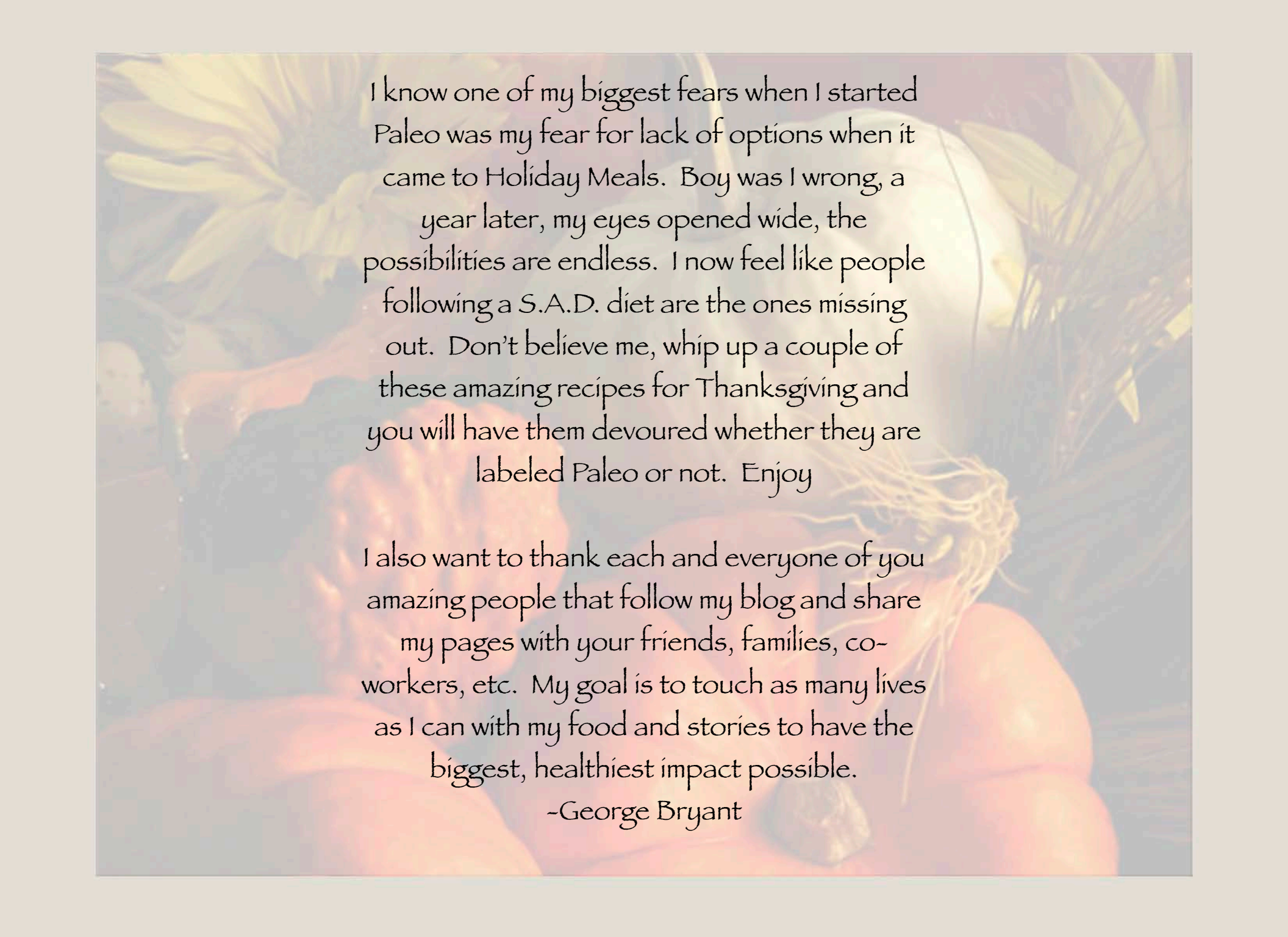




A Paleo Pumpkin Thanksgiving



I know one of my biggest fears when I started Paleo was my fear for lack of options when it came to Holiday Meals. Boy was I wrong, a year later, my eyes opened wide, the possibilities are endless. I now feel like people following a S.A.D. diet are the ones missing out. Don't believe me, whip up a couple of these amazing recipes for Thanksgiving and you will have them devoured whether they are labeled Paleo or not. Enjoy

I also want to thank each and everyone of you amazing people that follow my blog and share my pages with your friends, families, co-workers, etc. My goal is to touch as many lives as I can with my food and stories to have the biggest, healthiest impact possible.

