

THANKSGIVING RECIPES

THE BIBLICAL NUTRITIONIST



Delicious & Easy Thanksgiving Recipes
to Savor and Share with Loved Ones!

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FRESHLY MILLED PUMPKIN YEAST BREAD

Pumpkins set the table for classic fall flavors. This no knead yeast bread will bring delight and flavor to the table especially at thanksgiving.

The pumpkin shape coupled with the flavor and unsweetened traditionally spiced bread will be the beautiful autumn centerpiece at your next gathering.



FRESHLY MILLED PUMPKIN YEAST BREAD

Recipe adapted from
WholeMade Homestead.com



Ingredients

- 2 1/3 cups warm water
- 1 teaspoon honey
- 2 teaspoons rapid rise yeast
- 1 1/2 tablespoons olive oil
or melted butter
- 1 1/2 teaspoons organic
vital wheat gluten, optional,
makes a softer loaf
- 7 cups freshly milled hard
wheat flour; I prefer equal
amounts of spelt and kamut
combined.
- 2/3 cup organic pumpkin
puree, or use your
homemade puree
- 1/2 teaspoon pumpkin pie
spice
- 1 1/2 teaspoons real salt

Directions

- 1 In a large bowl, combine the warm water, honey and yeast until slightly creamy looking. Stir in the oil and pumpkin puree.

Add the vital wheat gluten, flour, pumpkin pie spice and salt and mix until combined. Initially the dough may look dry but as you mix it, it will become sticky.

Use your hands instead of a spatula, if desired, to combine the ingredients. If needed, add an additional one tablespoon of water at a time, up to three tablespoons. Cover bowl with plastic wrap and allow to rise for 10-12 hours or until the dough has doubled.
- 2 Remove the dough from the bowl. Transfer the dough to a floured surface. Carefully shape into a round loaf. Lightly dust the top of the loaf with flour. Use a floured tea towel, place the loaf seam side up. Cover with a towel and allow the dough to rise at room temperature for 30 minutes.
- 3 While the loaf is rising, preheat the oven to 475° F. Place the dutch oven with the lid on inside the oven for at least 30 minutes. This can also be baked on a cookie sheet without a dutch oven, but the texture is best in the dutch oven.
- 4 When the loaf is ready to bake, place in dutch oven or on cookie sheet (preheated) and make slices in the bread along the sides to allow the bread to rise and add the shape of the pumpkin to the finished product. Place the loaf into the dutch oven. Put the lid back on and bake the loaf for 30 minutes. Remove the lid and bake for an additional 10 minutes until the bread is golden brown and crisp.
- 5 Cool bread on a wire rack. Remove strings. Slice and serve. Leftovers can be stored at room temperature inside an airtight container.

HARVEST COFFEE CAKE

This Harvest Coffee Cake combines tart cranberries, sweet apples, and crunchy nuts with warm honey and sucanat for a cozy, flavorful treat perfect for autumn mornings!



HARVEST COFFEE CAKE

Warm, fruity, nutty cake
perfect for fall! (page 234
Healthy Treasures
Cookbook)

Ingredients

- 2 cups (470 ml) cranberries
- 1 cup (240 ml) chopped apple
- 1 cup (240 ml) chopped nuts
- 2/3 cup (150 ml) sucanat
- 1/4 cup (60 ml) applesauce
- 3/4 cup (180 ml) softened butter
- 2/3 cup (150 ml) sucanat with honey or honey crystals
- 3 eggs
- 1 teaspoon vanilla
- 1 1/3 cup (315 ml) pastry flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt



Directions

- 1 Preheat oven 350°F (180°C).
- 2 Sprinkle cranberries, apple, nuts, and 2/3 cup (150 ml) sucanat in a 9" x 13" pan.
- 3 Cream together applesauce, butter and 2/3 cup (150 ml) sucanat with mixer. Add eggs and vanilla; set aside.
- 4 Combine dry ingredients in a separate bowl then add to creamed mixture, mixing well. Drop batter by large spoonful's over cranberry mixture.
- 5 Bake 35 minutes or until tooth- pick inserted in middle comes out clean

HOLIDAY MASHED POTATOES AND GRAVY

Potatoes are a mainstay in many homes for the holidays. It is the one guarantee everyone will be happy. But what if we changed them up a bit and not let anyone know? This is very possible as it worked with my very devoted mashed potato fans.



