

InnerGeniusHealth.com

Healthy Hedonism *Holiday Recipes*



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Paleo Thanksgiving Turkey with Fresh Herb Rub

The Ingredients

- 10 lb fresh turkey
- 2 ribs celery, cut in chunks
- 2 large carrots, cut in chunks
- 1 medium onion , roughly chopped
- 2 bay leaves
- 1 sprig thyme

Herb crust:

- 1 bunch rosemary , fresh, finely chopped
- 1 bunch thyme, fresh, finely chopped
- 1 bunch sage, fresh, finely chopped
- ½ cup olive oil, or, coconut or avocado oil
- 1 tbsp kosher salt

Instructions

- Finely chop the rosemary, sage, thyme. Then add the herbs, salt, and oil together in a small bowl and rub it all over the skin of the fresh turkey.
- Add the onions, carrots, celery, and bay leaves in a large roasting pan.
- Put the turkey on top of the vegetables and refrigerate overnight if you have time, this will help the skin dry out and become nice and crispy.
- Preheat your oven to 450 degrees F. Cook time is about 17 minutes per pound.
- Put 1 cup of water into the bottom of the roasting pan. Roast the turkey in the preheated oven until the skin becomes brown, about 40 minutes.
- Reduce the oven temperature to 350F for the rest of the cooking time.
- Baste the turkey every 30 minutes with the pan juices, add a little more water to the roasting pan, if needed.
- Once it has browned you can loosely tent the turkey with foil to prevent it from getting too dark and drying out.
- Remove the turkey from the oven when an instant-read thermometer inserted in the thickest part of the turkey registers 160F. Make sure that the thermometer is not touching a bone when doing the reading.
- When the turkey is fully cooked remove it from the oven and let it rest for at least 30 minutes. Cover loosely with aluminum foil while it's resting.

Note from Sheena Strain of Noshtastic:

"Do I really need to brine my paleo Thanksgiving turkey?"

There are two types of brining, wet brining and dry brining with a seasoned salt rub.

There are as many opinions on whether to brine your turkey as there are recipes for Turkey Brine on the Internet, it's quite a controversial topic!

I tend to fall in line with Kenji Lopez on this one. He tested multiple pieces of chicken in various solutions of brine, water, and other flavor solutions to see if it impacted both the taste and texture of the cooked chicken breasts.

At the end of the day, he decided brining turkey was a waste of time because it simply diluted the flavor of the meat, even if in some cases it arguably improved the texture.

He did say that if you still insist on brining a turkey, that a dry brine was the best option in terms of taste and texture."

From Noshtastic: <https://www.noshtastic.com/paleo-thanksgiving-turkey/>



Quick Gluten Free Turkey Gravy

The Ingredients

- 2 cups turkey drippings and reserved juices from the roasting pan
- 2 tbsp sweet rice flour
- 1/2 cup water
- Kosher salt, to taste
- Ground black pepper, to taste

Instructions

- Gather the ingredients.
- When the roasted turkey is done cooking, pour pan juices into a 2 cup measuring cup or bowl.
- Use a spatula to scrape the flavorful pan drippings into the cup or bowl.
- When fat rises to the top of the cup, skim off 1/4 cup of fat and pour in a medium skillet or saucepan. Discard any remaining fat.
- Mix the rice flour with water. Stir until smooth and dissolved.
- Add remaining pan juices to the fat in the skillet.
- Whisk dissolved rice flour mixture into the pan and cook over medium heat while continuing to whisk for about 5 minutes; until thickened.
- Add salt and pepper to taste.
- Serve and enjoy!

