

Salad Dressings, Dips and Sauces

Fresh Basil Vinaigrette

½ C. Bragg's Organic Apple Cider Vinegar
1 C. Olive oil
¼ Cup. fresh basil
2-3 T. raw honey
2 garlic cloves
1 t. Celtic sea salt

Place all ingredients in a wide mouth glass jar and blend with stick blender or food processor until emulsified. (if you do not have a blender stick or processor then dice the garlic and basil finely and whisk dressing well). Keep in fridge 2-3 weeks. This dressing is so nice with a salad of mixed field greens, pomegranate, pine nuts and sliced green onions—very festive and fun for a holiday or any day! Makes several servings

Red Wine Vinegar Southwestern Vinaigrette

½ C. red wine vinegar
1 C. Avocado oil
2-3 T. Honey
1 t. stone ground mustard
2 cloves fresh crushed garlic
1 t. smoked salt
½ t. smoked paprika and black pepper to taste

Place all ingredients in a wide mouth glass jar and blend with stick blender or food processor until emulsified. (if you do not have a blender stick then dice the garlic finely and whisk dressing well). Keep in fridge 2-3 weeks. Makes several servings

Basic Salad Dressing/Marinade for Grilled Chicken

½ C. Bragg's Organic Apple Cider Vinegar
1 C. Olive oil
½ small red onion diced finely
1 T. Organic stone ground Dijon mustard
2 T. honey
1 t. Celtic sea salt and pepper to taste

Place all ingredients except for the onion into a wide mouth glass jar and blend with stick blender or food processor until emulsified. (if you do not have a blender stick whisk dressing well). Add onion after blending and mix well. Keep in fridge 2-3 weeks. Makes several servings

Honey Ginger Dressing

4T. Organic Rice Vinegar
1 T. Organic White Miso Paste
2 T. Peeled sliced fresh ginger
1 clove garlic
2-3 T. Organic Raw Honey
A pinch of pepper and salt to taste
1 Cup Avocado oil
A bit of water to thin if desired

Blend all ingredients in food processor or with a blender stick. Serve over fish, poultry, or bed of mixed greens (or finely chopped cabbage), thinly sliced cucumber, coarsely grated carrot, thin slices of jalapeno, and sliced green onion. Add fresh diced mint leaves, cilantro or parsley to change up the flavor. Yumm!

Avocado Dressing/Veggie Dip

1 fresh ripe avocado
¼ C. olive oil
1-2 T. Organic Apple Cider Vinegar
3 T. Grapeseed Vegenaïse
1 Clove fresh garlic
1 green onion
Celtic sea salt to taste (about 1 t.)
Water to desired consistency

Place all ingredients except for onion in a wide mouth glass jar and blend with stick blender. Add onion last and stir in. Use within 1 week.

Lemon Dressing

1 lemon juiced
3 T. olive oil
1 pressed garlic clove
1-3 t. raw organic honey
1t. Celtic sea salt

Pepper or crushed red pepper to taste. Mix well and toss with mixed greens or use as marinade for fish or chicken

Ranch Dressing/Veggie Dip/Potato Chip Dip

½ C. Wallaby full fat plain yogurt or other high quality yogurt
2T Grapeseed Vegenaïse
1 T. fresh or dried onion
½ t. garlic powder
Celtic sea salt to taste
Add 1 tablespoon or so water for dressing

Mix all ingredients together and use as dip or dressing. Keeps in fridge about 2 weeks

Veggie Marinade

1 Lemon Juiced
1-2 T. Olive oil
2 t. Honey
2 t. salt
½ t. pepper

Mix well. Add salt to taste. Pour over your favorite diced veggie mix—Make it new every time! Some favorites: jicama, shredded carrots, red cabbage, cilantro, zucchini, bell peppers, red onion

Cilantro Lime Vinaigrette

1/3 Cup Organic rice vinegar
2 tablespoons fresh lime juice
2 tablespoon honey
1 small clove garlic
1-2 teaspoon chipotle chile in adobo sauce
½ teaspoon real sea salt
3/4 cup avocado oil
1/2 cup chopped fresh cilantro, patted dry with paper towels and firmly packed
Place all ingredients into a wide mouth glass jar and blend with blender stick until emulsified.

White Wine Vinaigrette

4 T. White wine vinegar
1 Large Garlic clove
2 t. Dijon mustard
1 T. Raw honey
½ t. Thyme
¾ C. Olive oil or Avocado oil
½ t. Real Sea Salt and pepper to taste
Place all ingredients into a wide mouth glass jar and blend with blender stick until emulsified.

Sesame Miso Dip/Dressing

2 T. Organic Miso Paste (red or white)
1 T. Organic Raw Honey
¼ C. Organic Rice Vinegar
2 T. Organic Toasted Sesame Oil
a pinch of red pepper flakes
Wisk all ingredients together well. Use as a marinade on grilled fish or chicken or toss into a salad or over raw or cooked veggies.

Creamy Basil Vinaigrette

1 small shallot (or red onion) roughly chopped
1 cup fresh basil leaves stems removed
1 clove garlic
1/4 teaspoons red pepper flakes
1/2 cup avocado oil
2 tablespoons red wine vinegar
2 tablespoons Grapeseed Veganaise
1 teaspoon kosher salt

Combine all the ingredients except for shallot into a wide mouth glass jar and blend with blender stick for 60 seconds until smooth. Add shallot. Taste and adjust salt and pepper as needed and stir well. Keep in refrigerator 1-3 weeks

Tahini Dressing/veggie dip

4 T. Toasted Sesame Tahini
1 lemon juiced
2 t. raw honey
1 t. water
a dash of cayenne (optional) and salt to taste

Combine all together, add more water if needed, toss with vegetables or salad

Thai Sweet and Spicy Chili Dressing/Stir Fry Sauce

¼ Cup Organic Raw Honey
2 T. Apple Cider Vinegar
2 T. Finely Chopped Red Bell Pepper
2 Cloves Garlic Chopped
1 T. Crushed Red Pepper
1 t. Organic Sea Salt

Mix all ingredients together. Use as a stir fry sauce or top on Asian lettuce wraps or on Asian Salad

Easiest Ever Salad Dressings

Use equal parts of organic olive oil and Napa Valley Naturals Cherry Wood aged Balsamic Grand Reserve Vinegar, or other high quality balsamic vinegar or Braag's Organic Braggberry. Pour directly over greens or blend with blender stick to emulsify. Great with mixed greens, pineapple, and pecans.

Saucy Sauces

Green Chili Aioli

1/3 Cup Grapeseed Veganaise
1/3 Cup Wallaby full fat Greet Yogurt or goat yogurt
1/3 Cup Fresh fire roasted green chilis or 505 Fire Roasted Green Chili
Salt to taste

Blend with blender stick until smooth. Serve on Sourdough toast, with crackers, rice chips, eggs or on top of sardines/mackerel.

Chipotle Aioli

1/3 Cup Grapeseed Veganaise
1/3 Cup Wallaby full fat Greek Yogurt or goat yogurt
Smoked paprika and salt to taste

Stir until smooth. Serve on a piece of Sourdough (no yeast) toast or with crackers, rice chips or on top of sardines/mackerel.

Everything Sauce

½ Cup Veganaise Grapeseed Oil Salad dressing
1 T. Organic Ketchup
1 t. Stone ground Mustard
1 large chopped Lacto Fermented Pickle (no vinegar)

Mix together and top on taco salad, eggs, sardines, tuna or Rueben sandwich

LEMON HERB COCONUT SAUCE

½ Can Coconut Milk
2 T. Almond butter
1 T. Special Spice Blend (see below)
1 t. Lemon juice
1 T. Honey
Salt to taste

Add all ingredients into small sauce pan. Stir and mix well. Heat on stove until warm and thickened. Serve over grilled fish, chicken, veggies, steamed kale, or quinoa

Special Herb Blend

Whole Rosemary Leaf	Savory
Marjoram	Chives
Coriander Seed	Oregano
Cilantro	Rubbed Sage
Basil	Thyme

Grind in coffee grinder 2 T. each (If you have some of these spices but they are already ground then use 1 T. of each). Keep in tightly sealed jar—use for Lemon Herb Coconut sauce or other recipes.

