

EVOLVE THIS THANKSGIVING

RECIPES + TIPS

For me, the key to enjoying Thanksgiving with family has been in indulging in many flavors. Having a variety of side dishes allows me to do so without having to go for seconds (or thirds) on the stuffing or mash potato. In this recipe guide, I share with you ways nutritional dense side dishes you can fill up on this Thanksgiving without having to feel guilty or 'sluggish'. I also share homemade dressings, sauces and cooking tips to save you the added calories so you're not filling up on purely sugar.

Thanksgiving is a time to celebrate the things we are grateful for, let's not forget **health** is one of those things. Eat smart and enjoy this holiday, Evolvers. I'm proud of the commitment and effort you consistently put in!

I recommend reading this guide and getting your groceries ready ahead of time. Change requires effort and creativity. I'm excited to see how you recreate some of your favorite dishes. Please feel free to share some of your own recipes with us in our private group.



Yummy side dishes you can indulge in without the guilt



Light breakfast options to keep your holiday cravings satisfied



Gluten free desserts made with healthy substitutes & lots of love!



Breakfast Recipe

You can use thanksgiving sweet potato mash for this recipe in place of pumpkin if you'd like to make use of the leftovers!



Paleo Pumpkin Pancakes

Prep Time : 5 mins

Cook Time : 10 mins

Servings : 2 portions

Ingredients :

- ☐ ⅔ cup old fashioned oats
- ☐ ½ cup egg whites
- ☐ ½ cup cottage cheese
- ☐ ¼ cup pumpkin
- ☐ 1 teaspoon baking powder
- ☐ 1 teaspoon pumpkin pie spice
- ☐ ¼ teaspoon cinnamon
- nonstick cooking spray
- sugar free maple syrup, for topping
- ☐ stevia drops or sugar

Notes :

If you're vegan, sub eggs and cottage cheese with lactose free cottage cheese and coconut oil!

Directions:

- STEP 1

Add oats, egg whites, cottage cheese, pumpkin, baking powder pumpkin pie spice and cinnamon into a blender and process until the batter is relatively smooth.

- STEP 2

Heat pan or griddle to low-medium heat and spray with nonstick cooking spray.

- STEP 3

Once hot, scoop out about a quarter cup of batter at a time and pour onto pan. (You should be able to make about 8 small pancakes.)

- STEP 4

Cook until little bubbles form and the edges of the pancakes are solid enough to put a spatula underneath, about 4-6 minutes. Flip the pancakes and cook for one to two additional minutes.

- STEP 5

Drizzle with sugar free maple syrup and/or nut butter.

Breakfast Recipe

This hash isn't like the ordinary. No meat or fried onions. Mix any of your favorite seeds or nuts. This high protein recipe is so good, you can even have it as a dessert!



Sweet Potato Hash

Prep Time : 10 mins

Cook Time : 10 mins

Servings : 1 portion

Ingredients :

- ☐ 1 sweet potato
- ☐ 5 eggwhites
- ☐ 1 tbsp roasted & unsalted sunflower seeds
- ☐ 1 tbsp unsalted pumpkin seeds
- ☐ 1 tsp cinnamon
- ☐ 1 tbsp almond butter
- ☐ 1 tbsp coconut oil

Directions:

- STEP 1

Wash sweet potato and chop into small cubes. Place on a lightly oiled tray and lightly layer sweet potatoes with coconut oil.

- STEP 2

Put the sweet potatoes in your air-fryer for 10 minutes or until you see that they're crunchy. Flip them over if needed half way through.

- STEP 3

Cook egg-whites with cooking spray or coconut oil.

- STEP 4

In a bowl, add your eggwhites, sweet potato, seeds, and nut butter. Drizzle with sugar free maple syrup!

Notes :

The key to making this hit the spot is to make sure the sweet potatoes are cooked to crisp! It's all about the crunch.

Breakfast Recipe

This is my twist on Blueberry Casserole French toast. French toast is thicker and heavier. Because crepes do not contain baking soda or baking powder to help them rise, they are thinner and much lighter. You can buy crepes ready made or do it from home, it's super easy!



