

# TOP 9 ALLERGEN FREE THANKSGIVING COOKBOOK

A collection of allergy friendly holiday-  
inspired recipes by talented chefs



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Food Allergy Research & Education



**Thanksgiving is a holiday that centers around food and togetherness, but those with food allergies can't always participate in festivities without worrying about a reaction. FARE has partnered with talented chefs and recipe developers to help create delicious dishes for an Allergy-Friendly Thanksgiving Cookbook.**



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# Gluten-Free Honey Cornbread

## Ingredients

1 cup gluten-free 1-to-1 baking flour (like Bob's Red Mill)  
1 cup fine yellow cornmeal  
3 tbsp sugar of choice  
2 1/2 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp sea salt  
2 tbsp ground flaxseed + 1/3 cup water

1/2 cup + 2 tbsp non dairy milk mixed with 1 tsp apple cider vinegar  
1/4 cup thick, unsweetened non-dairy yogurt (like unsweetened coconut yogurt)  
1/4 cup honey  
1/3 cup melted vegan butter  
Vegan butter + maple syrup or honey, for topping



RECIPE BY EMMA KULA  
@KULAS\_KITCHEN

## Directions

Preheat your oven to 350 degrees and line an 8 inch square pan with parchment. Mix together your ground flaxseed and water in a small bowl and let sit for at least 10 minutes to “gel” up.

In a large bowl, whisk together your dry ingredients (flour through salt). In another bowl, whisk together your flax mixture, milk, yogurt, honey and melted butter. Pour the wet mixture into the dry and use a spatula to gently combine everything.

Pour prepared batter into your pan. Bake for 25-30 minutes until the edges are lightly browned and the middle is just set. Let cool completely, then slice and serve with vegan butter and maple syrup or honey.





# Rosemary Garlic Squash with Pumpkin Seed Crisps

## Ingredients

2 medium squash of choice  
1 tbsp olive oil  
2 tbsp maple syrup, divided  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp dried herbs like basil, parsley or Italian blend (optional)

3 tbsp vegan butter  
2 cloves of garlic, thinly sliced  
1 tbsp fresh rosemary leaves, plus more for topping  
1/4 cup raw pumpkin seeds  
Sea salt + black pepper



RECIPE BY EMMA KULA  
@KULAS\_KITCHEN

## Directions

Slice your squash into 1/2 inch rings/wedges/chunks (depending on the squash). In a large bowl, mix your squash slices with 1 tbsp olive oil and 1 tbsp of maple syrup. Add garlic and onion powders, dried herbs and a generous amount of sea salt and black pepper.

Cook squash in the air fryer at 400 degrees for 20-25 minutes, flipping the pieces halfway through, until tender and browned. Alternatively, you can bake this in the oven at 400 degrees for 30-40 minutes.

Meanwhile, in a small saucepan or skillet, add your pumpkin seeds. Let cook over medium heat, stirring, until toasted and fragrant (about 5 minutes - keep a close eye on them!). Turn heat to low and add 1 tbsp maple syrup. Let it sizzle for a couple of minutes, then remove from heat. Pour this mixture onto a piece of parchment and let cool for 10-15 minutes to firm up.

In the same saucepan, heat your butter in a small saucepan over medium. When hot, add the garlic slices and rosemary. Stir and let cook for 3-5 minutes, until garlic slices have browned slightly. Remove from heat and strain butter into a cup, reserving the garlic and rosemary mixture.

When ready to serve, plate the squash, then drizzle with the garlic and rosemary-infused butter. Top with the reserved cooked garlic and rosemary mixture, plus extra sea salt. Break up your cooled maple pumpkin seed mixture and garnish the squash with these "crisps".





