

Sundara Holiday Recipes

Prepared by our Culinary Chef, Dennis.

Pumpkin Pie Smoothie

Serves 1

Ingredients:

1 Frozen Banana
½ cup vanilla Greek Yogurt
¼ tsp. Ground Cinnamon
½ cup Milk of Choice
2 Tbsp. Pure Maple Syrup
½ cup Pumpkin Puree
1 cup Ice

Method:

1. Place all ingredients into the cup of a high speed blender.
2. Blend on high speed, adding more or less ice and milk creating your desired thickness.
3. Pour into 2 - 12oz glasses.
4. Top with a sprinkle of cinnamon or a dollop of whipped cream.

Cinnamon Pecan Roasted Butternut Squash

Serves 4

Ingredients:

1 large Butternut Squash peeled, seeded, and cut into 1 inch chunks
2 Tbs olive oil
2 Tbs Maple Syrup
2 Tbs Brown Sugar, packed
½ tsp Ground Cinnamon
¼ tsp Ground Nutmeg
1 cup Pecan Halves
2 Sprigs Rosemary

Method:

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with cooking spray.
2. Place squash in single layer onto the prepared baking sheet. Add olive oil, maple syrup, brown sugar, cinnamon, and nutmeg. Gently toss to combine.
3. Place into oven and bake 25-30 minutes, turning once, until tender.
4. Add pecans in the last 10 minutes.
5. Serve immediately, garnished with rosemary.

Classic Cranberry Sauce

Serves 4

Ingredients:

2 cups Sugar
2 cups Water
2 (12oz) Packages of Fresh Cranberries
1 Orange (Zest and Juice)
Pinch of Kosher Salt

Method:

1. In a medium saucepan over low heat, combine sugar and water until sugar dissolves.
2. Add cranberries and cook until berries burst, about 10 minutes. Stir in orange juice, zest, and salt.
3. Remove pan from heat and cool completely.
4. Transfer to a resealable container and refrigerate.

We Wish You Pure Joy This Holiday Season.

