



Thanksgiving Day Menus

Created by Little Bird Wellness



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Includes a Plant-Based and Omnivore Meal Plan, plus individual recipes to make your holiday meal a success!

Mulled Cider

5 ingredients · 30 minutes · 12 servings



Directions

1. Add all of the ingredients into a large pot and bring to a simmer over medium-high heat. Drop the heat to low once the pot is simmering and continue to simmer for 30 minutes. Pour into glasses or mugs and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving is one cup.

More Flavor

Add cranberry juice.

Serve at a Party

This is a fool-proof drink to serve at a party. You can keep this pot simmering on low for a few hours for the duration of your party.

Star Anise

One teaspoon is approximately one whole piece of star anise. Two tablespoons equal six whole pieces of star anise.

Ingredients

3 quarts Apple Cider

2 tbsps Star Anise (whole)

5 servings Cinnamon Stick

1/2 cup Frozen Cranberries

1/2 Navel Orange (sliced)

Pumpkin Spice Latte

6 ingredients · 10 minutes · 1 serving



Directions

1. Brew your coffee and set aside.
2. In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
3. Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
4. Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
5. Top with a dollop of homemade whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk

Use coconut milk instead.

No Blender

Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

Pumpkin Lover

Add an extra 1 tbsp of pureed pumpkin per serving.

Homemade Pumpkin Spice

Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Caffeine Free

Replace coffee with additional almond milk.

Ingredients

1/2 cup Coffee

2 tbsps Pureed Pumpkin

1 1/2 tbsps Maple Syrup

1/2 tsp Pumpkin Pie Spice

3/4 cup Unsweetened Almond Milk

1/2 tsp Vanilla Extract

Stuffing Bites

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Add all of the ingredients to a food processor and process until you get a coarse texture.
3. Use a teaspoon to scoop out the mixture and roll into balls. Place them on the prepared baking sheet.
4. Bake for 15 to 20 minutes or until the stuffing bites have browned lightly. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two stuffing bites.

Gluten-Free

Use gluten-free bread.

Ingredients

- 5 1/4 ozs Sourdough Bread (broken into pieces)
- 1 Egg (large)
- 2 tbsps Dried Unsweetened Cranberries
- 1 tsp Dried Rosemary
- 1 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 1/3 cup Pecans
- 1 tbsp Extra Virgin Olive Oil

Garlic Knots

5 ingredients · 1 hour · 4 servings



Directions

1. Line a baking sheet with parchment paper.
2. Portion the pizza dough into 3/4 ounce (20 gram) pieces. Roll each piece into a four inch (10 cm) rope and tie it into a knot. Tuck the ends under to secure.
3. Place the knots on the prepared baking sheet, leaving some space between each one. Cover the baking sheet and let the dough rise for about 30 minutes.
4. Preheat the oven to 400°F (200°C).
5. Bake in the oven for 12 to 15 minutes, or until the knots are golden brown. Meanwhile, in a large bowl whisk together the olive oil, garlic, salt and parsley.
6. Once the knots are done baking, transfer them to the olive oil bowl. Toss to combine, serve warm and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate the cooked knots in an airtight container for up to four days. Warm up and toss with olive oil mixture before serving.

Serving Size

One serving is equal to approximately three garlic knots.

No Parsley

Use chopped rosemary instead.

Additional Toppings

Top with parmesan cheese.

Ingredients

- 9 ozs** Pizza Dough (store bought)
- 2 tbsps** Extra Virgin Olive Oil
- 2** Garlic (clove, minced)
- 1/4 tsp** Sea Salt
- 2 tbsps** Parsley (finely chopped)

Citrus Herb Roasted Turkey Breast

9 ingredients · 1 hour 5 minutes · 4 servings



Directions

1. Preheat your oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
2. Season the turkey breast on all sides with the salt. Place the seasoned turkey breast on top of the orange and onion in the pan.
3. In a small mixing bowl combine the oil with the thyme, sage and rosemary. Spoon the oil mixture evenly over top of the turkey breast.
4. Add water to the bottom of the pan and bake the turkey breast for 20 minutes. Reduce the heat to 350°F (176°C) and continue cooking for 30 to 40 minutes or until the turkey is cooked to an internal temperature of 165°F (74°C). The skin should be brown and crispy. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
5. Let the turkey rest for at least 10 minutes before slicing. Enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Spoon pan juices over top of the sliced meat upon serving.

Make it a Meal

Serve with roasted veggies or mashed potatoes. Use cooked turkey in sandwiches, soups or on top of salads.

No Water

Use chicken broth instead.

Ingredients

- 1 Navel Orange (cut into quarters)
- 1 Yellow Onion (cut into quarters)
- 2 1/4 lbs Turkey Breast, Skin on (bone-in)
- 1/2 tsp Sea Salt
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Thyme (finely chopped)
- 1 tbsp Fresh Sage (finely chopped)
- 1 tbsp Rosemary (finely chopped)
- 2/3 cup Water

Roasted Carrots with Lentils & Tahini

10 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
2. Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
3. Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots ontop and drizzle with tahini dressing. Enjoy!

