vanilla extract, and cinnamon and process until smooth.
6. Remove pie crust from freezer or refrigerator, pour filling in and arrange pecan halves on top. Place pie onto a baking sheet and cover the edges of pie with a pie shield or aluminum foil. This will insure the crust does not burn.
7. Bake pie about 40 minutes, the center should still be a little wobbly. Allow to cool completely before serving. Pie is best kept covered in the refrigerator up to 4 days.



NO BAKE PUMPKIN TARTS

Ingredients

For the crust:

1 cup walnuts
¼ cup shredded coconut
2 tablespoons maple syrup
1 tablespoon coconut oil, melted
¼ teaspoon salt

For the filling:

1 cup pumpkin puree
¼ cup almond milk
¼ cup coconut oil, melted
¾ cup medjool dates, pitted
1 teaspoon vanilla
1 teaspoon cinnamon
¼ teaspoon ground ginger
⅛ teaspoon ground cloves

Directions

1. Line a standard muffin tin with 8 parchment cups, and set aside.
2. To prepare the crust, pulse the walnuts and shredded coconut in a small food processor until ground into a fine meal. (Be careful not to over-process, or you'll wind up with nut butter instead!)
3. Add the maple syrup, coconut oil and salt and process again until just mixed, and the dough sticks together when pinched between your fingers.
4. Scoop the dough by heaping tablespoons into the 8 parchment cups and use your fingers to press down and form a crust for each cup. Place the pan in the fridge to set while you prepare the filling.
5. To prepare the filling, simply combine all of the ingredients in a blender, and blend until completely smooth and creamy. (If your dates aren't soft enough to blend easily, soak them in warm water for 10 minutes beforehand.)
6. Remove the pan of crusts from the fridge, and pour the batter evenly into the 8 cups. Smooth the top, then return to the fridge to set completely, about 4-6 hours.

