



We compiled the recipes into one printable PDF for your convenience. The team at Little Choices Matter wishes all of you a Happy Healthy Thanksgiving!

Breakfast Recipes:

Don't forget to eat the most important meal this Thanksgiving! Studies show that when you eat a big, healthy breakfast you have more energy and stay satisfied throughout the rest of the day! So eating a healthy Thanksgiving breakfast will not only help you keep up with the relatives, it will keep you from over eating during the big holiday meal. Here are just a few pumpkin recipes to help you start your day the healthy way!

Breakfast Pizza

- 6 eggs
- 6 egg yolks
- 1 pint cottage cheese
- 1 c. canned pumpkin (optional)
- 1/2-1 lb. turkey sausage, cooked
- 1 oz. white wine

Toppings ideas:

- 1 each green and red peppers
- 1 Jalapeño pepper, remove seeds
- onion
- mushrooms
- black olives
- 1 c. grated white cheese of choice

Mix eggs and cottage cheese. Place in 9 x 13 pan, cover and refrigerate overnight. Chop veggies into bite-size pieces. Place in ziploc bag with wine and marinate overnight. In the morning top the egg dish with sausage. Bake at 375° for 30 minutes. Add veggies and cheese and bake an additional 10 minutes.

Pumpkin Oatmeal

- 1/2 c. coconut or almond milk
- 1/8 c. water
- 1/2 c. steel cut oats
- 1/8 tsp. cinnamon

1/8 tsp. nutmeg
1/4 c. pumpkin, cooked or canned pumpkin
1/8 c. sliced almonds or walnuts
1/4 c. coconut or almond milk
1 scoop vanilla protein powder

In a small saucepan, mix milk, water, steel cut oats and spices and bring to a soft boil. Reduce heat to medium low and simmer until liquid is absorbed, about 20 minutes, stirring occasionally. Once the oats are cooked to desired doneness, stir in pumpkin and almonds. Combine milk and protein powder in a separate bowl or shaker and mix until powder is absorbed. Stir into oatmeal and sprinkle with more spices if desired.

Pumpkin Smoothie

1 c. coconut or almond milk
1 scoop vanilla protein powder
1 Tbsp. Pumpkin Pie spice
1/2 c. cooked pumpkin
1/2 frozen banana, sliced (optional)
1 Tbsp. ground flax seeds
3 -4 drops liquid stevia

Mix together in blender or Magic Bullet and enjoy.
[Click here for more breakfast ideas.](#)

Almond Butter Pumpkin Brownies

1 egg
1cup Almond Butter
1/2 cup stevia
1/2tsp baking soda
1/2 cup of pumpkin or squash

Beat egg, add almond butter and stevia till smooth. Add baking soda and pumpkin or squash. Grease pan with coconut oil and bake at 350 for 25 to 30 min

Use crunchy almond butter its better...Enjoy!

Make a healthy Thanksgiving appetizer with these easy recipes! Our healthy Thanksgiving appetizers, including hot and cold recipes, dips, and spiced nut recipes, are easy appetizers for Thanksgiving that everyone can enjoy before the big meal and stay healthy. If you are not the host/hostess, bring these along to your dinner. Filling up on these appetizers will help you pass on the white potatoes and gravy!

Appetizers:

Bacon Deviled Eggs

4 eggs
1-2 Tbsp. Safflower mayonnaise
3 slices turkey bacon, cooked and crumbled
Paprika

Cook eggs cook in boiling water until they are hard boiled, approximately 10 to 15 minutes. Drain eggs, and let cool. Once cool, remove the shell, cut the eggs in half lengthwise and scoop out the yolks. Place the yolks in a medium-size mixing bowl and mash them. Blend in mayonnaise and half of the bacon. Scoop the egg yolk mixture back into the egg whites but do not pack it. Sprinkle with remaining bacon and paprika.

Carol's Candied Nuts

3 c. raw nuts of choice – almonds, walnuts, hazelnuts, cashews, peanuts, etc.
1/4 c. raw honey
1 1/2 Tbsp. butter
1/2 tsp. cinnamon

Topping:

1/2 tsp. cinnamon
1 1/2 tsp. whole cane sugar
Place nuts in a skillet and cook over low-medium heat, stirring frequently until nuts are a lightly toasted. In a bowl mix honey, butter and cinnamon. Mix in the nuts until all the nuts are coated with the honey mixture. Bake at 250 degrees for 30 minutes. When you take the nuts out of the oven sprinkle with topping. Cool and enjoy.

