

Killer Keto-Friendly
**THANKSGIVING
RECIPES**



ingredientologist



Thanksgiving is about remembering JUST HOW MUCH we have to be thankful for. OK - and it's about the FOOD!

We all want to be able to indulge this time of year without wrecking our waistlines. And if you've been keto for a while now, you're not ready to throw down a bunch of CARBS.

Whether you're cooking for family that includes keto-enthusiasts or some who aren't into keto; I've got you covered!

This Thanksgiving you don't have to pack on the pounds. These lower-carb, keto-friendly recipes are just as delicious as traditional dishes.

Even your non-keto family will love them!

I would love to know what you think. If you try one of these, shoot me an email or message and let me know how it turned out!

And share these with a friend!



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Cranberry Salad

INGREDIENTS:

- 1 bag (340g) Fresh, Whole Cranberries
- 1 ½ (375ml) cup Water
- 2 pks (16g) Gelatin (can use small boxes of SF orange and black cherry JELLO)
- 1 tsp (5ml) Orange Extract
- 2 tsp (10ml) Black Cherry Extract
- ½ cup (112g) MonkSweet
- 1-2 Mandarins, peeled (can use rind for turkey brine!!!) (I use a small can, well drained, when I can't get my hands of these without buying an economy sized bag)
- 1 & ½ cup (200g) Chopped Pecans



INSTRUCTIONS:

1. Bring water and cranberries to a boil.
2. Add gelatin, extracts and sweetener.
3. Boil 5 minutes, or until the cranberries begin to split open.
4. Turn off the heat. Stir in citrus and nuts.



5. Place pot in the fridge for at least 12 hours. Ideally stir every couple of hours to keep the nuts from sinking to the bottom and citrus from floating to the top.
6. Serve in pretty glass bowl.



Turkey with Gravy

INGREDIENTS:

- Whole Turkey 🍗

BRINE INGREDIENTS:

- Large Plastic Bag (thick, ideally meant for brining a turkey)
- 1 cup (285g) Sea Salt
- ½ cup (65g) Cranberries, dried
- 1 tsp (3.5g) Garlic
- 2 tsp (5g) Onion Powder
- 3 Sage Leaves
- 1 tbs (5g) Juniper Berries, dried
- 1 tbs (3g) Rosemary, dried
- 1 tsp (1g) Thyme, dried
- Citrus Peel, optional
- 1 tbs (15ml) Lemon Juice
- 1-gallon (3800ml) Water

AROMATICS INGREDIENT – optional:

- 1 Shallot
- 1 tbs (15g) Garlic, roasted and minced
- ½ cup (50g) Celery Bits ... (whatever isn't getting used for stuffing)
- 2 tbs (30g) Butter

INJECTING INGREDIENTS - optional:

- ¼ cup (60ml) Bone Broth, Chicken
- 6 tbs (85g) Butter, melted
- 1 tbs (15ml) Lemon Juice
- 1 tbs (10g) Garlic, granulated
- ½ tsp (1g) White Pepper
- ½ tsp (3g) Salt

BASTING INGREDIENTS:

- ½ cup (112g) Butter, UNSALTED
- 1 cup (240ml) Bone Broth, Chicken

GRAVY INGREDIENTS:

- 4 tbs (112g) Butter
- 4 tbs (32g) Flour (yes, real flour. Use spelt or GF if I need to, maybe even try Arrowroot)
- 2 & ½ cups (600ml) pan drippings from turkey (STRAINED)



INSTRUCTIONS

1. *THAW YOUR TURKEY:*

4–12 pounds: 1 to 3 days

12–16 pounds: 3 to 4 days

16–20 pounds: 4 to 5 days

20–24 pounds: 5 to 6 days

BRINE INSTRUCTIONS:

2. Bring water to boil.
3. Add in all of the ingredients.
4. Cook for five minutes.
5. Turn off the heat and cool to room temperature.
6. Add mostly/thawed Turkey to the bag.
7. Remove as much air as possible from the bag before sealing.
8. Place bag in the fridge for 12-24 hours. Turn the turkey every 3-6 hours.