Blueberry Crepe

Prep Time : 10 mins **Cook Time :** 20 mins **Servings :** 4 portions

Crepe Ingredients

- ☐ 1 large egg
- ☐ 3 eggwhites
- ☐ 1/2 cup unsweetened almond milk or milk of choice
- ☐ 1 tsp vanilla extract
- ☐ 1 tbsp sugar free maple syrup
- ☐ 1/4 cup coconut or almond flour
- ☐ 1 tbsp coconut oil melted

Berry Sauce Ingredients

- ☐ 1/2 pint blueberries
- ☐ 1/3 cup stevia sugar
- ☐ 1/2 tbsp lemon zest
- ☐ 1 tbsp lemon juice

Filling Ingredients

- ☐ 1/2 pint blueberries
- ☐ Cottage Cheese or Greek Yogurt

Directions:

- STEP 1 (making the crepe)

In a large mixing bowl, whisk together all the ingredients. Hit the plan and lightly grease with coconut oil.

- STEP 2

Pour batter and spread thinly on you pan until the base is covered. The thickness should be like a tortilla, not a pancake. Cook on med heat, flip as needed until cooked.

- STEP 3

In the meantime, combine blueberries, stevia sugar, lemon zest and lemon juice in a nonstick frying pan. Cook over medium low heat for 10 minutes, or until juices are bubbly and fruit is tender.

- STEP 5

Plate your crepe! Add cottage cheese filling, roll up like a burrito or fold into quarters. Add your berry sauce.

VEGAN SUB:

Lactose Cottage Cheese for filling

Almond-milk base Yogurt in place of eggs

Breakfast Recipe

Ok, this isn't a holiday inspired recipe but it's great high fiber-protein rich recipe that can start your day off on the right foot. If you're ever craving a bagel or breakfast wrap, this is the recipe for you.



Spinach Egg-Avocado Wrap

Prep Time : 5 mins

Cook Time : 10 mins

Servings : 1 portion

Ingredients

- ☐ 5 eggwhites
- ☐ 1/4 white onion
- ☐ 4 mushrooms
- ☐ pinch of salt/pepper
- ☐ pinch of zaa'tar
- ☐ mission low carb tortilla
- ☐ sugar free ketchup
- (optional)
- ☐ 1/2 avocado
- ☐ cilantro for garnish
- ☐ 1 tbsp olive oil
- ☐ cilantro for garnish
- ☐ everything bagel seasoning
- ☐ 1/2 sweet potato

Directions:

- STEP 1

Chop sweet potato into small cubes, then cook them in an ary fryer or oven for 8 minutes (until crispy)

- STEP 2 (making eggs/omelette)

Heat pan on med heat, add oil, onions and mushrooms. Stir until golden.

- STEP 3

Add eggwhites in and spread evenly. I recommend making an omelette vs scrambled so it's easier to fold and eat.

- STEP 4

Add omelette onto your tortilla, top with seasoning and fold or roll into a wrap. Add side of sweet potato cubes. Drizzle sugar free ketchup if desired.

Breakfast Recipe

If you love apple pie or apple crumble, you'll LOVE this Apple Cinnamon Oatmeal! Warm, cozy, and loaded with cooked apples plus all the delicious spices.



Apple Pie Oatmeal

Prep Time : 10 mins

Cook Time : 10 mins

Servings : 2 portions

Ingredients :

- ☐ 1 medium crisp apple
- ☐ 3 tablespoons honey
- ☐ 1 teaspoon cinnamon
- ☐ 2 cups water
- ☐ 1/4 teaspoon ground nutmeg
- ☐ 1 cup old fashioned oats (or gluten free oats!)
- ☐ 1/2 cup chopped walnuts (optional)
- ☐ 1/2 cup almond milk (optional)
- ☐ 1 tbsp coconut oil
- ☐ pinch of salt

Notes :

You can substitute the apples with other fruit to change up the flavor profile!

Directions:

- STEP 1

In a medium saucepan, add the coconut oil over medium high heat. Add 1 cup of the apples, the honey, and sprinkle in the spices and salt. Cook for 2-3 minutes until the apples are softened.