HOLIDAY MASHED POTATO AND GRAVY

To bring up the nutrition while marrying it with flavor these tips will take ordinary mashed potatoes into extraordinary.



TIPS FOR POTATOES

- Best potatoes for mashing when seeking best flavor are red and Yukon gold. They result in the best creamy mashed potatoes and are the least altered in the growing and harvesting seasons.
- Use half red potatoes (or Yukon gold) and half white sweet potatoes. The white sweet potatoes have a very mild flavor that can be hidden from most mash potatoes connoisseurs. This increases the nutrients while enhancing the flavor.
- Use broth to cook the cut up potatoes for an intense flavor.
- Bake the potatoes first before mashing. This adds an earthy flavor to the potatoes.

TIPS FOR GRAVY

- Using turkey nibblets and sauce after baking the turkey always brings the flavor of the homemade gravy to the level of the best gravy of all time.
- Use the potato water or a broth for the added liquid to keep improving the flavor.
- Use freshly milled flour or non GMO cornstarch for a thickener. Arrowroot flour will also work well. The key is mixing with a small amount of cold liquid before adding to the gravy skillet.
- No one will ever go back to store bought again after tasting this incredibly appetizing gravy.

HOLIDAY CRANBERRY MOLD

When your recipe file is covered with kitchen mess, that is a sign of the perfect recipe. That describes my recipe of this delicious Holiday Cranberry Mold. When fresh cranberries are in season, this is the perfect go to for birthdays, celebrations and just a delightful Sunday special treat.



HOLIDAY CRANBERRY MOLD

Adapted from the recipe of
Sue Gregg

Serves 8-10

Ingredients

- 1 – 20 ounces can pineapple, crushed, drained and saved the juice
- 12 ounces cranberries fresh
- 3 pkg. unflavored gelatin
- ½ cup honey or maple syrup
- 1 orange; peeled and cut into chunks
- 1 unpeeled grated apple
- ½ cup chopped nuts:
walnuts are perfect yet
pecans are also delicious



Directions

- 1 Stir the unflavored gelatin into ¼ cup of the pineapple juice strained from the crushed pineapple.
- 2 Combine remaining pineapple juice with cranberries in a saucepan. Bring to boil over medium heat and cook about 5 minutes until cranberry skins begin to pop.
- 3 Stir softened gelatin and honey into hot cranberries, cooking a minute longer to dissolve gelatin. Remove from heat.
- 4 Pulverize the cut up orange with 1 cup of the cranberry mixture in a blender.
- 5 Add remaining cranberry mixture to blender and blend just a second or two to break up the cranberries.
- 6 Pour cranberry mixture into a mixing bowl and add crushed pineapple, apple and walnuts.
- 7 Pour into your favorite glass decorative bowl or a mold. Chill until set. Serve with mint leaves, fresh orange slices or even kiwi slices.

ROASTED BRUSSELL SPROUTS WITH SQUASH AND HOT MAPLE SAUCE

Roasted Brussels sprouts and butternut squash with a kick of hot maple sauce, tangy apple cider vinegar, and fresh mint—perfectly sweet, spicy, and savory!



ROASTED BRUSSELL SPROUTS WITH SQUASH AND HOT MAPLE SAUCE

Spicy maple roasted sprouts,
squash—tangy, sweet
perfection!

Ingredients

- 12 ounces Brussel sprouts, halved
- 1 ½ pounds butternut squash, peeled, halved, and thinly sliced
- 1 red onion, peeled and cut into wedges
- ¼ cup maple syrup
- 2 tablespoons apple cider vinegar
- 2 sliced peppers
- ¼ cup extra virgin olive oil
- ¼ cup mint leaves



Directions

- 1 Preheat oven to 425°.
- 2 Toss Brussel sprouts, squash and onions with olive oil. Season with salt and pepper; spread into a even layer on a roasting pan or cookie sheet.
- 3 Roast, tossing once, until golden and tender, 25-30 minutes. May be more time for squash to be tender.
- 4 In small saucepan, boil maple syrup, sliced peppers over medium-low heat until slightly thickened, about 5 minutes. Stir in vinegar.
- 5 Combine vegetables and glaze on a baking sheet. Roast about 5 minutes. Season with salt and pepper. Toss with mint leaves.
- 6 Serve hot and enjoy the compliments.



