



*Happy
Thanksgiving!*

COMPLIMENTS OF



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THE STAR OF THE SHOW- THE TURKEY!!!

Be sure to get a FREE RANGE turkey! You can find them at Nature's Pantry or Whole Foods, etc.

THE BIG THAW:

Refrigerator thawing

When thawing a turkey in the refrigerator:

- Plan ahead: allow approximately 24 hours for each 4 to 5 pounds in a refrigerator set at 40 degrees F or below.
- Place the turkey in a container to prevent the juices from dripping on other foods.

Refrigerator Thawing Times

Whole Turkey:

- 4 to 12 pounds... 1 to 3 days
- 12 to 16 pounds... 3 to 4 days
- 20 to 24 pounds... 5 to 6 days

A thawed turkey can remain in the refrigerator for 1 to 2 days before cooking. Foods thawed in the refrigerator can be refrozen without cooking but there may be some loss of quality.

Cold Water Thawing

Allow about 30 minutes per pound.

First, be sure the turkey is in a leak-proof bag to prevent cross-contamination and to prevent the turkey from absorbing water, resulting in a water product. Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes until the turkey is thawed. Cook the turkey immediately after it is thawed.

Cold Water Thawing Times

- 4 to 12 pounds... 2 to 6 hours
- 12 to 16 pounds... 6 to 8 hours
- 16 to 20 pounds... 10 to 12 hours

A turkey thawed by the cold-water method should be cooked immediately. After cooking, meat from the turkey can be refrozen.

Microwave Thawing

Follow the microwave oven manufacturer's instruction when defrosting a turkey. Plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving. Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed.

A turkey thawed in the microwave must be cooked immediately.

Cooking Methods:

You may oven-roast your turkey, cook it in an electric roaster, smoke it, cook it on your enclosed grill, etc.

One way to keep your turkey moist is to brine it before cooking. For a 14-15 lb. turkey, you will need:

- 1 c. sea salt (Real Salt brand recommended)
- 1/2 c. cane sugar
- 1 gallon vegetable stock (preferably homemade but at least organic)
- 1 T. black peppercorns
- 1/2 t. allspice berries
- 1 ½ t. chopped candied ginger

Combine over medium heat, stirring occasionally to dissolve solids, and bring to a boil. Remove from the heat and cool to room temperature.

Early on the day of, or the night before you will be eating, combine the brine with 1 gallon of heavily iced water in a food safe 5 gallon bucket. Place the thawed turkey (innards removed) breast side down in the bucket. If you need to, weigh it down to make sure it is fully immersed. Cover and refrigerate or place in a cold place for 8 to 16 hours, turning once halfway through the brining. Remove the bird, rinse, and pat dry (from foodnetwork.com)

You may use whatever spices and herbs you would like in your brine. Just use a 1 part to 2 parts ratio of sugar to salt.

You may also choose to inject your turkey. Injecting a turkey with flavored liquid is a good technique for producing moist, flavorful meat. Flavoring the surface of the turkey with marinades, rubs, sauces, and seasonings is also a good method for adding flavor, but flavoring the surface does not penetrate the meat. Using a meat injector allows you to inject the flavor deep into the meat of the turkey. The flavor injector is a syringe that has a heavy gauge needle attached to a plunger type tube. There are several holes in the last few inches of the tip of the needle. The holes allow the flavoring agent to be released into the meat of the turkey in all directions.

There are many ingredients that can be injected into the turkey to add flavor and moistness. Many variations of spiced or herbed liquids can be used, but other ingredients, such as sherry, wine, beer, flavored vinegar, and seasoned oil can be used as well. When mixing the flavoring liquid, be sure it does not include ingredients that may get trapped in the needle of the syringe, such as herbs that are not finely crushed. If garlic or onion is to be added, it should be used in a liquid form. A little orange juice can be added to the flavoring liquid to act as a tenderizer. Do not make the flavoring too strong because it may overpower the turkey's flavor.

Place the turkey in a roasting pan or any other pan large enough to position the turkey so that it is breast side up. Draw the flavoring liquid into the injector by first making sure the plunger is pushed to the bottom of the syringe. After injecting, begin to pull the needle from the breast meat, but do not pull it completely out of the puncture hole.

Using the same hole, move the syringe to a different angle and again push the needle into the turkey breast to inject some flavoring in a different portion of the breast meat. Continue to inject the meat at

two or three more angles to spread the flavoring throughout one half of the turkey breast. Repeat the same process on the other half of the breast (opposite side of the breast bone).

