

Gluten Free Pumpkin Molasses Cookies

Adapted from www.theprettybee.com

- ½ cup butter
 - 1 cup granulated sugar
 - 1 cup canned pure pumpkin puree
 - ¼ cup molasses
 - 1 Tablespoon cream cheese
 - 1 teaspoon vanilla extract
 - 2¼ cup gluten free flour mix
 - 2 teaspoons baking soda
 - 1 teaspoon cloves
 - ½ teaspoon sea salt
 - 2 teaspoons cinnamon
 - 1½ teaspoon dried ginger
 - extra sugar for rolling
1. Mix together the butter, sugar, pumpkin puree, molasses, cream cheese, and vanilla extract with your electric mixer.
 2. Whisk together all the dry ingredients in a separate bowl.
 3. Slowly add dry ingredients to wet ingredients and mix on medium speed until combined.
 4. Refrigerate dough for about an hour to let it firm up a bit.
 5. Preheat the oven to 350 degrees. Line a cookie sheet with parchment paper
 6. Roll the chilled dough into small balls and roll in the extra sugar. Place the dough balls on parchment lined cookie sheet.
 7. Bake for 10-12 minutes at 350 degrees

Cream of Turkey & Wild Rice Soup

www.eatingwell.com

- 1 Tbsp extra-virgin olive oil
 - 2 cups sliced mushrooms, (about 4 ounces)
 - ¾ cup chopped celery
 - ¾ cup chopped carrots
 - ¼ cup chopped shallots
 - ¼ cup all-purpose flour
 - ¼ teaspoon salt

 - ¼ teaspoon freshly ground pepper
 - 4 cups reduced-sodium chicken broth
 - 1 cup quick-cooking or instant wild rice, (see Ingredient Note)
 - 3 cups shredded cooked turkey
 - ½ cup reduced-fat sour cream
 - 2 Tbsp chopped fresh parsley
1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes.
 2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5-7 minutes. Stir in turkey, sour cream and parsley and cook until heated through, about 2 minutes more.

Sweet Potato Peanut Bisque

www.eatingwell.com

- 2 large sweet potatoes (10-12 ounces each) – or substitute canned
 - 1 tablespoon canola oil
 - 1 small yellow onion, chopped
 - 1 large clove garlic, minced
 - 3 cups reduced-sodium tomato-vegetable juice blend or tomato juice
 - 1 4-ounce can diced green chiles, drained

 - 2 teaspoons minced fresh ginger
 - 1 teaspoon ground allspice
 - 1 15-ounce can vegetable broth
 - 1/2 cup smooth natural peanut butter
 - Freshly ground pepper to taste
 - Chopped fresh cilantro leaves for garnish
1. (Prick sweet potatoes in several places with a fork. Microwave on High until just cooked through, 7 to 10 minutes. Set aside to cool.)
 2. Meanwhile, heat oil in a large saucepan or Dutch oven over medium-high heat. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in juice, green chiles, ginger and allspice. Adjust the heat so the mixture boils gently; cook for 10 minutes.
 3. Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Add half to the pot. Place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth. Add the puree to the pot and stir well to combine. Thin the bisque with water, if desired. Season with pepper. Heat until hot. Garnish with cilantro, if desired.
- Make Ahead Tip: Cover and refrigerate for up to 3 days. Thin with water before reheating, if desired.

Mini-Green Bean Frittatas

www.cheatsheet.com

- 1 cup leftover green bean casserole
- 6 whole eggs and 6 egg whites, lightly beaten
- 1/2 cup shredded mozzarella cheese
- 1 teaspoon garlic powder
- Salt and pepper to taste

Preheat oven to 350 degrees. Spray a muffin tin with cooking spray and set aside. In a large mixing bowl combine the green bean casserole, eggs, garlic powder, and season with salt and pepper. Spoon the mixture into each muffin tin, top each frittata with cheese, and bake for 20 minutes — or until the tops of the frittatas are golden brown.

Potato Pancakes

www.forksoverknives.com

2 russet potatoes, grated (*or use leftover mashed potatoes instead, estimate the amount)

1 large zucchini, grated

½ yellow onion, grated

½ cup oat flour

1 teaspoon baking powder

½ teaspoon freshly ground black pepper

1. Preheat oven to 425 degrees. Cover two sheet pans with parchment paper.
2. Spread half of the grated vegetables on a clean kitchen towel, then roll and wring the towel to draw out the excess moisture. Transfer to a large mixing bowl. Repeat with the remaining vegetables.
3. In a small bowl, combine the oat flour, baking powder, and pepper. Add to the vegetable bowl, and mix well, using your hands to evenly distribute the flour and baking powder.
4. Scoop about ¼ cup of potato mixture, and hand-shape it into a semi-tight ball. Flatten with your palms, and place the pancake onto the prepared pan. Repeat with the remaining mix, spacing the pancakes about 2 inches apart.
5. Bake for 12 minutes. Flip and bake for another 12 minutes, or to your desired level of crispness. Serve at once.

Pumpkin Cream Bars

www.mywholefoodlife.com

For the crust:

2 cups raw pecans
1 tsp cinnamon
12 medjool dates (pits removed)

For the filling:

1 cup pumpkin puree
1 can full fat coconut milk (refrigerated overnight)
2-3 T maple syrup
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp sea salt (optional)

For the chocolate topping:

1 cup chocolate chips
2 T almond milk

1. In a food processor , mix the nuts and cinnamon for a minute. When you see the mixture start to get moist, add the dates and process until a loose dough starts to form.
2. Line an 8x8 baking dish with parchment paper. Gently press the dough into the bottom of the baking pan. Stick in the the freezer while you make the creme filling.
3. Make sure the can of coconut milk has been refrigerated overnight. Open the can and scoop the solid white part into your mixing bowl. You can save the remaining water for smoothies.
4. Using the whipping attachment on your mixer , whip the coconut milk into a cream. While that is whipping, mix the remaining filling ingredients in the food processor .
5. Gently fold the pumpkin mixture into the coconut cream.
6. Once everything is incorporated, spread the mixture on top of the crust in the baking dish and place it back in the freezer.
7. To make the chocolate topping, fill a saucepan with water and bring it to a boil. Place a glass bowl on top of the sauce pan. Put the chocolate chips and almond milk into the glass bowl and gently melt the mixture. You will need to keep a close watch and stir constantly.
8. Once the chocolate is melted, spread it over the creme layer in the baking dish and place it back in the freezer to set.

For best results, let the bars sit in the freezer overnight before cutting into squares. When you