

Karen Carson

Cooking & Recipes

Going Natural the Gluten Free Way,
Featuring Raw Foods and the Paleo Diet



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Gluten Free Way
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and the Paleo Diet

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Introduction

Gluten Free Cookbook, Paleo Cookbook and Raw Food Cookbook
Here This book covers three distinctive and popular diets, the Gluten Free Diet, Paleo Diet, and the Raw Foods Diet. All three diets are helping people to get off the junk foods and into eating whole nutritious foods. The Paleo Diet and Gluten Free Diet are very similar. Each diet does not use wheat products and in particular gluten products. The Paleo Diet goes further not to include any grains in their diets. The raw

foods diet is aimed at eating foods in their natural state, uncooked. The thought is that the foods keep all their nutrients that may be lost from cooking.

The first section of this book is about the gluten free diet. People who suffer from gluten intolerances and allergies have all sorts of unpleasant symptoms like digestive issues and skin problems. One way of alleviating these issues is through diet and in particular to avoid gluten products. Gluten comes from wheat and many will simply go on a grain free diet to avoid the gluten. Some grain is good

and helpful though like oats and rice. All the recipes in this section are completely gluten free.

Some people choose to go gluten free because it sets them up for a healthier lifestyle. Dieting, whether you are practicing a decent diet or eating all junk food is a lifestyle. Many wish to do all they can to keep healthy and boost their immune systems, eating the gluten free diet serves to do this as well as helping those with gluten issues. The gluten free diet has side benefits such as helping with weight loss, maintaining a healthy weight level and staying

healthy.

This book contains enough gluten free recipes to plan meals for a couple of weeks without repeating a meal.

There are main dishes and side dishes and even desserts. Check out these delicious gluten free recipes: Hearty Steak and cheese Soup, Cheesy Mexican Chicken, Beef and Broccoli, Curried Chicken and Mango Summer Salad, Chinese Green Beans, Home Made Spicy Salsa, Cranberry Conserve, Heart Healthy Spinach Side Salad, and the Winter Squash in Brown Butter and Parsley.

Did we say we have gluten free

desserts? There are almost as many dessert recipes as main course recipes. Try these on for size: Gluten Free Chocolate Cake, Gluten Free Chocolate Chip Cookies, Hot Chocolate Pudding, Fast and Easy Gluten Free Rice Pudding, Chocolate Fondue Dessert, Dark Chocolate Fondue, Baked Apples, and Coffee Chocolate Mousse. There are also tips for restaurant eating and dealing with kids. There is even a section on adapting your recipes for the slow cooker (a great time saver!)

The Paleo Diet section includes recipes on the Paleo diet. The Paleo

Diet is the same diet as the Stone Age people ate which included whole vegetables, fruits, and lean meats. They did not eat any grains or legumes. They enjoyed long healthy lives free of the conditions that affect us today. They had no obesity and perhaps this is why they were a healthier bunch. The idea is that their diet had a lot to do with their state of health and therefore the Paleo diet was devised.

There are enough main entrees to have several weeks' worth of meals without any repeats. Enjoy this sampling of the recipes included:

Roasted Turkey with Balsamic Glaze and Apples, Chipolte Lime Salmon, Green Chili Turkey Burgers, Paleo Style Stuffed Peppers, Pork Roast with Dijon Glaze, Fish Tacos, Salmon with Cherry Tomatoes and Roasted Asparagus, Hearty Beef Stew, Paleo Meatloaf, Gluten Free Chicken Piccata, Cobb Salad, Shepherd's Pie, Paleo Style, Coconut Chicken Strips, Gluten Free Chicken Piccata, Hot Dogs, Paleo Style, Shakshouka, Paleo Pizza, Roast Chicken, Spicy Scallop Salad, and Cabbage and Ham Stew.

For the benefit of variety, there is a section that includes side dishes, soups, and snacks. Some of these

recipes include: Chicken Soup with Sweet Potatoes and Swiss Chard, Sweet Potato Lime Soup, Red Pepper Dip, Asparagus Salad, Easy Collard Greens, Fennel and Carrots, Tomato and Zucchini with Curry Sauce, Eggplant and Mushroom Curry, Roasted Beet and Walnut Salad, Easy Collard Greens, Fennel and Carrots, Chicken Salad with Fruit, Leek and Sweet Potato Soup and Butternut Squash with Thyme.

The Raw Food Diet is the last section of this book. Eating raw foods helps us to derive all the nutrients in their fullness without cooking or processing

diminishing it. A raw food diet helps to cleanse the body of impurities. Eating the raw food diet is highly nutritious and helps to build strong immune system.

Some of the recipes included in the raw food diet are: Brussels Sprout Tarts with Mushrooms, Peppers and Onions, Collard Quinoa Wraps, Spicy Almond Kelp Noodles, Raw Lasagna, Parsnip Risotto with Peas and Basil, Spinach Mushroom Quiche, Tomato Sambar with Spaghetti Squash Rice and Nut Chutney ,Raw California Rolls, Raw BBQ over Zucchini Noodles, Chard Pockets, Zucchini Noodles with

Broccoli and Pesto, Raw Tostadas with Guacamole, Raw Mushroom Burgers and Spinach Manicotti.

The side dishes, appetizers, sauces, and breads include a sampling of: Raw Marinara Sauce, Buckwheat Curry Bread, Carrot Tomato Soup, Cauliflower Couscous, Mashed Celery Root with Garlic and Chives, Sunflower Seed Pate, Butter Lettuce and Avocado Salad, Red Pepper Bisque, and BBQ Walnuts.

Lastly the raw food diet sections includes recipes for breakfast and brunch including: Apple Cinnamon

Crepes, Banana Splits, Raw Brazil Nut Onion Bagles, Crepes with Berries and Cashew Cream, Chia Pudding with Strawberries, Raw Waffles, Chia Pudding with Bananas, and Cinnamon Citrus Crepes.

The diets within this book are excellent starting points for those who wish to make nutrition a top priority in their life. By foregoing junk food, processed foods, fast foods, and replacing them with fruits, vegetables, lean meats, you give your body the best chance to be healthy and to live a long life free of many physical conditions caused from eating the

wrong foods.

Section 1: Gluten Free Cookbook Gluten Free -- By Chance or By Choice -- A Healthier Diet

Gluten Free diets are typically entered into by necessity, not by chance. That

doesn't mean, however, that there are no real benefits to making the choice to go gluten free. In fact, for those who are considering a diet that may help to lower their cholesterol and make other positive, long-term health changes, going gluten free has some potential health benefits that may not have been considered.

Going gluten free has become a fairly popular new trend. You might even consider it to be one of those diet "fads" that hit the magazine and book shelves every few years. The difference is that most fads are not healthy and really don't help a great

deal. This fad--which is not really a fad--is being seen to increase the energy and to improve the overall good health of many people who use it.

Celebrities such as Gwyneth Paltrow and Chelsea Clinton are finding that gluten free works for them, and it can work for you too. It's quite likely that you're seeing more and more gluten free products hitting the supermarket shelves recently. For those who have no food allergies and aren't concerned with gluten in their diet, going gluten free is something you probably haven't explored very carefully. The

reason for the growing number of gluten free foods is that many people have explored gluten free and found that even if they don't have to utilize the diet, it's much healthier--quite like the paleo diets which are so popular.

What is Gluten?

Gluten is a kind of protein that is part of grains and cereal products such as wheat. It tends to make bread and foods elastic, or chewy tasting. It keeps food from being "sticky." Gluten is found in flour products of wheat, but more, it is also found in other

grains.

There are such a wide range of people who have a problem with gluten that it is considered to be one of the big 8 which are mandated to be listed on food packaging. If you have a gluten intolerance or allergy, going gluten free for you isn't a choice, it's a necessity and you need To make sure that you don't accidentally take in gluten in some form by mistake.

Become an expert at reading the packaging and finding out precisely what is in the product and not just that, what it has come into contact with so that you know your products

are gluten free.

People who have certain food allergies or disease processes such as Celiac disease may not be able to tolerate even a tiny amount of gluten in their diet. One of the most common questions to be found among those who are newly diagnosed with Celiac is what they can and cannot eat. Take that a step further and realize that not only edible products have gluten, but many inedible ones do as well. Be very careful to wash your hands after using some soaps, lotions and even pet foods as these have nominal amounts of gluten in them which

could be transferred to your food if you don't wash carefully after using them.

Advantages of Going Gluten Free.

Doctors and naturalists have taken a good look at gluten free diets recently and found that gluten free can help to improve the overall good health of even those who are not suffering from a gluten allergy.

It can help to improve your serum cholesterol level, may also promote

better digestion, and might even increase your energy, particularly if you may be suffering from a gluten allergy or intolerance. The reason for this is not that gluten itself is particularly unhealthy. Many of the foods which are made from gluten or with gluten incorporated into them tend to be less healthy than those which do not contain it.

Gluten Free Cooking

Gluten free foods impose some big challenges. It makes it hard to enjoy foods that you may have eaten your

entire life, but with a little work, you can make those recipes your own and in many cases, you'll be surprised at what foods are out there are naturally gluten free.

For example, a vanilla milkshake made with all natural ice cream is normally gluten free. Fresh strawberries, spinach, fruits of nearly all types and vegetables are gluten free naturally.

Even many of your favorite snack foods will be gluten free. Potato chips and most corn chips which are fried or baked in corn oil or soybean oil are gluten free. Check the packaging, but

most are baked or fried using heart healthy methods and so are gluten free without any help from you. While these are not the ideal snacks, they are able to be eaten in moderation.

While it may be moderately frustrating at first trying to replace things like cake flour and find ways To make pasta and cookies, the more you look at gluten free meals, the more you'll find that you can create nearly any recipe that you like with gluten free foods and emulate most any recipe that you'll find with common sense and a bit of skill in substitution.

Take a look your new diet and approach it with the attitude of exploring new things, a challenge rather than a chore and you'll find that in no time, you and your family have really conquered the world of gluten free cooking. You may even find that you enjoy cooking more and that eating is more fun, better tasting, and healthier by far than those which incorporate the very sticky gluten filled processed foods that you were accustomed to.

Which Foods Would Be Eliminated in a Gluten

Free Diet?

In many cases, the foods which are not healthy for you anyway, particularly processed foods would be missing from your diet. Foods such as white bread, white crackers and other processed wheat products are going to be eliminated from your diet.

Noodles of many types are foods which won't be allowed to be eaten, but they can be replaced with rice noodles and other forms of pasta which are healthy and tasty.

The problem is that many people like the taste of these foods, and don't

consider the many unhealthy components that are part of them. Foods which are processed such as supermarket breads and pastries contain not just gluten, but unhealthy fats, many preservatives, and other chemicals that are higher in disease promoting ingredients.

What Makes Gluten Free a Good Choice?

Studies show that eating a low gluten or gluten free diet can lower your risk of some disease processes such as heart disease, certain types of cancer,

type 2 diabetes, and many other long term health conditions. Your diet would be richer in fruits and vegetables and would quite likely contain many more foods that offer positive health benefits and a higher level of vitamins, phytonutrients, and antioxidants.

Making Gluten-Free Work for You

Every year more and more people are diagnosed with celiac disease. They are required to eat a gluten free diet. You perhaps are not required to go

gluten free, but the health benefits of doing so are nothing short of amazing. Even if you do not have celiac disease or an allergy to gluten which compels you to avoid oats, wheat, rye and malt, if you follow the gluten free diet even loosely, you may find that you feel better, that your skin is much clearer, and that you may have a lower incidence of heartburn, fatigue, and cramping.

The poor vitamin absorption that takes place in Celiac disease can make the person who suffers from this disease feel very unwell, have side effects of loose stool and even

depression. It is imperative to stay within the dietary restrictions which have been given to you and to understand why you have those restrictions.

Basing your diet on a gluten free approach may be a good idea, but for the Celiac sufferer, it's something that is non-optional. The very strict limitations that apply to the celiac sufferer would not apply to those who are making a choice to go gluten-free, but sticking as closely as you can to the gluten-free approach will improve your health by removing most of the high fats and fried foods that we

should quite likely be avoiding anyway. It can be a genuinely healthy way to eat, improving your serum cholesterol and your energy. It's not necessary to be as strict with yourself, such as avoiding malt flavors, when you are not genuinely restricted, but staying close to the diet so far as main meal ingredients will be beneficial for your entire family.

Gluten Intolerance and Allergies

Today for whatever reason, many people are actively allergic to gluten,

to wheat and to other components of wheat. The numbers of these people grow continuously every year. It is particularly difficult in the case of children to limit gluten in the diet. If their allergic reaction is bad enough, the reaction can be devastating and foods which have gluten must be completely eliminated. Using rice noodles and gluten free foods is an imperative, not a choice. In addition, some diseases exist which require that people who suffer from them do not have gluten of any type as part of their diet. This means that not only wheat, but other foods which contain gluten must be eliminated from the

diet.

Celiac is a serious illness with real consequences if the sufferer does not eliminate gluten. Keep in mind that making the choice to go gluten free means that you can be a little more lenient with yourself. You may eat foods such as soy sauce and other things that are not available to the sufferer of celiac or gluten intolerance. To that end, our book contains only recipes that are strictly and completely gluten free in order to be useful to the user who has chosen to go gluten free, as well as to the celiac client, who has a need to follow

a strict gluten free method of eating.

What Are You Giving Up?

One of the first comments that people make when considering a gluten free diet is that they won't be able to enjoy desserts and other things that they are accustomed to and simply want on an occasional basis. The fact is that some things will be off limits, specifically processed pastries and that type of foods. That doesn't mean that there is nothing to replace it.

Eliminating gluten from your diet does

not mean sacrificing taste. In fact, quite the opposite. Many of the things that you eat on a gluten free diet will be sweet treats that you make yourself. They won't incorporate high fat and gluten, of course, but they will incorporate fresh fruits, even cocoa in some cases, so you won't lose your chocolate or some of the other foods that you love. They can be eaten sparingly and when created with the correct ingredients don't add gluten or even a high amount of empty calories to your meals.

Gluten Free foods don't have to be lacking in taste or fiber. Here are some

wonderful examples of what can be done with gluten free cooking, listed for you in sections.

Main Dish Gluten Free Recipes.

Main dish recipes are one of the most difficult to accomplish without any gluten but with a little imagination and creativity, you can come up with some wonderful meals that are gluten free and have incredible taste and appeal. Some perfect examples of gluten free main dish recipes include these, which are all created for the person who really has to have no gluten at all incorporated into their diet.

Lamb with Yams and Apples

This is completely gluten free and offers great taste as well as ample nutrition. The pairing of apples and yams offers a little sweetness to the pork as well as keeping it moist.

You will need:

- 1/4 cup dark brown sugar
- 5 tablespoons butter, melted
- 1 tsp vinegar

- 1 tsp salt
- 1/2 tsp granulated garlic
- 2 apples, cored and sliced
- 2 sweet potatoes, peeled and sliced
- 2 chops, preferably the tenderloin style

To make:

Preheat oven to 400 degrees Fahrenheit.

Mix the sugar, the butter the vinegar and the spices.

Keep about a tablespoon of the

butter mix and set it aside.

Add the apple and sweet potato to your brown sugar mix and coat them. Place the apples and potatoes in a roasting pan and cover with foil. Bake for twenty minutes.

Meanwhile lightly brown the lamb in the remaining butter mix.

Remove the potato and apple mixture from the oven and add the lamb over the top of the mix.

Replace the dish in the oven and bake it for approximately 40 minutes until

a meat thermometer shows that the lamb is cooked.

Cheesy Mexican Chicken

Cheesy chicken becomes an instant favorite when you create it combined with cheese. Low in fat and high in nutrients, chicken is a favorite food for about half the world. This has a bit of a bite to it, with the chili peppers and tomato added

You will need:

- 2 tablespoon of olive oil
- 1 can diced tomatoes
- 1/2 teaspoon sea salt

- fresh ground pepper
- 1/2 cup finely chopped green onion
- 1 chopped clove of garlic
- 1 tsp chopped fresh cilantro
- 1 can diced green chilies
- 1 can black beans
- 1/3 cup Colby jack cheese
- 2 cups cooked white rice

To make:

Chop the chicken into cubes and brown in the olive oil, sprinkling with the sea salt and pepper.

Add the remaining ingredients, excluding the cheese.

Allow to cook on the stove top on low heat for approximately 40 minutes, until chicken is thoroughly cooked and tender.

Serve over white rice, topped with shredded Colby jack cheese.

Broiled Steak Salad

Broiled steak offers a chance for a great deal of the fat from the meat to leak into the broiler tray below, while not using the grilling that has been shown to cause some health considerations. Broiling meat and adding it to the wide array of greens and fresh vegetables ends up with a healthy and delicious meal that is gluten free and oh-so delicious.

You will need:

- 4 tablespoons of olive oil
- 6 teaspoons of apple cider vinegar
- 1 teaspoon fresh cilantro, chopped
- 2 tablespoons of fresh parsley, finely chopped
- 1 bell pepper sliced in strips
- 3 finely chopped green onions
- 1 clove garlic, minced
- 2 Roma or other meaty tomato, diced
- salt and pepper to taste.
- 2 cups romaine lettuce
- 2 cups iceberg lettuce
- 2 cups baby spinach
- 1/2 cup raw mushrooms
- 1/4 cup part skim mozzarella cheese

- 2 sirloin or Delmonico steaks

To make:

Take one quarter of the garlic, and rub steaks.

Salt and pepper steaks to taste, and place below the broiler.

Allow steaks to broil turning once until cooked to your taste.

Tear greens, mix and set aside.

Combine remaining ingredients and set aside.

Remove steaks from the broiler and cut into strips about half an inch wide. Place greens into salad plates and top with strips of the steak.

Sprinkle with grated mozzarella

Drizzle the vegetable dressing over the steak and the salad greens till coated. Serve warm.

Hearty Steak and Cheese Soup

Steak soup is a hearty way to end the day and perfect for those cooler autumn or winter days. If you're ready for a warm ending to the day, you can add the veggies and meats to your crock pot and leave on low heat for about 6 hours and your soup will be ready for you when you arrive home after work.

Fresh raw vegetables are the best that you can get and will give your soup a

wonderful flavor, but in the event that your raw veggies are off season, frozen vegetables will work nearly as well and most of the time does not cause the nutrients to erode. If you're really hungry, consider adding some canned or dried beans to your soup To make it a bit more hearty and rib-sticking.

You will need:

- 2 lbs. stew meat or diced steak
- 2 quart cans of tomato juice
- 2 cups beef broth
- 1/4 cup frozen corn
- 1/3 cup chopped green onion

- 1/3 cup chopped celery hearts
- 1 cup halved baby carrots
- 1 cup diced potatoes
- 1 cup tomatoes diced
- 1 cup whole green beans-raw
- 2 tsp. Sea salt
- freshly ground black pepper
- 1 clove garlic-finely chopped
- 1/2 cup chopped green pepper
- 1 cup shredded cheddar or Colby Jack cheese to top the soup.

To make:

Into 1 qt. of water put beef and boil for 1 hour on medium heat.

For a hearty, substantial soup, cut up

the meat in small pieces and add salt and pepper to taste.

Add tomatoes, tomato juice, onions and celery. Also add other vegetables, such as diced potatoes, carrots, string beans, corn, peas, cabbage or chopped peppers.

Boil until all vegetables are tender.

Serve topped with shredded cheddar and then broil it for just a moment To make the cheese bubbly.

Beef and Broccoli

One of the favorite Chinese foods which can be created is the beef and broccoli that we all eat on our forays out to the Chinese restaurant. This recipe can be made gluten free and also a bit healthier by the removal of a few things and the addition of another set. Keeping your foods heart healthy as well as gluten free means not using some of the traditional Chinese food inclusions such as monosodium glutamate, but in many cases, with the right spices, you're not

even going to miss it.

It typically comes as a surprise to people that soy sauce is not gluten free traditionally. Soy sauce does tend to have wheat in it, but you can get around that with several brands of soy sauce that are fermented naturally and do not include gluten. The gluten free soy sauce has the same great taste that you'd come to expect. While we did name a brand that we know to be gluten free, bear in mind that there are others and this is simply a guideline.

You will need:

1 pound lean beef, sliced thinly into bite-sized pieces.

Marinade for Beef:

- 1 egg
- 1/3 tsp salt
- 1 Tbsp stock
- 1 Tbsp cornstarch (corn flour)
- 2 Tbsp water

Remaining Ingredients:

- 1 1/2 Tbsp sunflower oil
- 1 16 ounce bag of broccoli,
- 1 cup sunflower oil

- 2 Tbsp Kikkoman Gluten-Free Soy Sauce
- 1 Tbsp sugar
- a few drops of sesame oil
- 2 cloves garlic, crushed
- 1/2 cup chicken broth
- 2 Tbsp cornstarch

To make:

Slice your beef into tiny pieces and add it to the marinade. Marinate the beef for at least half hour before adding the 1 1/2 tablespoons of oil to beef, mixing it all in and marinating your beef for another half hour.

While the beef is getting ready in the marinade, you'll be using that time to prepare the vegetables.

Heat a wok or a heavy pot and add 1 cup of oil. Stir fry the beef and remove it, setting it aside on another plate. Drain the oil and wipe it clean of oil. Add one half cup of water to your pot and bring it to a boil, adding the broccoli to it. Cover and cook the broccoli after coming to a boil for about 5 minutes. Drain and remove the broccoli.

Heat the pan or wok with about 2

tablespoons of oil. Add the garlic and fry lightly. Add the veggies, the beef and mix them thoroughly. In the center of the pan, make a well of sorts and add all of the ingredients for the sauce. Stir the cornstarch into a tablespoon of water and use this to thicken your broth. Mix the sauce together with the other ingredients and serve hot accompanied by rice if you like.

