



GOOD FOR YOU RECIPES

For recommendations on where to purchase some of the items found in recipes below, please visit my Resources page! I'm constantly updating my recommendations so that you are getting links to sources that I purchase from myself. One of my absolute favorite websites for groceries is [Thrive Market](#) - a revolutionary online marketplace with a mission to make healthy living easy and affordable for everyone!

BREAKFAST

Super Food Smoothie

Start with 1 cold cup of liquid (water, homemade nut milk, fresh or canned coconut milk). Then add a high quality protein powder, like [PurePaleo Protein](#) or [VegeMeal](#) (pea-protein based). Now add the foundational ingredients:

- frozen berries, ¼ frozen banana
- 2 Tbsp raw, unrefined coconut oil OR 1 Tbsp [MCT Oil](#)
- 2 large handfuls of organic spinach
- 1 Tbsp nut butter
- 1 Tbsp [Designs For Health Paleo Greens](#)
- 1 tsp [organic maca powder](#)
- 1 tbsp [Collagen powder](#)
- 1 tsp [royal jelly](#)

To top it off, pick a couple of these options. You can add any of the additional ingredients below with the ability to mix and match if you don't have something on hand, want a different flavor, etc.

- Chia seeds or chia gel
- Ground flax seeds
- 1 Tbsp raw cacao powder
- 1-2 Tbsp raw coconut shreds
- ¼ - ½ avocado
- 1 Tbsp raw coconut butter
- 1 cup homemade coconut milk yogurt/kefir
- ½ cooked sweet potato (best after a hard workout, or if you're needing extra carbs)
- 1 tsp vanilla or almond extract
- 1 tsp cinnamon
- 1 tbsp fresh mint
- 1 tsp vanilla bean powder or vanilla extract
- raw, unheated honey to taste (if needed)
- Pinch of sea salt

There are all kinds of ingredients you can add to your basic smoothie to add flavor and adjust it to your personal taste. Just a few examples of what you can add are:

fresh or frozen berries
dates and figs (soaked is best)
raw nuts like almonds, hazelnuts, walnuts, pecans, etc
raw nut butter (tahini is delicious!)
avocados
apples
bananas
pineapple
plums
mangoes
sweet potato
pumpkin
squashes
ginger
cinnamon
egg yolks
raw coconut oil
raw cacao powder
coconut shreds
coconut butter
replace water with herbal tea, coconut water, fresh vegetable juice, unsweetened coconut milk or homemade nut or seed milk, etc.
etc!

Chia Gel

(makes 1 serving)

Use a clean 16 oz glass mason jar, measure 1 ½ Tbsp chia seeds, pour seeds into jar, fill the jar with 2 cups filtered water and then shake very well. Shake several more times and then store in the refrigerator or your countertop for a minimum of 20 minutes until gelled. You can keep it in the fridge for 7-10 days.

Better Butter

2 sticks organic grass-fed butter or grass-fed ghee, softened (leave out overnight or during the day so they will be soft)

2 tsp raw, local honey

2 Tbsp almond butter

⅓ cup whole chia seed

⅓ cup whole hemp seed

⅓ cup sesame seeds

1 tsp almond extract (optional)

1 tsp orange extract Carbohydrates should be limited at breakfast.

½ tsp sea salt

Optional: juice of 1 whole lemon + rind AND/OR unsweetened shredded coconut + coconut extract

Stir all ingredients together in large bowl. Pour mixture into small (toaster oven size) jelly roll pan. Place in refrigerator overnight or until hard. Cut butter mixture into small squares and enjoy a square or two before bed, in the morning when you're in a hurry, or anytime you need a quick pick me up.

Chia Pudding with Grain-Free Granola

[makes 2 servings]

1 1/2 cups bpa-free canned coconut milk (watered down)

1/2 cup chia seeds

1 tablespoon maple syrup

1/2 vanilla pod, split and scraped or 1 tsp organic vanilla extract

1 cup mixed berries

1 cup grain-free granola (see recipe below)

sprinkle of dry chia seeds, to serve

To make the chia pudding, put your nut milk, chia seeds, maple syrup and vanilla seeds into a jar, screw the lid on tight and give it a good shake, then place in the fridge for about 4 hours, or overnight is best. The chia seeds will expand to about three times their size. Then your pudding is done! It's time to get layering.

Now take one glasses, spoon a layer of the chia pudding in the bottom, then pop on a layer of berries, followed by a layer of granola.

Grain-Free Granola

1/2 cup raw sunflower seeds

1/2 cup raw pumpkin seeds

1 1/2 cup blanched almond flour

1 cup shredded unsweetened coconut

1 cup almonds chopped or slivered

1 cup walnuts chopped or slivered

1 cup pecans chopped or slivered

1/4 cup chia seeds

(you can substitute any other variety of raw nuts and seeds)

1/4 cup raw cacao nibs

1/2 cup coconut oil

1/4 cup pure maple syrup

2 teaspoon vanilla

1 teaspoon sea salt

2 tablespoon raw cacao powder

1 tsp cinnamon

Preheat oven to 275°F.

In a large mixing bowl, combine all the dry ingredients and mix well. In batches, pulse the dry ingredients in a food processor until crumbly. Don't overpulse or it will become flour. You want it the consistency of granola.

In a small saucepan, combine coconut oil, honey, vanilla, sea salt, cacao powder and sea salt. Gently heat on the stovetop until melted.

Once warm, pour your wet ingredients over your dry seed and nut mixture and mix well with a fork to ensure you coat everything.

Place your mixture on a parchment paper lined baking sheet and spread thin and evenly.

Bake in the oven for 25 minutes.

Remove from the oven, put everything back in the bowl and stir around to ensure nothing burns. Re-spread it on the baking sheet.

Place back in the oven for 5 minutes.

Remove and let cool. It tastes better cold and also develops its crunchiness as it cools.

Cranberry Apple Grain Free Granola

2 cups pumpkin seeds
2 cups sunflower seeds
2 cups shredded, unsweetened coconut, divided
1 cup raw honey, warmed
½ tsp salt
4 tsp cinnamon
1 TBSP vanilla
1 cup dried unsweetened apples, cut up into small bits
1 cup dried unsweetened cranberries

Warm up the honey in a saucepan. Line a 9×13 pan with unbleached parchment paper. Set aside the dried apples and cranberries and 1 cup of shredded coconut. Toss everything else together in the prepared 9×13 pan. Drizzle the honey over the entire mixture and mix. Stir in the remaining shredded coconut and dried fruit. To make live granola, place in dehydrator at 112 degrees for at least 24 hours, or until dry and crisp, or place in the oven on the lowest setting (usually 135 degrees) for 24 hours. For instant gratification, bake 45-60 minutes in the oven at 250 degrees until the mixture is completely dry. Store in a large glass jar with a lid. If it starts sticking together, just give it a good shake.

Hot Breakfast Chia Cereal

Place 2 Tbsp chia seeds in a bowl, add 1½ – 2 cups hot water (depending how thick you like your cereal). Let chia soak for at least 20 minutes (I sometimes let mine soak for 45-1 hour if I get busy doing other things). Once the chia is thick and gel-like, stir in the following and enjoy:

1-2 scoops protein powder
1 Tbsp nut butter (preferably homemade or at least raw)
1 Tbsp ground flax
2 raw egg yolks (from pastured chickens)
1 Tbsp coconut oil
1 Tbsp unsweetened coconut shreds
⅛ - ¼ cup coconut milk (optional)
1 tsp vanilla extract
1 tsp raw honey or stevia
pinch of cinnamon
pinch of sea salt

Cinnamon Crunch Breakfast Cereal (Grain Free)

4 cups almond flour
1 cup coconut flour
¾ cup coconut oil, melted
1 cup raw honey, softened
1 tsp sea salt
2 tsp baking soda
2 tsp organic vanilla extract
1 ½ tbsp organic, ground cinnamon (add more if desired)

Combine almond and coconut flour. Mix in remaining ingredients. Pour into (2) 9 x 13 pans coated with coconut oil. Bake for 30 minutes at 350F or until a toothpick comes out clean. Do not over bake! Let cool and then crumble onto baking sheets and dehydrate at 200 degrees for about 24 hours. Take out dried cereal off

the top every few hours so as not to over dry and make the cereal too hard. Store in airtight container in the fridge.

Almond Butter Cookie Breakfast Cereal (Grain Free)

- 4 cups almond flour
- 1 cup coconut flour
- 2 cups organic almond butter (substitute other nut butter if desired)
- $\frac{3}{4}$ cup coconut oil
- 1 cup honey
- 1 tsp sea salt
- 2 tsp baking soda
- 2 tsp organic vanilla extract

Combine almond and coconut flour. Mix in remaining ingredients. Pour into (2) 9 x 13 pans coated with coconut oil. Bake for 30 minutes at 350F or until a toothpick comes out clean. Do not over bake! Let cool and then crumble onto baking sheets and dehydrate at 200 degrees for about 24 hours. Take out dried cereal off the top every few hours so as not to over dry and make the cereal too hard. Store in airtight container in the fridge.

Grain Free Chocolate Apricot Granola

- 4 cups raw macadamia nuts
- 2 cups raw almonds
- 2 cups raw pumpkin seeds
- 1 cup shredded coconut
- $\frac{1}{4}$ cup Cacao Nibs (crunchy bits of dried cacao beans; these add a deliciously chocolate taste to the granola, plus they're loaded with antioxidants)
- $\frac{1}{4}$ cup pure maple syrup
- 1 Tbsp vanilla
- $\frac{1}{4}$ tsp salt
- 15 dried apricots

Preheat oven to 325 degrees. Combine macadamia, almonds, pumpkin seeds, coconut, cacao nibs, maple syrup, vanilla, and salt in a food processor and pulse until the consistency is like that of traditional granola (chunky, but with fewer whole nuts than your starting texture). Line a baking pan or cookie sheet with parchment paper and spread half of the mixture evenly on it. Bake for about 10-15 minutes. Check after 8 minutes to make sure that the granola isn't burning. It'll ruin the flavor. When granola is just beginning to brown, remove it from the oven and transfer to a large bowl. Cook remaining granola as above. Now that your food processor bowl is empty, add the apricots and pulse until they're finely chopped. When all of the granola is baked, add in the apricots and mix well. Put the entire mixture of cooked granola back onto the baking pan to allow the remaining moisture to evaporate while it cools. Store in an airtight container. Makes a lot of granola (about 8 cups).

Chai Granola

Soak 4 cups of nuts in warm water with added sea salt for about 8 hours. Rinse nuts well and strain. Add to a bowl with:

- 1 cup shredded unsweetened coconut
- $\frac{1}{2}$ cup almond meal flour
- 1 cup applesauce with no added sugar
- 20 drops of Vanilla Creme liquid stevia

In a separate bowl mix:

- 2 tbsp Chia Seed meal (I grind my Chia Seeds in a coffee grinder)
- 2 tsp cardamom
- 2 tsp cinnamon
- 1 tsp ginger
- ½ tsp sea salt

Combine the two bowls. Spread onto dehydrator sheets and dehydrate at 115 degrees overnight, or until it's dry and crunchy. Or place in the oven on the lowest setting (usually 135 degrees) for 24 hours. For instant gratification, bake 45-60 minutes in the oven at 250 degrees until the mixture is completely dry.

Coconut and Dried Fruit Granola

(makes 8-10 cups)

- 2 cups coconut flour
- 2 cups water
- 6 Tbsp whole milk yogurt (or use coconut milk or more water for a dairy-free option)
- ¼ cup plus 2 Tbsp honey (you can add more to taste, or use stevia to taste)
- 2 tsp vanilla extract
- 1 cup shredded coconut
- ½ cup unrefined coconut oil
- 2 Tbsp softened butter (or use ghee or more coconut oil for a dairy-free option)
- ½ tsp celtic sea salt
- 1 tsp ground cinnamon
- 1 cup unsweetened dried fruit OR 1 cup chopped nuts

Combine coconut flour, water, and yogurt using a hand mixer or stand mixer. Add remaining ingredients except fruit, and mix well. Taste for sweetness and add more honey if desired. Mix in the dried fruit or nuts. Crumble the mixture onto dehydrator trays. Dry at 150 degrees for 8-12 hours. Or place in the oven on the lowest setting (usually 135 degrees) for 24 hours. To check for to see if it is done, remove a piece of granola from the dehydrator and allow it to cool completely. It is done when it is nicely dry and crisp. Allow to cool completely before transferring to air-tight containers. I like to store the bulk of it in the fridge (since there are no preservatives) and just keep a small container in the cupboard. It will easily keep in the cupboard for at least a week, and should keep in the fridge for several weeks.

Paleo Chocolate Granola

(makes about 4 cups)

- ½ cup raw pecans
- ½ cup raw hazelnuts
- 1 cup raw almonds
- 1 cup raw walnuts
- ¼ cup raw sunflower seeds
- 1 tablespoon golden flax seeds
- 1 egg white (optional, helps the granola form clumps but still works without it)
- 1 tablespoon cinnamon
- 1 cup raw honey, melted
- 3 tablespoons coconut oil
- 2 tablespoons raw cacao
- 1 ½ tablespoons vanilla

¾ teaspoon sea salt (plus 1 tablespoon for soaking water)
½ cup shredded coconut, unsweetened
¼ cup dark chocolate chunks, minimum 85% cacao content
½ cup freeze dried strawberries

Soak all of the nuts in enough water to cover them and mix in 1 tablespoon of salt. Cover, and soak overnight. Soak the sunflower seeds in a separate bowl, following the same procedure as above. In the morning, drain the nuts and seeds and rinse very well. Place on a paper towel to absorb the remaining water. Keep half of the sunflower seeds separate. Place all of the nuts and half of the sunflower seeds in the bowl of a food processor. Grind them until they resemble the size of oats. Melt the coconut oil, honey, vanilla, and cacao over medium heat until the cacao has dissolved. Add the egg white, coconut oil mixture, cinnamon, and sea salt to the food processor. Pulse until combined. Next, add the last half of the sunflower seeds and the flax seeds and pulse once or twice, until they are roughly chopped and mixed into the nut mixture. Remove the blade, then mix in the shredded coconut with a spoon. Turn the mixture out onto 3 parchment covered dehydrator trays. Spread it evenly into a thin layer. Dehydrate on 120 degrees for 24 hours, turning twice. The granola may feel a little sticky and wet when you first remove it, but will crisp up after cooling. Once cooled, stir in the chocolate and strawberries, and store in an airtight container for 2-3 weeks. Dehydrating is my preferred method for making this granola, but you can bake the granola in your oven at it's lowest setting for 2-3 hours, or until completely dried and free of all moisture.

Paleo Cherry-Vanilla Granola

2 cups raw walnuts
2 cups raw cashews
1 cup raw pumpkin seeds
1 cup unsweetened shredded coconut
1 cup dried cherries
3 tablespoons hempseeds
1 large egg white
2 tablespoons water
3 tablespoons coconut oil
⅓ cup raw honey
1 teaspoon Madagascar vanilla powder or extract
½ teaspoon cinnamon
½ teaspoon cardamom
½ teaspoon Maldon sea salt
Almond milk, to serve

Preheat oven to 300 degrees and line a baking sheet with parchment paper. Place the walnuts, cashews, and pumpkin seeds into the bowl of a food processor. Pulse a few times to break the nuts into small pieces the size of rolled oats. Transfer to a large mixing bowl and stir in the coconut, cherries, and hemp seeds. In a small mixing bowl, beat together the egg white and water until foamy. Whisk in the coconut oil, honey, vanilla powder or extract, cinnamon, cardamom, and salt. Pour this mixture over the nuts and stir until everything is fully coated. Spread the granola mixture in an even layer on parchment-lined baking sheet. Bake in oven for 30 minutes, stirring once midway through the cooking process. Once golden-brown and crispy, remove from oven and allow to sit, undisturbed on the counter, for 10 minutes. This allows for the clusters to form. Break apart the large clusters with a spatula. Serve with almond milk and berries or eat by the handful.

Grain-Free Breakfast Porridge

2 tablespoons unsweetened shredded coconut

1 tablespoon pumpkin seeds
1 tablespoon flax seeds
1 tablespoon chia seeds
¼ cup walnuts
1 teaspoon cinnamon
¼ teaspoon celtic sea salt
1 cup boiling water

Combine all ingredients (except water) in the dry container of a Vitamix. Blend until finely ground (you can try a coffee grinder as well). Transfer mixture to a bowl. Pour hot water over mixture, stir, then let sit for 5 minutes to thicken. Garnish with berries, sunflower seeds or other additions of your choice. Serve.

Squash Breakfast Porridge

1 cooked and cleaned out Acorn Squash * (any other squash variety should work great too!)
1 cup Heavy Coconut Milk (BPA-free canned)
½- ¾ Cup Unsweetened Coconut Flakes (If you don't like or want the texture of the flakes run them through a coffee grinder briefly- they act as the thickener for this recipe).
2 Tsp Cinnamon
½ Tsp. powdered Ginger (or fresh)
½ Tsp. Nutmeg
1 Tsp Vanilla Extract
Pinch of Salt (to taste)
Stevia (to taste)

In a Saucepan Combine the Cooked Squash and mash it with the heavy coconut milk. Add the remaining ingredients. Turn on heat and cook until thick and bubbly. If you would like your porridge thicker- add more coconut flakes. If you prefer if thinner add some more milk. Serve Hot!

** to prepare the Acorn Squash you can cook it in the oven at 350 for 1 hour. Or throw it in the crockpot with a little water the night before.*

Perfect Scrambled Eggs

Whisk together 2-3 eggs per person. Add organic cream or coconut milk (⅓ the amount of egg liquid), sea salt, and any other spices you desire. Melt organic grassfed butter in a large skillet over low heat. Pour egg mixture into pan and continue to stir consistently over low heat. Eggs should be a little moist and glisten. Never cook eggs crisp or until browned, whatever style you cook them.

Super-eggy Scrambled Eggs with Oregano Pesto

3 large eggs
2 large egg yolks
1 tablespoon butter
fine grain sea salt

Oregano Pesto

¾ cup extra-virgin olive oil
¼ cup fresh oregano, chopped
¼ cup fresh parsley, chopped
1 large garlic clove
¼ teaspoon fine grain sea salt, plus more to taste

toasted sunflower seeds (optional)

Whisk the eggs, yolks, and a good pinch of salt until combined. Set aside while you make the oregano pesto by pulsing the olive oil, oregano, parsley, garlic, and salt in a food processor until the herbs are just little flecks of green. Season with more salt if needed. To cook the eggs, melt the butter in a large, heavy bottomed skillet over medium heat until it starts to foam. Add the eggs and stir gently with a spatula. Continue stirring, folding up the cooked egg from the bottom of the pan until the eggs are nearly set - remember they will continue to cook a bit after you turn them out of the skillet. Season with more salt (and pepper, if you like) to taste, and serve drizzled with pesto and a sprinkling of seeds. Serves 2-3, but feel free to double, or triple the recipe for larger get-togethers.

Soft Boiled Eggs

Pastured Eggs, preferably at room temperature

Fill a medium saucepan with enough water to cover the eggs by about an inch. Bring the water to a boil and then gently add the eggs to the boiling water. Turn down the heat slightly, let the water return to a boil. As soon as it does, set your kitchen timer for 4 minutes. When done, pour off the hot water in the sink, add cold water to the saucepan, let eggs sit in cool water for 30 seconds until they are cool enough to handle. Peel or slice them down the middle with a knife, and scoop out the egg into a bowl.

Hard Boiled Eggs

Pastured Eggs, preferably at room temperature

Place pastured eggs in a saucepan and fill with enough water to cover the eggs by about an inch. Make sure you don't overfill the saucepan. The eggs should be in a single layer with enough room for the eggs to move around slightly. Bring the water to a boil, with the pan uncovered. As soon as the water boils, set your timer for 2 minutes. Once the two minutes are up, turn off the heat, and cover the pan with a lid. Let the eggs sit in the hot water for 8 minutes. While you're waiting for them to finish, fill a large bowl with ice cubes and water. This is going to make them easy to peel. With a slotted spoon, remove the eggs from the pot and set carefully in the ice water. Allow them to cool for ten minutes. Peel the eggs immediately. Gently crack the shell a few times and slide your finger just under it so that you can remove the peel easily. Rinse off any bits of shell that may have stuck to the eggs. The insides should be cooked, but still a bit moist. This is quite the improvement over dry, crumbly yolks that aren't very tasty. Store the peeled eggs (the ones that you haven't devoured!) in the refrigerator.

Baked (Coddled) Eggs

Coddled eggs are cooked like custard - in a water bath to keep the direct heat from toughening or overcooking the eggs. This allows for soft and tender eggs. They are served directly from the small dishes they are cooked in, and are wonderful eaten alongside steamed greens.

4 pastured eggs

pinch of salt and ground black pepper

Preheat the oven to 350 degrees. Fill a casserole dish that has sides of at least 1 inch with about ½ inch of water. Lightly oil 4 (4-ounce) dishes and sprinkle with a little salt and pepper. Crack one egg into each of the dishes. Sprinkle with a little more salt and pepper, if desired. Cover the dishes with a layer of aluminum foil. Place the small dishes into the prepared casserole dish, adding more water until it reaches halfway up the sides of the small dishes in the pan. Cook 5-8 minutes for a soft runny yolk, or 7-10 minutes for a medium-soft yolk.

Eggs In a Nest Recipe

(serves 3)

- 1 pound butternut squash, grated
- 2 tablespoons organic butter, ghee, or coconut oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 eggs

In a frying pan melt butter, ghee, or coconut oil over medium heat until melted. Add the shredded squash and salt and sauté until cooked through and starting to brown, 10 minutes. Form the squash into three nests, using your spatula to round out a hole for the egg in the middle. Crack one egg into each nest, sprinkle with freshly ground pepper, and cover the frying pan with a lid. Allow to cook until the yolk is set but the egg is still runny (or however you prefer), approximately 5 minutes. Using a spatula, slide onto a plate and enjoy.

Swirly Crustless Quiche

- 1 large zucchini, shredded or grated and strained until all liquid is removed
- 2 large carrots, shredded or grated
- 1 large sweet potato, shredded or grated
- 1 teaspoon sea salt
- 1 teaspoon rosemary, chopped
- 1 teaspoon sage, chopped
- 12 eggs, beaten
- 1 tablespoon butter, bacon fat or coconut oil

Preheat the oven to 375 F. Strain the zucchini with a cheese cloth or strainer bag until all the liquid is drained from the zucchini. Mix together the zucchini, carrots, sweet potatoes, salt, herbs, and eggs in a large bowl. Set aside. Grease a 9 x 13 inch baking dish with butter, and pour the egg mixture into the pan. For a swirled effect, use a fork to create a circular pattern before baking. Bake for approximately 45 minutes or until the edges are brown. The quiche will puff up while baking and then deflate when removed from the oven.

Savory Vegetable Quiche

- 2 Tbsp organic butter or coconut oil
- 1 medium onion, thinly sliced
- 2 cups broccoli, sliced into small spears (about 1 head broccoli)
- 1 clove garlic, thinly sliced
- 1 cup thinly sliced mushrooms
- ¼ cup finely packed sun-dried tomatoes (dry packed)
- 3 large eggs, whisked
- ¼ cup heavy whipping cream or full fat coconut milk
- 4 ounces goat cheese (optional)
- ½ tsp sea salt
- 1 Savory Pie Crust, prebaked

Preheat the oven to 350 degrees. Heat the butter in a large skillet over medium heat. Sauté the onion for 8-10 minutes until soft and translucent. While the onion is sautéing, steam the broccoli until it is bright green. Add the steamed broccoli, garlic, mushrooms, and tomatoes to the onion, and sauté for 15-20 minutes, until the broccoli softens. In a large bowl, combine the eggs, cream, cheese, and salt. Stir in the sautéed

vegetables, then pour the mixture into the prebaked Savory Pie crust. Bake for 30-35 minutes, until browned around the edges and cooked through. Let the quiche cool in the pan for 30 minutes, then serve.

Savory Pie Crust

- 1½ cups blanched almond flour
- ½ tsp sea salt
- ½ tsp baking soda
- 1 Tbsp minced scallions (white and green parts)
- ¼ cup melted butter or coconut oil
- 1 Tbsp water

Preheat oven to 350 degrees. In a large bowl, combine the almond flour, salt, baking soda, and scallions. In a medium bowl, whisk together the oil and water. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Press the dough into a 9 1/2-inch or deep-dish pie pan. Bake for 12-15 minutes, until golden brown. Remove from the oven and let cool completely before filling.

Sweet Potato Spanish Omelet

- 3 tablespoons coconut oil
- 1 large onion
- 3 sweet potatoes, peeled and sliced into thin rounds
- 8 eggs
- ¾ teaspoon sea salt
- Freshly ground pepper
- ¾ teaspoon freshly grated nutmeg
- 3 tablespoons chopped parsley
- 1 small tablespoon thyme leaves
- Sea salt, to garnish

Preheat oven to 350 degrees. In a cast iron or oven-proof skillet set over medium-high heat, heat oil, and add in onions to caramelize, stirring constantly for 1 minute. Turn down heat to low and cook onions until they begin to turn golden. Add in sweet potatoes and stir to coat in oil and onion mixture. Cover with lid and cook until sweet potatoes are tender, about 10 minutes. Transfer to a large bowl and set aside. Keep skillet over hot flame. In a small bowl, whisk together eggs, salt, pepper, nutmeg, parsley, and thyme. Pour over sweet potatoes and stir to incorporate. Add remaining tablespoon olive oil to skillet and pour in sweet potato-egg mixture. Let cook over medium heat until the edges seem to firm up, about 5 minutes, then transfer to oven to cook. Tortilla is ready when all the egg has set, about 20 minutes. Let cool slightly before flipping tortilla over onto a plate and slicing to serve. Top with sea salt.

Savory Breakfast Muffins

(yields 12 muffins)

- ½ pound bacon, cut into 1-inch pieces (optional)
- 2 tablespoons butter, bacon fat, duck fat or ghee
- 1 large onion or 2-3 shallots, diced
- 1 bunch chard (4-6 leaves, with stems separate), chopped
- 2 cups almond flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 12 eggs

2-4 cloves garlic, minced

Preheat oven to 400F. Place bacon on a parchment or Silpat lined baking sheet and bake in the oven for 20 minutes or until cooked thoroughly. Remove from oven and drain (filter and save the rendered bacon fat). Meanwhile, melt fat over medium high heat in a large sauté pan. Sauté the onion until lightly browned, then add the chard stems and cook until softened. Add the chard leaves and cook until wilted. Remove from heat. In a small bowl, whisk the eggs together. In a large mixing bowl, mix the almond flour, salt, and pepper. Add eggs to almond flour and mix thoroughly, then add bacon, onions, chard, and garlic. Scoop ¼ cup of mixture into 12 muffin cups. Bake for 25 minutes, or until just set in the center.

Carrot Bacon Egg Muffins

4 eggs

½ cup coconut cream (the top cream from a refrigerated can of coconut milk)

1 cup carrots, shredded (I used my food processor's shredding attachment)

½ cup bacon bits

bacon fat for greasing muffin pan or muffin cup liners

Preheat oven to 350F. Mix all the ingredients together well in a large mixing bowl (I use an electric mixer). Pour into muffin cups so that there's an equal amount in each cup. Bake for 30 minutes. Let cool. Enjoy immediately or store in refrigerator for up to 5-7 days.

Leftover Breakfast Soup

This recipe invites so much improvisation. Go ahead and get creative! So much gut healing, comforting goodness and a fresh new way to enjoy your bacon and eggs!

1 Cup of Homemade Beef Broth

½ Cup of Leftover Green Beans

1 Slice of Bacon, Chopped

1 Inch of Pre-cooked Spicy Pork Sausage, Chopped

1 Egg Pasture Raised (totally optional)

1 Tsp of Fresh Squeezed Lemon Juice (for liver support)

1 Handful of Fresh Spinach Leaves

(If you tolerate nightshades) Spices: Turmeric, Sea salt, Cayenne and Smoked Paprika

Pour the broth into your pan and put on medium heat. Add in leftover veggies or meat from dinner. Add in raw bacon (if you like your bacon crispy, cook it separately and add just before you eat). Add in raw or pre-cooked sausage (and cherry tomatoes if you like them). Add in spices. Let cook for 5 to 10 minutes on low to medium heat, add water if broth evaporates too much or keep pan covered (make sure steam can escape). If you like your egg scrambled, add in the last five minutes of cooking and stir in. If you like it hard boiled don't mix in. If you like your egg extremely soft boiled you can add the egg in the last 2 minutes of cooking (that's what I did). Add in lemon juice and fresh spinach in the last minute or two of cooking. Garnish with chopped avocado, feta cheese, SCD strained yogurt or eat as is.

Root Vegetable Hash

(serves 4-6)

The greatest thing about hash is that it's supposed to be thrown together, not made according to a strict recipe. Almost any combination of meat, eggs and root vegetables qualifies as hash. The meat in hash can be anything from leftover turkey, pork, buffalo or beef to traditional breakfast meat like sausage and bacon. If you want to cook meat specifically for hash, consider a pork loin or shoulder or a beef chuck or round.

2 carrots
2 parsnips
2 turnips or rutabagas
1 beet
1 onion
1 teaspoon cumin
3 tablespoons oil (bacon fat, melted butter or coconut oil)
1 pound cooked meat (about 3 cups of meat shredded or sliced)
4 eggs

Cut the carrots, parsnips, turnip/rutabagas and beet into small squares or wedges. The shape doesn't really matter but try to cut all the pieces the same size so they cook evenly. The smaller the vegetable pieces, the easier it is to form a browned crust on the hash that is similar to hash browns. Larger vegetable pieces won't become as crispy in the pan and won't meld together like hash browns, but the hash will still taste great. Add the vegetables to a boiling pot of water and cook for 10-15 minutes until soft. Drain and set aside. Heat one tablespoon of oil in a pan. Slice the onion into thin pieces and sauté it in the oil until soft. Add two more tablespoons of oil, the root vegetables and whichever type of meat you are using. Sprinkle with cumin and salt to taste. Keep the burner on a medium-low heat so the hash will brown slowly. Stir as little as possible, but every so often, flip the vegetables on the bottom up to the top, so more vegetables have a chance to brown. Browning the hash to your liking will take between 15-30 minutes then it's time to add the egg. The eggs can be scrambled and cooked right in the pan, you can crack eggs on top of the hash and cover the pan until the eggs cook, or you can fry eggs in a separate pan. There are many variations to this recipe, but all will result in delicious hash.

Meat preparation for hash

1 pound pork or beef
½ teaspoon paprika
1 teaspoon salt
1 cup beef stock
2 tablespoons red wine vinegar
1 bay leaf

Heat oven to 325. Sprinkle paprika and salt on meat. Heat a few tablespoons of oil in a pan. Brown the meat on all sides then transfer to a baking dish. To the pan on the stove, add beef stock, vinegar and bay leaf. Simmer 3-5 minutes, scraping up any bits of meat still in the pan. Pour liquid over the meat, cover the baking pan with foil and put meat in the oven. Cook until the meat is tender and easily pulls apart with a fork. A one pound piece of meat usually takes two hours.

Bacon and Sage Sweet Potato Hash

½ - 1 package of bacon cooked, reserve the fat
1 Large Sweet Potato Grated, dried with a paper towel
1 small handful of chopped fresh sage (stems removed)
Salt & Pepper to taste.

In a large non-stick or cast iron pan cook the bacon (the level of crispiness is up to your liking). Remove the bacon and reserve the bacon fat in the pan (here should be 2-3 TBS in the pan). Add the sage leaves and

cook until they become crispy. Stir in the grated sweet potato. Cook until it is cooked through and slightly crispy on the edges. Chop the bacon, stir it back in and serve hot.

Paleo Sweet Potato Breakfast Hash with Bacon and Brussels Sprouts

1 sweet potato, peeled & diced (½" cubes)
¼ cup onion, diced (~ ⅓ onion)
¼ cup red bell pepper, diced (~ ½ pepper)
½ lb brussels sprouts, stemmed & quartered (~10 bulbs)
3 slices of bacon
2-3 eggs (or however many you want to eat!)

In a skillet, cook the bacon slices until almost fully cooked then set aside to cool. Using the bacon grease, add the sweet potato, onion and bell pepper. Cook for 3-4 minutes over medium heat. Add brussels sprouts and cook until potatoes and sprouts are softened. Slice bacon into pieces and toss bacon pieces into potato mixture. Cook for 1 more minute, then set aside. Crack eggs directly on top of hash and let cook OR if you don't like runny yolks: In a medium skillet, fry the eggs separately. Scoop hash onto a plate and serve with the egg on top!

Butternut Squash Hash Browns

2 cups cubed Butternut Squash
Coconut Oil or Bacon lard.
1 Tsp Cumin
1 ½ Tsp Cinnamon
Salt & Pepper to taste
Chopped Pancetta, Prosciutto or Bacon (optional)

In a skillet, combine a tablespoon of oil and the cubed squash. Over medium heat begin to sauté the squash. Add the spices. They will help create a crust to the finished hash browns. Add more oil as needed- don't be shy! Sauté until hash browns are crispy on the outside and soft on the inside. If you cook them too long they may become softer than you would want for a hash brown. Stir in some cubed pancetta (or the other meat options mentioned) and briefly cook until warm.

No-atmeal

1 small handful of walnuts
1 small handful of pecans
2 tablespoons ground flax seed
½ - 1 teaspoon ground cinnamon
1 pinch of ground nutmeg
1 pinch ground ginger
1 tablespoon almond butter
1 banana, mashed
3 eggs
¼ cup full fat coconut milk (add more if you prefer it a little runny)
2 teaspoons pumpkin seeds
1 handful of goji berries or fresh berries
1 handful raw cacao nibs

Add walnuts, pecans, flax seed and spices to a food processor and pulse it down to a course grain, making sure to stop before it's totally ground into a powder. Set aside. Whisk together eggs and coconut milk until the

consistency thickens a little bit into a loose custard. Thoroughly blend together the mashed banana and almond butter and add it to the custard, mixing well. Stir in the nut mixture. Gently warm on the stove until the "no-atmeal" reaches your desired consistency; this should only take a few minutes. Stir the mixture frequently as it cooks. Sprinkle pumpkin seeds, berries and cacao nibs on top. Add more coconut milk if you want.

Almost "Oatmeal"

1- ½ cups unsweetened Applesauce
4 Tbsp raw, chunky Almond Butter
2-3 Tbsp raw, unsweetened Canned Coconut Milk
Cinnamon to taste
Dash of fresh grated nutmeg (optional)

Combine all ingredients in a small pan over medium heat, stirring often until all is thoroughly combined and warm. Add fresh or dried fruits and/or nuts for additional texture and flavor. DONE! Should be about 2-3 servings, and take you 10 minutes or less.

Sweet Potato Oatmeal Breakfast Casserole

Oatmeal Ingredients

½ cup gluten free certified rolled oats
2 cups organic coconut milk or raw milk
1 small sweet potato, peeled, chopped (made 2 cups raw or 1½ cups cooked)
1 ripe large banana
1 tbsp chia seeds (if you omit, you may have to reduce the milk)
1-2 tsp pure vanilla extract
1 tsp ground cinnamon + ⅛ tsp nutmeg + ¼ tsp sea salt, or to taste
2 tbsp pure maple syrup

Crunchy Pecan Topping

⅓ cup chopped pecans
2 tbsp butter
2 tbsp almond flour
¼ cup raw coconut sap granules

Preheat oven to 350F. Bring several cups of water to a boil in a medium sized pot. Add in the peeled and chopped sweet potato. Cook over medium heat, for about 5 minutes, until fork tender. Drain and set aside. Give the pot a quick rinse and then add in the oats, milk, and chia seeds. Whisk well and bring to a boil. Reduce heat to low-medium and cook for about 5-7 minutes, stirring frequently. With a potato masher, mash in the cooked sweet potato and the banana into the pot. I left some chunks for texture. Now stir in the cinnamon, maple syrup, nutmeg, and salt to taste. Adjust seasonings if necessary. Cook on low for another few minutes. Make the crunchy pecan topping by mixing together the pecans, flour, butter, and coconut sugar with a fork until very clumpy. Pour the oatmeal into a baker dish (I used a 4 cup/8 inch casserole dish) and spread out evenly. Now sprinkle on the pecan topping. Transfer the oats to a casserole dish (8inch/4cup or whatever you have!) and bake, uncovered, for 20 minutes, at 350F. After 20 minutes, set oven to BROIL and broil on low for a couple minutes, watching very closely so you do not burn the topping. Remove from oven and serve. makes 3-4 servings.

Paleo Granola Bars

1 cup blanched almond flour

¼ teaspoon celtic sea salt
¼ cup grass-fed butter/ghee or coconut oil
2 tablespoons honey
1 tablespoon water
1 teaspoon vanilla extract
½ cup unsweetened shredded coconut
½ cup pumpkin seeds
½ cup sunflower seeds
¼ cup blanched slivered almonds
¼ cup raisins

In a food processor combine almond flour and salt. Pulse in butter, honey, water and vanilla. Pulse in coconut, pumpkin seeds, sunflower seeds, almond slivers and raisins. Press dough into an 8 x 8 inch baking dish, wetting your hands with water to pat dough down. Bake at 350° for 20 minutes. Cool bars in pan for 2 hours, then serve.

Coconut Lemon Breakfast Bars

1 Tbsp ground flax seed
3 Tbsp water
2 cups coconut flour
1½ tsp baking soda
2 tsp baking powder
¼ tsp sea salt
2 lemons (for zest and juice)
½ cup unsweetened, dried coconut flakes
1 cup organic, unsweetened applesauce
1 tsp vanilla extract
¼ cup olive oil
1 cup coconut milk
1 tsp apple cider vinegar

Preheat oven to 350 F. Combine the flax seed and water in a small bowl, whisk together, and set aside. It should absorb the water and form a gel. In a large mixing bowl, combine the coconut flour, baking soda, baking powder, and sea salt. Add the zest of two lemons and the dried coconut flakes; gently mix with a spatula. In a separate mixing bowl, combine the applesauce, lemon juice, vanilla extract, and olive oil. Whisk together until ingredients are thoroughly combined. In another small bowl, combine the coconut milk, and apple cider vinegar. It may curdle a little, but that's fine. Add all the liquid ingredients, including the flax seed, to the dry ingredients. Gently fold the dry ingredients into the wet ingredients with a spatula. Be sure not to overwork the mixture. When a loose batter has formed, spoon the mixture on to a prepared baking sheet. If your mixture is too dry, add more coconut or almond milk to moisten. Form mixture into small 2x3" rectangular bars, and bake in oven for 30-40 minutes. Remove bars from oven, let cool, and serve.

Chocolate Breakfast Bars

½ cup Unsweetened Raw Cacao powder
1 ½ cups Coconut Flour
1 ¼ cups blanched almond flour
¾ cup Coconut Sugar
1 tsp Cinnamon

1 tsp Salt
2 tsp Baking Soda
½ tsp Baking Powder
3 Eggs (large)
1 tsp Vanilla Extract
½ cup Extra Virgin Coconut Oil
½ cup coconut butter

Preheat oven to 350 degrees. Whisk together first eight ingredients (through the baking powder) in a large bowl. In a small bowl, whisk the eggs, vanilla, coconut butter and coconut oil together. Pour the wet ingredients into the dry and mix well. Place in a greased 13"x9" pan. Press into corners. Bake 25-30 minutes. Let cool and cut into bars.

Better than Aussie Bites

2 cups gluten free certified thick cut oats
2 cups almond flour
2/3 cup granulated coconut sap sugar
1 (3½ ounce) can unsweetened coconut
1¼ cups unsweetened shredded coconut
½ cup sunflower seeds
¼ cup ground flax seeds
1 cup dried fruit (raisins, dates, figs, cranberries, etc)
1 teaspoon sea salt
¼ cup raw honey
1 cup grassfed butter or coconut oil
1 teaspoon vanilla extract
1 teaspoon baking soda
2 tablespoons hot water

Preheat oven to 350 degrees. Combine first nine ingredients in a large bowl. Melt honey & butter together; set aside. Mix baking soda with hot water and add to butter mixture. Stir in vanilla. Pour butter mixture into dry ingredients, and mix well. Place tablespoons of mixture into non-stick mini-muffin cups (no need to grease) and flatten mixture slightly. Bake 10 minutes or until golden. Cool on wire racks.

Almond-berry Scones

2 ½ cups blanched almond flour
½ tsp sea salt
½ tsp baking soda
2 eggs
4 tablespoons raw honey
1 tsp almond extract
½ tsp vanilla extract
⅓ cup melted butter or coconut oil
½ cup fresh or frozen berries

Preheat oven to 350. Grease a baking sheet with butter or coconut oil. In a medium bowl, mix together dry ingredients. In a separate bowl, whisk eggs until combined. Add melted butter, and honey. Combine wet and dry ingredients. Fold in berries. Drop ¼ cup of dough onto the baking sheet, shape into triangle shapes. Bake 15 minutes.

Paleo Chocolate Chip Scones

(makes 6-8 scones)

- ½ cup coconut flour
- ¼ teaspoon celtic sea salt
- ¼ teaspoon baking soda
- ¼ cup vegan shortening
- ¼ cup honey
- 1 Tbsp vanilla
- 4 large eggs
- ½ cup (about 3 ounces) dark chocolate chunks, coarsely chopped (85% cacao content)

In a food processor, combine coconut flour, salt and baking soda. Pulse in shortening, honey, vanilla and eggs. Stir in chopped chocolate by hand. Scoop batter onto a parchment paper lined baking sheet. Bake at 350° for 10-14 minutes. Cool and serve.

Paleo Pancakes

- 1 cup coconut milk
- 1 teaspoon apple cider vinegar (optional, but helps for rising)
- 5 large eggs
- ¼ cup packed blanched almond flour
- ½ cup coconut flour
- ½ cup arrowroot or tapioca flour
- 2 tablespoons coconut oil
- 2 tablespoons honey
- ¾ teaspoon baking soda
- ¼ teaspoon sea salt
- 1 tsp vanilla

Blend all ingredients together until smooth and no lumps. Add some coconut oil to a pre-heated skillet. Drop some of batter into the pan. Swirl the batter out with the back of the spoon to make the pancake larger. Fry the pancake till it starts to bubble and the edges just start to form (and dry a bit). If they start cooking too quickly (burning before it's time to flip) then adjust the heat. Flip over carefully using a THIN METAL spatula. Continue to cook till the pancake firms up. If needed, keep pancakes in a warm oven.

Paleo Banana Almond Pancakes

(serves 4-6)

- 1¼ cup blanched almond flour
- ¼ cup coconut flour
- ½ teaspoon baking soda
- ¼ teaspoon celtic sea salt
- 1 cup full fat coconut milk
- 1 ripe banana, mashed (about ½ cup)
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 tablespoon raw honey (optional)
- coconut oil, ghee or butter for frying
- maple syrup and fruit for topping (optional)

Sift together the dry ingredients. In a medium bowl or the bowl of a stand mixer, whisk together the coconut milk, mashed banana, eggs and vanilla. Add the dry ingredients into the wet ingredients and mix until well-combined. Preheat a pan or griddle on medium heat and coat with a layer of coconut oil, ghee or butter. Pour, or spoon out about two tablespoons of batter to make small pancakes. (They are much easier to manage if you keep them small - you can use your spoon to spread them out a bit.) Cook the pancakes for 2-3 minutes per side. I usually end up cooking them longer on the first side than the second.

Paleo Banana Pancakes

(makes 11 pancakes)

2 ripe bananas
1/3 cup coconut flour
6 eggs
1/4 cup coconut milk
1 tsp vanilla extract
1 tsp cinnamon

In a medium-sized mixing bowl smash the bananas until smooth. Add the remaining ingredients and whisk together until well blended. Grease a large skillet or griddle with coconut oil or grass-fed butter and heat over medium heat. Scoop about 1/4 cup of the mix per pancake onto the hot griddle or skillet and cook for 1-2 minutes on each side.

Super Simple Banana Pancakes

2 Ripe Bananas
1 Egg
1 Heaping Tablespoon of Almond Butter + more for topping
maple syrup

Mash up the bananas. Mix the egg into the batter. Stir in the almond butter to the mix (more almond butter = more pancake-y type texture). Grease skillet with grass-fed butter or ghee. Pour batter into pan [makes 1 large pancake]. Cook the pancake until brown on each side and cooked through. Serve with extra almond butter on top and small amount of pure maple syrup.

Almond Butter Pancakes

1/2 cup almond butter
1/2 cup unsweetened applesauce
2 whole eggs
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 teaspoon vanilla extract

Preheat your oven to 350F and line a baking sheet with parchment paper, if you plan on baking these - my preferred method! In a medium bowl, combine all of the ingredients and mix until a smooth, uniform batter is created. Scoop the batter using a 1/4 cup onto the lined baking sheet, to form 7-8 pancakes. You will probably need two lined baking sheets, if you'd like to bake these all at once. Bake for 10-12 minutes, until the pancakes are fluffy and golden. This is my preferred method, since you can cook all the pancakes at once without even flipping them! Alternatively, you can pan-fry these pancakes in grassfed butter or coconut oil in a greased skillet over medium-high heat. Flip when the edges are firm and golden, about 4-5 minutes on each side. Serve piping hot, with fresh fruit and/or pure maple syrup, if you like.

Notes: Parchment paper is key for baking these. Even a Silpat doesn't yield the same results as using parchment paper.