Notes

Prep Ahead

Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

Leftovers

Store covered in the fridge up to 3 days.

Ingredients

- 12 Heirloom Carrots (washed)
- 1 **tbsp** Coconut Oil
- 1/2 **tsp** Sea Salt
- 3 **tbsps** Tahini
- 1 Lemon (juiced)
- 1/4 **cup** Water
- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 8 **cups** Kale Leaves (finely sliced)
- 1 **tbsp** Red Wine Vinegar
- 2 **cups** Lentils (cooked, drained and rinsed)

Green Beans Almondine

7 ingredients · 15 minutes · 4 servings



Directions

1. Fill a large pot with salted water and bring to a boil over high heat. Cover with a lid.
2. Heat a large skillet over medium-low heat. Melt the butter and add the almonds, stirring frequently, until toasted, about three to four minutes. Add the garlic and shallot and sauté for one minute, until fragrant. Remove from the heat and set aside.
3. Add the beans to the large pot of boiling water and cook for three minutes.
4. Once the beans are done, return the skillet to medium-low heat. Use a slotted spoon to transfer the beans to the skillet and cook, stirring often for two to three minutes or until tender-crisp.
5. Add the lemon juice and season with salt and pepper. Toss often until the sauce is glossy. Transfer to a serving dish and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about one cup.

Make it Vegan

Use plant-based butter.

Ingredients

- 2 **tbps** Butter
- 1/4 **cup** Slivered Almonds
- 2 Garlic (cloves, thinly sliced)
- 1/3 **cup** Shallot (thinly sliced)
- 4 **cups** Green Beans (trimmed)
- 1 **tbps** Lemon Juice
- Sea Salt & Black Pepper (to taste)

Pumpkin Polenta

6 ingredients · 25 minutes · 2 servings



Directions

1. Add all the ingredients except for the coconut oil to a large saucepan over medium-high heat. Stir and bring the mixture to simmer.
2. Stir continuously until almost all of the liquid evaporates. This will only take a few minutes.
3. Turn the heat down to a simmer. Let the mixture cook for about 15 minutes, stirring often until the mixture is tender and thick.
4. Add the coconut oil and stir well. Remove the thyme springs, adjust the seasoning to your taste, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

More Flavor

Add garlic powder and parmesan cheese.

Ingredients

2 cups Vegetable Broth
1/2 cup Cornmeal
1/4 cup Pureed Pumpkin
1/8 oz Thyme Sprigs
1/4 tsp Sea Salt
1 1/2 tps Coconut Oil

Apple Crisp

10 ingredients · 1 hour · 8 servings



Directions

1. Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
2. Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
3. Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
4. Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
5. Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
6. Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
7. Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
8. Scoop into bowls and serve with coconut ice cream.

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Homemade Oat Flour

Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.

Ingredients

- 2 Apple (cored and sliced)
- 1/3 cup Maple Syrup (divided)
- 1 tbsp Coconut Flour (or 1 tbsp)
- 1/4 cup Unsweetened Applesauce
- 1 cup Oat Flour
- 3/4 cup Oats
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1/3 cup Coconut Oil
- 1 cup Coconut Ice Cream (optional)

Raspberry & Date Crumble Bars

8 ingredients · 1 hour 40 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (175°F) and line a baking dish with parchment paper.
2. In a food processor, add the dates and half of the oats. Process until a paste forms. Add the almond flour and butter and pulse a few more times. Transfer the mixture to a bowl and stir in the remaining oats.
3. Transfer 2/3 of the date mixture to the prepared baking dish. Press the mixture down firmly to create a crust and bake in the oven for 10 minutes.
4. Meanwhile, add the raspberries and maple syrup to a saucepan. Bring the mixture to a simmer and smash the raspberries as they cook. Let simmer for about five to six minutes. Remove from heat.
5. In a small bowl, whisk together the arrowroot powder and lemon juice to create a slurry. Add the slurry to the raspberries and stir until well combined and thickened.
6. Pour the raspberry mixture over the base in the baking dish and crumble the remaining oat mixture over top. Bake in the oven for 15 to 20 minutes or until golden brown. Chill in the fridge for about an hour or until set. Slice and enjoy!

Ingredients

1/3 cup Pitted Dates (soaked for at least 30 minutes)
1 cup Oats (rolled, divided)
1/2 cup Almond Flour
1 tbsp Butter
1 1/2 cups Raspberries
1 tbsp Maple Syrup
1 tsp Arrowroot Powder
1 1/2 tsps Lemon Juice

Notes

Leftovers

Refrigerate in an airtight container for up to a week. Freeze for up to three months.

Serving Size

A 6 x 6-inch baking dish was used to make six servings. One serving is one square.

More Flavor

Add cinnamon and vanilla extract.

Dairy-Free

Use coconut oil or plant-based butter instead.

Short on Time

If you didn't have time to soak the dates, add water to the food processor one tablespoon at a time to create the paste.

No Arrowroot Powder

Use tapioca powder or cornstarch instead.