9. AIR OUT: 1 HOUR before you begin to cook your turkey...Remove turkey from the brine. DRIP DRY.
10. Place on cooking rack, breast down at first. (Preheat oven to 425°)

AROMATICS INSTRUCTIONS – Optional:

11. Melt butter, Add everything else, Place inside the cavity. This is NOT a 'STUFFING' and should not increase cooking time.

INJECTING! (Optional, but HIGHLY recommended) INSTRUCTIONS:

12. Warm until the butter is just melted.
13. Draw up in cooking syringe.
14. Inject into the large 'meaty' sections starting with the wings/legs, ending with the breasts.

COOKING INSTRUCTIONS:

15. Add oven safe meat thermometer into the thickest part of the breast. (Ideally use one of those disposable 'pop up' thermometers).
16. Add two cups of water to the roasting pan.
17. Turkey (Unstuffed)

10-12lbs	3 – 3 ¼ hours
12-16bs	3 ¼ – 3 ¾ hours
16-20lbs	3 ¾ – 4 ¼ hours
20-24lbs	4 ¼ – 5 hours
18. Roast 30 minutes UNCOVERED in 425-degree oven

BASTING INSTRUCTIONS:

19. Warm and use about ¼ c each time you baste. (I did ours about every forty five minutes.)
20. Remove from oven. Baste! Tent with large foil, shiny side OUT. Reduce the oven temperature to 325 degrees.
21. Baste every forty five minutes (actually totally optional, if you injected the bird)
22. Be sure internal temperature is at least 165 degrees. Check the thickest part of the thigh, with second thermometer
23. Allow to rest at least 20 minutes before cutting.



GRAVY INSTRUCTIONS:

24. Melt butter, add 1 tbs flour at a time until incorporated and brown. Should take 5-10 minutes for all of the flour to become a roux.
25. Slowly start to add in the turkey drippings about $\frac{1}{4}$ cup at first, then $\frac{1}{2}$ cup at a time until you have the right consistency for gravy.
26. Taste! You MIGHT need some salt...but not likely.
27. Carve your bird.

ENJOY YOUR TURKEY WITH ALL OF THE FIXINGS!



Green Bean Casserole

(Made with keto Cream of Mushroom Condensed “Soup” from scratch)

INGREDIENTS:

Soup:

- 2 cup (475) Bone Broth, Chicken
- 1 cup (240l) Heavy Whipping Cream
- 1 cup (32g) Mushrooms, Dehydrated
- 3 tbs (60g) Butter
- 1 tsp (3.5g) Garlic Powder
- 1 tsp (2.5g) Onion Powder
- 1 tsp (5g) Liquid Aminos
- 1 tsp (3g) Xanthum Gum
- Redmond's real sea salt, to taste
- Fresh cracked black pepper, to taste



Casserole:

- Large bag of Frozen Cut Green Beans (or two smaller bags)

Topping:

- 1 cup (225g) Bacon Bits
- Cayenne
- Cumin
- Garlic
- Onion
- 1 cup (15g) Pulverized Pork Rinds



INSTRUCTIONS:

1. Make the “soup” ahead...or just before assembling the casserole.
2. Combine all but the last three soup ingredients of the soup ingredients.
3. Simmer for ten minutes or until thickened.
4. Turn off the heat...THEN add in xanthum gum whisking constantly.
5. Salt and pepper to taste.
6. Store in the freezer up to two months.
7. Preheat oven to 350.
8. Mix frozen green beans in 9x13 with soup.
9. Bake in the oven for 25min uncovered.



10. Crisp up the bacon bits in a large skillet. Season. Set aside on paper towels.
11. Pulse up a bag or two of pork rinds.
12. Top the casserole with alternating rows of bacon bits and pork rinds. Bake an additional five to ten minutes.
13. Serve HOT.



Daniels Mashed Cauliflower

INGREDIENTS:

- 2 heads (900g) of small, fresh, Cauliflower
- 3 oz (84g) Cream Cheese
- 3 tbs (60g) Butter
- 1 tsp (3.5g) Garlic Powder
- ½ tsp (3g) Truffle Salt (unless using garlic salt)



INSTRUCTIONS:

1. Cut up cauliflower.
2. Boiling water for 10 minutes.



3. Strain.
4. Put cooked Cauliflower in food processor with Cream Cheese and Butter. Puree.





5. Seasoning to taste...
6. Serve hot and with butter...or gravy if you have it!



(can be made ahead of time and heated in the oven at 350° for thirty minutes).

