

HOLIDAY
EDITION ❄️



Fearless Foodie COOKBOOK



10 New
Recipes
to light up
your holiday
season

by: *Desirée Rumbaugh*
and *Jessica Gouthro*



Fearless Foodie
COOKBOOK

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Soy Free, Dairy Free, Gluten Free, Sugar-Free!
No processed junk food here, all **REAL FOOD**

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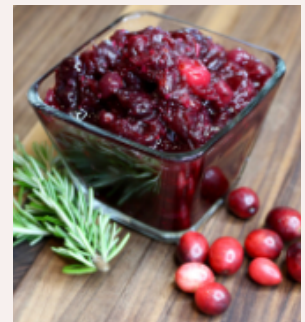
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Spiced Chai



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Immunity Juice



Chocolate Coconut Date Smoothie



Coconut Milk



Red Smoothie





Treats

Fruit Crumble



Chocolate
Coconut Brownies



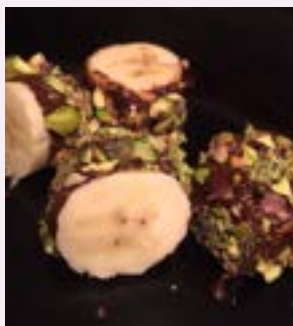
Chocolate Chip
Raw Cookies



Sunflower Power
Balls



Choco Pistachio
Banana Bites



Rice Krispie Treats



Baked Apples



Banana Blackberry
Ice Cream



Coconut Cream &
Berries



Fearless Frosted
Cupcakes




















Banana Walnut
Bread



Chocolate Dipped
Strawberries



Mains

<p>Carrot Pasta</p> 	<p>Stuffed Mushrooms</p> 	<p>Chicken Paleo Pot Pie</p> 	<p>Chicken Lettuce Wraps</p> 
<p>Chicken Saag</p> 	<p>Herbed Turkey Burgers</p> 	<p>Portobello Pizza</p>  	<p>Dragon Bowl</p>  
<p>Burrito Bowl</p> 	<p>Yummy Pad Thai</p>  	<p>Quinoa Walnut Falafels</p>  	<p>Lentil Soup</p>  

 = Vegetarian Friendly



Sidekicks

Pickled Beets



Roasted Curried Cauliflower



Sweet Potato Chips



Sauteed Greens



Lemon Pepper Green Beans



Tabouli Salad



Colorful Coleslaw



Brussels Sprouts



Beet Hummus



Cauli Mash



Carrot Fries



Confetti Veggies





Snacks

Zucchini Dip



Golden Beet
Snack Tray



Sauerkraut Sushi



Lentil Pate &
Crackers



Snack-Pak



Dates on a Log



Homemade Whey
Protein Bar



Homemade Nut
Butter



Banana Almond
Butter Rice Cake



Pizza Omelette



Avo-Tomato Rice
Cake



Endive Boats stuffed
with Lentil & Tomato





Flavor Boosters

FFC Spice



Tomato Sauce



Honey Mustard Vinaigrette



Yummy Sauce



Ranch Style Dressing



Coconut Whip Cream



Everyday Vinaigrette



Cucumber Avocado Vinaigrette



Super Simple Sweet Potato Candies



Makes 24 candy pieces (6 servings)

Ingredients:

- 1 sweet potato
- ½ cup 70% dark chocolate chunks
- 1 tsp orange zest
- ½ tsp Sesame seeds
- ½ tsp Pink salt

Directions:

1. Peel then Chop the Sweet Potato into small cubes (about 1 inch by 1 inch squares)
2. Steam the sweet potato cubes in a steamer basket (or boil them) for approximately 8 minutes or until soft when poked with a fork. Make sure not to overcook them or else they will be mush and not hold their cube shape.
3. Remove them from the steam or water & allow to cool completely
4. Break up a 70% or higher dark chocolate bar, using about ½ cup worth, and melt the dark chocolate chunks in a double boiler. Gently stir as it melts. Make sure no liquid gets into the chocolate.
5. Dip the cooled sweet potato cubes into the warm melted chocolate
6. Top each cube with a bit of the 1 tsp orange zest grated from a fresh orange
7. Sprinkle a few sesame seeds & a bit of sea salt on top.
8. Allow them to cool on a plate, can store them in the fridge or freezer.

Husbands likey! Not too sweet but sweet enough to satisfy a craving. A really good breakfast option to switch it up and fast because you make it ahead of time in a large batch and it can last a whole week!

PRO	CARB	FAT	CALS
1.9 g	15.1 g	6.3 g	130
PER SERVING			

Holiday Green Beans & Brussels with Pomegranate Jewels



Makes 4 Servings

Ingredients:

- 2 cups brussels sprouts
- 2 cups green beans
- 4 large portobello mushrooms
- 1 cup pomegranates
- 1 lemon
- 1 tbsp apple cider vinegar
- 1 tsp chili flakes
- 1 tsp olive oil
- salt and pepper

Directions:

1. Preheat oven to 350 degrees F
2. Slice off the hard end of the brussels sprouts, then peel off their outer layer and cut in half. Place the sprouts on a baking tray with olive oil, salt, pepper and chili flakes and bake for about 30 min. Until they begin to crisp and the edges turn slightly brown.
3. Boil a pot of water (approx 3 cups) blanch the green beans, then cut into 1 inch long pieces
4. Saute the mushrooms in a small amount of coconut oil. Add salt and a little oregano and thyme. Cook on low or medium heat until they are soft and brown.
5. Once everything is cooked, mix it together in a bowl with the pomegranates, a drizzling of olive oil and apple cider vinegar, plus the juiced lemon. Salt and pepper to taste.

PRO	CARB	FAT	CALS
5 g	20.8 g	1.6 g	111
PER SERVING			

Shameless Pumpkin Spice Latte



Makes 2 Servings

Ingredients:

- ¾ cup almond or coconut milk
- 1 cup brewed coffee or espresso
- 1 tbsp maple syrup
- 1 tbsp pumpkin puree
- ½ tsp Pumpkin pie spice, (a mixture of cinnamon, nutmeg, allspice and ginger)
- ½ tsp Vanilla Extract

Directions:

1. Combine all ingredients in a saucepan over medium high heat.
2. Simmer for 5 minutes, whisking occasionally, until heated through.
3. Pour the hot mix into a blender and blend on high for 30 sec, until foamy on top

For all the PSL lovers of the world, ditch the fat storing version of everyone's favorite fall drink and replace it with this healthier nutrient rich version.

PRO	CARB	FAT	CALS
0.8 g	8.5 g	1 g	44
PER SERVING			

Mini No-Bake Pumpkin Pies (In Baked Graham-Cracker-like crust)



Makes 8 Servings

Graham Cracker” Crust:

- ½ cup coconut flour
- ½ cup almond flour
- ¼ cup coconut oil
- 3 tbsp coconut palm sugar

Filling:

- 1 cup pumpkin puree
- ¼ cup almond milk
- ¼ cup coconut oil, melted
- 6 medjool dates (soaked for about 2 hours, discard water)
- 1 tsp Vanilla
- 1 tsp Cinnamon
- ¼ tsp Ground ginger
- ¼ tsp Cloves

Directions:

1. Preheat oven to 375 degrees
2. Combine flours, coconut oil and coconut sugar in a bowl.
3. Place on a cookie sheet, spread thinly, press down, and bake at 375 for 12 min, or until lightly browned.
4. Let the mixture cool completely then put it in the food processor and mix until it is slightly pasty dough.
5. Press into individual cupcake molds.
6. Blend all ingredients for the filling until completely smooth and creamy.
7. Pour into crusts and let set in the refrigerator for 4-6 hours.

