



Eat Well For the Holidays

HEALTHY RECIPE COLLECTION

**Delicious recipes & tips to eat well
and stay healthy throughout the Season.**

Thanksgiving is such a great time to celebrate family, traditions and gratitude. Yet some of those traditional dishes leave you not feeling so grateful after eating them! Check out these recipes — healthier alternatives so you can enjoy all the wonderful spices, aromas and tastes of the season.

Just add hugs, laughter and love.

Enjoy! - Kathy



Kathy Basel

Holistic Wellness Coach, Mind-Body Healer



www.thevitalitycode.com



Healthy Pumpkin Spice Latte

Nothing signifies the start of Fall quite like a pumpkin spice latte, but skip the sugary coffee house latte that's hiding 200 calories and 37 grams of sugar for this healthier all-natural version.

Ingredients:

- 1/2 cup unsweetened vanilla almond milk
- 3 tbsp pumpkin puree
- 1 tsp pumpkin pie spice
- 1/2 tsp vanilla
- 2-3 drops of liquid stevia
(or sweetener of choice)
- 8 ounces brewed coffee
(or 1-2 shots of espresso)
- sprinkle of cinnamon

Directions:

In a cup or saucepan, mix together almond milk and pumpkin. Cook on medium heat on the stovetop or microwave for 30-45 seconds.

Remove from heat, stir in vanilla, spices, and sweetener, place in a cup and use a frother to foam the milk. You can also use a blender — just process for 30 seconds or until foamy.

Pour coffee into a large mug, add the foamy milk mixture on top. Sprinkle with cinnamon. Enjoy!



Chocolate Cherry Breakfast Smoothie

I like to start with a high-protein breakfast to keep me from snacking all day while cooking the Thanksgiving Day meal. This smoothie is so rich and decadent, I feel like I've already had a treat! Plus the healthy fats from the avocado and coconut oil provide all-day energy. Whip one up first thing in the morning or enjoy one later in the day as a decadent snack later.

Ingredients:

- 1 avocado
- 2 tbsp raw unsweetened cacao
- 1 tbsp coconut butter
- 1 handful of pumpkin seeds
- 1 handful of hazelnuts,
pre-soaked overnight
- 2 Tablespoons Apothe Cherry Juice
(*ask me about the \$50 coupon!)
- 1 tsp vanilla extract
- 1 tsp lemon or lime juice
- 1/2 tsp cinnamon powder

Directions:

Simple! Put all ingredients into the blender and blend until smooth.



Alkalizing SuperFoods—Power Shake

One of the best tricks to ensure you are not inclined to over-indulge in all the sweets that the holiday brings is to make sure your body is alkalized with plenty of greens. It's not always easy to get in 5 or 6 servings, and that's why I HIGHLY recommend the Power Shake from my online superstore as a mainstay in your pantry.

All organic, GMO & gluten-free and Vegan friendly too. The equivalence of 6 super-food salads all in one tasty drink.

Ingredients:

Organic Rice Bran Solubles, Organic Oat Flour, Organic Spirulina, Organic Millet, Organic Carrot Juice Powder, Organic Wheatgrass Juice Powder, Organic Amaranth, Organic Alfalfa Leaf Juice Powder, Organic Oat Grass Juice Powder, Organic Buckwheat, Organic Quinoa, Organic Raspberry Flavor, Organic Apple Flavor, Organic Lo Han Berry Extract, Organic Chia Seed.

Directions:

Simple! Put two scoops into the blender bottle with water and ice and shake.

Enjoy immediately, You'll feel like you're drinking liquid energy!

A GIFT OF SAVINGS FOR YOU!

Order the PowerShake from my online superfood superstore And use the code "thevitalitycode" **save \$50 off your first order!**

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Spice-Brined Turkey with Cider Pan Gravy

I love the description of this turkey as “love in your mouth.” A 12-lb turkey should cook between 2 hrs, 45 mins — 3 hrs, 15 mins.

Ingredients:

- 5 quarts water
- 3/4 cup plus 2 tablespoons kosher salt
- 1 1/2 cups thinly sliced fresh ginger
(about 6 ounces)
- 2 tbsp coarsely crushed cloves
- 2 tbsp crushed cardamom pods
- 2 tbsp coarsely crushed whole allspice
- 2 tbsp coarsely crushed black peppercorns
- 1 (12-pound) fresh or frozen turkey, thawed
- 1 (14-ounce) can fat-free, less-sodium chicken
broth, divided
- 1 1/2 cups apple cider
- 1.1 ounces all-purpose flour
(about 1/4 cup)
- 1/4 tsp freshly ground black pepper

* from myrecipes.com

Directions:

Combine first 7 ingredients in a large stockpot over medium-high heat. Cook until salt is dissolved. Remove pan from heat; cool completely.