After injecting both sides of the turkey breast, inject flavoring into the legs and thighs in the same manner.

Each thigh and each side of the breast should be injected with 1 to 2 ounces of liquid, depending on the size of the turkey. 1 ½ ounces is sufficient for a 12-lb. turkey. Each leg should be injected with ¾ to 1 ounce of liquid. Any remaining flavoring can be injected into the drumsticks of the wings and into the back of the turkey.

Cover the turkey and refrigerate overnight to allow the injected liquid to impart its flavor throughout the layers of meat. Remove the turkey from the refrigerator and allow it to stand at room temperature for approximately 2 hours before cooking. The turkey can be cooked using a variety of methods, such as roasting, grilling, or smoking.

Note: When injecting turkey, it is important to puncture it as few times as possible to prevent the natural juices of the turkey from escaping as it cooks.

If you wish to oven-roast your turkey, there are many options. They make bags to put the turkey in while roasting. You can use a brown paper grocery bag, you can wrap in foil, etc. The choice is yours.

A very easy and simple method is slow cooking. This allows you to free your oven up for other things and makes for a tender, moist bird. After your prepared turkey is ready for roasting, wrap it tightly in 4 layers of aluminum foil. Be sure you don't puncture the foil while wrapping. You will probably need to "make" sheets of foil that are wide enough by cutting two sheets the same length, lay one on top of the other and then narrowly fold one side over several times. Carefully unfold the whole sheet. Lay the turkey on the foil long ways with the fold and bring the foil up around it, folding it carefully to enclose the turkey. Make your next sheet, but this time lay the turkey on the sheet so that the fold is crosswise to the fold on the previous sheet. Again, fold the sheet of foil carefully up around the turkey. Continue wrapping, alternating the direction of the folds. When all layers have been added, VERY CAREFULLY, lift up the turkey and place in the pan. Roast overnight or 8-12 hours (depending on the size of your bird) at 250-275 degrees F. Let the turkey sit at least 30 minutes before unwrapping so that all the juices will flow back into the meat. There may be juices in the pan for your gravy making or they will still be contained in the foil. Take care when opening the foil due to danger of burning yourself from the juices or steam.

TO STUFF OR NOT TO STUFF!?!?

It is optional to stuff the bird before roasting. If you choose to stuff your bird, be sure to do it just before cooking. Leaving raw stuffing in a bird for any length of time could result in salmonella contamination. You should remove the stuffing from the bird as soon as you un-wrap it. Keep warm in a separate container.

Or you may bake your stuffing/dressing in a separate container. If you do, you may roast your bird with added things like apples, onion, lemons, herbs, etc.

FRUIT AND NUT STUFFING

- 18 whole pitted prunes
- ½ c. dried currant
- 1 c. dark raisins
- 24 dried apricot halves
- ¼ c. orange juice
- 3 tart cooking apples, unpeeled, cored, chopped
- 2 large onions, diced
- 2 celery sticks, diced
- 6 T. olive oil (extra virgin)
- 2/3 c. whole macadamia nuts, unsalted
- 2/3 c. whole brazil nuts
- 1 c. walnut pieces
- 2 c. whole raw cranberries
- 1 t. ground cloves
- 1/4 t. cayenne pepper
- ½ t. ground ginger
- 1 t. ground cinnamon
- 1 t. dried chervil leaves
- 1 t. finely minced fresh flat-leaf parsley
- 2 t. coarse sea salt
- ½ t. freshly ground black pepper
- 2 eggs, slightly beaten

The night before: Put the prunes, currants, raisins, and apricot halves in a bowl and pour the orange juice over the fruit. Cover the bowl and soak overnight.

The day of: Combine the apples, onions, and celery in a large skillet along with 4 T. olive oil. Cooks the mixture over moderate heat, stirring occasionally, until the onions, are soft and celery is tender- about 10 minutes. Transfer to a large mixing bowl.

Heat 2 t. olive oil in a skillet and add the nuts. Toast them, stirring occasionally, until golden. Add to the bowl of macerated fruit along with the remaining ingredients.

Gently mix the stuffing with 2 large spoons or your hands until evenly blended. Stuff your turkey with the mixture. Any remaining stuffing can be booked separately in an oiled baking dish, covered and baked at 350 degrees for 45 minutes or until heated through.

