

0% GLUTEN FREE, 100% DELICIOUS

Thanksgiving is a time for family and tradition. Many of those traditions are enjoyed around the table. Going gluten free does not mean you need to give up your traditions. We have compiled some of our favorite family Thanksgiving recipes, tweaked them ever so slightly to accommodate a gluten free lifestyle and laid them out in an easy plan to ensure a successful, enjoyable day. You will not feel like you are missing anything!



A Menu for a Delicious Gluten Free Thanksgiving:

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STRESS FREE, GLUTEN FREE THANKSGIVING CHECKLIST

SHOPPING CHECKLIST

TO BUY OR MAKE SURE YOU HAVE:

- Buttermilk 2 cups
- Celery 2-3 celery stalks chopped
- Coconut cream 1 can
- Cranberries 12 ounces fresh cranberries
- Eggs 4
- Garlic 1 Bulb - 11 cloves total needed
- Green Beans 1 pound fresh green beans
- Lemons 5 lemons
- Macadamia Oil 2 tablespoons macadamia nut oil
- Mushrooms 2 cups baby bella mushrooms
- +1 cup mushrooms any kind
- Onion 3 yellow
- 3 Sweet
- Oranges 10
- Parsley 1 bunch
- Pecans 1/2 cup chopped pecans
- Pumpkin 1 can pureed pumpkin
- Quinoa 2 cups
- Red Apples 3
- Red Potatoes 7 large red potatoes peeled
- Sweet Potatoes 4-5 pounds of red sweet potatoes (sweeter than yellow sweet potatoes)
- Rice Milk 1 1/2 cup (You can also use Coconut Milk)
- Scallions 1 bunch
- Spiced Rum 2 ounces spiced rum
- Tamari 1/2 cup
- Turkey 15 pound
- Chicken Broth (if you do not want to make turkey broth for the stuffing)
- Xanthan gum 1 1/2 teaspoons xanthan gum
- Yeast 1 Tablespoon

PANTRY CHECKLIST

SPICES & BASICS to make sure you have on hand:

- Apple cider vinegar
- Agave/Honey (1/3 cup)
- Baking Soda
- Brown Rice Flour (4 cups)
- ground cinnamon (2 teaspoon)
- ground clove (1/4 teaspoon)
- dark brown sugar (1/4 cups)
- ground ginger (5/8 teaspoon)
- nutmeg (1/4 teaspoon)
- Olive Oil (3 cups) (Coconut oil if you prefer)
- Pepper
- Potato Starch (2 cups)
- Rosemary (fresh or dried)
- Sage
- Sea Salt
- Sugar 3 cups
- Tapioca flour (2 cups)
- Thyme
- Vanilla

For Delicious Recipes For A Complete Gluten Free Thanksgiving go to <http://SproutedRoots.com/New/Thanksgiving>

Check out all recipes and more gluten free recipes at www.SproutedRoots.com



BRINED ROASTED TURKEY

INGREDIENTS

15 pound turkey (If turkey is frozen, be sure to begin thawing 2-3 days in the refrigerator)

For Brine

1 gallon iced water

1/2 cup sugar

1 cup sea salt

1 gallon iced water

6 oranges

4 lemons

Aromatics to stuff the turkey:

3 red apples cut into fourths

2 onions cut into fourths

6 cloves garlic

sea salt

pepper

DIRECTIONS

The Night Before You Plan to Roast The Turkey:

1. Remove the innards and rinse the turkey thoroughly.
2. Add the turkey, breast down, to a 5 gallon bucket or an ice chest and completely cover with iced water.
3. Add sugar and salt.
4. Cut oranges and lemons in half and squeeze the juice into the ice water and then drop the rest into the water, peel and all.
5. Cover with a lid or a towel and set in a cool place. Allow the turkey to brine overnight.
6. Be sure there is enough ice to keep the turkey cold.

Roasting Day:

1. Remove turkey from brine and rinse thoroughly under cold water.
2. Place on a roasting rack set inside a half sheet pan.
3. Pat dry with paper towels.
4. Preheat oven @500 degrees F.
5. Salt and pepper the inside of the turkey.
6. Stuff the turkey with apples, onions, and garlic cloves.
7. Lace up the turkey cavity and tuck under the wings.
8. Baste the outside of the turkey with olive oil. Sprinkle with salt and pepper.
9. Add a small amount of water to cover the bottom of the pan. Cover with a roasting lid or foil.
10. Place turkey onto the lowest rack level of the oven and cook for 30 minutes.
11. Reduce heat to 350 degrees F, insert a meat thermometer into the thickest part of the breast and cook to 161 degrees F. (About 3 to 3 1/2 hours- will be less time if you are using convection, consult your ovens directions). Check every so often to make sure there is water in the bottom of the pan.
12. The last half hour take off lid or foil to brown the skin.
13. The leg should be loose and pull easily away from the bone when done.
14. Take out of oven, cover with foil and allow turkey to rest for 15 minutes before serving.

