



A THANKSGIVING CORNUCOPIA

with Shaunna Leinster

Raw Applesauce

Ingredients

- 12 Fuji apples, peeled and roughly chopped
- 8 Medjool dates
- Juice of 2 lemons
- 3 tsp cinnamon

Preparation

- Blend for 1 minute and serve.

Thanksgiving Salad

Ingredients

- Large container of baby spinach
- 3 Granny Smith apples, thinly sliced and tossed in 1 tsp of lemon juice to keep fresh
- ½ of a red onion, thinly sliced
- 1 cup of toasted pecans
- Crumbled blue cheese or goat's cheese

Balsamic Vinaigrette

- ½ cup of best-quality olive oil
- ¼ cup best-quality aged balsamic vinegar (should be thick-like syrup)
- ½ garlic clove, minced
- Pinch of salt and pepper

Preparation

- Mix all salad ingredients in a large bowl and drizzle vinaigrette over top.
- Serve immediately.



Apples

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