From The Spruce Eats: <https://www.thespruceeats.com/quick-gluten-free-turkey-gravy-1451448>



Garlic Orange Herb Turkey

The Ingredients

- 10 lb whole turkey, rinsed and patted dry
- 3 tbsp fresh sage, chopped
- 2 tbsp fresh rosemary, chopped
- 2 tbsp fresh thyme, chopped
- 3 tbsp fresh garlic, minced
- 1 tsp paprika
- 2 tbsp orange zest
- 2 tbsp extra virgin olive oil
- Freshly ground black pepper
- 2 oranges, cut into wedges
- 1 yellow onion, quartered
- 5 whole garlic cloves
- 5 fresh rosemary stalks
- 5 fresh sage stalks
- 8 fresh thyme stalks
- 3 cups fresh-squeezed orange juice
- 4 cups high quality turkey or chicken bone broth, homemade or store bought



Instructions

- Start by creating the rub: Mix the sage, rosemary, thyme, garlic, paprika, orange zest, and extra virgin olive oil in a small bowl to create a paste. Rub the paste over the turkey, including under the skin. Season generously with black pepper. Cover and refrigerate for at least 2 hours, preferably overnight.
- When ready to cook, preheat the oven to 350°F. Line a large roasting pan with foil or parchment paper and place a rack on top. Remove the turkey from the refrigerator and place it on the prepared rack.
- Lightly toss together the orange wedges, onion quarters, whole garlic cloves, and fresh herbs. Stuff inside the turkey cavity, and arrange the extra around the turkey in a roasting pan. Tie the legs together with string and tuck the wing tips under the body of the turkey.
- In a separate bowl or pitcher, combine orange juice and broth. Pour into the pan just until it touches the bottom of the turkey. Cover with foil.
- Roast for three hours, or until the internal temperature reaches 165°F. After the first hour of roasting, baste the turkey every 30 minutes.
- Remove the turkey from the oven and transfer it to a carving board. Let stand at least 20 minutes before carving and serving.

Adapted from The Paleo Diet: <https://thepaleodiet.com/garlic-orange-herb-turkey>



Gluten Free Stuffing

The Ingredients

- 16-ounce loaf gluten-free bread, cut into small cubes (about 12 cups). See suggestions below.
- 1/3 cup grass-fed ghee, divided
- 1 medium onion, diced (about 1 cup)
- 3 stalks celery, diced (about 1 cup)
- 2 cloves garlic, minced (about 1 tablespoon)
- 1/2 tsp dried rubbed sage, or 2 teaspoons fresh minced sage
- 1 tsp dried thyme, or 2 teaspoons fresh minced thyme
- 1/2 tsp salt
- 1/8 tsp ground black pepper
- 2 large eggs
- 2 cups high-quality turkey or chicken bone broth (such as Bonafide brand in the freezer section of most health food stores)

Note: Boxed “bone broth” is usually too watered down to be beneficial.



Gluten-free bread suggestions:



