

Solo Thanksgiving Feast Recipes

Maple Bourbon Sparkler

Regular: 1 oz bourbon, 1–2 tsp maple syrup, sparkling water or prosecco, orange peel.

Keto: 1 oz bourbon, 1 tsp sugar-free maple syrup, sparkling water, orange peel.

Brie Toast with Cranberry-Orange Compote

Compote: ½ cup cranberries, 1 Tbsp orange juice + zest, sweetener. Simmer until thick.

Regular: Serve on toasted baguette.

Keto: Serve with almond-flour crackers or keto bread.

Red Wine Braised Short Ribs

1–2 short ribs, salt/pepper, onion, carrot, celery, garlic.
½ cup red wine, ½–¾ cup beef broth, thyme, splash balsamic.

Sear, deglaze, add broth & herbs, braise at 325°F for 2.5 hrs.

Garlic-Almond Green Beans

Sauté green beans in butter or olive oil with sliced garlic.
Add slivered almonds. (Keto-friendly as is.)

Maple-Chili Sweet Potato (or Keto Options)

Regular: Split sweet potato, top with butter, maple, chili flakes, salt.

Keto: Half a small sweet potato, or roasted delicata squash, or cauliflower mash with brown butter.

Pumpkin Cheesecake Mousse

2 oz cream cheese, ¼ cup pumpkin purée, ¼ cup heavy cream,
1–2 Tbsp sweetener, cinnamon, nutmeg, vanilla. Whip until fluffy.

Regular toppings: Gingersnap crumbs, maple drizzle, whipped cream.

Keto toppings: Pecans, sugar-free maple, keto whipped cream.