Curried Chicken and Mango Summer Salad

Not only gorgeous because of the color, it's light and easy to accomplish for a summer meal. The main things which require any cooking are the chicken which can easily be broiled or grilled, keeping the kitchen heat to a minimum. Adding the mango to the meal makes it colorful and pretty, as well as lowering the calories and adding some phytonutrients. The yogurt adds a good dose of probiotics to your meal and all in all, this is one

of the more healthy summertime quick meals you're going to find.

You will need:

- 3/4 cup plain Greek yogurt
- Juice of one half lime
- 2 teaspoons clover honey
- 1 teaspoon curry
- 1/8 teaspoon sea salt
- 1/8 teaspoon freshly ground pepper
- 2 cups cooked broiled chicken, cut into bite sized pieces
- 1 cup mango peeled and cubed
- About 10 leaves of Romaine lettuce

To make the salad:

Combine the first six ingredients in the list into a small bowl and stir it all really well.

Add the chicken and mango pieces and toss to coat.

On a salad plate, layer several leaves of crunchy Romaine.

Spoon the mango chicken mixture onto the top of the lettuce leaves and add a few pieces of chopped celery or cucumber for pretty and for crunch.

This delicious summer salad is also low in fat, low in calories and

incorporates all of the health benefits that yogurt and mango have to offer.

Health Challenges in Our World

In the world today, some of the biggest challenges to our health include heart disease, stroke, Alzheimer's, cancer, and type 2 diabetes. Many of these things can be warded off if our diet becomes healthier and a little more natural. That means removing high fat foods, some of which are also high in gluten and replacing those foods with more natural foods such as fruits, vegetables and flour which is made of healthier ingredients. Whole grain foods are healthy in and of

themselves, but once processed, contain additives which can be cancer-causing and high in fat.

Eliminating some of those foods can help To make a very positive change in your lifestyle and in your health. It may promote long term weight loss and change your life for the better. Adding more raw vegetables and even cooked or steamed will add further benefits to your long term good health.

Side Dishes and Vegetables

Vegetables are a very healthy part of your diet. So far as possible eating your vegetables raw is usually preferable in order to keep the nutrients sound. Many of the vitamins and minerals do not stay well during cooking or storage, with some being very unstable.

While there are exceptions to this rule, which will be named later, for the most part, keeping your vegetables raw will keep them more nutritious. Side dishes and salads are a very healthy part of your diet, combating some kinds of cancer as

well as adding phytonutrients to your diet.

Winter Squash in Brown Butter and Parsley

Since this side-dish is prepared on the stovetop, it is especially nice for Thanksgiving and Christmas, when oven space always seems to be limited.

You will need:

- 1 ½ pounds winter squash, peeled, seeded, and cut into ½ inch cubes. (Acorn, or Butternut squash work well.)

- 4 Tbsp real butter
- 1 ½ Tbsp chopped, fresh parsley
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 1 Tbsp brown sugar (optional)

To make:

Place butter in a large skillet over medium heat, stirring frequently with a whisk.

Once melted, the butter will foam a little, subside, milk solids will form and become a honey brown color. At this time the butter will have a strong nutty smell. (It take just a few seconds for your browned butter to burn, if

this happens, you'll need to start over.)

Once the butter is browned, remove pan from heat and stir in fresh parsley.

Add cubed squash to pan, and turn to coat pieces evenly with butter, return to medium heat.

Allow the squash to cook on one side until it is lightly browned. This usually takes a few minutes. Continue turning squash to evenly brown all sides.

Reduce heat to low, and cover. Let squash cook until fork tender, around ten minutes.

Add brown sugar, if desired, just

before squash is done, and turn to distribute evenly.

Chinese Green Beans

We all love those delicious green beans that we get in the Chinese restaurant. The secret is the sesame oil in many cases, and you can make the same thing at home in a really short time. Using gluten free soy sauce, sesame oil and a few other ingredients, you can get all the taste that you want and absolutely none of the gluten that might be found in a restaurant offering. Try out this recipe

for Chinese green beans and you may never have to find them at the restaurant again.

You will need:

- 1 pkg frozen green beans , one pound
- 1 tablespoon gluten free soy sauce
- 1 can gluten free chicken broth
- 1 bunch green onions, about six
- 2 cloves of garlic
- 1/4 tsp ground ginger
- 1 tsp sugar
- 1 tbsp sesame oil

To make:

In a 2-quart casserole dish, combine green beans and broth. Cover and microwave 4 minutes on high. Make sure that your dish is microwave safe and remove it with an oven mitt.

Meanwhile, chop the onion and mince garlic.

Into a small bowl, put the ginger, soy sauce and sugar.

Add scallion rings and garlic. Set aside. Remove green beans from microwave and uncover.

Pour sauce over beans and stir.

Add to the microwave again for approximately 3 minutes. Remove and

ensure they are heated through. Stir in the sesame oil and serve immediately.

High Energy Breakfast Smoothie

Smoothies or breakfast shakes can be a very healthy way to start your day when you're in a hurry, as we all are in the morning. Getting a good dose of veggies and fruits in a way that everyone can enjoy means that you start your day with a good breakfast, avoid all the gluten, not to mention the sugar, that you're going to get from a normal wheat-laden breakfast and you'll have the energy you need to face the morning.

You will need:

- One medium sized banana
- 1 slice fresh pineapple
- 1/4 cup fresh blueberries
- 1/4 cup sliced strawberries
- 1 cup skim milk
- 1 tablespoon honey

To make:

Simply combine all ingredients and blend till smooth in a high speed blender.

Heart Healthy Spinach Side Salad

Salad is a very healthy side dish and is almost always gluten free, depending on the dressing that you get. This side salad features some very heart healthy additions and also greens which have been chosen for their nutritional phytonutrients.

Additionally the presence of lycopene in the tomatoes as well as the Omega fatty acids which are found in the sunflower seeds offers you a real

boost to your health.

You will need:

- 2 Roma tomatoes-quartered in wedges
- 2 cups Romaine lettuce
- 2 cups baby spinach leaves
- 2 cups iceberg lettuce
- 2 chopped green onions
- 1 cucumber, sliced in thin slices
- 2 tablespoons sunflower seeds

For the dressing:

- One quarter cup olive oil

- One quarter cup red wine vinegar
- 1 clove garlic, finely chopped
- 1 teaspoon cilantro chopped
- 1 teaspoon parsley , finely chopped

To make:

Combine the dressing ingredients and set aside. Allow to come to room temperature.

Quarter tomatoes.

Slice cucumbers carefully.

Break up the greens and alternate layers in two salad bowls.

Lay several tomato and cucumber slices arranged on top of the greens.

Shake the dressing gently to mix all ingredients and drizzle over the top of the greens and tomatoes.

Sprinkle liberally with sunflower seed.

Note. Tomatoes are very healthy; chock full of a nutrient called lycopene. The lycopene is a very good “anti-cancer” booster, but it requires either being cooked or a small

amount of oil to be absorbed well. The olive oil in this salad dressing is actually a booster that will help the tomatoes to offer even more health benefits.

Creamy Broccoli and Cauliflower Salad

The tastes of raw broccoli and cauliflower were just made for summer time. This is an amazing taste treat and is also remarkably healthy. Cruciferous vegetables such as broccoli and cauliflower are not only heart healthy but may actually combat cancer and are high in vitamin A.

As quickly as this salad can be created and tasty as it is you may well find

the perfect way to assure that your children will eat their veggies even in the summer time. The creamy taste of the salad comes from the slight amount of sour cream, but if you're concerned with calories, you'll get the same taste from a low fat sour cream. In order to create this salad, a small amount of milk can be used to thin the dressing slightly if needed.

You will need:

- One head of broccoli- chopped (not the stems)
- One head of cauliflower, cored and chopped

- 1/2 pound of precooked bacon,(about six slices) fried and chopped
- or crumbled
- 1/8 cup green onion very finely chopped
- 1/2 cup frozen green peas, thawed, but not cooked
- 1/2 cup grated cheddar cheese
- 1 cup mayonnaise or salad dressing
- 1/2 cup sour cream

To make:

Combine sour cream and Salad Dressing and thin slightly with milk till

consistency of a thick salad dressing.

Combine all remaining ingredients and toss together in bowl.

Pour salad dressing over and toss lightly.

Allow to sit in refrigerator so that your flavors can begin to blend slightly before you serve the salad.

Hearty Summer Salad

Brunch or summertime meals can be difficult for those who are gluten intolerant or eat a gluten free diet. Cookouts often mean that you're

getting foods such as hamburgers which incorporate gluten laden ingredients and may also require buns. Gluten free can be a bit more difficult when trying to whip up a cool and easy summertime meal which doesn't require a lot of cooking.

This chickpea and black eyed pea salad is amazingly healthy and refreshing for those days when you just can't even look at the stove. High in protein and in fiber, you'll be well nourished while getting a break from the day to day cooking grind on those hot summer days.

You will need:

- 2 of the 15 oz. cans chickpeas
- 2 of the 15 oz. cans black-eyed peas
- 2-15 oz. cans artichoke hearts
- 4 large tomatoes
- ½ large onion
- 3 large fresh garlic cloves
- ¼ cup olive oil
- ½ cup balsamic vinegar
- A few pinches parsley
- Fresh ground salt
- Pepper to taste
- 1/4 cup green olives
- 1/4 teaspoon dried basil

To make:

Drain the beans and add to a bowl.

Chop the artichoke hearts into 8 pieces each and add to the mixture.

Chop tomatoes or dice them into pieces.

Dice your onion and add to the mixture.

Crush the garlic and mince it very finely.

Drain olives and add to the mixture.

Chop the parsley finely.

Add the basil.

Mix your vinegar and olive oil To make a lovely topping.

Drizzle the dressing over the top.

Allow to cool in the refrigerator to blend your flavors for about an hour.

Appetizers and Snacks

It's difficult at times to find gluten free snacks and treats that you can serve at the afternoon Super Bowl Party or just for a quick snack. Most of the processed foods have come into contact with gluten in some way. If you're concerned about making sure that you're not going to be touched by a gluten product or you'd simply like to know how To make your own gluten free treats for a party, we've got a special section of snacks and appetizers for you to create.

Chicken wings are one of our favorite treats. If you're like us, the taste is great and a few of those delectable little bites are just right for an afternoon snack or a small finger food to be served up while you watch the big game. Two different varieties of chicken wings, each of them gluten free are offered here.

Our Chicken Wing recipes have it all. Great taste, lower fat, and just the right amount of heat.

Garlic and Parmesan Chicken Wings

You will need:

- One small can parmesan cheese (8 ounces)
- 1 teaspoon garlic powder
- 2 teaspoons sea salt, ground finely
- 1 stick margarine
- 1/2 teaspoon pepper
- 2 tablespoons corn meal
- 4 pounds chicken wings, cut up into pieces, with tips discarded

To make:

Preheat oven to 400 degrees

Place all ingredients except the margarine and chicken wings into a plastic zip lock bag

Shake to blend ingredients.

Lightly roll chicken wing into margarine and dip into the seasoning.

Place on foil lined cookie or baking sheet.

Sprinkle remaining seasonings over the top of your chicken wings and drizzle with margarine.

Bake at 400 until browned and completely done, approximately 30 minutes in preheated oven.

Test with meat thermometer to ensure proper temperature.

Hot and Spicy Chicken Wings

A little on the spicy side, you'll want to ensure that you have some milk or tomato juice on hand for those who may be affected by the heat in these.

You will need:

- 2 ounces of Louisiana hot sauce or hot pepper sauce
- 1/4 cup of ketchup
- 1/4 cup brown sugar

- 1 stick butter
- 1 teaspoon garlic powder
- sea salt grinder
- freshly ground pepper

To make:

Layer chicken wings on foil covered baking sheet.

Brush lightly with butter and season to taste with salt and pepper.

Mix the remaining ingredients together and thoroughly brush over chicken wings.

Bake at 400 approximately 30-40 minutes until done through.

Tips on Snackable Treats:

Did you know that the FDA of the United States considers that fruits which have been frozen are comparable in nutrition to those which are fresh and they allow frozen fruit to be labeled as fresh fruit and considered to be healthy. Frozen fruit is already washed and is ready to eat.

Fruit is naturally gluten free and the cleaning the prepping has already been done for you. To enjoy a fast To make treat, take several of your

favorites and add them to a smoothie. The phytonutrients as well as the fiber are incredibly good for you, in some cases even helping to detox the body and to give you some amazing nutrients and health benefits. Many fruits actually help to fight cancers of various types and can be used to protect your long term health.

Fruit is gluten free in most cases and it's just plain good for you. Snack on some fresh fruit or even frozen in order to stave off hunger and get a fast and easy gluten free snack.

Gluten Free Conserves and Relishes

Sometimes it's difficult to buy things like cranberry sauce and various types of relish which are not gluten free or aren't guaranteed not to have come into contact with gluten on machinery. Making your own eliminates that risk and gives you a fresher and more delicious product. One of the hardest things to find is a relish that doesn't have additives or glutens such as you will find in many of the different processed relishes and

conserves. It's easy to create your own from fresh fruits and vegetables as well as to add other ingredients which are healthy and natural. Why take a chance on the jarred or canned items when you can make your own very easily and in a relatively short amount of time.

Raw Salsa

Salsa is one of our favorite things. Having had some contact with other ethnic groups over time, we've found that most Hispanics do not use the kind of salsa that we do, but rather make it fresh and raw at nearly every meal. We became very accustomed to this kind of salsa and really prefer it to the jarred variety. This recipe for raw salsa is heart healthy, free of gluten and absolutely delicious.

Home Made Spicy Salsa

You will need:

- 6 Roma or other meaty tomatoes
- 6 green onions
- 2 cloves of garlic
- 1 jalapeno
- 1 can chopped green chilies
- Handful of chopped cilantro
- 1 chopped bell pepper
- 1 teaspoon fresh lime juice
- 1/4 teaspoon ground sea salt
- Dash of pepper

To make:

Chop the tomatoes into small squares.

Finely chop remaining ingredients except for the jalapeno and add to the mixture.

Determine how hot you would like your salsa to be. Add one quarter, one half or one full jalapeno, depending upon your preference for heat.

Remove the seeds and chop the pepper finely, adding the portion that you would like.

Refrigerate your salsa for about 2

hours to allow the flavors to blend nicely.

Cranberry Conserve

Cranberry conserve is an old style way to use cranberries. It's a great changeover from the old jellied cranberry sauce that many people serve at the holiday. In our house, there is no such thing as a cranberry sauce that comes from a can. The risk that some of these items have come in contact with gluten is one that we would prefer not to take.

While this is wonderful at the holidays, it's also a super addition to nearly any meal and tastes great

when used on burgers for a fresh new style. This is an old Amish recipe which has been rewritten To make it a bit easier To make and to store.

You will need:

- 4 cups of fresh cranberries
- 2 large oranges-sliced
- 1 cup chopped raisins (* you may prefer the golden variety of raisins)
- 2 cups of water
- 3 cups pure cane sugar
- 1/2 cup chopped nuts (optional, and we normally omit these. If you know of anyone with

a nut allergy, avoid them).

To make:

Slice the oranges and discard the seeds

Grind the fresh cranberries and oranges, in a blender or chopper

Transfer it to a heavy sauce pan and add the water.

Cook the fruit rather quickly on a higher fire, being careful to prevent scorching.

Add sugar and raisins. Cook the mix

over medium to low heat, stirring the conserve very often, until it begins to thicken.

This freezes very well and can be kept in the refrigerator for up to 14 days.

Gluten Free Desserts - Yes, They Can be Healthy.

Healthy gluten free desserts are recipes are much sought after. In many cases, getting chocolate means that it is accompanied by other things that those who need to stay strictly gluten free cannot eat. We can't stress enough that you are going to need to really review cans and ingredients to ensure that your cocoa and other items have not been made on shared equipment and in places

where wheat or gluten is present in tiny amounts.

In many cases, although we're uncertain why it is so, the brand names will be made on shared equipment while those which are not major brands will be cleaner and less likely to have contaminants. Check every label carefully to ensure that your products are gluten free and have not had the chance of being contaminated by other products which may contain gluten.

Hot Chocolate Pudding.

Not only delicious, but also quite healthy with its touch of cocoa powder, containing phytonutrients that are actually proven to combat some types of cancer, your dessert will be luscious and nutritional, while at the same time being gluten free.

Hot Chocolate pudding is one of the most delicious desserts that you're going to find. It's easy To make and takes about 15 minutes from start to finish.

You will need:

- 2/3 cup pure cane sugar
- 2 tablespoons of corn starch
- pinch of salt
- 1 and 1/2 cups canned milk
- 1 and 1/2 cups water
- 4 egg yolks, slightly beaten
- 1/2 tsp. real vanilla
- 6 ounce bar of Hershey's Dark chocolate
- 1 tsp. Hershey's cocoa

To make:

Combine your sugar, the corn starch

and the salt.

Adding about a fourth of a cup of milk, make a very smooth paste-like substance.

Add the remainder of the milk and your egg yolks, stirring til completely blended.

Put the pan over medium heat stirring constantly until it begins to thicken.

Pour into dessert cups and allow to set up about ten minutes.

Transfer into refrigerator or serve warm with a bit of cocoa sifted lightly

over the top.

FAST and Easy Gluten Free Rice Pudding

Rice pudding, particularly warm rice pudding is a favorite of nearly everyone who tastes it. Topped with cinnamon it becomes a very healthy ending to your gluten free meal.

You will need:

- 4 egg yolks
- 2/3 cup granulated sugar
- 3 cups of milk
- 2 tablespoons of corn starch

- 1/2 tsp. pure vanilla extract
- 1/4 cup raisins (optional)
- 3/4 cups of instant rice
- dash of cinnamon

To make the rice pudding:

Make the instant rice in the microwave according to package directions. When making it during the last minute of cooking drop in the raisins into the rice to steam and soften them.

In a saucepan, combine the cornstarch, the sugar, and the egg

yolks.

Stir until smooth, adding a slight amount of milk as necessary to thin the mixture down to a smooth paste.

Add the remaining milk and stir to combine all ingredients.

Cook over low heat for approximately 12 minutes until the mixture thickens. Do not boil.

Remove from heat and allow cooling approximately 5 minutes.

Drain any remaining water from the

rice and raisins.

Combine the rice with the pudding mixture and spoon into dessert dishes.

Dust the top with cinnamon if desired.

Chocolate Fondue Dessert

Dark chocolate has made some big news recently for the fact that it is one of the newest--and the most taste tempting heart healthy foods. Dark chocolate keeps more of the flavonoids than the other varieties. New research is telling us that dark chocolate with its flavonoid content can help to keep your heart healthy and to prevent some types of cardiovascular diseases. Fortunately dark chocolate, which is rich in

flavonoids is not rich in gluten--and remains one of the most delicious foods that you can eat which is gluten free.

Obviously that doesn't mean that you can ignore the high calorie content and dash to the store to get yourself a ton of dark chocolate to the exclusion of other kinds of food, but it does mean that when eaten in moderation as part of a healthy diet, dark chocolate can help you to stay healthier in the long term.

Dark Chocolate Fondue

You will need:

- 12 ounces Dark Chocolate finely chopped
- 3/4 cup heavy Whipping Cream
- Fresh strawberries
- Fresh pineapple
- Fresh blueberries
- Sliced bananas
- Fresh sliced apples

To make:

Heat the whipping cream until very warm and drop the chocolate into the whipping cream.

Allow all chocolate to melt thoroughly and stir til smooth, but do not allow boiling.

Keep warm over a pot of warm water in a double boiler and using toothpicks or bamboo skewers and dip the fresh fruit into the chocolate pot.

Gluten Free Chocolate Cake

Also called by some, gluten free soufflé, this is one of the most decadent desserts that you will create which is gluten free. One taste and you're absolutely in love. Much more like a chocolate soufflé than it is a cake; the taste is out of this world. The cocoa adds some antioxidants to your dessert, keeping you healthier and helping to stave off some long term disease processes.

You will need:

- 2 sticks of butter (you must use real butter for this recipe, not margarine which is slightly more watery)
- 1/4 cup Hershey's unsweetened cocoa, plus one teaspoon for dusting the pan
- 8 ounces of bitter, mildly sweetened chocolate, chopped into fine pieces
- 5 eggs
- 1 and 1/4 cups heavy whipping cream
- 1 cup pure cane sugar
- 1/2 cup sour cream

- 1/4 cup powdered sugar

To create the cake:

Preheat your oven to 350 degrees Fahrenheit

Butter a spring form pan measuring 9 inches.

Melt the butter and combine with the quarter cup of heavy cream until it is all melted.

Add the chocolate bars and allow melting. Stir to smooth the mixture and remove it from the heat.

Beat eggs, sugar and cocoa into the

chocolate into the buttered pan, add the batter you've just created and bake until the entire mixture is set and puffed up. It will take about 40 minutes to cook completely.

Allow to cool approximately 40 minutes to an hour before you try to unmold the cake.

Beat the sour cream and the confectioners' sugar with the remaining heavy cream and serve as a sauce.

Decadent does not even begin to describe this dessert, which is lovely enough to serve to guests at a holiday

dinner.

Baked Apples

With walnuts which are heart healthy, as well as the cinnamon, these can be a healthy part of your diet. Walnuts which contain the omega fatty acids are a good part of a healthy diet. Desserts don't have to be unhealthy. While the butter adds a small amount of saturated fat to your diet, it is so slight as to be negligible.

