



Dr. Purcell's Healthy Holiday Recipes

GF Sausage stuffing:

1 carrot peeled and roughly chopped
1 medium onion roughly chopped
2 stalks celery roughly chopped
1/2 cup fresh sage
1 1/2 lbs. chicken sausage (sweet or hot)
5 cups cubed Gluten free bread
1 lb. roasted chestnuts
1 cup chicken broth
1/2 cup almond milk
1 egg replacement (EnerG egg replacement)

Directions:

Preheat oven to 375

Grease 9x11 inch pan with coconut oil


Pulse carrot, celery, and onion in food processor a few times to make into course pulp.

Squeeze sausage out of skins and sauté on stove top until cooked.

In large mixing bowl add cooked sausage, vegetable puree, bread crumbs, chestnuts.

In a separate mixing bowl add almond milk, chicken stock, egg replacer. Pour this wet mixture over the dressing mix. Season with salt and pepper, fold it all together, mixing very well so that all of the moisture is mixed throughout. (You may need to kneed with your hands or on an electric mixer to make sure that the bread is completely coated.

Pour into baking dish and bake for 30minutes. Cover with aluminum foil for the first 15min and then remove the foil and bake uncovered for the remaining 15minutes for top to golden brown.





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Butternut Squash Soup:

1 Qt. chicken broth
1 butternut squash peeled and chopped in 1 inch pieces
1 can lite coconut milk
1-2 tsp green curry paste by Thai kitchen
2 cloves garlic
1/2 cup cilantro chopped
1/2 tsp sea salt
1 onion chopped small
2 tsp olive oil

Directions:

Add onions and garlic to olive oil as sauté for 5-7min. Add coconut milk, cilantro and green curry paste. Sauté 3 min more.

Add chicken broth and butternut squash

Cover with lid and simmer 30min.

When squash is soft, pour into blender to puree and then pour back into soup pot.

Serve with fresh chopped cilantro or fresh pomegranate seeds.





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Sweet Potato Casserole (Serves 8):

It can be confusing to know the difference between sweet potatoes and yams. Sweet potatoes are lighter skinned and are yellow/white on the inside. Yams are darker skinner and look orange on the inside. You can make this recipe with yams as well. If you do it will take on an orange hue.

4 lbs. sweet potatoes (about 5 large sized ones)

½ cup almond milk

1/3 cup honey or maple syrup

Replacement for 1 egg (ener-G egg replacer powder, this is potato based 1 1/2 teaspoons in 2 table-
spoons warm water =1 egg)

1 tsp vanilla extract

1 1/2 tsp cinnamon

¼ tsp ground nutmeg

1/8 tsp ground ginger

½ tsp salt

Topping:

½ cup chopped pecans

1 tablespoon brown sugar or coconut palm sugar

½ teaspoon ground cinnamon

Instructions:

Bake the sweet potatoes at 350 on a cookie sheet in the oven for 45min or until tender when pierced with a knife.

Remove from oven, cut open, let cool for about 15min. and then scoop flesh into a mixing bowl. Using an electric mixer beat the potatoes until smooth. Add milk, maple syrup, egg replacer, vanilla, cinnamon, nutmeg, ginger and salt. Mix well until smooth.

Spread the sweet potato mixture into an 8x8 baking dish (you can double the recipe and spread into a 9x13 baking dish) In a small bowl combine the pecans, cinnamon and coconut palm sugar. Sprinkle topping over the casserole.





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Healthy Apple Crisp

1¾ c. blanched almond flour

½ tsp. sea salt

1½ tsp. ground cinnamon, divided into 1 tsp. and ½ tsp.

½ tsp. ground nutmeg

1/3 c. walnuts, chopped

1¾ c. blanched almond flour

½ tsp. sea salt

1½ tsp. ground cinnamon, divided into 1 tsp. and ½ tsp.

½ tsp. ground nutmeg

1/2 c. plant milk

1/3 c. walnuts, chopped

2 tbsp. coconut oil

4 tbsp. coconut palm sugar, divided into 3 tbsp. and 1 tbsp.

1 tbsp. vanilla extract


4 c. granny smith apples; peeled, sliced thin, & chopped in half.

1 tbsp. potato starch.

Directions:

Preheat oven to 350°F. Grease an 8x11 glass baking dish with coconut oil.

In a large mixing bowl, combine almond flour, sea salt, 1 tsp. cinnamon, nutmeg, and walnuts and mix well. In a separate bowl, mix coconut oil, 3 tbsp. coconut palm sugar, and vanilla extract. Stir wet ingredients into dry and mix by hand until the mixture is crumbly. In another bowl, mix together the apple, plant milk, remaining cinnamon, remaining coconut palm sugar and potato starch. Spread the apple mixture across the bottom of the baking dish. Sprinkle the crumble topping over the top of the apple mixture, cover with aluminum foil. Place in the oven and bake 30 min. (remove aluminum foil at 20 min so the top can golden up.)





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Healthy Substitutions

Egg Replacement:

1 tablespoon ground flax seeds OR 1.5 tsp EnerG egg replacer

Sugar Alternatives:

Raw honey, Maple syrup, Coconut palm sugar, turbinado sugar.

As a rule of thumb I add 1/2 the sugar amount required in most recipes. So if it calls for 1.5 cups of sugar I add 3/4 cup. (the sugar allotments in my recipes are correct and do not need to be reduced however sugar measurements in traditional recipes or in recipes found online can usually be reduced.)

Butter Replacement:

Coconut oil

Milk/Cream Replacement:

Almond milk unsweetened, Coconut milk unsweetened. Other specialty Items along this vein are evaporated milk made with coconut milk, sweetened condensed milk made with coconut milk, coconut cream, coconut milk in can.

Bread/Gluten:

Gluten free bread, GF crackers, Cooked rice or quinoa, ground flax seeds, GF oats.

