



## **THE ULTIMATE GLUTEN-FREE AND ALLERGY-FRIENDLY THANKSGIVING SHOPPING LIST:**

### **LIST FOR CRANBERRY CITRUS SAUCE:**

- 2-3 oranges, to use for zest and for fresh juice
- 1/2 cup: freshly squeezed orange juice
- 1/2 cup: Spiced Cranberry Cider (Trader Joe's has a wonderful one) or Spiced Apple Cider
- 1 (12 ounce) bag: fresh cranberries
- 2/3 cup: brown sugar
- 1/3 cup: pure maple syrup (organic, if possible)
- 1/2 teaspoon: ground cinnamon
- 1: cinnamon stick, for simmering

### **LIST FOR GREEN BEAN AND SHALLOT SALAD:**

- 2 pounds: green beans (or Héricots Verts), trimmed
- 3: shallots
- 1 Cup: grape tomatoes
- 1 Tablespoon: balsamic vinegar
- 1 Tablespoon: Champagne vinegar
- 1/2 teaspoon: sea salt
- 1/2 teaspoon: sugar
- 1/4 Cup: good quality olive oil
- 1/2 Cup: fresh basil
- 1/2 Cup: Romano cheese (For Dairy-Free version, omit entirely, or replace with Parma! Raw Parmesan Cheese Alternative, if not Nut-Free)

### **LIST FOR CROCKPOT MASHED POTATOES:**

- 5 pounds: yukon or red potatoes
- 6: cloves garlic
- 2: cubes gluten-free vegetable or chicken bouillon cubes
- 1: (8 ounce) package cream cheese (For Dairy-Free version: use Follow Your Heart Cream Cheese Alternative or Tofutti Better Than Cream Cheese)
- 3/4 cup: plain Greek-Style yogurt OR Sour Cream (For Dairy-Free version: use Dairy-free yogurt alternative or Follow Your Heart Sour Cream Alternative or Tofutti Better Than Sour Cream)

### **LIST FOR GLUTEN-FREE CORNBREAD:**

- 1 cup: cornmeal (I use [Arrowhead Mill's Organic Yellow Cornmeal](#))
- 3/4 cup: white rice flour
- 1/4 cup: sorghum flour
- 1 tsp: xanthan gum
- 1/2 tsp: baking soda

2 tsp: baking powder  
1 tsp: salt  
3 Tbsp: granulated sugar  
2: eggs, lightly beaten (For Egg-Free: mix together 3 Tbsp unsweetened applesauce and 1 tsp baking powder)  
¾ cup: plain yogurt (For Dairy-Free: use dairy-free yogurt alternative)  
¼ cup: plain milk (For Dairy-Free: use plain rice, oat, soy, or hemp milk)  
4 Tbsp: butter (For Dairy Free: use organic canola oil, OR Earth Balance Vegan Buttery Sticks, melted instead)  
*Optional Addition for Muffins to serve with the meal*  
1/2 Tbsp: *finely* chopped rosemary  
1/2 cup: fresh corn kernels (or frozen and thawed)  
½ cup: shredded cheddar cheese (totally optional if avoiding Dairy)  
1/4 tsp: onion powder

## **GLUTEN-FREE STUFFING WITH APPLES, SAUSAGE, PINE-NUTS, AND PUMPKIN**

1: batch Gluten-Free Cornbread Recipe  
4: slices from Gluten-Free Crusty Bread Boule (or 6 slices Udi's Gluten-Free Multi-Grain Sandwich Bread)  
1 ½ pounds: Crumbled Sweet Italian Sausage (omit for Vegetarian Version)  
1 ½ cups: celery (about 2-3 stalks)  
1: large onion  
3: large apples (I like to use a mix of different apples)  
3: cloves garlic  
6-8: large fresh sage leaves  
2 Tablespoons: fresh rosemary  
1 cup: golden raisins  
1 cup: pine nuts (For Nut-Free version, omit entirely or use sunflower seeds or pumpkin seeds instead)  
2 cups: Free-Range Chicken Broth, or Vegetable Broth (preferably organic)  
6 Tablespoons: butter (For Dairy-Free version: use 6 Tbsp Earth Balance Vegan Buttery Stick, melted)  
1: large egg (For Egg-Free version: omit entirely – pumpkin puree will help in the binding)  
1 1/2 cups: pumpkin puree (either from fresh pumpkin or canned puree, preferably organic)