You will need:

- 4 apples, preferably Cortland or

Spies

- 1/4 cup brown sugar
- 5 teaspoons water
- 1/4 teaspoon cinnamon
- 2 tbsp. real butter, cut into slices
- Walnuts or pecans for garnish, as desired

To make baked apples:

Preheat the oven to 375 degrees.

Core the apples, removing the seeds and slice the bottom off so that they lay flat in the baking dish.

Place each apple in the pan.

Drop a small pat of butter inside each apple.

Mix the brown sugar and the water To make a slightly thick syrup.

Drip the syrup over the apples and bake them for approximately 20-30 minutes.

Take the sauce from the dish and spoon over the warm apple.

Serve with ice cream or whipped cream if desired.

Coffee Chocolate Mousse

Chocolate mousse is another of those decadent dessert treats that will leave you feeling very satisfied. You're not going to know that you're missing gluten at all with desserts like these, which make wonderful desserts for dinner parties or for the perfect holiday meal.

You will need:

- One Hershey's Special (tm) dark bar 8 ounce size

- 3 egg yolks, slightly beaten
- 2 teaspoons instant coffee
- 6 tablespoons sugar
- 2 cups whipping cream

To create the mousse:

Melt your chocolate into a bowl over water or in a double boiler. Stir once in a while until smooth.

In a small pan, whip your egg yolks, coffee powder and 3/4 cup of the whipping cream, as well as 4 tbsp. of granulated sugar.

Heat thoroughly, stirring all the while

for about three minutes, but do not allow the mixture to completely boil.

Add the mixture to the chocolate mixture, stirring until smooth and glossy.

Cool completely, refrigerating if necessary for about half an hour.

Using your mixer beat the cream and the remaining sugar until it is forming stiff peaks.

Fold in one third of the chocolate mix, then the second, and finally the third portion of it.

Pour into glass serving bowls and refrigerate until hard.

If desired, garnish with shaved chocolate or sifted cocoa powder.

Gluten Free Tips for Fun Kid Foods

It's difficult to have a child who requires a gluten free diet. In many cases, like their friends, they want to eat "normal" foods which can cause them some long term health problems. If you're one of the millions of moms who have a child requiring a gluten free diet, you can't change what they need, but you can change it. To make their diet a bit more fun and interesting.

These ideas are based on some fun facts and some fun ideas for moms which can make meal time just a bit less of a struggle.

Gluten Free Breakfast Idea

Remember the old Dr. Seuss Books. One that was always a favorite was "Green Eggs and Ham." Make a child's sleepover a lot more fun and cover the fact that your child isn't eating the typical cereal by making a healthy and a fun breakfast of Green Eggs and Ham.

Just a few drops of food coloring will create a very festive meal of green eggs and ham, keeping your child--and his or her prospective company--away from the fact that there are not the typical sugary cereals at the breakfast table. Additionally you're adding some real nutritional value and keeping them clear of high sugar breakfast foods.

To turn scrambled eggs green, you'll want to use blue food coloring, while the green works well on the ham (turkey ham is better). Just a drop will do the job.

Gluten Free Chocolate Chip Cookies

Kids love chocolate chip cookies, but finding one that is gluten free and allows your child to enjoy the treats that other kids take for granted isn't always an easy task. Even some chocolate chips are processed on equipment that is not always free of the allergen that troubles them.

One answer to this is using buckwheat flour to create recipes. Despite its name, buckwheat is not true wheat. It

is gluten free, according to the Celiac disease website and offers a lot of protein and iron on top of being gluten free.

Creating chocolate chip cookies from buckwheat, which is a good substitute for traditional flour makes them a tiny bit heavier but allows your kids to have the treat that they want, and you want to give them.

You will need:

- 1 and 1/4 cup buckwheat flour
- 1/2 tsp. soda
- 1/2 tsp. salt
- 1 stick of butter

- 1/4 cup dark brown sugar
- 1/2 tsp. vanilla extract
- 1 egg
- 1 cup chocolate chips (remember to check the package to ensure they are gluten free)

To make:

Combine the dry ingredients except the sugar

Whip together softened butter, egg and sugar

Mix the sugar mixture with the remaining dry ingredients and mix thoroughly.

Stir in chocolate chips

Drop by rounded teaspoons onto a lined cookie sheet.

Bake at 375 degrees for 9-12 minutes.

Crock Pot Cookery and Gluten Free?

One of the questions that is most frequently asked is can I make gluten free recipes in the crock pot. The answer to that is a resounding yes. Most soups and stews are naturally gluten free, using only meats and vegetables. Your favorite recipes of any kind can be made in the crock pot to give you some easy ways to create a meal ahead of time.

Adapting recipes for your slow cooker.

Whether you are cooking traditional foods or gluten free foods, there are times when you want to prepare your food ahead of time and have it ready to go when you arrive at home. In most cases, vegetable and meat stews are going to be easier to prepare and can be made ahead of time to be ready for a hot meal if you're using a crock pot. Soups and stews can have all of the preparation work accomplished the night before and be placed in the crock pot to cook away while you do other things.

Most recipes can be adapted for the crock pot, offering a great way to leave your hands free in meal preparation. The advantages of the crock pot are that they offer you better meals, which are going to be healthier in nature and lower in fats than most of the fast food choices you might make.

Here are a few tips for changing your recipes to crock pot ready recipes.

Bear in mind that if you're going to be using frozen veggies, they only need about half hour, so add them to your

recipes for the last 40 minutes of cooking.

Soak dried items such as beans or lentils for an hour or so prior to adding them to the crock pot.

If the recipes require pasta, even gluten free pasta, that too should only be added in the last hour of cooking time.

Bear in mind that you want to lower the liquid amounts in crock pot cooking. You will want to lower them by about one quarter of the overall liquid recipe since the lid doesn't

allow for a vast amount of evaporation.

When using the crock pot, layering the veggies on the bottom and adding the meat to the top is the best plan of action.

If your recipe takes about 30 minutes cook time, it will take about 3 hours on high, 4 hours on medium, and 6 hours on low in the crock pot.

Restaurant Foods on a Gluten Free Diet

Eating out always has the potential to be difficult, but it can be particularly so when you are on any type of a restricted diet. Typically any meal that offers gravy is going to use a roux to thicken it, so make sure that you ask before you order that Sunday roast at a restaurant.

Many places today cater to gluten free people and do have a special menu that they can offer which allows for gravy and sauces which are made

from corn flour rather than roux as a thickening agent.

Prior to heading out to a new restaurant a phone call may be in order to find out what kind of foods are available on the menu rather than hoping you find something you may be able to eat and finding out that you're wrong.

Nearly every restaurant serves fresh fruit of some type, but you'll want to be sure there is something else there that you can make a meal of rather than leaving it to chance.

If you find yourself in a restaurant on the spur of the moment, there are some foods that usually do not require the addition of anything which may be gluten laden.

Some choices that you can make which are typically gluten free in the restaurants (although do ask to be sure) include:

- Roast turkey
- Broiled Chicken
- Pork Chops
- Broiled Steaks
- Fresh steamed veggies

Desserts are going to be the most

difficult to get when you are on a gluten free diet, but bear in mind that your selections can include fruit salads, as well as crème brulee, along with nearly any type of pudding which is typically made with corn flour as opposed to a flour thickening agent.

Make sure that you ask your server and if you do not get a satisfactory answer, do ask to speak with the chef in order to find out what kind of gluten free menu items the restaurant offers.

Tips on Living Gluten Free:

1. Many foods are naturally gluten free. You do not have to shop the fringe to find all gluten free foods. Things like rice noodles, buckwheat, fruits and veggies are gluten free naturally. Use those products and save some money on the cost of buying gluten free.

2. Use common sense. Many companies make a big production and a big payday by touting their foods as

gluten free. There is even a gluten free rice. The rice grain is naturally gluten free so make sure you are aware of what foods are gluten free before paying more for a product that may be naturally gluten free.

3. Many stores carry a list of foods that are gluten free. Bigger shopping sites such as Trader Joe's, Wegmans and many other supermarkets will be glad to give you a list of gluten free goods and enable you To make great choices without searching the entire store.

4. Make sure you look for "gluten

free" on the label. Gluten free and wheat free are two entirely different things and not all products which are free of wheat are also free of gluten.

5. Buy a few good books. Richard Coppedge, Jr, who is a professor of baking and pastry arts at The Culinary Institute of America is also the author of a book on gluten free baking that may become your new Bible. " Gluten-Free Baking With The Culinary Institute of America: 150 Flavorful Recipes From the World's Premier Culinary College.

6. Some types of oil may have been

made on equipment which was shared with gluten containing products. Check the labels of everything, even those foods which you believe should be gluten free. It doesn't hurt to be a little extra careful.

7. Many companies today make foods which are already done and are gluten free. Check them for use in those moments when you need something fast and easy. Gluten free premade meals are available in most regular supermarkets today.

8. Online websites are one of the best

places to find gluten free tips and new gluten free recipes. In fact, at last count there were about 5000 gluten free recipe sites which can be used to help you to supplement your meals and to get great substitutions for foods or products that contain gluten.

9. If you live in a small area, supermarkets and even companies such as Amazon are offering online gluten free products that you can order. Typically the shipping prices are quite low and you'll have the products within just a few days. If you live in an area where the supermarket is not large and gluten free products

aren't part of what they carry, shopping online can be a life-saver.

10. Rice flour is amazing for fried foods. While it is gritty and often causes problems in bread, the rice flour for use when frying items or making tempura is a wonderful addition because that bit of extra texture is very welcome. Don't rule out rice flour all together when you're cooking because of the grit.

References and Credits:

We've made several statements during the course of the book which promote the use of broccoli, cauliflower, and other cruciferous vegetables being used in gluten free cooking to aid in detoxifying the body and to assist in adding fiber to the diet. These statements are made using references from the Pub Med materials and the Nutritional Journal references which can be found below.

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Introduction

What is the Paleo Diet?

Also known as the caveman diet and the Stone Age diet, the Paleo diet is a diet which is low in sugar, low in sodium, largely dairy free and relatively high in protein. It's a diet based on the foods which would have been available to our pre-agrarian Neolithic ancestors. The Paleo diet isn't a carb-free or low carb diet, per se, but it is free of grains, with carbohydrates coming from fresh vegetables and fruits rather than

grains.

This is also a diet which steers clear of processed foods, at least for the most part – and any processed foods included in the diet are as minimally changed from their natural state as possible. While you obviously don't have to hunt or gather your own ingredients (and to be honest, the diet does include many vegetables which weren't really developed until we started to settle down in agrarian communities), the idea is to avoid the modern processed foods which can wreak havoc on your health.

Better health is really the main goal of the diet and while it isn't actually geared towards weight loss, many people who adopt the Paleo diet do indeed experience weight loss, especially when combined with regular exercise. It really comes down to common sense for the most part. The Paleo diet is rich in natural, fresh foods – in short, the kind of food which we know that we should be eating in the first place.

The recipes in this book are made using these

Ingredients:

fresh produce, meat and nuts are the

major players in these Paleo diet recipes. Following this diet will require a little bit of adjustment on your part and a little more time in the kitchen, at least until you get the hang of things – but once you start enjoying the health benefits of the Paleo diet, we think you'll agree it's a change well worth making. From main dishes to salads, soups to desserts and breakfast and brunch, these recipes cover all of the basics – so without further ado, let's get cooking, Paleo style!

Entrees

Roasted Turkey with Balsamic Glaze and Apples

Number of servings: 8 – 10

Ingredients:

1 medium-sized turkey (10 – 15 lbs),
thawed

10 Granny Smith apples, cored and halved (peeling is optional)

4 sprigs of rosemary

4 cloves of garlic, crushed

½ cup balsamic vinegar

½ cup olive oil

1 tbsp salt

black pepper, to taste

Preparation:

Preheat your oven to 325 F. Remove the gizzards from the turkey, then rinse the turkey well and pat dry with paper towels. Truss up the legs with string. Place the rosemary sprigs and 2 apple halves inside of the bird and

place the turkey, breast up, in a large roasting pan. Surround the turkey with apple halves and drizzle with the balsamic vinegar and olive oil. Sprinkle the turkey with the salt and black pepper.

Place the roasting pan on the lowest rack in your oven and roast for 15 minutes per pound – a 15 pound turkey will take just a little under 4 hours. Check the turkey periodically after it's been roasting for about 2 hours; if the skin starts to brown earlier than you'd like, cover the roasting pan with foil to slow down browning. Test the turkey with a meat

thermometer placed deep into the flesh of the thigh. When the thermometer reads 175 F, the turkey is done and is safe to eat. Remove the roasting pan from the oven and allow the turkey to rest for at least 20 minutes. Carve and serve.

Gluten Free Chicken Piccata

Number of servings: 4

Ingredients:

4 chicken breast halves

1 cup chicken or vegetable stock

½ cup of almond flour

½ cup of olive oil

¼ cup of capers

¼ cup of Italian parsley, chopped

¼ cup of lemon juice (about 2 lemons worth of juice)

½ tsp salt

½ tsp Italian seasoning

black pepper, to taste

Preparation:

Butterfly the chicken breast halves; cut them into two pieces after butterflying if they're especially large. Place the chicken between two pieces of parchment paper or wax paper and using a cast iron skillet or mallet, pound the chicken breasts until they're about ¼" thick.

After flattening the chicken breasts, mix the almond flour, Italian seasoning and salt in a bowl; pour the

flour mixture on a plate. Dip the chicken breast pieces in water and dredge in the almond flour mixture to coat.

Heat half of the olive oil in a large skillet over medium-high heat. Brown the chicken pieces well on both sides (this will take about 3 minutes per side); you will probably need to do this in two batches. Place the browned chicken breasts on a plate in a warm oven to stay warm while you make the sauce.

Deglaze the skillet with the chicken or vegetable stock and add the capers

and lemon juice, then bring to a simmer over medium-high heat until reduced by half. Whisk in the remaining olive oil to incorporate. Place the chicken on individual serving plates, season to taste with black pepper and top with the sauce and chopped parsley before serving.

Chicken with Cherries and Kale

Number of servings: 4

Ingredients:

1 ½ lbs chicken breast, boneless and skinless

10 ounces of fresh or frozen cherries

1 bunch of kale, stems removed and sliced into thin ribbons

4 tbsp of olive oil

2 tbsp of balsamic vinegar

2 tbsp of minced shallots

1 tbsp of Dijon mustard
salt and black pepper, to taste

Preparation:

Rinse the chicken breasts, pat dry and place between 2 sheets of parchment paper or waxed paper. Pound the chicken breasts until they're about 1/4" thick with a cast iron skillet or a mallet; while you're doing this, start heating half of the olive oil in a large skillet over medium heat. Once the oil is hot, add the minced shallots and sauté until fragrant, about one minute. Add the cherries and cook for another 2 – 3 minutes, or until the

cherries soften. Add the mustard, balsamic vinegar and kale. Cook, covered, until the kale is wilted, stirring occasionally, about 5 minutes.

In another skillet, heat the other half of the oil over medium high heat. Once the oil is hot, place the chicken breasts in the pan. Sprinkle with a little salt and pepper and cook for about 5 minutes per side, or until the chicken is cooked through and nicely browned. Transfer the chicken to the other skillet with the kale and cherries and cook over low heat for another few minutes to allow the chicken to take on some of the flavor of the

sauce. Serve hot, topped with the cherry sauce.

Chipotle - Lime Salmon

Number of servings: 4

Ingredients:

4 salmon filets, about 4 ounces each

2 limes, halved

2 tbsp of olive oil

1 tsp chipotle powder

1 tsp salt

black pepper, to taste

Preparation:

Start by preheating your oven to 500 F. While the oven heats, rinse the salmon, pat dry with paper towels and place on a lightly oiled baking sheet. Brush each salmon filet with a little olive oil, squeeze half a lime over each filet and sprinkle with a little salt and $\frac{1}{4}$ of the chipotle powder. Top each filet with a lime half. Place the baking sheet in the oven and reduce the heat to 300 F. Bake for 8 – 10 minutes or to your desired level of doneness.

Cobb Salad

Number of servings: 4

Ingredients:

1 small chicken breast (about ½ lb),
cooked and chilled

1 cup of cherry tomatoes, halved

1 avocado, peeled, seeded and diced

4 eggs, hard boiled, cooled, peeled
and quartered

8 pieces of turkey, cooked until crisp
and crumbled into small pieces

6 large leaves of romaine lettuce,
sliced into thin ribbons

ranch dressing and black pepper, to taste

Preparation:

Cut the chicken breast into ½" pieces. Divide the lettuce among 4 individual plates or salad bowls and top with the chicken, avocado, cherry tomatoes and crumbled turkey. Place egg wedges on the sides of the dish, add a generous sprinkle of black pepper and serve with ranch dressing on the side.

Hot Dogs, Paleo Style

Number of servings: 4

Ingredients:

4 hot dogs

4 romaine lettuce leaves

Preparation:

Cook the hot dogs any way that you prefer; you can boil them, grill them or fry them up in a hot skillet with a little bit of olive or coconut oil. Place each cooked hot dog on a piece of

romaine lettuce and then top with mustard, sauerkraut, chopped onions or any other condiments you like. Serve at once.

Green Chili Turkey Burgers

Number of servings: 4 - 6

Ingredients:

1 lb ground turkey

8 oz diced canned green chilies

1 cup of finely chopped cilantro

1 small red onion, diced small

2 tsp of cumin

1 tsp salt

1 tsp of chili powder

Preparation:

Mix all of the ingredients for your green chili turkey burgers in a bowl; use your hands as you would when mixing meatloaf in order to ensure that the ingredients are evenly distributed throughout. Shape the turkey mixture into burgers (of whatever size you'd like) and grill or pan-fry them until they're completely cooked through and well browned on the outside. Serve the burgers on lettuce leaves with the condiments and toppings of your choice.

Shepherd's Pie, Paleo Style

Number of servings: 8

Ingredients:

2 large heads of cauliflower, chopped and steamed until very soft

1 lb ground beef (preferably grass fed organic beef)

1 lb turkey, cut into 2" long pieces

2 cups of diced celery

2 cups of diced carrots

1 large onion, diced

4 cloves of garlic, minced
1 cup chicken or vegetable stock
2 tbsp of olive oil
1 tsp smoked paprika
1 tsp thyme
salt and black pepper, to taste

Preparation:

Heat the olive oil in a large skillet over medium heat. Once the oil is hot, add the onion and garlic and sauté until soft, about 5 minutes. Add the bacon (or alternative) to the pan and cook for another 7 – 10 minutes until the turkey is done. Add the celery and carrots and cook until soft, about 7

minutes. Add the ground beef and sauté, stirring regularly for about 5 minutes or until the beef is browned. Season the mixture with the smoked paprika, salt and black pepper, then add the chicken or vegetable stock and cook the mixture down until only about 1/3 of the liquid remains in the skillet.

While the stock is cooking down, preheat your oven to 350 F and puree the cauliflower in a blender or food processor with a little olive oil until smooth. Season with a little salt and black pepper. Remove the beef mixture from heat and pour into a

large (9" x 13") baking dish. Top the beef with the pureed cauliflower. Transfer the baking dish to your oven and bake, uncovered, for about 30 minutes or until the cauliflower is slightly browned. Remove from the oven, allow to rest for 5 minutes, slice and serve.

Salmon with Red Pepper Sauce and Mushrooms

Number of servings:

Ingredients:

4 salmon filets, about 6 ounces each

2 large red bell peppers, roughly
chopped

2/3 cup of sliced shiitake mushrooms

1 small white onion, diced

3 tbsp of olive oil

juice of 1 lemon

½ tsp salt, plus more to taste

1 tbsp Italian parsley, minced
black pepper, to taste

Preparation:

Start by making a red bell pepper puree. Preheat your oven to 350 F while you rinse and chop the peppers, removing the pith and seeds before you chop them. Place the chopped red peppers on a baking sheet or dish, place in the oven and bake for 15 – 20 minutes, or until the skins shrivel. Remove the peppers from the oven and set aside to cool. Add the peppers, lemon juice and ½ tsp salt to a blender or food processor and blend

until pureed. Transfer the red pepper puree to a small saucepan over low heat to keep warm until you're ready to assemble the dish.

Next, you'll prepare the mushrooms. Heat 2 tbsp of olive oil in a skillet over medium heat. Once the oil is hot, sauté the onions for 1 -2 minutes and add the mushrooms. Reduce the heat to medium-low, cover and cook for 7 – 10 minutes, or until the mushrooms are soft. Add black pepper to taste.

While the mushrooms are cooking, preheat your oven to 500 F. Rinse the salmon and pat dry, brush with the

other 1 tbsp of olive oil and place on a baking sheet. Sprinkle the salmon filets with a little salt and black pepper, place in the oven on the bottom rack and reduce the heat to 300 F. Bake for about 10 minutes, or until the centers of the filets are still slightly translucent. Remove the salmon from the oven and set aside.

Spoon $\frac{1}{4}$ of the red pepper puree onto each plate, topped by a salmon filet and then a portion of the mushrooms and a sprinkling of chopped parsley. Serve immediately.

Paleo-Style Stuffed Peppers

Number of servings: 6

Ingredients:

- 6 bell peppers (any color)
- 1 lb ground turkey
- 8 ounces diced green chilies
- 1 medium onion, diced small
- 1 cup minced cilantro
- 2 tsp cumin
- 1 tsp salt
- 1 tsp chili powder

black pepper, to taste

Preparation:

Mix the ground turkey, green chilies, cilantro, onion and spices together in a bowl by hand, mixing well. Cut the tops off of the bell peppers and reserve. Blanch the peppers for about 1 minute in boiling water, then immediately place in cold water. Preheat your oven to 350 F.

