

# Thanksgiving Menu

\*Keto | Low Carb | Sugar Free | Diabetic

This menu accommodates regular & sugar-free, gluten-free guests.  
Items with the "\*" include recipes that are keto friendly, low carb & zero sugar.

## **Main Course**

- \*Baked Turkey
- \*Gravy

## **Appetizers**

- \*Veggie Platter
- \*Deviled Eggs
- \*Cheese, Salami, Olives

## **Side Dishes**

- \*Stuffing
- \*Cranberry Sauce
- Mashed Potatoes
- Sweet Potato Casserole
- Green Bean Casserole
- Fruit Salad
- Dinner Rolls

## **Deserts**

- \*Pumpkin Pie
- \*Pumpkin Cheesecake
- Sparkling Beverages

# Sugar Free, Gluten Free Thanksgiving Recipes

## Gravy (Keto, Sugar/Gluten Free)

### Ingredients

4 tbsp. butter  
3 c. turkey pan drippings  
2 tsp. Worcestershire sauce  
1 tsp. garlic powder  
Kosher salt  
Freshly ground black pepper  
1/2 tsp. xanthan gum or glucomannan

### Directions

In a medium skillet over medium heat, melt butter. Slowly add pan drippings, whisking until smooth. Bring to a boil and then add Worcestershire and garlic powder and season with salt and pepper. Reduce heat and let simmer 10 minutes.

Add xanthan gum and whisk to combine. Let simmer another 5 to 10 minutes until starting to thicken. Gravy will thicken more as it cools.

If gravy is too thick, thin with more broth as necessary. Serve warm.

## Sugar Free, Gluten Free Thanksgiving Recipes

### Deviled Eggs (Keto, Sugar/Gluten Free)

#### Ingredients

5 Hard Boiled Eggs

½ Cup Mayo

3 Tbsp Mustard

1 Tbsp Apple Cidar Vinegar

Stevia to task

Paprika

#### Directions

Cut eggs lengthwise in half. Scoop out yolks into a bowl. Add mayo, mustard and stevia. Whip. Add back into egg middles. Sprinkle with paprika.

Notes: Makes 10, excellent breakfast while cooking Turkey is baking and making other dishes.

## STUFFING - (Keto, Sugar/Gluten Free)

2 Step Process; \*\*\*Make (or buy) Keto Bread the Day Before

### STEP 1: Keto Cheese Bread

#### 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 mild cheese of choice divided
- 3 large eggs lightly beaten
- 1/2 cup butter melted
- 3/4 cup heavy whipping cream

#### 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 cheese.

Stir in the eggs, melted butter and cream 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 to 20 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.

#### Recipe Notes

Serves 10. Each serving has 7.2 g of carbs and 4 g of fiber. Calories: 357 kcal. Total NET CARBS = 3.2 g.

## STEP 2: Stuffing

### Ingredients

1 recipe Cheesy Skillet Bread  
12 ounces spicy Italian sausage  
2 cups 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 turkey 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.

## Sugar Free, Gluten Free Thanksgiving Recipes

### CRANBERRY SAUCE - (Sugar/Gluten Free)

#### Ingredients:

- 12 oz bag of Ocean Spray Cranberries
- 4 cups of water
- 1 1/2 cups of THM Gentle Sweet
- 1 tsp of nutmeg
- Sprinkle of salt
- 2 tsp of vanilla
- 8 drops of a good quality Orange Essential Oil or 1 tsp of Orange Flavoring
- 3 tbsps. Just Gelatin (or any gelatin you prefer)
- 2 cups of cold water

#### Directions:

1. Bring 4 cups of water, the cranberries, nutmeg, salt and the sweetener to boil in a sauce pan on medium heat.
2. You will hear the cranberries popping.
3. Once they start to boil, bring the heat down to low and simmer for 20-30 minutes until the water reduces down.
4. In a bowl, mix the 2 cups of cold water and the gelatin together well.
5. Pour the cranberry mixture into the gelatin & water and stir.
6. Add the vanilla and orange oil or flavoring.
7. Mix well, pour into a pretty container & place in the fridge for at least an hour maybe 2 to jell beautifully!

