

DR. KAT'S TABLE

THANKSGIVING RECIPES FROM A
MOSLTY HOLISTIC MAMA



GIVE THANKS

Here's what we usually serve for Thanksgiving. This keeps it simple, stress-free, and healthy.



SHRIMP COCKTAIL

- Simple Homemade Cocktail Sauce:
- Mix sugar-free ketchup with pure horseradish sauce. Mix to taste.
- Serve wild-caught shrimp with cocktail sauce for dipping and a few lemon or lime wedges.

CHEESE PLATTER

Grab a variety of:

- gluten-free crackers, dairy-free cheeses and some high quality, gluten-free deli meats.
- Arrange on a platter with some fresh fruit.



SWEET POTATO SOUFFLÉ

- Mash 3-4 lbs peeled & boiled sweet potatoes wile warm with: juice of half an orange, tsp cinnamon, tbsp coconut oil, tsp vanilla, maple syrup to taste, and one egg yolk.
- Whip 3 egg whites until stiff and fold into sweet potato mixture. Spoon into baking dish and bake at 400 degrees for 15 minutes. Top with marshmallows and bake 5 min. more.

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Please keep in mind that I usually just eyeball instead of measure. So don't be afraid to play around and get creative.



SIMPLE STUFFING

- Toast about 8 cups of gluten-free bread. Pull apart.
- Meanwhile, sauté chopped celery, onions, sage, thyme, and rosemary until tender and fragrant.
- Mix bread with 3 cups bone broth and fresh parsley. Bake for 35 min. at 350 degrees.

BRUSSELS SPROUTS

- Sauté shredded brussels sprouts in olive oil, avocado oil, or bacon fat.
- Top with snippets of high quality bacon and a squeeze of lemon juice.



TURKEY

- Look for an organic, free-range or pasture raised turkey. Heritage birds have stronger immune systems and are more likely to be raised outdoors in nature.
- Don't forget to save the bones to make broth later.

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GRAVY

- Simply use the drippings from the turkey and mix with a little bit of arrowroot powder or make a roux with gluten-free flour and ghee, vegan butter, or coconut oil.
- Not cooking the turkey? Try bone broth in a pinch in place of turkey drippings.

GREEN BEANS ALMONDINE

- Blanch 1lb of green beans in salted water for 7 min.
- Meanwhile, sauté 1 minced garlic clove, 2 shallots, and 1/4 cup sliced almonds in olive oil.
- Add green beans into the pan and toss to coat.
- Cook for just another minute more before serving.



APPLE CRISP

- Mix 1 cup GF oats, some cinnamon, nutmeg, 1/8 cup coconut oil, and 1/4 cup maple syrup.
- In a separate bowl mix 5 cups chopped and peeled apples, 1/8 cup maple syrup, a squeeze of lemon juice, 1 tbsp cornstarch, some cinnamon and nutmeg. Pour into baking dish and top with the oat mixture. Bake 350 degrees for 40 minutes.



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