

TOWER FITNESS AT THE CORE

COMMUNITY/FITNESS/LIFESTYLE

THANKSGIVING IS COMING!

This year thanksgiving dinner might look a little different. For you, it may be a small quiet dinner with immediate family rather one of the large and loud ones so many of us are used to. Even so, this is still something special worth celebrating!

Why not cozy up with a few comfort food dishes and enjoy some of that delicious seasonal produce we are seeing.

We love finding tasty root vegetable side dishes and finding ways to incorporate things like apples and squash. Consider picking up a chicken to roast instead of a large turkey, or even switching it up altogether and doing a cozy pasta dinner and salad.

When it comes to baking, we are always inspired by those able to do so from scratch. Whether it's an apple pie, pumpkin pie or apple crisp, those family recipes are often one of the best parts of the meal! If you are looking to keep it simple, we suggest supporting a local bakery such as Pie Junkie, Pie Cloud, Pies Plus Cafe, Pie Store and Yum Bakery (in the Calgary Farmers' Market) to name a few.

These bakeries have either frozen ready-to-bake or fresh baked options.

APPOINTMENTS ARE FILLING UP!

More people are coming back to the office, which means more people are back at the gym. We love seeing you make health and wellness a priority in your day! Make sure you are signing up for your appointment time on the App or through the member portal. We are open from 5 am - 7 pm Monday - Friday, with appointments on every hour! Our busy times are 11:00 am, 12:00 pm and 1:00pm

If you are wondering how to book an appointment? Check out our website for our quick one page instructions that will guide you through the process and get you scheduled for your next workout!

You can also give us a call (403.441.4962) or email info@towerfitnessatthecore.ca and we can email you the one page instruction guide.



If you have any questions or concerns, please email info@towerfitnessatthecore.ca

MAPLE GLAZED CARROTS WITH GOAT CHEESE + PISTACHIOS

Recipe from Ambitious Kitchen

Ingredients:

- 2 pounds rainbow or regular carrots, peeled
- 2 tablespoons olive oil
- 2 tablespoons pure maple syrup
- 2 cloves garlic, minced
- Freshly ground salt and pepper
- 1 ounce goat cheese crumbles
- 2 tablespoons roasted pistachios
- Zest from 1 lemon

Instructions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Place carrots on a large baking sheet, drizzle with olive oil and maple syrup, and top with garlic.
3. Roast carrots for 35-45 minutes until fork tender.
4. Top with goat cheese crumbles, pistachios, and finish with zest from lemon.
5. Serve immediately.



PREP TIME 10 minutes

COOK TIME 35 minutes

SERVES: 4

BROWN BUTTER ROASTED SWEET POTATOES

@ The Almond Eater

Ingredients:

- 3 lbs. sweet potatoes* diced (around 8 medium size)
- 2 tbsp olive oil or Avocado Oil
- 5 garlic cloves minced
- 1/2 tsp oregano
- 1/2 tsp fresh black pepper
- sea salt to taste (1/4 - 1/2 tsp)

For the brown butter sauce: 1/4 cup butter

Instructions:

1. Preheat oven to 425°. Dice sweet potatoes into 1" pieces and place them in a bowl.
2. Add oil, garlic, oregano, S + P, and mix thoroughly.
3. Line a baking sheet with parchment paper and pour potatoes onto baking sheet.
4. Bake potatoes for 25-30 minutes, or until soft. You can always roast these on a lower temp if doing more things in your oven. Just cook longer.
5. While potatoes are roasting, make the brown butter: Place butter into a small saucepan and heat over medium-low. The butter will melt, and within a few minutes, it will start to bubble. After it's done bubbling, it will quickly change to a golden-brown colour, which is when it is done. Make sure not to leave it on there until it burns.
6. Pour brown butter over the cooked roasted potatoes and ENJOY!



HEALTHY'ISH APPLE CRISP

Recipe from Ambitious Kitchen

Ingredients:

For the topping:

- 1/3 cup whole wheat pastry flour (or regular flour or gluten free oat flour or almond flour)
- 1/2 cup old fashioned rolled oats, gluten free if desired
- 1/3 cup dark brown sugar (can also sub coconut sugar but brown sugar is best)
- 1/2 cup raw chopped pecans
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup cold butter or vegan buttery stick, cut into very small cubes (can also use coconut oil)

For the crisp:

- 5-6 medium Honeycrisp or Granny Smith apples, peeled, cored and very thinly sliced
- 1/3 cup pure maple syrup
- 1 teaspoon cinnamon
- pinch of nutmeg
- 1 tablespoon bourbon (or pure vanilla extract)

Instructions:

1. Preheat oven to 350 degrees F. Generously grease an 8x8 baking pan with nonstick cooking spray. Set aside.
2. To make the topping: Combine the flour, oats, brown sugar, cinnamon and pecans in a large bowl until well-combined. Add in the pieces of butter and use your hands to squeeze and combine until the mixture becomes crumbly and resembles wet sand. (Alternatively, you can cut in the butter with a pastry cutter, or place all of the topping ingredients in a food processor and pulse until just blended. My favorite method is to use my hands, as I believe you get the best crumbly topping that way.)
3. Once finished, place topping in the fridge and begin making the apple filling.
4. To make the filling: Place apples, maple syrup, cinnamon, nutmeg and bourbon (or vanilla) in a large bowl and toss to combine. Allow to sit for 5-10 minutes.
5. Take 1/3 cup of the topping mixture and toss with the apple mixture. Place the apple mixture in prepared pan and sprinkle evenly with topping.
6. Bake the crisp on a baking sheet (just in case the filling bubbles over!) for 45-55 minutes, or until topping is golden brown and filling is bubbling. Remove from oven and cool 10 minutes on wire rack. Serve warm with your favorite vanilla ice cream.

PREP TIME: 20 MINUTES
COOK TIME: 45 MINUTES
SERVES: 9

