

THE INNATE DIET COOKBOOK

OPTIMUM NUTRITION MADE EASY



99 OF MY EASY TO MAKE FAMILY FAVORITE RECIPES.

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BEEF

Sundried Tomato Basil Meatballs

1 1/2 - 2 lbs grass-fed ground beef
1 egg
1/2 cup sun-dried tomatoes (halves or julienned to measure-then finely chop)
A handful of fresh basil (finely chopped)
1-2 cloves of garlic (minced)
1/2 lb bacon (cooked and crumbled or chopped into bits)
1-2 TBS bacon grease (from cooked bacon) - optional, but recommended!
Salt and Pepper to taste

In a large bowl, mix all of your ingredients together. I just used my hands to make sure everything gets really well mixed. Shoot for the size of a ping pong ball, rolling mixture tightly. Cast-iron skillets (or anything oven-safe) work best, but is not necessary. Brown each side of your meatballs on the stove top first, then bake in oven-safe dish at 350° for 10-15 minutes, or until meatballs are firm.

Jalapeño Bacon Burgers

8 slices bacon, divided
1 jalapeño pepper
1 pound ground beef, bison or turkey
1 tablespoon Smoky Spice Blend

Preheat a grill or grill pan to medium-high heat.

Cut 6 slices of the bacon into 1/8 inch square pieces. (The remaining two slices will be used for the topping)

Slice the jalapeño in half lengthwise, then remove the seeds and white membrane. If you like a lot of heat, you may leave the white part intact or even use the seeds. Finely chop the jalapeño.

In a mixing bowl, combine the ground meat, bacon pieces, Smoky Spice Blend, and jalapeño. Form into 4 evenly sized patties, then place on the hot grill or grill pan. Cook for 5 to 6 minutes per side, depending on your desired level of doneness.

While the burgers grill, cook the 2 reserved bacon slices in a small skillet over medium heat until browned.

Serve with Veggie pancakes as “buns” or wrapped in lettuce. Top with the red onion and cook bacon slices.

Mini Mexi-Meatloaves

FOR THE SAUCE:

7 ounces tomato paste

½ cup water

¼ cup chopped red bell pepper

1 tablespoon chopped fresh cilantro leaves

½ teaspoon chili powder

¼ teaspoon sea salt

Black pepper to taste

FOR THE MEATLOAF MIXTURE:

1 tablespoon coconut oil, duck fat, or bacon fat

1 small onion, chopped

2 cloves garlic, minced or grated

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon chili powder

½ teaspoon sea salt

¼ teaspoon black pepper

2 carrots, grated
1 bell pepper, any color, grated or very finely chopped

¼ cup chopped fresh cilantro leaves

2 eggs, beaten

2 pounds ground beef

Preheat the oven to 375°F. Line 2 mini loaf pans or 1 regular sized loaf pan with parchment paper.

Make the sauce: In a small saucepan over medium-low heat, combine the tomato paste, water, bell pepper, cilantro, chili powder, salt and pepper. Simmer for 5 to 10 minutes, stirring occasionally to prevent burning. If the sauce reduces too far and looks like it may burn, add more water, 2 tablespoons at a time, and whisk to combine. The sauce should be fairly thick, almost like ketchup, not loose like a pasta sauce.

While the sauce is simmering, prepare the meatloaf mixture: in a medium skillet, melt the coconut oil or duck or bacon fat over medium-low heat. Cook the onion until it is translucent and the edges begin to brown, then add the garlic and stir for about a minute.

In a large mixing bowl, combine the cooked onion and garlic, cumin, coriander, chili powder, salt, pepper, carrots, bell pepper and cilantro; mix well. Add the eggs and ground beef and, using your hands, mix everything together until well combined.

Divide the meatloaf mixture into the 2 prepared mini loaf pans or place it all in the prepared regular loaf pan, filling the pan(s) up to and slightly over the top, as the mixture will shrink a bit in cooking.

Spoon about ¼ cup of the sauce onto each mini loaf, or ½ cup onto the single loaf, spreading it in an even layer to coat the top. Reserve the remaining amount for dipping after the loaves are baked.

Bake, uncovered, for 40 to 50 minutes (60 to 70 minutes for the single large loaf) or until the internal temperature reaches 165°F

Basic Chili

Servings: 4-6

Everyone should have this recipe in their collection. It is healthy, easy to make and travels well. You can also use this recipe to make a taco salad. Just put over greens with your favorite toppings.

1 Tablespoon Coconut Oil
½ Cup Onion, Chopped or Grated
½ Cup Celery, Chopped
2 Cloves Garlic, Minced
1 Cup Green Pepper, Chopped
1 Can Kidney Beans or Black Beans
2 Teaspoon Oregano
2 Teaspoon Chili Powder
2 Teaspoons Ground Cumin
1 Teaspoon Sea Salt
1 8 Ounce Can Organic Crushed-Tomatoes
1 – 1 ½ Pounds Ground Grass Fed Beef
Optional: 1 12 Ounce Jar Prepared Salsa or Pasta sauce (check ingredients)

In a large skillet melt oil and sauté onions, garlic and peppers until onion is translucent, 3-4 minutes. Add ground meat, oregano, chili powder and cumin, continue cooking, stirring frequently, for 5-6 minutes. Pour salt, tomatoes and salsa, if desired, into the pot. Cover, reduce heat and simmer for a minimum of 1 hour for best flavor.

TIP: You can use a crockpot for this recipe making preparation even simpler.

TIP: You can leave out the beans.

Fiesta Chili

1 lb grass-fed ground beef
1 lb grass-fed stew meat (venison is awesome in this too!)
5 large tomatoes (or 2 cans diced toms)
2 large sweet potatoes
1 med onion
2 bell peppers (mixed colors)
1 bunch cilantro
1 jalapeño
3 garlic cloves
2-4 cups broth (or H2O)
Juice of 1 lime and 1 lemon
1/2 tsp cayenne pepper
2 tsp chili powder
1 tsp cumin
1 tsp garlic powder
1 tsp onion powder
1 tsp paprika
1 tsp mustard seed
1 tsp crushed red pepper
1 tsp sea salt
1 tbs bacon grease (optional-used w/ lean meat)

Dice/chop all veggies. In a large pot on stove, melt bacon grease and brown meat with the onion, jalapeño, seasonings and garlic. Add tomatoes and bring to a simmer. Add broth, sweet potatoes and tomato paste, simmer for about 10 minutes and add diced bell peppers. Simmer on low until sweet potatoes are done, stir in cilantro and lime/lemon juice. Top with guacamole and serve!

Please bear in mind that I hardly ever measure anything, so feel free to adjust anything to taste!

Asian Beef Stir Fry

- 3 Tbsp. Bragg's liquid aminos
- 2 Tbsp. rice wine vinegar
- 1 Tbsp. honey
- 1 Tbsp. coconut oil
- 1 Tbsp. minced fresh ginger root
- 1 Tbsp. minced garlic
- 1 lb. grass-fed beef round steak, cut into thin stripes
- 8 oz. snow peas
- 1 red bell pepper, sliced

In a small bowl, combine liquid aminos, rice wine vinegar and honey and set aside. Heat oil in a large skillet over medium heat. Stir-fry ginger and garlic for about 30 seconds. Add steak and stir-fry for 2 minutes or until evenly browned. Add snow peas and red bell pepper and cook for an additional 3 minutes. Add sauce and bring to boil, stirring constantly. Lower heat and simmer for a few more minutes. Serve over spaghetti squash, cauli rice or quinoa.

Asian Beef Lettuce Wraps

Servings: 4-5

This is a very tasty dish that will rival any Chinese takeout or elegant Chinese restaurant. It makes a nice presentation for an appetizer as well.

- ½ Cup Water
- 3 Tablespoons Organic Almond/Cashew Butter
- 1 Pound Ground Grass fed Beef (can substitute any ground meat in a pinch)
- 1 Tablespoon Sesame Oil
- 1 Cup Shiitake Mushroom Caps, Chopped
- 1 Tablespoon Rice Vinegar
- 1 (8 Ounces) Can Water Chestnuts, Drained and Chopped
- 3 Cloves Garlic
- 2 Tablespoon Fresh Ginger, Minced
- ½ Cup Tamari
- ½ Cup Green Onions, Optional
- 1 Head Lettuce, Separated into Leaves

Cook turkey in skillet about 5 minutes, stirring until turkey crumbles and is no longer pink. Add mushrooms, and next 5 ingredients. Increase heat to medium-high and cook, stirring constantly, 4 minutes. Add green onions if desired and cook, stirring constantly, 1 minute. Spoon mixture evenly onto lettuce leaves; roll up. Serve with extra tamari sauce if desired.

TIP: You can also add ¼ cup chopped carrots that have been lightly steamed if you'd like

Zucchini Boats

Servings: 4

Impress your friends with this delicious and beautifully presented dish. You may want to double this recipe!

- 2 Medium Zucchini
- $\frac{3}{4}$ Pound Ground Grass Fed Beef
- 1 Small Onion, Chopped
- 2 Tablespoons Fruit Sweetened Ketchup or Tomato Paste
- $\frac{1}{2}$ Teaspoon Sea Salt
- $\frac{1}{4}$ Teaspoon Pepper
- $\frac{1}{2}$ Cup Sliced Fresh Mushrooms
- $\frac{1}{2}$ Cup Sweet Red Peppers
- $\frac{1}{2}$ Cup Chopped Green Peppers

Trim the ends of the zucchini. Cut in half lengthwise. Scoop out pulp, leaving a $\frac{1}{2}$ inch shell. Finely chop pulp. In a skillet, cook ground turkey, zucchini pulp, onion, mushrooms and peppers until meat is brown, drain. Remove from heat. Add ketchup, sea salt and pepper. Mix well. Spoon into the zucchini shells. Place in a buttered 13 x 9 x 2 inch baking dish. Bake uncovered at 350 degrees F for 30 minutes.

Stuffed Peppers

Servings: 6

A fancy presentation already in individual servings

- 6 Whole Bell Peppers (Red, Yellow or Orange Preferred)
- 1 Pound Grass-Fed Ground Beef
- 1 Cup Cauli Rice (or brown rice in a pinch)
- 1 Can Crushed Tomatoes
- 1 Can Chicken Stock
- 1 Garlic Clove, Minced
- Coarse Sea Salt and Freshly Ground Black Pepper

Preheat oven to 350 degree F. Season the meat with salt and pepper and brown in skillet on medium-high. In the meantime, cook the cauli-rice (recipe in this e-Book). If doing brown rice, cook with half the amount of liquid (using chicken stock rather than water will add flavor) and half the time noted on the directions. Once the rice mixture is transferred to the peppers, the liquid in the peppers will continue to cook the rice in the oven. (Be careful not to overcook the rice) Add the can of tomatoes, including liquid, into the skillet with the ground beef. Once the rice is done, add that to the skillet along with the minced garlic and salt and pepper. Combine all ingredients well.

Cut the tops off the peppers and remove all the seeds from inside. Take your meat and rice mixture and fill the peppers to the top and put the tops back on. Cover the entire baking dish with aluminum foil trying to make sure it doesn't touch the peppers and bake in the oven for about 50 minutes. Remove the foil and cook for an additional 10 minutes. Make sure the peppers are tender, but not falling apart.

Shepherd's Pie

1 medium head cauliflower
2 tablespoon unsalted butter, ghee, or other cooking fat
Sea salt and black pepper to taste
6 slices of bacon, cut into ½-inch pieces
¾ cup diced carrots (approximately 2 large)
2 to 3 cloves garlic, minced or grated
2 pounds ground lamb or beef
1 to 2 fresh sage leaves, minced
¼ teaspoon ground cinnamon
1 cup peas (thawed if frozen)

Preheat the oven to 375°F

Chop the cauliflower roughly into 2-inch pieces. Set up a pot with 1 inch of water and a steamer basket. Steam the cauliflower until fork-tender, approximately 10 minutes. While it's still warm, puree the cauliflower in a food processor with the butter, ghee, or other fat, and season with salt and pepper to taste.

