Faux Cornbread Stuffing



Serves 12

Ingredients:

- 6 eggs
- ¹/₂ cup butter, melted
- ³/₄ cup coconut milk
- 1 tablespoon sage
- 1 tablespoon + 2 tablespoons poultry seasoning
- 1 teaspoon sea salt
- 3/4 cup coconut flour, sifted

- 1 teaspoon baking soda
- 1/2 teaspoon cream of tartar
- ¹/₂ cup arrowroot
- 2 slices bacon
- 2 stalks celery, chopped
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 3 tablespoons reduced-sodium chicken base
- ³/₄ cup water

Instructions:

- 1. Preheat oven to 350°F.
- 2. In a large bowl, whisk eggs, butter and coconut milk. Add sage, one tablespoon of the poultry seasoning, salt, baking soda, cream of tartar, coconut flour, and arrowroot; mix until smooth.
- 3. Pour batter into a buttered shallow baking dish, and bake for 25 minutes.
- 4. Meanwhile, heat medium skillet, and add bacon.
- 5. When browned, remove from pan and set aside. Add celery, onion and bell pepper to pan; sauté until vegetables are tender and onions are transparent about 10 minutes. Crumble bacon and add to vegetables.
- 6. When bread is fully cooked, remove from oven, let cool, then crumble into large bowl. Add sautéed vegetables, chicken base, the remaining poultry seasoning and water. Add salt and pepper to taste. Fold to combine, taking care not to break the bread chunks down too much.
- 7. Pour mixture into buttered 9 × 11 baking dish and place in oven. Bake for 30 minutes or until dressing firms up.

Nutrition per serving: Calories 198; Total Fat 14.6 g; Saturated Fat 9.2 g; Monounsaturated Fat 3.3 g; Polyunsaturated Fat: 0.8 g; Total Carbohydrates 12.1 g; Dietary Fiber 3.4 g; Sugar Alcohols 0.1 g; Sugars 2.1 g; Protein 5.3 g; Sodium 452 mg