



## **Best Paleo Stuffing (Gluten-Free, Grain-Free)**

Recipe from 40 Aprons

<https://40aprons.com/best-paleo-stuffing/#wprm-recipe-container-10304>

A healthy paleo stuffing recipe that makes the perfect side dish for chicken or turkey. Ideal for Thanksgiving! Gluten and grain free.

**Course** Side Dish

**Cuisine** American

**Keyword** paleo, side dish, thanksgiving

**Prep Time** 10 minutes

**Cook Time** 1 hour

**Total Time** 1 hour 10 minutes

**Servings** 8 people

**Calories** 269 kcal

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## **Ingredients**

2 tablespoons ghee or avocado oil or refined coconut oil  
3 cups onion diced  
2 cups celery diced  
1 cup mushrooms diced  
1 cup apple cored and diced  
¼ cup dried cranberries or dates, chopped  
¼ cup flat-leaf parsley chopped  
4 teaspoons poultry seasoning  
½ teaspoon salt  
½ teaspoon black pepper  
2 cups almond flour  
3 eggs whisked

## Instructions

1. Preheat oven to 350° F.
2. Heat ghee or oil in a large cast-iron or oven-proof skillet over medium heat. Add onion, celery, apple, mushrooms, cranberries or dates, parsley, poultry seasoning, salt, and pepper. Sauté until very soft, about 7 minutes.
3. Remove from heat. Keep in an oven-proof skillet or transfer to 9x9" baking dish. Stir in almond flour and mix well. Add the whisked eggs and stir well. Bake for 45 minutes to 1 hour, or until browned on top.

## Recipe Notes

If you don't have a cast-iron skillet, grease a medium-size baking dish before sautéing ingredients (a 9x9" works well). After eggs have been added and the mixture is well-stirred, transfer mixture to baking dish. Continue baking as directed.