Spiced Pecans

5 cups pecans
1 teaspoon pumpkin pie spice
1/2 teaspoon salt
1/2 teaspoon ground ginger or Cinnamon
2 Tbsp. Rapadura sugar or stevia to taste
2 Tbsp. water
2 Tbsp. raw honey
2 tsp. coconut oil
Combine the sugar, pie spice, salt and ginger; set aside. In a large pan, bring the water and honey to a boil. Add coconut oil and as soon as it is melted, add pecans. Cook and stir until all of the liquid is evaporated, about 1 minute. Place on a baking sheet and bake at 325° for 15-20 minutes or until browned, stirring occasionally. Cool and enjoy.

Mighty Meatballs

1 lb ground turkey
1/2 c. chopped onion
1 egg, beaten
1 slice sprouted grain bread, crumbled
1/4 c. coconut or almond milk
1 tsp. LCM Signature Spice Blend
Dash of salt and pepper
1 1/2 cups salsa
2 green onions, sliced

Mix all ingredients together except salsa and green onion. Make meatballs and place on a baking sheet. Bake at 375 for 15 minutes. Heat salsa in a saucepan on medium heat. Add meatballs and cook for 10 minutes or until heated thoroughly. Place in serving dish and sprinkle with green onions.

Cream Cheese Pumpkin Dip

8 oz. cream cheese, softened
3/4 cup of cooked or canned pumpkin, unsweetened
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. ground cloves
1/2 tsp. vanilla
Liquid stevia to taste

Mix all ingredients together in a mixing bowl until blended well. Great served with apple slices for dipping.

Heavenly Ranch Vegetable Dip

1 rounded Tbsp. Heavenly Ranch Salad Dressing
3/4 c. mayonnaise or Greek Yogurt
1/2 c. buttermilk

Blend together and serve with vegetables of choice!

Cheddar Bacon Dip

16 oz sour cream
1 rounded Tbsp. Heavenly Ranch Salad Dressing
3-4 strips turkey bacon, cooked and crumbled

Mix all together and refrigerate for 24 hours. Serve with vegetables or healthy corn chips.

Mexican Hummus & Pita Chips

1 can garbanzo beans, rinsed and drained
2 avocados, sliced
Juice of 1 lemon
2-3 teaspoons minced garlic
1/4 cup water
Salt and pepper to taste
1/4 tsp. spices of choice – Ginger, Cumin, Paprika
3 tablespoons Extra Virgin Olive Oil

Place ingredients in a food processor until well blended and creamy. Season to taste and top with cilantro leaves if desired. Serve with whole grain pita chips. (NOTE – I make my own pita chips using sprouted grain pitas. I cut them in triangles, brush them with melted coconut oil and then bake them at 400 for 7-10 minutes)

Zucchini Strips

Zucchini
Garlic, crushed or garlic powder
Cherry tomatoes, sliced
Extra Virgin Olive Oil
LCM Signature Spice Blend
Salt & Pepper to taste (optional)

White cheese of choice, diced – Fontina, Havarti, cheddar, mozzarella, pepper jack, etc.

Cut off ends of zucchini and slice in half lengthwise. Using a spoon, scoop out the center seed area making a trough. Brush the surface with olive oil, then add crushed garlic, and spices. Slice tomatoes and arrange on zucchini strips. Bake at 350 for about 30 minutes. Remove and place diced cheese in between the tomatoes or sprinkle grated cheese on top. Return to oven and broil until cheese is melted. (or browned if you like burnt cheese!)

More snack ideas here <http://littlechoicesmatter.com> she will be posting new recipes all week

Cauliflower-Leek Puree

3 cup cauliflower, separated into florets
1 leek, white and green part, well washed, cut into 1/2 inch slices
1 teaspoon salt, divided
3 tablespoons butter
3 tablespoons heavy cream
1/8 teaspoon nutmeg (optional)

Cook cauliflower and leeks in lightly salted boiling water 15 minutes, until very tender. Drain; return veggies to pot and toss over high heat to thoroughly remove excess moisture. Place half the vegetables in food processor with half the butter and cream. Process until smooth. Repeat with remaining vegetables, butter, and cream.