Chef Notes: Use a clean sanitized 5 gallon bucket or line the bucket with a clean plastic trash bag.



GLUTEN FREE SAVORY MUSHROOM GRAVY

Prep 5 minutes / Cook 20-25 minutes

Makes approx. 3 cups

INGREDIENTS

1 large sweet onion, chopped	1/2 cup brown rice flour
2 cups Baby Bella mushrooms, sliced in half	1 tablespoon thyme
2 cloves of garlic, minced	1/2 tablespoon fresh rosemary chopped (or 1 tablespoon dried rosemary)
2 tablespoons macadamia nut oil	1 tsp ground black pepper
1/4 cup olive oil, extra virgin preferred	sea salt, to taste
1 1/4 – 2 cups of water	
1/3 cup tamari (gluten free soy sauce)	

DIRECTIONS

1. Heat macadamia nut oil in a large frying pan.
2. Add the chopped onions, mushrooms and minced garlic to the melted butter.
3. Cook onions, garlic and mushrooms until mushrooms are soft.
4. Meanwhile, in a smaller pan, heat olive oil, 1 1/4 cup water, tamari, brown rice flour, thyme, rosemary and black pepper.
5. Bring to a boil.
6. Whisk mixture until gravy is thick and smooth. Roughly 7-10 minutes. (Don't turn your back on it!)
7. Add gravy mixture and the mushroom mixture to same pot and use an immersion blender to blend. (You can also pour the two mixtures into a blender.)
8. Add additional water until desired consistency.

Chef Notes: Check the brand of Tamari you are purchasing to ensure it is gluten free. Tamari is darker and often more rich with a deeper flavor than typical soy sauce. When replacing soy sauce with Tamari in recipes, use approximately half as much as the recipe calls for and add as you feel necessary. This gluten free gravy is vegetarian and dairy free!! An exciting find when you are trying to accommodate a group's dietary needs.



CRANBERRY SAUCE

Prep 0 mins / Cook 15 mins

Serving size 6

INGREDIENTS

12 ounces fresh cranberries

1 cup fresh orange juice

1 cup sugar

2 ounces spiced rum

1 teaspoon vanilla

DIRECTIONS

1. Add cranberries, orange juice, sugar, and rum to a sauce pan.
2. Boil until cranberries pop open (approximately 10 to 15 minutes).
3. Add vanilla.
4. Stir and smash.
5. Allow to cool. Note: it will thicken as it cools.



GLUTEN FREE DINNER ROLLS

INGREDIENTS

- | | |
|--------------------------------|---|
| 1 tablespoon yeast | 2 tablespoons olive oil or melted butter |
| 1 teaspoon sugar | 2 3/4 cup brown rice flour mix* (see below) |
| 1 cup warm water | * Brown Rice Flour Mix |
| 1 teaspoon salt | 2 3/4 cups brown rice flour |
| 1/4 cup sugar | 1 1/4 cups potato starch |
| 1 1/2 teaspoons xanthan gum | 3/4 cup tapioca flour |
| 1 egg | Mix all flours together well. Mix |
| 1 teaspoon apple cider vinegar | before measuring for each batch. |

DIRECTIONS

1. Add yeast, sugar, and water to a small bowl. Mix and allow to froth, about 5 minutes.
2. In a large bowl mix together brown rice flour mix, salt, sugar, and xanthan gum.
3. In a small bowl add the egg and apple cider vinegar. Slightly beat and add to the flour mixture.
4. Add olive oil and mix.
5. Form 2" balls out of the dough and place in a 9" pan. Cover with a towel and set in a warm place to allow the dough to rise, about 1 1/2 hours.
6. Preheat oven @ 400 degrees.
7. Brush on an egg wash of 1 teaspoon of water and 1 egg white slightly beaten onto the tops of the dough balls. Or you can brush on melted butter.
8. Place in the oven and bake until done and brown, about 25-30 minutes.
9. Serve with Fresh Herb Butter.

Chef Notes: If you want the rolls to have more of a rounded smooth surface, smooth the surfaces of the dough balls with fingers wet with water.