TURKEY – THE BEST DRY BRINED TURKEY EVER!

Roasting a whole turkey is tradition. Along with that tradition is dry meat. Changing that up a bit with a dry brine changing the love for turkey. Your family will no longer be looking for a replacement and enjoy looking forward to this juicy, flavorful turkey every year.



TURKEY – THE BEST DRY BRINED TURKEY EVER!

Recipe adapted from bon appetite November 2019

Ingredients for Dry Brine

- 1 12-14 pound turkey
- 4 tbs. freshly cracked pepper: white, black and pink
- ½ cup Redmonds Real Salt
- 2 Tbs. Powdered onions
- 2 Tbs. powdered Garlic
- 1 TBS smoked paprika
- 1 TBS honey crystals or brown sugar

Ingredients for Glaze

- Small handful fresh herbs: rosemary, sage, thyme, rosemary, bay leaves
- 4 garlic cloves, minced
- 1/3 cup soy sauce
- 1/3 cup red wine vinegar
- 6 TBS olive oil or melted butter



Directions

- 1 Start this process at least 2 days prior to day of eating. Start with a thawed turkey.
- 2 Place turkey, breast side up on a cutting board and pat dry. Cut up the turkey to remove the wings, legs and back bone. This leaves the wings free to lie out on the cooking tray, the legs jointed together to lie flat, one large breast piece, and then either add the back bone to the baking tray or leave for making soup.
- 3 Mix in a bowl all the dry brine ingredients. Once turkey is positioned on the baking tray liberally apply the dry brine on the turkey including all places.
- 4 Do not cover the turkey. Place the tray with the turkey in the fridge for 24 hours or up to 2 days.
- 5 The dry brine will improve the tastiness and juiciness of the turkey. The uncovered salted brine will make the skin dry out and this makes for the best crispy skin when enjoyed.
- 6 After the fridge brine time, remove the turkey from the tray and rinse the tray well. Make sure to cover the tray with 2-3 layers of aluminum foil. This will make for quick cleanup afterwards and the turkey will be placed on a wire rack so the foil will not contact the turkey.



- 7 Place the turkey back on the tray with a wire rack under it for good temperature flow while baking. Let the turkey sit at room temperature for 2-3 hours to decrease baking time.
- 8 Meanwhile, cook herbs, garlic, soy sauce, vinegar and another 1/3 cup brown sugar or honey crystals over medium heat, stirring occasionally, until sugar is dissolved and glaze thickens slightly, 10-12 minutes.
- 9 Remove glaze from heat. Place a rack in the middle of oven; preheat to 425 °. Rub turkey with oil and pour 1 cup water into baking sheet. Roast turkey, rotating baking sheet halfway through until skin is mostly golden brown, 20-25 minutes. Reduce oven temperature to 300° and continue to roast turkey brushing glaze every 20 minutes and adding more water by ½ cupful's as needed to maintain some liquid in baking sheet.
- 10 Bake until internal temperature of breast reaches 150° and 170° when entered into thickest part of the thighs, 50-70 minutes longer. Total cooking time will be 1 ½ hours approx.
- 11 Skin should be a deep golden brown and shiny. Transfer turkey to a cutting board; tent loosely with foil. Let rest 30 minutes before carving.



Healthy Treasures COOKBOOK



FABULOUS NUTRITIOUS RECIPES & HELPFUL COOKING TIPS



ANNETTE REEDER

The Biblical Nutritionist

If you loved these delicious recipes, you'll find even more wholesome, flavorful dishes in the **Healthy Treasures Cookbook!** It's packed with easy-to-make meals that nourish your body and satisfy your taste buds. Grab your copy and discover your next favorite recipe!

