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THANKSGIVING RECIPES PACK

Here's a collection of Thanksgiving recipes designed to be gluten-free, dairy-free, sugar-free, and free of inflammatory foods, while still packing in all the warmth and comfort of traditional holiday dishes!

1. Herb-Roasted Turkey

Ingredients:

- 1 whole turkey (about 12-14 pounds)
- 1/4 cup olive oil or avocado oil
- Fresh rosemary, thyme, and sage (or dried, about 1 tbsp each)
- 4 cloves garlic, minced
- Salt and pepper to taste
- 1 lemon, sliced
- 1 onion, quartered

Instructions:

1. Preheat oven to 325°F (165°C).
 2. Pat the turkey dry and season with salt and pepper inside and out.
 3. Combine oil, garlic, rosemary, thyme, and sage. Rub over the turkey.
 4. Place lemon and onion inside the cavity.
 5. Roast in the oven, basting occasionally, for about 3-4 hours or until internal temperature reaches 165°F (74°C).
 6. Let it rest for 20 minutes before carving.
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2. Cauliflower Mashed "Potatoes"

Ingredients:

- 1 large head of cauliflower, cut into florets
- 3 tbsp olive oil or ghee (if tolerated)
- 2-3 cloves garlic, minced
- Salt and pepper to taste
- Fresh chives or parsley for garnish

Instructions:

1. Steam cauliflower until very tender (about 10-15 minutes).
2. In a skillet, sauté garlic in oil until golden.
3. Add cauliflower and garlic to a blender or food processor. Blend until smooth.
4. Season with salt and pepper, garnish with chives or parsley.

3. Gluten-Free Gravy

Ingredients:

- Pan drippings from the turkey
- 2 cups bone broth
- 2 tbsp tapioca flour or arrowroot powder (for thickening)
- Salt and pepper to taste

Instructions:

1. Pour the turkey drippings into a saucepan and bring to a simmer.
 2. Whisk in the broth and bring to a gentle boil.
 3. Slowly add the tapioca or arrowroot, stirring constantly until the gravy thickens.
 4. Season with salt and pepper to taste.
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4. Roasted Brussels Sprouts with Balsamic Glaze

Ingredients:

- 1 lb Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- Salt and pepper to taste
- 2 tbsp balsamic vinegar (no added sugars)

Instructions:

1. Preheat oven to 400°F (200°C).
 2. Toss Brussels sprouts with olive oil, salt, and pepper.
 3. Spread on a baking sheet and roast for 25-30 minutes, stirring halfway.
 4. Drizzle with balsamic vinegar before serving.
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5. Butternut Squash & Apple Bake

Ingredients:

- 1 butternut squash, peeled and cubed
- 2 apples (Granny Smith for tartness), sliced
- 1 tbsp coconut oil, melted
- 1/2 tsp cinnamon
- Pinch of nutmeg and salt

Instructions:

1. Preheat oven to 375°F (190°C).
2. Toss squash and apples with coconut oil, cinnamon, nutmeg, and salt.
3. Spread evenly in a baking dish and bake for 30-35 minutes, until tender and caramelized.

6. Stuffed Acorn Squash with Wild Rice & Cranberries

Ingredients:

- 2 acorn squashes, halved and seeded
- 1 cup wild rice, cooked
- 1/4 cup dried unsweetened cranberries
- 1/4 cup chopped pecans (optional)
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
 2. Brush acorn squash halves with olive oil, season with salt, and bake for 30-40 minutes until tender.
 3. Mix cooked wild rice, cranberries, and pecans (if using) in a bowl.
 4. Spoon rice mixture into squash halves and return to the oven for 10-15 minutes to warm.
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7. Pumpkin Pie (Gluten-Free & Dairy-Free)

Crust Ingredients:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup coconut oil, melted
- Pinch of salt

Filling Ingredients:

- 1 can (15 oz) pumpkin puree (no added sugar)
- 2 eggs
- 1/2 cup coconut milk
- 1/4 cup maple syrup (optional or to taste)
- 1 tsp cinnamon
- 1/2 tsp nutmeg, ginger, and cloves

Instructions:

1. Preheat oven to 350°F (175°C).
2. For the crust: Mix almond flour, coconut flour, melted coconut oil, and salt. Press into a 9-inch pie dish.
3. For the filling: Whisk together pumpkin puree, eggs, coconut milk, maple syrup, and spices.
4. Pour filling into the crust and bake for 45-50 minutes until set.
5. Cool and serve.