Once the peppers are cooled, stuff them with the turkey mixture and replace the tops of the peppers. Place the peppers in a baking dish and bake

for 1 hour; serve hot.

Coconut Chicken Strips

Number of servings: 2

Ingredients:

2 chicken breasts, boneless and skinless

1 cup shredded coconut

½ cup coconut flour

2 eggs

a splash of coconut milk

salt and black pepper, to taste

Preparation:

Start by preheating your oven to 400 F. While the oven heats, place the chicken breasts between pieces of parchment paper or wax paper and pound flat until they reach an even thickness. Slice the flattened chicken breasts into long, 1" wide strips.

Beat together the eggs and coconut milk in a small bowl. Place the coconut flour and shredded coconut on two separate plates. Dredge the chicken strips in coconut flour, then dip in the egg mixture, then roll in shredded coconut and place on a baking sheet. Bake for 12 minutes, or until the chicken is cooked through

and the outside is browned and crisp.
Serve at once with the condiments of
your choice.

Taco Pie

Number of servings: 4

Ingredients:

For the crust:

1 ½ cups almond flour

¼ cup butter or ghee, melted

1 tsp salt

For the filling:

1 lb ground beef (preferably grass fed organic beef)

1 small white onion, diced

1 cup chopped lettuce

1 bell pepper (any color), sliced

1 avocado, peeled, seeded and sliced
1 tbsp olive oil
1 tbsp minced cilantro
½ cup salsa, your choice, plus more for serving
salt and black pepper, to taste

Preparation:

First, make the crust for your pie. Add the almond flour, salt and butter to a large bowl and mix until it takes on a dough-like texture. Turn out the dough into a 9" pie dish and press out with your hands until it covers the dish evenly. Place in the refrigerator until you're ready to assemble the pie

and preheat your oven to 350 F.

Now you're ready to prepare the filling for your taco pie. Heat the olive oil over medium-high heat in a large skillet and sauté the onions just until they turn translucent, then add the ground beef and cook, stirring regularly, until the beef is well browned. Stir in the salsa and add salt and black pepper to taste. Cook for another 1 -2 minutes to warm through and remove from heat.

Pour the beef mixture into the pie crust and bake for 35 minutes. Top with chopped lettuce, bell pepper

slices, avocado slices and salsa and serve hot.

Pork Roast with Dijon Glaze

Number of servings: 4

Ingredients:

1 pork (or alternative) roast, about 3 lbs

2 tbsp cumin

2 tbsp garlic powder

2 tbsp chopped cilantro

2 tbsp smoked paprika

1 tbsp salt

1 tbsp black pepper

¼ cup olive oil
3 tbsp Dijon mustard
3 tbsp water

Preparation:

Start by preheating your oven to 425 F. While your oven is heating, place the pork (or alternative) roast in a large baking dish and score the surface of the roast with a knife. Next, mix together the spices and salt in a small bowl. Rub the roast with the spice mixture. Sprinkle the chopped cilantro on top of the roast.

Place the roast in the oven and cook

for 15 minutes, then reduce the heat to 350 F and continue baking for another 15 minutes. While the roast cooks at 350 F, whisk together the olive oil, mustard and water to make the glaze.

After the roast has been cooking at 350 F for 15 minutes, remove from the oven and brush well with the glaze. Return the roast to the oven and cook for another 45 minutes; when a meat thermometer inserted into the thickest part of the roast reads 150 F, it's done. Remove from the oven and allow to rest for 5 minutes, then carve and serve.

Cabbage and Ham Stew

Number of servings: 6

Ingredients:

1 lb cooked ham (or alternative),
diced

½ of a large head of cabbage (green or
red), chopped

1 large onion, diced

1 bell pepper (any color), diced

2 medium carrots, diced

4 cloves of garlic, minced

6 – 8 cups vegetable stock

2 bay leaves

salt and black pepper, to taste

Preparation:

Heat the olive oil in a large saucepan over medium-high heat. Sauté the onions and garlic for 5 – 7 minutes, just until they start to turn translucent. Add the chopped cabbage, diced carrots and diced ham and cook for 5 minutes, stirring frequently.

Add the stock and bay leaves and bring to a simmer and cook, partially covered for 35 minutes. Continue cooking until most of the liquid has been evaporated. Remove from heat,

remove the bay leaves, season to taste with salt and black pepper and serve.

Roast Chicken

Number of servings: 2

Ingredients:

2 chicken breasts, boneless and skinless

3 tbsp olive oil

a pinch of thyme

salt and black pepper, to taste

Preparation:

Start by preheating your oven to 375 F. Place the chicken breasts in a

baking dish and drizzle with the olive oil. Sprinkle the chicken with salt, black pepper and thyme. Bake for 40 – 45 minutes, or until the juices run clear.

Fish Tacos

Number of servings: 4

Ingredients:

- 1 lb tilapia or other white fish filets
- 1 medium sized white or red onion, diced
- 1 medium sized tomato, diced
- 4 cloves of garlic, minced
- 1 – 2 jalapeno or Serrano peppers, diced small
- 2 tbsp minced cilantro
- 1 tbsp olive oil
- juice of 2 limes

salt and black pepper, to taste
salsa, sliced avocado and romaine
lettuce leaves, for serving

Preparation:

Heat the olive oil in a large skillet over medium-high heat. Once the oil is hot, sauté the onions and garlic for 5 minutes, stirring occasionally, or until the onions are translucent. Add the tilapia filets and cook for 3 – 4 minutes, then flip and flake with a fork. Add the tomatoes, cilantro, jalapeno or Serrano peppers and lime juice. Season to taste with salt and black pepper and cook for another 4 –

5 minutes, then remove from heat.
Serve the tilapia mixture on romaine
lettuce leaves with avocado slices and
salsa.

Beef Stroganoff

Number of servings: 4

Ingredients:

- 1 lb top sirloin, sliced into strips
- 1 medium sized yellow onion, diced
- 1 cup sliced mushrooms (button or crimini)
- 1 cup coconut milk
- 1 cup beef stock
- ¼ cup dry white wine
- 2 cloves of garlic, minced
- 4 tbsp butter, ghee or olive oil
- 1 tbsp chopped Italian parsley

salt and black pepper, to taste

Preparation:

Heat 2 tbsp of butter, ghee or olive oil in a large, heavy skillet over medium-high heat. Add the beef and cook for about a minute on each side to brown slightly. Transfer to a plate and set aside. Add the mushroom to the skillet and cook just until browned slightly. Transfer to a plate and set aside. Next, add the onions and garlic to the skillet and cook for just a minute, then deglaze the skillet with the white wine. Cook until the alcohol burns off and add the beef broth and

coconut milk. Whisk to combine the ingredients into a creamy sauce. Return the mushrooms and beef strips to the skillet and simmer for 5 minutes, taking care not to overcook the beef. Remove from heat and serve hot over spaghetti squash, zucchini noodles or mashed cauliflower.

Shakshouka

Number of servings: 4

Ingredients:

4 cups diced tomatoes

4 large or extra large eggs

1 red bell pepper, seeded and diced

1 small onion, diced

2 cloves of garlic, minced

2 tbsp tomato paste

1 tbsp olive oil

1 tsp paprika

1 tsp cumin

salt, black pepper and crushed red

pepper, to taste

Preparation:

Heat the olive oil in a large skillet (a cast iron skillet is best for this recipe) over medium heat. Once the oil is hot, add the onions and garlic and sauté, stirring occasionally, until the garlic and onion are tender and slightly browned, about 5 minutes. Add the diced red bell pepper and cook for another 5 minutes, or until the pepper is just tender. Add the tomato paste and diced tomatoes, along with the paprika, a little salt and crushed red pepper. Taste and adjust the

seasonings as needed. Keep the mixture on a low simmer.

Crack the eggs over the tomato mixture, trying to space them evenly over the skillet. Cover and cook for 5 – 10 minutes, or until the eggs reach your desired level of doneness (sunny side up will be about 5 minutes, but closer to 10 minutes if you'd prefer them well done). Serve garnished with parsley.

Salmon with Cherry Tomatoes and Roasted Asparagus

Number of servings: 4

Ingredients:

The salmon:

4 salmon filets, 4 -6 ounces each

2 cloves of garlic, minced

juice and zest of ½ lemon

1 tbsp olive oil

½ tsp salt

½ tsp paprika

black pepper, to taste

The asparagus:

1 bunch asparagus, washed and trimmed

1 tbsp olive oil

a splash of lemon juice

salt and black pepper, to taste

The cherry tomato salsa:

½ cup quartered cherry tomatoes

1 clove of garlic, minced

juice and zest of ½ of a lime

1 tbsp olive oil

2 tbsp fresh oregano, chopped

a pinch of salt

black pepper, to taste

Preparation:

Preheat your oven to 400 F. While the oven heats, mix together the olive oil, lemon juice and zest, minced garlic and a little salt and pepper. Place the salmon and marinade in a container with a tightly-fitting lid, shake to coat and refrigerate for half an hour.

While the salmon is marinating, you can prepare the roasted asparagus. Place the trimmed asparagus on a baking sheet, drizzled with lemon juice, olive oil, salt and black pepper and bake for 10 – 15 minutes, turning every 5 minutes until the asparagus is cooked through and nicely browned. Remove from the oven, divide among

4 individual serving plates and turn the heat up to broil.

Next, make the cherry tomato salsa. Add all of the ingredients to a small bowl and toss to combine. Refrigerate until you're ready to serve the salmon. Place the marinated salmon filets on a foil-lined baking sheet and broil for 8 minutes per inch of thickness – remove from the oven and serve over a bed of roasted asparagus, topped with a dollop of the cherry tomato salsa.

Stuffed Pork Tenderloin

Number of servings: 4

Ingredients:

1 pork (or alternative) tenderloin
(about 2 lbs)

1 small onion, diced

6 sun dried tomatoes, chopped

2 artichoke hearts, chopped

1 egg

2 cloves of garlic, minced or crushed

2 tbsp olive oil or ghee

½ tsp sage

½ tsp thyme

½ tsp nutmeg

salt and black pepper, to taste

Preparation:

Heat the olive oil in a skillet over medium-high heat and sauté the onion, garlic, sun dried tomatoes and artichoke hearts. Sauté for 3 – 5 minutes, stirring regularly until the onions are translucent and the artichokes and sun dried tomatoes become tender. Remove from heat and set aside.

Place the tenderloin in a large baking dish and drizzle with a little olive oil, then sprinkle with salt and pepper.

Cut the tenderloin lengthwise down the center to create a seam that allows you to stuff it and set aside until the stuffing is ready.

Preheat your oven to 450 F while you prepare the stuffing. Whisk an egg into the ingredients in the skillet – make sure that they're cooled to room temperature before you do this, since you need the egg to cook once it's inside the pork tenderloin, not before.

Place the stuffing into the seam of the pork tenderloin; get as much of the stuffing in as you can, but take care not to overstuff it to the point that

you can't fold it closed. Use toothpicks to secure the tenderloin while it cooks.

Place the pork tenderloin in the oven and cook, uncovered for 30 minutes. After 30 minutes, lower the heat to 300 F and cook for another 20 minutes. Turn off the oven, but don't remove the tenderloin from the oven for another 15 minutes. Remove from the oven, remove the toothpicks, slice and serve.

Paleo Pizza

Number of servings: 4

Ingredients:

The crust:

- 1 cup almond meal
- ½ cup coconut flour
- 4 eggs
- 3 tbsp olive oil
- 2 tsp garlic powder
- 1 tsp baking powder

The topping:

- 2 – 4 tbsp tomato sauce or pesto
- 8 sun dried tomatoes, chopped

3 artichoke hearts, chopped finely
4 - 8 button or crimini mushrooms,
sliced
¼ to ½ cup sliced ham (or alternative)
1 tbsp coconut oil

Preparation:

Start by preheating your oven to 375 F while you make the crust. Making the crust will take significantly longer than the rest of the preparation, so do this first. Mix together the dry ingredients in a large bowl, stirring well to distribute evenly. Add the wet ingredients, using a whisk to stir. Once the mixture becomes too stiff to mix

with a whisk, use your hands to knead – it will form very soft dough. Oil a pizza pan and pour in the dough. Spread it to cover the entire surface as evenly as possible. Place the crust in the oven and bake for 20 minutes.

While the crust bakes, prepare your toppings. The only one which needs cooking is the mushrooms. Heat the coconut oil in a small saucepan or skillet over medium heat and sauté the mushrooms for 3 – 5 minutes or until cooked.

Once the crust has been baking for 20 minutes, remove it from the oven and

spread with tomato or pesto sauce (as little or as much as you like). Add the sun dried tomatoes, chopped artichokes, mushrooms and ham. Return the pizza to the oven and cook for another 10 – 12 minutes. Remove from the oven, slice and serve.

Hearty Beef Stew

Number of servings: 4

Ingredients:

1 lb beef (use pre-cut beef stew meat or use any good cut of beef cut into ½" – 1" pieces)

4 cups beef stock

3 ½ cups diced tomatoes (canned or fresh)

2 small or 1 very large onion, diced (about 1 cup)

1 cup diced celery

1 cup diced carrots

1 – 2 potatoes, cubed
2 tbsp olive oil
1 tsp fresh rosemary, minced
1 tsp fresh thyme leaves, or more to taste
salt and black pepper, to taste

Preparation:

Add the olive oil, onions, carrots, celery and potatoes to a large saucepan or stock pot over medium-high heat. Sauté the vegetables for about 5 minutes, stirring occasionally to prevent burning. Add the beef and cook for a few minutes to brown, then add the tomatoes, herbs and beef

stock, along with a little salt and black pepper.

Bring to a simmer and cook, covered, for 1 – 1 ½ hours, stirring every 20 minutes or so while it cooks. Remove the lid from the pot and cook for another 45 minutes, uncovered. If the stew is a little thicker than you like at this point, add a little beef stock or water to bring it to your desired consistency and cook for a few minutes to warm through.

Paleo Chili

Number of servings: 12 - 16

Ingredients:

5 lbs ground beef (preferably grass fed organic beef)

12 cups diced tomatoes, canned or fresh

4 cups sliced button or crimini mushrooms

12 cloves of garlic, minced

2 onions, diced

3 celery stalks, diced

3 carrots, diced

1 small bunch of Italian flat leaf
parsley, chopped
3 bay leaves
3 sprigs of thyme
2 tbsp olive oil
salt and black pepper, to taste

Preparation:

Cook the ground beef over medium heat in a large, heavy skillet until browned. Remove from heat and set aside when done. Either after the beef is cooked or while it's cooking, sauté the garlic and onions in olive oil over medium heat in a stock pot or very large saucepan. Cook for about 3

minutes, or until the garlic and onions are very fragrant. Add the carrots, mushrooms and celery and cook for 5 – 10 minutes, stirring regularly. Add the diced tomatoes and ground beef. Stir well to combine the ingredients, then add the bay leaves, chopped parsley and thyme. Reduce the heat to a low simmer and cook, uncovered for 3 – 4 hours or until the chili reaches your desired consistency, stirring occasionally. Season to taste with salt and black pepper and serve.

Spicy Scallop Salad

Number of servings: 4

Ingredients:

1 lb scallops

1 red bell pepper, seeded and cut into strips

1 avocado, peeled, seeded and diced

2 cups mixed salad greens

½ cup olive oil plus 2 tbsp olive oil for cooking

juice of 2 lemons

1 clove of garlic, minced

2 tsp black pepper

2 tsp cayenne pepper or more to taste
1 tsp Dijon mustard
1 tsp salt
2 tsp cayenne pepper
salt and black pepper, to taste

Preparation:

First, assemble the rest of the salad (other than the scallops). Combine the greens, red bell pepper strips and diced avocado in a large bowl. Toss gently to distribute the ingredients evenly.

Next, make your dressing. Add the lemon juice, mustard, salt and

cayenne pepper, along with salt and black pepper to taste and whisk together. Add the olive oil a little at a time, whisking to combine.

In a large bowl, mix the salt, black pepper and cayenne with the scallops, tossing until the scallops are evenly coated. Heat the rest of the olive oil in a large, heavy skillet over medium – high heat. The oil needs to be hot before you start cooking the scallops, since the idea is to sear them; however, don't let the oil get so hot that it begins to smoke. Once the skillet is hot, add the scallops to the skillet and cook for 2 minutes per

side; the scallops should be just cooked through and opaque. Add the scallops to the salad bowl, then pour the dressing over the top. Serve immediately while the scallops are still hot.

Paleo Meatloaf

Number of servings: 4

Ingredients:

1 ½ lbs lean ground beef (preferably grass fed organic beef)

1 small yellow or white onion, diced small

1 cup chopped red cabbage

4 cloves of garlic, minced

½ cup barbecue sauce

1/3 cup almond meal

1 large egg, beaten

2 tbsp coconut milk
1 tsp salt
1 tsp dry mustard
1 tsp black pepper, or more to taste
1 tsp garlic powder
1 tsp chipotle powder
1 tsp sage
1 tsp hot pepper sauce

Preparation:

Start by preheating your oven to 350 F. Combine all of the ingredients with the exception of the ground beef and barbecue sauce in a large bowl and stir well to combine. Add the ground beef and mix well using a fork (or your

hands, which is messier but also much easier to do).

Transfer the ground beef mixture into an ungreased loaf pan and pour the barbecue sauce over the meatloaf. Place the meatloaf in the oven and bake, uncovered, for 80 – 90 minutes. When a meat thermometer inserted in the middle of the meatloaf reads at least 160 F, it's done. Remove from the oven, allow it to rest for 5 minutes, then slice and serve hot.

Pork Tenderloin with Blueberries

Number of servings: 2

Ingredients:

2 pork (or lamb) tenderloins, about $\frac{1}{4}$ lb each

1 lb green beans, trimmed

1 small white or red onion, diced small

1 $\frac{1}{2}$ cups blueberries, fresh or frozen and thawed

$\frac{1}{4}$ cup apple cider vinegar or red wine vinegar

4 tsp olive oil

4 tsp poultry seasoning

2 tsp honey

2 tsp thyme

salt and black pepper, to taste

Preparation:

First, preheat your oven to 400 F. Rub the pork (or lamb) tenderloins with the poultry seasoning and a little salt and black pepper. Place the pork in a roasting pan and cook for 25 minutes, or until a meat thermometer inserted in the thickest part of the tenderloin reads 155 F. After the pork tenderloins have been in the oven for 15 minutes, remove the roasting pan from the oven and surround the pork with the green beans. Drizzle the green beans with half of the olive oil,

stir and return to the oven quickly.

Now, heat the other half of the olive oil over medium – high heat in a small saucepan. Add the diced onion and cook for 5 minutes, until the onions start to turn translucent, stirring occasionally. Add the blueberries, honey, vinegar, thyme and salt and black pepper to taste. Cook the sauce for another 5 minutes, or until it thickens. When it's finished, remove the pork from the oven and serve with the blueberry sauce drizzled on top and green beans on the side.

Baked Salmon with Pecans and Rosemary

Number of servings: 2

Ingredients:

1 salmon filet (3/4 lb to 1 lb)

2 tbsp chopped pecans

1 tbsp rosemary leaves, minced

1 tsp salt

black pepper, to taste

coconut oil

Preparation:

Start by preheating your oven to 350 F while you prepare the ingredients. Lightly oil a baking sheet with coconut oil. Lay the salmon filet on the baking sheet, skin side down. Sprinkle the salmon with the chopped pecans, minced rosemary and a little salt and black pepper. Place the baking sheet in the oven and bake for 12 – 14 minutes, or until the salmon can be easily flaked with a fork.

Side Dishes, Soups and Snacks

Chicken Soup with Sweet Potatoes and Swiss Chard

Number of servings: 4 - 6

Ingredients:

2 lbs chicken thighs, skinless and
boneless

6 cups of water

4 cups chicken stock or vegetable stock

1 bunch Swiss chard, chopped

1 large sweet potato, diced

1 bunch of green onions, trimmed and sliced thinly

1 medium sized yellow onion, diced

1 medium sized carrot, diced small

1 celery stalk, diced small

4 cloves of garlic, minced

2 jalapeno peppers, diced (you can remove the seeds for a milder flavor if you like)

juice of 1 lemon

2 tbsp olive oil

1 tsp thyme

1 tsp oregano

1 bay leaf

salt and black pepper, to taste

Preparation:

Heat a stock pot over medium – high heat. Once the stockpot is hot, add the olive oil, onion, carrots, garlic and herbs. Sauté, stirring occasionally, until the onion is soft and turns translucent (5 – 8 minutes). While the vegetables and herbs are sautéing, cut the chicken thighs into approximately 1” cubes and season with salt and black pepper. Add the seasoned chicken to the pot and cook for an

additional 10 minutes, stirring occasionally to prevent burning. Lower the heat to medium and add the chicken or vegetable stock, water, jalapenos, sweet potato, green onions, Swiss chard and bay leaves and simmer for 20 – 30 minutes, stirring occasionally. Season to taste with lemon juice, salt and black pepper and serve.

Tomato and Zucchini with Curry Sauce

Number of servings: 4

Ingredients:

3 Roma tomatoes, sliced into ½" thick slices

1 medium sized zucchini or yellow squash

1 cup sliced button or crimini mushrooms

2 cloves of garlic, minced

2 tbsp cilantro, chopped finely

5 tbsp coconut oil

salt and black pepper, to taste

The curry sauce:

1 (14 ounce) can of coconut milk

3 tbsp curry powder, or more to taste

2 tbsp honey

Preparation:

The sauce will take longer to prepare than the rest of the dish, so it's a good idea to make this first. Combine the ingredients for the curry sauce in a small saucepan and place over medium – low heat. Mix well and simmer for 20 minutes, stirring occasionally until thickened.