Suggestion: Serve with a dollop of coconut whipped cream (page 99)

We love the ease of this no-bake pumpkin filling! The crust is definitely worth using the oven for though! You'll love this paleo friendly crust for many kinds of pies, and these cute little mini pumpkin pies will be a hit for those who don't want to feel overstuffed on Thanksgiving. It's a great way to portion control!

PRO	CARB	FAT	CALS
3.4 g	22.8 g	18.7 g	266
PER SERVING			

Festive Kale Slaw



Makes 4 Servings

Ingredients:

- ½ small head red cabbage
- 1 bunch Dino or Lacinato Kale
- 2 tbsp walnuts
- 1 cup pomegranate seeds

Dressing:

- 2 tbsp pumpkin seeds
- 2 tbsp water
- 1 tsp Dijon mustard
- 1 lemon (juice)
- ⅓ cup olive oil
- ½ tsp. Pink Salt
- ½ tsp Pepper

(add more salt/pepper to taste)

Directions:

1. Thinly slice cabbage and kale. (It's okay to leave the stems in the center of the kale)
2. Add all the other ingredients and mix together in a large bowl.
3. Place all the dressing ingredients in the blender and blend till thoroughly mixed and creamy.
4. Pour over vegetable mixture and massage with either your hands or a wooden spoon until softened.

This salad is great when it's fresh and just as delicious the next day.

PRO	CARB	FAT	CALS
4.1 g	12.4 g	23.4 g	267
PER SERVING			

Fancy Spinach Mushroom Crepes



Makes 4 Servings

Crepes:

- 1 cup buckwheat flour
- 1 cup almond milk
- 2 handfuls spinach
- 2 tbs olive oil
- 1 tsp Coriander
- ½ tsp Pink Salt
- ½ tsp Black Pepper

For the filling:

- 2 cups mushrooms, sliced
- 1 tsp coconut oil (for cooking)
- 1 cup sun dried tomatoes.
- 4 handfuls spinach
- 1 garlic clove

Directions:

1. Saute the garlic & mushrooms in 1 t. Coconut Oil. Add spinach and sundried tomatoes and heat through.
2. Mix crepe batter in a blender.
3. Pour a small amount of batter in a pre-heated non-stick pan and spread it out with a spoon till it's very thin. (If you find your batter is too thick, then thin it out with a bit of water, crepes should be thin).
4. Be patient, allow it to cook slowly over medium or low heat until it begins to brown & show bubbles.
5. Flip carefully and cook the other side. (Making crepes is an art form, it might take one or two to get the temperature of the pan just right, but if you have a non-stick pan, preferably ceramic coated, this will be easy.)
6. Once a crepe is done cooking, place a large spoonful of the filling inside a crepe and roll over the sides.
7. Repeat this step 4 times to make all 4 of the crepes.

PRO	CARB	FAT	CALS
8.4 g	38.2 g	9.8 g	266
PER SERVING			

Grain-less Moroccan Cauliflower Couscous



Makes 4 Servings

Ingredients:

- 1 ¼ cup cashews
- 1 cup raisins
- 1 large cauliflower
- 1 cup dried unsulphured apricots
- 1 tbsp coconut oil
- 2 tsp cumin
- 1 tsp turmeric
- 1 tsp ground coriander
- 2 tsp tamari sauce
- ½ tsp pink salt

Dressing:

- 2 tbsp olive oil
- 2 tbsp fresh lemon juice

Directions:

1. Preheat oven to 350.
2. Place cashews on a baking tray and roast for 5-10 min. Until golden brown. Let them cool.
3. Slice apricots into small pieces.
4. Cut cauliflower into florets and blitz them in the food processor until they are broken into small rice sized pieces. Do this in small batches at a time for best results.
5. Saute the cauliflower in coconut oil in a large frying pan and add all the spices. Give it a good mix and then add the raisins, apricots and cashews.
6. Mix everything together in the pan for about 5 min. Until it's all warmed up.
7. Remove the pan from the heat and add a little more olive oil and some lemon juice and a pinch of salt to taste. *Enjoy!*

PRO	CARB	FAT	CALS
12 g	65 g	25 g	513
PER SERVING			

Perfect Cranberry Sauce



Makes 8 Servings

Ingredients:

- 12 oz bag of fresh or frozen cranberries
- ¼ cup maple syrup
- 1 tsp finely grated orange zest
- 2 tbsp water

Directions:

1. Use half the bag of cranberries, set the other half aside.
2. Cook the first half of cranberries for 10 minutes over low heat.
3. Increase the heat to medium and cook until cranberries burst, about 12 minutes.
4. Reduce the heat back to low and stir in the remaining cranberries & the finely grated orange zest.
5. Continue to cook another 10 or until the second batch of cranberries also becomes soft, but not bursted.
6. Add the maple syrup and stir to mix completely. (Taste to make sure it's sweet enough for you, add more maple syrup if it's too tart).

Can be made 3 days ahead and chilled, covered in a glass container or with plastic wrap.

So simple, so delish, and the perfect stunningly beautiful condiment for holiday foods.

PRO	CARB	FAT	CALS
0 g	11 g	0 g	49
PER SERVING			

Herbalicious Roasted Turkey Breast



Makes 12 Servings

Ingredients:

- 3 lbs turkey breast (or chicken breast)
- 3 tbsp minced garlic
- 4 tbsp dried mustard
- 3 tbsp rosemary (fresh or dried)
- 2 tbsp dried oregano
- 3 tsp dried thyme
- salt & pepper to taste
- 3 tbsp olive oil
- 1 tbsp lemon juice
- 1 cup vegetable or chicken broth

Directions:

1. Preheat oven 350 degrees
2. Combine all ingredients except for turkey breast and broth. This should make a thick consistency marinade.
3. Use a spoon to smear all of the marinade directly onto the top of the turkey breast & place into a glass roasting dish.
4. Pour 1 cup of broth on the bottom of the roasting dish, should just make a thin layer of moisture helping the turkey stay moist as it cooks.
5. Roast the turkey 45-50 minutes or until golden brown or a thermometer reads 165 degrees.
6. When it's done cooking cover with tin foil and allow to rest at room temp for 15 minutes before carving.

We find that for small family parties or romantic holidays this is a lot simpler than cooking a whole turkey and you just get the white meat without fussing with any bones. Works great with chicken breast too.

PRO	CARB	FAT	CALS
27 g	0.2 g	5 g	154
PER SERVING			

Dill Pickle Sweet Potato Chips



Makes 2 Servings

Ingredients:

- 1 large or 2 small sweet potatoes
- 1 tsp dried or fresh dill weed
- ½ tsp pink salt
- ½ tsp black pepper
- coconut oil spray

Directions:

1. Preheat oven to 400.
2. Wash the sweet potato and chop long ways into 4 long sections.
3. Use a food processor with a slice attachment to make very thin chips (You can also slice by hand).
4. Place chips into a glass baking dish and spray generously with coconut oil spray (you can also substitute 1 t. melted coconut oil if you don't have the spray).
5. Sprinkle generously with dill, salt and pepper.
6. Mix around with a fork to make sure herbs, salt, pepper and oil are distributed evenly.
7. Bake in the oven for about 20 minutes or until edges become browned.

These are so easy to make and my husband adores them! His favorite herb is dill and surprisingly it goes great with sweet potatoes. Adds a unique flair to that traditional side of marshmallow covered sweet potatoes people serve at the holidays.

