

THANKSGIVING & CO.®

Holiday Recipes

**HOMEMADE
GIFT IDEAS**

CRANBERRY
ALMOND CAKE
(Recipe courtesy
of budgetbytes.com)

PLUS: KEEP YOUR PETS SAFE THIS SEASON

BE
GRATEFUL

FOR FAMILY & FRIENDS THIS HOLIDAY SEASON

Cook better, gather together, and create memories.



www.grateful.co



GRATEFUL FOR OUR FAMILY



SALLY MCKENNEY

Meet Sally, the internet's #1 dessert blogger! The kitchen is where her creative juices flow, and Sally's Baking Addiction is where she shares her brilliant baking tips and recipes with millions of followers.



BETH MONCEL

Beth gives confidence to new cooks and inspires them to learn how to cook and not go broke at the same time. At Budget Bytes, you don't have to sacrifice flavor, your food convictions or time to shave money off your monthly food bill.



KATIE HIGGINS

If you love chocolate for breakfast, lunch, and dinner, Katie's recipes will be a welcome addition to your recipe collection. Voted the #1 Healthy Dessert Blogger, she offers ideas for your chocolate fix and much more at ChocolateCoveredKatie.com.



JESSICA GAVIN

Jessica is a certified food and culinary scientist who loves unraveling the science behind flavorful cooking. Jessica loves to make simple, healthy, family-friendly recipes for her readers at jessicagavin.com.



BEAU COFFRON

Beau is a dad of three who wants to help you make lunchtime fun while connecting with your kids. You'll find creative recipes, funny pictures, and his thoughts on parenting and life in general at lunchboxdad.com.



BEE YINN LOW

Bee is an A-list food blogger, best-selling cookbook author, social media influencer and digital brand ambassador. Her site, [Rasa Malaysia](http://RasaMalaysia.com), takes visitors on a culinary journey through Asia's rich, complex and intoxicating gastronomic delights. Come explore her recipes at RasaMalaysia.com.

Our family of food bloggers works cohesively toward one goal: to create the most delicious, family-friendly recipes out there.

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YOUTUBE



DRY-BRINED BUTTERFLIED ROASTED CHICKEN

What Jessica says:

Dry-brined with herbs, this butterflied roasted chicken is super flavorful and juicy! Using the spatchcock technique allows for even cooking in less time than a traditional roast.

Head on over to jessicagavin.com for the full recipe.

CLICK
HERE
»



ITALIAN ROASTED POTATOES

What Bee says:

Buttery, cheesy oven-roasted potatoes with Italian seasoning, garlic, paprika and Parmesan cheese. So delicious!

Head on over to rasamalaysia.com for the full recipe.

CLICK
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»



SAUTÉED BRUSSELS SPROUTS *WITH* BACON

What Jessica says:

Sautéed brussels sprouts with bacon will be your new favorite side dish! These green sprouts are topped with crunchy breadcrumbs and served with savory hickory smoked bacon.

Head on over to jessicagavin.com for the full recipe.

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THE CREAMIEST GREEN BEAN CASSEROLE

What Beth says:

This is the creamiest green bean casserole you'll ever make with no "cream of" soups. The ingredient list is short and simple, but flavors are classic and comforting.

Head on over to budgetbytes.com for the full recipe.

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SWEET POTATO CASSEROLE *WITH A CRUNCHY PECAN CRUMBLE*

What Sally says:

Vanilla buttery sweet potato mash underneath a crunchy cinnamon and brown sugar pecan crumble. This side dish is full of flavor and texture, while coming together quick and seamlessly!

Head on over to sallysbakingaddiction.com for the full recipe.

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PUMPKIN CREAM PUFFS

What Bee says:

Puffy choux pastry filled with sweet pumpkin cream filling.
These pumpkin cream puffs are perfect for the holidays!

Head on over to rasamalaysia.com for the full recipe.

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SALTED CHOCOLATE PISTACHIO SHORTBREAD

What Sally says:

Basic shortbread is not fussy or complex – rather, it's quite pure and simple. Dress this shortbread recipe up with melted chocolate, chopped pistachios and a sprinkle of sea salt.

Head on over to sallysbakingaddiction.com for the full recipe.

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CRANBERRY ALMOND CAKE

What Beth says:

The concept is super simple, almond-flavored white cake topped with fresh cranberries and almonds, but the flavor and presentation are nothing short of elegant.

Head on over to budgetbytes.com for the full recipe.

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PEPPERMINT WHITE CHOCOLATE COOKIES

What Sally says:

These cookies are so festive with crushed candy canes, plenty of vanilla and white chocolate, and a fresh dose of Christmas' favorite flavor: *peppermint!*

Head on over to sallysbakingaddiction.com for the full recipe.

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GOOEY CHOCOLATE CHIP MARSHMALLOW COOKIES

What Katie says:

These are homemade chocolate chip cookies with a twist:
mini marshmallows stuffed inside each cookie!

