



# RECIPE

BOOK



50 GREAT TASTING ALLERGY FRIENDLY RECIPES



# COCOA ALMOND BUTTER COOKIES

**ALLERGY INFO:**  
GF, SF, V,  
PF, YF, GrF

## Ingredients:

1/3 CUP BROWN SUGAR

1/2 TEA SEA SALT

1 FLAX EGG (3 TAB WATER & 1 TAB GROUND FLAXSEED)

1 CUP ALMOND BUTTER

1 TEA VANILLA EXTRACT

1/3 CUP BANANA FLOUR OR COCONUT FLOUR

1/2 TEA BAKING SODA

1/4 COCOA NIBS OR CHOCOLATE CHIPS

## Directions:

HEAT YOUR OVEN TO 350 DEGREES. ONCE HEATED MIX WET INGREDIENTS, THEN THE DRY INGREDIENTS, THEN MIX BOTH TOGETHER TO MAKE YOUR DOUGH. PLACE 1 TAB OF DOUGH AT A TIME ON A GREASED COOKIE SHEET. PRESS DOWN TO FLATTEN WITH A FORK. COOK FOR 7 MIN. LET REST ON THE PAN 5 MIN BEFORE SERVING.



# CHEWY CASHEW BUTTER COOKIES

**ALLERGY INFO:**  
GF, SF, V,  
PF, YF, GrF

## Ingredients:

1 CUP CREAMY CASHEW BUTTER

3/4 C BROWN SUGAR OR 1/2 COCONUT SUGAR

1 FLAX EGG (1 TAB GROUND FLAX SEED 3 TAB WATER MIXED)

1/2 TEA BAKING SODA

1/2 SEA SALT OR MORE TO TASTE

1 TEA VANILLA EXTRACT

## Directions:

COVER DOUGH WITH PLASTIC WRAP AND SET IN THE REFRIGERATOR FOR 1/2 HOUR. HEAT OVEN UP TO 350 DEGREES. ONCE HEATED GREASE A COOKIE SHEET WITH CO OIL AND PLACE ROUND BALLS OF DOUGH ON THE COOKIE SHEET. FLATTEN WITH A FORK AND SPRINKLE WITH A LITTLE MORE SUGAR. COOK FOR 8-10 MINUTES. ENJOY



# PUMPKIN COCONUT CHOCOLATE CHIP COOKIES

**ALLERGY INFO:**  
GF, SF, RsF  
PF, YF

## **Ingredients:**

1/2 CUP CANNED PUMPKIN

1/4 CUP MAPLE SYRUP

1/2 CUP BROWN SUGAR

1/2 CUP MELTED BUTTER

1 TEAS VANILLA

1/2 CUP CREAM CHEESE

1/2 CUP COCONUT SHREDS

1 1/4 CUP GLUTEN FREE FLOUR

1/2 TEAS BAKING SODA

1/2 TEAS BAKING POWDER

1/2 TEAS SEA SALT

1/2 CUP CHOCOLATE CHIPS OR COCOA NIBS

## **Directions:**

MIX ALL OF THE WET INGREDIENTS, THEN THE DRY INGREDIENTS, THEN MIX BOTH TOGETHER. STICK IN THE REFRIGERATOR FOR 10 MIN. HEAT YOUR OVEN TO 350 DEGREES. ONCE HEATED PLACE THE DOUGH ON A GREASED COOKIE SHEET. COOK FOR 8-10 MINUTES.



# CHOCOLATE BANANA CASHEW MUFFINS

**ALLERGY INFO:**

GF, SF, RsF  
PF, YF, GrF, DF

## Ingredients:

3 EGGS

1/4 CUP PURE MAPLE SYRUP

1/4 CUP MELTED COCONUT OIL

2 TAB NUT MILK

2 TEA VANILLA EXTRACT

2 SMALL BANANAS MASHED

MIX ALL WET INGREDIENTS WELL

1-2 CUP COCONUT FLOUR

1/2 CUP BANANA FLOUR OR OTHER GRAIN FREE FLOUR

1 TEAS BAKING SODA

1/2 TEA SEA SALT

1/4 CUP COCOA POWDER

1/4 CUP COCOA NIBS

## Directions:

MIX ALL OF THE WET INGREDIENTS, THEN THE DRY INGREDIENTS, THEN MIX BOTH TOGETHER. HEAT OVEN 350 DEGREES. SPRAY A MUFFIN TIN WITH OIL AND PUT BATTER IN THE TIN AND COOK FOR 15 MIN. LET COOL BEFORE FROSTING.



# COCOA CASHEW BUTTER FROSTING

**ALLERGY INFO:**  
GF, SF, RsF  
PF, YF, GrF, V

## Ingredients:

1 TAB LIQUID COCONUT OIL

3 TAB DAIRY FREE MILK

3/4 CUP CASHEW BUTTER

1-2 TAB MAPLE SYRUP

2 TAB COCOA POWDER

## Directions:

HEAT THE OIL UNTIL MELTED IN A PAN ON LOW HEAT. NEXT ADD THE OTHER INGREDIENTS TO THE PAN AND STIR CONSTANTLY SO IT DOES NOT BURN. LET COOL BEFORE SPREADING ON CAKE OR MUFFINS

# BEST EVER CHOCOLATE CAKE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, DF

## Ingredients:

1 CUP DAIRY FREE MILK WITH 1 TAB WHITE VINEGAR MIXED

TOGETHER

1/2 CUP COCONUT OIL MELTED AND COOLED

2 LARGE EGGS AT ROOM TEMPERATURE

2 TEA VANILLA EXTRACT

1 CUP HOT WATER WITH 1 HEAPING TEA INSTANT COFFEE MIXED

TOGETHER AND COOLED

1 3/4 CUP ALL PURPOSE GLUTEN FREE FLOUR

2 CUPS FINE RAW SUGAR

3/4 CUP COCOA POWDER

2 TEA BAKING SODA

1 TEA BAKING POWDER

1 TEA SEA SALT

## Directions:

MIX WET INGREDIENTS, THEN SIFT DRY INGREDIENTS SO THAT THE FLOUR DOES NOT HAVE LUMPS IN IT, THEN MIX BOTH TOGETHER UNTIL SMOOTH BUT DO NOT OVER MIX. HEAT THE OVEN TO 350 DEGREES AND SPRAY 2 8 INCH CAKE PANS WITH NON STICK SPRAY. POUR HALF THE MIXTURE INTO ONE PAN AND THE OTHER HALF INTO THE OTHER PAN. COOK FOR 35-40 MIN. LET COOL. TOP WITH FROSTING



# DECADENT COCONUT PUMPKIN PIE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, DF, GrF

## Ingredients:

### PIE INGREDIENTS:

1 CAN PUMPKIN PURÉE

1 CUP COCONUT PULP

1 TEAS VANILLA EXTRACT

1 TEAS CINNAMON

1/2 CUP COCONUT SUGAR

1 TEA BAKING SODA

2 EGGS

### TOPPING INGREDIENTS:

1/4 CUP ROASTED PUMPKIN SEEDS

1/4 CUP WALNUTS

1/4 CUP COCONUT SHREDS

1/4 CUP COCONUT SUGAR

1 TAB COCONUT OIL MELTED

## Directions:

HEAT OVEN TO 350 DEGREES. NEXT MIX ALL OF THE PIE INGREDIENTS TOGETHER. PLACE INTO A GREASED PIE PAN. NEXT MIX ALL TOPPING INGREDIENTS TOGETHER, THEN PLACE THOSE INTO A FOOD PROCESSOR AND LIGHTLY CHOP. FINALLY SPRINKLE TOPPINGS ONTO THE PIE. COOK IN A PRE HEATED OVEN FOR 40MIN. LET COOL.