Cook the bacon in a large skillet over medium heat. When the bacon is about halfway done, about 5 minutes, add the diced carrots along with a pinch of salt and pepper. Cook for another few minutes, then add the garlic and ground meat. When the meat is browned and the carrots are cooked through, add the sage and cinnamon and stir to combine.

Place the meat mixture in an oven-safe baking dish (a pie pan or 9 X 9 inch baking dish works well). Top the meat with a layer of the peas, then a layer of the cauliflower puree. Bake for 20 minutes

If you wish to brown the top after baking, place the oven rack in the top position, set the broiler to high, and place the dish as close to the heat as possible for 5 to 10 minutes watching closely to avoid burning it.

Ginger-Garlic Beef and Broccoli

FOR THE MARINADE:

- ¼ cup coconut aminos
- 2 to 3 drops fish sauce
- 2 tablespoons minced shallot
- 2 tablespoons sliced green onion (scallion)
- ½ teaspoon minced fresh ginger
- 1 teaspoon minced or grated garlic
- ½ teaspoon black pepper

OPTIONAL GARNISHES:

- 1 tablespoon white sesame seeds
- ¼ cup finely sliced red cabbage
- ¼ cup sliced green onions (scallions)

In a mixing bowl, whisk together the ingredients for the marinade.

Lay the skirt steak flat on a cutting board and cut with the grain to divide it into sections that are approximately 4 inches long. Then cut against the grain to slice the meat into ¼ inch wide strips.

Set the meat in a large, flat pan and pour the marinade over the top, turning the meat to coat it. Let it marinate for 10 minutes.

While the steak marinates, set up a pot with 1 inch of water and a steamer basket. Steam the broccoli for 8 to 10 minutes or until bright green and still slightly firm. Transfer to a colander to drain off any excess moisture.

In a large skillet, melt the coconut oil or ghee over medium-high heat. Place the steak and the marinating liquid in the pan and cook for approximately 1 minute per side or until cooked through. When the meat is just about finished, add the broccoli and gently toss to combine and heat through.

Garnish with white sesame seeds, red cabbage, and/or green onions, if using.

SEAFOOD AND POULTRY

Pesto Shrimp and Squash Fettuccine

2 dozen large shrimp
4 zucchini or yellow squash
Sea salt and black pepper to taste

Pesto:

½ cup macadamia nuts (or cashews)
1 bunch cilantro, rinsed
1 clove garlic
½ cup extra-virgin olive oil or macadamia nut oil
Sea salt and black pepper to taste

Make the pesto first. Combine the macadamia nuts, cilantro, garlic, extra-virgin olive oil, sea salt, and black pepper in a food processor, and blend until smooth. Peel and devein the shrimp before they are cooked, pulling the tail off first, and then the rest of the shell. (Doing this before cooking allows you to serve the dish warm, as deveining after cooking would require you let the shrimp cool first.) Place a steamer basket in a large sauce pot, and boil about an inch of water. While the water is heating, run a julienne or regular vegetable peeler along each of the squash until you reach the center, seedy part. Steam the squash for about 3-5 minutes. Set the steamed squash “noodles” aside. Steam the shrimp for approximately 3 minutes or until they’re pink all the way through. Place the steamed squash into a mixing bowl with the pesto and toss until well combined.

Top the noodles with the shrimp, and serve warm.

Caribbean Chicken

Servings: 4

This is a recipe that you will be sure to make often because it uses common ingredients. It is hard to believe something so good is so easy.

2 Tablespoon Olive Oil
Coarse Salt and Freshly Ground Pepper
1 Small Onion, Finely Chopped
2 Clove Garlic, Finely Chopped
½ Cup Coconut Milk
1 Can (14 ounces) Crushed Tomatoes
2 Pinch Ground Cinnamon
4 Boneless Chicken Breast Halves, Cut into Chunks
2 Tablespoons Curry Powder
Cilantro Leaves, Coarsely Chopped, for Garnish

Heat oil in a large skillet over medium-high heat. Add onions and garlic and cook, stirring, until golden brown. Add tomatoes, chicken and sprinkle curry powder; season with salt and pepper. Reduce heat to low, and cook, stirring, until mixture has thickened and chicken is cooked through, 15 to 25 minutes. Add coconut milk and stir until well combined; cook 5 minutes more. Sprinkle with cinnamon. Garnish with cilantro and serve immediately.

TIP: This dish is great served with sautéed greens.

Sweet Ginger-Garlic Chicken

- 1 tablespoon ghee or coconut oil
- 8 bone-in, skin-on chicken thighs, or 4 bone-in, skin-on chicken breast
- Sea salt and black pepper to taste
- 1 medium onion, finely sliced
- 2 cloves garlic, minced
- 1 teaspoon ginger powder or minced fresh ginger
- 2 teaspoons white sesame seeds
- 1 teaspoon red chili flakes, or to taste
- 1/3 cup coconut aminos

Preheat the oven to 425°F

In an oven-safe cast-iron or stainless steel skillet, melt the ghee or coconut oil. Season both sides of the chicken with salt and pepper, and place the pieces of skin down in the pan. Roast for 5 to 6 minutes or until the skin browns and releases easily from the pan.

While the chicken cooks, combine the onion, garlic, ginger, sesame seeds, chili flakes, coconut aminos, and more salt and pepper in a small mixing bowl.

Flip the chicken thighs over so that they are skin side up in the pan. Pour the sauce mixture evenly over the chicken and bake for 30 minutes or until the internal temperature of the chicken reaches 165°F

Chicken Asparagus Marsala

Serving: 4

Asparagus always give a dish an elegant flair. Here, it also adds beautiful color.

4 Chicken Breasts Halve, Boned and Skinned
½ Pound Mushrooms
10 Ounces Asparagus Spears, Cut
¼ Cup Marsala Wine
2 Tablespoons Butter
1 Tablespoon Coconut or Grapeseed Oil
½ Teaspoon Salt
¼ Cup Water
½ Teaspoon Pepper
1 Tablespoon Parsley, Chopped Diagonally in 2 Pieces

Pound the chicken pieces to ¾ - inch thickness. Melt butter in a frying pan over medium-high temperature. Add chicken and cook, turning, for about 5 minutes or until the chicken is brown. Remove chicken and set aside. To the drippings remaining in the frying pan, add the asparagus and mushrooms and cook, stirring, for about 3 minutes. Return the chicken to the pan; add the marsala wine, water, salt and pepper.

Bring the mixture to a boil for 2 minutes to reduce the liquid. Reduce heat; cover and simmer for about 3 minutes or until the chicken and vegetables are tender. Arrange the chicken on a serving platter. Spoon the vegetable sauce over the chicken. Sprinkle with chopped parsley and serve.

TIP: The alcohol in the wine will burn off during cooking, but make sure you are using a quality Marsala to get the best flavor. If the asparagus is very thick, rather than wasting the tough ends, use a vegetable peeler to peel off the hard outer edge and leave the soft middle intact.

Turkey Stir Fry

2 lbs. ground turkey
3 med. Zucchini, julienne
4 med. Carrots, julienne
1 med. Onion, cut into 3 wedges
 $\frac{3}{4}$ c. green bell peppers, julienne
1 garlic clove, minced
1 med. Tomato, cut into wedges
 $\frac{1}{2}$ c. snap peas
 $\frac{1}{2}$ c. broccoli
1 tsp. sea salt

Heat oil in large skillet over medium heat. Brown turkey until no longer pink. Add vegetables (except tomato) and cook, stirring frequently, for 3-4 minutes, or until crisp-tender. Add tomato, salt and cumin. Cook 2 minutes more.

White Chicken Chili

2 lbs chicken, diced into 1 inch cubes
1 red pepper, chopped
1 green pepper, chopped
1 yellow onion, chopped
1-2 jalapenos, seeded and minced (depending how spicy you want it)
1 clove of garlic, minced
1-1.5 cups chicken broth
½ cup canned coconut milk (the thick stuff)
1 (4 oz) can green chiles
1 tablespoon olive oil
1 teaspoon salt
1 teaspoon garlic powder
½ teaspoon sage
½ teaspoon oregano
¼ teaspoon cumin
¼ teaspoon white pepper
⅛ teaspoon ground red pepper

Instructions

Grab a large pot, put over medium heat, and add your olive oil and minced garlic. Once the garlic is fragrant, add your chicken to begin to cook down. Mix as needed with a wooden spoon to cook on both sides. Once your chicken is half way cooked through, add in your peppers, onions, jalapeños, and green chiles. Mix together and let cook for about 3 minutes, stirring occasionally. Now add your chicken broth and coconut milk, along with all of your spices. Stir together. Cover and let simmer for about 5-7 minutes to let the flavors meld together.

Bacon-Wrapped Thighs/Drummies

The combination of the crispy bacon, onions and mushrooms is delightful!!!

coconut/olive oil – 1-2 TBS

balsamic vinegar (good quality) – 1-2 TBS

9-12 chicken thighs or drummies

1 large onion – chopped

6-8 cloves garlic – minced/crushed

1 package of white mushrooms (approx. 10-12) – chopped

bacon slices – quantity is dependent on number of chicken pieces used

sea salt and ground pepper – to taste

Instructions

preheat the oven to 350 degrees

Prepare everything above except the chicken, and place everything into a large glass mixing bowl. Add chicken thighs into the mix. Using your hands to combine and ‘massage’ the mixture into the chicken pieces. One-by-one, remove chicken pieces from the bowl and wrap with a slice of bacon (I stretch the slice of bacon a little bit before doing so, to make it wrap more easily around the poultry). Place the bacon-wrapped chicken thighs in a single layer, in an oven-proof dish or on a foil-lined baking sheet. Before placing in the oven, top with any of the extra marinade mixture that may be left behind in the bowl.

Bake for approx. 45-60 minutes, until juices run clear and bacon is cooked (watch them, as you don’t want to overcook/dry-out)

Broil for an additional 3-5 minutes if you want the outside crispy (optional)

remove, set aside and serve.

Chicken Tenders

2lbs, chicken breasts, slice into strips

2 eggs

Italian seasoning

Sea salt

1 c. coconut flour

1 Tbsp. coconut oil

Beat eggs slightly in a bowl. Add Italian seasoning and sea salt to taste. Dip strips of chicken in egg mixture, then coat with flour. Heat coconut oil in a frying pan over medium heat. Fry chicken, turning once, until golden brown and done.

PORK AND GAME MEAT

Double Pork Tenderloin

2 tablespoons Italian Sausage Spice Blend

1 ½ pounds pork tenderloin

10-12 slices bacon

Preheat the oven to 375°F

Rub the Spice Blend onto the tenderloins, making sure they are evenly covered on all sides. Wrap the slices of bacon around the tenderloins, with the ends meeting underneath.

Cut pieces of cooking twine approximately 6 inches long to match the number of slices of bacon used, then tie a piece around each slice of bacon to hold it in place. Place a large cast-iron or other oven-safe skillet on the stovetop over medium-high heat. When the pan is hot, sear the tenderloins on all sides until the bacon is browned, approximately 2 minutes per side.

Place the pan in the oven and roast for 10 to 15 minutes or until the internal temperature of the pork reaches at least 145°F

Asian-style Meatballs

- 3 tablespoons coconut aminos
- 2 to 3 drops fish sauce
- ¼ cup sliced green onions (scallions)
- 1 teaspoon minced or grated garlic
- ½ teaspoon minced fresh ginger
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 pound ground pork
- 1 tablespoon white sesame seeds, for garnish
- 1 lime, cut into wedges, for garnish

Preheat the oven to 425°F In a mixing bowl, combine the coconut aminos, fish sauce, green onions, garlic, ginger, salt, and pepper. Add the meat to the bowl and mix to thoroughly combine with the seasonings. Form the meat into 16 1 ounce meatballs.