FRESH HERB BUTTER

INGREDIENTS

2 sticks (1 cup) unsalted butter,
softened/room temperature

1 tsp garlic, minced (2 tsp if you love garlic)

1 1/2 tablespoons minced scallions

2 tsp parsley, finely chopped

2 tsp thyme, finely chopped

1/2 tsp sea salt

1/4 tsp fresh ground black pepper

1/2 tsp lemon juice (or 1/4 tsp lemon zest)

DIRECTIONS

1. Bring butter to room temperature.
2. In a small mixing bowl, add butter, garlic, scallions, parsley, thyme, salt and fresh ground black pepper.
3. Gently cream together ingredients until consistently dispersed throughout butter.
4. Gently fold in lemon juice or zest.
5. Refrigerate until ready to use.



GLUTEN FREE QUINOA STUFFING

Prep 20 mins. / Cook 1 hr

INGREDIENTS

2 cups quinoa	½ onion chopped
½ teaspoon sea salt	2-3 celery stalks chopped
¼ teaspoon black pepper	4 cups turkey broth from the boiled turkey giblets. (**You can also use boxed/canned turkey or chicken broth in its place.)
½ teaspoon sage or poultry seasoning	
4 tablespoons butter (optional, omit to make it dairy free)	

DIRECTIONS

1. Add quinoa and turkey broth to a stock pot. Bring to a boil.
2. Cover pot, reduce heat to a simmer and cook quinoa for 15 minutes.
3. Preheat oven 375 degrees. Coat the inside of a glass baking dish with olive oil.
4. While quinoa is cooking, chop up the onion and celery.
5. Add salt, pepper, butter if desired, sage, and chopped onion and celery to the cooked quinoa. Stir it all together, well. Pour into the baking dish and cover with foil.
6. Place in oven and cook for 45 minutes. Remove the foil and cook for 15 more minutes.

BUTTERMILK MASHED POTATOES

Prep 5 mins / Cook 15 mins

Serving size 6

INGREDIENTS

7 large red potatoes peeled	splash of buttermilk
1 tablespoon butter	salt and pepper, to taste

DIRECTIONS

1. Boil potatoes in water until soft in the middle when stuck with a fork.
2. Drain potatoes and add to a large bowl.
3. Add butter, salt and pepper. Pour in just enough buttermilk (about ½ cup) until desired consistency. Mash with a hand-held potato masher.



GREEN BEAN CASSEROLE

Prep 15-20 minutes / Cook 35-45 minutes

Servings 4-6

INGREDIENTS

1-2 cups olive or coconut oil (for frying).
2 sweet onions, thinly sliced
1 pound fresh green beans
1 cup of mushrooms (any kind) finely chopped
1/2 yellow onion, chopped
2 cloves of garlic, minced
4 tablespoons olive oil, extra virgin preferred
1/2 cup of water
1 1/2 tablespoons tamari (gf soy sauce)

1/4 cup brown rice flour
1 tsp ground black pepper
1/4 teaspoon sea salt, optional
1/2 cup all-purpose gluten free flour mix

* All Purpose Flour Mix

1/4 cups brown rice flour
2 tablespoons potato starch
1 tablespoon tapioca flour
Mix all flours together well.

DIRECTIONS

For Gluten Free, Fried Onion Topping

1. Heat 1 1/2 – 2 cups olive oil in a shallow frying pan to 350 degrees. Try your best to not get it much hotter, as you will have a difficult time not burning your onions.
2. Toss thinly sliced sweet onions in a gluten free all-purpose flour mix that has been heavily seasoned with salt and pepper.
3. Carefully place onions in a single layer into heated oil.
4. When onions are brown, approximately 3 minutes, remove from oil and place on a plate with a paper towel to absorb the extra oil.
5. Repeat with any additional onions to be fried. Set aside while you prepare casserole.

For Casserole:

1. Fill a large pot 3/4 of the way with water and bring to a boil.
2. Meanwhile, wash green beans thoroughly and cut in half lengthwise.
3. Once water is boiling, put green beans in water for 2-3 minutes. (You are not trying to cook thorough but start the process.) Drain immediately and set aside.
4. In a frying pan, heat 2 tablespoons of olive oil.
5. Add the chopped mushrooms, chopped onions and minced garlic to the heated oil.
6. Cook onions, garlic and mushrooms until onions are soft. Approximately 7-10 minutes. Turn heat off and set aside.
7. In a small sauce pan, heat olive oil, water, tamari, brown rice flour, and black pepper.
8. Whisk mixture periodically as you bring mixture to a boil. Sauce will begin to thicken fairly quickly once it starts to boil. Do not walk away from it.
9. Once the sauce has achieved a thick gravy consistency, remove from heat and pour into the mushroom, onion, and garlic mixture.
10. Add 1/8 sea salt. Mix well.
11. Add green beans to mushroom sauce and toss.
12. Transfer to oven safe baking/serving dish.



