



HEAL•THY•SELF
INSTITUTE

AutoImmune Paleo

Thanksgiving

MENU



Menu

APPETIZER

Butternut Squash Soup Shooters

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

Cauliflower & Parsnip Mash

A creamy, rich mash made with steamed cauliflower and parsnips, blended with coconut milk and seasoned with garlic and herbs.

Sweet Potato Casserole

A comforting sweet potato dish topped with a crispy crumble made from coconut flour, shredded coconut, and a touch of cinnamon.

Roasted Brussels Sprouts with Bacon and Cranberries

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

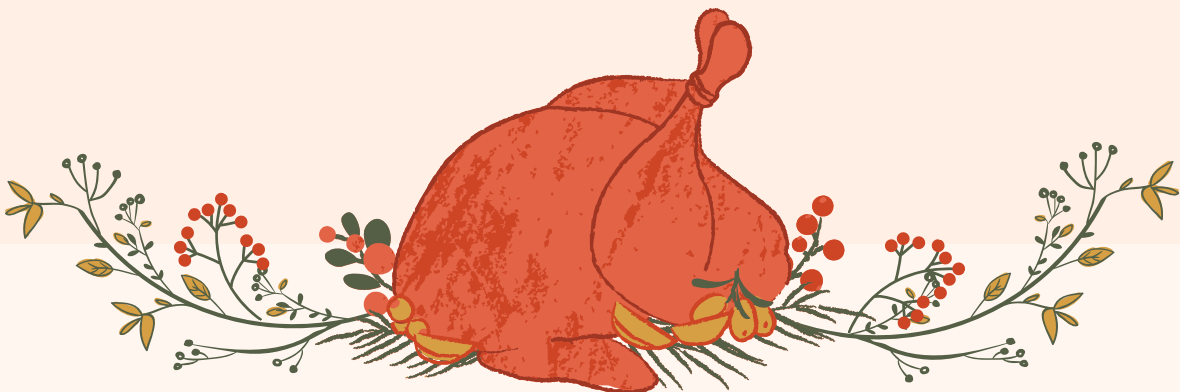
Butternut Squash "Stuffing"

Diced butternut squash, celery, onions, and mushrooms sautéed with sage, thyme, and rosemary to give a stuffing-like flavor.

DESSERTS

Coconut-Pumpkin Custard

Baked Pears with Cinnamon and Honey



Butternut Squash Soup

shooters



8-10 servings



40 min



INGREDIENTS

2 tbsp coconut oil,
3 cups butternut squash
1/4 cup apple, diced
2 large leeks, chopped
3 cups chicken broth
2 tsp dried sage
1 tsp ground cinnamon
1/2 tsp turmeric (optional)
1 tsp salt
2-3 fresh green onions,
chopped
1/4 cup full fat coconut milk
(optional, sub additional broth)

DIRECTIONS

1. Using a large pot on medium heat and add the coconut oil to melt. Pour in the butternut squash and sauté in the oil for 6-8 minutes or until slightly softened.
2. Add the leeks and apple and lightly sauté for 2-3 minutes.
3. Pour in the bone broth, and seasonings (reserving the green onion). Stir to combine.
4. Bring to a low simmer on medium heat for 15-20 minutes or until butternut squash is soft. Allow to cool for 10-15 minutes.
5. Either use an immersion blender, or high speed blender to blend the soup until smooth.
6. Stir in the coconut milk and serve in small cups or shot glasses.

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.

Cauliflower & Parsnip Mash



4-6 servings



30 minutes

INGREDIENTS

- 1 medium head cauliflower, chopped into florets
- 3 medium parsnips, peeled and sliced
- 1/4 cup coconut milk (full-fat, canned, or any AIP-compliant milk)
- 1-2 tbsp olive oil or coconut oil
- 1 garlic clove, minced (optional, for extra flavor)
- Salt, to taste
- Fresh chives or parsley, chopped (for garnish, optional)

DIRECTIONS

1. Place the cauliflower florets and sliced parsnips in a steamer basket over boiling water. Cover and steam for 15-20 minutes, or until both the cauliflower and parsnips are fork-tender.
2. Transfer the steamed cauliflower and parsnips to a food processor or blender. Add coconut milk, olive oil (or coconut oil), and garlic (if using). Blend until smooth and creamy. You can also use a potato masher for a chunkier texture.
3. Add salt to taste and blend or mix again to incorporate.
4. Transfer to a serving bowl, garnish with chopped chives or parsley if desired, and serve warm.



