

# HOLIDAY RECIPES

*for the allergy conscious*

*Tricia Poderstrom*



Holiday Recipes for the Allergy Conscious  
by Tricia Soderstrom

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Finding recipes that are healthy, allergy conscious, and delicious isn't easy. There are so many recipes with complicated ingredients and difficult instructions. Some are time-consuming and don't turn out as promised.

I love having a traditional turkey dinner and so I took my regular, well-loved, traditional recipes and made a few changes in order to keep the same great taste but accommodate the allergies in our home.

These recipes are ones that I have personally made and have found to be easy and delicious.

As with any recipe, if you're allergic to an ingredient that I use, find a substitution.

I hope you enjoy these recipes as much as we do.



*Tricia Soderstrom*

# Recipe for

## Holiday Turkey

NAME OF DISH

FROM THE KITCHEN OF

Tricia Soderstrom

INGREDIENTS

1 Free Range Turkey  
Avocado Oil  
Salt & Pepper to Taste  
Fresh Herbs: Sage,  
Rosemary & Thyme  
Meat Thermometer

SERVES 8-18

PREP TIME 10 Minutes

TOTAL TIME See Instructions  
for your Turkey

OVEN TEMP 325°F

DIRECTIONS

Remove turkey from the packaging. Remove gizzards and turkey neck from the inside of the turkey. Spray or rub a roasting pan with avocado oil. Place the turkey in the roasting pan. Drizzle Avocado or Olive Oil over the turkey. Sprinkle salt and pepper on top and bottom of the turkey. Place the aromatic herbs inside and on top of the turkey and if you prefer, surround the turkey with cut up onions, carrots, and celery. You can also fill your turkey cavity with stuffing.

Bake your turkey according to package instructions. Baste your turkey every hour and bake until the internal temperature reaches 165°F.

Remove from the oven, cover with aluminum foil and let sit for at least 30 minutes before carving.



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# Recipe for

## Turkey Gravy

NAME OF DISH

FROM THE KITCHEN OF

Tricia Soderstrom

SERVES 8-10

PREP TIME 30 Minutes

TOTAL TIME 30 Minutes

OVEN TEMP

DIRECTIONS

INGREDIENTS

Turkey Meat Juices from Pan  
1/4 Cup Namaste Perfect  
Flour Blend or your choice of 1  
to 1 Gluten Free Flour Blend  
2 Cups of Water or Broth

Remove turkey from the roasting pan, leaving all the meat juices in the pan. Place the baking pan over two burners. Turn both burners on medium-high and let the meat juices come to a low boil. Turn burners down as needed but keep the juices simmering. Use a wooden spoon to scrape the bottom of the pan and keep the juices moving across the pan. After a few minutes of letting the juices thicken take a 2 cup measuring cup and fill it with 1/4 C. Perfect Flour Blend. Mix small amounts of water at a time, use a fork to blend and create a paste. Once the flour is completely blended add in enough water to reach the 2 cup mark, stirring continually. Add this mixture to meat juices VERY SLOWLY and stirring continuously until the entire amount has been added and blended in. Continue to stir and simmer until the gravy is the desired consistency. Add salt and pepper to taste.



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# Recipe for

## Ultimate Holiday Sweet Potatoes

NAME OF DISH

FROM THE KITCHEN OF

Tricia Soderstrom

SERVES 8-10

PREP TIME 10 minutes

TOTAL TIME 25 minutes

OVEN TEMP 375°F

### DIRECTIONS

Combine the main ingredients in a bowl and stir until blended.

Prepare a 9x9 casserole dishes by rubbing or spraying avocado oil or coconut oil in the bottom and on the sides.

Pour mixture into casserole dish.

Prepare topping in a bowl and mix well. Spoon topping over the casserole.

Bake covered in a 375°F oven for 25 minutes.

Uncover and bake for another 20-25 minutes.

