



WAYS TO OPTIMIZE IN THE KITCHEN

Healthy Recipes for the Optimal You!

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Smoothies & Drinks

Build Your Own Smoothies

Building a smoothie is an easy way to make an on the go breakfast or snack. You can make them in advance and freeze them. I suggest making as much as your blender will hold so you spend less time on prep and clean up. Store them in single serving containers. Pull one out of the freezer the night before you need it and let it thaw of a couple of hours so it still has some crunch and is cold. Put it back in the fridge over night and it'll be ready to go in the morning.

The beauty of the smoothie is that you can play with the ingredients depending on what you have in your fridge and pantry and according to your own taste.

Here are the components you'll need:

Veggies

I like 2 handfuls of greens like spinach, baby kale, chard etc.

Try avocado, cucumber and add herbs like cilantro, mint or parsley.

Fruit

I like 2 cups frozen berries which goes well with the greens.

Instead try other frozen fruits like peach, mango, pineapple.

You can use fresh fruit too of course.

Liquid

You need enough liquid for the smoothie to blend. The amount will depend on the juiciness of the fruit and veggies you choose and how thick you like your smoothie. Plan on around 2 cups. Start with less and adjust.

Choose from:

full fat milk, yogurt & water or kefir if you tolerate dairy well

a non-dairy alternative like coconut milk (unsweetened non-GMO) or almond milk (unsweetened)

tea, coconut water

If your liquid is low in fat you can add some oil such as organic cold pressed extra virgin olive oil, or coconut oil. Nuts and seeds and their butters will also give an extra boost of healthy fats.

Protein boost

Depending on which liquid you choose, a protein boost may be helpful. Dairy contains a good amount of protein. Other milks have less.

2 tablespoons chia seeds, hemp seeds, nut butter, tahini, other nuts or seeds

2 tablespoons protein powder



Flavor and nutritional boosts

Options to add flavor or nutrients.

Fruit juice. (Be cautious! This can be a lot of sugar)

Cocoa powder for a chocolate flavor.

Stevia to sweeten (although the fruit is typically enough).

Spices like cinnamon, nutmeg, vanilla, ginger are nutritious and delicious.

Here's a recipe to get you started:

Green Smoothie

Ingredients:

2 cups coconut milk or almond milk or cow's milk

½ avocado

1 cups of greens (spinach, kale, or chard)

½ cup blueberries

3 tablespoons almond butter or nut butter of your choice

½ teaspoon cinnamon

Instructions:

Add all ingredients to blender and mix until smooth.

Juice It Up!

Here are a couple of recipes, but you can come up with your own:

Lemon/Orange

16 cups/1 gallon water

2 large lemon slices

1 large orange, sliced

Combine water and fruit slices in a large pitcher and chill for 1 hour. Strain out fruit and serve

Lemon/Cucumber

16 cups/1 gallon water

2-3 lemon slices

2-4 slices of cucumber

Place all ingredients into a pitcher and serve.

You can add any fruit or vegetable such as sliced strawberries, sliced limes, cut up celery, and more!



Cold Brew Coffee

Source: Wellness Mama

Ingredients:

2 cups high quality coffee, coarsely ground
4 cups filtered water

Instructions:

Place the coffee and water in a bowl or pitcher and stir to combine.

Cover and put the bowl/pitcher in the fridge.

Leave for at least 12 hours, or as much as 24.

Strain through a fine mesh strainer lined with a coffee filter (this process will be slow). I strain into a jar and pour a little at a time as I do something else in the kitchen.

This produces a coffee concentrate that can be diluted with water or milk to get the desired taste.

Classic Lemonade or Limeade

Source: Spoonfulofsugarfree.com (modified)

Serves: 1

Ingredients:

Juice from ½ of a lemon or lime

16 ounces of fresh, filtered water (or zest it up with sparkling water)

3-4 ice cubes

15-20 drops (or less to taste) of alcohol free stevia or vanilla stevia

Instructions:

Cut a lemon or lime in half, squeeze the juice out using a reamer or by hand. Discard the seeds. Pour the lemon or lime juice into a tall glass, add stevia and ice cubes. Top the glass with 16 ounces of water and stir.





Cereals

Coconut Chia Porridge

Source: Wellness Mama

Serves: 1

Ingredients:

1 cup almond milk

½ teaspoon vanilla extract

1 tablespoon ground flax seeds

1 tablespoon chia seeds

1 tablespoon hemp seeds

4 tablespoons unsweetened shredded coconut

Pinch sea salt

Dried fruit, raw honey to garnish (small amount)

Instructions:

Pour the almond milk and add vanilla into a small to medium-sized saucepan. Warm the milk over medium heat until it comes to a gentle boil. Add the flax, chia, and hemp seeds along with the coconut, and stir to combine. Reduce the heat to simmer and stir over low heat until porridge thickens.

Season with a small pinch of salt. Serve immediately with dried fruit, or honey drizzled over top.

Whole Grain Porridge

Source: Ways to Optimize - Nutrition for the Optimal You!

Ingredients:

A mixture of organic whole grains – choose from steel cut oats, quinoa, amaranth, buckwheat, millet.

Filtered water - double the volume of grains.

Toppings ideas - you choose your favorite combination

Coconut oil, coconut butter or cream

Vanilla

Cinnamon

Nuts – walnuts, pecans, almonds etc.

Seeds – hemp, sunflower etc.

Dried fruit – keep amounts small – a chopped prune, dried apricot, raisins etc.

Molasses – 1/8 teaspoon

Instructions:

Put the whole grains into a pan with a heavy lid. Add the water. Bring to boil and simmer with the lid tightly on for about 30 minutes or until the water is all absorbed. Stir occasionally to prevent sticking to the bottom of the pan.

Add toppings and enjoy.

Put left overs in the fridge for later. You can reheat a small bowl full in the microwave, covered with a paper towel for about 50-60 seconds.



Paleo Breakfast Porridge

Source: Louise Hendon at Paleomagazine.com

Serves: 1

Ingredients:

1/2 cup almonds, ground using a food processor or blender
3/4 cup coconut cream (from the top of a can of refrigerated coconut milk)
sweetener of choice (I added 1 teaspoon of raw honey, but stevia also works)
1 teaspoon cinnamon powder
dash of nutmeg
dash of cloves
dash of cardamom (optional)

Instructions:

Heat the coconut cream in a small saucepan on medium heat until it forms a liquid.
Add in the ground almonds and sweetener and stir to mix in.
Keep stirring for approximately 5 minutes (it'll start to thicken a bit more).
Add in the spices (have a taste to check whether you want more spices) and serve hot.

Cinnamon Pumpkin Flax Cereal

Source: Lowcarbzen.com (modified)

Serves: 1

Ingredients:

2 tablespoons ground flax seed
2 tablespoons canned pumpkin
1 teaspoon pumpkin pie spice
1-2 tablespoons cream or milk
Dash sweetener of choice (stevia, maple syrup, honey)

Instructions:

Combine ground flax, pumpkin and spices and microwave for 1- 1½ minutes. Mix in cream to desired consistency and add sweetener to taste.





Breads, Pancakes & Muffins

The Life-Changing Loaf of Bread

Source: My New Roots

Makes 1 loaf

Ingredients:

1 cup sunflower seeds	1 teaspoon fine grain sea salt (add 1/2 teaspoon if using coarse salt)
1/2 cup flax seeds	1 tablespoon maple syrup (for sugar-free diets, use a pinch of stevia)
1/2 cup hazelnuts or almonds	3 tablespoons melted coconut oil or ghee
1 1/2 cups rolled oats (gluten free oats are okay)	1 1/2 cups water
2 tablespoons chia seeds	
4 tablespoons psyllium seed husks (3 tablespoons if using psyllium husk powder)	

Instructions:

Preheat oven to 350°F.

In a flexible, silicon loaf pan 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.

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 30-40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult, but important).

Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!

Almond Flour Bread Recipe

Ingredients:

3 1/2 cups ground almonds or other nut flour	4 eggs
3/4 teaspoon baking soda	1 tablespoon honey
1/4 teaspoon salt	3/4 teaspoon apple cider vinegar



Instructions:

Preheat oven to 300° F

Grease the loaf baking pan. Mix all the ingredients well and pour into loaf pan. Bake 45 minutes. Add herbs, berries, dried coconut, banana, choc/carob chips, etc. for different flavors. Store in the refrigerator.

Easy Almond Flour Pancakes

Source: WellnessMama.com

Ingredients:

½ cups Blanched Almond Flour

3 eggs

1 cup of water or whole milk (or slightly less to desired thickness)

Coconut oil for the pan or griddle

Optional: spices like cinnamon and nutmeg, vanilla, blueberries or other flavors

Instructions:

Mix all ingredients in a medium sized bowl using a spoon, hand blender or immersion blender until batter is a pourable consistency.

Cook all pancakes on a griddle or in a large pan for approximately 2-3 minutes per side until bubble form and both sides are golden brown.

Enjoy!

Grain Free Pumpkin Pancakes

Source: Wellness Mama

Serves: 2

Ingredients:

2 eggs

¼ cup pumpkin puree (or homemade)

⅓ teaspoon cinnamon

Coconut oil for the pan

Instructions:

Warm a cast iron pan over medium high heat.

Whisk together the eggs, pumpkin puree, and cinnamon.

Add about a tablespoon of coconut oil to the hot pan and swirl to cover the bottom of the pan.

Use about two scant tablespoons of batter for each pancake. They flip best when the pancakes are small.

Cook until golden on the bottom and slightly opaque in the center and around the edges.

Flip, brown on the other side, and serve.



Cardamom Banana Pancake

Source: Ashley Thomas at Myheartbeets.com

Serves: 10-12

Ingredients:

1 cup mashed banana (approx. 2 bananas)
1 cup rice flour
¼ teaspoon baking soda

¼ teaspoon cardamom
1 cup coconut milk, canned and full-fat
Coconut oil (see instructions)

Instructions:

Combine the ingredients (except coconut oil) together in a bowl and mix well.

Add 1 teaspoon of coconut oil to a non-stick sauté pan over medium heat.

Pour ¼ cup of the batter onto the skillet.

Spread out the batter a bit to form a circular shape. Then rotate the pan to make sure the coconut oil gets on all sides of the pancake.

Cook for 2 minutes, flip, then cook for another 2 minutes.

Repeat by adding 1 teaspoon of coconut oil before making each pancake.

Apple Cinnamon Muffins

Source: Wellnessmama.com

Ingredients:

5 eggs
1 cup homemade applesauce (store bought should work too)
½ cup coconut flour
2-3 tablespoons cinnamon

1 teaspoon baking soda
1 teaspoon vanilla (optional)
¼ cup coconut oil
2 T honey (optional)

Instructions:

Preheat the oven to 400° F.

Grease a muffin pan with coconut oil.

Put all ingredients into a medium sized bowl and mix with immersion blender or whisk until well mixed.

Let sit 5 minutes.

Use ⅓ cup measure to spoon into muffin tins.

