



 **THE HOT MELT WAY**

KETO THANKSGIVING MENU

SHOPPING LIST

MEAT/SEAFOOD

Whole turkey and neck (15+ pounds) [R1, R2]
Breakfast sausage (1 pound) [R4]
Thick cut bacon (1/2 pound) [R7]

CONDIMENTS

Avocado oil [R1, R5]
Ghee [R5]
Olive oil [R8]
Champagne OR white wine vinegar [R8]
Dijon mustard [R8]

PRODUCE

Thyme (3 sprigs) [R1]
Sage (3 sprigs) [R1]
Carrot (3 medium) [R1, R2, R8]
Onion (1 medium, 2 large) [R1, R2, R4]
Celery (4 stalks) [R1, R2, R4]
Cranberries (1 pound) [R3]
Orange (1 large) [R3]
Chives (1 small bunch) [R4]
Parsley (1 bunch) [R4]
Green beans (1 pound) [R5]
Shallots (3 large) [R5, R7]
Garlic (4 cloves) [R6]
Cauliflower (1 head) [R6]
Brussels sprouts (1 1/2 pounds) [R7]
Spinach (6 cups) [R8]
Fennel bulb (1 large) [R8]
Red onion (1 medium) [R8]
Pomegranate (1 small) [R8]

CANNED GOODS

Low sodium chicken broth (1 cup) [R4]
Pumpkin puree (1 15 ounce can) [R9]

SPICES

Sea salt (keep on hand)
Freshly ground black pepper (keep on hand)
Garlic powder [R1, R5]
Onion powder [R1]
White pepper [R2]
Paprika [R4]
Poultry seasoning [R4]
Nutmeg [R6, R9]
Cinnamon [R9]
Ginger [R9]
Cardamom [R9]
Cloves [R9]
Pure vanilla extract [R9]

DRY GOODS

Arrowroot powder [R2, R5, R6]
Monkfruit sweetener (1 1/2 cups and 3 table-
spoons) [R3, R8, R9]
Almond flour (2 cups) [R4]
Baking powder (1 teaspoon) [R4]
Pumpkin seeds (1/2 cup) [R8]
Pecans (1/3 cup) [R8]
Mixed nuts (3 cups) [R9]
Pitted dates (2) [R9]

DAIRY/OTHER

Grass-fed Butter (14 tablespoons) [R1, R4, R6]
Cheddar cheese (1/2 cup) [R4]
Eggs (5) [R4, R9]
Heavy cream (3 3/4 cups) [R4, R5, R6, R9]
Cream cheese (4 ounces) [R5]
Gruyère OR swiss cheese (1 cup, shredded) [R6]
Parmesan cheese (1 cup, shredded) [R6]
Sour cream (1/4 cup) [R9]

THANKSGIVING TIMELINE

Remember: this is a holiday for EVERYONE, including the cook.

How To Do Thanksgiving Without Losing Your Mind!

It can be complicated, no doubt.

However, you've got the menu now and the shopping list is done for you. Go through it, double check what you already have and head for the market. Yes, buy EVERYTHING now, except the freshest stuff. When you buy the cranberries, put them right into the freezer, in the bag they came in or wait and buy them when you get the green beans, etc. Your choice, but I buy them now because I've had a problem getting them (they've been out) when it's closer to T-day.

When you go shopping, make it easy on yourself. If at all possible, go shopping during off hours, without children and not hungry, or having to go the potty! I am serious you have work to do there, girl!

Plan the table-are you using linens? Do they need pressing? Press them now and hang them or fold them for later. Nothing is worse than starching a tablecloth an hour before your guests are due to arrive (ask me how I know this!). What about the centerpiece and other décor?

Double check your serving pieces and serving utensils against your menu. Do you have all the serving pieces you need, etc.? Make arrangements now to get or borrow what you need. DON'T do it the day of! If your great aunt forgets to bring her gravy boat and ladle, you're up a creek without a paddle (or a ladle in this case).