PRO	CARB	FAT	CALS
2 g	30 g	0 g	129
PER SERVING			

Quinoa Blueberry Breakfast Bars



(Makes 12-15 servings)

Ingredients:

- 2 C Quinoa flakes
- ½ C Brown rice
- ½ C Shredded coconut
- 2 t Cinnamon
- 1 t Baking powder
- ½ t Sea salt
- 3 Eggs
- ⅓ C Coconut oil
- ½ C Maple syrup
- Finely grated zest of one lemon
- 1 C Blueberries, fresh or frozen

Directions:

1. Preheat Oven to 350° F.
2. Mix dry ingredients together in a bowl.
3. Melt the coconut oil over low heat and add maple syrup.
4. Stir all ingredients together.
5. Bake in muffin tins or in a cake pan lined with parchment paper for 30 minutes.

Husbands likey! Not too sweet but sweet enough to satisfy a craving. A really good breakfast option to switch it up and fast because you make it ahead of time in a large batch and it can last a whole week!

PRO	CARB	FAT	CALS
3.3 g	19.7 g	5.6 g	140.1
PER SERVING			

Overnight Oats



(Makes 1 Serving)

Ingredients:

- ½ Cup Oatmeal
- 1 T Chia Seeds
- 1 T Maple Syrup
- Dash Cinnamon
- ¼ cup Coconut Milk
- 3-4 Fresh Strawberries

Directions:

1. In a separate bowl mix the all ingredients except the strawberries.
2. Slice the strawberries into circular shapes.
3. Layer a 1 inch layer of the oat mixture onto the bottom of a mason jar.
4. Cover that layer with strawberry slices, then layer again with oat mixture.
5. Repeat until you fill up the jar!

This is one of the easiest and most delicious breakfast treats there is, perfect for when you have busy mornings and need something you can grab and go!

PRO	CARB	FAT	CALS
8.5 g	53 g	9.3 g	308
PER SERVING			

Carrot Pumpkin Spice Muffins



(Makes 12 mini muffins)

Ingredients:

- 3 large eggs at room temperature
- 4 medium carrots, grated and squeezed of juice (final volume: 1½ cups shredded carrots)
- 1½ C almond flour
- 1½ t five spice powder (you can substitute pumpkin spice blend)
- 1 t baking soda
- ½ t baking powder
- ½ t ground cinnamon
- ⅛ t fine sea salt
- ¾ C canned pumpkin purée
- ¼ C maple syrup
- 2 T almond butter
- 1 t melted coconut oil, and a bit extra for greasing the muffin tin if not using paper liners
- 1 T sliced almonds
- 1 T toasted pumpkin seeds

Directions:

1. Preheat Oven to 350° F.
2. Combine wet ingredients in a bowl and dry ingredients in another bowl.
3. Fold together the wet and dry ingredients.
4. Place batter in either muffin cups or one rectangular baking pan lined with parchment paper.
5. Bake at 350 F for 40 minutes.

You can make these ahead of time and freeze them for later. Also great as a travel snack.

PRO	CARB	FAT	CALS
5.7 g	10.9 g	11 g	156.8
PER SERVING			

Buckwheat Breakfast Porridge



(Makes 4 Servings)

Ingredients:

- 1 C Raw Hulled Buckwheat (soaked overnight, strained and rinsed in the morning)
- 1 C Dried Coconut Flakes (unsweetened)
- 1 C Seeds/Chopped Nuts: mix any Hemp, Sunflower, Pumpkin, Pecans, Walnuts, Almonds, Brazil Nuts
- ½ C Dried Fruit (Goji Berries, Currants, Raisins – all unsulphured and without hydrogenated oils)
- Vanilla extract, Cinnamon and Cardomom as desired
- Honey or Maple Syrup if desired

Directions:

1. Take 1 cup raw buckwheat (also called groats) and rinse under cold water. Place in large glass bowl and cover with 6 cups of water. Leave on counter overnight or for at least 6 hours, to begin the germination process.
2. In the morning, or 6 hours later, strain buckwheat with fine strainer and rinse well.
Note: Buckwheat will appear slightly slimy, just rinse as much as possible.
3. Ensure buckwheat is well rinsed and patted dry with paper bowl. Leave in fine strainer or sprouting tray (can be purchased online or in health food stores) with a bowl underneath for 24 hours to sprout or proceed to step 4 immediately.
4. In a large bowl, mix soaked/sprouted buckwheat with 1 cup of coconut flakes, 1 cup of nuts or seeds, 1/2 cup dried fruit, and 1-2 tablespoons sweetener plus any other additional toppings.

Enjoy with your favourite homemade dairy-free milks, yogurts or creams and fresh fruit! Store covered in the fridge for up to 3 days.

PRO	CARB	FAT	CALS
10.6 g	55.3 g	24.6 g	441.8
PER SERVING			

Apple Nachos



(Makes 4 Servings)

Ingredients:

- 2 Fuji Apple (or any kind)
- 2 T Almond Butter
- 2 t Water
- 1 t Cacao Powder
- 1 t Maple syrup
- 1 T Shredded Coconut Flakes
- 1 T Dried Currants

Directions:

1. Make the sauce first. In a blender or using a hand mixer put together the almond butter, cacao powder, maple syrup and water and mix until saucy. Needs to be thin enough to drizzle so add more water if necessary, but do so slowly so it doesn't turn too runny.
2. Slice the apple into thin chip-like slices.
3. Arrange the apple slices on a plate.
4. Drizzle the Chocolate Almond Sauce over the top.
5. Sprinkle Coconut flakes & currants.

These are such a fun way to eat apples! a big hit with kids and more interesting than plain apple and almond butter.

PRO	CARB	FAT	CALS
2.1 g	16.2 g	4.9 g	116.8
PER SERVING			

Avocado Ezekiel Toast



(Makes 1 Serving)

Ingredients:

- 1 Slice Ezekiel Bread Toasted
- ½ medium sized Avocado
- Sprinkle of Chili flakes
- 1 t Lemon Zest
- 1 squirt Lemon Juice

Directions:

1. Toast the Ezekiel bread.
2. Slice avocado in thin slices and Spread over top.
3. Sprinkle with chili flakes & lemon zest.
4. Squeeze a bit of lemon juice over top.

This one may seem obvious but we can't tell you how many people don't know about this easy and delicious snack, it hits the spot every time and takes only 2 mins to put together. Love adding the chili flakes and lemon zest but you can also leave them out if you're in a hurry or don't like the heat!

PRO	CARB	FAT	CALS
5 g	19.5 g	8 g	160
PER SERVING			

Cranberry Orange Scones



(Makes 8 Servings)

Ingredients:

- ½ C Gluten-free baking flour
- ¾ C Almond flour
- ¾ C Brown rice flour
- ¼ C Coconut sugar
- ½ t Sea salt
- 1 t Chia seeds
- 1 T Baking powder
- 8 T Coconut oil
- ½ C Cold full fat unsweetened coconut milk
- 2 Eggs, lightly beaten
- ½ C Fresh or dried cranberries. chopped
- 1 T Freshly grated orange zest
- Additional coconut milk for brushing the tops of the scones before baking
- ½ T Maple syrup

Directions:

1. In a large bowl, mix together the dry ingredients (flour, sugar, salt, xanthan gum, and baking powder) to distribute evenly. Working with a fork or pastry cutter, work the chilled shortening into the dry ingredients until it is mostly pea-sized pieces. Add the chilled coconut milk, eggs, cranberries and zest and stir for a minute or two or until you have a rough, sticky dough.
2. Grease a cutting board or a large piece of waxed paper with pan spray and turn the dough out onto it. Using lightly floured hands (I use a bit of extra gf flour mix) pat the dough into a large rectangle (about 9 by 12 inches). It will be just over a 1/2 inch thick. Using a sharp knife, cut the dough into a grid that yields 12 scones. Feel free to experiment and cut out alternate shapes, but adjust baking time for larger or smaller sizes. Transfer the unbaked scones to a baking sheet lined with parchment. Place in fridge for one hour before baking or freezer for 30 minutes. If you want to make these the night before, chill them overnight on the baking sheet with a bit of plastic wrap over the top. The next morning let them sit out on the counter for 20-30 minutes before baking.
3. Preheat oven to 400 degrees (F). Mix the additional 1/4 cup of coconut milk with the 1 tablespoon of maple syrup and brush the tops of the chilled scones with the mixture (to ensure a lovely golden brown color). Bake the scones on the middle rack of preheated oven for 20-22 minutes or until the edges and tops are just beginning to turn golden.

