

the FRESHEST

THANKS-GIVING RECIPES



More plants at the table, more glasses raised together, and more moments that become traditions.

From the first cup of coffee to the last of the leftovers, bring more plants to your Thanksgiving weekend. Our recipe guide has something for every gathering, with homemade creamers for slow mornings, seasonal drinks to share, and fresh ideas to enjoy alongside your holiday favorites.

holiday mornings

Start the day with something special before the cooking, hosting, and celebrating begin.



Prep ahead: Wash and portion the produce the night before so it's ready to load into your juicer in the morning, or just juice it the night before so you can wake up to it.

berry + bright

INGREDIENTS

2 cups cranberries

2 mandarins

1 ripe pear

½ lemon

8-10 mint leaves

DIRECTIONS

Wash all produce well.

Peel the mandarins and lemon, then cut the remaining produce to easily fit your juicer.

Juice, starting with the mint, then alternate with the remaining ingredients.

Makes: 16 ounces, or 2 mocktails





maple hazelnut creamer

MADE IN THE NAMA M1

INGREDIENTS

½ cup hazelnuts

¼ cup almonds

2 tablespoons maple syrup

½ teaspoon vanilla extract

¼ teaspoon sea salt

2 cups water

DIRECTIONS

Using the Nama M1 Plant-Based Milk Maker, check that the spout cap is closed, then add all ingredients into the filter basket.

Secure the lid and set the blending time to 1 minute. Press Start.

When prompted, open the spout. After 10 seconds, the spin cycle will activate. Once this is finished, your creamer is ready to enjoy.

Makes: 16 ounces

Turn your everyday coffee into a holiday favorite with a homemade plant-based creamer made with simple, real ingredients.

holiday harvest *smoothie* bowl



2 frozen bananas, chopped

3 ½ ounces frozen açaí, chopped

1 ½ cups frozen raspberries

1 small beet, peeled and cooked

2 tablespoons maple syrup

2 teaspoons lemon juice

2 teaspoons chia seeds

½ cup plant-based milk

TOPPINGS

Shredded coconut

Pomegranate arils

Kiwi fruit, peeled and sliced

Fresh mint sprigs



DIRECTIONS

Using the Nama C2, add bananas, açaí, raspberries, beet, maple syrup, lemon juice, chia seeds and milk to the blender jug.

Blend until smooth, using the tamper as needed.

Divide mixture into two bowls and garnish with coconut, pomegranate, kiwi and fresh mint. Enjoy.

Makes: 2 servings

the mocktail bar

Set out your favorite glasses, fill a bowl with ice and let guests mix up something of their own. A few fresh juices, sparkling water and seasonal garnishes are all you need for a mocktail bar that feels special and keeps hosting simple.

Start with juices made from cranberries, citrus or pomegranate for seasonal flavor and color. Make them ahead so when guests arrive, all that's left is to pour, add a little fizz, and raise a glass together.





pom pom paloma

MADE WITH THE NAMA J2 + CITRUS ATTACHMENT

INGREDIENTS

1 pomegranate

1 lime

½ ruby red grapefruit

2 teaspoons agave or maple syrup, to taste

8 ounces sparkling water

TO SERVE

rosemary sprigs and optional salt for rimming the glasses.

DIRECTIONS

Cut the pomegranate, lime, and grapefruit in half. Using the Citrus Attachment, juice the grapefruit and lime, followed by the pomegranate.

Stir in the agave or maple syrup.

Divide between two glasses filled with ice. Top with sparkling water and garnish with a rosemary sprig.

Makes: 16 ounces, or 2 mocktails



Surprise your guests with a little pick-me-up. Make these wellness shots the night before and serve in small bottles or glasses. For a lighter sip, add sparkling water just before serving.

citrus energy shot

INGREDIENTS

2 carrots

2 mandarins

2 limes

3-inch piece turmeric

3-inch piece ginger

Freshly ground black pepper

DIRECTIONS

Wash all produce well. Peel the mandarins and limes and cut the produce into pieces that fit into your juicer.

Juice starting with the turmeric and ginger, then alternate with the remaining ingredients. Divide between small shot glasses or bottles.

Sprinkle with a pinch of freshly ground black pepper just before serving.

Makes: 12 ounces, or 6 x 2 ounce shots





the thanksgiving table

Bring more plants to the feast without competing for that precious oven space. From seasonal juices to homemade dressings, these simple additions pair perfectly with your Thanksgiving favorites.



creamy green dip

INGREDIENTS

15-ounce can chickpeas, drained and rinsed

1/3 cup parsley, chopped

2 cloves garlic, chopped

3/4 cup green juice pulp (kale, spinach, and cucumber)

1 teaspoon ground cumin

1 teaspoon sea salt

2 tablespoons lemon juice

3 tablespoons olive oil

1/3 cup plain Greek yogurt

DIRECTIONS

Process chickpeas, parsley, and garlic together in a high-speed blender, like the Nama C2, until coarsely chopped.

