



# 2020 THANKSGIVING COOKBOOK



# **BROCCOLI SALAD**

## **INGREDIENTS**

**4 cups broccoli florets**

**1 small red onion**

**1/2 cup mayonnaise**

**1/4 cup raisins**

**1/4 cup sunflower seeds**

## **PROCEDURE**

**Cut broccoli into bite size pieces.**

**Add mayonnaise and onion. Mix until all coated.**

**Add raisins and sunflower seeds and stir.**

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# KALE SALAD

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## INGREDIENTS

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5 cups kale, chopped  
1-2 tsp olive oil  
1/8 tsp sea salt  
2 cups broccoli  
1/2 cup almonds, sliced

**Lemon Dressing**  
1/4 cup olive oil  
2 tbsp fresh lemon juice  
2 tbsp red wine vinegar  
1tbsp Dijon mustard  
1 garlic clove, minced

1/4-1/2 cup carrots, shredded  
1/4 cup red onion, diced  
1/4 cup sunflower seeds  
1/4 cup cranberries / raisins  
1/4 cup feta cheese

1/2 tsp oregano  
1/4 tsp sea salt  
1/8 black pepper  
1 tsp honey or stevia

## PROCEDURE

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Make dressing in a jar and shake well.

Massage kale with olive oil and a pinch of sea salt.

Rub with fingers until leaves darken and tenderize. This makes kale have a silky texture.

In large bowl, combine kale, broccoli, almonds, cheese, carrots, onion, sunflower seeds, cranberries.

Shake dressing once more and pour about 1/3 over the salad.

Toss to coat and add extra dressing.

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# **BRUSSELS SPROUTS**

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## **INGREDIENTS**

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|  |                              |
|--|------------------------------|
| <b>12 oz. Brussels sprouts</b>                   | <b>4 slices cooked bacon</b> |
| <b>2 tbsp olive oil</b>                          | <b>1 cup pecans</b>          |
| <b>1/2 cup dried cranberries or<br/>craisins</b> | <b>1/4 tsp sea salt</b>      |

## **PROCEDURE**

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**Preheat oven to 400 degrees.**

**Slice all Brussels sprouts in half.**

**Combine Brussels sprouts, olive oil, sea salt, and toss to combine.**

**Place Brussels sprouts cut side down on a baking sheet.**

**Roast for 25 minutes. Last 5-10 minutes turn over to brown.**

**In a large bowl, combine Brussels sprouts, chopped bacon, toasted pecans, and soaked dried cranberries / craisins. Toss everything together.  
Can add bacon fat for flavor.**

**\*optional - Add 1 tbsp of olive oil and mix.**

**Toast Pecans Line baking sheet with parchment paper. Add pecans on layer. Toast for about 5 minutes at 350 degrees until dark in color.**

**Dried Cranberries Soak briefly in hot water for best results. Bring small pot water to boil. Pour over dried cranberries and soak for 10 minutes. Drain.**

**Cook Bacon in Oven Line baking sheet with aluminum foil, fold sides up and place parchment paper on top. Single layer of bacon on sheet and cook 400 degrees for about 20 minutes. Drain bacon fat and keep for salad - optional.**

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# **GARLIC PARMESAN ROASTED SWEET POTATOES**

## **INGREDIENTS**

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|  |                              |
|--|------------------------------|
| <b>2 sweet potatoes, peeled and sliced</b> | <b>2 tbsp butter, melted</b> |
| <b>2 tsp minced garlic</b>                 | <b>1 tbsp olive oil</b>      |
| <b>4 tbsp grated parmesan cheese</b>       | <b>1/2 tsp garlic salt</b>   |
| <b>1/2 tsp Italian seasoning</b>           | <b>Thyme</b>                 |

## **PROCEDURE**

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**Preheat oven to 400 degrees.**