# Pumpkin Pie Bars

## Ingredients

### Pumpkin Pie Bars:

Makes 9 large bars

### Crust:

2 cups medjool dates (soaked overnight and pits removed)

1 tsp vanilla extract

1/4 cup maple syrup

2 cups raw sunflower seeds

1 cup gluten free oats

### Pumpkin pie filling:

15 oz can pumpkin puree

13.5 oz can coconut cream

1/2 cup maple sugar

(substitute any type of sugar)

2 Flax eggs (2 Tbsp flaxseed

meal 5 Tbsp water)

1 Tbsp pumpkin pie spice

1/4 tsp salt



RECIPE BY MELISSA COYLE  
@MELISSAS\_HEALTHYKITCHEN

## Directions

### Instructions for crust:

1. Soak and remove your pits from medjool dates in water overnight. If you are pressed for time, soak with hot water for at least 30 minutes
2. Drain the medjool dates and add to food processor, along with vanilla extract, maple syrup, sunflower seeds, and oats
3. Process in food processor until you get a sticky dough like consistency
4. Press the crust into a lined 8x8 baking dish and set aside while you prepare pumpkin pie filling

### Pumpkin pie filling:

1. Prepare the flax eggs by mixing the flaxseed meal, and let sit for at least 15 minutes or until it turns gelatinous
2. Add the pumpkin puree, coconut cream, maple sugar, flax eggs, pumpkin pie spice, and salt to food processor and process until you get a smooth creamy consistency
3. Pour the pumpkin pie filling on top of the crust
4. Bake 350° F for 40-50 minutes
5. Once done allow to rest completely
6. And refrigerate overnight
7. Slice into desired size bars
8. Optional: spindle with 1 Tbsp powdered sugar
9. Keep stored in an airtight container in refrigerator





# Stuffin Muffins

## Ingredients

- |   |  |
|---|--|
| 1 cup chopped celery                              | 1/2 tsp ground pepper                            |
| 1 cup chopped carrots                             | 1/2 cup sunflower seeds                          |
| 1 cup diced yellow onion                          | 8 cups chopped gluten free/vegan bread of choice |
| 1 cup diced mushrooms                             | 2 cups vegetable broth                           |
| 2 flax eggs (2 Tbsp flaxseed meal + 5 Tbsp water) | 3 Tbsp vegan/soy free butter or olive oil        |
| 4 garlic cloves                                   | 2 Tbsp olive oil                                 |
| 1 apple diced                                     | Optional: 1/3 cup sugar free dried cranberries   |
| 2 Tbsp fresh diced sage                           |  |
| 1 tsp salt  |  |



RECIPE BY MELISSA COYLE  
@MELISSAS\_HEALTHYKITCHEN

## Directions

1. Prepare flax eggs by mixing flaxseed meal, water, and letting it sit for 15 minutes, or until it turns gelatinous
2. Drizzle your chopped bread with 2 Tbsp olive oil, mix, and bake 400°F for 30-40 minutes or until nice as toasty
3. Add vegan butter or oil to a large pan on medium heat and warm through (about 10-15 seconds)
4. Add the chopped onions, carrots, onion, apple, salt, pepper, sage and sauté for 5-7 minutes
5. Add in the minced garlic and sauté for 30 seconds, stirring throughout
6. Add the diced mushroom, sunflower seeds, and sauté for 3-4 minutes
7. Remove from heat and let rest
8. Add toasted and cooled chopped bread to a large bowl, along with the sautéed veggie mixture, flax eggs, dried cranberries (if using), vegetable broth, and mix until the bread has absorbed the vegetable broth
9. Fill lined muffin tins with the stuffing and pat down with a spoon to assure the stuffing mixture is compacted in the muffin tin
10. Bake 350° for 25-30 minutes
11. Once done let rest in the muffin tin for 10 minutes and then transfer to a wired cooling rack





# Cinnamon Sugar Pumpkin Bread

## Ingredients

1/2 cup apple sauce  
1 1/4 cups pumpkin puree  
2 flax eggs  
1 tsp vanilla  
1/4 cup olive oil  
2 3/4 cups oat flour  
1 tsp baking soda

1 tsp baking powder  
1 tbsp cinnamon  
3/4 cup coconut sugar  
Dash of salt

Topping/Swirl:  
1/2 cup coconut sugar  
1 tbsp cinnamon



RECIPE BY LAUREN LESS  
@LESSWITHLAUR

## Directions

Preheat oven to 350 F. Line a loaf pan with parchment paper. Combine wet ingredients in a large bowl and stir in dry ingredients. Mix together coconut sugar and cinnamon to make sugar topping/swirl. Pour half of batter loaf pan and layer half of sugar mixture on top. Add the rest of the batter and pour remaining sugar mixture on top. Bake for 45-50 minutes or until golden.