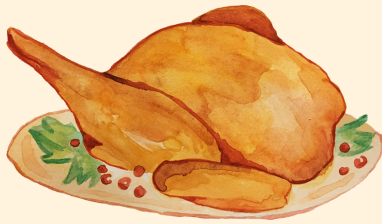
- STEP 2

Pour in the water, turn the heat up to high, and bring to a low boil. Add the oats and reduce the heat to medium/medium high. Cook and stir occasionally for 3-5 more minutes.

- STEP 3

Add the walnuts (if using), and continue cooking until most of the liquid is absorbed. Divide the oatmeal between two bowls, sprinkle each with the remaining apples, drizzle with a little more honey, and splash 1/4 cup milk into each bowl.

For The Main Course



I don't have a Turkey recipe I trust enough to share with you lol but here are tips that have helped make my turkey juicier.

Leave Your Bread Stuffing On the Side

Cooking the turkey unstuffed creates a more level cooking field so the white and dark meat to can be done at the same time. Dense bread stuffing reduces air flow inside the turkey and slows the cooking time. Dark meat cooks slower than white breast meat, and stuffing the turkey compounds the issue. Unstuffed turkey cooks more evenly, and faster so you're not overcooking certain parts.

INSTEAD, STUFF IT WITH AROMATICS

Onion, celery, garlic, carrot, and herbs.
These flavor the turkey from the inside as it cooks.

Brine Your Turkey for More Flavor

Brining your turkey is must! Turkey is mostly lean so brining adds flavor and tenderizes it so it's juicier. You can do this wet or dry but in my opinion, a wet brine will tenderize meat better. To do so, soak your turkey in a salt-water solution for 12-24 hours (this doesn't include thawing time). In steps it would go like this: 1-2 days for the turkey to thaw in the fridge, then 12-24 hours of wet brine time, then 12-24 hours uncovered in the fridge to dry the skin.

Brine Flavors To Experiment With

Kosher Salt, sugar, water, peppercorns and herbs are the standard mix for a brine. I recommend using brown sugar and adding other flavor profiles like oranges or lemons, sliced apples, garlic, onion. For spices, I LOVE allspice but you can also try adding chiles, cinnamon sticks or apple juice.

For The Salad



When it comes to Thanksgiving dinners, it's all about balance. People occasionally have a heavy and filling main dish with a variety of comforting side dishes. This Thanksgiving, consider making the side salad your main course so you can fill up on more micronutrients.

Satisfying Thanksgiving Cravings

Rest assured, these aren't your standard salads. Pumpkin, squash, cranberry sauce, corn, warm apples and stuffing are some of the staple things that make a Thanksgiving dinner. Add these to your salad dishes to keep the flavor. Here are some options to explore!

Butternut Squash Salad

Roasted butternut squash, baby kale, walnuts, dried cranberries, and feta cheese + homemade honey lemon dressing

Apple Walnut Salad

Arugula, crisp apples, crunchy walnuts, and fresh cranberries with homemade balsamic vinaigrette.

Fig Goat Cheese Salad

Figs, Arugula/Mixed Greens, Avocado, goat cheese, toasted walnuts +yogurt dill dressing

Almost all of these Thanksgiving salads can be made ahead of time. When making ahead, I recommend storing the ingredients separately from the dressing, and tossing ready to serve. If this is too much storing for you then just separate the dry ingredients from the wet ingredients so you're not missing the crunch. (soggy walnuts are not my thing, lol)

For The Dressings



Let's take a minute to talk about homemade dressings. Gone are the days where you need to stock up the fridge with store-bought salad dressing full of sugar! Making your own at home takes literally 2 minutes and uses ingredients that you probably already have at home. Plus, double the recipe and save half in the fridge for the following week!

yogurt and herb dressing

This is a lighter version of a classic Green Goddess dressing, which is usually made with lots of mayonnaise and sour cream.

Ingredients

Makes 1 1/2 cups

- 1 shallot (small minced)
- 1 cup mixed fresh herbs (mint, basil, parsley, tarragon, chives)
- 1 cup plain Greek yogurt
- 1/4 cup water
- 1/4 cup extra-virgin olive oil
- 3/4 teaspoon honey
- salt and pepper to taste

honey lemon dressing

Ingredients

Makes 1/2 cup

- 2 tablespoon fresh lemon juice
- 1 teaspoon finely grated lemon zest
- 1 1/2 tablespoon honey
- 1/2 teaspoon chopped thyme
- 1/4 cup extra-virgin olive oil
- salt and pepper to taste

balsamic vinaigrette dressing

Ingredients

Makes 1 cup

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1 shallot, minced
- 1 clove garlic, minced
- salt and ground black pepper to taste

Tips For Cooking

NINE HEALTHY SUBSTITUTES FOR BUTTER



- Olive oil.
- Ghee.
- Greek yogurt.
- Avocado
- Pumpkin purée.
- Mashed bananas.
- Coconut oil.
- Applesauce.