Coconut Flour Banana Pancakes

(makes 9-10 pancakes)

1 ripe banana
4 eggs
1 Tbsp vanilla
1 tsp cinnamon
⅓ cup coconut flour, sifted
¼ cup coconut milk or water
Ghee, butter, or coconut oil for frying

In a medium-sized mixing bowl smash the bananas until smooth. Add eggs, vanilla, and cinnamon and mix until smooth. Add coconut flour and coconut milk, mix until smooth. Let set for a couple of minutes so the coconut flour can absorb the liquids. Meanwhile put 1 teaspoon fat on griddle and melt over medium heat. When griddle is hot, pour 1 tablespoon of batter on for each pancake. Allow to cook until golden brown, 1-2 minutes on each side. Repeat with the remaining batter, adding the teaspoon of fat each time or as needed to prevent sticking.

Coconut Flour Pancakes

¼ cup coconut flour
½ teaspoon baking powder
1 pinch salt
3 tablespoons coconut oil, melted
1 tablespoon raw honey
3 large eggs, at room temperature
⅓ cup almond milk
½ teaspoon vanilla extract
Zest of 1 orange
Zest of 1 lemon
Coconut oil for frying pancakes
Maple syrup or coconut nectar, to serve

In a large bowl, whisk together the coconut flour, baking powder, and salt. In a medium-sized bowl, whisk together the coconut oil, honey, eggs, almond milk, vanilla extract, and orange and lemon zests. Pour this mixture into the flour mixture and fold to combine, breaking up any large lumps in the batter. Heat a tablespoon or so of coconut oil in a large skillet over medium heat. Pour small ¼ cupfuls into the skillet and cook until the bottom has turned golden brown, 2 minutes. Flip and cook until browned on other side. Continue cooking until all batter has been used, adding more coconut oil to the skillet as needed. Serve warm with maple syrup or coconut nectar.

Plantain Paleo Pancakes

2 large green plantains (about 2 cups pureed)
4 eggs
2 tsp vanilla
3 Tbsp extra virgin coconut oil
⅛ tsp salt (a generous pinch)
½ tsp baking soda

Extra coconut oil for frying

Peel plantains (I find it easier to quarter them before I peel them) and place pieces in your blender or food processor. Add the rest of the ingredients to the blender or food processor and process until it forms a smooth batter (about 1-2 minutes). Heat 1 Tbsp of coconut oil in a frying pan or on a griddle over medium-high heat. Pour batter into the frying pan until your pancake is the desired size. Let cook 4-5 minutes on the first side, until the top looks fairly dry with little bubbles in it (just like regular pancakes!). Flip! And cook on the second side for 1½ - 2 minutes. Repeat with remaining batter, adding a little more coconut oil to your pan as needed.

Squash Pancakes

2 cups cooked, pureed winter squash
5 eggs
1 tablespoon cinnamon
1 tablespoon vanilla
2 tablespoons butter or ghee

Combine all ingredients in blender and puree well. Pour onto a heated, buttered griddle (350 degrees) and cook the first side very well before attempting to flip. Small, coin sized pancakes work best as they are quite flimsy. Serve with additional butter or ghee, or top with fruit and maple syrup.

Coconut Flour Waffles

8 tablespoons melted coconut oil, butter, or ghee
½ cup coconut flour
12 eggs
8 tablespoons pureed apple, pumpkin, banana, pear, or other mix-in (optional)
4 tablespoons raw honey
1 Tbsp vanilla
1 Tbsp cinnamon (optional)
½ tsp salt
½ tsp baking soda

Preheat waffle iron, grease generously with coconut oil or butter. Mix all ingredients until smooth. Let batter sit for 5 minutes to thicken slightly. Pour batter onto waffle iron, and using a butter knife or the back of a spoon, spread the batter to evenly distribute over the iron. Cook 3-4 minutes, or until golden brown. Repeat with the remaining batter, keeping cooked waffles covered with foil in a 200 degree oven to keep warm if you wish.

Paleo Cinnamon Waffles

2 cups almond flour
¼ cups arrowroot
2 tsp baking powder
½ tsp baking soda
¼ tsp salt
3 tsp cinnamon
2 eggs
¼ cup + 2 tbsp coconut milk
1 tsp vanilla
¼ cup organic maple syrup

Preheat waffle maker. In a large bowl, combine flour, arrowroot, baking powder, baking soda, salt, and cinnamon; mix together. In a separate bowl, whisk eggs together. Add milk, vanilla and syrup to the bowl with the eggs and stir. Fold wet ingredients into dry ingredients and mix well. Once waffle maker is warmed and ready, pour a little more than ½ batter into the waffle maker and flip waffle maker over. Your waffle maker should alert you once waffle is complete; once it is, use a spatula or tongs to remove from waffle maker. Add additional syrup and cinnamon (and maybe even a banana) for topping and enjoy!

Grain-Free Belgian Waffles

(makes 6 large Belgian waffles, will make more in a smaller iron)

3 eggs
1 cup raw cashews
⅓ cup coconut milk
3 tablespoons honey or maple syrup
3 tablespoons coconut oil, melted
¼ teaspoon salt
¾ teaspoons baking soda
3 tablespoons coconut flour

Preheat your waffle iron. Combine the eggs, cashews, milk, honey, and melted coconut oil in a blender. A high-speed blender isn't necessary, although it will make the process easier. Blend until very smooth and creamy. You may need to stop the blender and push the mixture down the sides a few times to get it all to blend really well. Add the salt, baking soda, and coconut flour, then blend again for about a minute until the dry ingredients are incorporated into the wet. If your iron requires oil, spread a little coconut oil on both sides. Pour the batter into the waffle iron so it just covers the bottom portion of the iron, being careful not to overfill it as these do rise quite a bit and will spill over. Cook the waffles for about a minute, more or less depending on the heat of your waffle iron. If they release easily with a fork when you open the lid, they are probably done. Repeat until the batter has been used up. Eat these immediately for the best flavor and texture, but they will also reheat well in a toaster.

French Toast with Grilled Bananas

(makes 8 slices)

1 loaf of grain-free bread
3 large eggs
1 cup coconut milk
2 teaspoons cinnamon
1 teaspoon nutmeg
1 teaspoon vanilla extract
2 bananas, sliced in half then again lengthwise

Slice the loaf into 8 thick slices. The loaf doesn't stand very tall, so for bigger pieces like in the photos, cut the loaf in half to make 2 squares, then slice into 8 slices lengthwise. In a shallow pan, whisk together the eggs, milk, spices, and vanilla. Heat a little coconut oil in skillet over medium-high heat. Dip each slice in the batter letting it sit on each side for 30 seconds so the bread can soak up the mixture a bit. Pan fry each slice for 1 minute on each side, or until slightly browned and crispy on the outside. I like to press them down with a spatula to push some of the egg mixture out of the bread so they are not too soggy on the inside. Once you've cooked all of the slices, add the banana slices to the same pan and cook for a couple of minutes until they are caramelized on one side. Serve the french toast with the grilled bananas and drizzled with honey or maple syrup.

Perfectly Baked Bacon

1 lb of pastured pork bacon (use beef or lamb bacon if you prefer; not turkey bacon)

Preheat oven to 350 F. Place strips of bacon evenly onto an oven-safe baking rack positioned over a baking sheet. Bake until the strips are cooked to your liking, approximately 20-30 minutes depending on the thickness of the bacon. If you are baking pastured pork bacon, it's a good idea to save the fat. Allow it to cool slightly, then pour it into a glass or ceramic container to store in the refrigerator for later use in recipes and as cooking fat.

(Chia Seed) Raw Tapioca Pudding

1 cup (raw) cashews
3 cups water
raw honey or pure maple syrup to taste
1 tablespoon vanilla extract
¼ teaspoon almond extract
pinch celtic sea salt
¼ cup chia seeds

Place the cashews and water in a blender and blend on high speed until smooth. Blend in the sweetener, vanilla, almond extract and salt. Place the chia seeds in a large mason jar (½ gallon size), pour the cashew mixture into the jar and shake well (very well!). Place in the refrigerator until the texture resembles tapioca pudding. Serve.

When I have extra time I soak my cashews for several hours (be sure to discard the soaking water) which makes for an even richer, creamier treat. You can also experiment by adding cinnamon, vanilla bean and other tasty enhancements to this recipe (in your desired quantity).

Banana Coconut Chia Seed Pudding

1 cup unsweetened coconut milk
1 large banana
1 or 2 drops coconut extract
raw honey or pure maple syrup to taste
2 tablespoons white chia seeds (you can use any color seeds, I used white just because this pudding is light in color)

Blend milk, banana and coconut extract in a food processor until smooth. Taste and decide if you want to add stevia or any other sweetener. The banana and coconut extract should provide enough sweetness, but add the sweetener to make sweeter. Pour mixture into a bowl and add the chia seeds. Mix well and let sit for at least 1 hour, mixing occasionally. Pudding will thicken best when left overnight in the refrigerator.

Chia Chocolate Pudding

(makes 3-4 servings)

2½ cups coconut milk or homemade nut milk
½ cup chia (white or black)
6 Tbsp raw cacao powder
raw honey or pure maple syrup to taste
½ tsp vanilla extract

pinch sea salt

Combine all ingredients in blender or food processor. Mix thoroughly until ultra smooth. Pour mixture into a storage container, preferably glass. Place in the fridge until the mixture firms. Top with coconut, chopped nuts (preferably soaked and dehydrated), or anything else you desire.

Creamy Macadamia Chia Pudding

½ Cup Macadamia Nuts

1½ Cups Water

¼ - ½ Cup Chia Seeds (depending how thick you want it)

Pinch of Salt

raw honey or pure maple syrup to taste

In a blender combine the macadamia nuts and water until well blended and smooth. Pour into a bowl and stir in the chia seeds, salt and sweetener to taste. Allow to thicken for a few minutes and serve.

Notes: Other nuts and seeds can be used in place of the macadamia nuts, if you can't consume nuts/seeds try using creamy coconut milk from a can instead. Additional flavors can be added such as Vanilla Extract, Cinnamon, Nutmeg, Lemon, Ginger etc. White chia seeds are not required, but are preferred as they will give the pudding a cleaner look. Also, feel free to use any sweetener of preference to taste.

Cacao Coconut Smoothie

Combine 2 Tbsp raw tahini or other raw nut butter, 2 Tbsp raw cacao nibs, 2 Tbsp dried unsweetened coconut, 1 Tbsp MCT oil or 2 Tbsp coconut oil, 1 Tbsp raw cacao powder, ½ cup organic coconut milk. Blend until smooth. Top with cinnamon. Enjoy!

Coconut Milk Yogurt

2 (13.5 ounce) cans of full fat coconut milk

1 teaspoon gelatin

¼ teaspoon TherBiotic Complete Probiotic powder or one packet of dairy-free yogurt starter

Heat the coconut milk in a small saucepan to 115F. Remove from heat and sprinkle the gelatin into the milk and mix well. Allow the milk to cool to 110F, then add the probiotic powder and mix well. Transfer milk to a jar or to the yogurt maker, depending on the technique you are using. Incubate the milk for 24 hours, keeping the temperature between 108 and 112F. During this time, the milk will separate and if you are fermenting in a clear container you will see clear liquid on the bottom. This is normal, do not be concerned. After 24 hours the milk will have a yogurt taste and will have thickened somewhat but will still be fairly thin. Use a spoon to mix the yogurt up and then place it in the refrigerator for at least 6 hours. This halts the fermentation process and allows it to thicken.

Raw Milk Yogurt

1 quart fresh raw, grassfed milk (for a thicker product substitute 1 pint fresh cream and 1 pint fresh milk)

2 tbsp Bulgarian or Greek starter OR

2 tbsp yogurt from a previous batch OR

2 tbsp plain, unsweetened, additive-free yogurt with live active cultures found at any grocery store

Heat milk in a saucepan over a medium-low flame until it reaches about 110° Fahrenheit / 43° Celsius. Remove from heat and whisk in 2 tablespoons thermophilic starter culture such as Bulgarian or Greek starter (see sources), or use two tablespoons yogurt from a previous batch to inoculate the raw milk. If you're using a

yogurt maker, simply pour the mixture of fresh milk and starter into the yogurt maker and culture it according to the manufacturer's instructions for about eight to twelve hours. If you're using a food dehydrator or slow cooker, first pour the mixture of starter and raw milk into a 1-quart glass mason jar and cover it with a lid. If you're using a slow cooker or cooler, place the mason jar full of milk and starter in the center of your slow cooker or cooler and pour warm water (approximately 110° Fahrenheit, 43° Celsius) into your the ceramic insert or until it reaches just below the lid of your mason jar. Cover with a warm towel for added insulation and leave in a warm spot in your kitchen to culture for eight to twelve hours. If you're using a food dehydrator, simply place the mason jar full of starter culture and milk into the food dehydrator, set the temperature to 110° Fahrenheit / 43° Celsius and allow it to culture for eight to twelve hours. Once the culturing period of eight to twelve hours is complete, remove your still warm raw milk yogurt from the yogurt maker, slow cooker, cooler or dehydrator and place it in the refrigerator to chill and solidify for an hour or two. Serve plain as a sauce, combined with fresh fruit or topped raw nuts and seeds!

Superfood Breakfast Cookies

- ¼ cup pumpkin seeds
- ½ cup walnuts
- ½ cup cashews
- ¼ cup shredded coconut
- 1 cup coconut flakes
- ½ teaspoon ground ginger
- 1 tablespoon flax seeds, ground
- ½ teaspoon salt
- ¾ cup almonds, coarsely chopped
- ¾ cup mixed goji berries, mulberries, and golden berries
- 3 ripe bananas, mashed
- ¼ cup coconut oil, melted
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract

Preheat oven to 350 degrees and line a baking sheet with parchment paper. In a blender or food processor, coarsely grind together pumpkin seeds, walnuts, cashews, and shredded coconut. Pour mixture into large bowl and mix with coconut flakes, ground ginger, ground flax seeds, salt, almonds, and mixed dried berries. In a small bowl, whisk together bananas, coconut oil, maple syrup, and vanilla extract. Pour mixture into dry nut and seed mixture and mix to thoroughly combine. With a 1½ inch to 2 inch scoop, scoop out cookies and place 1 inch apart on baking sheet. Bake for 10 to 15 minutes, rotating the sheet halfway through the baking time. When cookies are golden brown, remove from oven and let cool on baking sheet.

LUNCH AND DINNER

Wild Salmon Burgers

6 oz. cooked wild salmon (or canned wild caught salmon)
½ onion, minced
2 garlic cloves, minced
1 egg
¼ cup ground sesame seeds (optional)
Fresh dill

Combine all ingredients in bowl, mix thoroughly. Form mixture into round patties. Sauté in skillet with coconut oil or butter.

Sesame Salmon Burgers

1 pound salmon, skin removed
1 tablespoon toasted sesame oil
1 tablespoon ume plum vinegar
1 clove garlic, pressed
1 teaspoon peeled and minced fresh ginger
¼ cup chopped scallions (white and green parts)
¼ cup toasted sesame seeds
2 large eggs
1 tablespoon coconut flour
coconut oil, for frying

Rinse the salmon, pat dry and cut into ¼-inch cubes. In a large bowl, combine salmon, oil, ume, garlic, ginger, scallions, sesame seeds and eggs. Stir coconut flour into mixture. Use a ¼ cup measuring cup to form mixture into patties. Heat the coconut oil in a 9 inch skillet over medium-high heat. Cook the patties for 4 to 6 minutes per side, until golden brown. Transfer patties to a paper towel-lined plate and serve hot

Grilled Salmon with Spicy Basil Sauce

2 tablespoons pine nuts, toasted
4 drops liquid stevia
2 tablespoons fresh lemon juice
½ cup olive oil
½ cup packed fresh basil
2 cloves garlic, minced
1 small red chile or 1 medium jalapeño, chopped (include the seeds if you like it spicy)
4 skinless salmon fillets, 4 ounces each
¼ cup red bell pepper, diced
¼ cup yellow bell pepper, diced
¼ cup watercress leaves, chopped
1 tablespoon balsamic vinegar
1 tablespoon olive oil
Sea salt and ground white pepper, to taste

Place pine nuts, stevia, lemon juice, ¼ cup olive oil, basil, garlic, and chile in a blender and process until the mixture is pureed. Spoon the sauce over the salmon, and turn to coat. Cover and refrigerate overnight or for at least 4 hours, turning twice. Place bell peppers and watercress in a bowl. Toss with vinegar and 1

tablespoon olive oil. Cover and refrigerate while the salmon cooks. Oil the grill rack and preheat the grill to medium-high. Remove the salmon from the marinade, reserving the marinade. Sprinkle the salmon with salt and pepper on both sides. Place the salmon on the grill rack and grill until opaque throughout, 4 to 6 minutes on each side. Brush occasionally with reserved marinade. Garnish with bell pepper and watercress mixture before serving.

Maple Mustard Glazed Salmon

1 pound wild caught salmon fillets
Sea salt
2 tbsp maple syrup
2 tbsp dijon mustard

Preheat the broiler and place the oven rack about 6 inches below the heat source.

Arrange the salmon on a baking sheet lined with parchment paper, skin side down, and sprinkle the top generously with sea salt. In a small bowl, mix together the maple syrup and dijon mustard, then pour the mixture over the salmon fillets.

Broil until the salmon flakes easily with a fork, 10 to 12 minutes. Serve warm.

Thai Curried Fish

4 (4-oz) halibut or sablefish filets
1 tsp minced garlic
½ chopped onion
¼ cup of virgin coconut oil
½ red pepper, sliced into strips
1-2 Tbsp curry powder or prepared red curry paste
1 can of unsweetened organic coconut milk
½ cup of toasted sesame seeds
1 tsp unrefined salt

Sauté the garlic and onion in 1 tbsp coconut oil. Add red pepper strips and continue to sauté lightly. Add remaining coconut oil and blend in curry powder or paste to taste. Add coconut milk and simmer on medium heat. Coat fish with sesame seeds and salt, grill or broil (do not overcook). Top fish with sauce, serve over spaghetti squash or kelp noodles with plenty of fresh veggies.

Tuna Salad

2 (5-ounce) cans wild caught albacore tuna, packed in water
¾ cup homemade mayonnaise
2 tablespoons minced red onion
2 tablespoons minced dill pickles
1 tablespoon minced fresh dill
1 tablespoon yellow mustard
½ tsp sea salt
¼ tsp ground black pepper
3 cups baby spinach
3 cups arugula
1 tart apple, such as Pink Lady or Honeycrisp; thinly sliced
½ cup Champagne Vinaigrette*
¼ cup pepitas

Drain the tuna and place it in a bowl. Break it apart with a fork and mix in the mayonnaise, red onion, pickles, dill, mustard, salt and pepper. Toss the spinach, arugula, apples, Champagne Vinaigrette, and pepitas together in a bowl. Top with tuna salad.

Champagne Vinaigrette

1 ½ tbsp fresh lemon juice
2 teaspoons champagne vinegar
1 teaspoon Dijon mustard
¼ teaspoon sea salt
Pinch of cracked black pepper
¼ cup extra-virgin olive oil

In a bowl, whisk together the lemon juice, vinegar, mustard, salt, and pepper in a bowl. Slowly whisk in the olive oil. Serve immediately or store, covered, in the refrigerator for up to 5 days. Shake before using to incorporate the oil that may separate during refrigeration.

Sesame-Crusted Tuna with Carrot-Ginger Sauce

1 medium carrot (2 ounces), peeled and coarsely chopped
2 tablespoons minced fresh peeled ginger (about a 2-inch piece)
2 scallions, thinly sliced (white and green parts separated)
1 tablespoon rice vinegar
1 to 2 teaspoons toasted sesame oil
1 teaspoon tamari
4 tablespoons coconut oil, divided
Coarse sea salt
½ cup sesame seeds, preferably mixed black and white
4 wild caught tuna steaks (each 6 to 8 ounces)

In a blender, combine carrot, ginger, scallion whites, vinegar, sesame oil, tamari, 3 tablespoons coconut oil, and 1 tablespoon water. Blend until smooth, scraping down sides of blender jar as necessary (add up to 1 tablespoon more water, if necessary, to adjust consistency). Season with salt. Place sesame seeds on a rimmed plate. Season tuna steaks with salt, then press both sides of the steaks into seeds to coat. Heat remaining tablespoon oil in a large skillet over medium-high heat. Cook fish in skillet 1 to 2 minutes per side for medium-rare (if steaks are particularly large, cook them in two batches). Serve fish topped with sauce and sprinkled with reserved scallion greens.

Easy Baked Fish

4 (4-oz) any kind of wild caught fish filets (halibut, salmon, mackerel, sablefish, etc)
3-4 garlic cloves, minced
1 tbsp grassfed butter or coconut oil, divided into 4 pieces
Sea salt & pepper

Preheat oven to 350 degrees. Place fish filets in large rectangular glass Pyrex dish. Sprinkle minced garlic, sea salt and pepper liberally on the fish. Place a chunk of butter or coconut oil on each filet. Bake at 350 degrees for 15-20 minutes depending on how thick the fish is. Don't overcook! The fish should easily flake off with a fork.

Poached Salmon

Poaching fish is an excellent way to retain flavor, good fats and vitamins. It cooks in a flavorful bath for just 5 minutes. This simple recipe can be used with any variety of fresh fish.

2 (¼ pound) wild salmon fillets
½ teaspoon lemon pepper spice blend
¼ teaspoon dried dill
dash salt, plus another ¼ teaspoon for poaching broth (optional)
Juice of 1 lemon
½ cup stock or water
2 shallots, sliced into rounds
3-4 sprigs fresh dill (or ¼ teaspoon dried), plus more for garnish

Rub the salmon fillets with the lemon pepper, dried dill and a dash of salt for each fillet. Pour the lemon juice and stock in a large skillet. Place the shallot, fresh or dried dill and the optional ¼ teaspoon salt into the liquid. Bring to a simmer over medium-low heat. Place the salmon fillets, skin-side down, into the pan. Cover and cook 5 minutes, until flaky-tender. Remove the fillets to a plate. Keep the broth on the flame, turn to medium-high heat. Let the broth cook until it has reduced by a third to a half, 3-5 minutes. Pour the broth over the fish and garnish with a fresh sprig of dill.

Roasted Chicken with Olives and Prunes

1 whole chicken (2-3 pounds)
1 teaspoon celtic sea salt
1 cup pitted green olives
1 cup pitted prunes
1 tablespoon dried oregano
1 tablespoon capers
2 bay leaves
1 clove pressed garlic
¼ cup olive oil
¼ cup honey
¼ cup apple cider vinegar
¼ cup water

Rinse the chicken and pat dry. Place the chicken breast side up in a 9x13 inch Pyrex baking dish, then sprinkle with salt. In a large bowl, combine the olives, prunes, oregano, capers, bay leaves, garlic, olive oil, agave, apple cider vinegar and water. Spread the contents of the bowl in the dish around the chicken. Bake at 425° for 20 minutes. Lower heat to 375° and continue to roast the chicken until it is cooked through, about 40 minutes. Remove from oven and serve

Garlic & Ghee Roasted Chicken with Carrots

5 tablespoons ghee, divided
10-12 cloves of garlic, minced
1 teaspoon sea salt
1 teaspoon black pepper
1 teaspoon dried rosemary or oregano
8 large carrots, sliced into sticks
1 whole pastured chicken
1 lemon, quartered

Preheat the oven to 375F. In a small bowl, combine the ghee and garlic with all of the spices. Place the carrot sticks into a large roasting pan and toss to combine with 2 tablespoons of the ghee mixture. Place a roasting rack inside the pan and place the chicken onto the rack and place 2-3 of the lemon quarters inside the cavity of the chicken. Brush the chicken with the remaining ghee mixture to coat it evenly. If necessary, tie the chicken drumsticks together with string. Squeeze the remaining lemon over the chicken and carrots. Roast for 60 minutes (15-20 minutes per pound) or until the internal temperature of the chicken reaches 165 degrees F when inserted into a meaty part of the leg, avoiding the bone. Let the chicken rest on a cutting board for at least 10 minutes before serving. Remove the roasting rack from the pan with the vegetables. While the chicken rests, place the vegetables back into the oven to continue to roast and caramelize for an additional 10 minutes or more to your preference, giving them a stir to ensure they're evenly coated with any drippings from the chicken. Serve the roasted carrots with the chicken.

Lemon-Ginger Marinated Chicken

(serves 4 to 6)

This moist and flavorful chicken recipe will become a family favorite. Any leftover chicken can be sliced and served cold over lettuce for a quick lunch.

Zest from 1 organic lemon
1 lemon, juiced (about ¼ cup; use same lemon as above)
2 tablespoons Tamari
½ teaspoon thyme, dried
½ teaspoon oregano, dried
2-4 garlic cloves, sliced
1 tablespoon toasted sesame oil
4-5 fresh ginger slices, rough chopped, approximately 2 tablespoons
¼ teaspoon fresh ground pepper
4 tablespoons olive oil
8 - 12 pieces chicken (bone in or boneless)
Additional lemon, sliced thin for serving

Remove zest from lemon with a citrus zester, microplane or grater. If you don't have these tools, use a vegetable peeler to carefully remove the zest. Cut the zest into small pieces. Squeeze lemon juice into a bowl with the zest. Add soy sauce, thyme, oregano, garlic, sesame oil, ginger, pepper and olive oil and blend with a whisk. Add chicken pieces, turning them in the marinade several times to coat. Marinate chicken at least 4 hours or overnight in the refrigerator. Preheat grill to medium high. Remove chicken from marinade and discard marinade. Grill chicken until thoroughly cooked (internal temperature of 165 degrees).

Paleo Coconut Chicken Crispers

(serves 2-4)

2 chicken breasts
¼ cup coconut flour
½ tsp onion powder
½ tsp garlic powder
1 egg
1 cup (or more) unsweetened coconut flakes
½ tsp salt
¼ tsp black pepper

Preheat oven to 400 degrees. Slice chicken breasts into thin slices. You can pound the chicken to make it thinner, or I sliced the breasts in half to make them thinner. Then I cut them into chicken finger-like pieces. In a bowl/dish, combine coconut flour with onion powder and garlic powder. In a different bowl, whisk the egg. In a dish/plate, combine the coconut with salt and pepper. I set up a bit of an assembly line to bread them. First, dip the chicken in the flour mixture, then into the egg, and finally into the coconut flakes until they are nice and coated. Place the strips on a baking sheet (lined with parchment for easy cleanup), making sure they are not touching. Put the sheet in the oven and bake for 10-20 minutes, depending on thickness of the strips. I also turned mine over about halfway through to brown both sides. They should be done when they look like are slightly brown on both sides.

Mexican Chicken and "Rice"

4 tablespoons olive oil
1 medium onion, diced
1 cup celery, finely diced
1 head cauliflower, trimmed
1 (4 ounce) can green chilies, diced
1 pound boneless, skinless chicken breast, grilled and diced into 1-inch pieces
1 teaspoon salt
ground cumin, oregano and chili powder to taste
1 avocado
salsa, if desired

In a large skillet, heat olive oil over medium heat. Sauté onion over medium heat for 10 minutes, until soft. Add celery to skillet and sauté for 5 minutes. Place cauliflower in a food processor with the "S" blade and process until the texture of rice. Add cauliflower to skillet, cover and cook 5-10 minutes, until soft. Mix chilies and chicken into skillet. Stir in salt, cumin, oregano and chili powder. Serve, topping with avocado and salsa if desired.

Lime Chicken Taco Bowls

I like to marinate the chicken overnight. But if you only have an hour or two, go for it!

For the marinade

4 split chicken breasts
4 cloves of fresh garlic, chopped
¼ cup fresh squeezed lime juice
¼ cup extra virgin olive oil
A pinch of cumin, to taste- or some chopped cilantro, if you like
Fresh ground pepper

For the taco fixin's

4 vine-ripe tomatoes, chopped
2 cups shredded Romaine lettuce
3-4 fresh limes cut into wedges

Rinse the chicken briefly in cold water and pat dry. Place in a shallow glass or non-reactive dish. In a small bowl combine the garlic, lime juice, olive oil, cumin and fresh ground pepper. Pour the marinade over and under the chicken breasts. Cover tightly and marinate for at least an hour; overnight is even better. When the grill is hot, remove the chicken from the dish and discard the marinade. Grill the chicken over medium-high heat until it is cooked through and is no longer pink inside- about 12 to 15 minutes.

Assemble and ready your remaining taco fixin's. Place the cooked chicken on a clean cutting board and slice thin. Have everyone assemble their own taco bowls.

Moroccan-Spiced Roast Chicken

- 1 Pastured Roasting Chicken
- 2 Tablespoons Unrefined Extra Virgin Olive Oil
- 1 Organic Lemon, Quartered
- 1 Tablespoon Powdered Turmeric
- Pinch of Cayenne
- 1 1-inch Knob Ginger, Peeled & Grated
- 3 Cloves Garlic, Minced
- ¼ Teaspoon Cumin
- 1 Tablespoon Rose Water
- Sea Salt and Black Pepper to Taste

First, preheat the oven to 300 ° F. Next, rinse and pat dry the chicken. Set it aside while you prepare the spice rub. Pour olive oil into a mortar or bowl and add the garlic and ginger. Pound the garlic and ginger with a pestle or the back of a spoon—but don't worry about creating a perfect paste. Add the remaining spices and rose water, continuing to pound the mixture into a chunky paste. Next, squeeze each lemon quarter into the paste and mix the juice in. Reserve the rinds. Massage the paste into the skin of the chicken. When the paste has been entirely used and the chicken is fully prepared, stuff the chicken with the reserved lemon rinds. Roast the chicken at 300 ° F for approximately 2 hrs and then turn up the heat in the oven to 425 ° F. Continue to cook until the chicken is golden-brown and the juice runs clear.

Perfect Roast Chicken

- 1 whole chicken (2-3 pounds)
- celtic sea salt
- freshly ground black pepper
- 1 bunch fresh thyme
- 1 lemon, halved
- 1 head garlic, cut in half crosswise
- 2 tablespoons extra virgin olive oil
- 1 medium onion, quartered

Preheat oven to 425°. Remove chicken giblets and rinse chicken inside and out. Pat chicken dry. Place chicken in a 9 x 13 inch baking dish. Liberally salt and pepper inside of chicken. Stuff cavity with bunch of thyme, both halves of lemon and all garlic. Brush outside of chicken with olive oil and sprinkle with salt and pepper. Tie legs together with kitchen string and tuck wings under body of chicken. Place each onion quarter into a corner of dish. Roast chicken for 1½ hours or until juices run clear. Allow to cool slightly and serve

Grain-Free Chicken Pot Pie

Crust

- 2 cups blanched almond flour
- ½ cup tapioca flour
- 1 tsp salt
- ¾ tsp gluten-free baking powder
- ⅔ cup organic palm shortening
- 6 TBSP cold water

Using a fork, stir together the almond flour, tapioca flour, salt and baking powder. Cut in the palm shortening until the mixture resembles course sand. Stir in the cold water. Place in refrigerator while you prepare the filling.

Filling

2 tablespoons coconut oil
1 tablespoons garlic minced
1½ cup chopped onion
3 cups mushrooms chopped
1 cup carrots, chopped
2 cup broccoli, chopped
1 whole rotisserie chicken, meat pulled apart
4 cups chicken stock
½ tsp salt
¼ tsp black pepper
pinch paprika
¼ cup tapioca flour

Preheat oven to 350 degrees. Heat the coconut oil and sauté garlic and onions. Add the rest of the vegetables and cook through. Add the chicken, stock, salt, pepper, and paprika. Stir in tapioca flour to thicken. Add more tapioca if it seems too thin. Simmer over medium-low heat until thickened like gravy.

Pour chicken mixture into casserole or individual pies and add crust carefully. Place on baking sheet (it may bubble over), and bake in oven for 30-35 minutes, until crust is golden brown. Cool for about 10 minutes before serving.

Chicken with Cauliflower and Olives

1 pound boneless, skinless chicken breast (combine with chicken thighs if you prefer)
1 bunch fresh thyme sprigs
1 head cauliflower, cut into florets
1 shallot, finely chopped
3 tablespoons olive oil
½ teaspoon celtic sea salt
1 teaspoon ground black pepper
zest of 1 lemon (use a microplane zester)
¼ cup fresh lemon juice
1 cup Kalamata olives, pitted
5 cloves garlic, thinly sliced

Rinse chicken breasts and pat dry with a paper towel. Spread thyme sprigs evenly in the bottom of a 7 x 11 inch baking dish. Place chicken over thyme sprigs and scatter cauliflower around chicken. In a small bowl, combine shallot, olive oil, salt, pepper, lemon zest and juice, olives and garlic. Pour lemon mixture over chicken and cauliflower. Refrigerate for at least one hour or overnight. Bake at 400° for 45-55 minutes, until chicken is cooked through and cauliflower is well browned.

Thai Curried Chicken with Coconut

(serves 4)

1 tablespoon yellow curry paste

1 cup coconut milk
2 teaspoons coconut oil or olive oil
1 small onion, chopped
1 teaspoon minced garlic
2 cups homemade chicken broth (or store bought organic chicken broth)
2 medium eggplants (preferably Japanese), peeled and chopped into 1" cubes
1 pound grilled organic chicken, sliced
salt to taste
freshly ground black pepper

Combine the curry paste and coconut milk in a small skillet. Bring to a boil, stirring occasionally, then turn down the heat and simmer. Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and cook until it turns translucent, about 5 minutes. Add the garlic and cook 1 minute more. Add chicken broth, by the tablespoonful, as needed to keep the mixture from sticking and burning. Add the eggplants and the remaining chicken broth. Simmer until the eggplants become tender, about 10 minutes. Add the slices of grilled chicken and heat thoroughly. Stir in the curry mixture and serve.

Paleo Coconut Chicken Crispers

(serves 2-4)

2 chicken breasts
¼ cup coconut flour
½ tsp onion powder
½ tsp garlic powder
1 egg
1 cup (or more) unsweetened coconut flakes
½ tsp salt
¼ tsp black pepper

Preheat oven to 400 degrees. Slice chicken breasts into thin slices. You can pound the chicken to make it thinner, or I sliced the breasts in half to make them thinner. Then I cut them into chicken finger-like pieces. In a bowl/dish, combine coconut flour with onion powder and garlic powder. In a different bowl, whisk the egg. In a dish/plate, combine the coconut with salt and pepper. I set up a bit of an assembly line to bread them. First, dip the chicken in the flour mixture, then into the egg, and finally into the coconut flakes until they are nice and coated. Place the strips on a baking sheet (lined with parchment for easy cleanup), making sure they are not touching. Put the sheet in the oven and bake for 10-20 minutes, depending on thickness of the strips. I also turned mine over about halfway through to brown both sides. They should be done when they look like are slightly brown on both sides.

Lemon & Artichoke Chicken

4 tablespoons ghee, or coconut oil, divided
2 shallots or ¼ of one onion, sliced
2 cups artichoke hearts, thawed and/or drained and rinsed
¼ cup capers, drained
Juice of 2 lemons
2 lbs bone-in, skin-on chicken
Sea salt and black pepper to taste

Preheat oven to 375F. In a large, oven-safe skillet over medium heat, melt 2 tablespoons of ghee or coconut oil. Add the shallots, and sauté them until they are translucent. Add the artichoke hearts, capers, and lemon

juice. Stir to combine. Place the chicken pieces in the skillet, and top each piece with the remaining 2 tablespoons of ghee or coconut oil. Place the entire skillet into the oven for 45 minutes or until the chicken reaches an internal temperature of 165F.

Want to change it up!? You can make this recipe with whole chicken legs, bone-in, skin-on chicken breasts, or a whole chicken.

Paleo Egg Roll Bowl

1 lb organic free range chicken breast or pastured pork loin, cut into bite-size cubes
3 tbsp coconut aminos, divided
2 tbsp coconut oil, divided
2 tsp grated fresh ginger
3 cloves garlic, minced
3 scallions, thinly sliced and divided into green and white
8 oz. coleslaw mix with shredded cabbage and carrot
4 oz. organic mushrooms, thinly sliced both lengthwise and crosswise to create rectangles
1 organic zucchini, cut into thin 2"-long rectangles
1 tbsp sesame oil
1 tbsp rice vinegar
1 tbsp sesame seeds, plus more for sprinkling (white or black)
1/2 tsp ground black pepper
dash crushed red pepper flakes (optional)

Heat 1 tablespoon of coconut oil in large skillet over medium-high heat.

Add chicken or pork cubes, 1 tablespoon of coconut aminos, the grated ginger, garlic, and the white parts of the sliced scallions.

Cook while stirring until meat is cooked through and lightly browned, 7-9 minutes.

Add remaining tablespoon of coconut oil, remaining 2 tablespoons aminos, and the rest of the ingredients.

Cook and stir over medium heat until veggies are tender, 10-15 minutes.

Taste for seasoning, then top with a final sprinkle of sesame seeds.

Beef Liver with Fig, Bacon and Caramelized Onion Compote

375g beef liver, sliced
The juice of 1 lemon
2 tsp arrowroot flour
1/2 tsp Himalayan or unrefined sea salt
1/2 tsp freshly cracked black pepper
4 slices pastured bacon, cut crosswise into 1/2" pieces
2 large onions, sliced
200g mushrooms, sliced
4 dried figs, chopped
1/4 tsp Himalayan or unrefined sea salt
1/2 tsp freshly cracked black pepper
2 sprigs fresh sage, chopped
2 tbsp white balsamic vinegar
1/4 cup water

In a non-reactive sealable container, marinate the beef liver in lemon juice for at least 8 hours (or up to 24 hours) in the refrigerator. In a cold, large heavy skillet (cast iron preferred) set over medium heat, cook the

bacon until nice and crispy. While the bacon is cooking, rinse the beef liver slices under running water and pat them dry. In a shallow bowl or plate, combine the arrowroot flour, salt and pepper. Mix thoroughly with a whisk until very well combined. Dredge the liver slices in the arrowroot mixture and shake well to remove any excess. Set aside in a plate until bacon is done cooking. When bacon is nice and crispy, remove it to a plate with a slotted spoon, and set aside. Pour the bacon fat into a small bowl but leave about 2 tablespoons in the pan. Put the skillet back over high heat. When the pan is really nice and hot, add the liver slices and sear for about 45 seconds to a minute per side, just long enough for them to get a beautiful dark brown and crispy exterior. You might have to work in batches, depending on the size of your skillet. Remove the liver to a plate, cover loosely to keep it warm while you work on the onion compote. Put your pan back over the heat source and lower heat to medium-high; add about half the remaining bacon fat and throw the sliced onions right in. Let the onions caramelize for about 10 minutes, stirring occasionally. When the onions have taken a nice golden coloration, add the remaining bacon fat and the sliced mushrooms. Continue cooking for 2-3 minutes, until the mushrooms become soft and slightly golden. Add figs, vinegar and water and cook for another minute or so, until liquid is completely evaporated. Stir in fresh sage, kill the heat and place liver slices on top of the onion compote. Cover loosely and let sit for about 5 minutes just to warm up the liver and allow all the flavors to mingle happily. Serve immediately, sprinkled with crispy bacon.

Bacon, Mushroom and Apricot Beef Liver

375g beef liver, rinsed, patted dry and cut into large slices
2 tsp arrowroot flour
1 tbsp cacao powder
¼ tsp cinnamon
Pinch ground clove
Pinch Chinese 5 spice
¼ tsp Himalayan or unrefined sea salt
¼ tsp freshly cracked black pepper

Part II

4 slices pastured, sugar free bacon, cut crosswise into ½" pieces
1 large onion, sliced
1 clove garlic, minced
100g mushrooms, sliced
8 dried apricots, chopped
¼ tsp Himalayan or unrefined sea salt
½ tsp freshly cracked black pepper
2 tbsp dried oregano
2 cups water
2 tbsp balsamic vinegar

In a large mixing bowl, add arrowroot flour, cacao powder, spices, salt and pepper. Mix thoroughly with a whisk and set aside. In a large skillet set over medium heat, cook the bacon until nice and crispy. Remove the bacon with a slotted spoon and set aside. Transfer the bacon fat into a small bowl and set aside (leave about a tablespoon in the pan). Add the onions to the hot bacon fat and cook until soft and caramelized, about 10 to 15 minutes. Add the garlic, apricots, mushrooms, salt, black pepper and oregano and continue cooking until the mushrooms are soft and tender, about 5 minutes. Add that to the reserved bacon. Place your skillet back over the heat source, crank the heat to medium-high, add the reserved bacon fat and heat it well. Dredge the liver slices in the arrowroot mixture and shake to remove the excess. Sear the slices on each side for about 30 second per side, just to give them a beautiful dark brown crispy exterior. You might have to work in batches, depending on the size of your skillet. Once the meat is seared on both sides, put it all back in the skillet (if you

had to work in batches) add the onions, mushrooms, apricots and bacon plus one cup of water and the vinegar and give everything a quick stir. Bring to a simmer then slowly stir in the other cup of water, then turn the heat down to medium low and let the meat finish cooking, which will take about 5 minutes. Serve with mashed sweet potatoes and mixed greens.

Liver & Mushrooms

2 lbs. of beef liver, sliced
1 large onion, sliced
2-3 cloves of garlic, diced
handful of sliced mushrooms
5-6 slices of bacon
salt and pepper, other herbs or spices to taste

First, crisp the bacon in a big skillet (I recommend using a deep cast-iron skillet if you have one). Once the bacon is cooked most of the way, add the onions and garlic. Then add mushrooms, as well as any other herbs and additional flavorings you might like to taste (like rosemary, parsley, thyme, garlic powder, paprika, or chili pepper). Then scoot all of that to the side of your skillet and sear the liver slices on each side (for about one minute). Once the meat is seared on both sides, pile the onions, mushrooms and bacon on top of the liver, turn the heat down to medium and let the meat cook through for 5-10 minutes. This will ensure a nice caramelized sear on the meat, as well as making sure it all cooks through.

Beef Liver & Bacon Pate

1 lb. beef liver
The juice of 1 lemon
1 lb. bacon
1 large onion, chopped
2 tablespoons minced garlic in oil (or 4 large fresh cloves chopped)
2 tablespoons chopped fresh rosemary
2 tablespoons chopped fresh thyme
½ teaspoon sea salt
½ teaspoon freshly ground black pepper

In a non-reactive sealable container, marinate the beef liver in lemon juice for at least 8 hours (or up to 24 hours) in the refrigerator. When you are ready to make your pate, first fry all the bacon until crisp, then place on paper towels to cool. Drain the drippings into a small bowl, leaving a couple of tablespoons in the pan. Add the chopped onions to the pan and cook for a couple of minutes while stirring. Add the chopped garlic and give it one more good stir, then remove from the heat. Don't overcook the garlic as burned garlic doesn't enhance the flavor of anything. Put the onion and garlic mixture into your food processor. Now you're going to deal with the liver. First lay a few layers of paper towel on a piece of parchment paper or wax paper. Next, drain the liver, then give it a good rinse with water. Now dump it onto the paper towel and wrap it so it has a chance to dry out a bit. Now you're going to cook it. Put a couple of tablespoons of the reserved bacon drippings back into your frying pan. Now take the paper wrapped liver and dump that into the pan. Turn up the heat to about medium and sprinkle the liver with half of the fresh herbs. Cook for a couple of minutes, then flip the liver and sprinkle the other side with the rest of the fresh herbs. Continue cooking for about 5 minutes until the liver is no longer pink inside. Add the cooked liver to the onion mixture in your processor with the salt and pepper, then process. Add a bit more bacon drippings until you get a relatively smooth consistency. Put this whole mixture into a medium-sized bowl. Now put the cook bacon into the processor and pulse a few times until it is coarsely chopped. Add the chopped bacon to the pate mixture and mix until well combined. At this point you now have 4 weeks worth of pate. Divide it up into small tupperware

containers. Put one in the fridge to cool for use this week and put the rest into your freezer. You can then take them out as you need them. What you will be left with is a terrific spread that you can use as an appetizer, or spread under sliced meats for a sandwich. A lot of people like it on cucumber slices.

Mediterranean Style Liver

6-8 oz liver
1 large sweet yellow onion
1 sweet red pepper
Kerrygold butter (Kerrygold garlic butter best)
Balsamic vinegar
Marinated mushrooms
Roasted garlic cloves

Cut 6-8 oz of liver into finger-wide strips, cut ½ of the sweet onion and ½ of the red pepper into strips. Heat skillet at about ¾ max setting on range - or Whatever is the highest setting on your range that will let you cook for 15' without the butter smoking. Melt Kerrygold butter, 3-4 tablespoons (yes, that's a shallow lake). Herbs and Garlic butter is best, but just salted will do fine. Toss in liver, onions and pepper strips. Stir frequently, flipping strips over. About 10 minutes into cooking, drizzle ~2 tablespoons of Balsamic vinegar over sizzling strips, I also like just garlic and oregano for liver. Let go for another 5 minutes, flip / stir once or twice. Done at ~15 minutes total, or when liver looks red-browned, not black (don't want shoe-leather). Garnish (this is important) with marinated mushrooms and roasted garlic cloves. They're both sweet and tangy too, like the sweet onions and peppers. You can also use some fresh or dried oregano.