Bake 12-15 minutes until starting to brown and not soft when lightly touched on the top.

Let cool 2 minutes, drizzle with honey (if desired) and serve.



Blueberry Muffins

Source: Paleocomfortfoods.com

Ingredients:

12 paper or foil muffin pan liners
3 cups almond flour
1 teaspoon ground cinnamon
3/4 teaspoon baking soda
1/4 teaspoon salt
3 large eggs

1/3 cup coconut oil, slightly melted
1/4 cup unsweetened, full-fat coconut milk
2 tablespoons honey or maple syrup (optional)
1 1/2 cups fresh blueberries

Instructions:

Preheat the oven to 375°F.

Line the wells of a 12-cup muffin tin with liners.

In a large mixing bowl, combine the almond flour, cinnamon, baking soda and salt and mix well.

Add the eggs, coconut oil, coconut milk and honey and mix thoroughly.

Gently fold in the blueberries. Carefully spoon the batter into the prepared muffin tins, so that each well is about 3/4 full. Bake for 20 to 25 minutes, or until a toothpick inserted into the middle of each muffin comes out clean.

Morning Glory Muffins

Source: 10-Day Detox Diet

Serves: 6

Ingredients:

3/4 cup almond flour
2 tablespoons coconut flour
1 teaspoon cinnamon
1 teaspoon coriander powder
1/2 teaspoon nutmeg
1/4 teaspoon sea salt
1/4 teaspoon baking soda
2 eggs

2 tablespoons olive oil (melted coconut oil)
1 teaspoon real vanilla extract
1/2 teaspoon lemon juice
1/3 cup carrot, grated
1/3 cup zucchini, grated
1/4 cup walnuts, chopped
1/4 cup shredded unsweetened coconut

Instructions:

Preheat oven to 350°. Combine all dry ingredients in a medium mixing bowl and set aside. In a food processor or bowl, beat eggs and stream in oil, vanilla, and lemon juice. Then stir in carrots, zucchini and walnuts. Add dry ingredients to the wet mixture and stir to combine. Place batter into greased muffin tin, leaving about 1/4 room at top. Sprinkle with coconut. Bake for about 10-15 minutes or until toothpick inserted into muffins comes out clean. Let cool on wire rack for 10 minutes before removing.



A dark ceramic bowl filled with water, containing three cracked eggs with bright yellow yolks. The bowl sits on a textured, light-colored surface. In the background, a wooden spatula and a wooden fork are visible on a dark wooden surface. To the right, a white egg carton holds several brown eggs, one of which is cracked open. The word "Eggs" is written in white text across the middle of the bowl.

Eggs

Ham & Egg Breakfast Cups

Source: WellnessMama.com

Ingredients:

12-24 slices of nitrate free ham or other meat. (Can use 1 or 2 pieces per cup-round slices work best)

12 eggs

Green onions

Feta or cheddar cheese to top (optional)

Instructions:

Preheat the oven to 400°C.

Line compartments of a muffin tray with 1 or 2 pieces of ham (or other deli meat)

Crack one egg into each compartment.

Bake for 10-12 minutes, depending on how firm you like the yolks to be. If you prefer soft or runny yolks, cook 8-9 minutes.

Top with chopped green onions and feta or cheddar cheese.

Goat's Cheese, Pea & Bean Frittata

Source: BBCGoodFood.com

Ingredients:

1 ¼ cups mix frozen peas and green beans

8 large eggs

splash of milk

½ cup/3½ ounces goat's cheese or use feta

1-2 tablespoons chopped mint

a little coconut oil

sea salt & black pepper to season

Instructions:

Heat the broiler to medium.

Steam the peas and beans for 4 minutes until just tender.

Beat the eggs with a splash of milk and some seasoning (salt & pepper).

Slice 4 thin, round slices of goat's cheese (you'll use about half the log), roughly chop or crumble the rest into pieces, then stir this into the eggs with the peas, beans and mint.

Lightly oil an ovenproof shallow pan and place on the stove top.

Pour in the egg mix and gently cook on the stove top for 8-10 minutes until there is just a little un-set mix on the surface.

Top with the slices of goat's cheese, then put under the broiler until set firm, golden and the cheese is bubbling.



Easy Avocado Breakfast Bake

Source: WellnessMama.com

Ingredients:

1 avocado

2 eggs

salt

Toppings of choice.

Topping ideas - feta and spring onions, chopped ham, chopped tomato.

Instructions:

Preheat the oven to 350°F.

Cut the avocados in half, remove the pit and scoop the avocado in to a small baking dish.

Crack the eggs over the avocado half and sprinkle with sea salt and pepper. Place in the oven for 15-20 minutes or until egg is desired doneness.

For my oven, 17 minutes gets the perfect egg yolk.

Top with desired toppings while still hot and enjoy!

Caprese Omelet

Source: Wellnessmama.com

Ingredients:

2-4 Eggs

2 Tablespoons butter

1 small/medium tomato, diced

3-4 (or more) basil leaves, finely chopped

shredded mozzarella to taste

Olive Oil (optional)

Garlic, salt and pepper (optional)

Instructions:

Melt butter in medium skillet over low/medium heat

Scramble eggs with fork in a shall bowl and season with garlic, salt and pepper if desired

Pour eggs into skillet and sprinkle tomatoes, cheese and basil on one half

When eggs are partially set, fold the empty half over to cover the side with tomatoes, basil and cheese

Cook until set, flipping if needed

Remove and promptly top with more tomatoes, basil and cheese and drizzle with olive oil if desired.



Easy Oven Omelet

Source: Wellnessmama.com

Serves: 4-6

Ingredients:

Chopped veggies of choice (spinach, mushrooms, onion, pepper, cooked sweet potato, cooked broccoli or cauliflower, etc)

Chopped meat of choice (bacon, sausage, chicken, ham, pork, steak, etc)

12 eggs

Butter

Spices to taste

Instructions:

Cook or heat meat in large oven-safe pan with butter until cooked/hot.

Add vegetables and cook until cooked or heated. Crack eggs and put directly in pan

Add spices of choice. Scramble with fork until yolks are broken and Ingredients are mixed

Put in oven at 350° for 20-30 minutes until cooked.

Remove, cut like a pie and serve. Can be wrapped in foil to eat on the go.

Eggs Over Easy Salad

Source: TheMogulMom.com

Have your vegetables cleaned, chopped and stored in the refrigerator.

Melt some grass-fed butter or coconut oil in a small frying pan over medium high heat.

Crack two eggs and cover then prepare your salad on a plate.

Combine fresh baby spinach, peppers, onion, carrots, tomato, celery, avocado, broccoli or any of your favorite vegetables.

Cook the eggs to your preferred doneness; I like mine over easy (the juices from the egg create a delicious dressing as you eat and run over the veggies).

Season your salad with some sea salt and pepper, maybe a touch of avocado or olive oil and any other seasonings. Top it off with your two eggs and enjoy.



Soups



Chicken Soup

Source: Ways to Optimize - Nutrition for the Optimal You!

Ingredients:

2 lbs/8 cups chopped vegetables (carrots, leeks, rutabaga, celery, onions)
½ lb cooked chicken
20 ounces/2½ cups chicken stock
2 tablespoons ghee or butter
Sea salt and freshly milled black pepper

Instructions:

Put the ghee or butter in a large pan over a low heat. Add the vegetables, put the lid on and let the vegetables sweat for 10 minutes.

Pour in the stock, bring to simmer and leave with lid on for 1¼ hours. Add the chicken pieces and bring back to boil for 10 minutes.

Paleo Chicken Tortilla Soup Recipe

Source: Linda Wagner

Serves: 6

Ingredients:

2 large chicken breasts, skin removed and cut into ½ inch strips	4 cloves of garlic, minced - I always use one of these
1 28oz can of diced tomatoes	2 tablespoons tomato paste
32 ounces organic chicken broth	1 teaspoon chili powder
1 sweet onion, diced	1 teaspoon cumin
2 jalapenos, de-seeded and diced	sea salt & fresh cracked pepper to taste
2 cups of shredded carrots	olive oil
2 cups chopped celery	1-2 cups water
1 bunch of cilantro chopped fine	

Instructions:

In a crockpot or large dutch oven over med-high heat, place a dash of olive oil and about ¼ cup chicken broth. Add onions, garlic, jalapeno, sea salt and pepper and cook until soft, adding more broth as needed.

Then add all of your remaining ingredients and enough water to fill to the top of your pot. Cover and let cook on low for about 2 hours, adjusting salt & pepper as needed.

Once the chicken is fully cooked, you should be able to shred it very easily. I simply used the back of a wooden spoon and pressed the cooked chicken against the side of the pot. Top with avocado slices and fresh cilantro. Enjoy!



Garbure (French Ham and Vegetable Soup)

Source: Ashley Thomas at Myheartbeets.com

Ingredients:

1 leftover ham bone with meat	
10 cups water, enough to cover the ham bone	1 large sweet potato, diced
2 tablespoons apple cider vinegar	2 carrots, diced
3-4 bay leaves	2 stalks of celery, diced
1 Serrano pepper, sliced but still intact	2 turnips, diced
2 tablespoons avocado oil	½ head napa or savoy cabbage, cut into strips
1 onion, chopped	1 small handful of parsley, chopped
2 medium leeks, chopped	1 tablespoon minced fresh thyme
4 garlic cloves, minced	1 teaspoon cumin
¼ cup dry white wine (I used Chardonnay)	¼ teaspoon black pepper

Instructions:

Add the ham bone, water, apple cider vinegar, bay leaves and serrano pepper to the slow cooker. Set on high for 5 hours.

Remove the bone from the pot and take the meat off of it. Add the meat and bone back to the pot and cook for another 2 hours on high.

Next, add oil to a sauté pan over medium heat, then add the onion, leeks and garlic cloves. Sauté for 7-8 minutes, or until the onions have started to caramelize.

Add this to the slow cooker along with the remaining ingredients. Cook for 3 hours on high, or until the vegetables are tender.

Butternut and Orange Soup

Source: The American Harvest Cookbook, Rosemary Moon (modified)

Ingredients:

1 onion, chopped	Salt
2 tablespoons ghee	Ground black pepper
About 2lbs butternut squash peeled and diced (1-2 squashes)	2 bay leaves
Grated zest and juice of 2 oranges	Freshly grated nutmeg
3 pints/6 cups stock	2 tablespoons chopped fresh parsley to garnish

Instructions:

Cook the onion in the ghee until softened, then add the squash and cook slowly for 5 minutes, stirring occasionally. Stir in the grated orange zest, then add the stock, season with salt and black pepper, bay leaves and nutmeg.



Bring the soup to a boil then cover and simmer for 40 minutes until the squash is tender. Allow the soup to cool slightly then blend in a blender or food processor until smooth. Return to the soup to the pan (rinse it first) and add the orange juice. Reheat the soup slowly, do not let it boil. Then season to taste and garnish with parsley.

