



NATURAL  
ABUNDANCE  
Health & Birthing, LLC

## Simple Thanksgiving

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Laura Speece

<https://www.naturalabundance.me/>



## Classic Virgin Sangria

1 serving

2 minutes

### Ingredients

1 tsp Maple Syrup  
1/4 Lemon (juiced, plus slices for garnish)  
1/4 cup Frozen Berries  
2 Ice Cubes  
3 fl ozs Cranberry Juice  
2 fl ozs Soda Water

### Directions

1

Add all of the ingredients into a glass and stir to combine. Garnish with lemon slices, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate leftovers in a pitcher for up to two days. To ensure a fizzy drink, add more soda water just before serving.

**Serving Size:** One serving is roughly 9 fl oz or 266 mL.

**More Flavor:** Add orange juice.

**Additional Toppings:** Add any in-season fruit.

**No Cranberry Juice:** Use any juice of choice.





## Classic Virgin Mojito

4 servings

10 minutes

### Ingredients

2 tbsps Maple Syrup  
1/2 cup Mint Leaves  
15 Ice Cubes  
2 tbsps Lime Juice  
1 1/4 quarts Soda Water

### Directions

- 1 Add all of the ingredients into a pitcher, adding the soda water last. Gently stir until everything is mixed well.
- 2 Divide between glasses and enjoy!

### Notes

**Leftovers:** Refrigerate in the pitcher with a lid for up to two days. To ensure a fizzy drink, add more soda water just before serving.

**More Flavor:** Muddle the mint before adding the rest of the ingredients into the pitcher. Add frozen fruit to the glasses as ice cubes.



## Smoked Salmon & Avocado Cucumber Bites

4 servings

5 minutes

### Ingredients

1 Cucumber (large)  
1 Avocado (mashed)  
12 ozs Smoked Salmon  
2 tsps Capers  
1/4 tsp Sea Salt

### Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 In a small bowl, mash the avocado with a fork.
- 3 Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

### Notes

**Leftovers:** Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

**More Flavor:** Add spices like chili flakes, cayenne or black pepper.

**Make it Vegan:** Omit the smoked salmon and use hemp hearts on top instead.



## Olive & Tahini Plate

4 servings

5 minutes

### Ingredients

- 1/2 cup Tahini
- 1/2 cup Water
- 1/2 tsp Sea Salt
- 2 Tomato (cut into wedges)
- 1 Cucumber (sliced)
- 1 1/3 cups Black Olives

### Directions

- 1 In a small bowl, whisk together the tahini, water and sea salt.
- 2 Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**More Flavor:** Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

**Additional Toppings:** Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.





## Turkey Rolls with Cranberry Sauce

4 servings

1 hour 10 minutes

### Ingredients

1 1/2 tps Extra Virgin Olive Oil  
4 cups Baby Spinach  
2 lbs Turkey Breast  
1/2 cup Goat Cheese (crumbled)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Vegetable Broth  
2 cups Frozen Cranberries (diced)  
1 Navel Orange (juiced)  
1 tbsp Raw Honey  
Twine

### Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
- 3 Use a meat mallet to pound the turkey breasts into a thin layer. This will make it easier to roll.
- 4 Place a large piece of parchment paper across your counter. Cut 8 long strings of twine and lay them in pairs across the parchment paper, about 1 inch apart. Place each turkey breast across two pieces of twine. Season the turkey with sea salt and black pepper.
- 5 Spread your goat cheese across each turkey breast leaving a 1/2 inch border all the way around. Add the wilted spinach. Roll up each turkey breast and tie the twine around it into a tight knot. Trim the excess twine and discard. Season with salt and pepper.
- 6 Add the broth to a baking dish to cover the bottom. Set the rolled turkey breasts inside. Cook in the oven for 35 to 45 minutes or until cooked through.
- 7 Meanwhile, start the cranberry sauce. Combine cranberries, orange juice and honey in a sauce pan. Place over medium heat and stir occasionally for about 15 minutes or the sauce thickens. Reduce heat to low and cover until ready to serve. Add a few splashes of water if the sauce becomes too thick.
- 8 Remove the turkey and let it rest for 10 minutes. Remove the twine. Slice into 2 inch thick medallions. Drizzle with cranberry sauce. Enjoy!

### Notes

**Get Creative:** Roll the turkey with your favorite stuffing instead of spinach and goat cheese.

**Keep it Simple:** Reduce prep time by skipping the roll up, baking turkey breast on their own and serving the spinach and goat cheese on the side.



## Roasted Butternut Squash Harvest Bowl

4 servings  
40 minutes

### Ingredients

4 cups Butternut Squash (diced into cubes)  
2 tbsps Extra Virgin Olive Oil (divided)  
3/4 cup Quinoa (uncooked)  
1 1/4 cups Water  
8 cups Kale Leaves (finely chopped)  
1 tbsp Balsamic Vinegar  
Sea Salt & Black Pepper (to taste)  
1/2 cup Pumpkin Seeds  
1/2 cup Dried Unsweetened Cranberries

### Directions

- 1 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 2 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 3 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 4 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 5 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

### Notes

**No Butternut Squash:** Use sweet potato, carrots or beets instead.

**Save Time:** Use frozen bagged butternut squash.

**Leftovers:** Keeps well in the fridge up to 3 - 4 days.

**Extra Flavour:** Toss the butternut squash in cinnamon before roasting.





## Paleo Stuffing

6 servings

1 hour 30 minutes

### Ingredients

- 1 head Cauliflower (chopped into florets)
- 1 tbsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Portobello Mushroom (diced)
- 1 Leeks (chopped)
- 3 stalks Celery (diced)
- 1 cup Walnuts
- 1 Lemon (juiced)
- 3 Garlic (cloves, minced)
- 1 tbsp Thyme
- 1/2 cup Parsley (chopped)
- 1/2 tsp Sea Salt

