



Thanksgiving Recipe Round-Up

It is my absolute favorite time of year! Is it weird that I actually like Thanksgiving better than Christmas? Christmas is great, but it seems so FINAL. Thanksgiving is the perfect kickoff to that warm cozy spirit and obviously some amazing food.

I've put together some of my favorite Thyme & JOY holiday recipes so you can have them all in one place ready to go. These recipes are made with real food ingredients and are mostly paleo, whole30 and gluten free.

Check out my
[5 best tips on how to beat Thanksgiving Bloat](#)
and indigestion for the big day!



Valerie Skinner is a [Whole30 approved](#) personal chef & recipe developer that bridges the gap between healthy eating and busy lives by providing simple healthy meals and recipes for you and your family.

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Morning Meals

Thanksgiving means family time, shopping and just relaxing ... if you're lucky. Try out these morning meals that will feed a crowd and be sure to make some pumpkin spice creamer to make everyone's morning buzz a bit more cheerful.



Pumpkin Spice Creamer

Ingredients:

1/2 cup coconut cream

1/2 cup Almond Milk

1/4 cup pumpkin puree

1/8 tsp pumpkin pie spice

1/8 tsp cinnamon

1/8 tsp vanilla bean powder

1 pinch sea salt

Instructions:

Blend all ingredients in a high speed blender until fully combined.

Store in airtight container for 7-10 days.

<http://thymeandjoy.com/vegan-pumpkin-spice-creamer-whole30-paleo/>

Kale & Butternut Squash Frittata

Ingredients

12 eggs
1 large Potato (russet or golden preferred)
4 leaves Kale, stemmed and chopped
2 cups Butternut squash, cooked and cubed**
2 tbsp Avocado Oil, divided
2 tbsp Garlic Powder
salt/pepper to taste

Instructions

1. Preheat your oven to 375. Grease a 9X10 deep baking pan with avocado or olive oil.
2. Thinly slice your potato using a mandolin or very sharp knife. Slices should be 1/4-1/8" thick.
3. Layer the slices overlapping on the bottom of the pan evenly to create the bottom crust. Once layered, put in oven for 25 minutes or until potatoes are 80% cooked through.
4. In pan, saute chopped kale with cubed butternut squash with 1 tbsp oil until butternut cubes are warmed through and kale is lightly wilted. Most of the cooking will take place while it is being baked.
5. In a separate bowl, crack 12 eggs and whisk together along with garlic powder, salt, pepper and any other seasonings you'd like to add.
6. Take potato crust pan out of oven and pour egg mixture right on top. Take vegetable mixture and disperse evenly on top of egg mixture. Egg mixture will go under the crust and in between layers and this is ok!
7. Bake Frittata for 25-35 minutes or until middle is firm. Let cool and slice into 6-8 pieces.



<http://thymeandjoy.com/kale-butternut-squash-frittata/>

Buffalo Chicken Frittata

Ingredients

1 dozen Eggs
2 cups Cooked Chicken Breast
1/2 cup Buffalo Sauce, divided in half
2 shallots, chopped
2 stalks Celery, small dice
1/4 cup Cilantro, chopped
1 Green Onion, chopped
1 tbsp Ghee
salt/pepper

Instructions

1. Pre-heat your oven to 375.
2. Heat ghee in pan over medium-high heat
3. Add celery and shallots and saute about 5-7 minutes or until soft
4. In one bowl, add 12 eggs, salt and pepper and whisk until combined.
5. Add celery shallot mix and cilantro and stir together
6. In a separate bowl, shred chicken breast and stir in desired amount of buffalo sauce.
7. Add egg mixture to a well greased cast iron pan.
8. Drop in shredded buffalo chicken evenly.
9. Swirl remaining buffalo sauce on top and cook for 25-35 minutes or until cooked through.
10. Let cool 10 minutes before serving
11. Can be eaten hot or cold.



