



Healthier
Thanksgiving
Recipes



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DRINKS



ENTREES



WHOLE-GRAIN STUFFED TURKEY

SERVES: 8 (1-inch slice each) Prep Time: 20 min. Cooking Time: 1 hr. 30 min.

CONTAINER EQUIVALENTS (per serving): 1/2 yellow, 1 red, 1 1/2 tsp

2B Mindset Plate It: Add veggies for a great holiday lunch

2 Tbsp. ghee (organic grass-fed, if possible)

1 clove garlic, finely chopped

1 bay leaf, crushed

1 sprig fresh thyme

1 raw small turkey breast deboned, skin on, butterflied (approx. 2 1/2 lbs.)

Sea salt (or Himalayan salt), divided use

Ground black pepper, divided use

1 1/2 cups Whole-Grain Stuffing (see separate recipe for Whole-Grain Stuffing)

1. Preheat oven to 375° F.

2. Combine ghee, garlic, bay leaf, and thyme leaves (discard stem) in a small bowl; mix well.

3. Place turkey breast, skin-side down, on a cutting board. Rub meat side of turkey breast with half of ghee mixture. Season with salt and pepper.

4. Spread stuffing in an even layer over ghee mixture, covering the entire surface of turkey breast.

5. Roll turkey breast into a tight log, with stuffing on the inside and skin on the outside; wrap kitchen twine around turkey breast and tie lightly.

6. Rub outside of turkey breast with remaining half of ghee mixture. Season with salt and pepper.

7. Place in roasting pan on rack. Bake for 65 to 75 minutes, turning every 20 minutes so skin crisps evenly, or until a thermometer placed into center of turkey breast reaches 165° F.

8. Allow the turkey breast to rest at room temperature for 15 minutes; remove twine and skin. Cut into eight 1-inch thick slices.



BRINING RECIPES

FOR

Thanksgiving Turkey

There are countless flavor options for brining, but the basic brining formula is simple: 1 cup of salt and 1/2 cup of sweetener (such as maple syrup or raw honey) per gallon of water.

Sweetener is optional, but it will help achieve a more balanced taste.

Generally, that formula will make enough brine for a smaller turkey in the 10-15 pound range; for a bird that's 15-20 pounds or above, you can double it. Use as much water as needed to ensure the turkey is mostly submerged.

On the stove, bring the water, salt, sweetener (optional) and any ingredients you want to flavor the brine with to a boil, then let it cool to room temperature. Make sure the brine is completely cooled to prevent bacteria growth during the brining process.

Put a brining bag in a pot that's big enough to hold the turkey, then place the brine and the turkey in the bag, seal, and refrigerate for up to 24 hours. You can find brining bags — basically gigantic Ziploc bags — at your grocery store.

Pro tip: Brining is for naked birds only! Don't brine a kosher turkey — it's already been salted. Check the label on your turkey — make sure it doesn't list additional water and sodium in the ingredients.

Brining Recipes

Plain Brine

If you prefer a juicy turkey without additional flavors, the basic brine is best. Once you've brined it for up to 24 hours, rinse, pat it dry, and refrigerate until you're ready to roast. Air-drying it in the fridge will help you get a nice crispy skin. When it's time to cook, let the turkey sit out for about 30 minutes before putting it in a preheated oven.

Pickled Brine

For a little more flavor, pickling spice is an easy option. You can get pickling spice at your local grocery store: It's typically a mix of mustard seeds, bay leaves, allspice, and red pepper. Use several tablespoons of pickling spice per gallon of water.

Herb Brine

For a herbaceous turkey, add a combination of fresh and dried herbs in your brine. Dried herbs will offer a deep flavor, and the fresh herbs will give the turkey more aromatic and delicate herbal tones. Mix and match your favorite herbs, like fresh sage with dried oregano; fresh rosemary with dried thyme; fresh savory with dried parsley; or fresh marjoram with dried bay leaves.