Roasted Butternut Squash Soup

Source: Paleogrubs.com

Ingredients:

1 large butternut squash (about 5 lbs)	1 ½ teaspoons salt
1 green apple, sliced and cored	½ teaspoon cumin
1 small yellow onion, chopped	1 teaspoon chili powder
2 carrots, chopped	2 tablespoons ghee
3 tablespoons olive oil	3 cups chicken broth
2 teaspoons cinnamon	

Instructions:

Preheat oven to 400°F. In a large bowl, combine the butternut squash, olive oil, 1 teaspoon cinnamon, ½ teaspoon salt, and ½ teaspoon cumin. Mix together, coating the squash well. Spread out on a rimmed baking sheet.

Next, in the same bowl that the butternut squash was in, toss the apple slices, onion, and carrots to coat with the remnants. Place on a second rimmed baking sheet and add both baking sheets to the oven. Roast for 35-40 minutes until soft, stirring once.

Heat up ghee over medium heat in a large pot on the stove. Add the roasted ingredients and then the chicken broth. Add 1 teaspoon each of salt, cinnamon and chili powder. Bring to a boil, then reduce heat to low and simmer, covered, for 20 minutes.

Using an immersion blender, combine the ingredients until smooth, or transfer to a blender to puree.

Curried Paleo Cauliflower Soup

Source: Paleogrubs.com

Ingredients:

2 tablespoons olive oil	1 ½ teaspoons cumin
1 onion, chopped	1 cup full-fat coconut milk
1 large head of cauliflower, cut into florets	¼ cup roasted cashews
3 cups low-sodium chicken stock	2 tablespoons fresh parsley, finely chopped
½ teaspoon coriander	Salt and pepper, to taste
½ teaspoon turmeric	



Instructions:

Preheat the oven to 375°F. Spread out the onion and cauliflower in a single layer on a baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast for 15-20 minutes until golden, stirring once.

Place the cauliflower and onions in a large pot and add the chicken stock. Stir in the coriander, turmeric, cumin, and a pinch of salt. Bring to a boil and let boil for 5 minutes. Remove from heat. Using an immersion blender, puree ingredients in the pot until smooth. (Alternatively, carefully transfer to a blender.) Stir in the coconut milk and warm the soup to serve. Taste to adjust seasonings as necessary. Serve with roasted cashews and top with parsley.

Bone Broth

Bone broth is a very nourishing broth that can be eaten alone, used as a base for soup and any other place that broth is used. The vinegar helps extract the minerals out of the bones to make a more nutritious and thick broth.

Ingredients:

Bones - chicken, turkey, ham or beef

2 tablespoons vinegar

Herbs - parsley, sage, thyme, bay leaf . . .

Vegetables - onions, garlic, carrots, celery, turnips . . .

Sea salt

Instructions:

Add the bones to a large stock pot and cover with water. Add the vinegar and stir. Let the bones and vinegar sit for an hour to allow the vinegar to bring the minerals out of the bones. Add the herbs, vegetables and salt. Bring the pot to a boil and skim the foam off the top. Lower the heat to a simmer and cook for 24-48 hours. If you don't feel comfortable keeping the burner on overnight (I don't), turn it off before bedtime and back on in the morning.

Allow the broth to cool. Then pour it through a metal strainer into another large pot or bowl. Bone broth can store in the refrigerator from 5-7 days or 6 months in the freezer.





Vegetables & Salads

Grilled Asparagus with Garlic & Parmesan Cheese

Serves 4 as a side dish

Ingredients:

- 1 bunch asparagus
- 2 garlic cloves, peeled and pressed or minced
- 3 tablespoons grated Parmesan cheese (you can also use Romano, Locatelli, etc., any salty, hard cheese would work)
- 2-3 tablespoons melted butter or ghee
- Sea salt to taste
- Black pepper to taste

Instructions:

1. Wash the asparagus and snap the woody ends off (you'll feel where you should snap when you bend them a bit) and place them in a large bowl. Preheat the grill and give it a good scrape to clean it.
2. While the grill is heating up, toss the asparagus with all the other ingredients until well-coated.
3. Lower the flame to medium and lay the asparagus spears crosswise to avoid dropping any through the grill. Cover and grill for about 5 minutes, turning often to prevent them from burning. Grilling times will depend somewhat on how powerful your grill is and also on the size of the asparagus.

Grilled Beets with Goat's Cheese & Walnuts

Source: Foodnetwork.com

Ingredients:

- 6 large whole beets

Marinade:

- 1/4 teaspoon salt
- 1/4 teaspoon dry thyme leaves
- 1/4 teaspoon paprika
- 1/4 teaspoon dry basil leaves
- 1/8 teaspoon dry oregano
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- pinch cayenne pepper
- 3/4 cup vegetable oil

Vinaigrette:

- 1 1/4 cups walnuts
- 1/2 stick butter
- 3 tablespoons red wine vinegar
- 4 tablespoons olive oil
- 1 cup/8 oz soft goat cheese
- 1/4 cup chives cut into match sticks



Instructions:

Preheat a grill.

Cover beets with 3 inches of water in a large saucepan. Bring the water to boil and simmer until paring knife slides out of the beets when pricked. Strain and let cool. To remove skins, rub the beets under running water. Slice beets into 1/2 inch rounds. Prepare marinade by combining all ingredients in a large bowl and mix well. Toss the sliced beets and set aside.

To prepare the walnuts, melt butter in a large skillet and add walnuts. Cook, stirring occasionally, for 5 minutes. Season with salt and pepper. Reserve leftover butter.

Mix all ingredients for the vinaigrette in a bowl and add leftover butter from the walnuts. Wisk well.

To finish, grill beets on both sides for 2 minutes and toss with vinaigrette. Place 4-6 beets on each plate & drizzle with vinaigrette. Add a few dollops of goat's cheese sprinkle with walnuts and chives.

Vegetable Fritters

Source: Cook right 4 your type (modified)

Serves 4 to 6

Ingredients:

3 cups grated vegetables

1 tablespoon finely minced onion

2 eggs

coconut oil

sea salt

Instructions:

Mix grated vegetables with onion and eggs. The batter will be quite wet. In a large, heavy skillet, heat 3 tablespoons coconut oil over medium heat.

Lightly shape a handful of the batter for each fritter and gently drop into the oil, taking care not to splatter yourself. Flatten the fritters with a spatula.

Let them brown over medium heat until the bottoms begin to color. Turn the fritters over and fry for several more minutes.

Drain on paper towels, sprinkle with salt, and serve. You can keep them in a warm preheated 250°F oven while you cook the rest.



Easy Zucchini Fritters

Source: WellnessMama.com

Ingredients:

2 medium zucchini

2 eggs

1 onion

½ cup parmesan cheese (optional, can replace with almond flour or 3 tablespoons of coconut flour)

¼ cup almond flour

1 teaspoon each of garlic powder, salt, pepper and basil leaf

Instructions:

Preheat oven to 400° F. Grate the zucchini with a cheese grater or food processor. Add the salt and squeeze very tightly with a towel or some paper towels to get the excess liquid out. Put in a medium sized bowl.

Grate the onion and add to the bowl. Add the eggs, parmesan cheese and almond flour. Sprinkle the spices on top of the mixture and mix until evenly incorporated. To bake: grease a baking sheet or muffin tins and put tablespoon size amounts of the mixture onto the baking sheet or fill the muffin tins ½ full.

Bake for approximately 18-20 minutes or until tops and sides are starting to brown. Serve alone or with ketchup (no sugar). Can also pan fry in coconut oil for a crispier outer coating. Enjoy!

Roasted Squash with Red Onion and Rosemary

Source: PaleoPlan.com

Serves: 4

Ingredients:

1 medium butternut squash, seeded and sliced

2 medium red onions, peeled and sliced

4 tablespoons rosemary, fresh, chopped

3 tablespoons olive oil

1 teaspoon sea salt, to taste

1 teaspoon black pepper, to taste

Instructions:

Preheat oven to 400° F.

Line a baking sheet with parchment paper.

Spread squash, onion and rosemary on parchment paper, and drizzle with olive oil. Toss lightly to coat all pieces with oil.

Place baking sheet in the oven and bake for 35-40 minutes, or until squash is tender.

Season with sea salt and black pepper if desired.



Cauliflower Mashers

Source: Paleoplan.com (modified)

Serve: 4

Ingredients:

1½ heads of cauliflower	2 teaspoons rosemary, dried or 1 sprig of fresh
¾ cup coconut milk, full fat	1 teaspoon sea salt, to taste
3 tablespoons coconut oil or butter	1 teaspoon black pepper, fresh ground, to taste
⅔ cup chives, fresh	
3 medium garlic cloves	

Instructions:

Roughly chop the cauliflower, removing all leaves.

Place the chopped cauliflower in a steamer and cook until it's easy to stick a fork in it (about 20 minutes).

Mince the garlic and finely chop the chives. Sauté the garlic, chives and rosemary in coconut oil until the garlic is light golden brown.

Use a food processor or a masher to mash up the steamed cauliflower florets and add the coconut milk as it blends. (Or if you have a submersible blender, use that to blend the mixture while it's in the pot.) The longer you blend it, the creamier it will be. Add sea salt and pepper to taste.

Roasted Carrots and Onions with Honey Balsamic Dressing

Source: Paleoplan.com

Serves: 4

Ingredients:

2 pounds baby carrots	2 tablespoons olive oil
10 baby white onions, peeled and cut in half or ½ sweet yellow onion sliced	3 tablespoons balsamic vinegar
	2 tablespoons raw honey (or less)

Instructions:

Preheat oven to 350° F.

Line a rimmed baking sheet with parchment paper.

In a medium bowl, whisk olive oil, balsamic vinegar, and honey. Add carrots and onions, and toss to coat.

Place in oven and bake for 30-40 minutes or until vegetables are tender and golden.



Garlic Roasted Broccoli

Source: Paleogrubs.com

Ingredients:

- 2 heads of broccoli, cut into florets
- 3 tablespoons olive oil
- 5 cloves of garlic, minced
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon lemon juice
- Pinch of red pepper flakes (optional)

Instructions:

- 1 Preheat the oven to 400° F.
- 2 In a large bowl, toss the broccoli with olive oil, salt, black pepper and garlic. Spread the broccoli in a single layer on a rimmed baking sheet.
- 3 Bake until florets are tender enough to pierce with a fork and the edges are browning, about 15 minutes. Turn once halfway through the baking process and add red pepper flakes, if using. After baking, squeeze lemon juice liberally over the broccoli before serving.

Sautéed Kale with Walnuts

Source: Paleoplan.com

Serves: 4

Ingredients:

- 2 bunches kale, trimmed and chopped
- 1 large garlic clove, crushed
- 1 tablespoon olive oil
- 2 tablespoons walnuts, lightly toasted
- 2 tablespoons lemon juice

Instructions:

- Steam the kale (do not boil) in a large pot until tender (about 10 minutes); drain well. Coat a large skillet with oil. Sauté garlic over medium heat until just golden, about three minutes. Add kale to skillet. Stir in the olive oil, sauté until heated through (about five minutes). Stir in walnuts, remove skillet from heat. Sprinkle kale mixture with lemon juice. Transfer to a shallow serving dish and serve immediately.



