

Wild Rice Stuffing

Ingredients

½ cup wild rice
½ cup brown rice
2 cups water
1 tsp Herbamare
¼ tsp ground sage or nutmeg
½ cup chopped celery
3 green onions
¼ cup slivered almonds

Directions:

Combine rice, water, Herbamare and sage or nutmeg and cook to a boil. Cover and simmer 70 minutes. Add remaining ingredients. Serve, or stuff into turkey for roasting.

Sweet Potato Casserole

Ingredients

4-5 sweet potatoes
2 eggs
1/3 cup organic butter
½ cup plain rice milk
½ tsp unrefined sea salt
½ tsp vanilla

Directions:

Preheat oven to 350.
Cook and mash sweet potatoes (can pick out skins if desired, or leave in for added fiber). Mix together with all ingredients except topping and place in a casserole.

Topping:

1 cup ground nuts (pecans work great)
1/3 cup melted organic butter
1/3 cup unrefined maple syrup
1/3 cup rice flour

Mix together topping ingredients and sprinkle on top of potato mixture.

Bake for 30 minutes.

Roasted Beet, Walnut and Feta Salad (Sandra Brandt)

Ingredients:

2 lbs beets, roasted (400F; 1 hour), peeled and cubed
½ cup toasted walnuts
½ tsp unrefined salt
Handful chopped parsley
8 oz feta cheese, cut into chunks

Directions:

Toss beets with other ingredients. Combine dressing ingredients separately. Combine beet mixture and dressing just before serving.

Dressing:

2 Tbsp olive oil
2 Tbsp flax oil

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1 tbsp lemon juice
¼ tsp unrefined salt

Healthy turkeys – www.pineviewfarms.com

Also available through Nature's Best; Eat Healthy Foods or Body Fuel Organics

Millet Cheesecake (thanks Alison!)

Ingredients:

Crust:

1 cup oatmeal
½ cup spelt flour
¼ cup nuts or seeds
1 tsp cinnamon
¼ tsp unrefined salt
1/3 cup safflower oil
3 Tbsp honey
2 Tbsp frozen orange juice
1 tsp vanilla

Filling:

½ cup dry millet
2 cups water
½ tsp unrefined sea salt

1/3 cup raw cashews
¼ cup honey
1 tsp vanilla
1/3 cup lemon juice

Healthy chocolate

Ingredients:

8" piece of fine dark chocolate
1 scoop natural Vanilla protein powder (my personal preference is Absolute Whey by Interactive)
1 cup chopped nuts/ seeds (pumpkin, sunflower, almonds, flax)

Directions:

Mix crust ingredients and bake at 350 for 10-12 minutes. Cool completely.

Cook millet in water and salt for 45 minutes.

Blend together with remaining ingredients until smooth- in blender or food processor. Pour millet mixture into crust. Top with fruit – cranberries (dried) work GREAT for a Christmas variation.

Cool and serve.

Directions:

Melt chocolate and add protein powder. Add nuts and seeds and mix together. Spread onto a metal tray and cool in a freezer. Serve, and enjoy

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Hot Apple Cider

Ingredients:

2 litre box apple juice (or cranberry juice or a combination)
½ tsp allspice berries
½ tsp clove berries
Orange peel (half an orange)
Lemon peel (half a lemon)
2 cinnamon sticks

Directions:

Pour the apple juice into a saucepan and add all ingredients. Place over moderate heat for 7-10 minutes, or until the cider is very hot but not boiling. Strain into coffee butler to keep it hot and replace cinnamon sticks back in the mixture.



* Remember to give thanks for the bounty and abundance of this season as you sit down with family/ friends/ loved ones for this feast! *

One of my favorite, non-denominational blessings, is the following:

Earth who gives to us this food,
Sun that makes it good and ripe
Dear Earth, dear Sun
By you we live
Our loving Thanks to You we Give.

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