A big treat for special occasions or when you have company to impress. They take some work but having pastries that are actually healthy is well worth the effort! These Cranberry Orange scones are so good they will remind you of your favorite bakery and help you NOT feel deprived.

PRO	CARB	FAT	CALS
6 g	27.9 g	24 g	339.1
PER SERVING			

Savory Greek Oatmeal



(Makes 4 Servings)

Ingredients:

- 1 C Steel cut oats
- 3 C Water
- ¼ t Salt
- 1 t Garlic powder
- 1 t Onion powder
- 1 t Pepper, salt to taste
- 1 t Oregano
- 4 C Spinach (or another leafy green)
- ½ Avocado
- 16 Kalamata olives pitted and chopped
- 1 C tomatoes
- 4 large eggs, poached

Directions:

1. Bring 2 cups water plus ¼ t. salt to boil, add steel cut oats, cover and simmer for 30 min. Add more water if you want the oats to be thinner.
2. Chop the spinach, remove the pits from the olives, and chop the tomatoes
3. Once the oats are cooked all the way pour them into a large mixing bowl and add the garlic powder, onion powder, salt, pepper, oregano & mix well
4. Stir in the spinach, olives and tomatoes
5. Top with poached egg and serve.

A fun twist on oatmeal, it doesn't always have to be sweet!

Back to Day Starters

PRO	CARB	FAT	CALS
7.4 g	10.7 g	12.4 g	180.5
PER SERVING			

Chia Pudding



(Makes 6 Servings)

Ingredients:

- ⅔ C Chia seeds
- 2 C Unsweetened almond milk
- ½ t Pure vanilla extract
- 2 t Currants, goji berries, chopped dried apricots, dried cherries, chopped dried figs or dates
- 1 C Fresh or frozen blueberries
- ¼ C Cacao nibs
- ¼ C Cacao powder
- 2 T Unsweetened coconut flakes

Directions:

1. In a medium sized bowl stir chia seeds, hemp/almond/coconut milk together.
2. Add vanilla extract.
3. Add dried fruits, frozen blueberries, cacao nibs & powder, & coconut flakes.
4. Make sure all ingredients get saturated and then store in the fridge.

Delicious texture and the berries plump up when they are soaked, this tastes like dessert but can be had for breakfast, snack, or travel food as well.

PRO	CARB	FAT	CALS
7.3 g	20.5 g	13.5 g	203
PER SERVING			

Pumpkin Pie Granola



(Makes 6 Servings)

Ingredients:

- 1 T Coconut oil
- 3 T Maple syrup
- ½ C Pumpkin Purée
- 2 C Rolled oats
- 2 C Coconut flakes
- 2 T Chia seeds
- 1 t each of cinnamon allspice and ginger powders
- ½ t Ground cloves (optional)
- 2 C Almonds, cashews, pecans, walnuts, pepitas roughly chopped

Directions:

1. Preheat oven to 275 F.
2. In a saucepan, melt the oil/butter, syrup and pumpkin puree and bring to a gentle boil.
3. Remove from heat and stir in the oats until well combined, then stir in the remaining ingredients.
4. Spread the mixture evenly on baking paper on a tray and bake for about 20 minutes, until golden, turning halfway.
5. When golden (I like to make mine quite dark; the darker it is, the crunchier it is), remove and cool immediately to get it crispy.

Best Granola ever! We adore the taste of coconut and adding all these spices just takes it to the next level of yumminess.

PRO	CARB	FAT	CALS
15.8 g	42 g	40.4 g	550
PER SERVING			

Veggie Scramble



(Makes 1 Serving)

Ingredients:

- ½ C Broccoli
- 1 Carrot
- ½ Green or Yellow Zucchini
- ½ Onion
- 2 Eggs
- 1 t Coconut Oil
- Salt & Pepper to taste

Directions:

1. Chop all vegetables finely.
2. Melt 1 t. coconut oil over medium heat in medium sized saute pan.
3. Add vegetables first and saute until soft.
4. Whisk eggs together on the side & pour over cooked veggies.
5. Scramble all together and serve.

Super fast, high-protein, high-fiber healthy way to start the day.

PRO	CARB	FAT	CALS
12.6 g	6 g	10.2 g	165
PER SERVING			

Sweet Cinnamon Omelette



(Makes 1 Serving)

Ingredients:

- 2 Eggs
- 1 T Coconut Oil
- Cinnamon
- Fresh or Frozen Berries

Directions:

1. Heat Coconut Oil in a frying pan on medium heat.
2. Whisk eggs together in a small bowl and pour over coconut oil.
3. Cook slowly at medium to low heat until all the way cooked through.
4. Place carefully on a plate and fill with berries of your choice.

Tastes like french toast!

Back to Day Starters

PRO	CARB	FAT	CALS
12.5 g	8.5 g	24.2 g	305
PER SERVING			

Green Smoothie



(Makes 1 Serving)

Ingredients:

- 1 t Fresh grated Ginger
- 1 t Fresh grated Turmeric
- 2 Large leaves Kale
- 2 Large leaves Chard
- 2 Sprigs parsley
- ½ C chopped cucumber
- 2 Large leaves lettuce
- 1 C Spinach
- 1 Medium apple
- ½ Avocado
- 1 C Water

Directions:

1. Wash and chop veggies.
2. Blend all ingredients together to taste, preferably in a high speed blender.
3. For fun, you can also add cacao powder or nibs, and/or shredded unsweetened coconut or any other supplements, or super foods you like.

We have one of these every morning at our house. Kick starts the day off with a super-dose of nutrients.

PRO	CARB	FAT	CALS
2 g	34 g	15 g	256
PER SERVING			

Berry Smoothie



(Makes 1 Serving)

Ingredients:

- ½ cup Frozen Berries
- 1 Grapefruit
- 1 C Leafy Greens of any kind (spinach, chard, kale, etc)
- ½ C Water or more depending on consistency

Directions:

1. Wash and chop veggies.
2. Remove rinds from citrus fruit.
3. Blend all ingredients together to taste, preferably in a high speed blender, adjust the amount of water to your liking.

A fun way to get your antioxidants in.

PRO	CARB	FAT	CALS
1.3 g	19.5 g	0 g	77
PER SERVING			

Spinach Banana Blend



(Makes 1 Serving)

Ingredients:

- 1 Banana (frozen is best)
- 2 Handfuls Fresh Spinach
- 5 Mint leaves
- ½ C Water
- ½ C Ice

Directions:

1. Blend all ingredients in a blender on high speed.
2. Garnish with fresh mint leaves.

The simplest smoothie yet super refreshing on a summer day or as post-workout hydration.

