



## Thanksgiving Plant-Based Favorites

**Midlife  
Sh\*t Show**

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## Crispy Smashed Potatoes

4 servings

20 minutes

### Ingredients

4 cups Mini Potatoes (halved)  
 2 tbsps Extra Virgin Olive Oil  
 2 Garlic (cloves, minced)  
 1 tbsp Rosemary (chopped)  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 Line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 3 Preheat oven to broil.
- 4 Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
- 5 Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Broil in the oven until crispy, about 3-5 minutes.

### Notes

**No Potatoes:** Use sweet potatoes or cauliflower instead.

**More Toppings:** Add pats of butter, ghee, feta, parmesan, nutritional yeast or pesto.

**Serve it With:** Our Everything Bagel Seasoned Chicken, Chili Lime Drumsticks with Zucchini, 15 Minute Grilled Steak with Mint Pesto or Slow Cooker Maple Mustard Chicken.

**Leftovers:** Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.



## Candied Sweet Potatoes

6 servings

1 hour 20 minutes

### Ingredients

4 Sweet Potato (peeled, sliced 1/2" thick)  
1/3 cup Butter  
2 tbsps Water  
1/4 cup Maple Syrup  
1/2 cup Coconut Sugar  
1 tsp Cinnamon  
1/4 tsp Nutmeg  
1 tsp Vanilla Extract  
1/4 tsp Sea Salt

### Directions

- 1 Preheat the oven to 375°F (190°C). Place the sweet potatoes in a baking dish.
- 2 In a small saucepan over medium heat, combine the butter, water, maple syrup, coconut sugar, cinnamon, and nutmeg. Stir until the butter has melted and then let the mixture come to a boil. Let it boil for two minutes, without stirring. Remove from the heat and stir in the vanilla.
- 3 Pour the butter mixture over the sweet potatoes and toss to combine. Place in the oven to bake for 20 minutes. Remove, stir the potatoes and cover with aluminum foil. Bake for another 40 minutes, stirring once more halfway through.
- 4 Remove the potatoes and uncover. Season with salt and let it sit for 10 minutes to allow the sauce to thicken. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is about 1 1/2 cups.

**Dairy-Free:** Use a vegan butter instead.

**More Flavor:** Add fresh thyme or rosemary.

**Additional Toppings:** Top with pecans.

**Make it Vegan:** Use a vegan butter or coconut oil.

**Baking Dish:** This was baked in a 10.5" x 7.5" baking dish.





## Maple Roasted Squash Salad

4 servings

35 minutes

### Ingredients

- 1 Acorn Squash (medium, peeled, seeds removed, sliced)
- 3 tbsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Pumpkin Seeds
- 1 1/2 tsps Lime Juice
- 1/8 tsp Cayenne Pepper
- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Dijon Mustard
- 8 cups Arugula
- 1/3 cup Pomegranate Seeds

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Brush the acorn squash slices on both sides with the maple syrup and season with salt and pepper. Place on the baking sheet and bake in the oven for 13 to 15 minutes, flip and cook for another 13 to 15 minutes, until cooked through and slightly golden. Set aside.
- 3 Reduce the oven temperature to 300°F (150°C). Toss the pumpkin seeds with lime juice, cayenne, and a pinch of salt and pepper. Place on the same baking sheet used for the squash. Bake for eight to nine minutes, until toasted. Set aside.
- 4 In a small jar, pour in the apple cider vinegar, oil, dijon mustard, salt, and pepper and shake to combine.
- 5 Place the arugula in a large salad bowl and add the dressing and toss to combine. Top with the squash, pumpkin seeds, and pomegranate seeds. Divide onto plates. Enjoy!

### Notes

**Leftovers:** Store the dressing and salad separately in sealed containers in the fridge for up to three days.

**Serving Size:** One serving is about 2 1/2 cups of salad.



## Crispy Brussels Sprouts with Dip

4 servings

35 minutes

### Ingredients

2 cups Brussels Sprouts (trimmed and halved)  
1 tsp Avocado Oil  
Sea Salt & Black Pepper (to taste)  
1/4 cup Mayonnaise  
1 tsp Apple Cider Vinegar  
1/4 tsp Smoked Paprika

### Directions

- 1 Preheat your oven to 425°F (218°C). Line a baking sheet with parchment paper and add the brussels sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste. Toss to combine then bake for 25 minutes.
- 2 Meanwhile, make the dip by combining the mayonnaise, apple cider vinegar and paprika in a small bowl. Mix well.
- 3 Remove the brussels sprouts from the oven and serve with dipping sauce on the side. Enjoy!