Remove and discard giblets and neck from turkey, or reserve for another use. Trim excess fat. Tie ends of legs together with kitchen twine. Lift wing tips up and over back; tuck under turkey. Add turkey to pan, turning to coat. Cover and refrigerate for 24 hours, turning the turkey occasionally. Preheat oven to 450°.

Remove turkey from brine; discard brine. Rinse turkey with cold water; pat dry. Place turkey, breast side up, in a roasting pan. Pour 1 cup broth into pan. Bake at 450° for 30 minutes.

Reduce oven temperature to 350° (do not remove turkey from oven). Bake turkey at 350° for 1 1/2 hours or until thermometer inserted into meaty part of thigh registers 165°. Remove turkey from oven; let stand 30 minutes. Remove and discard skin.

Place a zip-top plastic bag inside a 2-cup glass measure. Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into a measuring cup, stopping before the fat layer reaches the opening (reserve 1 tablespoon fat). Combine drippings, remaining broth, and cider in a small bowl. Place broiler pan on stovetop over medium heat, scraping to loosen browned bits. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Add flour and reserved fat to pan; cook 1 minute, stirring frequently. Slowly add broth mixture, stirring with a whisk; cook 4 minutes or until thickened, stirring occasionally. Stir in 1/4 tsp black pepper.



Fruity Cranberry Sauce

A homemade alternative to store bought cranberry sauce with delicious hints of pineapple and orange to complement the flavor. And there's no cooking involved!

Serves 8

Ingredients:

- 2 bags of fresh cranberries
- $\frac{3}{4}$ cup pineapple juice or orange juice
- 1 medium apple, cut into wedges
 $\frac{1}{2}$ cup of water
- juice and zest of one navel orange
- 1 Tablespoon of honey or agave
to taste (optional)
- $\frac{3}{4}$ tsp ground ginger
- $\frac{1}{2}$ tsp ground nutmeg

Directions:

Place the cranberries, orange and apple in a blender or food processor; cover and process until chunky.

Transfer to a bowl; stir in sweetener, pineapple, ginger and nutmeg.

Cover and refrigerate for at least 2 hours

*adapted from a foodnetwork.com recipe



Butternut Squash and Pear Soup

Yummy butternut squash = autumn delight in your mouth! The pears in this recipe give this harvest soup a pleasant sweetness and nice velvety finish, while curry and ginger provide delightful flavor. Although the soup takes several steps, none involve much from you so don't let it fool you. Roast, blend and enjoy!

Ingredients:

- 5 pounds butternut squash, peeled, seeded and cubed
- 1/2 cup olive oil
- 14 tbsp butter
- 1/2 pound onions, diced
- 1/2 cup fresh sage
- 3 pounds pears, peeled, halved and cored
- 7 cups vegetable broth
- Salt and pepper to taste

Directions:

Toss the butternut squash with the olive oil to coat well and spread it out on a baking sheet. Roast at 400 degrees until tender, about 45 minutes.

Melt the butter in a large stock pot over medium heat. Add the chopped onions and sage and cook until translucent, about 10 minutes.

Add the cooked squash, pears and vegetable broth. Season to taste with salt and pepper. Bring to a boil, then reduce heat to a simmer and cook until pears are tender, about 20 minutes.

Remove from heat and cool. Then puree until smooth in a blender. The soup can often times be thick, in which case add more vegetable stock. It should be creamy, but not thick enough to resemble baby food.

* from the foodnetwork.com



Autumn Lentil Soup With Wilted Greens

Many nutritionists consider lentils one of the healthiest things you can eat, especially if you're on a tight budget. Lentils are especially high in B vitamins and minerals like iron, phosphorus, potassium and zinc. I like the trio lentil combination which adds variety in the beans and throw in just about any greens.

Ingredients:

- 2 cups red lentils, rinsed
- 2 celery stalks
- 1 onion, yellow or white
- 2 carrots, chopped
- 1 tbsp ginger, freshly grated
- 3 garlic cloves, minced
- 1 1/2 tsps ground cumin
- 1/2 tsps ground coriander
- 5 cups vegetable broth
- 2 tbsp grapeseed oil
- 3 cups fresh mixed greens (e.g., red winter kale, Swiss chard, and spinach)
- Sea salt (optional)

* from chopra.com

Directions:

Rinse lentils thoroughly and check for small stones.

Heat grapeseed oil in a sauté pan over medium heat.

Once sauté pan is warm, add minced garlic, carrots, celery, onions, and grated ginger.

Cook until onions are translucent.

Add spices, vegetable stock, and lentils, and bring to a simmer. Cover and let cook for 30 to 35 minutes until lentils are soft.