Citrus Brine

Add lemons, limes, oranges, or tangerines to your brining solution for a bright and light hint of tartness. If using the juice of sharp-tasting citrus like lemons or limes, brine for less time (around 8 to 12 hours), since the acid in them can begin to "cook" the turkey.

Kitchen Sink brine

The sheer size of a turkey makes it hard to overwhelm, so don't be afraid to go big: Toss in entire garlic cloves, whole star anise or cloves, peppercorns, coriander seeds, juniper berries, and quartered onions. Any flavors you want to infuse into your bird is fair game.

With just a little effort in advance, you'll be roasting up a succulent turkey.

You can switch up the ingredients each time without having to worry about brining basics, since those remain the same.

Herb-Roasted Turkey

SERVES 24, PREP TIME 15 min, COOK TIME: 4 hours, 35 minutes

PORTION FIX CONTAINERS: 1 red

2B MINDSET PLATE IT: A great protein!

Ingredients

1 (18 lb.) raw whole turkey
1 ½ tsp. sea salt (or Himalayan salt)
2 Tbsp. coarsely ground black pepper
1 ½ tsp. dried thyme leaves
1 ½ tsp. dried ground sage
1 ½ tsp. dried oregano leaves
1 ½ tsp. dried basil leaves
6 cups low-sodium organic chicken (or turkey) broth, divided use
2 cloves garlic, finely chopped
18 sprigs fresh marjoram, leaves removed and finely chopped, stems discarded
18 sprigs fresh parsley, finely chopped
2 medium onions, cut into ¼-inch slices
2 medium carrots, cut into ¼-inch slices
2 medium celery stalks, cut into ¼-inch slices
2 medium leeks, cut into ¼-inch slices
1 head garlic, halved crosswise
cooking string/twine

Instructions

Preheat oven to 450° F. Place rack in lowest position in oven.
Remove turkey neck and giblets from inside turkey; rinse turkey and pat dry with paper towels. Set aside.
Combine salt, pepper, thyme, sage, oregano, and basil in a small bowl; mix well.
Slide your hand under the skin of the turkey breast to loosen. Rub the pepper mixture inside turkey cavity, under skin, and on skin.
Pour ¼ cup broth into turkey cavity.
Combine ¾ cup broth and chopped garlic in a small bowl; pour over turkey.
Combine marjoram, parsley, onions, carrots, celery, and leeks in a large bowl; mix well.
Place in turkey cavity with garlic head.
Tie turkey legs together with cooking string. Place turkey breast side up on cooking rack set in a large, heavy roasting pan. Pour 2 cups broth into bottom of roasting pan. Tent aluminum foil over turkey and sides of the pan. Bake for 30 minutes.
Reduce heat to 325° F. Bake for an additional 3 to 3 ½ hours, basting with remaining 3 cups broth and pan juices every 20 minutes. Remove aluminum foil after 2 ½ hours. Bake until a meat thermometer inserted in the thickest part of the thigh reads 180° F, and juices run clear.
Let turkey sit for 20 minutes before carving. Discard skin and vegetables before serving.





ROSEMARY ORANGE ROAST TURKEY

SERVES 24, PREP TIME 20 min, COOK TIME: 4 hours

PORTION FIX CONTAINERS: 1 1/2 red, 1 tsp.

2B MINDSET PLATE IT: A great protein!

Ingredients

- 1 18 lb. raw whole turkey
- 4 cups low-sodium organic chicken (or turkey) broth, divided use
- 2 cups fresh orange juice
- 1/4 cup olive oil
- 3 cloves garlic, finely chopped
- 2 tsp. sea salt (or Himalayan salt)
- 2 Tbsp. black pepper, coarsely ground
- 3 Tbsp. fresh rosemary, finely chopped
- 2 Tbsp. grated fresh orange peel (orange zest)