### Notes

**Leftovers:** Keep leftovers in the fridge in a sealed container up to 3 days.

**No Avocado Oil:** Use olive oil or coconut oil instead.





## Mushroom & Carrot Stuffing

8 servings

30 minutes

### Ingredients

- 14 slices Gluten-Free Bread (small, cubed, or torn)
- 1 tbsp Avocado Oil
- 2 Carrot (medium, finely diced)
- 3 stalks Celery (thinly sliced)
- 12 Cremini Mushrooms (chopped)
- 3 tbsps Thyme (fresh, chopped)
- Sea Salt & Black Pepper (to taste)
- 2 cups Vegetable Broth

### Directions

- 1 Preheat the oven to 225°F (105°C). Spread the bread evenly across a baking tray. Toast for 30 minutes or until crispy.
- 2 Meanwhile, heat the oil in a pan over medium-high heat. Cook the carrot and celery for five minutes. Add the mushrooms, thyme, salt, and black pepper. Cook for five to ten more minutes, or until veggies are tender.
- 3 Add the vegetable broth and simmer for five minutes. Transfer to the baking tray and pour over the toasted bread until absorbed. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Add garlic and onions.



## 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.





## Balsamic Roasted Vegetables

4 servings

30 minutes

### Ingredients

- 4 Carrot (medium, peeled and chopped)
- 1 Red Bell Pepper (chopped)
- 2 cups Broccoli (cut into florets)
- 1 cup Red Onion (chopped)
- 2 tbsps Balsamic Vinegar
- 2 tsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Place the vegetables in a mixing bowl and drizzle with the balsamic vinegar and Italian seasoning. Season with sea salt and black pepper to taste. Let the vegetables marinate while preheating the oven.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Arrange the vegetables on the baking sheet in an even layer and roast for 25 to 30 minutes until tender, stirring halfway through.
- 4 Remove the vegetables from the oven and season with additional salt and pepper if needed. Transfer to a plate and enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of roasted vegetables.

**More Flavor:** Add other dried herbs and spices like garlic powder, onion powder or paprika.

**Vegetables:** Ensure the vegetables are diced to approximately the same size for even cooking.





## Pumpkin Pie Tarts with Coconut Whipped Cream

12 servings  
1 hour 30 minutes

### Ingredients

1 cup Almonds  
1 cup Cashews  
1 Egg  
1/4 cup Coconut Oil (melted and divided)  
1/3 cup Maple Syrup (divided)  
1 tsp Vanilla Extract  
1 tsp Cinnamon  
1/2 tsp Sea Salt  
2 1/4 cups Pureed Pumpkin  
1/3 cup Unsweetened Almond Milk  
2 1/2 tbsps Arrowroot Powder  
2 tsps Pumpkin Pie Spice  
1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

### Directions

- 1 Pulse the almonds and cashews in a food processor. Add egg, 3/4 of the coconut oil, 1/5 of the maple syrup, vanilla extract, cinnamon and 1/2 the sea salt until a crumbly dough forms.
- 2 Preheat oven to 350°F (177°C) and line a muffin tray with parchment cups.
- 3 Lay a piece of parchment paper on the counter. Place your dough onto the parchment and pat into a ball.
- 4 Place another sheet of parchment on top of the dough (this prevents the dough from sticking to the rolling pin). Gently roll the dough to 2 to 3 mm thickness and cut using a (3.5-inch) cookie cutter. Repeat until all the dough is used up.
- 5 Gently press each cut-out into a parchment cup to form the crust. Set aside.
- 6 Make your pumpkin filling by combining pureed pumpkin, the remaining 4/5 of maple syrup, almond milk, the remaining 1/4 of melted coconut oil, arrowroot powder, pumpkin pie spice and the remaining 1/2 of the sea salt. Spoon pumpkin filling into each tart.
- 7 Bake for 45 minutes. Remove tarts from muffin tray and let cool. Serve warm or refrigerate at least 6 hours or overnight for a firmer filling.
- 8 In the meantime, make the coconut whipped cream. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 9 Whip the coconut cream with a hand mixer until fluffy, about 5 to 10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)

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When ready to serve, add a dollop of coconut whipped cream to each pumpkin pie tart. Enjoy!

### Notes

**No Arrowroot Powder:** Use tapioca flour instead.

**Homemade Pumpkin Pie 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.

**Pumpkin Pie Squares:** Press dough evenly into a parchment-lined rectangular baking dish. Spread pumpkin filling evenly across the crust. Bake for 45 min. Let cool and/or refrigerate 6+ hours. Slice into squares and top with coconut whipped cream when ready to serve.