-George Bryant

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Pumpkin Pancakes

6 eggs

6 Tbsp Coconut Milk

2 Tsp Raw Organic Honey

1/2 Cup Coconut Flour

1/4 Cup Pumpkin Puree

1 Tsp Cinnamon

1 Tsp Nutmeg

1 Tsp Allspice

Pinch of Sea Salt

Coconut Oil for pan

Makes: 8 Pancakes

Prep Time: 10 Minutes

Cook Time: 10 Minutes

1. Combine all of the above ingredients in a mixing bowl excluding the coconut oil
2. Using a whisk or hand mixer, beat until there are no lumps remaining
3. Preheat a griddle to 350 degrees or preheat a pan over medium high heat like you would for a traditional pancake
4. Drop coconut oil in the pan, spoon batter onto the pan into the size of pancakes that you desire
5. Cook for 4-5 minutes per side
6. Serve and Enjoy

Pumpkin Spice Latte

1 Cup Coconut Milk
1 1/2 Tbsp Pureed Pumpkin
2 Tbsp Organic Vanilla Extract
2-3 Tbsp Raw Organic Honey (Optional)
1/2 Tsp Ground Cinnamon
Pinch of Nutmeg
1/2 Cup Strong Coffee
Pinch of Cocoa Powder

Makes: 2 Lattes
Prep Time: 5 Minutes
Cook Time: 10 Minutes

1. Brew 2 Cups strong coffee
2. In a sauce pan over medium heat heat coconut milk, pureed pumpkin, and honey until milk is steaming
3. Remove from heat, stir in vanilla, cinnamon, and nutmeg
4. Fill bottom half of cup with milk mixture and then fill the remaining space with your coffee
5. Sprinkle with Cocoa Powder

Pumpkin Spice Caveman Bars

1 1/2 Cups packed Dates
6 Tbsp Raw Almonds
1/2 Tsp Organic Vanilla Extract
1/2 Tsp Ground Ginger
1/2 Tsp Ground Cinnamon
1/4 Tsp Nutmeg
1 Tbsp Coconut Oil, melted
Pinch of Sea Salt

Makes: 8 small bars
Prep Time: 5 Minutes
Cook Time: 1 Minute

1. Place your dates and almonds and a food processor and pulse until in small chunks
2. Transfer to a mixing bowl, add in all remaining ingredients and mix well
3. Flatten out your bar mixture in between two sheets of parchment paper and cut to desired size
4. Refrigerate and enjoy

Pumpkin Chicken Chili

3 Lbs of Chicken, cubed (any cut you want, I used breasts)

3 Cups Organic Pumpkin Puree

2 Cups Bell Pepper, Diced (Color of your choice)

2 Cups of Red Onion, Diced

3 Jalapenos, diced and seeds removed (if you want)

1 Cup Chicken Stock

1 Cup White Wine (Optional)

28 Ounces Organic tomatoes with their juice, diced

6 Ounces Organic Tomato paste

1 Cloves of Garlic, minced

3 Tbsp Chili Powder

2 Tbsp Pumpkin Pie Spice

2 Tbsp Fresh Cilantro, diced

1 Tbsp Cocoa Powder

1 Tsp Ground Coriander

1/2 Tsp Sea Salt

Makes: 8 Servings

Prep Time: 10 Minutes

Cook Time: 30 Minute

1. Heat your coconut oil in a Dutch Oven over medium heat
2. Saute your onions until lightly browned, then add your bell peppers, jalapenos, and garlic and saute for another 5 minutes
3. Add in your chicken, chicken stock, white wine, organic tomatoes, organic tomato paste, chili powder, pumpkin pie spice, coriander, salt, and cinnamon stick and simmer for 20 minutes
4. Stir in your pumpkin, cilantro, and cocoa powder and cook for an additional 5 minutes