Instructions

- Preheat oven to 450° F. Place rack in lowest position in oven.
- Remove turkey neck and giblets from inside turkey; rinse turkey and pat dry with paper towels. Set aside.
- Combine chicken broth and orange juice in a large measuring cup (or pitcher); mix well. Set aside.
- Combine oil, garlic, salt, pepper, rosemary, and orange peel in a small bowl; mix well.
- Slide your hand under the skin of the turkey breast to loosen. Rub rosemary mixture inside turkey cavity, under skin, and on skin.
- Pour 1/4 cup broth mixture into turkey cavity.
- Pour 1/4 cup broth mixture over turkey.
- Tie turkey legs together with cooking string. Place turkey breast side up on cooking rack set in a large, heavy roasting pan. Pour 2 cups broth mixture into bottom of roasting pan. Tent aluminum foil over turkey and sides of the pan.
- Reduce heat to 350°.
- Bake for 3 1/2 to 4 hours, basting with remaining 3 1/2 cups broth mixture and pan juices every 20 minutes. Remove aluminum foil after 2 1/2 hours. Bake until a meat thermometer inserted in the thickest part of the thigh reads 180° F, and juices run clear.

Let sit for 20 minutes before carving. Discard skin before serving.

A top-down view of a dining table setting. In the center is a white ceramic plate with a black circular insert. A small, round, white pumpkin with a short stem sits in the center of the black insert. Surrounding the plate are pieces of cutlery: a gold spoon and knife in the upper right, and two gold forks with black handles in the lower left. A semi-transparent tan rectangular box is overlaid on the bottom half of the image, containing the word "SIDES" in a large, black, serif font.

SIDES

Whole Grain Stuffing

SERVES: 8 (½ cup each) Prep Time: 20 min. Cooking Time: 1 hr. 50 min.

CONTAINER EQUIVALENTS (per serving): 1 yellow ½ blue 1 tsp

2B MINDSET PLATE IT: A great FFC!

INGREDIENTS

- 2/3 cup dry rye berries (or farro or barley)
- 2/3 cup dry wild rice
- 4 cups + 3 Tbsp. low-sodium organic chicken (or vegetable) broth
- 1/3 cup dried cherries
- ¾ cup boiling water
- 4 tsp. olive oil
- ½ cup chopped celery (approx. 1 large stalk)
- ¼ cup chopped shallots (approx. 2 medium shallots)
- 2/3 cup ¼-inch cubes butternut squash, peeled
- 4 fresh sage leaves, finely chopped
- 4 tsp. apple brandy (preferably Calvados) (optional)
- 1/3 cup fresh orange juice (juice of 1 small orange)
- 2 tsp. finely grated orange peel (orange zest)
- ¾ tsp. ground nutmeg
- ½ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- ½ cup water
- ½ cup sliced raw almonds

SPECIAL EQUIPMENT:

Nonstick cooking spray

INSTRUCTIONS

1. Preheat oven to 375° F.
2. Lightly coat 3-quart casserole dish with spray. Set aside.
3. Combine rye berries, wild rice, and broth in large saucepan. Bring to a boil over high heat. Reduce heat to medium-low; gently boil, covered, for 50 to 55 minutes, or until rice and rye berries are tender-crisp.
4. While grains are cooking, combine cherries and boiling water in a medium bowl; soak for 15 minutes. Drain and set aside.
5. Heat oil in large nonstick skillet over medium-high heat.
6. Add celery and shallots; cook, stirring frequently, for 5 minutes.
7. Add squash, cook, stirring frequently, for 4 minutes, or until squash is tender-crisp.
8. Add sage; cook, stirring frequently, for about 3 minutes.
9. Add brandy (if desired); cook, stirring frequently, for 2 to 3 minutes, or until liquid has almost completely evaporated.
10. Add orange juice, orange peel, cherries, nutmeg, salt, and pepper; cook, stirring frequently, for 4 to 5 minutes.
11. Add contents of skillet and water to saucepan of cooked grains; mix well. Remove from heat.
12. Place stuffing in prepared casserole dish. Top with almonds. Bake for 18 to 22 minutes, or until almonds are golden brown.