13. Cook green bean casserole for 20 minutes at 350.

14. Top with fried green beans immediately before serving. (Note: if you desire fried onions to be slightly more crispy. Top casserole with fried onion and place under broiler for 3-5 minutes on high. Remove at desired brownness.

Chef Notes: When possible, highly recommend frying the onions on an outside burner to save your house from the “deep fried” permeating smell. The fried onions are what makes this a “special occasion” side for us, but don’t skip the step. So much better than any store bought, canned version of fried onions. You will be happy you treated yourself.



SWEET POTATO PECAN CASSEROLE

Prep 25 minutes / Cook 30 minutes

Servings 6

INGREDIENTS

Body of the Casserole

4-5 pounds of red sweet potatoes (sweeter than yellow sweet potatoes)
1 large egg
1/3 cup agave or honey

1/8 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1/4 teaspoon sea salt

Pecan Topping

1/4 cup packed dark brown sugar
1/2 teaspoon ground cinnamon

1/2 cup chopped pecans
2 tablespoons unsalted, cold butter

DIRECTIONS

1. Peel sweet potatoes and cut into 2 inch cubes for faster cooking.
2. Boil a large pot of water big enough to submerge cubed sweet potatoes.
3. Add peeled, cubed sweet potatoes in the boiling water for 10-15 minutes. Cook until sweet potatoes are tender all the way through.
4. Drain well. Lay cubes on a paper towel for 5 minutes to soak up any additional water.
5. Preheat oven to 350 degrees. Use coconut oil to lightly grease the bottom of a 13x9x2 baking dish.
6. In a large mixing bowl combine sweet potatoes, egg, agave (or honey if you prefer), ginger, nutmeg, cinnamon, and sea salt.
7. With an electric mixer or with a food processor whip together until smooth.
8. Spread sweet potato mixture evenly in prepared baking dish.
9. In a small bowl mix topping ingredients: chopped brown sugar, cinnamon, pecans, and cold butter.
10. Crumble topping mixture evenly on top of sweet potato mixture.
11. Cook uncovered for 30-40 minutes. remove from oven when topping begins to brown around the edges.
12. Let cool for 5-10 minutes before serving.
13. Sit back and watch as the sweet potato pecan casserole is devoured!

Chef Notes: This version of the Thanksgiving classic has quite a bit less sugar than our family's original recipe, but you won't miss it. The rich pecan, butter topping and delicate mix of spices bring a rich flavor to this dish. If you would like to make this dairy free, simply make the topping with only brown sugar, pecans and cinnamon. It will not be quite as rich but it is still yummy.



PUMPKIN PIE WITH DAIRY FREE WHIPPED CREAM

Prep 15 mins / Cook 1 hr

Makes 1 Pie

INGREDIENTS

Pie Crust

1 ¼ cup brown rice flour
1 cup tapioca flour
1 tablespoon sugar
½ teaspoon baking soda

½ teaspoon salt
½ cup coconut oil or olive oil (or cold butter
diced if not trying to make dairy free)
1/2 cup rice milk

Pie Filling

1 can pureed pumpkin
1 cup coconut milk or rice milk
¾ cup sugar
1 ½ teaspoon potato starch
1 teaspoon cinnamon

½ teaspoon ground ginger
¼ teaspoon ground clove
½ teaspoon salt
2 eggs

Whipping Cream

1 can coconut cream (refrigerate for at least
24 hours before using)

¼ cup sugar
1 teaspoon vanilla

DIRECTIONS

To Make Crust:

1. Preheat oven 400 degrees. Mix flours, sugar, baking soda, and salt to a large bowl.
2. Add milk and mix with hands.
3. Add oil or butter and cut in with hands.
4. Take half of the dough and form into a ball.
5. Save the other half for another pie or use for quiche (you can wrap it in plastic wrap and keep it in the refrigerator for a day or two).
6. Dust with flour and press into a greased pie plate.
7. Bake for 10-15 minutes, until slightly browned.
8. Remove to cool.

Filling

1. Preheat oven 350 degrees.
2. In a mixing bowl combine pumpkin, milk, sugar, potato starch, cinnamon, ginger, cloves, salt, and eggs. Mix until smooth.
3. Pour smooth mixture into pie crust and bake for 1 hour 20 minutes or until done.
4. Allow to cool.
5. Serve with a dollop of homemade coconut whipping cream (recipe to follow) on each slice.

Whipping Cream Instructions



1. In a mixing bowl carefully scoop out only the cream on top and not the water on the bottom. Combine coconut cream, sugar and vanilla.
2. Whip until mixture is whipping cream consistency.
3. Serve immediately or for best results refrigerate a couple of hours before serving.

