



Thanksgiving Day Menu Ideas



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Happy Thanksgiving!

This little recipe book is my way of saying **thank you** to this amazing community.

Every conversation, check-in, and small win we share reminds me why I love what I do, and I want to give something back that feels equally nourishing.

These 18 recipes are made for real life, perfect for smaller dinners, casual get-togethers, or when you simply want *something a little different* from the traditional turkey spread. You'll find colourful plant-based dishes, cozy mains, and a few festive mocktails that keep things light yet satisfying.

Whether you're hosting, cooking for one, or just looking for inspiration, I hope these recipes spark creativity in your kitchen and joy at your table.

Now, grab a mug, cue your favourite playlist, and let's make something delicious together.

Enjoy!

Christine Moran





Mulled Cider

12 servings

30 minutes

Ingredients

3 quarts Apple Cider
2 tbsps Star Anise (whole)
5 servings Cinnamon Stick
1/2 cup Frozen Cranberries
1/2 Navel Orange (sliced)

Directions

- 1 Add all of the ingredients into a large pot and bring to a simmer over medium-high heat. Drop the heat to low once the pot is simmering and continue to simmer for 30 minutes. Pour into glasses or mugs and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is one cup.

More Flavor: Add cranberry juice.

Serve at a Party: This is a fool-proof drink to serve at a party. You can keep this pot simmering on low for a few hours for the duration of your party.

Star Anise: One teaspoon is approximately one whole piece of star anise. Two tablespoons equal six whole pieces of star anise.



Pumpkin Spice Latte

1 serving
10 minutes

Ingredients

1/2 cup Coffee
2 tbsps Pureed Pumpkin
1 1/2 tbsps Maple Syrup
1/2 tsp Pumpkin Pie Spice
3/4 cup Unsweetened Almond Milk
1/2 tsp Vanilla Extract

Directions

- 1 Brew your coffee and set aside.
- 2 In a saucepan over medium heat, stir the pumpkin, maple syrup and pumpkin pie spice until combined. Slowly whisk in almond milk. Bring mixture to a low simmer, stirring occasionally and remove from heat. Stir in vanilla extract.
- 3 Transfer milk mixture to a blender and pulse several times until foamy and frothy. (You can also use a hand-held immersion blender instead.)
- 4 Add milk mixture to your hot coffee. You may want to use a spoon to gently hold back the frothy top layer while pouring. Top your latte with this remaining froth.
- 5 Top with a dollop of homemade whipped cream or coconut whipped cream (optional) and sprinkle with additional pumpkin pie spice. Enjoy!

Notes

No Almond Milk: Use coconut milk instead.

No Blender: Whisk vigorously by hand when the milk mixture starts to simmer on the stove. FYI, this will not create the same froth as a blender or immersion blender but still tasty!

Pumpkin Lover: Add an extra 1 tbsp of pureed pumpkin per serving.

Homemade Pumpkin Spice: Mix 1/4 cup ground cinnamon, 4 tsp ground nutmeg, 4 tsp ground ginger and 1 tbsp ground allspice. Store in an air-tight container.

Caffeine Free: Replace coffee with additional almond milk.



Sparkling Pomegranate Limeade

8 servings

5 minutes

Ingredients

4 cups Water
2 1/2 cups Sparkling Water
1/2 cup Lime Juice
3/4 cup Monk Fruit Sweetener
1/2 cup Pomegranate Seeds
1/2 oz Thyme Sprigs (for garnish,
optional)

Directions

- 1 Combine the water, sparkling water, lime juice, monk fruit sweetener and pomegranate seeds in a jug.
- 2 Serve into glasses and garnish with a sprig of thyme. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated for up to four days. For best results, add sparkling water just before serving.

Serving Size: One serving equals approximately one cup.

No Monk Fruit Sweetener: Use maple syrup instead and adjust the amount for sweetness.