Mix in nutmeg (optional); season to taste with salt and pepper.

Main Course Sides:

One of the best parts of Thanksgiving is sampling all the yummy foods, especially the side dishes. We've stepped away from the unhealthy foods such as white potatoes and gravy and are offering you some great healthy side dishes. Don't forget to fill up on the healthy foods so you are not so tempted to eat all the desserts.

Just Like Stuffed Potatoes

16 ounce package frozen cauliflower
8 ounce cream cheese, softened
8 ounce cheddar cheese, shredded
4 green onions, chopped
1/4 teaspoon salt or to taste
1/4 teaspoon pepper
3 pieces bacon, chopped and fried until crisp
Paprika, optional

Cook the cauliflower until soft, about 8-10 minutes; drain very well and break up the florets a bit with a spoon. It's also very good if you leave the cauliflower a little chunky. Put in a greased 8 x 8" baking pan or a 2-quart casserole. Mix in the cream cheese, cheddar, green onion, salt, pepper and bacon. Dust the top with paprika, if desired. Bake at 350° for 20-40 minutes, until browned and bubbly. Or, microwave, loosely covered, for about 40 minutes on 50% power, turning the dish after 20 minutes.

Makes 6 servings

Butter, Herb & Spice Pasta

1/4 c. butter
1 tsp. parsley
1 tsp. garlic
1 tsp. Italian seasoning
1 tsp. red pepper flakes
9 oz. Quinoa pasta
Prepare pasta to directions on package. Melt butter, add herbs and spices. Drain pasta, add butter mixture. Serve hot or at room temperature.

Thanksgiving Veggie Salad

2 c. sugar snap peas or snow peas, strings removed
1Tbsp. extra virgin olive oil.
1 c. grape tomatoes (can halve if desired)
1/4 c. mint leaves, chopped
Salt & pepper to taste
1/2 c. coarsely crumbled feta cheese.

In large skillet, cook peas in hot oil for 2 –4 min over med heat until crisp and tender. Stir in tomatoes, mint salt & pepper. Heat through. Add cheese and toss to combine. Makes 4-6 servings.

Nutty Cranberry Salad

1/4 c. shelled pistachios
1 c. quinoa
1 c. brown rice
1 medium white onion, sliced
2/3 c. extra virgin olive oil
Grated zest and juice of one orange
2 tsp. lemon juice
1 garlic clove, crushed
4 spring onions, thinly sliced
1/2 c. dried cranberries, roughly chopped
2 handfuls of arugula (or spinach)
Salt and pepper to taste

Preheat the oven to 350°. Spread the pistachios out on a baking tray and toast for 8 minutes, until lightly colored. Remove from the oven; allow cooling slightly and then chopping roughly. Set aside. Fill two saucepans with salted water and bring to a boil. Simmer the quinoa in one for 12 – 14 minutes and the rice in the other for 20 minutes. Both should be tender but still have a bite. Drain in a sieve and spread out the two grains separately on flat trays to hasten the cooling down.

While the grains are cooking, sauté the white onion in 4 Tbsp. of the olive oil until golden brown. Leave to cool completely. In a large mixing bowl combine the rice, quinoa, cooked onion, and the remaining oil. Add all the rest of the ingredients, taste and adjust the seasoning. Serve at room temperature. Makes a large platter.

See more salad recipes here.

Mashed Pumpkin

3-4 cups Pumpkin, cooked, mashed
1 onion, chopped
2 Tbsp. Extra Virgin Olive Oil
½ cup green pepper, chopped fine
Butter, Sea Salt & Pepper to taste

Fry the onion in oil until translucent or lightly brown. Add pumpkin and cook until soft. Mash it with a mixer and top with butter, salt and pepper.