Makes about 10 cups.

SHOPPING LIST

WHAT TO BUY	HOW MUCH TO BUY	TIPS
Prunes	18 whole	buy organic if possible
Dried currants	½ cup	“ “
Raisins	1 cup	“ “
Dried apricot halves	24	“ “
Apples	3 tart ones	“ “
Whole raw cranberries	2 cups	“ “
Orange juice	¼ cup	“ “
Onions	3 large	“ “
Celery	2 stalks	“ “
Macadamia nuts, whole, unsalted	2/3 cup	“ “
Brazil nuts, whole	2/3 cup	“ “
Walnut pieces	1 cup	Choose English over black for better omega ratio
Olive oil	6 tablespoons	Buy organic if possible, doesn't have to be extra virgin
Ground cloves	1 teaspoon	Buy organic if possible
Cayenne pepper	¼ teaspoon	“ “
Ground ginger	½ teaspoon	“ “
Ground cinnamon	1 teaspoon	“ “
Chervil leaves	1 teaspoon	“ “
Fresh flat-leaf parsley	1 teaspoon finely minced	“ “
Coarse sea salt	2 teaspoons	Real salt, sea salt recommended
Black pepper, freshly grounded	½ teaspoon	Buy organic if possible
eggs	2	Preferably free range, omega 3

MASHED POTATOES

www.nerdymamma.com

- 4 medium to large russet potatoes
- 2 t. onion salt
- ½ t. black pepper
- 1 cup chicken broth

Peel and cut the potatoes in cubes and boil in salted water until very tender. Drain the potatoes and put back in the hot pot. Let sit for a couple of minutes (helps dry the potatoes). Mash the potatoes using an up and down motion. Don't overbeat or you will have a gooey mess. Spoon into casserole dish or 9 x 13 pan. Cover with foil and bake 45 minutes at 350 degrees F. Serves 12.

Hint: If you need to keep the potatoes warm (such as a potluck), put in a covered bowl set over a crock pot of water. You may want to stir now and then so that the whole bowl of potatoes stays warm, but do not over stir.

These can also be put into the casserole dish and refrigerated, covered overnight and baked when ready to use. Just increase your baking time by perhaps 10-15 minutes. You may want to use an organic vegetable spray on your dish before adding the potatoes- for easier clean up later.

SHOPPING LIST

WHAT TO BUY	HOW MUCH TO BUY	TIPS
Potatoes	6 pounds	Buy organic if possible
Onion salt	2 tablespoons	“ “
Pepper	½ teaspoon	“ “

HERB GRAVY

www.elanaspantry.com/herb-gravy/

- 1 qt. chicken stock (preferably homemade)
- 2 medium onions, coarsely chopped
- 2 closed garlic
- Pan drippings (from roasted chicken or turkey-preferably free range)
- ½ t. celtic sea salt
- 1 T. thyme, chopped

In a medium saucepan, heat chicken stock, onions, and garlic to a boil. Reduce heat and simmer until onions and garlic are soft, about 30 minutes.

Pour pan drippings into saucepan. Blend stock-onion-drippings mixture in a Vitamix or Blender until smooth. Place mixture back in saucepan and reheat, then season with salt and thyme.

Serve over turkey, mashed cauliflower, or anything else.

SHOPPING LIST

WHAT TO BUY	HOW MUCH TO BUY	TIPS
Chicken stock	1 quart	Buy organic if possible
onions	2 medium, coarsely chopped	“ “
Garlic	2 cloves	“ “
Celtic sea salt	½ teaspoon	Real sea salt recommended
thyme	1 tablespoon	
Pan drippings	Available from roasting	From your roasted free range bird

MASHED SWEET POTATOES

www.Primal-palate.com

- 4-6 large sweet potatoes, peeled and cut into 1 inch cubes
- ½ c. unsweetened almond milk (or coconut milk)
- 1 heaping T. coconut oil
- ¼ c. pure maple syrup
- salt and pepper to taste

Peel and cube sweet potatoes. Place in a large soup pot filled with water. Bring water to a boil and boil sweet potatoes until soft, about 20 minutes.

Drain sweet potatoes and place in a large bowl, or kitchen aid mixer.

With kitchen aid mixer, or hand mixer, mash sweet potatoes on low to keep from getting lumpy and “glue like.”

Continue to mash while adding coconut oil, almond milk, and maple syrup.

