



NOURISHING LAB'S THANKSGIVING

Vegetable Medley

Sweet Potato Casserole

Paleo Bread Stuffing

Green Bean Casserole

Pecan Pie

all gluten free and Golden Goddess
approved

Nourishing Lab Pecan Pie



Ingredients:

Crust:

- ½ cup Pecans
- 1 cup Almond Flour
- ½ cup White Rice Flour
- ¼ cup Oat Flour
- 1.5 Tbsp. Coconut Sugar
- 1 Tbsp. Ground Flaxseed
- ¼ tsp. Baking Soda
- ¼ cup Salted Butter, cold and cut into chunks
- 2+ Tbsp. Ice Water

Filling:

- 3 Tbsp. Salted Butter
- ¼ cup Coconut Sugar
- ½ cup Maple Syrup
- ½ cup Full Fat Coconut Milk
- ¼ cup Cashew Milk (or additional ¼ cup Coconut Milk)
- ½-1 tsp. Vanilla Extract
- ½-1 tsp. Cinnamon (optional)
- 3 Eggs
- 1 cup Pecan Halves

Directions:

1. Grind the pecans up in a food processor or blender until a flour forms. Combine the pecan flour, almond flour, rice flour, oat flour, coconut sugar, ground flaxseed and baking soda in a bowl. Add the chunks of butter to the flour and use a pastry blender or the back of a fork to work the butter into the flour. Once a crumbly dough forms, add the cold water $\frac{1}{2}$ tablespoon at a time until a uniform dough forms. If the dough is still crumbly after 2 tablespoons, add more water 1 teaspoon at a time.
2. Preheat your oven to 325 degrees. Grease a pie pan and press the dough into the pan.
3. Take your time forming the crust so it is of uniform thickness and has whatever type of design you'd like for the sides. Poke a few holes into the bottom of the crust using a fork. Prebake the crust for 12 minutes, then set it aside.
4. In a saucepan or small pot, melt the butter for the filling over medium heat. Once the butter begins to melt, add the coconut sugar. Whisk until the coconut sugar melts and then add in the maple syrup, coconut milk and vanilla extract. Whisk until combined and let the mixture come to a boil. Reduce the heat so that the liquid is gently boiling.
5. Continue boiling the filling until the mixture reads 230 degrees on an instant-read thermometer. Give the mixture a whisk and set it aside to cool. If you are adding the cinnamon add it now.
6. Once the mixture has cooled and is still a little warm, Whisk the three eggs together well. Slowly ladle the mixture into the eggs, whisking as you go until everything is well combined.
7. Pour the filling into the prebaked pie crust. Place the pecan halves on top of the filling in whatever pattern you'd like. The pecans may sink slightly into the filling but that's okay. Bake the pie for 25 minutes or until the center is just set. Allow the pie to fully cool, then transfer the pie to the oven for an hour or so before slicing and serving.
8. Enjoy!

Melina ♥

Nourishing Lab Vegetable Medley



Ingredients:

2 lbs. Sweet Potatoes, peeled and chopped
1 lb. Brussels Sprouts, halved
4 cloves Garlic, minced
1 Tbsp. chopped Rosemary
2 Tbsp. Olive or Avocado Oil
1 Tbsp. Balsamic Vinegar
¼ cup Chopped Pecans
¼ cup Dried Cranberries
Salt and Pepper

Directions:

1. Preheat your oven to 375 degrees Fahrenheit. Toss the chopped sweet potatoes in 1 tablespoon of oil, half of the garlic, half of the rosemary and a pinch of salt and pepper. Lay on a parchment covered sheet pan and roast for 15 minutes, then flip them over and roast for an additional 15 or so, or until they are golden.
2. Toss the Brussels sprouts in 1 tablespoon of oil, balsamic vinegar, the remaining garlic, and a pinch of salt and pepper. Lay them cut-side down on a parchment-covered sheet pan and roast for 20-25 minutes. Flip them over and roast for an additional 5-10 minutes.
3. Toss the roasted Brussels sprouts and sweet potatoes in a bowl with the remaining rosemary, dried cranberries and chopped pecans.

Melina ♥

Nourishing Lab Sweet Potato Casserole



Ingredients:

Sweet Potato Filling:

- 3 lbs. Sweet Potatoes, halved
- 1 Tbsp. Coconut Oil
- 6 Tbsp. Coconut Milk or Milk of Choice
- 2 Tbsp. Butter
- 4 Tbsp. Maple Syrup
- 1 Egg
- 1/2 tsp. Vanilla Extract
- 1/2 tsp. Cinnamon

Topping:

- 1/2 cup Almond Flour
- 2 Tbsp. Tapioca Starch
- 1/4 cup Rolled Oats
- 1 Tbsp. Coconut Sugar
- 2/3 cup chopped Pecans
- 2.5 Tbsp. Butter, cold and cut into chunks
- 1 Tbsp. Milk

Directions:

1. Preheat your oven to 350 degrees Fahrenheit. Rub the sweet potato halves with coconut oil and place them cut-side down on a parchment-covered sheet pan. Roast for 25-30 minutes or until soft.
2. Scoop out the flesh of the sweet potatoes into a large bowl. Add the butter and mash the sweet potatoes until the butter melts. Add the milk, maple syrup, vanilla extract and cinnamon. Allow the sweet potato mixture to cool for about 5 minutes before mixing in the egg.
3. In another bowl, combine the almond flour, tapioca starch, rolled oats, and coconut sugar. Add the chunks of butter and work the butter into the mixture with the back of a fork until a crumbly mixture forms. Add in the pecans and milk and work the crumble with the fork again until combined.
4. Lightly grease a small baking dish and pour in the sweet potato mixture, spreading it out with a spatula. Crumble the topping over the sweet potatoes and bake for 25-30 minutes.