Butternut Squash “Stuffing”



6-8 servings



35-40 minutes



INGREDIENTS

1 large butternut squash, peeled and diced into 1/2-inch cubes (about 4 cups)
1 tbsp olive oil or coconut oil
1 onion, diced
3 celery stalks, diced
1 cup mushrooms, sliced
1 tbsp fresh sage, chopped (or 1 tsp dried)
1 tbsp fresh thyme leaves (or 1 tsp dried)
1 tbsp fresh rosemary, chopped (or 1 tsp dried)
Salt and pepper, to taste (omit pepper for strict AIP)

DIRECTIONS

1. Heat a large skillet over medium heat and add 1/2 tbsp of oil. Add the diced butternut squash and cook for about 10-12 minutes, stirring occasionally, until tender and lightly caramelized. Transfer the squash to a plate and set aside.
2. In the same skillet, add the remaining oil, then add the onion, celery, and mushrooms. Sauté for 5-7 minutes, or until the onions are soft and the mushrooms have released their moisture.
3. Add the sage, thyme, rosemary, and a pinch of salt to the skillet. Stir to combine and cook for 1-2 minutes, until the herbs are fragrant. Return the cooked butternut squash to the skillet and stir everything together.
4. Taste and adjust seasoning as needed. Transfer the mixture to a serving dish and enjoy your warm, herb-flavored “stuffing.”

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
- 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. Transfer to a serving dish and enjoy warm.



Apple Crisp



4 servings



3 hours



INGREDIENTS

4-5 medium apples (such as Honeycrisp or Gala), peeled, cored, and thinly sliced
1 tbsp lemon juice
1/2 tsp cinnamon
1/4 tsp ground ginger (optional)
1 tbsp honey or maple syrup (optional, for extra sweetness)
1/2 cup coconut flour
1/4 cup unsweetened shredded coconut
1/4 cup coconut oil, melted (or palm shortening for a crunchier texture)
1 tbsp honey or maple syrup
1/2 tsp cinnamon
Pinch of sea salt

DIRECTIONS

1. Preheat oven to 350°F (175°C) and lightly grease an 8x8-inch baking dish with coconut oil.
2. Prepare the filling: In a mixing bowl, combine the sliced apples with lemon juice, cinnamon, ginger, and honey/maple syrup. Toss until the apples are evenly coated, then spread them in the bottom of the prepared baking dish.
3. Make the topping: In a separate bowl, combine coconut flour, shredded coconut, melted coconut oil, honey/maple syrup, cinnamon, and salt. Stir until the mixture is crumbly and well combined.
4. Assemble the crisp: Sprinkle the topping evenly over the apple filling.
5. Bake for 35-40 minutes, until the apples are tender and the topping is golden brown.
6. Cool and serve: Allow the apple crisp to cool for 5-10 minutes before serving. It's delicious on its own or with a scoop of coconut cream!

Baked Pears

with honey and cinnamon



4 servings



40 minutes

INGREDIENTS

2-4 ripe pears (such as Bosc or Anjou), halved and cored
2 tbsp honey (or maple syrup, if preferred)
1/2 tsp ground cinnamon
1/4 tsp ground ginger (optional)
Pinch of salt
1 tbsp coconut oil or ghee (optional, for greasing)
shredded coconut for garnish (optional, if tolerated)

DIRECTIONS

1. Preheat your oven to 375°F (190°C). Grease a baking dish with coconut oil or ghee (or line with parchment paper if you prefer).
2. Cut the pears in half and remove the cores. Place the pear halves in the prepared baking dish, cut side up.
3. Drizzle the honey (or maple syrup) evenly over the pears. Sprinkle with cinnamon, ground ginger (optional), and a pinch of salt.
4. Cover the baking dish with foil and bake for 25-30 minutes, or until the pears are tender and easily pierced with a fork. For a caramelized finish, remove the foil during the last 5 minutes of baking.
5. Remove from the oven and let cool slightly. Optionally, garnish with chopped nuts or shredded coconut if tolerated. Serve warm.



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