NINE HEALTHY SUBSTITUTES FOR FLOUR



- Coconut Flour
- Almond Flour
- Semolina Flour
- Cassava Flour
- Oat Flour
- Chickpea Flour
- Rye Flour
- Buckwheat Flour

NINE HEALTHY SUBSTITUTES FOR SUGAR



- Agave
- Honey
- Stevia
- Monkfruit
- Sugar free Maple Syrup
- Sugar free whipped cream
- Dark Chocolate
- Coconut sugar

Dinner Side Dish Recipe

Sorry I don't have a pretty picture for you lol, but you'll love this recipe if you love stuffing as much as I do! I will choose this over mash & gravy as day.



Gluten Free Stuffing

Prep Time : 10 mins

Cook Time : 1 hour

Servings : 8 portions

Ingredients :

- ☐ 2 tablespoons ghee or refined coconut oil
- ☐ 3 cups onion diced
- ☐ 2 cups celery diced
- ☐ 1 cup mushrooms diced
- ☐ 1 cup apple diced
- ☐ ¼ cup dried cranberries or dates, chopped
- ☐ ¼ cup parsley chopped
- ☐ 4 tsp poultry seasoning
- ☐ ½ tsp salt
- ☐ ½ tsp black pepper
- ☐ 2 cups almond flour
- ☐ 3 eggs whisked

Notes :

Vegan substitute - swap eggs for 1 cup applesauce

Directions:

- STEP 1

Preheat oven to 350° F. Heat ghee or oil in a large iron or skillet over medium heat. Add onion, celery, apple, mushrooms, cranberries or dates, parsley, poultry seasoning, salt, and pepper. Sauté until very soft, about 7 minutes.

- STEP 2

Remove from heat. Keep in an oven-proof skillet or transfer to 9×9" baking dish. Stir in almond flour and mix well. Add the whisked eggs and stir well. Bake for 45 minutes to 1 hour, or until browned on top.

TIPS

Make sure you sauté your veggies long enough for them to be really softened. This helps everything meld together beautifully.

Use the dried herbs you prefer or make your own poultry seasoning.

Dinner Side Dish Recipe

The key to indulging without sabotaging is in having many healthy side dish options. You can eat more veggies and consume less calories versus going for seconds on the mash.



Green Bean Casserole

Prep Time : 10 mins

Cook Time : 45 min

Servings : 6 portions

Ingredients :

- ☐ 1 lb. green beans, trimmed
- ☐ 6 tbsp grass-fed butter
- ☐ 1 onion, sliced thinly
- ☐ 8 oz. sliced mushrooms
- ☐ Salt/ground black pepper
- ☐ 2 cloves garlic, minced
- ☐ 1/4 cup almond flour
- ☐ 3 cup almond milk

Notes :

If you don't like onion, you can remove it and top with cheddar cheese for added flavor.

Directions:

- STEP 1

Preheat oven to 350°. In a large pot of boiling water, add green beans and cook until bright green, about 6 minutes. Then quickly move the green beans to ice bath to cool, then drain and transfer to a large bowl.

- STEP 2

In a large ovenproof skillet over medium heat, add 2 tbsp butter, onions, mushrooms, s/p and stir for 5 minutes. Stir in garlic and cook until golden, 1 minute, then add it to the bowl of green beans.

- STEP 3

In same skillet over medium heat, add 4 tbsp butter. Whisk in flour and cook until golden. Gradually whisk in milk. Bring to a simmer and cook until thickened. Remove from heat, then add green bean mix until evenly combined.

- STEP 4

Bake until warmed through and bubbling, about 30 minutes. In the meantime, caramelize onions in a pan and then top and bake 5 minutes more.