Asian Peanut Sauce

¼ Cup rice vinegar
¼ Cup water
¼ Cup Avocado oil
¼ Cup organic white miso paste
2 T. Honey
1 T. Braggs Liquid Aminos
4 T. Organic peanut butter
½ t. sriracha sauce
salt to taste

Place all ingredients into wide mouth glass jar and blend with blender stick. This recipe is great for stir fry, grilled meat, veggies, and on salads. Will keep in fridge 1-2 weeks.

Toasted Pecan Pesto Sauce

2 C. Fresh Basil leaves
½ C. Lightly Toasted Pecans
1 T. Ghee
¼ C. Organic White Miso Paste
2 Cloves fresh garlic coarsely sliced
2 T. Rice Vinegar
½ C. Avocado Oil
Salt and Pepper to taste

Place all ingredients in wide mouth jar and blend with blender stick or in food processor. Add a bit of water if sauce is too thick. Use in stir-fried vegetable, rice and bean or meat dishes as desired or as a salad dressing. Refrigerate for up to one week. Freeze portions if desired

About Miso...

Miso is a fermented soy that is super easy to digest and full of probiotics! Soy today has a bad rap in general because many people have food sensitivities to the GMO and processed soy that we are overconsuming. Over 97% of the soy in the US today is GMO. As we know GMO foods are very damaging to the digestive tract and are huge triggers for food allergies and sensitivities. If you have a sensitivity to soy you may need to work on some gut healing protocols before implementing miso into your diet. Miso has over 150 strains of good bacteria! Compare that to an expensive probiotic that you can purchase which typically have 10-12 strains. The more we diversify our gut bacteria the better chances we can have to achieve optimal health 😊 Adding into sauces and dressings is a yummy way to get your family to enjoy more healthy choices. Miso can also be added to soups. Use less salt and miso and you will have a rich and flavorful soup. Cooking miso can destroy the probiotic content so consider added it just before serving or to your individual bowl to keep it raw.

Salad Favorites

Black Bean Quinoa Salad

(Could also do with just Quinoa or Wild Rice both are complete protein options)

3 cups water
1 ½ cup quinoa
1 can of black lentils (or scratch made)
½ large red bell pepper diced
3 sprigs of green onions sliced
1 cup thawed organic white corn (optional)
2 tsp oil
2 tsp. red wine vinegar
1 tsp. hot sauce
2 tsp. organic honey
1 clove crushed garlic
salt and pepper to taste

Soak quinoa 1-8 hours. Cook according to package. Rinse the lentils. Once the quinoa is fully cooked (all the water is gone and the quinoa is translucent), remove from heat. Cool a bit. Mix all ingredients together. Season to taste with salt, pepper and hot sauce. Can be served hot or refrigerated to be served as salad.

Cauliflower Broccoli Quinoa Salad

1 Cup cooked Quinoa
1 Cup chopped Broccoli
1 Cup Chopped Cauliflower
½ cup sliced green olives
½ cup (or more) Grapeseed Veganaise
salt to taste if desired

Toss all ingredients together and serve

Mango Salsa Salad

For the salsa (can be used in other recipes)

1-2 Mango diced
1 small red onion small diced
½ red bell pepper diced
1 small bunch of cilantro chopped
Juice of 1 lime
1 T. Honey
1 t. Salt (or Salt to taste)

Stir all ingredients together. Serve over a bed of mixed greens or on grilled fish or chicken

Favorite Salad

1 Can large Garbanzo Beans—rinsed and drained
1/2 Bag Lundberg Rice Chips—crushed to bite size pieces
½ pineapple diced
½ red bell pepper diced
¼ red onion diced
1 small bunch cilantro diced
1 large tub of mixed green salad

Toss with either the Red Wine Vinegar dressing or Fresh Basil Dressing and serve

Amazing Green Salad By Dr. Junger

4 handfuls baby greens mix
A small handful of fresh cilantro leaves, roughly chopped
A few sprigs of fresh parsley leaves, roughly chopped
A small handful of chives, roughly chopped
5 basil leaves, minced
A few sprigs of fresh dill
1 small cucumber, peeled and thinly sliced
1 red radish, thinly sliced
1 avocado, peeled, cut in cubes or sliced lengthwise
A handful of sunflower /radish or alfalfa sprouts or baby/micro greens
6 pitted black olives sliced

1/4 cup almonds, roughly chopped

Layer ingredients. Start with the base of greens, mix in all herbs, then add cucumbers, radishes, avocado and sprouts. Sprinkle with olives and mix together, seasoning with sea salt, black pepper, miso or anything else you like.

Strawberry Spinach Dill Salad

1 pint fresh strawberries sliced
1 pint fresh blue berries
1/2 cup slivered almonds
1/4 cup fresh chopped dill weed
3 green onions sliced
1 large bunch of Spinach or mixed greens

Mix together and serve with Red Wine Vinaigrette or Fresh Basil or other dressing

Cucumber Salad

2 cucumbers, very thinly sliced.
1 red onion, very thinly sliced.
2 tablespoons rice vinegar or 2 tablespoons lemon juice.
2 tablespoons full fat Wallaby yogurt.
salt and pepper, to taste
1/2 teaspoon honey
1 teaspoon chopped fresh dill

Mix together and serve.

Cucumber Avocado Salad

4 medium cucumbers, peeled and diced
2 avocados, peeled diced
1 Cup full fat Wallaby Yogurt
1/2 small diced onion
1 clove garlic, minced
1 tablespoon dried dill weed

salt and pepper to taste Mix all together and serve. Optional: mix in pieces of tuna or Mackerel

Wild Rice and Lentil Salad

1 Cup soaked cooked wild rice
1 Cup can or from scratch black or green lentils or other beans of choice or skip the beans if desired
1 large avocado diced
1 large heirloom tomato diced
1 medium cucumber diced
1 small bunch of cilantro chopped
1 green or other small onion diced
2 T. Organic Rice Vinegar

Salt and pepper to taste. Mix all ingredients together. Serve over a bed of arugula or other mixed greens.

Vegetable Favorites

MAPLE DIJON ROASTED ROOT VEGETABLES

- 3 T. pure organic maple syrup
- 3 T. True Natural Taste Stone Ground Dijon Mustard
- 3T. Grapeseed Oil
- ½ t. Celtic Salt
- ½ t. black pepper

Place above ingredients in large bowl and mix well then add:

Cleaned and cut into ½ inch slices of each:

- 1 large sweet potato
- 1 turnip
- 3 Parsnips
- 3 Carrots (or tri colored carrots)

Toss well

Spread over baking sheet (use parchment paper if desired for easier clean up) and roast at 425 degree for about 30 minutes or until browned and cooked through.

Serve with rinsed and cooked quinoa

CREAMED KALE

Sauté 1 onion in 1 T. Coconut oil until browned

Add 4 cloves of garlic and brown

Add 3 T. water and

1 bunch of cleaned diced kale

Cook covered over medium heat for about 3-4 minutes

Remove from heat

Drain water add salt, pepper and a few tablespoons of goat yogurt or Canned Coconut Milk/veganise

Serve with rinsed and cooked Quinoa

(this recipe can also have Indian spices added for a delicious Indian Saag—curry spice, Graham Marsala, or crushed red peppers—also top with currents—Yummy!)