# ALMOND MOLASSES ENERGY BALLS

**ALLERGY INFO:**  
GF, SF, PF,  
YF, V, RsF

## Ingredients:

PINCH SEA SALT

3/4 CUP ALMOND BUTTER

1/3 CUP MOLASSES

1 TEA VANILLA

1 TAB CHIA SEEDS

1/2 CUP CRUSHED GLUTEN FREE CORN FLAKES

1/3 CUP ROASTED PUMPKIN SEEDS

1/3 CUP RAISINS

2 TAB RAW CACAO NIBS

## Directions:

MIX ALL WET INGREDIENTS TOGETHER AND HEAT UP ON THE STOVE AT MEDIUM HEAT TO MELT, STIRRING CONSTANTLY SO IT DOES NOT BURN. NEXT MIX ALL OF THE DRY INGREDIENTS TOGETHER AND THEN MIX BOTH THE WET AND DRY TOGETHER. ROLL INTO BALLS AND LET COOL IN THE FRIDGE ON A COOKIE SHEET LINED WITH WAX PAPER TO HARDEN.

# DATE CARMEL SAUCE

## Ingredients:

12-15 DATES

1/2 CUP WATER

2 TAB CASHEW OR ALMOND BUTTER

1/2 FRESH OR CANNED COCONUT MILK

1 TSP REAL VANILLA

1/2 TEA SEA SALT

## Directions:

PUTT WATER AND DATES IN A SMALL POT AND COOK ON MEDIUM TO LOW UNTIL DATES SOFTEN. NEXT PUT THE SOFTENED DATES AND THE OTHER INGREDIENTS INTO A FOOD PROCESSOR AND MIX UNTIL SMOOTH. IF YOU WANT THIS TO BE THINNER ADD MORE COCONUT MILK. IF YOU WANT IT THICKER ADD LESS COCONUT MILK. ENJOY OVER ICE CREAM OR IN HOT CERALS.

**ALLERGY INFO:**  
GF, SF, PF,  
YF, V, RsF  
GrF

# BANANA PROTEIN PANCAKES

**ALLERGY INFO:**  
GF, SF, PF,  
YF, V, RsF

## Ingredients:

1/2 CUP GF FLOUR MIX

1/4 CUP CORN FLOUR

1/4 CUP PLAIN PLANT PROTEIN POWDER

1 TEAS BAKING POWDER

1/4 TEAS SEA SALT

1 LARGE OR TWO SMALL BANANAS MASHED

2 TAB MAPLE SYRUP, OR MOLLASSES

2 TAB BEE POLLEN

1 TEAS VANILLA EXTRACT

1 CUP DAIRY FREE MILK ALTERNATIVE

## Directions:

MIX ALL THE WET INGREDIENTS TOGETHER AND BLEND THEM IN A LOW SPEED MIXER . THEN ADD IN THE DRY INGREDIENTS . HEAT A GRIDDLE TO 400 DEGREES AND SPRAY WITH COCONUT OIL. COOK THE PANCAKES UNTIL DESIRED FIRMNESS. FLIP ONE TIME.

TOP WITH YOUR CHOICE OF THE FOLLOWING:

NUT BUTTERS, COCOA NIBS, BERRIES AND A LITTLE MORE MAPLE SYRUP.



# CINNAMON BANANA SEED PANCAKES

**ALLERGY INFO:**  
GF, SF, PF,  
YF, V, RsF

## Ingredients:

1 CUP BUCKWHEAT / OR OATMEAL FLOUR

1 TAB COCONUT / OR REGULAR SUGAR

1 TEA BAKING POWDER

1 TEA BAKING SODA

1/2 TEAS SEA SALT

1 1/4 CUP RICE MILK AND 1 TAB WHITE VINEGAR

1 TAB GROUND FLAXSEED AND 3 TAB WATER MIXED TOGETHER / OR

1 BIG EGG

1 TEAS VANILLA

2 SMALL OR 1 MEDIUM BANANA MASHED

1-2 TEA CINNAMON POWDER

## Directions:

MIX THE WET INGREDIENTS, THEN MIX THE DRY INGREDIENTS, THEN MIX THEM BOTH TOGETHER. HEAT A BUTTERED GRIDDLE AT 400 DEGREES AND COOK BOTH SIDES UNTIL BROWNE D .

TOP WITH: TOASTED OR SUGARED PUMPKIN SEEDS, MAPLE SYRUP, HONEY OR MOLASSES.

# COCONUT BLUEBERRY PANCAKES

**ALLERGY INFO:**  
GF, SF, PF,  
YF, DF

## Ingredients:

4 EGGS

1/2 CUP COCONUT MILK

1 1/4 CUP RICE MILK OR OTHER

1/4 CUP COOLED MELTED COCONUT OIL

1 TEAS VANILLA

1 CUP COCONUT FLOUR

1 CUP GF FLOUR MIX

2 TEAS BAKING POWDER

1/2 TEAS BAKING SODA

PINCH SALT

1/3 CUP COCONUT SUGAR

1 CUP BLUEBERRIES

## Directions:

MIX ALL OF THE WET INGREDIENTS, THEN THE DRY INGREDIENTS, THEN MIX BOTH TOGETHER. HEAT GRIDDLE UP TO 400 DEGREES AND OIL SURFACE. ADD IN BLUEBERRIES. COOK ON THE GRIDDLE ON BOTH SIDES. ADD YOUR OTHER FAVORITE TOPPINGS SUCH AS BERRIES, MAPLE SYRUP AND NUTS OR SEEDS.

# PUMPKIN BANANA PROTEIN MUFFINS

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, DF

## Ingredients:

1 CUP PURÉED PUMPKIN

2 SMALL BANANA

2 TEAS VANILLA EXTRACT

2 EGGS

SCOOPS PROTEIN POWDER

1/2 CUP BANANA OR COCONUT FLOUR

1 TEA BAKING POWDER

PINCH SEA SALT

## TOP WITH:

MAPLE SYRUP OR MOLASSES

PECANS, WALNUTS OR CASHEWS

CINNAMON

BEE POLLEN

## Directions:

MIX ALL THE WET INGREDIENTS, THEN THE DRY INGREDIENTS AND THEN BOTH TOGETHER. HEAT THE OVEN TO 350 DEGREES AND GREASE A MUFFIN TIN. ADD THE BATTER AND THEN SPRINKLE THE TOPPINGS ON TOP. COOK THE MUFFINS FOR 35 MIN.

# SESAME SEED RASIN OATMEAL BREAKFAST COOKIES

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, DF

## Ingredients:

1 BANANA SMASHED

1 TEA VANILLA

1 EGG

2 HEAPING TAB SESAME BUTTER

1 TEA BAKING POWDER

1/2 TEA BAKING SODA

1 CUP OAT FLOUR

1 CUP SEEDS OF YOUR CHOICE MIXTURE WITH RASINS

## Directions:

MIX ALL THE WET INGREDIENTS, THEN THE DRY INGREDIENTS AND THEN BOTH TOGETHER. HEAT THE OVEN TO 375 DEGREES. GREASE A COOKIE SHEET AND COOK FOR 8-9 MIN. LET COOL.

