

Thanksgiving

menu

GLUTEN-FREE | DAIRY-FREE | EGG-FREE



A free recipe guide from
www.rachaelroehmholdt.com

Thanksgiving Recipes Revisited

Gluten-free Gravy

Serves 6

Ingredients

- 1 Tbsp Cornstarch
- 1 Tbsp Earth Balance Butter
- 1 Cup Gluten-free Turkey Stock (Kitchen Basics is a great option)

Directions

1. Heat broth and Earth Balance butter in a saucepan.
2. While continuously whisking, add cornstarch. Bring to a boil while stirring often.
3. For a thicker gravy add more cornstarch if necessary.

*Note: you may also use the pan drippings from your turkey to make gravy. Using turkey stock allows you to make this without waiting on the bird to be done cooking. Both will taste amazing!



Cranberries

Serves 6 to 8

Ingredients

- 12 oz package fresh cranberries
- 1/2 cup no-sugar applesauce
- 1/3 cup agave nectar
- 1/3 cup water

Directions

1. Rinse the cranberries and discard the soft and discolored ones.
2. Combine applesauce, agave and water in a large pot. Bring to a boil and reduce to medium-low for 5 minutes.
3. Add the cranberries and cook for 15 minutes. Stir frequently. The cranberries will begin to burst and the sauce will naturally thicken.
4. Remove from heat, then allow to set for 5 minutes before taste-testing or transferring.
5. Transfer to a serving dish or other container. Refrigerate until serving. Can be made up to a week in advance.



Green Beans with Almonds

Serves 6

Ingredients

- 2 pounds frozen green beans
- ½ cup almonds, sliced or whole and chopped
- 1 tbsp Earth Balance butter
- ½ tbsp salt
- ½ tbsp pepper

Directions

1. Heat a small skillet over medium heat and add sliced almonds. Toast for about five minutes until you start to smell them. Remove from the heat and set aside.
2. Next, heat a large bottomed sauce pan with about 1-inch high of full of water over high heat and bring to a boil. Add the green beans to the boiling water, cover and cook for five minutes.
3. Drain the water, then return the beans to the pan and heat. Add butter, salt, and pepper.
4. Transfer to a serving plate. Sprinkle with toasted almonds.



Mashed Potatoes with Caramelized Onions

Mashed Potato Ingredients

- 3 lbs potatoes
- ¼ cup Earth Balance butter
- ½ tsp salt
- ½ tsp pepper

Caramelized Onion Ingredients

- 2 onions
- 1 tsp salt
- 1 tsp pepper

Directions

1. Scrub and quarter the potatoes. Place in a large stock pot and fill with enough water to cover the potatoes completely. Add a generous pinch of salt and turn the burner on to about medium high heat.
2. Boil the potatoes for 20 to 30 minutes until cooked through.
3. While the potatoes are cooking, slice the onions into thin half-moons.
4. Preheat a skillet over medium high heat. Add the onions, salt, and pepper, and cook, stirring occasionally for 15 to 20 minutes or until the onions are dark brown and caramelized through.
5. Drain the potatoes when you can prick them all the way through with a fork. Return to the pot. Add butter, salt, and pepper. Mash with a potato masher, fork, or immersion blender until desired consistency is achieved. If the potatoes are too thick, add a bit of water or milk to thin them out.
6. Spread the potatoes in a serving dish and top with caramelized onions.

*Note: you do not need to serve this dish with the onions. It adds a different spin on a classic, but if your family doesn't love them, leave them out!

Sweet Potato Casserole - Grandma's Revamped "Sweet Potato Pie"

Makes 10-12 servings

Casserole Ingredients

- 4 large sweet potatoes
- 1/2 cup canned coconut milk
- 1/2 cup coconut sugar or brown sugar
- 1/2 tsp salt
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 2 granny smith apples

Topping Ingredients

- 1 cup coconut sugar or brown sugar
- 1 cup chopped raw pecans
- 1/2 stick Earth Balance butter or 1/4 cup coconut oil
- 1/2 cup gluten-free all-purpose blend, such as Bob's

Directions

1. Bring a large pot of water to a boil. Preheat oven to 350 degrees F.
2. Peel and thinly slice two Granny Smith apples. Peel and chop sweet potatoes. Once the water is to a boil, add sweet potatoes and cook about 10 minutes, or until fork tender. Drain and add back to pot.
3. Add brown sugar, coconut milk, salt, vanilla, cinnamon and nutmeg to the pot and using a hand mixer or potato masher, mix all together.
4. Add the topping ingredients to a small bowl and mix together until the pecans are coated.
5. In a casserole dish, layer sweet potato mixture. Add a layer of thinly sliced apples. Repeat with another layer of sweet potato mixture, followed by apples. The final layer will be the sweet potato mixture.
6. Top with topping mixture and bake at 350 degrees F for 30 minutes or until the apples are cooked through.