Bake for 25 minutes on a rimmed baking sheet. Remove from the oven and garnish with white sesame seeds and lime wedges before serving.

Buffalo Chili

1 tbsp. coconut oil
½ c. chopped onions
2 garlic cloves, minced
1 ½ c. chopped celery
1 c. chopped green pepper
1 ½ lbs. ground bison (can always substitute grass-fed beef)
2 tsp. thyme leaves
2 tsp. chili powder
2 tsp. cumin
Sea salt
1 8oz. can diced tomatoes
1 12oz. jar homemade or all-natural salsa

Heat oil in a large skillet or stock pot over medium heat. Sauté onions, garlic, celery and bell pepper until onion is translucent, about 3-4 minutes.

Add ground meat, thyme, chili powder and cumin and cook, stirring frequently, for 5-6 minutes.

Add salt, tomatoes and salsa into stock pot or crockpot. Cover, reduce heat and simmer for at least one hour.

Spicy Buffalo Burgers

Ingredients:

1 shallot
3 garlic cloves
2 jalapeno peppers (including their seeds)
1 lb of organic ground bison
1 egg
¼ teaspoon of salt
¼ teaspoon of pepper

Instructions:

Cover baking sheet with aluminum foil.

Set broiler on high, arranging rack so that the burgers will be about 2 inches from the heat.

Use cutting board and sharp knife to finely chop garlic cloves, shallot, and jalapeno pepper. Place in mixing bowl.

Add ground organic bison and eggs to mixing bowl with chopped veggies.

Add salt and pepper.

Combine all ingredients well (don't be afraid to use your hands for this!)

Make patties out of the mixture. Recipe makes 5 medium sized patties.

Place burgers side by side along the baking sheet, so that they form one line in the middle of the sheet.

Broil for 7-9 minutes one side.

Flip and broil for another 6-8 minutes. Don't overcook!

Bison Burgers

2 lbs. ground bison
1 tsp. cumin
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. Bragg's liquid aminos
Sea salt and pepper to taste
1 Tbsp. coconut oil

Mix together bison meat and seasonings in a large bowl and form into patties.

Heat oil in a large skillet over medium heat and cook patties, flipping once, until done. Serve alone, on a bed of greens, or on a sprouted grain bun. Awesome with avocado slices!

Raspberry Venison Skillet

¾ cup raspberry vinaigrette (*see recipe)
2 tablespoons maple syrup
2 tablespoons Bragg's liquid aminos
2 lbs venison, cut into ½ inch strips
2 tablespoons organic butter
2 tablespoons coconut oil
¾ cup water
2 sweet onions, thinly sliced
1 tablespoon minced garlic
Sea salt & ground pepper to taste
½ teaspoon stevia - optional

Whisk together the vinaigrette, maple syrup and liquid aminos in a large bowl. Stir in the venison until well coated and set aside.

In a large skillet over medium high heat, add the butter, coconut oil, water, onions and garlic. Cook, stirring frequently, until the onions have caramelized, about 10 minutes. Stir in stevia and cook 2-3 minutes more.

Add the venison and marinade to the skillet and cook until venison is no longer pink in the center, about 5 minutes.

Honey Infused Prune Deer Tagine

Ingredients

1 lb deer steaks*, diced
1 cup dried prunes (make sure none have pits. that hurts to bite into)
1 red onion, sliced
2 tablespoons coconut oil
2 tablespoon tagine seasonings (recipe included)
2 tablespoons honey
salt, to taste

Instructions

Put all your diced meat in a large bowl. Cover with tagine seasonings and coat thoroughly. Let sit while you prepare the rest of your food.

Pull out a large skillet over medium heat, add your coconut oil to the pan to heat then add your sliced onions to start caramelizing.

When they become translucent, add your dried prunes and cover to help soften. Let cook for about 5-7 minutes.

Now make a little open area in the middle of your prune and onion mixture, add your diced deer and let cook for about 3 minutes, continuously mixing to help cook on all sides, but keep pretty medium rare.

Add your honey right at the end, mix all that good stuff together, then serve.

Be careful with your deer. If you cook it too long, it can get a bit tough. Eating raw meat is more fun anyways.

FOR THE SLOW COOKER

Crock Pot Chicken and Salsa

Coconut oil

4 chicken breasts (can be frozen)

½ tsp. sea salt

1 jar of all-natural salsa

1 bag frozen organic broccoli

Wipe crockpot with oil (using a napkin if desired) to prevent sticking.

Add chicken, salsa and sea salt. Cook on low heat for 8-10 hours.

Add broccoli a half hour before serving.

Taco Chicken

2 lbs free-range chicken breast (bone in or bone out)
1-4 oz can of green chilies
1 large onion sliced
2 cups salsa or a 15 oz can of chopped stewed tomatoes
2 cloves of garlic
1 tsp Cumin
2 cinnamon sticks
1 poblano pepper, finely diced
Salt to taste

Instructions

In a crockpot, place chicken breasts (no need to defrost if frozen). Pour in the tomatoes. Mix in the chilies, garlic, cumin, poblano pepper and cinnamon sticks. Top with the slices of onion. Stir to make sure the chicken is coated. Cook on high for about 4 hours (low for 8). You'll want the meat to be tender enough to just fall off the bone.

Remove the cinnamon sticks. Shred the chicken in or out of the crockpot (using two forks works well). Put the chicken back in the crockpot with all the yummy juices and mix thoroughly.

This tastes great on tacos or as a taco salad. Add your favorite taco toppings.

Taco Topping Ideas

1 avocado, sliced
1 tomato, diced
1/3 cup onion, diced
sour cream, optional, can omit if avoiding dairy
fresh cilantro

Herb-Roasted Chicken with Vegetables

Serves 4-6

1 free-range, organic chicken
2-4 sweet potatoes or yams
4-6 potatoes
4 or more stalks of celery
4 or more carrots
1-2 large onions
1 head of garlic, peeled
ghee or coconut oil
juice of ½ lemon
thyme (dried or fresh)
rosemary (dried or fresh)
freshly ground pepper
sea salt

Instructions

Rinse chicken and pat dry.

Place in crockpot and rub ghee over the breast and legs.

Squeeze lemon juice over chicken.

Arrange chopped vegetables all around chicken and season everything with salt, pepper, thyme, and rosemary.

Roast covered in oven for 1½ hours or longer depending on weight of chicken.

Garlic Roast Beef

1 beef roast (grass-fed)
4 cloves garlic
2 Tbps apple cider vinegar (tenderizes the meat)
salt and pepper

Instructions:

In a hot skillet, sear the roast on all sides (except the top)
Add meat to crock pot and add just enough water to leave the top of the meat uncovered (see above photo)
Slice the garlic and spread on top of the roast. Top with salt and pepper
I like to leave the top un-seared, and uncovered with water so it really takes on a roasted garlic flavor with the garlic on top
Cook the beef on high until it begins to bubble and then turn down to low for 4 hours, or until a meat thermometer reads 150°
Slice and serve
Use the liquid in the crockpot as a soup stock (the stock freezes very well!)

Slow Cooker Cabbage Rolls

Stuffing:

10 cabbage leaves
½ cup uncooked cauli rice or quinoa
1 egg, beaten
¼ cup canned coconut milk
¼ cup minced onion
1 clove minced garlic
1 tsp. salt
½ tsp. pepper
1 lb. grass-fed ground beef

Sauce:

1 15 ounce can tomato sauce
2 Tbs. Maple Syrup
2 Tbs. lemon juice or apple cider vinegar
2 tsp. Worcestershire sauce

Instructions:

Boil a pot of water and add head of cabbage, cook for 2 minutes and drain. (You can freeze cabbage then thaw and skip the boiling part. We just need the leaves soft enough to roll)

Combine cauli rice, egg, milk, onion, garlic, beef, salt, and seasonings in large bowl. Place ¼ cup meat mixture in center of leaf and roll, tucking ends. Place seam side down in slow cooker.

Mix all sauce ingredients together and pour over rolls. Cook on low 8 hours in slow cooker.

Breakfast Bake

8 eggs, whisked
1 sweet potato or yam, shredded
1lb Free Range Pork, broken up
1 yellow onion, diced
1 tablespoon garlic powder
2 teaspoons dried basil
salt and pepper, to taste
any extra veggies you want: tomato, zucchini, mushrooms, etc.

Instructions

Grease the crockpot with a bit of coconut oil to help make sure none of the egg sticks. Shred your sweet potato. (The shredding attachment on a food processor makes it super quick, but a grater works as well.) Add all ingredients to your crockpot and use a spoon to mix well. Place on low for 6-8 hours, making sure the pork sausage is completely cooked through.

BREAKFAST

Pesto Scrambled Eggs

1 tablespoon of butter or coconut oil

4 eggs

1-2 tablespoons of pesto

Melt the butter in a skillet over medium heat.

Crack the eggs directly into the pan, then scramble them slowly-combining the yolks and white loosely so that the color variation is still visible between the two. I recommend a heat-resistant silicone spatula for this process.

About one minute into cooking, add the pesto to the pan and continue to scramble the eggs, mixing the pesto in gently.

Once the eggs are no longer runny, they are done. Serve with extra pesto and a side of perfectly baked bacon.

Sweet Potato Pancakes

3 eggs

2 teaspoons coconut flour

½ teaspoon cinnamon

¼ teaspoon ground ginger

¼ teaspoon sea salt

2 cups shredded sweet potatoes (using a food processor with a shredding disc is ideal, or shred them by hand)

Coconut oil for pan frying (amount will vary)

In a medium sized mixing bowl, beat the eggs with the coconut flour, cinnamon, ground ginger, and sea salt. Mix in the shredded sweet potatoes until well combined.

Add about 1/8 inch of coconut oil to a large skillet over medium-low heat. Spoon the mixture into the skillet in cakes that are 4-6 inches in diameter, and cook approximately 2-3 minutes per side until they hold together, flipping once as you would a regular pancake.

Enjoy these pancakes for breakfast or use them as a bun for any burger! They can be made ahead of time and reheated to use within a few days. For a lower-carb option, make them with shredded carrots instead of sweet potatoes.

Egg Cupcakes

10 -12 eggs whisked well
2 TBS chopped onion
1 small tomato (sundried tomatoes are awesome too)
3 big handfuls of spinach
¼ Cup Artichoke Hearts (chopped)
6-8 slices of COOKED bacon
sea salt and black pepper to taste

Preheat oven to 350 and grease two muffin pans with LOTS of coconut oil, butter, or ghee. (or line them with muffin cups) Whisk all your eggs in a big bowl. Chop your veggies and add this mixture to your eggs. Mix the egg mixture well and using a 1/4 measuring cup, fill the muffin pans (you'll be able to make 18-20 cupcakes). Bake for 20-25 minutes or until the eggs are set in the middle.
*Change up the veggies to your tastes and have fun with these! They are great grab-n-go snacks too.

Broccoli-Herb Egg Cupcakes

1 cup broccoli, chopped into 2-inch florets
8 eggs
1 cup fresh cilantro (or other herb)
2 teaspoons onion powder
½ teaspoon sea salt
½ teaspoon black pepper, or more to taste
1 teaspoon dulse flakes (optional)

Preheat the oven to 350°F. Prepare 8 cups of a muffin tin with parchment paper muffing cup liners.

Place the broccoli in a small saucepan or pot filled with 1 inch of water over high heat. Steam the broccoli for 2 to 5 minutes or until bright green and fork-tender. Set aside to cool for a bit.

In a blender, combine the eggs, cilantro, onion powder, salt, pepper, and dulse flakes, if using.

Add the broccoli florets and pulse to combine.