Cauliflower & Sweet Potato Mash

2 large sweet potatoes, peeled and cubed
1 head of cauliflower, cut into florets
1 T. extra virgin olive oil
5 cloves of garlic, chopped
1/4 tsp. nutmeg
1/2 tsp. LCM Signature Blend
Sea Salt and black pepper
1/4 c. coconut milk
1/4 c. sour cream

Clean cauliflower and cut into florets. Peel and cube sweet potatoes. Place into a roasting pan and drizzle with olive oil, mixing to coat. Add spices and garlic and mix well. Cover and bake at 425 for 35-45 minutes. Remove from oven and place in a pan with the coconut milk and sour

cream and cook on medium heat until heated through. Sprinkle with more spices, if desired.

Mashed Cauliflower

1 head cauliflower — cut into florets
1/2 cup water
1/3 cup whole whipping cream or coconut milk
3/4 tsp. sea salt
1/4 tsp. white pepper
1/8 tsp. garlic powder
1/8 tsp. onion powder

Divide a head of cauliflower into florets that are all roughly the same size. Steam cauliflower pieces over boiling water (15 to 20 minutes), or until the cauliflower is tender. Drain the cauliflower and toss it in a bowl of ice water to bring the cooking process to a screeching halt.

When the cauliflower has cooled, put the florets in a food processor along with 1/2 cup of water. Puree the cauliflower on high speed until smooth, but with some very small pieces of cauliflower remaining in the mix for just a bit of texture. Pour all of the pureed cauliflower into a medium sauce pan. Add the cream, salt, white pepper, garlic powder and onion powder to the cauliflower and stir. Set the saucepan over medium heat and cook, stirring often, for 5 to 10 minutes, or until thick.

Stuffed Squash

2 small Acorn Squash, halved and seeded
1/2 c. carrot, diced
1/2 c. red bell pepper, diced
1/2 c. zucchini, thickly sliced
1/2 c. onion, diced
1/2 tsp. minced garlic
MCT Oil (in a spray bottle)

Preheat the oven to 350 degrees. Use spray to coat large baking dish. Place acorn squash halves in pan with 1/4 cup of water and steam for 10 to 15 minutes. Lightly steam-fry remaining ingredients for a few minutes. Stir frequently. Spoon vegetables into squash halves, spray the squash with MCT oil and bake until squash is tender, about 20-25 minutes.

Sweet Potatoes

2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces
1/3 cup pure maple syrup
2 Tbsp. butter, melted
1 Tbsp. lemon juice
Dash of salt and pepper

Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Asparagus and Tomatoes

1 bunch fresh asparagus, trimmed
2/3 cup water
1/4 cup coconut oil or MCT oil
1/2 cup grated Parmesan cheese

10 grape tomatoes, halved

Combine the asparagus and water in a 10 inch skillet and place over medium heat; cover. Allow the asparagus to steam until tender, about 10 minutes; drain. Reduce heat to low and return the skillet to the heat. Drizzle olive oil over the asparagus; sprinkle with Parmesan cheese. Add the grape tomatoes to the skillet and replace the lid. Allow to sit covered until the cheese melts and the tomatoes are slightly steamed, about 2 minutes.

Thanksgiving Green Beans

1 bag of fresh green beans

1 Tbsp. Butter

1 c. of water

1 Tbsp. Signature Blend Spice

Salt and Pepper

2 Tbsp Heavenly Ranch Dressing

1/2 c. toasted sprouted bread crumbs (see below)

Steam green beans until slightly cooked. Mix with butter and spices and place in a baking dish.

Take a few slices of sprouted bread and crumble. Place some coconut oil in a small heavy skillet and add breadcrumbs. Toast over medium heat, stirring constantly, until golden brown, 2 to 3 minutes. Mix crumbs with Heavenly Ranch seasoning and sprinkle over the beans. Bake at 350 for 20-25 minutes, or until beans are cooked.

Green Bean Cesar

2 cans green beans

2 Tbsp. extra virgin olive oil

1 Tbsp. vinegar

1 Tbsp. dried mined onion

1 Tbsp. chopped garlic

1/4 tsp. salt

1/8 tsp. pepper

Topping:

2 Tbsp. dry sprouted bread crumbs

3 Tbsp. grated Parmesan cheese

1 Tbsp. butter, melted

Toss the main ingredients and pour into a greased 9 x 13 pan. Combine topping ingredients and pour over the bean mixture. Bake at 350° for 30-40 minutes.