Baked Spinach & Artichoke Dip

8 servings

35 minutes

Ingredients

1 1/2 cups Artichoke Hearts (from the can, drained, chopped)
1 cup Frozen Spinach (thawed, drained)
1/2 cup Plain Greek Yogurt
1/4 cup Mayonnaise
4 ozs Mozzarella Cheese (shredded)
2/3 cup Parmigiano Reggiano (shredded)
2 Garlic (clove, minced)
3/4 tsp Onion Powder
2 tsps Lemon Juice
4 cups Corn Tortilla Chips

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In a large bowl, add the artichokes, spinach, yogurt, mayonnaise, mozzarella, parmesan, garlic, onion powder, and lemon juice. Mix well to combine.
- 3 Spoon the mixture into an oven safe baking dish and transfer to the oven. Bake for 22 to 25 minutes, until bubbling and browned on top.
- 4 Serve with tortilla chips and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 7 x 5-inch (18 x 13 cm) baking dish was used to make eight servings. One serving is about 1/2 cup of dip and 1/2 cup of chips.

No Tortilla Chips: Serve with fresh bread and/or veggies such as carrots and celery.



Stuffing Bites

6 servings

30 minutes

Ingredients

5 1/4 ozs Sourdough Bread (broken into pieces)
1 Egg (large)
2 tbsps Dried Unsweetened Cranberries
1 tsp Dried Rosemary
1 tsp Dried Thyme
1/2 tsp Sea Salt
1/3 cup Pecans
1 tbsp Extra Virgin Olive Oil

Directions

- 1 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Add all of the ingredients to a food processor and process until you get a coarse texture.
- 3 Use a teaspoon to scoop out the mixture and roll into balls. Place them on the prepared baking sheet.
- 4 Bake for 15 to 20 minutes or until the stuffing bites have browned lightly. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is two stuffing bites.

Gluten-Free: Use gluten-free bread.



Butternut Squash Hummus

6 servings

20 minutes

Ingredients

2 cups Butternut Squash (peeled and diced into 1-inch cubes)
2 tbsps Tahini
2 tbsps Lemon Juice
1/2 tsp Sea Salt
1/4 cup Extra Virgin Olive Oil
7 1/16 ozs Seed Crackers

Directions

- 1 Steam the butternut squash in a steaming basket for 6 to 8 minutes, or until it is tender when pierced with a fork.
- 2 Add steamed squash to a blender or food processor along with the tahini, lemon juice and sea salt. Drizzle in the extra virgin olive oil and process until smooth and creamy.
- 3 Transfer the hummus to a bowl and refrigerate until ready to eat. Serve with crackers. Enjoy!

Notes

Leftovers: Keeps well in a sealed container in the fridge for 5 to 6 days.

No Butternut Squash: Use acorn squash or another type of squash instead.

More Flavour: Play around with adding garlic or herbs. You can also roast the squash for a deeper flavour.

Garnish With: Sesame seeds or hemp seeds.

Save Time: Buy pre-sliced butternut squash from the produce section or frozen aisle.



Citrus Herb Roasted Turkey Breast

4 servings

1 hour 5 minutes

Ingredients

1 Navel Orange (cut into quarters)
 1 Yellow Onion (cut into quarters)
 2 1/4 lbs Turkey Breast, Skin on (bone-in)
 1/2 tsp Sea Salt
 1 1/2 tbsps Extra Virgin Olive Oil
 1 tbsp Thyme (finely chopped)
 1 tbsp Fresh Sage (finely chopped)
 1 tbsp Rosemary (finely chopped)
 2/3 cup Water

Directions

- 1 Preheat your oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
- 2 Season the turkey breast on all sides with the salt. Place the seasoned turkey breast on top of the orange and onion in the pan.
- 3 In a small mixing bowl combine the oil with the thyme, sage and rosemary. Spoon the oil mixture evenly over top of the turkey breast.
- 4 Add water to the bottom of the pan and bake the turkey breast for 20 minutes. Reduce the heat to 350°F (176°C) and continue cooking for 30 to 40 minutes or until the turkey is cooked to an internal temperature of 165°F (74°C). The skin should be brown and crispy. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
- 5 Let the turkey rest for at least 10 minutes before slicing. Enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Spoon pan juices over top of the sliced meat upon serving.

Make it a Meal: Serve with roasted veggies or mashed potatoes. Use cooked turkey in sandwiches, soups or on top of salads.

No Water: Use chicken broth instead.