Pour the mixture evenly into the prepared muffin cups.

Bake for 30 minutes or until the muffins rise and become golden brown around the edges.

Fresh Blueberry Crumble

2 pints of fresh blueberries
Juice of one lemon
1 cup almond meal/almond flour
¼ cup chopped macadamia or walnuts
¼ cup melted butter or coconut oil
2 tablespoons maple syrup
¼ teaspoon cinnamon
2 pinches of sea salt

Preheat oven to 375 °F

Place the blueberries in a 9 in x 9 inch baking dish, and squeeze the juice from half 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)

Sweet Potato Hash

1-2 large sweet potatoes
½ poblano or 1 jalapeno pepper, chopped
1 onion, chopped
2 garlic cloves, thinly sliced or minced
½ tsp onion powder
Salt and Pepper to taste
coconut oil
smoked ham or bacon (optional)
2-4 eggs

Instructions

In a cast iron skillet cook bacon. Remove some of the bacon fat and add the cubed sweet potatoes to the cast iron skillet. Season with salt and pepper and let cook for 5 minutes with a lid on, without moving, so the potatoes can caramelize.

After 5 minutes turn the potatoes and add the lid back on. Cook for 5 more minutes without stirring. Uncover and flip potatoes once more. Let cook for about eight more minutes, uncovered then remove potatoes.

*(Other option: Bake and dice your potatoes and add LAST.)

Add 1 tbs coconut oil and then add the onions, poblano peppers and garlic. Sautee for about 3 minutes until softened. Add sweet potatoes back to pot and add more salt and the onion powder. Mix together and cook for around two more minutes.

Taste the sweet potato to make sure it is not hard. If it is soft it is ready to serve.

Optional: Add cubed smoked ham to the pan after you remove the hash and let saute for about 5 minutes. Add to hash.

*Add any other veggies you like!!! steamed Brussels sprouts and kale are awesome choices, just add when you add the onions and garlic

Top with poached eggs or scramble them in. Serve immediately.

Grainless Hot Cereal

2 ripe bananas (or one large, very ripe, plantain), mashed
2 cups coconut milk (or 1 can plus extra water)
3/4 cup almond meal
1/4 cup flax meal
1 teaspoon cinnamon
1/2 teaspoon ginger
1/8 teaspoon ground cloves
1/8 teaspoon ground nutmeg
1/8 teaspoon celtic sea salt
maple syrup or raw honey (optional)
toppings like berries, unsweetened coconut flakes, nuts, seeds, etc... (optional)

Instructions

Combine all ingredients in a medium saucepan and heat to a slow simmer, stirring, until thick and bubbly.

The consistency will vary depending on the type of coconut milk you use. (I like the full fat coconut milk from the can) The mixture will seem thin at first but thicken up quickly. It will continue to thicken after it is served so you may need to add extra water or coconut milk.

SOUPS

Basic Bone Broth

Ingredients

4 quarts of filtered water

1.5- 2 lbs of bones (any kind works here – something like chicken bones won't take as long, as they are smaller pieces.)

Cloves from 1 whole head of fresh garlic, peeled & smashed

2 Tbsp apple cider vinegar (organic, unfiltered- I like [Bragg's](#)) OR Lemon Juice (the acid helps pull the minerals from the bones)

1 Tsp unrefined sea salt - or more/less to taste

Preparation

Place all ingredients in a 6 quart crockpot and set the heat to HIGH.

Bring the stock to a boil, then reduce the heat setting to LOW.

Allow the stock to cook for a **minimum** of 8 hours and up to 24 hours. The longer it cooks, the better!

Turn off the crockpot and allow the stock to cool.

Strain the stock through a fine mesh metal strainer and throw away what you skim off.

Place the cooled stock into glass jars for storage in the fridge (for up to a few days) or pour into freezer-safe containers for later use. (You can freeze it in ice cube trays and defrost a few at a time!)

When the broth is fully cooled, it may have a gelatinous consistency. This is good!

If you like, you can skim off any fat that has risen to the top and solidified – consider this “tallow” – and feel free to cook with it!

You can drink stock any time of day, before or after meals, or use it as the base for soups and stews! Perfect in any recipe that calls for broth.

Variations

Use any other kind of animal bones you like

Add chopped veggies like carrots, celery and onions for more flavor or variety.

Yummy Vegetable Soup

2 Tbsp. raw or organic butter
2 med. Garlic cloves, smashed
½ c. chopped red onion
1 c. chopped celery
1 large carrot, diced
1 lb. mushrooms, chopped
2 tsp. dried marjoram leaves
1 ½ tsp. sea salt
½ tsp. black pepper
8 c. vegetable or chick stock
1 Tbsp. Bragg's liquid aminos
1 10 oz. pkg. frozen snow peas
½ c. chopped parsley

In a large stock pot over medium heat, melt butter. Add garlic and onions and sauté, stirring occasionally for 3-5 minutes.

Add celery, carrots, mushrooms, herbs, salt and pepper. Cover and cook, stirring occasionally, for 7-8 minutes.

Add stock, cover and let simmer for an additional 10-20 minutes or longer. Stir in Bragg's, snow peas and parsley and simmer for a few more minutes.

Cucumber Cold Noodle Salad

2 large cucumbers
2 tablespoons spicy sesame ginger dressing
2 tablespoons cold-pressed sesame oil
1 tablespoon rice wine vinegar
1 tablespoon sesame seeds, for garnish

Using a julienne peeler, regular vegetable peeler, or spiralizer tool, cut the cucumber into long, thin "noodles," discarding the seeded part in the center. In a mixing bowl, toss the cucumber noodles with the spicy sesame ginger dressing, sesame oil, and vinegar.

Garnish with the sesame seeds and serve chilled or at room temperature.

Creamy Broccoli Soup

2 tbsp. coconut oil
2 med green onions, coarsely chopped
2 garlic cloves, minced
2 bunches broccoli
1 tbsp. basil
2 c. chopped spinach, kale, turnip greens, collards or Swiss chard
2 qt. vegetable or chicken broth
1 14oz. can coconut milk
1 tsp. sea salt
1 tbsp. curry powder

Heat oil in a large stock pot over medium heat. Sauté green onions and garlic for 1-2 minutes. Add broccoli and stir until broccoli turns bright green. Add basil and additional chopped greens. Cover and steam for 3-4 minutes, stirring occasionally.

Transfer vegetables to food processor or blender. Add a little coconut milk and process until smooth.

Return to stock pot and add remaining ingredients. Reheat gently and stir.

Winter Squash Soup

1 winter squash, roasted (small pumpkin, butternut, acorn...)
1 Tbsp bacon fat, coconut oil or ghee
1 yellow onion, diced
4 cloves of garlic, peeled & smashed
celtic sea salt
2 pinches of dry sage
black pepper
16oz chicken or vegetable broth (*use your own homemade if possible, it's super-easy to make!*)
2 Tbsp coconut milk (*optional but recommended*)
2 Tbsp water (*or more for thinner soup*)
Juice of 1 orange
****Optional Seasoning:** 1-2 TBS Curry Powder

Instructions:

Preheat your oven to 400 degrees F.

Halve the squash and place it face down in a glass or ceramic roasting dish about 30-55 minutes. After the squash has been roasting for about 20 minutes, begin to cook the rest of the soup ingredients on the stove-top.

Use a large pot and sauté the bacon fat and onions until the onions begin to brown on the edges. Then place the garlic in with the onions and add salt, sage and pepper. Allow this to cook for just couple of minutes to take the edge off of the raw garlic then add your chicken stock, coconut milk and water. By now your squash should be roasted and you can add it to the mixture and stir together. When it's combined, add the orange juice as the last thing you do before you turn off the heat.

Allow the soup to cool a bit and then pour it into a blender and whir it up until it's smooth. Be careful not to fill the blender to the top when you're blending hot liquids as the steam tends to expand the liquid when you blend it – blend in batches if necessary.

This makes 4-6 servings depending on how big you serve up the bowl!

***Optional:** Garnish with sage leaves that have been fried in ghee or coconut oil.*

YUM!

Roasted Cauliflower Soup

1 medium head cauliflower
3 tablespoons ghee, bacon fat, or coconut oil, divided
Sea salt and black pepper to taste
½ cup diced onion
½ cup diced carrot
1 teaspoon fresh rosemary or other fresh herbs of your choice
3 cups bone broth

Optional Garnishes:

4 teaspoons extra-virgin olive oil or truffle oil
2 slices bacon, cooked and diced

Preheat the oven to 375°F

Chop the cauliflower into 1 to 2 inch pieces.

Place the cauliflower in a large roasting pan. Melt 2 tablespoons of the ghee, bacon fat, or coconut oil and drizzle it over the cauliflower. Toss the cauliflower to evenly coat and season liberally with salt and pepper. Roast the cauliflower for 30 to 40 minutes or until the edges begin to brown.

While the cauliflower roasts, prepare the rest of the soup ingredients. Melt the remaining 1 tablespoon ghee, bacon fat, or coconut oil in a soup pot over medium heat and sauté the onion, carrot, and rosemary along with a dash of salt and pepper until the onions are translucent and the carrots are soft, approximately 8 minutes.

Add the bone broth, reduce the heat to low, and simmer for ten minutes.

Reserve ½ to 1 cup of the roasted cauliflower for garnish. Place 2 cups of the roasted cauliflower plus 2 cups of the broth mixture in a blender-taking care not to fill it too much, as hot liquids tend to expand in the blender. Put the blender lid firmly in place on top of the pitcher, but remove the center “valve” piece from the lid. Hold a thick kitchen towel over the lid, covering the hole where the valve normally stays. Blend on low at first then briefly blend on high. This will give your soup a creamy texture. You may choose to blend all the cauliflower and broth mixture; if so, do it in batches so as not to overfill your blender.

Add the blended soup back to the soup pot and stir to combine. Serve garnished with the reserved roasted cauliflower chunks and a drizzle of a high-quality extra-virgin olive oil or truffle oil and/or chopped bacon, if using.

Simple Spinach & Garlic Soup

1 tablespoon ghee or coconut oil
2 to 3 cloves garlic, smashed
3 cups bone broth
3 cups packed spinach
1 avocado, halved
Sea salt and black pepper to taste

Optional Garnishes:

¼ cup full fat coconut milk
2 tablespoons minced fresh chives

In a soup pot, melt the ghee or coconut oil over medium heat. Place the smashed garlic in the pan. When the garlic just begins to brown, add the bone broth and bring it to a simmer. Add the spinach to the pot and simmer until wilted, approximately 1 minute.

Transfer the soup to a blender in 2 batches, pouring half of the soup and adding half of the avocado at a time. Put the blender lid firmly in place on top of the pitcher, but remove the center “valve” piece from the lid. Hold a thick kitchen towel over the lid, covering the hole where the valve usually stays. Blend each half of the soup with the avocado, then recombine in the original pot and whisk the mixture together. Season to taste with salt and pepper.

Serve 1 cup of soup per person, garnishing each serving with 1 tablespoon of the coconut milk and ½ tablespoon of the chives, if using.

QUINOA

Quinoa Scramble

Ingredients:

3 Tablespoons Coconut Oil
4 Cups Quinoa, Cooked
1 ½ Teaspoon Coconut Aminos
2 Eggs, Slightly Beaten
¼ Teaspoon Fresh Ground Pepper

Optional Ideas:

¾ Cup Scallions, Chopped
¼ Cup Peas
¼ Cup Chopped Carrots

Heat the oil in a large skillet and add the quinoa, aminos, pepper and optional ingredients. Cook over medium-high heat, stirring often, for about 6 minutes. Add the eggs and stir briskly so they cook and break into small bits throughout the rice. As soon as the egg is set, remove and serve.