SWEET POTATO SALAD

4-6 large sweet potatoes washed and diced

boil in large pot of water for about 45 minutes until desired softness

Drain and cool—refrigerate until cold

Once cold, add:

½ cup or more of Veganise grapeseed (mayo)

1 stalk of celery diced

1 small diced onion and salt/pepper to taste

½ c. pecans if desired (or add these when you dish up your serving so they stay crisp)

SWEET POTATO MASH

4-6 large sweet potatoes washed and diced (skins on)

place in large baking dish with

1 can coconut milk

1t. salt

½ t. cinnamon

¼ t. nutmeg

¼ t. ginger

stir, cover with foil and bake in 350 degree oven for 3-4 hours

remove from oven and cool just a bit

can be served just as is or mash with a hand blender until creamy

top with a dab of organic maple syrup if desired

ROSEMARY AND GARLIC ROASTED ROOT VEGETABLES

Clean and dice in bite size pieces the root Vegetables of your choice

Toss in:

2 T. chopped rosemary

2 T. chopped garlic

2 T. grape seed oil

2 t. Celtic sea salt

Bake at 350 degrees on large baking sheet or stone for 45 minutes or until browned stirring occasionally

Serve over rinsed cooked Quinoa

PESTO VEGGIES

10 cloves of fresh garlic pressed

2 T coconut ghee or coconut oil or butter

Sauté over medium low heat until lightly brown then remove from pan

Use the same pan and add:

2T Coconut Ghee

¼ cup pine nuts pressed or whole or combination

1 cup fresh diced broccoli

1 cup fresh diced cauliflower

1 t. salt

sauté' for until lightly browned then add back the garlic along with

3 T. dried basil

2 T. coconut milk

¼ C. fresh parmesan if desired

Soups and Stews

Bone Broth Lamb Stew

- 2 Lbs Grass-fed Lamb Stew meat or other meat such as bison or beef
- 1 Lb. Grass-fed Lamb bones
- 1 T. Apple Cider Vinegar
- 1 T. Organic sea salt
- 1 Pinch Rosemary
- 1 Pinch Basil
- 1 Pinch Oregano
- 1 Cup Onions Chopped into bite-size pieces
- 2 Lbs Red Potatoes or sweet potatoes Cut up into quarters
- 1 Cup Carrots Rainbow carrots from market, cut into bite-size pieces
- 1 Cup Parsley Chopped
- 2 T. Garlic Dried
- 1 Jar organic no sugar spaghetti sauce (optional)
- 2 Cups Water

Before bedtime place the bones in a crock pot and just enough water to cover the bones and add 1 T. apple cider vinegar and 1 T. organic sea salt. Cook over night on lowest setting. Early in the morning place thawed lamb meat in the crock pot, sprinkle fresh herbs directly onto lamb meat pieces and then layer potatoes, carrots and fresh herbs. Finally pour water on top of mixture and salt well. Turn on HIGH heat setting for 1 hour and then LOW for 8-9 hours avoid boiling. Serve for the evening meal. Leftovers can be frozen or used over the next few days.

Super Energy Kale Soup by Dr. Mercola

- 1 medium onion, chopped (if tolerated)
- 4 cloves garlic, chopped (if tolerated)
- 5 cups chicken or bone broth
- 1 can full fat coconut milk
- 1 medium carrot, diced into 1/4-inch cubes (about 1 cup)
- 1 cup diced celery
- 2 red potatoes, or sweet potatoes diced into 1/2-inch cubes
- 3 cups kale, rinsed, stems removed and chopped very fine
- 2 tsp dried thyme
- 2 tsp dried sage
- salt and pepper to taste

Directions:

- . Chop garlic and onions and let sit for 5 minutes to bring out their health benefits.
- . Heat 1 TBS broth in a medium soup pot. Sauté onion in broth over medium heat for about 5 minutes stirring frequently. Add garlic and continue to sauté for another minute.
- . Add broth, carrots, potatoes and celery and bring to a boil on high heat.
- . Once it comes to a boil reduce heat to a simmer and continue to cook for another 15 minutes.
- . Add kale and rest of ingredients and cook another 5 minutes

Dr. Jill's Paleo Ginger Chicken Noodle Soup

Here's a delicious way to beat the cold when you are in the mood for a great comfort food. This version is completely grain-free, healthy, paleo-safe, husband-approved and absolutely delicious!

2 chicken breasts chicken breasts baked and cut into chunks

7 cups bone broth

2 tbsp olive oil organic

1/2 clove garlic or 1 tsp of freeze dried garlic

1/2 cup white onion chopped, organic

1/2 cup Italian parsley chopped, organic

1/4 cup cilantro chopped, organic

2 tsp chives chopped, organic

2 sprigs Basil leaves chopped, organic

1 tsp thyme chopped, organic

1 tsp ginger root chopped, organic

1/4 whole lime juice squeezed

3 tsp sea salt (I used the garlic variety)

4 whole carrots organic carrots sliced

1/2 cup red bell peppers yellow & red bell peppers

2 cups broccoli slaw For the "noodles" I use Taylor Organic broccoli slaw – Add 2 cups

Combine all ingredients and Simmer on low heat for 60-90 minutes or until veggies soft and flavors blended...Enjoy

Mediterranean Style Lamb Stew By Huagen's Mountain Grown Lamb

1 lb. pre-seasoned lamb steak

8 boiling onions, or 1 yellow onion

2 carrots

2 ribs celery

1 small red bell pepper (omit for elimination diet)

8 olives

4 artichoke hearts

1/4 tsp. chopped garlic

1 tsp, capers (optional)

2 slices prosciutto ham (optional)

olive oil

salt and pepper to taste

Preparation: • Cube the lamb steak into bite size chunks. • If using pearl onions, parboil them for a minute, drain and set aside to cool. If using regular onion dice large. • Cut carrots, celery, and red pepper about the same size as lamb chunks. • Quarter artichoke hearts. • Cut prosciutto into small strips. • Sear the lamb in a cast iron skillet or saute pan until evenly browned. Remove from pan and set aside. • Using enough olive oil to lightly coat the pan, saute vegetables with a sprinkle of salt for about five minutes over medium heat, stirring frequently. • Add garlic, artichoke hearts, olives, capers and prosciutto toward the end of the process, along with the lamb. Mix well. Add a small amount of water or red wine, cover and simmer until vegetables are tender, approximately 15 to 20 minutes. Season to taste. Serve with potatoes.

Belgian Waterzooi Soup

- 2 leeks peeled, washed and sliced (or a large onion diced)
- 2 large carrots washed and sliced
- 2 celery stalks washed and sliced
- 1 medium red onion diced
- 2 large red potatoes washed and small diced
- 2-3 chicken breasts or white fish filets cut into bite sized pieces (*or a whole free range chicken cooked into bone broth and shred the chicken)
- 2 tablespoons butter or ghee
- 4 cups chicken broth
- 1 can coconut milk
- 2 tablespoons tapioca starch
- 2 egg yolks
- 1 handful fresh parsley, chopped
- Salt and pepper to taste

In a deep pot, melt the butter and sauté the vegetables starting with the carrots for a couple of minutes then adding the celery, then leeks, onion and potatoes. Once the vegetables are lightly saute'ed add the chicken breast and broth. Stir and cover the pot. Keep at a low boil until the chicken is cooked through and the vegetables are soft.

In a bowl, whisk the coconut milk, starch, and egg yolk. Add this mixture to the pot. Add more broth to thin the mixture as desired. Stir constantly over medium low heat until the waterzooi thickens.

Season with salt and pepper, and cook for 2 to 3 more minutes at a low simmer.

Serve in soup plates, topped with fresh parsley

*Preferred method: make a homemade chicken bone broth and use the chicken and broth from that to make this recipe.

Vegetarian Option: Instead of chicken use a mushroom or vegetable broth and protein of choice: wild rice, brown rice and beans, or quinoa. Our favorite is with wild rice—so nutty and delicious. Wild rice is technically a seed and is complete protein by itself. Brown rice and beans together make a complete protein.

Wild Rice and Mushroom Soup

1 Cup wild rice
1 Cup green lentils
2 Cans coconut milk
6 carrots sliced
2 celery stalks sliced
1 large red onion diced
½ red bell pepper sliced
8 oz. organic mushrooms of choice sliced
4 Tablespoons Coconut oil or ghee (or half coconut oil/half ghee)
4 Tablespoons dried basil
1 Tablespoon Himalayan pink sea salt plus more to taste
A splash of white cooking wine or Champagne cooking vinegar reserve (optional)

- Soak wild rice and lentils in water overnight and then drain water and cook them in a large covered stock pot in 8 cups of water, bringing to a boil over medium heat then reduce heat to low and cook for one hour. **Optional Pressure cooking directions:** soaking can be eliminated if cooking in a pressure cooker. Cook wild rice and lentils in 9 cups of water on the pressure cook setting (cooking in pressure cooker will only take about 45 minutes).
- While rice and beans are cooking, saute' veggies in a large cast iron or stainless steel skillet...**Preheat skillet** to a medium high heat. Add the coconut oil/ghee. Start with the carrots, cooking until slightly browned, then push the carrots to one side. Add celery, bell pepper, and onion continuing to brown these, stirring occasionally then last add mushrooms and basil continuing to stir until all the veggies are saute'ed. Salt to taste. Add coconut milk and cooking wine. Reduce heat to low until rice and lentils are ready.
- Once rice and lentils are done add all ingredients to the stock pot or pressure cooker.
- Cook for about 10 minutes longer in pressure cooker or 30 minutes longer if cooking in a stock pot until rice and vegetables are all soft. Salt to taste. Enjoy!