TIPS:

- If using this recipe for Whole-Grain Stuffed Turkey, use 1 ½ cups of Stuffing to fill the turkey.
 - Rye berries can be found at health food markets or online.
 - This recipe can be vegan if you substitute vegetable broth for chicken broth.
- If using grains other than rye berries, make sure to check their packaging for cooking times.

Green Beans With Lemon and Thyme

SERVES: 12 (3/4 cup each) Prep Time: 5 min. Cooking Time: 9 min

CONTAINER EQUIVALENTS (per serving): 1 green

2B MINDSET PLATE IT: A great vegetable option

INGREDIENTS

- 1 Tbsp. olive oil
- 2 1/2 pounds green beans, trimmed (about 10 cups)
- 2 cloves garlic, finely chopped
- 1/2 tsp. sea salt
- 1/4 cup water
- 1 tsp. lemon peel, finely chopped
- 3 Tbsp. fresh lemon juice
- 1/4 cup fresh thyme, chopped

INSTRUCTIONS

1. Heat oil in large skillet over medium-high heat.
2. Add green beans and garlic. Season with salt; cook, stirring frequently, for 4 to 6 minutes.
3. Add water; cook, covered, for 2 minutes.
4. Remove lid; cook for 30 seconds to 1 minute, or until water evaporates.
5. Add lemon peel, lemon juice, and thyme. Serve immediately.

Roasted Green Beans With Garlic

SERVES: 6 (1 1/4 cup each) Prep Time: 5 min. Cooking Time: 25 min

CONTAINER EQUIVALENTS (per serving): 2 green, 1/2 tsp

2B MINDSET PLATE IT: A great vegetable option

INGREDIENTS

- 3 lbs. thin green beans, ends trimmed
- 4 cloves garlic, finely chopped
- 1 Tbsp. olive oil

INSTRUCTIONS

1. Preheat oven to 375° F.
2. Combine green beans, garlic, and oil in a large bowl; toss gently to coat.
3. Place green beans on a baking sheet. Bake, shaking pan occasionally, for 20 to 25 minutes, or until tender-crisp.





ROASTED VEGETABLES

SERVES: 4 (1/2 cup each) Prep Time: 10 min. Cooking Time: 45 min
CONTAINER EQUIVALENTS (per serving): 2 green, 1 yellow, 1 tsp
2B MINDSET PLATE IT: A great veggie and FFC side as part of lunch

INGREDIENTS

8 oz. carrots, cut into half lengthwise, cut into 2-inch pieces
8 oz. beets, cut into 1 1/4-inch pieces
1 lb. sweet potatoes, peeled, cut into 1 1/4-inch pieces
1 medium fennel bulb, stalks trimmed, bulb cut in half lengthwise, cut into 1 1/4-inch slices
1 medium onion, cut in half, cut into thin wedges
4 tsp. olive oil
1/2 tsp. sea salt (or Himalayan salt)
1/2 tsp. ground black pepper
2 Tbsp. parsley, finely chopped

INSTRUCTIONS

1. Preheat oven to 450° F.
2. Place carrots, beets, sweet potatoes, fennel, and onion in large oven-proof roasting pan (or baking sheet).
3. Drizzle with oil. Season with salt and pepper; mix well. Spread vegetables in a single layer.
4. Bake, turning twice, for 40 to 45 minutes, or until vegetables are brown and tender-crisp.
5. Sprinkle vegetables with parsley; toss gently to blend.

Roasted Butternut Squash

SERVES: 8 (1/2 cup each) Prep Time: 10 min. Cooking Time: 45 min

CONTAINER EQUIVALENTS (per serving): 1 green, 1/2 tsp

2B MINDSET PLATE IT: A great FFC as part of breakfast or lunch

INGREDIENTS

1 medium butternut squash, peeled, seeds removed, cut into 1 1/2-inch pieces (about 2 lbs.)
4 tsp. olive oil
1/2 tsp. sea salt (or Himalayan salt)
1/2 tsp. ground black pepper
2 Tbsp. finely chopped thyme

INSTRUCTIONS

1. Preheat oven to 450° F.
2. Place squash in large oven-proof roasting pan (or baking sheet).
3. Drizzle with oil. Season with salt, pepper, and thyme; mix well. Spread squash in a single layer in pan.
4. Bake, turning twice, for 40 to 45 minutes, or until squash is brown and tender-crisp.