8. Sweet Potato Casserole with Pecan Crumble

Ingredients:

- 4 large sweet potatoes, peeled and cubed
- 1/4 cup coconut milk
- 2 tbsp coconut oil, melted
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt

Topping:

- 1/2 cup pecans, chopped
- 2 tbsp almond flour
- 2 tbsp coconut oil, melted
- 1/4 tsp cinnamon

Instructions:

1. Preheat oven to 375°F (190°C).
 2. Boil or steam sweet potatoes until tender. Drain and mash with coconut milk, melted coconut oil, cinnamon, nutmeg, and salt.
 3. Spread sweet potato mixture in a baking dish.
 4. In a separate bowl, mix pecans, almond flour, coconut oil, and cinnamon for the topping.
 5. Sprinkle topping over sweet potatoes and bake for 20-25 minutes, until topping is golden.
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9. Cranberry-Orange Sauce (No Added Sugar)

Ingredients:

- 2 cups fresh cranberries
- 1/2 cup water
- Zest of 1 orange
- Juice of 1 orange
- 1/4 tsp cinnamon

Instructions:

1. Combine cranberries, water, orange zest, and juice in a saucepan over medium heat.
2. Bring to a boil, then reduce to simmer for about 10 minutes, stirring occasionally until the cranberries burst and sauce thickens.
3. Add cinnamon and cook for another 2 minutes.
4. Let cool and serve.

10. Green Bean Almondine

Ingredients:

- 1 lb green beans, trimmed
- 2 tbsp olive oil
- 1/4 cup sliced almonds
- 2 cloves garlic, minced
- Salt and pepper to taste
- Juice of half a lemon (optional)

Instructions:

1. Blanch green beans in boiling water for 2-3 minutes until bright green, then plunge into ice water to stop cooking.
 2. In a skillet, heat olive oil over medium heat and toast almonds until golden.
 3. Add garlic and green beans to the skillet, sautéing until tender.
 4. Season with salt, pepper, and lemon juice (if desired) before serving.
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11. Root Vegetable Hash

Ingredients:

- 1 large sweet potato, cubed
- 1 parsnip, cubed
- 1 carrot, sliced
- 1 turnip, cubed
- 1 tbsp olive oil or coconut oil
- Fresh rosemary and thyme, chopped
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C).
 2. Toss all root vegetables with oil, herbs, salt, and pepper.
 3. Spread on a baking sheet and roast for 25-30 minutes until tender and caramelized, stirring halfway.
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12. Apple & Walnut Salad with Maple Dijon Dressing

Ingredients:

- 4 cups mixed greens (like arugula, spinach, or romaine)
- 1 apple, thinly sliced (Honeycrisp or Fuji work well)
- 1/4 cup walnuts, chopped
- 1/4 cup sliced red onion

Dressing:

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp pure maple syrup (optional)
- Salt and pepper to taste

Instructions:

1. In a small bowl, whisk together olive oil, apple cider vinegar, Dijon mustard, and maple syrup. Season with salt and pepper.
 2. In a large bowl, combine greens, apple slices, walnuts, and red onion.
 3. Drizzle dressing over salad and toss to coat.
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13. Spiced Cauliflower "Stuffing"

Ingredients:

- 1 large head of cauliflower, chopped into small florets
- 2 tbsp olive oil
- 1 small onion, diced
- 2 celery stalks, diced
- 1 cup mushrooms, diced
- 1 tsp dried thyme
- 1/2 tsp dried sage
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions:

1. In a large skillet, heat olive oil over medium heat. Sauté onion, celery, and mushrooms until softened.
2. Add cauliflower, thyme, sage, salt, and pepper. Cook until cauliflower is tender, about 10-15 minutes.
3. Garnish with fresh parsley before serving.

This Thanksgiving, let's remember what truly makes the day special. It's not the food on the table, but the people around it and the gratitude we share.

As we gather, let's focus on the moments of joy, laughter, and love that fill our hearts far more than any meal could.

Making mindful food choices can nourish our bodies, but taking time to cherish those around us is what truly feeds our souls.

So let's fill our plates with care and our hearts with gratitude, celebrating the connections that make this holiday unforgettable.

May your day be filled with warmth, love, and an abundance of reasons to give thanks.

Happy Thanksgiving to you and yours! ❤️

Love,



Dr. Lori