One Week Ahead:

- ❑ If you have shopped already (and you should have if you're using my plan), make a quick double check of your list and menu to make sure everything is ready for you to use. Take a hint from Santa and make your list and check it twice. This is not the time to forget anything! If you're using my recipes and grocery list, the whole thing is already done for you so you can skip this step and go have a cup of tea (or a glass of wine) instead (isn't this fun?).
- ❑ Clean out your refrigerator. Be ruthless. You're going to need the room! You may also want to haul out the big cooler from the garage and clean it out to use on T-Day, if you're desperate for space. Ask one of your guests to bring ice-you won't have room in your poor beleaguered fridge.

Three Days Ahead:

- ❑ Pull all the pieces you are going to use for serving. It is helpful to write what is going to go in what and write it on a 3 x 5 card and toss the card in the serving piece. A friend and mentor, Carolyn Dunn, from my early-married days taught me this nifty trick and it's saved my biscuits (Hot Melt Cheddar for the stuffing of course) more than once.

- ❑ Then, you can stack your bowls, platters and other serving pieces together in one area with the cards already in them. Inevitably, on the big day, you will have all kinds of volunteers in the kitchen just before the time you're ready to serve. Having those cards in place at that time will truly save your sanity while you're trying to finish up the gravy and get the bird carved and you can keep the discussion about what goes in where to a minimum because the guesswork is gone.
- ❑ To keep your serving pieces dust free, cover with a clean sheet folded in half. My friend Marla Cilley known the world over as the FlyLady even sets her table all the way a few days ahead and puts a sheet right over the top. When I had a dining room, I did the same thing, but now I only have the one table and I need to use it everyday. So use whichever method works for you-still get your serving pieces ready to roll.
- ❑ Purchase any last minute/fresh items like the ones mentioned above.
- ❑ Don't forget-- thaw your frozen bird starting today! See Turkey 101 for more info on thawing a turkey.

Two Days Before:

- ❑ Make the Hot Melt Pumpkin Pie. When it has completely cooled, cover in plastic wrap and place in the fridge.
- ❑ Make Orange Cranberry Sauce. Completely cool before refrigerating.

The Day Before:

- ❑ If you ordered a fresh turkey, today's the day to pick it up.
- ❑ Chop everything and individually bag it up in zipper-topped, plastic bags: onions and celery for the dressing, veggies for side dishes, etc. Refrigerate after prepping.
- ❑ Set the table and cover it with a sheet to keep the dust (and pets!) out.
- ❑ Go over your plan for T-Day and make sure your ducks (turkeys?) are in a row. Double check everything-your serving pieces, your menu, your guest list-the whole enchilada. Determine the time your turkey should go in the oven based on when you want dinner served (don't forget to include your turkey's "rest time"!). Cut and paste tomorrow's T-Day list and put the time these things need to be accomplished. Having that list handy will clear your brain so you can be pleasant with your guests!
- ❑ Go to bed early! Tomorrow's a big day.

T Day Countdown:

- ❑ **In the morning:** First get up and get dressed. Don't start working in your robe and slippers. You need some good support in the way of shoes and you may not have another minute for yourself so get yourself reasonably ready for the day. It's easy to change clothes and freshen your makeup; not so easy to have to start from scratch and the doorbell rings and you're just getting out of the shower!
- ❑ Prepare Hot Melt Cheddar Biscuit Stuffing and Hot Melt Green Bean Casserole.

- ☐ Put your bird in the oven at the appropriate time based on the Chart for Cooking Your Bird that is included later in this ebook and what time you want to serve dinner. Remember, you need to add an hour to that time because the bird needs to rest an hour out of the oven before serving. Should you get out of control at any point, call the Butterball turkey hotline, 1-800-BUTTERBALL.
- ☐ Make the broth for the gravy (included in the Hot Melt Gravy recipe).
- ☐ Prepare Hot Melt Cauliflower au Gratin and Hot Melt Bacon Brussels Sprouts to go in the oven; set aside.
- ☐ Put the butter, salt and pepper (if not already there) on the table. Consider two butters and two sets of salt and peppers on either end.
- ☐ Remember, clean as you go-it's so much EASIER! Keep a sink full of hot soapy water and dump stuff in there as you go. Run the dishwasher and empty it after this little blitz.
- ☐ Take a timeout and put your feet up for a bit. Double check the bathrooms for clean guest towels, hand soap and extra toilet paper before you sit down.