**Peel and cut sweet potatoes into thin slices.**

**Place garlic, olive oil, butter, salt, Parmesan cheese and Italian seasoning in a Ziplock bag and mix well.**

**Throw in sweet potatoes and shake until coated.**

**Lightly butter baking dish and arrange coated sweet potatoes into a spiral.**

**Sprinkle with a little Parmesan cheese - optional**

**Bake for 30-35 minutes. Serve warm and sprinkle thyme on top.**

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# ***CRANBERRY SAUCE***

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## **INGREDIENTS**

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|  |                          |
|--|--------------------------|
| <b>8 ounces cranberries</b>                      | <b>cinnamon to taste</b> |
| <b>1/2 cup water</b>                             | <b>nutmeg to taste</b>   |
| <b>stevia to taste</b>                           | <b>cloves to taste</b>   |
| <b>lemon, lime or orange peel -<br/>optional</b> | <b>1 squeeze lemon</b>   |

## **PROCEDURE**

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**Rinse and drain the cranberries. Place in small pot.**

**Add water and a squeeze of fresh lemon. Add grated peel if desired.**

**Bring to a simmer and add stevia to taste.**

**Stirring frequently, simmer for five minutes or until cranberries burst and turn into a sauce like consistency.**

**Add additional water if desired.**

**Place covered dish in refrigerator until chilled.**

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# **PUMPKIN PIE**

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## **INGREDIENTS**

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|                                    |                                 |
|------------------------------------|---------------------------------|
| <b>1 tsp coconut oil (for pan)</b> | <b>1 tbsp vanilla</b>           |
| <b>3 large eggs</b>                | <b>1 can coconut milk</b>       |
| <b>1 1/2 tsp stevia</b>            | <b>2 tbsp coconut flour</b>     |
| <b>1 15 oz. can pumpkin puree</b>  | <b>1 tbsp pumpkin pie spice</b> |

## **PROCEDURE**

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**Preheat oven to 350 degrees. Grease 9 inch pie plate with coconut oil.**

**Whisk the eggs. Add pumpkin, stevia, pumpkin pie spice and vanilla, and whisk until combined.**

**Shake the coconut milk well. Open and stir thoroughly.**

**Measure 1 cup and add it to the pumpkin mixture, whisk to combine. Then whisk in coconut flour.**

**Transfer to the pie pan. Bake until center appears set - with the slightest jiggle - approximately 45 minutes.**

**Cool the pie 2 hours then cover with plastic wrap and refrigerator another 2 hours before serving.**

**When ready to serve, gently run the knife along the edges to release from the pan. Use a sharp knife to slice cake and secure underneath before lifting because the pie is fragile.**

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# ***PUMPKIN SPICE***

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## **INGREDIENTS**

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6 tsp ground cinnamon

2 tsp ground ginger

1 tsp ground cloves

2 tsp ground nutmeg

1 tsp ground allspice

## **PROCEDURE**

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Pour all ingredients in a jar and shake all together.

Keep in a cool pantry until ready to use.



# PIE CRUST

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## INGREDIENTS

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|                                  |                     |
|----------------------------------|---------------------|
| 1 1/2 cup blanched almond flour  | pinch sea salt      |
| 1/4 cup + 2 tbsp coconut flour   | 1 egg               |
| 2 tbsp cold almond milk or water | 1/4 cup cold butter |

## PROCEDURE

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In food processor, pulse the almond flour, coconut flour and sea salt a few times to break up the clumps..

In small bowl, whisk egg white and almond milk.

Add the butter and pulse 5-7 times until broken into clumps slightly smaller than a pea.

With the processor running, add the egg /milk mixture in a thin stream until the dough forms a ball of dough.

Turn the machine off and let sit for 15 seconds before proceeding. This allows the flour to absorb the milk.

Turn the dough directly into a greased pie pan and use the heel of your hand to gently spread.

Refrigerate for at least 30 minutes (up to overnight) before using.

For Top Crust: If you need a top crust , roll between parchment paper.

To pre-bake: Preheat oven to 350 degrees. Transfer the pan from fridge to oven without letting pie crust warm to room temperature. Bake for 10 minutes until the edge is slightly golden. Remove from oven and cool before filling / finishing baking process. Skip if recipe doesn't call for pre-baking.

