



HEAL•THY•SELF
INSTITUTE

Gluten-Free/Dairy-Free

Thanksgiving

MENU



Menu

APPETIZER

Roasted Garlic Hummus

A smooth, creamy soup made from roasted butternut squash, coconut milk, and a hint of ginger.

Herbed Olive Tapenade

A savory spread of olives, garlic, fresh thyme, and rosemary, served with sliced cucumber, carrots, and jicama for dipping.

MAIN DISH

Herb-Roasted Turkey

Brined and roasted turkey with a blend of AIP-friendly herbs like rosemary, thyme, and sage, with an olive oil rub.

Bone Broth Gravy

Thickened with arrowroot and enhanced with rosemary and thyme, perfect for pouring over turkey and sides.

SIDES

Garlic Mashed Potatoes with Coconut Milk

Classic mashed potatoes made with garlic and a splash of coconut milk for a creamy texture, seasoned with salt and pepper.

Maple Glazed Sweet Potatoes

Roasted sweet potato rounds drizzled with maple syrup and a sprinkle of cinnamon for a hint of holiday sweetness.

Roasted Brussels Sprouts with Bacon and Cranberries

Brussels sprouts roasted until crispy with cooked bacon pieces and fresh cranberries for a touch of sweetness.

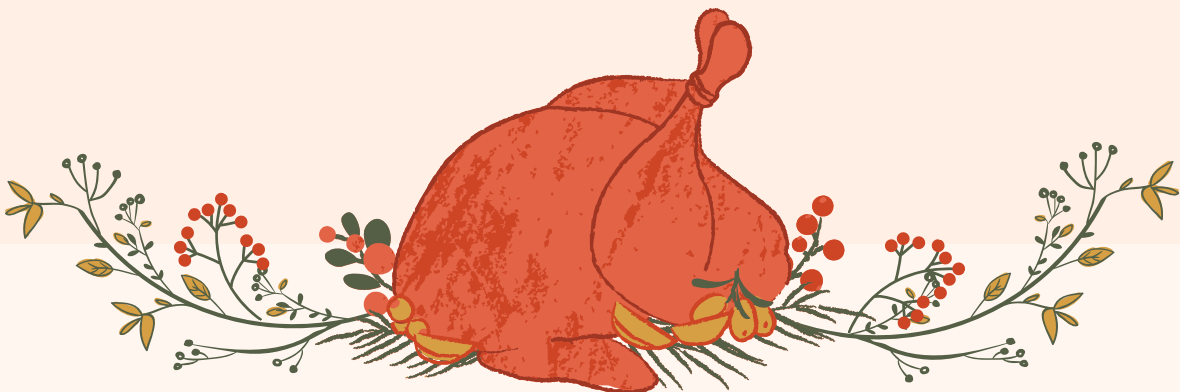
Gluten-Free Stuffing with Sausage, Apples, & Herbs

A stuffing made with gluten-free bread cubes, sautéed sausage, celery, onions, and diced apples, seasoned with sage, rosemary, and thyme.

DESSERTS

Pumpkin Pie with Almond Flour Crust

Gluten-Free Apple Crisp



Garlic Hummus



8-10 servings



10 minutes



INGREDIENTS

- 1 can chickpeas
- 2 TB liquid from chickpeas
- 1/3 c tahini
- 1 clove garlic
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/4 olive oil

Carrots, gluten free crackers,
celery, tomatoes

DIRECTIONS

1. In a food processor or blender, add chickpeas, tahini, garlic, salt and cumin and mix until smooth.
2. Add olive oil and sprinkle of cumin on top and serve with veggies and gluten free crackers or pita.

Herbed Olive Tapenade



4-6 people



10 minutes

with cucumbers, carrots and jicama

INGREDIENTS

1 cup pitted green or black olives (or a mix), drained
1 clove garlic, minced
1 tbsp fresh thyme leaves
1 tbsp fresh rosemary leaves, chopped
2 tbsp fresh parsley, chopped
1-2 tbsp olive oil
1 tsp lemon juice (optional, for brightness)
Cucumber, jicama and carrots for dipping

DIRECTIONS

1. In a food processor, combine the olives, garlic, thyme, rosemary, and parsley.
2. Pulse until the ingredients are finely chopped but still slightly chunky for texture. Add 1-2 tablespoons of olive oil, a little at a time, until the tapenade reaches your desired consistency.
3. Add lemon juice (if using) and a small pinch of salt if needed. Pulse briefly to combine.
4. Transfer the tapenade to a bowl and serve with fresh vegetable slices like cucumber rounds, carrot sticks, and jicama for dipping.