One and a Half Hours Before:

- ☐ At this point, your turkey should be finished roasting and resting comfortably. Don't forget to give him his foil jacket so he doesn't get cold. You still have a lot to do, if someone volunteers to help, let them help!
- ☐ Cook Hot Melt Cheddar Biscuit Stuffing and Hot Melt Green Bean Casserole. Keep warm after cooking.
- ☐ Cook Hot Melt Cauliflower au Gratin and Hot Melt Bacon Brussels Sprouts. Keep warm after cooking.
- ☐ Carve the turkey. See <http://www.cooks.com/rec/story/69/> for an illustration on how to carve. Copy this page for a reference. I recommend the FIRST carving technique and not the second one.
- ☐ Make the Pan Gravy (see recipe).
- ☐ Put cranberries in the serving dish with utensil and on the table or buffet.
- ☐ Whip the cream (or do it later that's what I do)
- ☐ Set the coffeemaker up so all you have to do is flick the switch.

Time to Eat!

- ☐ Start getting everything in its serving dish: turkey on the platter with serving utensil, green bean casserole, Brussels sprouts, cauliflower, gravy in its boat, dressing, and of course, the cranberries should be already on the table.
- ☐ You've earned your kudos! Take the compliments, enjoy your family and friends, and most importantly, give thanks.

CHART FOR COOKING YOUR BIRD

The National Turkey Federation recommends you cook your turkey until the temperature reaches 170 degrees in the breast and 180 degrees in the thigh (watch out for the bone). A meat thermometer is distinctly different from a candy thermometer! (I tried to use one for this purpose when I was first learning to cook. It wasn't successful.)

STUFFED TURKEY

8 to 12 pounds	3 to 3½ hours
12 to 14 pounds	3½ to 4 hours
14 to 18 pounds	4 to 4¼ hours
18 to 20 pounds	4¼ to 4¾ hours
20 to 24 pounds	4¾ to 5¼ hours

UNSTUFFED TURKEY

8 to 12 pounds	2 to 3 hours
12 to 14 pounds	3 to 3¼ hours
14 to 18 pounds	3¼ to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours
20 to 24 pounds	4½ to 5 hours
24 to 30 pounds	5 to 5¼ hours

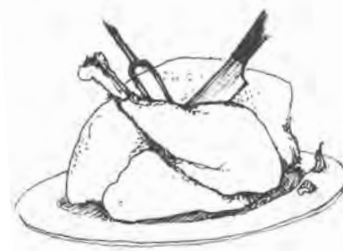
Right about now, you're probably wondering where the basting instructions are. Personally, I don't baste. Why? Because basting actually dries out the bird! Every time you open the oven door, you lose 25 degrees of heat. And because you lose heat, you have to cook the turkey longer. Longer cooking time means a drier turkey, period. (Yeah, yeah . . . I know you have been basting birds for a hundred years in your family and everyone swears by basting.) I too, was in the basting camp til one year I was overwhelmed with all I had to do, and we had the best, juiciest turkey ever. So, my advice is: don't baste.

Once the turkey is finished with its roasting, remove it from the oven and let it rest for about 10 minutes in the pan. Then remove your bird from the pan to a cutting board and again, allow it to rest, at least 20 minutes, 1 hour is better. (And, like I said earlier, it gives you a sense of a timetable to finish up the rest of the dinner. Just put a little foil jacket on old tom to keep him warm. this is important because it will retain its juiciness if given the proper "nap".