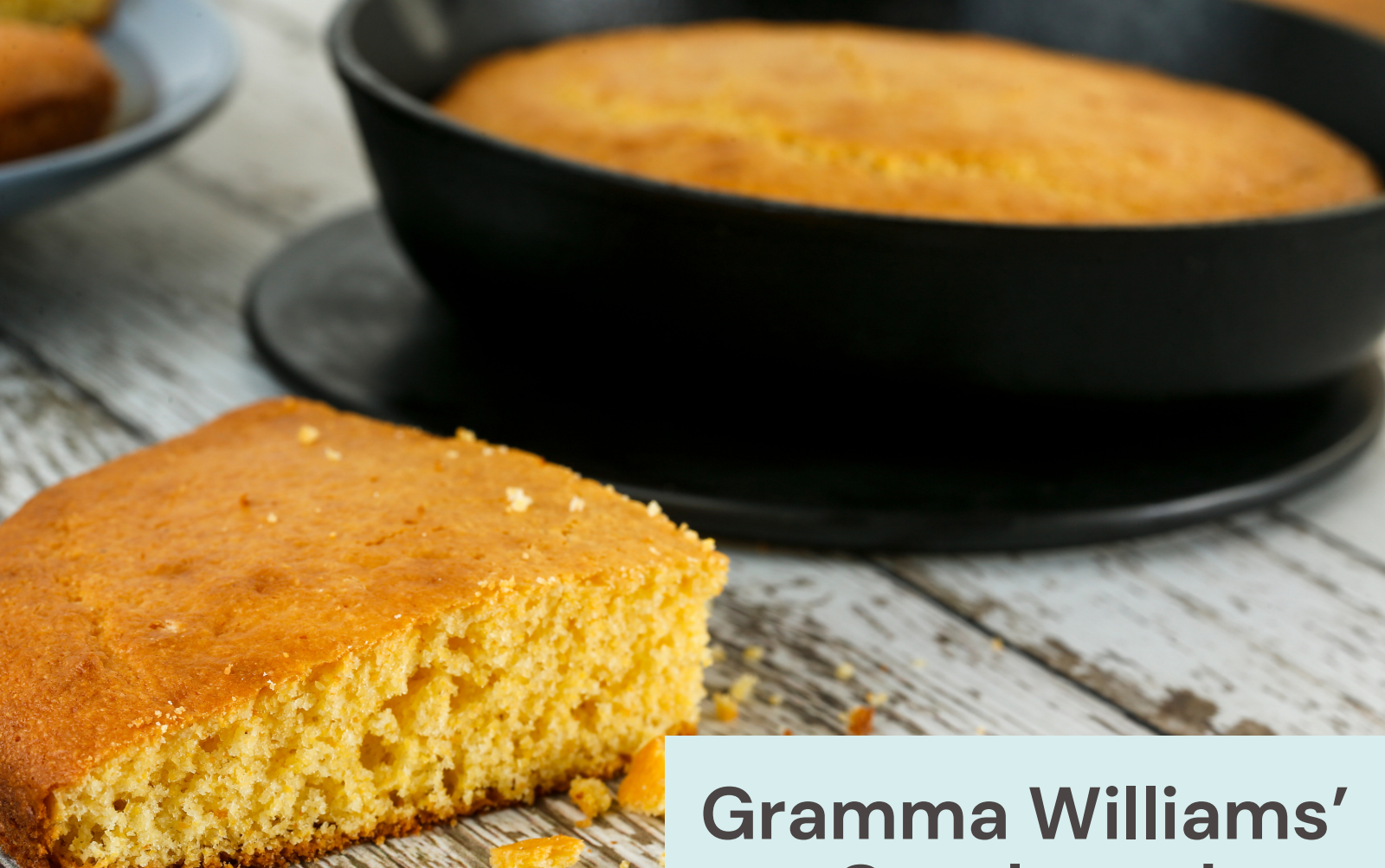
- Simple Kneads sourdough or quinoa bread instead of gluten bread (must be ordered ahead from their website:
<https://www.simplekneads.com/>)
- Base Culture Keto Bread (also Gluten-Free and Paleo) – sold frozen at most well-stocked health food stores)
- Make and use Gramma’s Corn Bread (see recipe)

Instructions

- Gather the ingredients. Preheat the oven to 300 F.
- Place cubed bread onto a large, parchment-lined baking sheet and bake in the oven for 20 minutes or until dry to the touch. (Alternately, you can dry out the cubed bread on a baking sheet overnight.)
- While the bread is drying, heat 2 tablespoons grass-fed ghee in a large saucepan over medium heat until melted. Add the onion, celery, garlic, sage, thyme, salt, and pepper; stir well to combine. Cook for 10 minutes or until the ingredients are softened. Add the remaining grass-fed ghee and stir until melted; remove from heat and set aside.
- Increase the oven to 375 F. Whisk together the eggs and turkey or chicken stock in a small bowl. In a large mixing bowl, combine the dried bread with the vegetable mixture, then add the egg-stock mixture. Stir with a large spatula until the bread is coated and everything is thoroughly combined.
- Transfer the stuffing to a greased 9-x 13-inch baking dish and spread into an even layer. Bake, covered with foil, for 25 minutes.
- Remove the foil and continue to bake the stuffing for 10 to 20 minutes until crisped and browned across the top. Serve warm and enjoy.

