



GLOW NATURAL WELLNESS

# AUTOIMMUNE

## *Holiday Recipe*

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# GUIDE

# Hi, I'M DR. MICHELLE

*For years I suffered from an undiagnosed autoimmune condition and was feeding my body foods that were only making my condition worse. I was tired, gaining weight, and unhappy. Once I discovered how to feed my body in a way that would help to reduce inflammation, heal my gut and reverse my autoimmune condition, things started to turn around. I was even able to reverse my infertility! Now I spend my days teaching women of all ages, and their families to ditch their diagnosis and take healing into their own hands. I'm passionate about helping women harness the power of nature so they can elevate their genetic expression and live vibrantly, not just by optimizing health physically, but also mentally, emotionally and spiritually. I hope you enjoy this holiday guide, and if you want to take things to the next level in your healing, we are here to help.*

**Hugs,  
Dr. Michelle**

## More About Dr. Michelle and Glow Natural Wellness

Dr. Michelle Sands, ND teaches women how to balance their hormones naturally so they can live happy, healthy and vibrant lives. She has been regularly featured on popular health podcasts and seminars, as well as in major media such as NBC, ABC and Fox. Dr. Michelle has dedicated her practice to helping women overcome their health issues naturally so that they can be positive role models for their families and communities. She believes that each of us deserves to live a life filled with joy and free from pain. It is Dr. Michelle's mission to help women use the power of nature and their own innate vital force to live, grow, and thrive.

*To learn more about how you can begin healing at home, check out Dr. Michelle's free mini-course: **Natural Healing Made Simple.** If you are interested in leveraging your genetics for Optimal Wellness, watch the free **Understanding Epigenetics Masterclass.***

*Learn more by visiting **[glownaturalwellness.com](http://glownaturalwellness.com)**.*





# *Happy Holidays!!!*

When it comes to holiday celebrations and traditions, it can be really difficult to stay on track with your Autoimmune friendly diet. The temptation can lead to flare ups and that is not how we want to ring in the new year.

Don't worry! The elves at GLOW Natural Wellness have put together an amazing holiday recipe guide that will allow to enjoy all of your holiday favorites, while also fully celebrating the magic of the holiday season. Oh, and as a bonus, even family and friends who don't have food restrictions will gobble up these recipes and find them both delicious and satisfying.

## **What is Autoimmune Protocol?**

The autoimmune protocol, or AIP, is an effective diet and lifestyle protocol that helps autoimmune sufferers overcome the underlying triggers and mediators preventing recovery, including inflammation, leaky gut, hormone imbalances, blood sugar imbalances, micronutrient deficiencies, and immune system dysregulation.

The autoimmune protocol diet is a form of elimination and reintroduction protocol: For a time, you eliminate foods that are known to drive inflammation and resulting symptoms, and then you reintroduce foods methodically to rule out reactivity.

The optimal end result is a diet and lifestyle that support your health while avoiding factors that undermine it. What is most often misunderstood is that each person will end up with a slightly different ideal diet, based on their body's unique needs, biology and genetics.

The diet must be very basic and simple so as not to trigger inflammation in the intestines and further worsen leaky gut and autoimmune flare-ups.

I'm sure that you're wondering what the AIP entails: what you can eat and what you have to avoid. Let's start with the foods you should avoid while working to heal your body.

## **Foods to Avoid**

**Grains and Pseudo grains:** barley, bulgur, corn, couscous, kamut, millet, oats, rice, rye, spelt, wheat, wheat germ, amaranth, buckwheat, chia, quinoa.

**Beans and legumes:** black beans, lentils, peanuts, peas, pinto beans, etc., and all soy products (edamame, miso, soy milk, soy protein, soy sauce, tempeh, tofu, soy lecithin, peanut, etc.).

**Nuts and seeds:** all nuts and nut butters including peanuts (actually a legume), chia, cocoa, flax, sesame, sunflower, instant coffee (many brands tested for gluten contamination).

**Seed-based spices:** anise, annatto, celery seed, coriander, cumin, fennel, fenugreek, mustard, nutmeg, poppy seed, sesame, allspice, star anise, caraway, cardamom, juniper, peppercorns, sumac, whole vanilla bean.

**Dairy:** butter, cheese, cow milk, cream, frozen desserts, goat milk, margarine, mayonnaise, sheep milk, whey, yogurt (coconut yogurt free of guar gum is acceptable).

## Eggs

**Nightshades:** eggplant, goji berries, sweet and hot peppers, hot pepper sauces, tomatillos, tomatoes, and potatoes (sweet potatoes and yams are okay — not in the same family).

**Nightshade-based spices:** cayenne, chili powder, paprika, red pepper, curry, and spice blends that contain these

**Medicinal mushrooms:** Some people with autoimmune conditions may react to immune-stimulating fungi such as Maitake and mushroom-derived beta-glucan, so monitor your response.

**Refined and processed oils:** including vegetable oils.

**Sugars:** agave, candy, chocolate, corn syrup, high fructose corn syrup, sucrose, etc.

**Stevia and non-nutritive sweeteners:** acesulfame potassium, aspartame, neotame, and sucralose.

**Emulsifiers, thickeners, and other food additives:** guar gum, carrageenan, xanthan gum, cellulose gum, soy lecithin.

**Alcohol:** all alcohol. (I know! It's the holidays) So, if you must indulge, we recommend healthier options like Organic Vodka and club soda or Dry Farms Wine (this is truly low sugar, healthy wine!)

**Gluten-containing compounds:** (these are hiding everywhere) barbecue sauce, binders, bouillon, brewer's yeast, cold cuts, condiments, emulsifiers, fillers, chewing gum, hot dogs, hydrolyzed plant and vegetable protein, ketchup, soy sauce, lunch meats, malt and malt flavoring, malt vinegar, matzo, meat glue, modified food starch, monosodium glutamate, non dairy creamer, processed salad dressings, seitan, some spice mixtures, stabilizers, teriyaki sauce, textured vegetable protein. Beware of non-specific ingredients like "natural flavorings" or "spices".

