



WHOLE FOOD PLANT-BASED

MamaSezz

Thanksgiving

Menu

Apple Sage Stuffing

Vegan Gravy

Dairy-Free Garlic Mashed Potatoes

Brussels Sprout Salad

Pearled Onions and Peas

Refined Sugar-Free Cranberry Sauce

No-Bake WFPB Pumpkin Pie

Apple Sage Stuffing



Ingredients:

1 cup of chopped celery
1 chopped apple
1 onion, chopped
2 cloves of garlic, minced
4 cups of chopped stale whole grain bread (or GF!)
1 TBS of ground flaxseed
2+ cups of veggie broth
2 teaspoons of apple cider vinegar
1 teaspoon of sage
2 teaspoons of parsley
Sea salt and ground pepper to taste
Optional: mix in 1/2 a cup of your mashed potatoes

Instructions:

1. Mix together your flaxseed with 3 Tablespoons of warm veggie broth and let sit
2. Saute onions and garlic in a little veggie broth until onions begin to soften. Add more veggie broth to prevent sticking.
3. Add celery, apples, and spices and cook until celery begins to soften.
4. Add vinegar, flaxseed mix, apple cider vinegar, and 1 cup of veggie broth.
5. Optional: Mix in mashed potatoes for a moister stuffing.
6. Fold in chopped bread until mixed thoroughly. Add more veggie broth if desired and pour into a baking dish.
7. Bake on 350 until the top begins to crisp (about 40 minutes)

WFPB Vegan Gravy

Ingredients:

2 onions, sliced into half moons
2 cloves of garlic, minced
½ a cup minced celery
½ a cup of minced carrots
2 Tablespoons of low sodium Tamari
4 cups of low sodium veggie broth
1 teaspoon of garlic powder
1 teaspoon of onion powder
1/4 teaspoon of ground thyme
¼ cup of chopped walnuts (soaked until soft and strained)
¼ cup chopped walnuts (not soaked)
Fresh ground black pepper to taste



Instructions:

1. Saute onions, garlic, celery and carrots in a splash of veggie broth over medium heat until soft.
2. Once onions start sticking to pan, add 2 cups of the veggie broth (and scrape the bottom to deglaze)
3. Then add tamari, garlic powder, onion powder, thyme, black pepper and your unsoaked walnuts.
4. Let cook for 10 minutes and meanwhile, blend soaked walnuts with enough veggie broth to cover until creamy.
5. Then, add ½ of your onion mixture to the blender and blend until creamy.
6. Pour blended walnut mixture back into onion mixture and stir reduce until it reaches your desired consistency.

Dairy-Free Garlic Mashed Potatoes

Ingredients:

3 cups of diced Yukon gold potatoes
3 cups of diced russet potatoes
3 cups of red diced potatoes
3 Tablespoons of nutritional yeast
5 cloves of garlic, minced
½ an onion, diced
½-1 1/2 cups of non-dairy milk
½ a cup of veggie broth
¼ a cup of chopped chives
¼ a cup of cashews, soaked
Sea salt and pepper to taste

Instructions:

1. Boil the potatoes until soft.
2. Saute garlic and onion in a veggie broth until soft.
3. Blend cooked garlic and onion with your non-dairy milk, soaked cashews, nutritional yeast, and salt and pepper until creamy.
4. Mix into potatoes, and mash until you've reached your desired consistency.
5. Top with chopped chives, and freshly ground pepper.



Brussels Sprouts Salad

Ingredients:

5 cups of shredded Brussels sprouts
5 cups of chopped lettuce
 $\frac{3}{4}$ cup of walnuts
 $\frac{1}{4}$ cup of unsweetened dried cranberries
1 apple, diced

Salad dressing:

3 teaspoons of Balsamic
1 teaspoon of mustard
2 teaspoon of maple syrup or date syrup

Instructions:

1. Mix dry ingredients together then drizzle with salad dressing, toss and let sit. Add more dressing if desired.



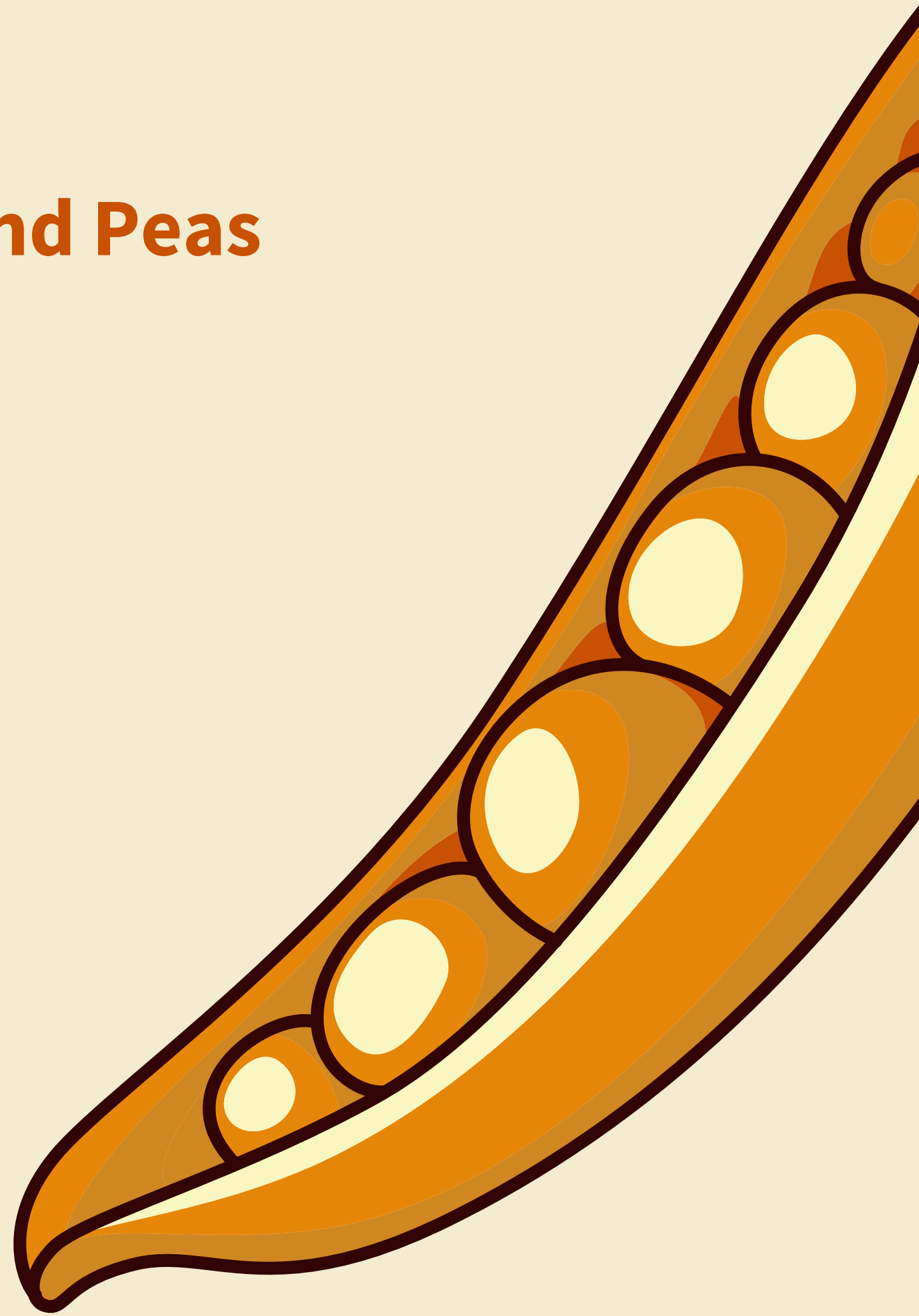
Pearled Onions and Peas

Ingredients:

1 bag of frozen pearled onions
1 bag of frozen peas
¼ a cup of soaked raw cashews
1 teaspoon of apple cider vinegar
1 teaspoon of garlic powder
1 teaspoon of onion powder
½ a teaspoon of maple or date syrup
A tiny sprinkle of nutmeg
¼ teaspoon of white pepper (sub black pepper)
2 Tablespoons of nutritional yeast
½ -1 cup of veggie broth
Sea salt to taste

Instructions:

1. Microwave peas and onions until defrosted.
2. Blend all other ingredients in a high speed blender until smooth. Use just enough veggie broth to cover cashews by ½ an inch.
3. Mix cream mixture into veggies and enjoy.



Refined Sugar-Free Cranberry Sauce

Ingredients:

2 cups of raw cranberries

1/3 cup of maple syrup or date syrup (Try 1/4 cup if you like your relish extra tart)

1 whole navel orange, peel and all

Instructions:

1. Cut the orange into eighths
2. Combine the cranberries, maple syrup and orange in a food processor and process until you've reached a relish texture (slightly finer than salsa)
3. Enjoy next to your holiday favorites!



No-Bake WFPB Pumpkin Pie

Ingredients:

No-Bake Pumpkin Pie Crust:

- 1 ¼ cup of walnuts
- 1 ¼ cup of pecans
- 1 dozen of dates (pitted)
- 1 pinch of sea salt

No-Bake Pumpkin Pie Filling:

- 1 can of pureed pumpkin (ingredients: pumpkin)
- 1 can of coconut milk
- 1 TBS of maple syrup or date syrup
- 1 TBS of ground chia seed
- 1 TBS of pumpkin spice
- 1 TBS of cinnamon
- 1 pinch of sea salt

Instructions:

1. In a food processor, blend together walnuts, pecans, dates and a pinch of sea salt (you can substitute any nut you like)
2. Line a pie dish with the crumble, and press into a crust
3. In a blender or food processor, blend pumpkin puree, coconut milk, maple syrup, ground chia seed, pumpkin spice, cinnamon, and a pinch of sea salt
4. Pour pumpkin mixture into the pie crust
5. Chill overnight and enjoy chilled!

