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DELICIOUS FAT BURNING  
THANKS GIVING  
RECIPES

# BREADS & STUFFINGS





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# CHEESY SKILLET BREAD

LOW CARB & GLUTEN-FREE



## INGREDIENTS:

- 1 tbsp butter for the skillet
- 2 cups almond flour
- 1/2 cup flax seed meal
- 2 tsp baking powder
- 1/2 tsp salt
- 1 & 1/2 cups shredded Cheddar cheese, divided
- 3 large eggs, lightly beaten
- 1/2 cup butter, melted
- 3/4 cup almond milk

Stir in the eggs, melted butter and almond milk until thoroughly combined. Remove hot skillet from oven (remember to put on your oven mitts), and swirl butter to coat sides. Pour batter into pan and smooth the top. Sprinkle with remaining 1/2 cup cheddar. Bake 16 minutes, or until browned around the edges and set through the middle. Cheese on top should be nicely browned. Remove and let cool 15 minutes.

**10 Servings/Per Servings** : Each serving has 7.2 g of carbs and 4 g of fiber. Total NET CARBS = 3.2 g.



## INSTRUCTIONS:

Preheat oven to 425F. Add 1 tbsp butter to a 10-inch oven-proof skillet and place in oven. In a large bowl, whisk together almond flour, flax seed meal, baking powder, salt and 1 cup of the shredded cheddar cheese.

# CORN BREAD STUFFING



## INGREDIENTS:

### Corn Bread

- 1/2 cup coconut flour
- 1/4 tsp Celtic sea salt
- 1/4 tsp baking soda
- 6 eggs (or 3 eggs and 1/3 cup coconut milk)
- 1/2 cup coconut oil, melted

### Stuffing

- 1 pound ground sausage or bacon
- 2 cups celery, chopped
- 1/2 cup onion, chopped
- 5 cups crumbled "cornbread" (from above)
- 2 cups sliced mushrooms
- 1 1/4 cups chicken broth (or more if you like a mushy stuffing)
- 1 1/2 tsp poultry seasoning
- 1 tsp sage

Grease a small bread pan and fill about 2/3 of the way full with batter. Bake for 40-50 minutes, or until a toothpick comes out clean. This can be made ahead and frozen.

### Stuffing

Preheat oven to 325 degrees F (165 degrees C). Place sausage, mushrooms, celery and onions in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. In a large bowl combine sausage mixture with cornbread, chicken broth, poultry seasoning and sage. Mix well and transfer to a 9x12 inch baking dish. Bake, covered, for 45 minutes or until well set and cooked through. Makes 12 servings.

### NUTRITIONAL COMPARISON (per serving):

Traditional Cornbread Stuffing = 441 calories, 20g fat, 15g protein, 52 carbs, 4.3g fiber

"Healthified" Stuffing = 278 calories, 22g fat, 12.4g protein, 4.4 carbs, 2.2g fiber



## INSTRUCTIONS:

### Corn Bread

Preheat oven to 350 degrees F. In a medium sized bowl sift together the dry ingredients. Slowly add the wet ingredients into the dry ingredients and stir until very smooth.

# CRANBERRY "CORNBREAD" MUFFINS



## INGREDIENTS:

1/2 c. + 1 Tbsp. Almond Flour  
 3 Tbsp. Coconut Flour  
 1/4 tsp. Celtic Sea Salt  
 1 tsp. Aluminum-Free Baking Powder  
 1/4 c. Non-Hydrogenated Shortening  
 1/4 c. Granular Sweetener -- for sugar-free I recommend Swerve or Birch Xylitol  
 1 Large Organic Egg + 1 Yolk  
 1/4 c. Unsweetened Almond Milk  
 1/2 c. Fresh or Frozen Cranberries, Chopped



## INSTRUCTIONS:

Preheat oven to 325 degrees F. With coconut oil, grease the bottom and sides of 10 muffin tins. In medium bowl, sift together almond flour, coconut flour, salt and baking powder. Set aside. In small bowl, with electric mixer on medium, cream shortening and sweetener until fluffy. About 5 minutes.

To shortening add egg and egg yolk, one at a time, mixing well after each. With mixer on low, add half the flour mixture and half the almond milk, mix, then add remaining and mix again. Fold in cranberries. Spoon batter evenly into prepared muffin tins and bake 20-22 minutes. Remove from oven and let cool in pan on wire rack for 5 minutes then remove muffins from pan and continue cooling.

**NOTES:** This recipe has been tested with my preferred ingredients. Please consider, if I recommend a substitution, it will be included as a note in the recipe.