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PRO	CARB	FAT	CALS
1.5 g	31 g	0 g	120
PER SERVING			

Zucchini Apple Basil Smoothie



(Makes 1 Serving)

Ingredients:

- 1 Medium zucchini
- 1 Medium apple (any type)
- 4-6 Leaves fresh basil
- ½ C water
- ½ C ice

Directions:

1. Blend all ingredients in blender.
2. Add as much water to your liking & enjoy!

It's hard to imagine zucchini in a smoothie but it's surprisingly smooth and creamy and all you taste here is the apple and herbs!

PRO	CARB	FAT	CALS
2.4 g	28 g	0 g	113
PER SERVING			

Ginger Orange Smoothie



(Makes 1 Serving)

Ingredients:

- ½ C coconut or almond milk
- 1 C water
- ½ C ice
- 1 t Vanilla extract
- 1 t Chia seeds (stir in after blending)
- 1 T Maple syrup
- 1 t Ground cinnamon
- ¼ t Ground cardamom
- 1 t Fresh grated ginger root (or dried ginger powder)
- 2 Seedless oranges

Directions:

1. Blend all ingredients in a blender.
2. Stir in chia seeds.
3. Garnish with an extra dash of cinnamon & chia seeds on top.

Spicy and zesty yet creamy at the same time, reminds us of an orange creamsicle. Works great as a snack or light dessert.

PRO	CARB	FAT	CALS
4 g	54.5 g	4.2 g	253
PER SERVING			

Velvet Hot Chocolate



(Makes 1 Serving)

Ingredients:

- 2 Heaping T Cocoa Powder
- 1 T Coconut Sugar
- 1 C Unsweetened Vanilla Almond Milk

Directions:

1. In a blender, blend Almond Milk, Cocoa & Coconut Sugar together.
2. Pour into a saucepan and heat over low/medium heat.
3. When it begins to boil, remove from heat and pour into a mug.

Decadent after-dinner treat!

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PRO	CARB	FAT	CALS
3 g	19 g	4.5 g	105
PER SERVING			

Spiced Chai



(Makes 1 Serving)

Ingredients:

- ¼ C Cashews
- 2 C Brewed tea, any kind, we use 2 Rooibos tea bags
- 2 T Hemp seeds
- 2 t Maple syrup
- 1 t Vanilla
- ½ t Cinnamon
- ¼ t Dried ginger,
- ¼ t Powdered cloves
- ¼ t Cardamom to taste

Directions:

1. Blend all ingredients in blender at the highest speed.
2. Top with a sprinkle of cinnamon for presentation.

Reminds us of our visit to India! but without the dairy :)

PRO	CARB	FAT	CALS
11.7 g	22.5 g	22.3 g	323
PER SERVING			

Almond Milk



(Makes 6 Servings)

Ingredients:

- 1 C Raw soaked almonds
- 2 C Filtered water
- Cheesecloth or fine strainer

Directions:

1. Soak the almonds overnight and rinse well.
2. Put all ingredients into a blender and mix until smooth.
3. Strain with a cheesecloth or nylon bag, squeeze all the milk out with your hands.
4. Can be stored in the fridge for up to 3 days.

Great for smoothies, drinking plain, with cookies, or any way you like to use milk! Awesome non-dairy substitute.

PRO	CARB	FAT	CALS
0 g	0 g	5 g	55
PER SERVING			

Immunity Juice



(Makes 1 Serving)

Ingredients:

- Luke Warm Water
- 1 t Apple Cider Vinegar
- ½ Fresh Squeezed Lemon
- Dash Cinnamon
- Cayenne Pepper (Optional)

Directions:

1. Pour Water into a glass.
2. Squeeze half a lemon into it.
3. Add apple cider vinegar.
4. Dash the cinnamon or cayenne on top.
5. Stir gently and enjoy.

We make this any time we are feeling under the weather or if we want to prevent getting sick. It's also great as a detox drink every so often.

PRO	CARB	FAT	CALS
0 g	0 g	0 g	0
PER SERVING			

Chocolate Coconut Date Smoothie



(Makes 1 Serving)

Ingredients:

- ½ C Coconut milk
- ½ C Water
- 2 Heaping t cacao powder
- 3 Dates
- ½ C Ice
- 1 T Vanilla extract

Directions:

1. Blend all ingredients in blender on high speed.

Top with coconut shreds and chocolate chunks for an indulgent treat, provides a good amount of energy to power you through your afternoon.

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PRO	CARB	FAT	CALS
2.8 g	57 g	2.9 g	260
PER SERVING			

Coconut Milk



(Makes 2 Servings)

Ingredients:

- 1 C Coconut Flakes
- 2 C Water
- Cheesecloth or nylon straining bag

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Directions:

1. Soak coconut in water overnight at room temperature, cover to keep the dust out.
2. Put all ingredients into a high speed blender and mix until smooth.
3. You can use hot or cold water, works both ways.
4. If you don't want any pulp you can strain it with a cheesecloth or very fine strainer.
5. Refrigerate in a covered glass jar for up to 3 days after making.

Great to have on hand for easy additions to smoothies, sauces, & oatmeal. Store bought coconut milk often has additives that we try to avoid, so homemade is always best.

PRO	CARB	FAT	CALS
1 g	6 g	13 g	140
PER SERVING			

Red Smoothie



(Makes 1 Serving)

Ingredients:

- 1 Raw Beet
- ½ C Frozen or fresh cranberries
- 4-5 Large Frozen Strawberries
- 1 Peeled orange
- 1 C Cold water

Directions:

1. Rinse beet well, remove any rough spots. No need to peel, the skin is edible.
2. Put all ingredients into a blender and blend on high speed until smooth.
3. Add more water to your liking.

Very refreshing and nice change from a green smoothie. Beets are so good for you and a great source of many vitamins and minerals. Incredible for overall health & very cleansing.

PRO	CARB	FAT	CALS
4 g	38.7 g	0 g	165
PER SERVING			

Fruit Crumble



(Makes 6 Servings)

Ingredients:

Filling:

- 3 C Frozen Blueberries (or other fruit)
- 1 T Lemon juice
- 1 t Lemon Zest

Topping:

- ¼ C Coconut or almond flour
- 2 T Coconut sugar
- ½ C Oats
- ½ t Cinnamon
- 3 T Coconut Oil

Directions:

1. Preheat oven to 350 F.
2. Mix fruit with lemon juice, cinnamon, lemon zest.
3. Sprinkle the oat mixture on top.
4. Bake at 350 F for 40 min.

You can use a variety of different fruits, we've made this with apples, peaches, cherries, & mixed berries, here you see the recipe with blueberries, but feel free to use your favorite fruit, it's especially great with apples and cinnamon!

PRO	CARB	FAT	CALS
2.2 g	22.7 g	8.7 g	159.2
PER SERVING			

Chocolate Coconut Brownies



(Makes 16 Servings)

Ingredients:

- 1 C Almond butter or sunflower butter
- 2 Whole eggs
- ½ C Full fat coconut milk
- ½ C Date puree (8 medjool dates soaked for 30 minutes, drained and mashed)
- ⅓ C Coconut nectar or coconut sugar
- 1 T Pure gluten-free vanilla extract
- ½ C Cacao powder
- ¼ t Gluten-free baking soda
- ¼ t Sea salt
- 1 C Chopped walnuts
- 1 C Whipped coconut cream (optional)

Directions:

1. Preheat oven to 350 F and prepare an 8” x 11” baking dish by lining with parchment paper to fit the bottom.
2. After dates have soaked for 30 minutes, drain and mash with a potato masher until smooth.
3. Combine almond butter, eggs, milk, date puree, nectar and extract in the bowl of your stand mixer or combine in a large-sized bowl with a hand mixer. Mix until smooth.
4. Add cacao powder, baking soda and sea salt. Mix until just combined.
5. Drop mixture into prepared baking sheet and set aside.
6. To prepare swirl, add ingredients to a bowl and whip until smooth.
7. Drop 9 dollops onto the top of the brownies. Then, starting in the corner, place knife in the middle of the far dollop and drag through the batter, end to end. Loop back to the next row of dollops and do it again. Repeat until marbled.
8. Bake for 45-50 minutes, until a toothpick comes out clean.
9. Remove from the oven and allow to sit for 5 minutes. Slide out of the pan, cut into 16 squares.

