



GLUTEN FREE
THANKSGIVING
RECIPE GUIDE



THANKSGIVING MENU

APPETIZERS

Stuffed Mushrooms

Sweet Potato Casserole Bites

SIDES

Green Bean Casserole

Garlic & Herb Dinner Rolls

Dairy Free Pumpkin Mac & Cheese

MAIN

Cheesecloth Orange Glazed Turkey

DESSERTS

Pumpkin Pie Cookie Bars

Gluten-Free Apple Crisp



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STUFFED MUSHROOMS

INGREDIENTS

- 12 white mushrooms
- 4 cloves garlic
- 2 tbsp avocado oil, divided
- 3 tbsp parsley, chopped
- 2 tsp fresh thyme
- Salt and pepper to taste
- 1/4 cup almond flour

INSTRUCTIONS

1. Preheat the oven to 400 F. Line a large baking sheet with parchment paper and set it aside.
2. Wash and scrub the mushrooms to clean and remove the stems. Clean the inside of the caps and pat dry. Set them aside on the baking sheet.
3. Finely dice the mushroom stems along with the garlic.
4. Heat 1 tbsp avocado oil over medium heat in a pan and add the garlic and mushroom stem mixture. Lightly salt and saute for 4-5 minutes or until the mushrooms are tender and the garlic is fragrant.
5. Add the mushroom mixture to a bowl and combine it with the herbs, and almond flour to make the filling
6. Spoon the filling into the mushroom caps. You want the caps to be full, with some of the filling coming out of the top. Lightly drizzle with avocado oil.
7. Transfer to the oven and bake for 30 minutes, or until the mushrooms are tender and the filling is crisp. Serve warm.

NUTRITION

RECIPE MAKES 2-3 SERVINGS, NUTRITION IS FOR 1 SERVING

CALORIES: 246 | FAT: 14.4G | CARBOHYDRATES: 15G | FIBER: 4.1GG | PROTEIN: 12.5G



SWEET POTATO CASSEROLE BITES

INGREDIENTS

- 2 medium sweet potatoes, peeled
- 2 tbsp ghee, melted (sub coconut oil for AIP)
- 1 tbsp coconut sugar
- Pinch of salt
- 12-14 marshmallows (I use [these](#) for AIP and slice them in half)
- 1/2 tsp cinnamon

INSTRUCTIONS

1. Preheat the oven to 400 F and line a baking sheet with parchment paper.
2. Slice the sweet potato into thin 1/4" slices and place on the baking sheet.
3. Combine the ghee, salt and coconut sugar and brush the sweet potato slices of both sides.
4. Transfer to the oven and bake for 20-25 minutes or until tender. Remove from the oven.
5. While the sweet potato is still warm, carefully add the marshmallows on top. The hot sweet potato will lightly melt the marshmallows.
6. Sprinkle with cinnamon and serve as a sweet appetizer or dessert.

RECIPE MAKES 2-3, NUTRITION IS FOR 1 SERVING

CALORIES: 322 | FAT: 9.4G | CARBOHYDRATES: 59.4G | FIBER: 3.5G | PROTEIN: 2.5G

GREEN BEAN CASSEROLE

INGREDIENTS

For the fried onions

- 1/4 cup arrowroot starch
- 1/4 cup coconut flour
- Salt & pepper
- 1 large white onion, halved and sliced thin
- 1/3 cup coconut milk
- 1/3 cup coconut oil

For the green bean casserole

- 1 lb green beans
- 1 1/2 cup canned coconut milk
- 3/4 cup broth (chicken or vegetable broth)
- Salt & pepper
- 2 tsp apple cider vinegar
- 1 1/2 tbsp arrowroot starch
- 1 tbsp coconut oil
- 1/2 yellow onion, diced
- 2 cloves garlic, minced
- 8 oz mushrooms

INSTRUCTIONS

For the fried onions

1. Combined the two flours, salt, and pepper in a bowl and set aside. Set up a station with the bowl of flour, and another bowl with the coconut milk.
2. Using a large deep skillet, melt the coconut oil and bring to a high heat. The oil has to be very hot to properly fry.
3. Begin coating the onions by dipping them in the coconut milk, and then the flour mixture. Carefully drop in the onions and cook for about 2-3 minutes on each side before setting aside. You'll fry all of the onions in about 3-4 small batches. Add more coconut oil if needed. Clean out the skillet and set the onions aside when finished.