## Coconut Whipped Cream

6 servings

10 minutes

### Ingredients

1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

### Directions

- 1 Chill a mixing bowl in the fridge for about 10 minutes before whipping.
- 2 Scoop out the thickened cream from the can into the mixing bowl, and set aside the remaining coconut juice for other uses (like in smoothies).
- 3 Whip the coconut cream with a hand mixer, gradually working up to high speed for approximately 5 minutes.
- 4 Enjoy!

### Notes

**Serve it With:** Fresh fruit like berries or peaches.

**Likes it Sweet:** Add a splash of maple syrup and vanilla extract while whipping.

**Leftovers:** Store sealed in an airtight container in the fridge up to 4 days.



## Slow Cooker Baked Apples

4 servings

2 hours

### Ingredients

- 1/4 cup Apple Cider Vinegar
- 1/4 cup Water
- 1 tbsp Maple Syrup (divided)
- 3/4 cup Granola
- 1 tbsp Coconut Oil (melted)
- 1 tsp Cinnamon
- 4 Apple (medium, cored, leaving 1/2 inch at the bottom)

### Directions

- 1 In a small bowl, combine apple cider vinegar, water and half the maple syrup. Add mixture to the slow cooker and set to high.
- 2 In the same bowl, combine granola, coconut oil, cinnamon and remainder of maple syrup. Mix well. Fill the apples with the granola filling and set aside any leftovers.
- 3 Add apples to the slow cooker and cook for 2 hours, or until the apples are soft.
- 4 Top with any leftover granola before serving. Enjoy!

### Notes

**Serve it With:** Our Pumpkin Spice Granola, Paleo Granola, Banana Coconut Granola, coconut cream, cashew cream, yogurt or ice cream.

**No Slow Cooker:** Place apples in a foil-lined pan and cook at 350 degrees F for 45 to 60 minutes.

**Leftovers:** Refrigerate in an air-tight container up to 3 days.





## Pistachio Pomegranate Bark

4 servings

30 minutes

### Ingredients

7 1/16 ozs Dark Chocolate (at least 70% cacao)

1 cup Pomegranate Seeds

1/2 cup Pistachios (shelled and chopped)

1/4 cup Unsweetened Coconut Flakes

### Directions

- 1 Line a large baking sheet with parchment paper. Prepare the pomegranate seeds, pistachios and coconut flakes in bowls.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot! Break the dark chocolate into pieces and add it to the smaller pot. Stir continuously just until melted. Remove from stove top immediately once melted. Do not overheat as this will cause the chocolate to get lumpy.
- 3 Pour the melted chocolate onto the baking sheet. Use a spatula to smooth the chocolate into an even layer, about 1/4 inch thick. Quickly sprinkle the pomegranate seeds evenly over top, followed by the pistachios and finally the coconut. Transfer to the fridge or freezer and let chill for 20 to 30 minutes, or until firm.
- 4 Once the chocolate is firm, break or cut it into pieces. Enjoy!

### Notes

**Storage:** Store in an airtight container in the fridge or freezer and use wax paper to separate the layers.



## Cranberry Apple Oat Crisp

8 servings

50 minutes

### Ingredients

- 1/3 cup Coconut Oil
- 3 Apple (large, cored, chopped)
- 2 cups Frozen Cranberries
- 1/2 cup Maple Syrup
- 3/4 cup All Purpose Gluten-Free Flour (divided)
- 1 1/2 cups Oats
- 1/4 cup Coconut Sugar

### Directions

- 1 Preheat the oven to 350°F (175°F). Use a little bit of coconut oil to grease the baking dish.
- 2 Add the apples, cranberries, maple syrup and 1/3 of the flour to the baking dish. Gently toss until well combined.
- 3 In a bowl, stir together the remaining flour, oats and coconut sugar. Add the remaining coconut oil and use your hands to combine until the mixture is crumbly.
- 4 Sprinkle the oat mixture evenly over the fruits and press gently. Bake for 40 to 50 minutes, or until golden brown and the fruits have softened. Let cool and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 3/4 cup. An 11 x 7-inch baking dish was used for 8 servings

**More Flavor:** Add cinnamon and/or nutmeg. Use butter instead of coconut oil. Add chopped nuts to the oat mixture.

**Additional Toppings:** Top with whipped coconut cream, ice cream or yogurt.

**All Purpose Gluten-Free Flour:** This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.