Deliciously moist, make sure not to over-bake as they will get dry. Just the right amount of sweetness and hits the spot for chocolate cravings.

NOTE: Picture is taken before baking and after baking the coconut creme will turn golden in color.

PRO	CARB	FAT	CALS
5.2 g	12.7 g	13.7 g	182.4
PER SERVING			

Chocolate Chip Raw Cookies



(Makes 36 Cookies)

Ingredients:

- 2 ½ C Cashew flour
- 1 ⅓ C Oat flour
- ½ t Salt
- ⅓ C Maple syrup
- 1 T Coconut sugar
- 1 T Vanilla extract
- 1 C Finely chopped pecans
- ½ C Finely chopped 85% dark chocolate

Directions:

1. In a blender or food processor blend 2 ½ c. cashews until fine, just before they turn into cashew butter.
2. In the same way process 1 ⅓ c. rolled oats to the consistency of flour.
3. Mix all ingredients together and form into small balls with your hands. Place on dehydrator tray OR a baking sheet and slightly flatten with your hands..
4. Either dehydrate for 24 hours OR bake at the lowest temperature in your oven for 30 min.

We got this recipe from Mimi Kirk a well known raw vegan chef who is famous for being the sexiest woman over 70. First time making these we fell in love and have had a batch in our freezer every day since!

PRO	CARB	FAT	CALS
2 g	10 g	4.9 g	85.3
PER SERVING			

Sunflower Power Balls



(Makes 24 Balls)

Ingredients:

- 1 C Raw sunflower seeds
- ½ C Plus ½ cup raw pumpkin seeds
- ¼ C Ground flaxseed
- 1 t Cinnamon
- Pinch of sea salt
- 1 C Dried dates, pits removed
- ½ C Raisins
- ½ C Unsweetened shredded dried coconut

Directions:

1. In a food processor, combine ½ cup pumpkin seeds, sunflower seeds, ground flax seed, cinnamon and sea salt for about 1-2 minutes until fine. Add dates and maple syrup, and blend again until a thick paste forms. Mixture will be sticky and dense.
2. Transfer to a bowl and using your hands, mix in extra ½ cup pumpkin seeds and raisins.
3. Using your hands, roll small amounts of mixture between your palms to form 1-inch balls.
4. Roll ball in shredded coconut to coat.
5. Place in a container with a tight-fitting lid and refrigerate or freeze. Serve chilled or frozen.

These are great as little balls of energy for when you're travelling or just need a little something between meals

PRO	CARB	FAT	CALS
3.5 g	9.6 g	6.7 g	109.5
PER SERVING			

Choco Pistachio Banana Bites

(Makes 4 Bites)

Ingredients:

- 1 Banana
- ¼ C Shelled pistachios
- Dash of pink himalayan salt
- ¼ C Dark chocolate chips or chunks
- 2 C Water



Directions:

1. Boil the 2 cups water in a pot. once it boils turn the heat down to low to keep it hot but without the bubbles.
2. Place a ceramic, glass or metal bowl into the hot but no longer boiling water, this will gently melt the chocolate.
3. Put the ¼ cup of dark chocolate chips or chunks into the bowl. It should be dry inside, do not let any of the water seep into the bowl.
4. In the mean time while the chocolate is melting, peel and cut the banana into bite size chunks
5. Chop the pistachios into fine small pieces.
6. Once the chocolate melts all the way stab one chunk of banana with a fork and dip it into the melted chocolate.
7. Roll the chocolate dipped side into the pistachio crumbs. Sprinkle a bit of the pink salt on top and set to the side.
8. Continue this process with the rest of the chunks and once they are all coated place them in the freezer.

Enjoy one or two bites and save the rest for later!

PRO	CARB	FAT	CALS
2.3 g	14.3 g	5.5 g	102.5
PER SERVING			

Rice Krispie Treats



(Makes 12 Servings)

Ingredients:

- 1 ½ c Brown Rice Krispies cereal
- 1 C Dried cherries
- 1 C Raw almonds, sliced a bit
- ⅔ C Dried apricots, chopped
- ¼ C Chocolate chips (or chop up an 85% or above chocolate bar)
- 2 T Coconut oil
- 2 T Coconut sugar
- ½ C Brown rice syrup
- ¼ C Almond butter
- ¼ t Salt

Directions:

1. Mix dried cherries, sliced raw almonds, dried apricots, and chocolate chips together in a medium sized bowl.
2. In a saucepan melt the coconut oil and coconut sugar together.
3. Stir the almond butter into the saucepan.
4. Combine the melted mixture with the nut and fruit mix and stir all together.
5. Add the brown rice krispies cereal and gently fold into the mix.
6. Pat into a greased or parchment lined pan with greased fingers.
7. Refrigerate for at least 1 hour.
8. Slice into 12 even sized bars or squares.

Woah! these are seriously decadent! We take them to a party and share, otherwise we might eat the whole batch at once!

PRO	CARB	FAT	CALS
4.6 g	34.6 g	11.7 g	255
PER SERVING			

Baked Apples



(Makes 2 Servings)

Ingredients:

- 2 Apples (suggest Golden Delicious or Granny Smith)
- 2 T Almond (or other nut) Butter
- Sprinkle of Cinnamon

Directions:

1. Preheat Oven to 350° F.
2. Cut the cores out of the Apples.
3. With a small spoon stuff the almond butter down inside the core.
4. Sprinkle cinnamon on top.
5. Bake the apples at 350° F for about 25-30 minutes or until they are soft when poked with a fork.

Tastes so much like apple pie but with no crust! Only the healthy stuff but all the same warm cozy feeling! We love these after dinner with a cup of chamomile tea.

PRO	CARB	FAT	CALS
3 g	25.5 g	8 g	175
PER SERVING			

Banana Blackberry Ice Cream



(Makes 2 Servings)

Ingredients:

- 2 Frozen Bananas
- 1 C Frozen Blackberries
- Fresh blackberries for garnish

Directions:

1. In a food processor place frozen Banana and Frozen berries.
2. Blend long enough for it to turn into a creamy ice-cream like texture. Do not add water, just be patient. It will eventually work all the chunks out.
3. Top with fresh berries and enjoy.

We make this banana ice cream often! It has totally replaced our desire for dairy ice cream and it only contains natural fruit sugars, no added sugar at all. So eat it fearlessly and enjoy dessert!

Get creative with the flavors too, sometimes we add vanilla extract, mango, cinnamon or other fruits.

PRO	CARB	FAT	CALS
2.3 g	34 g	0 g	136
PER SERVING			

Coconut Cream and Berries



(Makes 1 Serving)

Ingredients:

- 1 Container or can of coconut cream (regular rather than light), only use 2 Tbsp. Save the rest for later.
- ½ C Fresh Blackberries, Raspberries or berry of your choice.
- 1-3 T warm water

Directions:

1. Blend Coconut cream in the blender with warm water until you reach your desired consistency.
2. Add fresh berries to a serving dish and pour the coconut cream over the berries.
3. Top with a few more fresh berries for presentation and serve.