'Spaghetti' Zucchini with Rosemary, Chili and Garlic

2 large green zucchini
1 Tbsp. fresh rosemary, chopped
1 garlic clove, peeled and chopped
¼ cup extra virgin olive oil or flax seed oil
1 tsp. chili flakes and/or dash cayenne pepper
2 tsp. lemon juice, freshly squeezed
2 roma tomatoes, quartered (optional)
⅓ cup organic full fat coconut milk

Peel the zucchini skin. Shred into long strips using a raw food slicer tool. In a small bowl, combine all dressing ingredients, whisk and then pour onto zucchini. Add sea salt to taste. Can also add roma tomatoes.

Paleo Eggplant Lasagna (Grain Free, Gluten Free, Dairy Free)

1 large globe eggplant, cut lengthwise into 8 ¼-inch slices
olive oil
1 lb ground grass-fed beef
1 medium onion, diced
10 oz whole baby bella mushrooms, sliced
4 to 6 cloves of garlic, minced
2 x 15 oz cans of diced tomatoes (undrained)
6 oz can of tomato paste
1 tablespoon dried oregano
1 tablespoon dried basil
1 teaspoon dried thyme
1 teaspoon kosher salt

½ teaspoon ground black pepper
¼ cup fresh parsley (plus more for garnish)

Preheat oven to 375 F. Spray two baking sheets with nonstick spray or line with parchment paper. Set aside. Place eggplant pieces on prepared baking sheets in single layer. Brush both sides of eggplant slices with olive oil. Bake until eggplant slices are tender and beginning to brown, about 5 minutes per side. Watch closely and remove eggplant slices as needed if they are cooking too quickly or not long enough. Remove baking sheets from oven and cool eggplant while preparing sauce. Eggplant can be roasted 1 day ahead and refrigerated. In a large sauce pan or pot, brown ground beef over medium heat. Drain excess grease. Return pan to heat and add onion, garlic, and mushrooms. Stirring frequently, brown and cook until onions and mushrooms are tender, about 5 to 10 minutes. Add 2 cans of diced tomatoes with juice, tomato paste, oregano, basil, salt, pepper, and parsley. Bring to a simmer. Allow to simmer for about 10 minutes, stirring frequently. Sauce can be made several days ahead and refrigerated. Spread ⅓ of the meat sauce (about 2 cups) in the bottom of a 9" x 13" glass pan. Layer 4 slices of eggplant on top of the sauce. Layer Cashew Ricotta Cheese. Spread another 1 to 2 cups of sauce on top of the eggplant slices. Arrange a second layer of eggplant slices directly on top of the first layer, stacking them. Add another layer of Cashew Ricotta Cheese. Spoon remaining sauce on top. This can be made 1 day ahead. Cover with foil and refrigerate until ready to cook. Bake eggplant lasagna until heated through, about 20 to 30 minutes if freshly made or 40 minutes if refrigerated. Serve hot topped with fresh parsley or basil.

Roasted Veggies with Citrus Vinaigrette and Avocado Cream

Roasted veggies

1 eggplant, roughly chopped
1 yellow squash, roughly chopped
1 zucchini, roughly chopped
1 head broccoli, roughly chopped
1 red onion, chopped in crescents
6 garlic cloves, peeled
2 tablespoons italian seasonings
4-6 tablespoons olive oil

Preheat your oven to 350 degrees. Chop up your veggies and put in a deep baking dish. Add the olive oil and italian seasonings and stir up a bit until the veggies are nice and covered with the oil. Put in the oven and roast for around 45 minutes. While the veggies are roasting, make the balsamic vinaigrette and avocado cream.

Citrus balsamic vinaigrette

1 cup fresh basil
4-5 tablespoons extra virgin olive oil
1-2 tablespoons balsamic vinegar
½ orange
½ lemon
2 garlic cloves
salt to taste

In a food processor food processor add all the ingredients for the vinaigrette and turn it on. Let it run for about 20-30 seconds and check it out if it's runny enough for your taste. If not, add a bit more olive oil. Now pour your vinaigrette into a container, or glass jar like I do, and store in the fridge.

Avocado cream

- 1 avocado
- ½ orange
- ½ lemon
- ½ lime
- salt to taste
- 1 teaspoon avocado oil (you can use olive oil if you don't have this)

Rinse out your food processor real quick, then add your ingredients for your avocado cream. Let your food processor run a bit longer than you did for your vinaigrette to make sure the avocados become completely creamy. Put the avocado cream in another container and store in the fridge until your meal is ready.

Vegetarian Pad Thai

- 6 ounces mung bean noodles
- 3 tablespoons olive oil
- 1 large onion, diced
- 1 head broccoli, chopped into small spears
- ¼ cup water
- 3 cloves garlic
- ½ teaspoon celtic sea salt
- 1 tablespoon toasted sesame oil
- 1 tablespoon honey
- 1 tablespoon ume plum vinegar
- 1 tablespoon arrowroot powder
- 1 tablespoon water
- ¼ cup scallion, thinly sliced
- 1 tablespoon cilantro, finely chopped
- ¼ cup cashews, chopped

Bring water for noodles to boil in a large pot. Cook noodles according to instructions on package, then drain and set aside. In a large skillet, heat olive oil, then add onion. Sauté onions for 10-15 minutes, over medium-low heat until lightly browned. Add broccoli and ¼ cup water. Cover pan and sauté 5 minutes or so until broccoli turns bright green and begins to soften. Stir in garlic and salt. Then stir in sesame oil, honey and ume vinegar. In a small bowl, combine arrowroot and 1 tablespoon water, stirring vigorously to make a paste without any lumps. Pour the paste over the broccoli and mix quickly and vigorously to loosen any of the mixture that sticks to the bottom of the pan. Place noodles on individual plates, then top with broccoli mixture. Garnish with scallions, cilantro and cashews.

Cauliflower Sweet Potato Burgers

- 1 head cauliflower, chopped into florets
- 2 medium/large Japanese sweet potatoes, chopped into small chunks
- 3-4 tablespoons coconut oil, divided
- spices : cumin, curry, cayenne, etc.
- 1 head garlic
- 1/3 cup coconut flour
- 3 eggs
- 1½ teaspoon sea salt

Preheat oven to 400 degrees.

Cut the cauliflower into florets, and the sweet potato into small chunks. Toss with coconut oil and sea salt. Transfer to a baking sheet, add other spices to taste if desired. Cut the tips off the garlic head, drizzle in oil and place in ramekin, cover with foil. Put all vegetables in the oven. Roast for 35-40 minutes until sweet potatoes and cauliflower are soft and browned. Keep the oven on because we'll be transferring the burgers back to the oven. Let cool.

Pulse cauliflower and sweet potatoes through a food processor to form small pieces that stick together. We don't want PUREE here, but we do want enough mushiness to help it all stick together.

In a bowl, combine the cooked, pulsed cauliflower & sweet potato with the roasted garlic cloves, coconut flour, eggs, and sea salt. Add more spices if desired to taste. Form hamburger-sized patties. Add coconut oil and/or ghee to a cast iron pan, cook the burgers over medium heat, until golden brown on each side, flipping very carefully to avoid breaking. After they're golden brown, transfer to oven and let cook for an additional 15 minutes. Serve burgers with your favorite toppings.

Squash Pie

(serves 8)

2 medium butternut squash, cut in half, seeded

3 tablespoons butter or coconut oil

2 eggs

1 tablespoon vanilla extract

1 teaspoon cinnamon

¼ teaspoon nutmeg

½ teaspoon celtic sea salt

⅛-¼ cup raw honey or maple syrup (optional)

Bake squash in the oven at 350° for 40 minutes, until soft. Scoop squash out of skin, discarding skin. Place squash in food processor with butter (or oil), eggs, vanilla, cinnamon, nutmeg, sweetener and salt. Puree until smooth and creamy. Place in a 9-inch tart pan or a casserole dish and bake at 350° for 40 minutes. Serve.

Crockpot Coconut Curry

First, you need 4 cups of cooked, shredded chicken (I just pulled this out of my freezer—it's a great thing to have on hand, but if you don't have any sitting aside, make some in the morning). You'll also need a big spaghetti squash. I think mine was around 10 lbs. Make a few slits in it and bake it at 350 for about an hour and 15 minutes. You want it to cook a little, but not be soggy. Next, scrape the "spaghetti" out of the squash and into your crockpot.

In your crockpot, add:

1 whole onion, chopped (sweet onions are best!)

1 whole kabocha squash (probably about 5 lbs), seeded, de-skinned and chopped into cubes (if you can't find kabocha, any other winter squash will do)

1 can coconut milk (check ingredients)

2 cups chicken broth

2 tsp salt

1 tsp black pepper

2½ to 3 tsp curry powder (check ingredients!)

a couple of dashes hot sauce (again, check ingredients!)
other optional ingredients I thought of: diced carrots, chopped celery

Cook all of this on low for 4 to 5 hours. Then add in:
4 cups cooked and shredded chicken
2 cups frozen peas
other optional ingredient: frozen green beans.

Let it cook on low for another hour.

Lasagna

(serves 8)

2 pounds ground Organic Grass Fed Beef
2 packages Applegate Roasted Chicken Breast Organic, No Nitrates or Antibiotics
1 onion
2 tomatoes
2 red bell peppers
4 cloves garlic
4 sprigs rosemary
8 leaves basil
2 heads cauliflower
1 spaghetti squash
¼ cup chia seeds
3 tbsp. whole ground flax seed
2 cups sliced mushrooms
2 tbsp. Coconut oil or butter
Salt
Pepper

Steam 2 heads of cauliflower, drain and set aside. Steam Spaghetti Squash, let cool and set aside. Slice 2 cups of mushrooms and set aside. Place tomatoes, onion, red peppers, garlic, basil, rosemary and 1 tbsp. of oil in a roasting pan. Roast at 350 degrees for 30 minutes until vegetables are slightly brown (don't burn!) and set aside. Brown the beef in a large pot, pressure cooker or slow cooker using 1 tbsp. of oil. . Remove the stems from the rosemary and place all the roasted vegetables in a high speed blender and blend into a tomato pepper "marinara" sauce. Add 3 tbsp. of whole ground flax seeds. Incorporate this marinara sauce into the ground beef and add ¼ cup chia seeds. Add salt and pepper to taste and cook for desired time. I enjoy the flavors melding together so prefer a long cook time, but it is also delicious if you just incorporate and immediately put the lasagna together. Blend the cauliflower into a puree in a high speed blender. Shred the spaghetti squash into threads. Stir the blended cauliflower and spaghetti squash threads together. This is what I use in place of cheese. Once the marinara sauce is completed, then you can begin layering your lasagna in a roasting pan. I use a pan just a bit smaller than the traditional cake pan and it makes a very generous serving.

Begin laying in this order:

Layer 1: Meat marinara sauce

Layer 2: 1 package of the Applegate Roasted Chicken slices spread into a layer. This becomes my "lasagna noodles"

Layer 3: 1 cup of sliced mushrooms

Layer 4: The cauliflower/ spaghetti squash replacement for "cheese"

Repeat layers and finish with the meat/marinara sauce as the top layer. Top with 4 tomato slices cut in half for decoration on the top. Bake in the oven at 375 degrees for 45 minutes. Let set for 20 minutes before serving so the lasagna can set up a bit.

Spaghetti Squash Lasagna

2 large spaghetti squash (~3-4 pounds each)
3-4 Tbsp extra virgin olive oil, plus more for squash
Sea salt + black pepper, to taste (~1/2 tsp each), plus more for squash
2 lemons, juiced (~1/3 cup)
12 ounces Almond milk ricotta,
3 Tbsp nutritional yeast
1/2 cup fresh basil, packed
1 Tbsp dried oregano
1/4 cup vegan parmesan cheese, plus more for serving
25 ounces favorite marinara/red sauce
optional: Fresh basil, chopped
optional: Red pepper flakes

Preheat oven to 400 degrees F and line a large baking sheet with foil. Carefully halve your spaghetti squash lengthwise using a sharp knife. I find the best way is to pierce the skin with the very tip of the knife and push it all the way through to the other side. Rock the knife back and forth to cut one half all the way through, then repeat on the other side. Use an ice cream scoop (or sharp spoon) to scrape out the seeds and most of the stringy parts. It should appear pretty clean. Brush the interior with oil and sprinkle with a little salt and pepper. Place cut-side down on baking sheet. Roast for 45 minutes, or until a knife easily pierces the skin and flesh. Remove from oven and set aside to cool slightly. Also reduce oven heat to 375 degrees F.

In the meantime, add olive oil, sea salt/pepper, lemon juice, almond milk ricotta, nutritional yeast, fresh basil, dried oregano and vegan parmesan to a food processor or blender and pulse to combine, scraping down sides as needed. You are looking for a semi-pureed mixture with bits of basil still intact. Taste and adjust seasonings as needed, adding more salt and pepper for flavor, nutritional yeast for cheesiness, and lemon juice for brightness.

Once fully baked and slightly cooled, use a fork to scoop out spaghetti squash into fine strings. Set aside. Lightly grease a 9x13-inch (or similar size) baking dish and lay down 1/3 of the squash. Top with several spoonfuls of ricotta filling, then pour on a layer of marinara sauce. Repeat until all ricotta filling and marinara is used up - about 3 layers. Make sure the top layer is sauce.

Loosely cover the dish with foil and bake for 20 minutes at 375 degrees F. Then remove foil and bake for an additional 10-15 minutes, or until the sauce is bubbly and the top is golden brown. Cover with foil if the squash is browning too quickly. Let cool briefly, then serve with desired toppings (listed above). I prefer red pepper flakes and vegan parmesan cheese. Fresh basil adds a nice pop of color.

Best when fresh. Store leftovers covered in the refrigerator for 2-3 days. Reheat in a 350 degree F oven for 20-25 minutes, or until completely warmed through.

Melt-In-Your-Mouth Overnight Roast

2 large onions, sliced
1-3 lb. grass-fed bottom round roast

Optional Ingredients: Celtic Sea Salt (½ tsp.), fresh ground black pepper, 1 tsp. ground cumin (make it Mexican), 1 tsp. ground ginger (make it Asian)

Place roast in slow cooker with fat side up. Top with optional seasonings, if using. Lay onion slices over roast. Add 1 cup of water to slow cooker. Cover overnight on the "low" setting (12 hours). When the roast is buttery-tender, turn the slow cooker setting to "warm" until ready to serve.

Pan-Seared Steak

Different cuts have different tastes and textures. Tougher (but generally more flavorful and less expensive) cuts are: flank, skirt and round. These do best when pounded and/or marinated to soften the tough meat. More tender (but generally less flavorful and more expensive) cuts are: tenderloin, sirloin, porterhouse, filet mignon, strip steak or rib eye.

Cooking Times

½ - ¾ inch: Rare: 1-2 minutes each side; Medium: 2-3 minutes each side

¾ - 1 inch: Rare: 3 minutes each side; Medium: 3-4 minutes each side

1 - 1½ inches: Rare: 4-5 minutes each side; Medium: 5-7 minutes each side

1 pound steak
1-2 tablespoons coconut oil or olive oil
1 tablespoon dry meat rub (optional)
Dash salt and pepper

On a large plate, mix the oil with the optional meat rub, salt and pepper. Place the steak into the marinade, flipping so that both sides are coated with the oil and spices. Heat a large skillet to medium heat. When hot, lay the steak in the pan (no need to add more oil) and sear 2-7 minutes on each side, depending upon the thickness of the steak. Remove to a plate and let sit 5 minutes before slicing.

Steak Fingers with Gravy

½ pound cube steak, cut into 1-inch strips
1 cup almond flour
1 teaspoon seasoned salt
½ teaspoon black pepper
¼ teaspoon cayenne
1 egg
1-2 cups coconut milk
olive oil
salt and pepper, to taste

Combine almond flour, seasoned salt, pepper, and cayenne in a dish. Whisk together the egg and a splash of coconut milk in a separate dish. To bread the meat, dip a strip into the egg mixture, then immediately into the almond flour mixture. Flip it to coat both sides. Repeat with every strip. Heat 1 T olive oil in a large skillet over medium-high heat. Fry steak strips 3 or 4 at a time, turning midway through (after about 3 minutes). When golden brown, remove from the pan to a paper towel-lined plate. Continue until all the meat is done. You will likely want to add another 1 T of oil to the pan before each batch. Cover loosely with foil to keep warm.

To make the "gravy," sprinkle on 1-2 tablespoons of the almond flour mixture (or whatever is left). Whisk mixture until it becomes deep golden brown (It won't really be pasty since it's not regular flour). Pour in

coconut milk, whisking constantly. Allow the gravy to cook and thicken (as best it can), whisking regularly and adding more milk if needed. Season with salt and pepper. Serve the "gravy" as more of a dipping sauce if it is too thin like mine was.

Grilled Garlic Flank Steak with Peppers & Onions

3 cloves garlic, grated or finely minced
2 lbs flank steak
Sea salt and black pepper to taste
1 tablespoon bacon fat, butter, ghee or coconut oil
1 onion, diced into ½-inch pieces
1 bell pepper, diced into ½-inch pieces

Preheat an outdoor grill or indoor grill to medium-high heat. Massage the garlic into the steak, and season liberally with sea salt and black pepper. Grill approximately 5 minutes per side, turning the steak one-quarter turn halfway through. Set the cooked steaks aside to rest. In a large skillet over medium-high heat, melt the bacon fat and sauté the onion and peppers until soft and slightly browned on the edges. Slice the steak on a slight angle against the grain. Serve the steak over the onion and peppers.

Spiced Lamb Meatballs with Balsamic-Fig Compote

Meatballs

1 lb ground lamb
1 teaspoon ground cumin
¼ teaspoon allspice
¼ teaspoon cinnamon
1 teaspoon onion powder
Sea salt and black pepper to taste

In a mixing bowl, combine the lamb and spices with your hands. Form into approximately 16 small meatballs, and place in a large baking dish. Bake for 25 minutes.

Balsamic-Fig Compote

½ cup water
½ cup balsamic vinegar
4 dried figs, sliced
1 spring fresh rosemary

Preheat oven to 375 F. While the meatballs bake: in a small saucepan, combine water, balsamic vinegar, figs and rosemary. Simmer until the texture becomes thick. Add more vinegar if it tastes too sweet, and reduce the sauce further if it tastes too tart.

Serve the meatballs warm from the oven with the compote.

Buffalo Cranberry Meatballs

¼ cup dried cranberries
½ sweet onion finely chopped
2 cloves garlic
1 lb ground buffalo
½ cup Almond flour

1/3 cup finely chopped fresh basil or other herbs
2 large egg
1/2 tsp kosher salt
1/2 tsp fresh black pepper
Butter, ghee or coconut oil

Preheat oven to 400°F. Place cranberries in a saucepan with 3/4 cup of water. Bring to a boil for 5 minutes. Set aside. Sauté onions and garlic in fat until translucent. In a large mixing bowl, combine buffalo, almond flour, herbs, eggs, salt and pepper. Drain the cranberries, and add them to the mix. With your hands, mix just until the ingredients are combined; do not over mix. Using an ice cream scoop or form meatballs with your hands, place on a baking sheet with parchment paper. You should get 17-18 large meatballs. Bake for 15-18 minutes. Serve hot, at room temperature, or cold.

Easiest Ever Winter Lamb Recipe

1 leg of free range lamb, cut into inch size pieces
2 pounds ripe tomatoes, skinned and chopped
1/2 teaspoon sea salt
2 onions, diced
2 cups winter squash, peeled and quartered
2 Tbsp olive oil
3 bay leaves
pepper to taste

Heat oil in a heavy based saucepan and brown the lamb pieces. Add onions and bay leaves and simmer until softened. Add tomatoes, squash, and seasoning, cover and simmer on a low heat for approximately 2 hours.

Paleo Shepard's Pie

(serves 8)

2 tablespoons olive oil
1 large onion, diced
1 pound turkey or pork bacon, cut into 2 inch slices
2 cups diced carrots
2 cups diced celery
1 pound organic grass fed ground beef
1/2 teaspoon celtic sea salt
1 teaspoon black pepper
1/2 teaspoon smoked paprika
1 cup chicken broth
2 large heads cauliflower, trimmed, chopped and steamed until very soft
2 tablespoons olive oil

Heat olive oil in a very large frying pan. Sauté onion for 15 minutes until soft. Add bacon pieces to pan and sauté until cooked, about 10 minutes. Add carrots and celery to pan and sauté in bacon fat for 10 minutes until soft. Add ground beef to pan and sauté until brown, just a few minutes. Season with salt, pepper and smoked paprika. Add chicken broth and cook down broth until 60% evaporated. Place cauliflower in food processor and puree with olive oil until smooth. Pour ground beef mixture into a 9x13 inch Pyrex baking dish. Pour mashed cauliflower over beef mixture. Bake at 350° for 30 minutes. Serve.

Roasted Sweet Potato Shepard's Pie

(serves 8)

2 tablespoons grassfed butter, ghee, or coconut oil

1 large onion, diced

1 pound pork bacon, cut into 2 inch slices

2 cups diced carrots

2 cups diced celery

1 pound leftover meat (chicken, turkey, pork, beef) OR grassfed ground beef

½ teaspoon celtic sea salt

1 teaspoon black pepper

1 cup chicken broth

3 large Japanese sweet potatoes (or whatever sweet potato you want); *you can also use mashed cauliflower*

2 tablespoons grassfed butter, ghee, or coconut oil

Preheat oven to 400 degrees. Place whole sweet potatoes in oven and roast for approximately 1 hour or until soft. Once they're done, remove from the oven and let cool on the countertop for 15 minutes.

While the potatoes are roasting, heat oil in a very large frying pan. Sauté onion for 15 minutes until soft. Add bacon pieces to pan and sauté until cooked, about 10 minutes. Add carrots and celery to pan and sauté in bacon fat for 10 minutes until soft. Add meat to pan and sauté until brown, just a few minutes. Season with salt & pepper. Add chicken broth and cook down broth until 60% evaporated. When sweet potatoes are cool enough to touch, remove the skin. Place peeled and roasted sweet potatoes in large bowl, add 2 tbsp grassfed butter, ghee, or coconut oil. Mix with a hand blender until smooth. If you need some more liquid, add small amount of coconut milk. Season with salt and pepper. Pour meat mixture into a 9x13 inch Pyrex baking dish. Spread roasted sweet potatoes over chicken mixture. Bake at 350° for 30-45 minutes until potatoes are slightly golden.

Grain-Free Cornbread Stuffing with Sausage

1 pound pork sausage (pastured and organic preferred)

2 tablespoons unsalted butter or ghee

1 large onion, chopped

2 celery stalks, chopped

1 large organic apple, chopped

2 tsp fresh sage leaves, chopped

2 tsp chopped fresh thyme, chopped

½ teaspoon Celtic sea salt

¼ teaspoon freshly ground black pepper

1 recipe grain-free cornbread, cut into cubes and left uncovered overnight to dry [see below]

1 cup chicken stock (homemade preferred)

3 large eggs

Preheat oven to 350°F and adjust rack to middle position. Cook pork over medium heat in a large skillet, using back of a wooden spoon to break the pork into small pieces. Using a slotted spoon, transfer the pork to a large bowl. Melt butter along with any leftover fat from the ground pork in the skillet. Add onion, celery and apple and cook, stirring frequently until onions are just turning translucent, about 5 minutes. Stir in sage, parsley, salt and pepper. Pour mixture into the bowl with the pork. Add dried and cubed cornbread to onion and pork mixture. Whisk chicken stock and eggs in a medium bowl. Pour over cornbread mixture and gently toss until all ingredients are wet. Pour into an 11 x 7 - inch baking dish. Bake uncovered until hot and crusty, for 30-35 minutes until the top is golden brown. Serve.

Grain-Free Cornbread

2 cups almond flour
3 tablespoons coconut flour
2 teaspoons baking powder (make sure it's grain-free)
½ teaspoon Celtic sea salt
½ teaspoon baking soda
2 teaspoons coconut sugar
2 tsp vanilla extract
2 large eggs, lightly beaten
5 tablespoons unsalted butter or ghee, melted and cooled slightly
1 cup non-dairy buttermilk, room temperature *see note

Preheat oven to 375°F and adjust rack to middle position of oven. Put butter/ghee in cast iron skillet. Place in the oven while you prepare the batter. Whisk almond flour, coconut flour, baking powder, sea salt, baking soda and coconut sugar together in a large mixing bowl. In a separate bowl, whisk together the eggs, vanilla, and coconut yogurt/buttermilk. Remove the skillet from the oven, make sure the entire bottom and sides are coated with oil and then pour the remaining oil in the batter. Pour wet mixture into flour mixture and stir all ingredients together. Pour cornbread batter into the skillet and spread out evenly. Bake for 30-35 minutes, or until the top is golden brown.

**To make non-dairy buttermilk, add 1 tablespoons apple cider vinegar to 1 cup of non-dairy milk of choice. Stir well and wait 10 minutes until incorporating into recipe.*

Turkey and Gravy with Paleo Stuffing

Paleo Stuffing

1 pound ground pork
1 onion, chopped
1 green bell pepper, chopped
2 packs of button mushrooms, chopped
1 cup celery, chopped
4-6 cloves of garlic, minced
2 tablespoons each, rosemary, thyme, and sage, minced
Salt and pepper to taste
½ tsp cayenne pepper
1 tsp coconut oil
tsp each, fennel seeds, anise, and paprika

NOTE: Adjust stuffing measurements accordingly depending on amount of people being served. This stuffing filled a 16 lb turkey, as well as a 5 qt braising pan.

Heat coconut oil in a large skillet on medium heat. Place bell pepper, mushrooms, and celery into skillet and sauté. In a large mixing bowl, combine ground pork, onion, garlic, rosemary, thyme, sage, fennel seeds, anise, paprika, cayenne, salt, and pepper. Add ground pork mixture to skillet, and cook until pork is browned slightly. Remove from heat, and discard any liquid in the pan.

Turkey

1 pastured turkey
Duck fat

Salt and pepper

Preheat oven to 325. Place turkey in a roasting pan. Season turkey with salt and pepper, including the body cavity. Stuff turkey with pork stuffing. Place any remaining stuffing into a baking dish, cover and place in the fridge. Rub turkey with duck fat. Tuck wings under the breast, and tie the legs together with kitchen twine. Tent turkey with aluminum foil, and place in the oven. Roast turkey 20 minutes per pound at 325 degrees, this will be about 5 hours for a 16 lb turkey. Place outside stuffing in the oven, uncovered for the last 20-30 minutes of cooking, or until the stuffing is crispy on the tops, and the pork is cooked through.

Gravy

Pour all turkey drippings and scraps from the bottom of the roasting pan into a blender or food processor. Blend until smooth and pour into a gravy boat.

Cumin Spiced Pork Tenderloin with Root Vegetables

- 1 tablespoon cumin
- 1 tablespoon coriander
- 1 tablespoon granulated garlic or garlic powder
- 1 teaspoon sea salt
- Black pepper to taste
- 2 pork tenderloins
- 2 tablespoon bacon fat, butter or coconut oil
- 2 onions, chopped into large slices
- 4 parsnips, peeled and chopped
- 2 cups Brussels sprouts, sliced into 1/8-inch pieces, removing the ends
- 1/2 cup fennel, thinly sliced (1 bulb)
- 2 cloves fresh garlic, smashed
- 1 large orange, peeled and segmented
- Seeds of 1 pomegranate (approximately 1/4 cup); optional

Preheat oven to 375 F. In a small mixing bowl, combine the cumin, coriander, garlic, sea salt and black pepper. Using paper towels, pat the pork tenderloins dry, and apply the spice blend to the meat generously enough to create a crust. Heat a large skillet over medium-high heat, and melt the fat. Place the pork tenderloins in the skillet, and sear on all sides for approximately 2 minutes per side. Place the onions, parsnips, Brussels sprouts, fennel, garlic, orange segments, and pomegranate seeds in a large roasting dish, topped by the seared pork tenderloins. Roast for 30-40 minutes or until the internal temperature of the pork reaches 145 F. If you need to continue to roast the vegetables until they are soft, simply remove the pork and set it aside on a cutting board to rest while the vegetables finish roasting for another 10-15 minutes. Slice the tenderloin on the bias (diagonally) and serve over the vegetables

Grass-fed Meatloaf

- 1/2 cup coconut flour
- 3 eggs
- 1 cup finely chopped onion
- 1/2 cup finely chopped red, yellow, or orange bell pepper
- 8-10 cloves garlic, chopped
- 1 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/8 tsp thyme

½ tsp sage
½ tsp rosemary
1 pound ground grass-fed lamb or beef
1 16-oz can tomato sauce

Combine coconut flour, eggs, chopped onion, bell pepper, garlic, salt, black pepper, and herbs in a bowl. Add ground lamb or beef and 1 cup (8 oz) of tomato sauce and mix well. Shape mixture into a loaf and place into a baking dish. Pour the remaining 1 cup of tomato sauce over the top of the loaf. Bake at 350 degrees for 1 ¼ hours.

Braised Beef Moroccan Style

3 tablespoons butter or coconut oil
2½ pounds chuck roast cut into ¾ inch cubes
2 cups chopped shallots
4 cloves garlic, chopped
½ tablespoon ground coriander
1 tablespoon paprika
1 teaspoon ground cumin
½ teaspoon turmeric
½ teaspoon cayenne pepper
1 cup red wine (optional)
½ cup sherry (optional)
2 cups beef broth (if you don't use wine & sherry, use 3½ cups broth)
1 x 24 oz can diced tomatoes in juice
1½ cups golden raisins
Sea salt and pepper, to taste

Heat a large pot, add 2 tablespoons coconut oil. Sprinkle meat with salt and pepper. Add meat to pot, sauté until no longer pink, about 5 minutes. Transfer meat to bowl. Heat 1 tablespoon oil in same pot. Add shallots and sauté till brown, about 8 minutes. Stir in garlic and next 5 ingredients. Add wine and sherry, boil until reduced to glaze, stirring occasionally, 8–10 minutes. Add broth, tomatoes with juice, and raisins. Stir to blend. Add beef and juices, heat to simmer. Reduce heat to medium low. Simmer uncovered, stirring occasionally, until sauce is thick and beef tender, about 1 hour and 15 minutes. Season with salt and pepper.

Vegetable Curry

2 tablespoons refined coconut oil or ghee
1 large yellow onion, finely diced
3 tablespoons curry paste (green, red or yellow)
4 medium cloves garlic, minced
One 2-inch piece fresh ginger, peeled and finely grated (1 Tbs.)
1 tsp. ground coriander
1½ tsp. ground cumin
¾ tsp. ground turmeric
½ tsp. cayenne
1 tsp curry powder
2 cups homemade chicken broth or vegetable broth
1 cup full fat coconut milk
One 3-inch cinnamon stick
Fine sea salt and freshly ground black pepper

1 small cauliflower, broken into 1½-inch florets (about 4 cups)
1 lb. sweet potatoes, peeled and cut into 1-inch cubes (about 3 cups)
2 large carrots, peeled and cut into ½-inch-thick rounds (about 1 cup)
1 x 15½ oz. can chickpeas, drained and rinsed (optional)
4 oz. dark greens (spinach, chard, kale, etc.) – about 4 lightly packed cups
2 Tbs. fresh lime juice
1 tsp. finely grated lime zest
2 Tbs. chopped fresh cilantro

In a 5- to 6-quart Dutch oven or other heavy-duty pot, heat the oil over medium-high heat. Add the onion and cook, stirring occasionally, until beginning to brown, 3 to 4 minutes. Add the curry paste, reduce the heat to medium (or medium low if necessary) and cook until the onion is richly browned, 5 to 7 minutes more. Add the garlic and ginger; cook, stirring, for 1 minute to blend the flavors. Add the coriander, cumin, turmeric, cayenne and curry powder; stir for 30 seconds to toast the spices. Add the broth, coconut milk, cinnamon stick, 1 tsp. salt, and ¼ tsp. pepper and bring to a boil. Reduce the heat to medium low or low and simmer for 10 minutes. Add the cauliflower, sweet potatoes, and carrots. Raise the heat to medium high and return to a boil. Reduce the heat to medium low, cover, and simmer until the vegetables are tender, 20 to 25 minutes. Discard the cinnamon stick. Stir in the chickpeas, greens, lime juice, and zest; cook until the greens have wilted, about 3 minutes more. Season to taste with salt. Serve garnished with the cilantro.

Thai "Peanut" Noodles

(serves 1-2)

⅓ Cup Sugar Free Sunflower Seed Butter
¼ - ½ Tsp Chili Oil (to taste)
⅛ Tsp Garlic Powder
1½ TBS Coconut Secret Coconut Aminos
½ Tbs Coconut Oil
¼- ½ Tsp Nunaturals Liquid Stevia (to taste)
Pinch of Salt
2 bags of well rinsed Angel Hair Miracle Noodles
a handful of sunflower seeds (optional)

In a small bowl combine the "peanut" sauce ingredients until well blended. Use the lesser amount of Chili oil and Stevia during this mixing. Rinse the miracle noodles until fermented odor dissipates. Put noodles into a dry hot skillet and heat them up, allowing the water on them to evaporate slightly. Stir in the "peanut" sauce until melted and really well mixed in. Give the noodles a taste test and add additional stevia and chili oil to taste. Stir in a handful of sunflower seeds (optional) and serve.

Pizza Crust

1½ cups blanched almond flour
¼ tsp sea salt
¼ tsp baking soda
1 Tbsp avocado oil
1 large egg

Preheat the oven to 350 F. Set aside 2 large baking sheets. Cut 2 pieces of parchment paper to the size of baking sheets. In a large bowl, combine the almond flour, salt, and baking soda. In a medium bowl, whisk together the oil and egg. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Divide the dough between the 2 sheets of parchment paper and roll into a 10-inch circle, ⅛ inch thick.

Remove the top piece of parchment paper and transfer the bottom piece of parchment with the rolled-out dough onto a baking sheet. Bake for 15-20 minutes, until lightly golden. Remove from the oven and add toppings while still warm. Place pizza back in the oven to melt cheese until golden.

Homemade Pizza Sauce

1 x 15 oz can organic tomato sauce (the plain just-tomatoes type)
3-4 cloves garlic, minced
1 yellow onion, chopped
1 Tbsp olive oil
1 tsp dried basil (use fresh if you have it)
½ tsp dried oregano
1 tsp sea salt
¼ tsp black pepper
dash of red pepper flakes (more if you like heat)

In a sauce pan, heat up the olive oil over medium heat. Add the garlic and onion and cook until the onion becomes translucent, stirring occasionally (about 5 min). Add the tomato sauce and stir. Add the spices and stir until incorporated. Once the sauce starts to bubble, turn the heat down to low. Simmer on the stove as long as you want, but at least 30 minutes for best flavor. You can also add any kind of ground meat to this sauce recipe, add the meat early on so the flavors can meld together. Use this sauce for pizza, pasta (spaghetti squash if you are Paleo), or whatever your heart desires. You'll see right away that store-bought is no comparison!

Plantain Pizza Crust

2 ripe plantains
1½ teaspoons of sea salt
2 tablespoons of lard, tallow, or coconut oil
½ cup of tapioca flour

Preheat oven to 375 degrees. Line a large baking sheet with parchment paper. In a blender or food processor, combine peeled plantain, sea salt, and your fat of choice. Blend until smooth. Add plantain mixture to a large mixing bowl with tapioca flour. Mash together with a fork, or knead with your hands. This should form a thick, cohesive dough. Place the dough on your lined baking sheet, and begin pressing it into a large circle. It should come out to be about 10" in diameter, and about ¼" thick. Place in oven and bake for 30 minutes, or until the crust just begins to turn golden around the edges. Remove the crust from the oven and add your toppings.

Grain-Free Pizza Crust

¾ cup whole raw cashews (or 1 cup cashew flour)
3 tablespoons almond flour
¼ cup coconut flour
½ teaspoon baking soda
½ teaspoon salt
⅛ teaspoon garlic granules
2 eggs
2 tablespoons almond milk
½ teaspoon apple cider vinegar
2½ tablespoons extra-virgin olive oil
1 tablespoon cold water
1 tablespoon fresh parsley

2 tablespoons fresh basil

Preheat oven to 350 degrees. In a food processor, pulse the cashews until a fine flour has formed. Add in the almond flour, coconut flour, baking soda, salt, and garlic granules, then process the mixture for 1 minute. Add the eggs, almond milk, apple cider vinegar, olive oil, and water and process for another minute. Scrape down the sides of the bowl and pulse a few more times until you have a very smooth dough. Add the parsley and basil, and pulse two more times to roughly chop and incorporate the herbs. Let the dough rest for 2 minutes to let the coconut flour absorb some of the liquid. Sprinkle a piece of parchment paper with a little almond flour, then turn the dough out onto the counter. Sprinkle a little more flour on the top of the ball of dough, then place another piece of parchment on top. Use your hands to flatten the ball into a disc, then lightly roll out the dough into a circle that is ¼ inch thick. Remove the top piece of parchment and carefully slide the other piece with the crust onto a pizza pan. Bake the crust for 12 minutes, or until it has puffed up and is golden brown around the edges. Remove from oven, place desired toppings on and then bake again for 15-25 minutes depending how well done you would like your pizza.

A few tips: I like to brush the par-baked crust with a little oil before putting the toppings on. The crust is not going to absorb much sauce, so go easy with the red sauce or else it will just run over the edges. try using crushed tomatoes without their juice as your base. Though I have not yet tried it, I suspect the par-baked crust could be cooled and frozen to top and bake another day.

Grain Free THICK Crust Pizza

2 packed cups Blanched Almond Flour
1 cup Arrowroot or Tapioca Starch (Potato Starch will work too)
1½ Tsp. Baking Powder
1 Tsp. Salt
1 Tsp. Garlic Powder (optional)
3 Large Eggs
½ Cup Milk (Any variety- dairy or nondairy)
1 Tbs Oil or Melted Butter
1 Tbs Whole Psyllium Husk
½ Tsp. Vinegar or Lemon Juice.

Preheat oven to 425 degrees. Place a sheet of parchment on either a 8 inch round pizza pan or a small square or rectangular cookie sheet. Lightly oil the parchment and set aside. In a large bowl whisk together the almond flour, arrowroot, baking powder, salt and garlic powder. In a second smaller bowl whisk together the eggs, milk, psyllium husk and vinegar. Add the liquid mixture to the dry and mix until well incorporated. Pour the wet batter onto the prepared parchment and oil a spatula. Using the oiled spatula spread the dough into the shape you would like. If you like, make the edges taller. Re-oil the spatula as often as needed to prevent the dough from sticking to it. Place the crust into the oven and par-bake for 15 minutes. Remove from oven, place desired toppings on and then bake again for 15-25 minutes depending how well done you would like your pizza.

A few tips: I like to brush the par-baked crust with a little oil before putting the toppings on. The crust is not going to absorb much sauce, so go easy with the red sauce or else it will just run over the edges. try using crushed tomatoes without their juice as your base. Though I have not yet tried it, I suspect the par-baked crust could be cooled and frozen to top and bake another day.

The Best Meatza EVER: Brussel Sprouts, Caramelized Onion & Bacon

Crust

- 1 lb grass-fed ground beef
- 2 tsp dried Italian herbs
- 1 tsp dried parsley
- 1 tsp salt
- ½ tsp garlic powder
- ½ tsp ground black pepper
- ½ tsp paprika

Toppings

- 4 strips of thick cut bacon (nitrate-free)
- ½ lb brussel sprouts, trimmed & quartered (about 10-12 bulbs)
- ½ red onion, thinly sliced
- ½ cup pizza sauce (I love using Rao's Homemade Pizza Sauce)

Preheat oven to 400 degrees. Mix the ground beef and spices together. Divide the meat in half and press evenly into the bottom of 2 separate 9-inch round non-stick pie pans (or in 1 rectangular baking dish for non-individual meatzas). Bake for 12-15 minutes until meat is cooked and edges are brown.

While the meat is in the oven start the toppings. Cook the bacon in a pan on the stove until crispy. Transfer to plate to cool & cut into lardons. In the same pan, caramelize onions & sauté Brussels sprouts in the bacon grease. Once the meat crust is done, remove from oven and allow to cool (leave oven on). Cover a 11"x17" (or large) baking sheet with foil and transfer the meat crusts onto the sheet. Drain the liquid and pat dry the meat before transferring - too much moisture makes the crust soggy when it's done. Spread on the pizza sauce & add the toppings. Place baking sheet with the 2 meatzas back in the oven and cook for 10-12 mins (until browned).

Paleo Calzone

- ½ cup of blanched almond flour
- ½ cup of tapioca flour
- ½ teaspoon of salt
- 1 cup of full fat coconut milk
- Your favorite pizza toppings

Mix the three ingredients above, grease your pan with butter or cooking fat of choice and drop ⅓ of batter into the pan. Cook each one individually.

Use medium low heat to cook each crust, flipping every 3 to 4 minutes about 4 times.

Once all three are cooked place the crust on a cookie sheet (lined with parchment or greased) and top with your favorite toppings. Place in a preheated oven at 350 and once the sauce is bubbling you're good to go. Once they come out of the oven fold it over to create a delicious calzone!

Better than Ever Cauliflower Pizza Crust

- 1 cup of cooked cauliflower "rice" (see directions below)
- 2 packed cups of blanched almond flour
- ¼ cup starch (Potato Starch, Tapioca or Arrowroot)
- 3 Tbs Flax Meal
- 1 Tsp. Baking Powder
- ¾ Tsp. Salt

1½ Tsp. Garlic Powder
1-2 Tsp. Basil (dried or fresh) optional.
1 egg
1½ Tbs coconut Oil

Make your cauliflower "rice". Use roughly ½ of a small fresh cauliflower and break it up- and stick it into a food processor and process until it resembles a very fine rice, or the size of couscous if you are able to get it that small without turning it into mash. Place the cauliflower into a skillet and cook with 1 tsp of oil for roughly 6-7 minutes and stir until soft. While the "rice" is cooking preheat oven to 375 degrees. Pour the cooked cauliflower rice into a bowl and add the remaining pizza crust ingredients. Stir and then kneed until really well mixed. The dough will be thick, hold together well and may be slightly sticky. Line a baking sheet with a piece of parchment, lightly oil your hands and then place the dough on the parchment and form a 13 inch round (¼- ½ inch thick) pizza crust. (It does not have to be round, nor does it have to be exactly 13 inches wide. Shape it how you want!) If the dough sticks to your hands at any point- add a little bit more oil to them. Place the prepared crust into the oven and bake 22-23 minutes or until the edges start to get slightly golden. Remove from oven, add toppings of your choice and sauce and then bake another 15-18 minutes until veggies are hot and the edges of the crust have gained a nice color. The longer you bake, the crispier it will be.

Coconut Flour Pizza Crust

1 cup cauliflower rice
¼ cup + 2 tbsp Coconut Flour
¼cup Coconut Oil
¼ cup flax seeds
3 eggs
1 tsp Baking Powder, grain free
⅛ tsp Salt

Make your cauliflower "rice". Use roughly ½ of a small fresh cauliflower and break it up- and stick it into a food processor and process until it resembles a very fine rice, or the size of couscous if you are able to get it that small without turning it into mash. Preheat oven to 350. Line a baking pan/pizza sheet with parchment paper and lightly oil. In a medium sized mixing bowl, whisk together dry ingredients, then add the wet ingredients into the dry. Blend well. Scoop onto prepared pan with parchment paper and smash it around to your desired shape. Bake 20-25 minutes, until golden. Add desired sauce and toppings and bake an additional 10 minutes (or until cheese/cheese alternative is melted).

SIDE DISHES

Oven Roasted Kale

(serves 4)

2 bunches kale
2 tablespoons olive oil
2-3 large cloves garlic, minced
Sea salt and freshly ground black pepper
1 tablespoon toasted sesame seeds

Preheat oven to 375°F. Rinse the kale. Remove and discard the thick ribs and roughly chop the leaves. Pat leaves dry. Toss with olive oil, garlic, salt and pepper in a large bowl. Spread on a large rimmed baking sheet. Kale does not need to be in a single layer, as it will shrink in volume as it cooks. Bake for 12 to 20 minutes, stirring every five minutes, depending on how crisp you like it. The leaves will be tender, crisp on the edges and slightly browned. Sprinkle with sesame seeds before serving.

Quick Kale Sauté with Potatoes and Butternut Squash

1 tbsp Extra Virgin Coconut Oil
2 Red Potato (diced small)
1½ cups Butternut squash (diced small)
2 cups Kale (roughly chopped)
2 cups Mushrooms (diced) *optional
⅛ tsp Sea Salt
2-3 tsp raw, organic parmesan cheese

Heat coconut oil over medium heat in a large pan. Add potatoes and butternut squash. Cook for 5 minutes, stirring until softened and slightly browned. Add mushrooms if using. Cook 1-2 minutes. Add kale, cook for 1 minute, stirring until leaves are bright green and wilted. Remove from heat, stir in salt and cheese to taste. Serve immediately.

Butternut Squash Latkes

(serves 6)

4 cups butternut squash, peeled and grated
1 small onion, peeled and grated
3 eggs, whisked
Coconut oil, for frying

In a large bowl make latke batter by mixing together squash, onion and eggs. Use your hands to form batter into 3 inch patties. In a large skillet, heat oil. Fry patties on each side over medium heat until golden brown and crispy. Remove latkes from pan and place on a paper towel lined plate to drain excess oil. Repeat Steps 2-4 until batter is used up. Serve with applesauce, sour cream or yogurt.

Oregano Brussels Sprouts

(serves 4 as a side)

To make a meal of this, serve on top of a frittata. Use leftover oregano drizzle over everything from roasted squash, frittatas, or with a good amount of fresh lemon juice, as a salad vinaigrette.

