



THE

Eat Well for the Holidays GUIDE

So grateful for the friends, family and celebrated traditions this time of year.

Enjoy this fresh, healthy spin on classic holiday recipes with all joy of the wonderful spices, aromas and tastes of the season... and none of the guilt.

So grateful for you!
Kathy Basel



For more great tips, check out www.thevitalitycode.com



Kathy Basel

Women's Transformation Coach, Mind-Body Healer

Welcome to the holiday season!

I love rounding up these holiday recipes each year as my gift of thanks for YOU being in my world. You truly make the world a better place, just being in it!

I'm all about living life fully and enjoying the rich sensual pleasures the season has to offer. Dive in unabashedly and enjoy the feast with gratitude and gusto!

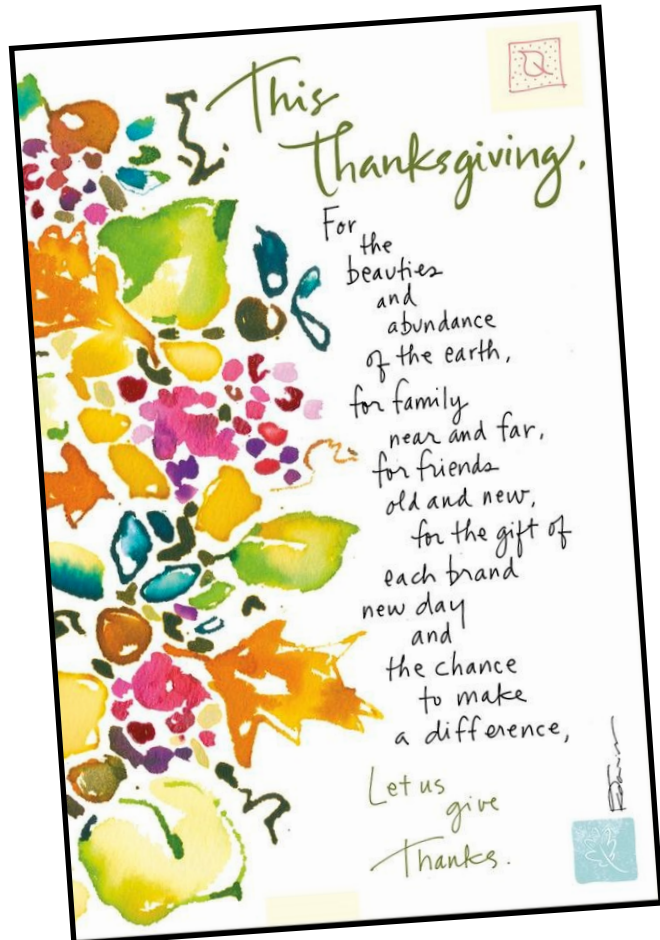
This collection is the best ever — full of the best flavors and fragrances of the autumn season that you can indulge in whole-heartedly (without the feeling of gluttony and guilt.)

I hope you find yourself with much to be grateful for, sharing with friends and family (whether they are near or far)... and eager for a new year approaching with new opportunities to enjoy your one wild and precious life.

Savor these recipes. Pass them along to others. And enjoy your holidays whole-heartedly.

Live Well!

-Kathy





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!



Green Vitality Smoothie

I like to start the day with a little something to help my gut prepare for the absolutely gluttonous meal ahead, because I plan to FEAST! Here's a nice combo — because I love apple and the ginger root will help super power my digestion for later. As you drink this down, love on that body of yours and say "YUM" and "Vitality!"

Ingredients:

- 1 organic apple (red or green), cored
- 1 organic carrot
- 1 organic celery stalk
- 1/2-inch ginger root
- 1/2 whole lemon
- 1 handful organic spinach leaves or kale
- Pinch cayenne pepper

Directions:

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

What Wines Pair Well With Holiday Meals?

What wine to serve with your Thanksgiving dinner to bring out the best flavors and aromas of both your meal and your wine:



Sparkling Wine

If you are a white wine lover, then a nice Sparkling wine would be a lovely choice. The evanescence or the bubbles in the Sparkling will highly compliment the seasonings of your Turkey as well as many of the side dishes on the table.

Sparklings are festive and Thanksgiving is a holiday where people gather to give thanks, to celebrate each other, and to create lasting memories.

Fun Tip about Sparklings:

On average, there are between 50 and 200 million bubbles in a bottle of sparkling wine.



