

Luna Grill®

fresh mediterranean



Add a healthy dish to your Thanksgiving spread with these delicious recipes by our Co-Founder and Chief Cuisine Officer, Maria Pourteymour.

Try out the following recipes and surprise your guests with some healthy and delicious alternatives to holiday classics.

Whipped Cream & Berries

Ingredients:

- 1 cup Organic Heavy Whipping Cream
- ½ tsp powdered stevia
- ½ tsp honey
- 1 tsp pure vanilla extract
- 1 tsp organic cocoa powder

Instructions:

Put all ingredients in a bowl and whip on medium speed until soft peaks form.

Creamed Cauliflower

Ingredients:

- 1 Bulb Garlic - top sliced off to expose cloves (start with ½ clove, add to taste)
- 2 Heads Cauliflower- washed and chopped into florets
- 3 tsp olive oil
- ½ cup- 1 cup milk of choice, almond or cow's

- 1 cup organic Greek yogurt, full fat or low fat depending on your nutritional needs
 - 2 TBSP melted butter
 - 1 tsp Salt
 - ½ cup diced chives
 - ½ tsp black pepper
- Garnish with paprika and olive oil

Instructions:

- 1 Pre-heat oven to 400 degrees.
- 2 Spread Cauliflower florets out on a baking sheet in an even layer. Drizzle with 2 tsp olive oil and toss to coat.
- 3 Drizzle one tsp olive oil on top of garlic bulb and place on baking sheet along with the cauliflower.
- 4 Roast cauliflower and garlic bulb for about 35-45 minutes, stirring cauliflower halfway through baking.
- 5 Allow cauliflower to cool slightly. Remove garlic cloves from bulb.
- 6 Place garlic, cauliflower, milk, yogurt, butter and salt into a deep bowl and blend well with an immersion blender until smooth and mashed potato-like. Fold in chopped chives and season with more salt and pepper to taste. Garnish with paprika and a drizzle of olive oil and serve.