Heat 2 tbsp coconut oil in a large skillet over medium – high heat. Once the oil is hot, add the zucchini slices, taking care not to overlap them; you may find that it's necessary to cook the zucchini in batches, depending on the size of the zucchini and the size of your skillet. Cook for 3 – 4 minutes per side and transfer to a large serving platter.

Heat another 2 tbsp of coconut oil in the skillet and add the tomatoes once the oil is hot. Cook the tomato slices for 3 – 4 minutes per side, gently tossing the skillet as needed to prevent sticking. As with the zucchini,

it might be necessary to cook these in two batches. Once they're finished, transfer them to the serving plate on top of the cooked zucchini slices.

Add the last tablespoon of coconut oil to the skillet and once it's hot, add the garlic and mushrooms and cook for about 6 minutes, or until they release their water and become golden brown. Transfer to the serving plate, on top of the tomatoes and zucchini.

Serve the zucchini, tomatoes and mushrooms with the curry sauce on the side – or if you prefer, pour it over

the vegetables before serving.

Chicken Salad with Fruit

Number of servings: 3

Ingredients:

1 lb cooked chicken breast

1 cup diced celery

$\frac{3}{4}$ cup grapes (red or green), halved

1 avocado, peeled, seeded and diced

1 apple, cored and diced

1 cup mayonnaise

$\frac{1}{2}$ cup chopped walnuts

$\frac{1}{2}$ cup dried cranberries

juice of $\frac{1}{2}$ lemon

salt and black pepper, to taste

Preparation:

You can use leftover cooked chicken or cook the chicken any way you like – roast it, grill it, it doesn't matter as long as it's cooked. Shred the chicken or chop finely. Combine with the avocado, dried cranberries, apple, walnuts and celery in a large bowl and mix well. Mix the mayonnaise, lemon juice and a little salt and pepper in a separate bowl. Pour the dressing into the bowl with all of the other ingredients and mix well to coat the ingredients with the dressing. Place

the chicken salad in the refrigerator to chill before serving. Serve over lettuce leaves or baby spinach.

Sweet Potato – Lime Soup

Number of servings: 4

Ingredients:

3 sweet potatoes, cubed (peeling is optional)

4 cups chicken broth or vegetable broth

3 slices of ginger

$\frac{3}{4}$ cup coconut milk

2 lime leaves (omit if you can't find these – they're available at most

Asian grocery stores)

½ cup of water

juice of 4 limes or more to taste

2 tbsp chopped cilantro

salt and black pepper, to taste

Preparation:

Add the stock, ginger, lime leaves and sweet potatoes to a large saucepan or stock pot over medium – high heat.

Bring to a boil, then reduce to medium – low heat and simmer for 20 – 25 minutes, or until the sweet potatoes are tender enough to easily pierce with a fork.

Remove the ginger and lime leaves

and remove the soup from heat and blend until smooth, either with a blender or a hand held immersion mixer. Return the soup to the saucepan or stock pot and add the lime juice, coconut milk and water; mix well and season to taste with salt and pepper and cook on low heat until heated through. Serve hot topped with chopped cilantro.

Eggplant and Mushroom Curry

Number of servings: 4

Ingredients:

2 large eggplants

4 tomatoes, diced

¼ lb button mushrooms or crimini mushrooms, quartered

1/3 cup coconut milk

2 cloves of garlic, minced

2 green onions, trimmed and sliced thinly

1 tbsp coconut oil
1 Thai chili pepper, finely chopped
1 tbsp chopped cilantro
1 tsp cumin
1 tsp ground coriander
½ tsp turmeric
salt and black pepper, to taste

Preparation:

Start by preheating your oven to 400 F. Wrap the eggplants in foil after piercing them in a few places each with a fork. Once the oven is hot, place them in the oven and bake for 50 – 60 minutes. Remove the eggplants from the oven and allow

them to cool until you can handle them without burning yourself. Once the eggplants are cool enough to work with safely, halve them lengthwise and remove the flesh with a spoon. Discard the skins and transfer the flesh to a bowl. Use a fork to break up any large pieces and set aside.

Heat the coconut oil in a large skillet over medium heat. When the oil is hot, add the garlic and sauté, stirring regularly, for about two minutes or until the garlic becomes fragrant. Add the mushrooms, green onion and Thai chili pepper and continue sautéing for another 5 minutes, stirring

occasionally. Add the spices, stir well to mix and cook for another 2 – 3 minutes.

Add the tomatoes and simmer for an additional 5 – 7 minutes, or until the tomatoes soften. Add the eggplant, cilantro and coconut milk and continue cooking for another 10 minutes, stirring regularly to break up any remaining large pieces of eggplant and to allow the flavors to combine. Season the curry to taste with salt and black pepper. Serve hot over spaghetti squash or by itself.

Leek and Sweet Potato Soup

Number of servings: 6

Ingredients:

4 large sweet potatoes, cubed (peeling is optional)

2 large leeks, trimmed, sliced in rounds and thoroughly rinsed

4 cups chicken, beef or vegetable stock

1 (14 ounce) can of coconut milk

1 onion, diced

4 cloves of garlic, crushed
1 tbsp coconut oil or ghee
2 tsp cumin
salt and black pepper, to taste

Preparation:

Heat the coconut oil or ghee in a large saucepan over medium heat; when the oil is hot, add the onions and sauté for a few minutes, stirring occasionally until the onions start to turn translucent and soften. Add the leeks and garlic and sauté for another 3 – 5 minutes, until the leeks become tender. Add the cumin and mix well to combine, then add the cubed sweet

potatoes and stock. Bring the mixture to a boil briefly and then reduce the heat to medium low. Simmer for 15 – 20 minutes, or until the sweet potatoes become tender.

Red Pepper Dip

Number of servings: 8 – 10

Ingredients:

1 (12 ounce) jar of roasted red peppers, drained

2 cups of walnuts or pecans

2 tbsp mayonnaise

2 tbsp olive oil (use extra virgin olive oil for this recipe, if you have it on hand)

juice of 1 lemon

½ tsp cumin

salt and black pepper, to taste

Preparation:

Add the walnuts or pecans to a food processor or blender and blend until they take on the texture of coarse bread crumbs. Add the mayonnaise, cumin and a little salt and black pepper and blend until well mixed. Add all of the remaining ingredients to your blender or food processor and blend until the mixture reaches your desired consistency (think hummus as far as texture goes). Taste and adjust the seasoning with salt, black pepper and lemon juice. You can serve this right away at room temperature or

refrigerate it and serve chilled.

Roasted Beet and Walnut Salad

Number of servings: 4

Ingredients:

4 medium sized beets, scrubbed, ends and stems removed

½ cup chopped walnuts

2 tbsp olive oil (use extra virgin olive oil for this recipe, if you have it on hand)

2 tbsp balsamic vinegar

salt and black pepper, to taste

Preparation:

Preheat your oven to 400 F. Wrap the beets in aluminum foil; once the oven is preheated, place the beets in the oven and roast for about 1 hour, or until the beets are soft enough to pierce easily with a knife. When the beets are cooked, remove them from the oven and allow them to cool until they're safe to handle.

Once the beets are cool enough to handle, remove them from the foil and peel while they're still warm. You may want to wear latex gloves while

you do this (if you're using red beets) in order to prevent from staining your hands while you're peeling the beets.

Cube the beets. Transfer to a bowl and add all of the remaining ingredients. Season to taste with salt and black pepper, toss well to coat and allow the beets to sit marinate in the dressing for at least a few minutes before serving. You can also refrigerate the salad for a few hours or overnight before serving in order to allow the flavors to blend.

Asparagus Salad

Number of servings: 4 – 6

Ingredients:

1 lb asparagus, trimmed

1 tbsp minced red onion

1 clove of garlic, minced

1 tbsp olive oil (use extra virgin olive oil for this recipe if you have it on hand)

4 tsp balsamic vinegar or red wine vinegar

salt and black pepper, to taste

Preparation:

Fill a medium sized saucepan halfway full of water and bring to a boil over high heat. Add the asparagus and boil for 3 minutes. Remove the asparagus from heat, drain and rinse under cold water right away to prevent the asparagus from continuing to cook. Pat the asparagus dry with a clean kitchen towel.

Mix together the oil and the balsamic or red wine vinegar. Toss the asparagus with the oil and vinegar and season to taste with salt and black pepper. Season the asparagus to

taste with salt and black pepper and
serve immediately at room
temperature or refrigerate and serve
chilled.

Butternut Squash with Thyme

Number of servings: 4

Ingredients:

1 large butternut squash, peeled,
seeded and diced into 1/2" cubes
3 cloves of garlic, minced
2 tbsp coconut oil
1 tbsp fresh thyme
salt and black pepper, to taste

Preparation:

Heat a large skillet over medium heat. Once the skillet is hot, add the coconut oil. Add the cubed squash, garlic and thyme and stir well. Spread the ingredients out evenly in the skillet and cook for 3 – 5 minutes without stirring until the squash is slightly browned. Stir and cook again without stirring for another 5 minutes. Stir again, reduce the heat to medium – low, cover and cook for another 10 – 15 minutes, or until the squash is tender. Season to taste with salt and black pepper and serve hot.

Easy Collard Greens

Number of servings: 4

Ingredients:

1 large bunch of collard greens (about 1 lb) washed and patted dry, stems removed

1 small yellow or white onion, diced

3 cloves of garlic, minced

1 Roma tomato, diced

1 tbsp olive oil

salt and black pepper, to taste

Preparation:

Heat a large, heavy skillet over medium – high heat. Once the skillet is hot, add the olive oil. Add the onions and cook, stirring occasionally, until the onions begin to turn translucent. Add the garlic and tomatoes and collard greens and cook, stirring regularly, for another 8 – 10 minutes. Season to taste with salt and black pepper and serve hot.

Steamed Baby Carrots with Dill and Honey

Number of servings: 4 - 6

Ingredients:

4

1 lb baby carrots

1 tbsp honey

1 tbsp coconut oil

2 tbsp fresh dill, chopped finely (or 1
tbsp dried dill)

salt and black pepper, to taste

Preparation:

In a medium sized pot with a steamer basket, bring about 1" of water to a boil. Add the baby carrots to the steamer basket and cover the pot; steam for 15 – 20 minutes, or until the carrots become tender. Remove the carrots from the steamer, add to a bowl. Add the coconut oil, honey and dill and toss to coat. Season the carrots to taste with salt and black pepper and serve at once.

Roasted Cauliflower with Tahini Dressing

Number of servings: 4 – 6

Ingredients:

1 medium sized cauliflower, cored and cut into bite sized florets

½ cup tahini

½ cup water

juice of 1 lemon

2 tbsp olive oil

3 cloves of garlic, crushed

2 tsp cumin

½ tsp nutmeg

a pinch of paprika

½ tsp salt

½ tsp black pepper, or more to taste

Preparation:

Start by preheating your oven to 500 F. Add the cauliflower, olive oil, salt, black pepper and cumin to a large bowl and toss well to coat. Transfer the cauliflower to a baking sheet and spread evenly. Bake for 25 – 35 minutes, or until the cauliflower is tender and browned; stir a few times while baking.

While the cauliflower is in the oven, mix the tahini, water, crushed garlic, paprika and lemon juice in a bowl. Add a little salt and black pepper to taste. Serve the cauliflower hot or cool to room temperature and serve with the tahini sauce.

Fennel and Carrots

Number of servings: 6

Ingredients:

4 medium sized carrots
2 large bulbs of fennel
2 tbsp coconut oil
salt and black pepper, to taste

Preparation:

Slice the carrots and fennel $\frac{1}{4}$ " to $\frac{1}{2}$ " thick. Heat the coconut oil over medium heat in a large skillet. Once

the oil is hot, add the vegetables and sauté, stirring occasionally, until the carrots and fennel are tender, about 5- 7 minutes. Season to taste with salt and black pepper and serve.

Kale with Pine Nuts

Number of servings: 4 – 6

Ingredients:

1 lb kale, stems removed and coarsely chopped

2 cloves of garlic, crushed

2 tbsp pine nuts, lightly toasted (you can do this in a dry skillet over medium heat)

1 tbsp olive oil

juice of 1 lemon

salt and black pepper, to taste

Preparation:

Heat the oil in a large, heavy skillet over medium heat. When the oil is hot, add the garlic and cook, stirring occasionally for about 1 minute or until the garlic becomes fragrant. Add the kale and sauté, stirring occasionally, for about 10 minutes or until the kale is tender. Remove from heat, transfer to a serving bowl and add the lemon juice and salt and pepper to taste. Toss to mix and serve, topped with a sprinkling of toasted pine nuts.

Breakfast

Banana – Walnut Muffins

Number of servings: varies (about 6)

Ingredients:

2 bananas

3 eggs

3 dates, pitted

½ cup chopped walnuts, toasted (you can toast the walnuts in a dry skillet over medium heat)

½ cup sugar
¼ cup coconut flour
¼ cup coconut oil
½ tsp baking soda
¼ tsp salt

Preparation:

Preheat your oven to 350 F. Add the bananas, eggs, oil, pitted dates to a food processor and blend until combined. Next, add the coconut flour, baking soda and salt and blend until smooth. Stir in the walnuts. Divide the batter among lined muffin tins and bake for 20 – 25 minutes, or until the tops are browned. Remove

from the oven and allow to cool to room temperature before serving.

Eggs with Kale

Number of servings: 2

Ingredients:

4 large eggs

4 kale leaves

a little olive oil for frying

a pinch of salt

black pepper, to taste

Preparation:

Add the kale, eggs and salt to a blender and blend on high speed until

smooth while you heat a little olive oil in a skillet over medium heat. Once the oil is hot, pour the egg and kale mixture into the skillet and cook for a minute, then scramble; continue cooking the eggs until they're as done as you prefer them. Serve at once.

Almond Pancakes

Number of servings: 4 – 6 (makes about 18 silver dollar pancakes)

Ingredients:

1 ½ cups almond flour

3 large eggs

2 tbsp honey

1 tbsp water

1 tbsp vanilla extract

¼ tsp baking soda

¼ tsp salt

a little coconut oil, for frying

Preparation:

Add the eggs, water, honey and vanilla extract to a large bowl and whisk to combine. Add the almond flour, baking soda and salt and mix well.

Heat a little coconut oil in a skillet over medium heat. Once the oil is hot, add 1 tbsp of batter per pancake to the skillet. Cook until the tops stop bubbling and flip, then cook the other side. Continue cooking until the batter is used up, adding additional coconut oil to the skillet as needed. Transfer the cooked pancakes to a plate and cover to keep warm until

you're ready to serve.

Spinach Quiche

Number of servings: 4

Ingredients:

6 large eggs

2 cups baby spinach leaves, chopped

½ of a small red onion, diced

1 clove of garlic, minced

½ cup of coconut milk

½ tsp baking powder

salt and black pepper, to taste

Preparation:

Start by preheating your oven to 350 F. While the oven is heating, whisk together the coconut milk and eggs in a large bowl. Add the remaining ingredients, whisking well to combine. Lightly oil a 9" pie dish and pour in the egg mixture. Place the quiche in the oven and bake for about half an hour or until the quiche is cooked through at the center. Remove from the oven, allow to rest for a few minutes, slice and serve.

Cucumber – Blueberry Smoothie

Number of servings: 2 – 4, depending on serving size

Ingredients:

2 large cucumbers, peeled and diced
1 cup frozen blueberries
1 cup of coconut milk
juice of 1 lemon or lime

Preparation:

This is perhaps the easiest recipe in the entire book. Just put all of the ingredients in a blender, blend until smooth and serve.

Cranberry – Almond Bread

Number of servings: varies

Ingredients:

3 large eggs

$\frac{3}{4}$ cup almond butter

$\frac{1}{2}$ cup dried cranberries

$\frac{1}{4}$ cup dried apricots, chopped

$\frac{1}{4}$ cup pumpkin seeds

$\frac{1}{4}$ cup sesame seeds

$\frac{1}{4}$ cup sunflower seeds

$\frac{1}{4}$ cup sliced almonds, plus a little

extra for topping

¼ cup arrowroot powder

2 tbsp olive oil, plus a little extra for greasing the pan

1 tsp salt

¼ tsp baking soda

a little almond flour, for dusting

Preparation:

Preheat your oven to 350 F. Add the oil, eggs and almond butter to a large bowl and blend until smooth with a hand blender or egg beater. In a separate, small bowl, mix together the arrowroot powder, salt and baking soda; add the arrowroot mixture to

the wet ingredients and mix until well combined. Stir in the dried fruits, seeds and nuts.

Oil a loaf pan with olive oil and dust with a little almond flour. Pour the batter into the prepared loaf pan and sprinkle with sliced almonds. Place the pan in the oven and bake for 45 – 50 minutes, or until a knife inserted into the center of the loaf comes out clean. Remove the loaf from the oven and allow to cool for at least one hour before slicing and serving.

Irish Soda Bread

Number of servings: varies

Ingredients:

3 cups almond flour

2 eggs

½ cup raisins

2 tbsp honey

2 tbsp apple cider vinegar

1 ½ tsp baking soda

¼ tsp baking soda

a pinch of caraway seeds

Preparation:

Preheat your oven to 350 F. Combine the almond flour, raisins, salt and baking soda in a large bowl and mix well. In a separate, smaller bowl, whisk together the eggs, honey and vinegar. Add the wet ingredients to the dry ingredients and mix well.

Transfer the dough to a piece of parchment paper and shape into a roughly 8" circular loaf. Score the top of the loaf with a serrated knife in a cross pattern. Sprinkle the top with caraway seeds. Transfer the loaf (still on the parchment paper) to a baking sheet and bake for 20 minutes. Turn

off the heat, but leave the loaf in the oven for another 10 minutes before removing. Allow the soda bread to cool for at least 30 minutes. Slice and serve with butter and/or preserves.

Desserts

Chocolate - Avocado Mousse

Number of servings: 8

Ingredients:

The mousse:

4 ripe avocados, peeled and seeded

10 dates, pitted

4 tbsp honey

2 tbsp cacao powder

½ cup pomegranate seeds

The crust:

1 ½ cups walnuts

2 tbsp maple syrup

a pinch of salt

Preparation:

The crust will take longer to make, so start with this part. Add the walnuts to a food processor and grind into small pieces. Add the salt and maple syrup until it forms a coarse dough-like consistency. Add about 2 tbsp of the mixture to 8 ramekins and press into the bottom to form a crust.

Transfer the ramekins to the

refrigerator to allow the crust to harden.

Place the avocados in a food processor, along with the dates, cacao powder and honey. Process the ingredients until completely they are completely smooth. Transfer the mouse into a piping bag (you can make your own by adding the mousse to a ziplock bag and cutting off one corner).

Remove the ramekins from the refrigerator and pipe the mousse into the ramekins. Return the ramekins to the refrigerator and chill for at least 1 hour. Serve cold, garnished with

pomegranate seeds.

Chocolate – Cranberry Pie

Number of servings: 6 - 8

Ingredients:

The crust:

2 cups almond flour

1 egg

2 tbsp coconut oil

½ tsp salt

The filling and toppings:

1 lb frozen cranberries (about 2 cups)

½ cup coconut milk

8 ounces dark chocolate (70% cocoa)
½ cup sugar

Preparation:

Start by preheating your oven to 375 F while you make the crust. Add all of the ingredients to a blender and process until they form a crumbly dough (much like traditional pastry dough). Lightly grease a 9" pie dish and transfer the dough into the prepared dish. Use your hands to press the dough evenly over the bottom of the pie dish.

Place the crust in the oven and bake for about 15 minutes, or until it turns

golden brown and flaky. Remove the crust from the oven and allow it to cool to room temperature.

You can start making the filling while the crust bakes. Pour the coconut milk into a small saucepan and bring to a boil over medium – high heat. Once it reaches a boil, remove from heat at once and add the chocolate and 1/4 cup of sugar. Stir continuously until the chocolate melts completely and is combined with the coconut milk. Pour the filling into the cooled pie shell and transfer the pie to the refrigerator. Chill for at least 2 hours and for as long as 24 hours to allow the filling to solidify.

Preheat your oven to 375 F. Once the oven is hot, spread the cranberries on a baking sheet, sprinkle with $\frac{1}{4}$ cup of sugar and bake for about 10 minutes, stirring once or twice to prevent them from sticking. When the cranberries are soft and starting to blister, remove from heat and transfer them to a bowl. Refrigerate the cranberries for at least 1 hour. Spoon the cooled cranberries on top of the pie, slice and serve.

Paleo Style Coconut Cream Pie

Number of servings: 6 – 8

Ingredients:

The crust:

3 large eggs

2 ounces dark chocolate (85% - 90% cacao)

$\frac{3}{4}$ cup coconut flour

$\frac{1}{2}$ cup coconut flakes

$\frac{1}{4}$ cup coconut oil

2 tbsp cold water (or more, if

necessary)

2 tbsp coconut sugar (or sugar, if you can't find coconut sugar)

1 tsp vanilla extract

¼ tsp baking soda

¼ tsp salt

The filling:

4 egg yolks from large eggs

2 cans (14 ounces) coconut milk

2/3 cup creamed coconut

2/3 cup coconut sugar (or sugar, if you can't find coconut sugar)

9 tbsp arrowroot powder

1 tsp vanilla extract

¼ tsp salt

The topping:

½ cup coconut flakes

dark chocolate shavings

Preparation:

Preheat your oven to 325 F. Add the coconut flakes and coconut flour to a food processor and pulse until thoroughly combined. Whisk together the coconut oil, eggs, salt, coconut sugar, vanilla extract and baking soda in a medium sized bowl. Add the egg mixture to the dry ingredients in the food processor and pulse until the mixture forms a crumbly, pastry dough – like mixture. Add the water very slowly until the dough comes together and is slightly moist.