Glazed Yams With Cinnamon and Nutmeg

SERVES: 12 (2/3 cup each) Prep Time: 10 min. Cooking Time: 4 1/2 hour

CONTAINER EQUIVALENTS (per serving): 1 yellow, 1 tsp

2B MINDSET PLATE IT: A great FFC as part of breakfast or lunch

INGREDIENTS

2 1/2 lbs. medium yams, peeled, cut into 2-inch pieces (about 8 cups)
1 tsp. sea salt, divided use
2 tsp. grated orange peel
2 Tbsp. 100% orange juice
1 Tbsp. fresh lemon juice
3 Tbsp. butter, melted
2 Tbsp. raw honey (or maple syrup)
1/2 tsp. ground black pepper
1/2 tsp. ground cinnamon
1/4 tsp. ground nutmeg

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Arrange yams in 13x9x2-inch glass baking dish. Season evenly with 1/4 tsp. salt. Set aside.
3. Combine orange peel, orange juice, lemon juice, butter, and honey in a small bowl; whisk to blend.
4. Pour orange juice mixture over yams; toss to coat.
5. Sprinkle evenly with remaining 3/4 tsp. salt, pepper, cinnamon, and nutmeg.
6. Bake yams, stirring occasionally, for 50 to 60 minutes, or until fork-tender.



CARAMELIZED CARROTS WITH CURRY SPICE

PREP TIME 10 minutes COOK TIME 15 minutes

CONTAINER EQUIVALENTS: 1 1/2 green

2B MINDSET PLATE IT: Enjoy this veggie as part of lunch or dinner.

INGREDIENTS

- 1 lb. carrots, cut into 1-inch pieces on the bias
- 1/4 tsp. sea salt (or Himalayan salt)
- 1/4 tsp. ground black pepper
- 1 tsp. curry powder
- 1/4 cup coarsely chopped fresh cilantro

INSTRUCTIONS

1. Heat a medium cast iron (or nonstick) skillet over medium-high heat for 4 to 5 minutes.
2. Place carrot, salt, and pepper in skillet in a single layer; cook, turning occasionally, for 6 to 8 minutes, or until carrots are caramelized.
3. Add curry powder; cook for 1 to 2 minutes, or until carrots are tender-crisp. Remove from heat.
4. Top with cilantro; serve immediately.

BLISTERED BRUSSELS SPROUTS

SERVES 4 PREP TIME 10 minutes COOK TIME 46 minutes

CONTAINER EQUIVALENTS: 2 green

2B MINDSET PLATE IT: Enjoy this veggie as part of lunch or dinner.

INGREDIENTS

- 1 cup balsamic vinegar
- 2 cloves garlic, coarsely chopped
- 1 lb. Brussels sprouts, ends trimmed, cut in half lengthwise
- 1/4 tsp. sea salt (or Himalayan salt)
- 2 Tbsp. water

INSTRUCTIONS

1. Place vinegar and garlic in small non-reactive saucepan over medium heat. Bring to a boil. Reduce heat to low; gently boil for 25 to 35 minutes, or until vinegar has become thick enough to coat the back of a spoon. (Watch vinegar carefully after 20 minutes of cooking to avoid burning)
2. Remove from heat; cool. Remove garlic. Set aside.
3. Heat a medium cast iron (or nonstick) skillet over medium-high heat for 4 to 5 minutes.
4. Place Brussels sprouts in skillet, cut side down, in a single layer; cook for 4 minutes, or until browned.
5. Add salt; cook for 1 to 2 minutes.
6. Add water; cook until water has evaporated.
7. Top each serving with 1 Tbsp. balsamic glaze; serve immediately.

