

Danks giving



6 HOLIDAY RECIPES WITH

RIPPLE



Your meal made easy

Haven't planned your Dankssgiving menu? Don't stress – we're here to help. Here are some easy recipes for hosting or bringing to your turkey day gathering. Give the people what they're craving!

VEGAN OPTION + GLUTEN-FREE OPTION
SERVES 8 – 5MG THC + 5MG CBG PER SERVING

Baked Sweet Potato Casserole



For Sweet Potatoes

- Cooking spray
- 4 cups (or about 400 grams) large sweet potatoes, peeled and cubed
- 1/2 cup packed dark brown sugar
- 8 Tbsp (1 stick) butter, melted – or sub vegan butter
- 1 tsp pure vanilla extract
- 1/2 cup whole milk, or non-dairy alternative
- 2 large eggs, or sub flax eggs
- 1/2 tsp kosher salt
- 4 packets Ripple Revive

For Marshmallow Topping

- 1 cup packed dark brown sugar
- 1/2 cup all-purpose flour, or sub gluten-free flour
- 4 Tbsp butter, melted – or sub vegan butter
- 1 cup chopped pecans
- 2 1/2 cups mini marshmallows, or sub vegan marshmallows

Preheat oven to 350° and grease a 9-x-13” baking dish with cooking spray. Place sweet potatoes in a large pot and cover with water. Bring to boil then reduce heat and simmer until the sweet potatoes are tender, about 15 minutes. Drain and let cool slightly then transfer to a large bowl. (If your potatoes are too hot you’ll end up with scrambled eggs.)

Add brown sugar, butter, vanilla, milk, eggs, salt, and Ripple to the sweet potatoes, and mash together until smooth. Pour into prepared baking dish.

In a medium bowl, stir together brown sugar, flour, and butter until it clumps. Stir in pecans, then spread evenly over potatoes. Top with marshmallows.

Bake until cooked through and golden, about 30 minutes. And then get baked. Sorry, we had to.

VEGAN + GLUTEN-FREE

SERVES 6 — ~1.6MG THC + 1.6MG CBD PER SERVING

Chillin' Cranberry Sauce

- 1/2 cup granulated sugar, plus more to taste
- 3/4 cup water
- 1/4 cup fresh squeezed orange juice
- 1 (12-oz.) package fresh cranberries
- 2 tsp orange zest
- 2 packets Ripple Balanced
- Kosher salt

In a small saucepan over low heat, combine sugar, water, and orange juice until sugar dissolves.

Add cranberries and cook until they burst, about 10 minutes. Stir in orange zest, Ripple, and a pinch of salt. Give it a taste. We like a tart cranberry sauce, but add more sugar if it suits you.

Remove saucepan from heat and let cool completely, then transfer to a resealable container or a serving dish and refrigerate until ready to eat.



VEGETARIAN + VEGAN OPTION
SERVES 10 – 0.25MG THC + 10MG CBD PER SERVING

Wavy Gravy

- 1/2 cup extra-virgin olive oil
- 1 small onion, finely chopped
- 8 ounce package sliced mushrooms
- 1/2 cup all-purpose flour
- 1 quart vegetable stock
- 1 tbsp white miso
- 1 tsp soy sauce
- Freshly ground black pepper, to taste
- 1 cup half-and-half or dairy-free creamer
- 5 packets Ripple Relief

In a large skillet, heat oil over medium-high heat. Add onion and mushrooms; cook, stirring, until well browned, about 10 minutes.

Sprinkle in flour and cook, stirring, 2 minutes. Slowly whisk in the vegetable stock and simmer until thickened, about 2 minutes.

Stir in miso, soy sauce and pepper. Carefully transfer to a blender or food processor in batches and puree until smooth, adding a little water if needed to desired consistency.

(If you like your gravy really smooth, pass the mixture through a fine-mesh strainer.)

Return to the pot and stir in the half-and-half or creamer and the Ripple. Heat through and serve.



VEGETARIAN
SERVES 8 – 2.5MG THC PER SERVING

Basic Brussel Sprouts Salad

For Dressing

- 4 Tbsp olive oil
- 3 Tbsp apple cider vinegar
- 2 tsp maple syrup or honey
- 1/4 tsp sea salt
- 2 Tbsp finely chopped shallot
- 2 packets Ripple Pure

For Salad

- 6 cups thinly sliced Brussels sprouts (1.5lbs)
- 1.5 cups julienned Honeycrisp apple, or another tart variety (.5lb)
- 6 pitted medjool dates, finely chopped
- 1/4 cup chopped, roasted pecans

If using raw pecans, roast whole on a baking sheet at 350° F for 10-12 minutes or until fragrant.

Add olive oil, apple cider vinegar, maple syrup or honey, salt, shallot, and Ripple to a small jar with a lid and shake to combine.

Add the sliced Brussels sprouts to a large mixing bowl, shake or whisk the dressing again, and add about half of it. Then massage with clean hands for 1-2 minutes to infuse the Brussels sprouts with the dressing and make them easier to chew and digest.

Add the apples, dates, and pecans, and the remaining dressing. Toss to coat, breaking any clumps of dates up into small pieces.

Best served fresh, so eat up!



VEGETARIAN

SERVES 8 – 1.25MG THC + 1.25MG CBD PER SERVING

Pumpkin Pot Pie

- One 9-inch deep dish pie shell (unbaked)
- 4 large eggs
- 2/3 cup sugar
- 2 packets Ripple Balanced
- 1 tablespoon cornstarch
- 2 teaspoons cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon bourbon or rum extract (optional)
- Pinch salt
- One 15-ounce can pumpkin puree
- 1/2 cup heavy cream

Set the oven rack in the center of the oven; prebake the pie shell according to package directions. Transfer to a rack and let cool slightly. Set oven heat to 350 degrees.

In a medium bowl, beat the eggs with the sugar, Ripple, cornstarch, cinnamon, cloves, bourbon or rum extract if using, and salt, until smooth. Whisk in the pumpkin puree and cream. Carefully pour the filling into the crust and bake for about 45 minutes, until the custard is just set. Cool on a rack at least one hour before serving.



VEGETARIAN

Makes ~36 1" Balls — ~.5MG THC PER SERVING

Pecan Bourbon Balls

No Bake!

- 2 ½ c finely crushed vanilla wafers
- 2 tbsp cocoa powder
- 1 c powdered sugar, plus more for dusting
- 1 c finely chopped pecans
- 3 tbsp corn syrup
- 4 tbsp bourbon
- 2 packets Ripple Pure
- 4 tbsp water (if needed)

Using a blender, pulse the wafer crumbs into a powder — or place wafers in a resealable bag and pound into fine crumbs.

In a medium bowl, mix the wafer crumbs, cocoa powder, sugar, Ripple, and pecans until well combined. Add corn syrup and bourbon. Mix again. If the mixture is too dry, add water 1 tbsp at a time until mixture holds together.

Form into 1" balls (these will look small). You may intermittently lightly coat your palms in powdered sugar to ensure an easier roll. Coat each ball in powdered sugar. They are ready to serve!





Danks for being you.