For the casserole

1. Prepare a large bowl with ice water and set aside. Using a large deep pan, fill about 3/4 of the way with water and bring to a medium boil. Add the green beans and allow to boil for 3-5 minutes or until lightly crisp and tender. Drain the green beans and immediately place in the ice water. Allow to sit for 5 minutes (while continuing on with the rest of the recipe) before draining. Set aside.
2. Whisk the broth, coconut milk, apple cider vinegar, arrowroot starch, salt, and pepper together. Set aside.
3. Add the coconut oil to the large, deep skillet and heat over medium heat. Add the onions and garlic to the pan and cook for 4-5 minutes. Add the mushroom and cook for another 5 minutes or until tender. Pour the broth mixture into the pan and stir well, allowing the broth to thicken for 3-4 minutes.
4. Add the green beans back to the pan and stir to coat in the mushroom broth. Allow to simmer for another 3 minutes. Serve warm topped with fried onions.

NUTRITION

RECIPE MAKES 6 SERVINGS, NUTRITION IS FOR 1 SERVING

CALORIES: 359 | FAT: 29.9G | CARBOHYDRATES: 21.6G | FIBER: 4.9G | PROTEIN: 5.6G





GARLIC & HERB DINNER ROLLS

INGREDIENTS

- 3/4 cup tapioca starch
- 1/4 cup + 1 tbsp coconut flour
- 1/8 tsp baking soda
- 1 tsp garlic powder
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- Pinch of salt
- 2 tbsp olive oil (plus extra for coating your hands)
- 1 tsp apple cider vinegar
- 2 tbsp palm shortening
- 1/2 cup water
- 2 tbsp gelatin powder
- Salt flakes to taste

INSTRUCTIONS

1. Preheat the oven to 350 F and line a small baking sheet with lightly greased parchment paper.
2. Combine the dry tapioca starch, coconut flour, herbs, and baking soda in a bowl and whisk well to combine.
3. Add the olive oil, apple cider vinegar, and palm shortening to the bowl. Using a silicone spatula, cut the palm shortening into the dry ingredients, breaking it into small pieces. Lightly stir to combine. The mixture should still be dry but lightly coated with the cooking fat.
4. To make the gelatin egg, use a small pot and add the water. Evenly sprinkle the gelatin over the water. Allow the mixture to sit until it hardens. Transfer the pot to the stove and set to medium-low heat. Allow the mixture to come to liquid, being careful to not let it burn. Vigorously whisk until the mixture is frothy.
5. Immediately add the gelatin egg to the dough and stir until fully combined.
6. Lightly coat your hands with olive oil. Form the dough into five small, round dinner rolls using your hands and place them on the baking sheet. Bake in the preheated oven for 18-20 minutes, or until crisp on the bottom and baked on the top.
7. Allow to cool for at least 20 minutes. Top with salt flakes to taste and serve fresh!

NUTRITION

RECIPE MAKES 4-5 ROLLS, INUTRITION IS FOR 1 ROLL

CALORIES: 198 | FAT: 12G | CARBOHYDRATES: 20.6G | FIBER: 2.6G | PROTEIN: 4G



DAIRY FREE PUMPKIN MAC & CHEESE

INGREDIENTS

- 1 small sugar pumpkin (about 2 lbs)
- 1 tbsp avocado oil
- Salt and pepper, divided
- 1 1/4 cup almond milk (sub coconut milk)
- 2 tsp lemon juice
- 1 1/2 tbsp arrowroot starch
- 2 tsp garlic powder
- 1 tsp onion powder
- 1/4 cup dairy-free cream cheese (I use kitehill.)
- 3-4 tbsp nutritional yeast
- 12 oz gluten-free pasta (I use Jovial Foods elbows)