Quinoa Porridge

Ingredients:

½ c. quinoa

¼ tsp. cinnamon

1 ½ c. almond milk

½ c. water

2 Tbsp. honey

1 tsp. vanilla

Pinch sea salt

Heat a saucepan over medium heat. Add quinoa, season with cinnamon and cook until toasted, stirring frequently, about 3 minutes.

Add almond milk, water, vanilla, honey, and sea salt. Bring to a boil, then reduce heat and cook until porridge is thick and grains are tender, about 25 minutes.

Add more water if needed. Stir occasionally, especially at the end, to prevent burning.

Chicken Broccoli Quinoa Bowl

Ingredients:

- 1 cup quinoa, cooked
- 1 clove fresh garlic, crushed
- 2 cups fresh broccoli, lightly steamed
- 1 ripe avocado, diced in small pieces
- 2 tablespoons finely chopped red onion
- 3 chicken tenders, lightly grilled and cubed or shredded
- Sea salt or pepper to taste

For a quick meal, just mix the ingredients together and enjoy!

Vegetables can also be sauteed in a tablespoon of coconut oil for more of a stir-fried option.

Southwest Quinoa Bowl

Ingredients:

- 1 cup quinoa, cooked (seasoned with streak rub seasoning recipe on page**)
- 1 clove fresh garlic
- 1 tablespoon diced yellow or red onion
- 2 tablespoons diced red bell pepper
- 1 cup diced tomatoes
- 1 large cooked hot sausage (turkey, beef or pork, preferably andouille or southwest style if you can find it), diced
- 1 cup shredded lettuce to top

Mix together all ingredients. Top with the shredded lettuce, which adds a crunchy texture.

Can sautee this in coconut oil for a stir-fried option!

CAULIFLOWER POWER

Mashed NO-tatoes

Ingredients:

- 1 Head Cauliflower
- Sea Salt and Black Pepper to Taste
- 2 Tablespoons Organic Butter (Bacon grease is a delicious alternative!)
- 1-2 Cloves of Garlic, *optional
- ½ Cup chopped nuts *optional (I like almonds and cashews!)

Instructions:

Steam cauliflower until very soft (Roasting in the oven is also an option. I like to roast my garlic and almonds too!) Put everything into a food processor or blender with butter, salt, pepper and garlic is desired. Blend to desired consistency. This is a good alternative to high carbohydrate mashed potatoes. This is not only low carb, but it is highly nutritious. Use it in place of potatoes or rice.

Note**if using the nuts you will want to make sure you have a high-powered blender or food processor so they blend in smooth and you are not left with chunks!

Creamy Herb Mashed Cauliflower

- 1 large head cauliflower
- 2 tablespoons unsalted butter or coconut oil
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon fresh rosemary, or up to 1 teaspoon other fresh herb of your choice
- Sea salt and black pepper to taste

Cut the cauliflower into 2-3 inch pieces. Set up a pot with 1 inch of water and a steamer basket. Bring to a boil, covered, over high heat. Steam the cauliflower until it is fork-tender, then place it in a food processor along with the butter or coconut oil, olive oil, rosemary or other herb, salt and pepper. Purée until smooth and creamy.

Cauli-Rice

Ingredients:

1 head of cauliflower
1 tablespoon coconut oil or butter
Sea salt and black pepper to taste

Instructions:

Remove the outer leaves and stem from the cauliflower, and chop it into large chunks. Pulse batches of raw cauliflower florets in a food processor, or shred using a grater, until a rice-like texture is achieved.

In a large skillet over medium heat, melt the coconut oil, and place the shredded cauliflower into the skillet. Add sea salt and black pepper to taste. Sauté for about 5 minutes or until the cauliflower begins to become translucent, stirring gently to ensure it cooks through.

Use this in place or rice in many different recipes!

Cilantro Cauli-rice

Ingredients:

1 head of cauliflower
1 tablespoon coconut oil or butter
Sea salt and black pepper to taste
¼ cup fresh cilantro, finely chopped

Instructions:

Remove the outer leaves and stem from the cauliflower, and chop it into large chunks. Shred the cauliflower using a bow grater or food processor.

In a large skillet over medium heat, melt the coconut oil, and place the shredded cauliflower into the skillet. Add sea salt and black pepper to taste. Sauté for about 5 minutes or until the cauliflower begins to become translucent, stirring gently to ensure it cooks through.

Place the cooked cauliflower into a serving bowl, and toss with the chopped cilantro.

This rice-replacement pairs well with any Mexican dish and is especially delicious under the grilled garlic flank steak with peppers and onions.

Spanish Cauli-Rice

Ingredients:

1 medium head of cauliflower
1 onion, chopped fine
2 garlic cloves, minced
2-3 Tbsp tomato paste
1/2 cup chicken stock (or slightly more based on how big the cauliflower is)
1 Tbsp oregano
Salt and pepper to taste
Olive oil or fat of choice

Directions:

Prepare the veggies: rice the cauliflower, (recipe on page**) chop the onion and mince the garlic.

In a large skillet over medium heat, saute the onion in olive oil or your fat of choice until softened, about 5 minutes.

Add the garlic, tomato paste, chicken stock and oregano. Stir until the tomato paste and the rest of the ingredients are evenly distributed.

Increase the heat and add the cauliflower. Stir and cook for about 5 minutes or until the cauliflower is softened. You may need to adjust the amount of chicken stock or tomato paste if it's too dry or doesn't have enough tomato flavor (it's not like cauliflower comes in a standard size!).

Cauliflower Pizza Crust

Ingredients:

4 cups raw cauliflower rice
1 egg, beaten, room temperature
1 teaspoon garlic powder
1 teaspoon dried oregano pinch of salt

Directions:

Preheat your oven to 400F,

Step 1: Begin by making your cauliflower “rice.”

Simply pulse batches of raw cauliflower florets in a food processor, until a rice-like texture is achieved.

Step 2: Cook & Strain the rice.

Fill a large pot with about an inch of water, and bring it to a boil. Add the “rice” and cover; let it cook for about 4-5 minutes. Drain into a fine-mesh strainer. Now here comes the secret: Once you’ve strained the rice, transfer it to a clean, thin dishtowel. Wrap up the steamed rice in the dishtowel, twist it up, then SQUEEZE all the excess moisture out! It’s amazing how much liquid will be released, which will leave you with a nice and dry pizza crust.

Step 3: Make & Shape the dough.

In a large bowl, mix up your strained rice, beaten egg, goat cheese, and spices. Don’t be afraid to use your hands! You want it very well mixed. It won’t be like any pizza dough you’ve ever worked with, but don’t worry– it’ll hold together! Press the dough out onto a baking sheet lined with parchment paper. (It’s important that it’s lined with parchment paper, which is not to be confused with WAX paper– they’re very different!)

Keep the dough about 1/3” thick, and make the edges a little higher for a “crust” effect, if you like.

—

Step 4: Bake!

Bake for 35-40 minutes at 400F.

SIDES AND SNACKS

Green Bean Almandine

Ingredients:

3 Tablespoons Lemon Juice
8 Tablespoons Olive Oil
1 Clove of Garlic, Minced
1 Tablespoon Onion Minced
½ Teaspoon Dry Mustard
½ Teaspoon Sea Salt
¼ Fresh Ground Pepper
4 Cups Green Beans, French Cut
2 Cups Mushrooms, Wiped and Sliced
1 Cup Almonds, Sliced

Combine ingredients for marinade and pour over beans, mushrooms and almonds. Toss well. Allow to marinate for 2 hours in a dehydrator or overnight in the refrigerator. Serve chilled or just slightly warmed. Most green bean recipes call for the beans to be cooked so long that much of the nutrients are lost. In this recipe they remain completely intact!

TIP: Use the slicer blade in a food processor to French cut the beans. Just put a whole handful in at a time and press down.

Sweet Potato Fries

Ingredients:

1 – 1 ½ lbs. sweet potatoes
¼ c. coconut oil
½ tsp. sea salt
½ tsp. paprika
¼ tsp. cinnamon

Peel potatoes and cut into strips about ½” wide on each side.

TO BAKE: Preheat oven to 425 degrees. Place all ingredients in sealable plastic bag, melt coconut oil and shake with spices until potatoes are completely coated. Spread onto a baking sheet in a single layer. Cook for 30 minutes, turning every 10 minutes.

TO FRY: Heat oil in a frying pan over medium heat (cast iron skillet works best!) Once oil is ready, place peeled and cut potatoes in a single layer in the bottom of the pan. Do not flip them until they have browned on one side. Sprinkle salt and spices on cooked fries before serving.

Transfer immediately to a paper towel lined plate and serve warm.

Roasted Rosemary Roots

8 sun chokes, rinsed (any root vegetable works here)
4 parsnips, peeled
3 tablespoons melted butter, ghee, or coconut oil
1 teaspoon fresh rosemary, finely chopped
1 clove garlic, grated or finely chopped (optional)

Preheat oven to 425 °F

Chop the sun chokes and parsnips into roughly 1/4 –inch sticks that are 2-3 inches long.

Toss the chopped vegetables with the melted butter, ghee, or coconut oil and rosemary. If you are using garlic, add it while tossing the vegetables together. Spread the vegetables on a baking sheet, and roast for 30-40 minutes or until fork-tender and golden brown on the edges.

Deviled Eggs

10-12 free-range eggs

1 c. homemade mayo (recipe on page **) or mayonnaise alternative (like Veganaise w/ grapeseed oil)

¼ c. organic mustard

½ tsp. apple cider vinegar

paprika

Place eggs in saucepan, fill with water until eggs are covered, bring water to a boil, then turn off heat and let the eggs sit in the hot water for 10-12 minutes. Drain hot water and re-fill with cold water and ice cubes to shock the eggs. **Free-range eggs can be hard to peel! Some tricks like using baking soda and salt in your water can help. I have had great success by poking a tiny hole with a pin in the fat bottom part of the egg.

Let eggs cool, peel them then cut in half and remove yolks.

Mix yolks with your mayo, mustard and apple cider vinegar. Spoon yolk mixture into egg white halves.

Sprinkle with paprika on top.

Sweet 'n' Smoky Deviled Eggs

6 eggs, boiled, peeled, and cooled

Filling

¼ cup julienne-cut sundried tomatoes

1/8 teaspoon cumin

3 strips bacon, chopped, cooked, but not too crispy (reserve some for garnish)

¾ teaspoon smoked paprika

Sea salt to taste

Freshly ground black pepper to taste

1/3 cup mashed ripe avocado

2 tablespoons olive oil

Garnish

Chopped chives, smoked paprika

Slice the eggs in half lengthwise. Gently remove the yolks, and place them in a food processor.

Set the egg whites aside on a plate

Add the sundried tomatoes, cumin, bacon, paprika, sea salt, pepper, Avocado, and olive oil to the food processor (reserve about 2 TBSP of the bacon crumbles for garnish). Pulse until fully combined and smooth. If you like an even creamier filling, you can add additional avocado or mayo until it reaches the desired consistency.

With a spoon or piping bag with a decorative tip, fill the egg whites evenly.

Sprinkle the eggs with chives, bacon crumbles, and a light sprinkle of smoked paprika.

Keep the deviled eggs refrigerated or in a cooler until ready to eat.

Egg Salad

Ingredients:

4 hardboiled eggs, peeled and chopped

¼ c. mayo (recipe on page**)

1 celery stalk, finely chopped

2 tsp. red or sweet white onion, finely chopped

1 ½ tsp. fresh squeezed lemon juice

Freshly ground black pepper and sea salt to taste

Gently toss eggs and celery together in a medium size bowl.

In a smaller bowl, combine mayo, lemon juice, onion, salt and pepper. Fold into the egg and celery mixture. Season to taste with salt and pepper.

Chill for about an hour before serving. Serve over a bed of greens.