Add pulp, cumin, salt, lemon juice, olive oil, and yogurt. Process until smooth and spoonable. Add a few tablespoons of water if mixture is too thick.

Spoon into a serving bowl and drizzle with extra olive oil.

Makes: 2 cups



CRAN-TINI

INGREDIENTS

2 cups fresh cranberries

1 cup green grapes

½ lime

4 teaspoons maple syrup

Ice

DIRECTIONS

Wash all produce thoroughly. Peel the lime. Juice the cranberries, grapes, and lime.

Pour half of the juice into a cocktail shaker. Add 2 teaspoons maple syrup. Add plenty of ice and shake vigorously until chilled.

Strain into a cocktail glass. Repeat with the remaining ingredients.

Makes: 10 ounces, or 2 mocktails

Prep tip: If you want to make this for the whole table, double or triple the recipe and pour into a pitcher. Float frozen cranberries on top and garnish with lime twists or rosemary sprigs.



DIGESTIVE ROOT

INGREDIENTS

3 medium carrots

2 celery ribs

1 red apple

½ lime

2-inch piece turmeric

1-inch piece ginger

DIRECTIONS

Wash all produce well.

Peel lime and cut the produce into pieces that fit easily into your juicer.

Juice starting with the turmeric and lime, then alternate with the remaining ingredients.

Makes: 2 cups

Between the stuffing, potatoes, and going back for seconds, a small glass of this is a welcome change of pace for some digestive support.



TRIPLE CITRUS DRESSING

Made with the Nama Citrus Attachment

INGREDIENTS

1 small orange

1 lemon

1 lime

1 ½ tablespoons honey
(or maple syrup)

1 ½ tablespoons apple cider vinegar

1 tablespoon Dijon mustard

1 teaspoon kosher salt
(or ½ teaspoon fine sea salt)

Freshly ground black pepper

1 cup extra virgin olive oil

DIRECTIONS

Wash all produce well. Zest the orange, lemon, and lime into the jug that will hold the juice.

Slice citrus fruits in half. Using the Nama Citrus Attachment, juice citrus fruits.

Whisk in the honey, vinegar, mustard, salt, and a few twists of black pepper. Let sit for 5 minutes to let the flavors develop.

Slowly whisk in the olive oil.

Makes: 2 cups

Prep tip: Make ahead and store in a sealed jar in the refrigerator for up to 4 days. Shake well before serving, then drizzle over salads or roasted vegetables.

POM-BERRY SORBET

Made with the Nama Sorbet Attachment

INGREDIENTS

1 cup frozen strawberries

1 cup frozen raspberries

1 cup unsweetened pomegranate juice

¼ cup honey

1 tablespoon lemon juice

DIRECTIONS

Add all ingredients to a to the Nama C2 Blender jug, and blend on high until smooth, about 45 seconds. Transfer the mixture to ice cube trays and freeze overnight.

Once frozen, attach the Nama Sorbet Attachment to your juicer, replacing the J2 or C2 juice strainer. Reassemble the juicer.

Turn the juicer on and begin adding the frozen cubes. The sorbet will collect in the pulp container. Serve immediately.

Makes: 2 cups

Prep tip: Make the mixture ahead and freeze it in ice cube trays until solid. When you're ready for dessert, run the frozen cubes through the Nama Sorbet Attachment and serve.



CINNAMON WALNUT MILK

Made with the Nama M1 Plant-based Milk Maker

INGREDIENTS

1 cup walnuts

½ cup dried coconut flakes, unsweetened

3 dates, pitted

1 teaspoon vanilla extract

2 teaspoons ground cinnamon

¼ teaspoon ground ginger

¼ teaspoon ground cloves, optional

Pinch of sea salt

3 cups water

DIRECTIONS

Using the Nama M1 Plant-Based Milk Maker, make sure the spout is closed and place the pitcher beneath it. Add all ingredients to the filter basket.

Secure the lid, set the blending time to 1 minute, and press Start.

When prompted, open the spout. After 10 seconds, the spin cycle will begin automatically.

Once the spin cycle is complete, close the spout. To serve warm, heat gently using a milk frother or in a saucepan on the stove.

Makes: 3½ cups



RUBY CACAO ALMOND MILK

Made with the Nama M1 Plant-based Milk Maker

INGREDIENTS

1 cup almonds

1 cup frozen cherries, pitted and thawed

2 tablespoons maple syrup

2 tablespoons raw cacao powder

1 teaspoon vanilla extract

½ teaspoon ground cinnamon

3 cups water

Prep tip: Make ahead, then warm on the stove or froth just before the board games come out. Pour into mugs and let the friendly competition begin.

DIRECTIONS

Using the Nama M1 Plant-Based Milk Maker, make sure the spout is closed and place the pitcher beneath it. Add all ingredients to the filter basket.

Secure the lid, set the blending time to 1 minute, and press Start.

When prompted, open the spout. After 10 seconds, the spin cycle will begin automatically.

Once the spin cycle is complete, close the spout. Your milk is ready to enjoy.

Makes: 3 cups



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