



wheatfree mom



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13 Tips for Hosting a Gluten Free Thanksgiving Dinner

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1

Decorate and set up your dining room table the day ahead. This way you don't have to worry about whether or not you have enough glasses, plates and utensils.

2

It's okay not to make everything from scratch. If you are not a baker find a gluten free bakery near you and pick up a pie or two.

3

It's okay to ask for help. Ask your guests to bring a gluten free salad or dessert. You don't have to do everything.

4

Plan ahead. Most of the cooking is done on the day you are hosting so any prep that can be done 1-2 days ahead is a good thing.

5

Make your mashed potatoes in the morning and place them in your slow cooker on simmer. They will stay warm and it is one less pot on the stove.

6

If you are making dessert I like to bake them the day ahead. I will bake a layer cake and keep the cakes in the baking tins and put them in the refrigerator. I will then add icing to the cakes the next day.

7

Making a gluten free stuffing in the turkey is a little more difficult than one with gluten. Just put a couple lemons, an onion and a few garlic cloves in the bird instead.

8

Sometimes my family really wants my old style gluten-filled stuffing in the turkey. Rather than not have turkey I will make 2 small turkeys. They can have their stuffing and I can still have safe gluten free turkey to eat. I will make gluten free gravy from the safe turkey only.

9

Be organized. Plan your menu and shopping list the week ahead so you are not so stressed out.

10

You do not need to aim for perfect. If you think you are going to host the most perfect thanksgiving, you are setting yourself up for failure. Plan, prepare and try to relax and enjoy the day.

11

If you have never made gluten free gravy before, use sweet rice flour or arrowroot starch to thicken it. Just whisk in a couple tablespoons of one or the other.

12

If I am wanting to serve 3-4 different hot veggie dishes I will prepare and then partially cook them in the morning. Then when it's 30-60 minutes before the meal is ready I will put all the veggie dishes back into the oven on a low heat. They will not dry out and will be hot when everything else is ready.

13

Do not be afraid to stand up for yourself!
Sometimes, family members do not understand about allergies. I like to host family gatherings for then I have control over the meal and feel safe to eat anything.

If you have a family member who brings a non-gluten free item to your house, be polite and thank them. I let them know that I appreciate the food but

keep it in the kitchen rather than on the dining room table. Guests can still have it but then I do not have to worry about a rogue serving spoon contaminating all the food.

Most of my guests will not be gluten free and I have no problems with them enjoying an old family favorite, however I still insist it is kept separate during the meal.

Thank you!

I hope you have a great Thanksgiving!

If you're not sure what recipes you can make that are gluten free, check out my cookbook - [Gluten Free Cooking: 36 Delicious Gluten Free Recipes Your Friends and Family Will Love](#)

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