<http://thymeandjoy.com/buffalo-chicken-frittata/>

Eggless Mexican Breakfast Hash

Ingredients

1 pound Ground pork
1 tbsp Fennel Seed
2 tsp Poultry Seasoning
3 Sweet Potatoes, large dice
2 Poblano peppers, small dice
1 Jalapeno Pepper, minced
1/2 Red Onion, small dice
2 tsp Minced Garlic
2 tsp Chili Powder
1 tsp Cumin
1 tsp Smoked Paprika
2 tbsp Avocado Oil
1/4 cup Fresh Cilantro, chopped
1 Lime, cut into wedges
Salt/Pepper to taste



Instructions

1. Preheat your oven to 400.
2. Dice up sweet potatoes into bite sized chunks and toss with 1 tbsp of oil. Place on sheet pan and bake in oven for about 30-40 minutes tossing half way through until cooked.
3. Heat remaining oil in a large skillet over medium high heat. Add ground pork, poultry seasoning and fennel and saute for about 5 minutes before adding the peppers, onion, garlic and remaining spices.
4. Saute everything together until meat is cooked through and vegetables are soft.
5. Add meat mixture on top of roasted sweet potatoes, top with cilantro and lime.

<http://thymeandjoy.com/mexican-breakfast-hash/>

Cheerful Beverages

I've got 2 cheery beverages that will please any crowd, including children! These recipes are both alcohol free, but feel free to change that up at your leisure.

Sangria Mocktail

Ingredients

4 cups Pomegranate Juice, no sugar added
10 cups Sparkling Water or Seltzer
1 Lime, Juiced
1 Orange, Juiced
1 Orange, sliced in rounds
1 Lime, sliced in rounds
1 Red Apple, diced
1 Green Apple, diced

Instructions

Add all ingredients to a 1 gallon container and stir gently.

Allow sangria to chill in fridge for at least 2 hours before serving.

Serve over ice.

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<http://thymeandjoy.com/virgin-sangria-mocktail/>



Thanksgiving Punch

Ingredients

MOCKTAIL OPTION

1 Gallon Apple Cider
48 oz Ginger Ale
1 Red Apple, sliced thin
1 Green Apple, sliced thin
1 Navel Orange, sliced thin
4 Cinnamon Sticks
1 cup Frozen Cranberries
1 tbsp Pumpkin Pie Spice

COCKTAIL OPTION: use only 24oz of Ginger Ale and add one bottle of champagne or prosecco. Keep the rest of ingredients the same

Instructions

In a 2 gallon drink jar, add 2 cups apple cider.

Whisk in pumpkin pie spice until any clumps are gone.

Add the remaining ingredients including the remaining apple cider to the jar and stir gently.

Refrigerate for at least 3-4 hours before serving cold.

Will keep for 3-4 days in fridge in airtight container.

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<http://www.thymeandjoy.com/thanksgiving-punch>



Entrees & Sides

These healthy recipes are made with clean ingredients in the spirit of the holidays.

Creamy Cauliflower Mash

Ingredients

1 head Raw Cauliflower (4 cups)
2 tbsp Avocado Oil
2 tbsp Ghee or Butter
1 tbsp Garlic Powder
1 tbsp Dried Parsley
Salt/Pepper to taste

Instructions

Preheat oven to 400.

Rough chop cauliflower into small florets being mindful of trying to make everything the same size.

Toss cauliflower with avocado oil and a pinch of salt.

Spread cauliflower evenly on a baking sheet and roast in oven for about 30-40 minutes flipping halfway through.

Cauliflower should be cooked and starting to look dry but not brown or burnt. Oven times may vary, so keep checking until desired texture is reached.

Using a high speed blender, immersion blender or food processor pulse cauliflower until it is smooth with no lumps. Add spices and ghee and blend until incorporated.

Store in airtight sealed container for up to 5 days

<http://thymeandjoy.com/creamy-mashed-cauliflower/>



Riced Cauliflower Stuffing

Ingredients

3 cups Riced Cauliflower (frozen)
1/2 cup Carrots, small dice
1/2 cup Celery, small dice
1/4 cup Onion, small dice
1/3 cup Dried Cranberries
1 tbsp Poultry Seasoning
1 tbsp Ghee or cooking oil of choice
Salt/Pepper to taste

Instructions

Heat ghee or oil in large pan on medium high heat.

Add carrots, onion, celery and seasonings to pan and saute for about 5 minutes or until vegetables are softened.

Add in frozen riced cauliflower and dried cranberries and saute until mixture is completely cooked and warmed through.

Adjust seasonings as necessary and serve hot.

