

# BLACKENED SALMON WITH CRANBERRY PEAR COMPOTE

MAKES: 10 | SERVING SIZE: 2 ½ CUP



## INGREDIENTS

1½ oz	cajun seasoning	1 lb, 2 oz	pear	1/4 tsp	ground nutmeg
1/3 c, 2 tsp	kale, fresh, chopped	1+2/3 c	orange juice, 100%	3 T, 1 tsp	light brown sugar
10 ea	butternut squash, diced	4 ½ oz	cranberries, dried	1 T, ¼ tsp	orange peel, fresh, grated
2½ cup	pear cranberry compote	1+1/8 tsp	ground cinnamon	1 T, ¼ tsp	lemon juice, fresh

## DIRECTIONS

1. Prepare compote and hold warm: In a pan, bring the orange juice with the cinnamon, nutmeg and brown sugar to a boil and lower to simmer. Meanwhile, peel, core and dice the pears (should be ripe and firm) and add to the simmering juice.
2. Add the cranberries, cover tightly and continue to simmer for 20 minutes until the pear has softened and the juice is slightly thickened, stirring occasionally. Remove from heat, add the orange peel and the fresh lemon juice.
3. Heat a nonstick skillet or flat top with canola oil and heat to smoking point. Dust salmon on presentation side with Cajun seasoning. Lay same side down in skillet and sear for 2 minutes. Flip and cook for 1-2 minutes, or until internal temp reaches 145F.
4. Remove from heat. Top with compote prior to service.

Amount per serving: **Calories 350**, Total Fat 16g, Sat. Fat 1.8g, **Sodium 335mg**, Total Carbs. 30g, Fiber 3g, **Protein 23.5g**

# BLACKENED SALMON WITH CRANBERRY PEAR COMPOTE

MAKES: 10 | SERVING SIZE: 2 ½ CUP



## INGREDIENTS

1½ oz	cajun seasoning	1 lb, 2 oz	pear	1/4 tsp	ground nutmeg
1/3 c, 2 tsp	kale, fresh, chopped	1+2/3 c	orange juice, 100%	3 T, 1 tsp	light brown sugar
10 ea	butternut squash, diced	4 ½ oz	cranberries, dried	1 T, ¼ tsp	orange peel, fresh, grated
2½ cup	pear cranberry compote	1+1/8 tsp	ground cinnamon	1 T, ¼ tsp	lemon juice, fresh

## DIRECTIONS

1. Prepare compote and hold warm: In a pan, bring the orange juice with the cinnamon, nutmeg and brown sugar to a boil and lower to simmer. Meanwhile, peel, core and dice the pears (should be ripe and firm) and add to the simmering juice.
2. Add the cranberries, cover tightly and continue to simmer for 20 minutes until the pear has softened and the juice is slightly thickened, stirring occasionally. Remove from heat, add the orange peel and the fresh lemon juice.
3. Heat a nonstick skillet or flat top with canola oil and heat to smoking point. Dust salmon on presentation side with Cajun seasoning. Lay same side down in skillet and sear for 2 minutes. Flip and cook for 1-2 minutes, or until internal temp reaches 145F.
4. Remove from heat. Top with compote prior to service.

Amount per serving: **Calories 350**, Total Fat 16g, Sat. Fat 1.8g, **Sodium 335mg**, Total Carbs. 30g, Fiber 3g, **Protein 23.5g**

# HERB ROASTED TURKEY

MAKES: 20 | SERVING SIZE: 5 OUNCE



## INGREDIENTS

1 lb	diced carrots, fresh	1 tsp	kosher salt	1/4 c, 1 T	garlic cloves, fresh, minced
4 oz	onions, fresh, 1/2" cubed	3 Tbsp	thyme, fresh, minced	8 lb	petite turkey breast, skin-on
4 oz	celery, fresh, chopped	3 Tbsp	rosemary, fresh, minced	1/2 cup	canola oil
1 tsp	ground black pepper				

## DIRECTIONS

1. Pre-heat oven to 350F. In a bowl combine pepper, salt, thyme, rosemary, garlic and oil. Spread over the turkey.
2. Combine all the vegetables together in a roasting pan, place the turkey on top skin side up. (the vegetables make a trivet)
3. Roast the turkey for 2.5 hours or longer until the internal temperature reaches 165F and the juices run clear.
4. Remove from the oven and let rest for 20 minutes.
5. Slice the turkey to order.