Who doesn't love berries and cream! This is a healthier take on using regular whip cream and coconut cream is so rich and decadent you only need two spoonfuls to feel satisfied.

PRO	CARB	FAT	CALS
1.5 g	8.4 g	6 g	95
PER SERVING			

Fearless Frosted Cupcakes



(Makes 16 Mini Cupcakes)

Ingredients:

Cupcakes

- ¼ C coconut flour
- 3 Large eggs
- ¼ C unsweetened cacao powder
- 1 Whole Banana
- ¼ C Melted coconut oil
- ½ t Baking soda
- 1 t Vanilla
- Pinch of salt

Frosting

- ⅓ cup sunflower butter
- ⅓ cup Coconut Oil
- 2 T raw honey
- 2 t vanilla
- Pinch of salt
- Top with Dark Chocolate chunks or Coconut Flakes (Optional)

Directions (Make your frosting first)

Frosting Instructions

1. Using a hand mixer, combine sunflower butter and coconut oil on medium-high speed until fluffy. Takes about 3 minutes.
2. Add honey, vanilla and pinch of salt. Whip on high for another couple of minutes. It should look like frosting, thick enough to spread on a cupcake.
3. Place in fridge while you bake your cupcakes.

Cake Instructions

1. Combine dry ingredients together in a bowl: coconut flour, cacao powder, baking soda, salt
2. Whisk eggs in another small bowl and add melted coconut oil, banana and vanilla. Combine with dry ingredients and mix.
3. Pour into muffin cups of your choice, we use silicone muffin trays for baking & use paper liners so they don't stick.
4. Bake at 350° F for 15-18 min.
5. Makes about 16 mini cupcakes.
6. Once all the way cooled frost the cupcakes and top with dark chocolate, coconut flakes, or other topping of your choice!

These cakes are NOT sweet, it's the frosting that makes them sweet. If you like the cake sweeter you can add a bit of honey to the cake batter.

PRO	CARB	FAT	CALS
3.2 g	7.5 g	11.6 g	139.1
PER SERVING			

Banana Walnut Bread



(Makes 12 Servings)

Ingredients:

Wet Ingredients

- 10 Dried dates, pitted
- 2 Ripe bananas
- 1/3 C Maple syrup
- 1/4 C Virgin coconut oil, melted
- 2 T Lemon juice
- 1 t Vanilla extract

Dry ingredients

- 1 C Chickpea flour
- 1 C Almond meal
- 1/4 C Tapioca flour
- 1 T Baking powder
- 1 t Baking soda
- 1/2 t Ground cinnamon
- 1/2 t Sea salt

Directions:

1. Preheat oven to 350°F and lightly grease 8 x 11-inch rectangular baking dish.
2. Place dates in large bowl and cover with boiling water to soften. Drain well, add bananas and mash both together so that chunks remain. Add maple syrup, melted oil, lemon juice and vanilla and whisk to combine.
3. In separate bowl, whisk together all dry ingredients. Add to bowl with banana mixture and fold gently to combine, making sure not to overmix. Pour into prepared baking dish and bake for 30 minutes or until toothpick inserted in center comes out clean. Remove from oven, place on rack and cool completely before slicing.

Very decadent treat that the husband loves! Also a big party hit, people always want to know the recipe.

PRO	CARB	FAT	CALS
4.4 g	23.9 g	10.3 g	196.9
PER SERVING			

Chocolate Dipped Strawberries



(Makes 6 Servings)

Ingredients:

- 1 oz Dark Chocolate (we like 85% cacao content)
- 3 C Water for the double boiler to melt the chocolate over
- 6-8 Fresh Strawberries
- ¼ C Coconut Flakes

Directions:

1. Boil the 3 cups water in a large sauce pan, reduce the heat, bring to a simmer so that it's no longer bubbling.
2. In a metal or ceramic container (such as a measuring cup) place the chocolate in the container and the container into the water, making sure not to allow the water into the chocolate. It's important the chocolate stays dry and free of any splashing water.
3. Wash and dry the strawberries.
4. Grab each strawberry by the leaves and dip into the melted chocolate.
5. Place onto wax paper or plate and allow to dry and harden.

Super easy and impressive elegant dessert for a dinner party or romantic occasion. Also great to keep in the fridge to handle your sweet tooth.

PRO	CARB	FAT	CALS
0.6 g	4.8 g	3.2 g	48.3
PER SERVING			

Carrot Pasta



(Makes 4 Servings)

Ingredients:

- 1 Large can cooked diced tomatoes, no sugar
- 1 Onion, chopped
- 4 Garlic cloves, minced
- 1 T Coconut oil
- 1 lb Ground beef or turkey
- 1 t Each: basil, oregano, and thyme
- 8 Large carrots

Directions:

1. Saute onions and garlic in oil then add meat and cook until browned.
2. Add sauce and spices and simmer for 30 minutes.
3. Carrot pasta is made by shaving peeled carrots with a vegetable peeler into ribbons.
4. Saute carrots in a little coconut oil. Serve with a couple of spoonfuls of sauce.

OMG, need we say more.. pasta made with veggies is a dream come true!

NOTE: Sauce can be saved for later use if only making 1 or 2 servings.

PRO	CARB	FAT	CALS
26.9 g	17.5 g	11.5 g	286
PER SERVING			

Stuffed Mushrooms



(Makes 8 Servings)

Ingredients:

- 1 lb Ground Turkey
- ½ Onion
- 2 Garlic cloves
- Salt & pepper to taste
- ½ C. **Tomato Sauce**
- 8-10 White Button Mushrooms
- 1 t Fresh Thyme

Directions:

1. Preheat oven to 350 F.
2. Wash and dry the mushrooms.
3. Carve out the inside of each mushroom with a carving knife or spoon, discard the stems.
4. Cook Ground Turkey in a frying pan with onions, garlic, salt and pepper.
5. Add the tomato sauce in with the cooked ground turkey and heat it all up together.
6. Spoon into the hollowed out mushrooms and place on a baking sheet.
7. Bake at 350 F for about 10-15 minutes or until mushrooms are soft.

We make these for the husbands on game-day, perfect munchie treat while watching sports. They are also a fun way to get more mushrooms in your diet or get kids to eat them.

PRO	CARB	FAT	CALS
12 g	1.6 g	4.5 g	92.9
PER SERVING			

Chicken Paleo Pot Pie



(Makes 6 Servings)

Ingredients:

Crust Ingredients:

- 1 C almond flour
- ¾ Tapioca starch
- ½ t Paprika
- ½ t Sea salt
- ⅛ t White pepper
- ¼ C Cold hard coconut oil
- 1 large egg
- 3 T Ice water

Filling:

- ½ T Coconut oil
- 1 Large onion, diced
- ½ lb potatoes
- 1 C broth, any kind
- ⅓ C coconut milk
- 2 Medium carrots, diced
- 1 t Sea salt
- ¼ t pepper
- 1 lb Chicken breast, cubed
- ⅔ C Frozen peas
- 1 t Thyme
- ½ t Rosemary

Directions:

1. Combine all crust ingredients in food processor. Roll out with your hands or a rolling pin between two sheets of wax paper. Use extra almond flour if too sticky to handle. Chill in refrigerator for 30 minutes.
2. For the filling cook the potatoes with coconut oil, onion and broth until tender, add coconut oil and puree in blender or food processor.
3. Saute chicken breast with a little more oil, add carrots, salt, pepper, thyme, rosemary and frozen peas. Stir in the potato/coconut milk sauce and pour into a pie plate. Remove crust from the refrigerator and place on top of the pie plate to cover the filling mixture. Bake at 350 F for 1 hour and 10 min.

