

## November 2023 Holiday Recipe Collection

Created by Nutrition For You LLC



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Welcome to the November 2023 recipe collection! The focus this month is on colder weather, warming foods with in season vegetables such as squashes, apples, and dark leafy greens. Lots of color = lots of phytonutrients = many health benefits.

These delicious recipes will keep you inspired while eating nutrient-dense whole foods. There are recipes and variations for everyone, including vegetarians and vegans.

Orange and yellow fruits and vegetables such as winter squashes are packed with nutrients that are known to promote eye health, protect the nervous system, support the cardiovascular system, maintain skin health, boost the immune system, and build strong bones.

Apples are incredibly nutritious and versatile, rich in fiber and antioxidants. Studies have determined apples support stabilizing blood sugar and blood pressure, lowering cholesterol, reduce inflammation, and boost the gut microbiome. Some studies have shown they may promote weight loss and improve brain health.

## Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Check out the notes section of each recipe for time-saving tips, variations, and substitutions.

## Leftovers

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Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Reach out if you have questions, comments, or are interested in recipes and foods specific to your needs and/or learning how to meal plan for you and/or your family. You can reach me at [info@reneeslonaker.com](mailto:info@reneeslonaker.com) or via the contact page on my website: <https://www.reneeslonaker.com/>

Enjoy!

# Apple Pie Pancakes

15 ingredients · 30 minutes · 6 servings



## Directions

1. In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
2. In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
3. Mix in baking powder, baking soda, and salt.
4. Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
5. Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
6. Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
7. Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
8. Top apple pancakes with chunky apple cinnamon sauce and enjoy!

## Notes

### No Arrowroot Flour

Use tapioca flour or cornstarch.

### Leftovers

Store pancakes in the fridge and reheat them in the toaster.

## Ingredients

- 3 Egg
- 3/4 cup Unsweetened Almond Milk
- 3 tbsps Maple Syrup (divided)
- 3/4 Lemon (juiced and divided)
- 1 tsp Vanilla Extract
- 1/2 cup Coconut Flour
- 1/2 cup Arrowroot Powder
- 1 1/2 tpsps Baking Powder
- 1/4 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 tbsps Extra Virgin Olive Oil
- 1 tbsps Coconut Oil
- 1 Apple (cored and diced)
- 1/2 tsp Cinnamon
- 2 tbsps Almond Flour

# Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 4 servings



## Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

## Notes

### Vegan & Vegetarians

Use lentils, tofu, and/or tempeh instead of ground turkey.

### DIY Poultry Seasoning

2 teaspoons ground sage, 1 1/2 teaspoons ground thyme, 1 teaspoon ground marjoram, 3/4 teaspoon ground rosemary, 1/2 teaspoon nutmeg, 1/2 teaspoon black pepper.

### Leftovers

Store covered in the fridge up to 3 days.

## Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning (see notes)
- 1 tbsps Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 2 Apple (cored and diced)
- 1/4 tsp Sea Salt (to taste)

# Vegetable Barley Soup

12 ingredients · 1 hour · 6 servings



## Directions

1. Heat the oil over medium-high heat in a large pot. Add the onion and cook for about 5 minutes until it begins to soften. Add the carrot, celery, squash and garlic and cook for 2 to 3 minutes more.
2. Add the zucchini, barley, salt and thyme. Stir to combine then add the vegetable broth. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the barley is tender.
3. Stir in the baby spinach and season with additional salt if needed.
4. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

### Serving Size

One serving is approximately 1 1/2 cups.

### Additional Toppings

Top with chopped parsley, sliced green onion or red pepper flakes.

## Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 1 Carrot (peeled, chopped)
- 1 **stalk** Celery (chopped)
- 2 1/2 **cups** Butternut Squash (peeled, chopped)
- 2 Garlic (clove, minced)
- 1 Zucchini (chopped)
- 1/2 **cup** Pearl Barley
- 1 **tsp** Sea Salt
- 1 **tsp** Dried Thyme
- 6 **cups** Vegetable Broth
- 2 **cups** Baby Spinach

# Pressure Cooker Cauliflower Soup

9 ingredients · 25 minutes · 4 servings



## Directions

1. Turn your pressure cooker to "sauté" and add a splash of broth or water. Once hot, add the onion and cook, stirring often for four to five minutes, until softened.
2. Add the garlic and season with salt and pepper and cook for one minute more. Turn "sauté" off. Add the broth, cannellini beans, cashews, cauliflower, nutritional yeast, and thyme. Stir to combine.
3. Put the lid on and set to "sealing". Press manual/pressure cooker and cook for seven minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
4. Carefully remove the lid and remove the thyme sprigs. Purée with an immersion blender or carefully transfer to a blender and blend until completely smooth and creamy. Divide into bowls, top with thyme and season with salt and pepper. Enjoy!

## Ingredients

- 1/2 Yellow Onion (medium, chopped)
- 4 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 4 cups Vegetable Broth
- 2 cups Cannellini Beans (drained, rinsed)
- 1 cup Cashews (raw)
- 1 head Cauliflower (small, chopped into florets)
- 1/3 cup Nutritional Yeast
- 1/4 oz Thyme Sprigs

## Notes

### More Flavor

Add bay leaves and rosemary to the pressure cooker.

### Broth

Chicken broth or chicken bone broth may be used in place of vegetable broth and adds some protein.

### Additional Toppings

Squeeze lemon juice and/or add lemon zest on top.

### No Pressure Cooker

Add everything to a pot and simmer for 30 minutes or until cooked through and then blend with an immersion blender. You may need to add more liquid depending on desired consistency.