Amount per serving: **Calories 205**, **Total Fat** 8g, Sat. Fat 1.1g, **Sodium** 380mg, **Total Carbs.** 1g, Fiber 0g, **Protein** 32g

# CRANBERRY JALAPENO JAM

MAKES: 11 | SERVING SIZE: 2 TBSP



## INGREDIENTS

8 oz	cranberries, frozen	1/4 cup	light brown sugar	2 tbsp	jalapeno peppers, minced
1/2 cup	orange juice, 100%	1/4 tsp	kosher salt		

## DIRECTIONS

1. Place all ingredients in a pot and simmer.
2. Continue stirring, until berries burst, and jam is thickened, about 20 minutes.
3. Remove from heat and chill.

Amount per serving: **Calories 35**, **Total Fat** 0g, Sat. Fat 0g, **Sodium** 45mg, **Total Carbs.** 9g, Fiber 1g, **Protein** 0g

# ROASTED ACORN SQUASH WITH WILD RICE & PECAN STUFFING

MAKES: 6 | SERVING SIZE: 1 EACH



## INGREDIENTS

4 lb, 8 oz	acorn squash, fresh	1/2 cup	wild rice, dry	1 tbsp	thyme, fresh, minced
1 tbsp	pure maple syrup	2/3 cup	pecans, chopped	1/2 cup	dried cranberries
1/4 tsp	kosher salt	1/2 cup	diced onions, fresh	1/4 tsp	kosher salt
1/8 tsp	ground black pepper	1 cup	celery, 1/4" small diced	1 tbsp	extra virgin olive oil
2 tbsp	canola oil	1 1/2 tsp	garlic cloves, minced	1 tsp	balsamic vinegar

## DIRECTIONS

1. Use small-medium acorn squash, about 1 1/2 pounds each. Wash and cut them in half. Scoop out the seeds and place on a pan with the cut side up. Brush 1 tbsp canola oil and maple syrup onto each half. Sprinkle with salt and black pepper. Roast in a preheated 350F degree oven until tender, about 20 - 30 minutes.
  2. Place wild rice in a pot of cold water and bring to a boil, then simmer and cook until 1/3 of the rice opens, about 30 minutes. Drain and set aside. Place pecans on a pan and toast in a 300F degree oven until fragrant, about 5 minutes. Set aside.
  3. Heat 1 tbsp canola oil in a hot pan and sauté onions, celery and garlic until tender. Remove from pan and place in a large bowl; add the remaining ingredients: fresh thyme, dried cranberries, salt, black pepper, olive oil, balsamic vinegar, as well as the cooked wild rice and toasted pecans. Mix to incorporate.
  4. Stuff filling into cooked acorn squash (each will hold about 1/2 cup of stuffing). Return to oven to heat through just prior to service.
- Portion size: 1 each (1/2 acorn squash, 1/2 cup stuffing)

Amount per serving: **Calories 435**, Total Fat 16g, Sat. Fat 1.5g, **Sodium 185mg**, Total Carbs. 75g, Fiber 18g, **Protein 7g**

# ROASTED ACORN SQUASH WITH WILD RICE & PECAN STUFFING

MAKES: 6 | SERVING SIZE: 1 EACH



## INGREDIENTS

4 lb, 8 oz	acorn squash, fresh	1/2 cup	wild rice, dry	1 tbsp	thyme, fresh, minced
1 tbsp	pure maple syrup	2/3 cup	pecans, chopped	1/2 cup	dried cranberries
1/4 tsp	kosher salt	1/2 cup	diced onions, fresh	1/4 tsp	kosher salt
1/8 tsp	ground black pepper	1 cup	celery, 1/4" small diced	1 tbsp	extra virgin olive oil
2 tbsp	canola oil	1 1/2 tsp	garlic cloves, minced	1 tsp	balsamic vinegar