HOW TO CARVE A TURKEY



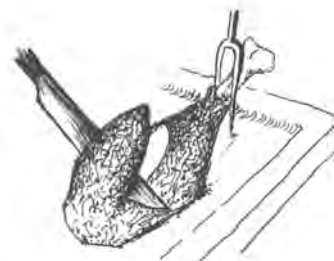
1. Let the turkey rest for an hour before carving, and then remove it from the pan. This will be easier to do if you make two heavy duty strips of aluminum foil to act as lifters (unless you have turkey lifters).



2. To start carving, first remove the turkey legs. Using the carving fork, hold the bird firmly against the cutting board and slice through the skin between the breast and thigh---there is an obvious gap. Pull back the leg to locate the joint, then cut through the joint to remove the whole leg. Repeat on the other side.



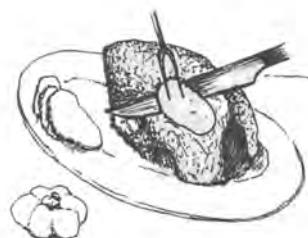
3. You need to separate the thigh from the drumstick. To do this, stretch the thigh and the drumstick apart, find the joint, and with a firm downward movement of the knife, cut all the way through the joint.



4. Unless you have invited Fred Flintstone for Thanksgiving, you're going to want to carve the meat off the drumstick. Place the carving fork on the cutting board and aim the narrow end of the leg between the tines, so you don't pierce the meat. Now slice the meat off the drumstick.



5. You may want to cut the slices from the thigh, working parallel to the bone, as seen in the illustration. You can easily remove the wing using your hand to disjoint it from the breast, or simply cut through once you have located the joint.



6. Now that you've taken all the appendages off, you need to carve the breast meat. Starting at the outside of the breast cut the slices diagonally. Do this on both sides of the turkey and ta-da---you've carved the bird.





HOT MELT TURKEY

1 turkey (15+ pounds)
1 Carrot (if not using stuffing)
1 Large Onion (if not using stuffing)
1 Celery stick (if not using stuffing)
3 sprigs thyme
3 sprigs sage

1/2 cup avocado oil
Sea salt and freshly ground black pepper
1 teaspoon garlic powder
1 teaspoon onion powder
6 tablespoons grass-fed butter

Remove a rack from the oven, and position the last rack to be the second to the bottom ledge (in other words, not the very bottom). Turn on the oven to preheat, 500 degrees.

You will usually find a package of giblets (innards) in the neck cavity of the turkey. Remove those, place in the fridge and I will tell you what to do with them later. Pat turkey and cavity dry with paper towels.

Sprinkle the cavity of the turkey lightly with salt. If you are not stuffing the bird, throw a washed carrot cut in half, a large onion cut in half and a celery stick cut in half into the cavity. I would also throw a little sage and thyme in there. This will just help to flavor the drippings,

which in turn will help you make scrumptious gravy.

Place the turkey, breast side up, on a rack in a shallow roasting pan (the rack will help the whole turkey brown). Rub your bird down (using your hands) with avocado oil. You will want to get under the skin and over the skin too. Season evenly with salt, pepper, garlic powder, and onion powder.

Put 1/2 cup of water and the 6 tablespoons of butter on the bottom of the pan. If you are using a meat thermometer (which is advised), place the thermometer in the thickest part of the thigh muscle, but do not allow it to touch the bone or you will get a false reading.

Place the turkey in a preheated 500 degree oven for a half hour. Set your timer! The reason for the intense beginning heat is that this will allow the fat under the skin on the bottom of turkey (remember, you've got her sitting on a rack in the roasting pan) to melt and help brown the skin on the bottom. No more mush bottomed turkeys! Also, the turkey will begin to turn bronzy brown, which you want. After the initial 500 degree zapping, turn your oven down to a respectable 325 degrees. Do you feel better now?

Follow the timetable on the turkey packaging for approximate roasting time. Place a tent of foil loosely over the turkey when it begins to turn golden brown, exposing only the drumsticks to the oven.

About every 30 to 40 minutes, quickly baste the turkey with the butter and drippings in the bottom of the pan.