# Sweet Potato Casserole

## Ingredients

3 large sweet potatoes, baked  
1/2 cup coconut milk (or swap for milk of your choice)  
1/2 cup coconut sugar (or swap for sugar of your choice)  
1 tbsp cinnamon  
1 tsp vanilla extract  
Dash of salt

Topping  
2 cups marshmallows  
1/2 cup coconut sugar  
1/2 cup coconut flakes



RECIPE BY LAUREN LESS  
@LESSWITHLAUR

## Directions

Preheat oven to 350 F. Combine sweet potatoes with coconut milk, sugar, cinnamon, vanilla and salt. Pour mixture into a greased baking dish. Top with allergy-friendly marshmallows, coconut sugar and coconut flakes! Bake for 20 min. Option to broil for 1 min at the end so the marshmallows get toasty.





# Shingled Sweet Potatoes

## Ingredients

- 6-10 medium large sweet potatoes\*
- 6-8 cloves garlic, minced, more or less to taste
- 1 1/2 tablespoons fresh thyme leaves
- 1/2 cup olive oil
- 1/2 cup vegan parmesan cheese, optional
- Salt and pepper to taste



RECIPE BY LIZ MADSEN  
@ZARDYPLANTS

## Directions

1. Preheat the oven to 350 degrees Fahrenheit (177 degrees Celsius).
2. Slice your sweet potatoes in equal thin slices around 1/8-inch thick. A mandoline can help with this or use a very sharp knife.
3. Add slices to a very large bowl and mix with the oil first, then with the minced garlic, fresh thyme leaves, salt and pepper, and vegan parmesan cheese (if using).
4. Grease a large deep baking dish (we used a 3.5 quart braiser, but a square 9" baking dish or oval dish will also work) and add the slices in concentric circles or a spiral (starting from the outside and working inward), packing as tightly as possible. If you find you do not have enough sweet potatoes, you can place some crumbled up aluminum foil in the center to keep them upright.
5. Cover with a lid or aluminum foil and bake for 30-40 minutes. How long will depend on how densely packed your baking dish is. If it is quite densely packed, err on the longer side.
6. Turn up the heat to 410 degrees Fahrenheit (210 Celsius) and use oven mitts to carefully remove the dish from the oven and remove the cover.
7. Spray or brush the sweet potatoes with additional oil. If you'd like, sprinkle some more vegan parmesan cheese on top.
8. Return to the oven and bake uncovered for 20-30 more minutes, until the cheese is melted and a fork easily sinks through a few layers of sweet potatoes. The tops will be crispy and the insides will be tender. Serve and enjoy.

\*How many sweet potatoes you need heavily depends on their size and what size pan you use, so I recommend getting more than you need and using the leftovers in another way.





# Butternut Squash Risotto

## Ingredients

- 1-2 tablespoons olive oil, optional
- 1 medium yellow or sweet onion, finely diced
- 3 cups finely diced (1/4-inch dice) butternut squash
- 4-6 cloves garlic, minced
- 1+1/2 teaspoons dried thyme
- 3/4 teaspoon dried sage or rosemary
- 1 teaspoon sea salt (or to taste)
- 1/2 teaspoon freshly cracked black pepper (or to taste)
- 1+1/2 cups Arborio rice
- 4-5 cups vegetable broth
- 2-3 tablespoons fresh squeezed lemon juice
- 1/2 cup vegan parmesan cheese\*, optional
- 1/4 cup finely chopped fresh parsley for garnish