Head on over to chocolatecoveredkatie.com for the full recipe.

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STRAWBERRY BANANA SANTA HATS

What Beau says:

They are ridiculously simple. That is, if you have strawberries, bananas, cream cheese, a knife, and a cutting board.

Head on over to lunchboxdad.com for the full recipe.

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AZTEC COCOA

What Beth says:

This Aztec cocoa is rich and warm with a slight kick from cayenne pepper to heat you up inside and out.

Head on over to budgetbytes.com for the full recipe.

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REINDEER CANDY BOTTLES *MAKE SWEET GIFTS*



These crafty bottles filled with sweets are easy to make, don't cost a lot, and are really cute and festive — meaning they're perfect gifts. **Bonus:** They are very kid-friendly and can be assembled by the dozens in a very short time.

Go to thanksgiving.com to get the supply list and directions.

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HOMEMADE SALT SCRUB



This homemade scrub is an affordable way to make a really wonderful gift for friends. Add one or more favorite essential oils, and the lucky recipients are sure to be delighted.

Go to thanksgiving.com to get the supply list and directions.

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The history BEHIND OUR CHRISTMAS TRADITIONS



WHY DO WE **BAKE CHRISTMAS COOKIES?**

Modern Christmas cookies can trace their history back to Medieval European biscuits that were flavored with spices such as cinnamon and ginger and other goodies like almonds and dried fruits. Gingerbread is a special Christmas cookie that Americans really only enjoy during Christmastime and it originated during the Crusades when sugars and spices were brought back to Europe. Thought it wasn't until Queen Victoria and Prince Albert added gingerbread cookies to their Christmas traditions that they became symbolic of the holiday season.



WHY DO WE **TOAST WITH A GLASS OF EGGNOG?**

While it's not certain, most historians agree that eggnog was derived from the early medieval British hot, milky ale called a "posset." By the 13th century, a posset was popular among monks who would enjoy it with eggs and figs. Because foods like milk, eggs, and sherry were considered only for the wealthy, eggnog was often used to toast to "prosperity and good health." Eggnog became associated with the holidays when it came to America in the 1700s—where chickens, cows, and cheap rum were abundant. It's presumed that "nog" comes from "noggin," meaning a wooden cup, or "grog," a strong beer.

WHY DO WE HAVE AN **ELF ON THE SHELF?**

A fairly new Christmas tradition in the U.S., Elf on the Shelf began in 2005 as a children's rhyming book, written by American author Carol Aebersold and her daughter Chanda Bell, and accompanied by an elf doll. The book tells the story of how the elf—which the children have to name—watches the kids each day to take note if they are naughty or nice and reports back to Santa Claus every night at the North Pole after the children go to sleep. The elf reappears every day leading up to Christmas Eve in a new location to watch the kids once again.





WHY DO WE KISS UNDER THE MISTLETOE?

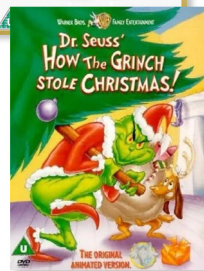
Many different legends tell the history of kissing under the mistletoe. But our favorite is the story of Baldur, grandson of the Norse god Thor, who was paranoid that every plant and animal on the earth wanted to kill him. Every day Baldur cowered in his room, filled with fear, and would take no consolation from his wife or mother. Finally, his mother and wife asked every living thing to spare Baldur. Except for the one thing they forgot to ask: the mistletoe.

When every living thing agreed to leave Baldur in peace, he began to celebrate his freedom from torment when he felt a pain in his chest. He had been stabbed and killed by Loki, the god of mischief, with an arrow made from the wood of a mistletoe plant! Thereafter, a lesson was learned: Never forget about the mistletoe. Since then, we kiss under the mistletoe to remember what Baldur's wife and mother forgot.

However, it wasn't until the 18th or 19th centuries that the British started hanging mistletoe as part of Christmas celebrations as a symbol of romance for the love between Baldur and his wife.

WHY DO WE DECORATE FIR TREES?

The fir tree became a symbol of Christianity in Germany almost a millennium ago when St. Boniface, who is known to have converted Germans to Christianity, noticed pagans worshipping an oak tree. He promptly cut the tree down in anger, and to his wonder, a fir tree sprouted from the oak tree's roots. St. Boniface took this to be a sign of Christianity. However, it wasn't until the 16th century that fir trees were decorated and used to celebrate Christmas. It's rumored that Martin Luther began this beloved tradition one chilly Christmas Eve when he was awestruck by the beauty of small snow-covered evergreens sparking in the moonlight. When he reached his house, he brought a little fir tree indoors and adorned it with candlelight so his kids could also enjoy its beauty.



WHY ARE WE SO OBSESSED WITH HOLIDAY MOVIES?

Viewing lots of holiday films and special television programming tends to be a typical American pastime thought to get people into the holiday spirit, and provide a cozy activity in the colder months. The first Christmas movie ever made is titled *Santa Claus* by George Albert Smith and contains the first depiction of Santa on film.