Roasted Veggies

1 zucchini

1 summer squash

1 red or yellow bell pepper

1 green bell pepper

1 bunch asparagus

1 red onion

3 Tbsp. coconut oil

Little Choices Matter Signature Blend Spice

Cut the veggies into bite size pieces. Toss with olive oil and seasoning. Spread in 9 x 13 pan.

Cook at 450° for 30 minutes, stirring occasionally.

Zucchini Italian

2 Tbsp. butter

1/2 onion, chopped

1/2 green pepper, chopped

1/2 tsp. oregano

1 tomato, wedged

4 c. zucchini, sliced

1 c. grated parmesan cheese

Sauté onion, green pepper and oregano in butter until onion is transparent. Add zucchini & cook until tender. Add tomatoes & cheese. Mix until cheese is melted.

Sprouted Bread Stuffing/Dressing

5 cups cubed sprouted bread

1 cup chopped onion

2 Tbsp. Coconut oil

3/4 cup chopped celery

2 1/2 tsp. dried sage

1 1/2 tsp. dried rosemary

1/2 tsp. dried thyme

1 Tbsp.

Signature Blend Spice

1 apple, chopped (optional)

1/3 cup minced fresh parsley

finely chopped turkey giblets

3/4 cup turkey stock

4 Tbsp. butter, melted

In a large skillet, cook the onions in oil over medium heat, stirring until lightly browned. Add the giblets, celery, sage, rosemary, and thyme; cook, for 2 minutes while stirring occasionally.

Spread the bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes at 350, or until lightly toasted. Transfer toasted bread cubes to a large bowl. Pour giblet mixture over bread in bowl. Mix in chopped apples, parsley, and liver. Drizzle with turkey stock and melted butter, and mix lightly. Spoon into turkey to loosely fill.

Desserts:

It's the "dreaded" part of the meal, dessert. Why not bake up something healthy this year so you can enjoy dessert guilt-free? Here are a few recipes to help you make healthy choices this Thanksgiving. We included a delicious Pumpkin Cranberry Muffin which is so yummy it's like dessert! If you are hosting a dinner, no need to tell your guests these are healthy until after they tell you how good they are 😊

Pumpkin Cranberry Muffins

1 cup sifted oat flour

2/3 cup sifted brown rice flour

1-1/2 tsp. cinnamon

1 tsp. baking soda

1/2 tsp. cream of tartar

1/2 tsp. nutmeg

1/4 tsp. ground ginger

1/4 tsp. ground cloves

1 egg

1/4 cup raw honey

2 Tbsp. Blackstrap Molasses

2 Tbsp. coconut oil

1/2 cup pumpkin (canned or cooked)

1 cup fresh cranberries, coarsely chopped

Sift together the dry ingredients in a large bowl. In a medium bowl, beat the egg with electric beaters until light and foamy. Beat in the honey followed by the molasses and coconut oil. Add pumpkin and mix well. Add to the flour mixture and blend. Stir in the cranberries. Divide the batter among 12 muffins cups and bake at 400 for 18-20 minutes.

Thanksgiving Granola

4 c. old fashioned rolled oats

2 tsp. cinnamon

1 tsp. pumpkin pie spice

1-2 tsp. stevia or 1/2 c. whole cane sugar

1/2 tsp. sea salt

1 tsp. baking powder

3/4 c. pumpkin

1/2 c. unsweetened applesauce

3 Tbsp. raw honey or pure maple syrup

1/2 c. mixed nuts

Mix the dry ingredients in one bowl and the wet ingredients in another. Fold together until everything is well combined. Place granola on baking sheet and bake at 325 for 400 minutes or until the granola is golden brown. Stir 1-2 times while baking. Remove from oven and let it cool completely on the baking sheet.

Sugar Free Cranberry Sauce

12-oz. bag fresh or frozen cranberries

1 cup water

1 tablespoon Agar Agar flakes

1 medium orange, peeled and sliced into small pieces

1/2 c. agave nectar or 1 tsp stevia

1/2 tsp. orange flavored liquid Stevia

Mix Agar Agar and water in a medium saucepan. Let soak at room temperature for 15 minutes, then bring to a boil. Reduce heat to simmer and allow the Agar to dissolve completely, then add cranberries. Return to a boil until cranberries start to "pop", then reduce heat to low and simmer gently for about 10 minutes. Remove from heat and add agave, stevia, and orange slices. Stir to mix well.