# CINNAMON SUGAR BAKED DOUGHNUTS

**ALLERGY INFO:**  
GF, SF, PF,  
YF

## Ingredients:

1 1/2 CUP GLUTEN FREE FLOUR MIX

1 CUP ORGANIC SUGAR OR COCONUT SUGAR

2 TEA CINNAMON

1/2 TEA NUTMEG

1/2 TEA SEA SALT

SIFT ALL DRY INGREDIENTS TOGETHER

1 1/4 CUP DAIRY FREE MILK OR REGULAR MILK

1 LARGE EGG

2 TAB MELTED BUTTER

2 TEA REAL VANILLA

## FOR THE GLAZE:

1/2 CUP BUTTER

1/2 CUP SUGAR MIXED WITH 1 TEA CINNAMON

## Directions:

MIX ALL THE WET INGREDIENTS AND WHISK. THEN MIX DRY INGREDIENTS AND SIFT SO THERE ARE NOT LUMPS IN THE FLOUR. THEN ADD BOTH TOGETHER AND MIX, PUT INTO A LARGE PLASTIC ZIPLOCK BAG AND CUT A SMALL CORNER TO USE AS A PIPING BAG. GREASE THE DOUGHNUT PANS AND PIPE THE MIXTURE INTO THE PANS. MAKE SURE IT'S NOT OVERFLOWING. PREHEAT YOUR OVEN TO 350 DEGREES. COOK FOR 17 MIN. THEN DIP INTO MELTED BUTTER THEN SUGAR MIXTURE. LET COOL.



# EVERYTHING BAGEL THINS

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, V

## Ingredients:

1 3/4 CUP WARM WATER (NOT HOT)

1 1/2 TEAS SEA SALT

1 CUP BUCKWHEAT FLOUR OR OTHER SUBSTITUTE

1 CUP GLUTEN FREE FLOUR MIX (BAKING FLOUR)

EVERYTHING BAGEL SEASONING

## OPTIONAL TOPPINGS:

BUTTER

NUT BUTTER

GOATS CHEESE

JAM

## Directions:

IN A MIXING BOWL ADD WATER AND SALT. THEN ADD IN FLOUR ONE CUP AT A TIME. STIR UNTIL BLENDED. THE MIX SHOULD BE WET. HEAT OVEN TO 425 DEGREES. SPRAY BAGEL/DOUGHNUT PAN WITH COCONUT OIL AND EVENLY SPREAD MIXTURE INTO EACH BAGEL CUP. ONCE FILLED SPRINKLE WITH AS MUCH EVERYTHING BAGEL SEASONING AS YOU LIKE ONTO THE BAGEL MIX. COOK IN HEATED OVEN FOR 15 MIN. LET COOL AND STORE IN THE FREEZER.



# PUMPKIN CREAM CHEESE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, V

## **Ingredients:**

1 LOG SOFTENED GOATS CHEESE

1/4 CUP PUMPKIN PUREE

1 TEA CINNAMON

1/8 TEA CLOVES

3 TAB CRUSHED ROASTED CASHEWS, PUMPKIN SEEDS OR  
SUNFLOWER SEEDS

## **OPTIONAL:**

2 TAB CONFECTIONERS SUGAR

## **Directions:**

MIX ALL OF THE INGREDIENTS TOGETHER IN A FOOD PROCESSOR AND  
KEEP IN THE FRIDGE.

# CINNAMON PROTEIN TORTILLAS

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, DF

## Ingredients:

1/2 C YUCA, COCONUT OR ALMOND FLOUR

1/2 C YELLOW CORN FLOUR/ SUBSTITUTE RICE FLOUR IF NEED

1/2 C WHITE CORN FLOUR / SUBSTITUTE RICE FLOUR IF NEED

PINCH SEA SALT

1/4 C PLAIN PROTEIN POWDER

1 EGG

1-1 1/2 C WARM WATER

1 TEA VANILLA

1 TEA CINNAMON

## OPTIONAL TOPPINGS:

ANY NUT BUTTER OF CHOICE

ALL NATURAL JAM WITH NO ADDED SUGARS

MAPLE SYRUP

## Directions:

HEAT A GRIDDLE TO 425 DEGREES, AND SPRAY WITH COCONUT OIL.. MIX ALL INGREDIENTS. PLACE 1/4 CUP OF BATTER ON GRIDDLE. LET COOK FOR A WHILE BEFORE FLIPPING. ONCE YOU FLIP FLATTEN THE BATTER WITH A SPATULA TO MAKE FLAT LIKE A PANCAKE. COOK UNTIL DESIRED AMOUNT. ADD ANY TOPPING YOU WISH!



# BERRY SWEET TORTILLAS

**ALLERGY INFO:**  
GF, SF, PF,  
YF, DF

## Ingredients:

1/3 C QUOINA FLOUR

1/3 C CORN FLOUR

1/3 C GF FLOUR BLEND

3/4 - 1 C WARM WATER (ENOUGH SO IT'S PANCAKE CONSISTENCY)

1 TEA SEA SALT

2-3 TAB RAW SUGAR

1 OVERRIPE BANANA MASHED

1 EGG

1 TEA VANILA

DASH OF CINNAMON

1/2 CUP BERRIES OF YOUR CHOICE

OPTIONAL TOPPINGS:

MAPLE SYRUP,

BUTTER OR CO OIL

## Directions:

HEAT GRIDDLE TO 450 DEGREES AND GREASE. SPOON 1/2 C OF BATTER ONTO GRIDDLE AND COOK ONE SIDE UNTIL BROWN, THEN FLIP.

# CHOCOLATE BANANA ICE CREAM SHAKE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, V

## Ingredients:

3/4 C NUT MILK

1 HEAPING TAB CASHEW OR ALMOND BUTTER

1 SCOOP PLANT PROTEIN POWDER

1/2 TEA VANILLA

1 TEA INSTANT COFFEE

1 TAB COCOA POWDER

1 SMALL HANDFUL FROZEN GRAPES

2 SMALL FROZEN BANANAS

## OPTIONAL TOPPINGS:

COCOA NIBS

NUTS OF CHOICE

BEE POLEN

## Directions:

DIRECTIONS: IN A HIGH SPEED BLENDER MIX ALL INGREDIENTS ON HIGH UNTIL WELL BLENDED. THE CONSISTENCY WHEN DONE SHOULD RESEMBLE A WENDY'S FROSTY.





# BANANA BERRY PROTEIN SHAKE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, V

## Ingredients:

1 C NON DAIRY MILK

1 SCOOP PLANT PROTEIN POWDER

1/2 CUP STRAWBERRIES OR BLACKBERRIES

1 SMALL HANDFUL FROZEN GRAPES

1 FROZEN BANANAS

## Directions:

DIRECTIONS: IN A HIGH SPEED BLENDER MIX ALL INGREDIENTS ON HIGH UNTIL WELL BLENDED. TOP WITH MORE BERRIES.

# COCONUT BLUEBERRY BANANA SMOOTHIE



**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, V

## Ingredients:

1 BANANA FROZEN

1/2 CUP BLUEBERRIES

1 CUP COCONUT MILK OR COCONUT WATER

1 TEA RAW HONEY

A FEW FROZEN GRAPES OR ICE CUBES

## Directions:

DIRECTIONS: IN A HIGH SPEED BLENDER MIX ALL INGREDIENTS ON HIGH UNTIL WELL BLENDED. TOP WITH MORE BERRIES.

# ANTI-INFLAMMATORY SMOOTHIE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, V

## Ingredients:

1 BANANA FROZEN

1/2 CUP PINEAPPLE FROZEN

1/4 QUOINA OR BROWN RICE MILK

SPRINKLE OF CINNAMON

1 TEA RAW HONEY

1 SMALL PIECE GINGER PEELED

A FEW FROZEN DARK COLORED BERRIES, PASSION FRUIT

OR RED GRAPES

## Directions:

DIRECTIONS: IN A HIGH SPEED BLENDER MIX ALL INGREDIENTS ON HIGH UNTIL WELL BLENDED. TOP WITH MORE BERRIES.