Herb Roasted Turkey

with bone broth gravy



INGREDIENTS

- 1 whole turkey (10–12 lbs), thawed and giblets removed
- 1/4 cup olive oil
- 2 tbsp fresh rosemary, chopped
- 2 tbsp fresh thyme leaves
- 2 tbsp fresh sage, chopped
- 1 tbsp sea salt (adjust to taste)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 lemon, quartered
- 1 onion, quartered
- 2 cups carrots, cut into chunks
- 2 cups celery, cut into chunks
- 1–2 cups bone broth (to add to the roasting pan)

DIRECTIONS

1. Preheat your oven to 325°F (165°C).
2. Pat the turkey dry with paper towels. Place it on a rack in a large roasting pan.
3. In a small bowl, mix the olive oil with chopped rosemary, thyme, sage, salt, garlic powder, and onion powder. Rub this mixture all over the turkey, including under the skin if possible.
4. Place the quartered lemon and onion inside the turkey cavity for added flavor.
5. Add carrots and celery chunks to the bottom of the roasting pan. Pour 1–2 cups of bone broth over the vegetables. This will help keep the turkey moist and add flavor to the drippings for the gravy.
6. Place the turkey in the oven and roast for about 3–3.5 hours, or until a meat thermometer reads 165°F (74°C) in the thickest part of the thigh. Baste the turkey with the pan juices every 30–45 minutes.
7. Once done, remove the turkey from the oven and let it rest for 20–30 minutes before carving.

Bone Broth Gravy

INGREDIENTS

2 cups pan drippings and/or bone broth (add additional bone broth if needed)
1-2 tbsp arrowroot powder (for thickening)
1/4 cup cold water (to dissolve the arrowroot powder)
Salt to taste

DIRECTIONS

1. Pour the pan drippings through a strainer into a medium saucepan, discarding the solids. Add additional bone broth to the saucepan to make 2 cups of liquid.
2. In a small bowl, whisk together arrowroot powder and cold water until smooth. Bring the drippings/bone broth mixture to a simmer over medium heat, then slowly whisk in the arrowroot slurry.
3. Continue to simmer, stirring constantly, until the gravy thickens, about 5-7 minutes. Season with salt to taste.
4. Pour the gravy into a serving dish and enjoy with the herb-roasted turkey.



Sweet Potato Casserole



6-8 servings



45-50 minutes



INGREDIENTS

4 large sweet potatoes, peeled and cubed
1/4 cup coconut milk (full-fat, canned)
2 tbsp maple syrup (optional, for added sweetness)
1/2 tsp cinnamon
1/4 tsp ground ginger
1/8 tsp ground cloves
Pinch of salt
1/4 cup coconut flour
1/4 cup shredded unsweetened coconut
2 tbsp coconut oil, melted
1 tbsp maple syrup
1/2 tsp cinnamon
Pinch of salt

DIRECTIONS

1. Preheat your oven to 350°F (175°C). Grease a baking dish (8x8 inches or similar size) with a little coconut oil.
2. Place the sweet potatoes in a large pot and cover with water. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until the potatoes are very tender. Drain well.
3. Transfer the cooked sweet potatoes to a mixing bowl. Add coconut milk, maple syrup, cinnamon, ginger, cloves, and a pinch of salt. Mash until smooth and creamy, adjusting seasonings as desired. Spread the mixture evenly in the prepared baking dish.
4. In a separate bowl, combine the coconut flour, shredded coconut, melted coconut oil, maple syrup, cinnamon, and a pinch of salt. Mix until it forms a crumbly texture. Then sprinkle evenly over the sweet potatoes.
5. Bake for 25-30 minutes, or until the topping is golden and slightly crisp.
6. Let the casserole cool for a few minutes before serving.