Adapted from The Spruce Eats:

<https://www.thespruceeats.com/gluten-free-stuffing-5194167>



Gramma Williams' Cornbread

Extra Corny, Sweet and Moist Version

The Ingredients

- 2 cups + 1 tbsp cornmeal
- 3 tsp baking powder
- ½ - ¾ tsp salt
- 1 cups coconut milk
- ½ cups + 1 tbsp ghee or unrefined coconut oil
- 3 eggs
- 1 cup fresh corn to puree, 1 cup fresh corn kernels to add whole

Instructions

- Puree salt, milk of choice, 1 cup fresh corn kernels, and ¼ cup ghee or unrefined coconut oil in a blender to form a puree.
- Mix into a bowl with 2 cups cornmeal and baking powder to form a batter.
- Stir in whole corn kernels.
- Melt 1 tbsp butter on the stove in cast iron skillet and run over sides (or melt to coat baking dish).
- Pour 1 tbsp cornmeal on the bottom to prevent sticking. Pour in batter.
- Bake at 400 degrees for 15-20 minutes until inserted knife comes out clean. (You may also use a glass or ceramic baking dish)



Tropical Cranberry Sauce

The Ingredients

- 1 lb fresh or frozen whole cranberries
- 1 medium pineapple, cubed (if pineapple is not available where you live, you can substitute diced red apple, about 4 cups)
- 1/3 teaspoon ground cloves, or to taste
- A pinch or two of high mineral salt (to taste), such as high quality true Hawaiian, Himalayan, Celtic, or Real Salt
- Optional (for taste, texture, good looks, and nutritional variety): 1 dragon fruit, cubed (red inside is gorgeous, but any color will do)
- Optional (if you want it sweeter): 2 oranges, 1 juiced & 1 cut into bite-size pieces with the seeds removed
- Optional (this is a better option than the oranges for diabetics and folks with weight issues or chronic illness): pure liquid stevia to taste, like sweet leaf brand (in glycerine or water-no weird stuff)

Instructions

- Cook cloves, salt, and all fruit, except dragonfruit (if adding), on the stove at medium-high heat for about 20 minutes.
- Once the cranberries break down and the sauce turns red, add the dragon fruit and cook until warm and soft.
- Taste and adjust seasoning if needed.
- Add any desired stevia at this point (start with just a few drops if you are not used to using it, as too much can make it turn bitter).
- Enjoy warm or cold!

<https://innergeniushealth.com/whats-so-seductive-about-this-tropical-cranberry-sauce/>



Paleo Cran-Cherry Sauce

The Ingredients

- 6 ounces frozen cranberries
- 6 ounces frozen sweet cherries
- $\frac{3}{4}$ cup fresh-squeezed orange juice
- $\frac{1}{2}$ tsp minced ginger
- Pinch of salt
- (Optional) 1 to 2 tablespoons honey

Instructions

- Measure out the cranberries and cherries and place them in a saucepan. (No kitchen scale? Just use half a 12-ounce bag of cranberries and measure out an equal amount of frozen cherries. Easy peasy.)
- Pour in the orange juice, minced ginger, and a pinch of salt.
- Bring the contents of the pan to a boil over high heat, and then reduce the heat to maintain a simmer. Cook the sauce for 8 to 10 minutes or until it's thickened and the fruit has broken down.
- Taste for sweetness and add honey if needed. Cool to room temperature and serve with your Turkey Day dinner—or better yet, make it up to 5 days in advance and keep it in a tightly sealed container in the fridge

Adapted from Non Nom Paleo:

<https://nomnompaleo.com/post/66981815680/paleo-cran-cherry-sauce>



Roasted Brussels Sprouts

The Ingredients

- 1½ pounds Brussels sprouts
- 2 tbsp melted ghee avocado oil, extra virgin olive oil, or fat of choice
- Kosher salt
- Freshly ground black pepper
- 4 paleo sugar-free pork or turkey bacon slices (omit if vegan or vegetarian)
- 1 tbsp aged balsamic vinegar

Optional garnishes at the end (your call which ones you use):

- 1/2 cup toasted sprouted pecans (<https://pecanshop.com/>)
- 1/3 cup dried mulberries or chopped dried figs
- Seeds from half of a pomegranate