# TROPICAL TACOS

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, DF  
EF, SfF

## Ingredients:

### TACO MEAT:

1 TAB COCONUT OIL

3 GARLIC HEADS CHOPPED

1 ONION CHOPPED

2-3 PINCHES SEA SALT

1 PACKAGE GROUND BUFFALO MEAT, OR LEAN GROUND BEEF

2 TAB CHOPPED FRESH OREGANO OR 1/ 2 TAB DRIED

1 TAB WHITE VINEGAR

1 WHOLE LEMON SQUEEZED FOR JUICE

1/2 CUP CHOPPED FINE PINEAPPLE

1/4 CUP PINEAPPLE JUICE

4 DRIED HOT PEPPERS CHOPPED OR 1-2 TEAS DRIED PEPPER

### TORTILLAS:

SOFT CORN □ TORTILLAS

BUTTER FOR COOKING TORTS

### TOPPINGS:

CHOPPED CILANTRO

CHOPPED GREEN ONIONS

SMALL PINEAPPLE CHUNKS

LIME OR LEMON WEDGES.



# TROPICAL TACOS

## Directions:

### FOR THE MEAT:

IN A POT SAUTÉ GARLIC AND ONIONS IN OIL AND LET BECOME TRANSLUCENT. NEXT ADD A PINCH OF SALT. THEN ADD THE MEAT AND LIGHTLY BROWN. NEXT ADD ALL OTHER INGREDIENTS TO THE POT. SAUTÉ AND COOK UNTIL DONE.

### FOR THE TORTILLAS:

HEAT UP BUTTER ON A PAN OR GRIDDLE AND HEAT TORTILLAS UP UNTIL LIGHTLY BROWNED.

### FOR THE TOPPINGS:

CUT UP TOPPINGS AND ASSEMBLE YOUR BEAUTIFUL TACOS.

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, DF  
EF, SFF





**ALLERGY INFO:**  
GF, SF, PF,  
YF, EF  
DF, SFF

# BLACKENED TILAPIA LIME TOSTADAS

## Ingredients:

### FOR FISH:

TILAPIA 2 BIG PIECES

1 TEA COCONUT OIL

1 LIME SQUEEZED

### FOR SPICE RUB:

1 TEA BROWN SUGAR

1 TEA ONION SALT

1 TEA GARLIC SALT

3/4 TEA SEA SALT

1/2 TEA PAPRIKA

1/2 TEA CUMIN

1 1/2 TEA RED PEPPER FLAKES

### TORTILLAS:

1 TEA COCONUT OIL

1 1/2 CUP YELLOW CORN FLOUR

1 1/2 CUP WARM WATER

1 TEA SEA SALT

A PINCH OF ONION SALT





**ALLERGY INFO:**  
**GF, SF, PF,**  
**YF, EF**  
**DF, SfF**

# BLACKENED TILAPIA LIME TOSTADAS

OPPTIONAL TOPPINGS:

RED CABBAGE

CARROTS

CILANTRO

GREEK YOGURT SOUR CREAM

SRIRACHA

## Directions:

FOR THE FISH:

HEAT A PAN WITH COCONUT OIL THEN RUB THE SPICES ON BOTH SIDES OF THE FISH AND PLACE IN THE HEATED PAN TO LIGHTLY FRY IT.

FOR THE TORTILLAS:

HEAT A GRIDDLE TO 450 DEGREES AND COAT IT WITH COCONUT OIL AND SALTS. NEXT PLACE THE FLATTENED TORTILLA DOUGH ON THE GRIDDLE AND HEAT UP ON BOTH SIDES EVENLY UNTIL THEY BECOME LIGHTLY CRISP.

# SALMON GARLIC LIME GINGER TACOS

**ALLERGY INFO:**  
GF, SF, PF,  
YF, EF  
SfF

## Ingredients:

FOR THE FISH:

3 CLOVES PRESSED GARLIC

3 TAB BUTTER MELTED

2 SALMON FILETS

FOR THE DRESSING:

1/2 C PLAIN YOGURT

PINCH SALT

1 LIME SQUEEZED

5 GARLIC CLOVES

1 TAB FRESH GINGER

2 TAB ROASTED SESAME OIL

1 TAB COCONUT SUGAR OR REG COARSE SUGAR

PINCH OF PEPPER

1/2 TSP ONION POWDER

FOR THE TORTILLAS & FILLINGS:

READY MADE CORN TORTILLAS

CHOPPED GREEN CABBAGE

CILANTRO & LIME TO SQUEEZE ON TOP



# SALMON GARLIC LIME GINGER TACOS

**ALLERGY INFO:**  
GF, SF, PF,  
YF, EF  
SfF

## Directions:

FOR THE FISH:


HEAT PRESSED GARLIC IN BUTTER ON MEDIUM FOR 30 SECONDS. NEXT ADD FISH (SKIN SIDE DOWN) AND COOK FOR 3 MIN ON EACH SIDE. THEN CHOP UP FISH AND LET GET CRISPY IN THE PAN.

FOR THE DRESSING:

BLEND IN A FOOD PROCESSOR. ADD HOT PEPPER FLAKES IF YOU LIKE.

FOR THE TORTILLAS:

HEAT A PAN OR GRIDDLE UP TO HIGH WITH OIL. I USE BUTTER. ADD SOFT CORN TORTILLAS AND SEASON WITH SALT OR CHILI LIME SALT IF YOU LIKE.



**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, V

# SWEET POTATO & CARROT TACOS WITH CILANTRO LIME SAUCE

## Ingredients:

TACO FILLINGS:

2-4 SWEET POTATOES CUT INTO CHUNKS

1 CARROT CUT INTO CHUNKS

SEA SALT (TO TASTE)

1 RED BELL PEPPER

1 CUP FRESH OR FROZEN CORN

DRIED CILANTRO (TO TASTE)

LIME

SEA SALT (TO TASTE)

CILANTRO TAHINI GARLIC SAUCE:

3-5 GARLIC CLOVES

1/2 CUP FRESH CILANTRO

1/4 CUP TAHINI

PINCH OR TWO SEA SALT

1-2 TAB LIME JUICE

1-2 TAB COCONUT AMINOS

CORN TORTILLAS





**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, V

# SWEET POTATO & CARROT TACOS WITH CILANTRO LIME SAUCE

## Directions:

### FOR THE FILLING:

THROW POTATOES AND CARROTS INTO SALTED WATER AND BOIL FOR 3 MIN. DRAIN AND SPREAD ONTO AN OILED COOKIE SHEET. ADD SEA SALT, TARRAGON AND SPRAY WITH MORE OIL. COOK IN A PREHEATED OVEN AT 425 DEGREES FOR AT LEAST 25 MIN FLIPPING HALF WAY THROUGH. WHILE THAT'S COOKING CHOP 1 RED PEPPER AND SET ASIDE. NEXT ADD 1 CUP FROZEN CORN TO A POT AND A LITTLE WATER. COOK ON LOW , THEN ADD THE PEPPERS, CILANTRO, LIME AND SALT.

### FOR THE SAUCE:

ADD ALL INGREDIENTS TO A FOOD PROCESSOR AND BLEND AND SET ASIDE.

### FOR THE TORTILLAS:

HEAT UP ON A HOT 400 DEGREE GRIDDLE WITH A SPRAY OF BUTTER OR COCONUT OIL.