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# ***POWDERED SUGAR***

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## **INGREDIENTS**

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1/2 tsp stevia

1 cup arrowroot starch

## **PROCEDURE**

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Blend all ingredients in a blender. It may smoke a little, but that's okay, Store in covered container in pantry.

### **Glaze Icing**

1 cup of above powdered sugar

1 1/2 tbsp almond milk

1/2 tsp vanilla

Combine with love

### **Cream Cheese Icing**

1 tbsp cream cheese

1 tbsp butter

1/4-1/2 tsp stevia -to taste

Melt together butter and cream cheese and whisk in sweetener.

Double or triple recipe for more frosting.

Can sprinkle with pumpkin spice or cinnamon.

### **Whip Cream**

1 pint heavy whipping cream

1/2 tsp vanilla

1 tbsp honey , maple syrup or stevia

Chill glass or metal bowl and beaters in freezer for 30 minutes.

Beat the cream on high until peaks form.

Drizzle vanilla and sweetener in while beaters are going.

Place bowl of whipped cream in fridge for 15-20 minutes then beat again before serving.

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# CHOCOLATE PUMPKIN SPICE BITES

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## INGREDIENTS

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1 cup almond/ nut butter

2 tbsp pumpkin puree

1 tbsp pumpkin pie spice  
dash of vanilla

2-3 tbsp coconut flour

1/2-1 tsp stevia to taste  
sea salt

Chocolate shell  
1/2 cup chocolate chip  
+ 1 tbsp coconut oil

## PROCEDURE

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Mix nut butter, pumpkin, sweetener, and vanilla together in a medium bowl.

Add in flour, pumpkin spice, and sea salt.

Mix until well combined, and a thick batter remains. If the batter is too thin, add the other tbsp of coconut flour.

Line a plate with parchment paper. Roll into balls and refrigerate for 10 minutes.

Melt chocolate for chocolate coating with coconut oil.

Dip balls into chocolate or pour chocolate over and place back on parchment paper.

Place in fridge / freezer to harden.

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# **PUMPKIN BARS**

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## **INGREDIENTS**

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1/2 cup pumpkin puree

1/2 cup almond butter

1/4 cup honey

2 eggs

2 tsp pumpkin pie spice

1 tsp vanilla

1/4 tsp sea salt

1/2 tsp baking soda

## **PROCEDURE**

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Preheat oven to 350 degrees and grease an 8x8 pan with coconut oil or butter.

Combine ingredients in a medium bowl and mix until a smooth batter forms.

Transfer the batter to a greased pan and bake for 30 minutes, until the edges are golden brown, and the center is firm.

Allow to completely cool, then cut and serve.

### **Maple Walnut Toppings**

1/4 cup walnuts

3 tbsp pure maple syrup

2 tbsp coconut oil

1 tsp vanilla

3 tbsp water

pinch of sea salt

Combine the ingredients in a high-speed blender and blend until smooth and creamy.

Top pumpkin bars with a small dollop.

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# PUMPKIN SPICE DONUTS

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## INGREDIENTS

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2 1/2 cups almond flour  
1/4 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp sea salt  
2 eggs, separated  
3/4 cup pumpkin puree  
1/4 cup butter, melted room temperature

For the coating  
1/2 - 1 tsp stevia  
1/4 tsp cinnamon

1/2 tsp vanilla  
1/2-1 tsp stevia  
1 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp ginger  
1/8 tsp allspice  
1/8 tsp cloves

## PROCEDURE

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Preheat oven to 375 degrees.

Lightly butter/grease donut pan.

Whisk together almond flour, baking powder, baking soda, and sea salt. Set aside.

Using electric mixer, whisk egg whites until stiff peaks form.

Whisk egg yolks, butter, pumpkin, vanilla, spices and stevia until smooth.

Gently fold the egg whites into the egg yolk mixture.

Gently fold the dry ingredients and the egg yolk mixture together.

Spoon the thick batter into the donut pan, using 1/4-1/3 cup of batter for each donut.

