

Grain-Free Thanksgiving Recipes

Thanksgiving Stuffing (from paleomg.com)

Ingredients

- 1lb ground pork sausage
- 5 pieces of bacon, diced
- 5 stalks of celery, diced
- 1 yam or sweet potato, diced
- 1 yellow onion, diced
- 1 container of mushrooms, diced
- 2 apples, diced
- 2 tablespoons white wine vinegar
- 1 cup dried cranberries
- 1 cup pecans, chopped
- 2 eggs, beaten
- 1/3 cup chicken broth

1. Preheat oven to 375 degrees. Cover a baking sheet with foil, throw diced yams on it, sprinkle with olive oil, salt & pepper. Bake for about 15-20 minutes or until tender, then set aside.
2. While those cook, place large skillet on medium-high heat and put chopped bacon in it to cook down. When some of the fat has seeped out add your chopped apples, celery, and onions.
3. When onions become translucent, add sausage, mushrooms, & vinegar. Use a spatula to break apart the sausage & cook until pork is almost completely cooked through. Add salt & pepper, to taste.
4. Once the sausage is done, set aside to cool. Now beat your eggs, add to sausage mixture and chicken broth, along with yams, pecans, and dried cranberries. Mix well.
5. You can now either use a 9x13 baking dish to place your stuffing in OR place on a foil-lined baking sheet.
6. Bake at 375 degrees for about 15-20 minutes or until everything is a bit browned.

Turkey Gravy (from paleoeffect.com)

Ingredients:

Drippings from cooking the turkey

2 tbsp arrowroot powder + 1/8 cup cold water or chicken stock

*Optional: one sprig rosemary and one sprig of thyme

Instructions:

1. Collect the drippings from the bottom of the turkey pan and put it in a saucepan.
2. Heat the drippings over medium-high heat.
3. Mix together the arrowroot and cold water (or chicken stock) and stir until incorporated. Slowly add this slurry to the drippings while stirring. You can add a little at a time until the desired texture is achieved.
4. If you like a more flavorful gravy, add the bundles of herbs, turn the heat down to medium, and let cook for another 5 minutes – then remove what's left of the sprigs (or strain) and serve.



Cranberry Sauce

(from paleoeffect.com)

- 12 oz cranberries
- 1 cup orange juice
- 1/2 cup raw honey
- 1 tsp ginger (fresh)
- 1/2 tsp orange zest
- pinch cinnamon

*Optional: pieces of orange

1. Mince the ginger and orange zest. Boil the orange juice, ginger and zest on high heat.
2. Once boiling, add cranberries. Reduce heat to medium and cook uncovered for 7-10 minutes, stirring occasionally until the cranberries have burst.
3. Remove from heat and add the , honey and cinnamon. Stir and set aside to cool. Once the cranberry sauce reaches room temperature, cover and refrigerate. Can be done several days in advance.

Paleo Green Bean Casserole (from andloveitto.com)

Ingredients: (Makes 10-12 servings)

Fried Onions

- 1 large onion, sliced thin
 - ¼ c coconut flour
 - ¼ c arrowroot starch
 - 1 tsp salt
 - 1 c coconut milk
 - 1 c coconut oil for frying
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| 1 batch cream mushroom soup (below) |
| 2 lbs green beans (fresh or frozen) |
| 2 tbs coconut oil |

Instructions

1. In large bowl, mix flour, arrowroot starch and salt, set aside. Pour coconut milk into separate bowl, set aside. Separate sliced layers of onions and dredge first through coconut milk, then through flour mixture ensuring even coverage.
2. Melt coconut oil in large fry pan over medium heat until when a small piece of onion is dropped into it, the oil bubbles immediately. Fry coated onions in small batches; try to keep each ring separate. Use slotted metal spoon to remove rings once golden. Cool on paper towel lined plate.
3. To prepare green beans, melt 2 tbs coconut oil in large stir-fry pan and braise the green beans until cooked through.
4. In a 2 qt casserole dish, layer ½ green beans, ½ cream of mushroom soup, ½ fried onions. Repeat layers, ensuring that the onions cover the top of the casserole evenly. Bake in 400 F oven for 15-20 minutes or until heated through and onions are dark gold, not brown.

Cream of Mushroom Soup

Ingredients: (Makes 2-4 servings)

- 8oz fresh mushrooms, sliced or diced
- ¼ c diced onions
- 2 cloves garlic, minced
- 3 Tbs coconut oil
- 1 Tbs coconut flour
- 1 c chicken or vegetable broth
- 1 c whole-fat coconut milk
- 1 Tbs arrowroot powder
- 1 Tbs water
- Salt and Pepper to taste



Instructions

1. In large saucepan, sauté mushrooms, onions and garlic in coconut oil over medium-high heat. Once softened, add coconut flour and stir until lightly golden. Mix in broth and coconut milk, bring to a light boil, stirring frequently.
2. In a small bowl, make a slurry with the arrowroot powder and water. Add slowly to the soup until ideal thickness has been achieved. Season with salt and pepper to taste.

Janeen's Sweet Potato Casserole

Ingredients:

- 2 large sweet potatoes
- sautéed apples (see below)
- 2 eggs
- ¼ cup raw sugar
- ½ tsp sea salt
- ¼ cup coconut oil
- ¼ cup coconut milk or heaving whipping cream
- 2 tsp vanilla



Topping:

- 1/2 cup maple syrup
- 1/2 cup coconut flour
- 1 – 1 1/2 cups pecans (or walnuts)
- ¼ cup plus 2 tbs coconut oil
- 1 tsp cinnamon

1. Preheat the oven to 350° F.
2. Dice the sweet potatoes into large chunks and boil them in water for about 20 minutes or until soft.
3. While the sweet potatoes are boiling, make the sautéed apples. Combine the apples, eggs, sugar, sea salt, coconut oil, coconut milk, and vanilla in a blender and blend until smooth.
4. Combine the sweet potatoes and the apple mixture and mash until the sweet potatoes are the desired texture.
5. Pour the sweet potato mixture into a greased glass baking dish (should fit about an 8x8).
6. In a separate bowl, combine all topping ingredients. If you are using coconut oil that is solid, you will want to heat it to liquefy it first.
7. Once the ingredients are mixed thoroughly, spread the topping out over the sweet potatoes.
8. Bake, uncovered, for about 30 - 35 minutes.