# COCONUT MILK MAC AND CHEESE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF

## Ingredients:

1 SMALL BAG WHOLE GRAIN (OR WHITE) GLUTEN FREE PASTA

3 GARLIC CLOVES PRESSED

1 TAB BUTTER

1/2 CUP FULL FAT COCONUT MILK

2 TAB WHITE BALSAMIC VINEGAR

1 OZ AGED PARMESAN CHEESE OR CHEDDAR CHEESE

1-2 PINCHES PINK SEA SALT

RED PEPPER FLAKES (OPTIONAL)

## Directions:

COOK PASTA FOR 7 MINUTES IN SALTED BOILING WATER AND DRAIN. WHILE COOKING THE PASTA PRESS GARLIC IN A HEATED PAN WITH BUTTER AND SALT UNTIL BROWNED. ONCE BROWNED ADD THE VINEGAR AND SIMMER ON MEDIUM, THEN ADD THE COCONUT MILK AND LET IT ALL COME TO A BOIL FOR A FEW SECONDS BEFORE TURNING THE BURNER TO LOW. LET IT SIMMER UNTIL THE LIQUID GETS A LITTLE REDUCED. NEXT ADD THE DRAINED PASTA. SERVE WITH PARMESAN CHEESE ON TOP AND PEPPER IF YOU LIKE.

# TOMATO MUSHROOM CILANTRO PENNE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, V

## Ingredients:

### FOR THE SAUCE:

1 PLUM TOMATO LIGHTLY PUREED

6-7 BUTTON MUSHROOMS SLICED

1/4 CUP CHOPPED CILANTRO

2 TAB COCONUT AMINOS

2 TAB WHITE WINE VINEGAR

4-5 CRUSHED GARLIC CLOVES

1 TAB COCONUT OIL

PINCH SEA SALT

PINCH RED PEPPER FLAKES

### FOR THE PASTA:

1 CUP DRIED GLUTEN FREE PASTA

### (OPTIONAL) TOPPINGS:

1 OUNCE SHREDDED AGED CHEESE

CHOPPED CILANTRO

WHITE WINE VINEGAR

RED PEPPER FLAKES





# TOMATO MUSHROOM CILANTRO PENNE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, V

## **Directions:**

BOIL PASTA IN SALTED BOILING WATER FOR 7 MIN THEN DRAIN AND PUT ASIDE. NEXT SAUTÉ CRUSHED GARLIC IN COCONUT OIL FOR ABOUT 30 SECONDS, THEN ADD SLICED MUSHROOMS, TOMATOES, AND CILANTRO. ADD A PINCH OF SEA SALT, COCONUT AMINOS, AND WHITE WINE VINEGAR AND SAUTÉ UNTIL LIGHTLY COOKED. FINALLY ADD THE PASTA TO THE SAUCE AND TOSS. TOP WITH RED PEPPER FLAKES AND A LITTLE BIT OF CHEESE IF YOU PREFER.

# ROASTED RED PEPPER VODKA SAUCE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, TF, GrF

## Ingredients:

4 BIG RED PEPPERS

1 TAB COCONUT OIL

1 ONION CHOPPED

4 HEADS GARLIC PRESSED

1/4 CUP WHITE WINE VINEGAR

2 TAB BROWN SUGAR

1 TEA SEA SALT

2 TEAS ITALIAN SEASONING DRY

(OPTIONAL) 1/2 TEA RED PEPPER FLAKES

1 CAN FULL FAT COCONUT MILK

1 TEA SEA SALT

1/2 TEA PAPRIKA

1/2 CUP VODKA

1/2 LOG GOATS CHEESE (OR MORE IF YOU WANT IT CREAMIER)

PINCH OF BLACK PEPPER



# ROASTED RED PEPPER VODKA SAUCE

**ALLERGY INFO:**  
GF, SF, PF,  
YF, TF, GrF

## Directions:

FIRST HEAT THE OVEN TO 450 DEGREES. ONCE HEATED PUT THE WHOLE PEPPERS ON A GREASED PAN AND COOK UNTIL SKIN IS BROWN AND SHRIVELED ON ALL SIDES. KEEP TURNING THE PEPPERS AS EACH SIDE GETS BROWNE. COOK ABOUT 25 MIN. NEXT SAUTE THE ONION, GARLIC, VINEGAR, SUGAR AND SALT IN THE COCONUT OIL UNTIL THEY ARE FRAGRANT AND LIGHTLY BROWNE AND REMOVE FROM THE HEAT. ONCE THE PEPPERS ARE COOLED, TAKE THEIR SKINS OFF AND DESEED THEM. PUT THEM IN A HIGH POWER BLENDER AND ADD SAUTED INGREDIENTS AND ALL OTHER INGREDIENTS AND BLEND JUST ENOUGH SO THEIR IS NO CHUNKS. REMOVE FROM THE BLENDER AND PUT IN SAUCE PAN AND COOK ON MEDIUM LOW UNTIL READY TO SERVE. ENJOY WITH GLUTEN FREE PASTA, ADD TO GLUTEN FREE PIZZA CRUSTS OR JUST ADD EXTRA COCONUT MILK OR VEGGIE BROTH TO MAKE INTO A BISQUE.

# SPICY MUSHROOM BISQUE / INSTAPOT

**ALLERGY INFO:**  
GF, SF, PF,  
YF, TF, GrF

## Ingredients:

1 ONION CHOPPED

4 HEADS GARLIC PRESSED

1 TAB COCONUT OIL

1 1/2 CUP WATER

1 CAN FULL FAT COCONUT MILK

1 SPRING THYME

1 TEA FRESH ROSEMARY OR 1/2 TEA DRIED

1 TEA FRESH OREGANO OR 1/2 TEA DRIED

1-2 TEA SEA SALT

PINK BLACK PEPPER

1 LIME SQUEEZED

2 TEA DIJON MUSTARD

(OPTIONAL) 1-2 HOT DRIED PEPPERS CHOPPED

## Directions:

ADD ALL TO THE INSTAPOT AND SAUTÉ UNTIL FRAGRANT AND BROWNE. NEXT ADD ALL THE OTHER INGREDIENTS TO THE POT. CLOSE AND LOCK AND SET THE INSTAPOT ON HIGH PRESSURE FOR 7 MIN. KEEP WARM FOR 5-10 MIN, RELEASE PRESSURE AND SERVE.



# INSTAPOT DOUBLE POTATO THAI CURRY SOUP:

**ALLERGY INFO:**  
GF, SF, PF,  
YF, TF, GrF  
RsF, V

## Ingredients:

1 TAB COCONUT OIL

1 MEDIUM CHOPPED

PINCH SEA SALT

4 HEADS GARLIC PRESSED

1 INCH GINGER DICED

2 MEDIUM SWEET POTATOES PEELED AND CHOPPED

2 MEDIUM WHITE POTATOES PEELED AND CHOPPED

2 TAB RED CURRY PASTE

1/2 OF LEMON SQUEEZED

2 CUPS VEGGIE BROTH

1 1/2 CUP FRESH OR CANNED COCONUT MILK

1/2 TAB COCONUT AMINOS / OR REGULAR SOY

## Directions:

ON THE SAUTÉ SETTING LIGHTLY COOK THE ONIONS, GARLIC AND GINGER UNTIL FRAGRANT. NEXT ADD ALL OF THE REST OF THE INGREDIENTS AND CLOSE THE LID. SET ON THE SOUP SETTING. LET COOK, COOL AND ENJOY ALONE, OR WITH RICE OR PASTA. TOP WITH CILANTRO OR BASIL IF YOU LIKE.