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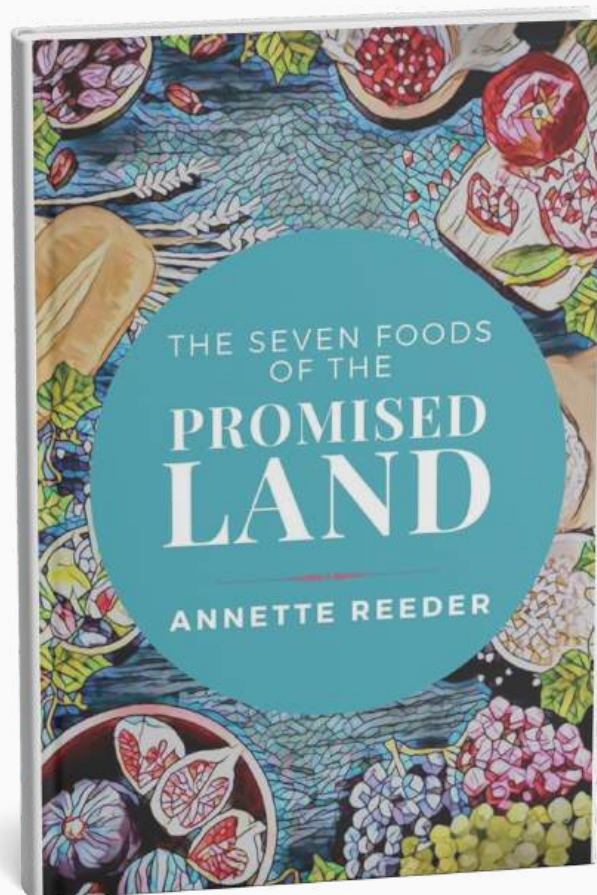
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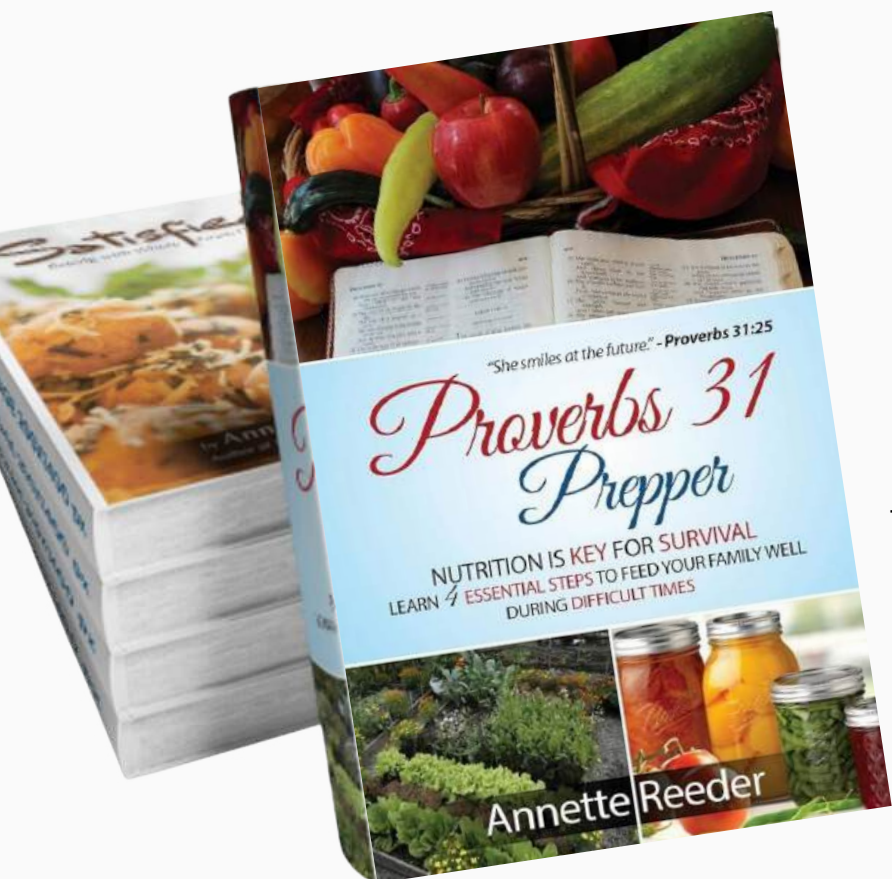
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