

Greetings!

I want to wish you and your family a very blessed Thanksgiving! May you take this time to acknowledge your many blessings in life!

At this great time of Giving Thanks:

Be sure to grab one of your relatives and do the "**gratitude dance**" with them-- it's contagious and sure to make you smile!

<http://www.youtube.com/watch?v=R9z2ELaBVJY>

Recipes:

Fresh Turkey

1. Remove neck and giblets (Save for Turkey Soup)
2. Wash Turkey
3. Place in Large Roaster Pan
4. Chop (medium to large chunks) 2-4 onions and place all around the turkey
5. Drizzle with olive oil all over turkey and across onions
6. Top Turkey generously with Paul Prudhomme's Poultry Magic or Garlic, Seasalt, Black Pepper, Parsley and Paprika
7. Place in preheated 350 degree oven (cook until popper pops out)
8. Remember if it is a fresh turkey...they cook a lot quicker than your typical butterball turkey...so keep a watch.
9. When Turkey is cooked, allow it to sit for about 20-30 minutes before cutting up
10. Enjoy!

Brussel Sprouts in Garlic and Olive Oil

2-3 containers Brussel Sprouts (slice off bottoms & score the bottoms in an X)

8-10 cloves fresh garlic or more chopped

Coat bottom of pan generously with olive oil

Red pepper flakes

Sea salt to taste

Water

Procedure:

Gently sauté garlic in olive oil over a low heat. Add washed brussel sprouts, red pepper flakes and seasalt. Cover and Cook over low to medium heat. If the brussel sprouts start to stick add a little filtered water to the pan as needed. Once tender, taste and adjust pepper and salt.

Sweet Potato Pie:

1-2 Large Sweet Potatoes cooked (skin removed)

1-2 organic eggs

Cinnamon/Nutmeg/Pinch Clove (optional) to taste (about 1/2 tsp cinn and 1/4 tsp nutmeg and pinch clove (optional)

1-2 tbs Maple Syrup (optional)

Pinch Sea Salt

Whole Pecans

1 Nut Crust

Procedure: Place cooked cooled sweet potatoes in a food processor...add eggs, spices/maple syrup, pinch sea salt...whip all together. When mixed well taste and adjust spices/maple if necessary etc. Place in a 9inch pie plate with the nut crust that has been 3/4 baked. Top the entire Pie with whole pecans everywhere and bake at 300-350 (depending on your oven) degrees until inside is firm. (usually about 20-30 minutes)

Nut Crust:

3/4 cups Brazil Nuts

1/4 cup Sesame Seeds

1/4 cup Tapioca or Arrowroot

1/2 tsp Cinnamon (optional)

Pinch of Sea Salt

3 tbs. Boiling water

Grind the nuts, half at a time, in food processor. Put the nut meal in small bowl. Grind sesame seeds and add to the bowl. Add starch and optional seasonings. Stir mixture well. Add boiling water and stir with a fork until it comes together into a ball. Oil a 9 inch pie plate. Press the ball of dough into center flattening it with wet fingers. When it fills the bottom, use your fingers to mold mixture up the sides of pie plate. Go back to the center often to pat it thinner so you can move the dough out toward the edges. Smooth the top edge. Bake at 350 degrees for 20 minutes. Cool while you make the filling.

This nut crust recipe is from "the yeast connection cookbook" by Marjorie Hurt Jones

EASY APPLE CRISP:

6-8 Apples Sliced (Peeled, Optional)

2 TBS Walnut Oil or Coconut Oil

1/2-1 Cup Chopped Walnuts

2 Cups Rolled Oats

1/2 TSP Cinnamon

1 TSP Vanilla

PINCH Sea Salt

SPLASH Apple Juice

If Needed You May Add a little Maple Syrup.

PROCEDURE:

In a small rectangular PYREX (9X12) Add sliced apples and apple juice. In a separate bowl add rolled oats, chopped walnuts, cinnamon, vanilla, sea salt and walnut or coconut oil (if adding maple syrup etc add it now). Mix until well coated. Add this mixture on top of the sliced apples in PYREX. Cover and bake until apples are tender. Remove foil until topping is lightly browned and crunchy. BAKE AT 350 DEGREES.

Yummy Frozen Dessert Balls:

Ingredients: Dessert Balls

- 15 Tbs. Raw Tahini or Almond Butter
- 3 tsp. Vanilla (non alcohol base) or Almond Extract
- *4 Tbs. Coconut Oil (melted)
- *15 Tbs. Shredded CocoChia Coconut
- *10-12 Tbs. Almond Flour

Roll Mixture

- 3 Tbs. Toasted CocoChia Coconut
- 3 Tbs. Toasted Hazelnuts (ground)
- 3 Tbs. Toasted Macadamia Nuts (ground)
- 2 Tbs. Raw Carob Powder
- 2 Tbs. Raw Cacao Beans

Procedure:

Melt coconut oil and mix all ingredients together. Make into balls then roll balls into any of the above mixtures or all of them. Place onto a plate and freeze for 4-6 hours. Transfer to a freezer container or Ziploc and leave in the freezer. Dessert balls taste best right out of the freezer.

Note: If you have trouble rolling mixture into balls because it is too sticky...add another tbs. Or two of the almond flour until the consistency is better.

*Coconut Oil: <http://www.wildernessfamilynaturals.com/goji-berries.htm>

*Almond Flour: www.sunorganic.com

CocoChia by Living Fuel: <http://www.xiser.com/store/home.php?partner=abundance>

Raw Cacao Beans: www.rawfood.com

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UPCOMING EVENT:

Holiday Gift Boutique

185 Main St.

Kings Park

Dec. 8th 7-10pm

Dec. 9th 11am-2pm

Unique gifts for your holiday gift giving needs. More info to follow soon.

I wish you all amazing health and many
blessings,
Trish

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Quotation: "Your talent is God's gift to you.
What you do with it is your gift back to God. "
~ Author Unknown

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