# INSTAPOT CURRY SQUASH CARROT SOUP

**ALLERGY INFO:**  
GF, SF, PF,  
YF, TF, GrF  
RsF, V

## Ingredients:

1 TAB COCONUT OIL

1 ONION

3-4 GARLIC CLOVES

3-4 MEDIUM CHOPPED CARROTS

1/2 OF AN ACORN SQUASH PEELED AND CUBED

2 CUPS VEGGIE BROTH

1/2 CUP COCONUT MILK

PINCH OR TWO CURRY POWDER

1/2 LEMON SQUEEZED

SEA SALT TO TASTE

PEPPER TO TASTE

RED PEPPER FLAKES

## Directions:

ON THE SAUTÉ SETTING LIGHTLY COOK THE ONIONS AND GARLIC UNTIL FRAGRANT. NEXT ADD ALL OF THE REST OF THE INGREDIENTS AND CLOSE THE LID. SET THE INSTAPOT TO HIGH PRESSURE. COOK 15 MIN. THEN LET REDUCE PRESSURE NATURALLY FOR 10 MIN. OPEN POT AND BLEND INGREDIENTS IN A HIGH POWER MIXER. TOP WITH YOUR FAVORITE TOPPINGS.



# INSTAPOT TOM YUM SOUP

**ALLERGY INFO:**  
GF, SF, PF,  
YF, TF, GrF  
DF, EF

## Ingredients:

- 1 TEA COCONUT OIL
- 2 SMALL ONIONS CHOPPED
- 3 CLOVES GARLIC PRESSED
- 1 TEAS SEA SALT
- 1 TEA LEMON GRASS POWDER
- 1 TEA KIEFER LIME POWDER
- 1 INCH GINGER PEELED AND CHOPPED
- 2 RED CHILI PEPPERS CHOPPED
- 3 TAB FISH SAUCE
- 2 LEMONS OR LIMES SQUEEZED
- 1 TAB BROWN SUGAR
- 2 TAB RED CURRY PASTE
- 2 TAB TAMMARIND SAUCE
- 2 RED PEPPERS SLICED
- 1 CARROT CHOPPED

## Directions:

ON THE SAUTÉ SETTING LIGHTLY COOK THE ONIONS AND GARLIC UNTIL FRAGRANT. NEXT ADD ALL OF THE REST OF THE INGREDIENTS AND CLOSE THE LID. TURN TO THE SOUP SETTING (AUTO-TIMED). ONCE COOKED, TURN OFF THE INSTAPOT. REDUCE PRESSURE NATURALLY FOR 10 MIN. ADD COOKED SHRIMP IF YOU LIKE.



# THAI TOMATO COCONUT CURRY

**ALLERGY INFO:**  
GF, SF, PF,  
YF, RsF, GrF  
DF, EF

## Ingredients:

3 TAB COCONUT OIL

1 LARGE ONION CHOPPED

5 CLOVES GARLIC PRESSED

2 CHICKEN BREASTS CHUNKED

1 CUP CUBED YELLOW OR BUTTERNUT SQUASH

1/3 C COCONUT MILK

1 CUP HOMEMADE OR PREPARED TOMATO PASTA SAUCE

1/2 LIME SQUEEZED

1 TAB COCONUT OIL

4 TAB THAI RED CURRY PASTE

SALT AND PEPPER TO TASTE

## Directions:

SAUTÉ ONIONS IN COCONUT OIL UNTIL FRAGRANT AND TRANSLUCENT. ADD GARLIC AND BROWN 30 SECONDS. ADD CHICKEN BREAST AND COOK UNTIL BROWNEED. ADD SQUASH, COCONUT MILK, TOMATO SAUCE, LIME, COCONUT OIL, CURRY PASTE, SALT AND PEPPER. STIR AND THEN COVER WITH A LID. LET SIMMER ON MEDIUM UNTIL SQUASH IS COOKED BUT NOT MUSHY. ONCE DONE TURN THE RANGE TO LOW AND LET THE FLAVORS BLEND IN THE POT FOR 10 MIN. SERVE OVER RICE, PASTA OR WITH ROTI.



**ALLERGY INFO:**  
GF, SF, PF,  
YF, DF, EF

# KOREAN BEEF STIR-FRY

## Ingredients:

FOR THE BASE:

1 BIG STEAK

1 TAB COCONUT OIL

1 CHOPPED ONION

3 HEADS GARLIC CHOPPED

1 INCH GINGER PEELED AND CHOPPED

1 TAB SESAME OIL

3 TAB COCONUT AMINOS

1 TAB BROWN SUGAR

1/2 LEMON SQUEEZED

1-2 HOT PEPPERS CHOPPED OR 2 TEA HOT SAUCE

SALT AND PEPPER TO TASTE

STIR FRY VEGGIES OF YOUR CHOICE

ADD ONS:

COOKED RICE

CILANTRO

LIME

TOASTED SESAME SEEDS





**ALLERGY INFO:**  
GF, SF, PF,  
YF, DF, EF

# KOREAN BEEF STIR-FRY

## Directions:

FIRST POUND THE STEAK SO IT IS MORE TENDER. PAT THE STEAK SO IT IS DRY AND NOT WET. HEAT UP YOUR COCONUT OIL IN A PAN AND ADD THE STEAK TO BROWN IT. COOK ON ONE SIDE FOR 1-2 MINUTES AND THEN FLIP THE STEAK TO BROWN IT ON THE OTHER SIDE FOR 1-2 MINUTES. TAKE THE STEAK OFF THE PAN AND LET COOL A BIT. THEN CUT THE STEAK INTO STRIPS AND SET ASIDE COVERED. NEXT ADD YOUR SESAME OIL, GARLIC, ONIONS, AND GINGER TO THE PAN AND LET BROWN FOR ABOUT 1 MINUTE. THEN ADD IN THE COCONUT AMINOS. NEXT ADD THE BROWN SUGAR, LEMON AND HOT PEPPERS AND MIX ALL TOGETHER FOR ANOTHER 30 SECONDS. THEN ADD IN THE STEAK STRIPS AND ANY STIR FRY VEGGIES OF YOUR CHOICE. SAUTE FOR A FEW MINUTES UNTIL THE STEAK IS COOKED AND THE VEGGIES ARE TENDER. ADD TO COOKED RICE AND TOP WITH CHOPPED CILANTRO AND TOASTED SESAME SEEDS.

# BODACIOUS BURGERS

**ALLERGY INFO:**  
**GF, SF, PF**  
**DF, EF**

## Ingredients:

FOR THE BURGER PATTIES:

3 GARLIC HEADS PRESSED

1 ONION CHOPPED FINE

1/2 LIME SQUEEZED

1 TEA DRIED OREGANO

1 TEA FRESH THYME OR 1/2 TEA DRIED

PINCH OF SALT

PINCH BLACK PEPPER

1 POUND GROUND BUFFALO OR LEAN BEEF

FOR THE BOURBON CARAMELIZED ONIONS:

1 1/2 YELLOW SWEET ONION SLICED NOT DICED

1 TAB BROWN OR COCONUT SUGAR

1/8 TEA SEA SALT

PINCH BLACK PEPPER

2 TAB RYE OR BOURBON

GLUTEN FREE BUNS

OPIONAL TOPPINGS:

TOMATO

BACON

KETCHUP OR MUSTURD



# BODACIOUS BURGERS

**ALLERGY INFO:**  
**GF, SF, PF**  
**DF, EF**

## Directions:

FOR THE BURGERS:

BLEND ALL OF THE INGREDIENTS TOGETHER IN A FOOD PROCESSOR EXCEPT THE MEAT. THEN ADD THE MIX TO THE GROUND MEAT AND MIX IT ALL WITH YOUR HANDS. HEAT UP A GRIDDLE TO 400 DEGREES. SHAPE THE PATTIES AND PLACE THEM IN THE FRIDGE UNTIL THEY ARE READY TO BE COOKED.