Pumpkin Spice Chicken Cacciatore

3 Lbs of Chicken thighs (8) skin optional

3 Cups Red Onion, diced

2 Cups Organic Pumpkin Puree

1 Cup Water

1/4 Cup Coconut Oil, melted

28 Ounces chopped tomatoes with juice

6 Ounces organic tomato paste

1 Green Bell Pepper, roasted and diced

1 Serrano Chile Pepper, roasted and diced

1 Cinnamon Stick

2 Tbsp Red Wine Vinegar

1 Tsp Ground Cumin

1 Tsp Paprika

1/2 Tsp Allspice

1/2 Tsp Nutmeg

1/2 Tsp Cloves

Makes: 6 Servings

Prep Time: 15 Minutes

Cooking Time: 45 Minutes

1. Heat coconut oil in a large Dutch Oven (I used a 9qt) over medium-high heat
2. Add chicken and brown on all sides, should take between 6-8 minutes, remove to platter
3. Add your red onions to the oil and saute until tender
4. Add your green pepper, serrano pepper, cinnamon, cumin, paprika, allspice, nutmeg, and cloves and stir constantly for 2 minutes. Then add in your tomatoes and water (you can use broth too) and mix well
6. Place all of your chicken in this sauce, cover and simmer over medium-low heat for 40 Minutes
7. Transfer your chicken to a platter and tent with aluminum foil to keep warm
8. Add your Red Wine Vinegar, tomato paste, organic pumpkin, and salt and pepper (optional) to your sauce and simmer until your consistency of choice is reached
9. Serve over a bed of spaghetti squash topped with your chicken thighs

Pumpkin Spice Pot Roast

3-5 Lb Grass Fed Roast
28 Ounces Tomatoes with juice
6 Ounces Organic Tomato Paste
2 Cups Organic Pumpkin Puree
2 Red Onions, Diced
1 Green Bell Pepper, roasted and diced
1 Serrano Chile Pepper, roasted and diced
1 Cinnamon Stick
2 Tbsp Red Wine Vinegar
1 Tsp Ground Cumin & Paprika
1/2 Tsp Nutmeg, Cloves & Allspice

Makes: 6 Servings
Prep Time: 10 Minutes
Cook Time: 8 Hours

1. Combine all ingredients in a bowl except the roast and mix well
2. Rinse your roast under cold water and pat dry with paper towels
3. Season with salt and pepper and place in the bottom of your crock pot
4. Pour your sauce over the top of the roast
5. Cover and cook on low for 8 hours or until fall apart tender
6. Enjoy

Pumpkin Pie Muffins

3/4 Cup Organic Pumpkin Puree
1/2 Cup Coconut Flour
1/2 Cup Coconut Oil, melted
6 Eggs
2 Tsp Organic Vanilla
1/4 Cup Raw Organic Honey, melted
2 Tsp Pumpkin Pie Spice
1/2 Tsp Homemade Baking Powder (No cornstarch)
Handful of walnuts
2 Tbsp Cocoa Powder (Optional for chocolate muffins)

Makes: 12 Muffins
Prep Time: 10 Minutes
Cook Time: 20 Minutes

1. Preheat oven to 400 Degrees F
2. Sift the coconut flour and spices together, then add baking powder
3. In a separate bowl, mix all remaining ingredients except walnuts until well blended
4. Add the sifted flour and spices to the pumpkin puree
5. Mix well and divide the batter between the muffin pans and sprinkle with chopped walnuts
6. Bake for 18-20 minutes or until done
7. Enjoy



About the Author

I started my Paleo Journey after returning from Afghanistan in March 2011. Started blogging on April 6th, 2011 just to help people discovering this lifestyle discover all the amazing things they could create and enjoy. My blog is my way of sharing my journey and learning curve. My goal is to touch as many people as I can and support them in anyway possible.

I do my best to answer every question and appreciate all the love and understanding as most of you know I am still an active duty United States Marine and can't be online all day (but I sure do try).

If this book is at all useful for you and you would like to support the future of my blog and food, you can donate here. If not, I just hope you enjoy a little bit of what I have to offer.

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Enjoy