# Sugar Free, Gluten Free Thanksgiving Recipes

## PUMPKIN PIE - (Sugar/Gluten Free)

### Ingredients

#### CRUST

- 1 cup of pecans, ground in blender
- 1 Tbsp of Melted Butter
- 2 Tbsp of Xylitol

Mix all together in the bottom of a pie pan and press onto the bottom.  
Bake at 400 degrees for about 10 minutes or until golden brown.

#### FILLING

- 2 Eggs
- 15 oz can of Packed Pumpkin
- 3 Tbsp of Xylitol or Stevia to Taste
- 1/4 tsp of Salt
- 2 tsp of Pumpkin Pie Spice
- 1 cup of Heavy Cream

Put all ingredients in a blender or mixer and blend until smooth.  
Pour into the pie plate.  
Bake at 375 degrees for 40 to 45 minutes.

#### Whipped Cream

- 8 oz of Heavy Whipping Cream
- 1 tsp of Vanilla Extract
- Stevia to taste
- 1/4 to 1/2 tsp of glucomannan or gelatin

Add all ingredients to an electric mixing bowl. Whip on high until stiff peaks form.

This will whip up faster if you freeze the bowl and attachment piece for about five minutes first.

## Sugar Free, Gluten Free Thanksgiving Recipes

### PUMPKIN CHEESECAKE - (Sugar/Gluten Free)

#### Ingredients

##### CRUST

- 2 cups of pecans, ground in blender
- 2 Tbsp of Melted Butter
- 4 Tbsp of Xylitol

Pie pan or an 8x8 cake pan.

##### FILLING

- 8 oz of 1/3 less fat cream cheese
- 1 cup canned pumpkin
- 2 tsp vanilla extract
- 2 tsp pumpkin pie spice
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- Stevia to taste
- 16 oz Heavy Whipping Cream,
- Whip

Whip cream cheese until softened.

Add the rest of the ingredients except whipped cream, blend well.

Using a spatula, fold in 10 oz (about 3 cups, whipped) of whipped cream.

Carefully spread over top of gingersnap crust.

Spread remaining whipped cream over filling.

Sprinkle reserved gingersnap crust over top for garnish



Sugar Free, Gluten Free  
Thanksgiving Recipes

SPARKLING BEVERAGE – (Sugar/Gluten Free)

Mineral Water  
Squeezed Lime  
Stevia to Taste

## Sugar Free, Gluten Free Thanksgiving Recipes

### Grocery List

This grocery list includes both guest types; keto/sugar-free/gluten-free and regular.

Turkey, Turkey Bag, Turkey Baking Tray  
Spicy Italian Sausage  
Salami

Broccoli, Celery, Cherry Tomatoes, Cucumber, Sweet Peppers, Garlic, Veggie Dip of Choice

12 Oz Bag Cranberry's

Mayo, Mustard  
Paprika, Sage, Pepper, Salt, Nutmeg, Pumpkin Pie Spice, Vanilla, Orange Extract, Baking Powder,  
Cinnamon

Almond Flour, Flax Meal  
Pecans  
Xylitol, Stevia, Gelatin Powder (or Glucommanan)

2 15 Oz Can Packed Pumpkin, 2 Jars Olives, 2 Cans Green Beans, 2 Cans Cream of Mushroom  
Soup, Dried Onions

Mild Cheese of Choice, Platter Cheese of Choice  
Almond Milk, 24 Oz Heavy Whipping Cream, Butter, Cream Cheese, 2 Dozen Eggs

Sparkling Beverages  
Grapes, Bananas, Bing Cherries, Blueberries, Blackberries, 2 Cans Mixed Fruit, Small  
Marshmallows  
Sweet Potatoes  
Potatoes

Dinner Rolls

Sparkling Cider, Sparkling Juice  
Sparkling Mineral Water, Lime