Roasted Cauliflower Mash

SERVES 5 PREP TIME 8 minutes COOK TIME 45 minutes

CONTAINER EQUIVALENTS: 1 green 1/2 tsp

2B MINDSET PLATE IT: Enjoy this veggie as part of lunch or dinner.

INGREDIENTS

1 (2-lb.) cauliflower, cut into small florets, discard stem
1 Tbsp. + 1 tsp olive oil
1 tsp sea salt (or Himalayan salt)
1/4 tsp granulated garlic (optional)
2 Tbsp. low-sodium organic vegetable broth

INSTRUCTIONS

1. Preheat oven to 400° F.
2. Wash cauliflower and pat dry.
3. Place cauliflower in large baking pan. Drizzle with oil; toss gently to coat.
4. Season with salt and garlic.
5. Bake, stirring halfway through, for 40 to 45 minutes, or until tender.
6. Place in food processor; add vegetable broth. Pulse until smooth.





DESSERTS



PUMPKIN PIE

SERVES 9 PREP TIME 15 minutes COOK TIME 1 hour 10 minutes

CONTAINER EQUIVALENTS: 1/2 purple, 1 yellow, 1/2 blue, 1 tsp

2B MINDSET PLATE IT: Enjoy as an occasional treat. Be sure to track it.

INGREDIENTS

INGREDIENTS FOR PIE CRUST:

- 1 cup quick-cooking old-fashioned oats
- 1 cup whole-wheat flour
- 1/4 cup ground raw almonds
- 1 Tbsp maple syrup (or raw honey)
- 1/4 tsp sea salt
- 3 Tbsp coconut oil
- 1 Tbsp water

INGREDIENTS FOR PUMPKIN PIE:

- 1 (15 oz. can) pumpkin puree
- 2 large eggs, lightly beaten
- 1 tsp pure vanilla extract
- 1/4 cup maple syrup (or raw honey)
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp sea salt
- 2/3 cup evaporated nonfat milk

INSTRUCTIONS

FOR PIE CRUST:

1. Preheat oven to 425° F.
2. Combine oats, flour, almonds, maple syrup, and salt in a medium mixing bowl; mix well.
3. Add oil to oat mixture; mix well. If needed, add water to hold mixture together.
4. Press into a 9-inch pie pan. Bake for 8 to 10 minutes, or until light brown.

FOR PIE:

1. Reduce oven temperature to 350° F.
2. Combine pumpkin, eggs, vanilla, and maple syrup in a medium bowl; mix well.
3. Add cinnamon, nutmeg, salt, and milk; mix until just blended.
4. Pour pumpkin mixture into prepared pie crust. Bake for 45 to 60 minutes or until a knife inserted in the center comes out clean.

Pecan Sweet Potatoe Pie

SERVES 12 PREP TIME 20 minutes COOK TIME 32 minutes

CONTAINER EQUIVALENTS: 1 yellow, 1/2 purple, 1 blue, 2 1/2 tsp

2B MINDSET PLATE IT: Enjoy as an occasional treat. Be sure to track it.

INGREDIENTS

1 cup quick-cooking old-fashioned oats
1 cup whole-wheat flour
1/4 cup ground raw almonds
1 Tbsp. + 1/4 cup pure maple syrup, divided use
(or raw honey)
1/2 tsp. sea salt, divided use
3 Tbsp. + 1/4 cup extra-virgin organic coconut
oil
1 Tbsp. water
1 1/2 cups raw pecan halves, divided use
6 large Medjool dates, coarsely chopped
1 large egg white
1 large sweet potato, baked, skin removed,
mashed
1/4 tsp. ground ginger

INSTRUCTIONS

1. Preheat oven to 425° F.
2. Combine oats, flour, almonds, 1 Tbsp. maple syrup, and 1/4 tsp. salt in a medium mixing bowl; mix well.
3. Add 3 Tbsp. oil to oat mixture; mix well. If needed, add water to hold mixture together.
4. Press into a 9-inch pie pan. Bake for 8 to 10 minutes, or until light brown.
5. Reduce oven temperature to 350° F.
6. Place 1 cup pecans in a food processor; pulse until well ground.
7. Add dates, remaining 1/4 cup maple syrup, remaining 1/4 tsp. salt, remaining 1/4 cup oil, egg white, sweet potato, and ginger; pulse until well blended.
8. Pour pecan mixture into cooled crust. Top with remaining 1/2 cup pecan halves.
9. Bake for 20 to 22 minutes, or until firm. Serve warm, or cool pie on wire rack.