Instructions

- Preheat your oven to 400°F with the rack in the middle.
- Trim the ends and any old outer leaves from the Brussels sprouts.
- Cut the sprouts in half and toss them with melted fat of choice, salt, and pepper.
- Dump the sprouts on a foil- or parchment-lined rimmed baking sheet, making sure to keep everything in one layer.
- Sprinkle the diced bacon over everything and pop the tray in the oven.
- The sprouts take about 30 to 35 minutes to roast, so set your timer for 10-minute intervals to regularly rotate and flip the sprouts in swine. The dish is done when the Brussels sprouts are tender and browned and the bacon bits are crispy.
- Check for seasoning and drizzle some of the aged balsamic vinegar on the finished dish. Add any of the optional garnishes you desire and toss before serving.

Air Fryer instructions

- Trim the ends and any old outer leaves from the Brussels sprouts.
- Cut the sprouts in half and toss them with melted fat of choice, salt, and pepper.
- Place half the seasoned Brussels sprouts and half the bacon in your air fryer basket. Air fry at 400°F for 12 to 15 minutes, tossing the contents at the halfway point. The sprouts and bacon bits should be brown and crispy when done.
- Repeat step 2 with the remaining brussels sprouts and bacon.
- Check for seasoning and drizzle some of the aged balsamic vinegar on the finished dish. Add any of the optional garnishes you desire and toss before serving.

Adapted from Non Nom Paleo:

<https://nomnompaleo.com/post/1670459416/roasted-brussels-sprouts-and-bacon>



Garlic Cauliflower Mash

The Ingredients

- 1 large cauliflower ~3 pounds
- 5 large garlic cloves peeled and sliced
- Kosher salt
- $\frac{1}{4}$ tsp freshly ground nutmeg
- $\frac{1}{4}$ tsp freshly ground black pepper and more to taste
- 2 tbsp ghee olive oil, avocado oil, or fat of choice

Instructions

Note: This is the stovetop version. See the original recipe link for the Instant Pot version.

- Start by filling a large (6-quart) stockpot with an inch or two of water. Put the pot on a burner set on high, dump in a steamer insert, and put on the lid.
- While the water heats up, wash and trim a large head of cauliflower and cut up the florets, and stem into pieces of roughly the same size. Don't worry about how everything looks because it'll get pulverized later in the food processor.
- Once the water in the pot is boiling, throw in the stems, half of the florets, and all of the garlic. Salt everything liberally.
- Then, toss in the rest of the cauliflower, season with more salt, replace the lid, and steam everything until soft (~10 minutes). You won't overcook it – trust me.
- Once the florets are done cooking, transfer everything into a food processor.
- Add the ground nutmeg, freshly ground black pepper, and the ghee or avocado oil/extra virgin olive oil (for vegan version).
- Process until smooth. (Yes, an immersion blender also works but your mash may not come out as smooth.) Taste and adjust for seasoning. Serve your “mashed potatoes” immediately or store them in a covered bowl in the fridge.

From Non Nom Paleo:

<https://nomnompaleo.com/post/1356203768/garlic-cauliflower-mashed-potatoes>



Green Beans with Lemon and Garlic

The Ingredients

- 1 tbsp extra virgin olive oil or grass-fed ghee (or fat of choice)
- 1 tbsp lemon juice
- 4 garlic cloves minced
- 1 tsp high mineral sea salt
- ¼ tsp Freshly ground black pepper
- 1 lb French green beans (haricots verts) or regular green beans
- (Optional) 1 lemon cut into wedges

Instructions

- Heat the oven to 425°F convection or 450°F non-convection with the rack in the middle.
- In a large bowl, whisk together olive oil, lemon juice, garlic, salt, and pepper.
- Add the green beans and toss well to coat.
- Arrange the green beans in a single layer on a rimmed baking sheet. (You can line the baking sheet with foil or parchment paper, but I like the char you get when roasting on a naked pan.)
- Pop the green beans in the oven and roast for 10–15 min if you have the thinner green beans, and 15–20 min if you have the thicker green beans, flipping every 5 minutes to ensure even browning. The green beans are ready when they are tender and charred in some parts.
- Serve the roasted green beans with lemon wedges because a squeeze of tart juice will add extra zing to these roasted green beans!