## DIRECTIONS

1. Use small-medium acorn squash, about 1 1/2 pounds each. Wash and cut them in half. Scoop out the seeds and place on a pan with the cut side up. Brush 1 tbsp canola oil and maple syrup onto each half. Sprinkle with salt and black pepper. Roast in a preheated 350F degree oven until tender, about 20 - 30 minutes.
  2. Place wild rice in a pot of cold water and bring to a boil, then simmer and cook until 1/3 of the rice opens, about 30 minutes. Drain and set aside. Place pecans on a pan and toast in a 300F degree oven until fragrant, about 5 minutes. Set aside.
  3. Heat 1 tbsp canola oil in a hot pan and sauté onions, celery and garlic until tender. Remove from pan and place in a large bowl; add the remaining ingredients: fresh thyme, dried cranberries, salt, black pepper, olive oil, balsamic vinegar, as well as the cooked wild rice and toasted pecans. Mix to incorporate.
  4. Stuff filling into cooked acorn squash (each will hold about 1/2 cup of stuffing). Return to oven to heat through just prior to service.
- Portion size: 1 each (1/2 acorn squash, 1/2 cup stuffing)

Amount per serving: **Calories 435**, Total Fat 16g, Sat. Fat 1.5g, **Sodium 185mg**, Total Carbs. 75g, Fiber 18g, **Protein 7g**

# BUTTERNUT KALE MACARONI AND CHEESE

MAKES: 12 | SERVING SIZE: 1 CUP



## INGREDIENTS

1 lb	elbow macaroni pasta, dry	3 ea	minced garlic cloves, fresh	1/2 tsp	white pepper
1 qt	kale, fresh, chopped	2 cup	vegetable stock, low sodium	1/8 tsp	ground nutmeg
1 lb, 4 oz	butternut squash, diced	1/2 cup	fat free greek yogurt	8 oz	gruyere cheese
2 cup	whole milk, gallon	1 tsp	kosher salt	2 tsp	thyme, fresh, chopped

## DIRECTIONS

1. Preheat oven to 375F. Bring a large pot of water to a boil, ensuring there is enough water to submerge the pasta completely. Add the pasta to the boiling water and cook until al dente. Once the pasta is nearly done, add the kale to the pot and boil for an additional 1-2 minutes, or until the kale is wilted. Drain the pasta and kale together, then set aside.
3. In a saucepan, combine the squash, broth, milk, and garlic. Place the saucepan over medium-high heat and bring the mixture to a boil. Once boiling, reduce the heat to medium-low and let the mixture simmer for 20 minutes, or until the butternut squash is very tender.
4. Pour the warm butternut squash mixture, including all the liquid, into a blender. Add the yogurt, salt, pepper, and nutmeg. Secure the lid tightly and blend the mixture on high speed until smooth. Pour into a large bowl and gradually stir in the cheese until combined. It's fine if the cheese does not completely melt.
5. Add the pasta and kale to the sauce, stirring until well combined. The mixture will appear liquid-heavy initially, but the pasta will absorb it. Pour the mixture into the serving dish(es). Cover with aluminum foil and bake for 20 minutes. Remove the foil and bake for an additional 5 minutes, or until the edges are bubbly. Remove from the oven and garnish with fresh thyme.

Amount per serving: **Calories 280, Total Fat 8g, Sat. Fat 4.5g, Sodium 430mg, Total Carbs. 38g, Fiber 3g, Protein 14g**

# BUTTERNUT KALE MACARONI AND CHEESE

MAKES: 12 | SERVING SIZE: 1 CUP



## INGREDIENTS

1 lb	elbow macaroni pasta, dry	3 ea	minced garlic cloves, fresh	1/2 tsp	white pepper
1 qt	kale, fresh, chopped	2 cup	vegetable stock, low sodium	1/8 tsp	ground nutmeg
1 lb, 4 oz	butternut squash, diced	1/2 cup	fat free greek yogurt	8 oz	gruyere cheese
2 cup	whole milk, gallon	1 tsp	kosher salt	2 tsp	thyme, fresh, chopped

