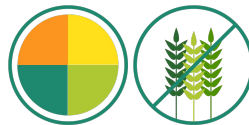


Turkey Dinner



This blend contains canned pumpkin which is a great source of vitamin A, magnesium, phosphorus, and potassium.



Nutrition Info

- Makes:** 36 fluid ounces
= 4 ½ cups
= 1065 milliliters (mL)
- Calories:** 940 kcal
- Kcals/ mL:** 0.88 kcal/ mL
- Carbohydrate:** 51%
- Protein:** 17%
- Fat:** 31%

Make it for the whole family:

Enjoy a turkey dinner with cranberry filling and pumpkin pie with your tubie!

Turkey Dinner

Ingredients

- 2 cups 2% milk
- 1 medium apple, cored
- 1 cup green beans, boiled and drained
- 1 15 ounce can of plain canned pumpkin
- 2 ounces cooked turkey breast, chopped
- ¼ cup raw pecans, chopped
- ¼ cup dried cranberries

Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

High power blender

Medium pot

Can opener

Chef knife

Food scale

Cutting board

Measuring tools:

- 1 cup
- ¼ cup

Tips

Substitute turkey with 2 oz of rotisserie chicken.

Try using frozen green beans or substituting any other frozen vegetables.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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