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Your Thanksgiving Menu Planning Starts Here!

Hi ,

I'm looking forward to Thanksgiving this year with two grandchildren (my little sprouts) running around the house as they begin to crawl and walk. They may not quite understand the holidays yet, but we're all so excited to start sharing our traditions and the meaning of the season with them! 🍷

While not everyone in my family is whole food plant-based, I used to stress over menu planning. Then I realized—if it *tastes* good, they'll gobble it up! The labels of *whole food plant-based*, *vegetarian*, or *vegan* don't matter when flavor leads the way.

Here are a few of the **appetizers, sides, and desserts** I'll be serving this year.

📧 **P.S.** Stay tuned for my next newsletter in two weeks when I'll share both of my main entrées: **Savory Stuffed Cabbage Rolls with Rich Herb Gravy** and **Stuffed Acorn Squash with Tofu Feta & Quinoa**.

Recipes

These are some of my most loved and well-tested recipes! If you're like me and prefer not to serve a brand-new dish to guests without a trial run, there's still plenty of time over the next three weeks to give them a practice round. I'm always happy to help—just hit **[reply]** with any questions about the recipes!

[Delicious and Healthy Olive Walnut Spread \(WFPB, Oil Free\)](#)

This savory Mediterranean-style spread is rich with briny green and black olives, earthy walnuts, garlic, and herbs—all blended into a smooth, oil-free tapenade. It's perfect for spreading on whole grain crackers, crostini, or fresh-cut veggies as guests arrive.

[Chickpea Pancake aka Torta di Ceci \(No Oil\)](#)

A classic Tuscan street food turned elegant appetizer! This golden chickpea pancake is made from simple ingredients—chickpea flour, water, and herbs—and baked until crisp on the edges and tender inside. Cut it into triangles and serve warm for a satisfying, protein-packed bite.

[Focaccia Rolls](#)

Soft, airy, and herb-infused, these mini focaccia rolls are a holiday must-have. I top mine with rosemary, sea salt, and a hint of garlic for an irresistible aroma that

fills the kitchen. They're perfect alongside soups, salads, or for soaking up all that luscious gravy.

[Mashed Potatoes \(from PCRM\)](#)

These creamy mashed potatoes are comfort in a bowl! I swap cashew milk for the soy milk in PCRM's recipe to make them extra rich and velvety—without any dairy or butter. Perfect for pairing with your favorite [plant-based gravy](#).

[Italian Artichoke Casserole \(Sformato di Carciofi\)](#)

Tender artichokes blended with tofu, garlic, and Italian herbs create this rustic, crustless casserole. It's silky, savory, and can be made ahead for easy reheating—perfect for the busy holiday table.

[Roasted Parsnips with Miso Maple Glaze](#)

Parsnips get the star treatment in this simple but elegant side. Roasting brings out their natural sweetness, while a glaze of miso, maple syrup, and a touch of Dijon mustard adds depth and a gorgeous caramelized finish. A beautiful addition to any fall feast.

[Crockpot Clean Applesauce](#)

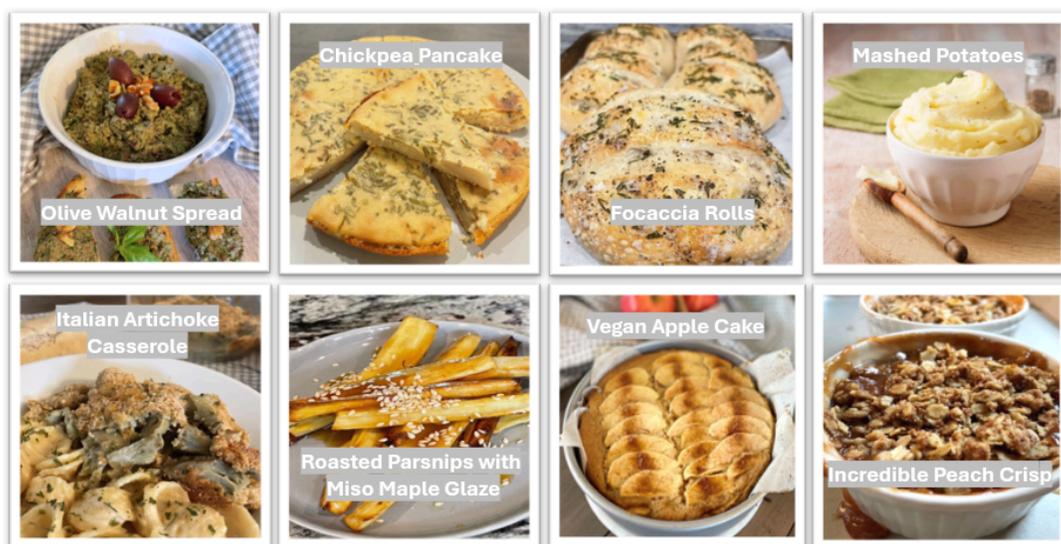
A cozy slow-cooker favorite! Just apples, cinnamon, and a splash of lemon simmered low and slow until perfectly tender. No sugar needed—the natural sweetness of the apples shines through. Add 8 oz of fresh or dried low sugar cranberries for an even more festive dish. Bonus: while they slowly cook the fill your home with scents of the holiday!

[Easy WFPB Vegan Apple Cake \(Torta di Mele\)](#)

This classic Italian apple cake is simple, moist, and naturally sweetened. Made without oil or eggs, it highlights the flavor of fresh apples of the season with hints of lemon and cinnamon.

[Incredible Peach Crisp Dairy-Free Gluten-Free](#)

Golden, bubbling, and filled with juicy peaches under a cinnamon-spiced oat crumble. This cozy dessert is pure comfort in every bite—no butter or refined sugar, just plant-based perfection.



Thanksgiving can be one of the trickiest holidays to navigate when you're plant-based. From planning the menu to balancing different diets at the same table, it's easy to feel overwhelmed before the cooking even begins.

[Linda Tyler of Gracious Vegan](#) is offering a **free Zoom class on Wednesday, November 12 at 5:00 pm Pacific / 8:00 pm Eastern**: "Smart Planning for a Plant-Based Thanksgiving. *There is still time to sign-up!*

Register today!

Coming Up Next

In my next newsletter, I'll share both of my hearty main dishes—**Savory Stuffed Cabbage Rolls with Rich Herb Gravy** and **Stuffed Acorn Squash with Tofu Feta & Quinoa**—plus more tips on prepping ahead for a stress-free plant-based Thanksgiving.

Until then, I wish you a season full of gratitude, flavor, and the joy of gathering around the table. 🌻

Peas, love, and plant-based goodness,

~ **Donna**

P.S. ~ If you enjoyed this newsletter, I'd love for you to pass this along to friends and family so they can [subscribe](#) too! Feel free to direct them to my [home page](#), [join page](#), follow on [instagram](#), or any individual [blog post](#). Your support means the world to me!

P.S.S. – Is this your first time receiving my newsletter? You can [view past issues here](#), and be sure to [subscribe](#) so you don't miss future ones!

Ready to start?

My goal is to inspire YOU to embrace a plant-fueled lifestyle to live a healthier and more vibrant life. Tell me what classes are of interest, or download my free-oil and dairy-free salad dressing recipes and health goal recharger vs depleters worksheet.

Cooking Class Interest

Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



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