Dinner Side Dish Recipe

Ok seriously, I'm guilty here because my in-laws had me hooked on their sweet potato casserole for years. I had to make a change because marshmallows and loads of sugar wasn't it for me. This is my healthy spin and my family loved it last year!



Sweet Potato Casserole

Prep Time : 20 mins

Cook Time : 30 min

Servings : 12 portions

Ingredients :

- ☐ 4 cups sweet potato, cubed
- ☐ ½ cup stevia sugar
- ☐ 2 eggs, beaten
- ☐ ½ teaspoon salt
- ☐ 1 tsp cinnamon
- ☐ 4 tbsp grass-fed butter, softened
- ☐ ½ cup milk
- ☐ ½ tsp vanilla extract
- ☐ ⅓ cup packed brown sugar
- ☐ ⅓ cup almond flour
- ☐ 3 tbsp butter, softened
- ☐ ½ cup chopped pecans
- ☐ ⅓ sugar free maple syrup

Notes :

No marshmallows in this recipe and honestly, you don't even need it! The sweetness and crunch make up for it.

Directions:

- STEP 1

Preheat oven to 325 degrees F. Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.

- STEP 2

In a large bowl, mix together the sweet potatoes, stevia sugar, cinnamon, eggs, salt, butter, milk, sf maple syrup and vanilla extract. Mix until smooth. Transfer to a baking dish.

- STEP 3

In a medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mix.

- STEP 4

Bake in the oven for 30 minutes, or until the topping is lightly brown.

- STEP 5

Drizzle sf maple syrup (if needed).

Dinner Side Dish Recipe

I eat these as if they're popcorn, lol! And honestly, this is the only way I'll eat brussel sprouts. If you have an air fryer, it's worth throwing them in there if you want to skip the oil. They'll be a little more dry but still satisfying with the balsamic glaze.



Glazed Brussel Sprouts

Prep Time : 10 mins

Cook Time : 10 min

Servings : 5 portions

Ingredients :

- ☐ 1 lb. Brussels sprouts, washed and cut in halves
- ☐ 2 tbsp. extra-virgin olive oil
- ☐ 1/2 cup balsamic vinegar
- ☐ 2 tbsp honey
- ☐ 1 tbsp. dijon mustard
- ☐ 2 cloves garlic, minced
- ☐ Salt/ground black pepper

Notes :

You can turn this into a holiday veggie side by adding carrots, cranberries and pecans!

Directions:

• STEP 1

In a large skillet over medium heat, heat oil. Add Brussels sprouts, with the cut side laying down and cook until golden.

STEP 2

Add ¼ cup water and cover. Let Brussels sprouts steam until tender, 3 minutes. If the skillet seems dry, add more water a tablespoon at a time.

STEP 3

Remove sprouts from skillet and set aside on a plate. Add vinegar, honey, mustard, and garlic and whisk to combine. Bring to a simmer and cook until thick and syrupy, 6ish minutes. Add sprouts back to the pan, toss around and heat through, 2 to 3 more minutes. Season with salt and pepper.

TIPS

I added pepper flakes for a kick of flavor, but you can skip that or add any other herbs you like!

For The Sauce

Don't waste your calories. Cranberry is naturally sweet and we can make it sweeter without the use of white sugar. Stevia, honey or sugar free maple syrup are all better options!

Cranberry Sauce



Prep Time : 5 mins **Cook Time :** 20 mins **Servings :** 8 portions

Ingredients :

- ☐ 1 cup stevia sugar or ½ cup honey or sugar free maple syrup
- ☐ 1 cup water
- ☐ 1 (12-oz.) package fresh cranberries
- ☐ 2 tsp. orange zest
- ☐ Salt (optional)

Directions:

- STEP 1

In a small saucepan over low heat, combine sugar and water until sugar dissolves. Add cranberries and cook until they burst, 10 minutes. Stir in orange zest and a pinch of salt.

- STEP 2

Remove saucepan from heat and let it cool completely, then put it in container and refrigerate.