## DIRECTIONS

1. Preheat oven to 375F. Bring a large pot of water to a boil, ensuring there is enough water to submerge the pasta completely. Add the pasta to the boiling water and cook until al dente. Once the pasta is nearly done, add the kale to the pot and boil for an additional 1-2 minutes, or until the kale is wilted. Drain the pasta and kale together, then set aside.
3. In a saucepan, combine the squash, broth, milk, and garlic. Place the saucepan over medium-high heat and bring the mixture to a boil. Once boiling, reduce the heat to medium-low and let the mixture simmer for 20 minutes, or until the butternut squash is very tender.
4. Pour the warm butternut squash mixture, including all the liquid, into a blender. Add the yogurt, salt, pepper, and nutmeg. Secure the lid tightly and blend the mixture on high speed until smooth. Pour into a large bowl and gradually stir in the cheese until combined. It's fine if the cheese does not completely melt.
5. Add the pasta and kale to the sauce, stirring until well combined. The mixture will appear liquid-heavy initially, but the pasta will absorb it. Pour the mixture into the serving dish(es). Cover with aluminum foil and bake for 20 minutes. Remove the foil and bake for an additional 5 minutes, or until the edges are bubbly. Remove from the oven and garnish with fresh thyme.

Amount per serving: **Calories 280, Total Fat 8g, Sat. Fat 4.5g, Sodium 430mg, Total Carbs. 38g, Fiber 3g, Protein 14g**

# SWEET POTATO PECAN CASSEROLE

MAKES: 7 | SERVING SIZE: 1 CUP



## INGREDIENTS

3 lbs	sweet potatoes, peeled, 1/2" cubed	1/2 tsp	sea salt	2 T	light brown sugar
3 T	honey	1 tsp	ground nutmeg	1/3 cup	pecan nuts, coarsely chopped
1 ea	fresh egg, beaten	1 tsp	ground ginger	1/2 tsp	ground cinnamon
1 tsp	ground cinnamon	4 ea	spray, cooking oil, pan coating		

## DIRECTIONS

1. Preheat the steamer.
2. Steam the sweet potatoes until tender. While still hot, mash the sweet potatoes until smooth.
3. Spray a baking dish with cooking spray.
4. In a mixing bowl, combine the egg, cinnamon, nutmeg, salt, honey, ginger and sweet potatoes.
5. Spoon the mixture into the baking dish.
6. Mix the pecans, sugar and cinnamon. Sprinkle the pecan mix over the sweet potatoes.
7. Bake for 45 minutes until heated through to 140F and top is bubbling.

Amount per serving: **Calories 240**, Total Fat 5g, Sat. Fat 1g, **Sodium 232mg**, Total Carbs. 47g, Fiber 6g, Protein 4g

# SWEET POTATO PECAN CASSEROLE

MAKES: 7 | SERVING SIZE: 1 CUP



## INGREDIENTS

3 lbs	sweet potatoes, peeled, 1/2" cubed	1/2 tsp	sea salt	2 T	light brown sugar
3 T	honey	1 tsp	ground nutmeg	1/3 cup	pecan nuts, coarsely chopped
1 ea	fresh egg, beaten	1 tsp	ground ginger	1/2 tsp	ground cinnamon
1 tsp	ground cinnamon	4 ea	spray, cooking oil, pan coating		

## DIRECTIONS

1. Preheat the steamer.
2. Steam the sweet potatoes until tender. While still hot, mash the sweet potatoes until smooth.
3. Spray a baking dish with cooking spray.
4. In a mixing bowl, combine the egg, cinnamon, nutmeg, salt, honey, ginger and sweet potatoes.
5. Spoon the mixture into the baking dish.
6. Mix the pecans, sugar and cinnamon. Sprinkle the pecan mix over the sweet potatoes.
7. Bake for 45 minutes until heated through to 140F and top is bubbling.

