

# **{Grain-Free} Thanksgiving Stuffing**

**with steps for adding eggs and almond flour, if desired**

Recipe by Amy Konkoly, M.S., C.H.H.C.

Serves: 4-6 as a side dish



## **Ingredients:**

1/2 lb breakfast sausage  
2 cups diced onion (approximately 1 1/2 onion)  
1 1/2 cups diced celery (approximately 2 stalks of celery)  
1 cup cauliflower, chopped  
1 apple, cored and diced  
2 TBSP raisins or dried cranberries  
1- 2 TBSP chopped fresh herbs (for a true stuffing flavor, I recommend sage, rosemary, marjoram, thyme -- you can purchase the fresh herbs in a single package in the produce aisle labeled "poultry seasoning" -- finely chop these assorted herbs)  
sea salt, to taste  
pepper, to taste  
Optional: 2 eggs, whisked AND 1/2 cup almond flour

## **Method:**

1. Cook sausage over medium heat until beginning to change color.
2. Add onions, celery and cauliflower and continue cooking, stirring occasionally until no pink remains in sausage and onions are translucent.
3. Add apples, dry fruit and saute an additional 3-5 minutes. Taste for cauliflower to be fork tender. Stir in finely chopped fresh herbs. Remove from heat.
4. Add salt and pepper and stir.
5. Garnish with LOVE and serve.

If eggs and almonds are allowed on your diet protocol, Here is an addition to make it a baked Thanksgiving Stuffing...  
After Step 4 (salt and pepper) above, stir in 1/2 cup almond flour and 2 eggs (whisked). Transfer mixture in a greased oven-safe casserole. Bake at 350 degrees until eggs are set, approximately 30 minutes.