24 small brussels sprouts (less if you can only find larger sprouts)
extra virgin olive oil
fine grain sea salt

Oregano Drizzle

$\frac{3}{4}$ cup extra-virgin olive oil
 $\frac{1}{4}$ cup fresh oregano, chopped
 $\frac{1}{4}$ cup fresh parsley, chopped
1 large garlic clove
 $\frac{1}{4}$ teaspoon fine grain sea salt, plus more to taste.
1 tablespoon extra-virgin olive oil, plus more for rubbing
a big handful of toasted almond slices

Wash the brussels sprouts well. Trim the stem ends and remove any raggy outer leaves. Cut in half from stem to top (quarter, if using larger sprouts) and gently rub each half with olive oil, keeping it intact. Or if you're feeling lazy, just toss them in a bowl with a glug of olive oil. Make the oregano drizzle by pulsing the olive oil, oregano, parsley, garlic, and salt in a food processor until the herbs are just little flecks of green. Season with more salt if needed, and set aside. Just a few minutes before you're ready to eat, heat 1 tablespoon of olive oil in your largest skillet over medium heat. Don't overheat the skillet, or the outsides of the brussels sprouts will cook too quickly. Place the sprouts in the pan flat side down (single-layer), sprinkle with a couple pinches of salt, cover, and cook for roughly 5 minutes; the bottoms of the sprouts should only show a hint of browning. Cut into or taste one of the sprouts to gauge whether they're tender throughout. If not, cover and cook for a few more minutes. Once just tender, uncover, turn up the heat, and cook until the flat sides are deep brown and caramelized. Use a metal spatula to toss them once or twice to get some browning on the rounded side. Remove from heat and drizzle and toss with as much (or little) oregano pesto as you like. Season to taste, and serve sprinkled generously with the almonds as soon as possible. They really are best straight from the stove top.

Guacamole Deviled Eggs

6 large hard boiled eggs, cooled and peeled
2 ripe avocados
 $\frac{1}{4}$ cup cilantro, finely chopped
1 tablespoon chives, finely chopped
1 tablespoon lime juice
 $\frac{1}{2}$ teaspoon celtic sea salt
1 teaspoon red pepper flakes
chili powder, for garnish

Cut eggs in half and remove yolks. In a bowl, mash yolks and avocados. Stir in cilantro, chives, lime juice, salt, and red pepper flakes. Scoop filling into egg whites with a 1 tablespoon ice cream scoop. Refrigerate until serving. Sprinkle with chili powder. Serve.

Paleo Tortilla Chips

(makes 40 chips)

$1\frac{1}{2}$ cups blanched almond flour
 $\frac{1}{2}$ cup golden flaxmeal
2 egg whites
 $\frac{1}{2}$ teaspoon celtic sea salt

Place almond flour, flaxmeal, egg whites, and salt in a food processor. Pulse until a ball of dough forms. Separate dough into 2 halves. Place each piece of dough between 2 pieces of parchment paper. Roll out dough to ⅛ inch thick, or even thinner. Remove top piece of parchment paper. Transfer bottom piece of parchment paper with rolled out dough onto a baking sheet. Repeat process with remaining piece of dough. Cut into triangular wedges 2½ inches on each side. Bake at 350° for 10-12 minutes. Serve.

Stuffed Dates

(makes 20 stuffed dates)

1 cup pistachio nuts, shelled
¼ cup orange juice, freshly squeezed
1 teaspoon orange zest
1 pinch celtic sea salt
20 large dates

In a food processor, pulse pistachios, orange juice, orange zest and salt. With a sharp knife, make a slit on one side of each date and remove the pit. Push a teaspoon of pistachio paste into each date; gently squeeze closed so that filling spills over. Serve.

Twice Baked Sweet Potatoes Recipe

2 Sweet potatoes
A little water
2 Tbsp Coconut Aminos
¼ cup of diced purple onion
2 Tbs. diced green onion
¼ cup diced leek root
½ cup of diced bell pepper
½ cup of broccoli florets
½ cup coconut milk
1 Tbsp arrowroot starch
Sea salt, to taste
Black pepper, to taste

Bake the sweet potatoes for an hour at 350 degrees. When done, allow to cool a little (so you don't burn yourself) and cut in half. "Core" the sweet potato and take out all of the insides, placing in a bowl to the side. Meanwhile, in a saucepan, heat the coconut milk until just below a boil. Add the arrowroot starch and mix. Add the mixture to the sweet potato whisk it all together. In the meantime, dice the purple onion. In a pan, add the tamari (and a little water as needed) and heat on medium-high and allow it to come to a light boil. Add the purple onion and cook lightly, for a few moments. Add the rest of the veggies, and small amounts of water as needed so nothing sticks as you sauté. Keep everything moving! Add the sautéed ingredients to the sweet potato mixture and stir together. Spoon the mixture into the sweet potato shells and bake in the oven at 350 degrees for another 30 minutes. Enjoy!

Brussel Sprouts with Sweet Potatoes and Bacon

2 pounds brussel sprouts
2-3 Japanese sweet potatoes
1 pound bacon
2 garlic cloves, minced
Large glass pyrex dish

sea salt and pepper

Preheat oven to 400. Trim your Brussels sprouts by removing the bottom edge, slicing the sprouts in half, and washing them in a sink with running water. Place in Pyrex dish. Dice sweet potatoes in small chunks. Place in Pyrex dish. Cut bacon into small chunks. Place in Pyrex dish. Mix everything together in the Pyrex dish. Season liberally with sea salt and pepper. Cook in oven until sweet potato chunks are soft (usually about 45 min-1 hour). Make sure to stir a few times during the cooking process.

Zucchini Fritters

1 teaspoon ground chia seeds
¾ cup water
2 tablespoons lemon juice
2 cups grated zucchini
¼ cup chopped scallions or green onions
½ cup almond flour
¼ teaspoon baking soda
1 tablespoon dried basil
¼ teaspoon sea salt
pinch of black pepper
coconut oil for sautéing

Grind the chia seeds in a clean coffee or spice grinder. Combine chia seed powder with water and lemon juice in a large mixing bowl and whisk until well combined. Stir in grated zucchini and chopped scallions. Combine almond flour and baking soda in a separate bowl, then stir into wet mixture. Add in spices and stir until well combined. Heat a large skillet on medium heat and coat with coconut oil. Once the pan is hot enough (a small amount of batter dripped on it sizzles and cooks quickly) then begin scooping portions of the batter into the skillet to form 3-4" fritters. Allow them to cook thoroughly on medium or medium-low heat before flipping. Fritters should be browned and firm enough to flip well.

Sweet Potato Fries

1 large sweet potato
Coconut oil, melted
salt & pepper

Preheat oven to 450 degrees. Peel the sweet potato and slice into thin fry-like strips. Spread them flat on a roasting pan (don't crowd them) and drizzle with oil. Sprinkle on salt & pepper. Give it a little stir to coat all the fries, but make sure they are in a single layer when they go in the oven. Bake for 15 minutes, but take them out and turn/stir them every 5 minutes or so.

Mashed Cauliflower

2 cauliflower heads, chopped into small chunks of florets and stem
2 garlic cloves, smashed
1 Tbsp chopped rosemary
1 cup chicken broth
¼ tsp fresh cracked pepper
1 teaspoon sea salt-or to your personal taste

Place all ingredients (except sea salt) in a saucepan or Dutch oven and bring to a boil. Reduce heat to medium heat, and cover, allowing to cook for 20 minutes or until cauliflower is very tender and easily mashed with a

fork. Carefully pour cauliflower mixture into the bowl of a food processor, or keep in pan and use an immersion blender or hand mixer to mash. If the mashed cauliflower seems too dry, add in some additional chicken broth. Stir in sea salt to taste.

Coconut Cauliflower Mash Recipe

1 head cauliflower
¼ cup coconut oil, grassfed butter or clean animal fat
¼ cup coconut milk
2 cloves garlic, minced
Sea salt and freshly cracked pepper to taste

Bring a large pot of water to a boil. Cut the cauliflower into florets. Place in the boiling water and cook for anywhere from 10 to 15 minutes, until the cauliflower is tender. Check this by poking it with a fork. Strain the cauliflower from the water and place back into the pot. Add the cooking fat, coconut milk, garlic, salt and pepper. Mash the mixture by using a hand blender, or pour everything into a blender. Blend until smooth in texture.

Cauliflower Rice

3 Tbsp olive oil
1 medium onion, finely chopped
4 stalks celery, finely chopped
1 large head cauliflower, trimmed & coarsely chopped
¼ tsp sea salt

Heat olive oil over medium heat, sauté onion 8-10 minutes until soft and translucent. Add celery and sauté for 5 minutes. In food processor, pulse cauliflower until it's the texture of rice. Add cauliflower to skillet for 15-20 minutes until it's soft. Stir in sea salt and serve.

Creamed Spinach

Sauté a good spoonful of minced garlic in a couple of tablespoons of sizzling butter for a minute or so. Add a splash of heavy, organic cream and a sprinkle of tarragon and sea salt, bring back to a simmer. Throw in a large fistful of rinsed and dried fresh spinach and cook down for a few minutes until the spinach has shrunk dramatically. Make sure not to overcook, you want the spinach to remain bright green! Adjust your cream or spinach ratio and salt to your preference. Option to serve the spinach over a bed of hemp seed. Variation: Makes a terrific stuffer for roasted red peppers.

Paleo Dirty Rice

2 tablespoons olive oil
4 cloves garlic, minced
1 cup white onion, diced
2 celery stalks, chopped
1 cup yellow/orange bell pepper, diced
1 cup red bell pepper, diced
1 bunch scallions, chopped
3 cups cauliflower, riced with your food processor or box grated
1 teaspoon fresh thyme
1 bay leaf
½ teaspoon celtic sea salt
½ teaspoon pepper

¼ teaspoon chili powder
½ teaspoon cumin
2 cups chicken stock

Heat olive oil over medium heat in a large skillet. Add garlic, onion, celery, peppers and scallions; sauté until soft. Stir in riced cauliflower, adding thyme, bay leaf, salt, pepper, chili and cumin. Add in the chicken stock. Allow to simmer over medium-low heat, stirring frequently, for 30 minutes or so or until liquid is cooked down.

Herb Gravy

1 quart chicken stock
2 medium onions, coarsely chopped
2 cloves garlic
pan drippings (from roasted chicken or turkey)
½ teaspoon celtic sea salt
1 tablespoon thyme, chopped

In a medium saucepan, heat chicken stock, onions and garlic to a boil. Reduce heat and simmer until onions and garlic are soft, about 30 minutes. Pour pan drippings into saucepan. Blend stock-onion-drippings mixture in a Vitamix until smooth. Place mixture back in saucepan and reheat, then season with salt and thyme. Serve over turkey, mashed cauliflower, or anything else.

Worlds Best Paleo Gravy

2 Tablespoons of Butter or coconut oil
1 onion finely chopped
¼ Tsp. Black Pepper
1½ Tablespoons of Starch (Potato Starch, Arrowroot or Tapioca)
5-6 Tablespoons of Blanched Almond Flour
1¼ Cup of Chicken Broth
½ Tsp. Garlic Powder
1 Tbs Heavy Cream OR Heavy Coconut Milk (optional)
¼ Tsp. Pepper
salt to taste

To a sauce pan add the butter, onions and pepper. Cook over medium low heat for 20 minutes or so until caramelized (a beautiful golden brown color and cooked through). Add the Starch and Almond Flour. Stir for 1 minute and then add the remaining ingredients. Stir and gently boil until thick. If you want your gravy thicker feel free to add an additional 2-3 TBS of almond flour. Salt to taste. At this point I like to put the gravy in the food processor to get it 100% smooth (by grinding up the onions) but this step is optional. Gravy will thicken as it cools.

Sweet Potato Chips

2 medium organic sweet potatoes, beets, or any other root vegetable
1 Tbsp organic avocado oil
1 tsp. finely chopped rosemary
½ tsp. Celtic sea salt
¼ tsp. organic cayenne pepper (to taste)

Slice potatoes to approximately 1/8 in thick. Soak in cold, purified water for 15-20 minutes. Meanwhile, mix oil, rosemary, cayenne and sea salt in a small bowl. Drain potatoes and pat dry. Place sliced potatoes in a large bowl, drizzle dressing over and mix well to coat thoroughly. Place slices in a single layer on the top rack of your oven. Cook at 300 F for 20 minutes or just until lightly golden.

Perfect Sweet Potato Fries

4 large sweet potatoes
2 cups sustainable palm shortening, coconut oil, or beef tallow
Fine sea salt to taste

Peel the sweet potatoes and cut them lengthwise into thin strips. In a deep skillet, heat the fat over medium-high heat until hot. To check the temperature, insert the end of a wooden spoon handle into the fat; if bubbles form all around it, the oil is ready to use. Add the sweet potatoes, making sure they don't clump together, and cover. Cook for 5-7 minutes, until golden brown. Transfer the fries to a paper towel to drain. Sprinkle with sea salt and serve immediately.

Savory Sweet Potato Cakes

4 medium sweet potatoes
1/2 cup coconut flour
1 tsp paprika
2 tsp ground cumin
1 tsp cayenne pepper
Fine sea salt and ground black pepper
2 large eggs, beaten
1/2 cup chopped cilantro, plus more for garnish
1/4 cup sustainable palm shortening, coconut oil, or beef tallow

Preheat the oven to 350 F. Bake the sweet potatoes for 1 hour, or until easily pierced with a knife. Allow to cool, then remove and discard the skin. Place the cooked sweet potatoes in a bowl. In a small bowl, use a fork to mix together the coconut flour, paprika, cumin, cayenne pepper, a pinch of salt and pepper, the eggs, and the cilantro. Pour the egg mixture into the bowl with the sweet potatoes and mix well. Form the sweet potatoes into 6 evenly sized patties. Melt the fat in a skillet over medium heat. Add the patties and cook for 3-4 minutes on each side, until golden brown. The cakes will be crispy on the outside and soft in the middle when done. Garnish with the cilantro to serve.

Easy Avocado Dip

3 medium avocados
1 tablespoon lemon juice
1/2 teaspoon celtic sea salt
1/2 teaspoon chili powder
1/4 teaspoon cumin

Cut the avocados in half, then remove the pits, reserving 1 in a medium bowl. Scoop avocado meat into bowl with pit. Gently mash avocados with a spoon. Add lemon juice, salt, chili and cumin. Stir lightly to combine. Serve with carrot and celery sticks.

Avocado Hummus

14 ounce (398 ml) can chickpeas, rinsed and drained
1 avocado, peeled, pitted, and chopped

2 tablespoons (30 ml) tahini (sesame seed paste)
1 garlic clove, minced
1 teaspoon (5 ml) ground cumin
¼ teaspoon (1 ml) unprocessed sea salt
3 to 4 tablespoons (45 to 60 ml) fresh lemon juice
3 to 4 tablespoons (45 to 60 ml) water

Combine the chickpeas, avocado, tahini, garlic, cumin, sea salt, 3 tablespoons (45 ml) of the lemon juice, and 2 tablespoons (30 ml) of the water in a blender or food processor. Process until smooth, stopping to scrape the mixture from the sides, if necessary. If the mixture is too dry, add more water, ½ tablespoon (7 ml) at a time, while processing. Taste and adjust the seasonings: add the rest of the lemon juice, and more salt, cumin, and tahini, if desired.

Sesame Dip

1 cup raw tahini
¼ cup lemon juice
¼ cup olive oil
½ cup water
½ teaspoon celtic sea salt
1 large clove garlic, pressed
½ cup sesame seeds

In a 1 quart jar, combine tahini, lemon juice, olive oil and water, then thoroughly stir ingredients together. Stir in salt and garlic. In a large skillet, over medium heat, toast sesame seeds 5-10 minutes until golden brown, stirring and checking frequently. Allow sesame seeds to cool for 5 minutes, then transfer to a food processor or the dry container of a vita-mix and blend until coarsely ground. Stir ground sesame seeds into tahini mixture. Serve as a dip for veggies, or to use as a salad dressing, thin a bit with additional water.

Guaca-salsa-mole

2 cups ripe tomatoes, chopped
1 cup sweet onion, finely minced
1 jalapeño or 2 serrano chilies, seeded and minced
1-2 TBS olive oil
juice of 1-2 lime
2-3 TBS minced cilantro
½ tsp sea salt - to taste
½ tsp freshly ground black pepper - to taste
2-3 ripe avocados, cubed

Combine all ingredients in a non-reactive bowl, mashing in soft avocados or gently folding in firm avocado cubes – to create your preferred texture. Adjust seasonings and chiles to taste. Allow at least one hour to rest in refrigerator - if you can wait that long.

Mango Salsa

1 large mango, peeled and diced
1 avocado, cubed
½ small red onion, diced
1 cucumber, diced
1 bunch cilantro, chopped

2 garlic cloves, minced
½ tsp. sea salt
1 tbsp. olive oil
1 tsp balsamic vinegar
1 lime or lemon, juiced

Combine all of ingredients and stir well.

Sundried Tomato Pesto Recipe

Note: Make sure you buy a variety of sundried tomatoes that comes packed with healthy ingredients like extra-virgin olive oil and herbs only. Avoid any brand that comes packed in a vegetable seed oil.

1 cup fresh basil
½ cup sundried tomatoes
¼ cup walnuts
2 cloves garlic
Juice of ½ a lemon
A pinch of red pepper flakes
½ tsp sea salt
¼ cup oil from the sundried tomatoes

Place all the ingredients into a blender and blend until smooth. Taste prior to serving to gauge if it requires more of any ingredient.

Favorite Basil Pesto

3 cups washed, fresh basil leaves, stems removed, patted dry
3 garlic cloves, peeled
⅓ - ½ cup pine nuts (or pecans, almonds, walnuts)
5-6 tablespoons fruity extra virgin olive oil, more as needed
½ cup grated Parmesan or Romano cheese (optional)
Pinch sea salt

Combine the above ingredients in a food processor and pulse it on and off until it becomes a smooth paste. Taste test for seasoning and texture adjustments. Use immediately, or cover and chill. If it becomes too stiff to handle easily, add some extra virgin olive oil.

TIP: Pesto will darken if exposed to high heat and will lose its vibrant green color, so don't "cook" pesto in a hot pan or add it to hot pasta in a hot pot; rather, transfer the cooked pasta into a bowl first, and then add the pesto. To keep the pesto fresh, layer with a thin coat of extra virgin olive oil on the top before covering and store it in an air-tight container, chilled.

SuperFood Pesto

2-3 bunches of fresh parsley
1 clove garlic
¾ cup raw sunflower seeds
¼ cup raw pumpkin seeds
3 tablespoons lemon juice
1 tablespoon spirulina powder
salt

pepper

up to ½ cup olive oil (add gradually - use only enough to keep it blending)

Coarsely chop parsley and garlic. Place parsley and garlic in a food processor along with seeds, lemon juice, spirulina, salt, and pepper. Process until smooth adding oil in the top while mixture blends until you reach desired consistency.

Kale Chips

2 bunches of curly Kale

1 Red Bell Pepper

1 Cup Cashews (soaked in water 8 hours, rinsed)

1 Lemon (juice of)

3 Tbsp Raw Apple Cider Vinegar

1 Tbsp Nutritional Yeast

2-3 cloves garlic

Soak cashew in water for 8 hours (overnight). Rinse & Drain. Place Cashews, Lemon Juice, Apple Cider Vinegar in Blender and blend until smooth. Add Red Bell Pepper and blend. Add all remaining ingredients, bend until smooth. There should not be chunks of nut, it should have a creamy texture. Remove Kale greens from stalk/inner spine. Mix Cashew Sauce onto Kale greens and place on dehydrator trays. Dehydrate for 6 hours at 105 degrees F.

Pizza Kale Chips

¼ cup sunflower seeds, soaked for 2 to 4 hours and drained

¼ cup hempseeds

¼ cup nutritional yeast

¼ cup sundried tomatoes, soaked for 30 minutes and drained

½ large red bell pepper, seeded and chopped

1 clove garlic, peeled

2 tablespoons lemon juice

2 tablespoons filtered water

½ teaspoon dried oregano

½ teaspoon fennel seeds

½ teaspoon sea salt

¼ teaspoon crushed red pepper (optional)

1 bunch kale, tough stems removed, roughly chopped (6 to 8 cups)

Combine all ingredients except kale in a high-speed blender and blend until smooth, adding a splash of water if needed. In a large bowl, combine the kale and the pizza sauce. Use your hands to massage the sauce all over the kale, making sure it's coated completely.

Make it Raw: Arrange the kale in a single layer on a Teflex-lined dehydrator tray. Dehydrate for 8 hours or overnight, until crisp.

Make it Baked: Preheat the oven to 300°F and grease a baking sheet with coconut oil. Arrange the kale in a single layer on the baking sheet and bake for about 15 minutes. Remove the pan from the oven and use a fork or spatula to carefully flip the kale chips over. (It's ok if you miss a few.) Bake for 5 to 10 more minutes, watching carefully to make sure the kale doesn't burn, then remove from the oven and let cool completely.

Substitutions

Hempseeds: additional sunflower seeds or cashews

Red bell pepper: 1 medium ripe tomato, cored, seeded, and chopped

Oregano: dried basil

CONDIMENTS

Homemade Mayonnaise

- 1 large egg yolk
 - ¼ teaspoon salt
 - ¼ teaspoon Dijon mustard
 - 1½ teaspoon lemon juice
 - 1 teaspoon white vinegar
 - ¾ cup macadamia nut oil or avocado oil
- **All ingredients should be at room temperature***

In a blender or food processor, blend everything except the oil around 30 seconds until the color brightens. Add ¼ cup of the oil in a slow steady stream to the running food processor (~1 minute). After the oil is incorporated, slowly add the second ¼ cup of oil and incorporate it the same way as the first (~30 seconds). Then add the last ¼ cup of oil all at once to emulsify the mayo completely. When the oil has all emulsified and you have a creamy mayonnaise, season with salt and pepper if necessary. Keep in a jar in the fridge. This mayo will last about a week.

Paleo Ketchup

- (makes about 2 cups)*
- 1 (15 oz) can tomato sauce
 - ⅓ c raw honey
 - 4 T apple cider vinegar
 - ½ t dry mustard
 - ½ t garlic powder
 - ½ t onion powder
 - 1 t salt

Combine all ingredients in a small sauce pan over medium heat. Heat to a boil, then reduce the heat to low and simmer for about 15-20 minutes. Refrigerate for a few weeks and use as needed!

Homemade Lacto-Fermented Ketchup

- (yields 1 pint)*
- 2 cups tomato paste
 - ¼ cups raw honey or maple syrup
 - ¼ cups plus 2 Tbsp. fresh whey drained from yogurt, kefir, or raw milk, or an alternative starter culture ([where to find a veggie starter culture](#))
 - 2 tbsp. raw apple cider vinegar, plus extra for thinning the ketchup, if desired
 - 1 tsp. unrefined sea salt
 - 1 tsp. allspice
 - ½ tsp. ground cloves

Mix tomato paste and sweetener in a mixing bowl. Whisk in the whey (or other starter culture), vinegar, sea salt, allspice, and cloves. Continue blending until all ingredients are evenly dispersed and the mixture is smooth. Spoon the homemade ketchup into a smaller mason jar, top with the remaining 2 tbsp of fresh whey or starter culture, cover, and let sit undisturbed at room temperature for 3 to 5 days. After 3-5 days, uncover the homemade ketchup and stir it thoroughly. Cover with an airtight lid, and transfer to refrigerator for storage. You can use it immediately, and it will last for several months in your fridge.

Lacto-Fermented Yellow Mustard

(makes 1 cup)

¾ cup ground organic yellow mustard
½ cup organic, raw apple cider vinegar
¼ cup filtered water
1 tsp sea salt
¼ tsp organic turmeric
pinch of organic garlic powder
pinch of organic paprika

Mix all ingredients well in a pint size mason jar. Leave on the counter at room temperature for 1-2 days and then refrigerate. Mustard will last several months refrigerated.

Low Glycemic Barbecue Sauce

2 strips pastured bacon*, chopped fine
1 tsp. smoked paprika or chipotle powder
1 small onion, minced fine
1 clove garlic, minced
1 small can (6 oz) Muir Glen Organic Tomato Paste
1 cup filtered water
3 Tbsp. organic spicy mustard
1 pinch ground cloves
2 Tbsp. Newman's Own Organic Balsamic Vinegar
1 Tbsp. organic molasses
Organic hot sauce to taste

**You may omit the bacon and increase the paprika or chipotle to achieve a rich, smoky flavor.*

In a medium saucepan, add the bacon. Cook until crisp. Add the onion and cook until soft, about 3 minutes. Add the garlic and remaining ingredients. Simmer 30 minutes, stirring, adding additional hot sauce and spices to taste.

Paleo Barbecue Sauce

(makes about 1 cup)

6 oz can tomato paste
1 cup water
2 TBSP apple cider vinegar
2 TBSP raw honey
2 tsp salt
1 tsp onion powder
1 tsp ground black pepper
1 tsp dry mustard
1 tsp lemon juice

In a small saucepan, combine all ingredients over medium heat. Once everything is well combined, turn the heat down to low. Let it simmer for as long as you want, but at least 20-30 minutes. Use on ribs or whatever else you want to eat! Enjoy!

Cashew Ricotta Cheese

1 cup raw cashews (presoaked for at least 2 hours in warm water, soaking water discarded and cashews well rinsed)

1/3 cup coconut milk

juice of 1 lemon

1 tbsp nutritional yeast

1 clove garlic

2 tbsp. extra virgin olive oil

1/2 tsp. sea salt

Blend everything together in food processor until the consistency of ricotta cheese.

Aioli

1 tablespoon lemon juice

1 tablespoon minced garlic

5 large egg yolks, room temperature

1/2 teaspoon fine sea salt

1/4 teaspoon ground white pepper

Up to 2 cups extra-virgin olive oil, macadamia oil or avocado oil

Put the lemon juice, garlic, egg yolks, salt and white pepper in a food processor. Pulse the ingredients for about 10 seconds. With the food processor running, very slowly add the olive oil in a thin, continuous stream. When the aioli thickens, stop adding the oil. You may have some oil left over. If the mixture becomes too thick, add a few teaspoons of water and pulse until it reaches the desired consistency. Keep the aioli in the refrigerator.

SOUPS AND SALADS

Coconut Curry Soup

2 heads cauliflower (or 6 cups cauliflower rice)
2 tablespoons avocado oil, divided
½ yellow onion, sliced
4 cloves garlic, minced
2 inches ginger, peeled and minced
3 carrots, peeled and chopped
1 head broccoli, chopped
½ tablespoon turmeric
½ tablespoon cumin
1 tablespoon coriander
2 cups full-fat coconut milk
4 cups bone broth
½ lime, juiced
1 cup chopped cilantro, divided
1 lime, sliced

Rinse cauliflower and break apart into florets. Place into food processor with S blade and process until cauliflower begins to resemble rice. Repeat until all cauliflower has been processed. Set aside.

In a dutch oven or large pot, heat avocado oil over medium-high heat. Add onion, garlic, and ginger and saute until soft. Add remaining vegetables and cook until slightly softened.

Add seasonings, coconut milk, and bone broth to pot. Bring to a boil, then reduce to a simmer for about 5 to 10 minutes.

While curry simmers, heat 1 tablespoon of avocado oil in a large skillet to medium-high heat. Add cauliflower rice and saute until softened. Remove from skillet and place in a large bowl.

Remove soup from heat. Stir in lime juice and ½ cup cilantro. Add more seasonings, lime juice, and/or salt and pepper to taste. Divide soup into bowls. Serve with cauliflower rice and top with remaining cilantro and sliced lime.

Chilled Avocado Soup

3 ripe avocados
2 cups organic heavy cream (or coconut milk for a different flavor)
⅓ cup walnut halves
⅓ cup fresh dill sprigs, plus more for garnish (optional)
⅓ cup diced red onion, or half a small onion
1 tablespoon red wine vinegar
1 teaspoon coarse salt

Halve and pit two avocados. With a spoon, scoop out flesh and transfer to a blender. Add buttermilk, walnuts, dill, red onion, vinegar, salt, and 1 cup water and puree until smooth. Cover the blender and refrigerate until the soup is well chilled, at least one hour. Halve and pit remaining avocado. Cut into four sections lengthwise, and then cut crosswise into 1/2-inch chunks. Divide soup among four bowls and garnish each with diced avocado and dill, if desired.

Creamy Carrot Asparagus Soup

(serves 1)

This could be called the king of soups. The fiber in the asparagus creates a delightful texture, and the tahini gives the soup a smooth quality. Do not use the woody ends of the asparagus; chop only the most tender part, about two inches from the end.

- 1 cup carrot juice
- 1 cup coarsely chopped asparagus, or more to taste
- 2 heaping tablespoons raw tahini or almond butter
- 1 teaspoon chopped onion, or more to taste
- Nama Shoyu (a raw soy sauce) or celtic sea salt, to taste
- Dulse flakes, to taste

In a blender, combine the carrot juice, asparagus, tahini, onion, nama shoyu and dulse flakes. Blend all the ingredients until smooth. Taste and adjust the seasonings. Variation: Heat soup in the top of a double boiler or over very low heat until it is warm to the touch. For extra spice, stir in ½ teaspoon wasabi powder. Or try it with a dash of curry powder or for a nice East Indian flair, use some garam masala.

Creamy Pumpkin Sage Soup

(makes 8 servings)

- 2 pumpkin pie pumpkins or 5 cups canned pumpkin
- 1 TB. coconut oil
- ¾ cup shallots, diced
- 3 garlic cloves, chopped
- 4 cups organic vegetable broth
- 1 TB. fresh sage, chopped
- Sea salt and pepper to taste

Pre-heat oven to 400°F. Using a sharp knife, cut the pumpkins in half. Scoop out seeds and place on a baking sheet. Bake for 1½ hours until pumpkin edges are slightly brown. Using a large metal spoon, scoop cooked pumpkin flesh into a bowl. In a large pot over medium heat, sauté coconut oil and shallots for 4-5 minutes until tender. Stir in garlic and cook an additional minute. Stir in pumpkin flesh, vegetable broth, sage, salt and pepper, bring to a boil, reduce heat to low, and simmer covered for 15 minutes. In a blender, and working in batches of no more 2 cups, purée soup. Return soup to the pot, and heat through. Season with additional sea salt and pepper as needed. Sprinkle with sage. Enjoy!

Cucumber Avocado Gazpacho

(serves 2)

- 1 small avocado
- ½ cup organic heavy cream
- 1 cucumber, peeled and de-seeded, plus additional cuke for garnish
- 1 tablespoon onion, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- ¼ teaspoon celtic sea salt
- ¼ teaspoon chili powder
- 1 cup water
- smoked paprika, to garnish

Throw avocado, cucumber, onion, oil, lemon juice, vinegar and water in vita-mix. Puree on high speed until smooth. Blend in salt and chili powder. Serve, garnishing with extra cucumber cubes and smoked paprika if desired.

Roasted Chicken Stock

1 chicken carcass (after making a chicken dish of your choice, save the carcass)
3 quarts cold water
1 onion, halved
4 carrots, cut into 2 inch pieces
10 cloves garlic, no need to peel
¼ cup parsley, finely chopped
10 sprigs fresh thyme
5 celery tops (the leaves and ribs from the inside of a bunch of celery)
2 bay leaves

Place the chicken carcass in a large stockpot with the water. Bring pot to a boil and then reduce to a simmer. Meanwhile, place onion, carrot and garlic cloves on a parchment lined baking sheet. Roast at 400° for one hour. Add roasted vegetables to stock, then add parsley, thyme, celery and bay leaves. Simmer stock one more hour then cool and strain into glass mason jars. Drink alone or use for soups and sauces.

Roasted Garlic, Ginger & Chicken Soup

(serves 8)

3 bulbs garlic, roasted*
2 tablespoons coconut oil or ghee
½ teaspoon cayenne pepper
1 cup fresh ginger, peeled and chopped
4 cups sweet onions, sliced
4 teaspoons fresh thyme leaves
1 cup coconut milk powder (or 14 oz. can of coconut milk)
7 cups homemade organic chicken broth
juice of 1-2 limes, to taste
26 cloves raw garlic minced
½ teaspoon sea salt and freshly ground pepper, to taste
4 cups roasted organic chicken, chopped
Garnish: 8 lemon wedges and cilantro leaves

Preheat oven to 350F. Cut the tips off of the bulbs of garlic. Drizzle the garlic with 2 tablespoons melted coconut oil or ghee. Sprinkle with a little sea salt and wrap in aluminum foil. Bake garlic bulbs for about 45 minutes until soft. Remove from the oven and cool. Squeeze the garlic cloves into a small bowl. Melt butter in a large saucepan over medium-high heat. Add onions, thyme, ginger, and cayenne pepper and cook until onions are translucent, about 6 minutes. Add roasted garlic and 26 raw garlic cloves and cook 3 minutes. Add chicken broth, lime juice, and salt. Whisk in the coconut milk powder. Cover and simmer until garlic is very tender, about 20 minutes. Working in batches, puree soup in blender until smooth. Return soup to saucepan, add chicken and bring to simmer. Add a couple of grinds of pepper. Garnish with the cilantro leaves and a wedge of lime.

All Purpose Soup Base

(yields 1 quart)

This versatile base for all soups can be made in advance and stored in the refrigerator or freezer. It can be left as-is or pureed for creamier soups. When ready to serve, add your choice of vegetables, meats, grains, herbs and spices (see recipes below). Double or triple this recipe for longer-term use. It can be refrigerated for up to 7 days or frozen for 6 months.

- 1 tablespoon olive oil
- 1 onion, diced small
- 1 stalk celery, diced small
- 1 carrot, diced small
- 2 cloves garlic, minced
- 1 tablespoon dried herbs (thyme, savory, Herbs de Provence, lavender, rosemary)
- 1 quart chicken, beef or vegetable stock

Heat the olive oil in a large stockpot over medium-low heat. Add the onion, celery and carrot; sauté for 5-7 minutes, until just tender. Add in the garlic and cook another minute. Pour the stock into the vegetables and simmer for 15-20 minutes, until the veggies are tender. If using immediately: add your choice of soup ingredients (see recipe ideas below) heat until just tender, and serve warm.

For later use: store in the refrigerator or freezer. Thaw completely, heat gently over medium-low heat, and add your favorite fresh ingredients.

Bison Chili

- 2lb ground bison
- 2 medium onions (chopped)
- 1 large yellow bell pepper (chopped)
- 1 large red bell pepper (chopped)
- 4 cloves garlic (chopped)
- 35oz tomato puree
- 12oz tomato paste
- 7oz water
- 3 tablespoons chili powder
- 2 tablespoons cumin
- 1 tablespoon oregano
- 1 teaspoon cinnamon (ground)
- 1 teaspoon nutmeg (ground)
- 1 tablespoon coconut oil
- 1 bay leaf
- Sea salt and pepper, to taste

In a deep pan over medium heat, add coconut oil, onions, bell peppers and garlic, sautéing until the onions are translucent. Add ground bison meat and brown. If water collects in pan, carefully drain it and resume browning. Once bison meat has browned, place the contents of your pan in a slow cooker (or 4-quart pot). Add to your slow cooker (or pot), puréed tomatoes, tomato paste, water, chocolate, hot sauce and all spices. If using a slow-cooker, place on high and let cook for 4-6 hours. If using a pot on the stove, bring the contents to a boil, reduce to a simmer and allow to cook for 2-3 hours.

Bison Stew

- 2 pounds bison stew meat
- 1 quart beef broth

2 cups chopped celery, plus one cup celery greens
1 large onion, chopped
1 head cauliflower, chopped
Salt and pepper to taste
1 tablespoon coconut oil
One bunch each, fresh rosemary and thyme

In a cast iron skillet, brown bison stew meat on all sides in coconut oil. Transfer seared bison meat into a large soup pot or crock pot. Place chopped onion and celery into the pot with the bison. Pour beef broth over meat. Season liberally with salt and pepper. Place herbs and celery greens into the pot, and turn burner onto medium heat. Bring stew to a boil, stirring often. Once stew comes to a boil, turn heat down to low, and cover with a lid. Simmer stew for 6-8 hours, adding the chopped cauliflower for the last hour of cooking.

Bison Stew with Red Wine and Sweet Bay

1 pound bison stew meat
½ teaspoon unrefined sea salt
½ teaspoon ground black pepper
2 tablespoons bacon fat or lard
1 branch rosemary
2 sprigs thyme
1 small yellow onion, chopped fine
3 ribs celery, chopped fine
3 carrots, sliced into ¼-inch thick rounds
3 medium potatoes, peeled and chopped into 1-inch pieces
2 cups homemade beef stock
2 cups red wine
½ cup tomato paste
2 bay leaves
3 tablespoons chopped parsley

Sprinkle the bison stew meat with salt and pepper, and set it aside while you prepare the remaining ingredients. Melt the bacon fat in a dutch oven (like this one) over medium-high heat. Place rosemary and thyme in the hot fat, and let it fry gently for 2 to 3 minutes, then pluck the herbs from the pan, and stir in the seasoned meat. Sear it on each side - a total of 5 minutes, then remove it from the pot with a slotted spoon, and stir in the onion, celery and carrots. Fry them gently in the seasoned fat about 6 minutes, or until crisp-tender. Return the meat to the pan, and add the potatoes. Pour the beef stock and red wine into the Dutch oven, then stir in the tomato paste. Drop in the bay leaves, and simmer it, covered, over medium-low heat for 2 hours. Remove the bay leaves, ladle into bowls and serve sprinkled with chopped parsley.

Notes If you cannot find bison stew meat, you can substitute grass-fed beef stew meat which you can find at local farmers markets, as well as online. If you do not consume pork, you can substitute grass-fed ghee or butter.

Moroccan Bison Stew

2 tablespoons ghee
1 medium onion, finely diced
1 pound bison stew meat, cut in 1" cubes
2 cloves garlic, minced
1 can (28 ounces) plum tomatoes, chopped
1 cinnamon stick

1 ounce dried apricots, roughly chopped
pinch saffron
2 cups chicken stock, preferably homemade

Spice Mixture

1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground ginger
1 ½ teaspoon smoked paprika
1 teaspoon turmeric
½ teaspoon chili powder
1 teaspoon kosher or sea salt
few grinds of black pepper

Garnish

1 cup baby arugula or other young spring green
1 cup cubed roasted butternut squash

Melt the ghee in a Dutch oven over medium heat. Cook the onion until soft and transparent, about 5 minutes. Place the spices for the spice mixture in a medium bowl and whisk to combine thoroughly. Toss the bison in the mixture until well-coated. Add the bison and garlic to the Dutch oven with the onions; increase the heat to medium high and cook, stirring frequently, until the meat is browned. Stir the tomatoes, cinnamon stick, apricots, saffron and chicken stock into the Dutch oven with the spiced meat. Increase the heat to high and bring to a boil; cover, reduce heat to low and simmer for 1 ½ hours, stirring occasionally. Remove the cover and continue cooking until the sauce has thickened and the meat becomes fork tender, about another half hour. At this point, the stew can be refrigerated and reheated later. Divide the stew between four bowls and top with the greens and roasted squash. Serve immediately.

Cabbage Meatball Soup

1 lb grass-fed ground beef or pastured ground pork
1 pastured egg
1 tsp organic all-purpose seasoning
1 tsp sea salt
¼ cup friendly fat to cook in (butter, coconut oi, pastured lard, pastured tallow)
1 medium onion, chopped
2 medium carrots, chopped
2 stalks celery, chopped
½ small head cabbage, sliced thin
3 large cloves garlic, minced
1 ½ TB organic tomato paste
1 – 15oz can organic diced tomatoes
1 ½ quarts beef stock (*Preferably homemade for more nutrients. Could use chicken stock. Either way really watch ingredients if going with store-bought.*)
2 tsp organic Italian seasoning
Sea salt/pepper to taste

In a small mixing bowl combine the beef, egg, all-purpose season, and 1 tsp salt. Form small mini meatballs and brown off in a large skillet or fry pan with some butter or coconut oil. The goal is not to cook them through - just get a nice brown crust on the outside and they will cook the rest of the way in the soup. While the meatballs are cooking, sauté the onion, carrot, celery, and cabbage in a large soup pot with about ¼ cup butter for about 10 to 15 minutes. Do this with a few pinches of sea salt over medium to medium high heat and you will bring out the natural sweetness of all the veggies - this really boosts the flavor of the whole soup. Add the garlic and tomato paste to the veggies, and cook for a minute. Add the diced tomatoes, stock, seasoning, and browned meatballs to the soup pot and bring to a boil. Reduce to a low simmer for 15 -20 minutes.

Hearty Vegetable Soup

(yields 1 quart)

1 quart All-Purpose Soup Base (using vegetable stock)
½ cup lentils, optional
½ zucchini, sliced
1 cup crunchy vegetables
1 teaspoon each: oregano, basil and thyme
Sea salt (or garlic salt) and pepper, to taste
1 cup chopped leafy green vegetable (kale, chard, collards, spinach)

Heat the soup base over medium-low heat until warmed through. Add the lentils. Cover and simmer for 25 minutes, until the lentils and vegetables are tender. Add the crunchy vegetables and zucchini to the pot and cook for just 5-10 minutes, until the veggies are just barely tender. (Leaving them slightly crunchy allows for a higher nutrient content. You can also lightly steam the veggies and add them to the soup just before serving.) Stir in the herbs and spices. Taste, adding salt and pepper to bring up the flavors, if desired. Stir in the leafy greens just before serving. Serve warm.

Pumpkin Coconut Stew

1 lb pumpkin, butternut squash, or acorn squash, halved, peeled and seeds removed
2 cloves of garlic, peeled and minced
1 large thumb-sized pieces of fresh ginger, peeled and minced
3 sticks of lemongrass, outer leaves removed, minced
1 tablespoon curry powder
1 teaspoon chili powder
a generous splash or two of olive oil
1 white onion, peeled and finely diced
1 quart chicken or vegetable stock
1 cup shredded coconut
2 cups coconut milk
Sea salt and freshly ground black pepper
Juice of 1 lime

Roast the pumpkin at 350°F until flesh is tender. In a large soup pot cook the onion and garlic in olive oil until translucent and brown. Add the chili powder, curry powder, lemongrass, ginger, pumpkin flesh, coconut milk, shredded coconut and stock. Stir for a minute to coat and then bring to a boil. Once boiling, reduce heat and cover. Simmer for 15 minutes. Season with sea salt and pepper and season with fresh lime juice, tasting as you go. Serve in bowls OR add it back to the pumpkin shell for a beautiful presentation. Top with chili powder, some shredded coconut or cilantro leaves if you like.

Green Chicken Soup

2 quarts chicken stock
1 bunch kale, chopped
3 carrots, sliced
1 cup shiitake mushrooms, sliced
1 cup shredded chicken

If you are starting entirely from scratch and making your own Roasted Chicken Stock, then after you have roasted the chicken for your stock, pick the meat from the bones and set aside in the fridge -you will add it to the finished soup later. Place chicken stock in a soup pot over medium heat, reserving 2 cups stock. Take reserved stock and blend with kale in a Vita-Mix, until smooth and creamy. Pour kale-stock mixture into pot of chicken stock. Add carrots and mushrooms (and shredded chicken if you have it). Cook for 30 minutes, or until carrots are tender. Serve.

Thai Chicken Soup

1 tablespoon coconut oil
3 shallots, chopped
8 sprigs cilantro, chopped
4 cups chicken stock
28 ounces coconut milk
1 tablespoon honey
½ pound crimini mushrooms
1 head broccoli
1 pound chicken breasts skinless-boneless, halved lengthwise, sliced on bias, cut into 1/8 inch thick pieces
3 tablespoons fresh lime juice
2 teaspoons Thai red curry paste
3 tablespoons fish sauce

garnish with:

½ cup cilantro, minced
2 serrano chilies, thinly sliced
¼ cup scallions
1 lime, cut into wedges

Warm oil in a large saucepan over medium heat. Add shallots and cilantro, stirring frequently until softened – 2 to 5 minutes. Stir in stock, coconut milk and agave and bring to a simmer. Pour broth through a fine mesh strainer and discard solids (shallot and cilantro). Return broth to saucepan. Reduce heat to medium, add mushrooms and broccoli and cook until tender – 2 to 3 minutes. Add chicken and cook, stirring constantly, until no longer pink – 1 to 3 minutes. Combine lime juice, curry paste and fish sauce in a small bowl then stir into soup. Ladle soup into bowls and garnish with cilantro, chilies and scallions. Serve with wedges of lime.

Cauliflower & Kale Soup

4 tablespoons butter or coconut oil
1 large white onion, sliced
5 cloves garlic
1 large head cauliflower
4½ cups chicken broth
1½ cups chopped kale, fresh or frozen
Salt and pepper to taste

½ cup half and half

Heat the butter in a heavy saucepan. Add onion and garlic and sauté gently until soft: 8 – 10 minutes. Add cauliflower and chicken broth and bring to a boil. Reduce heat; cover and simmer for 40 minutes. Using an immersion blender, puree until smooth. Incorporate chopped kale, and season generously with salt and pepper. Add half and half while soup is warm, but not boiling. Serve immediately.