FOR THE ONIONS:

COOK EVERYTHING IN A HOT PAN UNTIL ONIONS ARE CARAMELIZED, BUT DON'T COVER WITH A LID. ONCE COOKED SET ASIDE UNTIL READY TO ASSEMBLE THE BURGERS.

LIGHTLY HEAT UP THE GLUTEN FREE BUNS ON THE GRIDDLE WITH A LITTLE BUTTER THEN SET THEM ASIDE. NEXT OIL THE GRIDDLE AGAIN AND COOK THE BURGERS FLIPPING AT LEAST ONCE. FINALLY ASSEMBLE YOUR BURGERS AND ENJOY WITH FANTASTIC FRENCH FRIES.

# FANTASTIC FRENCH FRIES

**ALLERGY INFO:**  
GF, SF, PF  
V, YF, RsF  
GrF

## Ingredients:

5 OR 6 BIG RUSSET POTATOES

SALT TO TASTE

PEPPER TO TASTE

1-2 TEA WHITE VINEGAR

## Directions:

CUT THE POTATOES INTO FRY STRIPS AND SOAK THEM IN WATER FOR 1/2 HOUR AND STICK THEM INTO THE FRIDGE. AFTER A 1/2 HOUR TAKE THEM OUT OF THE WATER AND PAT THE FRIES DRY. IN THE MEANTIME PREHEAT THE OVEN TO 450 DEGREES. NEXT PUT THE FRIES IN A PLASTIC BAG WITH SALT, PEPPER AND VINEGAR AND TOSS. PLACE EVENLY ON A GREASED PAN MAKING SURE NO FRIES OVERLAP. FINALLY SPRINKLE MORE SALT AND PEPPER ON TOP OF THE FRIES AND COOK IN THE OVEN FOR 30 MIN OR UNTIL CRISP/ FLIP HALF WAY THROUGH. ENJOY WITH MUSTARD, HOMEMADE MAYO, OR KETCHUP.

# INSTAPOT NOT SO REFRIED BEANS

**ALLERGY INFO:**  
GF, SF, PF  
V, YF, TF  
RsF, GrF

## Ingredients:

1 1/2 CUP DRY PINTO BEANS  
1/2 CAN JALAPEÑOS DRAINED  
1 TEA SEA SALT  
1 TEA DRIED CILANTRO  
PINCH OF BLACK PEPPER  
1 SMALL ONION  
4 HEADS GARLIC  
1/2 LEMON SQUEEZED  
4-5 CUPS WATER

## Directions:

PUT ALL OF THE INGREDIENTS IN THE POT AND COVER WITH 4-5 CUPS OF WATER. CLOSE THE LID AND SET TO PRESSURE COOK. COOK FOR 35 MIN AND LET VENT NATURALLY. RESERVE ABOUT 1 CUP OF THE WATER AND SET ASIDE. DRAIN THE REST OF THE BEAN MIXTURE. NEXT POUR THE BEANS INTO A HIGH SPEED BLENDER AND ADD 1/2 CUP OF THE WATER. BLEND ON HIGH. IF YOU NEED MORE WATER FOR A BETTER CONSISTENCY THEN ADD THE REST OF THE WATER. SERVE OVER AREPAS OR WITH CORN CHIPS.



# GLUTEN FREE ALL PURPOSE FLOUR MIX

**ALLERGY INFO:**  
GF, SF, PF  
YF, V, RsF

## Ingredients:

2.5 CUPS WHITE RICE FLOUR

2.5 CUPS YELLOW CORN FLOUR

1 CUP CORN STARCH

1 CUP QUINOA FLOUR

1 TAB GUAR GUM

## Directions:

MIX ALL THE INGREDIENTS TOGETHER AND STORE IN AIR TIGHT  
CONTAINER.

# BEST EVER CUBAN BAKED BREAD

ALLERGY INFO:  
GF, SF, PF  
V

## Ingredients / Directions:

STEP 1:

1 3/4 TAB YEAST

3 HEAPING TAB ORGANIC SUGAR

1 3/4 CUP WARM WATER (MAKE SURE ITS NOT HOT OR IT WON'T RISE)

LET SIT COVERED IN A WARM SPOT UNTIL IT BUBBLES FOR 15 MIN

STEP 2:

ONCE IT RISES ADD:

3/4 TAB SEA SALT

2 CUP GF FLOUR MIX BLEND

STIR ALL INGREDIENTS. IT WILL BE WET BUT THAT'S NORMAL

COVER AGAIN AND LET RISE FOR 30 MIN OR UNTIL IT DOUBLES IN SIZE

STEP 3:

ONCE IT RISES ADD TO A GREASED LOAF PAN AND MAKE SURE IT'S

SPREAD OUT EVENLY WITHOUT PRESSING IT DOWN TOO MUCH. LET IT

RISE IN THE PAN AGAIN FOR ABOUT 15 MIN. TOP WITH SESAME SEEDS

STEP 4:

HEAT THE OVEN TO 375 DEGREES AND COOK FOR ABOUT 30 MIN.

PLACE ON WIRE RACK TO COOL FOR AN HOUR OR SO BEFORE CUTTING.



# HEARTY GRILLED FLAT BREAD

**ALLERGY INFO:**  
GF, SF, PF  
V, YF

## Ingredients:

2/3 C QUINA FLOUR

2/3 C CORN FLOUR

2/3 C GF FLOUR BLEND

1/2-3/4 C WATER

1 TEA SEA SALT

1 TAB ORG SUGAR

PUMPKIN SEEDS

TJ EVERYTHING BAGEL SEASONING

## Directions:

HEAT A GRIDDLE TO 450 DEGREES, SPOON 1 ICE CREAM SCOOP SIZE OF DOUGH ONTO GRIDDLE AND COOK ONE SIDE LIGHTLY, FLIP BEFORE DONE AND SPRINKLE WITH PUMPKIN SEEDS AND EVERYTHING BAGLE SEASONING. COOK BOTH SIDES UNTIL BROWN.



# AMAZING GRILLED AREPAS

**ALLERGY INFO:**  
GF, SF, PF  
V, YF  
RsF

## Ingredients:

1 TEA SEA SALT

1/2 CUP YUCCA FLOUR OR CASSAVA

1 CUP WHITE CORN FLOUR

1 CUP YELLOW CORN FLOUR

1-2 CUPS WARM WATER

## Directions:

HEAT A GRIDDLE TO 400 DEGREES AND RUB BUTTER OR COCONUT OIL OVER THE SURFACE. TAKE 1/4 CUP OF MIXTURE ONCE BLENDED AND ROLL INTO A BALL. FLATTEN ONCE ON THE GRILL AND LET COOK WELL BEFORE FLIPPING TO THE OTHER SIDE. REPEAT WITH THE REMAINDER OF THE DOUGH. KEEP EXTRA IN YOUR FREEZER.

# SESAME HERB SALAD DRESSING

**ALLERGY INFO:**

GF, SF, PF  
V, YF, TF  
RsF, GrF

## Ingredients:

1/4 CUP SESAME OIL OR OLIVE OIL

1/4 CUP WHITE WINE VINEGAR

1-2 TEAS ITALIAN SEASONING

1 TEA CHOPPED ROSEMARY

1 TEA CHOPPED THYME

1 TEA CHOPPED OREGANO

2 TAB CHOPPED GARLIC

SEA SALT TO TASTE

1 1/2 TAB DEJAN MUSTARD

2 TAB MAPLE SYRUP (OR AGAVE SYRUP)

## Directions:

BLEND ALL OF THE INGREDIENTS IN A FOOD PROCESSOR. STORE IN AN AIR TIGHT CONTAINER IN THE FRIDGE FOR UP TO 2 WEEKS.

