

Mark's Kitchen

drhyman.com

Parsnip-Apple Purée

Serves: 6 servings

Ready in: 30 minutes

Our friends over at [Thrive Market](#) have come up with [The Ultimate Paleo Friendly Thanksgiving Menu](#), and it looks delicious! We loved this menu so much, that we wanted to feature one of the recipes in today's newsletter just in time for Thanksgiving.

This side is the perfect substitute for traditional mashed potatoes. Creamy coconut milk and rich ghee add decadent depth of flavor to this Parsnip-Apple Purée. We know you'll love it!

Ingredients:

- 1 pound parsnips, peeled and roughly chopped
- Sea salt and freshly ground pepper, to taste (divided)
- 3 tablespoons ghee
- 1/4 cup unsweetened coconut milk
- 1 teaspoon ground coriander
- 1/2 teaspoon grated nutmeg
- 1/4 teaspoon garlic powder
- 3 green apples, peeled, cored, and grated

Step 1: Add water to a large pot and bring to a boil over medium-high heat. Add the parsnips and a pinch of salt. Make sure the water covers the parsnips by at least 1 inch. Boil until fork tender, about 15 minutes.

Step 2: In a small saucepan over medium heat, combine the ghee and coconut milk with the ground coriander, nutmeg, and garlic powder. Simmer and keep warm, but do not boil.

Step 3: Drain the parsnips and place them in the bowl of a stand mixer fitted with the paddle attachment. Add in the grated apples and warm ghee mixture. Beat until light and fluffy. Season generously with sea salt and ground pepper.

Note: Apples should be used immediately after grating. If not, soak in lemon-infused water until ready to use.

Nutritional analysis per serving

Calories 150 • Total Fat 8.5g • Protein .9g • Fiber 3.7g • Sugar 11.5g • Sodium 7.7mg • Carbohydrates 19.8 g