Bake 15-17 minutes until the donuts are lightly browned.

Allow donuts to cool for 10 minutes before removing from pan.

Continue cooling on a wire rack.

Whisk together stevia and cinnamon. Spray each donut with oil coating completely. Roll each donut in mixture.

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# **PUMPKIN SPICE COOKIES**

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## **INGREDIENTS**

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|  |                              |
|--|------------------------------|
| <b>5 tbsp coconut flour</b>            | <b>1/4 cup pumpkin puree</b> |
| <b>5 tbsp water</b>                    | <b>1/2 tsp cinnamon</b>      |
| <b>1/4 cup arrowroot starch</b>        | <b>1/4 tsp ginger</b>        |
| <b>2 tbsp melted coconut oil</b>       | <b>1 tsp stevia</b>          |
| <b>1/2 cup Lilly's chocolate chips</b> | <b>1/8 tsp cloves</b>        |
| <b>1 tsp vanilla</b>                   |                              |

## **PROCEDURE**

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**Preheat oven to 350 degrees and line a baking sheet with parchment paper.**

**Combine flour, water, arrowroot, stevia, pumpkin, coconut oil, and spices in a large bowl, and mix well until a thick and uniform dough is formed.**

**Stir in chocolate chips, then spoon the batter onto the lined baking sheet, using your hands to flatten and shape the dough - these cookies will not spread much.**

**Bake at 350 degrees for 15 minutes, then remove the pan from the oven and allow cookies to cool for at least 15 minutes before removing them.**

**These cookies are soft to touch but will firm as they cool.**

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# PUMPKIN SNICKERDOODLES

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## INGREDIENTS

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1 butter at room temperature

1/2 cup unsweetened  
applesauce

1 tsp stevia

3/4 cup pumpkin puree

1/4 tsp vanilla

**Cinnamon Sugar**

1/4 cup coconut sugar  
1 tsp cinnamon

3 cups gluten free flour

2 tsp pumpkin pie spice

1 egg

1/2 tsp cream of tarter

1/2 tsp baking powder

1/2 tsp sea salt

## PROCEDURE

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Preheat oven to 375 degrees.

Lightly butter/grease donut pan.

Whisk together almond flour, baking powder, baking soda, and sea salt. Set aside.

Using electric mixer, whisk egg whites until stiff peaks form.

Whisk egg yolks, butter, pumpkin, vanilla, spices and stevia until smooth.

Gently fold the egg whites into the egg yolk mixture.

Gently fold the dry ingredients and the egg yolk mixture together.

Spoon the thick batter into the donut pan, using 1/4-1/3 cup of batter for each donut.

Bake 15-17 minutes until the donuts are lightly browned.

Allow donuts to cool for 10 minutes before removing from pan.

Continue cooling on a wire rack.

Whisk together stevia and cinnamon. Spray each donut with oil coating completely. Roll each donut in mixture.

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# ***HOT CHOCOLATE***

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## **INGREDIENTS**

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**1 cup almond milk**

**1 tbsp cocoa powder**

**stevia to taste**

**1/4 tsp vanilla**

## **PROCEDURE**

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**In saucepan heat over medium heat and whisk until combined.**

**Pour hot cocoa into cups and enjoy.**

**If you want your hot cocoa even richer, add a dollop of whipped coconut cream or whipped heavy cream before serving.**

**If you want something extra, add a few chocolate shaving or a sprinkle of cinnamon on top.**

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# PEPPERMINT HOT CHOCOLATE

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## INGREDIENTS

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1 cup almond milk

stevia to taste

1 tbsp cocoa powder

1/4 tsp vanilla

1/2 tsp peppermint extract

## PROCEDURE

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In saucepan heat over medium heat and whisk until combined.

Add peppermint extract

Pour hot cocoa into cups and enjoy.

If you want your hot cocoa even richer, add a dollop of whipped coconut cream or whipped heavy cream before serving.

If you want something extra, add a few chocolate shaving or a sprinkle of cinnamon on top.

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