Sprinkle with salt and pepper and serve.

SHOPPING LIST

WHAT TO BUY	HOW MUCH TO BUY	TIPS
Sweet potatoes (organic if possible)	4-6 large	Buy organic if possible
Almond milk (or coconut milk)	½ cup	“ “
Coconut oil	1 heaping tablespoon	“ “
Pure maple syrup	¼ cup	Organic, grade B
Salt and pepper	To taste	Real sea salt recommended

GRILLED HARVEST VEGETABLES

www.fitnessandfreebies.com

- 1 small cabbage, cored
- 2 T. olive oil
- ½ to 1 t. onion powder (optional)
- 1/8 to ¼ t. pepper
- 4 medium carrots, cut into 1 inch pieces
- 2 celery ribs, cut into 1 inch pieces
- 1 small onion, cut into wedges
- ½ pound whole fresh mushrooms
- 1 small green pepper, cut into pieces
- 4 bacon strips, cooked and crumbled (optional) (but is bacon really optional?!?)

Or add any other vegetables that you would like, cut into appropriate piece sizes.

Cut cabbage into 6 wedges and spread oil on cut sides. Place cabbage on a piece of heavy duty foil, about 18 by 24 inches. Sprinkle with onion powder, if desired, and pepper. Arrange remaining vegetables and bacon (if desired) around cabbage. Seal the foil tightly.

Grill, covered, over medium-hot heat for 30 minutes or until vegetables are tender, turning occasionally. Or you can bake in oven until tender.

CLASSIC GREEN BEANS ALMONDINE

www.greenbeansnmore.com/print.php?f=recipe-g.html

- 1 ½ lbs. fresh green beans
- 4 oz. raw almonds
- 2 T. butter
- salt
- pepper

Sauté almonds in butter until lightly browned. Do not burn. Steam the green beans. Toss with almonds and season with salt and pepper before serving.

SHOPPING LIST

WHAT TO BUY	HOW MUCH TO BUY	TIPS
Fresh green beans	1 ½ pounds	Buy organic if possible
almonds, raw	4 oz.	“ “
Butter	2 tablespoons	grass fed (Kerry gold, organic valley, etc.)
<u>salt</u>	<u>To taste</u>	<u>Real salt sea salt</u> <u>recommended</u>
pepper	to taste	Buy organic if possible

DEILED EGGS

www.elanaspantry.com/deviled-eggs/

- 5 large hard boiled eggs, cooled and shelled
- 1-2 T mayonnaise (or paleo mayonnaise, see recipe below)
- 1 T. Dijon mustard
- ¼ c. minced parsley
- ¼ c. very finely diced celery
- 1 t. minced shallots
- ¼ t. celtic sea salt
- 1/4 t. pepper
- paprika for garnish

Cut the eggs in half and remove the yolks. Place yolks in a bowl and mash. Stir in vegemaise (or mayo), mustard, parsley, celery, shallots, salt and pepper. Spoon filling into egg whites. Keep refrigerated until serving. Sprinkle with paprika. Or, if you are feeling zany, use smoked paprika. Serve. Makes 10 deviled egg halves.

SHOPPING LIST

WHAT TO BUY	HOW MUCH TO BUY	TIPS
Eggs	5 large	Preferably free range, omega 3
Vegenaise or mayo	1-2 tablespoons	
Dijon mustard	1 tablespoon	Buy organic if possible
Parsley	1/4 cup minced	“ “
Celery	¼ cup very finely chopped	“ “
Shallots	1 teaspoon minced	“ “
Celtic sea salt	¼ teaspoon	Real sea salt recommended
Pepper	1/4 teaspoon	Buy organic if possible
Paprika	Enough for garnish	“ “

PALEO MAYONNAISE

<http://paleodietlifestyle.com/paleo-mayonnaise/>

Makes 1 and ¼ cups

- 2 egg yolks
- 1 t. mustard (this is optional)
- 3 t. lemon juice
- ½ c. olive oil
- ½ c. coconut oil

Put the yolks in a bowl (blender, food processor) with the mustard (if you are using it) and add 1 t. lemon juice.

Start whisking vigorously (blender or food processor on low) while dripping the oil in very slowly, even drop by drop in the beginning. You're creating an emulsion and if you put too much oil at once, it will separate and will be very hard to save. Whisk non-stop and use a towel under the bowl to help stabilize it.