Fact Red Wine Blend of Ruby Cabernet, Syrah, Cabernet Sauvignon and Cabernet Franc

If you are wanting to serve a nice red wine with your Thanksgiving meal, you have several great choices. And red wines do pair very nicely with white meats as long as the wine is more along the lines of being smooth, fruit forward and not too bold and heavy on the tannins. If you choose a wine with these types of characteristics, it won't overpower the meal, it will compliment the meal.

Try a nice Pinot Noir, a Sangiovese, a Beaujolais or maybe even a nice medium bodied red blend.

Fun Tip about Red Blends:

Winemakers blend various grapes together to soften the tannins in the wines and bring out those luscious fruit flavors. For example, a Merlot grape can soften a Cabernet Sauvignon.





Warm Spiced Olives

In just 10 short minutes you can turn a bowl of mixed olives into elegant party fare. These are fragrant and fancy, and sure to impress. This recipe gives you two hors d'oeuvres in one — fragrant spiced olives and an infused oil that's perfect for dipping crusty bread.

Ingredients:

- 2 cups large green olives with pits, such as Cerignola (11 ounces)
- 2 cups large black olives with pits, such as Kalamata (11 ounces)
- Zest of 1 orange, peeled in large strips
- 4 large garlic cloves, smashed
- 2 teaspoons whole fennel seeds
- 2 teaspoons chopped fresh thyme leaves
- 3/4 teaspoon crushed red pepper flakes
- Kosher salt and freshly ground black pepper
- 2/3 cup good olive oil
- 4 sprigs fresh thyme

Directions:

Drain the green and black olives from the brine or oil that they're packed in and place them in a medium bowl. Add the orange zest, garlic, fennel seeds, thyme leaves, red pepper flakes, 1/2 teaspoon salt and 1/2 teaspoon black pepper. Pour the olive oil over the mixture, add the thyme sprigs and toss to combine.

Transfer the mixture, including the olive oil, to a medium (10-inch) sauté pan. Heat over medium heat until the oil begins to sizzle. Lower the heat and sauté for 4 to 5 minutes, stirring occasionally, until the olives and garlic are heated through and fragrant.

Serve warm right from the pan or transfer to a serving dish. Offer a small dish for the pits.

**adapted from a finecooking recipe*



Simple, Tasty Herb-Roasted Turkey

This recipe received a 5-star rating. I especially love the description of this turkey as “love in your mouth.” This year, simple is good. The secret is taking a few moments to garnish your serving plate with fresh herb sprigs and citrus wedges for an A+ presentation.

Ingredients:

1 10- to 12-pound turkey

¼ cup fresh herbs, plus 20 whole sprigs,
such as thyme, rosemary, sage, oregano and/
or marjoram, divided

2 tablespoons canola oil

1 teaspoon salt

1 teaspoon freshly ground pepper

Aromatics, onion, apple, lemon and/or orange,
cut into 2-inch pieces (1 ½ cups)

3 cups water, more as needed

* from myrecipes.com

Directions:

Position a rack in the lower third of the oven;
preheat to 475 degrees F.

Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.

Roast the turkey until the skin is golden brown, 45 minutes. Remove from the oven. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast.

Reduce oven temperature to 350° and continue roasting until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°, 1 ¼ to 1 ¾ hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water.

Transfer the turkey to a serving platter and cover with foil.



Cranberry-Raspberry Relish with Walnut

Most cranberry sauce recipes are loaded with sugar to calm down the uber-tart taste of cranberries. In this simple cranberry sauce that you can whip together in just 15 minutes or so, the sweetness comes monk fruit extract. The raspberries and walnuts add delicious twist on an old family classic.

Ingredients:

2 cups fresh or frozen cranberries
1/2 cup fresh or frozen raspberries
3/4 cup water
3 tbsp monk fruit extract
1/3 cup walnuts, coarsely chopped
1 tbsp grated orange zest

Directions:

Combine the berries, water, and monk fruit extract in a medium saucepan over medium-high heat, and bring to a boil.

Immediately reduce the heat to medium and cook, stirring occasionally, until all the cranberries have popped and the mixture has thickened slightly, about 8 minutes.

Remove from the heat and stir in the walnuts and orange zest.

Let cool completely, then chill for at least 3 hours before serving. This is a great recipe to make ahead and allow the flavors to co-mingle.