Roasted Acorn Squash

Source: Paleoplan.com

Serves: 4

Ingredients:

- 1 medium acorn squash, cut in half length-wise
- 1 tablespoon coconut oil
- 1 tablespoon raw honey
- 1/2 teaspoon sea salt (optional)
- 1/4 cup walnuts, lightly toasted

Instructions:

Preheat oven to 400° F.

Place squash cut side down on a rimmed baking sheet or shallow baking dish.

Add 1/4 inch of water to the baking sheet or dish.

Bake for 45 minutes, or until peel is soft to the touch.

Remove from oven and carefully turn over. Remove squash from peel and add coconut oil, honey, and sea salt (optional).

Top with toasted walnuts to serve.

* To cook squash in microwave, place squash flesh down in a microwave safe dish. Add 1/2 inch of water, and microwave for 8-12 minutes. Check often, as each microwave will vary cooking time.

Cauliflower Tabbouleh

Source: Paleogrubs.com

Serve: 4

Ingredients:

- 1 head cauliflower
- 4 tomatoes
- 1 cup cilantro, chopped
- 1/4 cup lemon juice
- 1/4 cup lime juice
- 2 teaspoons garlic powder
- Sea salt and black pepper, to taste

Instructions:

In a food processor, pulse chopped cauliflower (stem and leaves omitted), so that it resembles quinoa or rice. I used a grater and accomplished the task by hand, although a food processor is much easier. Place into a large mixing bowl. Dice tomatoes and finely chop cilantro. Mix together the tomatoes, cilantro, and grated cauliflower. Add in the lemon juice, lime juice, sea salt, black pepper, and garlic powder. Mix well.



Balsamic Green Bean Salad

Source: Paleogrubs.com

Ingredients:

1½ lbs green beans, cut to 3" long pieces

½ red onion, finely chopped

3 tablespoons olive oil

2 tablespoons balsamic vinegar

⅓ cup chopped walnuts

Salt and pepper to taste

Instructions:

Bring a pot of salted water to a boil. Add the green beans and blanch for 2-3 minutes. The beans should be just barely cooked through and still crisp. Prepare a large bowl of ice water while the beans are cooking. Remove beans from hot water and place into ice bath to stop the cooking. Drain.

Place the green beans and red onion in a large bowl. Toss in the olive oil to coat. Sprinkle in the balsamic and season with salt and freshly ground black pepper. Top with chopped walnuts to serve.

Rosemary Citrus Twice Baked Sweet Potatoes

Source: Rob Wolf

Serves: 6

Ingredients:

6 medium sweet potatoes

4 tablespoons room temperature ghee, butter
or coconut oil

4 ounces coconut milk

Zest of 1 orange

1 tablespoon fresh or dried rosemary

½ teaspoon thyme

½ teaspoon salt

½ teaspoon pepper

Instructions:

Preheat oven to 375°. Wash, pat dry and gently pierce sweet potato skin with a fork in multiple places. Place sweet potatoes on a baking sheet and bake until soft, about 1 hour. Remove from oven and let cool slightly. Cut potatoes in half lengthwise. Scoop out the insides into a large mixing bowl. Place the skins back on the tray. Add the remaining ingredients to the bowl with the sweet potatoes and mix well with a fork. Place equal amounts of the filling into each of the sweet potato skins. Bake for 10 minutes, then set the oven to broil until a nice, brown crust forms (2-3 minutes). Remove from the oven and serve warm.



California Quinoa Salad

Source: Wholefoods.com

Serves: 4

Ingredients:

1 cup quinoa	1/3 cup chopped red onion
1/4 cup balsamic vinegar	1/4 cup unsweetened coconut flakes
Zest of 2 limes	1/4 cup sliced almonds
1 mango, peeled and diced	1/4 cup raisins
1 red bell pepper, diced	2 tablespoons chopped fresh cilantro leaves
1/2 cup shelled edamame	

Instructions:

In a large saucepan of 2 cups water, cook quinoa according to package Instructions; set aside. In a small bowl, whisk together balsamic vinegar and lime zest; set aside. In a large bowl, combine quinoa, mango, bell pepper, edamame, red onion, coconut flakes, almonds, raisins and cilantro. Pour the balsamic vinegar mixture on top of the salad and gently toss to combine. Serve immediately.

Greek Salad

Serves:

2

Ingredients:

5 cups chopped romaine lettuce	For the Greek vinaigrette:
1 small red onion, thinly sliced	1/4 cup olive oil
1 cucumber, thinly sliced	1/4 cup apple cider vinegar
1/2 cup cherry tomatoes, halved	2 cloves (small) of minced garlic
1/4 cup sliced Kalamata olives	1/2 teaspoon Dijon mustard
1/4 cup crumbled goat cheese or feta	1 teaspoon dried oregano
Freshly ground black pepper, to taste	3 tablespoons freshly squeezed lemon juice
	1/2 teaspoon salt
	1/2 teaspoon pepper

Instructions:

To make the Greek vinaigrette, whisk together ingredients and set aside. To assemble the salad, place romaine lettuce in a large bowl; top with red onion, cucumber, tomatoes, olives, goat cheese & pepper. Pour dressing on top of the salad and toss to combine.



End of Summer Salad

Source: Liz from Paleo on a Budget

Serves: 2

Ingredients:

½ medium onion, finely diced
1 stalk of celery, diced
1 Avocado, diced
1 medium tomato, diced
½ a large cucumber, diced, peeled if you prefer
4 or 5 oz of cooked sausages, cooked & cut into bite sized pieces

(I used Applegate Farm Chicken Apple Sausage)
1 lemon, juiced
olive oil, good quality one
1 teaspoon dried basil
½ teaspoon garlic powder
Salt and pepper, to taste

Instructions:

Wash and chop all your vegetables and add them into a mixing bowl along with your avocado, and sausage. I used ready to go sausages - but if you need to cook yours up fresh I'd chop or crumble it up, let it start to cook and then chop up your veggies while it's cooking. Add in ½ a lemon's worth of juice and a big drizzle of good olive oil. Add in your basil, garlic powder, salt and pepper. Mix it up really well. Taste test and add the other half of the lemon's juice if you need to!

Massaged Kale Salad with Hard Boiled Eggs

Source: 10-day Detox Diet

Serves: 4

Ingredients:

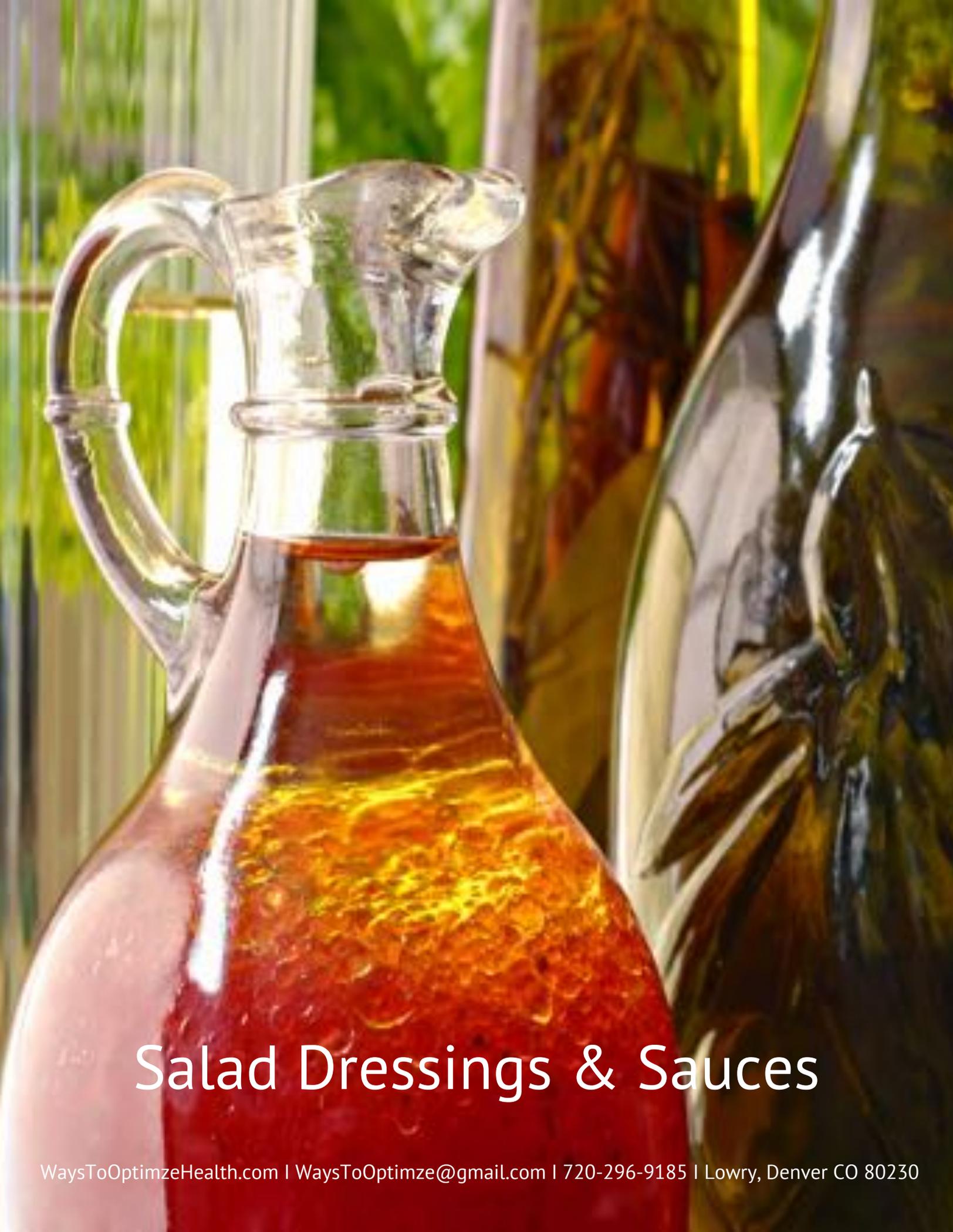
2 bunches kale, washed stems removed and torn into bite-size pieces
½ teaspoon sea salt
¼ cup extra virgin olive oil

Juice from half a lemon
¼ cup chopped red onion
½ cup walnuts, crushed
8 hard-boiled eggs, sliced

Instructions:

Place the kale in a large mixing bowl. Add salt. Massage kale with your hands for about 5 minutes until kale appears "cooked". (Make sure your hands are washed). Add in oil and lemon juice and toss to coat. Stir in onions and walnuts. Divide salad onto 4 plates and top each plate with hard-boiled eggs. Serve immediately.