As you add more oil, the emulsion will form and the mayonnaise will start to thicken and you can pour the oil faster at that point. When all the oil is incorporated and the mayonnaise is thick, add the rest of the lemon juice and taste your creation. You can season it to taste with salt and pepper if you like.

Enjoy without guilt and store in the refrigerator. Will stay fresh up to one week, so make small batches.

OMEGA 3 VARIATION

Use 1/3 cup olive oil, 1/3 cup coconut oil, and 1/3 cup flaxseed oil.

You may actually use any oil you like (grapeseed oil, chia oil, etc.) as long as it all adds up to 1 cup. Be sure if you are using an oil that solidifies when refrigerated that you don't use too much, or your mayo will be hard when cold and melt when warm.

SHOPPING LIST

WHAT TO BUY	HOW MUCH	TIPS
Egg yolks	2	Preferably free-range omega 3
Mustard (optional)	1 teaspoon	Buy organic if possible
Lemon juice	3 teaspoons	Fresh, organic if possible
Olive oil	½ cup	Organic if possible
Coconut oil	½ cup	Buy organic if possible

CRANBERRY SAUCE WITH DRIED APRICOTS

Elanaspantry.com

- 1 pound fresh cranberries
- 1 ½ c. water
- ½ dried apricots, cut into quarters
- ¼ c. currants
- 2 T. agave nectar
- ¼ t. ginger zest
- 1 t. orange zest

Pick through the cranberries, discarding any soft and/or rotten ones. Wash the rest. Place in pot along with the water. Bring to a boil, turn down and simmer for 10 minutes.

Add the apricots and currants, simmering an additional 5 minutes.

Add agave nectar, orange, and ginger zest, simmering an additional 5 minutes.

SHOPPING LIST

WHAT TO BUY	HOW MUCH	TIPS
Fresh cranberries	1 pound	Buy organic if possible
Dried apricots	½ cup	“ “
Currants	¼ cup	“ “
Agave nectar	2 tablespoons	“ “
Ginger zest	¼ teaspoon	“ “
Orange zest	1 teaspoon	“ “

GLUTEN FREE ALMOND FLOUR BISCUITS

www.lifesaplate.com/2010/08/19/grain-free-savory-country-biscuits/

- 3 cup almond flour
- 1 small onion, grated
- 1 T. chives, chopped
- 1 T. parsley, chopped
- 3 eggs
- ¼ c. water
- 2 cloves garlic, pressed
- ½ t. salt
- ½ t. baking soda

Preheat oven to 325 degrees F.

Mix almond flour, baking soda, chives, and parsley in one bowl. In another bowl, whisk the eggs. Then add the garlic, onions, and water. Add wet to dry ingredients and mix well. Batter will be wet and goopy.

Using a spoon, scoop a generous amount into a parchment paper lined sheet in the size that you want (using parchment paper does make a difference).

Bake 15 to 18 minutes. If making larger ones, you may want to flip them once they are almost done so both sides will get brown if going to use these as buns. Makes 6-8 biscuits/buns. Store loosely in foil; otherwise they get moist and weird. You may also toast them before eating.

SHOPPING LIST

WHAT TO BUY	HOW MUCH	TIPS
Almond flour	3 cups	Buy organic if possible
Onion	1 small, grated with box grater	“ “
Chives	1 tablespoon, chopped	“ “
Parsley	1 tablespoon, chopped	“ “
Eggs	3	Preferably free range, omega 3
Water	¼ cup	
Garlic	2 cloves, pressed	Buy organic if possible
Salt	½ teaspoon	Real salt sea salt recommended
Baking soda	½ teaspoon	

PUMPKIN PIE

From the gluten free almond flour cookbook

- 3-4 lbs. small pumpkin pie, acorn, or butternut squash (or 4 cups canned pumpkin)
- 1 T ground cinnamon
- 1 t. ground nutmeg
- ¼ t. ground ginger
- pinch of ground cloves
- ½ t. sea salt
- ¾ c. agave nectar
- 2 large eggs
- 1 T. vanilla extract
- 1 T. freshly squeezed lemon juice
- 1 Pie crust, prebaked (recipe to follow)

Preheat oven to 350 degrees F.

Fill the bottom of baking dish with 1.4 inch of water. Cut the pumpkin in half, remove the seeds, and place face down in the baking dish. Roast the pumpkin in the oven for 45 to 55 minutes, until soft. Allow the pumpkin to cook, scrape the flesh into a bowl, then measure out 4 cups (or use 4 cups of canned pumpkin).