Creamy Cauliflower and Wild Rice Soup

2 T. Ghee or coconut oil
1 cup chopped celery
1 medium white onion, diced
3 cloves garlic, minced
1 tsp each ground thyme and oregano
2 large washed diced carrots
1 small head of cauliflower, chopped into small florets
5 cups of water
1/2 cup nutritional yeast
1 1/2 cups cooked wild rice
1 tsp each sea salt and black pepper, or more to taste
squeeze of fresh lemon juice

Cook the wild rice according to package instructions. I used a wild rice blend. Once it's cooked, set aside.

Heat large a stainless steel skillet or soup pot to medium high heat. Add Ghee once pan is hot. Saute the vegetables starting with the carrots then adding celery, onion and garlic. If the pot starts to dry out at any time, add more ghee. Add the thyme and oregano, stir to combine and cook for another 2 minutes until fragrant.

Add the cauliflower and water and simmer over medium heat until the carrots and cauliflower are tender. This should take approximately 20 minutes.

Stir in the nutritional yeast.

Using an emersion blender blend the mixture "lightly" for about 20-30 seconds so it is somewhat creamy but still has larger pieces of the vegetables

Stir in the cooked wild rice.

Season with the salt and pepper and if desired, a squeeze fresh lemon.

Serve right away with chopped fresh chives or green onion or store in the fridge for up to 5 days or freezer for up to 2 months.

Creamy Ham (Turkey) Broccoli Casserole

- 1 large head broccoli (about 8 cups cut into small florets)
- 2-4 medium sized red diced potatoes—skins on
- 1-2 Cups of cooked diced ham or turkey
- 1/2 cup Veganaise or organic Mayonnaise
- 2 cans coconut milk
- 1/4 cup melted ghee or olive oil
- 1 -2 tsp Garlic powder or to taste
- 2 t. salt
- 1 tsp black pepper
- 1 cup organic cheddar cheese shredded (optional for dairy intolerance)
- 1 small onion finely chopped
- 1 T. dried chives

Instructions

1. Set oven to 350 degrees.
2. Butter a large baking stone or casserole dish
3. In a medium bowl combine the mayonnaise with coconut milk, melted butter, garlic powder, seasoned salt, black pepper, chives, cheddar cheese and onion; mix well to combine.
4. Add broccoli, ham and potatoes; combine well.
5. Pour mixture into baking stone
6. Bake uncovered for about 1 hour or until bubbly and potatoes are soft (the cheddar cubes do not have to be completely melted!).
7. Top with ½ c. grated parmesan cheese near end of baking time if desired

Fish Favorites

Restaurant Style Grilled Fish

Prepare the fish: (our favorite is wild salmon but any high quality fish can be used)

Pat dry with paper towel

Remove skin (or have them do it for you at the fresh fish counter)

Season with salt and pepper to your liking

Brush with melted (but not hot) coconut ghee or other high quality oil well coated but not dripping

Prepare the grill:

Pre-heat one side of grill to 450 degrees or as hot as your grill will go if it does not go that hot.

Leave other side of the grill turned on low.

Coat the grill grate lightly with ghee using a folded paper towel dipped in oil and held with tongs.

Place fish on the hot side of the grill and close grill

DO NOT open grill for 4 or 5 minutes

After the 4-5 minutes open grill and use spatula to see if the fish is pulling up from the grate easily. You are looking for the fish to release on its own from the grill.

If it is not releasing from the grill then close grill again.

Check again in another minute or so.

Once fish pulls up from the grate almost on its own it is done on that side.

Before turning fish coat lightly with ghee again.

Turn fish and place on the side of the grill that is turned on low.

Coat lightly with ghee on this side.

Close grill and cook for another 3 minutes or until desired doneness.

This recipe is excellent just as is with veggies and salad.

Add butter sauce or mango salsa if desired for a nice variation

Butter Sauce

2 T. Grass Fed Butter

2 T. Kalona full fat plain yogurt

1 T. Stone Ground mustard

Salt to taste

melt in small glass dish over low heat on the stove top

Serve over fish of choice

Dressing for Sardines, Anchovies, Mackerel

½ Cup Veganise Grapeseed Oil Salad dressing

1 T. Organic Ketchup

1 t. Stone ground Mustard (no white/distilled Vinegar)

1 large diced Lacto Fermented Pickle (no vinegar)

Mix all ingredients together and serve on top of canned fish...

Place sardines on plate and scoop a couple of tablespoons of dressing on top and serve with sauerkraut, salad or steamed vegetables

Mackerel Salad

(Mackerel tastes and has very similar to tuna but is a small fish that is much lower in mercury content so a better option)

1 Can Mackerel drained

2-3 T. Veganaise

1-2 Bubbies relish or chopped lacto-fermented pickle

Serve over salad

SALMON GLAZED WITH TAHINI

Tahini (sesame butter), honey, and organic coconut soy-free aminos *create a sauce that can be used as both a glaze and a dip!*

4 Wild Caught Salmon Fillets

Celtic Salt

Organic Fresh Ground Pepper

Glaze:

3 Tbsp. Organic Tahini*

3 Tbsp. Organic Honey

3 Tbsp. Organic Coconut soy-free Aminos*

Score the thick part of the salmon to allow for even roasting.

Sprinkle with Celtic salt and organic ground pepper.

Mix glaze ingredients together and pour over salmon.

Bake @ 400 degrees for 30-40 minutes, depending on the size of the fillet

Wild Salmon Burgers

2 cans wild caught salmon or sardines or sardines, drained

3 eggs

3 garlic cloves, minced

2 tbsp green onions, minced

2 tbsp lime juice

1 tbsp mustard

2 tsp fresh cilantro, minced

½ tsp black pepper

1 tsp sea salt

1/4 cup coconut flour

In a bowl, mix the salmon, garlic, green onions, and cilantro

In a separate bowl, combine the eggs, lime juice mustard, pepper, and salt

Combine both mixtures until well incorporated then add coconut flour and mix again.

Spoon batter onto greased pan over medium high heat and cook burgers until browned then flip (about 4 minutes each side)

SEARED AHI TUNA

1-2 Large pieces (6-8 ozs) Wild Caught Ahi Tuna

Marinade:

1/2 C Organic Gluten Free Soy Sauce

1 Tbsp Organic Honey

2 Cloves Organic Garlic

2 Tbsp Organic Freshly Grated Ginger

2 Tsp Organic Toasted Sesame Seed Oil

Mix the marinade ingredients together and coat the tuna steaks with the marinade, cover tightly, and refrigerate for one hour. Heat a non-stick skillet over medium high to high heat. When the pan is hot, remove the tuna steaks from the marinade and sear them for a minute to a minute and a half on each side (a little longer if you want the tuna less rare).

Hawaiian Poke' Bowls

Note: This recipe can be done with ahi tuna, wild or sustainably farmed salmon, chicken or to make vegetarian use Garbanzo beans, saute'ed mushrooms, wild rice or any other plant sourced protein. It's all DELICIOUS!!

Marinade and dipping sauce:

- 1/2 C Organic Gluten Free Soy Sauce such as Braggs Liquid Aminos
- 1/4 C. Organic Rice Vinegar
- 1 Tbsp Organic Honey
- 2 Cloves Organic Garlic
- 2 Tbsp Organic Freshly Grated Ginger
- 2 Tsp Organic Toasted Sesame Seed Oil

Mix the marinade ingredients together and coat 1-2 large pieces (6-8 oz.) Wild Ahi Tuna steaks with the marinade, cover tightly, and refrigerate for one hour.

Prep your sauces and bowl ingredients before searing the tuna.