Keto Stuffing

INGREDIENTS:

Biscuit Recipe Plus...

- 1 package (450g) Spicy Sausage
- 2 (75g once chopped) Yellow Onions
- 1 Stalk (65g) Celery
- ½ cup (112g) of Butter
- Poultry Seasoning
- White Pepper
- 1 pkg (227g) Fresh Mushrooms (optional)
- 1 & ½ cup (355ml) Chicken Broth
- Pepper



INSTRUCTIONS:

1. When making the croutons use the biscuit recipe but bake spread out on a cookie sheets at 375 for 20 min.
2. Cut or break into pieces.
3. Crumble and toss back into cooling oven for 10-15 min with the door open.
4. Toss into serving bowl. Ideally leave out for a couple of hours.



Tip: If you have a bunch of leftover biscuits in your fridge or freezer you can just use them instead of making a fresh batch. I did however use Mozzarella Cheese and Truffle Salt for this recipe instead of the normal salt. Break into small pieces, toss onto cookie sheets and cook for 10-20 min in the oven depending on what temp you have other things cooking.

5. Use the largest saute pan you own.... Don't rush these next two steps! (while waiting for the perfect amount of "browning" focus on cleaning and chopping the next thing. (Onions, then Celery, then Mushrooms)



6. Brown Sausage until really crumbly. Add paper towels to the bottom of the bowl you'll be using to store the stuffing overnight or serve for your special occasion. Empty the pan of nicely browned sausage crumbles into the prepared bowl. DO NOT rinse the pan.



7. Chop Onions and brown in the sausage drippings. Ideally by using the large surface area and not adding butter or oil this relatively “dry” pan will help with browning the onions and make good use of the sausage bits.



8. Deglaze the pan with $\frac{1}{2}$ stick of Butter once the onions are nicely browned.
9. Add Chopped Celery.
10. Season with White Pepper and Poultry Seasoning. (I lean pretty heavy on these two I'd say at least $\frac{1}{4}$ tsp of poultry seasoning and close to $\frac{1}{8}$ tsp white pepper) If you don't have white pepper...it is not a deal breaker but you should consider buying it. The difference is subtle but will keep for years and can be used in so many things like sauces and soups. Remove with a slotted spoon and place in the bowl with sausage.

Tip: Keep the greeny leaves for tossing into the finished dish for a bit of “freshness” and photo finish



11. Cook Mushrooms in juices left in the pan. Remove with a slotted spoon and add to the bowl.
12. NOW you can add the “croutons” to the pan. Toss quickly. Try not to have half covered or break up the ‘bread’ too much. Then mix EVERYTHING that has been cooked together. TASTE and season with black pepper...onion, garlic etc as desired. Once fully combined add enough chicken broth to bring everything “together” and then either store until ready for your fancy meal or place back into the serving dish and cook until warmed through. I usually say about 350 degrees for thirty minutes.
13. When almost ready to eat... In our house this is usually when the bird is pulled from the oven to rest a while and the casseroles are thrown in the oven at 350 for 30min...

Enjoy!



Quick reference

'Cheddar' Garlic Biscuits (use Mozzarella for Stuffing)

INGREDIENTS:

- 1 cup (96g) Almond Flour
- 8 ounces (225g) Cheese, shredded
- 5 tbs (71g) Butter
- 8 oz (225g) Cream Cheese
- 1 & 1/2 cups (145g) Almond Flour
- 2 tsp (7g) Garlic, granulated
- 1 tsp (6g) Baking Soda
- 1 tsp (3g) Xanthum Gum
- 1 tsp Sea Salt
- 2 Eggs, large



INSTRUCTIONS:

1. Preheat oven to 375F and line a cookie sheet with parchment paper.
2. In a glass mixing/measuring bowl place the butter and cream cheese. Microwave on 30% for 1 min and 30 seconds or until butter melts and cream cheese is very soft. Whisk until smooth and glossy. Allow to cool.
3. In a food processor pulse 1 cup almond flour and the shredded cheese. Process until fine grained. Set aside this flour/cheese mixture.
4. Pulse remaining dry ingredients (almond flour, garlic, baking soda, xanthan gum and salt) in the food processor.
5. Whisk eggs into cream cheese mixture until the mixture is glossy and smooth. Place into the food processor with the dry ingredients. Pulse several times. Scrap down the sides and add the flour/cheese mixture.
6. Pulse until well incorporated and a dough forms.