Asian Slaw

Slaw

½ head Napa cabbage, chiffonade
2 large carrots, grated

Dressing

¼ cup creamy roasted almond butter
1 tablespoon apple cider vinegar
1 teaspoon umami plum vinegar
1 tablespoon toasted sesame oil
1 tablespoon lime juice
¼ teaspoon fresh ginger, zested (I used a microplane zester)
7 drops stevia
¼ cup toasted sesame seeds (2 tablespoons for dressing and 2 tablespoons for garnishing)

Place chopped cabbage and grated carrots in a large bowl (will be about 5-7 cups of veggies). In a separate bowl, combine almond butter, vinegars, oil, lime juice, ginger and stevia, mixing thoroughly. Stir in 2 tablespoons of the sesame seeds. Stir dressing into bowl with veggies. Serve, topping with remaining sesame seeds.

Cherry Arugula Solstice Salad

1 cup cherries
5 ounces arugula
¼ cup olive oil
1 tablespoon balsamic vinegar
1 tablespoon dijon mustard

Pit each cherry and then cut in half. Rinse and spin the arugula. Place arugula and cherries in a large salad bowl. Place olive oil, vinegar and mustard in a small jar and shake well to create dressing. Toss dressing onto salad. Serve.

Cabbage Orange Salad

½ head purple cabbage
1 orange, peeled and sliced into ½ inch segments
1 tablespoon olive oil
1 tablespoon apple cider vinegar
1 tablespoon lemon juice
dash chili powder

Slice the cabbage as thinly as possible. Place cabbage in a large bowl, add the orange segments. Toss with olive oil, vinegar and lemon juice then sprinkle with a dash of chili powder. Serve.

Raw Kale Shiitake Salad

4-6 cups kale, chopped
2 tablespoons olive oil
6 shiitake mushrooms, thinly sliced
2 teaspoons ume plum vinegar
dash toasted sesame oil
dash celtic sea salt
2 tablespoons sesame seeds, toasted

In a large bowl, combine kale and olive oil. Massage the kale for a couple of minutes until it looks slightly wilted. Add mushrooms, vinegar and sesame oil. Sprinkle with salt and sesame seeds. Serve.

Acorn Squash with Cranberry Apple Stuffing

2 acorn squash
boiling water
2 apples, peeled, cored and chopped into ¼ inch pieces
½ cup dried cranberries
1 teaspoon ground cinnamon
2 tablespoons grassfed butter

Cut squash in half and with a spoon, remove pulp and seeds. In a 9 x 13 inch baking dish place squash cut-side down. Pour ¼-inch boiling water into baking dish. Place dish in oven and bake squash for 30 minutes at 350°. In a large bowl, combine apples, cranberries, cinnamon and butter to make stuffing. Remove squash from the oven after 30 minutes. Turn halves over and stuff center of each squash half with apple mixture. Return to oven and bake for 30-35 minutes (or longer) until squash and apples are tender.

Kale with Cranberries

2 bunches kale
¼ cup pine nuts
¼ cup dried cranberries
3 tablespoons olive oil

Steam the kale until it is bright green. Meanwhile, in a cast iron skillet, toast the pine nuts. Allow kale and pine nuts five minutes to cool, then toss together in a large bowl. Add dried cranberries and olive oil. Toss and serve.

No Fail Kale Salad

¼ cup freshly squeezed lemon juice
¼ cup extra virgin olive oil
2 tbs raw honey
1 clove garlic, minced
¼ teaspoon sea salt

1 pound organic kale leaves, stems removed (about 2 bunches)
2 carrots, shredded
1 cup purple cabbage, very thinly sliced
¼ cup organic golden raisins
¼ almonds, sliced
3 tbs hemp seeds

Avocado to top

Prepare the dressing: Combine all of the dressing ingredients in a small jar with a lid; shake vigorously to mix. Set aside

Use a knife to chop the kale leaves into small pieces– the smaller, the better. Place the chopped leaves in a large bowl and add the shredded carrots and cabbage.

Pour the dressing over the vegetables and use your hands to massage the salad. After just a few minutes of squeezing the leaves between your hands, they will turn a darker green and have a wilted, silky texture, similar to cooked kale.

Add the raisins, almonds, hemp seeds and avocado and toss well to mix. Store in the refrigerator until ready to serve or serve immediately.

Caramelized Cumin-Roasted Carrots

12 medium to large carrots, peeled, cut on diagonal into ½ inch-thick pieces

2 tablespoons extra-virgin olive oil

1½ teaspoons cumin seeds

2 teaspoons coarse kosher salt

Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray. Combine carrots and all remaining ingredients in large bowl; toss to coat. Spread in single layer on prepared baking sheet. Roast carrots until tender and lightly caramelized, turning carrots over once, 35 to 40 minutes.

Stuffed Mushrooms

1 cup parsley, chopped

½ cup sun dried tomatoes

½ cup pine nuts

1 clove garlic, chopped

1 teaspoon lemon juice

¼ teaspoon celtic sea salt

¼ cup olive oil

1 (8 ounce) package mushrooms

In a food processor, place parsley and pulse briefly. Add sun dried tomatoes, pine nuts, garlic, lemon juice and salt, then pulse until almost smooth. Drizzle in olive oil and pulse again briefly to incorporate. Remove stems from mushrooms and stuff with pesto. Bake at 350° for 30-45 minutes. Serve.

Simple Braised Greens

1 tablespoon grassfed butter

4 ounces mixed greens (kale, collard, mustard, or greens of your choice); about 3-4 cups chopped and well packed

1 clove garlic, minced

Celtic sea salt

Black pepper

Heat butter in a large skillet over medium-high heat. Add greens stirring to coat with butter. Stir until greens are barely wilted. Add garlic, salt and pepper. Continue stirring until greens are tender. Serve.

Sautéed Green Beans with Bacon

1 lb green beans, trimmed

Fine sea salt and ground black pepper
4 ounces bacon
2 tsp minced garlic

Heat a steamer pot with 3 cups of water over medium heat. Place the green beans in the top with a pinch of salt and cover. Steam them for 5 minutes, or until slightly cooked. Chop the bacon into small pieces. Heat a skillet over medium heat. Add the bacon pieces and garlic to a skillet and cook for 5 minutes. Add the green beans and stir. Sauté the mixture for 3 minutes to combine the flavors. Add salt and pepper to taste.

Mock Potato Salad

6-8 medium turnips (about 2 pounds), peeled and cut into bite-sized pieces
Fine sea salt and ground black pepper
¼ cup Aioli*
1 tsp dry mustard
2 tablespoons apple cider vinegar
½ cup fresh cilantro leaves, chopped
1 medium red onion, minced (optional)

Place the turnips in a stockpot, cover with water, and bring to a boil. Boil the turnips until fork-tender, about 20 minutes. Transfer the turnips to a bowl and let cool for 5 minutes. Make the dressing: In a small bowl, mix together a pinch of salt and pepper and the aioli, dry mustard, vinegar and cilantro. Add the red onion, if using, to the bowl of turnips. Add the dressing and toss well to coat. Serve warm or chilled.

Jicama, Beet and Carrot Salad

1 cup jicama, grated
1 cup carrots, grated
1 cup beets, grated
2 tablespoons orange juice, freshly squeezed
1 tablespoon lime juice, freshly squeezed
¼ cup olive oil
¼ teaspoon celtic sea salt

In a large bowl, combine jicama, carrots and beets. In a glass jar, combine orange juice, lime juice, oil and salt; shake well. Toss dressing into salad. Serve.

Spinach Salad with Pistachios

Salad

5 ounces baby spinach
½ cup pistachios (roasted and salted)
½ cup dried cherries

Dressing

2 tablespoons olive oil
1 tablespoon balsamic vinegar
1 tablespoon orange juice, fresh squeezed
1 teaspoon dijon mustard

In a large salad bowl, toss together spinach, pistachios and cherries. In a jar, combine olive oil, vinegar, orange juice, mustard and shake well. Drizzle the dressing over the salad. Toss and serve.

Kaleslaw

2 heads kale, any variety
4 large carrots
¼ cup marcona almonds, coarsely chopped
Homemade mayonnaise, optional

Chiffonade the kale into thin strips. Using a hand held julienne slicer, julienne the carrots. In a large bowl, toss together kale, julienned carrots and almonds. Coat with a couple of tablespoons of homemade mayonnaise (optional). Serve.

Baked Beets with Fennel

2 large beets
1 bulb fennel
½ orange (optional)
2 tablespoons butter or coconut oil
Sea salt and black pepper to taste

Preheat oven to 375 F. Peel the beets with a vegetable peeler, and chop them into 1-inch cubes. Chop the tops (fronds) off the fennel bulb, and slice the bulb into ¼-inch slices. Slice the orange into ½-inch pieces, or use segments if you prefer. Top the beets, fennel, and oranges with the melted butter, and toss to combine. Spread evenly in an oven-safe dish, and bake for 30-40 minutes or until the beets are fork-tender.

Autumn Salad

(serves 6)

6 medium or 12 baby beets (1½lb), peeled and cut into 1-inch cubes
3 tbsp. olive oil
1 lb. Brussels sprouts, trimmed and quartered
1 ½ tsp. sea salt
6 cups mesclun greens, washed
1 bunch arugula, trimmed, washed, and roughly cut
6 oz. fresh goat cheese, crumbled
5 tbsp. extra-virgin olive oil
2 tbsp. red wine vinegar
½ tsp. freshly ground black pepper

Preheat the oven to 375°F. Place the beets and 1 tablespoon of the olive oil in a small bowl, and toss to coat. Spread the beets out on one-third of a large baking sheet. Do the same with the Brussels sprouts. Sprinkle each of the vegetables with ½ teaspoon salt. Roast until the vegetables are tender when pierced with the tip of a knife, about 30 minutes. Cool for 10 minutes. Place the mesclun and arugula in a large serving bowl and top with the vegetables. Top with the goat cheese, drizzle with the extra-virgin olive oil, and sprinkle with the vinegar. Add salt to taste and the pepper, to taste. Gently toss, and serve.

Kale, Mulberry, Quinoa and Fresh Fruit Salad

1 tablespoon Organic Maca Powder
¼ cup fresh orange juice
2 tsp raw honey
1 Tbsp tahini
¼ tsp cayenne

1 tbsp olive oil
½ tsp salt
5 cups raw kale, washed and torn from the stem into bite sized pieces
2 cups cooked quinoa
½ cup dried Organic Mulberries
½ cup chopped Raw Cashews
4 ripe apricots, pits removed and sliced thin
½ cup fresh blueberries

In a small mixing bowl combine the maca powder, orange juice, honey, tahini, cayenne, olive oil and salt. Whisk to combine until the mixture is smooth and creamy. Place the kale leaves in a separate large salad bowl. Pour the dressing over the kale and massage with clean hands or two wooden spoons for several minutes until the color of the kale transforms to an emerald green and begin to soften. This step is really important because it helps break down the starches in the raw kale leaves making them more tender, delicious and easy to digest! Then add the quinoa, mulberries, cashews, apricot slices and blueberries. Toss to incorporate and season to taste with more salt and pepper if desired. Enjoy immediately or pack with you for a perfect picnic meal!

Rainbow Salad

(6 servings)

To avoid possible allergens from yeast in the vinegar and soy in the Tamari or Bragg's, replace them with lemon and salt respectively. Later if you find out that these foods are tolerable, you may use the original recipe.

Dressing

3 tablespoons rice vinegar
1 clove garlic, minced
2 teaspoons wheat-free tamari
1 teaspoon dried red bell pepper flakes
2 tablespoon flaxseed oil
1 teaspoon honey
1 tablespoon toasted sesame oil or more flaxseed oil

Vegetables

Jicama, sliced ⅛ inch thick
2 large red bell peppers, sliced in 1-inch squares
3 ounces fresh snow peas, cut in 1-inch pieces
¼ cup sesame seeds

Add Just Before Serving

2 medium cucumbers, peeled if desired, sliced in half lengthwise, then in ¼ inch slices
3 scallions, diced to ⅛ inch

Combine all vegetables in a large serving bowl. Add half of the dressing and toss to coat well. Cover and chill at least 2 hours (or up to 48 hours). Keep the remaining dressing at room temperature. Optionally toast the sesame seeds in a small saucepan over medium-low heat until fragrant and golden brown. Stir often to avoid burning. Before serving, add the cucumber and scallions. Toss in the remaining dressing. Garnish with the sesame seeds. Serve room temperature.

DRESSINGS

Green Goddess Dressing

- 1 avocado
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- ½ teaspoon herbes de provence
- ½ teaspoon celtic sea salt
- 3-5 drops stevia
- 1 cup water

Place all ingredients in a blender. Process on high speed until smooth and cream. Pour over your favorite salad greens. Store remaining dressing in a glass jar in fridge. Keeps for up to 5 days (if it lasts that long).

Greek Salad Dressing

(serves 4)

- 4 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons raw apple cider vinegar
- 1 teaspoon lemon zest
- 1 tablespoon minced fresh oregano
- 1 tablespoon minced fresh mint
- 1 clove garlic, minced
- ½ teaspoon raw honey
- A pinch of sea salt, to taste
- Fresh ground pepper, to taste

Mix all of the ingredients in a glass dish or cup. I use a fork for this. Taste test and adjust seasonings. Drizzle over a Greek salad that includes cucumbers, red onion, kalamata olives, pepperoncini, grape tomatoes and feta cheese. Toss. Devour. Add in some hard boiled eggs, sardines or tuna if you like.

Orange Tahini Dressing

This delightful light dressing only takes a few minutes to make. Its simplicity invites variation. Try adding 1-2 teaspoons tamari (a soy sauce made without wheat), or 2 teaspoons poppy seeds and ¼ teaspoon Chinese 5-spice powder.

- 2 tablespoons raw tahini
- ½ cup fresh orange juice
- 1 teaspoon dulce flakes
- 1 teaspoon grated ginger root
- ¼ teaspoon cinnamon
- 1/8 teaspoon curry powder
- Pinch sea salt
- optional: curry powder, dried Kaffir Lime leaf

In a small bowl, place the tahini. Add the orange juice gradually, blending it with the tahini. Add the dulce, ginger, cinnamon, curry, and salt. Yields approximately ½ cup.

SAUCES FOR MEATS, VEGGIES, GRAINS

"Give Me Garlic" Tomato Sauce

(makes about 2 cups)

Use over pasta, spaghetti squash, or to add some spice to steamed vegetables, lentils, bean, or grain dishes. Basic tomato sauce freezes well, so make large quantities when tomatoes are plentiful, omitting the canned tomatoes and doubling the quantity of fresh.

1 large onion, diced
3 garlic cloves (or to taste), minced
4 medium tomatoes, coarsely chopped, or 1 (15-ounce) can diced tomatoes
1 (15-ounce) can whole tomatoes
3 medium carrots, peeled and diced
1 cup diced zucchini or celery
½ cup low-salt vegetable or chicken stock, MSG-free
cayenne and vegetable seasonings to taste

In a large saucepan with a small amount of water, sauté the onion and garlic for about 5 minutes. Add the remaining ingredients. Bring to a boil, lower the heat, and simmer, uncovered, for 30 minutes. Puree in a blender or food processor, or leave chunky for texture. Freeze, if desired, for 6-8 months.

Mild Indian Korma Sauce

(makes about 2½ cups)

This is a rich, flavorful, mild korma sauce for Indian-inspired dishes. It can be served with vegetables, meats and grains.

½ cup water
1 cup coconut milk
¼ cup cashews or macadamias
1 yellow onion, rough chopped
1 clove garlic
1-inch piece ginger
2 teaspoons ground coriander
1 teaspoon salt
several drops liquid stevia or 1 tablespoon honey
¼ rounded teaspoon ground cardamom
½ teaspoon garam masala spice blend

Throw all the ingredients into the work bowl of a food processor and let sit for 15 minutes to allow the cashews to soften. Blend until smooth and creamy. Cook the sauce, uncovered, over medium-low heat for 10-15 minutes to allow the onion to mellow and the sauce to thicken slightly. Refrigerate for up to 1 week or freeze up to 6 months.

Thai Curry Sauce

(makes about 2 cups)

This traditional Thai sauce can be served with vegetables, meats and grains. Green or red curry paste and fish sauce can easily be found in the Asian section of natural food stores.

1-2 cloves garlic, minced
1-inch piece ginger, peeled and minced
2-4 tablespoons green or red Thai curry paste
3 tablespoons Thai fish sauce (optional)
1 (14-ounce) can coconut milk
1 tablespoon grated lime peel
Several drops liquid stevia or 1 tablespoon honey
Pinch red pepper flakes or cayenne pepper

Mix all of the ingredients in a medium saucepan. Cook over medium heat for 10-15 minutes. Store refrigerated for up to a week or frozen for 6 months.

Green Chile Sauce

(makes about 2 cup)

If you like a kicky Mexican sauce, this one is excellent over poultry, meat or vegetables and grains.

1 tablespoon olive oil
½ onion, diced
1 ½ cup chicken or vegetable broth
½ cup organic heavy whipping cream
1 tablespoon arrowroot powder mixed with 2 tablespoons water
1 cup green chiles, parched and chopped, or 2 (4-ounce) cans, drained
1 large clove garlic, finely minced
Sea Salt (optional)

Heat the olive oil in a medium saucepan. Add the onion and sauté 3-5 minutes, until tender. Add the broth and heat through. Slowly drizzle in the arrowroot mixture, stirring constantly. Cook until slightly thickened, 1-2 minutes. Add the chiles and garlic and simmer for another 5-10 minutes. Taste and adjust the seasonings, adding salt, if desired.

Sundried Tomato Pesto Recipe

Note: Make sure you buy a variety of sundried tomatoes that comes packed with healthy ingredients like extra-virgin olive oil and herbs only. Avoid any brand that comes packed in a vegetable oil.

1 cup fresh basil
½ cup sundried tomatoes
¼ cup sunflower seeds or other nut or seed
2 cloves garlic
Juice of ½ a lemon
A pinch of red pepper flakes
½ tsp sea salt
¼ cup oil from the sundried tomatoes

Place all the ingredients into a blender and blend until smooth. Taste prior to serving to gauge if it requires more of any ingredient. Serve with roasted chicken and mashed cauliflower.

BEVERAGES

Maca Hot Chocolate

Heat 2 cups of coconut milk in a small saucepan; add 3 tbsp raw cacao powder, 1 tbsp vanilla, 1 tbsp maca and 1 tbsp raw honey or maple syrup. Whisk until frothy and warm. Enjoy.

Master Cleanse Drink

(makes 1 serving)

This is an excellent beverage first thing in the morning, before breakfast. The lemon stimulates bile release and has a cleansing effect on the digestive tract. The cayenne pepper stimulates circulation both in the digestive tract and throughout the body. The maple syrup provides a rapidly absorbed source of energy. During detoxification eating programs Master Cleanse can be used up to six times daily. It sustains energy and aids the detoxification process. It is best to take on an empty stomach or after eating only fruit, vegetables, or nuts and seeds.

8 ounces warm purified water
1 lemon, squeezed
1-2 dashes cayenne
½ – 1 teaspoon maple syrup

Potassium Broth

Potassium Broth is not only an excellent present to bring to a dear friend after she's had a baby, it is also a wonderful tonic for someone who has recently had surgery or suffered an extended illness.

I'm often asked what is the best thing to bring to a relative in the hospital, and without a doubt, homemade soups and Potassium Broth in a thermos top the list!

2 organic, well scrubbed potatoes
2 organic carrots, well scrubbed
4 organic celery stalks, chopped
1 bunch organic parsley
½ garlic bulb, peel and smash cloves
handful of seaweed or a 5" piece (dulse, kombu, kelp)
4 quarts filtered water
Liquid whey

Use stainless steel, enameled, or earthenware pot - not aluminum. Fill pot with 3 quarts of filtered water. Peel potatoes. Place the potato peelings, carrot peelings, chopped celery, garlic, and seaweed into the large pot with the filtered water. Cover and bring to a boil, reduce heat and simmer for 45 minutes. Add parsley and simmer for 5 more minutes. Let stand for another 30 minutes. Allow broth to cool. Strain broth through a colander, and drink only the broth. Feel free to add cayenne pepper and high-quality Himalayan or Celtic sea salt. Add 1 TBL whey to each cup for a big boost to mineral assimilation.

"Anti-Bloat-ini"

Juice 1 beet, 4 celery stalks, ½ a cucumber, 2 stalks of kale, ½ bunch cilantro, and 1 lemon. Enjoy. It's full of natural diuretics, tissue salts, and liver detoxifiers.

Anti-Inflammatory Smoothie

1½ cups of chia gel
½ cup frozen mangos

½ cup fresh papaya
¼ cups walnuts
½ inch fresh ginger root
½ inch fresh turmeric root
½ teaspoon ground cinnamon
1 Tablespoon flax seeds
1 scoop L-glutamine powder
¼ teaspoon probiotic powder

Place the chia gel in the blender first and then add the remaining ingredients. If you have a Vitamix you will not need to grind the nuts or seeds prior. If you do not have a powerful blender, I recommend grinding the nuts and seeds in a coffee grinder before placing them in the blender.

Coconut Milk Smoothie

(serves 1-2)

1 cup whole coconut milk
2 ripe bananas
½ avocado
4 egg yolks from good quality eggs
2 tsp vanilla extract
filtered water (optional)

Wash eggs in warm, soapy water and dry. Crack eggs and separate out the yolks. Puree bananas with egg yolks in a food processor or blender. Add remaining ingredients except water and blend again. Add additional water if desired to obtain desired thickness.

Creamy Chocolate Avocado Smoothie

4 oz coconut milk + 4 oz water
½ cup crushed ice
1 ripe banana
3 dates, or 1 tablespoon honey
½ avocado (about ¼ cup)
2 tablespoons raw cacao
2 tablespoons almond butter
1½ teaspoon golden flaxseed

Blend for 30 seconds until smooth.

Coconut Milk Egg Nog

4 cups Coconut milk
6 Egg yolks, pastured
¼ cup Honey, raw
1 tsp Vanilla extract, homemade
Nutmeg, ideally freshly grated, or ground

Blend the coconut or almond milk together with the egg yolks, honey and vanilla in a blender or food processor until smooth. Alternatively, you can warm everything together on low heat in a saucepan, whisking until blended. Pour into glasses. Grate fresh nutmeg over egg glass.

Eggnog (dairy-free, refined-sugar free)

Blend together 8 egg yolks + 1 can of full-fat Thai Kitchen coconut milk. Pour into a mixing bowl and set aside.

Add to a medium/large sized pot:

3 cups unsweetened almond milk OR Tempt hemp milk

1 cans of full-fat Thai Kitchen coconut milk

½ cup coconut sugar, which is low glycemic index

1 tbsp vanilla extract

2 tsp cinnamon

½ tsp ground nutmeg

1/8 tsp allspice

Bring to simmer. Slowly ladle a little of the hot liquids into the egg yolk mixture, whisking constantly. After you have whisked in about a cup of the hot liquids, transfer the yolk mixture to the pot. Whisk while simmering for about three minutes. Remove from heat and serve or refrigerate for later.

Potassium Punch

(serves 2)

1 avocado

2 bananas

1 head kale

8 oz coconut water

8 oz water

Blend all ingredients together.

Coffee Substitute

1 Tbsp Molasses

1 Tbsp Coconut oil

¼ tsp organic powdered ginger

Place ingredients in a mug and pour in boiling water and stir. Let cook until still hot but drinkable and enjoy!

Raw Hot Cocoa

(makes 4 cups)

You don't need a Vita-Mix to make this. I'll explain the non-Vita-Mix method at the end.

4 cups raw milk or Native Forest organic, full fat coconut milk

4 Tablespoons raw cocoa powder

4 Tablespoon grade B maple syrup

½ teaspoon vanilla extract

Pink Himalayan salt (optional)

Put all ingredients except salt in the Vita-Mix. Blend on high for three minutes, or until it's warm enough for your taste, but not over 105 degrees (when the enzymes begin to die off). There will be lots of foam on top. Ladle the foam off the top into a bowl. Set aside. Pour the hot cocoa into mugs (or mason jars like we did, hehe) then spoon desired amount of foam on the top. Sprinkle very small amounts of pink Himalayan salt on top to add festive color and a hint of salty goodness, nourishing trace minerals included. If you don't have a

Vita-Mix, carefully whisk all ingredients in a pot over medium-low heat, right before it gets to 105 degrees. In any kind of blender, blend ½ cup of the hot cocoa on high until it's frothy.

Chocolate Shake

⅓ Cup Soaked Nuts (any variety should do- I like Hazelnuts, Macadamia or Cashew)
1 Avocado (pit and skin removed)
1 Tbs of raw cacao powder
4 Ice Cubes
½ - 1 Cup Cold Water, Coconut Milk or Yogurt
raw honey or pure maple syrup to taste
Pinch of Sea Salt

Combine all ingredients in a blender until smooth. Note: For those looking to avoid nuts- they can be left out. I like to add them in for a little extra flavor and protein. Make sure to soak the nuts for a few hours so that they fully blend.

Non-Dairy Coconut-Mocha Coffee Creamer

1 cup Virgin Coconut Oil
1 cup Coconut Cream Concentrate
½ - 1 teaspoon honey (or to taste)
2-3 tablespoons organic cocoa powder

Gently soften or melt coconut oil and coconut cream until you can stir them. Add sweetener and cocoa and mix until thoroughly combined. Pour into small lidded jars and refrigerate so it sets up properly without separating. To use: Mix one or more spoonfuls into coffee or hot chocolate. Keeps well and is great for traveling.

Homemade Almond Milk

(makes 2 quarts)

While almond milk from the store is not a good choice, the homemade version is both delicious and nutritious.

2 cups raw almonds
1 Tbsp sea salt
6 cups filtered water
1 tsp vanilla extract
1 tsp almond extract
1-2 dates (soaked in water for 20 minutes), optional

Place almonds and sea salt in a large bowl. Fill bowl with enough warm filtered water to cover the almonds by an inch. Cover the bowl with a towel and let soak overnight in the warmest area of your home. In the morning, drain soaking water and rinse almonds well. Place soaked almonds in a food processor or blender with filtered water, vanilla, almond extract, and soaked dates if using. Process until smooth. For a smoother milk pour the contents of the blender through a nut milk bag or a fine strainer lined with cheesecloth to remove nut pulp. Pick up the ends of the cheesecloth and squeeze pulp to remove all the milk. Save nut pulp to make raw bread or other raw treats!

Almond Sesame Milk

¼ cup almonds
¼ cup sesame seeds
1 tsp sea salt
2 cups water
4 drops liquid stevia

Place almonds, sesame seeds and sea salt in a large bowl. Fill bowl with enough warm filtered water to cover the almonds by an inch. Cover the bowl with a towel and let soak overnight in the warmest area of your home. In the morning, drain soaking water and rinse nuts well. Place nuts in blender with a few tablespoons of the water and blend until you have a paste. Add the rest of the water and sweetener; blend again. For a smoother milk pour the contents of the blender through a fine strainer lined with cheesecloth to remove nut pulp. Pick up the ends of the cheesecloth and squeeze pulp to remove all the milk. Save nut pulp to make raw bread or other raw treats!

Almond Cashew Milk

¼ cup almonds
¼ cup cashews
1 tsp sea salt
2 cups water
4 drops liquid stevia

Place almonds, cashews and sea salt in a large bowl. Fill bowl with enough warm filtered water to cover the almonds by an inch. Cover the bowl with a towel and let soak overnight in the warmest area of your home. In the morning, drain soaking water and rinse nuts well. Place nuts in blender with a few tablespoons of the water and blend until you have a paste. Add the rest of the water and sweetener; blend again. For a smoother milk pour the contents of the blender through a fine strainer lined with cheesecloth to remove nut pulp. Pick up the ends of the cheesecloth and squeeze pulp to remove all the milk. Save nut pulp to make raw bread or other raw treats!

Nut Butter Milk

2 Tbsp almond, sesame or walnut butter
2 cups water
4 drops liquid stevia

Place nut or seed butter in the blender with choice of sweetener. Blend until smooth.

Homemade Coconut Milk

(makes about 1 cup)

1 ½ cups water
7/8 cup dry unsweetened shredded coconut

In a medium-size kettle, heat the water, but do not bring it to a boil. Place the coconut in a blender and add 1 cup of the hot water. Blend for 2-3 minutes. Place a colander in a bowl and line the colander with 4 thicknesses of cheesecloth. Pour the blended coconut mixture into the cheesecloth and twist to extract the milk, letting the milk go into the bowl. Return the coconut pulp to the blender and add the remaining ½ cup of hot water. Blend for 1-2 minutes, strain and press through the cheesecloth into the bowl. What to do with the left-over pulp? Some people have successfully used the pulp to make coconut macaroons. Adding to a

granola recipe is another favorite use! So don't throw it away!! Check out the recipe in the Sweet Treats section for how to make macaroons from coconut pulp.

BREADS, CRACKERS, BISCUITS

Nut/Seed Bread

- 1 cup sunflower seed kernels
- 1/2 cup flax seeds
- 1/2 cup hazelnuts or almonds
- 1 1/2 cups gf rolled oats
- 2 tablespoons chia seeds
- 4 tablespoons psyllium seed husks (3 tablespoons if using psyllium powder)
- 1 teaspoon fine grain sea salt (add 1/2 teaspoon if using coarse salt)
- 1 tablespoon maple syrup
- 3 tablespoons melted coconut oil or ghee
- 1 1/2 cups water

In a flexible, silicon loaf pan or a standard loaf pan lined with parchment, combine all dry ingredients, stirring well. Whisk maple syrup, oil, and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable). Smooth out the top with the back of a spoon. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it or lift the parchment.

Preheat oven to 350° F / 175° C. Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 30 to 40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing. Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!

Paleo Sandwich Bread

- 5 eggs (medium to large size)
- 1 cup raw whole macadamia nuts (made into butter per the instructions)
- 1 cup coconut butter (heat very gently to get a smooth butter)
- 1/2 teaspoon sea salt
- 2 tablespoons lemon juice
- 1 rounded teaspoon baking soda

Place the macadamias into a typical large home-kitchen food processor and process on high to achieve a part butter, part chunky nut meal. While running on high still, drop one egg down the chute and wait for the sound to stabilize to smooth (about 20-30 seconds), then do the same with the second egg. Once the processor is running smooth again, add the remaining 3 eggs down the chute. You should have a very smooth batter by this point. Shut down the processor and add the remaining ingredients, except for the lemon juice and baking soda. Turn it on low this time, and once everything is all mixed (20 seconds or so), introduce first the lemon juice down the chute, then the baking soda. Mix for a few more seconds. Place the batter in a standard 8 1/2 bread pan, greased with butter, ghee or coconut oil. Bake at 350F (175-180C) for 35 minutes. Remove from the pan and set on an elevated rack to cool. Total time from start to finish is about 45 minutes (10 for the prep, 35 for the cooking).

Grain Free 'White' Paleo Bread

- 1 cup extra smooth macadamia butter at room temperature (I use Artisana Organic)
- 4 large eggs, separated
- 1/2 to 2 tablespoons honey

2½ teaspoons apple cider vinegar
¼ cup coconut milk
¼ cup coconut flour
1 teaspoon baking soda
½ teaspoon sea salt

Preheat your oven to 300 degrees. Line the bottom of an 8.5×4.5 glass loaf pan with parchment paper, then spread a very thin coating of coconut oil on the sides of the pan. Beat the cashew butter with the egg yolks, then add the honey, vinegar, and milk. I've done this with both electric hand beaters and a stand mixer and both seem to work equally as well. I would not try to make this by hand due to the stickiness of the butter. Beat the egg whites in a separate bowl until peaks form. I used an electric hand mixer, but if you want a bicep workout, you can also do it by hand. Combine the dry ingredients in another small bowl. Sorry for all of the dishes! Make sure your oven is completely preheated before adding the egg whites and the dry ingredients to the cashew butter mixture. You don't want your whites to fall, and the baking soda will activate once it hits the eggs and vinegar. Pour the dry ingredients into the wet ingredients, and beat until combined. This will result in more of a wet batter than a dough. Make sure to get all of the sticky butter mixture off of the bottom of the bowl so you don't end up with clumps. Pour the beaten egg whites into the cashew butter mixture, beating again until just combined. You don't have to be gentle with this, but don't over mix. Pour the batter into the prepared loaf pan, then immediately put it into the oven. Bake for 45-50 minutes, until the top is golden brown and a toothpick comes out clean. Don't be tempted to open the oven door anytime before 40 minutes, as this will allow the steam to escape and you will not get a properly risen loaf. Remove from the oven, then let cool for 15-20 minutes. Use a knife to free the sides from the loaf pan, then flip it upside down and release the loaf onto a cooling rack. Cool right-side up for an hour before serving. Wrap the loaf up tightly and store in the fridge for 1 week. I actually think the loaf gets better as the days go on.

Paleo Breakfast Bread

(serves 4)

½ cup creamy roasted almond butter
2 eggs
2 tablespoons honey
1 teaspoon vanilla extract
¼ teaspoon stevia
¼ teaspoon celtic sea salt
¼ teaspoon baking soda
1 tablespoon cinnamon

In a large bowl, with a hand blender mix almond butter until creamy. Mix in eggs, honey, vanilla and stevia. Add salt, baking soda and cinnamon. Mix well with hand blender until all ingredients are combined. Transfer batter into a well greased 8x8 inch Pyrex baking dish. Bake at 325° for 12 to 15 minutes. Serve.

Paleo Bread

2 cups blanched almond flour
2 tablespoons coconut flour
¼ cup flax meal
¼ teaspoon celtic sea salt
½ teaspoons baking soda
5 eggs
1 Tbsp coconut oil
1 tablespoon honey

1 tablespoon apple cider vinegar

Place almond flour, coconut flour, flax, salt and baking soda in a food processor. Pulse ingredients together. Pulse in eggs, oil, honey and vinegar. Pour batter into a greased 7.5 Inch x 3.5 Inch Magic Line Loaf Pan. Bake at 350° for 30 minutes. Cool in the pan for 2 hours and then serve.

Paleo Pumpkin Bread

1 cup blanched almond flour
¼ teaspoon celtic sea salt
½ teaspoon baking soda
1 tablespoon cinnamon
1 teaspoon ground nutmeg
½ teaspoon cloves
½ cup roasted pumpkin
2 tablespoons honey
¼ teaspoon stevia
3 eggs

In a food processor combine almond flour, salt, baking soda and spices. Add pumpkin, syrup, stevia and eggs and pulse for 2 minutes. Scoop batter into a petite loaf pan (6" x 3" x 2"). Bake at 350° for 35-45 minutes. Cool for 1 hour. Serve.

Grain-Free Sandwich Bread

1 cup smooth raw cashew butter at room temperature
4 large eggs, separated (mine weighed about 9 ounces in their shells)
½ to 2 tablespoons honey (use 2 tbsp if you plan to use if for sweeter dishes like french toast)
2½ teaspoons apple cider vinegar
¼ cup almond milk
¼ cup coconut flour
1 teaspoon baking soda
½ teaspoon sea salt

Preheat your oven to 300 degrees. For a white colored loaf as in the photo, place a small dish of water on the bottom rack. Line the bottom of an 8.5x4.5 glass loaf pan with parchment paper, then spread a very thin coating of coconut oil on the sides of the pan. Beat the cashew butter with the egg yolks, then add the honey, vinegar, and milk. I've done this with both electric hand beaters and a stand mixer and both seem to work equally as well. I would not try to make this by hand due to the stickiness of the butter. Beat the egg whites in a separate bowl until peaks form. I used an electric hand mixer, but if you want a bicep workout, you can also do it by hand. Combine the dry ingredients in another small bowl. Sorry for all of the dishes! Make sure your oven is completely preheated before adding the egg whites and the dry ingredients to the cashew butter mixture. You don't want your whites to fall, and the baking soda will activate once it hits the eggs and vinegar. Pour the dry ingredients into the wet ingredients, and beat until combined. This will result in more of a wet batter than a dough. Make sure to get all of the sticky butter mixture off of the bottom of the bowl so you don't end up with clumps. Pour the beaten egg whites into the cashew butter mixture, beating again until just combined. You don't have to be gentle with this, but don't over mix. Pour the batter into the prepared loaf pan, then immediately put it into the oven. Bake for 45-50 minutes, until the top is golden brown and a toothpick comes out clean. Don't be tempted to open the oven door anytime before 40 minutes, as this will allow the steam to escape and you will not get a properly risen loaf. Remove from the oven, then let cool for 15-20 minutes. Use a knife to free the sides from the loaf pan, then flip it upside down and release the loaf

onto a cooling rack. Cool right-side up for an hour before serving. Wrap the loaf up tightly and store in the fridge for 1 week. I actually think the loaf gets better as the days go on.

Paleo Banana Bread & Walnut Crumble Topping

(serves 12)

- 3 ripe bananas (about 1½ cups) mashed
- 3 eggs
- 1 tablespoon vanilla extract
- 1 tablespoon honey
- ¼ cup palm shortening, or softened butter
- 2 cups blanched almond flour
- ½ teaspoon celtic sea salt
- 1 teaspoon baking soda

Place bananas, eggs, vanilla, honey and shortening in a food processor. Pulse ingredients together. Pulse in almond flour, salt and baking soda. Scoop batter into a greased 7.5" x 3.5" Magic Line Loaf Pan. Option to top prepared batter with Walnut Crumble Topping (below). Bake at 350° for 55-65 minutes. Remove from oven and allow to cool.

Walnut Crumble Topping

- ½ cup almond flour
- 2 tablespoons coconut oil or butter
- 1-2 tablespoons raw honey
- 1 tablespoon cinnamon
- ½ cup walnuts, preferably soaked and dehydrated, chopped

Preheat oven to 325 degrees. In a small saucepan, gently heat the coconut oil until completely melted, then add honey and stir until softened. Turn off the heat and let sit, stirring occasionally as it cools.

In a large bowl, whisk the eggs until broken up, then add the salt, vanilla and almond extract and whisk together. To make sure the eggs don't scramble from any warmth that is left, add the melted coconut oil and honey in a small stream as you whisk. Add the almond flour, and using an immersion blender blend very well until no clumps remain. (You could also do this in a food processor if you don't have an immersion blender.) Add mashed bananas and use the blender to combine. Stir in chopped walnuts with a wooden spoon by hand. Spoon crumble topping over the batter, covering with an even layer.

Almond Flour Banana Bread

- 4 cups almond flour
- 2 cups coconut flour
- 1 cups dark chocolate chips, at least 73%
- 1 tsp. sea salt
- 2 tsp. baking soda
- 1 tsp. aluminum-free baking powder
- ¼ cups Raw honey
- ½ cups coconut oil
- 6 eggs (from pastured hens)
- 2 tbs. vanilla
- 2½ cups mashed bananas (approximately 5 small bananas)

In a mixing bowl, combine all dry ingredients - almond flour, coconut flour, chocolate chips, salt, baking soda, & baking powder. In a separate mixing bowl, combine all wet ingredients - honey, coconut oil, eggs, vanilla, & bananas. Combine wet and dry ingredients thoroughly with a spoon. If the batter is too dry (like cookie batter, add another egg, more honey, and/or another banana). Transfer into two loaf pans or one bundt cake pan or 24 muffin tins. Cook at 350F. If using two loaf pans, cook for about 40 minutes. If using a bundt cake pan, cook for about 45-50 minutes. If using muffin tins, cook for about 25 minutes. Remove cooking tins from oven, and let cool completely before removing from cooking tins and serving up this delicious almond flour banana bread to your family and friends. Freeze whatever you don't think you'll eat within a couple of days!

Coconut Flour Banana Bread

(serves 12)

- ½ cups sifted coconut flour
- ½ teaspoon celtic sea salt
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- ¼ cup honey
- ¼ cup coconut oil or butter
- 3 eggs, whisked
- 1 tablespoon vanilla extract
- ½ tsp almond extract (optional)
- 2 bananas (about one cup) mashed

Optional Add-Ins:

- ¾ cup dark chocolate, 88%
- ½ cup raw cacao powder
- Chopped cacao beans
- Chopped nuts

In a large bowl, mix together coconut flour, salt, cinnamon and baking soda (and optional cacao powder). In a smaller bowl, combine syrup, oil, eggs and vanilla, then stir in bananas. Mix wet ingredients into dry (and then mix in any of the add-ins that you wish). Place batter in a greased bread loaf pan. Bake at 350° for 50 minutes or until done. Remove from oven and allow to cool.

Cranberry Nut Bread

- ½ cup coconut flour
- 1 teaspoon celtic sea salt
- 1 teaspoon baking soda
- 5 eggs
- ½ cup butter or coconut oil
- ¼ cup honey
- 1 tablespoon vanilla extract
- 1 cup cranberries, frozen
- ½ cup walnuts, chopped

In a medium bowl combine coconut flour, salt and baking soda. In a large bowl blend eggs, grapeseed oil, syrup and vanilla. Blend dry ingredients into wet, then fold in cranberries and walnuts. Pour batter into (2) greased 6.5 X 4 inch loaf pans. Bake at 350° for 34 minutes. Cool and serve.

Lemon Poppy Seed Bread

½ cup coconut flour
½ teaspoon celtic sea salt
1 teaspoon baking soda
5 eggs
½ cup melted coconut oil
¼ cup honey
1 tablespoon vanilla extract
1 tablespoon lemon zest
1 tablespoon poppy seeds

In a medium bowl combine coconut flour, salt, and baking soda. In a large bowl blend eggs, oil, syrup, vanilla and lemon zest. Blend dry ingredients into wet. Fold in poppy seeds. Pour batter into (2) greased 6.5 X 4 inch loaf pans. Bake at 350° for 34 minutes. Cool and serve.

Large Sandwich Loaf

1 cup almond butter
6 large eggs
½ cup blanched almond flour
1 tablespoon flax meal
¾ teaspoon salt (adjust to taste if you almond butter is already salted)
1 teaspoon baking soda
1 teaspoon apple cider vinegar

Preheat oven to 350° F. In a large bowl, whip almond butter using a kitchen-aid or a hand held mixer on high for 1 minute. Add eggs and apple cider vinegar. Whip for 3 minutes. Combine blanched almond flour, flax meal, salt, and baking soda in a small bowl. Add the dry mixture to the wet and mix until combined. Option: sprinkle 1 teaspoon of flax meal on top of the bread for a rustic feel. Pour the batter into a greased 8.5" by 4.5" pan. Bake at 350° on the lowest rack of the oven for 45 minutes. The bread is done when the top of the loaf is firm to the touch. Let cool for 30 minutes (if you can stand it) and enjoy!

Paleo Zucchini Bread

(makes 1 loaf)

1½ cups almond flour
1½ tsp baking soda
½ tsp sea salt
1 tsp cinnamon
3 eggs
3 TBSP raw honey
1 banana, peeled and mashed
1 TBSP coconut oil, melted
1 cup grated zucchini

Preheat oven to 350 degrees and grease a loaf pan with coconut oil. Combine flour, baking soda, salt, and cinnamon in a small bowl and set aside. In a large bowl (or your KitchenAid!), combine eggs, honey, banana, and coconut oil and mix until well combined. Place the grated zucchini in a cheesecloth or cloth napkin and squeeze all the liquid out. Do this several times until all the moisture is out of the zucchini (otherwise your bread will be soggy and won't cook in the middle). Add the zucchini to the egg mixture and mix well. Add the dry ingredients to the wet mixture and mix until well incorporated. Pour the batter into the loaf pan. Bake for

30-35 minutes or until a toothpick comes out clean when inserted into the middle. Remove from the oven and allow to cool in the pan for about 5 minutes. Transfer the bread to cool on a wire rack.

Zucchini Chocolate Chip Bread

½ cup coconut flour
½ teaspoon celtic sea salt
½ teaspoon baking soda
2 teaspoon cinnamon
2 eggs
½ cup melted butter, coconut oil or palm shortening
⅓ cup raw honey
2 cups grated zucchini (make sure to squeeze out all water!)
½ cup chocolate drops

In a medium bowl, combine coconut flour, salt, baking soda and cinnamon. In a large bowl, combine eggs, oil, honey, stevia and zucchini. Mix dry ingredients into wet thoroughly. Stir in chocolate chips. Grease a loaf pan with oil and lightly dust with coconut flour. Spoon approximately 1 tablespoon of batter into each muffin tin. Bake at 350° for 45-50 minutes or until done in the center. Cool and serve

Coconut Bread

¾ cup sifted coconut flour
½ cup extra virgin coconut oil, melted
6 eggs
2 Tbsp coconut sap syrup
½ teaspoon unrefined sea salt salt
1 teaspoon aluminum free baking powder, optional

Blend together eggs, oil, syrup, and salt. Combine coconut flour with baking powder and whisk thoroughly into batter until there are no lumps. Mix all ingredients together until they form a smooth paste and there are no lumps. Pour into greased 9x5x3 inch or smaller loaf pan and bake at 350 for 40 minutes. Remove from pan and cool on rack.

Grain-Free Cornbread

2 cups almond flour
3 tablespoons coconut flour
3 teaspoons baking powder (make sure it's grain-free)
½ teaspoon Celtic sea salt
½ teaspoon baking soda
2 teaspoons coconut sugar
2 large eggs, lightly beaten
¼ cup maple syrup
5 tablespoons unsalted butter or ghee, melted and cooled slightly
1 cup non-dairy buttermilk, room temperature *see note
1 cup pecans, chopped

Preheat oven to 375°F and adjust rack to middle position of oven. Put butter/ghee in cast iron skillet. Place in the oven while you prepare the batter. Whisk almond flour, coconut flour baking powder, sea salt, baking soda and coconut sugar together in a large mixing bowl. In a separate bowl, whisk together the eggs, maple syrup, and coconut yogurt/buttermilk. Remove the skillet from the oven, make sure the entire bottom and sides are

coated with oil and then pour the remaining oil in the batter. Pour wet mixture into flour mixture and gently fold in pecans and stir all ingredients together. Pour cornbread batter into the skillet and spread out evenly. Bake for 30-35 minutes, or until the top is golden brown.