Broccoli Salad

Ingredients:

1 bunch broccoli

½ c. sunflower seeds

½ c. raisins

½ c. chopped green onions

¾ c. mayo (recipe on page** or alternative such as Vegenaïse)

2 tbsp. red wine vinegar

*optional - stevia to taste

Mix all ingredients in a large bowl.

Refrigerate before serving.

Broccoli Cranberry Salad

5 Cups Broccoli Florets, Chopped

½ Cup Red Onion, Chopped

1 Cup Bacon, Cook And Crumbled

1 Cup Raw Sunflower Seeds

1 Cup Dried Cranberries

Dressing:

¾ Cup Mayo (recipe on page **)

2 Tablespoons Red Wine Vinegar

¼ Teaspoon Pepper

*optional – Stevia to taste

Combine all salad ingredients in a large mixing bowl; mix well. Combine dressing ingredients in a small mixing bowl. Mix until thoroughly combined using a fork or wire whisk. Add dressing to salad and mix well. Refrigerate 1 hour.

Lime and Walnut Coleslaw

- 1 ½ Cups Raw Walnut Pieces
- ½ Head Medium-Large Cabbage
- 1 Basket of Tiny Cherry Tomatoes, Quartered (optional)
- 1 Jalapeno Pepper, Seeded and Diced
- ¾ Cup Parsley or Cilantro, Chopped
- ¼ Cup Freshly Squeezed Lime Juice
- 2 Tablespoons Olive Oil
- ¼ Teaspoon Sea Salt

Cut the cabbage into two quarters and cut out the core. Using a knife shred each quarter into very thin slices. Cut long pieces in half. Combine the cabbage, walnuts, tomatoes, Jalapeno (optional) and cilantro or parsley in a bowl. In a separate bowl combine the lime juice, olive oil, salt. Add to the cabbage mixture and gently stir.

SUN-DRIED TOMATO CHICKEN SLAW

- 2 Cups Cooked Chicken Breasts, diced
- ½ Cup Sun-Dried Tomatoes, Julienne sliced
- ½ Cup Apples, diced
- 4 Cups Green or Purple Cabbage, shredded
- ¼ Cup Sliced Almonds
- 4 TBS Extra Virgin Olive Oil
- 1 TBS Dried Oregano
- Black Pepper to taste

-Mix all together and serve

Sauteed Red Cabbage with Apples and Onions

This sweet and savory dish is great when paired with any type of roasted or grilled meat, and it also works well as a side dish to eggs in the morning.

1 large yellow onion, thinly sliced
1 tablespoon bacon fat or coconut oil
½ head of cabbage, thinly sliced
2-4 tablespoons unfiltered apple cider vinegar
1 tablespoon Rosemary Salt Blend
1 green apple, sliced into match-stick-sized pieces

In a large enameled pot or pan, sauté the onion in the fat or oil. When it is mostly translucent, add the cabbage and cook until it begins to soften. Add the vinegar and rosemary salt blend, and allow the cabbage and onion mixture to cook until everything is softened/ fork tender. Add the apples, and cook them until soft. Add more vinegar or some water if the mixture becomes too dry.

Stir-fried Cabbage

2 tablespoon coconut oil
4 cups shredded cabbage
½ small onion, diced
2 cloves garlic, crushed
½ teaspoon red-pepper flakes

Put your big, heavy skillet over high heat. Add the coconut oil, and when it's hot, add the cabbage and onion. Stir-fry till the cabbage is just starting to soften. Stir in the garlic and red pepper and stir-fry for another minute or two, then serve.

Yield: 4 servings

Homemade Sauerkraut

2lbs shredded green cabbage (about 2 quarts, loosely packed)
2 tablespoons sea salt
1 teaspoon caraway or cumin seeds
2 cups filtered water

Slice cabbage thinly and place in a large bowl. Mash or pound cabbage with a heavy cup, pestle, or mallet until cabbage starts to release juice. Sprinkle with seeds and mix well. Place mixture into 2 quart mason jars. Stir sea salt into water and pour over cabbage to within $\frac{3}{4}$ " from the top of the jar. Replace lid and store at room temperature for 3 days, then place in refrigerator.

Hot and Garlicky Brussels Sprouts

1 pound Brussels sprouts
2 tablespoons bacon grease or lard
2 garlic cloves, minced
 $\frac{1}{4}$ teaspoon red-pepper flakes (or more)
Salt to taste (optional)

Trim the Brussels sprouts and halve them. Steam them for just a couple of minutes in the microwave or on the stovetop. Drain and pat dry. Put your big, heavy skillet over high heat. Add the bacon grease and let it get good and hot. Add your Brussels, watching out for spitting oil! (The better you dry your Brussels, the less spitting there will be. Let them sauté without stirring for a minute, then turn and repeat-keep doing until they're browned and tender. Now stir in the garlic and the red pepper, and give them just another minute or two, stirring constantly. Salt, if desired.

NUT BARS

4 cups raw nuts (you choice! I like almonds, coconut, walnuts, cashews...)

1-2 TBS flax seeds

15-20 pitted dates

¼ cup raisins

Juice of 1 orange and/or 1 lemon

1 TBS unfiltered honey

1 TBS cinnamon (optional)*

1 Tsp ground clove (optional)*

1 Tsp ground nutmeg (optional)*

Sesame Seeds to sprinkle on top

*These are just spice ideas. Use your preference! I like clove a lot with extra orange

In a small sauce pan, bring honey and citrus juices to a boil. Add spices and let simmer for a few minutes. In a food processor, pulse your dates, raisins and flax seed several times. (this will help keep your syrup from running over edges when you add it!) Now add your spiced syrup to date mixture and pulse until it becomes a smooth paste.

In a large bowl, add about half of your nuts and begin to mix in your paste. Gradually add nuts until everything is well coated with the date mix. You might have some nuts left over, but you want to make sure you have enough of the date mix to keep the bars in tact.

Cover a flat cookie sheet or a 9 x 13 pan with parchment paper and dump mix onto it. Using plastic wrap or another piece of parchment, press the nuts out into a flat and even rectangle. If you are using a cookie sheet, a rolling pin works nicely, just make sure the nuts are covered with parchment, otherwise they will stick to the rolling pin. Sprinkle the top with sesame seeds. If I am in a hurry, I will toss them in the freezer for an hour or so, otherwise let them sit out overnight. Once the bars are solid enough, flip them over and coat the other side with sesame seeds. Cut them into desired size, I usually get 9-12 bars out of 4 cups of nuts.

Paleo Energy Bars

½ cup shelled almonds
½ cup pecan halves
½ cup shredded coconut meat, divided
¼ cup almond butter
¼ cup coconut oil
1 teaspoon vanilla extract
3 tablespoons honey
½ teaspoon salt
½ teaspoon ground cinnamon
¼ cup almond meal
3 tablespoons coconut flour
3 eggs
15 drops liquid stevia extract (French vanilla if you have it, plain if not)
¼ cup Zante currants

Preheat oven to 325°F. Put your almonds and pecans in a shallow baking dish—a jelly roll pan is good— and slide them in. Set the timer for 5 minutes. When it goes off, shake the pan, add ¼ cup of the coconut, and shake again. Let the whole thing toast for another 5 minutes.

Dump your toasted nuts in the food processor, with the S blade in place. Pulse until they're chopped medium fine—some like bread crumbs, some still in chunks a little smaller than a pea. In a microwavable mixing bowl, combine the almond butter and coconut oil and zap them for about 30 seconds at 50% power— you just want to melt the oil and soften the almond butter a little. You can do this while your nuts are toasting. Stir the almond butter and coconut oil together.

Stir in the vanilla extract, the honey, the salt, and cinnamon into the almond butter/ coconut oil mixture. Now stir in the nut mixture, the almond meal, and the coconut flour.

Whisk the eggs with the liquid stevia, then add and mix them in.

Finally, stir in the currants. (If your currants are a bit dry—put them in a custard cup with a little water and nuke them for 30 seconds or so on high, then let them sit for a couple of minutes.

They'll turn soft again)

Turn the mixture out into an 8x8 inch baking pan you've sprayed with nonstick cooking spray. Press it firmly into an even layer.

Slide the pan into the oven and set your timer for 7 minutes. When it goes off, sprinkle the reserved ¼ cup of coconut over the top, press it down gently, and slide them back in for another 7 to 10 minutes. Then remove from oven and let them cool in the pan a bit before cutting into 16 bars. Store in a snap top container

Almond Power Bars * Servings: 8-10 Slices

These no bake, high-protein, high-fiber bars are a cinch to make and easy to take along.

2 Cups Raw Almonds
½ Cup Flaxseed Meal
½ Cup Unsweetened Shredded Coconut
2 Scoops Flavored Whey Protein Powder
½ Cup Raw Almond Butter
½ Teaspoon Kosher Salt
½ Cup Coconut Oil

8 Drops Liquid Stevia or ¾ Teaspoon Stevia Powder, To Taste
1 tablespoon pure vanilla extract (No sugar – check the label)
8 squares unsweetened chocolate melted and sweetened to taste with stevia and cinnamon (optional). Place almonds, flax meal, shredded coconut, whey powder, almond butter and salt in a food processor. Pulse briefly, about 10 seconds. In a small sauce pan, melt coconut oil over very low heat.

Remove coconut oil from stove; stir stevia and vanilla into oil. Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste. Press mixture into an 8x8 glass baking dish. (A parchment paper liner helps when you want to remove the bars from the dish.) Chill in refrigerator for 1 hour, until mixture hardens. In a double boiler, melt chocolate, stirring in stevia and cinnamon. Spread melted chocolate over bars; return to refrigerator for 30 minutes, until chocolate hardens. Remove from refrigerator, cut into bars and serve.

The chocolate coating may be skipped if desired.

TIP: Use other combinations of raw nut butters; such as macadamia.

Flax Meal Bread * Servings: 1 Loaf

Staying away from refined carbohydrates like bread is often difficult because they are a common staple in most people's diet. This is a healthy, crunchy alternative.

2 Cups Flaxseed Meal

1 Tablespoon Aluminum Free Baking Powder

1 Teaspoon Sea Salt

Stevia and/or Xylitol Equivalent to 1-2 Tablespoon Sugar

5 Beaten Eggs

½ Cup Water

½ Cup Grapeseed or Coconut Oil

Preheat oven to 350 degree F. Prepare pan or a half-sheet pan with parchment paper or a silicone mat. Mix dry ingredients – a whisk works well. Mix wet ingredients; add to dry combining well. Let batter set for 2 to 3 minutes to thicken up. Pour batter onto pan. Bake for about 20 minutes, until it springs back when you touch the top and/or is visibly browning.

Cool and cut into whatever size slices you desire.

Grainless Crackers

3 c. almond flour
1 ½ tsp. salt
1 c. sesame seeds
2 eggs, whisked until frothy
2 tbsp. grapeseed oil

Stir together all ingredients in a large mixing bowl until well combined. Separate dough into two halves. Line 2 large baking sheets with parchment paper. Place half of the dough on each baking sheet. With another layer of parchment paper over the top of the dough, roll out the dough until it is about 1/8 inch thick and covers the whole baking sheet.

Repeat with the other half of the dough.

Remove the top layer of paper and cut dough into 2 inch squares.

Bake at 350 degrees, for 10-12 minutes or until golden brown.

Grainless Granola

1 c. chopped raw pecans or walnuts
1 c. chopped dried apples
1 c. raisins
1 c. raw sunflower seeds
½ c. chopped raw almonds
Pinch of ground cloves, cinnamon and nutmeg

Toss all ingredients together in a large bowl
Serve by itself or with coconut or almond milk and blueberries.