Adapted from Nom Nom Paleo: <https://nomnompaleo.com/roasted-green-beans-with-lemon-and-garlic>

Grandma's Holiday Layered Salad

The Ingredients

- 1 1/2 cup chopped or shaved red cabbage (or grated beets)
- 2 cups lettuce of choice, torn into bite-size pieces
- 1 cup celery, thinly sliced (about 4 large stalks)
- 1 packaged cooked and drained English peas
- 1 1/2 cups grated carrots
- 1 1/2 cups yellow squash, quartered lengthwise and thinly sliced (about 2 medium squash)
- 1/2 cup thinly sliced green onions (alternative: red onion or mix both)
- Primal Kitchen mayonnaise to cover, about 3/4 cup or more (Optional: Sweeten mayo by whisking in about 1 teaspoon raw local honey)
- Optional Garnish: 1/2 cup grated goat cheddar or cheese of choice
- Garnish: 5-6 slices cooked crumbled Paleo bacon (turkey or pork)

Instructions

Vegetarians and vegans can use toasted pecans instead of bacon. Vegans will need to use Vegenaïse instead of mayo.

This is a family-sized salad that serves 8-10. Feel free to scale it down.

My Gramma, Alta Williams, was my mom's mom. Even though she passed in 2008, I still love her with all my heart. She made this pretty rainbow-colored layered salad every Thanksgiving and Christmas. She had a deep clear glass salad bowl that showed it off perfectly. Of course, you can make it in any deep bowl and enjoy the colors when you dig in.

- Assemble your salad in the order above, with the cabbage or beets on the bottom and building up from there. Top with enough Primal Kitchen mayonnaise to cover (optional: sweeten first by whisking in a teaspoon of wild local honey). Cover and refrigerate.
- When ready to serve, garnish with optional shredded goat cheddar and then crumbled paleo bacon (turkey or pork) on top.
- Vegans, or anyone, can garnish with toasted pecans upon serving.

PS: My grandparents had a big beautiful pecan tree in their backyard and grew the yellow squash she used in the salad.



Sweet Potato Casserole with Pecan Topping

The Ingredients

For the Potato Filling:

- 1 tbsp ghee, for greasing the casserole dish
- 3 cups mashed sweet potatoes, cooled
- 1/4 cup coconut sugar
- 1/2 cup full fat coconut milk
- 1/2 cup ghee, melted
- 2 large eggs, lightly beaten
- 1 tsp vanilla extract

For the Pecan Topping:

- 1 cup chopped pecans
- 1/2 cup brown sugar, packed
- 1/3 cup gluten-free flour, such as cassava flour, gluten-free oat flour or Bob's Red Mill 1:1 Gluten Free Flour
- 1/4 cup ghee, melted

Instructions

- Gather the ingredients.
- Preheat the oven to 350 F. Spread ghee on a 2-quart casserole or baking dish.
- In a large bowl, combine the mashed sweet potatoes with the coconut sugar, coconut milk, melted ghee, eggs, and vanilla extract. Mix thoroughly and spoon the mixture into the prepared baking dish.
- In a different bowl, combine the topping ingredients: chopped pecans, coconut sugar, flour, and melted ghee. Mix to combine.
- Sprinkle the pecan topping mixture over the top of the sweet potato filling.
- Bake the casserole for 35 to 45 minutes, until the filling is hot, does not jiggle when you shake the dish, and the topping has browned. If the casserole browns too quickly, tent with foil.