Favorite holiday movies in the U.S. include classics such as *A Charlie Brown Christmas*, *It's a Wonderful Life*, *Miracle on 34th Street*, *A Christmas Story*, *Home Alone*, *Rudolf the Red-Nosed Reindeer*, *How the Grinch Stole Christmas*, *Elf*, and *The Holiday*.

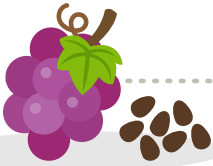


WHY DO WE GIFT FRUITCAKE?

During the Roman times, fruitcake was made with pomegranates, pine nuts, and raisins. During the Middle Ages, honey, spices, and preserved fruits were added to the rich and heavy loaf. It's reported that crusaders and hunters packed fruitcake with them on their voyages. In 1700s Europe, a fruitcake was baked in celebration at the end of the nut harvest and saved and eaten the next year to celebrate the start of the harvest, with the hope that it would bring another successful year. During the Victorian Era, Queen Victoria is said to have only allowed herself to enjoy fruitcake once a year on her birthday to show restraint. This may be why we only eat the dense cake at Christmastime today.

HIDDEN HOLIDAY FOOD DANGERS TO YOUR PETS

FIND OUT WHAT FOODS CAN RISK YOUR PETS' HEALTH



GRAPES AND RAISINS

Even very small amounts of raisins and grapes can cause kidney failure in dogs and cats, and if ingested, should be treated immediately as a poisoning case.



XYLITOL

The artificial sweetener xylitol, which is found in many sugar-free baked goods, can cause your pet's blood pressure to drop to dangerously low levels.



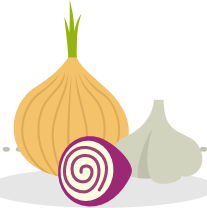
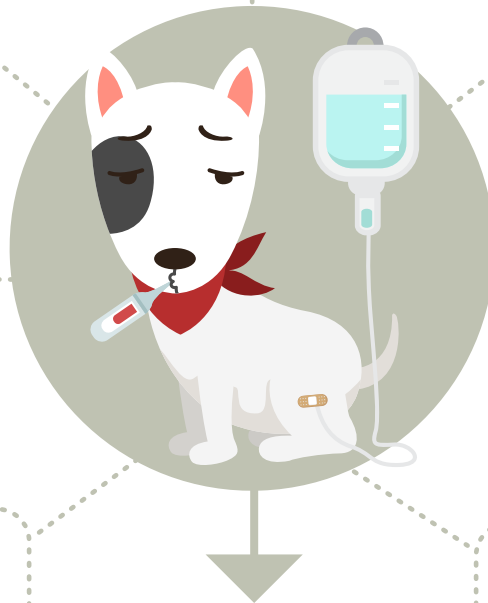
CHOCOLATE

The consumption of chocolate in pets can cause agitation, vomiting, diarrhea, high heart rate, tremors, seizures, and even death.



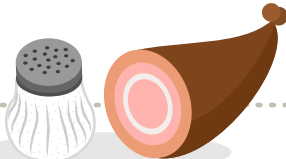
BREAD DOUGH

Raw bread dough can be toxic to cats and dogs, so don't be tempted to give them scraps as you prepare your homemade biscuits or pie crusts.



ONIONS AND GARLIC

Onions and garlic are both toxic to pets and can destroy a dog's red blood cells. Remember this even after the holidays when you offer your pet a bit of your leftovers: Did the sauce contain garlic powder or small bits of onion?



SALTY FOODS

Your pets may be drooling at the sight of ham, gravy and that seasoned turkey skin, but don't give them a taste. Salty and rich fatty foods cause pancreatitis.



BONES

Turkey bones, along with poultry of any kind, can splinter easily and result in a tear or obstruction in your pet's intestinal tract.

FOODS YOU CAN GIVE YOUR PETS

TURKEY

(boneless & well-cooked, with no seasoning, sauce or gravy)



PLAIN COOKED SWEET POTATOES



PUMPKIN

(unseasoned)



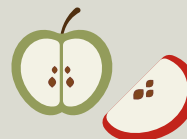
GREEN BEANS

(unseasoned)



RAW OR COOKED CARROTS

(unseasoned)



RAW OR COOKED APPLES

(unseasoned)



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Modern family, meet the modern holiday cookbook

With more than 250 recipes, gifts and hosting tips, there's something here for everyone. We've got you covered with helpful ideas throughout this cookbook to simplify your holiday prep. Our dietary index makes it easy to prepare a menu with recipes that are low-carb friendly, gluten-free, dairy-free, vegetarian, vegan and more.

Whether you're cooking for two or planning a meal for many, in **Homemade for the Holidays**, you'll find recipes for every course, including appetizers, soups and salads all the way through dessert, cocktails and next-day leftovers.



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