### INGREDIENTS

3 cups Mashed Sweet Potatoes

1/2 cup Maple Syrup

1/8 tsp salt

1/3 cup ghee or coconut oil

1 tsp pure vanilla

1 tbsp rum

2 eggs or substitute

1/2 c. crushed pineapple

### Topping:

1 cup roughly chopped pecans

1/4 cup maple syrup

2 Tbsp ghee, vegan butter or coconut oil

1/3 cup Namaste Perfect Flour  
Blend

pinch of salt



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# Recipe for Dairy Free Mashed Potatoes

NAME OF DISH

FROM THE KITCHEN OF

Tricia Soderstrom

INGREDIENTS

3 Pound Bag of Potatoes

2 teaspoons Salt

2-3 garlic cloves, minced

Salt and Pepper to taste

Dairy-Free milk of choice

Chicken Broth (Optional)

SERVES 8-10

PREP TIME 10-15 minutes

TOTAL TIME 30 Minutes

OVEN TEMP

DIRECTIONS

Peel and cube potatoes. Place in a pot and cover with water and bring to a boil. Boil until potatoes are soft. Optional: Use an instant pot. Follow manufacturers' directions for the instant pot.

Pour potatoes into a colander and strain water. Put potatoes back into the pot or a mixing bowl. Use a mixer or potato masher and mash potatoes while slowly adding liquid of choice (non-dairy milk or broth) and mix or mash until reaching desired consistency. Add salt and pepper to taste.

\*Chicken broth gives the mashed potatoes a more buttery taste or use ghee.



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# Recipe for

## Green Bean Casserole

NAME OF DISH (gf/df)

### INGREDIENTS

FROM THE KITCHEN OF  
Tricia Soderstrom

SERVES 8-10

PREP TIME 20 minutes

COOK TIME 30 Minutes

OVEN TEMP 425°F / 350°F

Cream Sauce  
1 lb green beans  
2 cloves of garlic  
3 tbsp. gluten-free 1to1 flour blend  
3 tbsp. avocado oil or ghee  
1 cup dairy-free milk  
1 cup chicken broth  
1 tsp salt  
1/8 tsp white or black pepper  
\*Optional: add sliced mushrooms

Oven-Fried Onions  
1 Vidalia onion, thinly sliced  
1/2 cup 1to1 GF flour blend  
1/2 cup gluten-free bread crumbs  
1 tsp salt  
pinch of pepper  
1 cup of dairy-free milk  
nonstick cooking spray

### DIRECTIONS

**OVEN Fried Onions:** Slice onions thinly and combine in a bowl with dairy-free milk. Toss to coat and set aside. In a separate bowl mix together flour, gluten-free bread crumbs, and salt. Strain milk from onions and add onions to flour mixture. Combine well. Spray a baking pan with avocado oil then layer onions on the pan. Spread them out so you have one layer. Bake on 425°F until golden brown, approximately 30 minutes. Turn several times during cooking.

**GREEN Beans:** Blanch green beans by bringing a large pot of water & 2 tablespoons of salt to boil. Add the green beans and boil for 5 to 6 minutes until tender but crisp. Drain and then put the green beans in ice water and set aside.



# Recipe for

## Green Bean Casserole

NAME OF DISH (gf/df)

**CREAM Sauce:** To make sauce put 3 tablespoons of avocado oil in a pan and slowly stir in 3 tbsp of gf flour. Mix with a fork to work out any lumps. Slowly stir in chicken broth and then dairy-free milk. Bring to a simmer and let thicken.

**COMBINE:** Add sauce to beans and add the mixture to a 9x13 baking dish. Bake for 20-30 minutes covered and then uncover, add onions and bake for another 10 minutes or until hot and bubbly.

ENJOY!

# Recipe for

## Easy Cranberry Sauce

NAME OF DISH

FROM THE KITCHEN OF

Tricia Soderstrom

SERVES 6-8

PREP TIME 5 minutes

TOTAL TIME 20-30 minutes

### DIRECTIONS

Place cranberries, maple syrup, orange zest, orange juice, water, and cinnamon stick in the pot, place the lid on and turn the burner on medium-high until mixture comes to a low boil. Turn the burner down to keep the mixture at a low boil or simmer for 20-30 minutes. Taste and add maple syrup as desired. Let cool or refrigerate if you prefer cold cranberry sauce. Enjoy!