Amount per serving: **Calories 240**, Total Fat 5g, Sat. Fat 1g, **Sodium 232mg**, Total Carbs. 47g, Fiber 6g, Protein 4g

# ROASTED GREEN BEANS WITH PISTACHIO POMEGRANATE CRUNCH

MAKES: 16 | SERVING SIZE: 1/2 CUP

## INGREDIENTS

2 T	canola oil	1 cup	pistachio pomegranate crunch	3 oz	pistachio, nuts, raw
1 tsp	ground black pepper			3 oz	fresh pomegranate seeds
1½ tsp	kosher salt			1 T	lemon zest, grated
4 lb	fresh green beans			1/4 tsp	kosher salt

## DIRECTIONS

1. Preheat oven to 425 degrees. Place a full sheet pan in the preheated oven for 10 minutes.
2. Place beans in a large bowl. Drizzle with the oil; sprinkle with salt and pepper. Toss well to coat.
3. Arrange green bean mixture in a single layer on the preheated sheet pan. Roast in the oven for 8 minutes or until tender-crisp.
4. Dice pistachios into small pieces, toss with pomegranate, salt, and lemon zest to combine. Sprinkle 1 tbsp per serving of beans pistachio crunch over top of green beans just prior to serving.



Amount per serving: **Calories 90**, Total Fat 5g, Sat. Fat 1g, **Sodium** 205mg, **Total Carbs.** 12g, Fiber 5g, **Protein** 3g

# ROASTED GREEN BEANS WITH PISTACHIO POMEGRANATE CRUNCH

MAKES: 16 | SERVING SIZE: 1/2 CUP

## INGREDIENTS

2 T	canola oil	1 cup	pistachio pomegranate crunch	3 oz	pistachio, nuts, raw
1 tsp	ground black pepper			3 oz	fresh pomegranate seeds
1½ tsp	kosher salt			1 T	lemon zest, grated
4 lb	fresh green beans			1/4 tsp	kosher salt

## DIRECTIONS

1. Preheat oven to 425 degrees. Place a full sheet pan in the preheated oven for 10 minutes.
2. Place beans in a large bowl. Drizzle with the oil; sprinkle with salt and pepper. Toss well to coat.
3. Arrange green bean mixture in a single layer on the preheated sheet pan. Roast in the oven for 8 minutes or until tender-crisp.
4. Dice pistachios into small pieces, toss with pomegranate, salt, and lemon zest to combine. Sprinkle 1 tbsp per serving of beans pistachio crunch over top of green beans just prior to serving.



Amount per serving: **Calories 90**, Total Fat 5g, Sat. Fat 1g, **Sodium** 205mg, **Total Carbs.** 12g, Fiber 5g, **Protein** 3g

# CELERY PEAR AND HAZELNUT SALAD

MAKES: 6 | SERVING SIZE: 1 CUP



## INGREDIENTS

1 qt celery, fresh, diced  
2 ea pear  
1/2 oz hazelnut, whole  
1/2 cup raisins

1 T tarragon, fresh, chopped  
1/4 cup maple vinaigrette  
2 T, 3/4 tsp extra virgin olive oil  
1 T, 1/2 tsp apple cider vinegar

1 3/4 tsp pure maple syrup  
1/2 tsp mustard, dijon  
1/8 tsp kosher salt  
1/8 tsp ground black pepper

## DIRECTIONS

1. Prepare maple vinaigrette according to sub recipe and hold cold.
2. Measure EVOO, vinegar, syrup, mustard, salt and pepper, combine in a bowl and mix until they are incorporated. Make sure all ingredients are incorporated prior to use.
3. Place all ingredients in a bowl and toss in the 1/4 cup maple vinaigrette.

Amount per serving: **Calories 145**, Total Fat 7g, Sat. Fat 1g, **Sodium 99mg**, Total Carbs. 22g, Fiber 4g, Protein 2g

# CELERY PEAR AND HAZELNUT SALAD

MAKES: 6 | SERVING SIZE: 1 CUP



## INGREDIENTS

1 qt celery, fresh, diced  
2 ea pear  
1/2 oz hazelnut, whole  
1/2 cup raisins

1 T tarragon, fresh, chopped  
1/4 cup maple vinaigrette  
2 T, 3/4 tsp extra virgin olive oil  
1 T, 1/2 tsp apple cider vinegar

1 3/4 tsp pure maple syrup  
1/2 tsp mustard, dijon  
1/8 tsp kosher salt  
1/8 tsp ground black pepper

## DIRECTIONS

1. Prepare maple vinaigrette according to sub recipe and hold cold.
2. Measure EVOO, vinegar, syrup, mustard, salt and pepper, combine in a bowl and mix until they are incorporated. Make sure all ingredients are incorporated prior to use.
3. Place all ingredients in a bowl and toss in the 1/4 cup maple vinaigrette.

