



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
Carbs	30g
Fiber	3g
Sugar	10g
Protein	7g
Cholesterol	70mg
Sodium	639mg
Potassium	174mg
Vitamin C	1mg
Calcium	59mg
Iron	2mg
Vitamin D	15IU
Folate	18µg
Vitamin B12	0.2µg
Magnesium	44mg
Zinc	1mg

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.