Carol's Healthy Cheesecake

Crust

1 c. of nuts of choice: pecans, macadamia nuts, cashews, almonds, finely chopped

1 tsp. vanilla

6 Tbsp. butter, melted

Finely chop nuts in a processor of choice. Mix together with butter and vanilla. If desired, add a few drops of stevia. Press in bottom of a 9" pie pan. Place in fridge.

Filling

16 ounces cream cheese, softened

1/2 cup plain fage yogurt

1 tsp vanilla

1 tsp lemon juice

Stevia to taste (I used 8 drops)

Beat cream cheese for about one minute and add remaining ingredients. Beat just until blended and pour over crust. Chill in the refrigerator. Top with toppings of choice and add whip cream if

desired. (P3 Recipe for

Thankful Apple Pie

Pie crust

1 cup dry rolled oats

1/4 cup whole-wheat, almond or coconut flour

1/4 cup ground almonds

2 Tbsp. whole cane sugar (Rapadura)

3 Tbsp. Extra Virgin Olive Oil

1 Tbsp. water

Filling

6 cups sliced and peeled tart apples

1/3 cup unsweetened applesauce

3 Tbsp. Agar Agar flakes

1 tsp. cinnamon

To prepare pie crust, mix dry ingredients together in a large mixing bowl. In a separate bowl, mix oil and water together with whisk. Add oil and water mixture to dry ingredients. Mix until dough holds together. Press dough into 9-inch pie plate and set aside until filling is prepared.

To prepare filling, combine all ingredients in a large bowl and let stand for 15 minutes. Place into the prepared pie crust and bake at 425 for 15 minutes. Reduce heat to 350 and bake 45 minutes, or until apples are tender.

Chocolate Brownies

15 oz canned black beans, rinsed and drained

1/4 cup carab powder

1 tsp ground coffee

2 eggs

3 tbsp. whole wheat pastry flour

3/4 cup agave or coconut nectar

1 tbsp. butter, melted

1 tsp. organic vanilla extract

Frosting

2 oz unsweetened baking chocolate

2 Tbsp. coconut milk

Few drops of dark chocolate stevia or regular stevia

Combine the beans, carab powder, coffee, eggs, and flour in a bowl. Blend with electric mixer for 2 minutes, or until the mixture is creamy. Add nectar, butter and vanilla. Blend until all of the ingredients are combined. Pour the batter into a greased baking dish and bake for 20 minutes at 350, turning the dish halfway through the baking time. Turn down the temperature of the oven to 300°F and bake for another 5-8 minutes. Do NOT overcook. Check with a toothpick inserted in the center – a little bit of soft batter should be clinging to it. It should NOT come out clean, if it does, it's overcooked.

Let the bars cool completely at room temperature in the baking dish on a wire rack. Melt the chocolate and add milk and stevia. Spread over brownies and then refrigerate for at least 3 hours. When cold, cut into squares and serve. Refrigerate leftovers.

Banana Bread

1 c. oats

1/2 c. wheat flour

2 tsp. baking powder

1/8 c. raw honey

2 egg whites

4 fresh bananas

1/2 c. chopped walnuts

In a bowl, mash bananas until creamy and beat in honey, egg whites. In a small bowl, mix wheat, oats and baking powder together then add to banana mixture. Blend with dry ingredients and spread in loaf pan. Bake at 350 degrees 45-50 minutes until toothpick comes out clean. Cool on a rack for about an hour.

Banana Lemon Pudding

1 banana

1/2 Tbsp. raw honey

2 Tbsp. unsweetened coconut flakes

Juice from 1/2 lemon

1/2 Tbsp. coconut oil

Process everything in a food processor or Magic Bullet until smooth. Makes 1 serving.

Wine Spritzer

4 oz. wine

4 oz. unsweetened cranberry juice

2 (1/4-inch) slices lemon

2 (1/4-inch) slices lime

Ice cubes

Stir together wine and juice, mix with ice and add the lemon and lime slices