<http://thymeandjoy.com/riced-cauliflower-stuffing/>



Roasted Root Vegetables

Ingredients

3 cups Butternut Squash, cubed
3 cups Sweet Potato, cubed
1 cup Parsnips, peeled diced
½ cup Celery, diced
½ cup Red onion, diced
2 tsp Garlic, minced
1 cup Dried Sugar Free Cranberries
2 tbsp Fresh Rosemary, chopped
1 tbsp Poultry Seasoning
Salt/Pepper to taste
3 tbsp Ghee



Instructions

Preheat oven to 375

Melt Ghee until it's in its liquid form

In a large bowl add butternut squash, sweet potato, parsnips, celery, onion, cranberries, poultry seasoning, rosemary, salt and pepper.

Toss until well combined

Spread vegetable mixture out on a large sheet pan and cook for 45 minutes (tossing at the 30 minute mark) or until all vegetables are cooked through

To add texture, place pan under the broiler for 2-3 minutes

<http://thymeandjoy.com/roasted-root-vegetables/>

Mushroom Gravy

Ingredients

8 oz White Mushrooms, sliced
1/4 cup Red Onion, small dice
2 tsp Garlic, minced
2 tbsp Fresh Rosemary, minced
fine
1 tbsp Ghee or Butter
2 tbsp Worcestershire or The
New Primal Classic Marinade
2 cups Beef Broth
2 tbsp Arrowroot Starch
Salt/Pepper to taste



Instructions

In a large pan, heat up butter or ghee over medium high heat.

Add mushrooms, garlic, onion and rosemary and saute until everything starts to brown.
Add beef broth, Worcestershire or marinade and turn heat down to a simmer.

In a small bowl, whisk 2 tbsp arrowroot starch with enough water to combine it all together without clumps.

Whisk this mixture into gravy until fully incorporated and simmer gravy until desired consistency is reached (about 10 minutes)

Store in an airtight container for 7-10 days.

<http://thymeandjoy.com/easy-mushroom-gravy/>

Stuffed Turkey Tenderloin

Ingredients

2 Turkey Tenderloins
1 cup Riced Cauliflower Stuffing
1 tbsp Ghee or Butter
1 tbsp Poultry Seasoning
Salt/Pepper to taste

Instructions

Preheat your oven to 350.

Take tenderloins out of package and pat dry with a paper towel.



Heat up ghee or butter in a large skillet over medium high heat.

Sprinkle both sides of turkey tenderloin evenly with poultry seasoning, salt and pepper.

Pan sear ONE side of the turkey tenderloin in butter until it starts browning. Do NOT cook the turkey all the way, this is to just make sure it has color and texture.

Take tenderloin out of pan and let cool before slicing a pocket into each by cutting each tenderloin through the middle horizontally but not all the way through. This will allow the stuffing to stay in place.

Add 1/3-1/2 cup of Riced Cauliflower stuffing into the middle of each turkey tenderloin and spread out evenly.

Using about 3/4 toothpicks, close up the sides of the tenderloin to minimize any stuffing that could leak out.

On a sheet pan, place stuffed turkey tenderloins in preheated oven for about 30-35 minutes or until turkey meat is cooked through.

Once cooled enough, remove toothpicks, slice and serve.

<http://thymeandjoy.com/stuffed-turkey-tenderloin/>

Chicken Pot Pie w/Mashed Potato Crust

Ingredients

FOR FILLING

3 pieces Chicken Breast Raw, diced small
1/2 cup Celery, diced
1/2 cup Carrots, diced (or frozen)
1 medium Onion, diced
2 tsp Garlic, minced
1 cup Green beans, cut and frozen
8oz can Coconut Milk
2 tbsp Poultry Seasoning
1 tsp Dried Rosemary
1 tbsp Ghee

FOR MASHED POTATOES

2 pounds Golden Potatoes
2 tbsp Ghee
1/2 tsp Garlic Powder
Salt/Pepper to taste



Instructions

FOR POT PIE FILLING

In a medium sized pot, heat up 1 tbsp ghee over medium high heat. Add carrots, celery, onion, garlic and saute for about 5 minutes or until vegetables soften.

Add in raw diced chicken breast along with green beans, poultry seasoning, rosemary, salt and pepper and saute in together for another 5 minutes or until all chicken is opaque.

Add in coconut milk, stir together and simmer over medium heat for about 20 minutes or until chicken is cooked all the way through. The mixture of vegetables and chicken plus the liquid in the coconut milk should be enough to simmer without burning. If the filling looks like there is not enough liquid to simmer, add water in 1/4 cup increments. It is also ok if the liquid has a thin broth consistency as potatoes will be added to thicken it.

FOR MASHED POTATO CRUST

In a large pot, boil 6-8 quarts of water.