Spread the dough with your hands in a 9" pie dish to form a crust. Place in the oven and bake the crust for 15 minutes, or until it is golden brown. Remove from the oven and allow it to cool completely. Melt the chocolate in a microwave or in a double boiler. Brush the cooled pie shell with melted chocolate. Transfer the pie shell to the refrigerator to allow the chocolate to harden.

Add ice cubes and cold water to a large bowl and set it aside. In a medium sized bowl, whisk the egg yolks and set aside. Add the coconut

milk, creamed coconut, coconut sugar, salt and vanilla extract to a saucepan and bring to a simmer. Cook for about 10 minutes, whisking constantly to prevent separation. The mixture will thicken as it cooks. Whisk $\frac{1}{4}$ of the coconut milk mixture into the egg yolks, then add the remainder of the mixture and whisk well to combine.

Return the coconut milk and egg mixture to the saucepan and cook over medium- high heat, whisking constantly until it thickens and bubbles start to form in the center of the custard (about 10 minutes). Pour the custard into a medium sized bowl

and transfer the bowl into the ice bath. Allow the custard to cool for 30 – 40 minutes, whisking occasionally. Add the arrowroot powder and whisk until combined and slightly thickened. Place a sheet of plastic wrap on the surface of the custard (this will prevent a skin from forming on your custard) and transfer to the refrigerator. Chill for at least 4 hours and for as long as 24 hours to allow the custard to thicken.

Toast the coconut flakes in a dry skillet over medium heat, stirring occasionally and set aside. Remove the pie shell from the refrigerator and

fill with the custard, using a spatula to spread it evenly. Return the pie to the refrigerator and chill for at least 3 hours. Garnish with toasted coconut flakes and dark chocolate shavings, slice and serve.

Pineapple – Coconut Frozen Custard

Number of servings: varies depending on serving sizes

Ingredients:

- ¾ cup finely chopped fresh pineapple
- 1 (14 ounce) can coconut milk
- 4 egg yolks
- ¼ cup pineapple juice
- 3 tbsp honey
- 1 tbsp vanilla extract

Preparation:

Note: You'll need an ice cream maker to make this recipe.

Add the pineapple juice, coconut milk, vanilla extract and honey to a medium sized saucepan and bring to a simmer over medium – low heat.

While the coconut milk and pineapple juice mixture is heating, whisk the egg yolks in a small bowl until they're frothy. Pour $\frac{1}{4}$ of the hot coconut milk and pineapple juice mixture into the eggs, whisking as you add it in. Pour this mixture into the saucepan and whisk to combine. Return the mixture

to a simmer, whisking constantly until the mixture thickens slightly – this will take about 5 minutes.

Transfer to a bowl and refrigerate until cool. Once the mixture is cooled, pour into an electric ice cream maker and proceed according to the manufacturer's directions. A few minutes before it's done, add the chopped pineapple. When the machine completes the process, you can eat your frozen custard right away, but it will be fairly soft. For a harder ice cream, freeze the custard for a few hours before serving.

About the Recipes Contained in this Book

These recipes were selected to be suitable for the diet and lifestyle discussed in this book. Although we create our own recipes, we also do like to give credit to the amazing chefs who inspired our work. Some recipes may be adapted from other popular recipes on the internet or other sources. We would like to give credit and thanks for this.

The book presents our favorites and the recipes we feel fit the topic best in

order to provide the highest quality experience for our highly valued readers.

Paleo Cookbook

Conclusion

There's no getting around the fact that like any kind of diet, the Paleo diet does limit what you can eat in certain ways – but as you can see from the wide variety of recipes in this cookbook, you definitely don't have to feel deprived when you take up this diet. However, there are some very important differences between this and the fad diets which seem to come and go in a matter of weeks or

months.

Unlike fad diets, the Paleo diet isn't just a diet; it's a lifestyle which ideally incorporates diet and exercise into a harmonious whole which leads to better health and meals which are every bit as delicious – if not more so – than anything you were eating before. In fact, many of the recipes here are simply healthier variations on dishes which you already enjoy. Once you get used to living without processed foods and going light on the dairy and sugar, you won't miss eating a conventional modern diet one bit!

Using the recipes and ideas found in this book as a sort of template, you can and should feel free to experiment in the kitchen. Substitute grains with healthier choices like spaghetti squash or zucchini noodles for pasta and almond flour for wheat flour, reduce the amount of sugar you eat and wherever possible, replace it with honey or maple syrup and you'll be well on your way to coming up with some new, Paleo-friendly, healthy and most important of all, delicious culinary creations of your very own. There are only a few rules in the Paleo diet and aside from

these, your imagination is the only
limit to what you can come up with!

Section 3: Raw Food Cookbook

Raw Food Cookbook Introduction

The raw food diet is rapidly gaining in popularity, both as a short term cleanse and as a lifestyle. In any major city (and quite a few mid-sized cities as well), there are several raw food restaurants to choose from, exposing ever more people to the benefits of raw foods as well as educating the

public that a raw food diet doesn't have to mean being consigned to glumly munching on salad after salad.

As you'll learn in this cookbook, you can enjoy a widely varied raw food diet, although it does take some creativity and a willingness to do a little bit of work. You will have to do a lot of your own cooking, but raw food adherents are more than convinced that the extra time spent in the kitchen more than pays for itself in the form of better health.

One of the scientific concepts underpinning the idea of eating raw is

that the process of cooking most foods destroys much of their nutritional content. Even heating most foods to relatively low temperatures of around 120 degrees Fahrenheit is enough to cause the enzymes that they contain to break down – and for that reason, many people choose to reap the maximum nutritional content of the food that they eat by choosing not to cook it. While you will see many recipes in this book which call for warming or wilting various ingredients or entire dishes, this is done at very low temperatures of 100 – 115 degrees Fahrenheit in order to prevent the

ingredients from losing their nutritive value.

You'll probably notice that many of the recipes here can be made using a dehydrator; if you're serious about eating a raw food diet for the long term, this is a kitchen appliance which you may want to invest in. In every recipe which calls for a dehydrator, however, we've also given alternate directions for how to prepare the ingredients or dishes in a conventional oven instead. However, you may want to get a dehydrator in any case, since it's not terribly energy efficient to run your oven for many

hours (sometimes as long as 8 to 12 hours).

Planning ahead is an important part of eating a raw food diet. Many of these dishes take many hours to prepare. Of course, you won't have to spend all that much time actually cooking – it's more of a matter of patience waiting for your food to slowly dehydrate or warm in the dehydrator or oven. You may find that eating a raw food diet helps you to make your meal plans in advance, since many raw food recipes take a fairly long time to make – they aren't the kind of thing that you can whip up

on short notice if company comes, for instance.

There's no getting around the fact that it does take time and effort to follow a raw food diet, but the benefits are well worth it. Once you make the switch to raw foods, you'll find that you have more energy, get sick less often, lose excess weight and generally, feel better than you've felt in years, or perhaps better than you've ever felt. It's a diet which everyone who's interested in their health should try – you may find yourself never wanting to go back to cooked food again!

A Word on Ingredients:

If you're new to eating raw food or if you're new to the idea of a vegetarian diet, there are a few ingredients you'll find in this book which you may not be familiar with. These are things that you can buy at any health food store and like most natural foods, they're getting easier and easier to find at regular supermarkets as well.

Nutritional yeast:

This deactivated yeast product is available in both flake and powder

form. It's loaded with B vitamins and for this reason, has long been a favorite with vegetarians and vegans – not to mention that it has a delicious, nutty flavor. Nutritional yeast is a common ingredient in cheese alternatives and it also tastes great on popcorn (you may have even seen it at your local movie theater, in fact) and a lot of other things, for that matter. You can find it in bulk at many health food stores very cheaply. Many supermarkets also carry nutritional yeast in small containers, though this tends to be a bit more expensive.

Kelp powder and Kelp noodles

Kelp is a type of seaweed which is used in several Asian cuisines as well as in some of the regional cuisines of the British Isles. It has a pleasing, savory flavor and is an excellent source of iodine, magnesium and some of the B vitamins. Kelp can be made into noodles as well as kelp powder, which is an excellent condiment for many dishes and can be a good replacement for table salt if you're trying to cut back on your sodium intake.

Flax Seed and Flax Seed Meal

These are, as the name suggests, the seeds of the flax plant. They're a good source of omega 3 fatty acids, iron, calcium and other minerals, as well as B vitamins. They have a nutty flavor which goes well with a wide variety of other foods. You can find flax seeds in bulk in health food stores as well as in smaller containers in a growing number of supermarkets. Flax seed meal is also commercially available (this is, for all intents and purposes, flax flour), but it's just as easy to make your own – and you can be sure it's fresh if you make it yourself. Just grind your flax seeds in a coffee grinder until they're powdered and

you've done it!

Main Dishes

Brussels Sprout Tarts with Mushrooms, Peppers and Onions

Number of servings: 4

Ingredients:

1 lb Brussels sprouts

1 ½ cups crimini mushrooms, sliced

1 large yellow onion, sliced
1 large red bell pepper, sliced
3 tbsp vegetable oil
2 tbsp lemon juice
2 tsp maple syrup
salt and black pepper, to taste

For the crust:

2 cups almond flour
1 tsp nutritional yeast
¼ tsp salt
black pepper, to taste
3 tbsp water
2 tbsp flax seed meal
2 tbsp sour cream (vegan sour cream
alternative may be substituted)

Preparation:

Mix together the flax seed meal, water and sour cream; stir well and set aside for at least 10 minutes in order to allow the flax seed meal to thicken. While the wet ingredients sit, you can mix or sift together the remaining ingredients in a separate bowl. When the wet ingredients are ready, add them to your dry ingredients and mix well – your dough should take on a crumbly texture which is even throughout.

Divide the dough into quarters and flatten out each into an oval shape, making sure that the dough is no thicker than $\frac{1}{4}$ ". Warm and dry the crust on a baking sheet lined with parchment paper at your oven's lowest setting for 1 $\frac{1}{2}$ hours. Remove from the oven and allow the crusts to cool for another half an hour.

Now you can start preparing your Brussels sprouts and mushrooms to get them tender and wilt them while making sure that they're still raw – there are two ways that you could go about this. Either way, you'll need to

trim off the tough bottom ends of your Brussels sprouts, slice the sprouts in halves or quarters and remove one or two layers of outer leaves (to keep your sprouts free of dirt and/or bugs). Toss your prepped sprouts with 3 tbsp vegetable oil, 3 tbsp lemon juice, a little salt and black pepper.

1) Place the sprouts in a tightly closed freezer bag with as much air as possible removed. Place the bag on a cutting board or your kitchen counter and cover with a clean kitchen towel. Using a large, heavy book, the flat side of a meat tenderizer or anything else

heavy and flat, smash the bag of Brussels sprouts to tenderize. Hammer the Brussels sprouts for about 2 minutes, then turn over and repeat. The sprouts are tender enough to use right away or can be placed in the refrigerator to tenderize further in the lemon juice and oil.

2) Oven Warmed

If you want your Brussels sprouts (or other vegetables) warm and even more tender, then you can set your oven its very lowest setting – this temperature will vary from one oven to another, but on many ovens this

temperature is just over 100 F, which is warm enough to warm and wilt most vegetables, but not warm enough to break down the enzymes found in your food.

Place your sprouts on a baking sheet and put in the oven for about 15 minutes – if your oven's lowest setting is higher than 115 – 120 F, then leave the oven door cracked while you do this to keep the temperature low enough to prevent actually cooking them while you warm and wilt them.

After your Brussels sprouts are

tenderized, slice them thinly and set aside. Next, prepare your mushrooms, peppers and onions. In a large bowl, mix together the sliced mushrooms, onions and peppers, the lemon juice, vegetable oil, maple syrup and a little salt and black pepper. You can then warm and wilt them using the same oven warming process described above.

Mix together all of your vegetables in a bowl, seasoning to taste with additional salt and black pepper if needed. Top each tart crust with the vegetables and serve.

Tomato Sambar with Spaghetti Squash “Rice” and Nut Chutney

Number of servings: 4

Ingredients:

Spaghetti squash “rice”

1 small spaghetti squash

1 tbsp rice vinegar or apple cider vinegar

¼ cup hemp seeds or flax seeds

1 tsp olive oil (use extra virgin olive

oil)

½ tsp sea salt

¼ tsp cinnamon

¼ tsp powdered ginger

¼ tsp curry powder

¼ tsp sambar powder

Tomato sambar

2 large tomatoes

6 sun dried tomatoes

1 clove of garlic

1 tsp sambar powder

½ tsp curry powder

1 tsp balsamic vinegar or red wine
vinegar

Brazil nut chutney

10 raw brazil nuts

3 ½ tbsp sliced almonds

2 tbsp honey

½ tsp salt

½ tsp cinnamon

½ tsp ginger

Preparation:

This is a recipe which you'll probably want to start making a day before you plan to serve it. Start by soaking the brazil nuts (for at least six hours and preferably overnight) and the sun

dried tomatoes (for at least four hours).

The next day (or 4 – 6 hours later), cut your spaghetti squash in half lengthwise; refrigerate the other half of the squash and use within a week. Scrape out the seeds and pulp from the middle and using a fork, scrape out the spaghetti-like strands of flesh. Slice the spaghetti squash into very small, rice-sized pieces. Transfer to a medium bowl, mix with vinegar and salt and allow to stand for 10 minutes before transferring it to a plate or baking sheet and setting in an oven on the lowest temperature with the

door cracked open to warm – you can also warm and tenderize the squash in a dehydrator, if desired.

You can prepare the tomato sambar and nut chutney while the squash is warming; once it's finished, you can simply mix it with the spices and set aside until you're ready to serve. The tomato sambar is easy to prepare – just blend all of the ingredients in a blender or food processor until it forms a smooth sauce and set aside until everything else is finished.

Next, prepare the nut chutney. Chip the brazil nuts finely and mix in a

bowl with the almonds, salt and spices. Add the honey and mix well to combine. Serve the spiced “rice”, tomato sambar and nut chutney and enjoy!

Collard – Quinoa Wraps

Number of servings: 4

Ingredients:

8 large collard green leaves, washed and patted dry

2 cups of grated raw beets

2 cups sprouted (or soaked until soft) quinoa

1 cup sprouts

1 avocado, sliced

1 cup diced carrots

1 small shallot, diced

3 tbsp rice vinegar
1 tbsp sesame oil
1 tbsp tahini
1 tbsp grated ginger
1 tbsp miso paste
1 tsp honey
1 tsp salt
lemon juice, to taste

Preparation:

Slice off the end stems from the collard leaves and shave the stalk to make it as thin as possible. Mix the tahini and some lemon juice (as much as you like) into the quinoa and set aside.

In a food processor, blend the carrots, shallot, ginger, miso paste, rice vinegar and honey until smooth. Add salt and sesame oil and blend briefly to combine.

Overlap 2 collard green leaves and top with $\frac{1}{4}$ of the carrot spread, quinoa, grated beets, sliced avocado and sprouts. Fold up burrito-style and repeat with the remaining 6 collard green leaves to make 4 collard rolls. Serve immediately or wrap and store in the refrigerator – these rolls will keep for at least 2 days.

Raw Tostadas with Guacamole

Number of servings: 4 - 6

Ingredients:

- 2 cups raw corn kernels
- 1 small white onion, diced
- 1 clove garlic, chopped
- 2 tsp chili powder (preferably pasilla chile powder)
- 1 tsp salt

Guacamole:

1 ripe avocado, peeled and seeded
2 tsp diced red onion
1 jalapeno pepper, diced (remove the seeds for a milder taste)
2 tsp chopped cilantro
juice of 1 lime
salt, to taste

Toppings:

1 large tomato, sliced thinly
½ cup raw corn kernels

Preparation:

The first step is to make the tostadas;

puree all of the ingredients in a food processor until smooth. Dehydrate in a dehydrator or warm oven with the door slightly ajar for 10 hours or until crisp.

Now you're ready to make guacamole. Place the avocado in a bowl and mash with a fork until mostly smooth, but with small chunks remaining. Add the remaining ingredients and stir to combine. Place tostadas on individual plates and top with tomato slices, guacamole and $\frac{1}{4}$ of the raw corn kernels and serve.

Spicy Almond Kelp Noodles

Number of servings: 4

Ingredients:

1 small package of kelp noodles,
soaked until soft

2 cups julienned carrots

The sauce:

1 cup almond butter

1 cup cherry tomatoes, halved

1 clove of garlic
¼ cup sesame oil
¼ cup tamari or soy sauce
1 tbsp miso paste
1 tsp chili paste (your choice)
juice of 1 lime
a small piece of ginger (about 1/4"),
crushed
a pinch of salt

Preparation:

Place the soaked kelp noodles and julienned carrots in a large bowl. Add all of the other ingredients to a food processor and blend until they form a smooth paste. Pour over the noodles

and carrots and mix well to combine.
Serve at once.

Chickpea Salad Chard Wraps

Number of servings: 8

Ingredients:

1 cup chickpeas, sprouted or soaked until soft, about half-smashed with a fork

¼ cup diced celery

¼ cup diced apple

2 tbsp finely diced red or green bell pepper

2 tbsp chopped flat leaf parsley

2 tsp capers
4 tsp tahini
2 tsp almond milk
juice of ½ lemon
1 tsp red wine vinegar
1 tsp tamari or soy sauce
½ tsp Dijon mustard
½ tsp kelp powder
½ tsp maple syrup
salt and black pepper, to taste
Swiss chard leaves, for rolling

Preparation:

In a large bowl, whisk together the tahini, almond milk, vinegar, tamari or soy sauce, mustard, lemon juice, kelp

powder, maple syrup and a little salt and pepper.

Stir the mashed chickpeas into the tahini mixture, then add the bell pepper, parsley, apple, celery and capers. Stir thoroughly to combine and set aside. Place a few tablespoons of the chickpea salad on a large Swiss chard leaf, roll up and serve; this chickpea salad also makes a good sandwich filling.

Raw California Rolls

Number of servings: 2

Ingredients:

2 nori sheets

2 tsp white miso

1 cup sprouts (alfalfa, clover or radish)

½ an avocado, sliced thin

¼ cucumber, seeded and sliced into thin strips

1 small carrot, grated

¼ of a red bell pepper, cut into thin lengthwise strips

tamari or soy sauce and wasabi paste,

for dipping

Preparation:

Lay one nori sheet (shiny side facing down) on a plate or sushi mat, if you have one. Wet your fingers in a cup of warm water and dampen the side of the nori sheet facing up – this will make it more pliable and easier to roll up when you're ready.

Spread the nori with 1 tsp of miso paste in a single stripe, somewhere in the bottom third of the sheet. On the edge of the sheet, layer half of the avocado, carrot, bell pepper,

cucumber and sprouts. Roll up the nori tightly; just before the roll is complete, wet a finger and run it along the edge of the sheet to make it easier to seal. Finish the roll and slice into 6 pieces using a very sharp knife. Repeat the process for the other roll and serve at once with small dishes of tamari or soy sauce and wasabi paste.

Raw Lasagna

Number of servings: 6

Ingredients:

For the “noodles”:

4 large zucchini or yellow squash

6 large tomatoes

The tomato sauce:

2 cups sundried tomatoes

2 medium tomatoes

¼ cup olive oil (use extra virgin olive

oil)

2 cloves garlic

1 tsp salt or to taste

1 tsp basil

½ tsp crushed red pepper

black pepper, to taste

The pesto:

5 cups basil leaves, tightly packed

1 cup raw walnuts

3 cloves of garlic

½ cup olive oil

juice and zest of 1 lemon

2 tsp salt

The nut ricotta:

2 cups raw macadamias, soaked at
least 6 hours, drained and rinsed
½ cup water
¼ cup flat leaf parsley, finely chopped
juice of 1 lemon
1 tsp dry mustard
salt, to taste

Preparation:

First, prepare your “noodles” by
shaving thin strips from your zucchini
or yellow squash. You can do this with
a sharp knife and a steady hand or
with a large vegetable peeler. Peel the
squash first and peel until you reach

the seeds – if your squash have relatively few seeds, however, you can use the entire squash. Slice the tomatoes thinly and lay the squash and tomato slices on paper towels to allow excess moisture to drain while you prepare the other parts of the dish.

The next step is to make your tomato sauce; this part is easy. Just add all of the ingredients to a blender or food processor and pulse until it reaches your desired consistency. Taste and add seasonings, if desired.

Now you can make the pesto. Again,

this is the easy part. Add your ingredients to the food processor and blend until smooth, but not too smooth. Season as needed.

Next is the nut ricotta. Add all of the ingredients to your food processor except for the parsley. Blend until the ingredients are thoroughly combined and have taken on a fluffy, ricotta-like texture. Season as needed and stir in the chopped parsley and set aside.

You're finally ready to put it all together now. Lay out 6 plates and lay 3 slices of zucchini or yellow squash on each to make the bottom layer on

each plate. Spread a little tomato sauce over each, followed by another layer of sliced zucchini or yellow squash, then two slices of tomato. Add another layer of zucchini, then a thin layer of pesto, followed by another two tomato slices. Garnish each plate with a few basil leaves and a drizzle of olive oil and serve.