### Serving Size

One serving is equal to approximately two cups.

**Leftovers**

Refrigerate in an airtight container for up to five days.

# New England Autumn Kale Salad

12 ingredients · 45 minutes · 6 servings



## Directions

1. Preheat the oven to 400°F.
2. Prepare squash and onion, place on a parchment lined roasting pan, add 1 T avocado oil, a large pinch of salt, fresh ground pepper, and thyme. Toss to combine and spread out evenly on the pan.
3. Place in the oven and roast for about 30 minutes or until soft, but not mushy.
4. While squash is cooking, wash, destem, and chop kale. Add kale to a large salad bowl with 1 T apple cider vinegar and pinch of salt. Massage kale with fingers until the kale breaks down and looks slightly wilted.
5. Chop apple, add to bowl, and toss.
6. Mix dressing ingredients (2 T vinegar, olive oil, mustard, maple syrup).
7. Add hot cooked vegetables and dressing to bowl and toss.
8. Top with pepitas/nuts. Add salt, pepper, and/or more vinegar to taste.

## Notes

### Squash variation

Use delicata instead (do not peel) or sweet potato.

### Apple variation

Substitute pomegranate seeds, about 3/4-1 cup as desired.

## Ingredients

- 4 cups** Butternut Squash (peeled, cubed)
- 1** Red Onion (medium-large, cut into 6 wedges (leave root intact))
- 1 tbsp** Avocado Oil
- 1 tsp** Dried Thyme
- Sea Salt & Black Pepper (to taste)
- 8 cups** Kale Leaves (stemmed, washed, and chopped )
- 2** Apple (unpeeled, chopped)
- 1/4 cup** Pumpkin Seeds (toasted or raw)
- 3 tbsps** Apple Cider Vinegar
- 1 tsp** Dijon Mustard
- 1 tsp** Maple Syrup
- 1/4 cup** Extra Virgin Olive Oil



# Maple Roasted Lentil & Sweet Potato Salad

9 ingredients · 25 minutes · 2 servings



## Directions

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1. Preheat the oven to 400°F (205°C).
2. Add the sweet potato, lentils, and pecans to a baking sheet. Toss with half of the oil and maple syrup to combine. Season with cinnamon, salt, and pepper. Bake in the oven for 20 minutes, or until fork-tender.
3. Combine the remaining oil, lemon juice, salt, and pepper in a small dish. Whisk with a fork.
4. Divide the spinach evenly between bowls and add the lentil and sweet potato mixture. Drizzle with the lemon and oil dressing. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is equal to approximately 2 1/2 cups.

## Ingredients

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- 1 Sweet Potato (medium, cubed)
- 1 cup Lentils (cooked)
- 1/2 cup Pecans
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice
- 4 cups Baby Spinach

# Balsamic Roasted Tempeh Bowls

12 ingredients · 1 hour · 6 servings



## Directions

1. Preheat oven to 350°F (177°C).
2. Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
3. Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
4. While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
5. To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to 4 days.

## Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Italian Seasoning
- 1 1/8 lbs Tempeh
- 1 cup Red Onion (medium, sliced)
- 6 Carrot (medium, peeled and chopped)
- 4 cups Mushrooms (quartered)
- 3 Zucchini (sliced)
- 1 1/2 cups Quinoa (dry)
- 2 1/2 cups Water

# Slow Cooker Apple Cinnamon Pork Tenderloin

6 ingredients · 4 hours · 4 servings



## Directions

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1. Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
2. Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
3. Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

## Notes

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### Make it Tender

Brine your pork tenderloin the night before for more flavour and tenderness.

### More Greens

Serve on a bed of spinach or add your choice of veggies to the slow cooker.

### More Carbs

Serve with rice, quinoa or mini potatoes.

## Ingredients

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- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbsp Cinnamon

# Creamy Mushrooms & Chicken Liver

7 ingredients · 20 minutes · 4 servings



## Directions

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1. In a large pan, heat the oil over medium-high heat. Add mushrooms and cook for about 3 to 5 minutes. Add chicken liver and stir occasionally for 1 to 2 more minutes.
2. Season with salt and thyme. Add coconut milk and water, and let it simmer for about 10 more minutes or until cooked through.
3. Divide into bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add red pepper flakes, fresh herbs and/or lemon juice.

### Make it Vegan

Use tofu, tempeh or a variety of mushrooms instead of chicken liver.

## Ingredients

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- 1 **tbsp** Avocado Oil
- 4 **cups** Shiitake Mushrooms (sliced)
- 8 **ozs** Chicken Liver
- 3/4 **tsp** Sea Salt
- 3/4 **tsp** Dried Thyme
- 1/4 **cup** Canned Coconut Milk (full fat)
- 3/4 **cup** Water

# Pumpkin Pie Tarts with Coconut Whipped Cream

13 ingredients · 1 hour 30 minutes · 12 servings



## Directions

1. Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
2. Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
3. Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
4. Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
5. Gently press each cut-out into a parchment cup to form the crust. Set aside.
6. Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
7. Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
8. In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
9. Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
10. When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

## Notes

### No Arrowroot Powder

Use tapioca flour instead.

## Ingredients

- 1 cup Almonds
- 1 cup Cashews
- 1 Egg
- 1/4 cup Coconut Oil (melted and divided)
- 1/3 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 2 1/4 cups Pureed Pumpkin
- 1/3 cup Unsweetened Almond Milk
- 2 1/2 tbsps Arrowroot Powder
- 2 tsps Pumpkin Pie Spice
- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

**Homemade Pumpkin Pie Spice**

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

**Pumpkin Pie Squares**

Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.