Roast the turkey until the meat thermometer reads 180 degrees (for a whole turkey) and the juice is no longer pink when you cut into the center of the thigh (it should be clear). The drumstick should move easily in the socket when lifted or twisted.

When the turkey is finished roasting, remove it from the oven and let it stand at least 1/2 hour for easiest carving. However, it's even better to let it rest a whole hour. That way you can count down the rest of the meal. Keep the turkey tented with foil so it will stay warm.



HOT MELT GRAVY

Broth:

Reserved turkey neck
½ carrot
½ onion
1 stalk celery
salt

Gravy:

turkey broth
arrowroot powder
½ teaspoon white pepper
Sea salt and freshly ground black pepper

While turkey cooks, make broth.

Remember I promised you I would tell you what to do with the giblet pouch? Now is the time. In that drippy bag, you are going to find a big old turkey neck, the heart, gizzard and liver. The heart, gizzard and liver are great treats for the dog, but unless giblet gravy is your heart's desire (sorry, couldn't help myself), in my opinion, they have no place in a gravy boat.

First off, get your turkey neck, a half a carrot, celery stalk and a half an onion, quartered. Throw them all together into a medium sized saucepan and fill about three quarters of the way up with cold water. Put the pan on a medium-high heat, bring to a boil, then lower the

temp and allow to simmer for about an hour or so. Throw a lid on the top and turn it down even lower and allow it to cook for another hour. Strain broth from solids (toss the solids) and set aside for later gravy making. If it is hours away from that event, refrigerate the broth.

Turkey is out, time to make the gravy!

Okay, the turkey has been removed from the pan and is resting comfortably. Skim the big greasy globs of fat from the roasting pan and place in a medium sized saucepan (there should be about three tablespoons or so of fat, depending on the size of your bird).

Next, take an equal amount of arrowroot powder and add to that turkey grease (I know this sounds yucky, but you have to trust me). The heat should be about medium-high and you need to whisk away to your heart's content until the roux (pronounced ROO) is golden and thick, and naturally lump-less.

This roux procedure will take you all of five minutes —very easy, you can't mess this up. Set your beauteous roux aside.

Now back to the roasting pan. Add a cup of your reserved turkey neck stock to the roasting pan and turn up the heat (you will probably need two burners for the job) and bring it to a boil.

Using your wire whisk, scrape up all the browned bits off the bottom of the pan. Those browned bits contain concentrated turkey flavor that will make your turkey gravy absolutely to die for. Don't skip this step. Now add all the golden roux in the saucepan you just made, into your roaster and whisk like your life depended on it.

In just moments, a beautiful velvety bronzed gravy should be emerging and filing you with the joy of accomplishment. Whisk in white pepper, and adjust salt and pepper to taste.



HOT MELT ORANGE CRANBERRY SAUCE

1 pound fresh or frozen cranberries
½ cup monkfruit sweetener
1 orange, juiced and zested

In a medium pan over medium heat, add cranberries, monkfruit sweetener, and orange juice and zest. Stir together to combine. After cranberries begin to release juice and, turn heat down to a medium low.

Cook for about 10 to 15 minutes or until sauce becomes jammy, then remove from heat and serve.



HOT MELT CHEDDAR BISCUIT STUFFING

Biscuits:

2 cups almond flour
1 teaspoon baking powder
1 teaspoon sea salt
½ teaspoon freshly ground black pepper
1/4 teaspoon paprika
4 tablespoons cold grass-fed butter, cut into small cubes
½ cup shredded cheddar cheese
1 tablespoon freshly chopped chives
2 eggs, whisked
¼ cup heavy cream

Stuffing:

1 pound breakfast sausage
1 large onion, diced
2 stalks celery, chopped
1 cup parsley, chopped
1 teaspoon poultry seasoning
Sea salt and freshly ground black pepper
½ to 1 cup low sodium chicken broth (or turkey broth)

Preheat oven to 375 degrees.