**Potential gluten cross-reactive foods:** dairy, oats, yeast (brewer's, baker's, nutritional) instant coffee, milk chocolate, millet, soy, corn, rice, potato. Cyrex Labs offers a good cross-reactivity test

**NSAIDs:** non-steroidal anti-inflammatory drugs such as aspirin and ibuprofen.

**Other:** canned foods, processed foods, wheat grass (contains wheat germ agglutinin), barley grass, brown rice protein, pea protein, hemp protein, licorice root (DGL is okay), aloe, slippery elm bark, commercial egg replacers, supplements containing ashwagandha (a nightshade) or oat seed, immune stimulants such as chlorella and spirulina.

I know that this list of foods to avoid feels overwhelming, but with AIP, you're actually eating the way people ate for most of human history — before the majority of our food came from a factory or an industrialized farm. Let's talk about the foods that you will be enjoying on your autoimmune protocol. Of course, if you have an intolerance to any of these foods, don't eat it just because it's on this list.

## Foods to Enjoy

**Most organic vegetables:** Include as much variety as possible, making sure to include the full color spectrum; anise, arugula, artichoke, asparagus, beets and their greens, bok choy, broccoli, cabbage, carrots, cauliflower, celery, chives, cucumbers, garlic, kale, kohlrabi, leeks, lettuce, mustard greens, olives, onions, parsley, radishes, rhubarb, shallots, spinach, squash, sweet potatoes and yams (limit white potatoes), water chestnuts, watercress, zucchini, etc. Vegetables from the brassica family (broccoli, kale, etc.) used to be thought to be problematic for thyroid conditions, but that research has been debunked, so enjoy the detox benefits of these vegetables.

**Quality meats:** beef, chicken, bison, pork, lamb, turkey, and wild game. Select hormone-free and antibiotic-free chicken, turkey, and lamb. Chicken has high Omega 6 content; eat in moderation, and if you consume more, also eat a lot of Omega 3 oils to compensate and maintain a 4:1 ratio of Omega 6 to Omega 3. Select beef that is grass fed, hormone free, and organic. Avoid factory-farmed meats that contain antibiotics and hormones.

**Organ meats and offal:** heart, liver, kidney, tongue, and bone broth. An important concentrated form of nutrients including vitamins, minerals, healthy fats, and essential amino acids.

**Glycine-rich foods:** Include foods containing connective tissue, organ meat, joints, skin, or bone broth.

**Fish and shellfish:** Seek out ocean-caught cold water, low mercury fish with high fat content.

**Quality fats:** pasture-raised, grass-fed animal fats, fatty cold-water fish like salmon, olive oil, avocado oil, coconut oil, low-mercury Omega 3 supplements.

**Low glycemic organic fruits:** apples, apricots, avocados, berries, cherries, grapefruit, lemons, peaches, pears, plums, etc. About 2-3 fruits a day is fine, the goal is to keep sugar intake between 10 and 30g per day.

**Probiotic and fermented foods:** sauerkraut, kimchi, pickled ginger, fermented cucumbers, coconut yogurt (guar-gum free), kombucha, water kefir, coconut milk kefir, supplements, etc. You may need to make your own or buy one of the few brands that are genuinely fermented and free of sugars or additives.

**Coconut:** coconut aminos, coconut milk (guar gum free), coconut water and coconut water vinegar, coconut cream (not concentrate), and coconut oil. Whole coconut products (coconut butter, coconut cream concentrate, coconut flakes and chips, unsweetened coconut yogurt, fresh coconut) have high inulin fiber and moderately high phytic acid, which causes some individuals digestive issues — consume in moderation until you know your tolerance level.

**Noodles:** Shirataki yam noodles (sold in Asian grocery stores and some natural food stores are a lifesaver!) and zucchini noodles help add variety to recipes but avoid the noodles that contain tofu (soy).

**Herbs and spices:** basil, cilantro, cinnamon, coriander, clove, garlic, ginger, horseradish, lemongrass, mace, mint, oregano, parsley, rosemary, sage, saffron, sea salt, thyme, turmeric (black pepper is considered a reintroduction item). opt for mineral rich Himalayan Sea Salt or Celtic Salt vs iodized table salt.

**Vinegars:** apple cider, balsamic, champagne, coconut, red wine, sherry, ume plum, white wine. Avoid grain-based vinegars: rice and distilled white.

**Teas:** black, green white, yerba mate (avoid caffeine if you have adrenal dysfunction).

**Other:** herbal teas, carob, rooibos tea, deglycyrrhizinated licorice (DGL) (but not whole licorice root), vanilla extract (if cooked). In moderation: fructose (in fruit and starchy vegetables), pomegranate molasses.

## Enjoy Occasionally Foods

Maple syrup and maple sugar, honey, dried fruit, dates and date sugar, molasses, unrefined coconut sugar Each person has a unique tolerance to sugars — monitor your response.

Legumes with edible pods work for most people (green beans, snow peas)

Whole bean organic mycotoxin free coffee in moderation (caution: many instant coffees show gluten contamination).