Salad Dressings & Sauces

Creamy Coconut Dressing

Source: NMX Metabolic Stimulation Cookbook

Ingredients:

1 (14oz) can coconut milk, full fat
1/4 cup fresh cilantro, chopped
1 tablespoon apple cider vinegar
1 tablespoon coconut oil, melted
1/8 teaspoon garlic powder

Lemon zest (all you can get from one small lemon)
1 teaspoon lemon juice
Dash sea salt
Dash pepper

Instructions: Mix ingredients together.

Balsamic Vinaigrette Recipe

Source: Wellness Mama

Serves: 4+

Ingredients:

1/2 cup olive oil
1/3 cup balsamic vinegar
One clove of garlic, finely minced

Small squirt of Dijon mustard
1 tablespoon honey (optional)
Salt, pepper and basil to taste

Instructions: Mix all ingredients in small jar or blender.

Easy Ranch Dressing

Source: Wellness Mama

Serves: 4

Ingredients:

1/2 to 3/4 cup Plain Full Fat Yogurt or Greek Yogurt
1 teaspoon (or more to taste) of dried dill weed

Sprinkle of salt and pepper to taste
1 small clove of garlic
6 tablespoons olive oil
2 tablespoons parmesan

Instructions:

Put yogurt, garlic and spices in a blender or food processor and blend until smooth. Very slowly, add the oil so that it emulsifies. Use immediately, or store up to 1 week in the fridge



Lemon Tahini Dressing

Source: Dr. Axe's Healthy Recipes

Ingredients:

1/2 cup lemon juice	2 cloves minced garlic
1/3 cup extra virgin olive oil	1 teaspoon sea salt
1/3 cup tahini	1 teaspoon black pepper
2 tablespoons honey	

Instructions:

Mix all ingredients in a jar or re-sealable container.

Quick, not so thick, Mayonnaise

Source: Ways to Optimize - Nutrition for the Optimal You!

Ingredients:

2 eggs	1 teaspoon white wine vinegar
10 fl oz/2 1/2 cups olive oil or avocado oil	1 teaspoon salt
1 garlic clove, crushed (optional)	pinch of black pepper
1 1/2 teaspoons dry mustard powder	

Instructions:

Place eggs in a food processor or blender. Add crushed garlic clove (optional) and dry mustard powder, which helps to achieve the emulsion that gives mayonnaise its smooth, silky texture, as well as providing flavor. Season with salt and a few twists of milled pepper, and mix well together.

Then with the processor switched on, pour in olive or avocado oil in a steady stream. Add white wine vinegar to thin the mixture down. Taste and season with salt and freshly milled black pepper and, if it needs it, a little more vinegar.

Paleo Chili Garlic Sauce

Source: Plaidandpaleo.com (modified)

Ingredients:

- 8 red jalapeños
- 2 garlic cloves
- 1/2 teaspoon sea salt
- 2 tablespoons rice vinegar
- 1 tablespoon coconut sugar or 1/2 tablespoon honey



Instructions:

Cut four jalapeños into chunks and throw into blender.

De-seed and de-vein remaining four jalapeños and place into blender.

Add remaining ingredients to blender.

Mix until well combined but not liquid.

Store in an airtight container for up to two weeks in the fridge.

Homemade BBQ Sauce

Source: Domesticsoul.com

Ingredients:

4 medium tomatoes

1 onion

3 cloves garlic

1 Fuji apple

1 teaspoon chili powder

½ teaspoon paprika

¼ teaspoon cayenne

1 teaspoon coriander

½ teaspoon salt

pinch of pepper

1 bay leaf

½ teaspoon balsamic vinegar

½ tablespoon coconut aminos or gluten free tamari

2 tablespoons raw apple cider vinegar

3 tablespoons honey

Instructions:

Dice the tomatoes, onions, garlic and apple (leave the skin on the apple). Size of dice not important.

Add all ingredients to a pot. Cover and simmer on medium/medium-low (depending on your stove) for about 30-40 minutes. You want it simmering, but not boiling, and not high enough to burn.

After 30-40 minutes, all of the ingredients should be cooked and pretty well broken down. It should be starting to look sauce-like, but still a bit on the chunky side. At this point, turn the heat off, remove the bay leaf, and use your super amazing stick blender to blend the sauce.



Swiss Chard Tzatziki

Source: Ways to Optimize - Nutrition for the Optimal You!

Ingredients:

- 1 cup green or red Swiss chard, stemmed and finely chopped
- 1 garlic clove
- 1/4 teaspoon coarse sea salt
- 1 cup Greek yogurt (whole)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon cayenne pepper

Instructions:

Prepare an ice bath; set aside. Bring a large saucepan of water to a boil. Add chard; cook until just tender, 3 to 5 minutes. Drain. Immediately plunge into ice bath to stop the cooking. Drain. Using a mortar and pestle, grind garlic and salt into a paste. Stir chard, yogurt, garlic paste, oil, lemon juice, and cayenne pepper in a medium bowl. Tzatziki can be refrigerated in an airtight container up to 1 week.





Snacks

3 Seed Coconut Berry Energy Bites

Source: TheSleepyTimeGal.com

Ingredients:

1 cup unsweetened shredded coconut	4 tablespoons dried cranberries (or cherries or blueberries)
1/4 cup sunflower seeds	2 tablespoons dark chocolate chip (or dark chocolate shavings)
1/8 cup chia seeds	*more unsweetened shredded coconut for coating
1/8 cup sesame seeds	
4 dates	
4 tablespoons coconut oil, melted	

Instructions:

Mix shredded coconut, seeds, and dates in a food processor until finely ground. Add melted coconut oil, cranberries, and dark chocolate. Process until finely ground.

Scrape batter into a small bowl and refrigerate for at least 30 minutes. The reason you chill it is so the coconut oil will solidify a bit so you can form the batter into balls.

Prepare bowl of extra unsweetened shredded coconut for rolling.

Pull batter out of refrigerator. Form small 3/4-1 inch balls by hand. Because you're working with coconut oil, it will try to liquefy with the heat from your palms. Just pack the balls tightly by hands and then toss them in bowl of shredded coconut. Roll the energy bite until covered in coconut.

Store in the refrigerator.

Coconut Almond Energy Bars

Source: Danicaliforniacooks.com

Serves: 18 bars

Ingredients:

- 1 cup raw almonds
- 1 cup chopped, softened dates (use warm water or the microwave)
- 1/4 cup unsweetened shredded coconut
- 2 tablespoons hemp hearts
- 1 tablespoon unsweetened cocoa powder

Instructions:

Put all ingredients into a food processor and pulse on high until the almonds have been finely chopped. Remove contents from food processor and roll into a ball.

Cover with plastic wrap and use a rolling pin to roll (or press by hand) into 1/4 inch thick layer

Cut into 3 x 1 inch bars

Repeat with leftover dough from cutting. Wrap individually in plastic wrap and store in fridge.



Quick & Easy Kale Chips

Source: Paleogrubs.com

Serves: 2

Ingredients:

1 bunch of kale, washed and dried
2 tablespoons olive oil
salt to taste

Instructions:

Preheat oven to 300° F. Remove the center stems and either tear or cut up the leaves. Toss the kale and olive oil together in a large bowl; sprinkle with salt. Spread on a baking sheet (or two, depending on the amount of kale). Bake at 300 ° F for 15 minutes or until crisp.

Sunflower Sesame Crackers

Source: Marksdailyapple.com

Ingredients:

1 cup sunflower seeds
1 cup sesame seeds
¼ cup water
Salt, pepper, herbs

Instructions:

Preheat oven to 350°.

In a food processor (or by hand if you're game), create a sort of flour from the sunflower seeds. It will take about 2-3 minutes for the seeds to break down and turn into a more flour-like consistency, although it will be thicker and heavier than regular flour. Add the sesame seeds and pulse a few times (or mix in by hand) and then slowly add water, stirring or pulsing until a thick paste forms that can be rolled out. Between two greased pieces of baking (parchment) paper, roll out the paste as thinly as you can. Remove the upper piece of parchment. Lightly score the batter into squares with a sharp knife, and sprinkle with salt and pepper/herbs if you'd like.

Bake at 350° until golden and crisp, about 20 minutes, Allow to cool thoroughly before gently breaking into squares as scored.



Baked Cinnamon Apple Chips

Source: PaleoGrubs.com

Ingredients:

1-2 apples (I used Honeycrisp)
1 teaspoon cinnamon

Instructions:

Preheat oven to 200° F. Using a sharp knife or mandolin, slice apples thinly. Discard seeds. Prepare a baking sheet with parchment paper and arrange apple slices on it without overlapping. Sprinkle cinnamon over apples. Bake for approximately 1 hour, then flip. Continue baking for 1-2 hours, flipping occasionally, until the apple slices are no longer moist. Store in airtight container.

Guacamole

Source: Dr. Axe's Healthy Recipes

Ingredients:

2 avocados
1 lime
2 clove of garlic, minced
1 small tomato or salsa
1 teaspoon of salt
½ teaspoon of dill

Instructions:

Spoon out avocados into a small bowl. Add lime juice, garlic and chopped tomato (or salsa). With a spoon, mash together until mixture becomes creamy. Add sea salt and dill. Refrigerate and serve with bell pepper slices or celery.



Meats



Spicy Rosemary Sausage and Potato Breakfast Hash

Source: Ashley Thomas at Myheartbeets.com (modified)

Ingredients:

2 tablespoons avocado oil or coconut oil	3 potatoes, cubed
1 onion, finely chopped	2 tablespoons minced fresh rosemary, divided
1 serrano pepper, minced	1 teaspoon paprika
1 pound plain pork sausage	Salt and Pepper to taste
4 garlic cloves, minced	

Instructions:

Heat the oil in a sauté pan over medium heat.

Next, add the onion and serrano pepper and stir for 5 minutes, or until the onions have softened.

Add the sausage and garlic and cook until the meat is no longer pink.

Add the potatoes, 1 tablespoon of the rosemary and any remaining spices. Cook for 10 minutes or until the potatoes become fork tender.

Add the remaining 1 tablespoon of rosemary, mix well and serve.

Winter Root Vegetable Beef Stew

Source: MyHumbleKitchen.com

Ingredients:

1½ - 2 lbs grassfed beef stew meat, cut into 1" pieces	3 tomatoes, skinned and diced OR 2 cans diced tomatoes
2 rutabagas, chopped into bite sized pieces	Red palm oil
3 turnips, chopped into bite sized pieces	1 cup good quality red wine
3-4 carrots, chopped into bite sized pieces	2 cups beef stock, preferably homemade
5-6 small potatoes, chopped bite sized pieces	sea salt
3 stalks celery, diced	crushed pepper to taste
1 large onion, diced	

Instructions:

In a cast iron skillet or pan, heat 2-3 tablespoons oil. Add the onion, celery and carrots. Sauté until the onions are translucent and the celery has cooked through. Set Aside.

In a heavy bottomed Dutch oven, heat 2 tablespoons oil. Brown the beef stew meat.

Add the onion, celery, carrot mixture and tomatoes to the beef stew meat and sauté for an additional 3-5 minutes. Incorporate the beef stock, red wine, turnips and rutabagas. Season with sea salt and crushed pepper.