**adapted from a jjvirgin.com recipe*



Chorizo, Apple, Chestnut & Brussel Sprout Stuffing

Bread doesn't always have to dominate the stuffing. Check out the treasure trove of veggies in this unique combination. Chorizo gives it a little kick, apples add a touch of sweet and brussels add a surprising element of YUM! It's a great make-ahead alternative to your traditional stuffing.

Ingredients:

- 8 piece (blank)s cups cubed rustic multigrain bread (about 1 pound; 1/2-inch pieces)
- 12 ounces fresh Mexican chorizo sausage, casing removed, crumbled
- 3 tablespoons extra-virgin olive oil
- 4 cups Brussels sprouts, quartered
- 2 cups diced celery, plus chopped celery leaves for garnish
- 1 cup diced onion
- 2 medium red apples, chopped
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh thyme
- 2 ½ cups unsalted chicken broth, divided
- 1 cup chopped jarred or vacuum-packed roasted chestnuts
- 1 teaspoon kosher salt
- 2 tablespoons cold butter, cut into 1/4-inch cubes

** source eatingwell.com*

Directions:

Preheat oven to 375 degrees F. Coat a 9-by-13-inch baking dish with cooking spray. Spread bread on a large rimmed baking sheet. Bake until it feels dry, about 15 minutes.

Meanwhile, cook chorizo in a large skillet over medium-high heat, stirring occasionally, until cooked through, about 5 minutes. Transfer to a large bowl with a slotted spoon.

Add oil, Brussels sprouts, celery and onion to the drippings in the pan and cook, stirring occasionally, until tender, 8 to 10 minutes. Stir in apples, sage and thyme; cook, stirring occasionally, for 1 minute. Stir in 1/2 cup broth, scraping up any browned bits.

Add the vegetable mixture, the bread and chestnuts to the bowl with the chorizo; gently stir to combine. Add the remaining 2 cups broth and salt and stir until evenly moistened. Transfer the stuffing to the prepared pan and press down on it with the back of a spoon. Dot with butter. Bake until the stuffing is crispy on top, 30 to 40 minutes. Garnish with celery leaves, if desired.



Butternut Squash Risotto with Leeks and Spinach

Squash is a quintessential autumn delight. This recipe was contributed by our wine expert, Nina Anderson. What I like about this recipe is the variety of different ways you can spin it — include rices or pastas or go without! And everyone enjoys cooking with wine! A dash of this adds a special lightness to this fall recipe.

Ingredients:

- 2 Tbsp Olive Oil or Butter
- 2 Cups sliced Leeks (one extra large leek)
- 4 Garlic Cloves, rough chopped
- 8 Sage Leaves, chopped
- 1 Cup Arborio Rice, or a short grain Spanish Rice
- 2 Heaping Cups Butternut Squash Cubed
- 1/4 Cup White Wine (optional)
- 2 Cups Vegetable stock or substitute with Chicken stock, Broth or 1 Tsp vegetable bouillon cube and water
- 1/2 tsp Salt
- 1/8 tsp White Pepper or substitute Black Pepper to taste
- 1/2 tsp Nutmeg
- 2 - 3 Handfuls of vegetables like Leeks, Baby Spinach or Chopped Kale

Directions:

In a large pot heat the oil and add the leeks, stirring until they are soft

Add the garlic, sage and Arborio Rice, sauteing the rice until translucent, about 2 - 3 minutes. Add the raw butternut squash that has been cut into cubes.

Add in the salt and other spices. Add in the white wine and allow the rice to absorb the liquid and scrape up all the browned bits. Stir in the broth and cook until the liquid is absorbed and the rice and squash is tender and breaks down a bit. It will add a nice creaminess

Toss in the spinach and stir until just wilted

Optional Add-ins: pecans for extra flavor and top with your favorite cheese — parmesan, Pecorino, Manchego, Goat or even Vegan or Cashew Cheese



Green Beans with Bacon, Bacon, Bacon!

How's this for an update on the ole green bean casserole with the Durkee onions? And a bonus is that it doesn't require use of the oven, so you can time the prep perfectly with the completion time of your turkey. Bacon makes everything delish — and you can always add the Durkee onions as a nod to tradition!
Serves 8

Ingredients:

8 cups fresh green beans, trimmed
4 bacon strips, chopped
1/2 cup chopped onion
1/4 teaspoon salt
1/8 teaspoon pepper
Optional: Durkee Onions

Directions:

Place beans in a large saucepan and cover with water. Bring to a boil. Cook, uncovered, until beans are crisp-tender, 8-10 minutes; drain.