## **CIDER-GLAZED BRINED TURKEY AND APPLE BRANDY GRAVY:**

1: 18 pound ROOM TEMPERATURE fresh free-range turkey, brined (or whatever size you choose)  
1/4 cup: softened butter (For Dairy-Free: use either Earth Balance Buttery Spread, softened, OR Organic Canola Oil)  
*FOR TURKEY CAVITY (size of bird will determine what fits):*  
1 - 2: Granny Smith or Golden Delicious Apples  
1: large onion  
1: lemon, or orange  
1: cinnamon stick  
2: sprigs fresh rosemary  
4-6: fresh sage leaves  
*FOR BASTING:*  
1 cup: Apple Cider  
2 Tbsp: Grade B Maple Syrup (preferably organic)  
4 Tbsp: Cultured butter, preferably organic from grass-fed cows (For Dairy-Free: use either Earth Balance Buttery Spread OR Organic Canola Oil)  
3 Tbsp: Calvados or applejack (Apple Brandy), or more to taste  
1 tsp: ground Cinnamon  
1/2 tsp: sea salt  
*FOR GRAVY:*  
2 - 3 Tbsp: Apple brandy (or more to taste)  
3 - 4 cups: Gluten-Free Turkey or Chicken Broth (preferably Organic)  
1/4 cup: Apple Cider  
3 Tbsp: Cornstarch

## **TOFFEE PECAN APPLE STREUSEL:**

4: large apples, peeled, cored, and thinly sliced

1/4 cup: organic palm, or coconut sugar (or white granulated sugar)

1 tsp vanilla

1/4 tsp: cinnamon

3 Tbsp: lemon juice, freshly squeezed

1 1/4 cup: Toffee bits, such as Heath Toffee Bits (not the milk chocolate covered ones), which are gluten-free but NOT Dairy-free or Nut-free (SEE OPTION BELOW FOR DF AND NF)

1 cup: chopped pecans (FOR NUT-FREE: replace pecans with Enjoy Life-Perky's Crunchy Rice or Crunchy Flax Cereal, or Gluten-Free Corn-flakes)

5 Tbsp: Gluten-free all purpose flour blend (any blend should work-I have tried this with many)

4 Tbsp: chilled butter (FOR DAIRY-FREE: use chilled Earth Balance Vegan Buttery Sticks, chilled, OR coconut oil, chilled, OR organic Spectrum Shortening, chilled, cut into 1/2 inch cubes)

FOR DAIRY-FREE/NUT-FREE TOFFEE (IF NEEDING TO MAKE OWN):

1 3/4 cups Fleischmann's Unsalted Margarine

2 cups white sugar

1/8 tsp salt

1/4 tsp vanilla

## **CRUSTLESS PUMPKIN STREUSEL PIE:**

### *Streusel Topping*

2 Tbsp: Packed Brown Sugar

2 Tbsp: Organic Coconut or Palm Sugar (or more brown sugar)

1/4 cup certified gluten-free oats or Quinoa flakes if unable to tolerate GF Oats.

1 tsp ground cinnamon

1 Tablespoon Organic butter, or Earth Balance Vegan Buttery Stick, or coconut oil

### *Pie Mixture*

1 can Organic Pumpkin Puree, or 2 cups fresh pureed Pumpkin

12 ounces Full-fat Organic Coconut Milk (or evaporated milk-if not Dairy-free)

3 eggs

1/2 cup granulated sugar (OR 2/3 cup organic palm, or coconut, sugar)

1/2 cup all-purpose gluten-free flour (I used Carol's Amazing All Purpose Gluten Free Flour)

1 teaspoon ground cinnamon

1 1/2 teaspoon pumpkin pie spice

1 1/4 teaspoons baking powder

1/8 teaspoon sea salt