In a medium bowl, combine almond flour, baking powder, salt, pepper, and paprika. Add in cold butter, and, working quickly with your hands, blend the butter with the flour mixture until it begins to form pea-like balls.

Toss in cheese and chives, stir to combine. Then add in eggs and heavy cream. Fold together until everything is thoroughly mixed.

Line a baking sheet with parchment paper and use a spoon to scoop biscuits out of bowl and evenly distribute on baking sheet.

Place in oven and bake for 25 to 30 minutes, or until golden on top and firm in center. Remove from oven, and turn oven down to 250 degrees.

Once done, allow to rest for about 15 minutes, then cut horizontally down the center and break into pieces. Keep on baking sheet, and return to oven - you want them to dry out more before adding them to the stuffing.

Keep in low temp oven for about an hour, checking on them every so often. Then remove from oven and allow to cool until room temperature.

When you're ready to make the stuffing, preheat oven to 375 degrees.

Add sausage to a medium skillet over medium high heat. Cook for several minutes, until sausage is nearly cooked through, and some bits have gotten nice and crispy on the bottom.

Reduce heat to medium, and add 1 1/2 cups of water to skillet. Keep over heat for about 10 to 15 minutes, or until sausage is cooked through.

In a large bowl, add biscuit bits, onion, celery, parsley, poultry seasoning, and salt and pepper. Toss to combine, then add in sausage (reserving cooking liquid).

Add a couple big spoonfuls of sausage cooking liquid, and toss again. Then add chicken broth until your stuffing is moist. BE CAREFUL when adding broth! Because the biscuits are made with almond flour, they can fall apart and get mealy if you add too much liquid. You only want to add enough so that it's moist enough to hold together and not dry out while it bakes.

Transfer to a baking dish and place in oven to bake for 20 to 25 minutes, or until top is nicely golden.



HOT MELT GREEN BEAN CASSEROLE

1 pound fresh green beans, par-boiled
2 tablespoons ghee
1 medium onion
2 cups mushrooms, sliced
1 tablespoon arrowroot powder
4 ounces cream cheese

1 cup heavy cream
Sea salt and freshly ground black pepper
1 teaspoon garlic powder
¼ cup avocado oil
2 large shallots, sliced

Preheat oven to 375 degrees.

Heat ghee in a large skillet over medium high heat. Add onion and mushrooms, and saute for 3 to 5 minutes, or until mushrooms become golden and onions are translucent.

In 1/3 cup water, whisk arrowroot powder. Add to skillet, along with cream cheese, and heavy cream. Stir until fully combined, and season with salt, pepper, and garlic powder.

Once all cream cheese is lump-less, and the mixture begins to thicken, stir in green beans and transfer to a baking dish. Place in oven and bake for 45 minutes or until slightly golden on top and sauce is bubbling.

While in the oven, prepare the crispy shallots. Heat avocado oil in a large skillet over medium heat. Once oil is hot and shimmering, add shallots. Fry for about 4 to 6 minutes or until shallots have become golden in color. Once they start to turn golden, keep watch and occasionally stir to make sure they're evenly cooking. They can burn quickly, so as soon as they're a golden brown through and through, and look nice and crispy, immediately remove from heat and transfer to a paper towel lined plate. Set aside until casserole is out of the oven.

Once casserole is out of the oven and rested for about 15 minutes, scatter crispy shallots all over the top of the casserole before serving.



HOT MELT CAULIFLOWER AU GRATIN

4 tablespoons grass-fed butter
4 cloves garlic, minced
2 teaspoons arrowroot powder
1 cup heavy cream
Sea salt and freshly ground black pepper
¼ teaspoon ground nutmeg
1 head of cauliflower, cored and cut into florets
1 cup freshly shredded Gruyère cheese (or swiss)
½ cup freshly shredded parmesan cheese

Preheat oven to 400 degrees.