Rinse then chop each potato into large chunks.

Boil potatoes for 25-35 minutes or until cooked through. timing will depend on potato size pieces
Strain potatoes and add to a large bowl. Add salt, pepper, garlic powder and ghee.

Using a potato masher, mash potatoes into a rustic chunky mash being sure to make sure spices and ghee are evenly distributed.

Take pot pie mixture off heat and stir in 1/3 of rustic potato mixture to thicken.

Portion out filling and top with remaining mashed potato mix.

<http://www.thymeandjoy.com/chicken-pot-pie>

Butternut Squash Alfredo

Ingredients

1 cup Cashews Raw, soaked overnight (yields 1.5 cups)
¾ cup Water
1 cup Butternut Squash Cooked
⅛ tsp Nutmeg 1 tsp Garlic Powder
¼ tsp Salt
⅛ tsp Black Pepper

Instructions

Soak cashews overnight in 3 cups of water

Drain and rinse thoroughly

Add soaked cashews and remaining ingredients to a high speed blender and blend until smooth and creamy. If alfredo is too thick, add more water by tbsp until desired consistency is reached.

Heat up on stovetop or microwave

Store in fridge for 5 days in airtight container

Serve over pasta, spaghetti squash or zucchini noodles.

<http://www.thymeandjoy.com/butternut-squash-alfredo>



Sweets & Snacks

These fun sweets and snacks are perfect for appetizing your guests or feeding their sweet tooth

Pumpkin Spice Pecans

Ingredients

4 cups Pecan Halves (raw)
1/2 tbsp Ghee
1/2 tbsp Coconut Oil
3 tbsp Pumpkin Pie Spice
1/2 tbsp Cinnamon
1/4 tsp Salt
OPTIONAL: 1/3 cup White Sugar or
equivalent sweetener of choice

Instructions

Preheat oven to 325

In large bowl, add pecans, sweetener, cinnamon, salt and pumpkin pie spice and toss together.

Melt ghee and coconut oil in microwave until it becomes it's liquid state

Add oil mixture to bowl and toss all ingredients together until fully combined and coated.

Roast in oven for about 15 minutes, tossing pecans halfway through.

Let cool completely before serving.



<http://thymeandjoy.com/pumpkin-spice-pecans/>

No Bake Pumpkin Pie Bites

Ingredients

FOR CAKE BITES

1 cup Cashew Butter (or almond butter)
2 tbsp Pumpkin Puree
1 tbsp Pumpkin Pie Spice
1 tsp Cinnamon
2 tbsp Maple Sugar or other sweetener
1/4-1/3 cup Coconut Flour

FOR COATING

1/2 tbsp Pumpkin Pie Spice
1 tbsp Maple Sugar



Instructions

In a stand mixer with a paddle attachment, add cashew butter, pumpkin puree, maple sugar, cinnamon and pumpkin pie spice and mix until fully combined being sure to scrape off the sides as you go.

Add coconut flour in 1 tbsp increments while continuing to mix until a dough is formed that is smooth but won't stick to your hands and can be rolled into balls. (this took me about 1/3 cup total)

In a small bowl add maple sugar and pumpkin pie spice and whisk together to roll the cake bites in.

Roll dough into 1" balls and then coat in sugar/spice mixture to cover the surface.

Store in fridge for at least 2 hours in an airtight container to firm up.

Let them come to room temperature for 10 minutes before serving.

<http://thymeandjoy.com/no-bake-pumpkin-pie-bites/>

Crispy Buffalo Chickpeas

Ingredients

2 14oz cans Chickpeas
1 tbsp Ghee or Butter
1 tsp Garlic Powder
1 tbsp Cornstarch
1/3 cup Buffalo Sauce

Instructions

Preheat your oven to 425

Drain and rinse chickpeas
and add to a bowl

Toss the chickpeas evenly
with melted ghee, garlic
powder and cornstarch

In a single layer on a rimmed baking sheet, bake for 45 minutes tossing at the 20 minute mark. Place hot chickpeas back into a bowl and toss with buffalo sauce for about 1 minute until the sauce is fully soaked in.

Return to sheet pan and place in oven for 5 minutes, take out and toss, then bake for 5 more minutes.

Let chickpeas fully cool before serving.

******Keep checking on your chickpeas as oven strengths may vary

<http://thymeandjoy.com/crispy-buffalo-chickpeas/>