RECIPE BY LIZ MADSEN  
@ZARDYPLANTS

## Directions

1. Heat a large nonstick pot over medium heat and add the olive oil if you wish. Let the oil heat for a few moments and then add the onion. Saute for 2-3 minutes until it softens slightly.
2. In a separate pot over low heat, add the broth. It's better to add hot broth to the risotto so it doesn't hinder the cooking process.
3. Add the butternut squash and cook for about 5-7 minutes until the butternut slightly softens, stirring occasionally.
4. Add the garlic and stir well, then add the thyme and sage (or rosemary) as well as the rice. Stir frequently for about 1 minute.
5. Add broth about a half cup at a time (I recommend using a ladle for this), and stir continuously, letting all the broth sink in for about 2-4 minutes before adding more. Cook until the squash is fully tender and the rice is soft and creamy. Taste and adjust seasoning if necessary.
6. Turn off the heat and add the vegan parmesan cheese (if using), lemon juice, and parsley. Stir well and serve.

\*We found a top 9 free vegan parmesan from Follow Your Heart, but you can omit if you prefer.





# Garlic Mashed Potatoes

## Ingredients

- 4 pounds russet potatoes (about 8-10 medium potatoes)
- 1-1/2 teaspoons kosher salt, divided
- 1/8 teaspoon white or black pepper
- 4 tablespoons vegan butter or 1/4 cup olive oil
- 2 teaspoons minced garlic
- 1 cup vegetable broth



RECIPE BY JOEL SCHAEFER  
@YOURALLERGYCHEFS

## Directions

1. Mince garlic.
2. Wash, peel and cut each potato into 4-6 uniform-sized pieces or 1 to 2-inch cubes. Place cut potatoes into a large saucepan and cover with several inches of cold water.
3. To cook the potatoes, add 1 teaspoon salt to the pot of water and potatoes. Bring to a boil over high heat. When the water comes to a boil, lower heat to medium. Simmer for 8-12 minutes or until potatoes are tender, but not mushy. At 8 minutes, start testing a few of the potato cubes for doneness by piercing with tines of a fork or sharp knife. Fork or knife should glide easily through potato when they are done. Cooking time will depend on size of cubes.
4. When cooked, drain potatoes over a colander in the sink. Do not rinse. Toss gently to remove excess moisture. The drier the spuds the better.
5. Over medium heat, melt butter or heat oil in same saucepan used to cook potatoes.
6. Add garlic and cook for 10-20 seconds.
7. Add broth and increase heat to medium-high. When broth comes to a boil, lower heat and simmer for 1 minute.
8. Add potatoes, salt, and pepper to the hot broth and start mashing with potato masher. Mash to desired texture, being careful not to over mash.

### Chef Joel's Tips

Yukon gold potatoes can be substituted for russets, or a combination of both.

Potatoes are cooked at a simmer, as boiling can lead to waterlogged pieces that fall apart.

Over mashing will rupture starch granules, which results in gummy potatoes. If you prefer mashed potatoes that are smooth and creamy, it's best to use a ricer or food mill to process the potatoes.





# Creamy Macaroni and Cheese

## Ingredients

- 12 ounces dry elbow macaroni
- 4 cups raw cauliflower florets (14 ounces)
- 2 cups unsweetened rice milk or unsweetened gluten-free oat milk
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/2 teaspoon onion powder
- 1/2 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1 (7-ounce) vegan cheddar style shreds
- 1 (7-ounce) vegan mozzarella style shreds
- 1/4 cup nutritional yeast



RECIPE BY JOEL SCHAEFER  
@YOURALLERGYCHEFS

## Directions

1. Cook pasta according to package directions. Drain, rinse with cold water and set aside.
2. Place cauliflower, milk, olive oil, garlic, onion powder, salt, and pepper in a small saucepan. Bring to a boil over medium-high heat. Cover, reduce heat to medium-low and simmer 15 minutes or until the cauliflower is fall-apart tender. During the last 5 minutes add 1-2 cups cheddar shreds and nutritional yeast.
3. Leave in the saucepan and blend with an immersion (handheld) blender until smooth. The thickness of the sauce can depend on the cheese you use. If the sauce is too thick, add a little water to thin it down. Add the cooked pasta and heat through. Serve immediately.
4. If making the sauce ahead of time, keep finished sauce in the refrigerator. Bring to room temperature before baking. When getting ready to eat, pour the sauce into a casserole dish. Add the cooked pasta. Stir to mix well. Cover with 2 layers of foil. Bake in an oven preheated to 350-degrees F for 20-30 minutes, until heated through.