For topping

- Fresh chives
- Cooked and chopped bacon

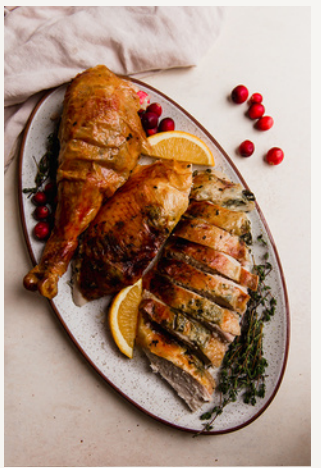
INSTRUCTIONS

1. Preheat the oven to 400 F and line a small baking sheet with parchment paper.
2. Wash the pumpkin and slice off the stem. Slice the pumpkin in half and scoop out the seeds. Drizzle with 1 tbsp of avocado oil and season with salt and pepper. Place the pumpkin flesh side down, and the skin side up on the baking sheet. Bake in the preheated oven for 30-40 minutes or until soft. Remove from the oven and allow to cool for 10 minutes before scooping out the flesh. Set aside.
3. Bring a large pot of well-salted water to a boil. Cook the pasta as directed until al dente, reserving 1/4 cup of pasta water. Strain the pasta and lightly toss with olive oil to prevent sticking.
4. Combine the almond milk, lemon juice, and arrowroot starch in a bowl and whisk well to combine. Place a pot on the stove and add the milk mixture along with salt, pepper, onion powder, garlic powder, cooked pumpkin, cream cheese, and nutritional yeast. Use an immersion blender to fully blend the sauce until smooth.
5. Set the stove to medium-low heat and allow the sauce to simmer for 10 minutes. The sauce should be thick. Add the pasta water and stir well before turning off the stove and adding the cooked pasta. Stir to combine and coat the pasta in the sauce.
6. Season further to taste and serve the mac and cheese topped with chives and bacon.

NUTRITION

RECIPE MAKES 4 SERVINGS, INUTRITION IS FOR 1 SERVING

CALORIES: 262 | FAT: 7.8G | CARBOHYDRATES: 47.7G | FIBER: 3.6G | PROTEIN: 7.3G



CHEESECLOTH ORANGE GLAZED TURKEY

INGREDIENTS

For the herb butter

- 1/2 cup ghee (or butter)
- 2 tbsp fresh chopped sage
- 2 tbsp fresh chopped rosemary
- 1 tbsp fresh chopped thyme
- Salt and pepper
- 2 tsp garlic powder
- Juice of one orange
- Zest of half an orange

For the turkey

- 1 whole turkey (I used a 13 lb turkey for this recipe)
- 1 yellow onion, quartered
- 1 lemon, quartered
- 1 shallot
- 3-4 cloves garlic
- 3-4 sprigs of rosemary
- 1 cup chicken broth
- 1/2 cup ghee, melted

INSTRUCTIONS

1. Preheat the oven to 350 F and set out a roasting pan with a roasting rack.
2. Make the herb butter by combining the herbs with the softened butter or ghee. Add the orange juice, zest, salt, pepper, and garlic and stir until smooth and fully combined.
3. Add the turkey to a roasting rack, breast side up, and carefully separate the skin from the breast with your fingers. Add some of the herb butter under the skin and evenly spread. Rub the remainder of the herb butter over the turkey.
4. Stuff the turkey with onion, garlic, shallot, lemon, and herbs. Tie the legs together with the butcher's twine.
5. To prep the cheesecloth, melt 1/2 cup of ghee (or butter) in a small saucepan. Add the cheesecloth and carefully toss with tongs to totally saturate the cheesecloth.
6. Drape the cheesecloth over the turkey so it is fully covering the turkey. Pour the chicken broth into the base of the roasting pan.
7. Transfer the turkey to the oven and baste every 20-30 minutes. The formula for roasting turkey at 350 F is 13 minutes per pound for an unstuffed turkey and 15 minutes per pound for a stuffed turkey. If using a 13 lb turkey, you'll roast the turkey for about 3 hours. The turkey is done when the thermometer reads 165 F when inserted in the center of the breast and the thickest part of the thigh.
8. Allow the turkey to rest for 15-20 minutes before removing the cheesecloth. Carve the turkey and serve!