**Per Serving :** 102 calories, 9 g fat, 4 g carbs, 2 g fiber, 2 g NET CARBS, 7 g pro (using Swerve)



BREADS & STUFFINGS

# TURKEY STUFFING

LOW CARB & GLUTEN FREE



## INGREDIENTS:

12 oz roll of mild sausage  
1/2 cup onion, chopped  
1 cup celery, chopped  
1 head cauliflower, chopped  
1/2 cup white wine  
1/4 cup walnuts, chopped  
1/4 cup parsley, chopped  
1 tsp fresh sage, minced  
salt and pepper to taste

Add the cauliflower and cook for about 8 minutes. You want it to brown and caramelize a bit, so don't stir too often. Add the white wine and cook on medium heat until no liquid remains in the bottom of the pan.

Add the walnuts and cook for about 2 minutes. Remove from the heat and stir in the parsley and sage. Season with salt and pepper to taste. Try not to eat it all before your guests arrive!

**Per Serving :** 03 calories, 16g fat, 4g net carbs, 8g protein



## INSTRUCTIONS:

Cook the sausage in a large saute pan, breaking it up into small pieces. Add the onions and celery to the pan and cook for about 5 minutes or until softened.

# LOW CARB STUFFING

## INGREDIENTS:

- 1 loaf low-carb stuffing bread or low-carb bread, crumbled or cut into cubes
- 1 large onion, chopped
- 6-7 cups chopped celery - about 2 small bunches
- 1 green Bell pepper, chopped
- 1 bunch parsley, chopped (about 2 cups)
- 4 teaspoons poultry seasoning, such as Bells
- 1/2 teaspoon pepper
- Salt - start with 1/2 teaspoon, or 1 T chicken or turkey soup base (see below)
- 1 cup water or broth, plus more according to moisture needed
- 1 - 3 eggs if baking stuffing, and if desired (nutritional info includes 1 egg)
- 1 T cooking oil

## INSTRUCTIONS:

Make low-carb stuffing bread, or use about 1 - 1½ lb loaf of low-carb bread if you have access to it. Different types of bread will bring different results, so you may have to adjust the amount of liquid, seasonings, etc. I based the nutritional information below on using my homemade stuffing bread.

In any case, allow the bread to dry out for awhile, either on the counter or in a low oven. It doesn't have to be totally dry, just kind of stale-level dry

Saute onion, celery, and pepper until soft. Add parsley and cook for a minute or so, until wilted. Add seasonings. I include about a tablespoon of Better Than Bouillon Soup Base at this point. Mix together the vegetables and the bread. Add a cup of broth or water, stir, and taste.

Adjust seasoning and moisture. If you're going to stuff poultry with it, leave it on the dry side because it will absorb a lot of juices during cooking. You can eat it just as it is, but if you bake it, the flavors will come together better. Adding egg will make it come together in more of a melded-together form. I usually add one egg, but don't like it too melded. You can add 2, or even three eggs. Mix well and bake at 350 F. for about half an hour, or until browned on top!

**Nutritional Information:** : This makes quite a lot of stuffing. Divided into 12 generous servings, each has 5 grams effective carbohydrate plus 4 grams fiber, 9 grams protein, and 244 calories.

# SPICY SAUSAGE & CHEDDAR

STUFFING – LOW CARB  
AND GLUTEN-FREE



## INGREDIENTS:

- 1 recipe Cheesy Skillet Bread
- 1 pound spicy Italian sausage
- 1 cup diced celery
- 1/2 cup diced onion
- 2 garlic cloves, minced
- 1 teaspoon dried sage
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 cup low sodium chicken broth
- 2 large eggs
- 1/4 cup heavy cream



## INSTRUCTIONS:

A day or two in advance, make the skillet bread and cube into 1/2 inch pieces. Preheat oven to 200F. Spread bread cubes on a large baking sheet and bake 2 to 3 hours, until well dried and crisp. Let sit out overnight to continue to dry.

Heat a large skillet over medium heat and add sausage; sauté until just cooked through, about 6 minutes, breaking up large chunks with a wooden spoon. Using a slotted spoon, transfer sausage to a large bowl. Add celery, onion, garlic, sage, salt and pepper to skillet and sauté until tender, about 5 minutes. Add to sausage.

Preheat oven to 350F and butter a large 13x9 inch glass baking dish. Add cubed bread to sausage mixture. Add chicken broth and toss to combine. In a medium bowl, whisk eggs with cream and pour over mixture in bowl. Toss until well combined and transfer to prepared baking dish. Bake 35 minutes, uncovered, until top is crusty and browned.

**16 Servings/ Per Serving:** : Each serving has 334 Calories; 30g Fat (79.0% calories from fat); 13g Protein; 5g Carbohydrate; 3g Dietary Fiber; 122mg Cholesterol; 529mg Sodium. Total NET CARBS = 2 g.