Lentil Mushroom Loaf

10 servings

1 hour 5 minutes

Ingredients

1 tsp Avocado Oil
 12 Cremini Mushrooms (sliced)
 1/2 Yellow Onion (chopped)
 2 Carrot (finely chopped)
 3 Garlic (cloves, minced)
 2 tbsps Coconut Aminos
 3 tbsps Ground Flax Seed (ground)
 1/3 cup Water
 1 cup Walnuts (toasted)
 1/2 cup Sun Dried Tomatoes (chopped)
 2 tbsps Thyme (fresh, chopped)
 2 cups Green Lentils (cooked)
 3/4 cup Oats
 1/2 cup Oat Flour
 1 tsp Sea Salt
 1/3 cup Sugar Free Ketchup
 2 tbsps Balsamic Vinegar

Directions

- 1 Preheat the oven to 350°F (177°C) and line a loaf pan with parchment paper.
- 2 In a skillet over medium heat, add the oil. Once hot, add the mushrooms and cook for about 4 minutes, until softened. Stir in the onion and carrots and cook for an additional 3 minutes. Add the garlic cloves and coconut aminos and stir for 1 minute. Remove from heat and set aside.
- 3 Add the flax seeds and water to a small bowl, stir and set aside.
- 4 Add the walnuts to a food processor, pulse to chop and then place in a large bowl. Then add the vegetable mixture, sun dried tomatoes and thyme to the food processor and pulse to a rough consistency, while still leaving some vegetable chunks. Add to the large bowl. Then add about 3/4 of the lentils to the food processor and pulse to incorporate, but not completely smooth. Add this along with the remaining lentils to the large bowl.
- 5 Add the oats, oat flour, flax mixture and salt to the large bowl and mix to combine. Pour into the prepared loaf pan, pressing down to ensure it's smooth.
- 6 Mix the ketchup and balsamic together in a small bowl. Add this glaze on top of the lentil loaf and place in the oven for 45 to 50 minutes, until cooked through. It should be golden brown and the edges dry to the touch. Let it rest for 10 minutes in the pan, then remove and place on a cooling rack. Slice and enjoy!

Notes

Leftovers: Refrigerate an airtight container for up to four days. Freeze leftover slices in an airtight container or in a freezer-safe bag wrapped in parchment paper for up to two months.

Serving Size: One serving size is one slice.



Nut-Free: Use toasted sunflower seeds or omit the walnuts.

More Flavor: Use a mix of mushrooms such as shiitake and cremini.

No Coconut Aminos: Use tamari instead.



Green Beans Almondine

4 servings
15 minutes

Ingredients

2 tbsps Butter
1/4 cup Slivered Almonds
2 Garlic (cloves, thinly sliced)
1/3 cup Shallot (thinly sliced)
4 cups Green Beans (trimmed)
1 tbsp Lemon Juice
Sea Salt & Black Pepper (to taste)

Directions

- 1 Fill a large pot with salted water and bring to a boil over high heat. Cover with a lid.
- 2 Heat a large skillet over medium-low heat. Melt the butter and add the almonds, stirring frequently, until toasted, about three to four minutes. Add the garlic and shallot and sauté for one minute, until fragrant. Remove from the heat and set aside.
- 3 Add the beans to the large pot of boiling water and cook for three minutes.
- 4 Once the beans are done, return the skillet to medium-low heat. Use a slotted spoon to transfer the beans to the skillet and cook, stirring often for two to three minutes or until tender-crisp.
- 5 Add the lemon juice and season with salt and pepper. Toss often until the sauce is glossy. Transfer to a serving dish and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about one cup.

Make it Vegan: Use plant-based butter.



Roasted Carrots with Lentils & Tahini

4 servings

25 minutes

Ingredients

12 Heirloom Carrots (washed)
1 tbsp Coconut Oil
1/2 tsp Sea Salt
3 tbsps Tahini
1 Lemon (juiced)
1/4 cup Water
2 tbsps Extra Virgin Olive Oil (divided)
8 cups Kale Leaves (finely sliced)
1 tbsp Red Wine Vinegar
2 cups Lentils (cooked, drained and rinsed)

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 2 Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 3 Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots otop and drizzle with tahini dressing. Enjoy!

Notes

Prep Ahead: Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

Leftovers: Store covered in the fridge up to 3 days.