Adapted from The Spruce Eats:

<https://www.thespruceeats.com/sweet-potato-casserole-with-pecan-topping-3060932>



Pumpkin Pie

The Ingredients

- 1 pie crust recipe
- 2 cups pumpkin (or other winter squash) pureé, or 1 15 oz can pumpkin pureé
- 3 eggs
- 1/3 cup organic cane sugar, maple sugar, or raw honey, coconut sugar, date sugar, or maple sweetener
- 1 generous tablespoon freshly grated ginger
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon sea salt
- 1/4 teaspoon cloves
- 1/4 teaspoon nutmeg
- Zest of 1, lemon (washed, preferably organic)
- 1 cup full fat coconut milk
- (Optional) 2 tablespoons brandy or Cointreau

Instructions

- Combine all of the ingredients in a large bowl, and whisk until well blended.
- Pour into a pie crust and bake at 350°F for 45–55 minutes.
- You will know it's done when the middle doesn't jiggle more than jello.

I love this blogger's adaptation of the one from Nourishing Traditions by Sally Fallon. This is an adaptation of her adaptation.

<https://andhereweare.net/nourishing-pumpkin-pie/>



Oat Flour Gluten Free Crust

Nuts Optional

The Ingredients

- 1½ cups oat flour (gluten-free if with sensitivity)
- ½ cup extra virgin (unrefined) coconut oil or ghee from pasture butter
- 1 egg
- 3 tbsp filtered water
- Sweet pies only: 15-20 drops stevia
- ¼ tsp high mineral salt (or to taste)
- Optional: 1 cup your choice of unsweetened shredded coconut, sprouted pecans, or walnuts (if using nuts, pulse chop until crumbly but not goopy like nut butter)

Instructions

- Do not preheat the oven yet!!! Oat flour dough will usually lose its shape and slide down the edges of the pie dish into a puddle if you put it in a hot oven. Trust us, we learned this the hard way!
- Food process (pulse is better) first 6 ingredients, mixing thoroughly but careful not to over mix. You may now stir in the nuts if using. The resulting dough will be mighty pasty, so don't think you did it wrong. It will firm up a little as the oat flour absorbs the liquid, so you can wait a few minutes if you want it to be a little easier to work with (not necessary, though).
- Using a rubber spatula, scrape the dough into a pie plate, and using your clean hands, pat it into place, making sure to cover the surface evenly.
- This recipe makes one crust if not using the nuts (yields a little extra) and makes 2 if you use the nuts. You can freeze any extra.
- Place pie plate with crust in the freezer or fridge and let harden for a few minutes (not absolutely necessary but helps pie hold its shape).
- Note: some recipes, such as pumpkin pie, do not require you to pre-bake the crust, so please double-check your recipe.
- Now preheat the oven to 350 and bake for 15 minutes from the time your oven reaches 350, about 20–25 minutes total, depending on your oven. Once baked, remove immediately.
- Note: This crust doesn't get too golden and if it bakes too long, it starts to dry out and crumble. You can still fill it if this happens, but do keep an eye on the time and texture. The dough should not be raw, either.
- Fill to your liking and enjoy!

<https://innergeniushealth.com/oat-flour-gluten-free-crust-nuts-optional/>



Whipped Coconut Cream

The Ingredients

- 1 can of full-fat coconut milk (look for BPA free cans), refrigerated overnight (do not freeze)
- 1 tablespoon pure vanilla extract, or to taste
- 5-10 drops of pure liquid stevia or 1 teaspoon of raw local honey, or to taste
- Pinch of high-quality sea salt, or to taste

Instructions

- Put your metal mixing bowl in the freezer for at least 30 minutes before starting.
- Open the chilled can of coconut milk and carefully separate the solid fatty cream part from the watery part. Discard the water, drink it or put it in a smoothie.
- Scoop all of the coconut cream into the cold metal bowl, and whip with a hand mixer (or you can use a standing mixer) until you start to have peaks. This takes about 7–8 minutes. Be careful not to overwhip, because it can start to collapse again or turn into butter. Coconut whipped cream will not fluff or stiffen quite as much as dairy whipped cream, but will thicken and take on the texture of more conventional whipped cream after it chills in the fridge for a little while.
- Using a spatula or the hand mixer, gently fold in the vanilla, salt, and sweetener until thoroughly blended. Put in the refrigerator until ready to serve.

<https://innergeniushealth.com/coconut-whipped-cream-wont-believe-not-dairy/>