Bring to a boil, reduce the heat, cover and simmer for 2-3 hours.

20 minutes before serving, add the potatoes and simmer until they are tender.



Slow Cooker Pot Roast

Source: Rebecca Bohl Paleogrubs.com

Serves: 6

Ingredients:

3 lbs. boneless beef roast, trimmed of fat
1 tablespoon coconut oil
1 cup beef stock
5 carrots, peeled and diced
2 stalks celery, diced
½ large onion, sliced
3 garlic cloves, chopped
1 tablespoon fresh parsley, chopped

For the spice rub:

1 tablespoon freshly ground black pepper
1 tablespoon ground coriander
2 tsp cinnamon
1½ teaspoons salt
½ teaspoon ground clove
½ teaspoon ground allspice

Instructions:

Mix together the ingredients for the spice rub and massage into the roast. Heat the coconut oil in a large skillet over medium-high heat. Add the roast to the pan and let sear for 5 minutes. Flip and repeat with the other side. Transfer the roast to the slow cooker.

Add the carrots, onion, garlic, and celery to the slow cooker. Pour in the broth. Turn the heat on to low and cook for 6-7 hours, until the meat is tender. Serve hot sprinkled with chopped parsley.

Melt in Your Mouth Slow Cooker Beef Brisket

Source: Rebecca Bohl Paleogrubs.com

Serves: 4

Ingredients:

2 lbs. beef brisket
1 large onion, chopped
6 carrots, diced
8 oz. mushrooms, sliced
6 cloves garlic, peeled and sliced

3 cups beef broth
4 fresh thyme sprigs
½ teaspoon salt
Freshly ground pepper

Instructions:

Add the onion, carrots, mushrooms, and garlic to the slow cooker. Pour in the beef broth and then add the brisket. Sprinkle with salt and pepper and add the thyme. Cover and cook on low heat for 8-16 hours, until the meat is tender.



Paleo Crock Pot Chili

Source: paleogrubs.com

Serves: 6-8

Ingredients:

2 lbs. ground beef	15 oz. can tomato sauce
1 medium onion, diced	2 tablespoons chili powder
4 cloves garlic, minced	1 tablespoon oregano
1 red bell pepper, diced	½ tablespoon basil
1 green bell pepper, diced	½ tablespoon cumin
3 stalks celery, diced	½ tablespoon adobo sauce
1 tomato, diced	1 teaspoon salt
¼ cup diced green chilies	1 teaspoon pepper
28 oz. can crushed tomatoes	½ teaspoon cayenne

Instructions:

In a large skillet, sauté the onions and garlic over medium heat. Add in the ground beef and cook until browned. Drain the excess fat and then transfer the meat mixture to the crock pot. Add in the bell peppers, celery, and diced tomato. Top with remaining ingredients and spices and stir everything together. Cook on low for 6-7 hours. Serve warm.

Crock Pot Chuck Roast

Source: www.djfoodie.com/pot-roast

Ingredients:

4 lb beef chuck roast	2 celery ribs, cut into chunks
1 cup red wine, good quality	1 small onion, cut into chunks
4 garlic cloves	1 small head cauliflower, leaves removed and cut into florets
10 sprigs fresh thyme	salt and fresh cracked pepper, to taste
1 bay leaf	
1 large carrot, peeled and cut into chunks	

Instructions:

Turn on your slow cooker, setting it to low. Season your beef with a good layer and salt and pepper. Heat a large sauté pan or skillet over medium high heat. Add your oil to the pan and swirl it around. Quickly add your beef to the pan and sear it, until a nice brown crust has formed. Flip it over and sear the other side. Continue flipping it, until all sides have been properly seared. Add your beef to the crock pot. Pour your red wine into the still very hot pan, with all the "stuff" stuck to the bottom. This should QUICKLY boil, releasing some of those little flavor morsels into the hot wine. Swirl the pan around and use a wooden spoon to scrape anything else off the bottom of the pan, into the wine. Pour the wine mixture over the top of the beef. Add your garlic, thyme and



bay leaves to the slow cooker, making sure it's pushed into the liquid. Add the rest of the vegetables, except the cauliflower. Season with a bit of salt and pepper. Again, push these into the areas on the side of the roast, as much as possible. You don't want much of it covering the roast. You want most of the veggies on the sides, surrounding the roast. As this all cooks, the meat and veggies will shrink, releasing their juices, creating an AMAZING flavor, as well as creating its own natural juices, in which to cook! Getting everything as close to the bottom of the pot, as is possible, will help this process along. Add the lid and allow the ingredients to cook for 8 hours

After 8 hours, add your cauliflower to the pot and push the florets under the surface of the liquid, as much as possible. Season with a bit of salt and pepper. Cover and allow to cook for 20 minutes.

Slow Cooker Mocha-Rubbed Pot Roast

Source: Stupideasypaleo.com

Serves: 6

Ingredients:

For the Mocha Rub (you will have extra):

- 2 tablespoons finely ground coffee beans
- 2 tablespoons smoked paprika
- 1 tablespoon black pepper
- 1 tablespoon cocoa powder
- 1 teaspoon Aleppo pepper or sweet paprika
- 1 teaspoon chili powder
- 1 teaspoon ground ginger
- 1 teaspoon sea salt

For the Roast:

- 2 lb. beef roast (I used grass-fed chuck)
- 1 cup brewed coffee
- 1 cup beef broth
- 1/2 an onion, chopped
- 6 dried figs, chopped
- 3 tablespoons balsamic vinegar

Instructions:

Prepare the mocha rub by mixing together the finely ground coffee, smoked paprika, black pepper, cocoa powder, Aleppo pepper (sub: sweet paprika), chili powder, ground ginger and salt in a small bowl. You won't use the entire batch if you're making a 2-pound roast. It stores well in an airtight container. Pat the beef roast dry with a paper towel. Spoon 3 to 4 tablespoons of the mocha rub mixture over the roast and rub it in well with your hands. Combine the brewed coffee, beef broth, onion, figs, and balsamic vinegar in a blender. Puree until liquefied. Pour the liquid into the crock pot and place the roast gently on top. Cook for 5 to 6 hours on low. Remove the meat and shred with two forks. You can then boil the liquid until it reduces and thickens or simply serve as is. Adjust seasonings with salt and pepper to taste.



Paleo Mini Meatloaves

Source: Paleospirit.com

Ingredients:

2 pounds ground meat - grass fed beef and/or pork and/or veal	1/3 cup coconut flour
10 ounces frozen, chopped spinach	2 teaspoons salt
1-2 teaspoons oil	2 teaspoons pepper
1 medium onion, finely diced	2 teaspoons onion powder
6 ounces mushrooms, finely diced	1 teaspoon garlic powder
2 carrots, grated or finely diced	1 teaspoon dried thyme
4 eggs, lightly beaten	1/4 teaspoon grated nutmeg

Instructions:

Preheat oven to 375° F

Thaw the spinach, squeeze out the excess water and set aside.

Heat a pan on medium heat, add the oil and fry the onions and mushrooms until the onions are translucent and some of the liquid has cooked out of the mushrooms. Set aside to cool.

Place the ground meat in a large bowl, add the spinach, carrots, mushroom/onion mixture, beaten eggs, coconut flour and all the spices. Use your hands to combine it well but do not over mix.

Fill 18 regular size muffin tins to the top with the meatloaf mixture. (Greasing the tins may be a good idea if the meat you're using is fairly lean)

Cook for 20-25-30 minutes or until internal temperature reaches 160 ° F.

Allow to cool and use a knife to loosen meatloaves from sides of the pan before removing.

Calves Liver & Onions

Source: Nutrition Movement

Serves: 4

Ingredients:

1 lb calves liver, sliced	salt and pepper
1/4 cup vinegar or juice of 2 lemons	1/2 lb bacon
1 cup coconut flour	2 medium onions chopped

Instructions:

Rub the liver with vinegar or lemon juice. Store in the refrigerator for several hours. Cut bacon into pieces and fry in a large cast iron skillet. Remove to a platter and keep in a warm oven. Cook the onions in the bacon fat until tender and remove with a slotted spoon to the platter. Dry liver with paper towels and dredge in a mixture of flour, salt and pepper. Add more fat to the pan if needed and heat it until hot. Quickly fry liver on both sides in the fat and serve with bacon and onions.



Sloppy Joes

Source: Robb Wolf

Ingredients:

1½ pounds ground turkey or beef	1 tablespoon chili powder
1 cup chopped onion	½ teaspoon yellow mustard powder
1 cup tomato purée	1½ teaspoons ground black pepper
2 tablespoons cocoa powder	

Instructions:

Cook meat and onion in a large skillet on medium heat for 10 to 15 minutes, until the meat is browned. Stir in the remaining ingredients and heat for another 10 to 15 minutes. Serve over vegetables of your choice.

Tender Slow Cooker Chicken Breast

Source: NMX Metabolic Cookbook (modified)

Serves: 6

Ingredients:

1 tablespoon ghee or butter	12 dried figs, chopped
1 small red onion, chopped	1 cup butternut squash, chopped
1 small yellow onion, chopped	1 cup chicken broth
3 garlic cloves, minced	1 teaspoon dried rosemary
3 lbs organic chicken breast (on the bone preferably)	2 tablespoons fresh tarragon, chopped
sea salt and pepper	2 tablespoons fresh sage, chopped

Instructions:

In a large skillet place the ghee or butter over medium heat. Add the onions and garlic and sauté for 5 minutes. Season chicken with salt and pepper. Add to the skillet, browning each side for about 5 minutes on each side. Transfer the contents of the skillet to your slow cooker and top with the remaining ingredients. Cook on low for 6 hours.



Chicken Burgers with Caramelized Onions

Source: Dr. Junger's Clean Program

Ingredients:

Chicken Burgers:

1 tablespoon coconut oil, melted
1 clove garlic, minced
1 lb/16 ounces free-range boneless chicken breast, cut into large chunks (or ground free-range chicken)
1/4 cup yellow onion, diced
1/4 cup fresh parsley, roughly chopped

1 teaspoon dried oregano
Sea salt to taste

Topping:

1 large yellow onion, thinly sliced
2 tablespoons coconut oil
Pinch of sea salt

Instructions:

Heat coconut oil in a medium saucepan over medium heat with the onions. Let onions cook down, stirring every so often to keep from sticking. When onions begin to brown slightly, pour in a tablespoon of water, lower heat just below medium and continue to cook and stir, letting them caramelize.

In a food processor, blend the chicken, caramelized onion and garlic until well puréed. Transfer mixture to a large bowl and add the herbs and salt. Mix well with hands, then form into 4 equal sized burgers.

In a large skillet over medium-high heat, melt two tablespoons of coconut oil. When melted, add the burgers, allowing them to brown on one side (several minutes), then flip and brown the other side. If not serving right away, transfer to a heated oven to keep warm.

Once burgers are done cooking, top with onions and serve warm.