Garlic Mashed Potatoes

with coconut milk



4-6 servings



30 minutes

INGREDIENTS

- 2 lbs (about 4-5 medium) Yukon Gold or Russet potatoes, peeled and cut into chunks
- 3-4 garlic cloves, peeled
- 1/2 cup full-fat coconut milk (or more for desired creaminess)
- 2 tbsp olive oil or coconut oil
- Salt, to taste
- Freshly ground black pepper, to taste
- Fresh parsley or chives, chopped (for garnish, optional)

DIRECTIONS

1. Place the peeled and chopped potatoes and garlic cloves in a large pot. Cover with water and add a pinch of salt. Bring to a boil over medium-high heat, then reduce the heat and simmer for 12-15 minutes, or until the potatoes are fork-tender.
2. Drain the potatoes and garlic in a colander and return them to the pot. Using a potato masher or a hand mixer, mash the potatoes and garlic together until smooth and creamy.
3. Pour in the coconut milk and olive oil (or coconut oil), and continue mashing or mixing until you reach your desired creamy consistency. If the potatoes are too thick, add a little more coconut milk, a tablespoon at a time, until smooth.
4. Add salt to taste, and pepper, and stir to combine.
5. Transfer the mashed potatoes to a serving bowl and garnish with freshly chopped parsley or chives, if desired. Serve warm.



Gluten-Free Stuffing

with Sausage, Apples, & Herbs



6-8 servings



1 hour



INGREDIENTS

6 cups gluten-free bread, cut into 1-inch cubes
2 tbsp olive oil or coconut oil
1 lb sausage
1 medium onion, diced
3 celery stalks, diced
2 apples, peeled, cored, and diced
2 tbsp fresh sage, chopped
1 tbsp fresh rosemary, chopped
1 tbsp fresh thyme leaves
1/2 tsp sea salt
1/4 tsp ground black pepper
2-3 cups chicken broth
1/4 cup olive oil or melted coconut oil
Fresh parsley for garnish

DIRECTIONS

1. Preheat your oven to 350°F. Arrange the gluten-free bread cubes on a baking sheet and toast them in the oven for 10-15 minutes, until they are slightly crispy and golden. Remove from the oven and set aside.
2. Heat 1 tbsp of olive oil in a large skillet over medium heat. Add the sausage and cook, breaking it apart with a spoon, until it is browned and cooked through (about 7-10 minutes). Transfer the sausage to a bowl and set aside.
3. In the same skillet, add the remaining 1 tbsp of olive oil. Add the diced onion and celery, and sauté for 5-7 minutes, until softened. Add the diced apples, sage, rosemary, thyme, salt, and pepper. Continue cooking for 5-7 minutes, until the apples are tender and lightly caramelized.
4. In a large mixing bowl, combine the toasted bread cubes, sausage, and the sautéed vegetable-apple mixture. Pour the chicken or vegetable broth over the mixture and stir to combine. If the stuffing seems dry, add additional broth, a little at a time, until you reach your desired consistency. Stir in the extra olive oil or melted coconut oil for added moisture.
5. Transfer the stuffing mixture to a greased 9x13-inch baking dish. Cover with foil and bake for 30 minutes. After 30 minutes, remove the foil and bake for an additional 10-15 minutes, until the top is crispy and golden.

Roasted Brussels Sprouts



6-8 servings



40-45 minutes

with Bacon and Cranberries

INGREDIENTS

1 lb Brussels sprouts, trimmed and halved
2 tbsp olive oil or melted coconut oil
Salt, to taste
1/2 cup fresh cranberries
1/3 c chopped pecans
4-5 slices of bacon, chopped

DIRECTIONS

1. Preheat your oven to 400°F (200°C).
2. Place the halved Brussels sprouts on the baking sheet, drizzle with olive oil, and sprinkle with salt. Toss to coat evenly.
3. Roast for 20 minutes, stirring halfway through for even cooking.
4. While the Brussels sprouts are roasting, cook the chopped bacon in a skillet over medium heat until it becomes crispy, about 5-7 minutes. Transfer the bacon to a paper towel-lined plate, reserving the bacon drippings.
5. After 20 minutes, remove the Brussels sprouts from the oven. Scatter the fresh cranberries and cooked bacon pieces over the Brussels sprouts. Drizzle a little reserved bacon drippings (optional)
6. Return the baking sheet to the oven and roast for an additional 10-15 minutes, or until the Brussels sprouts are crispy on the edges, the cranberries are slightly softened, and everything is golden.
7. Sprinkle with pecans and transfer to a serving dish and enjoy warm.



