

WAWA “Gobbler” Bowl/Hoagie (Paleo, Gluten/Dairy /Soy/Refined Sugar Free)

www.EatCleanDragQueen.com

If you're familiar with Wawa, this next recipe is a real treat! With the “Gobbler” returning to Wawa's menu just a few weeks ago, my cravings started kicking it 😊 For those who don't know what a “Gobbler” is, it's basically a customizable Thanksgiving Dinner on a hoagie or in a bowl I always got mine with a 1/2 Sweet Potato, 1/2 Stuffing base, topped with gravy smothered Turkey, and finished off with extra Cranberry Sauce so that's what I decided to recreate!

I began by cooking my Turkey in the slow cooker for 6 hours and whipped up some Paleo Cornbread Stuffing and Whole30 Friendly Mashed Sweet Potatoes blended with Nutpods while it roasted. I also tossed together a simple 4 ingredient Paleo Friendly Cranberry Sauce sweetened with coconut sugar and orange juice that paired perfectly with the Turkey! Prefer your “Gobbler” the traditional way (on a roll)? Use Unbun's Baguettes or Hamburger Buns to keep this recipe 100% Paleo compliant!

INGREDIENTS:

For the Turkey:

- 5 lb. Turkey Breast
- 1 Large or 2 Small Onions, diced fine
- 2 Tbsp The New Primal All Purpose Seasoning
- 1 Tbsp Salt
- 1 Tsp Pepper
- 1 Tbsp Coconut Oil

For the Gravy:

- 2 Cups Broth, I used low sodium Beef Broth
- 2 Tsp Garlic Powder
- 1 Tsp Italian Seasoning Blend
- Salt & Pepper to taste
- 1 Cup Water
- 1/2 Cup Arrowroot Flour (can sub for Coconut)

- 1 Tbsp Tapioca Flour (optional, but thickens the gravy very nicely)

INSTRUCTIONS:

1. Begin by seasoning your Turkey Breast with Salt, Pepper, and The New Primal All Purpose Seasoning, then set aside.
2. Combine Broth, Onion, & Spices together, then add to the slow cooker and stir well. Place Turkey Breast in slow cooker and top with 1 Tbsp Coconut Oil. Cover and cook on high for 3-4 hours or low for 7-8 hours.
3. While Turkey Breast is Cooking, prepare your “Corn”bread Stuffing, Mashed Sweet Potatoes, & Cranberry Sauce. If you haven’t already baked your cornbread in advance, start with your Stuffing as the cornbread requires time to cool before you can cube it and turn it into stuffing.
4. Divide Stuffing evenly amongst 8 rectangular food storage containers. Push Stuffing towards either side and fill the other side with a 1/8 portion of Mashed Sweet Potatoes. Divide your Cranberry Sauce into eight 2 oz condiment cups and serve 1 with each meal, or place cranberry sauce directly on top of your Turkey Breast.
5. Once Turkey Breast is cooked, remove from slow cooker and set aside. Add Water and both Flours to the the slow cooker and mix well to combine and create your Gravy.
6. Using a carving knife, slice Turkey Breast until you’ve removed all of the meat. Divide meat evenly across all 8 containers, placing it right between the Mashed Potatoes and Stuffing.
7. Just like you did with your Cranberry Sauce earlier, divide the Gravy into eight 2 oz condiment cups and serve 1 with each meal. You may have some additional gravy leftover so feel free to use it however you’d like!
8. Smother with Cranberry Sauce & Gravy and your Gobbler Bowl is officially complete! If you’re turning your Paleo “Gobbler Bowl” into a Paleo “Gobbler”, simply layer your ingredients on top of an Unbun Bun and Enjoy!

MAKES 8 SERVINGS!



Mashed Sweet Potatoes (Whole30, Paleo, Vegan)

www.EatCleanDragQueen.com

INGREDIENTS:

- 3 Large Sweet Potatoes, peeled and roughly cubed
- 1/2 Cup Pumpkin Spice Nutpods
- 1 tsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- 1 tsp Salt
- 1/4 Cup Miyokos Unsalted Vegan Butter(can also sub Ghee or Coconut Oil)
- 1 Tbsp Maple Syrup(omit for Whole30)

INSTRUCTIONS:

1. Bring a large pot of water to a boil and add Sweet Potatoes. Boil for 30 minutes then remove from heat and drain.
2. Place Sweet Potatoes in a blender along with Nutpods, Vanilla Extract, Pumpkin Pie Spice, Maple Syrup & Butter and process until smooth & creamy.
3. Sprinkle with additional Pumpkin Pie Spice and Enjoy!