Sautéed Apples

Ingredients:

- 2 apples (any variety)
- 1/2 cup apple juice (or apple cider)
- Couple of pinches allspice
- ¼ cup (or desired sweetness) raw sugar
- 1 Tbsp plus 1tsp (4tsp) arrowroot powder

1. Peel the skin off the apple and then dice it.
2. Add all ingredients into a saucepan over medium heat and cook covered for 5 minutes.
3. Stir occasionally until fully cooked.

*adapted from Paleo Effect

Pumpkin Pie Bars (from paleomg.com)

*Requires a food processor

Ingredients:

For the crust

- 6 dates, pits removed, chopped
- 1 cup almond butter
- 2 eggs
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- pinch of salt

For the filling

- 1 (14oz) can pumpkin puree
- ½ cup canned coconut milk
- ¼ cup coconut cream concentrate or homemade coconut butter, melted to be just a bit soft
- 3 tablespoons coconut oil, melted
- 3 tablespoon maple syrup
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ⅛ teaspoon allspice
- ⅛ teaspoon ground ginger
- 1/16 teaspoon ground cloves (don't measure, just splash)
- pinch of salt

For the toppings

- ½ cup pecans, roughly chopped
- 2 tablespoons coconut oil
- 2 tablespoon maple syrup
- ½ teaspoon cinnamon
- pinch of salt

Instructions:

1. Preheat oven to 350 degrees.
2. For the crust: add chopped dates and almond butter into food processor and pulse until it breaks down.
3. Then add eggs, honey, vanilla, cinnamon, and salt. Puree until smooth.
4. Grease an 8×8 glass baking dish with some coconut oil and pour in your crust. Use a spoon to smooth off the surface and level out all over.
5. Place in oven to bake for 12-15 minutes or until crust is firm and cooked through when you poke it with a toothpick. Then let cool.
6. While your crust is baking, make your filling ingredients.
7. Add your pumpkin puree along with all other ingredients and puree until completely smooth. Coconut cream concentrate should be incorporated in, not chunky.
8. When your crust is cool, top it off with your pumpkin puree filling and smooth evenly through.
9. For the topping: add 2 tablespoons of coconut oil to a small skillet to heat under medium heat. Then add chopped pecans. These will burn easily so be careful.
10. While constantly mixing the pecans, add maple syrup, cinnamon, and a bit of salt. Continue to stir until pecans have roasted a bit. About 3-4 minutes.
11. Pour pecans on top of pumpkin puree filling.
12. Set in freezer to cool for 20+ minutes.
13. Cut and serve. Keep in fridge or freezer to keep intact and from melting.



Nicole's Paleo-ish Chocolate-Avocado Mousse

Ingredients (Makes one 9" pie)

Filling

½ cup Natural Grocers semi-sweet chocolate chips
½ cup Natural Grocers unsweetened cocoa powder
3 very ripe avocados
1 large banana
2 to 4 tbsp Natural Grocers honey, depending on desired sweetness
1 tbsp Simply Organic vanilla extract
¼ teaspoon Natural Grocers Real Pink fine sea salt
1/3 cup Almond Breeze unsweetened almond/coconut milk
berries or slivered almonds for garnish

Crust

2 cups almond meal
¼ teaspoon fine sea salt
2 tablespoons coconut oil
1 tbsp honey
1 egg

Instructions

1. In a food processor, blend all ingredients for the crust.
2. Grease pie tin and press dough evenly into pie tin.
3. Bake at 350°F for 8-10 minutes.
4. For the filling, place the chocolate chips and almond/coconut milk in a small bowl. Place over a saucepan of barely simmering water. Stir until chocolate is melted and smooth, about 3 minutes. Set aside to cool slightly.
5. Place the banana, avocados, cocoa powder, honey, vanilla, and salt in a food processor. Stir in melted chocolate mixture and blend until smooth and creamy, scraping the sides of the bowl as needed.
6. Add filling to crust
7. Refrigerate at least 3 hours and serve.



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Thanksgiving Baked Apple Pie Apples

(from paleomg.com)

Ingredients

3 large plump round apples
2 apples of any kind, cored and diced
2 tablespoons maple syrup
1 teaspoon cinnamon
1 teaspoon coconut flour
pinch of salt
2 sheets of Capello's Gluten Free Lasagna, cut into
½-1 inch strips lengthwise

Instructions

1. Preheat oven to 350 degrees.
2. Core apples: cut off the tops apples and discard. Remove the inside of each apple with a spoon, being careful not to puncture the peel.
3. Dice up the other apples, place them in a bowl and toss with coconut flour, maple syrup, cinnamon, and salt.
4. Add diced apples into each one of your apple "bowls".
5. Make outside crust: cut lasagna sheets into strips to make a pie look.
6. Place the strips over the apples and wet the ends of the strips with water, then press the strips to the apples.
7. Sprinkle crust with a little cinnamon.
8. Place apples in a 8x8 glass baking dish, add water to the dish to just cover the bottom, then place in the oven and bake for 30-35 minutes or until apples are soft and crust has browned.



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