7. Use an ice cream scoop drop onto a cookie sheet lined with parchment paper or a silicone mat, spacing them about two inches apart.
8. Bake for 20 to 25 minutes, or until the top starts to show a slight golden brown color.
9. Remove and let cool about 10 minutes.
10. Serve with butter!

Tip: Makes a really good bacon, egg and cheese biscuit sandwich! Consider adding jalapenos or bacon into the mix before baking. Can also be used to make "sausage and cheese" bites for the holidays. You just mix in the cheddar cheese and browned sausage after the dough is complete. Use about 8 oz cheddar cheese and a pound of well browned and drained spicy sausage. Instead of the ice cream scooper use about a tablespoon for each serving. Reduce the cooking time about five minutes.



Low Carb Pumpkin Pie

INGREDIENTS:

Pecan Pie Crust:

- 1 cup (115g) Pecans, lightly toasted and cooled
- 1 cup (118g) Almond Flour
- ¼ cup (48g) Golden Sweetener
- ¼ cup (38g) Whey Protein Powder
- 5 tablespoons (70g) Butter, salted



Low Carb Pumpkin Pie Filling:

- 15 oz can (425g) Pumpkin Puree
- 3/4 cup (144g) Golden Sweetener
- 3 Eggs, large
- 2 Egg Yolks
- 1 cup (240ml) Heavy Cream (or full fat coconut milk)
- 1/2 tsp (2.5ml) Salt
- 1 pk (8g) Gelatin, unflavored Knox
- 1 tsp (5ml) Vanilla Extract
- 1/2 tsp (2.5ml) Maple Extract

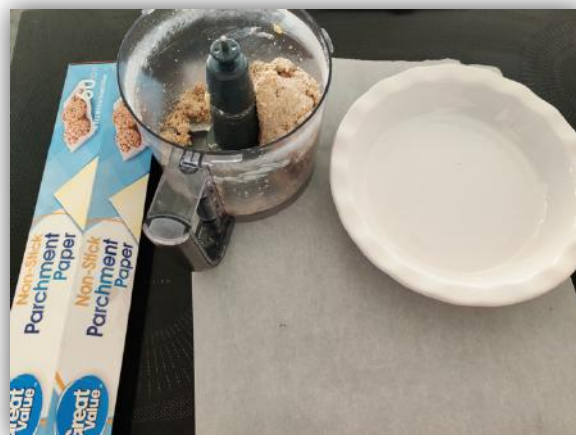


Spices:

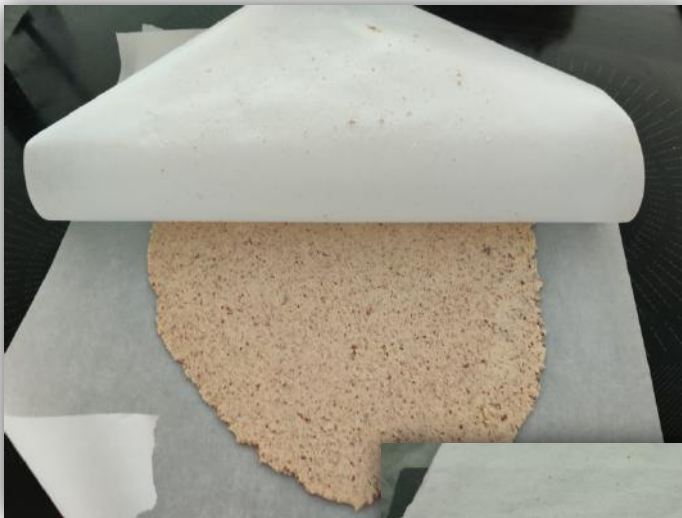
- 2 tsp (5.28g) Cinnamon
- 1 tsp (5g) Ginger Paste
- 1/2 tsp (1.1g) Cloves, ground
- 1/2 tsp (1.19g) Nutmeg

INSTRUCTIONS:

1. Pecan Crust: Preheat oven to 350F (177C) and place rack to middle position.
2. In a food processor add all pie ingredients: toasted pecans, almond flour, golden sweetener, protein powder, melted butter.
3. Pulse until the mixture resembles crumble.