# RAD RANCH SALAD DRESSING

**ALLERGY INFO:**

GF, SF, PF  
EF, YF, TF  
RsF, GrF

## Ingredients:

3/4 CUP GREEK YOGURT

1/2 CUP DAIRY FREE UNSWEETENED MILK WITH 1 1/2 TEA WHITE

VINEGAR MIXED

2 CLOVES GARLIC PRESSED OR 1 TEA GARLIC POWDER

2 TAB FRENCH HERB SEASONING

2 TEA ONION POWDER

1 TAB CHOPPED CHIVES

1 TEA SEA SALT

1/2 TEA BLACK PEPPER

1 TEA DIJON MUSTARD

1/2 OF LEMON SQUEEZED

## Directions:

BLEND ALL OF THE INGREDIENTS IN A FOOD PROCESSOR. STORE IN AN AIR TIGHT CONTAINER IN THE FRIDGE.

# PISTACHIO HERB PESTO

**ALLERGY INFO:**

GF, SF, PF  
D, YF, TF  
RsF, GrF

## Ingredients:

1/4 CUP OLIVE OIL OR SESAME OIL

1/2 CUP PISTACHIOS OR OTHER NUT

1 TAB FRESH ROSEMARY OR 1 TEA DRIED

1 TAB FRESH THYME OR 1 TEA DRIED

1 TAB FRESH OREGANO OR 1 TEA DRIED

1 /2 CUP FRESH SPINACH

4 HEADS GARLIC

1 TEA SEA SALT

1/2 TEA BLACK PEPPER

1/4 CUP GOOD WATER

1/2 OF LEMON SQUEEZED

## Directions:

BLEND ALL OF THE INGREDIENTS IN A FOOD PROCESSOR. STORE IN AN AIR TIGHT CONTAINER IN THE FRIDGE FOR UP TO 2 WEEKS.

# LOW SUGAR GINGER BEER BOSS

**ALLERGY INFO:**

GF, SF, PF  
D, YF, GrF

## Ingredients:

1 SHOT TEQUILA

1/2 SHOT WHISKEY

1/2 BOTTLE ALL NATURAL LOW SUGAR GINGER BEER (NOT DIET!)

1-2 ICE CUBES

TOP OFF WITH LIME SODA WATER IF YOU LIKE

1 SQUEEZE OR FRESH LEMON OR LIME

## Directions:

MIX TEQUILA AND WHISKEY TOGETHER AND ADD TO YOUR GLASS, THEN ADD ICE CUBES, GINGER BEER AND SODA WATER, AND A SQUEEZE OF LIME AT THE END.





**ALLERGY INFO:**  
GF, SF, PF  
D, YF, GrF

# LOW SUGAR BLUEBERRY MARGARITA

## Ingredients:

1 1/2 SHOTS WHITE TEQUILA  
1/2 LEMON SQUEEZED  
1/4 CUP BLUEBERRIES  
A FEW ICE CUBES  
1/4 CUP ALL NATURAL LEMON SODA  
CLUB SODA TO TOP IT OFF  
EXTRA BLUEBERRIES FOR GARNISH

## Directions:

MIX TEQUILA, LEMON JUICE, BLUEBERRIES AND ICE CUBES IN A HIGH SPEED BLENDER. NEXT POUR INTO THE GLASS AND ADD THE LEMON SODA, CLUB SODA AND EXTRA BLUEBERRIES.



# LOW SUGAR SANGRIA BERRY SPRITZER

**ALLERGY INFO:**  
GF, SF, PF  
D, RsF, GrF

## Ingredients:

1/2 CUP RED WINE

1/2 SHOT VODKA

1/4 CUP RED BERRIES OF YOUR CHOICE

1/2 CUP BERRY FLAVORED SODA WATER

A FEW ICE CUBES

## Directions:

MIX THE RED WINE, VODKA AND BERRIES TOGETHER AND LET SOAK FOR 15 MIN IN THE FRIDGE. NEXT ADD THE SODA WATER AND ICE CUBES.

# PINEAPPLE ELECTROLYTE WATER

**ALLERGY INFO:**  
GF, SF, PF  
D, YF, GrF

## Ingredients:

1 LARGE GLASS FILTERED WATER

1 PINCH PINK HIMALAYAN SEA SALT

2 TAB FRESH PINEAPPLE (NO SUGAR ADDED)

1 SQUEEZE OF FRESH LEMON

A FEW ICE CUBES

## Directions:

MIX ALL INGREDIENTS IN A LARGE MASON JAR OR WATER BOTTLE AND DRINK THROUGHOUT YOUR DAY, ESPECIALLY DURING AND AFTER A WORKOUT.

# FAST MIX & MATCH MEAL IDEAS

You can make a balanced meal by combining one protein, one carbohydrate and one fat from the following lists. \*Note: Before choosing your selection of ingredients be sure that you are not allergic or intolerant to them! Eating these foods, although they may be healthy, could cause more health problems in the long run!

## Healthy Sources of Protein:

**PLAIN ALL NATURAL PROTEIN POWDERS**

**EGGS**

**FISH**

**SHELLFISH**

**CHICKEN**

**TURKEY**

**BUFFALO**

**BEEF**

**ANY BEAN + CORN OR RICE**

**BUCKWHEAT**

**HEMP OR CHIA SEEDS**

**FLAXSEED**

**HAZELNUTS**

**WHOLE SOYBEANS**

**EZEKIEL BREAD**

**SPIRULINA + NUTS**

**COTTAGE CHEESE**

**STRING CHEESE**

**KEFIR**

**PLAIN GREEK YOGURT**

**QUINOA**

**PEANUT BUTTER + GLUTEN FREE**

**BREAD**

**LENTILS + RICE OR CORN**

**ALMONDS**

**PUMPKIN SEEDS**

# FAST MIX & MATCH MEAL IDEAS

You can make a balanced meal by combining one protein, one carbohydrate and one fat from the following lists. \*Note: Before choosing your selection of ingredients be sure that you are not allergic or intolerant to them! Eating these foods, although they may be healthy, could cause more health problems in the long run!

## Healthy Sources of Carbohydrates:

GLUTEN FREE OATMEAL

BROWN RICE

QUINOA

POTATOES - ANY KIND

BEANS - ANY KIND

PEAS

LENTILS

CORN

FRUIT - ANY WHOLE FRUIT

SQUASH - ANY KIND

VEGETABLES\* - ANY STARCHY KIND

\*NOTE: NON STARCHY VEGETABLES

CAN BE EATEN AS MUCH AS YOU LIKE

WITHOUT COUNTING IT TOWARDS

YOUR CARBOHYDRATES

# FAST MIX & MATCH MEAL IDEAS

You can make a balanced meal by combining one protein, one carbohydrate and one fat from the following lists. \*Note: Before choosing your selection of ingredients be sure that you are not allergic or intolerant to them! Eating these foods, although they may be healthy, could cause more health problems in the long run!

## Healthy Sources of Fats:

AVOCADOS OR AVOCADO OIL

WALNUTS OR WALNUT OIL

ALMONDS OR ALMOND OIL

MACADAMIAS OR MACADAMIA OIL

COCONUTS OR COCONUT OIL

COCOA BUTTER

OLIVES OR OLIVE OIL

ANY KIND OF SEEDS OR SEED OIL

REAL BUTTER - NOT LIGHT!

GHEE

BEEF TALLOW

ANY KIND OF NUT