Skinny Turkey Gravy



Prep Time : 10 mins **Cook Time :** 15 mins **Servings :** 8 portions

Ingredients :

- ☐ 1/2 cup Turkey drippings from Pan (if using)
- ☐ 2 cups unsalted Stock chicken or turkey
- ☐ 1 garlic cloves minced
- ☐ 1 tbsp sage finely chopped
- ☐ 1 tbsp thyme leaves
- ☐ 1/2 cup almond milk dairy
- ☐ 1/2 cup Xanthan gum or almond flour
- ☐ Salt and Pepper to taste

Directions:

- STEP 1

On a med-high heat, add drippings and stock. Strain and pour liquid into a bowl and refrigerate or 20-30 minutes.

- STEP 2

Remove hardened fat with a spoon and place the stock into a saucepan med heat. Add in the garlic, sage, and thyme.

- STEP 3

In a small bowl whisk milk and xanthan gum or almond flour until mixed well then pour it into the stock.

- STEP 4

Continue to simmer and stir frequently until stock thickens about 3 to 5 minutes.

Dessert Is Served

You won't be in a sugar coma after a serving
(or two!) from these recipes.

Pecan Pie



Crust Ingredients

- ☐ 2 cups blanched almond flour
- ☐ ¼ teaspoon sea salt
- ☐ ⅓ cup coconut oil, solid
- ☐ 2 tbsp coconut sugar
- ☐ 1 egg
- ☐ sugar free whipped cream for topping (optional)

Filling Ingredients

- ☐ ¾ cup coconut sugar
- ☐ ¼ cup sugar free maple syrup
- ☐ ⅓ cup coconut oil, melted
- ☐ 2 eggs
- ☐ 1 tbsp blanched almond flour
- ☐ 1 tbsp almond milk
- ☐ 1 tsp vanilla extract
- ☐ 2 cups pecans, chopped roughly

Prep Time : 10 mins

Cook Time : 50 min

Servings : 6 portions

Directions | For the crust

STEP 1: In a medium bowl, stir together the almond flour, coconut sugar, and salt. Add in the coconut oil and using a fork (or your fingers), cut into the almond flour until the coconut oil is blended. Stir in the egg until the dough is slightly moist and forms a ball. There may be streaks of coconut oil running through your dough.

STEP 2: Press the dough into a disk and wrap in plastic wrap. Place in the freezer while you prepare the filling, or place in the fridge if you're making this a few days ahead.

STEP 3: When ready to bake, roll out your dough in between two sheets of parchment into a 12-inch circle. Lay dough into a 9-inch pie dish (not deep dish).

Directions | For the filling

STEP 1: Preheat the oven to 325°F. In large bowl, beat eggs until slightly foamy. Stir in the maple syrup, coconut sugar, and oil. Whisk together until fully blended. Stir in the almond flour, almond milk, and vanilla. Add the pecans and stir until they are fully coated.

STEP 2: Pour the mixture into the prepared pie dough. Bake in the preheated oven at 325°F and bake for 45-50 minutes, or until the top no longer jiggles in the center. Cool completely in the fridge before slicing.

In this version, I'm using more wholesome ingredients like almond flour, coconut sugar, and coconut oil. This pie is basically full of pecans so the flavor and flaky crust won't be missed. You can use the same crust ingredients for your pumpkin pie to keep it grain and gluten free! I listed the ingredients in the next page

Pumpkin Pie



In this version, I'm using more wholesome ingredients like almond flour, coconut sugar, and coconut oil. This pie is basically full of pecans so the flavor and flaky crust won't be missed.

Crust Ingredients

- ☐ 2 cups blanched almond flour
- ☐ ¼ teaspoon sea salt
- ☐ ⅓ cup coconut oil, solid
- ☐ 2 tbsp coconut sugar
- ☐ 1 egg

Filling Ingredients

- ☐ ¾ cup coconut sugar
- ☐ ¼ cup sugar free maple syrup
- ☐ ⅓ cup coconut oil, melted
- ☐ 2 eggs
- ☐ 1 tbsp blanched almond flour
- ☐ 1 tbsp almond milk
- ☐ 1 tsp vanilla extract
- ☐ 2 cups pecans, chopped roughly

Throughout The Season

Below are easy recipes for every day snacks to get you through the cold season without having to opt for a slice of cake or bag of chips. Making healthier decisions with your food starts with knowing what your options are. It's much easier to grab a chocolate bar than it is to think of it's healthier swap out. I've added below some recipes you can go to whenever you're in that snacking mood. They will hit the spot, trust me ;)

Cinnamon Muffin



My twist on muffins and it only takes 90 seconds. I make this occasionally and it's an easy recipe you can follow this holiday! If you find that your mix is too dry, add almond milk.

