



trim healthymama™
© 2015 Welby Street Press LLC Unauthorized use prohibited. *Property of TrimHealthyMembership.com



WWBB Holiday Stuffing (S)

Introducing the WWBB Holiday Stuffing! This stuffing recipe uses the "Wonderful White Blender Bread", a new recipe that is found on page 242 of the Trim Healthy Table Cookbook that everyone has been making and loving. This S-bread stuffing is a wonderful side dish or can be enjoyed as a complete meal, when adding the optional sausage or other cooked meat.

Serving Size: 6 to 8 people

INGREDIENTS:

For the Wonderful White Blender Bread (WWBB) Croutons...

- coconut oil cooking spray
- 1 & 1/2 cups egg whites (carton or fresh)
- 1/2 tsp xanthan gum
- 3/4 cup THM Pristine Protein Powder (original; unflavored)
- 1 cup THM Baking Blend
- 1 cup 0% Greek yogurt (or 1% cottage cheese)
- 2 & 1/2 tsp aluminum-free baking powder
- 1 tsp THM Super Sweet Blend
- 1/2 tsp mineral salt

For the WWBB Holiday Stuffing...

- poultry seasoning (or sage, thyme, rosemary; to taste)
- 2 cups diced celery
- 2 cups diced onion
- 8 Tbsp butter
- 1 lb sausage (optional; see Recipe Notes below)
- 1 Tbsp Trim Bouillon Powder (optional)
- 1 & 1/2 cups water (if using the Trim Bouillon Powder)
- 1 & 1/2 cups chicken stock (optional; if not using the THM Bouillon Powder)
- mineral salt (to taste)
- black pepper (to taste)

(Continued...)

INSTRUCTIONS:

For the Wonderful White Blender Bread (WWBB) Croutons...

1. Preheat the oven to 350°F. Spray a 9x13 pan with coconut oil cooking spray.
2. Put the egg whites and xanthan gum in a blender and blend on high for 1 minute, until thickened and frothy. Add all the other ingredients and blend well for another minute or so.
3. Bake for 20 minutes or until edges are very lightly browned and sides are slightly pulling away from the pan.
4. Flip the bread onto a cooling rack and allow the bread to cool.
5. Reduce oven temperature to 300°F.
6. Cube bread and place on a large baking sheet that's been sprayed with coconut oil cooking spray.
7. Spray the top of the bread cubes with cooking spray and then sprinkle poultry seasoning, salt, and pepper over the cubes.
8. Bake at 300°F for 30 minutes or until browned and crisp.

For the WWBB Holiday Stuffing...

1. While the WWBB bread cubes are in the oven, saute the celery and onions in the butter over medium heat until soft and tender. Remove from pan and place in a large bowl.
2. Brown the optional sausage until cooked through. Place the browned sausage in the bowl with the onion and celery mixture.
3. When bread cubes are toasted, remove from oven and add to the bowl with the sausage and vegetable mixture, tossing well.
4. Taste and adjust seasonings to your liking.

(Continued...)

5. Mix the THM Bouillon with the hot water and pour over the bread cube mixture tossing well, insuring that the liquid gets evenly distributed. If you are not using THM Bouillon and water, pour the chicken broth over the bread cube mixture at this time and toss well.
6. Spray a 9x9 pan with cooking spray and add the stuffing mixture.
7. Bake at 300°F for 30 minutes or until heated through.
8. Serve with Basic Gravy or gravy of choice.

RECIPE NOTES:

- ▶ For a moister stuffing, add in the optional sausage and serve topped with the Basic Gravy recipe.
- ▶ If the stuffing appears dry you may add additional chicken stock until you get the desired moisture content.



trim healthy
mama™

The [*Wonderful White Blender Bread*](#) recipe, [*WWBB Holiday Stuffing*](#) recipe, and other delicious THM recipes can be found at www.TrimHealthyMembership.com