**Sugars:** Some people have strong reactions to even small amounts of sugars; monitor your response.

**Seaweeds (high in iodine):** Some people with Hashimoto's may not do well with additional iodine in the diet.



**Dry Farms Wine** - this is wine at it's purest. Organic and sustainable with super low sugar and zero toxins. Drink and be merry with Dry Farms

*Happy Holidays and Happy Eating from Dr. Michelle and the entire team at  
GLOW Natural Wellness!*



# BACON-WRAPPED PUMPKIN

7 ingredients · 40 minutes · 20 servings



## Ingredients

**1 1/2 lbs** Butternut Squash  
(or Pumpkin. Peeled, seeded and cut into 2" chunks.)  
**1 tsp** Ground Ginger  
**1 tsp** Cinnamon  
**1 tsp** Rosemary (chopped, fresh)  
**2 tbsps** Extra Virgin Olive Oil  
**1 tbsps** Maple Syrup  
**10 slices** Organic Bacon

## Directions

1. Preheat oven to 350F. Place a wire rack (e.g., cooling rack, roasting rack) in a rimmed baking sheet (line your baking sheet with foil to make clean up easier if desired).
2. In a mixing bowl, toss pumpkin chunks with spices, olive oil, maple syrup and walnuts. Cut bacon slices in half.
3. Wrap each spiced pumpkin chunk in a half slice of bacon, making sure to have a few walnut pieces wrapped inside the bacon too. Place on the wire rack oriented so that the ends of the bacon slice are on the bottom (this stops them from unraveling while cooking). Repeat with every piece of pumpkin.
4. Using a spoon, drizzle any remaining spice mixture and walnut pieces from the bottom of your mixing bowl over the top of each bacon-wrapped spiced pumpkin chunk.
5. Bake for 40 minutes.
6. Optional: for crispier bacon, broil on high for 2-3 minutes after baking.
7. Remove from oven and serve! Serving suggestion: drizzle a few drops of maple syrup over each bacon-wrapped spiced pumpkin chunk!



# PROSCIUTTO-WRAPPED APPLES

5 ingredients · 25 minutes · 4 servings



## Ingredients

**2 Apple** (cored and cut into thick slices. Gala, honeycrisp, and pink lady would be great varieties)

**5 slices** Prosciutto (cut lengthwise in half to make long strips. Choose black pepper free)

**1 1/2 tsps** Coconut Oil (melted)

**1/4 tsp** Cinnamon

**2 tsps** Rosemary (fresh, chopped)

## Directions

1. Preheat oven to 375 degrees and line a baking sheet with parchment paper. Wrap each apple slice with prosciutto and place on baking sheet.
2. Combine coconut oil and cinnamon in a small bowl and brush onto apples, reserving half for later.
3. Bake for 10 minutes. Remove, flip, and brush with remaining brown butter mixture. Sprinkle with rosemary. Bake an additional 10 minutes until apples are cooked and prosciutto is crispy.

# ROASTED BUTTERNUT, POMEGRANATE & ARUGULA SALAD

14 ingredients · 25 minutes · 6 servings



## Ingredients

**12 ozs** Butternut Squash  
(peeled, cut into 1/2 inch cubes)  
**1 tbsp** Coconut Oil (melted)  
**1/2 tsp** Onion Powder (divided)  
**1 tbsp** Extra Virgin Olive Oil  
**1/2 cup** Shallot (diced)  
**10 ozs** Cauliflower Rice  
**1/4 tsp** Cinnamon  
**6 ozs** Arugula  
**5 ozs** Pomegranate Seeds  
**1/3 cup** Dried Unsweetened Cranberries  
**2 tbsps** Extra Virgin Olive Oil (dressing)  
**1 tbsp** Balsamic Vinegar (dressing)  
**1 tbsp** Chives (minced for dressing)  
**1/2 tsp** Sea Salt (dressing)  
**1 tsp** Lemon Zest (dressing)

## Directions

1. Preheat oven to 425 degrees. Line a small baking sheet with parchment paper. Toss butternut squash with coconut oil and ¼ teaspoon onion powder and place on baking sheet. Roast for 20 to 25 minutes until the squash is tender with golden brown edges. Set aside.
2. Meanwhile, heat 1 tablespoon olive oil in a large skillet over medium-high heat. Saute the shallots in the skillet for 3 minutes until fragrant.
3. Add the riced cauliflower and cinnamon to the skillet and toss until combined with the shallots. Cook for 3 more minutes until the cauliflower is tender.
4. Using tongs, toss the arugula with the vegetables in the skillet. Add the vinaigrette to the skillet and continuously toss the arugula with the tongs for several minutes until it is wilted and tender.
5. Remove the skillet from the heat and gently mix in the pomegranate, cranberries, and roasted butternut squash. Taste and add additional salt if desired.
6. Serve warm or place in the refrigerator for a few hours and serve cold.



# CAULIFLOWER STEAKS WITH ROASTED GRAPE CHUTNEY

7 ingredients · 40 minutes · 2 servings



## Ingredients

- 1 head** Cauliflower (large)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- 1 clove** Garlic
- 1/2 tsp** Sea Salt
- 1 1/2 cups** Grapes (red, for chutney)
- 3 tbsps** Extra Virgin Olive Oil (divided, for chutney)
- 3 tbsps** Rosemary (fresh, chopped, for chutney)
- 1/2 tsp** Sea Salt (divided, for chutney)
- 2 cloves** Garlic (minced, for chutney)

## Directions

1. Preheat oven to 350 degrees. Toss grapes with 1 1/2 tablespoons olive oil, 1/2 tablespoon rosemary, and 1/4 teaspoon salt. Roast for 18-20 minutes, until grapes are softened and shriveled. The juices will start to lightly caramelize. Meanwhile, bring remaining olive oil to medium heat in a small skillet. Add remaining rosemary & salt, shallots, and garlic. Cook for 4-5 minutes, until softened. Remove from heat, and stir in grapes when they are finished roasting. Set aside.
2. Trim the leaves from the cauliflower and some of the stem if it is quite large. Starting at top center of cauliflower head, cut two or three (1-inch) thick slices of cauliflower, cutting through stem end. Rub steaks carefully with 1 tablespoon olive oil and salt. Cut the piece of garlic in half and rub the cut side over the entire surface of the steaks.
3. Heat 2 tablespoons vegetable oil in heavy large cast iron skillet over medium-high heat. Add cauliflower steaks to skillet and cook until golden brown, about 4 minutes per side. Then pour 1 1/2 tablespoons water into skillet and quickly cover. Cook for 3 minutes – this will help cook the cauliflower all the way through. Remove cover and cook for 2 minutes longer, until cauliflower is mostly tender.
4. Serve steaks hot or at room temperature, with chutney served over the top.