Slow Cooker Paleo Jerk Chicken

Source: Louise Hendon from Paleoflourishmagazine.com

Serves: 4

Ingredients:

5 drumsticks and 5 wings (or you can use a whole chicken or 5 chicken breasts)
4 teaspoons of salt
4 teaspoons of paprika
1 teaspoons of cayenne pepper

2 teaspoons of onion powder
2 teaspoons of thyme
2 teaspoons of white pepper
2 teaspoons of garlic powder
1 teaspoons of black pepper



Instructions:

Mix all the spices together in a bowl to make a rub for the chicken. If you don't want your chicken to be spicy, then leave out the cayenne pepper and instead add in more onion powder, but note that the paprika will still make it slightly spicy.

Wash the chicken meat in cold water briefly. Place the washed chicken meat into the bowl with the rub, and rub the spices onto the meat thoroughly - try to get it under the chicken skin if you can. The wings and drumsticks work well here because you can rub the spices under the skin easily.

Place each piece of chicken covered with the spices into the slow cooker (no liquid required).

Set the slow-cooker on medium or low heat (325F if your slow cooker has a temperature controller), and cook for 5-6 hours or until the chicken meat falls off the bone (slow cooker times can vary dramatically).

You can serve the chicken with the bone on or take the bones out since the meat falls off so easily.

Paleo Crock Pot Cashew Chicken

Source: Preppypaleo.com

Ingredients:

1/4 cup arrowroot starch

1/2 teaspoon black pepper

2 lbs. chicken thighs, cut into bite-size pieces

1 tablespoon coconut oil

3 tablespoons coconut aminos or gluten free tamari

2 tablespoons rice wine vinegar

2 tablespoons organic ketchup (tomato paste would work also)

1/2 - 1 tablespoon palm sugar

2 minced garlic cloves

1/2 teaspoon minced fresh ginger

1/4 - 1/2 teaspoon red pepper flakes

1/2 cup raw cashews

Instructions:

Place starch and black pepper in a large Ziploc bag. Add chicken pieces and seal; toss to thoroughly coat meat. Melt coconut oil in a large skillet or wok. Add chicken and cook for about 5 minutes until brown on all sides. Remove and add to crock pot. Mix coconut aminos or tamari through red pepper flakes in a small bowl. Pour mixture over chicken and toss to coat. Put lid on crock pot and cook on low for 3-4 hours. Stir cashews into chicken and sauce before serving.



Spicy Mustard Crockpot Chicken

Source: Plaidandpaleo.com

Ingredients:

2 chicken breasts	2 tablespoons honey
1 tablespoon olive oil	1½ tablespoons Dijon mustard
½ teaspoon garlic powder	1½ tablespoons stone ground mustard
¼ teaspoon sea salt	½ tablespoon Paleo Chili Garlic sauce (see page 35)
¼ teaspoon pepper	
⅓ cup chicken broth	

Instructions:

Mix all ingredients except chicken in a small bowl. Place chicken in the bottom of the crockpot and pour sauce over it. Cook on low for 3 hours. Remove chicken and pour sauce into small sauce pot. Heat sauce over medium to a simmer for 10 minutes. Serve chicken with sauce on top.

Crock Pot Chicken Fajita Bowl

Source: Deliciouslyorganic.net

Serves: 4-6

Ingredients:

For the marinade:

4 boneless, skinless chicken breasts
1/2 cup extra-virgin olive oil
2 tablespoons red wine vinegar
Juice of 1 lime
1 teaspoon powdered garlic

Vegetables and Spices:

2 yellow onions, sliced thin
2 green bell peppers, sliced thin
2 red bell peppers, sliced thin
2 teaspoons powdered garlic
2 teaspoons ground cumin
1 (15.5 ounce) jar organic salsa

Toppings (optional):

Sour Cream (omit for Paleo)
Chopped Cilantro
Chopped Avocado
Lime wedges, for spritzing
Shredded Cheddar cheese (omit for Paleo)



Instructions:

Place chicken in a baking dish. Whisk olive oil, red wine vinegar, lime juice and garlic powder in a small measuring cup. Pour olive oil mixture over the chicken. Cover and place in the fridge to marinate overnight. The next morning, place onions and bell peppers in the bottom of a slow cooker. Sprinkle the powdered garlic and cumin over the vegetables. Place the chicken on top of the vegetables and pour marinade over it all. Pour the salsa evenly over the chicken. Put the lid on, and cook on low for 7-8 hours until chicken is cooked through and fork tender. Remove chicken and shred. Serve chicken with peppers and toppings. Can be served over rice.

Slow Cooker Balsamic Chicken & Sausage

Source: Popular Paleo

Ingredients:

4 boneless, skinless chicken breasts	1 teaspoon sea salt
6 fresh Italian sausage links (sweet or spicy or combo)	2 - 14.5 oz cans organic diced tomatoes
1 white onion, thinly sliced (not diced)	1 - 15 oz can tomato sauce
4-6 cloves of garlic, chopped	1 cup water or chicken stock
1 oz/2 tablespoons butter or ghee	½ cup balsamic vinegar
1 teaspoon Italian seasoning	+ 1 teaspoon Italian seasoning
1 teaspoon garlic powder	+ ½ teaspoon sea salt
	+ ½ teaspoon garlic powder

Instructions:

Lay the breasts raw in the bottom of the slow cooker and add the butter or ghee to the top. Add the first round of seasonings directly onto the chicken (Italian seasoning, garlic powder and salt). Don't mix, just leave it on top. During the slow cooking process, it seasons the chicken directly for perfect flavor. Lay the fresh sausage over the seasoned chicken.

Layer the thinly sliced onion and chopped garlic next. Then pour the diced tomatoes, tomato sauce, water/stock and balsamic vinegar into the pot. Top with the second round of seasonings. Again, don't mix this up. Cover and set the slow cooker to high for five hours or low for 7 hours.

This recipe goes well with spaghetti squash. Slice the squash in half lengthwise, scoop out the guts and roast for 30-40 minutes at 400° F cut-side down. When the timer dings, remove from oven and flip them over to cool slightly cut side up. Use a fork to harvest the strands. Spoon Balsamic Chicken & Sausage over the spaghetti squash and top with a little fresh basil or flat-leaf parsley!



“Stank-A-Dank” Crock Pot Pork Spare Ribs

Source: Small Footprint Family

Ingredients:

3-4 lbs pasture-raised pork ribs

2-4 cups white vinegar

1-2 cups pure water

1 teaspoon. sea salt

2 tablespoons rice wine vinegar or raw apple
cider vinegar

3 tablespoons. coconut aminos or wheat-free
tamari (eg. San J tamari sauce)

Sea salt, to taste

Ground black pepper, to taste

Garlic powder, to taste

Chinese 5-spice powder, to taste

Instructions:

Cover your ribs with white vinegar and water in a 2:1 ratio. Mix in a teaspoon of sea salt and soak 12 hours or overnight.

In the morning, drain ribs thoroughly.

Sprinkle each side of your ribs generously with sea salt, black pepper and garlic powder.

Heavily coat each side with Chinese 5-spice powder until most of the meat appears covered in dark orange powder.

Gently rub the seasonings into the meat on both sides, then place the ribs upright into your crockpot. (It's ok if they lean!)

Add the rice wine vinegar and coconut aminos or tamari to the bottom of the crockpot.

Cook on high for 4-6 hours. Without much liquid in the pot, these ribs are roasting, not stewing, so keep your eye on them so they don't dry out!

Enjoy!

Slow Cooker Pork Carnitas

Source: practicalpaleo.blogspot.com

Ingredients:

2-3 lbs. of boneless pork loin*

2 tablespoons chili powder

2 teaspoons ground cumin

1 teaspoons oregano

1/2 tablespoon coarse salt

1/2 teaspoon garlic powder

1/2 teaspoon crushed red pepper

pinch of ground cloves

1 bay leaf

1 6oz. can of pineapple juice

*Also, you could use the equivalent in boneless pork chops if you wish.

Instructions:

Mix the seasonings together. Cover all sides of the pork loin with the mix.

Place the pork in the slow cooker, with the fattier side up (if there is one). Place bay leaf on top.

Pour pineapple juice on and around pork. Cover and cook on low for 8-10 hours or high for 4-6 hours. (I usually use frozen pork and it gets done perfectly in these time frames. Times might be less if pork is not frozen.)

When done cooking, remove the bay leaf, shred the pork, mix with juices, and serve.



Paleo Crock Pot Pulled Pork

Source: Rebecca Bohl Paleogrubs.com

Serves: 6

Ingredients:

3 lb. pork butt

Salt and pepper

1 large yellow onion

4 chipotle peppers in adobo sauce and 3 tablespoons sauce

½ cup Homemade BBQ Sauce (see page 36) or low sugar barbecue sauce

2½ cups beef broth

Instructions:

Chop the onion into quarters and then layer into the bottom of the crock pot. Trim the pork butt of any excess fat and cut into 4-5 pieces. Season well with salt and pepper and lay on top of the onions. Add the peppers and adobo sauce, barbeque sauce, and broth. Cover and cook on low for 8-8.5 hours, until the pork is tender and easy to shred with a fork.

Remove the pork from the crock pot and shred. Set into a bowl. Strain the juices remaining in the crockpot through cheesecloth or a tea towel and add enough back to the shredded pork to coat.

Pan-seared Salmon over Tri-colored Salad with Dijon Dressing

Source: JJ Virgin

Ingredients:

Salad:

2 teaspoons lemon juice

1 tablespoon finely chopped shallots

2 teaspoons Dijon mustard

1/8 teaspoon sea salt

1/8 teaspoon freshly ground black pepper

4 teaspoons extra virgin olive oil

½ small head radicchio, thinly sliced, 2 cups

1 Belgian endive, thinly sliced, about 1 cup

Salmon:

1 teaspoon extra virgin olive oil

2 6-ounce wild salmon fillets, such as King or Sockeye

1/8 teaspoon sea salt

1/8 teaspoon freshly ground pepper

3 cups baby arugula



Instructions:

Combine the lemon juice, shallots, mustard, salt, and pepper in a small bowl. Slowly whisk in the oil until well combined and set aside.

In a separate bowl, combine the radicchio, endive, and arugula; set aside.

Heat the oil in a small nonstick skillet over medium heat. Sprinkle salmon with salt and pepper and place in skillet, flesh side down; cook, until fish flakes easily with a fork, 4-5 minutes per side. Remove from skillet.

Toss the dressing with the lettuces and place on the two plates; top each with a salmon filet.

Salmon Patties

Source: Dr. Axe's Healthy Recipes

Ingredients:

2 can wild caught Alaskan salmon

4 eggs

2 tablespoons olive oil

½ onion, chopped

½ box of Mary's Gone Crackers, crumbled

Instructions:

Combine all ingredients in a large bowl and form into patties.

Heat 1 tablespoon of coconut oil or grapeseed oil in a large skillet over medium heat. Cook patties 5 minutes on each side.