Raw BBQ over Zucchini Noodles

Number of servings:

Ingredients:

1 ½ cups sliced mushrooms

½ cup pineapple chunks

1 medium sized yellow onion, sliced thinly

3 medium sized zucchini or yellow squash, sliced into thin noodles

The sauce:

½ cup sun dried tomatoes
5 dates
1 tbsp honey
1 tbsp olive oil
2 tsp apple cider vinegar
½ cup pineapple juice
½ cup water
1 clove of garlic
1 tbsp minced onion
1 tsp brown mustard
salt, black pepper and cayenne
pepper, to taste

Preparation:

Start by soaking the dates and sun

dried tomatoes in a mixture of ½ cup water and ½ cup pineapple juice to soften for about 20 minutes. Add all of the ingredients for the saucer to a blender or food processor and puree until the sauce becomes very smooth.

In a large bowl, pour the sauce over the mushrooms, onion and pineapple and stir well to coat. Pour the mixture on a lined dehydrator tray or baking sheet and dehydrate for 1 hour at 115 degrees or warm in the oven on the lowest setting with the door slightly ajar for about 1 hour. Once the BBQ vegetables are warmed, serve immediately over the zucchini

noodles.

Chard Pockets

Number of servings: 6

Ingredients:

6 large Swiss chard leaves

1 cucumber, sliced and cut into wedges

1 cup bean sprouts

1 carrot, shredded

1 cup snow peas

1 avocado, sliced

$\frac{3}{4}$ cup water

1 tbsp honey

1 tsp dill

salt and black pepper, to taste

Preparation:

First, make your avocado dressing.

Place one peeled, seeded avocado in a blender along with the water, honey, salt and dill. Blend until smooth. Lay a chard leaf on a plate and top with cucumber wedges, grated carrot, snow peas and bean sprouts. Add a spoonful of avocado dressing, fold the leaf up into a pocket and serve.

Parsnip “Risotto” with Peas and Basil

Number of servings: 4

Ingredients:

2 large parsnips (about 1 lb), peeled and chopped

1 cup fresh (or frozen and thawed) peas

2 tbsp flax seeds

1 tsp salt

black pepper, to taste

1 tbsp olive oil

¼ cup fresh basil, chopped
juice of ½ lemon

Preparation:

Place the peas in hot water to warm and set aside. Place the parsnips, flax seeds, salt and black pepper in a food processor and blend until the mixture is chopped to a rice-like consistency. Transfer the parsnip mixture to a bowl and toss with the lemon juice, olive oil, peas and basil.

Zucchini Noodles with Broccoli and Pesto

Number of servings:

Ingredients:

4 – 5 medium zucchini or yellow squash

3 ½ cups broccoli florets

2 tbsp vegetable oil

1 tbsp lemon juice

½ tsp salt

½ tsp black pepper

Roma tomatoes, optional

Carrot top and chive pesto:

1 cup packed carrot tops

½ cup chopped chives or green onions

¼ cup macadamia nuts

¼ cup almonds

¼ cup olive oil

2 cloves of garlic, minced

2 tbsp water

2 tbsp lemon juice

salt and black pepper, to taste

Preparation:

The first step is to marinate the broccoli. Place the broccoli florets,

vegetable oil, lemon juice and salt and pepper in a large bowl and toss to coat. Transfer the broccoli to an airtight freezer bag. Squeeze out as much of the air as possible and place the bag in the refrigerator to marinate for at least 2 hours and preferably overnight. Once it's marinated, you can warm the broccoli before serving by spreading out on a baking sheet and placing in a warm oven (use the lowest possible setting and keep the oven door slightly ajar) for 1 hour.

While the broccoli florets are warming, you can make the pesto. Place the nuts in a food processor and

blend until chopped finely. Add all of the other ingredients except for the oil and blend, adding oil a little bit at a time, until it reaches the right consistency. Season to taste with salt and black pepper.

Before the broccoli is finished warming, you can make your “pasta”. Using a vegetable peeler, cut thin ribbons from your zucchini and place in a large serving bowl. Once the broccoli is warmed, toss it with the pesto and serve the zucchini noodles, topped with a generous portion of the pesto-coated broccoli. If you prefer, you can also dice a few Roma

tomatoes and mix them with the
pasta.

Raw Fajitas

Number of servings: 6 - 8

Ingredients:

- 2 large portabella mushrooms, sliced
- 3 red bell peppers, cut into thin strips
- 1 medium sized zucchini, cut into thin sticks
- 1 red onion, sliced thinly
- 2 cloves of garlic, minced
- ¼ cup olive oil
- ½ cup shoyu, tamari or soy sauce
- 2 tbsp chili powder
- 1 tbsp apple cider vinegar or red wine

vinegar

1 tsp cumin

cayenne pepper, to taste

sour cream (or vegan sour cream

alternative), for topping

salsa, your choice

cashew cheese sauce (optional)

large lettuce or Swiss chard leaves, for

wrapping

Preparation:

Prep your vegetables and mix together in a large bowl along with the vinegar, spices, olive oil and shoyu or tamari. Allow them to marinate for at least 8 hours and if possible, as

long as 12 hours before serving. If you like, you can warm the vegetables in a dehydrator or oven for about an hour before serving. Wrap the vegetables in lettuce or Swiss chard leaves and serve.

Spinach Mushroom Quiche

Number of servings: 4

Ingredients:

The crust:

1 cup raw cashews

¼ cup raw macadamia nuts

2 tbsp flax seed meal

1 clove of garlic, crushed

3 tbsp water

1 tbsp lemon juice

1 tbsp nutritional yeast

2 tsp olive oil

½ tsp salt

The filling, part 1:

2 cups sliced mushrooms, your choice

1 tbsp lemon juice

½ tsp salt

The filling, part 2:

2 cups sliced zucchini

1 small white onion, diced

1 ½ cups raw cashews

¼ cup white miso paste

¼ cup water

3 tbsp nutritional yeast
2 tsp lemon juice
½ tsp salt

The filling, part 3:

2 cups tightly packed spinach leaves
2 tbsp olive oil
½ tsp salt

The filling, part 4:

1 cup diced tomatoes
¼ cup green onions, sliced thinly
1 tbsp minced basil leaves

Preparation:

The first step is to make the crust, since this will take about 8 to 9 hours. Place all of the ingredients for the crust in a food processor and grind until well mixed, but not totally pureed – you want to leave the nuts with a little texture. Think fine bread crumbs as far as the texture of the mixture goes.

Line small tart pans (about 4”) with parchment paper and press the mixture into the pans to form a thin crust, wetting your fingers in a cup of water as you go to prevent sticking. Place the crusts on a dehydrator sheet

and place in your dehydrator for 2 hours at 115 F. You can also dehydrate them in the oven on the lowest possible setting with the oven door slightly ajar for 2 hours. You can now remove the crusts from the tart pans and continue to dehydrate for another 6 hours.

While the crusts are in the dehydrator or oven, you can prepare the filling. Start by marinating the sliced mushrooms in lemon juice and salt. Set aside.

Blend the sliced zucchini, raw cashews, miso paste, onion,

nutritional yeast and water in a blender or food processor until the mixture becomes very smooth.

Next, place the spinach, olive oil and salt in a food processor and pulse until coarsely chopped, about 10 seconds.

Drain the mushrooms and transfer to a large bowl. Add the zucchini mixture and spinach mixture, along with the diced tomatoes, minced basil and sliced green onions and mix well to combine.

Once this is done, you can start to put

it all together. Pour the filling mixture into the crusts; overfill them slightly, since the filling will reduce in size slightly as it is warmed and dehydrated. Place the tarts in your dehydrator at 115 F or in a warm oven with the door slightly ajar for at least 8 hours and as long as 24 hours.

Remove the quiches from the dehydrator, brush the tops with a little bit of olive oil and top with tomato slices and basil leaves.

Raw Carrot Falafel

Number of servings: 4 - 6

Ingredients:

The falafel:

2 cups carrot pulp

1 small celery stalk, chopped finely

1 cup ground sesame seeds (you can do this in a coffee grinder or food processor)

¼ cup flat leaf Italian parsley, chopped finely

2 cloves of garlic, minced
2 ½ tbsp olive oil
2 tbsp flax seed meal
1 tbsp minced onion
1 tbsp lemon juice
1 tsp salt
lettuce or Swiss chard leaves, for
serving

The tahini sauce:

¼ cup tahini
2 tbsp water
2 tbsp lemon juice
2 tbsp tamari or soy sauce
½ tsp cumin
½ tsp ground coriander

1 clove of garlic, minced

Preparation:

Mix all of the ingredients for the falafel by hand; this is much like mixing meatloaf. Combine thoroughly. Roll the mixture into small (1 ½") balls, flatten slightly with your palm and place on a lined dehydrator tray or parchment paper lined baking sheet. Place the falafel balls in a dehydrator at 115 F for 2 hours or in a warm oven for 2 hours. After 2 hours, turn the falafel balls over and dehydrate for 2 more hours before serving.

When your falafel balls are almost ready, make the tahini sauce. Place all of the ingredients for the tahini sauce in a food processor or blender and blend until they reach a smooth, creamy texture. Taste and adjust seasoning if necessary; set the sauce aside until you're ready to serve. Place a few falafel balls on each lettuce or Swiss chard leaf, drizzle with tahini sauce and serve.

Raw Burgers

Number of servings:

Ingredients:

1 medium sized carrot, diced

½ of a small celery stalk, diced

1 small zucchini or yellow squash,
diced

¾ cup pine nuts

½ cup raw pumpkin seeds

¼ cup raw almonds, soaked for at
least four hours

¼ cup chia gel

¼ cup flax seed meal

1 small red onion, diced

1 clove of garlic, minced

1 small bulb of fennel, diced

a pinch of salt

Salt, black pepper and red pepper flakes, to taste

Preparation:

Blend the diced carrot, zucchini and celery until semi-smooth. Transfer to a large mixing bowl. Next, blend the pine nuts, pumpkin seeds, almonds

and chia gel until semi-smooth and transfer to the bowl with the blended carrot, zucchini and celery. Blend the flax seed meal, diced fennel, red onion and garlic, along with a pinch of salt until semi-smooth and transfer to the bowl with the other ingredients.

Season the mixture to taste with salt, black pepper and red pepper flakes, then form into patties and dehydrate in a dehydrator at 115 F or in a warm oven at the lowest possible setting with the oven door slightly ajar for 14 – 16 hours. Serve on raw bread, lettuce or Swiss chard leaves with the toppings and condiments of your

choice.

Raw Mushroom Burgers

Number of servings: 4

Ingredients:

3 large portabella mushrooms, caps only, sliced

1 cup raw pumpkin seeds

½ cup diced carrots (or carrot pulp from juicing)

½ cup diced celery (or celery pulp from juicing)

2 tbsp tamari or soy sauce

1 tbsp apple cider vinegar

1 tsp liquid smoke (optional)

1 tsp thyme

½ tsp rosemary

Preparation:

Mix together the tamari, apple cider vinegar and liquid smoke (if using) in a bowl. Add the sliced mushrooms and toss to coat well. Allow the mushrooms to marinate for at least 2 hours, 4 hours if possible. While the mushrooms are marinating, place the pumpkin seeds in a food processor and blend until smooth. When they're ready, remove the mushrooms from the marinade (set the marinade aside

for later) and transfer them to the food processor with the pumpkin seeds. Process until very smooth, but not pureed. Add a little bit of the marinade if needed to reach the right consistency.

Add the diced celery, diced carrot, thyme and rosemary and pulse to incorporate the ingredients, but without turning the mixture into a puree. Shape the mixture into four patties and place them on a dehydrator tray or parchment paper lined baking sheet and place them in your dehydrator for 2 hours at 115 F or in your oven on the lowest possible

setting with the oven door slightly ajar for 2 – 2 ½ hours.

Flip the burgers over and continue dehydrating for another 4 hours (if you're using a dehydrator) or 3 hours (if you're using your oven to dehydrate them) or until the burgers reach your desired texture. If you're entertaining non-raw friends, these can also be baked at 325 degrees for 30 minutes, flipping halfway through. Serve wrapped in large lettuce leaves or Swiss chard leaves or on raw bread with the toppings and condiments of your choice.

Raw Dolmas with Tahini Sauce

Number of servings: 6 – 8, depending on the size of the grape leaves

Ingredients:

a quart jar of marinated grape leaves

The filling:

1 ½ cups of peeled, chopped

Jerusalem artichoke or jicama

2 tbsp olive oil, plus a little extra for

brushing on the dolma

½ cup sun dried tomatoes, soaked for
2 – 3 hours and minced

1 cup peeled, seeded and finely cubed
cucumber

1 clove garlic, minced

1 shallot, minced

5 black olives (preferably Kalamata,
but any you like will do), pitted and
chopped finely

1 tbsp fresh dill, chopped

1 tbsp fresh mint, minced

juice and zest of ½ lemon or more to
taste

salt and black pepper, to taste

The tahini sauce:

1 cup water
½ cup tahini
¼ cup olive oil (use extra virgin olive oil)
2 tbsp finely chopped Italian flat leaf parsley
juice of ½ lemon
1 ½ tsp salt

Preparation:

Place the Jerusalem artichokes or jicama in a food processor and pulse until it reaches the consistency of large grains of rice.

If you're using jicama instead of Jerusalem artichokes, transfer it from the food processor to paper towels to allow excess moisture to drain. This won't be necessary if you're using Jerusalem artichokes, however.

Transfer the Jerusalem artichokes or jicama to a bowl and add lemon juice; stir well to coat. Add the olive oil and stir in, then season to taste with salt and black pepper. Transfer the filling to a strainer and allow it to drain for 20 minutes.

While the filling drains, rinse the grape leaves and pat dry with a clean kitchen towel. Lay the grape leaves

out on a plate and top with about 1 ½ tbsp of the filling (or less if the leaves are a bit smaller than average). Fold each grape leaf up tightly, burrito style. Repeat the process until you run out of filling (or grape leaves). Brush each of the dolmas with a little bit of olive oil and place in the refrigerator to chill while you prepare the tahini sauce.

To make the tahini sauce, simply add all of the ingredients to a food processor or blender and blend until it forms a smooth sauce. Serve the dolmas either drizzled with the tahini sauce or with the tahini sauce on the

side for dipping.

Stuffed Peppers

Number of servings: 6

Ingredients:

6 bell peppers, green, orange, yellow or red, your choice

The filling:

4 cups of soaked cashews or almonds
(soaked 4+ hours)

2 cups of soaked macadamia nuts
(soaked 4+ hours)

1 cup cherry tomatoes, halved
1 cup chopped bell peppers (yellow, orange or red)
1 cup water
1/2 avocado, peeled and chopped
½ cup chopped fresh cilantro leaves
2 tbsp chives, chopped
1 tsp cumin
1 tsp cayenne pepper or more to taste
salt and black pepper, to taste

Don't blend these ingredients:

½ cup diced red onion
½ cup cherry tomatoes, halved

Preparation:

Blend all of the ingredients except for the diced red onion and ½ cup of halved cherry tomatoes in a blender or food processor. Transfer the mixture to a large bowl, add the red onion and cherry tomatoes and mix to combine.

Slice off the tops of your bell peppers, remove the bitter white pith inside and stuff each pepper with the filling. Serve immediately or refrigerate and serve cold.

Spinach Manicotti

Number of servings: 4

Ingredients:

The noodles:

4 medium sized zucchini or yellow squash

2 tbsp olive oil

The spinach and sunflower seed filling:

8 cups of baby spinach leaves
2 cups of raw sunflower seeds
½ cup finely chopped Italian flat leaf
parsley
½ cup lemon juice
½ cup water
3 cloves of garlic
1 ½ tbsp Italian seasoning
salt and black pepper, to taste

The tomato sauce:

3 cups of soaked sun dried tomatoes
1 cup water (use the soaking water
from the sun dried tomatoes)
1 fresh tomato, diced
3 cloves garlic, peeled

1 tbsp oregano
1 tbsp basil
2 tsp thyme
1 tsp rosemary
1 tsp fennel seed
salt and black pepper, to taste

Preparation:

Start by making the noodles. Slice off the ends of each of the zucchini or yellow squash and use a mandolin to slice the squash lengthwise to create long, wide noodles. You can also do this with a knife, but it's a bit more difficult to do as well as being more time consuming. Place the noodles in

a bowl, drizzle with the olive oil and toss gently to coat.

Next, make your spinach and sunflower seed filling. Place the sunflower seeds, water, garlic, lemon juice and salt in a blender and blend until smooth. Transfer the mixture into a large bowl. In a food processor, blend the parsley and spinach until well chopped (but not pureed). You may need to do this in batches unless you have an exceptionally large food processor – you can also chop the spinach and parsley by hand. Add to the bowl with the sunflower mixture. Add the Italian seasoning and mix

well to combine.

Now you can prepare the tomato sauce; all this takes is placing all of the ingredients in a food processor or blender and blend until smooth. Once this is done, you can assemble your manicotti. Place 4 zucchini slices on a cutting board, with each overlapping the next by roughly $\frac{1}{2}$ ". Spoon about $\frac{1}{4}$ of a cup of the spinach and sunflower seed filling in the center and spread the filling out to about 1" wide front to back. Roll the zucchini slices from left to right to finish your manicotti.

Place two manicotti on each plate and top with $\frac{1}{4}$ of a cup of the tomato sauce. Garnish with a drizzle of extra virgin olive oil and a sprinkling of Italian seasoning and serve.

Side Dishes, Appetizers, Sauces and Breads

Raw Marinara Sauce

Number of servings: varies

Ingredients:

- 1 ½ cups of sun dried tomatoes
- 2 tbsp Italian seasoning
- 2 tbsp onion powder

2 tsp garlic powder or 1 tsp minced garlic

2 tbsp red wine vinegar

salt and black pepper, to taste

Preparation:

Soak the sun dried tomatoes in warm water for two hours or longer; the tomatoes should be very tender, since this will make it much easier to puree when you get to that step. Drain the soaking water and reserve for use in pureeing if needed. Add all of the ingredients to a food processor or blender and puree until it reaches your desired consistency, adding a

little of the soaking water from your sun dried tomatoes as needed, a little bit at a time.

Buckwheat Curry Bread

Number of servings: varies

Ingredients:

3 cups buckwheat, soaked at least 8 hours, drained and rinsed

1 ½ cups sunflower seeds, soaked for at least 4 hours, drained and rinsed

1 small zucchini

1/3 cup water

¼ cup yellow onion, diced

1 tbsp coconut oil

2 ½ tsp garam masala

1 ½ tsp salt
1 tsp turmeric
½ tsp garlic powder
½ tsp onion powder

Preparation:

Place the soaked buckwheat and sunflower seeds in your food processor, along with the salt, garam masala, turmeric, onion powder and garlic powder. If your food processor is smaller, then you can puree the buckwheat, sunflower seeds and spices in batches and mix together in a large bowl. In any case, blend the seeds and spices until they take on a

dough-like texture.

Spread the dough on dehydrator sheets or a baking sheet, spreading evenly about 1/8" thick over the sheet. Place the bread in the dehydrator for 6 – 8 hours at 110 – 115 F or in the oven on the lowest possible setting for 6 hours, with the oven door slightly ajar.

Butter Lettuce and Avocado Salad

Number of servings: 8

Ingredients:

2 heads of butter lettuce

1 avocado, sliced

2 sheets of nori, crumbled

½ cup of cherry tomatoes, halved

¼ cup pine nuts

The dressing:

1 cup of cashews, soaked for 30 minutes
½ cup water
2 cloves garlic
juice and zest of ½ of a lemon
2 tsp of nutritional yeast
1 tsp onion powder
salt and black pepper, to taste

The nut topping:

¼ cup macadamia nuts
2 tbsp of nutritional yeast
¼ tsp salt

Preparation:

Start by preparing the dressing. Place all of the ingredients for the dressing in a food processor and blend until smooth and creamy. Season the dressing to taste with salt and black pepper and refrigerate until you're ready to use it.

Next, make the nut topping. Using a cheese grater or microplaner, grate the macadamia nuts into a small bowl. Add the nutritional yeast and salt and mix thoroughly. Add a sprinkling of lemon juice (about $\frac{1}{4}$ tsp) and toss to coat. Set aside until you're ready to assemble the salad.

Cut the leaves from the stalks of the butter lettuce heads and slice the leaves into bite sized pieces. Arrange the leaves on a plate or salad bowl. Cut the avocado into thin slices and fan out on top of the lettuce leaves. Sprinkle the salad with crushed nori and top with the halved cherry tomatoes. Finally, sprinkle the nut topping and pine nuts over the salad, along with a generous amount of freshly ground black pepper and serve.

Red Pepper Bisque

Number of servings: 4

Ingredients:

2 large red bell peppers, stems and seeds removed, chopped

1 Serrano pepper, chopped (remove the seeds for a milder flavor)

1 small avocado, peeled and seeded

1 shallot, diced

1 cup water

1 cup almond milk

¼ cup raw pistachios, soaked for 4+

hours, drained and rinsed
¼ cup raw cashews, soaked for 4+
hours, drained and rinsed
2 tsp paprika
1 tsp lemon juice
½ tsp cumin
½ tsp cardamom
salt and black pepper, to taste

The pistou topping:

½ cup packed Italian flat leaf parsley
¼ cup raw pistachios (dry, not soaked)
1 tbsp nutritional yeast
2 tsp olive oil (use extra virgin olive oil
for this)
salt and black pepper, to taste

Preparation:

Combine all of the ingredients for the red pepper bisque except for the avocado in a blender and blend to combine. Add the avocado and continue to blend until the bisque becomes very smooth. Season to taste with salt and black pepper. You can serve the bisque at room temperature, chill or warm in the oven on very low heat if desired.