# ROASTED ROOT VEGGIES

8 ingredients · 1 hour 20 minutes · 8 servings



## Ingredients

- 6 larges** Carrot (can use any color or variety, cut in 1 inch chunks)
- 6 larges** Parsnip (cut in 1 inch chunks)
- 3 larges** Beets (Chopped into 1/2 inch pieces)
- 3 tbsps** Lemon Juice (about one fresh lemon, juiced)
- 2 tbsps** Extra Virgin Olive Oil
- 3 cloves** Garlic (minced)
- 2 tbsps** Dried Rosemary
- 2 tsps** Sea Salt

## Directions

1. Preheat oven to 400 degrees F. Combine chopped vegetables in a large 13 by 10 inch baking dish. If desired, pulverize the rosemary in a spice grinder. Add lemon juice, olive oil, salt and rosemary to the baking dish. Leave the garlic out for now. Stir the veggies in the oil mix ensuring that all the veggie pieces are well coated. Roast for about an hour stirring to prevent the softened veggies from breaking apart. Check with a fork to ensure that the veggies are cooked through. Once the veggies are fork tender, add minced garlic to some of the oil in the bottom of the pan. Put the pan back in the oven for 5 not to break apart the veggies.

# BALSAMIC ROSEMARY BUTTERNUT SQUASH

5 ingredients · 30 minutes · 4 servings



## Ingredients

- 1 large** Butternut Squash (peeled)
- 1 tbsp** Coconut Oil (melted)
- 1 tbsp** Rosemary (chopped, fresh)
- 1/3 cup** Balsamic Vinegar
- 2 sprigs** Rosemary (fresh)
- 1 tsp** Sea Salt (to taste)

## Directions

1. Preheat your oven to 400°F. Line two baking sheets with parchment paper.
2. Peel the squash, if desired. Cut it lengthwise down the middle. Scoop out the seeds (they're great toasted). Lay the halves flat and cut them into thin half circles (no larger than 1/4" thick).
3. Put half the squash on a baking sheet. Drizzle with half the oil / fat. Sprinkle with half the rosemary and a pinch of salt. Toss everything until the squash is well coated. Repeat with the other half of the squash.
4. Bake the squash for about 20 minutes or until the edges are browned. Check once during baking, flip the pieces over, and return to the oven.
5. While the squash is baking, make the balsamic vinegar reduction. Pour the vinegar into a small pot, and add the rosemary sprigs. Bring to a boil then turn the heat down medium-low. You want to reduce this by at least half so the vinegar thickens enough to coat the back of a spoon but not so much that it completely sticks to the bottom of the pan (or even worse, starts to burn. Try not to walk away from the stove while you're doing this...I know from experience). Once the vinegar is reduced, discard the rosemary sprigs.
6. After the squash is roasted, serve by drizzling with the balsamic vinegar reduction. A little goes a long way.



# MASHED CAULIFLOWER WITH ROASTED GARLIC

4 ingredients · 1 hour 15 minutes · 4 servings



## Ingredients

- 1 head** Cauliflower (separated into florets)
- 1 bulb** Garlic (whole)
- 2 tsps** Thyme (leaves removed from stem and roughly chopped)
- 1/2 tsp** Sea Salt (to taste)

## Directions

1. Preheat oven to 400 degrees.
2. Slice about 1/4" from the head of garlic and drizzle olive oil over the exposed cloves. Wrap garlic in aluminum foil and roast for 40-50 minutes, until soft. Remove from oven and cool until you can handle it.
3. Meanwhile, set a vegetable steamer into a pot or saucepan with a lid. Add an inch of water to the pot and fill the steamer basket with the cauliflower florets. Cover the pot and bring the water to a boil. Cook cauliflower until very tender (so that when you pierce it with a knife it goes in and comes out easily without catching), about 10 minutes.
4. Transfer cauliflower to a food processor. Squeeze the individual cloves of roasted garlic into the cauliflower. Add the thyme and secure the lid on the food processor. Pulse the cauliflower mixture until there are no lumps and it's smooth like mashed potatoes. This may take a few minutes.
5. Season with salt to taste. Serve.



# BEST-EVER BRUSSELS SPROUTS

5 ingredients · 50 minutes · 4 servings



## Ingredients

- 1 pound** Brussels Sprouts
- 1 tbsp** Maple Syrup
- 4 ozs** Organic Bacon
- 1 tsp** Sea Salt (to taste)
- 2 tbsps** Extra Virgin Olive Oil  
(may also use bacon grease)

## Directions

1. Heat the oven to 375F.
2. Prepare the Brussels sprouts by peeling away the tough outer leaves. Slice the stem off of each sprout and slice each in half lengthwise.
3. Place the halved sprouts in a single layer (not too crowded) on a rimmed baking sheet, in a glass baking dish, or equivalent. Coat with fat (melted if necessary) and sprinkle with salt and pepper to taste. Bake for about 40-45 minutes, until browned and crispy. Halfway through, stir the sprouts.
4. Meanwhile, cook the bacon using your preferred method. You can actually cook it in a single layer on a rimmed baking sheet in the oven while the sprouts are roasting. Depending on the thickness of the bacon it will be ready after 10-20 minutes. Crumble the bacon once it is crispy.
5. Transfer the roasted sprouts to a serving dish and sprinkle with the crumbled bacon and drizzle with the maple syrup to desired level of sweetness. Toss to combine. Dig in and enjoy!