**To make non-dairy buttermilk, add 1 tablespoons apple cider vinegar to 1 cup of non-dairy milk of choice. Stir well and wait 10 minutes until incorporating into recipe.*

Gluten Free Cornbread

5 tbsp ghee or butter
1 cup medium or coarse ground cornmeal (make sure to get a high quality one, not the fine powdery stuff)
1 cup blanched almond flour
¾ teaspoon salt
2 teaspoons baking powder
½ teaspoon baking soda
¼ cup maple syrup
2 eggs, room temperature
1 teaspoon pure vanilla extract
1 cup non-dairy buttermilk, room temperature *see note
1 cup pecans, chopped

Preheat oven to 375 degrees. Put ghee or butter in a 9-10-inch cast-iron skillet and place on middle rack in oven until melted. In a medium bowl, combine cornmeal, almond meal, salt, baking powder and baking soda. In a large bowl, with an electric mixer, beat maple syrup, eggs, and vanilla extract until well combined. In batches, alternate adding dry ingredients and buttermilk until well combined. Stir in pecans. When ghee or butter has melted in skillet, carefully remove from oven. Making sure skillet is evenly coated, pour excess oil into batter. Mix until evenly incorporated. Pour batter into skillet and place skillet on middle oven rack. Bake for 25-35 minutes until golden brown and a toothpick comes out clean. Allow cornbread to cool in skillet for at least 10 minutes, then invert and cool the rest of the way on a wire rack. Enjoy!

**To make non-dairy buttermilk, add 1 tablespoons apple cider vinegar to 1 cup of non-dairy milk of choice. Stir well and wait 10 minutes until incorporating into recipe.*

Plain Jane No-Grain Crackers

¾ pulsed soaked & dried almonds
¼ cups ground flax seed

Pulse in food processor, ADD:

2 TBSP psyllium husk
1 TBSP coconut flour

Pulse in food processor, ADD:

¼ cups pumpkin seed
4 TBSP sesame seed

Pulse in food processor, ADD:

1 tsp sea salt
Pulse

Mix together:

¼ cups water
1 TBSP olive oil

With food processor running, add liquids until ball is formed. Roll out between two parchment paper 1/8" thick, removing top paper. Score into 1½" squares. Bake 350 for 20 minutes.

Cinnamon Crisps

¾ cups pulsed soaked & dried almonds
¼ cups ground flax seed

Pulse in food processor, ADD:

2 TBSP psyllium husk
1 TBSP coconut flour

Pulse in food processor, ADD:

4 TBSP white sesame seed
½ tsp. sea salt
1 heaping tsp cinnamon

Dissolve 1 heaping TBSP coconut sugar in ¼ cup warm water, add 1 TBSP olive oil

With food processor running, add liquids until ball is formed. Roll out between two parchment paper 1/8" thick, removing top paper. Score into 1½" squares. Bake at 350 for 20 minutes.

Wheat Thins (without the wheat of course!)

1 cup firmly packed almond pulp
2 tablespoons golden flaxseed meal
1 tablespoon olive oil
½ teaspoon celtic sea salt
1 tablespoon raw honey

Combine all ingredients in a large bowl. Roll dough into a ball, press between 2 sheets of parchment paper and roll to ¼-inch thickness. Remove top piece of parchment paper. Transfer the bottom piece with rolled out dough onto baking sheet. Cut dough into 2-inch squares with a knife or pizza cutter. Bake at 135° for at least 20 hours (yes, 20 hours), or until crunchy (you can also dehydrate these crackers at 110 if you have a dehydrator.) Let crackers come to room temperature on baking sheet, then serve.

Herb Crackers

(makes 60 crackers)

3½ cups blanched almond flour
1 tsp sea salt
2 Tbsp finely chopped fresh rosemary
2 Tbsp finely chopped fresh thyme
2 Tbsp olive oil
2 large eggs

Preheat the oven to 350 F. Set aside 2 large baking sheets. Cut 3 pieces of parchment paper to the size of baking sheets. In a large bowl, combine the almond flour, salt, rosemary, and thyme. In a medium bowl, whisk together the oil and eggs. Stir the wet ingredients into the almond flour mixture until thoroughly combined.

Divide the dough into 2 pieces. Place 1 piece of dough between 2 sheets of parchment paper and roll to 1/16-inch thickness. Remove the top piece of parchment paper and transfer the bottom piece of parchment with the rolled-out dough onto a baking sheet. Repeat the process with the remaining piece of dough. Cut the dough into 2-inch squares with a knife or pizza cutter. Bake for 12-15 minutes, until lightly golden. Let the crackers cool on the baking sheet for 30 minutes, then serve.

Rosemary Crackers

1¾ cups blanched almond flour
½ teaspoon celtic sea salt
2 tablespoons fresh rosemary, finely chopped
1 tablespoon olive oil
1 egg

In a large bowl, combine almond flour, salt and rosemary. In a medium bowl, whisk together olive oil and egg. Stir wet ingredients into almond flour mixture until thoroughly combined. Roll the dough into a ball and press between 2 sheets of parchment paper to ⅛ inch thickness. Remove top piece of parchment paper. Transfer the bottom piece with rolled out dough onto baking sheet. Cut dough into 2-inch squares with a knife or pizza cutter. Bake at 350° for 12-15 minutes, until lightly golden.

Flax Crackers

2 cups ground flaxseed (you can buy it pre-ground or grind whole seeds in a coffee grinder)
1 cup water (start with ¾ cup and add more as needed to make a workable dough)
1 egg
½ tsp salt
½ tsp garlic powder
½ tsp onion powder

Preheat oven to 400 degrees. In a large bowl, combine all the ingredients and mix until an even dough forms. Spread evenly onto a parchment or silicone lined baking sheet - about 1/8-¼ inch thick. Gently cut dough into squares on the baking sheet (you just need to score the dough so it snaps after it's baked - be careful not to cut up your silicone mat or cookie sheet!) Bake for 20-30 minutes until crisp and edges are browned but not burnt.

***This recipe is for a garlic and onion flavored cracker - to make it with different seasonings omit the garlic and onion powder and use whatever sounds good - nutritional yeast, rosemary, herbs, chili powder, etc.*

Coconut Flour Crackers

½ cup Coconut Flour
¼ cup Chia Seeds or Flax Seeds (ground)
¼ cup Hemp seeds
½ tsp Sea Salt (divided)
1/8 tsp Garlic Powder
½ tsp Italian Seasoning
¼ cup Extra Virgin Coconut Oil
¾ cup water (boiled)

Preheat oven to 375 degrees. Combine all dry ingredients in a large mixing bowl. Add the coconut oil into the bowl. Add water a little at a time and, using a fork, incorporate all of the ingredients, mashing out any large lumps as you go. Once all of the ingredients are fully incorporated, use your hands to form it all into a large ball. Place the ball on a parchment covered sheet pan and roll out until very thin, but with no cracks or tears.

Use the uneven edges to fill in as needed. Using a pizza cutter, cut the dough into rows depending on whatever sized crackers you want. Bake for 20-25 minutes or until crackers reach desired doneness.

Plantain Biscuits/Hamburger Buns

1 Cup Plantains (pureed)
½ cup coconut milk
2 eggs
1 cup coconut flour
¼ teaspoon baking soda
¼ teaspoon salt

Preheat oven to 350 degrees. Slice plantains and puree in food processor until "silky" and all lumps removed. Combine plantain puree, coconut milk, eggs, and whisk well. Combine dry ingredients in a separate bowl and then mix with the wet ingredients. Mix until combined, then form dough into 8 pieces and place on cookie sheet lined with parchment paper. Flatten to about 1 inch thickness. Bake around 25 minutes, until it's browned/cooked through, and serve!

Paleo Hamburger Buns

1½ cup raw cashews
3 eggs, divided
¾ teaspoon apple cider vinegar
¼ cup coconut milk (or other non-dairy milk)
4 tablespoons melted butter or ghee (coconut oil will work too, I just like the richness of the butter)
⅓ cup coconut flour
¼ cup blanched almond flour
1 teaspoon salt
1 teaspoon baking soda

Preheat oven to 325 degrees. Place the cashews, egg yolks, vinegar, milk, and butter in a food processor, and process until very smooth. Add the coconut flour, almond flour, and salt and process again until a smooth and a sticky dough has formed. Beat the egg whites in a separate bowl until stiff peaks have formed. Add the baking soda and egg whites to the food processor, then pulse 8-10 times until everything is incorporated. Using very wet hands, shape the dough into 4 buns, almost like hamburger patties. Re-wet your hands in between each bun to ensure the dough doesn't stick to your hands and to achieve the smooth exterior you see on mine. I think this step is kind of like making mud pies. Remember those? Bake on a cookie sheet lined with parchment paper or a SilPat for 25 minutes.

Coconut Biscuits

⅓ cup Coconut Flour
1/8 tsp Sea Salt
½ tsp Baking Powder
5 tbsp Extra Virgin Coconut Oil (softened, not melted)
2 tbsp Raw Honey
4 Eggs

Preheat oven to 400 degrees. Combine coconut flour, salt, and baking powder in a large mixing bowl. Using a fork, add coconut oil and mash all together, forming small crumbs. Add honey and eggs, mixing with fork or hands until fully incorporated into a loose dough. Form nine small balls and place onto an ungreased baking

sheet with approximately 1 ½ - 2 inches between each one. Mash each ball down slightly. Bake for 12-15 minutes or until lightly browned.

Rosemary Almond Meal Biscuits

(makes 4 larger or 6 smaller biscuits)

2½ cups blanched almond flour

½ teaspoon celtic sea salt

½ teaspoon baking soda

1 Tbsp chopped rosemary

¼ cup butter

2 eggs

1 tablespoon raw honey

In a medium bowl, combine almond flour, salt, baking soda, and rosemary. In a large bowl, blend together butter, eggs and honey. Stir the dry ingredients into the wet until a nice dough forms. Roll out dough between 2 pieces of parchment paper, sprinkling extra flour to avoid sticking. For larger biscuits roll dough to about 1 inch thick and for smaller biscuits roll dough to about ½ inch thick. Cut the dough into biscuits using a mason jar with a 3-inch wide mouth, or a biscuit cutter. Using a spatula, transfer biscuits to a parchment lined baking sheet. Bake at 350° for 15 minutes, until biscuits are browned on the bottom edges. Serve with gravy, jelly or whatever else your heart desires.

Paleo Almond Flour Tortillas

(makes 8 small ones)

1 cup almond flour

1 egg

½ tsp olive oil

¼ tsp salt

Preheat oven to 350 degrees. Mix ingredients together to form a dough/paste. Divide the dough into small balls (or 8 equal parts). Take 2 pieces of parchment and roll out the small balls of the dough between the layers until the tortillas are about 1/8 inch thin. Peel off the top layer and transfer the unbaked tortillas (on the parchment) onto a baking sheet. Bake for 4-5 minutes or until cooked but still soft (the longer they bake, the harder they will become). Remove them carefully with a spatula. Serve right away warm, or refrigerate them and reheat when you are ready!

Plantain Tortillas

4 green plantains peeled and cubed

¼ cup water

¼ cup oil of choice

Add garlic and salt and pepper to taste and add any other spices like chili powder. Sometimes I will add a little lime juice as well. Blend or food processor until batter is consistency of hummus. Heat oven to 375 or 350 depending on the oven, spread into 6 inch rounds on parchment paper and bake for 8 to 10 minutes then flip them and bake for two more minutes. Brown in a skillet, optional, right before you serve. I like to start with 2 tablespoons of each liquid and then add as needed to get the right consistency, liquefied in the blender.

YUMMY TREATS

Trail Mix

Combine a variety of raw, unroasted, unsalted nuts and seeds: almonds, cashews, pecans, sunflower seeds, pumpkin seeds, walnuts, macadamia nuts. Add unsweetened dried cranberries, blueberries and/or goji berries. Add raw cacao nibs for an extra treat!

Soaked & Dried Nuts/Seeds

Neutralize any negative properties of the nuts & seeds (and to make them easier to digest) by making "Crispy Nuts".

Start with 4 cups of raw nuts or seeds, preferably skinless

1 tablespoon of sea salt

filtered water

Mix the nuts/seeds, salt and water and leave in a warm place for at least 7 hours or overnight. Drain in a colander. If you have a dehydrator, spread the nuts/seeds on the dehydrator sheets and set the temperature at 110 degrees. Let dry for 12-24 hours, turning occasionally, until completely dry and crisp. If you don't have a dehydrator you can use your oven set at the lowest temperature your oven will go. Spread nuts/seeds on stainless steel baking pan and place in warm oven (no more than 150 degrees) for 12-24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container. This process works well with peanuts, almonds, pecans, walnuts, hazelnuts, Brazil nuts, pumpkin seeds, sunflower seeds, and pine nuts. With cashews, it's a slight variation. Soak no longer than 6 hours and keep the oven at about 200 – 250 degrees for the same length of time.

Homemade Nut Butter

(makes 2 cups of nut butter)

2 cups of crispy nuts

$\frac{3}{4}$ cup pure coconut oil, gently melted

2 tablespoons of raw honey (optional)

1 teaspoon sea salt

Place nuts and sea salt in food processor (or Vitamix) and grind to a fine powder. Add coconut oil slowly, and process until "butter" becomes smooth. Stir in honey if using and sea salt. Once you chill it, it will harden. Store in an airtight container in the refrigerator. Enjoy!

Healthy Roasted Nuts

Roasting brings out the flavor of the nuts, and develops their sweetness. It also decreases even more of the harmful phytates found in nuts and seeds. It is safe to roast nuts if done at a low temperature-typically a 160-170 degree Fahrenheit oven (at higher temperatures than this, research clearly shows damage to nuts' delicate fats); 15-20 minutes will do the trick. Place nuts on a cookie sheet in a single layer. To enhance the "roasted" flavor, try putting a little Coconut Secret Liquid Aminos or Tamarai wheat-free soy sauce into a spray bottle and misting the nuts before roasting.

Nut Ball Snackers

One regular-sized jar of almond butter (or any other nut butter -other than peanut or cashew butter - that you prefer). Stir surface oil in well!

5-10 oz (an approximation) of organic nuts (almonds, pecans, macadamias, brazil nuts, pistachio's...etc, preferably pre-soaked and dried). Use a food processor to grind or chop to desired consistency /chunkiness.

Handful of organic sesame seeds and/or chia seeds (great source of mucilaginous fiber to help "keep that train rolling")

Organic shredded coconut (as much or as little as you like)

Alcohol-free (glycerin-based) vanilla extract, or powdered/crushed vanilla beans

One full brick (room temperature) of KerryGold butter (decidedly a "key" ingredient)

Optional Ingredients

Organic coconut flour – *add for additional yummy coconut flavor and/or better binding*

Organic raw coconut butter (*you have to taste this stuff to believe it!*)

Raw honey or pure maple syrup (*for added sweetness, if needed or desired*)

Bee pollen (*why not? Good source of flavonoids*)

Organic cacao nibs (Dagoba has quality ones) – *adds chocolaty flavor without adding sugar. Also, cacao nibs have roughly 2X the antioxidant content of green tea!*

Whatever floats your boat (*and happens to be low carb*)

Blend the above in a bowl thoroughly, then spoon out into little "balls" onto wax paper on a plate or tray. Refrigerate for a good hour, or until these firm up. If you want to take them with you, you might consider placing them in a small portable cooler. You could also individually wrap these in wax paper to secure them (if they can't be refrigerated) so that they don't get all over everything if they melt.

How to Substitute Sweeteners: Have you been wondering about baking with honey? Or baking with maple syrup? Or what to do about substituting sugar in your baked goods or other sweet (or not-so-sweet) dishes? Here's what you need to know:

1. Honey and maple syrup are sweeter than sugar, so use less (about $\frac{1}{2}$ – $\frac{3}{4}$ cup) for each cup of sugar.
2. When substituting a liquid for a granulated sweetener (e.g. using honey when the recipe calls for sucanat or brown sugar), for every 1 cup of honey, subtract $\frac{1}{4}$ cup of liquid from the recipe (that means also, for every $\frac{1}{4}$ cup of honey, subtract 1 Tbsp of liquid).
3. The converse is then, when substituting a granulated for a liquid sweetener (e.g. using sucanat or coconut sugar when the recipe calls for maple syrup or honey), for every 1 cup of sweetener, add $\frac{1}{4}$ cup of liquid from the recipe (that means also, for every $\frac{1}{4}$ cup of honey, add 1 Tbsp of liquid).
4. If baking with honey or maple syrup, reduce the oven temperature by 25 degrees Fahrenheit, since maple syrup and honey will tend to caramelize and burn faster than granulated sweeteners.
5. Since maple syrup and honey are somewhat acidic, when baking, you will need to add $\frac{1}{4}$ – $\frac{1}{2}$ tsp baking soda per cup of honey or maple syrup to the batter so it will rise.

Coconut Sap Syrup

1 $\frac{1}{2}$ cups coconut sap sugar or palm sugar

$\frac{1}{2}$ cup water

To make the syrup, bring the coconut palm sugar and water to a boil in a medium-size saucepan over medium heat, stirring to dissolve the sugar. Stop stirring and reduce the heat to low. Simmer for 3 minutes. Keep warm if to be used immediately. Or, let it cool and keep refrigerated to use later on. Feel free to double or triple this recipe and store in a mason glass jar in the refrigerator. This can be used as a 1:1 replacement for any sweetener called for in recipes.

Almond Butter Balls

(makes 30 small balls)

½ cup crunchy raw almond butter
½ cup raw pumpkin seeds
½ cup sesame seeds
2 cups shredded coconut
¼ ground chia seeds
1 Tbsp raw honey

Mix all of the ingredients together by hand, except for the coconut. Form into bite-size balls and roll them in shredded coconut.

Fat Balls

1 cup coconut shreds
½ cup coconut butter
¼ cup coconut oil
¼ cup raw sunflower seeds
¼ cup raw pumpkin seeds
½ cup raw cashews
½ cup raw almonds
3 tbsp raw cacao nibs
1 tsp cinnamon
2 tbsp hemp seeds
1 tbsp raw honey
½ tsp sea salt

Place all ingredients in food processor. Blend until coarsely ground. Don't over blend or it will turn into nut butter.

Roll into balls. Place on cookie sheet.

Place in the freezer to set until firm, about 1 hour. For a softer texture, you can store these in the refrigerator instead.

Serve chilled, as these treats will melt quickly at room temperature. Store in airtight container in the fridge for 2 weeks or in the freezer for up to 2 months.

Cacao Chip Peanut Butter Fat Balls

Cacao Chip Peanut Butter Fat Balls

1 cup raw cashews
1/2 cup gluten free oats (quick or rolled)
1/2 cup creamy peanut butter
1/4 cup unsweetened coconut flakes
1/2 teaspoon cinnamon
1 dark chocolate bar (at least 85%), broken into pieces (or 1/3 cup cacao nibs)

Combine all ingredients in food processor or blender

Pulse/blend until creamy and well combined

Add in chocolate chips or bar and pulse to break up the chocolate

Using a spoon or cookie dough scooper, form dough into balls and line across a lined baking tray or in a tupperware

Pop in freezer for 30 minutes to set and enjoy!

*You can store in fridge or freezer. Thaw out for a few minutes before eating if in freezer.

Cacao Almond Joy Balls

(makes 10-15 balls)

1 cup raw sunflower seeds
½ cup sesame seeds
1 cup raw almond butter
1 tbs raw honey or pure maple syrup
2 tablespoons raw cacao or carob powder
finely grated unsweetened coconut (optional)

Put the sunflower and sesame seeds in food processor and grind up until fairly fine. Add all the rest of the ingredients and blend until you have a thick paste (dry-ish). Take small amounts and roll between palms to form 1-inch balls. If you'd like, roll in finely grated coconut. Store in the refrigerator or freeze for a chilly treat.

Banana Nut Butter Balls

1 bananas
½ cups Nut Butter (peanut, almond, sunflower seed, cashew, etc.)
⅓ cups honey
1 teaspoons vanilla
2 tablespoons ground flaxseeds
¾ cups coconut, shredded
⅓ - ½ cups mini chocolate chips (like Enjoy Life)

Throw all the ingredients into a mixer. (I recommend using a "crunchy" nut butter to add more texture, but it's not necessary.) Mix on medium-high until ingredients well combined. Put mixing bowl in the refrigerator for at least 1 hour, or until mixture chills and stiffens up enough to roll into balls. Roll into about 1-inch balls and keep in refrigerator until ready to serve.

Raw Almond Date Balls

2 cups mixed nuts: I used 1 cup almonds, 1 cup walnuts
2 tablespoons ground flaxseeds
1 cup of packed pitted dates, soaked in water for 20 minutes
½ cup raisins, soaked with the dates
½ cup almond butter
1 teaspoon vanilla extract
½ teaspoon sea salt

Pulse nuts in food processor. Set aside in a medium sized bowl. Drain water from dates and raisins, then add them to food processor. Pulse until they form a mushy ball of sweetness. Add in almond butter and give it a good pulse. Toss in pinch of sea salt, vanilla extract and pulse. Pour in the nuts and seeds. Continue to push the pulse button gently until everything is incorporated and begins to form a large ball. Roll them out, set them on a tray or in a re-sealable container and store in the refrigerator.

Coconut Butter Chocolates

(makes 24 tablespoons)

2 cups shredded unsweetened coconut
2 tablespoons extra virgin coconut oil
2 tablespoons raw honey
2-4 tablespoons cocoa powder
1 dash sea salt

½ teaspoon vanilla extract
3 drops peppermint essential oil (or other flavoring)

Place coconut and oil in vita-mix and blend on high for one minute. Scrape down sides and blend for another minute. Check for creaminess, you may want to blend for a third minute. Add honey, cocoa powder, salt, vanilla and any other flavoring and blend thoroughly. Pour into molds and set up in refrigerator for 20 minutes. If you don't have a mold, you could pour mixture into a bowl and let set up slightly, then scoop out like truffles.

Dark Chocolate Coconut Clusters

1 bag of unsweetened coconut flakes, shredded
2/3 cup melted coconut oil
½ cup almond butter
1 tbsp vanilla
1 dark chocolate bar, +70% cocoa

In a bowl, mix all but the chocolate. From the mixture, form small balls in your hands. Set them on a plate and put them in the freezer to harden. Melt chocolate over medium heat. Once melted, turn heat off and wait 5 minutes. Take frozen balls and dip in chocolate and return them to plate. Place in freezer to harden.

Raw Chocolate Crunch

½ Pound Raw Cacao Butter (melted)
3 Tbsp. Raw Cacao Powder
½ cup raw Coconut Sap Sugar or powdered Xylitol
1 ½ cup Cashews
1 ½ cup Pecans
1 tsp. Vanilla Extract

Combine ingredients above in a high speed blender such as Vitamix or Blendtec or a good food processor. Cover a cookie sheet (raised sides) with parchment paper. Once everything is pureed, pour the mixture onto the parchment lined cookie sheet. Place in the freezer. When the chocolate is hard remove and cut into small squares. Place squares back into the refrigerator for storage.

Variations:

Add ½ cup fine, raw coconut flakes.

Add ¼ tsp. peppermint oil or 2 tsp. almond extract in place of the vanilla.

Chocolate Peppermint Love

½ cup coconut oil
½ cup coconut butter
1 tsp vanilla extract
2 tsp peppermint extract
¼ cup unsweetened raw cacao powder
¼ cup raw honey
1 cup unsweetened shredded coconut
unbleached parchment paper

Use your parchment paper to line a 9×13 pan and set it aside. Make sure you have freezer space for you 9×13 pan. If not, use 2 smaller pans or whatever you need to do. Throw everything except the shredded coconut into your food processor. Combine until it's a beautifully mixed chocolate liquid consistency. Add in the

shredded coconut, process for just a couple of seconds to let it mix in, but don't chop it up too much. Spread this mixture into your prepared pan(s). Let it sit in the freezer for at least 10 minutes. Cut into bars, or just break off pieces and start devouring.

Note that these must be eaten out of the freezer, as they will eventually melt and make a mess.

Raw Coconut Balls

1-1 ½ cups unsweetened shredded coconut
¼ cup coconut flour (optional)
2 Tbsp raw coconut oil, melted
2 -4 Tbsp raw honey or pure maple syrup
1 Tbsp vanilla extract
⅛ tsp sea salt

Combine all ingredients in a food processor and process until well blended. Place mixture in parchment lined container and refrigerate for about one hour to set. Once mixture is firm, remove and roll into small snack balls. These can be easily stored in an airtight container in the refrigerator for about 2 weeks or in the freezer for the long-term. For storage, it is helpful to separate stacked layers of balls with parchment paper to prevent sticking. They will melt if left out for too long, so keep cool if you are on the go.

Chocolate Dipped Brownies topped with Raw Cookie Dough

Brownie Base

1½ Cups Blanched Almond Flour
⅓ Cup Raw Cacao Powder
¼ Tsp Salt
2 Tsp. Baking Powder
½ Cup coconut sap crystals
1 Tbs Vanilla Extract
3 Tbs coconut milk or Water.
1 Cup of 85% dark chocolate, chopped

Raw Cookie Dough Topping

1½ Cups Blanched Almond Flour
1 TBS Vanilla Extract
1½ TBS Butter, Ghee or Coconut Oil
Coconut sap crystals to taste
1½ Tsp. Coconut milk or Water.
⅓ Cup 85% dark chocolate, chopped
Melted 85% dark chocolate for dipping (

Place a sheet of parchment into a bread pan. (9 x 5) Allow the paper to overhang slightly on the edges. Preheat oven to 350 Degrees. Make the brownie base: Combine all ingredients in a bowl and mix until it comes together. Use your hands to assist in the mixing if needed- dough will be extremely thick. Stir in the chocolate chips (optional). Press the dough into the prepared bread pan. Bake the brownies- for 30-35 minutes. until toothpick comes out clean. Remove from oven and allow to cool 10-15 minutes. Make the raw cookie dough. Combine all ingredients in a bowl and mix until smooth. Evenly press the Cookie dough on top of the surface of the brownies in their pan. Place the pan into the freezer for about 30 minutes for easy slicing. Remove pan from freezer and slice into squares. Dip

each square into melted chocolate or carob. Place back into the freezer until the chocolate sets. And then.. EAT! Store these in the fridge, freezer or at room temperature in a sealed container.

Homemade Chocolate Sauce

Combine:

1 Cup Cocoa Powder

½- ¾ Cup of Coconut Oil Melted (The amount needed will vary between Cocoa and Carob)

1 tbsp raw honey or pure maple syrup

¼ - 3/8 Tsp. Salt (to taste)

Adjust this recipe to your taste and preference.

30-second Raw Chocolate Chip Cookie Dough

1 Cup blanched Almond Flour

1-2 Tsp Vanilla Extract (to taste)

1-2 Tbs of Butter, Ghee, or Coconut Oil (to taste)

pinch of salt

1 Tbsp raw honey

1-2 Tsp Water or Nondairy Milk.

¼ cup of allergy free chocolate chips

Gently melt butter, ghee OR coconut oil with honey. In a small bowl combine all ingredients. If you want the dough thicker, add some extra almond flour. Adjust flavoring. Eat with a spoon! Yields roughly 1¼ cup.

Want to make cookie dough ice cream? Roll this dough into little balls and place in the freezer. Mix frozen balls of dough into your favorite ice cream. I have not yet tested baking this cookie dough but I have a good feeling that it would work. The cookies will spread more or less depending on how much butter you use.

Tip# 1: Almond flour baked goods (and unbaked in this case) tend to gain moisture as they sit. Therefore I recommend that you eat this dessert within a few hours for the best texture. (Eventually It may start to look greasy) If you are planning to only eat some, and save the rest for later I recommend using 1 TBS or less of the butter.

Tip # 2: Regular Butter or Ghee are going to provide the best flavor. If using the coconut oil you probably won't want or need as much. (I would use 1/2-1 Tbs of coconut oil tops).

Banana-Avocado Cream Bars

Cream

2 Avocados

4 Very Ripe Bananas

2 tsp. Vanilla Extract

Crust

2 cups soaked almonds

2 Tbsp raw honey

1 tsp. Vanilla Extract

2 tsp. Ground Cinnamon

1 tsp. Ground Nutmeg
Pinch of Sea Salt

Topping

Unsweetened Shredded Coconut

In food processor or Champion juicer homogenize all of the ingredients for the crust. Press into a 9 x 6 glass deep dish. In a food processor blend avocados, bananas, and vanilla until a smooth cream is reached. Spread cream over crust. Top with a generous amount of Shredded Coconut. Allow to chill for one hour.

Pumpkin Cake Bars with Cinnamon Icing

(makes 9 bars)

Pumpkin Cake

1 cup pumpkin puree
1 cup almond butter
½ cup raw honey
2 eggs (from pastured hens!)
1½ tsp baking powder
½ tsp baking soda
1 tsp vanilla extract
1 tsp cinnamon
¼ tsp nutmeg
¼ tsp cloves

Preheat your oven to 350F. In a medium sized bowl, combine all the cake ingredients and mix thoroughly to combine. Pour into an 8x8 oven safe baking dish (I suspect you could squeeze 12 cupcakes out of this recipe if you use a muffin tin). Bake until completely cooked through, about 30 minutes.

Cinnamon Icing

¼ cup coconut butter
¼ cup coconut oil
¼ cup raw honey
1 tsp cinnamon

In a mixing bowl, combine all ingredients and use either your mixing blade attachment or a whisk to beat the ingredients until fluffy.

Once the pumpkin cake has cooled, cut it into 9 squares and remove from the pan. Now...if the cake isn't completely, 100%, no doubt in your mind, cool you are not allowed to proceed. I'm telling you, if your cake isn't cool, the icing will just slide right off into a pile of goopiness and all will be wasted. If you haven't experienced what disastrous-ness comes from not heeded the above warning, you only need try it one time to learn. Use a small offset spatula or a spoon and drizzle the frosting over the top. Store the Pumpkin Cake Bars you haven't immediately annihilated in the fridge. The icing will harden in the fridge, let it come to room temp if you'd like it soft.

Raw Chocolate Macaroons

3 cups dried, unsweetened coconut flakes

1½ cups raw cacao powder
1 cup maple syrup
⅓ cup coconut butter or oil
1 Tbsp vanilla extract
½ teaspoon sea salt

In a large bowl, combine all the ingredients and stir well to combine. You can also use a standing mixer with the paddle attachment. If using a dehydrator, spoon small rounds of the dough onto dehydrator screens. Dehydrate for 12-24 hours at 115 degrees F, until crisp on the outside and chewy on the inside. If you don't have a dehydrator, spoon small rounds of the dough onto a plate or cutting board covered with parchment paper. Stick in the freezer and let harden. Enjoy!

For Blonde Macaroons: Replace the cacao powder in the recipe with an equal amount of blanched almond flour or coconut flour

Better Than Almond Joy Cookies

3 cups dried coconut
1 cup almond flour/meal
1 cup honey (preferably raw)
⅓ cup melted coconut oil
1 Tbsp vanilla
½ tsp salt
optional: almonds, and/or equal amounts cocoa/carob, coconut oil, and honey for the chocolate drizzle

Combine all but the optional ingredients together until well mixed. Place spoonfuls of approximately 2 Tbsp of the mixture onto dehydrator trays and dry at 115° for about 12 hours. The benefit of this is that you will not lose any beneficial properties from the raw honey and coconut oil. If you do not own a dehydrator, never fear! Just place on a cookie sheet and bake as low as your oven will allow for about an hour and a half. Place in a sealed container to retain moisture. If using almonds, press one into the bottom of the cookie. To include the chocolate sauce, mix together equal amounts of cocoa powder, melted coconut oil, and honey to make a syrup. You can then place a spot of chocolate onto a sheet of waxed paper and press the cookie onto it, completely coat the cookie in chocolate, or like the very first photo on this post, just place a small spot of chocolate on top of each one. If using chocolate, place in the refrigerator until set, remove before consuming so they soften.

Raw Chocolate Fudge

(serves 24)

1 cup raw cacao powder
½ cup coconut oil
½ cup coconut butter
½ cup macadamia nut butter or any other nut butter
1 Tbsp raw honey or Stevia to taste
1 tablespoon vanilla extract
¼ teaspoon celtic sea salt
¼ teaspoon cinnamon

In a large bowl, combine cacao, coconut oil, coconut butter and macadamia nut butter. Stir in honey or stevia, vanilla, salt and cinnamon. Mix well, mashing lumps against side of bowl with a fork to smooth out batter. Pour

mixture into a 7 x 11 glass pyrex dish. Place in freezer for 1-2 hours, until firm. Cut into squares and serve. Store in refrigerator or freezer to maintain proper texture and consistency.

Almond Butter Freezer Fudge

1 ½ cups raw almond butter at room temperature
6 tbsp melted coconut oil or grass-fed butter
3 tbsp raw honey
¾ tsp sea salt

Line a standard loaf pan with parchment paper.

Stir together all of the ingredients until completely smooth, then pour into the lined loaf pan. Smooth the top with a spatula, then place in the freezer to set until firm, about 1 hour. For a softer texture, you can store the fudge in the refrigerator instead.

Cut into small squares and serve chilled, as these treats will melt quickly at room temperature. Store in airtight container in the fridge for 2 weeks or in the freezer for up to 2 months.

Pumpkin Fudge

(makes 30 x 1" pieces)

½ cup pumpkin (pumpkin from a can is fine!)
⅓ cup almond butter
3 TBSP lucuma powder
3 TBSP maple syrup
½ teaspoon cinnamon
⅓ cup melted coconut butter
3 TBSP melted coconut oil
Sea salt to taste
Cacao Nibs (optional)

Mix pumpkin, almond butter, lucuma powder, maple syrup and cinnamon in a bowl. Melt coconut butter and coconut oil together over low heat or using a double broiler. Pour coconut mixture into the pumpkin mixture, combine well. Line small pan with plastic wrap and press the mixture into the plastic lined container. Top with cacao nibs for chocolate burst. Chill for 3-4 hours. Cut into small pieces and enjoy! Store in freezer.

Superfood Fudge

1 cup coconut oil
2 tbsp unsweetened cocoa powder
1 tbsp vanilla, no alcohol
1 ½ cups coconut, finely shredded
½ cup goji berries

Melt coconut oil in a pan over medium heat. Add the remaining ingredients (except the goji berries) and stir together. Pour into mini cupcake tins for individual fudge bites and top with a goji berry. Put in freezer for 2 or more hours and then enjoy. Have fun with this and experiment with other add-ins!

Coconut Walnut Cacao Bites

(makes about 1 dozen)

1 cup raw walnuts
1 T cocoa powder (non-alkalized)
1 T Cacao Nibs

1 T coconut oil
5 medjool dates (take the pits out!)
1 tsp vanilla
1 cup shredded coconut plus more for rolling

Combine all ingredients in food processor and pulse until well combined. The consistency should be about that of your standard cookie dough. Remove from bowl by rounded teaspoon-fulls. It helps to get your hands wet here as you roll them into balls, pressing firmly so they hold together. Roll each cookie in the extra shredded coconut.

Homemade Coconut Butter

Combine 1½ Cups Coconut Flakes (or powder) Sweetened or Unsweetened with 1-2 TBS Coconut Oil and Stevia to taste. Combine in a coffee Mill, Small Food Processor or Vitamix/Blendtec. Make the butter to a thick consistency.

Handmade Chocolate

¾ cup cocoa butter
¾ cup cocoa powder
6 tablespoons raw honey
1 tablespoon brewed coffee
scraped seeds from 1 vanilla bean
1 teaspoon vanilla extract

In a glass bowl set over simmering water, melt cocoa butter completely. Turn the heat off and, using a whisk, add cocoa powder gradually and incorporate completely until there are no lumps. Add honey and vanilla seeds from scraped vanilla bean (reserve the bean for another use). Whisk until smooth. Add vanilla extract and coffee and whisk until smooth again. Let cool, stirring every 10 minutes or so, 30 minutes total. Use to make candies, or pour into molds and let harden.

Handmade Chocolate Chips

¾ cup cocoa butter
¾ cup cocoa powder
6 tablespoons raw honey
1 tablespoon brewed coffee
scraped seeds from 1 vanilla bean
1 teaspoon vanilla extract

In a glass bowl set over simmering water, melt cocoa butter completely. Turn the heat off and, using a whisk, add cocoa powder gradually and incorporate completely until there are no lumps. Add honey and vanilla seeds from scraped vanilla bean (reserve the bean for another use). Whisk until smooth. Add vanilla extract and coffee and whisk until smooth again. Pour into a glass pan or jelly roll pan and let harden at room temperature. Then chop into small bite-size pieces. Use in chocolate chip cookies or other baked goods!

Honey-Sweetened White Chocolate

2 cups cocoa butter
¾ cup raw honey
scraped seeds from 1 vanilla bean
1 teaspoon vanilla extract

In a glass bowl set over simmering water, melt cocoa butter completely. Turn the heat off and add honey and vanilla seeds from scraped vanilla bean (reserve the bean for another use), whisking until smooth. Add vanilla extract and whisk until smooth again. Remove bowl and set aside to cool. After 30 minutes, use an immersion blender to blend the honey back into the liquid. Repeat every 30 minutes (depending on how warm your kitchen is) until the liquid starts turning opaque again but is still pourable. Pour into molds or cupcake liners to make candies and bars.

Honey-Sweetened White Chocolate Chips

2 cups cocoa butter
¾ cup raw honey
scraped seeds from 1 vanilla bean
1 teaspoon vanilla extract

In a glass bowl set over simmering water, melt cocoa butter completely. Turn the heat off and add honey and vanilla seeds from scraped vanilla bean (reserve the bean for another use), whisking until smooth. Add vanilla extract and whisk until smooth again. Remove bowl and set aside to cool. After 30 minutes, use an immersion blender to blend the honey back into the liquid. Repeat every 30 minutes (depending on how warm your kitchen is) until the liquid starts turning opaque again but is still pourable. Pour into a glass pan or jelly roll pan and let harden at room temperature. Then cut and remove with a spatula in large pieces. Chop into small bite-size pieces. Use in chocolate chip cookies or other baked goods!

"Rice" Pudding

1 bag thawed Cauliflower (16oz/1 lb) "Riced" (see recipe below)
1½ Cans of Coconut Milk
1 Cup of Unsweetened Coconut Flakes (If you enjoy the texture that the coconut flakes add you can add them to the recipe as is. If you on the other hand want a smooth pudding- throw the flakes into a coffee grinder (or something similar; be careful not to over process the flakes as they will turn into what looks and almost taste like a Nut butter.)
1 TBS Vanilla Extract
½ - ¾ Tsp. Sea Salt (to taste)
1 Tsp Liquid Stevia (more or less to taste. Any other sugar also may be used)
Cinnamon and Nutmeg (optional and to taste)

"Rice" the cauliflower and place into a large skillet with about 1 tsp (or so) oil. Cook over medium high heat 10-15 minutes until edges just barely turn golden. In a separate saucepan Combine the Coconut Milk, Powdered Coconut flakes, Vanilla ,Sea Salt and Stevia (or other sugar.) Bring to a boil and allow it to thicken slightly. Stir in the cooked "Rice" – taste test and add additional salt/sugar as needed. Stirring in Cinnamon and Nutmeg is fantastic too. Remove from heat. You can add more coconut milk if the pudding is too thick- or more coconut flakes if you would like it thicker. This recipe tastes equally good hot or chilled. Be careful not to cook the "rice" in the hot pudding for too long as this will soften the cauliflower and make it lose some of its texture. Pudding will thicken some as it cools.

To make cauliflower "rice" you simply grate it using a cheese grater OR you throw it into a food processor. You then throw it into a large skillet with a little bit of oil and sauté it for 10-15 minutes over medium-high heat until it starts to get golden on the edges. What you end up with is a buttery delicious – perfectly textured rice replacement.

Chocolate Mousse Cloud Pie

1½ cups dark chocolate chips

6 eggs, separated
1 tablespoon raw honey
¼ teaspoon celtic sea salt

In a small pot, melt chocolate and honey over very low heat; remove from heat. In a medium bowl, beat egg yolks for 1 minute with a hand blender. In a large bowl, beat egg whites with a handheld blender until stiff peaks form. Stir egg yolk mixture into pot of warm chocolate. Mix chocolate and yolks until combined; mixture will be slightly thickened, shiny and beautiful. Stir salt into chocolate mixture. Fold egg whites into chocolate mixture. Transfer mousse into cooled Gluten Free Tart Crust (see below). Refrigerate for 3 hours. Serve.

Gluten Free Tart Crust

2 cups blanched almond flour
½ teaspoon celtic sea salt
2 tablespoons coconut oil
1 egg

Place flour and salt in food processor and pulse briefly. Add coconut oil and egg and pulse until mixture forms a ball. Press dough into a 9-inch metal tart pan. Place pie filling of your choice in crust. Bake pie as directed per pie recipe.

Coconut Butter Munchies

1 15 oz. Container Nutiva Coconut Manna or Artisana Coconut Butter
1 Tbsp. Cacao Butter
2 Tbsp. Cashews Chopped
2 Tbsp. Cranberries or Goji Berries
2 Tbsp. Cacao Nibs
2 Tbsp. Raw Honey
1 tsp. Maca
½ tsp. Sea Salt

Gently heat coconut butter and cacao butter in pan on stove top until it is a pourable consistency. Transfer to a glass bowl. Combine remaining ingredients and stir in to heated mixture. Pour mixture evenly onto a rimmed, lined cookie sheet. Allow to harden in the refrigerator for 20 minutes. Remove, cut into small pieces.

Dark Chocolate Macadamia Bark

9-10 ounces dark chocolate (aim for 85 – 90% cacao), chopped into small pieces
½ cup macadamia nuts, roughly chopped
¼ - ½ teaspoon sea salt

Heat 2/3 of the chocolate in a double boiler on the stove. Stir occasionally, removing from heat as soon as the chocolate melts completely. Remove the melted chocolate from the stove. Add the remaining hard chocolate to the hot melted chocolate, stirring vigorously until it melts as well. Stir the macadamia nuts into the chocolate. Line a rimmed dish of your choice with parchment paper or wax paper. The size of the dish will determine how thick the bark is. A 2-quart square baking dish makes thicker bark. A larger dish will obviously yield thinner bark. Spread the chocolate evenly in the rimmed dish. Sprinkle with sea salt. Refrigerate for at least 10 minutes, longer if chocolate isn't solid yet. Use a knife to cut the bark into squares or misshapen pieces. Store the bark at room temperature.

Decadent Coconut Milk Whipped Cream with Berries and Dark Chocolate Coconut Mousse

One 15-ounce can of full-fat coconut milk
A handful of berries or 4 ounces of cooled, melted dark chocolate

Put the can of coconut milk in the refrigerator for several hours (or overnight). When you open the can after it's chilled, scrap off the solid top layer of creamy coconut, careful not to include any of the liquid on the bottom of the can. (Don't waste the liquid left in the can – drink it or add it to a smoothie.) Whip the coconut cream with an electric mixer until it has the airy texture of whipped cream, about five minutes. Layer the whipped cream in a glass with berries. For a coconut milk chocolate mousse gently mix the melted chocolate into the whipped cream. Chilling the chocolate mousse before serving will give it a thicker texture, if desired.

Coconut Macadamia Bark

1 cup melted coconut oil
1/3 cup toasted coconut flakes
2/3 cup roughly chopped macadamia nuts

Mix together oil, coconut flakes and nuts. Line a pan or plate with parchment paper. Pour the oil mixture onto the parchment paper. Freeze for at least 30 minutes. Break apart into pieces of bark. Store in the freezer.

Nut Butter Cups

1/4 cup Coconut Oil
1/4 cup Coconut Spread
1/4 cup Cacao Powder
1/4 cup Nut Butter (flavor of your choice)
4 Tbsp raw honey

Cacao Mixture

Melt and mix the Coconut Oil, Coconut Spread, Cacao Powder and 3 Tbsp raw honey together in a small sauce pan on the lowest heat setting.

Nut Butter Mixture

In a small bowl, mix together Nut Butter of your choice with 1 Tbsp raw honey

Set up 13 small 2 inch paper cups on a tray. Spoon a layer of the cacao mixture into each cup and place into a freezer. Once the cacao mixture is firm remove from freezer and spoon in the nut butter mixture into all 13 cups and top off with remainder of the cacao mixture. Place the finished nut butter cups in the freezer to firm up and enjoy! Keep nut butter cups refrigerated for freshness.

Sesame Seed Candy

1 1/2 cups hulled sesame seeds
1/2 cup honey
1/4 teaspoon unrefined sea salt

Grease a cookie sheet with coconut oil. In a stainless steel or well seasoned cast iron skillet over medium-high heat, toast the sesame seeds by heating them in the pan for a couple minutes until they turn golden and fragrant, gently shaking the pan and stirring with a spoon every 20-30 seconds, more often at the end. Add honey, and continue on the medium-high heat until the mixtures thickens, another 3-5 minutes. Pour onto the greased cookie sheet and allow to cool for a minute. Score with knife into bit sized pieces and allow to cool another 10 minutes, or until cool enough to handle. Break apart bite sized pieces and allow to harden, or roll into balls. Store covered in the fridge.