In a large skillet, cook bacon and onion over medium heat until bacon is crisp and onion is tender, stirring occasionally, 3-5 minutes.

Add beans to bacon mixture. Sprinkle with salt and pepper; toss to coat.

Feel free to sprinkle on the Durkee Onions for a touch of the classic approach.

Easy prep tip: Fry up your bacon a day in advance to free up the stove-top space day of.



Parmesan Balsamic Roasted Brussel Sprouts

These roasted Brussels sprouts might just become your new favorite side dish. They get so beautifully brown and crispy in the oven. The combination of the parmesan cheese and balsamic vinegar delight the craving for salty/savory flavors. Did you know brussels are packed with Vitamin C? Yep, a 3/4 cup serving of these has 163% of the daily recommended amount! Serves 4

Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 cup sliced shallots
- 1/4 cup finely grated Parmesan cheese
- 1 tablespoon balsamic vinegar

Directions:

Preheat oven to 425°F.

Toss Brussels sprouts, oil, salt and pepper in a large bowl. Spread in an even layer on a large rimmed baking sheet.

Roast for 8 minutes. Remove from the oven, add shallots to the pan and stir to combine.

Roast for 8 more minutes.

Remove from the oven and sprinkle the vegetables with Parmesan and vinegar; toss to combine. Turn off the oven and return the pan to the warm oven until the cheese is melted, about 2 minutes.

* source eatingwell.com



Roasted Rainbow Carrots with Sage Brown Butter

These multi-colored carrots are going to be the topic of conversation and roasting them brings out unexpected sweetness. The fun part is, the recipe couldn't get any simpler than this! They only take 15 minutes to roast, so pop them in the oven while you carve the turkey and they'll be ready just in time to eat. Serves 4

Ingredients:

2 pounds small carrots, preferably multicolored

2 teaspoons extra-virgin olive oil

$\frac{3}{4}$ teaspoon salt

3 tablespoons butter

2 tablespoons chopped fresh sage or 2 teaspoons dried, plus more for garnish

Directions:

Position racks in upper and lower third of oven; preheat to 450°F.

Trim carrots and cut in half lengthwise. Toss with oil and salt in a large bowl. Divide between 2 large rimmed baking sheets and spread in an even layer.

Roast the carrots, stirring once and switching the pans top to bottom halfway through, until tender, about 15 minutes.

Meanwhile, melt butter in a small skillet over medium-high heat. Cook until just starting to brown, 2 to 3 minutes. Remove from heat. When the butter stops bubbling, stir in sage. Transfer the carrots to a serving dish and drizzle the sage brown butter over them.

Garnish with fresh sage, if desired.

* source eatingwell.com



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 classics like mushrooms, zucchini, onions, bell peppers, squash, sweet potatoes 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



Crispy Smashed Beets with Feta

Make this dish ahead of time by roasting and then refrigerating the cauliflower for up to two days. Before guests arrive, bring to room temperature and then toss the salad together.
Serves 8

Ingredients:

- 2 large beets (1 1/2 pounds), trimmed, peeled and cut into 1/2-inch slices
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/3 cup water
- 2 tablespoons balsamic vinegar
- 5 tablespoons crumbled feta cheese
- 2 tablespoons finely chopped fresh oregano

*source eatingwell.com

Directions:

eat oven to 425°F and place the oven rack in upper and the lower third of oven.

Toss beets, oil, salt and pepper together in a large oven-safe pot. Arrange the beets in a single layer in the pot. Combine water and vinegar in a measuring cup; pour over the beets. Cover the pot and place on the lower oven rack. Bake, flipping the beets halfway through, until very tender, about 1 hour. Remove from the oven and turn broiler to high.

Transfer the beets to a large rimmed baking sheet, arranging them in a single layer. Press on each beet with the bottom of a mason jar or glass to flatten it, but keep it intact. Sprinkle with feta. Broil on the upper rack until the beets are crisped on the edges and the feta is browned in spots, 4 to 5 minutes. Sprinkle with oregano and serve.



Vanilla Sweet Potatoes

This has been a favorite in my house for years. The vanilla brings out the natural sweetness of the potatoes — so sweet it almost tastes like pie! Super convenient to make while your turkey is roasting because you can whip this up 100% in the microwave — or it's an easy make-ahead type of dish! Trust me, your guests will be requesting this recipe from you every time!