Melina ♥

Nourishing Lab Paleo Bread Stuffing



Ingredients:

Bread:

3 Tbsp. Butter, melted
1 Tbsp. Olive Oil
½ cup + ⅓ cup Almond Flour
¼ cup Ground Flaxseed
2 Tbsp. Tapioca Starch
½ tsp. Baking Powder
¼ tsp. Baking Soda
¼ tsp. Garlic Powder
¼ tsp. Salt
¼ tsp. Black Pepper
2 Tbsp. Coconut Milk
2 Eggs

Vegetables:

2 Tbsp. Butter
1 medium Yellow Onion, chopped
2 Large Carrots, peeled and chopped
2 cups Chopped Celery
2 cups Chopped Mushrooms
4 cloves Garlic, grated
¼ tsp. Salt
¼ tsp. Black Pepper
1 Tbsp. chopped Sage
1 Tbsp. Chopped Parsley
1 tsp. Dried Thyme
¼ cup Cranberries
2 Eggs
¼ cup Broth of choice

Directions:

1. To make the bread: Preheat the oven to 350 degrees Fahrenheit.
2. In a large bowl, whisk together the butter, olive oil, coconut milk and egg. In another bowl, mix the almond flour, flaxseed, tapioca, baking powder, baking soda, garlic powder, salt and pepper.
3. Pour the dry mixture into the wet mixture, mixing as you go until the batter is well combined. Pour the batter into a greased or parchment-lined loaf pan.
4. Bake at 350 degrees for about 20 minutes, or until the bread is firm.
5. Allow the bread to fully cool, then cut the bread into cubes. Lay the cubes out on a sheet pan and bake for 5 minutes on either side, or until they are a bit dried out. Set the cubed bread aside.
6. Increase the oven temperature to 375 degrees. In a large pan, melt the butter over medium heat. Add in the chopped onion, carrots, and celery and saute for 3-5 minutes. Add in the mushrooms and garlic and saute until vegetables are tender. If the pan begins to burn, add a small amount of broth to the pan.
7. Add in the salt, pepper, sage, parsley and thyme as well as the dried cranberries. Remove the pan from the heat and allow the mixture to cool slightly. Stir in the cubed bread. Grease a baking dish and pour the stuffing mixture into it. Whisk the eggs with the broth and pour the mixture over the stuffing.
8. Cover the pan with foil and bake at 375 degrees for 10 minutes. Uncover the baking dish and bake for an additional 10-15 minutes, or until golden on top.

Melina ♥

Nourishing Lab Green Bean Casserole



A cozy recipe your family will love for Thanksgiving. A healthier version of the classic green bean casserole topped with almond flour and onions.

Ingredients:

Green Beans:

2 lbs. Green Beans, steamed

1 Tbsp. Butter

1 Tbsp. Olive Oil

1 cup chopped Sweet Onion

4 cloves Garlic, grated

8 oz. Cremini Mushrooms, half chopped and half sliced

$\frac{3}{4}$ cup Mushroom or Vegetable Broth

1 cup Cashew Milk

$\frac{1}{4}$ cup Full Fat Coconut Milk

2 Tbsp. Tahini

$\frac{1}{2}$ tsp. Mustard Powder

1 Tbsp. Coconut Aminos (or Wheat-Free Tamari)

$\frac{1}{4}$ - $\frac{1}{2}$ tsp. Salt (will depend on the type of broth you use)

$\frac{1}{2}$ tsp. Black Pepper

1 tsp. Tapioca Starch

Onion Topping:

1 large Yellow onion, thinly sliced

1/2 cup Almond Flour

2 Tbsp. Tapioca Starch

1/2 tsp. Garlic Powder

¼-1/2 tsp. Salt

Pinch of Black Pepper

Directions:

1. Preheat your oven to 400 degrees Fahrenheit.
2. Thinly slice the onion and place them in a bowl. Pour the coconut milk and lemon juice in the bowl and mix. Let the onions soak for about 30 minutes.
3. Combine the almond flour, tapioca starch, garlic powder, salt and pepper in a dish. In batches, dip the soaked onions into the almond flour mixture to coat them, then carefully place them onto a parchment-covered sheet pan. Bake for 10-15 minutes on both sides, or until the onions are browned and crispy.
4. While the onions are baking, steam the green beans until they are just tender, but still a little crisp and set aside. Heat the butter and olive oil in a large pan over medium heat. Once hot, add the onion and brown for 3-5 minutes.
5. Add in the garlic and mushrooms and saute for 1-2 minutes. Add the broth and allow the mixture to come to a simmer. In a bowl, whisk together the cashew milk, coconut milk, tahini, mustard powder and coconut aminos. Pour the mixture into the pan and whisk together until the mixture begins to bubble. Ladle ¼ cup of the liquid into a bowl and whisk in the tapioca starch to form a slurry.
6. Pour the steamed green beans into the pan with a pinch of salt and pepper and cook for 1-2 minutes, stirring occasionally. Pour the slurry into the pan and saute with a wooden spoon until the sauce begins to thicken. Once the mixture begins to thicken, remove the pan from the heat. Mix in half of the crispy bean beans.
7. Lower the oven to 375 degrees. Lightly grease a baking dish and pour the green bean mixture into it. Top the casserole with the remaining crispy onions. Bake the green bean casserole for 15-20 minutes, or until it is browned and bubbling.
8. Enjoy!

Melina ♥