Pumpkin Polenta

2 servings
25 minutes

Ingredients

2 cups Vegetable Broth
1/2 cup Cornmeal
1/4 cup Pureed Pumpkin
1/8 oz Thyme Sprigs
1/4 tsp Sea Salt
1 1/2 tsps Coconut Oil

Directions

- 1 Add all the ingredients except for the coconut oil to a large saucepan over medium-high heat. Stir and bring the mixture to simmer.
- 2 Stir continuously until almost all of the liquid evaporates. This will only take a few minutes.
- 3 Turn the heat down to a simmer. Let the mixture cook for about 15 minutes, stirring often until the mixture is tender and thick.
- 4 Add the coconut oil and stir well. Remove the thyme sprigs, adjust the seasoning to your taste, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

More Flavor: Add garlic powder and parmesan cheese.



Charred Kale Salad with Tahini Dressing

2 servings

15 minutes

Ingredients

2 tbsps Lime Juice
2 tbsps Tahini
1/4 cup Extra Virgin Olive Oil (divided)
1/2 cup Cilantro (roughly chopped)
1/4 tsp Sea Salt
1 tbsp Water
4 cups Kale Leaves (stem removed, roughly torn)
2 tps Sesame Seeds (toasted)
1 Blood Orange (peeled, roughly chopped into segments)
2 tbsps Pumpkin Seeds (optional)

Directions

- 1 In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
- 2 Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
- 3 Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

Notes

Leftovers: The charred kale is best enjoyed the same day. Refrigerate the leftover dressing in an airtight container for up to five days.

No Blood Orange: Use a regular orange or grapefruit.



Savory Squash

4 servings

35 minutes

Ingredients

- 1 Delicata Squash (washed and chopped with skin on)
- 2 cups Butternut Squash (peeled and chopped)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Hazelnuts (roughly chopped)
- 1/4 cup Goat Cheese (crumbled)
- 1 tbsp Parsley (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the chopped squash to the baking sheet, drizzle with avocado oil, sea salt and pepper and bake for 22 to 25 minutes, or until tender when pierced with a fork. Add the chopped hazelnuts to the baking sheet at the halfway point.
- 3 Remove the squash from the oven and transfer to a platter. Garnish with goat cheese and fresh parsley. Serve and enjoy!

Notes

Nut-Free: Omit the hazelnuts and use pumpkin or sunflower seeds instead.

No Parsley: Omit or use another fresh herb of your choice.

No Avocado Oil: Use extra virgin olive oil or melted coconut oil instead.



Roasted Maple Mustard Carrots & Parsnips

2 servings
30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Dijon Mustard
- 1 tsp Maple Syrup
- 1/4 tsp Sea Salt
- 1 Garlic (clove, large, minced)
- 4 Carrot (chopped)
- 4 Parsnip (chopped)
- 1 tsp Rosemary (fresh)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix the oil, mustard, maple syrup, salt, and garlic together in a large bowl. Add the carrots and parsnips and toss to coat.
- 3 Spread the vegetables onto the prepared baking sheet and cook for 25 minutes in the oven, tossing halfway through. The veggies should be browned and caramelized.
- 4 Garnish with the rosemary and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is about 1 1/2 cups of veggies.
Additional Toppings: Chopped parsley.



Apple Crisp

8 servings

1 hour

Ingredients

2 Apple (cored and sliced)
1/3 cup Maple Syrup (divided)
1 tbsp Coconut Flour (or 1 tbsp)
1/4 cup Unsweetened Applesauce
1 cup Oat Flour
3/4 cup Oats
1 tsp Baking Powder
1/2 tsp Sea Salt
1/3 cup Coconut Oil
1 cup Coconut Ice Cream (optional)

Directions

- 1 Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
- 2 Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
- 3 Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
- 4 Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
- 5 Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
- 6 Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
- 7 Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
- 8 Scoop into bowls and serve with coconut ice cream.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Homemade Oat Flour: Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.



Whipped Coconut Raspberry Fool

1 serving
10 minutes

Ingredients

1/2 cup Coconut Cream (chilled in the fridge overnight)
1 1/2 tsps Maple Syrup
1/2 tsp Vanilla Extract
1/2 cup Raspberries

Directions

- 1 Add the chilled coconut cream, maple syrup, and vanilla to a bowl. Using a hand mixer, whip on medium speed for two to three minutes or until light and fluffy.
- 2 Use a fork and smash the raspberries in a bowl.
- 3 Layer the coconut cream and smashed raspberries into small bowls, jars, or a glass. Use a spoon and gently swirl the layers. Enjoy!

Notes

Leftovers: Best enjoy immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately one cup.

Additional Toppings: Top with granola, hazelnuts, or almonds.