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



{No Bake} Mini Pumpkin Pie Tarts

Gotta have my pumpkin! These mini pumpkin tarts are the perfect way to finish off your holiday feast with the perfect finale of your favorite pumpkin flavors — and not have too much left over that (if you're like me) you'll over-indulge in. How does it get better than no-bake, keto friendly, and dairy-free. Whip these up in less than 20 minutes. Makes 8 tarts.

Ingredients:

Filling

- 1 can pumpkin puree
- 1/2 cup chilled coconut milk
(thick cream on top)
- 1/4 cup monk fruit maple syrup
(or more depending on desired
sweetness)
- 1 tsp pumpkin pie seasoning
- 1 tsp vanilla extract

Crust

- 1 cup Almonds
- 1 1/4 cup pecans
- 1/4 tsp pure vanilla extract
- 5 drops pure stevia extract
- 3 tbsp maple monk fruit syrup
- 1 tsp pure vanilla extract
- pinch of salt
- dash of cinnamon

Directions:

Add all of the ingredients for the crust to a food processor or blender. Blend until it is a thick crust like consistency. The crust should be sticky and almost resemble a Larabar.

Transfer the crust to each individual tart pan (or one 9 inch pie pan) and spread an even layer to cover the entire pan, including the sides.

Add the chilled coconut milk (do not use the water at the bottom of the can, only the heavy cream at the top) to a mixer. Add the rest of the ingredients to the coconut milk and mix on high until combined. Add the chilled coconut milk (do not use the water at the bottom of the can, only the heavy cream at the top) to a mixer along with the can of pumpkin puree. Mix together on medium speed.

Add the rest of the ingredients to the pumpkin mixture and mix on high until combined. Once combined, transfer the creamy puree mixture over the nut crust in each tart pan. Fill to the top of the crust. Transfer each filled tart pan to the freezer to harden between 2-3 hours. Before serving, remove from freezer and let sit at room temperature for 15-20 minutes. Serve with fresh coconut cream and a dash of cinnamon.

*<https://healthylittlepeach.com/mini-pumpkin-pie-tarts/>



Carmel Apple Crisp for Two

The perfect amount of decadence, without having to worry about having a half a pie left over that you're bound to eat. Caramel adds a sweet and salty note to this classic apple crisp designed just for two. Store-bought caramel sauce works well here, but I dare you to try making your own. Drizzle it over the warm apple crisp right before serving if you want to make this easy dessert an extra-special treat. This recipe works great with just about any fruit you have on hand! And with the minimal prep, you'll be popping this beauty into the oven in only 15 minutes. Serves 2

Ingredients:

Filling

2 cups chopped apples, such as Honeycrisp, Granny Smith or Pink Lady

2 tablespoons caramel sauce (see Tip), plus more for garnish

½ teaspoon cornstarch

¼ teaspoon cinnamon

Pinch of salt

Pinch of nutmeg

Topping

3 tablespoons rolled oats

1 tablespoon white whole-wheat flour or spelt flour

1 tablespoon light brown sugar

1 tablespoon chopped toasted pecans

⅛ teaspoon cinnamon

Pinch of salt

1 tablespoon cold unsalted butter, cubed

Directions:

Preheat oven to 350°F.

To prepare filling: Combine apples, caramel sauce, cornstarch, ¼ teaspoon cinnamon, salt and nutmeg in a medium bowl. Divide between 2 6- to 8-ounce ramekins.

To prepare topping: Combine oats, flour, brown sugar, pecans, cinnamon and salt in a medium bowl. Using a fork, pastry cutter or your fingers, cut butter into the mixture until combined. Sprinkle the topping over the apples.

Place the ramekins on a baking sheet and bake until the topping is crisp and the apples are bubbling, 35 to 40 minutes. Let cool for about 15 minutes. Drizzle with additional caramel sauce, if desired.

Tip: To Make Caramel Sauce: Heat 1/3 cup sugar and 1 1/2 Tbsp. water in a medium saucepan over medium heat. Cook, without stirring, until the mixture is amber brown, about 5 minutes. Swirl the pan, if necessary, to ensure even coloring. Remove from heat. Carefully whisk in 1/3 cup heavy cream. (Be careful, the caramel may sputter.) Return the pan to medium heat and cook, stirring, until smooth, about 30 seconds. Remove from heat and stir in 2 tsp. butter and a pinch of salt. Cover and let stand for 5 minutes.