Amount per serving: **Calories 145**, Total Fat 7g, Sat. Fat 1g, **Sodium 99mg**, Total Carbs. 22g, Fiber 4g, Protein 2g

# CREAMY MASHED CAULIFLOWER

MAKES: 24 | SERVING SIZE: 1/2 CUP



## INGREDIENTS

6 lb cauliflower, fresh  
4 oz unsalted butter, solid

1½ cup heavy whipping cream  
2 tsp kosher salt

1 tsp ground black pepper

## DIRECTIONS

1. Remove leaves and stem from cauliflower. Cut into florets.
2. Steam cauliflower until tender, about 12 minutes.
3. In a saucepan, heat heavy cream and butter. Do not boil.
4. Using a hand blender puree the cauliflower with the heavy cream mixture, salt and pepper.

Amount per serving: **Calories 110**, Total Fat 10g, Sat. Fat 6g, **Sodium 194mg**, Total Carbs. 6g, Fiber 2g, Protein 3g

# CREAMY MASHED CAULIFLOWER

MAKES: 24 | SERVING SIZE: 1/2 CUP



## INGREDIENTS

6 lb cauliflower, fresh  
4 oz unsalted butter, solid

1½ cup heavy whipping cream  
2 tsp kosher salt

1 tsp ground black pepper

## DIRECTIONS

1. Remove leaves and stem from cauliflower. Cut into florets.
2. Steam cauliflower until tender, about 12 minutes.
3. In a saucepan, heat heavy cream and butter. Do not boil.
4. Using a hand blender puree the cauliflower with the heavy cream mixture, salt and pepper.

Amount per serving: **Calories 110**, Total Fat 10g, Sat. Fat 6g, **Sodium 194mg**, Total Carbs. 6g, Fiber 2g, Protein 3g



# CARAMEL PECAN PIE EGGNOG MOCKTAIL

MAKES: 1 | SERVING SIZE: 6 FL OZ



## INGREDIENTS

1 T tap water  
1 T light brown sugar  
1/2 tsp pecans, chopped  
1/8 tsp pure vanilla extract

1 T pecan pie simple syrup

1/4 tsp pecans, chopped  
1 ea cinnamon stick  
1/4 tsp caramel sauce  
3/4 cup silk plain oat milk

## DIRECTIONS

1. In a pan, lightly toast pecans until they are fragrant, and remove from heat. Add sugar and water to a saucepan and toasted pecans. Bring to a boil. Turn off heat and stir to dissolve sugar. Let sit until cool and add vanilla. Let mixture sit for an hour to absorb the pecan flavor, and then strain the pecans out of the syrup. Chill to 40F or below.
2. Prepare sub recipe according to recipe.
3. Assemble the mocktail. Rim a glass with 1/4 tsp caramel sauce and dip in pecans. Fill a shaker with ice, add 6 fl oz of oat milk and 1 tbsp pecan pie syrup. Shake until combined. Strain and pour in a glass. Garnish with 1 a cinnamon stick.

