



*3 Easy & Healthy  
Thanksgiving Recipes:*

*A Free Guide to Enjoy  
the Holidays Guilt-Free!*



# Roasted Pumpkin Soup



## YOU WILL NEED:

- 1 medium pumpkin, peeled, seeded, and cubed
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 large onion, chopped
- 3 cloves garlic, minced
- 4 cups vegetable broth
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup coconut milk (optional for creaminess)

## INSTRUCTION

- Preheat the oven to 400°F (200°C). Toss pumpkin cubes in olive oil, salt, and pepper, then spread on a baking sheet. Roast for 25-30 minutes until tender.
- In a large pot, sauté onion and garlic until softened. Add roasted pumpkin, broth, cinnamon, and nutmeg. Simmer for 10-15 minutes.
- Use an immersion blender (or transfer to a blender) to puree until smooth.
- Stir in coconut milk, adjust seasoning, and serve warm.

# Herb-Roasted Turkey



## YOU WILL NEED:

- 1 whole turkey (10-12 lbs)
- Salt and pepper to taste
- 1/4 cup olive oil or melted butter
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons fresh thyme, chopped
- 2 tablespoons fresh sage, chopped
- 1 lemon, halved
- 1 garlic bulb, halved
- Fresh herbs for garnish

## INSTRUCTION

- Preheat oven to 325°F (165°C).
- Pat turkey dry, then season the inside with salt and pepper. Stuff with lemon and garlic.
- In a bowl, mix olive oil, rosemary, thyme, and sage. Rub the mixture generously over the turkey skin.
- Place turkey in a roasting pan. Roast for 13-15 minutes per pound, basting occasionally.
- Let rest for 20 minutes before carving. Garnish with fresh herbs.

# Pumpkin Pie with Almond Flour Crust

## YOU WILL NEED:

### Almond Flour Crust Ingredients:

- 1 1/2 cups almond flour
- 1/4 cup coconut oil or butter, melted
- 1 tablespoon maple syrup
- Pinch of salt

### Filling Ingredients:

- 1 can (15 oz) pumpkin puree
- 1/2 cup coconut milk or dairy-free milk
- 1/3 cup maple syrup or honey
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 2 large eggs

## INSTRUCTION

- Preheat oven to 350°F (175°C).
- For the crust, mix almond flour, coconut oil, maple syrup, and salt until crumbly. Press into a 9-inch pie dish.
- Bake crust for 10 minutes, then set aside.
- For filling, whisk together all filling ingredients. Pour into crust.
- Bake for 50-60 minutes until set. Cool and serve.

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