NUTRITION

RECIPE MAKES 10 SERVINGS, INUTRITION IS FOR 1 SERVING

CALORIES: 390 | FAT: 14.4G | CARBOHYDRATES: 6.9G | FIBER: 1.2G | PROTEIN: 57.5G



PUMPKIN PIE COOKIE BARS

INGREDIENTS

For the cookie layer

- 1/3 cup coconut sugar
- 1/3 cup ghee, melted and cooled (sub coconut oil)
- 1 egg
- 1 tsp vanilla extract
- 1 3/4 cup almond flour
- 1/4 cup arrowroot starch
- 1 tsp pumpkin pie spice
- 1/2 cup dairy-free chocolate chips

For the pumpkin pie layer

- 1 cup pumpkin puree
- 1/4 cup coconut yogurt
- 1/4 cup coconut sugar
- 1 egg
- 1/2 tsp vanilla extract
- 1 tbsp arrowroot starch
- 1 tsp pumpkin pie spice

INSTRUCTIONS

1. Preheat the oven to 350 F and line an 8x8" baking pan with lightly greased parchment paper.
2. To make the cookie layer, combine the almond flour, arrowroot starch, and pumpkin pie spice. Add the coconut sugar, melted ghee (or coconut oil), egg, and vanilla extract. Stir until a cookie dough forms. Fold in the chocolate chips.
3. Press the cookie dough into the bottom of the greased baking pan and set aside.
4. Using a separate bowl, combine all of the ingredients for the pumpkin layer and stir until well combined.
5. Pour the pumpkin layer over the cookie layer and transfer to the preheated oven. Bake for 30-35 minutes or until the top of the pumpkin pie is set.
6. Remove from the oven and allow to cool completely before slicing into 9 bars. Store in the fridge for 2-3 days and serve fresh or chilled.

NUTRITION

RECIPE MAKES 9 SERVINGS, NUTRITION IS FOR 1 SERVING

CALORIES: 359 | FAT: 17.1G | CARBOHYDRATES: 31.4G | FIBER: 2.7G | PROTEIN: 5.8G

GLUTEN-FREE APPLE CRISP

INGREDIENTS

- 6 granny smith apples, peeled
- 1/3 cup + 2 tbsp coconut oil, softened
- 1 cup shredded coconut
- 1/4 cup coconut flour
- 1/4 cup coconut butter, softened (also known as coconut mana)
- 1 tbsp tapioca starch
- 3 tbsp maple syrup
- 2 tsp cinnamon
- Juice of half a lemon

INSTRUCTIONS

1. Preheat the oven for 375 F and prepare and 8x8" baking sheet
2. Prepare the apples by chopping into large square pieces, discarding the core. Pour the apples into a bowl and combine with 2 tbsp coconut oil, cinnamon and the juice of half a lemon. Scoop the apples into the baking dish and set aside
3. Make the crisp by combining the shredded coconut, coconut flour, and tapioca starch and mixing well. Add in 1/3 cup of coconut oil, the coconut butter, maple syrup and mix well.
4. Using your hands, evenly spread out the crisp mixture onto the apples, pushing down to spread out.
5. Bake in the oven for 40-45 minutes or until the crisp is golden brown.
6. Serve by itself or with compliant ice cream

NUTRITION

RECIPE MAKES 5-6 SERVINGS, NUTRITION IS FOR 1 SERVING

CALORIES: 455 | FAT: 31.8G | CARBOHYDRATES: 44.3G | FIBER: 7.2G | PROTEIN: 2G