Amount per serving: **Calories 130**, Total Fat 5g, Sat. Fat 1g, **Sodium 82mg**, **Total Carbs. 23g**, Fiber 1g, **Protein 1g**

# CARAMEL PECAN PIE EGGNOG MOCKTAIL

MAKES: 1 | SERVING SIZE: 6 FL OZ



## INGREDIENTS

1 T tap water  
1 T light brown sugar  
1/2 tsp pecans, chopped  
1/8 tsp pure vanilla extract

1 T pecan pie simple syrup

1/4 tsp pecans, chopped  
1 ea cinnamon stick  
1/4 tsp caramel sauce  
3/4 cup silk plain oat milk

## DIRECTIONS

1. In a pan, lightly toast pecans until they are fragrant, and remove from heat. Add sugar and water to a saucepan and toasted pecans. Bring to a boil. Turn off heat and stir to dissolve sugar. Let sit until cool and add vanilla. Let mixture sit for an hour to absorb the pecan flavor, and then strain the pecans out of the syrup. Chill to 40F or below.
2. Prepare sub recipe according to recipe.
3. Assemble the mocktail. Rim a glass with 1/4 tsp caramel sauce and dip in pecans. Fill a shaker with ice, add 6 fl oz of oat milk and 1 tbsp pecan pie syrup. Shake until combined. Strain and pour in a glass. Garnish with 1 a cinnamon stick.

Amount per serving: **Calories 130**, Total Fat 5g, Sat. Fat 1g, **Sodium 82mg**, **Total Carbs. 23g**, Fiber 1g, **Protein 1g**

# SPARKLING SPICED APPLE CIDER MOCKTAIL

MAKES: 8 | SERVING SIZE: 6 FL OZ



## INGREDIENTS

1 ea	cinnamon stick	1/4 cup	tap water	8 ea	orange slice, fresh
1 ea	star anise	1/4 cup	honey	8 ea	cinnamon stick
3/4 tsp	ground ginger	1/2 cup	honey simple syrup	1 ea	red delicious apples
1 qt	apple cider, fresh	1/2 cup	cranberries, frozen	1 1/2 cup	lemon bubbly, 12 oz

## DIRECTIONS

1. Prepare honey simple syrup sub recipe. Add honey and tap water to a saucepan. Bring to a boil. Turn off heat and stir to dissolve honey. Chill to 40F or below.
2. Add ginger, star anise, and cinnamon stick to honey simple syrup, after the honey has melted and combined. Simmer for 3 minutes and remove from heat. Let cool to room temperature and remove spices.
3. Assemble your mocktail. Fill a shaker with ice, add 1/2 c apple cider and 1 tbsp spiced honey syrup. Shake until combined. Strain and pour in a glass. Top with 1.5oz Bulby and garnish with 1 floating orange slice, a cinnamon stick, 1/8 apple (sliced thin) and 1 tbsp frozen cranberries.

Amount per serving: **Calories 115**, Total Fat 0g, Sat. Fat 0g, **Sodium 10mg**, **Total Carbs. 30g**, Fiber 2.7g, Sugar 24g, **Protein 0.6g**

# SPARKLING SPICED APPLE CIDER MOCKTAIL

MAKES: 8 | SERVING SIZE: 6 FL OZ



## INGREDIENTS

1 ea	cinnamon stick	1/4 cup	tap water	8 ea	orange slice, fresh
1 ea	star anise	1/4 cup	honey	8 ea	cinnamon stick
3/4 tsp	ground ginger	1/2 cup	honey simple syrup	1 ea	red delicious apples
1 qt	apple cider, fresh	1/2 cup	cranberries, frozen	1 1/2 cup	lemon bubbly, 12 oz

## DIRECTIONS

1. Prepare honey simple syrup sub recipe. Add honey and tap water to a saucepan. Bring to a boil. Turn off heat and stir to dissolve honey. Chill to 40F or below.
2. Add ginger, star anise, and cinnamon stick to honey simple syrup, after the honey has melted and combined. Simmer for 3 minutes and remove from heat. Let cool to room temperature and remove spices.
3. Assemble your mocktail. Fill a shaker with ice, add 1/2 c apple cider and 1 tbsp spiced honey syrup. Shake until combined. Strain and pour in a glass. Top with 1.5oz Bulby and garnish with 1 floating orange slice, a cinnamon stick, 1/8 apple (sliced thin) and 1 tbsp frozen cranberries.

Amount per serving: **Calories 115**, Total Fat 0g, Sat. Fat 0g, **Sodium 10mg**, **Total Carbs. 30g**, Fiber 2.7g, Sugar 24g, **Protein 0.6g**