Heat a cast iron skillet over medium high to high heat. When the pan is hot, add a little ghee, butter or coconut oil to the pan and remove the tuna steaks from the marinade. Sear them for 30-60 seconds on each side (a little longer if you want the tuna less rare). If you have sushi grade tuna you can serve the tuna raw at this point without cooking. Place on serving platter and slice to bite size "chunks".

Bowl toppings of choice:

Your Choice of protein—choose vegetarian such as garbanzo beans, tuna, wild salmon or chicken

- Mixed greens
- Mango chunks
- Red bell pepper slices
- Avocado chunks
- Green onion slices
- Jicama "sticks"
- Cilantro diced or sprigs
- Jalapeno thinly sliced
- Saute'ed Mushrooms
- Nuts of choice

Sweet Chili Sauce

- 1/2 Cup Veganaise Mayo or other high quality Mayo
- 1-2 T. Rice Vinegar
- 1 T. Toasted Sesame Oil
- 1 T. Sesame seeds
- 1 T. Raw Organic Honey
- 1 t. Red Chili flakes

Chicken Entrées

Pesto chicken

4 Organic free-range chicken breasts

4 T. coconut oil

4 cloves pressed garlic

½ cup chopped pine nuts or pecans (our favorite is with pecans)

1 T. salt

1 T. dried basil or ¼ cup diced fresh basil

Heat 2 T coconut oil in large skillet add and brown garlic and nuts

Add basil and salt. Stir

Remove pesto sauce from skillet and set aside

In same pan add remaining 2 T coconut oil and brown chicken until cooked through—careful to not overcook

Place chicken on serving plate (or serve out of the pan)

Top with pesto sauce

Top with hard raw shredded goat or cow cheese if desired

Serve with steamed veggies and or salad

Chicken Enchiladas

Cook and shred 3 boneless skinless chicken breasts or use the meat from a whole chicken you are cooking for bone broth soup. (cook it at least a couple of hours on low so it is tender and shreds easily.

Add:

1 can coconut milk

1/3 cup fresh chopped roasted or canned green chilis

salt and pepper to taste

line medium sized baking dish with a couple of sprouted organic corn tortillas

layer chicken mixture

add another layer of tortillas

press tortillas so they get “wet” and flip them over so they don’t get dried out

bake at 350 for about 35 minutes until hot through

remove from oven. Top with shredded raw cheese, guacamole, lettuce, tomato, goat yogurt, etc

Shish Kabob Marinade

1 C. Bragg’s Liquid Aminos

1 C. Avocado or olive oil

¾ Cup Red Wine Vinegar

2 T. Organic Honey

½ t. Clove

½ t. Chili Powder

1 t. Onion Flakes or minced fresh onion

4 cloves pressed fresh garlic

3 T. Cup dried parsley

Salt to your liking

Mix in a large bowl and cover 4-6 chicken breasts cubed (can use steak, or shrimp)

—let marinade in fridge for 12-24 hours.

Stir at least once during marinade time. You can add your veggies into the marinade if desired for a very nice flavor—veggies do not need to marinade near as long— a couple of hours or so. Grill

Asian Lettuce Wraps

1T Ghee or coconut oil

1 large onion diced

2 Celery stalks diced

6 large carrots diced

1 Can water chestnuts diced or ¼ jicama diced

4 cooked diced chicken breasts (Cook Smart!! If desired grill, roast or saute' a large batch of chicken and freeze for later use. Keep on hand for many recipes.)

½ c. almond butter or peanut butter

½ can organic pure coconut milk

1 T Coconut Aminos or Bragg's Liquid Aminos (optional)

1 T. Raw Honey (optional)

½ cup raw chopped almonds or cashews

Heat cast iron skillet over medium high heat until skillet is hot

Add Ghee

Sauté veggies starting with the carrots for a few minutes then add celery and onion.

Continue to cook until all are soft and lightly browned

Add:

Chicken, nut butter, coconut milk, aminos, honey and nuts

Heat through

Top with diced cilantro and green onion

Serve with whole lettuce leaves for wrapping

this recipe is wonderful leftover either cold or reheated

Enjoy!!

Coconut Curry Chicken

Sauté over medium high heat until brown:

2 T. Coconut oil

1 small red onion sliced thin

1 red hot chili pepper sliced thin

3-4 chicken breasts sliced thin

2 t. Celtic sea salt

Then add:

2 t. Honey or maple syrup

1T. Red curry paste

1 can coconut milk

1-2 T. Organic Coconut butter or Tapioca flour to thicken if desired

Bring to low boil. Salt to taste

Serve over steamed carrots, cauliflower, broccoli, or green beans, etc and soaked/rinsed brown rice or quinoa if desired. Garnish with cilantro, basil or mint and green onion

Peppered Chicken in White Wine Cream Sauce

Marinate 4 chicken breasts in 2T. avocado oil and 1-2 T crushed red pepper for 20 minutes or longer then grill

Sauté:

1T. Coconut oil

10 sliced organic mushrooms

½ red bell pepper

½ yellow bell pepper

½ t. Celtic sea salt

(Pull these out of the pan once browned and set it aside)

In same pan add

2 t. Celtic sea salt

¼ c. Organic white cooking wine

Bring to boil and cook down to less than half of amount then add:

1 Can coconut milk

2 T. dried or fresh basil

1-2 T. Coconut butter or tapioca flour to thicken if desired

Bring to low boil. Salt to taste

Remove from heat. Serve over grilled peppered chicken and vegetables of choice and salad. Sprinkle with shredded parmesan cheese if desired.

Chicken Salad

2 chicken breasts (grilled/chilled/chopped)

½ c. grapes halved or quartered

¼ c. chopped pecans or walnuts

1 celery stalk diced

1 diced green onion or 1 T. onion of choice

4-6 T. Grapeseed Veganaise

mix all ingredients and add a pinch of salt and pepper to taste

Serve over a bed of mixed greens, lettuce wrapped, or on Sourdough yeast free bread

Optional: Add 1 t. curry powder and use cashews instead of other nuts for curried chicken salad

Favorite Meat Entrees

Barbecue Brisket

- 1 1/2 tsp. salt
- 1 1/2 tsp. pepper
- 2 tbsp. chili powder
- 1 tsp. crushed bay leaves
- 2 tbsp. liquid smoke
- 4 lbs. Grass fed beef brisket

Combine salt, pepper, chili powder and bay leaves. Rub meat with liquid smoke. Place meat, fat side up in pan. Sprinkle dry seasonings on top. Bake for 4 hours at 350 degrees. Scrape seasoning off and slice thinly across the grain.

BARBECUE SAUCE

- 3 tbsp. Succinat, coconut sugar or honey
- 1 (14 oz.) bottle organic catsup
- 1/4 c. water
- 2 tbsp. liquid smoke
- 4 tbsp. Organic Worcestershire sauce
- 3 tsp. dry mustard
- 2 tsp. celery seed
- 6 tbsp. grass fed butter
- 1/4 tsp. cayenne pepper

Combine all ingredients and bring to a boil. Serve with sliced brisket, chicken or your choice of meat

Lamb Kibbee with Cucumber Yogurt Sauce

- 1 pound ground lamb
- 1 small onion
- Salt and pepper to taste

To make yogurt sauce, mix together:

- 1 cup plain yogurt (substitute ½ cup veganise for elimination diet if dairy not tolerated)
- 1 small cucumber, peeled, and diced
- 1 tsp. capers,
- 1 t. dill and a dash of tabasco sauce (optional)

To prepare kibbee, brown 1 pound ground lamb and 1 small onion in a saute pan over medium heat, turning occasionally to ensure even cooking—salt and pepper to season. Serve on romaine lettuce leaves and tomatoes, avocado and Pico, and top with yogurt sauce.

LAMB TACOS By Dr. Junger

4 oz ground lamb (or turkey)
2 tbsp extra virgin coconut oil
1 medium summer squash or zucchini
1/4 cup minced onions
1 clove garlic, minced
1 tbsp taco/fajita seasoning
Sea salt to taste and toppings...

Heat a large sauté pan over high heat.

Melt the coconut oil and continue to heat until the oil is lightly smoking.

