



## SH Favorite Thanksgiving Dishes & Desserts

Created by Simple health



# SH One Pan Bacon Brussel Sprout Hash

7 ingredients · 25 minutes · 10 servings



## Directions

---

1. In large skillet melt coconut oil
2. Add and saute diced bacon bits. Saute for a couple minutes
3. Add shredded brussel sprouts, and diced apples. Cook for approximately 5 more minutes -Add more coconut oil if needed
4. Add raw honey (optional) stir in thoroughly
5. For a glaze (optional): Stir together apple cider vinegar, dijon mustard and honey. Drizzle over brussel sprouts and season with sea salt and pepper.

## Ingredients

---

- 1 lb Organic Bacon (chopped)
- 1 **tbsp** Coconut Oil
- 1 **bunch** Brussels Sprouts (shredded)
- 2 Apple (sliced and diced)
- 2 **tbsps** Raw Honey
- 1 **tbsp** Dijon Mustard (OPTIONAL)
- 1 **tsp** Apple Cider Vinegar (OPTIONAL)

# Naturally Sweetened Cranberry Sauce

6 ingredients · 10 minutes · 8 servings



## Directions

---

1. First, rinse the cranberries well and drain off excess water. Pick through the cranberries and discard any squishy ones.
2. In a medium saucepan, combine the cranberries, honey and water. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook, stirring occasionally, until the cranberries have popped and the mixture has thickened to your liking, about 5 to 10 minutes.
3. Remove the pot from heat and stir in the orange zest. If you'd like to add cinnamon or orange juice, add it now. Taste and, if the mixture is too tart (keeping in mind that cranberry sauce is supposed to be a little tart!), add more orange juice, honey or maple syrup to taste.
4. The sauce will continue to thicken as it cools. It will keep in the refrigerator, covered, for up to 2 weeks.

## Ingredients

---

- 12 ozs** Fresh Cranberries (1 bag, FRESH)
- 1/2 cup** Honey Or Maple Syrup
- 1/2 cup** Water
- 1** Navel Orange (Zest from peel- about 1 tsp)
- 1/2 tsp** Ground Cinnamon (OPTIONAL )
- 1/4 cup** Orange Juice (OPTIONAL Ingredients- Fresh squeezed )

# SH Healthier Dairy Free Pumpkin Pie

9 ingredients · 20 minutes · 8 servings



## Directions

1. To use a real pumpkin: Cut pumpkin in 1/2 (carefully!) Remove seeds. Place face down on a cookie sheet with parchment paper. Bake @ 325 for 30-40 mins Let cool until able to touch scrap the pumpkin flesh from the peel Mash or Puree pumpkin in a blender \* You have your pumpkin puree!
2. For Pie: Preheat oven to 450 degrees
3. In large bowl mixing bowl slightly beat eggs. Add in all ingredients: coconut milk, pumpkin puree, coconut sugar, coconut flour, salt, pie spice and cinnamon. Mix well
4. Pour mixture into the unbaked gluten free crust
5. Place strip of aluminum foil around the of the crust to prevent crust from over browning
6. BAKE- 10 minutes @ 450 degrees after 10 minutes REDUCE Temperature to 350 Degrees
7. BAKE @ 350 30-40 minutes, or until toothpick inserted near middle comes out clean
8. Remove tin foil from crust approximately 10 minutes before pie is done to brown edges
9. Cool pie and enjoy! For best flavor refrigerate overnight. Can serve with coconut whip! YUM!

## Ingredients

- 2 cups Pureed Pumpkin (If using a REAL pumpkin- 1 medium pumpkin)
- 1 Gluten Free Pie Crust
- 2 Eggs
- 3 tbsps Coconut Palm Sugar
- 12 ozs Organic Coconut Milk (Full Fat Canned)
- 1 tbsp Coconut Flour
- 1/2 tsp Vanilla Extract
- 1 tbsp Pumpkin Pie Spice
- 1 1/2 tsps Cinnamon

# Simple Apple Crumble

7 ingredients · 15 minutes · 8 servings



## Directions

---

1. Preheat oven 400 degrees
2. Skin and slice apples
3. Place apple slices in a mixing bowl. Drizzle with honey (optional)
4. Sprinkle apple pie spice over apples. Stir.
5. Sprinkle 1 tsp of corn starch (or arrow root) per 1 cup of fruit over apples. Stir in. This helps thicken the mixture upon baking.
6. Place apple slices in 9x9 baking pan or small casserole dish.
7. In large mixing bowl combine: Almond Flour, coconut sugar & butter. This makes the "crumble" \* You may need to get a little dirty here and mix with your (clean) hands. ;)
8. Sprinkle crumble over apple slices. Bake 20-30 minutes.
9. Enjoy the amazing aroma as it bakes! Happy healthier eating!

## Ingredients

---

- 1 cup** Butter (Organic Grass Fed if possible)
- 1 cup** Almond Flour
- 1/2 cup** Coconut Sugar
- 1 tsp** Corn Starch (Organic if possible, Arrow Root may work as well)
- 5** Apple
- 2 tbsps** Raw Honey (optional)
- 2 tsps** Apple Pie Spice

# Grain Free Choc. Chip Pumpkin Muffins

10 ingredients · 15 minutes · 12 servings



## Directions

---

1. Preheat oven 350
2. Line muffin tin with muffin liners or grease with coconut or avocado oil, or grass fed butter
3. combine all ingredients and mix until batter is smooth
4. Pour batter into muffin tin
5. Bake 20-25 mins; until center is no longer gooey can test with skewer or toothpick

## Ingredients

---

- 1/2 cup** Pureed Pumpkin
- 1/2 cup** Almond Butter
- 2** Eggs
- 1 tbsp** Maple Syrup (PURE)
- 1 tsp** Vanilla Extract
- 2 tsps** Pumpkin Pie Spice
- 1/2 tsp** Baking Soda (aluminum free)
- 2 tbsps** Coconut Flour
- 1/4 tsp** Sea Salt
- 3/4 cup** Organic Dark Chocolate Chips (Optional-Enjoy Life is a great brand)

# Fall Cran Ginger Kombucha Sangria

6 ingredients · 10 minutes · 8 servings



## Directions

---

1. Place everything in a pitcher with ice. Stir and enjoy!
2. Want to change it up a bit- switch out the lemon for orange slices!

## Ingredients

---

- 1 1/2 pints** White Wine (Organic or from Italy/France is best-less sugar/toxins )
- 2 cups** Ginger Kombucha
- 1** Apple (cored, thinly sliced)
- 1/2** Lemon
- 1/2 cup** Frozen Cranberries
- 3** Cinnamon Stick (optional)