If not using canned pumpkin, puree the pumpkin in a food processor until smooth, 2-3 minutes. Add the cinnamon, nutmeg, ginger, cloves, salt, agave nectar, eggs, vanilla extract, and lemon juice. Pulse until well blended. Pour the mixture into the crust.

Bake 50-60 minutes, until the filling is firm. Let the pie cool in the pan for 30 minutes, then serve warm.

Pie Crust

Or you can buy gluten free crust from Hy-Vee, Sprouts, Terra, Whole Foods, Price Chopper, etc.

- ½ c. blanched almond flour
- ¼ t. sea salt
- ¼ t. baking soda
- ¼ c. grapeseed oil
- 2 T. agave nectar
- 1 t. vanilla extract

Preheat oven to 350 degrees F.

In large bowl, combine almond flour, salt, and baking soda. In medium bowl, whisk together grapeseed oil, agave nectar, and vanilla extract. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Press the dough into a 9 1/2 inch or deep- dish pie pan. Bake for 10 to 15 minutes, until golden brown. Remove the oven and let cool completely before filling.

SHOPPING LIST FOR PUMPKIN PIE

WHAT TO BUY	HOW MUCH	TIPS
Pie pumpkin, acorn squash/butternut squash	3-4 lbs. or 4 c. canned pumpkin	Buy organic if possible
Ground cinnamon	1 tablespoon	“ “
Ground nutmeg	1 teaspoon	“ “
Ground ginger	¼ teaspoon	“ “
Ground cloves	Pinch	“ “
Sea salt	½ teaspoon	“ “
Agave nectar	¾ cup	“ “
Eggs	2 large	Preferably free range, omega 3
Vanilla extract	1 tablespoon	If possible, organic and alcohol free
Lemon juice	1 tablespoon	Fresh squeezed is best

SHOPPING LIST FOR PIE CRUST

WHAT TO BUY	HOW MUCH	TIPS
Almond flour	1 ½ cups	Buy blanched and if possible, organic
Sea salt	¼ teaspoon	Real sea salt recommended
Baking soda	¼ teaspoon	Organic preferred
Grapeseed oil	¼ cup	“ “
Agave nectar	1 tablespoon	“ “
Vanilla extract	1 teaspoon	Organic and alcohol free preferred

PECAN PIE

From the gluten-free almond flour cookbook

- 1 ½ c. water
- 2 T. agar flakes
- ½ t. sea salt
- 1 ½ c. agave nectar
- 1 T. vanilla extract
- 1 t. ground cinnamon
- 3 c. whole pecans, toasted
- 1 dark chocolate pie (recipe to follow)

In medium saucepan, bring water to a boil, add agar flakes, and cook over high heat, stirring frequently, until the agar flakes dissolve, 10 to 12 minutes. Decrease heat and whisk salt, agave nectar, vanilla extract, and cinnamon. Continue cooking over medium heat for 2 to 3 minutes, stirring frequently until all ingredients are well incorporated.

Allow the mixture to cool to room temperature, and stir in the pecans. Pour the mixture into the cooled pie crust and refrigerate for 1 hour, or until pie has set. Serve.

DARK CHOCOLATE PIE CRUST or buy gluten free crust

- 1 ¼ c. blanched almond flour
- ¼ teaspoon sea salt
- ¼ t. baking soda
- 2 T. grapeseed oil
- 2 T. agave nectar
- ½ c. chopped dark chocolate (73% cacao) melted over very low heat

Preheat oven to 350 degrees F.

In large bowl, combine the almond flour, salt, and baking soda. In medium bowl, whisk together the grapeseed oil, agave nectar, and melted chocolate. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Press the dough into a 9 ½ inch or deep-dish pie pan.

Bake 8 to 12 minutes, until the surface of the crust loses its sheen and starts to look dry- be careful not to overcook. Remove from the oven and let cool completely before filling.