While lentils are cooking, add the mixed greens to a steamer and cover to wilt for approximately 2 minutes.

Serves 6 to 8



Beet Salad with Walnuts & Goat Cheese

Beets are an unexpected addition to salads and pair perfectly with the nutty walnuts. This recipe is easy enough as is, or I tend to cheat and buy the all-natural roasted beets you can find vacuum packed at the natural grocers.

Serves 4

Ingredients:

- 2 bunches medium beets, (about 1 1/2 pounds) tops trimmed
- Kosher salt and freshly ground black pepper
- 2 tbsp red wine vinegar
- 1/3 cup extra-virgin olive oil
- 1/2 cup walnuts
- 1 bunch arugula, trimmed and torn
- 1/2 medium head escarole, torn
- 4 ounces goat cheese, (preferably aged goat cheese) crumbled

Directions:

Put the beets in a saucepan with water to cover and season generously with salt. Bring to a boil over high heat and cook until fork tender, about 20 minutes. When the beets are cool enough to handle, peel them--the skins should slide right off with a bit of pressure from your fingers. Cut each beet into bite-sized wedges.

Whisk the vinegar with salt and pepper, to taste, in a large bowl. Whisk in the olive oil in a slow steady stream to make a dressing. Toss the cut beets in the dressing; set aside to marinate for at least 15 minutes or up to 2 hours.

Preheat the oven to 350 degrees F. Spread the nuts on a baking sheet and oven-toast, stirring once, until golden brown, about 8 minutes. Cool.

Toss the arugula and escarole with the beets and divide among 4 plates. Scatter the walnuts and goat cheese on top. Serve.

* source foodnetwork.com



Green Beans with Shiitake Mushrooms and Shallots

Back by popular demand! So delicious your family will never even miss the miss your old green bean casserole.

Serves 4

Ingredients:

- 12 ounces green beans, trimmed
- 2 tablespoons macadamia nut oil or palm fruit oil
- 2 large shallots, thinly sliced
- 8 ounces shiitake mushrooms, stemmed and sliced
- ½ medium red bell pepper, thinly sliced
- 2 teaspoons coconut aminos
- ⅛ teaspoon sea salt
- ⅛ teaspoon freshly ground black pepper

Directions:

Bring a large saucepan of lightly salted water to a boil over high heat. Add the green beans, cover the pan, and return to a boil; cook 2 minutes. Drain and rinse under cold water to stop the cooking; drain again.

Heat the oil in a large nonstick skillet over medium-high heat. Add the shallots and cook, stirring occasionally, until they begin to soften, 2 to 3 minutes.

Add the mushrooms and bell pepper and cook, stirring occasionally, until mushrooms are slightly browned, 6 to 7 minutes.

Add the green beans and cook for 1 minute. Add the coconut aminos, salt and pepper; cook, stirring, until hot, about 1 minute.



How to Roast Winter Vegetables

Get adventurous with your selection of root vegetables — like potatoes, parsnips, beets, turnips, fennel, sweet potatoes, and carrots. I'll throw just about anything into the oven and roast 'em up. Anything from crucifers like broccoli and Brussels sprouts to like mushrooms, zucchini, onions, bell peppers, and cabbage.

Ingredients:

2 pounds of veggies

1 or 2 whole peeled cloves garlic
(halved if they are large)

1-1/2 tbsp extra-virgin olive oil
or avocado oil

Salt

Freshly ground black pepper

1/4 cup balsamic vinegar

Optional:

1/4 cup hazelnuts, lightly roasted and
coarsely chopped

Directions:

Preheat the oven to 425°F.

Cut veggies into small squares, and toss them in a generous amount of oil — either olive oil or my favorite, avocado oil.

Mix in other seasonings like garlic, salt, pepper, balsamic vinegar, Italian herbs and even nuts... like hazelnut.

Spread the veggies in a single layer in a small baking pan and roast until toasty brown. Cooking times will vary based on the type of vegetable and how small you cut them.

Here's a rough estimate — and keep in mind you can also cook them in stages if you've got various types of vegetables:

Root vegetables (beets, potatoes, carrots): 30 to 45 minutes

Winter squash (butternut squash, acorn squash): 20 to 60 minutes

Crucifers (broccoli, cauliflower, Brussels sprouts): 15 to 25 minutes

Soft vegetables (zucchini, summer squash, bell peppers): 10 to 20 minutes



William Sonoma Gluten-Free Holiday Stuffing

Stuffing is one of the great treats of the holiday season. Here's a delicious, easy to prepare recipe that gives you all the taste and comfort satisfaction of holiday stuffing, without the heaviness and blood sugar spiking from bread.