Spiced Nuts

- ½ c. honey
- 1-2 c. pecans, almonds or walnuts
- 1 tsp. cinnamon
- ¼ tsp. cayenne pepper (optional)

Combined all ingredients in a bowl and toss until nuts are completely coated. Spread nuts on a cookie sheet in a single layer and toast at 300 degrees, tossing occasionally, until fragrant, about 4-5 minutes. Serve on top of a salad or eat by themselves

Super Antioxidant Trail Mix

- 1 c. pecans
- 1 c. almonds
- ½ c. raisins
- ½ c. dark chocolate chips (unsweetened)
- 1 c. dried apple slices
- Sea salt and cinnamon to taste

Mix all ingredients together in a bowl.

**SAUCES
SPICES
AND
HERBS**

Mayonnaise

1 egg + 1 yolk
1 tsp granulated garlic
1 tsp Dijon mustard
juice from 1/2 lemon
2 cups olive oil (avocado oil and macadamia oil for a more mild taste)
salt and pepper, to taste

Combine everything but the oil in a food processor or blender and mix. Then, turn and leave your blender/processor on while SLOWLY adding the oil, about ¼ Cup at a time. This helps it emulsify properly.
Store in a jar or a squeeze bottle

Baconnaise

1 egg + 1 yolk
1 tsp Dijon mustard
juice from 1/2 lemon
½ cup bacon grease, melted to liquid
½ cup liquid oil such as avocado oil, coconut oil or macadamia oil
salt and pepper, to taste

Combine everything but the oil in a food processor or blender and mix. Then, turn and leave your blender/processor on while SLOWLY adding the oil, about ¼ Cup at a time. This helps it emulsify properly.
Store in a jar or a squeeze bottle

Raspberry Vinaigrette

$\frac{3}{4}$ cup olive oil
 $\frac{1}{4}$ cup apple cider or raspberry vinegar
1 teaspoon sea salt
2 tablespoons raw honey
1 teaspoon dried basil
 $\frac{1}{2}$ cup fresh or frozen red raspberries
 $\frac{1}{4}$ cup water

Place all ingredients in a blender, and blend until desired consistency is reached.
Store extra dressing in the refrigerator for up to 2 weeks

Balsamic Vinaigrette

$\frac{1}{3}$ cup balsamic vinegar
 $\frac{2}{3}$ cup extra-virgin olive oil
1 teaspoon gluten-free Dijon mustard
 $\frac{1}{2}$ teaspoon minced shallot or garlic
Sea salt and black pepper to taste
 $\frac{1}{2}$ teaspoon dried oregano or basil (optional)

Combine all the ingredients in a resealable glass jar and shake well to combine.
Label and store in the refrigerator for up to a month.

Lemon-Herb Dressing

1/3 cup fresh lemon juice
2/3 cup extra-virgin olive oil
1 teaspoon gluten-free Dijon mustard
½ teaspoon minced shallot
Sea salt and black pepper to taste
½ teaspoon minced fresh cilantro or basil (optional)

Combine all the ingredients in a resealable glass jar and shake well to combine. Label and store in the refrigerator for up to a month

Roasted Shallot Salad Dressing

1 Small Bag Shallots
Coconut Oil
Balsamic Vinegar
Extra Virgin Olive Oil

Peel and slice the shallots; then sauté them in a tiny bit of coconut oil until they begin to caramelize. Deglaze the pan with some balsamic vinegar and remove from heat. Pour the shallots and vinegar into a blender and add more balsamic vinegar – approximately one cup. Turn the blender on, at first to a low setting and then increasing the speed as the shallots are incorporated. Once the high setting has been established, stream in approximately two cups of extra virgin olive oil, very slowly so that the dressing will emulsify. (Amounts listed can be varied to your liking.)

Avo-goddess Sauce

½ avocado
¼ cup full-fat coconut milk
Juice of ½ lemon
½ clove garlic, minced or grated
1 to 2 teaspoons chopped fresh chives
Sea salt and black pepper to taste

Creamy Ginger Lime Dressing

½ to 1 teaspoon minced fresh ginger
Zest and juice of ½ lime
¼ cup full-fat coconut milk
¼ cup + 2 tablespoons macadamia nut oil

Spicy Sesame Ginger Dressing

¼ cup cold-pressed sesame oil
Juice of 2 limes
½ to 1 teaspoon minced fresh ginger
Pinch of red chili flakes, or to taste
Sea salt and black pepper to taste

Avo-ziki Sauce

1 avocado
¼ cup grated cucumber
1 small clove garlic, grated juice of 1 lemon
2 tablespoons extra-virgin olive oil
Sea salt and black pepper to taste
1 teaspoon minced fresh dill

Citrus Dressing

1/3 cup fresh grapefruit juice
2 tablespoons raw honey
1 teaspoon stoneground mustard
¾ teaspoon sea salt
¼ teaspoon freshly ground black pepper
2/3 cup olive oil
- Blend together in a blender. Store in refrigerator

Guacamole

4 Avocados
Juice of 2 limes
2 cloves garlic, minced
1 small tomato (or salsa)
1 medium shallot, minced
¼ cup chopped fresh cilantro leaves
Sea salt and black pepper to taste
½ jalapeño pepper, minced (optional)

Spoon out avocado into a large bowl. Juice limes into avocado and mash together until mixture becomes creamy. Chop and add the rest of your veggies.

Refrigerate and serve with vegetables of choice.

****Tip, throw in one of the avocado pits to help keep it green!**

Traditional Hummus

2 Cans Garbanzo Beans
¼c raw sesame seeds
1 tbsp. olive oil
¼c lemon juices
1 garlic clove, peeled
1 tsp. cumin
Sea salt to taste

Drain and rinsed garbanzo beans reserving ¼c liquid.

Place all ingredients in a blender and blend. Add more water or olive oil until desired consistency is reached.

Jalapeno Cilantro Hummus

2 cloves garlic
2 cans garbanzo beans
3 tbsp. lime juice
½ tsp. sea salt
½ c. olive oil
¾ c. fresh cilantro, chopped
2 jalapeno peppers, seeded and minced

Place all ingredients in a food processor or blender and blend together.

Nut Butter

¼ c. Cup melted coconut oil

¼ lb. raw nuts (cashews, almonds, walnuts and macadamia nuts are all great)

½ dates or 1 TBS Maple syrup (optional)

Sea salt to taste

Pulse nuts in food processor or high-powered blender until finely chopped. Turn it on full power and pour oil in while it is mixing. Add dates or maple syrup here if using. Now be patient and let it mix until is is desired consistency!

Serve as a dip for apple slices, veggies, etc. or use in other recipes.

Salsa

8 Jalap peppers
10 Serrano Peppers
4 Anahen Peppers
4-6 8 oz. cans tomato sauce
Juice of one lime
1 large onion
2 large tomatoes or 4-6 roma
1 bond oilantro
1 head garlic
Salt to taste

De-seed all peppers, in blender add 2 cans tomato sauce, 1/3 to 1/2 of all peppers, 1/3 onion and all cilantro. Blend well to form base. Dice all remaining ingredients to desire size. Add to purea with garlic, salt, lime juice and remaining tomato sauce.

(Wear gloves while cutting peppers!)

Salsa Piña

1 1/2 c. fresh pineapple, chopped
1 c. cherry tomatoes, quartered
1/4 c. Vidalia onion, chopped
1/4 c. red onion, chopped
1/4 c. red bell pepper, chopped
2 fresh chili peppers, seeded
2-3 Tbsp. fresh lime juice
1/4 tsp. sea salt
1 Tbsp. olive oil
1/4 c. fresh cilantro, chopped

Mix all ingredients together in a large bowl.

Catsup

- ½ c. sun dried tomatoes, soaked 2 hrs.
- ¼ c. apple cider vinegar
- ¼ c. raisins
- ¼ c. onion powder
- 1 Tbsp. sea salt

Puree all ingredients in a blender. Refrigerate any unused portion.

Raw Ranch Dressing/Dip

- ¾ c. cashews, soaked 2 hours OR 1 can full fat coconut milk. (the thick stuff)
- ½ c. water (skip this if using coconut milk)
- 2 Tbsp. lemon juice
- ¼ c. apple cider vinegar
- 3 Tbsp. olive oil
- 3 soaked dates
- ½ tsp. sea salt
- 3 tsp. garlic powder
- 3 tsp. onion powder
- 3 Tbsp. fresh basil, minced
- 3 Tbsp. Fresh dill, minced

Place all ingredients (except the basil and dill) in a blender and blend until creamy. Add fresh basil and dill and stir by hand until combined.

If using coconut milk, mixing in a bowl with a whisk is a quick option.

Raw Alfredo Sauce

1c. raw macadamia nuts
1 c. raw cashews
½ c. lemon juice
1 ½ tsp. sea salt
1 Tbsp. minced garlic
½ tsp. black pepper

Place all ingredients in a blender and blend until creamy. Serve over zucchini noodles.

Raw Marinara Sauce

1 ripe tomato
½ c. sun-dried tomato, soaked
½ red bell pepper, chopped
2 Tbsp. olive oil
1 Tbsp. minced fresh basil
1 tsp. dried oregano
1 garlic clove. Crushed
¼ tsp. + 1/8 tsp. sea salt
Dash black pepper
Dash cayenne pepper

Place all ingredients in a food processor or powerful blender and process until smooth. Serve over zucchini noodles.

Simple Marinara

2 tablespoon bacon fat, lard, coconut oil, or other cooking fat
½ cup diced yellow onion
Sea salt and black pepper to taste
2 to 3 cloves garlic, grated or minced
28 ounces diced tomatoes
1 tablespoon chopped fresh basil leaves
2 tablespoons extra-virgin olive oil, to finish

In a saucepan, melt the cooking fat over medium heat, and cook the onion until it is translucent, approximately 5 minutes. Season with salt and pepper
Add the garlic and cook for an additional 30 seconds. Add the tomatoes, season with additional salt and pepper, and stir to combine. Reduce the heat to low and simmer for 15 to 20 minutes.
Add the basil and simmer for an additional 5 minutes. Serve over zucchini noodles. Finish with a drizzle of extra-virgin olive oil for added flavor and richness.

Tagine Seasoning

- 1 1/2 tablespoons paprika
- 2 1/2 teaspoons coriander
- 1 teaspoon cayenne
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/4 teaspoon clove
- 1/4 teaspoon cardamom

Combine and mix well. Store in an airtight container in a cool dark place.

Steak Rub

- 1 part Salt
- 1 part Onion Powder
- 1 part Celery Salt
- 1 part Garlic Salt
- 3 parts Paprika
- 1 part Pepper
- 1 part Sugar
- 1/2 part Nutmeg

Mix all the ingredients together in a shaker and you've got the best damn seasoned salt I've ever had. It is amazing on steaks and burgers.

Smoky Spice Blend

- 1 tablespoon chipotle powder
- 1 tablespoon smoked paprika
- 1 tablespoon onion powder
- 1/2 tablespoon cinnamon
- 1 tablespoon sea salt
- 1/2 tablespoon black pepper

Combine all the spices in a bowl, and store them in a small container.

Italian Sausage Spice Blend

- 1 teaspoon sea salt
- 1 tablespoon fennel seeds, ground
- 1 tablespoon ground sage
- 1 tablespoon granulated garlic
- 1 tablespoon onion powder
- ¼ teaspoon white pepper (or 1 teaspoon black pepper)
- 2 teaspoons dried parsley (optional)

Combine all the spices in a bowl, and store them in a small container. Use 2 tablespoons per pound of meat to make sausage.

Chorizo Spice Blend

- 2 tablespoons chipotle powder
- 1 tablespoon smoked paprika
- 1 tablespoon onion powder
- 1 tablespoon granulated garlic
- ½ tablespoon sea salt
- 1 teaspoon black pepper

Combine all the spices in a bowl, and store them in a small container. Use 2 tablespoons of Chorizo spice blend, plus 1 tablespoon of apple cider vinegar per pound of meat.