Heat butter in a medium skillet over medium high heat. Once melted, add garlic and saute for about 2 minutes, then whisk in arrowroot powder - whisk well to get rid of any lumps. Then turn heat down to medium and whisk in heavy cream. Season with salt and pepper to taste and add in nutmeg. Whisk well so it's nice and smooth, and remove from heat after it begins to thicken. (do not let boil - turn down heat if it looks like it's going to boil)

Place half of cauliflower florets in bottom of baking dish, scatter half of both cheeses over the top, pour half the cream mixture over the layer of cheese, then add in the remaining cauliflower, top with remaining cheese, and cover with all remaining cream.

Cover with foil and cook for 30 minutes, then remove foil and cook for another 20 to 25 minutes or until top is golden and cauliflower is fork tender.



HOT MELT BACON BRUSSELS SPROUTS

½ pound thick cut bacon, chopped
1 large shallot, sliced
1 ½ pounds Brussels sprouts, trimmed and halved
Sea salt and freshly ground black pepper

Preheat oven to 400 degrees.

Heat a large cast iron skillet (or other oven safe skillet), over medium high heat.

Once skillet is hot, add in bacon. Cook for 4 to 5 minutes, or until most of the fat has been rendered from bacon.

Add in shallot and cook for 2 minutes or until translucent. Stir in brussels and transfer to the oven. Add salt and pepper to taste.

Cook for 20 to 25 minutes or until Brussels are tender.

HOT MELT FENNEL AND SPINACH SALAD

Vinaigrette:

$\frac{3}{4}$ cup olive oil
 $\frac{1}{3}$ cup champagne or white wine vinegar
1 tablespoon dijon mustard
1 tablespoon monkfruit sweetener

Salad:

6 cups spinach
1 large fennel bulb, trimmed and thinly sliced
 $\frac{1}{2}$ red onion, sliced thin
1 medium carrot, peeled into ribbons
 $\frac{1}{2}$ cup pomegranate seeds
 $\frac{1}{2}$ cup pumpkin seeds
 $\frac{1}{3}$ cup pecans, chopped

In a medium bowl, whisk together all ingredients for vinaigrette.

In a large bowl, combine all components for salad (spinach through pecans) - toss together and dress with vinaigrette before serving.





HOT MELT PUMPKIN PIE

Crust:

3 cups mixed nuts (use really creamy ones – like cashews, hazelnuts, walnuts, pecans, etc)
2 pitted dates

Fillings:

1 (15 ounce) can pumpkin puree
1 cup monkfruit sweetener
1 1/2 teaspoons cinnamon
1 teaspoon ground ginger
1/2 teaspoon cardamom

1/2 teaspoon nutmeg

1/4 teaspoon cloves

2 teaspoons pure vanilla extract

1/2 teaspoon sea salt

3 large eggs, beaten

1 cup heavy cream

1/4 cup sour cream

Whipped cream:

1/2 cup heavy cream

2 tablespoons monkfruit sweetener

1/2 teaspoon pure vanilla extract

In a food processor, combine nuts and dates for crust. Blitz until nuts are minced and it begins to stick together. Press into a pie plate and bake in oven for 10 minutes, then remove and cool for at least 15 minutes.

In a large bowl, combine pumpkin, monkfruit sweetener, and spices (cinnamon through cloves). Whisk together well, then add in vanilla, salt, eggs, heavy cream, and sour cream. Whisk until smooth, then pour into cooled pie crust.

Place in oven and bake for 45 to 50 minutes, or until center is set and doesn't jiggle (you can always toothpick test it if you're unsure). If you notice the edges of the nut crust getting dark while the pie bakes, you can wrap the edges in foil to keep them from burning.

After you remove pie from oven, allow to cool at room temp for about 20 minutes, then place in the refrigerator for at least 2 hours to chill.

Just before serving, prepare the whipped cream. Combine all ingredients (heavy cream through vanilla) in a standing mixer bowl. Using whisk attachment, beat on a medium speed to start, and after cream begins to thicken (about 3 minutes) go up a high speed and beat for another couple minutes until cream becomes thick and creamy (don't let it go too long, or it'll get too thick, like butter).