Grain Free Thanksgiving Sides and Dessert

Created by Whole Body Wellness

Grain Free Thanksgiving Sides and Dessert

30 items

Fruits

- [ ] **1** Apple

Breakfast

- [ ] **1/2 cup** Almond Butter
- [ ] **1 tbsp** Maple Syrup

Seeds, Nuts & Spices

- [ ] **1/8 tsp** Black Pepper
- [ ] **1 tsp** Dried Rosemary
- [ ] **1/2 tsp** Dried Thyme
- [ ] **3/4 tsp** Ground Sage
- [ ] **1/2 cup** Pecans
- [ ] **1 1/2 tsps** Sea Salt
- [ ] **1/2 tsp** Sea Salt & Black Pepper

Vegetables

- [ ] **2 cups** Brussels Sprouts
- [ ] **1** Butternut Squash
- [ ] **2** Carrot
- [ ] **1 lb** Cauliflower Rice
- [ ] **2 stalks** Celery
- [ ] **3** Garlic
- [ ] **1 lb** Portobello Mushroom
- [ ] **1/2** Red Onion
- [ ] **1** Sweet Onion
- [ ] **6 cups** Sweet Potato

Baking

- [ ] **1/2 tsp** Baking Soda
- [ ] **2 tsps** Pumpkin Pie Spice
- [ ] **1/2 cup** Pureed Pumpkin
- [ ] **1/2 cup** Raisins
- [ ] **1/3 cup** Raw Honey

Bread, Fish, Meat & Cheese

- [ ] **4 slices** Bacon
- [ ] **1/2 cup** Parmigiano Reggiano

Condiments & Oils

- [ ] **1/3 cup** Avocado Oil

Cold

- [ ] **2** Egg
- [ ] **1/2 cup** Plain Greek Yogurt

Grain Free Stuffing

15 ingredients · 1 hour 10 minutes · 8 servings

Directions

1. Preheat oven to 375 F
2. Combine all ingredients in a large bowl besides raisins and pecans.
3. Bake covered for 35-45 minutes (remove foil for the last 10 minutes)
4. Season with salt and pepper, top with raisins and chopped nuts, ENJOY.

Ingredients

- **2 cups** Brussels Sprouts (halved)
- **1 lb** Cauliflower Rice (fresh)
- **2** Carrot (chopped)
- **2 stalks** Celery (sliced)
- **1 lb** Portobello Mushroom (sliced)
- **1** Sweet Onion (chopped)
- **3** Garlic (minced)
- **1** Apple (diced)
- **3 tbsps** Avocado Oil
- **1/2 tsp** Dried Thyme
- **3/4 tsp** Ground Sage
- **1 tsp** Dried Rosemary
- **1 tsp** Sea Salt
- **1/2 cup** Raisins (optional)
- **1/2 cup** Pecans (optional)

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Sweet Potatoes & Bacon

6 ingredients · 40 minutes · 6 servings

Directions

1. Preheat oven to 425 F
2. Mix all ingredients together in a large bowl
3. Bake for 20 minutes on a lined baking sheet. Stir and continue baking for 10-15 minutes.
4. Enjoy

Ingredients

6 cups Sweet Potato (cubed)

1/2 Red Onion (sliced)

2 tbsps Avocado Oil

1 tbsp Maple Syrup

4 slices Bacon (chopped)

1/2 tsp Sea Salt & Black Pepper (each)

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Creamy Butternut Squash

6 ingredients · 1 hour · 4 servings

Directions

1. Preheat oven to 425 F
2. Roast butternut squash by cutting in half and removing seeds. Coat with oil, salt and pepper and bake for 35-45 minutes.
3. Allow squash to cool then scoop squash into a medium bowl. Add greek yogurt and cheese. Mix until smooth.
4. Optional: you can place the mixture back into the squash skins and bake for an additional 10 minutes. Sprinkle with extra cheese.

Ingredients

1 Butternut Squash (medium)

1/2 cup Plain Greek Yogurt

1/2 cup Parmigiano Reggiano (grated)

1 tbsp Avocado Oil

1/4 tsp Sea Salt

1/8 tsp Black Pepper

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Grain Free Pumpkin Bars

7 ingredients · 45 minutes · 9 servings

Directions

1. Preheat oven to 350ºF. In a large bowl, combine the pumpkin, almond butter, honey, eggs, pumpkin pie spice, salt, and baking soda, and stir until very smooth.
2. Pour into a greased 8-inch baking dish or dish lined with parchment paper.
3. Bake at 350ºF for about 35 minutes.

Notes

Pumpkin Puree
If you are using a pumpkin pie pumpkin to make the puree, cut in half, scoop out the seeds, add some salt and roast for approximately 45 minutes.

Ingredients

1/2 cup Pureed Pumpkin

1/2 cup Almond Butter

1/3 cup Raw Honey

2 Egg

2 tsps Pumpkin Pie Spice

1/4 tsp Sea Salt

1/2 tsp Baking Soda

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