While the red pepper bisque is chilling, warming or just sitting there waiting to be served, make the

topping. Add the parsley, pistachios, nutritional yeast and a little salt to a food processor and pulse until the mixture is coarsely chopped. Add the olive oil and process until the mixture takes on a coarse pesto-like consistency. Season to taste with salt and black pepper and set aside until ready to serve. Divide the bisque among 4 individual soup bowls and top with a portion of the topping, along with extra black pepper if desired.

Carrot – Tomato Soup

Number of servings: 2

Ingredients:

2 medium sized tomatoes

2 medium sized carrots

½ of a medium yellow onion

2 cloves of garlic

4 tbsp olive oil

salt, black pepper and red pepper flakes, to taste

Preparation:

Combine all of the ingredients in a food processor or blender until they form a smooth puree. Season the soup with salt, black pepper and red pepper flakes to taste and serve.

Raw Kale Slaw with BBQ Walnuts

Number of servings: varies

Ingredients:

3 cups shredded cabbage (red or green, your choice)

2 ½ cups shredded kale

1 cup shredded carrot

½ cup red onion, sliced very thin
1 tsp celery seeds

Dressing:

1/3 cup raw sunflower seeds, soaked
for 4+ hours, drained and rinsed
1/3 cup raw cashews, soaked for 1+
hour, drained and rinsed
¼ cup water
2 tsbp olive oil
2 tbsp apple cider vinegar
1 tsp honey or maple syrup
1 tsp salt

BBQ Walnuts:

1 ½ cups raw walnuts

5 sundried tomatoes, soaked for 2+ hours, drained and rinsed

1 tbsp maple syrup or honey

1 tbsp olive oil

1 tbsp water

1 tbsp minced red onion

1 tsp apple cider vinegar

1 tsp chili powder

½ tsp ground chipotle pepper

1 tsp paprika (use smoked paprika if possible)

1 tsp salt

Preparation:

Toss the shredded cabbage, shredded kale, celery seed and sliced onion in a large bowl and set aside. Combine all of the ingredients for the dressing in a blender or food processor and blend until smooth. Pour over the vegetables and stir well to combine.

Next, make the BBQ walnuts. Combine all of the ingredients except for the walnuts and minced onion in a food processor and blend until they form a smooth paste. Add the walnuts and pulse until the mixture takes on a crumbly texture. Transfer to a bowl

and fold in the minced onion. Divide the kale slaw among individual plates, topped with BBQ walnuts and serve.

Cauliflower “Couscous”

Number of servings: 4

Ingredients:

1 medium sized cauliflower, chopped roughly

½ cup raw pumpkin seeds, ground to a powder

2 tsp nutritional yeast

salt and black pepper, to taste

Preparation:

Blend the cauliflower in a food processor until evenly minced. Depending on how large your food processor is, you may need to do this in batches. You can also do this by hand if need be, but keep in mind that it will take more time. Transfer the minced cauliflower to a large mixing bowl.

Add the ground pumpkin seeds and nutritional yeast to the bowl and mix well to incorporate the ingredients. Season to taste with salt and black pepper and mix again. Spread out the cauliflower on a baking sheet or dehydrator sheets and warm and

dehydrate at 105 – 115 degrees for 1 – 1 ½ hours to remove excess moisture. Serve at once or refrigerate in a tightly sealed container; this dish will keep for up to a week.

Creamy Chipotle Kale Salad

Number of servings: 4 - 6

Ingredients:

1 bunch kale

1 cup sliced Roma tomatoes

½ cup flax seeds

½ tsp salt

The dressing:

2 avocados, peeled and seeded
1 chipotle pepper, canned or dried
and soaked for at least 2 hours
¼ cup olive oil (use extra virgin olive
oil)
juice of 1 lemon
water, as needed for blending (use
the water from soaking the chipotle if
you used a dried chipotle in this
recipe)

Preparation:

Slice out the stems from the kale
leaves, then wash and cut into small

pieces. Transfer the kale to a large bowl, add the salt and massage the kale until it takes on a wilted texture. Add the flax seeds and sliced Roma tomatoes and stir.

Now you can prepare the dressing. Add all of the ingredients to a blender or food processor and blend until smooth and creamy. Pour over the kale and stir well to coat the leaves. Serve immediately or chill before serving.

Cashew Cheese

Number of servings: varies

Ingredients:

1 cup raw cashews

¼ cup chopped red bell peppers

3 tbsp water

2 tbsp olive oil (use extra virgin olive oil)

1 tsp curry powder

1 tsp salt

½ tsp turmeric

Preparation:

Place all of the ingredients in a food processor or blender and process until a smooth and creamy mixture forms. This is a recipe which has a thousand and one uses – use it as a dip, as a topping for other dishes or on sandwiches.

Oat and Seed Bread

Number of servings: varies

Ingredients:

4 cups steel cut oats, soaked

overnight

1 cup flax seed meal

1 cup water

1 tsp salt or more to taste

Preparation:

Place the soaked steel cut oats and flax seed meal in a food processor and pulse until it reaches a soft dough-like consistency. Transfer to a bowl and add the salt and water. Mix well until the water and salt are thoroughly incorporated. Divide the mixture into fourths and place on parchment paper.

Flatten out the pieces of dough and then roll out with a rolling pin to your desired size and thickness – but don't make them too thin (less than ¼" thick) or too thick. Now that your slices of bread are the desired size, you can dehydrate them; this can be done either in your oven or in a dehydrator.

Dehydrator:

Place the slices of bread, with the parchment paper still underneath it, into your dehydrator and warm at 115 F for 2 hours. Flip the bread over after it's been in the dehydrator for 2 hours

and remove the parchment paper. Dehydrate for another 1 – 2 hours. When it's finished, the bread should be firm, but not hard or crisp. If it's not as firm as you'd like, you can return it to the dehydrator for a little bit longer until it reaches your desired level of firmness.

Oven:

Place your bread on a cooling rack, with the parchment paper still underneath. Place the cooling rack on a baking sheet and place in the oven. Bake at the very lowest setting with the oven door slightly ajar. Check the

bread each hour to ensure that it doesn't become cooked or harden too quickly.

After one hour, remove the parchment paper and turn the bread over. Cook for another hour - it should only take about two hours to prepare your bread in the oven. As with the dehydrator method, your bread should turn out firm, but not hard or crispy unless that's what you want your bread to be like.

This bread can be stored in the refrigerator or frozen for longer term storage if you don't think that you'll

be able to use it all before it spoils.

Cauliflower Salad with Ranch Dressing

Number of servings: 8 - 10

Ingredients:

2 large cauliflowers
juice of 2 lemons
3 tbsp olive oil or vegetable oil
1 tsp salt
black pepper, to taste
2 cups cherry tomatoes

The dressing:

1 cup sour cream (or vegan sour cream alternative)
2 tsp date paste (or make your own)
1 ½ tsp lemon juice
1 tsp onion powder
1 tsp nutritional yeast
½ tsp garlic powder
salt and black pepper, to taste

Preparation:

Break the cauliflower into bite sized florets and place in a large bowl. Add lemon juice, olive or vegetable oil, salt and black pepper and toss to coat. Place in the refrigerator to marinate.

Slice the cherry tomatoes into thin rounds using a sharp knife and wilt them in a dehydrator or in an oven on the lowest setting for at least 2 hours. When the tomatoes are wilted but still a little juicy, you can make your dressing. Whisk together all of the ingredients for the dressing until smooth, pour over the cauliflower and stir well to combine. Serve immediately or refrigerate until ready to serve.

Mashed Celery Root with Garlic and Chives

Number of servings: 4

Ingredients:

2 ¼ cups peeled and roughly chopped celery root

¾ cup of cashews

¾ cup water

2 cloves of garlic

1 tbsp white or red miso paste

1 tbsp chives, minced

2 tsp nutritional yeast

1 tsp onion powder
1 ½ tsp salt
½ tsp white pepper
black pepper, to taste

Preparation:

Place all of your ingredients with the exception of the minced chives in a blender or food processor and blend on high speed until they form a creamy puree (the blending process will also warm the puree slightly). Transfer the blended celery root mixture to a bowl, add the minced chives and stir to combine. Serve immediately.

Sundried Tomato Spread

Number of servings: varies

Ingredients:

$\frac{3}{4}$ cup of cashews, soaked for at least 8 hours

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

$\frac{1}{3}$ cup sundried tomatoes, soaked for 30 minutes and chopped

1 tbsp nutritional yeast

juice of $\frac{1}{2}$ lemon or more to taste

salt and black pepper, to taste

Preparation:

Place all of the ingredients in a food processor or blender. Blend until the mixture takes on a thick and creamy consistency, adding a little water if needed during the blending process. Serve immediately at room temperature or chill and serve cold.

Caper Hummus

Number of servings: varies

Ingredients:

4 cups of chickpeas, sprouted or

soaked until softened

juice of 2 lemons

¼ cups of olive oil

4 tbsp tahini

2 tbsp caper juice

2 cloves of garlic

1 tsp cumin

½ tsp paprika plus a little extra for
garnish

salt and black pepper, to taste

3 tbsp capers

1 tbsp extra virgin olive oil, for garnish

Preparation:

Place all of the ingredients (except for
the capers and extra virgin olive oil) to

a blender or food processor. Blend until the ingredients form a smooth mixture – or less smooth, depending on the consistency you like your hummus to be. Add 1 tbsp of capers to a food processor and pulse until they're roughly chopped; you can also chop them by hand if you like. Transfer the hummus to a serving bowl and mix in the chopped capers. Serve garnished with a drizzle of extra virgin olive oil, the other tbsp of capers and a sprinkling of paprika.

Sunflower Seed Pate

Number of servings: varies

Ingredients:

1 cup raw sunflower seeds, soaked for 4 hours or longer

5 sun dried tomatoes, soaked for at least 2 hours

1 clove of garlic

1 tsp dulse or kelp powder

Preparation: This one is easy. Place all of the ingredients in a food processor

and blend until it reaches a smooth, but still slightly chunky, consistency. Serve right away at room temperature or refrigerate and serve chilled. This pate will keep for 3 – 4 days in a tightly covered container in the refrigerator.

Breakfast and Brunch

Apple – Cinnamon Crepes

Number of servings: 4

Ingredients:

The crepes:

2 large bananas

2 red pears

The filling:

2 medium sized apples, diced small

$\frac{3}{4}$ cup cashews

5 tbsp water

3 tbsp maple syrup

1 tbsp coconut oil

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{2}$ tsp vanilla

a pinch of salt

Preparation:

You'll need a dehydrator (or an oven and lot of patience) for this recipe. In a blender or food processor, puree

the bananas and pears. Pour a thin layer of the puree onto a nonstick dehydrator sheet and spread to ensure even coverage. Dehydrate for 7 – 9 hours at 115 F, or until it can be peeled off of the dehydrator sheet. You can also do this in an oven on the lowest heat with the door slightly open. The crepe should be pliable once it's dehydrated. Cut the crepe into four roughly equal squares.

Now it's time to make the filling. Blend all of your ingredients except for the apple in a blender until smooth and set aside. Fold the apples into the cream, spoon some filling on

each crepe and roll up and serve,
garnished with extra chopped apple.

Chia Pudding with Strawberries

Number of servings: 2

4 tbsp white chia seeds
1 cup almond milk
1 cup sliced strawberries
2 tbsp sliced almonds
½ tsp cinnamon

Preparation:

In 2 separate bowls, combine 2 tbsp chia seeds with ½ cup almond milk,

stir and allow them to sit for 20 minutes, stirring every few minutes to prevent the mixture from clumping. Once the chia seed mixture has thickened, add half of the strawberries, sliced almonds and cinnamon to each bowl and stir to combine. Add sweetener, if desired.

Raw Waffles

Number of servings: 4

Ingredients:

The waffles:

3 cups soaked buckwheat

1 ½ cups flax seed meal

1 ½ cups pecans or walnuts, your choice

The cashew sauce:

½ cup cashew butter
2 tbsp coconut butter
4 tbsp coconut water (at room temperature)
4 tbsp maple syrup
½ tsp vanilla extract
a pinch of salt
1 tsp raw cacao powder (optional)

The chocolate sauce:

1 cup cacao butter
1 cup raw cacao powder
½ cup sugar, honey or the sweetener of your choice
½ tsp vanilla extract

Preparation:

You'll need to start by making your waffle batter. Mix together all of the ingredients in a large bowl. Stir well to combine, then transfer to a food processor and blend until well mixed and the ingredients take on a soft dough-like consistency.

Cover the bottom and top of the grill surfaces of a waffle iron with plastic wrap. Spoon in some waffle batter and spread to cover the entire bottom grill of the iron, taking care not to spread the batter too thickly or thinly. Close the waffle iron to shape the

batter into a waffle shape. Open the waffle iron and gently lift the waffle out of the iron using the plastic wrap. Lay the waffle on a dehydrator tray or baking sheet. Repeat the process for the other three waffles. Place in a dehydrator at 110 degrees or in an oven on the lowest setting with the door slightly ajar for 8 hours.

When the waffles are almost done, you can make your cashew and chocolate sauces. The cashew sauce is incredibly easy; just place all of the ingredients in a blender or food processor and blend until smooth. Transfer to a small bowl and set aside.

The chocolate sauce will take a little more time and effort. You'll need to melt the cacao butter; this can be done by placing the cacao butter (and your sweetener) in a glass bowl and putting the bowl in the oven for the last 30 – 40 minutes while the waffles are still in the oven or dehydrator. Sift the remaining ingredients into the cacao butter mixture and whisk together to combine. Place the mixture back into the oven or dehydrator for another five to ten minutes. Whisk again and set aside until you're ready to serve.

Once the waffles are done, serve topped with the cashew and chocolate sauce.

Banana Splits

Number of servings:

Ingredients:

4 bananas, peeled and frozen

4 bananas

½ cup raspberries

The chocolate sauce:

2 tbsp cashew butter

1 tbsp hot water

1 tsp raw cacao powder

1 tsp maple syrup
a pinch of salt

Almond – ginger cookies:

1 cup almond butter
2 dates
¼ cup rolled oats
2 tbsp flax meal
2 tsp maple syrup
1 tsp powdered ginger
½ tsp cinnamon

Preparation:

Start by making the almond – ginger

cookies. Add almond butter, ginger, dates, maple syrup and cinnamon to a blender or food processor and blend until smooth. Add the remaining ingredients and pulse to incorporate. Place in the refrigerator for 15 minutes to allow the mixture to set. Roll into small balls and refrigerate until ready to use.

Next, make the chocolate sauce. Combine cashew butter and very hot water in a small bowl and whisk until the water is completely incorporated. Add the remaining ingredients and whisk to combine. Refrigerate until ready to use.

Now you're ready to make your "ice cream". Blend the frozen bananas until they reach a texture like soft serve ice cream, 3 – 4 minutes. You can make this in advance and keep it in the freezer, but it is best when made right before serving.

Slice each banana in half, both length and cross wise. Arrange the sliced bananas in four martini glasses or large parfait glasses and top with a large scoop of blended bananas, a dollop of the chocolate sauce, almond-ginger cookies and fresh raspberries.

Chia Pudding with Bananas

Number of servings: 2

Ingredients:

1 cup coconut milk

1 banana

4 tbsp chia seeds

1 tbsp coconut oil

1 tbsp sweetener, your choice

¼ tsp vanilla extract (optional)

Preparation:

Blend all of the ingredients in a food processor and transfer to a large bowl. Place the chia seed pudding in the refrigerator and allow the pudding to sit for several hours or overnight to allow the chia seeds to hydrate and swell up before serving.

Cinnamon – Citrus Crepes

Number of servings: 4 - 6

Ingredients:

The crepes:

3 cups of fresh coconut meat

1 orange, peeled, separated into segments; chop each segment into thirds

1 cup flax seed meal

¼ cup coconut water

2 tbsp honey or the sweetener of your choice

2 tsp cinnamon

The orange – Earl Grey cream filling

1 cup of very hot water

4 tbsp loose leaf Earl Grey tea

1 cup fresh coconut meat

1 small orange, peeled and separated into segments

$\frac{3}{4}$ cup coconut oil, warmed until melted

$\frac{3}{4}$ cup honey or the sweetener of your choice

The citrus salad topping:

- 1 orange
- 1 red grapefruit
- 2 tangerines or clementines
- 1 lime

Preparation:

The crepes take a considerable amount of time to make, so you'll want to start by making these. Place the coconut meat and chopped orange segments in a blender or food processor and blend until smooth, adding coconut water as necessary to make the mixture reach a thick, smooth consistency. Transfer the

coconut – orange mixture to a large bowl and add the other ingredients, stirring well to combine.

Spread the crepe batter on lined dehydrator trays or a parchment paper lined baking sheet and dehydrate at 115 F in a dehydrator for 6 – 8 hours or in your oven on the lowest possible setting with the oven door slightly ajar for about 6 hours. Next, flip the crepes over and dehydrate for another 2 hours (if you're using a dehydrator to make the crepes) or about 1 hour (if you're using your oven to make the crepes). When the crepes are done, their

surfaces should be dry, but the crepes should still be pliable enough to work with.

Remove the crepes from the dehydrator or oven and place on a cutting board. Using a sharp knife, cut the crepes into the size or shape you prefer and set aside until you're ready to serve.

Once the crepes are in the dehydrator or oven, steep the tea leaves in the hot water for 10 minutes, then strain out the tea leaves and chill until room temperature or cooler (you can do this in the freezer to speed things up,

if you like). Add the tea to a blender or food processor, along with all of the other ingredients for your orange and Earl Grey tea cream filling and blend until smooth. Place in the refrigerator to thicken – again, you can speed this up by placing it in the freezer for about half an hour and then transferring the filling to the refrigerator.

When you're almost ready to serve your crepes, make the citrus salad. Peel, separate into segments and chop all of the citrus fruits and set aside. Now you can assemble your crepes. Divide the orange and Earl

Grey tea cream filling among the crepes, roll up tightly and top with a portion of the citrus salad. Garnish with fresh mint leaves and serve.

Raw Brazil Nut Onion Bagels

Number of servings:

Ingredients: 6

- 3 large onions, peeled and coarsely chopped
- 2 cups of Brazil nuts, soaked at least 12 hours
- 2 cloves of garlic, peeled
- $\frac{3}{4}$ cup olive oil
- $\frac{3}{4}$ cup ground chia seeds
- $\frac{1}{3}$ cup of green tea

2 tsp salt

cayenne pepper or chipotle pepper
powder, to taste

black pepper, to taste

Brazil nut “cream cheese” spread:

2/3 cup Brazil nut butter (you can
make this yourself by blending Brazil
nuts in a food processor or blender
until they reach a creamy, peanut
butter-like consistency)

juice of 1 lemon

1 tbsp water

2 tsp flax seeds

2 tsp honey or the sweetener of your
choice

½ tsp salt

Preparation:

Mix all of the ingredients for the bagels in a large bowl. Transfer to a blender and blend until the mixture takes on a dough-like consistency. Transfer to a bowl and mix again, then shape into bagel half shapes and place on dehydrator trays or a parchment paper lined baking sheet. Place in your dehydrator at 115 F for 2 hours or in your oven on the lowest possible setting with the oven door slightly ajar for about 2 hours.

After 2 hours, flip and dehydrate for another 3 hours (if you're making your bagels in a dehydrator) or 2 hours (if you're making your bagels in the oven), or until the bagels are slightly crisp on the outside but still slightly moist and chewy on the inside.

While your bagels are in the dehydrator or oven, you can prepare your Brazil nut "cream cheese" spread. Place all of the ingredients in a blender or food processor and blend until the mixture is thick and creamy. Refrigerate until you're ready to use. Spread the bagels with the Brazil nut spread and serve.

Crepes with Berries and Cashew Cream

Number of servings: 2

Ingredients:

The crepes:

2 large bananas

The cashew cream filling:

2 handfuls of cashews (about $\frac{3}{4}$ cup)

4 dates, pitted

The strawberry coulis:

6 strawberries

Preparation:

Blend the bananas in a food processor until smooth. Spread the blended bananas thinly on dehydrator sheets or a parchment paper lined baking sheet and dehydrate in your dehydrator at 115 F or in your oven on the lowest possible setting with the oven door slightly ajar until the bananas become pliable and dry – this will take anywhere from 4 – 6

hours, possibly longer depending on the size and moisture content of the bananas you use.

When the banana crepes are almost ready, you can make your filling and topping. These are both incredibly quick and easy to make. For the cashew cream filling, just blend the cashews and dates in a blender or food processor, adding just enough water to allow them to reach a creamy consistency. The strawberry coulis is even easier – just place the strawberries in a food processor or blender and puree until smooth.

Now you can put your crepes together. Top the crepes with the cashew cream filling and roll up tightly, taking care not to squeeze the filling out of the crepes as you go. Serve topped with the strawberry coulis and enjoy!

Raw Food Cookbook Conclusion

There is a surprising variety of meals which you can enjoy, all without cooking a thing. The health benefits of raw food are many and if you've never had a meal at a raw food restaurant before, you may not have known how good eating raw can taste as well. Of course, now that you've tried some (or all) of these recipes, you're well aware that a raw food diet can give

you a varied diet which definitely doesn't lack for flavor as well as being just about the healthiest diet you could possibly want.

If you stick with a raw food diet for a while, you may notice many of the same things that other raw foodies do: clearer skin, being more alert, a better overall mood and all of the other health benefits which go along with giving your body all of the vitamins, minerals and enzymes in your food rather than allowing them to be destroyed during cooking. Give raw food a try and you may just find yourself eagerly urging your friends

and family to do the same once you
discover how wonderful it can be!