



Cranberry Pumpkin Seed Stuffing

8 servings

35 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (diced)
- 1/2 cup Dried Unsweetened Cranberries
- 14 slices Gluten-Free Bread (small, cubed or torn)
- 1 cup Vegetable Broth
- 3 Egg (whisked)
- 1/4 cup Pumpkin Seeds
- 2 tbsps Poultry Seasoning
- 1 tsp Sea Salt (to taste)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 232 |
| Fat | 10g |
| Saturated | 1g |
| Polyunsaturated | 3g |
| Monounsaturated | 5g |
| Carbs | 30g |
| Fiber | 3g |
| Sugar | 10g |
| Protein | 7g |
| Sodium | 639mg |
| Potassium | 174mg |
| Vitamin A | 264IU |
| Vitamin C | 1mg |
| Calcium | 59mg |
| Iron | 2mg |
| Vitamin E | 0mg |
| Vitamin B12 | 0.2µg |

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Heat the oil in a pan over medium-high heat. Cook the onion, celery, and cranberries for about five minutes. Set aside.
- 3 In a large bowl, combine the bread, broth, and eggs until evenly absorbed. Stir in the pumpkin seeds, poultry seasoning, salt, and cooked veggies. Transfer to a baking dish and bake for 25 minutes, or until golden brown. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one cup.

More Flavor: Add garlic. Use butter instead of oil.



| | |
|-----------|------|
| Magnesium | 44mg |
| Zinc | 1mg |