### INGREDIENTS

3 Cups Fresh Cranberries, rinsed and picked through  
1/3 Cup Maple Syrup  
1 Tbsp Orange Zest  
1/2 Cup Fresh Orange Juice  
1/2 Cup Water  
Cinnamon Stick



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# Recipe for

## Gluten-Free Stuffing

NAME OF DISH

FROM THE KITCHEN OF

Tricia Soderstrom

SERVES 8-10

PREP TIME 5-10 Minutes

BAKE TIME 20 Minutes

OVEN TEMP 350°F

INGREDIENTS

1 Loaf of gluten-free bread  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp thyme  
1/4 cup avocado oil  
1 1/2 cups of celery diced  
1 cup of onion diced  
4 cups of chicken broth

DIRECTIONS

Cut gluten-free bread into cubes. Toss in oil, garlic powder, onion powder, thyme, and mix. Line a cookie sheet with parchment paper. Place mixture onto the pan. Bake in a preheated oven at 350°F.

Once bread crumbs are crisp, remove from oven and let cool. Meanwhile, saute onions and celery in a pan with a few tablespoons of avocado oil.

Put breadcrumbs and onion/celery mixture into a bowl and stir. Add salt and pepper to taste. Slowly add chicken broth until bread crumbs are moist. Cover with aluminum foil and bake for another 20 minutes until done. Serve hot and enjoy!



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# Recipe for

# Coconut Almond Fudge

NAME OF DISH

FROM THE KITCHEN OF

Tricia Soderstrom

SERVES

PREP TIME 15-20 minutes

TOTAL TIME 15-20 minutes

OVEN TEMP

INGREDIENTS

1 C. Extra Virgin Coconut Oil  
3/4 C. Carob or Cocoa Powder  
1/4 C. Raw Almond Butter  
1/4 C. Unheated Honey  
1 Tsp Vanilla

Option: Add Unsweetened Coconut Flakes and Cacao Nibs

DIRECTIONS

Place all ingredients in a heat-proof glass bowl.

Set the glass bowl in simmering water until ingredients are melted.

Mix Well.

Pour into an 8x8 lined pan.

Refrigerate until cooled and ready to cut.

ENJOY!



# Recipe for

## Gluten Free Brownies

NAME OF DISH

FROM THE KITCHEN OF

Tricia Soderstrom

SERVES 12

PREP TIME 10 minutes

BAKE TIME 17 minutes

OVEN TEMP 350° F.

INGREDIENTS

1/2 C. Nut Butter of choice

3/4 C. Coconut Sugar, Maple Syrup  
or Honey

3 Eggs (or 1 Banana)

2 tsp Vanilla

1/2 C. Unsweetened Cocoa or raw  
Cacao

1/2 tsp Baking Soda

1/2 tsp Salt

1/2 C. Chocolate Chips

DIRECTIONS

Add all ingredients to a bowl and stir well until blended.

Grease a 9x9 pan and add the mixture to the pan, spreading evenly.

Place pan in the center of the preheated oven and bake for 17  
minutes.

When brownies are completely baked remove the pan from the oven  
and allow to cool. Cut into desired pieces and enjoy.



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# Recipe for

## My Favorite Apple Pie

NAME OF DISH

FROM THE KITCHEN OF

Tricia Soderstrom

SERVES 6-8

PREP TIME 20 minutes

BAKE TIME 40 minutes

OVEN TEMP 425° F

INGREDIENTS

7-8 Apples, peeled, cored, sliced  
1/2 Cup Maple Syrup  
1/4 Cup Gluten Free 1 to 1 Blend  
1/2 tsp. Cinnamon  
1/4 tsp. Nutmeg  
2 tbsp. Lemon Juice  
1/4 Cup Water

Crust: Use crust of choice.

DIRECTIONS

Wash, peel, core, and slice apples. Coat apples in flour and set aside. In a medium saucepan, add Maple syrup, cinnamon, nutmeg, lemon juice, and water and simmer. Add apples to the mixture and stir well.

Pour apple mixture into a prepared crust of choice. Place pie on a cookie sheet to catch drippings and bake at 425° F for 10-12 minutes. Cover edges of crust with aluminum foil or pie crust cover and bake for another 30 minutes or until the crust is golden-brown and crisp. Allow the pie to cool before serving.



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