# SAGE, APPLE & SAUSAGE STUFFING

12 ingredients · 1 hour · 8 servings



## Ingredients

- 2 lbs** Lean Ground Pork
- 2 lbs** Lean Ground Pork
- 2 large** Granny Smith Apples (diced)
- 1 medium** Yellow Onion (diced)
- 2 tsps** Ground Sage
- 2 tsps** Dried Thyme
- 1 tsp** Dried Rosemary
- 1 cup** Bone Broth
- 2 tsps** Sea Salt
- 4 cloves** Garlic
- 1 cup** Sweet Potato (Boiled and pureed. I prefer white sweet potatoes for this, but any will work)
- 1 cup** Tiger Nut Flour (divided)

## Directions

1. Preheat oven to 350 degrees. In a large cast iron dutch oven or sauce pan brown your ground pork over medium heat. When the meat is mostly browned and crumbled add in your celery, apples and onion and sauté until slightly softened. Add in your seasonings, bone broth and sweet potatoes and stir until well combined. Gently stir in half of your tiger nut flour. If you are not using a dutch oven transfer into a 6 qt baking dish. Sprinkle the remaining tiger nut flour on top. Bake for 45 minutes to an hour, or until golden brown on top and not too wet. Enjoy.



# "CORNBREAD" STUFFING

13 ingredients · 45 minutes · 9 servings



## Ingredients

- 2 tbsps** Coconut Oil
- 1 medium** Yellow Onion (diced)
- 4 stalks** Celery (chopped)
- 1 tbsp** Parsley (chopped)
- 2 tpsps** Dried Rosemary
- 2 tpsps** Ground Sage
- 2** Granny Smith Apples (chopped)
- 2 tbsps** Dried Unsweetened Cranberries
- 1 1/2 cups** Organic Chicken Broth
- 1 Batch** Of "Cornbread" (See separate recipe to prepare.)

## Directions

1. Preheat the oven to 375 degrees F and prepare a large casserole dish. Set aside.
2. Using a large skillet, melt the coconut oil on medium heat and saute the onion until soft. Mix in the celery and leek and saute until the leeks soften. Stir in the parsley and other seasonings to combine. Set aside.
3. Add the chopped apple, cranberries, and chopped cornbread to a large mixing bowl. Use a mixing spoon to crumble some of the cornbread.
4. Pour the chicken broth little by little into the cornbread mixture, adding more if you prefer a more soggy cornbread. Then stir in the onion, leek and celery mixture. Stir well to combine.
5. Spoon the stuffing mixture into the casserole dish and bake in the oven for 25 minutes or until baked to liking.
6. Top with extra rosemary or other herbs and enjoy!

## Notes

### Recipe Note

This stuffing is best fresh. If you need to make it ahead and reheat it, place it back in the oven for 5-10 minutes.



# FOOL-PROOF TURKEY AND GRAVY

11 ingredients · 3 hours · 12 servings



## Ingredients

- 1 1/2 cups** Sea Salt
- 2 gallons** Water (filtered)
- 1 Whole** Turkey (preferably pasture raised)
- 2 medium** Yellow Onion
- 4 stalks** Celery
- 4** Carrot
- 1 bunch** Fresh Sage
- 1 bunch** Rosemary
- 1 large** Lemon (cut in quarters)
- 4 cloves** Garlic (peeled)
- 1/4 cup** Ghee (melted)

## Directions

1. Dissolve the salt in the water in a large pot over low heat. Once salt is dissolved, place in refrigerator for at least two hours or until completely cold.
2. Rinse turkey, removing neck and giblets and reserving for another use. Place turkey in a large vessel for brining, add liquid, and place in refrigerator (or keep cold with ice - see above) for 8 hours.
3. Remove turkey from brine and rinse thoroughly. Pat dry with paper towels, place on wire
4. Remove turkey from refrigerator about 1 hour before roasting.
6. Cut vegetables into large chunks. Scatter half of the vegetables in the roasting pan and add 1 cup water.
7. Stuff cavity of turkey with remaining vegetables, herbs, lemon, and garlic.
8. Truss with cooking twine and place turkey on roasting rack with the breast side down. Drizzle about half of the coconut oil (or ghee or butter) over the skin of the turkey.
10. Remove turkey from oven. Using wadded up paper towels, carefully rotate the turkey so that it is breast side up.
11. Drizzle with remaining coconut oil (or ghee or butter) and return to oven for 20 minutes
12. Reduce oven temperature to 325 degrees. Use an instant read thermometer to monitor the temperature and remove from oven when turkey thigh has reached 170 degrees. For a 19 pound turkey, this stage took 90 minutes but oven temperatures and other conditions will cause this to vary.
13. Set turkey aside to rest at room temperature for at least 30 minutes, while you make the gravy.
14. Remove vegetables with a slotted spoon and set aside. Separate the fat from the drippings (some fat will remain and get incorporated into the drippings, but if you don't remove at least some of the excess your gravy will be unpalatably greasy).
15. Put vegetables and drippings into a blender (or use an immersion blender) and puree until smooth. Place gravy into a sauce pan and let simmer while you carve the turkey.
16. Adjust seasonings if necessary and adjust thickness by adding more water or broth if necessary. Serve gravy piping hot.