Gluten-Free Apple Crisp



6-8 servings



50-55 minutes



INGREDIENTS

6-7 medium apples (a mix of sweet and tart, like Fuji and Granny Smith)

1 tbsp lemon juice

1/4 cup maple syrup

1 tsp ground cinnamon

1/2 tsp ground nutmeg

1/4 tsp salt

1 tbsp arrowroot powder

1 1/2 cups gluten-free rolled oats

1/2 cup almond flour

1/4 cup coconut flour

1/2 cup shredded coconut

1/2 cup coconut oil, melted

1/4 cup maple syrup

1/2 tsp ground cinnamon

1/4 tsp ground nutmeg

Pinch of salt

DIRECTIONS

1. Preheat your oven to 350°F (175°C). Grease a 9x9-inch baking dish or similar-sized baking dish with coconut oil.
2. Peel, core, and slice the apples into thin wedges. Place them in a large bowl and toss with lemon juice, maple syrup, cinnamon, nutmeg, salt, and arrowroot powder until evenly coated. Transfer the apple mixture to the prepared baking dish.
3. In a separate bowl, combine the gluten-free rolled oats, almond flour, coconut flour, shredded coconut (if using), cinnamon, nutmeg, and salt. Add the melted coconut oil and maple syrup, and stir until the mixture is well combined and crumbly.
4. Sprinkle the crisp topping evenly over the apple mixture in the baking dish. Bake in the preheated oven for 35-40 minutes, or until the topping is golden brown and the apples are tender and bubbling around the edges.
5. Let the apple crisp cool for 5-10 minutes before serving. Serve warm, ideally with a scoop of dairy-free vanilla ice cream or coconut whipped cream on the side.

Pumpkin Pie

with Almond Flour Crust



4 servings



40 minutes

INGREDIENTS

2 cups almond flour
1/4 cup coconut flour
1/4 tsp salt
1/4 tsp ground cinnamon
(optional)
1/4 cup coconut oil, melted
1 large egg
1 tbsp maple syrup (optional, for
sweetness)
1 (15 oz) can pure pumpkin puree
1/2 cup coconut milk (full-fat,
canned)
1/4 cup maple syrup (or to taste)
2 large eggs
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/4 tsp ground ginger
1/4 tsp ground cloves
1/4 tsp salt
1 tsp vanilla extract

DIRECTIONS

1. Preheat your oven to 350°F (175°C).
2. In a medium bowl, combine the almond flour, coconut flour, salt, and cinnamon. Add the melted coconut oil, egg, and maple syrup. Mix well until the dough comes together.
3. Press the dough evenly into the bottom and up the sides of a 9-inch pie dish.
4. Bake the crust in the preheated oven for about 10-12 minutes, until it is lightly golden and firm. Remove from the oven and set aside to cool slightly.
5. In a large bowl, whisk together the pumpkin puree, coconut milk, maple syrup, eggs, cinnamon, nutmeg, ginger, cloves, salt, and vanilla extract. Mix until the filling is smooth and well-combined.
6. Pour the pumpkin filling into the pre-baked almond flour crust.
7. Bake the pie in the preheated oven for 40-45 minutes, or until the filling is set around the edges but still slightly jiggly in the center.
8. Allow the pie to cool to room temperature, then refrigerate for at least 2-3 hours, or preferably overnight, to allow the filling to fully set.
9. Serve chilled



A Thanksgiving Message from Heal Thyself Institute

As you gather with loved ones this holiday season, we hope these recipes bring warmth, joy, and health to your table. Whether you're celebrating a traditional Thanksgiving or simply enjoying a moment of gratitude, we wish you a season filled with happiness and well-being.

At Heal Thyself Institute, we're committed to supporting your health journey every day. Be sure to follow us on our social media pages for ongoing health tips, wellness inspiration, and more nourishing ideas. We're here to help you thrive!

Wishing you and your family a joyful and healthy Thanksgiving!

Warmly,

Dr. Waldo and Alyssa