Desserts



Healthy Chocolate Truffle

Source: WellnessMama.com

Ingredients:

1/4 cup Coconut Oil (can also use butter)
1/4 cup heavy whipping cream (organic, not whipped yet)
1 1/4 cups 70% or higher dark chocolate chips
Essential oils or orange, mint or lavender (food grade)(optional)
nuts, toasted coconut, and cocoa powder (optional)

Instructions:

Melt the coconut oil (or butter) and heavy cream in a pan and bring to a strong simmer
Pour the chocolate in a medium sized bowl and pour the hot oil/cream mixture over the chocolate
Stir slowly with a whisk to incorporate until chocolate is completely melted.
Add 2-3 drops of mint, lavender, almond, orange or other essential oil (food grade) if you want to
Put bowl in fridge for a couple of hours
When the chocolate mixture is firm, remove the bowl from the fridge and using a spoon or melon spoon, scoop out small amounts of the chocolate mixture.
Roll into 1 inch balls using your hands and then roll in cocoa powder.
Can also drizzle with more melted chocolate and coat with toasted coconut, finely ground nuts, orange zest, etc.

Cashew Butter Blondies

Source: Ashley Thomas at Myheartbeets.com

Serves: 12 pieces

Ingredients:

1 cup cashew butter	1/2 teaspoon baking soda
3 eggs	1/4 cup mini chocolate chips (optional)
3 tablespoons maple syrup	1/4 cup macadamia nuts (optional)
1 teaspoon vanilla extract	1/4 cup dried cranberries (optional)

Instructions:

Preheat oven to 350°F.
Add the cashew butter, eggs, maple syrup, vanilla extract and baking soda to a large bowl.
Using an electric hand mixer, combine until smooth.
Fold in the chocolate chips, macadamia nuts and cranberries if using.
Pour the batter into a greased 8x8 glass dish lined with parchment paper.
Bake at 350°F for 15-18 minutes. Allow the pan to cool, then cut and serve.



Chia Seed Pudding

Source: Wellnessmama.com

Serves: 4

Ingredients:

2 cups coconut milk (homemade or natural)

1/2 cup Chia Seeds

1/2 teaspoon vanilla extract

1/4 cup (or less) maple syrup (or sub any sweetener)

Optional: 1/4 teaspoon cinnamon powder

Variations:

Chocolate: add 1/4 cup cocoa powder

Strawberry: add 1/2 fresh strawberries

Instructions:

For Blended/Smooth Version: Place all ingredients in blender and blend on high for 1-2 minutes until completely smooth.

For Whole Chia Seed Version: Blend all ingredients except chia seeds in a blender until smooth (including any added flavors, fruits or chocolate). Whisk in chia seeds.

Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to let gel. I prefer to make this at night to have ready for a fast breakfast the next day. It is also great to make in the morning for a delicious pre-made dessert at night.

2-ingredient Banana Fudge

Source: Ashley Thomas at Myheartbeets.com

Ingredients:

6 ripe bananas

3 tablespoon coconut oil, divided

optional garnish:

crushed nuts (try slivered almonds)

ground cardamom (add it in with the bananas ground cardamom or use it to top the fudge)

Instructions:

Puree the bananas in a blender. Melt 1 tablespoon of coconut oil in a non-stick sauté pan over medium heat and then add the banana puree. Stir continuously for about 20 minutes.

Add 1 tablespoon of coconut oil, stir until well combined, then add the final tablespoon of coconut oil and continue to stir for another 10 minutes, or until the banana mixture turns dark and sticky.



Spoon the banana mixture onto a greased plate or in a parchment-lined loaf pan and allow it to cool in the fridge.

Cut the fudge while it's cold, then allow it to come to room temperature before serving.

Dark Chocolate Avocado Mousse

Source: NutritionStripped.com

Ingredients:

2 large avocados (or 4 small)

¼ cup of unsweetened vanilla almond milk or coconut milk (adjust to your desired thickness)

2 tablespoons of raw organic cocoa powder

½ bar of your favorite high quality dark chocolate, melted

2-3 dates, pitted

1 tablespoon of coffee/espresso

½ teaspoon of organic vanilla extract

Garnish:

1 tablespoon of cacao nibs (optional topping)

1 tablespoon of shredded coconut (optional topping)

fresh berries

Instructions:

Melt the dark chocolate over a stovetop (or microwave safe bowl).

Combine the melted chocolate sauce with the remaining ingredients in a blender or bowl.

Combine all the ingredients using a high speed blender or a hand mixer.

Blend or mix until creamy and smooth.

The texture will resemble a fluffy mousse.

Spoon into a bowl or wine glass (for some flare) and garnish with toppings of your choice.

*Lower Sugar option: use stevia to taste instead of adding dates

Higher Protein option: add chocolate protein powder of your choice- you'll have to adjust the almond milk (increase)

Flourless Peanut Butter Cake

Source: Ashley Thomas at Myheartbeets.com

Makes one very small cake

Ingredients:

½ cup peanut butter

½ cup coconut sugar

3 eggs

½ teaspoon baking soda

1 teaspoon vanilla extract

¼ cup chocolate chips



To Make Frosting:

¼ cup peanut butter

¼ cup chocolate chips

Instructions:

Preheat the oven to 350°F.

Add all the ingredients except for the chocolate chips to a bowl and using an electric hand mixer, mix until well combined and smooth.

Fold in the chocolate chips.

Pour the batter into a small 6-inch cake pan.

Bake at 350° for 30 minutes or until a toothpick comes out mostly clean.

To Make Frosting:

Add the peanut butter and chocolate chips to a bowl and melt using the double boiler method or in intervals in the microwave.

Once smooth, drizzle or spread on top of the cake.

Fresh Blueberry Crumble

Source: balancedbites.com

Serves: 8

Ingredients:

2 pints of fresh blueberries (or make with apples, peaches, etc)

Juice of 1 lemon

1 cup almond meal/almond flour

¼ cup chopped macadamia or walnuts

¼ cup melted butter (or coconut oil for dairy-free)

2 tablespoons (or less) maple syrup

¼ teaspoon cinnamon

2 pinches of sea salt

Instructions:

Preheat oven to 375°F.

Place the blueberries in a 9 inch x 9 inch baking dish, and squeeze the juice from half of the lemon over them. Toss slightly to coat the blueberries with the juice.

In a mixing bowl, combine the almond meal or flour, macadamia nuts, melted butter, remaining lemon juice, maple syrup, cinnamon, and salt.

Spread the nut topping evenly over the blueberries, and bake until the fruit is well cooked/bubbly and the topping is golden brown (approximately 30-40 minutes).



Peaches with Coconut Cream

Ingredients:

3 medium ripe peaches, cut in half with pit removed
1 teaspoon vanilla
1 can coconut milk, refrigerated
1/4 cup chopped walnuts
Cinnamon (to taste)

Instructions:

Place peaches in a skillet with the cut side down first. Cook on medium heat until soft, about 3-5 minutes on each side.
Scoop cream off the top of the can of chilled coconut milk. Whip together coconut cream and vanilla with handheld mixer. Drizzle over each peach. Top with cinnamon and chopped walnuts to garnish.

Quick "Baked" Cinnamon Apples

Source: Kendra at Ourpaleolife.com

Serves: 2

Ingredients:

2 Sweet Apples
1 tablespoon Coconut Oil, melted
2 teaspoons Ground Cinnamon
Dash or two of Ground Nutmeg
Glass Bowl/Pyrex dish
Plastic Wrap or Lid for the Bowl

Instructions:

Using an apple slicer or a knife, cut your apple into wedges. You can either peel it before or after it cooks. It's easy after.
Put the coconut oil in the bowl and microwave it for about 15-20 seconds until it's melted.
Place apples and all other ingredients into the glass bowl. Stir until the apples are well coated with the oil and spices.
Place the lid or plastic wrap on the top of the bowl. Leave a small vent open for steam to escape.
Microwave on HIGH for 2 1/2 minutes or until the apples are soft.
Be very careful removing the bowl from the microwave. It will be extremely hot and there will be steam. Use potholders. Stir and serve.



Holiday Apple Wreaths

Source: Ashley Thomas at Myheartbeets.com

Ingredients:

Apples, cored and sliced
Almond butter or another type of nut/seed butter
Toppings:
Pomegranate arils
Slivered almonds
Pumpkin seeds
Dried cranberries

Chocolate chips
Coconut shreds
Crushed nuts (walnuts, pecans, cashews, pistachios)
Raisins
Cinnamon
Hemp Seeds

Instructions:

Spread nut or seed butter on top of the apples (or add the nut butter to a zip top bag and snip a corner to make spreading easier). Decorate with toppings of choice!

Note: If you don't plan on decorating the apple slices right away, then first soak them in a bowl of lemon water (ratio of 1 cup water to 1 tablespoon lemon or pineapple juice) for 3-4 minutes to keep them from browning right away.

Gingerbread Gummies

Source: Ashley Thomas at Myheartbeets.com

Equipment Needed: Silicone mold – gingerbread or another shape

Ingredients:

¼ cup water
3 tablespoons grassfed gelatin
1 (13.5 ounce can) full-fat coconut milk
1 tablespoon molasses
1 teaspoon vanilla extract
1 teaspoon ground ginger

1 teaspoon cinnamon
1 large pinch of freshly grated nutmeg
¼ teaspoon ground cloves
Pinch of ground allspice(optional)
4 tablespoons maple syrup

Instructions:

Add the water to a large bowl and sprinkle the gelatin over top of the water. Set aside. Add the remaining ingredients to a saucepan over low-medium heat, whisking for about 4-5 minutes. Slowly pour warm mixture into the bowl with water and gelatin and whisk until the gelatin completely dissolves. Pour the mixture into a mold and refrigerate overnight, or until firm. Gently remove the gummies from the mold and then store the gummies in an air-tight container in the fridge for up to one week.



Variation: Golden Milk Gummies

1/4 cup water

3 tablespoons gelatin

1 cup milk of choice (cow's milk, almond milk, coconut milk, cashew milk)

1 teaspoon turmeric

1/2 teaspoon ginger

Pinch of freshly ground black pepper

Pinch of cardamom powder

2 tablespoons honey

Follow the instructions above.

Skillet Garam Masala Apple Crisp

Source: Ashley Thomas at Myheartbeets.com

Ingredients:

2 tablespoons coconut oil

2 apples, chopped (4 cups)

1/2 teaspoon cinnamon

1/2 teaspoon garam masala spice

Pinch of freshly grated nutmeg

Topping:

1/2 cup pecans, chopped

1/2 cup walnuts, chopped

1 tablespoon coconut oil

1 tablespoon maple syrup

Instructions:

Preheat oven to 350°F.

Melt coconut oil in a cast iron skillet over medium heat.

Reduce the heat to medium-low, then add the apples and spices. Sauté for 4-5 minutes, or until the apples slightly soften.

Combine the topping ingredients together in a bowl and then sprinkle the topping overtop the apples.

Bake at 350°F for 15 minutes.