Halvah

(makes 20-24 pieces)

Halvah is a candy popular in the Middle East, where it is made from ground sesame seeds. This is far superior to the store bought variety. For a lighter version, make this recipe with the almond pulp left over from making almond milk. (Use the almond pulp the day you make it.)

- 1 ½ cups raw almonds
- ½ cup raw tahini
- 3 tablespoons honey (or 3-4 soaked dates)
- 1 teaspoon vanilla

In a food processor, place almonds and process until finely ground. Add the tahini, honey and vanilla, and process thoroughly. Press the mixture onto a plate or pan until it is 1/2" (1 cm) thick. (Don't worry about filling the pan, just press the mixture to the correct thickness.) Chill the halvah in the refrigerator for 1 hour or more, then cut it into bite-sized pieces and roll into little balls.

Variation: Add 3 tablespoons carob to mixture.

Sweet Marrow Custard With Vanilla Bean

- 2 pounds beef marrow bones (or ¼ cup marrow)
- ¾ cup milk (or coconut milk)
- 3 eggs
- 1 tablespoon vanilla extract
- 2 tablespoons honey
- ¼ teaspoon unrefined sea salt
- butter, coconut oil or lard (for greasing the ramekins)
- fresh fruit (to serve)

Bring marrow bones to a boil and let simmer for 10 minutes. While you're waiting on the marrow preheat oven to 350°F and place four ramekins in large roasting pan. In large bowl, whisk together egg yolks, egg, milk/coconut milk, vanilla, honey and salt. When the marrow is ready, scoop the bones out with a slotted spoon and place in a bowl to drain. After they've cooled a bit use a butter knife to extract the marrow. Place it in a small bowl. Set aside for a minute while you pour the egg mixture into the blender or get out an immersion blender. Spoon marrow – but not the oil that has collected at the bottom of the bowl – into the mixture and blend until smooth. Pour custard mixture into cups, dividing equally. Pour enough hot water into roasting pan to come halfway up sides of cups. Bake until custards are set in center, about 30-35 minutes. Remove from water and allow to cool for a few minutes before serving. Top with fruit, if desired.

Chocolate Peanut Butter Balls

- ½ cup dates, pitted
- 1 cup organic peanuts
- 2 tablespoons cacao powder
- ½ teaspoon celtic sea salt
- 2 teaspoons vanilla extract
- 1 tablespoon water

Place dates, peanuts, cacao powder, salt, vanilla and water in a food processor. Pulse on high speed until smooth. Remove mixture from food processor and roll into little balls. Serve.

Homemade Peanut Butter Cups

Raw cacao
Melted coconut oil
Honey (preferably raw)
Peanut butter, softened (preferably homemade, or at least organic)

Yes, the quantities are missing from this recipe, but only because it depends on the container you use! You'll use a 1:1:1 ratio of the cacao, oil, and honey (I used $\frac{1}{4}$ cup for a small pan about 4x6 in) and mix together until smooth. Pour into a greased pan (or press waxed paper into the pan so you can just pull it out when slicing) and freeze until firm, about one hour. Mix the peanut butter with a touch of honey, just enough so it's slightly sweet. For the same small pan, I used about $\frac{1}{2}$ cup and 1 Tbsp honey. Spread over the frozen chocolate layer. Mix together the same amount of cocoa, oil, and honey as you did for the first layer and spread over peanut butter. Freeze until firm, about 1 more hour.

Tips: keep cold as it will start to melt a bit over 75 degrees because of the coconut oil, you can also use butter in place of the oil, make them in cupcake liners (mini or regular) for true "PB cup" form!

Peanut Butter & Jelly Cookies

(makes 24 cookies)

$\frac{1}{2}$ cup creamy roasted peanut butter
 $\frac{1}{4}$ cup vegan palm oil shortening
 $\frac{1}{2}$ cup coconut palm sugar
1 egg
 $1\frac{1}{4}$ cups blanched almond flour
 $\frac{1}{2}$ teaspoon celtic sea salt
 $\frac{1}{2}$ cup Cascadian Farms raspberry jam

In a large bowl, cream peanut butter, shortening, palm sugar and egg with a hand blender. Blend until smooth then stir in almond flour and salt. Scoop dough 1 tablespoon at a time onto a parchment lined baking sheet. Make a large thumbprint in the center of each cookie. Scoop jam 1 teaspoon at a time into the center of each cookie. Bake at 350° for 8-10 minutes. Cool and serve with a big tall glass of dairy free almond milk.

No Bake PB & J Coconut Cashew Sandwich Cookies

$1\frac{1}{4}$ cups cashews
1 cup walnuts
1 cup sweetened shredded coconut, loosely packed
 $\frac{1}{4}$ cup raw honey
1 tablespoon cinnamon, or to taste
2 teaspoons vanilla extract
pinch salt, optional and to taste
about $\frac{1}{4}$ cup organic peanut butter, divided
about $\frac{1}{4}$ cup fruit-only, unsweetened strawberry jam (or your favorite flavor), divided

Line an 8-by-8-inch pan with aluminum foil, spray with cooking spray; set aside. To the canister of a food processor, combine 1 cup cashews, walnuts, coconut, agave, cinnamon, vanilla, optional salt and process for about 30 seconds, or pulse as needed until mixture breaks down and combines. Mixture will likely be on the wet side and if so, add the remaining $\frac{1}{4}$ cup of cashews and pulse to incorporate. The dough should come together in a well-formed mass; it's a good sign if it's slapping around the food processor like a tennis ball in

the dryer. The goal is a dough that is dense, thick, holds its shape, can be packed into a pan, and when sliced, will hold its shape in bar form. With your hands or a spatula, press dough into prepared pan, packing it down, pushing it into the corners, and smooth it with a spatula. Dough layer will seem a little thin and a bit skimpy in the pan but is later doubled up for sandwich cookies. Refrigerate pan for at least two hours, or overnight, until dough firms up and can be sliced. You could probably shortcut this by placing pan in the freezer briefly; just don't let it freeze. Slice dough into 16 equal-sized 2-inch square pieces. Add a layer of peanut butter to half the pieces. Add jelly to the other half. Pair them up and make sandwiches. Cookies will keep for up to 1 week in an airtight container at room temperature, or up to 2 weeks in the refrigerator. I store mine in the refrigerator.

Paleo Peanut Butter Patties

(makes 18 cookies)

2 cups blanched almond flour
¼ teaspoon celtic sea salt
½ teaspoon baking soda
2 tablespoons vegan shortening
2 tablespoons honey
1 tablespoon vanilla extract
½ cup sunbutter
1 cup dark chocolate chunks

In a food processor, combine almond flour, salt and baking soda. Pulse in shortening, honey and vanilla until combined. Roll out dough between 2 pieces of parchment paper to ¼ -inch thick. Chill dough in freezer for 20 minutes. Using a 2-inch cookie cutter, cut out dough. Press your thumb in center of each circle to make indentation. Bake at 350° for 4-6 minutes. Cool cookies for 1 hour. Place one teaspoon of sunbutter on top of each cookie. Freeze for 10 minutes. Melt chocolate over very low heat. Dip cookies in chocolate. Place on a parchment lined baking sheet. Freeze for 30 minutes. Serve.

Peanut Butter Bacon Cookies

1 packed cup blanched almond flour
½ teaspoon baking powder
½ cup granulated sugar (coconut Palm Sugar or Xylitol)
1 teaspoon vanilla extract
¼ teaspoon salt
2 Tablespoons butter (dairy or nondairy)
1 Tablespoon applesauce (or 1 egg)
½ cup peanut butter (another nut/seed butter of choice should work as well to make a Paleo/Primal version)
4 strips of bacon, or ½ cup chopped

Preheat oven to 350 and line a baking sheet with parchment paper. Start by cooking your bacon strips in a large sauté pan until crispy. Chop them up into tiny bite size pieces and set them aside while you prepare the cookie dough. In a mixing bowl, combine the rest of the ingredients until it makes a dough. Mix in the bacon pieces. Roll out 10 balls of dough and flatten into cookies with the palms of your hands. Bake for 15-16 minutes until just golden on the edges.

Cinnamon Raisin Cookies

2 Cups Blanched Almond Flour
½ Cup coconut sap granules
2 tsp. Baking Powder

2 TBS Butter or Coconut oil.
1½ Tsp. Cinnamon
2 Tsp. Vanilla Extract
2½ TBS Water or Coconut Milk
pinch of salt
½ Cup (or more) organic raisin's

Preheat oven to 350 degrees. Combine all the ingredients in a food processor. (or combine by hand- cutting in the butter and then adding the water/vanilla extract last). stir in the raisins. Press the dough and flatten them into 12- ½ inch tall cookies . If the dough feels to dry to hold together add an additional 1/2-1 TBS water/milk. (The more liquid you add- the more they will spread). Bake 20 minutes for softer cookies- bake 25 for harder crunchier cookies. The cookies will spread some in the oven.

Raspberry Jam Cookie

2 cups fine ground blanched almond flour
½ tsp salt
2 Tbls coconut oil
2 Tbls honey
1 Tbls vanilla extract
1 Tbls water
1 recipe raspberry filling (below)

In a large bowl, combine the almond flour and salt. In a separate bowl, combine the oil, honey, vanilla and water. Mix the wet ingredients into the almond flour mixture. Wrap dough in parchment paper/plastic wrap and chill for 1 hour. When ready, split the dough into equal portions. Keep one wrapped up. Roll the first portion of dough out between two sheets of parchment paper to ¼ inch- ½ inch thick. Cut dough into circles. I like to use a 2-3 inch circle cookie cutter. It makes a nice sized cookie. Make a slight indentation with your finger at the center of the circle, dollop a ½ tsp of raspberry filling at the center of each circle. Fold the dough in to create three sides. Pinch each of the three corners to form a triangle shaped cookie. I do one complete cookie at a time, as I find the dough gets dry quickly. You could also keep the pre-cut circles covered with plastic till your ready to shape them. Bake the cookies at 350 degrees for about 8 min or until golden around the edges. Cool for about 5 min. Serve and enjoy!

I find these cookies are best served right away. Otherwise, store them in an air tight container. When you are ready to serve, heat them in a 350 degree oven for 3-5 min or until crispy around the edges again.

Honey Sweetened Raspberry Filling

2 cups raspberries
1 cup honey
The juice of 1 lemon

Wash the raspberries and drain well then place the raspberries in a blender. Pulse a few times just to break them up. Pour the raspberries into a small sauce pan. Over medium heat, bring to a soft boil. Let the raspberries cook down for about 15 min. Add the honey/agave to the cooked raspberry mixture, stir till blended. Again, bring the mixture to a soft boil. Place a candy thermometer into the fruit mixture and continue to boil till it reaches around 220-230 degrees. This will take about 8 min. You can also do this by feel, just watch to see when it begins to thicken (again at about 8 min). The mixture will continue to thicken some after you remove it from the heat. Add the juice from 1 lemon. mix well. This next step is optional. I find that it helps give the filling some volume, but it is not necessary. Transfer the filling to a small bowl. Beat with a hand

mixer on high for a few min. or until the mixture begins to cool. If the filling is too thick, add more lemon juice or a little water. Can be stored up to 3 days in the fridge.

Nutty Cookies

(makes 20-22 cookies)

2 bananas smashed
1/3 cup coconut flour
3/4 cup almond butter
1/2 tsp baking soda
1/3 cup raw walnuts
1 apple finely chopped
1/3 cup coconut milk
1 tbsp cinnamon

Preheat oven to 350 degrees. In a medium mixing bowl, use a fork to smash the bananas to baby food consistency. Add the coconut flour, almond butter, and baking soda and mix well. Using a hand held chopper or food processor, chop the walnuts and apples to a very fine dice. Add the walnuts, apples, coconut milk, and cinnamon to the bowl and mix in remaining ingredients. Cover two cookie sheets with parchment paper and spoon heaping tablespoons of the cookie mix onto the parchment paper, placing an inch or two apart. Bake for 25 minutes.

Paleo "Peanut Butter" Cookies

2 1/2 cups blanched almond flour
1/4 teaspoon celtic sea salt
1/2 teaspoon baking soda
1 teaspoon cinnamon
4 tbsp coconut oil or vegan palm oil shortening
4 tablespoons honey
1/3 cup tahini
1 tablespoon vanilla extract

Place almond flour, salt, baking soda and cinnamon in a food processor. Pulse until well combined. Melt oil, tahini, honey, and vanilla gently over low heat. Add wet ingredients to food processor and blend until dough forms. Scoop dough one level tablespoon at a time onto a parchment lined baking sheet. Press balls of dough down gently. Bake at 350 for 7-10 minutes.

Laura's Amazing Cookies

(makes approximately 15 cookies)

1 cup of almond meal
1/2 cup finely chopped walnuts
1/2 tsp baking powder
1 tablespoon cinnamon
1 egg
1 cup of cooked and mashed yam, pumpkin, or butternut squash
1/4 cup coconut milk
2-4 tablespoons maple syrup

Preheat oven to 400. In a mixing bowl, stir together all the dry ingredients. In another small mixing bowl whisk together the egg, coconut milk, and maple syrup. Add the wet ingredients to the dry ingredients and mix

well. Add the mashed yam, pumpkin, or squash to the dough and mix well. Grease a baking sheet with coconut oil or organic grass fed butter and scoop about one heaping tablespoon per cookie onto the baking sheet and bake for 20 minutes.

Chewy Cinnamon Almond Cookies

(makes 18 large cookies)

½ cup (1 stick) butter

5 Tb honey

1 Tb vanilla extract, preferably organic

2 ½ cups almond flour, preferably from crispy almonds*

½ tsp celtic sea salt

¼ tsp baking soda

1 tsp cinnamon

Melt the butter in a small saucepan. Turn off heat, and stir in the honey and vanilla extract. In a medium bowl, combine almond flour, salt, baking soda, and cinnamon. Pour wet ingredients into dry and mix well. Use a 1 to 2 Tb scoop or spoon to drop cookies onto a stoneware or greased sheet pan. Don't flatten them as they will spread well on their own during baking. Bake at 350 degrees for 7-12 minutes, until the edges are lightly browned. Allow the cookies to cool before moving them.

*Crispy almonds are almonds that have been soaked in water with a little salt for 12-24 hours and then dried in the dehydrator until crispy (which usually takes about 24 hours at 110 degrees F in the dehydrator). Soaking the nuts neutralizes phytic acid and enzyme inhibitors. Phytic acid blocks mineral absorption of calcium and magnesium; enzyme inhibitors make nuts hard to digest.

Primal Chocolate Chip Cookies

4 dates, pits removed

1 ½ cup walnuts

½ cup pecans

1 tsp baking soda

⅛ teaspoon salt

2 tablespoons coconut oil

1 egg

1 teaspoon vanilla

¼ cup unsweetened shredded coconut

¼ – ½ cup dark chocolate chips

Preheat oven to 350 degrees Fahrenheit. Grind dates in the food processor until a paste forms, about 40 seconds. Add walnuts and pecans and blend until very finely chopped, about 35 seconds. Add baking soda and salt and pulse a few more times. Warm the coconut oil so it is in liquid form. With the food processor running, drizzle it into the batter with the egg and vanilla. Stop mixing as soon as the egg and oil are blended in. Scrape the batter into a bowl and stir in coconut and chocolate chips by hand. The dough will be sticky and wet. Drop 12 portions of the dough onto a cookie sheet, then flatten slightly with your fingers. Bake 15 minutes, or until nicely browned.

Perfect Chocolate Chip Cookies

2 cups fine ground blanched almond flour

¼ teaspoon baking soda

¼ teaspoon salt

1/3 cup melted palm shortening/ghee or mild tasting coconut oil
1/4 cup honey or pure maple syrup
1 tablespoon GF vanilla
1 tablespoon canned full fat coconut milk
1/4 cup chocolate chips

In a large bowl, combine the almond flour, baking soda and salt until well blended. *Note: Be sure to 'scoop' up the AF with the cup and sweep over the top with a flat edge. If you spoon it into the cup, you are likely to not have enough AF for the recipe.* In a separate smaller bowl, combine the liquid ingredients. Blend well. Add the liquid ingredients to the dry ingredients, mixing till just combined. Stir in the chocolate chips. The dough will be wetter than your average cookie dough and pretty sticky. Let it rest while you get the pans lined with parchment paper. Scoop level (measuring) tablespoon amounts of cookie dough and tap it out of the spoon. (I tap it on the bowl a few times,). Form a smooth, lightly packed ball with the dough. Place them on the cookie sheet at least two inches apart. Using two fingers, just barely tap down on the tops of the balls of dough. REALLY, you barely have to press at all for the 'pudgy' style cookie, just enough to flatten the top a little. Place another cookie sheet under the one with the cookies. (This will help keep the bottoms from browning too fast.) Bake in a 350 degree oven for about 11- 12 minutes. Keep an eye on them though, as baking times will vary from oven to oven, as well as thickness and size of cookie. Do not over bake or the bottoms and the outsides of the cookie will become 'tough'. They should be light in color as shown in the picture, with some amount of browning on the bottoms. Remove from oven and let cool for at least 5 minutes before transferring.

Almond Butter Cookies

2 cups almond flour (or 1 cup almond flour, 1 cup vanilla protein powder)
1/2 cup raw almond butter
2 organic cage free eggs
1/4 cup raw honey or pure maple syrup
1 tsp baking soda
1 tsp vanilla
1 tsp salt
2 cups dark chocolate chips (85% cacao content chocolate bar chopped into chunks works great too)

Mix all ingredients together in a large bowl. Roll dough into small balls and smoosh lightly onto a cookie sheet lined with parchment paper. Bake for 10-12 minutes in a 375 degree oven.

Coconut Flour Chocolate Chip Cookies

1/2 cup coconut flour
1/4 cup coconut oil
1 1/2 TBSP raw honey
2 eggs
1/4 tsp vanilla
1/8 tsp sea salt
1/2 cup chocolate chips or chopped dark chocolate bar

Preheat oven to 375 degrees. Melt the honey and coconut oil together in a microwave-safe bowl for about 20-30 seconds. In a large bowl (or KitchenAid), mix together the coconut oil, raw honey, eggs, vanilla extract and sea salt. Stir in the coconut flour and chocolate chips. Line a baking sheet with parchment paper and roll out little balls of cookie dough. Place on the baking sheet and gently press down to flatten them out a

bit (they won't flatten while baking). Bake for 10-12 minutes or until golden brown (you want them to stay soft!).

Chocolate Chunk Cookies

2 packed cups blanched almond flour
1/3 cup granulated coconut sugar
1 Tsp. Baking Powder (aluminum free)
1/4 Tsp. Sea Salt
3 Tbs room temperature Butter, Palm Shortening or Coconut Oil, melted
1 Tbs Vanilla Extract OR 1/2 tsp almond extract + 2 1/2 tsp vanilla extract
2 Tbs Coconut Milk
1/2 bar of 85% chocolate chopped into chunks

Preheat oven to 350 degrees. Cover a large cookie sheet with either parchment paper or a baking mat to prevent sticking. Chop your bar(s) of chocolate into chunks (as big or as small as you want them). In the bowl of a stand mixer (by hand should work as well) combine all of the ingredients stirring in the chopped chocolate last. Form 12 cookies with your hands into round / flat patties (I made mine 3/4 inch thick and about 3 inches wide). Note: This dough may be a little crumbly- don't fret if that's the case! Bake 16-17 minutes until the bottom and the edges start to look lightly golden brown. I like to store my cookies in a sealed bag in the fridge as this makes them crisp on the outside and soft and chewy on the inside. I think they taste best the next day. Though I know some people love these best hot, straight out of the oven!

Flourless Chocolate Chunk Pecan Cookies

1 cup of coconut flour
1/2 cup ghee, butter or coconut oil
1/2 cup raw honey
3 eggs
2 tbsp coconut or almond milk
1 tsp of vanilla extract
1/8 teaspoon of sea salt
3/4 cup chopped dark chocolate bar
1/2 cup chopped pecans

Preheat oven to 350 degrees. Melt the honey and oil together in a small saucepan. In a large bowl mix together the coconut oil, raw honey, eggs, vanilla extract, milk and sea salt. Stir in the coconut flour, chocolate chunks and chopped pecans. Line a baking sheet with parchment paper and roll out little tablespoon-size balls of cookie dough. Place on the baking sheet and gently press down so they have a pretty cookie shape once baked. Bake for 12-15 minutes or until golden brown. Let cool for 10 minutes and then enjoy!

Cocoa and Coconut Snacks

I've included measurements to get you started, but these ingredients can be used in any amounts.

1/2 cup each:

Almonds
Walnuts
Pecans
Hazelnuts
Pumpkin seeds
3-6 dates

2-4 tablespoons virgin coconut oil

To taste:

Unsweetened cocoa powder or dark chocolate chunks

Freshly ground coffee

Shredded coconut

Run the nuts and pumpkin seeds in a food processor until ground into a fine flour. Remove the nut flour and grind the dates and shredded coconut in the food processor until smooth. Mix these ingredients together with coffee and cocoa powder according to taste. Finally, add the coconut oil and mix it all together by hand. Roll the paste into small nibbly balls and sprinkle them in shredded coconut. These snacks should be refrigerated to become firm.

Nut Butter Cookies

1 cup nut butter, smooth or chunky (almond, cashew, macadamia, Sunbutter, walnut, pecan, etc!)

1/3 cup coconut sugar, honey or pure maple syrup

2 eggs or 1 large egg white

1 tbsp vanilla extract

1 tsp baking soda

1/2 tsp sea salt

Other possible additions: dark chocolate chunks, coconut flakes, chopped nuts, cacao nibs

Preheat oven to 350 degrees. In a medium mixing bowl, beat together almond butter, sweetener, eggs, vanilla, baking soda, and salt until smooth and creamy; about 2 minutes. Fold in additional ingredients such as chocolate chunks. If using just the egg white, place salt & egg white in a medium bowl, beat with a hand mixer until white is frothy and forms peaks. Drop tablespoon sized balls of dough onto a baking sheet lined with parchment paper. Gently press the top of each cookie with a fork and flatten slightly to a 2" diameter. Bake 8 – 10 minutes or until golden brown and cookies look "set," but not done. Do not overcook. Then allow cookies to sit on cookie sheet for 5 minutes. (This step is very important, because cookies finish cooking during this time and totally set up.) Remove cookies for cooling.

Pumpkin Cookies (Grain Free)

(makes about 2 dozen cookies)

1 1/2 cups cooked pumpkin or sweet potato (or a combination if you would like to get 2 veggies into your kids at once!)

1 1/2 cups almond flour, pecan flour or a combination

1/4 cup softened grassfed butter or ghee

1/4 cup coconut oil

3/4 cup Grade B maple syrup

1 egg

1/2 tsp cloves

1/2 tsp nutmeg

1/2 tsp ginger

1 tsp cinnamon

1 tsp allspice

1 tsp baking soda

1/2 tsp sea salt

Process all ingredients together in a food processor until smooth. Form ping pong sized balls on cookie sheets lined with parchment paper. Bake at 350F for about 20 minutes. After 5 minutes in the oven, press down each cookie with a fork and then finish baking. You can also get really creative and use a pumpkin shaped cookie cutout for making these cookies. Cool and serve. Store cookies in airtight containers in the refrigerator.

Pumpkin Chocolate Chip Cookies

¼ cup butter, softened (or coconut oil)
⅓ cup pumpkin puree
3 eggs
¼ cup raw honey
½ tsp vanilla
½ cup coconut flour
¼ tsp salt
¼ tsp baking soda
1 ½ tsp pumpkin pie spice
½ cup chocolate chips, 70%

Preheat oven to 350 and line a baking sheet with parchment. Combine wet ingredients in a large mixing bowl. Combine dry ingredients in small bowl. Blend or whisk dry ingredients into wet, making sure no lumps remain. Let batter sit for a couple of minutes to thicken. Dough should be soft but hold its shape when scooped. Scoop dough onto parchment-lined sheet, about 1" scoops. Cookies will not spread much during baking. Bake 17-20 minutes. Cookies will be set and very lightly browned.

Ginger Lemon Cookies

2½ cups almond flour
3 tablespoons (or more) fresh grated ginger
Zest of one lemon
1 teaspoon celtic sea salt
1 teaspoon baking soda (optional)
½ cup coconut oil (melted)
½ cup pure maple syrup or yacon syrup

Combine all the ingredients together. Scoop one teaspoon of mixture at a time onto parchment lined baking sheet. Bake at 350 for 10 minutes. Let cool. Enjoy.

Holiday Sugar Cookies

(makes 32 cookies)

2½ cups blanched almond flour
½ teaspoon celtic sea salt
¼ teaspoon baking soda
1 teaspoon cinnamon
½ cup coconut oil, melted
5 tablespoons honey
1 tablespoon vanilla extract

In a large bowl, combine almond flour, salt, baking soda and cinnamon. In a smaller bowl, mix together coconut oil, honey and vanilla. Mix wet ingredients into dry, then chill dough in refrigerator for 1 hour. Place dough in between 2 large pieces of parchment paper and roll out until ¼ inch thick. Remove top piece of

parchment paper and cut out cookies with a small star cutter (or any other favorite shape!). Using a metal spatula, place stars on a parchment lined baking sheet. Bake at 350° until lightly browned around the edges, 7-10 minute. Cool completely prior to handling cookies. Serve alone or top with your favorite frosting!

Sesame Cookies

(makes 14 cookies)

1¼ cups blanched almond flour
¼ teaspoon celtic sea salt
½ teaspoon baking soda
¼ cup raw honey
⅓ cup tahini
2 tablespoons coconut oil
1 tablespoon vanilla extract
¼ cup sesame seeds

In a large bowl, combine almond flour, salt and baking soda. In a smaller bowl, blend together honey, tahini, oil and vanilla. Blend the dry ingredients into the wet. Form the dough into 1 inch balls and roll in the sesame seeds. Place on a parchment lined baking sheet and flatten. Bake at 350° for 8-10 minutes until lightly brown. Cool on baking sheet.

Pumpkin Bars

½ cup pumpkin puree (preferably from fresh roasted pumpkin)
½ cup raw honey or coconut sap syrup
2 eggs
1 cup blanched almond flour
¼ teaspoon celtic sea salt
½ teaspoon baking soda
¼ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves

In a food processor, combine pumpkin, raw honey, and eggs and pulse for 2 minutes. Pulse dry ingredients into wet for a full minute, until well combined. Pour batter into a greased 8x8 baking dish. Bake at 350° for 30-35 minutes. Serve naked or with homemade whipped cream.

Vegan Raspberry Streusel Bars

(makes 16 bars)

2 cups blanched almond flour
¼ teaspoon celtic sea salt
2 tablespoons coconut oil
1 tablespoon vanilla extract
1 tablespoon water

Pulse ingredients together in a food processor until dough forms a ball. Press dough into an 8x8 inch Pyrex baking dish. Bake at 350° for 12 minutes.

Filling

1 cup raspberry fruit spread

Streusel Topping

¼ cup coconut oil
¼ cup blanched almond flour
2 tablespoons raw honey
½ teaspoon celtic sea salt
1 cup walnuts, chopped
½ cup unsweetened shredded coconut

Pulse oil, almond flour, honey, and salt together in a food processor until creamy. Briefly pulse in walnuts and coconut, so they are left coarse, not pulverized. Set streusel aside. Spread raspberry fruit spread over warm crust. Sprinkle streusel topping over raspberry fruit spread. Bake at 350° for 15 minutes. Cool for 10 minutes, then refrigerate for 2 hours to set up. Serve.

Fried Honey Bananas

Bananas
Cinnamon
Honey/Maple syrup

Cut banana in 1/8 inch slices. Use grassfed butter or raw coconut oil for the pan, heat on medium heat. Place banana slices in pan. After 1-2 minutes, flip the bananas. Turn off the stove. Mix 1-3 tablespoons of honey & ½ tablespoon of water & add over bananas. Sprinkle cinnamon on top. Additions to this can be apple sauce, coconut milk, or combined with one of the other recipes in this article.

Raw Cacao Superfood Balls

2 cups Raw Cacao Powder
1 cup walnuts
¼ cup Hemp Seeds
½ cup Coconut Oil (Cold Pressed, Extra Virgin Oil)
raw honey to taste
1 tbsp Spirulina
2 pinches Celtic Sea Salt
Shredded Dried Coconut

Place cashews in food processor and grind until crumbly powder. Add all other ingredients and blend until well mixed into a doughy consistency. Roll batter into balls and then cover with shredded coconut. Place balls on a plate and put in freezer for an hour and then place in refrigerator.

Vegan, Gluten-Free Superfood Bites

(makes 12-16 bars)

¼ cup coconut oil
1 cup dates, pits removed
⅓ cup hazelnut milk (or other nut milk)
1 large banana
2 tbsp chia seeds, ground
3 Tbsp maca powder
1 ½ cups gluten-free rolled oats
½ cup coconut flour
1 tsp baking powder
½ cup cacao nibs

½ cup goji berries
½ cup raw almonds, chopped

Preheat oven to 350 degrees. Generously grease a 8 x 8 inch baking dish and set aside. Melt the coconut oil in a small pan over low heat. When melted, pour into a blender with the dates, nut milk, banana, chia and maca powder and blend until smooth. In a separate bowl combine the oats, coconut flour and baking powder. Pour the date puree over the oat mixture and stir well to combine. Add the cacao nibs, goji berries and chopped almonds and stir to incorporate. Scrape the mixture into the greased baking dish and distribute evenly, smoothing so it lays in an even thickness throughout the dish. Bake for 30-35 minutes or until lightly golden-brown in color. Let cool for at least 10 minutes before cutting into bars or squares. Let cool completely before wrapping. Store in an airtight container or wrapped individually for up to 2 weeks. Can be frozen and stored for up to 4 months.

Chocolate Blueberry Energy Bars

(makes approximately 12 bars)

1 cup fresh or soaked dates
¼ cup almonds
¼ cup blueberries
¼ cup cacao powder
¼ cup ground flaxseed*
¼ cup hemp protein powder*
¼ cup unhulled sesame seeds
1 tsp fresh lemon juice
½ tsp lemon zest
Sea salt to taste
½ cup sprouted or cooked buckwheat (optional)
½ cup frozen blueberries

In a food processor, process all ingredients except the buckwheat and frozen blueberries. Knead buckwheat and berries into mixture by hand. To shape as bars, flatten the mixture on the clean surface with your hands. Place plastic wrap over top; with a rolling pin, roll mixture to desired bar thickness. Cut mixture into bars. Alternatively, form mixture into a brick; cut as though slicing bread.

Cherry Chocolate Chunk Granola Bars

2½ cups of mixed unsalted nuts or seeds of your choice
½ cup of chocolate chunks, chips or cacao nibs
½ cup dried cherries + 1 Tablespoon
2 Tablespoons coconut oil or melted butter
1 Tablespoon vanilla extract
⅓ cup coconut nectar or raw honey
¼ teaspoon of salt

Preheat oven to 300 degrees and line a 7 ½ x 7 ½ (or close in size) square pan with parchment paper. Pulse the nuts in a food processor until broken up into small granola sized pieces. If using larger nuts like almonds, pulse those first so they break up evenly and then add the rest. (Note: Don't worry about the nuts/seeds all ending up the same size, having some larger chunks will give the bars great texture and make them look gorgeous!). Add chocolate, cherries, and salt to the nut mixture and pulse once more to mix them together. Transfer the nut and fruit mixture to a large mixing bowl while you prepare the sugar. In a small heavy bottomed saucepan, pour the coconut oil, vanilla, and coconut nectar. Bring to a low simmer, whisk for 2-3

minutes. Pour sugar into the nut mixture and mix until evenly coated. Add mixture to baking pan and press evenly using parchment paper. Bake in oven for 30 minutes. Allow the bars to cool completely before slicing. You can speed this process up by sticking the pan in the freezer until chilled. Use a large sharp knife to slice. The bars can be stored at room temp, in the fridge or freezer in a sealed bag or container.

Goji Power Bars

(makes 16 bars)

1 cup blanched almond flour
1 tablespoon coconut flour
2 tablespoons golden flaxseed meal
¼ teaspoon celtic sea salt
½ teaspoon baking soda
2 tablespoons coconut palm sugar
¼ teaspoon NuNaturals Stevia
2 eggs
½ cup goji berries, soaked in ¼ cup boiling water to plump
½ cup raw cacao nibs

In a large bowl, combine almond flour, coconut flour, flax meal, salt and baking soda. Blend in coconut sugar, stevia and eggs with a hand blender. Mix in gojis and cacao nibs with a large spoon. Spread mixture into an 8x8 inch Pyrex baking dish, it will be about an inch thick. Bake at 350° for 15 minutes. Cut into squares and serve.

Chai Spiced Bindi Bars

1 cup almonds
1 cup macadamia nuts
1 cup dates
1 cup tart dried cherries
1 tablespoon vanilla extract
2 teaspoons ground ginger
2 teaspoons ground cinnamon
2 teaspoons ground cardamom
½ teaspoon celtic sea salt

Place nuts, dates and cherries in a food processor, pulse until well ground. Pulse in vanilla, ginger, cinnamon, cardamom and salt. Remove mixture from food processor and press into an 8 by 8-inch baking dish. Refrigerate overnight (6-8 hours). Cut into squares and serve.

Cherry Vanilla Power Bars

(makes 12 bars)

2½ cups slivered almonds (I used unblanched)
⅓ cup golden flaxseed meal
⅔ cup unsweetened dried cherries
⅓ cup unsweetened dried cranberries
10 drops vanilla creme stevia
2-3 tablespoon water

Place almonds, flax, cherries, cranberries and stevia in food processor. Pulse until well ground, then pulse in water until the mixture begins to form a ball. Remove from food processor and press into an 8x8 inch Pyrex baking dish. Slice into bars and serve.

Almond Butter Coconut Bars

2 cups crispy almonds and/or pecans*
½ cup dates or organic raisins (I've used ½ dates and ½ raisins or all raisins)
½ cup shredded coconut
½ cup organic almond butter
½ teaspoon celtic sea salt
½ cup unrefined coconut oil (soft enough to scoop easily)
1 Tbsp honey (optional, I omit this as we find the bars to be sweet enough without it)
1 Tbsp vanilla extract

Coarsely chop nuts in food processor. Then add all other ingredients and process until smooth (this takes awhile in mine; after a little while a clump forms but just let it keep whirring until it gets all smooth). Grease either an 8X8 square baking dish or a couple mini muffin tins with coconut oil. Plop into your dish and refrigerate to harden. These always tastes much better once cold for some reason. Store in the refrigerator. Because of the high amount of coconut oil in these bars, they will get quite mushy if out of the fridge for any length of time. We usually just eat them right out of the fridge, or pack a small ice pack if taking them in a lunch pail.

** Crispy nuts: these are nuts that have been soaked in water with a little salt for 12-24 hours and then dried in the dehydrator until crispy (which usually takes about 24 hours at 155 degrees F in my Nesco dehydrator). Soaking the nuts neutralizes phytic acid and enzyme inhibitors. Phytic acid blocks mineral absorption of calcium and magnesium; enzyme inhibitors make nuts hard to digest.*

Coconut Almond Power Bars

(makes 20 bars)

2 cups almonds (soaked & dried) or any other nut of your choice
½ cup golden flaxseed meal
½ cup unsweetened shredded coconut
½ cup nut butter, made from soaked & dried nuts ideally
½ teaspoon celtic sea salt
½ cup coconut oil
2 tablespoon raw honey
1 tablespoon vanilla extract
Optional: top with Homemade Chocolate Bar (below)

Place almonds, flax meal, shredded coconut, almond butter and salt in a food processor. Pulse briefly, about 10 seconds. In a small sauce pan, melt coconut oil and honey over very low heat. Remove coconut oil from stove, stir vanilla into oil. Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste. Press mixture into an 8x8 inch Pyrex baking dish. Chill in refrigerator for 1 hour, until mixture hardens. Remove from refrigerator, cut into bars and serve.

Chocolate "Bar"

8 TBSP coconut oil (organic palm oil works well too, or butter)
8 TBSP almond butter (any nut or seed butter would work)
½ cup coconut sap sugar
5 slightly rounded Tbsp raw cocoa powder
9 tsp honey or other liquid sweetener, or adjust and use a granular sweetener
½ tsp vanilla

Variation: Add ½ cup coconut or chopped nuts or seeds after removing from heat.

Melt coconut oil and almond butter over a simmer. Stir in the cacao and the granulated sweetener and combine thoroughly. Mix in remaining ingredients. Continuously stir until it slightly thickens, then remove from heat. Stir in the liquid sweetener and vanilla. Pour the mixture into an 8×8 pan if serving alone, or top your favorite bar or candy with a thick layer. Depending on the consistency of your butter, and whether or not you have sifted the carob, your final product may have small chunks in it of carob and/or nuts and seeds. I also recommend using a mixture of alternative sweeteners if you are avoiding sugar. This will give a cleaner taste.

Paleo Power Bars

(makes 6 good-sized bars)

½ cup slivered almonds
½ cup pecans
¼ cup almond or sesame seed meal
¼ cup unsweetened shredded coconut
¼ cup almond butter
¼ cup coconut oil
1 tsp pure vanilla extract
½ tsp of raw honey
¼ teaspoon sea salt
½ cup dried cranberries or blueberries, unsweetened

On a cookie sheet, toast nuts and shredded coconut until golden brown (you may need to shake the tray once or twice to make sure they cook evenly). Once toasted, pour mixture into a food processor and pulse until nuts are chopped and the mixture becomes coarsely ground. In a mixing bowl, melt coconut oil and almond butter (about 20 seconds). Remove from microwave and stir until smooth. Add vanilla extract, honey and sea salt. Mix thoroughly. Fold in nut mixture and almond (or sesame seed) meal until mixed thoroughly. Fold in blueberries/cranberries. Press mixture into an 8 by 4 loaf pan. Refrigerate for 20 minutes or until firm. Cut "loaf" width wise. Enjoy! (or, if you don't plan to eat immediately, you can store the bars in the refrigerator, covered loosely with a paper towel and plastic wrap.

Primal Power Bars Redeux

½ cup slivered almonds
½ cup pecans
¼ cup unsweetened shredded coconut
¼ cup almond butter (although cashew, hazelnut, walnut and even pumpkin butters will work well too!)
¼ cup coconut oil (check your local health food store)
¼ cup almond meal (simply pulse approximately ¼ cup of almonds until it creates a coarse flour)
1½ tsp pure vanilla extract
½ tsp of raw honey (although, this is really kind of optional because the egg will help hold the mixture together)
½ cup unsweetened high quality protein powder, optional
1 large egg
½ teaspoon sea salt
½ cup dried cranberries or blueberries
¼ cup unsweetened coconut to sprinkle on top

On a cookie sheet, toast nuts and shredded coconut until golden brown. In order for them to cook evenly, you need to shake up the tray at least once during cooking...trust us! Once toasted, pour mixture into a food

processor and pulse until nuts are chopped and the mixture becomes coarsely ground (sort of the consistency of bread crumbs). In a mixing bowl, melt coconut oil and almond butter. Stir until smooth. Add vanilla extract, honey and sea salt. Mix thoroughly. Fold in nut mixture, almond meal and protein powder until mixed thoroughly. Add whole egg and mix thoroughly. Fold in blueberries/cranberries. Press mixture into an 8 by 8 loaf pan (a modification that we made to keep everything crisper and help the bars to hold together). Cook in a preheated oven at 325 degrees for 10 minutes. Remove from oven, sprinkle a ¼ cup of shredded coconut on top and place under broiler until top begins to brown. Let cool for 10-15 minutes. Cut into 12 pieces/bars. Enjoy or stack on wax paper/parchment and store in an airtight container.

Note: You can also add high quality dark chocolate chips instead of the cranberries/blueberries. If you add the chips while the mixing bowl is warm (from the coconut oil/almond butter mixture), they will melt into the mixture and you will have yourself a chocolate primal bar. Alternatively, you can just let the mix cool, then add the chips, then refrigerate the pan to get chocolate chip primal bars. The bars stick together pretty well without being cooked.

Strawberry Almond Bars

3 cups soaked, dehydrated almonds
1 cup frozen organic strawberries
1 cup raisins
2 tablespoons coconut butter or coconut oil
3 tablespoons raw honey
Pinch of sea salt

Preheat oven to 250 degrees. Place all ingredients in a food processor. Pulse until everything is nice and blended. The food processor didn't have a problem with the frozen berries. I used frozen just because that's what I had on hand. Spread into a 8×8 Pyrex greased with butter or coconut oil, bake at 250 degrees for 30 minutes, cut into bars (squares), return to the oven at 250 for another 30 minutes, then carefully remove with a spatula and allow to cool upside down for at least 45 minutes. They can be really goopy when you take them out of the pan, but they stay together well once cool. You can also dehydrate these bars at 110 degrees until they are crisp (or the consistency you prefer). No preservatives, so keep in the fridge.

Almond Power Bars

(makes 20 squares)

2 cups almonds, raw is best
½ cup sunflower seeds
½ cup hazelnuts
½ cup unsweetened almond butter
½ cup coconut oil (or sub in butter), melted
3 Tbsp honey (I think this could be even reduced to 2 Tbsp)
2 tsp vanilla
150 grams dark chocolate
1 Tbsp coconut oil or butter

Using a food processor, blend the almonds, sunflower seeds, hazelnuts and almond butter for about 10 seconds. Melt coconut oil. Add the honey and vanilla. Add the coconut oil concoction to the nut mixture in the food processor and blend until combined, approximately 10 seconds. Put the mixture into a lined 8×8 baking pan. I lined mine with parchment paper. Using your hands or the back of a large spoon, pack down the mixture to make a firm even layer. Place the baking pan in the fridge or freezer and allow it to cool and set. In the fridge it will take approximately 1 hour and in the freezer about 30 minutes. Meanwhile melt the chocolate

and coconut oil over low heat. To do this, you can use the microwave, a sauce pan, or a bowl set over hot water. The result is about the same either way. Just remember that low heat is best since the chocolate burns easily at high temperatures. Pour the chocolate mixture over the nut mixture, spreading a nice thin layer using a spatula. Allow the chocolate to set completely before slicing into individual squares. Put them in the refrigerator for 30 minutes.

Almond Coconut Bars

1 cup Shredded Unsweetened Coconut
2 cups whole Raw Almonds
½ cup Almond Butter
2/3 cup extra virgin coconut oil
1 Tbsp Coconut Flour
½ tsp Salt
1 ½ Tbsp Blackstrap Molasses
1 Tbsp Vanilla Extract
3 oz 85% dark chocolate

Melt coconut oil gently in a small saucepan on the stove on low heat. Line a 9×9" baking pan with wax paper. Pulse almonds in food processor until it resembles coarse sand (the goal is something a little coarser than almond meal). Add the rest of the ingredients EXCEPT the chocolate to the food processor and pulse until it forms a textured paste (the bits of almond and coconut shouldn't be too small). I also finish with a good stir by hand to make sure all the ingredients are incorporated evenly. Pour into baking pan and smooth out to the corners. Refrigerate until set, at least 1 hour. Melt chocolate either on low heat in a double boiler. Drizzle over almond coconut base and spread with a spoon or rubber spatula until evenly coated. Place bars back in refrigerator for approximately 5 minutes, until chocolate is solid but still a little soft (for ease of cutting). Cut into bars and store in a plastic container in the fridge.

Coconut Bars

(makes 24 bars)

3 eggs
1 cup coconut milk
⅓ cup coconut oil
⅓ cup honey
1 tablespoon vanilla extract
½ cup blanched almond flour
1 tablespoon coconut flour
1 ½ cups unsweetened shredded coconut
¼ teaspoon celtic sea salt

Mix eggs, coconut milk, oil, honey, vanilla and stevia in a food processor. Pulse in almond flour, coconut flour, shredded coconut and salt. Transfer ingredients into an 8x8 inch Pyrex baking dish. Bake at 350° for 30 minutes. Cool for ½ hour, then place in refrigerator and serve when chilled,

Raw Lemon-Coconut Bars

(makes 12 bars)

These tasty bars are similar to Lärabars, but contain no added sweetener and are gluten free.

¾ cup plus 1 tablespoon almond meal OR 1 cup sliced or slivered almonds
1½ cups pitted dates OR 1 ¼ cups chopped dates or raisins

1 cup unsweetened dried shredded coconut
Zest of 1 organic lemon
2 tablespoons lemon juice

If using chopped dates, cover them with warm water, let them soak for about 5 minutes, and drain. If using sliced or slivered almonds, put them in your food processor and whir them into meal. Sprinkle 1 tablespoon of almond meal evenly over the bottom of an 8-inch-square baking pan. Add the remaining ingredients to the food processor and whir until well mixed. Press into prepared pan. Chill for a couple of hours until firm, then cut into 12 squares, and wrap each in wax paper or store in an airtight container. These will keep at room temperature for a month...if you can resist them for that long.

Variations

Don't like lemon? You can substitute any nut, seed, or dried fruit in this recipe and change the seasonings to reproduce just about any bar out there. Here are a few tasty alternatives:

Cherry Pie Bars: Substitute 1 cup of dried cherries or cranberries for the coconut.

Apple Pie Bars: Substitute 1 cup of diced, dried apples for the coconut, omit the lemon zest and juice, and add 1 teaspoon of powdered cinnamon.

