



Thanksgiving Sides Class Shopping List

| Produce | Pantry (cont.) |
|--|--|
| Fresh parsley, one bunch | Liquid allulose (can substitute 100% pure maple syrup) |
| Fresh sage, 1 bunch | Refined coconut oil |
| Fresh rosemary, 1 bunch | 4 Tbsp. any gluten free flour |
| Fresh thyme, 1 bunch | almond flour |
| 10 oz. mushrooms (optional for gravy & stuffing) | Dry sherry or dry white wine (optional) |
| 2 yellow onions (substitute leeks) | 2 cups raw cashews , soaked for at least 3 hours |
| 4 stalks celery | Maple syrup |
| Refrigerator | Vanilla extract |
| Vegan butter (I like Myoko's) | Cinnamon |
| 2 large organic eggs | Ground cloves |
| Pantry | Ground ginger |
| 6 ½ cups poultry broth/stock -store bought or homemade | Fresh or ground nutmeg |
| 1 loaf bread (1-1/2lbs) - I like Canyon Bakehouse Heritage Style Honey White in the stuffing | Kosher salt |
| Dried cranberries, unsweetened (optional) | Black pepper |
| 1 15oz. can 100% pure organic pumpkin | Garlic powder |
| 1 ½ cups pecans/walnuts (your choice or a combination) | White pepper |

- **Optional add-ins for the stuffing could include: 1 chopped apple, wild rice, sauteed kale, chestnuts, nuts, seeds, meat, etc.**

See next page...

- All of the above ingredients should be available at Whole Foods. If you wish to buy on Amazon, I have included a few links. As an Amazon Associate, I may earn a small commission when you purchase through these links.
- When purchasing produce, I always suggest organic when possible. Based on the EWG's dirty dozen, you should definitely purchase organic apples if at all possible.
- Anytime we use animal protein, I always suggest you choose organic, free range or grass fed. For fish I suggest wild caught small fish whenever possible.
- When roasting or sauteing, I recommend using [avocado oil](#) when possible. I prefer a good organic and cold pressed [olive oil](#) for sauces or to drizzle over already roasted vegetables.