# Brown Gravy

## Ingredients

- 4 tablespoons vegan butter or olive oil blend
- 2 cups diced yellow onion
- 1/2 cup garbanzo bean (chickpea) flour or gluten free all-purpose flour blend
- 1/4 cup tomato paste
- 5 cups vegetable, mushroom, or chicken broth
- 2-3 small sprigs fresh rosemary
- 1 bay leaf
- 1 teaspoon dried thyme
- 5 black peppercorns



RECIPE BY JOEL SCHAEFER  
@YOURALLERGYCHEFS

## Directions

1. Dice onion.
2. Melt butter in a medium saucepan over medium heat. Add onions and cook 20-30 minutes, stirring often.
3. When the onions begin to brown, add flour and tomato paste. Stir to combine and cook for one minute, stirring constantly.
4. Gradually add 1 cup of broth and whisk to make a smooth paste. Add remaining 4 cups of broth, rosemary, bay leaf, thyme, and peppercorns. Simmer about 35 minutes, stirring occasionally. Using a ladle, remove any foam (impurities) around edges of pan, being careful not to remove too much liquid from the sauce.
5. Strain through a fine mesh strainer into another saucepan, pressing onions gently to extract their juices.
6. Discard onions and herbs.
7. Return gravy to medium heat and reduce until gravy coats the back of a spoon, about 5 minutes.





# Cranberry Margaritas

## Ingredients

- Sea Salt (for rim)
- 1 ½ cups Cranberry Juice (use 100% juice)
- 1 Lime, fresh squeezed
- ¾ cup Reposado Tequila
- ½ cup Triple Sec
- Ice



RECIPE BY DIVA GALAN  
@FOODALLERGYDIVA

## Directions

Place all ingredients over ice in a cocktail shaker and shake until well combined. (Note: If you don't have a cocktail shaker, use a large glass and a spoon). Use lime to wet the rim of glasses or dip in water and then dip into sea salt for the rim. Add mixture from cocktail shaker to glass & serve immediately. Garnish with lime wedges. (Note: leave out the alcohol and make it a mocktail for those who don't drink or who are underage!)





# Cranberry Sauce

## Ingredients

- 2-3 Jalapeno Peppers, seeded and diced
- ½ teaspoon Kosher Salt
- 1 cup Light Brown Sugar
- ½ cup Orange Juice
- ½ cup Water
- Zest of 1 Orange
- 12 ounces Cranberries (1 standard bag)



RECIPE BY DIVA GALAN  
@FOODALLERGYDIVA

## Directions

In a medium to large sized saucepan combine all ingredients, except for the cranberries. Bring to a simmer over medium heat. Once simmering, add the cranberries. Simmer for 15 minutes, stirring occasionally (Note: It's normal for the cranberries to pop while cooking). Remove from heat and cool to room temperature. Transfer to a storage container and fully chill in the fridge (Note: The sauce will thicken as it cools down). Enjoy!

This recipe is perfect because it's a fun spin on plain cranberry sauce and can be made up to 3 days in advance! If you don't like spicy, just leave out the jalapenos and you'll have the perfect plain cranberry sauce. It's also great as leftovers on a breakfast toast, a turkey sandwich for lunch, or placed on cheese as a pre-dinner appetizer!