Chocolate-Cashew Cookie Bars: Use 2 cups of cashews instead of the almonds and coconut, omit the lemon zest and juice, and add 1 teaspoon vanilla extract. Add ¼ cup of mini semisweet chocolate chips once everything else is well blended.

PB & J Bars: Use peanuts (or shelled sunflower seeds) instead of almonds, substitute 1 cup of dried cherries or cranberries for the coconut, and omit the lemon zest and juice

Blueberry Cobbler

(makes 12 Servings)

4 cups fresh, organic blueberries
Juice of ½ a lemon
2 cups almond meal
½ cup pecans, chopped
½ cup coconut oil, melted
¼ cup pure maple syrup, grade B
½ teaspoon ground cinnamon
½ teaspoon sea salt

Preheat oven to 375 degrees F. Wash the berries and place in a 9"x9" baking dish. Squeeze the lemon juice over the berries. In a medium bowl, combine the almond meal, pecans, coconut oil, maple syrup, cinnamon and salt. Spread the topping evenly over the berries. Bake for 30-40 minutes, until the fruit is bubbly and the topping is golden.

Cashew Butter Brownies

1 cup Cashew Butter (see recipe for homemade below)
1 Egg
¼ cup Honey
¼ cup Raw Cacao Powder
½ tsp Sea Salt
½ tsp Baking Soda
¼ cup 70%+ Chocolate Chips use ½ cup of Chocolate Chips if substituting unsweetened cacao powder

Pre-heat oven to 325F degrees. Line a 9×5 loaf pan with parchment paper. Note: If you have a stand mixer, use that for ease. Otherwise, all can be combined by hand. Place cashew butter in a mixing bowl and whisk until oil is blended well and butter is light with air. Add egg, then vanilla and honey; continue whisking until fully incorporated. Combine cocoa, salt and baking soda. Add into cashew butter mixture. Lastly, fold in chocolate chips. Pour batter into loaf pan and bake for 25-35 minutes, until slightly firm, but still with a little jiggle. This time will vary based on your oven, the type of butter used and the amount of oil in the butter. Remove from oven and let cool for at least ten minutes before serving. Enjoy!

Homemade Cashew Butter

4 cups Cashews
½ cup Expeller-Pressed or Refined Coconut Oil

Place cashews into high speed blender. Blend on medium until a meal is formed. Then, place on high until oils begins to come out of cashews. Add coconut oil into blender, and use tamper to further blend the nuts, on medium-high. You want coconut oil and cashews to be a smooth, buttery mixture. Remove from blender. Store in an airtight, glass container at room temperature for up to three months.

Double Chocolate Walnut Brownies

½ cup dark chocolate chips 73% cacao
¼ cup coconut flour
½ teaspoon celtic sea salt
½ teaspoon baking soda
2 eggs
½ cup raw honey
¼ cup melted butter, coconut oil or palm shortening
1 tablespoon vanilla extract
½ cup chopped walnuts
⅓ cup dark chocolate chips 73% cacao

Place ½ cup chocolate chips in Food Processor and pulse until the consistency of coarse sand. Pulse in coconut flour, salt and baking soda until combined. Pulse in eggs, honey, oil and vanilla. Pour batter into a greased 8x8 pyrex dish. Sprinkle walnuts and remaining chocolate chips over batter. Bake at 350° for 25-30 minutes. Cool and serve.

Sweet Potato Paleo Brownies

1 large sweet potato, peeled and grated (or 1 large baked peeled sweet potato)
2 large eggs
1 tablespoon pure vanilla extract
½ cup honey, preferably raw
½ cup melted coconut oil or olive oil
1 tablespoon baking powder
½ tablespoon baking soda
1 cup unsweetened cocoa powder
2 tablespoons coconut flour

Preheat oven to 365 degrees F. Combine the sweet potato, eggs, vanilla, honey, and oil in a large bowl. In a smaller bowl, combine the baking powder, baking soda, cocoa powder and coconut flour and stir. Stir this into the wet mixture until well combined. Line a 8×8 cake pan with parchment paper or liberally coat pan with coconut oil. Spread the batter in the pan, and bake for 25-30 minutes. Brownies are

done when a toothpick inserted in the center comes out clean. Be careful not to over bake! Allow the brownies to cool before removing from the pan.

Icing

1 cup dark chocolate chips
1/3 cup coconut oil
1 tablespoon vanilla extract

To make the icing, combine the chocolate chips and coconut oil in a pan on the stove. Heat over low heat until melted and stir in the vanilla. Then whip with a hand mixer until fluffy. Spread over cooled brownies before slicing. Top with fresh berries for a nice touch!

Flourless Brownies

(makes 8 brownies)

4 large eggs
1 cup unsweetened cocoa powder
3/4 cup maple syrup
1/4 cup + 1 tbsp extra virgin coconut oil
2 tsp vanilla extract
1/8 tsp salt

Preheat oven to 350°F (177°C). In a bowl, mix all the ingredients until velvety smooth (I used my Vitamix!). Pour into a parchment paper lined 8 x 4 loaf pan. Bake for 25-30 minutes. The brownies will be soft in the middle at 30 minutes and have a slight jiggle. Leave the brownies for at least 5 hours before cutting and eating (I personally couldn't wait that long and I put them in the fridge after about 15 min of cooling down time and then ate them about an hour later!).

**I now use 3/4 cups maple syrup (Grade B) in place of the palm sugar for a moist and gooey texture. Cooked for 30-35 minutes the center will appear to be uncooked but after cooling for a few hours (or in the fridge) it will settle and be more firm. The texture will be more like a molten chocolate cake.*

Flourless Almond Butter Blondies

(makes 24)

1 (16) ounce jar creamy roasted almond butter
2/3 cup raw honey
2 eggs
1/2 teaspoon celtic sea salt
1 teaspoon baking soda
1 cup dark chocolate 73%

In a large bowl, with a hand blender, mix almond butter until creamy. Mix in honey and eggs. Add salt and baking soda. Mix well with hand blender until all ingredients are thoroughly combined. Mix half of the chocolate into the batter. Pour batter into a well greased 9 x 13 inch pyrex baking dish. Scatter the other half of the chocolate on top of the batter. Bake at 325° for 35 minutes. Serve.

Paleo Brownies

(makes 16 brownies)

1 cup blanched almond flour
1/4 teaspoon celtic sea salt

¼ teaspoon baking soda
4 ounces baking chocolate (100% cacao)
7 Medjool dates (1/2-2/3 cup) pits removed
3 large eggs
½ cup coconut oil, melted
½ teaspoon vanilla stevia

In a food processor, pulse together almond flour, salt and baking soda. Pulse in squares of dark chocolate until the texture of coarse sand. Pulse in dates until the texture of coarse sand. Pulse in eggs. Pulse in coconut oil and stevia until mixture is smooth. Transfer mixture to a greased 8 x 8 inch baking dish. Mixture will be very thick, smooth with a spatula. Bake at 350° for 18-22 minutes. Cool for 2 hours, then serve.

Chocolate Chip Brownies

1 (16) ounce jar salted almond butter, smooth roasted
2 eggs
¾ cup pure maple syrup
1 tablespoon vanilla extract
½ cup unsweetened cacao powder
½ teaspoon celtic sea salt
1 teaspoon baking soda
1 cup dark chocolate 73%

In a large bowl, blend almond butter until smooth with a hand blender. Blend in eggs, then blend in honey and vanilla. Blend in cocoa, salt and baking soda, then fold in chocolate chips. Grease a 9 x 13 pyrex baking dish. Pour batter into dish. Bake at 325° for 35-40 minutes.

Raw Coconut Flour Brownies

½ cup coconut flour
½ cup raw cacao
¼ cup maple syrup
¼ cup raw coconut oil
½ teaspoon sea salt
½ teaspoon vanilla extract
½ teaspoon almond extract
Optional Add-Ins:
Shredded coconut
Cacao beans
Goji berries
Nuts

Place all ingredients into a bowl and stir until they stick together. Press into a container the size of a bread pan and place in refrigerator for an hour or so. Cut into small squares. keep in refrigerator. For a beautiful presentation of brownie bites, drop batter by the tablespoon into shredded coconut and bounce it around until covered!

Oh Yeah, It's Brownies

Crust

1 cup Medjool dates, pitted
½ cup raw walnuts

½ cup raw pecans
4 tbsp raw cacao powder

Topping

2 bananas
½ c raw cacao powder
4 tbsp raw almond butter
3-5 drops liquid stevia

Add all crust ingredients to a food processor until well blended. Spread crust in a baking pan. Add all topping ingredients to a food processor until well blended. Spread topping over crust. Place in freezer for 20 minutes, cut into 16 pieces, and enjoy!

Lemon Poppy Seed Muffins

¼ cup coconut flour
¼ teaspoon celtic sea salt
¼ teaspoon baking soda
3 eggs
¼ cup raw honey
¼ cup melted butter or coconut oil
1 tablespoon lemon zest
1 tablespoon poppy seeds

In a medium bowl combine coconut flour, salt and baking soda. In a large bowl blend together eggs, honey, oil and lemon zest. Blend dry ingredients into wet. Fold in poppy seeds. Spoon 1 tablespoon of batter into each greased mini muffin cup. Bake at 350° for 8 to 10 minutes. Cool and serve.

Coconut Flour Banana Nut Muffins

3 eggs (local, organic, and humanely raised of course)
¼ cup coconut oil (in liquid form)
2 very ripe bananas
1 tsp vanilla
¼ cup maple syrup
1 tsp vanilla
½ tsp cinnamon
¼ tsp sea salt
½ tsp baking soda
¼ cup coconut flour, sifted
½ cup walnut pieces

Preheat oven to 400 F. Place eggs, oil, bananas, and maple syrup in Vitamix (or a bowl with a hand mixer). Blend on medium speed until combined. Add in the rest of the ingredients one at a time in the order listed above. Fold in walnuts. Scoop ¼ cup batter into a lined muffin pan. Bake at 350 for 20-25 minutes. Cool and serve.

Coconut Flour Pumpkin Muffins

½ cup butter, melted
6 eggs
1 teaspoon vanilla

½ cup honey
½ cup pumpkin puree
1 teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon allspice
¼ teaspoon nutmeg
¼ teaspoon ginger
¼ teaspoon salt
½ teaspoon baking soda
½ cup coconut flour

Melt the butter in a small saucepan and set aside. Put muffin liners into 12 muffin cups. Preheat oven to 400 degrees. Crack the eggs into the bowl of an electric mixer or into a large mixing bowl. Beat with your mixer or a wire whisk. Add in vanilla, honey, pumpkin, spices, salt, and baking soda. Mix until combined. Slowly add in the coconut flour. Divide batter evenly between muffin cups. Bake for 15 to 19 minutes, or until no longer wet.

Cashew Butter Muffins

1 cup cashew butter
2 small bananas
2 eggs
½ tsp baking soda
1 tsp apple cider vinegar

Blend cashew butter and banana in food processor until complete blended. Add eggs and blend again. Add ½ tsp baking soda, blend again. Add 1 tsp vinegar, blend again. Divide batter into 12 cupcake paper lined muffin tins. Bake at 400 for 10 minutes. These muffins even had little air pockets in them like regular ones. Light and fluffy, not at all heavy.

Blueberry Muffins

3 eggs
3 tablespoons butter or extra virgin coconut oil, melted
3 Tbsp raw honey
¼ teaspoon salt
¼ teaspoon vanilla
¼ cup sifted coconut flour
¼ teaspoon baking powder
½ cup blueberries, rinsed and dried thoroughly

In large bowl, mix eggs, butter, coconut milk, stevia salt, and vanilla. In smaller bowl, combine sifted coconut flour and baking powder. Add dry mix into batter, blending thoroughly until there are no lumps. Pour batter into greased muffin tins and bake at 400 degrees F for about 15 minutes. Enjoy!

Orange Blossom Cupcakes with Raw Cashew Cream Cupcakes

3 cups almond flour
½ tsp salt
½ tsp baking soda
¼ cup warmed coconut oil (DO NOT warm in microwave, I usually boil some water, turn off heat and set a glass bowl with the oil in it and allow to melt)

½ cup honey
½ TBS orange blossom water (you can usually find this in the baking aisle next to the rose water, sometimes I have seen it on the drink mixer aisle)
2 eggs
zest from 1 orange

Preheat oven to 325F. Combine dry ingredients. Combine wet ingredients in a separate bowl. Mix dry and wet until well incorporated. Line a muffin tin with 10 cupcake liners and pour batter in each cup. Bake for 20-25 minutes or until golden brown.

Cashew cream

2 cups raw cashews, soaked for 3 hours, drained and rinsed
juice from 3 lemons
4 dates, pits removed
1 TBS coconut oil (this does not need to be warmed just scoop it right out of the jar)
1 tsp vanilla extract
¼ tsp salt
orange juice

Place all ingredients in a high speed blender (a rinky dink blender will not do the trick!) and blend until you have a very smooth consistency. Add more OJ if you need to thin it out. Spread cream on top of each cupcake and enjoy!

Coconut Lemon Cupcakes

(makes 8-10 muffins depending on your pan size)

4 large eggs from pastured chickens
1 stick plus 2 tbs butter, melted (I have used ⅓ cup coconut milk as a sub)
⅓ cup honey
½ tsp Real sea salt
½ tsp vanilla- optional
zest of one lemon and a squeeze of juice
½ cup coconut flour
½ cup coconut flakes or shredded coconut

Preheat oven to 400 degrees. Beat together all the ingredients except coconut flour and coconut flakes by hand or in a food processor. Add in the coconut flour and beat until thickened. Fold in the coconut flakes. Silicon muffin pans work best for these, otherwise grease your muffin pan very well with more butter or use paper cups. Bake for about 15 minutes or until slightly browned. Cool in the muffin pan then remove. Best within two days or freeze. Nice when warmed again.

**If you want to get fancy, for a lighter cupcake separate the yolks and beat as above. Beat the whites until soft peaks form and fold them in after the flour. Then fold in the coconut flakes.*

Macadamia Chocolate Chip Cupcakes

½ cup coconut flour
1 tablespoon arrowroot powder
¼ teaspoon sea salt
½ teaspoon baking soda
4 eggs

¼ cup honey
2 teaspoons vanilla extract
¼ cup macadamia butter
⅓ cup butter, melted
¼ cup chocolate chips
¼ cup shredded coconut
homemade whipped cream or coconut cream for topping

Preheat the oven to 350°F. In a bowl, combine the coconut flour, arrowroot powder and salt. In a different bowl, whisk eggs. Then add honey, vanilla extract, macadamia butter and butter and mix thoroughly. Add your dry ingredients to your wet ingredients. Whisk until all the ingredients are thoroughly blended. Let your batter sit for 5-10 minutes. This will give the coconut flour a chance to adsorb more of the liquids. Add in baking soda, chocolate chips and shredded coconut. Mix until baking soda is mixed through. Place 9 cupcakes liners in a muffin tin. Loosely fill the liners all the way with your batter. Bake for 18-20 minutes or until a toothpick inserted in the center comes out clean. Remove cupcakes from the muffin pan or tip the cupcakes on their side and let cool for 20-30 minutes. Top with whipped cream and serve.

Gluten Free Muesli Scones

2 cups blanched almond flour
½ teaspoon celtic sea salt
½ teaspoon baking soda
¼ cup dried cranberries, unsweetened
¼ cup dried apricots, cut into ¼-inch pieces
¼ cup sunflower seeds
¼ cup sesame seeds
¼ cup pistachios, coarsely chopped
1 large egg (size does matter as dough will not hold together with a small or medium egg)
2 tablespoons raw honey

In a large bowl, combine almond flour, salt and soda. Stir in dried fruit, seeds and nuts. In a small bowl combine egg and honey. Stir wet ingredients into dry. Use your hands to form dough. Shape dough into a 6 ½ x 6 ½ square that is about ¾" thick. Cut dough into 16 squares. Bake at 350° on a parchment paper lined baking sheet for 10-12 minutes. Serve.

Chocolate Muffins

½ cup butter (or coconut oil)
4 oz unsweetened chocolate
¼ cup cocoa powder
¼ cup coconut milk
2 cups honey
9 eggs
1 tsp sea salt
1 tsp baking soda
1 TB vanilla
¾ cups coconut flour, sifted

Pre-heat the oven to 350 degrees. Put muffin liners into 2 muffin pans (this will make about 20 muffins). Melt the butter and the unsweetened chocolate in a small sauce pan. Set aside to cool. Beat the eggs in an electric mixer. Add in the cocoa powder, coconut milk, and honey. Then add the salt, baking soda, vanilla, and

coconut flour. Add in the chocolate-butter mixture. Beat until well combined and not lumpy. Use a ladle to scoop batter into each muffin cup. Bake for about 20 to 25 minutes, or until a toothpick comes out clean. Don't burn! Burnt chocolate is the worst!

Extra-Chocolatey Frosting

10 oz unsweetened chocolate
½ cup butter
½ cup coconut milk
1½ cups honey
1 TB vanilla

Melt the chocolate and the butter in a saucepan. Add in the other ingredients, combine with a wire whisk. Set aside and let thicken. Frost the cupcakes when they have cooled down.

Vanilla Wedding Cupcakes

2 cups almond flour
½ teaspoon sea salt
1 teaspoon baking powder
½ cup coconut sugar
¼ cup butter or coconut oil, melted
¼ cup coconut milk
1 tablespoon vanilla
3 eggs

Preheat oven to 350 degrees. Sift almond flour into a large mixing bowl; add salt, baking soda and coconut sugar. In a smaller bowl, mix together melted oil, coconut milk, vanilla and eggs. Stir wet ingredients into dry. Generously oil muffin tins (or use muffin tin liners). Fill 2/3 full with batter. Bake 15 minutes until tops are golden and a toothpick comes out clean. Cool for 30-45 minutes before frosting with Paleo Chocolate Frosting (see recipe below).

Paleo Chocolate Frosting

1 cup chopped dark chocolate bar
⅓ cup coconut oil
1 Tbsp vanilla extract
pinch sea salt

In a small saucepan, melt chocolate and coconut oil over very low heat. Stir in vanilla extract and pinch of sea salt. Place frosting in refrigerator for 15-30 minutes to thicken. Remove from refrigerator and whip frosting with a hand blender until thick and fluffy. Spread over cupcakes.

Raw Cashew Cream Icing

1 cup cashews
3 cups water, divided
3 large, pitted Medjool dates
1 tsp vanilla extract
Pinch of salt

In a small bowl cover the cashews with 2 cups of water and the dates in a separate bowl with one cup of water. Soak for about 20 minutes. Drain cashews and discard the soaking water. Add cashews to a blender. Add the

dates along with their soaking water and the salt and vanilla. Start the blender on low and increase slowly to high. Blend for 1-2 minutes until creamy. Ice your cake and then put it in the freezer for about an hour before serving.

TIP: if using a regular blender soak cashews overnight to get the right consistency.

Yellow Cupcakes with Buttercream Frosting

(makes 12 cupcakes)

½ cup butter (or substitute unrefined coconut oil)

½ cup honey

¾ tsp celtic sea salt

6 eggs, preferably from pastured hens

1½ tsp vanilla extract

½ tsp almond extract

¾ cup coconut flour

Vanilla or chocolate buttercream frosting (recipe follows)

Melt butter in a small saucepan over low heat. Turn off heat and allow to cool slightly. Meanwhile, combine the eggs, salt, vanilla extract, and almond extract in a large bowl. If using an immersion blender, pulse a few times to combine. Otherwise, mix to combine with a whisk or mixer. Add the honey to the butter and stir slightly. Pour this mixture into the wet ingredients and blend well with immersion blender or mixer. Measure out the coconut flour. Since coconut flour clumps, it will need to be sifted if you are not using an immersion blender*. Pour the coconut flour into the bowl with the wet ingredients. Use an immersion blender or mixer to thoroughly combine all ingredients, making sure there are no lumps. (Since coconut flour does not contain gluten, there is no worry of over-mixing it). Line a muffin tin with paper cups. Scoop the batter into the paper cups. I like to use a 3-Tb scoop for this, but you could just use a large spoon. Bake cupcakes in 325 degree oven for about 20-30 minutes, until cupcakes are set and a toothpick inserted in the middle comes out clean. Remove from oven and cool completely before frosting. Frost with vanilla or chocolate buttercream frosting (recipe follows).

**Time-saving tip: If you use an immersion blender to combine the ingredients, you can skip the step of sifting the coconut flour. This also gives you less dirty dishes!*

Vanilla or Chocolate Buttercream Frosting

½ cup honey

1 cup butter, softened but still cool

2 eggs, preferably from pastured hens

1 tsp vanilla extract

dash celtic sea salt

Optional: 4 Tb cocoa powder (un-alkalized)

Equipment needed: stand mixer with whisk attachment** and hand mixer

Break eggs into the bowl of a stand mixer. Add the vanilla extract and salt. Using the whisk attachment, mix on low-medium speed for a few minutes, until the eggs are light and fluffy. In the meantime, put the honey in a small saucepan over low heat. Bring to a boil. With the stand mixer running, pour the hot honey into the eggs a little at a time. Turn up the speed to medium-high and whip for 5-7 minutes, until it is thick, light, and cool. While the eggs and honey are being mixed, put the butter into another bowl and cream with a hand mixer until it is light and fluffy. Beat the honey mixture into the butter until well-mixed. About halfway through mixing, the frosting may appear to curdle; just keep beating it and it will smooth out. With the mixer

running, add the optional cocoa powder one tablespoon at a time. Mix thoroughly. Using a spatula or butter knife, spread the frosting over the cupcakes. Store leftover icing in the fridge, or freeze it!

Tip: if you freeze it, let it thaw for a day in the fridge and then re-whip it before you use it.

Gluten Free Chocolate Cupcakes

(makes 10 cupcakes)

¼ cup coconut flour
¼ cup dagoba cacao powder
¼ teaspoon celtic sea salt
½ teaspoon baking soda
3 eggs
¼ cup melted butter, ghee or coconut oil
½ cup raw honey

In a medium bowl, combine coconut flour, cocoa powder, salt and baking soda. In a large bowl, blend together eggs, oil and honey. Blend dry ingredients into wet thoroughly. Line a cupcake tin with paper liners and scoop a scant ¼ cup into each. Bake at 375° for 20-22 minutes. Cool and cover with Paleo Chocolate frosting.

Blueberries and Cream Cupcakes

(makes about 9 cupcakes)

½ cup coconut flour, sifted
¼ teaspoon celtic sea salt
¼ teaspoon baking soda
3 eggs
½ cup raw honey
½ cup melted butter, coconut oil, or grapeseed oil
1 tablespoon vanilla extract
1 cup frozen blueberries (for cupcakes)
fresh blueberries (for decorating)

In a small bowl, combine coconut flour, salt and baking soda. In a large bowl, combine eggs, honey, oil and vanilla and blend well with a hand mixer. Mix dry ingredients into wet, blending with a hand mixer. Gently fold in frozen blueberries. Scoop batter one heaping ¼ cup at a time into paper lined cupcake tin. Bake at 350° for 20-25 minutes. Cool 1-2 hours and then top with Whipped Cream Frosting. Decorate each cupcake with 4-5 fresh blueberries (place on top of frosting). Serve.

Whipped Cream Frosting

(frosts about 8 cupcakes)

1 cup heavy cream
2 tablespoons raw honey

Place the cream and honey in a large (and if possible deep) bowl. Whip with a hand blender until stiff peaks form. Spread over cupcakes or cake. Serve

Flourless Chocolate Cupcakes

(makes 10 cupcakes)

1½ cups dark chocolate, at least 88%
½ cup almonds

3 eggs
¼ cup melted butter, coconut oil
¼ cup raw honey
1 tablespoon vanilla extract
¼ teaspoon celtic sea salt

Place chocolate and almonds in a food processor. Grind until the consistency of coarse sand. Pulse in eggs, oil and honey. Then pulse in vanilla and salt. Spoon batter into cupcake tins lined with unbleached baking cups. Bake at 350° for 12-15 minutes. Cool and frost with Vegan Chocolate Icing. Serve.

Flourless Chocolate Cake

6, 1-ounce squares coarsely chopped 85% chocolate
½ cup (1 stick) unsalted butter or coconut oil
¾ cup maple syrup
3 large eggs
½ cup raw cacao
¼ teaspoon sea salt
1 teaspoon vanilla

Preheat oven to 350°F. Spray a 7-inch tart pan with removable bottom with cooking spray. If you don't have a tart pan, use a 6 to 7-inch springform pan. Line the bottom of the pan with parchment paper and spray the paper. Melt 6 ounces of chopped chocolate and butter in a heavy saucepan over medium low heat. Stir until chocolate and butter are melted and smooth. Add syrup and salt and reduce heat to low. Cook while stirring for about one minute, until sugar starts to dissolve. Remove pan from heat. Whisk in eggs, one at a time. The mixture will look smooth and glossy. Use a mesh hand sieve to sift cocoa into mixture. This prevents lumps. Whisk until the cake batter is smooth. Pour batter into prepared pan and bake in preheated oven for about 25 minutes. The center of the cake should be just firm to the touch, but be careful to not overbake the cake or it will be dry. Cool in the pan on a wire rack for 15 minutes. Invert the cake on a plate.

Glaze

2 1-ounce squares coarsely chopped semisweet chocolate squares
1 ½ tablespoons unsalted butter or coconut oil
1 ½ teaspoon coconut milk
1 ½ teaspoons honey
⅛ teaspoon vanilla

To prepare the glaze, melt 2 ounces of chopped chocolate and 1 ½ tablespoons of unsalted butter in the same saucepan you used to make the cake. When melted and smooth, remove the pan from heat. Add coconut milk and honey and vanilla and stir until smooth and glossy. Let the glaze cool for about 3 minutes before pouring it on the cake. Pour all of the glaze in the middle of the cake. Use a silicone or rubber spatula to spread the glaze evenly over the cake, allowing the glaze to evenly run down the sides of the cake.

Banana Paleo Chocolate Cake

½ cup of oil (coconut preferably) or unsweetened apple sauce
¼ cup of raw honey
2 eggs
1 cup almond meal/flour

½ cup cocoa powder
3 bananas mashed

Preheat oven to 350 F. Mix oil (honey if using) and eggs in a large bowl until light and fluffy. Add almond meal, cocoa powder and bananas. Mix well. Line a cake tin with baking paper and pour in banana mixture. Bake for somewhere between 25 and 45 minutes, or until the toothpick test comes out clean! Store the cake in the refrigerator. Good served with fruit and/or a little almond butter, or with Frosting recipe below!

Chocolate Frosting

1 cup dark chocolate (73%)
½ cup coconut oil or better yet, coconut butter
2 Tbsp honey
1 Tbsp pure vanilla extract
pinch of sea salt

In a small saucepan over very low heat, melt chocolate and coconut oil/butter. Stir in honey, vanilla and salt. Place frosting in freezer for 15 minutes to chill and thicken. Remove from freezer and whip frosting with a hand blender until it's thick and fluffy. Frost over cake, cookies or cupcakes!

Paleo Vanilla Pound Cake

2 cups almond flour
½ cup coconut flour
¼ teaspoon salt
1 teaspoon baking soda
4 eggs
2/3 cup maple syrup or honey
2/3 cup solid coconut oil
½ cup plus 3 tablespoons coconut milk (full fat from a can)
2 tablespoons pure vanilla extract

Preheat oven to 350 degrees F. Coat a 9×13 inch loaf pan with coconut oil. Combine the almond flour, coconut flour, salt, and baking soda in a bowl and sift. Add the eggs to a mixing bowl and beat lightly. Add the maple syrup, coconut oil, coconut milk, and vanilla. Beat lightly, but don't overheat. It's okay to have some small clumps of coconut oil; they'll melt when you bake the cake. Add the dry ingredients and mix until just combined, being careful not to over mix. Pour the batter into prepared pan and bake for 35-40 minutes, until a toothpick inserted in the center comes out clean. Top this cake with fresh berries for a refreshing dessert, or serve it with whipped coconut cream. You can customize it by using lemon or orange extract instead of the vanilla.

Grain Free Angel Food Cake

⅓ cup coconut flour
⅓ cup plus 2 TBL arrowroot powder
1½ cups coconut or palm sugar
1½ cups egg whites (about 12)
1½ tsp cream of tartar
1½ tsp vanilla
½ tsp almond extract
¼ tsp sea salt (white sea salt is not true sea salt – use sea salt with color to it)

Run coconut or palm sugar through the food processor to achieve a fine texture. Mix coconut flour, arrowroot powder, and $\frac{3}{4}$ cups coconut or palm sugar in a bowl with a wire whip and set aside. In a second bowl, whip egg whites, cream of tartar and salt until foamy but not stiff. Slowly add (2 TBL at a time) remaining coconut sugar. Whip until stiff peaks form. Fold in vanilla and almond extract. With a rubber scraper or whisk, carefully fold the flour mixture into the egg whites mixture adding 2-3 tablespoons at a time. Put into tube pan. Bake at 375F for 30-35 min or until the top of the cake springs back when lightly touched. Remove from oven and invert to cool.

NOTE: This cake has a lovely caramel flavor and is moister than regular angel food cake but with similar texture. It also doesn't rise quite as high as regular angel food cake.

Coconut Flour Chocolate Cake

- $\frac{3}{4}$ cup coconut flour, sifted
- $\frac{1}{4}$ cup dagoba cacao powder
- 1 teaspoon celtic sea salt
- 1 teaspoon baking soda
- 10 eggs
- 1 cup melted butter, coconut oil
- 1 $\frac{1}{2}$ cups maple syrup
- 1 tablespoon vanilla extract
- $\frac{1}{4}$ teaspoon orange zest

In a small bowl combine flour, cacao, salt and baking soda. In a large bowl using an electric hand mixer, blend eggs, oil, honey, vanilla and orange zest. Add dry ingredients into large bowl and continue to blend. Oil (2) 9 inch round cake pans and dust with coconut flour. Pour batter into pans and bake at 325° for 35-40 minutes. Remove from oven, allow to cool completely then remove from pans. Frost with Paleo Chocolate Frosting and serve.

Almond Flour Chocolate Cake

- 1 cup almond flour
- 1 cup unsweetened cacao powder or cocoa powder
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ cup coconut oil, melted (+ additional coconut oil for greasing pan)
- 4 eggs
- 1 tsp vanilla
- $\frac{1}{2}$ cup honey (or another sweetener of your choice)

Topping:

Melted Dark Chocolate (at least 70% or more Cocoa – the higher the percentage, the better for ya!)

Optional Ingredients:

- Chocolate Chips
- Walnuts or pecans
- Flavoring extracts

Pre-heat oven to 325 degrees. Grease a 9×9 pan with coconut oil. Combine all of the dry ingredients in a bowl. Mix well. Combine wet ingredients in a separate bowl and whisk together until incorporated. Now dump wet ingredients into bowl with dry ingredients and stir until combined. Bake for 20 to 25 minutes or until fork or toothpick inserted comes out clean.

Gluten Free Pie Crust

1½ cups blanched almond flour
¼ teaspoon celtic sea salt
¼ teaspoon baking soda
¼ cup grapeseed oil
10 drops liquid stevia
1 teaspoon vanilla extract

In a medium bowl, combine almond flour, salt and baking soda. In a small bowl, combine grapeseed oil, agave and vanilla. Stir wet ingredients into dry. Pat dough into a 9.5 inch glass pie dish. Bake at 325° for 10 to 15 minutes, until golden brown.

Paleo Pumpkin Pie #1

Filling

1¾ cups pumpkin purée
1 cup coconut milk (full fat)
1 large ripe avocado
½ cup raw cashews
½ cup maple syrup
3 eggs and 1 egg yolk
1 tsp. all-spice
1 tsp. cinnamon
1 tsp. pumpkin spice
¼ tsp. sea salt

Put ½ cup cashews in the food processor and blend until in fine chunks. Peel, cut and add the avocado to the mix. Blend until creamy. Place the mixture in a large bowl and add all other ingredients, starting with the pumpkin and coconut milk. Mix thoroughly (I used a Cuisinart "smart stick" hand blender, which worked perfectly).

Crust

2 cups almond flour
2 Tbsp. coconut oil
1 egg
¼ tsp. sea salt

Add all ingredients to the food processor and mix until it looks like dough. Grease a pie pan and place dough in the center. Use your hands to stretch dough until it reaches the edges of the pan. Pour in the filling mixture. Bake at 350 degrees for 60 minutes. Enjoy!

Bulletproof Pumpkin Pie

2 Cups Steamed Pumpkin or Butternut (warm or hot)
5 Tablespoons Brain Octane Oil
1 Cup Coconut Milk (look for a brand with no BPAs or carrageenan)
⅓ Cup Non-GMO Birch Xylitol (or substitute similar quality stevia or erythritol)
1 Teaspoon Vanilla
2 Teaspoons Organic Pumpkin Spice*
2 Extra Teaspoons Cinnamon (try to find Ceylon cinnamon rather than Cassia)

½ Teaspoon Sea Salt

5 Tablespoons Collagelatin (completely dissolved into ⅓ cup of boiling water)

Optional Upgrade #1: ¼ Cup Or More Grass-Fed Butter (remember, butter always makes it better)

Optional Upgrade #2: 1-4 Raw Pastured Egg Yolks (Did you think it was good with butter? It's orgasmic when you do it this way).

** You can either buy pre-made organic pumpkin spice, or make it yourself by mixing ¼ cup cinnamon, 4 teaspoons nutmeg, 4 teaspoons ginger and 2 teaspoons ground allspice (store in an airtight jar away from heat and light).*

Now simply blend the ingredients together until creamy, and pour the mix into a dish or crust to chill in the freezer for at least an hour (or in the fridge overnight)... then serve and enjoy!

Note: I personally make this recipe without a crust (and don't miss it). However, for a Bulletproof-friendly crust, you can mix almond flour with a dash of salt and just enough butter to make it hold together, and press into your pan.

Raw Chocolate Pudding

2 avocados, peeled

1 ripe banana, peeled*

¼ cup raw honey

3 tablespoons coconut oil in liquid form or filtered water

⅓ cup raw cocoa powder

1 teaspoon vanilla extract

¼ teaspoon sea salt

Combine ingredients in a high speed blender and puree until everything is combined. Store in an airtight container in the refrigerator for at least 30 minutes just to chill it. Enjoy as an after dinner treat or a mid day pick me up.

**Can also use frozen bananas instead of putting in refrigerator to chill.*

For anyone trying to avoid caffeine, feel free to substitute the cocoa powder with carob powder. To add that chocolaty taste, use a little bit of cocoa extract. Perfect for anyone who is trying to limit their consumption of sweets or avoid processed sugars. GAPS friendly too.

Raw Chocolate Mousse

1½ ripe avocados

2 cups coconut milk

2 cups raw organic cocoa powder

3 tbsp pure maple syrup

¾ cup dates, soaked for 15-20 minutes to soften

1 tbsp cinnamon

2-3 tbsp organic pure vanilla extract

Blend everything together in food processor until smooth, put it in the fridge, and decorate with fresh mixed berries.

Coconut Milk Tapioca Pudding

1 Lemon, organic if possible
¼ cup Instant tapioca, organic if possible
3 cups Coconut milk
1 pinch Sea salt
1 Egg yolk, free range, organic
¼ - ⅓ cup Coconut sugar

Zest the lemon. Set aside. Add the tapioca, coconut milk and salt to a medium to large saucepan. Mix together and simmer on medium to low for 12-15 minutes. In a small bowl, whisk together the egg yolk and sugar. Temper small amounts of the tapioca into the egg yolk/sugar mixture until you have added about a cup. (Tempering prevents the egg yolk from overcooking.) Stir the egg yolk/sugar/tapioca mixture into the remaining tapioca in the saucepan. Remove from heat. Add the lemon zest and stir to combine. Transfer the pudding to a bowl and cover with plastic wrap. Allow to cool at room temperature and then transfer to the refrigerator until thoroughly chilled.

Coconut Oil Chocolate

1 cup melted organic virgin coconut oil
⅓ cup organic raw honey
¾ cup organic raw cacao powder
1 teaspoon organic vanilla extract
¼ teaspoon organic chocolate extract (optional, makes it more chocolatey)
Dash of fine Celtic sea salt

Patently melt the coconut oil by putting it in a bowl and placing that bowl over a bowl of warm water. Don't allow any water in the coconut oil and don't overheat it. Never microwave any of the ingredients. You can also warm it in a toaster oven on the lowest warm setting. Warm the honey separately, the same way as the coconut oil. It is important for the honey to be runny in order to combine with coconut oil. Once the coconut oil and honey are warm combine all of the ingredients in a blender or a bowl and mix well. You can pour this onto a parchment lined baking sheet and then stick in the refrigerator until hard. Break into pieces!

Rustic Mayan Chocolate Truffles

10 ounces chocolate with 85% cocoa content, chopped coarsely
zest of 1 orange
1 teaspoon cinnamon
¼ teaspoon chipotle chili powder
1 vanilla bean
dash unrefined sea salt
1 cup full-fat coconut milk
1 tablespoon coconut oil
cocoa powder, for dredging truffles

Toss chopped chocolate into a mixing bowl with the zest of one orange, cinnamon, chipotle chili powder, the contents of one vanilla bean and a dash unrefined sea salt. Bring coconut milk and coconut oil to a slow simmer in a saucepan over a moderate flame. Pour coconut milk and oil over the chopped chocolate and seasonings then stir continuously with a wooden spoon until the chocolate is thoroughly melted and the mixture, or ganache, becomes thick, uniform and glossy. Transfer the mixture to a plate lined with parchment paper, molding into a log as best you can, and allow it to harden in the refrigerator for eight to twelve hours, or overnight. After the Mayan chocolate has hardened in the refrigerator for eight to twelve hours, remove it,

unmold it from the parchment paper and carve it into irregular bite-sized chunks. Toss the chunks with cocoa powder and serve.

Cranberry Chocolate Truffles

(makes 10 truffles)

1½ ounces chocolate chunks
⅓ cup dried cranberries
⅛ teaspoon celtic sea salt
¼ cup coconut oil
¼ cup coconut butter
7 drops vanilla crème stevia

In a food processor pulse chocolate and cranberries. Pulse in salt until mixture is the texture of coarse gravel. Pulse in coconut oil, coconut butter and stevia. Scoop mixture 1 scant tablespoon at a time into a paper lined 24 cup mini muffin pan. Refrigerate for 3 hours to set, then serve.

Chocolate Bliss Truffles

(makes about 30 truffles)

½ cup coconut oil, warmed to soften
¼ tsp. Himalayan crystal salt plus a pinch for garnish
2 tsp. vanilla extract
¾ cup maple syrup
1 cup dried shredded coconut
2 cups raw cacao powder

In a high-speed blender, blend the warmed coconut oil, salt, vanilla extract and maple syrup. Add the shredded coconut slowly and blend until smooth. Pour the mixture to a large mixing bowl. Slowly stir in cacao powder and mix by hand until thoroughly combined. Watch of chunks of chocolate and combine well. Place the bowl in the refrigerator for about 15 to 20 minutes to harden the mixture slightly. Spoon heaping tablespoons of the mixture and roll into small balls. If the mixture sticks to your hands and you aren't able to roll it easily, put it back into the refrigerator for a little longer to achieve the right consistency. Sprinkle finished truffles with a pinch of Himalayan crystal salt and store in an air-tight container in the refrigerator.

Coconut Vanilla Ice Cream

4 whole pastured eggs + 4 more egg yolks
3 teaspoons of vanilla extract or 2 tsp of Bulletproof Vanilla Powder
1 gram vitamin C (ascorbic acid) or 10 drops apple cider vinegar or lime juice to taste.
7 tablespoons (100 grams) Unsalted Grass-Fed Butter
7 tablespoons (100 grams) Coconut Oil (or substitute half Upgraded Cacao Butter for amazing taste)
3 Tbsp + 2 tsp (50 grams) MCT Oil
5 tablespoons of local honey
Just under ½ cup of water or ice (add less than you think you need, then increase the amount.)
(optional) ¼ -½ cup of raw cacao powder

Begin by adding all the ingredients to the blender (except the ice/water). Blend until totally mixed. Then blend more. Next add in the ice or water, the goal is to reach a creamy yogurt consistency. If you add more water it will end up tasting icier. Blend More. Transfer everything to an ice cream maker. If you don't have one, use a 9x11 inch Pyrex dish and place in freezer for about 2 hours. The 2nd method won't taste as much like ice cream but it will still be delicious. After it's setup, serve!

Vegan Pumpkin Ice Cream

2 cups pitted Medjool dates
1 quart water
2 cans unsweetened organic full-fat coconut milk
1½ cup almond milk
1 can organic pumpkin
1 tsp organic vanilla extract
2 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp ground ginger
1 tsp ground cloves
½ tsp sea salt

Store canned coconut milk in the refrigerator overnight to allow it to thicken. Bring 1 quart of water to a boil in a small pot. Once water reaches a rolling boil, remove it from heat. Let dates soak in boiling water for 10 minutes. Drain dates and place them in a blender with all the other ingredients. Process mixture in ice cream maker and store in freezer. If you do not have an ice cream maker, you can freeze mixture immediately, removing it from the freezer and quickly whisking it every 20 minutes until frozen.

Note: This ice cream hardens very quickly in the freezer. When you're ready to enjoy it, just remove it from the freezer and let it thaw out for about 20 minutes before serving.

"Chunky Monkey" Egg And Dairy Free Ice Cream

(makes about 2 quarts and recipe doubles well)

Ice Cream Base

2 cans full fat coconut milk (canned or fresh)
4 bananas
2-3 TBLS raw honey
1 tsp vanilla
1 tsp lime juice

Mix- in's

1 cubed banana
½ to 1 cup thickly chopped dark chocolate or raw cocoa nibs
½ cup walnuts (optional)

BLEND the first 5 ingredients in a blender till smooth. Pour the mixture into your ice cream maker. Add the mixings. Follow the instructions on you ice cream maker. (It will take about 30 min. to get thick, then change the salt /ice ratio as per ice cream makers instruction, cover with a towel and leave it sit (not turning) for another 30 minuets to an hour.

Vegan Mint Chip Ice Cream

½ cup hemp seeds
1 cup water
1 (13 ounce) can coconut milk
⅓ cup honey
1 tablespoon vanilla extract

1 teaspoon peppermint extract
¼ cup dark chocolate chips

Place hemp seeds and water in a Vitamix. Blend on high for 30 seconds until smooth. Blend in coconut milk, honey, vanilla and peppermint. Blend in chocolate chips until they are in tiny pieces. Pour into ice cream maker per manufacturer's instructions. Serve.

Homemade Vanilla Ice Cream

3 egg yolks, preferably organic and local from pastured hens
½ cup maple syrup
1 tablespoon vanilla extract
1 tablespoon arrowroot powder
3 cups canned coconut milk
½ cup walnuts, finely chopped (optional)

Beat egg yolks and blend in remaining ingredients. Pour into an ice cream maker and process according to instructions. For ease of serving, transfer into shallow glass container, cover and store in the freezer.

Chocolate Coconut Milk Ice Cream

3 cups unsweetened coconut milk (about two cans)
2/3 cup organic raw cacao powder
¼ cup raw honey or maple syrup
1 Tbsp vanilla extract
4 egg yolks, ideally pastured or at least free range organic

Add coconut milk and cocoa powder to medium saucepan on low heat and whisk to combine. Stir in the sea salt, honey (or stevia) and vanilla extract, and whisk until honey is incorporated. Remove from heat. (Note: If you are using stevia, you don't need to heat it). Whisk in the egg yolks. Chill this mixture thoroughly in the refrigerator. (You can skip this step if you're not heating it). Follow the manufacturer's instructions of your ice cream maker. In 30-45 minutes you will have ice cream!

Vegan Vanilla Ice Cream

1 cup cashews
2 cups water
raw honey or pure maple syrup, to taste
1 tablespoon vanilla extract
1 pinch celtic sea salt

Cashews make an amazing substitute for dairy! In a blender, combine all ingredients and blend on high speed. Pour mixture into an ice cream maker and process according to instructions. Enjoy!

Frozen Vanilla Bliss

(serves one)

This tastes very much like dairy soft serve ice cream, only better. Not only is it a great way to start your day but it also makes a healthy snack. Use more tahini if you are a bodybuilder or are trying to increase your (good) fat, protein and calorie intake. Bodybuilders might try 1 cup of water, 4 tablespoons of tahini and 2 frozen bananas. The addition of carob or other fruit works very well in this recipe—let your imagination run wild! If you prefer a sweeter drink, add one or two soaked dates, or a bit of maple syrup.

¾ cup water
2 tablespoons raw tahini, or more to taste
1-2 frozen bananas, cut in chunks
Dash vanilla (optional)

In blender, combine water, tahini, banana and vanilla. Blend until thick and smooth. Serve immediately.

Raw Vegan Strawberry Ice Cream

1½ pounds fresh strawberries, chopped
½ cup coconut crystals
2 tablespoons honey or your favorite liquid sweetener
1 water or almond milk
1 cup soaked cashews
1 T creme de cassis (optional)

Combine the strawberries, sugar and honey in a bowl, and let stand for an hour while the cashews are soaking. Blend everything until smooth, then strain into a container. Chill in the refrigerator, then freeze in your ice cream maker according to the manufacturer's instructions. This ice cream freezes hard once transferred to the freezer but softens in about 10 minutes to a scoopable consistency.