SHOPPING LIST FOR PECAN PIE

WHAT TO BUY	HOW MUCH	TIPS
Water	1 ½ cups	Free From your faucet ☺
Agar flakes	2 tablespoons	At Natures Pantry by the oriental supplies
Sea salt	½ teaspoon	Real sea salt is recommended
Agave nectar	1 ½ cups buy organic if possible	Buy organic if possible
Vanilla extract	1 tablespoon	If possible, organic and alcohol free
Ground cinnamon	1 teaspoon	Buy organic if possible
Whole pecans	3 cups	“ “

SHOPPING LIST FOR DARK CHOCOLATE PIE CRUST

WHAT TO BUY	HOW MUCH	TIPS
Almond flour	1 ¼ cups	Buy blanched and if possible, organic
Sea salt	¼ teaspoon	Real Salt sea salt recommended
Baking soda	¼ teaspoon	
Grapeseed oil	2 tablespoons	Organic preferred
Agave nectar	1 tablespoon	“ “
Dark chocolate (73% cacao)	½ cup chopped	“ “

BEST GLUTEN FREE FLAKY PIE CRUST RECIPE

Allergyfreealaska.com

- 1/3 c. sorghum flour
- 1/3 c. millet flour
- 1/3 c. arrowroot starch or tapioca starch
- ¼ c. brown rice flour
- ¾ teaspoon xanthan gum
- ½ teaspoon sea salt
- ½ c. cold palm shortening or butter (if not dairy-free)
- 1 ½ teaspoons apple cider vinegar
- 3-5 T. cold water

In a large mixing bowl, whisk together the sorghum flour, millet flour, arrowroot starch, brown rice flour, xanthan gum, and sea salt.

Cut in the palm shortening until the mixture resembles coarse crumbs.

Add the apple cider vinegar and water, and stir gently until the mixture comes together to form a dough.

To roll the dough, lay a piece of parchment paper on a work surface and lightly sprinkle with flour. Place the disk of dough in the middle of the parchment paper, sprinkle the disk with flour, and roll the dough into an 11-12-inch round starting from the middle and working out toward the edges. Keep sprinkling the dough with flour as needed to prevent dough from sticking to the rolling pin.

Using your rolling pin to aid in moving the dough, carefully ease the crust into a 9-inch pie plate. Or use the bottom layer of the parchment paper to invert the entire pie crust over the top of the pie pan (if there are any tears in the crust, simply wet your fingers and try to smooth them out as best as you can).

Trim down the edges of the pie crust leaving about ½ inch of excess dough. Fold the excess dough underneath and crimp the edges.

Fill and bake as desired.

MOM'S AMAZING APPLE PIE

Allergyfreealaska.com

- 6 large granny smith apples
- juice from ½ a lemon
- 1 tsp almond milk
- 2 T. arrowroot starch
- 1 tsp. cane sugar, organic
- 1 tsp. ground cinnamon, organic
- ¾ c. coconut sugar
- ½ tsp. ground nutmeg
- 2 T. sorghum flour

Follow the directions for the Best Gluten-Free Flaky Pie Crust (make sure to double the recipe), and roll out one of the crusts and fit it into a 9-inch pie plate. Do not trim down the excess dough from the edges of the pie crust.

In a large mixing bowl, combine the apples and lemon juice.

In a small mixing bowl, whisk together the palm sugar, sorghum flour, arrowroot starch, cinnamon, and ground nutmeg. Sprinkle the mixture over the apples and toss to coat.

Place the apple mixture in the pie shell, including any of the juices that may have accumulated.

COCONUT WHIPPED CREAM

- 2 cups coconut milk
- 2 T. agave nectar or maple syrup
- 1 T. vanilla extract

In deep bowl, whip the coconut milk, agave nectar (or maple syrup), and vanilla extract with a handheld mixer for 2 to 3 minutes, until thick, fluffy, and firm.

Store in a glass mason jar in the refrigerator up to 24 hours.

SHOPPING LIST

WHAT TO BUY	HOW MUCH TO BUY	TIPS
Coconut milk	2 cups	Organic if possible
Agave nectar or maple syrup	2 tablespoons	Buy organic if possible
Vanilla extract	1 tablespoon	If possible, organic and alcohol free

Thanksgiving is a time to be thankful for all that we have in our lives and to spend time and share with loved ones and family. The food doesn't make the holiday, it's getting to take time to share stories, play, games, and hang out and laugh with those who we might not get to see that often or don't get to spend much time with. So yes, we need to have traditional food to make it feel like the holiday but it's so much more!

What are you grateful for? I'm grateful for ALL of you and allowing me to be able to be a part of helping you in your life get stronger and better and be CORESTRONG!

Happy Thanksgiving everyone!

be
thankful