# GARLIC & ROSEMARY BEEF TENDERLOIN

8 ingredients • 1 hour 50 minutes • 6 servings



## Ingredients

**3 pounds** Beef Tenderloin

**1/4 cup** Rosemary (chopped, fresh)

**1 tbsp** Sea Salt (to taste)

**1/4 cup** Extra Virgin Olive Oil (divided)

**4 cups** Mushrooms (any varieties or combination)

**1 cup** Beef Broth

## Directions

1. Preheat oven to 350F.
2. Mix together rosemary and garlic. Add 2 tablespoons of olive oil and stir to combine.
3. In a cast iron skillet, over medium heat, heat 2 tablespoons of olive oil and, once smoking hot, sear all sides of the meat.
4. Remove skillet from heat. Brush the herb-garlic mixture all over the roast.
5. Bring the roast, in the cast iron skillet, to the preheated oven and cook for about 1 to 1.5 hours or until a meat thermometer reads 135F degrees (medium-rare). Let it rest for at least 10 minutes before serving (final temperature should be 145F for medium rare.)
6. While the roast is resting, sauté the mushrooms over medium heat with 2 tablespoons butter until cooked through and no liquid is left in the pan, about 5 minutes. Season with salt to taste.
7. Remove roast from the cast iron skillet and bring the skillet to the stovetop. Add stock to the pan and deglaze the pan, scraping all the bits from the bottom. Allow to simmer until thick.
8. Add the mushrooms to the sauce, stir in the remaining 2 tablespoons of butter and stir until the sauce is silky. Then, place the roast back in the cast iron with the sauce and spoon some of the sauce over the roast.
9. Garnish serving platter with fresh rosemary if desired.



# ROSEMARY & PEAR STUFFED PORK LOIN

7 ingredients • 1 hour 15 minutes • 10 servings



## Ingredients

- 5 lbs** Pork Tenderloin
- 3 Pear** (peeled and diced)
- 1 large** Yellow Onion (diced)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- 1 cup** White Wine (alcohol cooks off so this is autoimmune, but may use vegetable or chicken stock instead)
- 2 tbsps** Sea Salt (to taste)
- 4 sprigs** Rosemary (fresh)

## Directions

1. Preheat oven to 425 degrees. In a medium skillet heat 2 TBS over medium heat. Add your onion to the pan and sauté it over medium heat for about 2-3 minutes or until tender. Add your pears into the skillet and pour in your white wine or stock. Allow it to simmer uncovered for about 10 minutes or until most of the liquid has cooked off. Meanwhile, slice your pork loin down the middle almost to the bottom, but not entirely, and spread the halves apart. Rub the pork down with sea salt. When your pears are done cooking, stuff the inside of the pork with the pears and onion and add in your rosemary. Tie your pork shut with butchers twine or thread in five to six places. Place your pork loin in a glass baking dish that has been coated with 1 TBS of Olive Oil, cover loosely with tin foil and cook for 40-60 minutes or until the internal temperature of the pork reaches 160 degrees. Allow it to sit for 5 minutes before serving.



# GRAIN FREE "CORNBREAD"

11 ingredients · 30 minutes · 9 servings



## Ingredients

- 1 tsp** Coconut Oil  
(for greasing the pan)
- 1 cup** Coconut Flour
- 1/4 cup** Arrowroot Powder
- 2 tbsps** Arrowroot Powder  
(plus 1/4 cup)
- 1/2 tsp** Baking Soda
- 1/4 tsp** Sea Salt
- 3 tbsps** Palm Shortening
- 2 tbsps** Honey
- 1/2 cup** Organic Coconut Milk
- 1 tsp** Apple Cider Vinegar
- 3/4 cup** Water (for gelatin eggs)
- 3 tbsps** Gelatin (for gelatin eggs)

## Directions

1. Preheat the oven to 350 F and line an 8×8" baking pan with parchment paper lightly greased with coconut oil.
2. Combine the coconut flour, arrowroot, baking soda and salt in a large mixing bowl.
3. Stir in the palm shortening and honey until well combined.
4. In a separate bowl, combine the coconut milk and apple cider vinegar. Pour the mixture into the cornbread dough and combine.
5. For the gelatin egg, add the water to a small sauce pot and slowly pour over the gelatin. You don't want any clumps, so lightly mix if needed. Allow the mixture to rest and harden over 2-3 minutes. Place the pot on the stove and turn in on low heat. Slowly melt the gelatin and remove from heat. Vigorously whisk the gelatin egg until it becomes frothy. Add the gelatin egg to the mixture immediately and mix to combine.
6. Spoon the dough into the baking pan and evenly spread with the back of a spoon or a rubber spatula.
7. Bake in the preheated oven for 20 minutes, or until the top is lightly golden brown.
8. Remove from the oven and carefully transfer the bread by moving the parchment paper onto a cooling rack. Allow the bread to cool completely before slicing. The bread needs to set or it will be gummy if you slice it too early.
9. Slice into 9 pieces and enjoy topped with honey, butter/ghee (if tolerated) or jam or use in your favorite holiday stuffing recipe!

# FLUFFY AUTOIMMUNE BISCUITS

7 ingredients · 30 minutes · 8 servings



## Ingredients

**3/4 cup** Coconut Flour

**1 cup** Tapioca Flour (or starch  
depending on brand)

**3/4 tsp** Baking Soda

**3/4 tsp** Sea Salt

**1 tsp** Gelatin (I like the red can from  
Great Lakes)

**1/4 cup** Extra Virgin Olive Oil  
(plus 1 Tbsp.)

**1 cup** Organic Coconut Milk  
(watered down slightly)

## Directions

1. Mix flour, starch, soda, salt and gelatin powder (no blooming in water first). Add the milk, water and oil together and mix into a soft dough. Then roll/pat into balls or a baguette shape, flattening slightly if desired, place on a cookie sheet and bake at 375F until golden and crusty (@10-20mins). They also freeze well if you want to batch cook them. Makes 6 large or 8 small biscuits, or one small baguette.