Serves 10-12

Ingredients:

- 2 firm, tart apples, such as Granny Smith
- 1 lb. (500 g) Italian sausage, casings removed
- 2 Tbs. olive oil
- 1 small yellow onion, chopped
- 1 large bunch dinosaur kale, slivered (4 to 5 cups)
- Kosher salt and freshly ground pepper
- 1 package gluten-free stuffing
- 3 to 4 cups (750 ml to 1 l) chicken or turkey stock, warmed
- For the garnish (optional):
 - 2 Tbs. olive oil
 - 12 to 14 fresh sage leaves
 - Kosher salt

Directions:

Core the apple and cut into wedges 1/2 inch (12 mm) thick, then halve each wedge cross-wise. Set aside.

Brown the sausage, stirring occasionally, approximately 8 to 10 minutes. Pour off extra fat & set aside in a bowl. Using the hot pan, cook the apples and onion in the olive oil until the onions are translucent but not browned, about 8 minutes. Add the kale, stirring it wilts, about 6 minutes more. Season with salt and pepper.

In a large bowl combine the gluten-free stuffing with the sausage and the apple, onion and kale mixture. Add the stock 1/2 cup (125 ml) at a time, tossing until croutons are moist throughout but not soggy.

Transfer the stuffing mixture to a buttered baking dish, cover with foil and bake for 25 minutes. Remove foil and brown for another 20 minutes.



Garlic Mashed Cauliflower

They'll never know these aren't mashed potatoes! Top with chopped herbs and grated cheese if you like.
Serves 8

Ingredients:

2 medium head cauliflower, trimmed and cut into small florets (about 6 to 7 cups)

2 tbsp extra-virgin olive oil

1 tsp minced garlic

Fine sea salt and ground black pepper, to taste

Directions:

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 10 minutes.

Meanwhile, heat olive oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.

Transfer half the cauliflower to a food processor; cover and blend on high. Add remaining cauliflower florets, one at a time, until vegetables are creamy. Blend in garlic,

Season with salt and pepper and serve.

Hint: Try adding a little fresh rosemary or parmesan cheese for a whole new taste.

*source allrecipes.com



Vanilla Sweet Potatoes

This has been a favorite in my household for years! The vanilla brings out the natural sweetness of the potatoes and almost tastes like pie. You'll get plenty of requests to share this recipe!

Serves 8

Ingredients:

2 pounds sweet potatoes
3/4 cup of almond milk
1/4 cup packed brown sugar
2 tbsp vanilla extract
2 tbsp butter

Directions:

Pierce potatoes with a fork, and arrange in a circle on paper towels in microwave oven. Microwave at HIGH 10 minutes or until tender, rearranging potatoes after 5 minutes.

Wrap in a towel; let stand 5 minutes. Peel and mash potatoes. Combine with milk and remaining ingredients.

Place in a 1-quart casserole; cover and microwave on MEDIUM for 7 minutes or until thoroughly heated.

*source cookinglight.com



Pumpkin Cheesecake

Super creamy and delicious. If you don't tell your guests this is a healthy version of cheesecake, they'll never know!
Serves 16

Ingredients:

Crust

- 3/4 cup crushed graham crackers
- 3/4 cup ground almonds
- 1 tsp cinnamon
- 1 tbsp butter

Filling

- 2 – 8oz Neufchatel cheese (low-fat cream cheese)
- 3 – 8oz cream cheese
- 1/2 cup + 2 tbsp xylitol
- 3 eggs
- 1 cup canned pumpkin
- 1 tsp pumpkin pie spice

*source JJVirgin.com

Directions:

Crust

In food processor grind almonds until they are still slightly chunky (not into fine meal). Add all the other ingredients and process together.

Pat this mixture in the bottom of a 10" springform pan. Bake at 375 degrees for 12-15 minutes, careful not to burn. Allow to cool completely.

Filling

In a mixer, blend Neufchatel, cream cheese and xylitol until creamy, add eggs one at a time (blending well after each addition), add the pumpkin and blend thoroughly. Should be light and creamy.

Spread over cooled crust and bake in 350 degree oven for 20 minutes, then lower temperature to 300 degrees and bake for an additional 25-30 minutes. Cool, refrigerate overnight.



Kathy Basel

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I'm Kathy Basel, holistic wellness coach. My philosophy is simple – the basics of nutrition, exercise, stress reduction, and connectedness with Oneness bring about a Wholeness and a true sense of happiness we were all created to enjoy. Being your natural healthiest self doesn't come about by depriving yourself of the things you love. It's best created by nourishing your body and your senses fully, by connecting with those you love and by living into that vision you have for your one wild and precious life.

Enjoy the recipes. Pass them along to others. And enjoy your holidays whole-heartedly.

Live Well!

-Kathy



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