4. Pour the crust mixture onto a piece of waxed/parchment paper. Gather into a 'ball' as best as you can.
5. Cover with another piece of nonstick paper.
6. Roll out to bigger than your pie plate.
7. Remove top piece, bring together any small cracks. Place paper back on and flip over. Remove paper and place pie pan on top, upside down.
8. Remove excess crust from the edges and set aside. Flip over.
9. Remove paper and clean up the small cracks and edges.





10. Bake for 10-15 minutes until lightly browned.
11. Remove from the oven...
12. After you have baked the pie crust, turn the oven temperature up to 425F (220C). Place the pie crust in the freezer.
13. Add all the remaining ingredients into the food processor. Puree until smooth.
14. When the oven is preheated oven to the higher heat, pour filling into COOLED & COOKED crust. Bake 15 minutes at 425 degrees. DO NOT put the pie into the oven until it is pre-heated to 425 degrees!!! (Consider covering the edges with foil for a better looking picture)
15. Reduce oven temperature to 350 degrees fahrenheit (177C) and continue baking 40 minutes or until knife inserted 1 inch from crust comes out clean.
16. Refrigerate, uncovered, over night. Then cover with cling film until ready to serve.



Tip: We served ours with a mascarpone whipped cream... Sprinkled with MonkSweet, nutmeg and cinnamon.

Quick reference

Mascarpone Whipped Cream

INGREDIENTS:

- 1 cup (240ml) Heavy Cream
- ¼ cup (55g) MonkSweet
- 1 tsp (5ml) Vanilla Extract
- ½ tsp (2.5ml) Almond Extract
- 8 oz (225g) Mascarpone Cheese

INSTRUCTIONS:

1. Whip all but the mascarpone together until stiff peaks form.
2. Then mix on lowest setting whipped cream and cheese until well combined.
3. Will last three days in the fridge without separating!
4. Can be “piped” onto desserts for a “prettier” finish on desserts.

Pecan Parfait

INGREDIENTS:

- 1/2 cup (120ml) Heavy Cream
- 1/2 pk (4g) Gelatin
- 1/4 cup (57g) Butter, salted
- 1/4 cup (48g) Golden Sweetener
- 8 oz (225g) Mascarpone or Cream Cheese
- 2 Eggs, large
- 1/4 cup (60ml) SF Maple Syrup
- 1 tsp (5ml) Vanilla Extract
- 1/2 tsp (2.5ml) Maple Extract
- 1/2 cup (55g) Pecans, halves
- 2 tbs (30ml) SF Maple Syrup



INSTRUCTIONS:

1. Nut Crumble on top (see Pumpkin Pie Crust recipe)
2. In a medium to small sauce pan fill with 2 inches of water.
3. On top of the saucepan place a bowl (metal or glass) that rests on the rim but does not touch the water below. This creates a DOUBLE BOILER.



4. Whisk Gelatin into Cream inside the bowl, allow to bloom 5 min.
5. Turn on heat to HIGH, whisk in Butter, Golden Sweetener and Cheese. Allow to melt and thicken...at least five minutes, maybe ten.
6. In another bowl whisk Eggs, SF Maple Syrup, Extracts
7. Temper (adding HOT liquid into COLD eggs SLOWLY while whisking) the heated liquid into the egg mixture.

8. Reduce the temp of the boiling pot to MEDIUM. Place the bowl back on top of the pot and add the custard into the double boiler. Heat until thickened, 2-5 minutes.
9. Place Pecans in small dessert cups. Drizzle SF Maple Syrup onto pecans. Pour custard on top of the nuts. Top with nut crumble. Refrigerate 4 hours.

10. Serve chilled with whipped cream



Quick Reference

Nut Crumble

INGREDIENTS:

- ½ cup (58g) Pecans, lightly toasted and cooled
- ½ cup (59g) Almond Flour
- 2 tbs (24g) Golden Sweetener
- 2 tbs (19g) Whey Protein Powder
- 2 tbs (35g) Butter, salted

INSTRUCTIONS:

1. Pulse and bake for ten minutes on a sheet pan at 350 degrees (177 C) Cool and serve on top of desserts! Can be used without baking...



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