# AUTOIMMUNE DINNER ROLLS

5 ingredients · 40 minutes · 6 servings



## Ingredients

**1 1/2 cups** Plantain (green, chopped)

**1/4 cup** Extra Virgin Olive Oil

**1/2 tsp** Sea Salt

**1/3 cup** Organic Coconut Milk  
(or substitute with 1/4 cup water  
and 1 tbsp of olive oil))

**1 cup** Cassava Flour

## Directions

1. Preheat oven to 425F.
2. Combine plantain, olive oil, salt and coconut milk in a blender and blend on high for 1-2 minutes, until a completely smooth puree.
3. Invert puree into a mixing bowl. Add cassava our and work into the puree until a sticky dough forms.
4. Divide dough into six and roll each part into a ball (about 2" in diameter). Place on a baking sheet. If desired, cut an 'X' with a sharp knife about 1/4 " deep at the top of each dough ball.
5. Bake for 25 minutes.
6. Remove from oven and let cool at least 5 minutes before serving.
7. Notes: This recipe doubles really well. These rolls are best enjoyed still warm (or cooled to room temperature) on the same day they are baked (like all baked goods make with plantain, they tend to dry out after a day or two). Store any leftovers in an resealable bag plantain, they tend to dry out after a day or two). Store any leftovers in an resealable bag in the fridge or freezer and gently warm to room temperature or "warm roll temperature" before serving.

# PUMPKIN SPICE PIE WITH GINGERSNAP CRUST

10 ingredients · 50 minutes · 8 servings



## Ingredients

**3/4 cup** Arrowroot Powder  
**1/4 tsp** Sea Salt  
**1 1/2 cups** Pitted Dates  
 (soaked in hot water for 5 minutes)  
**2 tbsps** Maple Syrup  
**2 tbsps** Coconut Oil  
**1 1/2 tsps** Ginger (fresh, grated)  
**3 cups** Pureed Pumpkin  
**1/2 cup** Maple Syrup  
**1/4 cup** Coconut Oil  
**2 1/2 tbsps** Gelatin  
**1 1/2 tbsps** Cinnamon  
**1/4 tsp** Ground Cloves  
**1/4 tsp** Sea Salt

## Directions

1. Preheat the oven to 325 degrees F and grease an 8-inch spring-form pan with either lard or coconut oil. Drain the dates, and place the first 6 ingredients in a food processor and process for a minute, until a thick and sticky mixture forms. You may be able to do this in a high-powered blender using the tamper, but be sure to stop to scrape the sides and take breaks because it will be hard on the motor. Don't overmix here -- you want the dates to be slightly chunky and not completely incorporated.
2. Transfer the mixture to the spring-form pan and spread evenly along the bottom with a spatula. Bake in the oven for 18 to 20 minutes, or until a knife comes out clean when gently inserted. Set aside to cool.
3. Combine all of the filling ingredients, cold in a pot. Turn the heat on medium-low, and heat, stirring constantly, for 5 to 10 minutes. The mixture should liquefy and the gelatin should dissolve. If you still have some chunks after 10 minutes, transfer to a blender and blend for a few seconds to incorporate.
4. Pour into the spring-form pan over the gingersnap crust. Place in the refrigerator to set for at least 3 hours. Serve as is or topped with coconut milk whipped cream.
5. Please note: Do not add fresh ginger to the filling ingredients -- it has an enzyme that breaks down the gelatin and will cause the cake not to set properly. This cake freezes well -- if you don't eat it all, don't be afraid to freeze a few slices for later!



# APPLE CRISP

9 ingredients · 55 minutes · 6 servings



## Ingredients

- 7 small** Granny Smith Apples (about 1.5 pounds, peeled, cored and cut into wedges)
- 1 tsp** Cinnamon (or use 1 tsp of autoimmune pumpkin spice blend)
- 1 tbsp** Lemon Juice
- 3/4 cup** Unsweetened Shredded Coconut
- 1/3 cup** Coconut Flour
- 1/3 cup** Coconut Sugar
- 1/4 cup** Coconut Butter (softened)
- 1/4 cup** Coconut Oil (softened)
- 3/4 tsp** Cinnamon (or use 3/4 tsp of autoimmune pumpkin pie spice blend)
- 1/2 tsp** Sea Salt (to taste)

## Directions

1. Preheat oven to 350 degrees Fahrenheit. If necessary, soften your coconut oil and coconut butter by placing the jars in a bowl filled with hot water for several minutes.
2. Peel and core the apples, then slice into about 6-8 wedges per apple. Place wedges in a medium/small baking dish -- I use a vintage dish that's about 2 quarts (it measures almost 11"x9"). If your baking dish is a lot larger, you will need to increase the amount of topping so that all the apples are covered. If it's smaller, either decrease the amount of topping or you may need to increase the cooking time to compensate for a thicker topping layer.
3. Squeeze lemon juice and sprinkle cinnamon on top of the apple wedges and toss with a spoon to coat them evenly.
4. Add coconut shreds, coconut flour, sucanat, cinnamon powder (or pumpkin pie spice blend, if using), and unrefined salt to a mixing bowl and stir to combine evenly.
5. Add coconut butter and coconut oil to the dry ingredients and use the pastry blender to form the dough. Finish the dough with your hands, kneading it gently until it reaches a smooth consistency. It should be moist, yet crumbly. Add additional coconut oil if it feels too dry.
6. Crumble the topping on top of the apple wedges and use your fingers to press it down, forming a crust.
7. Bake at 350F until done, about 30-40 minutes. The topping should be golden brown.
8. Let cool about 5 minutes outside of the oven, then dig in and enjoy! If you have any leftovers, they keep well in the fridge in a covered container for several days. Just reheat for a few minutes in the oven when you're ready to eat them.