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Toss your cauliflower florets in coconut oil. Season with sea salt and black pepper to taste. Spread the cauliflower across your baking sheet and bake in the oven for 30 minutes.
- 3 Remove cauliflower from oven and set aside. Reduce oven heat to 375°F (191°C).
- 4 While your cauliflower roasts, place a frying pan over medium heat. Add half of your olive oil and saute mushrooms, leek and celery for about 10 minutes or until the mushrooms are soft.
- 5 In a food processor, add the walnuts, lemon juice, garlic, thyme, parsley and sea salt. Add the remaining olive oil and roasted cauliflower and pulse (do not blend) until the mixture reaches a coarse, stuffing-like consistency. Do not over process as you do not want the mixture to turn into a paste. Note: If you don't mind some manual labour, you can skip the food processor and use a fork and knife to finely chop the stuffing. Once it reaches a good consistency, spoon the mixture into a baking dish. Place in the oven and bake for 1 hour. Stir every 15 minutes or so to prevent burning.
- 6 Remove from oven and transfer into a serving dish. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Meat Lover:** Add cooked bacon bits, sausage or extra lean ground meat into the mixture as you add it to the baking dish.



## Green Bean Casserole

4 servings

1 hour 20 minutes

### Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 1/2 cups French Shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green Beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Nutritional Yeast
- 1/4 cup Slivered Almonds (toasted)

### Directions

- 1 Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
- 2 While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
- 3 Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
- 4 Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
- 5 Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
- 6 Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
- 7 Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.



## Pressure Cooker Squash & Pear Soup

4 servings

30 minutes

### Ingredients

- 4 cups Butternut Squash (peeled, chopped)
- 3 Garlic (cloves)
- 2 Pear (peeled, seeds removed, roughly chopped)
- 1 Carrot (chopped)
- 1 Yellow Onion (chopped)
- 1 tbsp Fresh Sage (optional)
- 1/2 tsp Sea Salt
- 2 cups Vegetable Broth (plus more if needed)

### Directions

- 1 Add all of the ingredients to the pressure cooker and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and let the soup mixture cool slightly.
- 3 Using a hand blender, puree the soup until smooth. Add additional broth if needed until the desired consistency is reached.
- 4 Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 1 1/2 cups of soup.

**Additional Toppings:** Fresh herbs, fresh ground black pepper or red pepper flakes.

**Pear:** Bosc pears were used for this recipe. Firm, not overly ripe, pears yield the best results.

**No Hand Blender:** Use a blender or food processor instead.

**No Vegetable Broth:** Use chicken broth or bone broth instead.





## Crispy Brussels Sprouts with Dip

4 servings  
35 minutes

### Ingredients

2 cups Brussels Sprouts (trimmed and halved)  
1 tsp Avocado Oil  
Sea Salt & Black Pepper (to taste)  
1/4 cup Mayonnaise  
1 tsp Apple Cider Vinegar  
1/4 tsp Smoked Paprika

### Directions

- 1 Preheat your oven to 425°F (218°C). Line a baking sheet with parchment paper and add the brussels sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste. Toss to combine then bake for 25 minutes.
- 2 Meanwhile, make the dip by combining the mayonnaise, apple cider vinegar and paprika in a small bowl. Mix well.
- 3 Remove the brussels sprouts from the oven and serve with dipping sauce on the side. Enjoy!

### Notes

**Leftovers:** Keep leftovers in the fridge in a sealed container up to 3 days.

**No Avocado Oil:** Use olive oil or coconut oil instead.



## Potato & Egg Salad

4 servings

25 minutes

### Ingredients

3 cups Mini Potatoes (chopped)  
2 Egg  
1/4 cup Extra Virgin Olive Oil  
1 1/2 tbsps Apple Cider Vinegar  
1 1/2 tsps Dijon Mustard  
1/2 tsp Sea Salt  
1/2 cup Parsley (finely chopped)  
2 stalks Green Onion (green part only, chopped)

### Directions

- 1 Bring a pot of salted water to a boil. Add the potatoes and cook for about 8 minutes until tender. Drain and let them cool slightly.
- 2 Meanwhile, bring a second pot of water to a boil. Hard boil the eggs. Cool, peel and separate the yolks from the egg whites. Finely chop the cooked egg whites.
- 3 In a large mixing bowl whisk together olive oil, vinegar, dijon mustard, salt, and cooked egg yolk. Fold in parsley, cooked potatoes, chopped egg whites, and green onion. Season with additional salt if needed. Serve chilled and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 3 days.

**More Flavor:** Add garlic, lemon juice, freshly ground black pepper, mint, basil or cilantro.

**Additional Toppings:** Top the salad with arugula, diced avocado, sunflower seeds or hemp seeds.

**Make it Vegan:** Omit the egg.



## Maple Cranberry Sauce

4 servings  
30 minutes

### Ingredients

- 1/2 cup Water
- 1/2 cup Maple Syrup
- 1 1/2 cups Frozen Cranberries (or fresh)

### Directions

- 1 Combine water and maple syrup in a saucepan and bring to a boil.
- 2 Add cranberries and cook until they burst and soften, about 20 to 25 minutes. Let cool before serving. Enjoy!

### Notes

**Serving Size:** One serving is equal to approximately 1/4 cup of cranberry sauce.

**Leftovers:** Refrigerate in an airtight container up to one week or freeze for up to three months.

**Serve it With:** Turkey, stuffing, brie, as a jam, with yogurt or in baked goods.