Add the lamb patty and allow one side to brown for 3 minutes and then flip. Once the lamb is flipped, add the squash, onion, garlic, and taco seasoning. Stir well to incorporate all the ingredients.

Continue to cook until the lamb is cooked through and the vegetables are soft. Use a paper towel if necessary to dab off extra fat. Taste, season with sea salt.

Arrange a few romaine leaves on a plate.

Cover with the lamb and vegetables.

Top with romaine lettuce, minced red onions, freshly chopped cilantro, freshly made guacamole and a handful of sprouts for garnish

Green chili and Baked Potatoes

1 pound ground free range bison, beef, elk or lamb
1 can or scratch made black beans (omit if desired)
½ cup fresh roasted diced green chilis or use 505 Roasted Green chilis
½ can canned coconut milk
salt to taste
4 medium red potatoes
2 T. coconut oil or coconut Ghee

Clean potatoes and cut in half. Place cut side down in baking stone

Spread and coat coconut oil over potatoes using a knife

Sprinkle with salt

Bake at 350 for about an hour

While potatoes are baking brown meat in large skillet. Add remaining ingredients

Heat through well

We like to serve in a bowl with potato on the bottom and top with chili, and any other desired toppings like raw cheese, goat yogurt (like sour cream), black olives, onions, avocado, lettuce.

You can also use shredded chicken with this recipe—Cook a whole chicken for the day in a crock pot on low with a couple tablespoons of salt and a couple tablespoons Bragg's apple cider vinegar. Remove the meat for this recipe at dinnertime. Then put the bones of the chicken back in the crock-pot overnight and make bone broth soup the following day. Or use boneless skinless chicken breasts.

Muffins and Breads

Blueberry Muffins by Mark Hyman, MD

Makes 6 servings preheat oven to 350. line six cupcake pan with cupcake cups

1 cup almond meal

4 eggs

2 tsp baking powder

2 tsp cinnamon

1 tsp vanilla extract (no sugar/no alcohol organic)

1 tbs organic maple syrup (small trace in each muffin or skip this if needed)

6-12 Drops of Vanilla Crème Stevia

1 cup frozen blueberries

Mix almond meal, baking powder and cinnamon together in one bowl (mix well so no lumps in baking powder). In another bowl scramble eggs with vanilla and honey. Add wet ingredients to dry ingredients well. Add blueberries and then divide into the six cups. Bake for approx 25-30 minutes until toothpick comes out somewhat clean. Let cool and store leftovers in the refrigerator after cooling.

Chocolate Zucchini Muffins

3 C. Finely Shredded Zucchini

1 ½ C. Almond Flour

1 ½ C. Ground Golden Flax Seed

4 Free Range Eggs

½ C. Canned Coconut Milk

2 t. Vanilla (no alcohol)

2 t. Baking soda

½ C. Maple Syrup

½ C. Raw Cacao Powder

1 Dropper of Sweet Drops Vanilla Crème Stevia

¼ C. Enjoy life or other organic dark chocolate chips (optional)

Mix dry ingredients together well. Add wet ingredients and mix well.

Drop into muffin cup lined muffin tin. Bake at 350 for 45 minutes or longer until done.

Best cooled and refrigerated

Gluten free Banana Bread By Dr. Axe

4 eggs

3 medium overly ripe bananas, mashed

1/4 cup honey

1/4 cup coconut milk

1 tbsp Vanilla Extract

2 tsp Baking Soda

2 1/4 cups almond flour

1/2 tsp Sea Salt

1/2 tsp Cinnamon

Directions:

1. Preheat oven to 350 degrees F

2. In a bowl, mix eggs, banana, honey, coconut milk, and vanilla.

3. In a separate bowl, combine the remaining ingredients.

4. Combine both mixtures and stir until well incorporated.

5. Grease a bread pan and pour in batter. Bake for 35-50 minutes

Pumpkin Muffins

4 T of chia seeds ground
1 cup of brown rice flour
2 cups coconut flour (can substitute 2 c. brown rice flour or almond flour)
1 T cinnamon
1 tsp. nutmeg
2 T baking soda
1 tsp. salt
½ cup pure maple syrup
10 Drops Sweet Drops Vanilla Crème Stevia
1 cup unsweetened organic applesauce
1/2 cup olive oil
4 eggs
2 cans (15oz) organic pumpkin (make sure there is only pumpkin listed on ingredient list)
2 T Organic vanilla
1 cup chopped nuts, walnut or pecans (optional)
¼ cup Enjoy Life chocolate mini chips (Optional)

Mix all dry ingredients together. In a separate bowl, mix all wet ingredients together. Fold the wet into the dry, add nuts and spoon into muffin tins.

Bake 350 degrees for 25 minutes for large muffins—15 minutes for mini muffins

Gluten-Free Cornbread

By Gluten Free Gigi

1 cup organic sprouted cornmeal or Masa cornmeal
½ cup brown rice flour
½ cup cornstarch (Non-GMO cornstarch is available in many markets or online.)
1 Tablespoon baking powder
½ teaspoon salt
¼ cup organic pure maple syrup (You can decrease the amount, or omit entirely.)
1 cup milk (Plant- or dairy-based will work. I use unsweetened coconut milk.)
⅓ cup oil
2 large eggs OR ½ cup egg substitute, like Egg Beaters, if you prefer.)

Preheat oven to 400F.

Grease an 8-inch square glass baking dish or stone

Place the baking dish or skillet in the oven as the oven preheats while you mix the bread. A hot skillet before you pour in the batter ensures a crisp outer crust, which is a must with cornbread!

In a mixing bowl, whisk dry ingredients to blend.

Add milk, oil, and eggs; stir until batter is completely smooth.

Carefully remove hot pan from the oven using an oven mitt, and pour the batter into the hot pan (this seals a crisp edge on your cornbread).

Return the pan to oven and bake 20-25 minutes, or until cornbread is golden brown on top and deep golden brown around the edges.

Cut into squares and serve hot from the oven either on its own or with a drizzle of honey.

Miscellaneous Recipes

Corn Bread Dressing

2 x Recipe Gigi's Gluten Free Cornbread
1Tbsp Oil
1Cup Celery Cut into small dice
1/2Medium Sweet Onion Cut into small dice
5 Cloves Garlic Minced
1/2Tbsp Dried Ground Sage
½ Tsp Salt
½ Tsp Black Pepper
3 Cups Broth of choice
3 Eggs

Instructions

1. Preheat your oven to 350F.
2. Grease a 9x13-inch baking pan.
3. Crumble cornbread into breadcrumbs. You will have about 8 cups of breadcrumbs.
4. Add oil to a skillet over medium heat; saute' onion and celery until tender, about 5 minutes.
5. Add garlic, cook, and stir for 2 minutes more. (Watch the garlic carefully, as it burns easy.)
6. Place the breadcrumbs in a large mixing bowl; add cooked veggies.
7. Add salt, pepper, and sage.
8. Stir in broth and eggs.
9. Spoon into prepared baking pan and bake approximately 45 minutes, or until set in center and golden brown around edge.
You may also use this for stuffing a turkey, if you like.

Rosemary Almond Flour Crackers

By Dr. Mark Hyman

3 cups almond flour
3 large organic eggs
3 teaspoons extra virgin olive oil
¼ teaspoon sea salt
½ teaspoon crushed dried rosemary
pinch of crushed red pepper flakes, optional
pinch of fresh lemon zest

Instructions

1. Preheat oven to 325°F.
2. In a large bowl, combine all ingredients; mix well and use hands to form into a ball, then transfer dough to a flat surface lined with parchment paper. Place another sheet of parchment paper on top so that the dough is sandwiched in between the two pieces of parchment paper and use a rolling pin to create ¼ inch thickness. Remove and discard top parchment paper. Use cookie cutters, a pizza cutter or a sharp knife and slice crackers into desired shapes.
3. Transfer bottom parchment paper and cracker shapes to a baking sheet. Bake for 12-14 minutes or until golden brown. Remove from oven; set aside to cool for at least 20 minutes.
4. Serve with cauliflower tabbouleh or garlic tahini spread.