# Sweet Potato Stuffing

## Ingredients

- 1 Cup Diced White Onion
- 2-3 Diced Sweet Potatoes
- 1 Diced White Potato
- 3 Diced Apple
- 1/3 Cup Melted Plant-Based Butter
- 4 Tbsp Poultry Seasoning
- 6 Leaves Fresh Sage
- 3 Tbsp Nutritional Yeast
- 1 Cup Cooked Lentils
- 1/2 Cup Dried Cranberries
- 1 1/2 Cups Cooked Tri-Colored Quinoa
- 1/2 Cup Chopped Green Onion or Chives

### MAPLE BUTTER:

- 1/4 Cup Melted Plant-Based Butter
- 2 Tbsp Maple Syrup

### TOPPINGS:

- 1/4 Cup Pomegranate Seeds
- 1/4 Cup Vegan Mayonnaise or Hummus + Italian Dressing
- 2 Tbsp Chopped Green Onion or Chives



RECIPE BY GABRIELLE REYES  
@ONEGREATVEGAN

## Directions

1. Set the oven to 425F to prepare to bake the Stuffing.
2. In a large pan coat the Potatoes, Onions, and Apples in Oil, nutritional yeast, and Poultry Seasoning.
3. Bake the Potato Apple mixture on a covered baking sheet at 425F for 20-35 minutes or until you can pierce them with a fork.
4. Melt Plant-Based Butter and combine it with Maple Syrup in a medium bowl to make the Maple Butter.
5. Combine the baked Potato mixture with the cooked lentils, Dried Cranberries, green onions, cooked Quinoa and pour the Maple Butter into the mixture. Mix everything together until all of the ingredients are incorporated.
6. Garnish the stuffing with fresh pomegranate seeds, a drizzle of cream sauce, and chopped green onion.





# Herb Roaster Cauliflower

## Ingredients

- Whole Cauliflower (1)
- Minced Red Peppers (¼ Cup)
- BUTTER HERB SAUCE:
  - Minced Basil (¼ Cup)
  - Minced Parsley (2 Tbs)
  - Melted Vegan Butter or Oil (3 Tbs)
  - Maple Syrup (2 Tbs)
  - Dijon Mustard (3 Tbs)
  - Salt and Pepper to Taste
- ½ Fresh Jalapeño
- ½ Cup Fresh Basil
- 1 Cup Fresh Mint
- 1-2 Cups Fresh Spinach
- 3 Tbsp Nutritional Yeast
- 2-6 Tbsp Vegetable Broth
- Salt and Pepper to Taste

### SPICY GREEN HUMMUS:

- 1 Cup Plain Hummus or Cooked Chickpeas

### CRISPY CHICKPEAS:

- 1-2 Cups Cooked Chickpeas
- 2 Tbsp Oil or Melted Vegan Butter
- 1.5 Tbsp Poultry Seasoning or All Purposes Seasoning
- 1 Tbsp Smoked Paprika



RECIPE BY GABRIELLE REYES  
@ONEGREATVEGAN

## Directions

1. Set the oven to 400F in preparation to bake the Cauliflower and Chickpeas.
2. Chop off the excess greens on the cauliflower and Boil the whole cauliflower in hot water for 5-10 minutes,
3. In a bowl mix together the minced basil, minced parsley, melted vegan butter, maple syrup, Dijon mustard, salt and pepper to taste. Combine everything together well to make the butter herb sauce.
4. Coat the boiled cauliflower in butter herb sauce on all sides. Make sure to get in the bottom and in all of the crevices.
5. Bake the coated cauliflower on the bottom rack for 30-60 minutes or until it is fully soft all the way through. Paint on more of the butter herb sauce halfway through roasting the cauliflower.
6. Make the crispy chickpeas by combining the cooked chickpeas, oil, poultry seasoning, and smoked paprika all in a bowl so make sure the chickpeas are fully covered in seasoning. Bake the coated chickpeas on a covered baking sheet at 400F for 20-30 minutes and mix them together with a spatula halfway through roasting.
7. Next in a blender make the spicy green hummus by combining hummus, jalapeño, basil, mint, spinach, nutritional yeast, vegetable broth, salt and pepper to taste and blend until smooth and creamy.
8. Build the plate first with a layer of spicy green hummus, then add on the whole roasted cauliflower, sprinkle on roasted chickpeas and minced red peppers.
9. Sing your song. Do your dance. Speak your truth, and feast on this roasted cauliflower!