Apple, Onion + Celery Stuffing

Serves 6

Ingredients

- 1 loaf gluten-free bread
- 2 apples
- 1 onion
- 3 stalks celery
- ¼ cup Earth Balance butter, divided
- 2 cups chicken or vegetable broth
- 2 tsp poultry seasoning
- 2 tsp salt
- 1 1/2 tsp pepper
- 1 egg, beaten

Directions

1. Preheat the oven to 350 degrees F. Grease a 9" x 12" glass baking dish and set aside.
2. Cut the bread into cubes and place in an even layer on a baking sheet. Toast in the oven for five to seven minutes, turning once. You're looking for the bread to become dry. Once cooled, transfer to a large bowl.
3. Chop the apple, onion, and celery into 1-inch size pieces. Preheat a large sauté pan over medium high heat.
4. Add 1 tbsp Earth Balance butter to the pan. Once the butter has melted, add apple, onion, and celery pieces and sauté for 10 to 15 minutes or until softened.
5. Pour the mixture over the cooled bread cubes.
6. Melt the remaining 3 tbsp butter either in the hot pan on the stove or in the microwave. Then pour the melted butter over the entire mixture, along with chicken broth, poultry seasoning, salt, pepper, and the beaten egg.
7. Mix together with a wooden spoon until the mixture is completely incorporated.

8. Spread the stuffing in an even layer into your greased baking dish. Cover with foil.
9. Bake for 30 minutes, then remove the foil. Continue to bake for an additional fifteen minutes until a nice golden brown crust has formed.



GFDF “Impossible” Pumpkin pie

Ingredients

- 1-15 oz can pumpkin puree
- ⅓ cup + 2 tbsp brown sugar
- ⅓ cup all-purpose flour (I used Bob’s Red Mill)
- 1 cup coconut milk (from the carton)
- 1 tsp pumpkin pie spice
- 2 tsp cinnamon
- ½ tsp salt
- 2 tsp baking powder
- 1 tbsp flax meal
- 1 tbsp vanilla extract

Directions

1. Preheat oven to 350 degrees F. Spray a 9-inch glass pie dish with baking spray (I like the coconut oil spray).
2. Add all ingredients to a blender and blend on high.
3. Pour mixture into baking dish.
4. Bake for 35 minutes. The pie won’t be “set” just yet. Allow to cool completely then chill for 6 hours before slicing and serving.
5. Top with coconut whipped cream for serving.



Coconut Whipped Cream

Ingredients

- One can full-fat coconut milk (place in the refrigerator the night before you whip it)
- 1/2 tsp vanilla extract
- 1 tbsp maple syrup

Directions

1. Open the can of refrigerated coconut milk, being careful to keep it level. The “cream” will be on top and the remainder of the liquid you can reserve for another recipe.
2. Scoop out the coconut cream (the thick pasty part at the top of the can) and place in a large bowl or the bowl of a stand mixer (you may want to put your stand mixer bowl in the freezer for about 5 minutes before whipping to chill it). Don’t include the liquid in the bowl - this will make your coconut cream not whip properly.
3. Using your hand mixer or stand mixer with the whisk attachment, whip whip the coconut cream for 3 to 5 minutes. It should become fluffy and light. Mix in the vanilla extract and maple syrup. Serve on top of GFDF “Impossible” Pumpkin Pie.



About Rachael

On a professional level I am a trained holistic health coach. As a coach, I've supported many women to transform their lives with healthier lifestyles. When it comes to creating the body and life you desire, I'm your girl. However, there's one health topic that's near and dear to my heart: Gluten- and dairy-free living.

For the past 3 years I've been living with gluten and dairy food intolerances. I know how overwhelming this lifestyle can be... because I've lived it!

On a personal note, I love to cook and be in the kitchen creating meals for myself and my family. I have crafted some amazing recipes over the years and I want to show you what's possible when it comes to creating delicious, healthy recipes - that just happen to be GFDF-friendly too.

If you loved this Thanksgiving recipe guide, you'll love my recipe subscription service, the [GFDF Weekly](#). You'll get access to one of my very own recipes + tips and inspiration for living a healthy and delicious gluten-free dairy-free life every week for just \$5 per month. [Click here to join now.](#)