Whole Grain Breakfast Cereal

1 Cup whole grain brown rice or Organic gluten free rolled or steel cut oats (soak overnight or at least for 1 hour—drain and rinse). Cook rice according to package (note: cooking time and water needed will decrease especially with oats if soaked)

Add:

1 Can Coconut milk

½ t. Cinnamon

¼ t. nutmeg

¼ t. ginger

1-2 T. Organic Maple Syrup if desired

top with raw nuts or chunky pecan butter or other nut butter

Store leftovers in fridge for up to 5 days

Teff Variation:

Teff does not need to be soaked—

cook according to package (I use Bob's Red Mill)

Add above ingredients or substitute raw cacao powder for spices

Dessert Variation: Brown Rice Tapioca Pudding

Cook the rice: ½ Cup whole grain brown rice (soak overnight or at least for 1 hour—drain)

Cook according to package

In a separate bowl mix:

3 T. Tapioca pearls and ½ cup water

Allow to soak for 20 minutes. Then mix all ingredients into the rice pot...

1 Can Coconut milk

4 egg yolks

¼ t. Cinnamon

1 T. Vanilla Extract (no alcohol)

1-3 T. Organic Maple Syrup

Bring mixture to slow boil and then remove from heat

(mixture will thicken as it cools so cook until it is still a bit runny)

Refrigerate for 2 hours and serve cold

Sweet Treats

Sorbet

2 cups frozen blueberries, tart Cherries or other fruit
¼ cup water
12 drops Sweet Drops Vanilla Crème' Stevia
Blend in Vita mix or Magic Bullet
Serve immediately or store in freezer for up to 3 weeks

Coconut Cream Ice Cream

2 Cups Frozen Strawberries or other frozen fruit
1 small can (5.64 oz) Coconut Milk plus a splash of water if needed
12 Drops Sweet Drops Vanilla Crème" Stevia
Blend in Vita Mix or Magic Bullet
Freeze for 30 minutes or so before serving

Nut Butter Bars

1 teaspoon Vanilla (no alcohol)
½ Cup Raw honey (or organic pure maple syrup)
1 cup natural unsweetened peanut butter or almond butter
4 tablespoons organic grass fed Butter or Ghee
1 cup raw or sprouted brazil nuts
1 cup raw or sprouted pecans
¼ cup raw or sprouted sunflower seeds
10 drops vanilla crème stevia
½ t. organic sea salt
½ t. ground cinnamon
¼ cup 80% cacao dark chocolate chips (optional)

Instructions:

1. Combine the vanilla, honey, peanut butter, butter, stevia, sea salt, cinnamon, vanilla in a saucepan over low heat.
2. While the mixture is heating, chop all of the nuts and seeds coarsely
3. Remove peanut butter mixture from stove once it is soft, then stir in nut mixture.
4. Line an 9x13 baking pan with parchment paper and pour the granola mixture into the pan.
5. Place another piece of parchment on top, and use your palms to press the mixture into the pan evenly. Make sure to pack it down as tightly as possible. This will help the bars bind and not crumble. Sprinkle the chocolate chips on top and press them in lightly.
6. Place in the fridge to set for 2 hours. Lift the parchment paper out of the pan and place on a cutting board. Use a sharp knife to cut the bars into rectangles.
7. You can store these in the refrigerator for 2 weeks, or the freezer for a few months. If storing in the freezer, remove the bars for about 20 minutes prior to serving.

Sweetened Nuts

This recipe can be used with nuts of any kind and I recommend VARIETY

1 cup Raw or sprouted Pecans, Walnuts, Brazil nuts or other

1 T. grass fed butter

1 T. Organic Maple Syrup

5 Drops Vanilla Crème Stevia

Toast nuts for about 10 minutes on low in a sauce pan

Remove pan from stove

Add Butter, Syrup and Stevia

Stir until covered. Refrigerate and enjoy after 30 minutes. These can be kept in the fridge for a quick treat to satisfy a sweet craving

Cherry Crisp

8 cups frozen organic cherries—we like the organic Costco ones or any other frozen fruit

1 small (5oz.) Can Coconut milk

2 tablespoon Bob's Red Mill tapioca starch

2-3 T. Pure Organic Maple Syrup

Pinch salt

Topping Mixture:

1 Cup almond flour

1/2 cup Gluten free oats—omit if necessary and add more pecans

1/4 cup Organic Pure Maple Syrup

10 Drops Vanilla Crème Stevia (optional)

1/4 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

3/4 cup chopped pecans—do more if omitting the oats

6 T. room temperature grass-fed butter, cubed

Kalona 4% fat vat pasteurized cottage cheese or whipped unsweetened coconut cream for topping

Preheat oven to 375 degrees F.

Stir coconut milk, Maple syrup, potato starch, and salt together in a bowl. Mix well and then add cherries.

Combine almond flour, oats, maple syrup, cinnamon, nutmeg and pecans in a bowl. Add butter and pinch into chunks. Mix until it looks crumbly.

Add the cherry mixture into a 9x13 baking dish. Top evenly with the crumb mixture. Bake for 50 minutes or until top is golden brown. Serve warm with topping of choice.

Chocolate Dipped Fruit

2T Dark chocolate

2T Grass fed Butter

Melt in glass dish over low heat. Drizzle over plate of fresh pineapple/strawberries/kiwi/banana

Almond Flour Blondies

3/4 cup butter (coconut oil will work for dairy-free)
1/2 cup maple syrup
1/2 cup sucunut (or use additional 1/2 cup maple syrup)
10 Drops Vanilla Crème Stevia (optional)
2 eggs
1 Tablespoon vanilla
2 1/2 cup almond flour
1 1/2 teaspoon baking powder
1 teaspoon salt
1 cup mini dark chocolate chips
1 cup chopped pecans (optional)

Instructions

Preheat the oven to 350F. Lightly grease a 9x13 baking pan.

In the bowl of a stand mixer, cream together the butter and sugars. Add the eggs and vanilla and mix on high until light and fluffy, about 3 minutes.

Add the almond flour, baking powder, and salt. Mix to fully incorporate. Stir in the chocolate chips and pecans.

Pour the dough into the greased baking dish. Smooth into an even layer. Bake for 20-25 minutes, until golden. Allow to cool for 15 minutes. Slice into bars and enjoy!

Carmel Popcorn Treat

3 cups popped organic popcorn
1 T. Grass fed Butter
1 T. Pure organic Maple Syrup
6-8 Drops Vanilla Crème Sweet Drops Stevia
Melt and mix butter/syrup/Stevia in a glass-serving bowl over low heat
Toss in popcorn. Serve

Banana Foster Chia Pudding

(makes 10-12 servings)

1/2 cup Chia Seeds
1 1/2 Cup Water
1 Can Coconut Milk
1 Cup Pecans
3 Bananas
1/4 Cup Grass fed Butter
1/4 Cup Organic Pure Maple Syrup
10 Drops Vanilla Creme Stevia

Mix Chia and water and stir well for a few minutes—let set while you prepare the sauce.

Cook Pecans over low heat until lightly toasted

Add butter, maple syrup and stevia to the pecans and stir well

Allow to lightly simmer for a few minutes

Add sliced bananas to the pecan mixture and stir

Add the can of coconut milk to the chia seed mixture and stir until smooth.

Spoon pudding mixture into small dessert cups. Top with pecan sauce mixture. Enjoy!

How to Soak Seeds and Nuts

There are two parts to soaking nuts and seeds: warm water and salt. Warm water will neutralize many of the enzyme inhibitors and increase the bioavailability of many nutrients, especially b-vitamins. The salt helps activate enzymes that deactivate the enzyme inhibitors present in nuts. When soaking grains or beans, a more acidic substance is often used, but since nuts and seeds contain less phytic acid than grains/legumes but more enzyme inhibitors, salt is more beneficial. Within 7-24 hours (depending on the seed or nut), many of the enzyme inhibitors are broken down. Dehydrating then allows nuts to return to a crisp texture.