# BEST AIP SUGAR COOKIES

7 ingredients • 15 minutes • 10 servings



## Ingredients

- 1 cup** Cassava Flour
- 1 tsp** Baking Soda
- 2 tbsps** Gelatin (I like Great Lakes brand)
- 1/2 cup** Maple Syrup
- 1/2 cup** Ghee (warm, melted. May also use coconut oil.)
- 1 tsp** Vanilla Extract (make sure it is 100% vanilla with nothing added)
- 1 pinch** Sea Salt

## Directions

1. Preheat your oven to 350
2. Combine all dry ingredients in a bowl and stir (including the gelatin).
3. Combine wet ingredients in another bowl, stir to combine and then pour the wet ingredients into the dry bowl.
4. The dough will be too wet to work with at first. Let it sit for approximately 5 minutes to cool.
5. Now take a small handful of dough and roll it into a ball; press it out into a circle onto a parchment lined baking sheet. You could also roll the dough out but I find it is faster with this small batch to just press into circles, about 1/4 of an inch thick. If the edges crack just keep pressing by hand, they seal easily.
6. You can make around 10-12 palm sized cookies with one batch.
7. Bake for 8-10 minutes, they will brown slightly. Remove them from the oven and allow them to cool slightly – then use a thin, flexible spatula to transfer them to continue cooling.
8. Ice and decorate or serve as is.
9. For the frosting/icing: 1/2 cup palm shortening, 1/4 cup full fat coconut milk, 1/4 cup local honey, Optional: Vegetable based food dye. While cookies are baking, mix your frosting by blending together all the ingredients – I used a stick blender to incorporate them thoroughly. Allow cookies to cool slightly before icing.



# PUMPKIN PIE SPICE BLEND

4 ingredients · 5 minutes · 15 servings



## Ingredients

**3 tbsps** Cinnamon (plus 3/4 tsp)

**2 tsps** Ground Ginger

**2 tsps** Ground Mace

**1 3/4 tsps** Ground Cloves

## Directions

1. Add all of the ingredients to a bowl. Blend well. Store in a small, airtight container.

# AUTOIMMUNE HOT CHOCOLATE

5 ingredients · 4 minutes · 2 servings



## Ingredients

- 1 cup** Organic Coconut Milk
- 1 tbsp** Organic Creamed Coconut
- 2 tbsps** Carob Powder
- 2 tbsps** Maple Syrup
- 2 tbsps** Collagen Powder

## Directions

1. Add coconut milk to a small sauce pan and begin to heat on med/low heat for about 4 minutes.
2. Add in coconut cream and whisk until combined and melted.
3. Stir in carob powder, collagen, and maple sugar and whisk vigorously until there are not more clumps.
4. Top with extra coconut cream if desired, and enjoy!



# AUTOIMMUNE PUMPKIN SPICE LATTE

9 ingredients · 5 minutes · 2 servings



## Ingredients

- 1 cup** Dandelion Root Tea (brewed)
- 1 cup** Organic Coconut Milk
- 1 tbsp** Maple Syrup (optional)
- 3 tbsps** Pureed Pumpkin
- 1/4 tsp** Vanilla Extract (alcohol free)
- 1/2 tsp** Cinnamon
- 1/4 tsp** Ground Ginger
- 1/8 tsp** Ground Cloves
- 1/8 tsp** Ground Mace

## Directions

1. Whisk all ingredients together in a sauce pan over medium heat until heated through. (Note that you can use 1 tsp. of the autoimmune pumpkin pie spice blend instead of the individual spices listed.) Blend in high-speed blender until frothy and top with additional cinnamon if desired. Enjoy!

# CROCK-POT APPLE CIDER

8 ingredients · 2 hours · 10 servings



## Ingredients

**7 cups** Unsweetened Apple Juice (unfiltered)

**2 cups** Unsweetened Cranberry Juice

**1 Navel** Orange (sliced)

**20 Whole** Cloves

**1 tsp** Ground Allspice (optional. May use 1 tsp of autoimmune pumpkin pie spice blend.)

**1 tsp** Vanilla Extract (optional. Choose alcohol free if using.)

**2** Cinnamon Stick

**1 tbsp** Honey (optional, to taste)

## Directions

1. In your crock-pot or slow cooker, combine your apple juice, cranberry juice, and sliced orange. In a tea ball, a piece of cheese cloth or piece of dish towel wrap up your cloves and allspice (or pumpkin pie spice) and secure. Place it in the slow cooker. Add in your cinnamon sticks, vanilla, and, if desired, sweeten to taste with honey. Heat on high for 2 hours and serve.

# EGG-LESS NOG

8 ingredients · 10 minutes · 4 servings



## Ingredients

- 1/2 cup** Pureed Pumpkin
- 2 1/2 cups** Organic Coconut Milk
- 1/2 tsp** Vanilla Extract (alcohol free)
- 1/4 tsp** Cinnamon
- 1 tbsp** Maple Syrup
- 1 pinch** Sea Salt
- 1 pinch** Ground Mace
- 1/2 tsp** Gelatin

## Directions

1. Put the first six ingredients into a medium pan and heat to just below simmering.
2. Remove from the heat and sprinkle in the gelatin, whisking thoroughly until melted and the liquid is frothy. Allow to cool slightly. The gelatin will not set the drink; it is there to thicken it slightly.
3. Pour into 4 glasses, let cool and then refrigerate until needed. Add a sprinkling of mace before serving.



# HOLIDAY "SANGRIA" PUNCH

10 ingredients • 15 minutes • 10 servings



## Ingredients

- 2 lbs** Pomegranate Juice (chilled)
- 2 lbs** Cranberry Kombucha (chilled)
- 1 cup** Orange Juice
- 1 tbsp** Apple Cider Vinegar
- 12 ozs** Cranberries (fresh)
- 2 Pear** (washed and diced)
- 1** Lemon (sliced)
- 1 tbsp** Orange Zest (zest of half an orange)
- 1/8 tsp** Cinnamon
- 1 2/3 quarts** Sparkling Water (chilled)

## Directions

1. In a large punch bowl, stir together the pomegranate juice, kombucha, orange juice, and apple cider vinegar. Add the cranberries, pears, lemon, orange zest and cinnamon and stir to combine. Stir in sparkling mineral water and serve cold. If making ahead, cover the punch and keep in the refrigerator for up to 4 hours and only add the sparkling mineral water right before serving.