

METABOLIC CHANGE NOVEMBER 2020 NEWSLETTER



Visit [METABOLICCHANGE.COM](https://www.metabolicchange.com) for more recipes and resources.

For CNN's *CDC Thanksgiving guidelines: How to stay safe and coronavirus-free over the holiday*, click [here](#).

1. For a new family tradition, set a table with recycled thank you notes. Friends and family can personalize and leave thank you notes for each other.
 2. Thank you notes can also be addressed and sent to troops, first responders, or veterans through Operation Gratitude.
 3. Foster a pet. Animal shelters will let you take a pet home for the holidays. They provide the pet food and supplies, and you provide the holiday cheer.
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CLASSIC FAMILY MOVIES

1. Annie (1982)
2. Beauty and the Beast (2017)
3. Cinderella (1997)
4. Despicable Me
5. Enchanted
6. Get Smart
7. Hairspray
8. High School Musical
9. Hugo
10. Knight and Day
11. Matilda
12. Muppets Most Wanted
13. Penelope
14. The Addams Family
15. Willy Wonka (1971)

MOM'S SUGAR COOKIE PECAN PIE

Use Annie's sugar cookie dough or homemade sugar or butterscotch cookie dough. Press cookie dough over bottom and 3/4 up sides of 9 x 13 pan. In medium mixing bowl combine:

1 pkg. instant butterscotch pudding	2/3 C milk
1 1/2 C pecan halves	1 egg
3/4 C dark corn syrup	

Mix well. Pour into cookie dough crust. Bake at 350 degrees for 30 to 35 minutes or edges are deep golden & filling set. Top with whipped cream.

*To make GF and/or DF, use Sweet Loren's sugar cookie dough, any milk, and non-dairy whipped topping.