What You Need:

- 2 cups of raw, organic nuts or seeds (it is better to soak one kind at a time)
- 3-4 cups of warm filtered water (to cover nuts)
- 1 tablespoon of salt

What to Do:

- 1 Place the warm water in a medium bowl or jar. Add the salt and let dissolve.
- 2 Add the nuts or seeds, making sure they are completely submerged in the water.
- 3 Leave uncovered on the counter or warm place for at least 7 hours, preferably overnight.
- 4 Rinse in a colander and spread on a baking sheet or dehydrator sheet. Bake in the oven at the lowest temperature (150 F is optimal) or dehydrate until completely dry. This step is important, as any remaining moisture in the nuts or seeds can cause them to mold. Dehydrating time can often be up to 24 hours, so a dehydrator simplifies the process.
- 5 NOTE: If you plan to use nuts or seeds to make homemade almond milk or any other variety, this is the optimal time, as they are already softened. This is an important step in the homemade nut milk process as the enzyme inhibitors are mostly removed and the nuts are already softened to make a more creamy milk.

A Step Further: Sprouting

Sprouting goes a step further from soaking and reduces the levels of enzyme inhibitors even more. Often, products sold as sprouted nuts and seeds are merely “activated” by the process of soaking, but certain seeds can sprout after several cycles of soaking, rinsing, and giving exposure to air to allow germination.

Raw pumpkin and sunflower seeds are the best candidates for sprouting, and some nuts like pecans and walnuts will not sprout. If you want to add this additional step, soak the seeds with the process above. Then rinse and follow the normal sprouting process until sprouts occur. This will only work with non-irradiated seeds and only certain varieties. This step does further reduce enzyme inhibitors, but except for those with digestive problems or severe nutrient deficiencies, this step is not often necessary and soaking alone is sufficient.

To Soak or Not to Soak?

Not all nuts and seeds can be easily soaked. Flax and chia seeds gel when soaked and are very difficult to work with. For any nuts or seeds that can be soaked, you’ll have to weigh the benefits and see if the process is worth the time investment for you.

Personally, If you consume a lot of nuts or seeds, this process may be especially helpful to you, as the higher levels of enzyme inhibitors may be more problematic. Soaking and dehydrating organic raw nuts and seeds also creates an end result similar to roasted nuts, but without the added vegetable oils or high temperature roasting that can damage the nutrients and enzymes in these foods. High quality pre-soaked and sprouted nuts and seeds are now available, but you can accomplish the same end result by soaking your own at home. It takes a little time investment, but is well worth the taste and nutrient benefits in my opinion.

Easy Chicken Broth Recipe

Both featured articles include a sample recipe for homemade chicken broth. The following recipe was provided by Sally Fallon, writing for the Weston A. Price Foundation.⁶ Her article also contains a recipe for beef and fish broth. (You could also use turkey, duck, or lamb, following the same basic directions.) For Dr. Myers' chicken broth recipe, please see the original article "10 Benefits of Bone Broth + Gut-Healing Recipe."

Perhaps the most important caveat when making broth, whether you're using chicken or beef, is to make sure they're from organically-raised, pastured or grass-fed animals. As noted by Fallon, chickens raised in confined animal feeding operations (CAFOs) tend to produce stock that doesn't gel, and this gelatin has long been valued for its therapeutic properties

Ingredients for homemade chicken broth

1 whole raw free-range chicken or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones, and wings—can use a rotisserie chicken carcass after pulling and using the meat for a meal

Gizzards from one chicken (optional)

2-4 chicken feet (optional)

4 quarts cold filtered water

2 tablespoons Bragg's Raw Apple Cider vinegar

2 Tablespoons Organic Real Salt

1 large onion, coarsely chopped

2 carrots, peeled and coarsely chopped

3 celery stalks, coarsely chopped

1 bunch parsley and additional vegies as desired

1 can full fat coconut milk

Please note the addition of apple cider **vinegar**. Not only are fats ideally combined with acids like vinegar, but when it comes to making broth, the vinegar helps leech all those valuable minerals from the bones into the stockpot water. The goal is to extract as many minerals as possible out of the bones.

Cooking Directions

There are lots of different ways to make bone broth, and there really isn't a wrong way. You can find different variations online. Here, I'll offer some basic directions. If you're starting out with a whole chicken, you'll of course have plenty of meat as well, which can be added back into the broth later with extra herbs and spices to make a chicken soup. I also use it on my salad.

1. Fill up a large stockpot (or large crockpot) with pure, filtered water. (A crockpot is recommended for safety reasons if you have to leave home while it's cooking.)
2. Add vinegar and all vegetables *except parsley* to the water.
3. Place the whole chicken or chicken carcass into the pot.
4. Bring to a low boil, and remove any scum that rises to the top.
5. Reduce the heat to the lowest setting and let simmer.
6. If cooking a whole chicken, the meat should start separating from the bone after about 3-4 hours. Simply remove the chicken from the pot and separate the meat from the bones. Place the carcass back into the pot and continue simmering the bones for another 8-12 hours and follow with step 8 and 9.
7. If cooking bones only, simply let them simmer for about 12 hours.
8. Fallon suggests adding the fresh parsley about 10 minutes before finishing the stock, as this will add healthy mineral ions to your broth.
9. Remove remaining bones from the broth with a slotted spoon and strain the rest through a strainer to remove any bone fragments.

Bone Broth—A Medicinal 'Soul Food' Simmering bones over low heat for an entire day will create one of the most nutritious and healing foods there is. You can use this broth for soups, stews, or drink it straight. The broth can also be frozen for future use. Keep in mind that the "skin" that forms on the top is the best part. It contains valuable nutrients, such as sulfur, along with healthful fats, so just stir it back into the broth.

Bone broth used to be a dietary staple, as were fermented foods, and the elimination of these foods from our modern diet is largely to blame for our increasingly poor health, and the need for dietary supplements. Both broth and fermented foods, such as fermented veggies, are simple and inexpensive to make at home. When you add all the benefits together, it's hard to imagine a food that will give you more bang for your buck.

Kitchari

Kitchari, traditionally made of lentils and rice, along with digestive spices and ghee, is used as a cleansing and detoxifying food in Ayurveda. This might be a little hard for us to wrap our Western minds around, as we hear more and more about grains being inflammatory and bad for us. But there is Ayurvedic wisdom to support kitchari's healing properties.

In Ayurveda, proper digestion is paramount to proper health and wellness. If we're not digesting, assimilating, and eliminating our food properly, disease can set in. Kitchari is offered as a mono-nutrient fast in Ayurveda, giving our digestive systems a much-needed break from having to digest all different kinds of food day in and day out. It's cleansing in the sense that it allows the digestive system to rest, and it's also nutritious and easily assimilated by the tissues.

Lentil beans, one of the two main ingredients, are high in protein and carbohydrates, offering satiety and energy. Protein is important for keeping the blood sugar, and therefore the mood, stable. Basmati rice is easy for the body to digest, allowing the system to work with ease. The spice "churna," or mixture, sparks our agni, or digestive fire. The ghee (or oil) lubricates the system and further aids in digestion. You can add seasonal vegetables to the recipe to give variety and to boost the vitamin and mineral content.

Kitchari travels well—put it in a thermos and bring it to work for a healthy lunch, or, if you make a big pot of it, use it the next day for breakfast, lunch, and/or dinner. Here's how to make the perfect kitchari, with vegan and gluten-free variations as well

Basic Kitchari Recipe

2 cups lentils or mung beans

1 ½ cup brown basmati or wild rice

5 large carrots chopped

½ head cabbage chopped

other vegetables as desired

2 tablespoons ghee or organic sesame oil

1-3 teaspoons each coriander powder, cumin powder, turmeric powder, chili powder and black pepper
a dash of cinnamon/nutmeg/clove

2 cloves garlic pressed

1 Can Coconut milk

1-3 cups optional chopped, organic, seasonal vegetables such as spinach, carrots, celery, kale, bok choy

1 cup chopped fresh cilantro (optional)

Salt to taste

Soak rice and beans together overnight. Rinse the beans and rice and strain them until the water runs clear. Heat the ghee or oil in a large pot and add pressed garlic to saute lightly. Add and brown the powdered spices, and mix together. Stir in the rice and beans. Add 8 cups of water, and chopped vegetables. Bring to a boil and reduce to a simmer. Cook 4-8 hours, until the beans and rice are soft and the kitchari has a porridge-like consistency. Add salt to your liking and 1 can of canned coconut milk if desired for creamy base. Serve warm with fresh cilantro on top.