

Roasted Turkey & Gravy

Serves 10

Ingredients

- 4 cups (32 fluid ounces) unsalted chicken broth or turkey stock
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh thyme
- 1 cup (8 fluid ounces) milk
- 1/4 cup arrowroot starch

Directions

After you roast the turkey, place the roasting pan on the stovetop over medium heat. Add 2 cups of turkey stock to the pan and stir about 5 minutes or until the drippings and browned bits from bottom dissolve.

Place a strainer over a fat separator cup. Pour pan drippings through strainer. Add enough stock to the drippings to make 4 cups total.

If you don't have a fat separator cup, you can remove fat from drippings by adding several ice cubes to the liquid and placing it in the freezer for 10 minutes. Remove hardened fat with a spoon and place stock into a saucepan. You should have about 4 cups of liquid.

Place the saucepan on the stovetop over medium heat and bring to a simmer. Add the sage and thyme. Continue to simmer until the stock is reduced by one-fourth, or until about 3 cups of stock remain.

Pour milk into a small bowl. Add cornstarch and stir to mix evenly. Slowly pour milk mixture into the simmering stock, stirring slowly. Bring sauce to a boil and continue to stir until stock thickens and has a nice shine, about 3 to 5 minutes.

Pour gravy into warmed gravy boat and serve.

Thai Curried Butternut Squash Soup

6 cups (48 ounces) soup

INGREDIENTS

- 2 tablespoons coconut oil or olive oil
- 2 pound butternut or kabocha squash, peeled, seeded, and cut into small ½-inch pieces (about 3 cups)
- 1 medium yellow onion, chopped
- 4 garlic cloves, pressed or chopped
- 2 to 3 tablespoons [Thai red curry paste](#)*
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon sea salt
- ⅛ teaspoon red pepper flakes (up to ¼ teaspoon for spicier soup)
- 1 tablespoon fresh lime juice
- 4 cups (32 ounces) vegetable broth
- ½ cup full fat coconut milk for drizzling on top
- ½ cup large, [unsweetened coconut flakes](#)**
- Handful fresh cilantro leaves, chopped

INSTRUCTIONS

1. Heat oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add squash, onion, garlic, curry paste, coriander, cumin, salt and red pepper flakes to skillet. Stir to combine.
2. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. Add broth. Bring the mixture to a boil, then reduce heat and simmer until squash is soft, about 15 to 20 minutes.
3. While the soup is cooking, toast the coconut flakes in a medium skillet over medium-low heat, stirring frequently, until fragrant and golden on the edges. Keep an eye on them so they don't burn. Transfer coconut flakes to a bowl to cool.
4. Once the squash mixture is done cooking, taste and add a little more Thai red curry paste if it's not quite flavorful enough for you. Remove the soup from heat and let it cool slightly. Working in batches, transfer the contents to a blender (do not fill your blender past the maximum fill line and be careful with the hot soup!). Securely fasten the lid and use a kitchen towel to protect your hand from steam escaping from the top of the blender as you purée the mixture until smooth. Transfer puréed soup to a serving bowl and repeat with remaining batches.
5. Stir the lime juice into the blended soup. Taste and season with additional salt if necessary. Ladle soup into individual bowls. Use a spoon to drizzle coconut milk over each bowl, then lightly swirl the spoon through the topmost layer for a pretty design. Top the soup with toasted coconut flakes and a sprinkle of chopped fresh cilantro

HEALTHY PUMPKIN OAT COOKIES

INGREDIENTS

- 2.5 cups (250 g) rolled or quick oats
 - 1 cup (240 g) pure pumpkin puree
 - 2–3 tbsp maple syrup, agave or coconut sugar,
 - 1 tsp pumpkin pie spice or cinnamon, optional but recommended
 - 1/2 cup dairy-free chocolate chips, optional but recommended
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INSTRUCTIONS

1. Pre-heat oven to 350 degrees.
2. Mix all ingredients in a bowl to form a thick dough. Start with 2 tbsp of sweetener and adjust sweetness as desired. I use 3 tbsp of maple syrup.
3. Use your hands to create 12 cookie shapes. The cookies will not spread or change shape during baking so be sure to create the shape you want before baking.
4. Prepare a baking pan with parchment paper or place cookies directly on the pan. Bake for 10 minutes.
5. Remove from oven and enjoy warm after a few minutes. Let cool completely before storing. Store at in a sealed container at room temperature for 3 days, in the fridge for up to 1 week or freeze up to 3 months.