Crust Ingredients

- ☐ ⅓ cups of quick oats
- ☐ 1 medium ripe and mashed banana
- ☐ ⅓ tsp cinnamon
- ☐ stevia drops
- ☐ 2 eggwhites
- ☐ 2 dates, pitted
- ☐ 2 oz blueberries

Instructions

- 1.Place oats, banana, cinnamon, egg and dates in a mug and stir to combine.
- 2.Clean inside rim of mug with paper towel. Microwave, uncovered for 90 seconds or until top is just firm. Serve with berries + honey or sugar free syrup

Berry Cakes



This is the easiest of them all to prepare. You can do so much with rice cakes. With so many options available, you can enjoy this light snack every single day.

Here are some holiday inspired rice cakes you can try:

- Caramel Rice Cake + Almond Butter + Caramelized Banana + Pecans
- Chocolate Rice Cake + Almond Butter + Caramelized Apples
- Plain Rice Cake + Cottage Cheese + Blueberry Sauce + Blueberries
- Plain Rice Cake Cashew Butter + Cranberry Sauce + Sunflower Seeds
- Chocolate Rice Cake + Almond Butter + Sugar Free Strawberry Jam + Pecans
- Caramel Rice CakeCottage Cheese + Caramelized Figs + Honey

Low-Carb Chocolate Chia Pudding



Ingredients

- ☐ 2 tbsp sweetener (Lakanto, Stevia, etc)
- ☐ 1 tbsp Cocoa Powder
- ☐ 1 tsp Stevia Vanilla Extract
- ☐ 1 cup Unsweetened Coconut Milk (from a can) (or Almond Milk for less calories)
- ☐ 1/4 cup Chia Seeds

Prep Time : 5 mins **Cook Time :** 30 min **Servings :** 1 portion

Directions

STEP 1: In a small mason jar, add the cocoa powder and sweetener. Close the lid and shake well to remove any lumps. Then add the coconut milk and vanilla extract to the mason jar. Close the lid and shake to combine or mix well with a fork.

STEP 2: Add the chia seeds to the jar and shake again. Once the mixture is well combined, put the jar in the fridge for at least 30 minutes.

TIP: This gets better the longer it sits in the fridge, so perfect for making a few to last you the week! For toppings: add sugar free whipped cream and crushed pecans!

Pumpkin Spice Smoothie



Ingredients

- ☐ 2 tbsp of almond butter
- ☐ 1/2 tbsp of pumpkin pie spice
- ☐ 1/2 cup of unsweetened pumpkin spice almond creamer
- ☐ 1 scoop of vanilla protein powder
- ☐ Add sweetener of choice
- ☐ Add ice for a thick texture (aprox 2 cups)
- ☐ Sugar free/dairy free almond whipped cream (optional)

Prep Time : 5 mins **Servings :** 1 portion

Directions

Quite simple, add all your ingredients and blend till you get a nice creamy texture. For a thicker base, add more pumpkin puree or use less milk.

DESSERT TIPS

Other ways to add more sweetness to your desserts are using naturally sweet ingredients like honey and fruits.

Topping your dessert with sugar free maple syrup and whipped cream can also save you a ton of sugar!

Adding spices like cinnamon, nutmeg, etc. can keep the flavor of some of your favorite seasonal desserts.

USING LEFTOVERS

Got a big bag of apples from Costco? Here are some other ways to use them up this season!

- Slow Cooker Applesauce
- Caramelized Apples for salad topping
- Cinnamon Apple Baked Oatmeal
- Applesauce to add to your snacks

SIDE NOTE

Consuming dessert that isn't made from the ingredients above isn't an end all be all. You can enjoy regular dessert if it's occasional. The tips I'm sharing with you are for your best interest long-term. Enjoy your holiday dinners with moderation kept in mind. If you're looking to indulge a little more this holiday, consider the tips I mentioned.

Happy Thanksgiving!

Love,

Heba