Sweet and Savory Spice Blend

- 1 tablespoon granulated garlic
- 1 tablespoon onion powder
- 1 tablespoon cinnamon
- 1 tablespoon paprika
- 1 teaspoon cumin
- 1 tablespoon black pepper
- 2 teaspoons sea salt

Combine all the spice in a bowl, and store them in a small container.

TREATS

Chocolate Bark

Any chocolate lover will approve of the recipe. It makes a great gift as well.

4 Squares Unsweetened Baking Chocolate

1 Tablespoon Butter (optional)

1 Teaspoon Cinnamon (optional)

Stevia to taste

1 Handful of Raw Almonds, Raw Pecans, Raw Hazelnuts or a Combination of Any Raw Nut You Have on Hand.

Melt chocolate and (optional) butter over a double boiler. Add stevia to taste. On a piece of parchment paper in a ½ sheet pan or on a rimmed cookie sheet, distribute the nuts over the surface. Pour the melted chocolate mixture over the nuts. Cool in refrigerator or freezer. When bark has hardened, remove the parchment paper, break into pieces and store in a plastic bag in the refrigerator or freezer.

Chocolate Mint Bites (Dehydrator Needed)

These raw Chocolate Mint Bites are the perfect little chocolaty flavored treats with a light mint taste.

Ingredients

1 c Carob or Cacao Powder

1 c Almond Flour

1/2 tsp Vanilla Powder

Pinch Himalayan Salt

1/4 c Fresh Mint, chopped

1/4 c Agave Nectar

1/2 c Filtered Water

1/2 c Dates, chopped

Methods/steps

In a bowl blend the carob/cacao powder, almond flour, vanilla powder and salt and set aside. Using a personal blender, blend the mint, agave, and water until the mint is completely liquefied. Add the dates and blend until completely smooth. Mix the wet ingredients to the dry ingredients with a spatula. Empty onto a dehydrator sheet and smooth out to a square shape of about 1/2 inch thickness. Dehydrate overnight or for 10-12 hours. Flip onto a cutting board and square the edges off. Cut into 1 inch squares and dehydrate for 2 more hours. Enjoy with a glass of Almond Milk and store the remainder in an airtight container.

Brownies * Servings: 8 Squares

Use this recipe when you have to bring food for a child's celebrations, to share with co-workers or keep all to yourself.

4 Tablespoons Butter
4 Tablespoons Unsweetened Cocoa Powder
1 ½ Cup Whey Protein Powder (Chocolate or Vanilla)
2 Teaspoons Stevia or to Taste
1 Teaspoon Pure Vanilla Extract
½ Cup Milled Flaxseed + 2/3 Cup Boiling Water to Gel
½ Teaspoon Aluminum Free Baking Powder
½ Teaspoon Baking Soda
½ Cup Chopped Walnuts, optional
¾ Teaspoon Salt
1 Egg

Preheat oven to 275 degrees F. Melt butter and chocolate in a small saucepan on low heat. Stir until smooth. Add protein powder, stevia, salt, vanilla and egg and beat well. Combine milled Flaxseed gel, walnuts, baking soda and baking powder. Add to the chocolate mixture. Mix all ingredients well. Pour mixture into 5 ramekins (a small glazed ceramic or glass serving bowl) and bake for 10 minutes. When done, remove and cool brownies on a wire rack. Serve when cool.

Raw Brownie Balls

A great treat for people trying to cut out carbs and sugars because it is very sweet and satisfying!!! It is kid friendly favorite.

1 Cup Walnuts or Pecans
6-10 Pitted Dates, Soaked in Water
½ Teaspoon Stevia (or more to taste)
1 Cup Unsweetened Cocoa Powder
2 Teaspoon Ghee or Coconut Oil
1/8 – ¼ Cup Shredded Coconut, Unsweetened

Put everything in the blender and mix. Shape into one inch balls and refrigerate.

Mint Chocolate Chip Macaroons

½ cup cold-pressed coconut oil
½ cup raw honey or agave
¾ teaspoon peppermint extract
pinch of Himalayan salt
3 tablespoons raw cacao nibs
2½ cups finely shredded coconut

Methods/steps

Mix coconut oil, honey, peppermint, salt and cacao nibs in a large bowl.
Pour the coconut into the same bowl and mix well to combine all ingredients.
Scoop round balls onto a cookie sheet or platter or spread into a 9” square baking dish.
Place in the freezer for 1½-2 hours.

Thaw 15 minutes before serving. If you opted for the square dish, cut into desired shapes after thawing.

Very Cherry Snack Bar

¼ c. dates
¼ c. dried cherries
1/3 c. pecans, almonds or walnuts
1/8 tsp. cinnamon

Place dates, dried cherries and cinnamon in a food processor and blend to a paste.
Set aside in a bowl.

Place nuts in food processor and pulse until finely chopped.

Add nuts to bowl and knead together with fingers and form into bars. Store in refrigerator.

Chocolate Coconut Cookies

2 eggs
2 tablespoons butter, melted and cooled
2 tablespoons maple syrup (or more for sweeter cookies)
½ teaspoon vanilla extract
1 cup shredded coconut

Preheat oven to 350 °F

In a medium-sized mixing bowl, whisk the eggs, melted butter, maple syrup, and vanilla. Mix in the unsweetened cocoa powder, baking soda, and shredded coconut until well combined. Fold in the almonds if desired.

Divide into 12 dollops on a parchment paper-lined cookie sheet, and flatten them with a fork. Bake for 20-30 minutes or until slightly firm to the touch.

If you wish to add raspberries, add one to the center of each cookie after baking and before eating.

Banana Coconut Chocolate Chip Cookies

2 Bananas
¼ c. coconut oil (melted)
¼ c. grade B maple syrup
½ tsp. pure vanilla extract
2/3 c. flaxseed meal
1 c. Brown rice flour (substitute coconut flour to make even healthier)
¼ tsp. baking soda
½ c. shredded, unsweetened, coconut flakes
Pinch of sea salt
¼ c. dark chocolate chips

Preheat oven to 350 degrees

Combine bananas, oil, syrup and vanilla in a medium bowl or blender. In a separate bowl combine flours, coconut, baking soda and salt. Add banana mixture to dry ingredients and blend until just combined. Fold in Chocolate chips.

Drop batter onto cookie sheet by heaping teaspoons. Bake 14 minutes or until golden brown.

Place on wire rack to cool.

Banana Bread

Ingredients

4 bananas, (2 1/2 cups mashed or 575 grams - they can be yellow bananas)

[4 eggs](#)

1/2 cup almond butter (140 grams)(or coconut, sunflower seed, macadamia nut, etc butter)

4 tablespoons grass-fed butter, melted (can substitute coconut oil)

1/2 cup coconut flour (75 grams)(or almond flour, macadamia nut meal, etc)

1 tablespoon cinnamon

1 teaspoon baking soda

1 teaspoon baking powder

[1 teaspoon vanilla](#)

pinch of sea salt

Instructions

Preheat your oven to 350 degrees fahrenheit

Combine your bananas, eggs, and nut butter, and grass-fed butter in a blendtec, blender, food processor, or mixing bowl and mix well (if using a mixing bowl you need a good hand-mixer)

Once all of your ingredients are blended, add in your coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt and mix well

Grease a 9×5 glass (see notes) loaf pan with a fat of your choice (I used grass-fed butter). If you use a metal pan it will probably bake in 35-40 minutes so start checking at 35 to ensure the middle stays moist

Pour in your batter and spread it evenly throughout

Place in your preheated oven and bake for 55-60 minutes or until a toothpick inserted into the center comes out clean

Remove from oven and flip your bread out onto a cooling rack

Slice and serve

Variations

Cranberry Orange – Only use 3 tablespoons of butter. Add zest of one whole orange diced, juice of one whole orange, and 1 cup dried cranberries or fresh if you want

Chocolate Blueberry – Add 1 cup of fresh blueberries and 1/2 cup of cocoa powder

Pumpkin Pecan – Reduce the almond butter to 1/4 cup and add 1/2 cup of pumpkin puree and 1 cup of roughly chopped pecan pieces

Pumpkin Cranberry Muffins

6 eggs
¼ cup canned pumpkin
½ cup butter or coconut oil, melted
1 teaspoon pure vanilla extract
¼ cup grade b maple syrup
½ cup coconut flour
½ teaspoon sea salt
¼ teaspoon baking soda
1 tablespoon pumpkin pie spice
½ cup fresh cranberries

Preheat the oven to 350°F

Whisk the eggs, pumpkin, butter or coconut oil, pure vanilla extract, and maple syrup together in a large mixing bowl. Sift in the coconut flour, sea salt, baking soda, and pumpkin pie spice and stir until well combined. Gently fold in the cranberries.

In a muffin tin, scoop ¼ cup of the batter into each lined muffin cup (natural parchment muffin papers work best for lining), and bake for 35-40 minutes. For an extra cranberry pop, spread simple cranberry sauce on top.

Melt-in-Your-Mouth Almond Cookies

½ c. organic butter
1 egg
1/3 c. honey
1 tbsp. coconut milk
½ tsp. almond extract
¾ c. gluten free flour
¾ c. coconut flour
¼ tsp. sea salt
¼ tsp. baking soda
½ c. slivered almonds

Cream the butter, egg, honey, coconut milk and almond extract in a large bowl until thoroughly combined. Add flours, sea salt, baking soda and almonds. Mix together well.

Drop batter onto cookie sheet by the teaspoon. Bake at 350 degrees for 12/15 minutes or until golden brown.

Snowballs

1 c. almond butter
2 tbsp. raw honey
½ c. carob powder
2 tsp. cinnamon
1 tsp. nutmeg
2 pinches sea salt
½ c. dried shredded coconut

Combine all ingredients except coconut in a large bowl and mix thoroughly.

Form into balls and roll in coconut flakes.

Raw Chocolate Mousse

½ c. medjool dates, soaked
½ c. maple syrup
1 tsp. vanilla extract
1 – 1 ½ c. mashed avocado (abt. 3 avocado)
¾ c. organic cocoa or carob powder
½ c. water

Blend or process dates, maple syrup and vanilla until smooth. Add mashed avocado and cocoa powder. Add water and process until smooth.

Serve at room temperature or chilled

Make fudgesicles by freezing the mousse in ice cube trays. Make chocolate sauce or fondue by increasing water to 1 c.

Granny Smith Apple Crumbs

For the filling:

4 green apples, peeled and thinly sliced
Juice of ½ lemon
1 teaspoon ground cinnamon

For the topping:

1 ¼ cups almond meal or other nut meal of your choice, store bought or homemade
¼ cup unsalted butter or coconut oil, softened
1 teaspoon ground cinnamon
Pinch of sea salt
1 tablespoon unsalted butter or coconut oil, melted, for the pan.

Preheat the oven to 350°F

Make the filling: In a mixing bowl, toss the apples with the lemon juice and cinnamon.

Make the topping: In a separate bowl, mix together the almond meal, butter or coconut oil, cinnamon, and sea salt until completely incorporated.

Brush the bottom and sides of a 9X9 inch or similar-sized baking dish with the melted butter or coconut oil.

Place the apples in the baking dish and cover evenly with the topping.

Bake for 20 minutes covered with foil, then for an additional 25 to 30 minutes uncovered, until the apples are soft and the topping begins to brown the edges.

Raw Pumpkin Pie

Crust: 2 cups pecans or walnuts
½ cup soaked dates
Dash sea salt

Blend the crust ingredients in a powerful blender or food processor. Evenly distribute in the bottom of a pie plate, pressing down gently with your fingers.

Filling: 2 cups shredded pumpkin, butternut squash or sweet potato flesh
1 cup soaked dates
2 teaspoons cinnamon
1 teaspoon freshly diced ginger
1 teaspoon nutmeg
1 teaspoon coconut oil
Dash vanilla
¼ cup almond milk or water to help blend

Mix all ingredients together in a blender. Pour into crust.