MAKES 8 SERVINGS!



4-Ingredient Cranberry Sauce (Paleo, Vegan)

www.EatCleanDragQueen.com

INGREDIENTS:

- 3 Cups Fresh Cranberries
- 6 oz Orange Juice
- 3/4 Cup Coconut or Maple Sugar
- 1/2 tsp Pumpkin Pie Spice

INSTRUCTIONS:

1. In a large saucepan over medium heat, combine Cranberries, Orange Juice, & Sugar and bring mixture to a boil (about 10 minutes).
2. Lower heat to medium low and cook for an additional 10-12 minutes, using a rubber spatula to stir the mixture and scraping the sides down to avoid scorching the sugar.
3. Once Cranberries have completely cook down, remove saucepan from heat and stir in your Pumpkin Pie Spice. If your Cranberry Sauce appears a bit runny, have no worries, it'll thicken up as it cools.
4. Allow the sauce to cool for 20 minutes before consuming as it will be very hot coming from the stove. Serve either warm or cold. Enjoy!

MAKES 2 CUPS!



Paleo Cornbread

www.EatCleanDragQueen.com

INGREDIENTS:

- 2 Cups Almond Flour
- 2 Tbsp Coconut Flour
- 1/2 tsp Baking Soda
- 1/2 tsp Salt
- 4 Eggs, whisked
- 1/4 Cup Coconut Oil, room temperature
- 1/3 Cup Nutpods or Dairy Free Milk of Choice
- 3 Tbsp Honey
- 1 tsp Apple Cider Vinegar

INSTRUCTIONS:

1. Preheat your oven to 350°F and coat a 9"x9" baking pan in cooking oil.
2. Combine Almond Flour, Coconut Flour, Baking Soda, & Salt in a large bowl. Mix well to combine. In a separate bowl, combine Eggs, Coconut Oil, Nutpods, Honey & Apple Cider Vinegar and mix well to combine.
3. Create an open well in the middle of your dry ingredients by pushing them towards the side and pouring all of your wet ingredients right in the middle. Mix very well to combine.
4. Transfer batter to your greased 9x9 baking sheet and bake for 22-25 minutes. Remove from oven and allow to cool. Use in my Paleo "Corn"bread Stuffing recipe or enjoy on its own!

MAKES ONE 9"x9" PAN!





Paleo Thanksgiving Stuffing



www.EatCleanDragQueen.com

INGREDIENTS:

- 1 9x9 Pan of Paleo Cornbread
- 1/4 Cup Coconut Oil
- 1 Large Sweet Onion, diced
- 3 Celery Stalks, diced
- 1 Green Bell Pepper, diced
- 1 Bunch of Green Onions, thinly sliced
- 1 Cup of Pecans, loosely chopped
- 1/4 Cup Fresh Parsley, chopped
- 1 Tbsp Fresh Thyme, chopped
- 2 Eggs, whisked
- 3/4 Cup Chicken/Beef/Vegetable Stock

INSTRUCTIONS:

1. Preheat oven to 300°F and line a baking sheet with parchment paper. Begin by cutting your Paleo cornbread into 1/2" to 1" Cubes using a metal spatula. Once cut, transfer cornbread cubes to a parchment paper lined baking sheet and bake in a preheated oven for 10 minutes to crisp up all edges.
2. In a large skillet, heat Coconut Oil over medium heat. Once hot, add Celery, Onions, Green Pepper, and Green Onions and sauté until everything softens up, about 10 minutes.
3. Raise the oven temperature to 350°F. Transfer your Vegetable Mixture to a large bowl and add Cornbread, Pecans, & all Spices. Mix well.
4. Next, add in your Eggs, then your Chicken Stock, being sure to evenly pour it across the mixture. Stir until everything is combined.
5. Transfer stuffing mixture to a lightly greased 13x9 baking dish and bake for 30-35 minutes. Remove from oven, allow to cool, and enjoy!

MAKES 8-10 SERVINGS!