Pumpkin Coconut Custard

SERVES 8 PREP TIME 10 minutes COOK TIME 50 minutes

CONTAINER EQUIVALENTS: 1/2 purple, 1/2 yellow, 1 blue


2B MINDSET PLATE IT: Enjoy as an occasional treat. Be sure to track it.

INGREDIENTS

1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground nutmeg
1/2 tsp. fine sea salt
4 large eggs, beaten
1/2 cup pure maple syrup (or raw honey)
1/2 tsp. pure coconut extract
1 (15-oz.) can pumpkin puree
3/4 cup canned coconut milk
3/4 cup unsweetened almond milk

INSTRUCTIONS

1. Preheat oven to 300° F.
2. Combine cinnamon, ginger, nutmeg, and salt in a small bowl; mix well. Set aside.
3. Combine eggs, maple syrup, and extract in a large bowl; whisk to blend.
4. Add spice mixture and pumpkin.
5. Gradually add coconut milk and almond milk; whisk to blend.
6. Pour mixture evenly into eight 6-oz. custard cups. Place cups in 13x9-inch baking pan; fill pan with 1-inch hot water.
7. Bake for 45 to 50 minutes, or until knife inserted in custard halfway between center and edge of ramekin comes out almost clean. Cool completely on wire rack. Refrigerate until ready to serve.

A top-down view of a white pumpkin centered on a black circular plate, which is placed on a white circular plate. In the background, a gold spoon, a gold knife, and a gold fork are visible. In the foreground, two gold forks with black handles are visible. A tan rectangular box with the word "DRINKS" in black, outlined, serif font is overlaid on the center of the image.

DRINKS



FAMILY-FRIENDLY HOT TODDY

SERVES 2

CONTAINER EQUIVALENTS: 1 yellow

2B MINDSET PLATE IT: Enjoy on a cold night!

INGREDIENTS

- 1 cup all-natural apple cider (or unfiltered apple juice)
- 1 cup water
- 2 Tbsp. fresh lemon juice
- 1- inch slice lemon peel
- 1 cinnamon stick (or ¼ tsp. ground cinnamon)
- 1 thick slice fresh ginger, coarsely chopped
- 1 pinch salt (or Himalayan salt)
- 2 bags rooibos tea (or chai tea)

INSTRUCTIONS

1. Place apple cider, water, lemon juice, lemon peel, cinnamon, ginger, and salt in small saucepan. Bring to a boil over medium-high heat. Turn off heat.
2. Add tea bags. Let steep for 10 to 15 minutes.
3. Remove tea bags; serve immediately.

Lower Sugar Apple Cider

INGREDIENTS

- 1 cup water
- 1 bag apple cider tea (or apple-flavored herbal tea)
- 1 cinnamon stick
- 1 tsp. raw honey

INSTRUCTIONS

1. Bring water to a boil in small saucepan over medium-high heat. Remove from heat.
2. Add tea bag and cinnamon stick; allow to steep for 2 minutes.
3. Remove tea bag and cinnamon stick.
4. Pour into a mug. Add honey; mix well.
5. Serve immediately.

Tahini Hot Cocoa

INGREDIENTS

- 1 cup unsweetened coconut milk beverage (or unsweetened almond milk)
- 2 Tbsp. unsweetened cocoa powder
- 1 tsp. tahini paste
- ½ tsp. raw honey

INSTRUCTIONS

1. Bring coconut milk, cocoa powder, tahini, and honey (if desired) to a boil in small saucepan over medium-high heat, whisking frequently.
2. Pour into a large mug; serve immediately.