This is comfort food at it's finest. Using healthier substitutions, you can continue to enjoy the food you grew up with and introduce it to the next generation with confidence!

PRO	CARB	FAT	CALS
24.9 g	32.5 g	22.1 g	405
PER SERVING			

Chicken Lettuce Wraps



(Makes 2 Servings)

Ingredients:

- 2 Chicken Breast (6 oz each)
- ½ Onion sliced
- ½ t Salt
- ½ t Ground coriander
- ½ t Ground cumin
- ½ t Garlic powder
- 10 Cherry tomatoes
- 1 Head romaine lettuce
- 2 T Fresh cilantro
- 1 Lime

Directions:

1. Bake chicken with onion slices, salt, coriander, cumin, garlic powder and cayenne pepper for 30 minutes at 350 F, covered with foil.
2. When the chicken is cooked all the way through shred it using two forks.
3. Spoon the shredded chicken into the romaine lettuce leaves and top with cherry tomatoes and cilantro with a squeeze of lime.

We use romaine leaves a lot as taco shells or sandwich wraps, they are a great bread substitute and fun and easy to eat.

Add hot sauce, salsa, or guacamole to these if you like!

PRO	CARB	FAT	CALS
39.1 g	0 g	2.1 g	186
PER SERVING			

Chicken Saag



(Makes 3 Servings)

Ingredients:

- 3 C spinach, up to 1 lb. if you like
- 1 Medium onion, chopped
- 4 Garlic cloves, minced
- 2 T Olive or coconut oil
- ½ t Minced ginger
- 2 ½ t Cumin
- 2 ½ t Chili powder
- 2 ½ t Turmeric
- 2 ½ t Cinnamon
- ½ t Sea salt
- 1 Fresh tomato
- ½ C Coconut milk
- 2 ½ Garam masala or 5 five spice
- 3 Chicken breasts (6 oz each)

Directions:

1. In a large skillet over medium heat, heat 1 tablespoon oil, onion, garlic and ginger. Sauté on medium to low heat until the onions are translucent for 5-10 minutes. Add in cumin, chili powder, turmeric and sea salt.
2. Cover and cook for 5-10 minutes on medium to low heat, the smell of the spices will change and the mixture will turn to a deep color. If the mixture looks like it may burn, add a bit of water.
3. Meanwhile, cut up the chicken into pieces and put into another pan with 1 tablespoon oil, cinnamon, and sea salt. Cook on medium heat until the inside of the chicken is white and tender for 15-25 minutes.
4. Add the spinach to onions and cover the pan and cook for 3-5 minutes, occasionally stirring the spinach around the pan to soak up the spices.
5. Remove the mixture from the heat and blend in a blender or food processor until it is a thick mixture.
6. Put the sauce back in the pan and on very low heat, add the garam masalam coconut milk and fresh tomato.
7. Add extra cumin or chili powder for additional spice. Cook for another 3-5 minutes until spice and lemon juice are incorporated. Str in the chicken and serve with quinoa or rice.

Chicken Saag is one of our favorite ways to make chicken, it's exotic and full of nutrients without any fattening sauce!

PRO	CARB	FAT	CALS
39.2 g	0 g	12 g	273.3
PER SERVING			

Herbed Turkey Burgers



(Makes 8 Servings)

Ingredients:

- 2 lb Ground white meat turkey
- ½ Medium red onion, minced
- 4 Garlic cloves, minced
- 1 t Sea salt
- 1 t Black pepper
- ½ C Chopped parsley
- 1 T Rosemary
- 1 T Sage
- 2 t Thyme

Directions:

1. Saute onions and garlic in coconut oil.
2. Once they are cool, mix them into the turkey by hand and all all of the seasonings.
3. Cook on a hot grill or a frying pan for 5 min. each side.
4. You can also just mix the raw onions and garlic into the turkey without sauteeing them.

By using lots of herbs and flavors in your turkey burgers you'll keep them moist and delicious.

PRO	CARB	FAT	CALS
21 g	0 g	8 g	170
PER SERVING			

Portobello Pizza



(Makes 3 Servings)

Ingredients:

- 3 Portobello Mushrooms
- 10 Cherry tomatoes
- 10 Green olives
- 3 T Hummus
- 1 T Chopped herbs (parsley or basil)

Directions:

1. Take a spoon and scrape out the insides of each mushroom including the stems.
2. Cook on a frying pan with just a light spray of cooking spray, cooking on each side for 2-3 minutes.
3. Once they are cooked remove from heat and arrange on a plate.
4. Spread hummus over the top and decorate with the garnishes.

Feel free to experiment with the toppings, you can also use tomato sauce instead of hummus.

PRO	CARB	FAT	CALS
3.2 g	6.6 g	2.3 g	53
PER SERVING			

Dragon Bowl



(Makes 4 Servings)

Ingredients:

- 1 C Brown or black rice
- 2 Carrots
- 1 Large zucchini
- 2 Bunches of broccoli
- ½ Onion, sliced
- 6 oz Protein of choice
- 1 C Coconut milk (canned)
- 2 T Green curry paste
- ½ to 1 C Fresh cilantro chopped
- 2 T Sesame seeds
- 2 T Hemp seeds
- ½ C Green onions, chopped or julienned

Directions:

1. Cook brown rice (or whole grain of your choice).
2. Cook your protein.
3. Slice all veggies.
4. Heat a wok or sauté pan on medium-low.
5. Stir-fry onions and carrots for a few minutes, before adding in zucchini and broccoli for a few more minutes or until tender.
6. Add coconut milk and green curry paste to the pan. Stir ingredients until thoroughly mixed and warmed.
7. Serve in individual bowls and garnish with chopped green onions, cilantro, hemp and sesame seeds.

Dragon Bowls are so satisfying and easy as a one dish meal.

PRO	CARB	FAT	CALS
12.2 g	16.5 g	12.2 g	221
PER SERVING			

Burrito Bowl



(Makes 4 Servings)

Ingredients:

- 1 C Quinoa
- 2 C Water and a dash of salt
- 2 Chicken breasts (6 oz each)
- 1 Can black beans
- 1 Avocado
- 1 C sliced tomatoes
- Shredded lettuce
- 2 C Chopped greens of any kind
- ½ Onion
- Coconut oil for sauteeing the greens
- Chopped cilantro to taste
- Chopped green onions to taste
- Your favorite salsa

Directions:

1. Cook your Quinoa in a rice cooker or cooking pot with water and a dash of salt..
2. Bake chicken breasts in a covered dish seasoned with onion powder, garlic powder, salt, pepper, thyme and mustard for 30-40 min. at 350 F.
3. Saute the greens in coconut oil with the chopped onions.
4. Assemble bowl with quinoa on the bottom, then all the other ingredients to taste.
5. Top with chopped green onions, cilantro and salsa.

Inspired by Chipotle, this bowl will even fill up the boys! Our husbands love a good filling meal like this with all the nutrients and flavors all mixed together and we love it too!

Back to Basics

PRO	CARB	FAT	CALS
33.2 g	49.6 g	8.8 g	401
PER SERVING			

Yummy Pad Thai



(Makes 4 Servings)

Ingredients:

- 1 Pkg. Rice noodles
- 1 Carrot, chopped
- 1 Stalk celery, sliced
- 1 Zucchini, sliced
- ½ Chopped onion
- Chopped cilantro
- 2 T Chopped Hazelnuts
- 1 T Coconut oil
- 4 servings of **Yummy Sauce**

Directions:

1. Saute vegetables in coconut oil.
2. Cook rice noodles in boiling water for 5 minutes and drain.
3. Mix vegetables and noodles together with Yummy Sauce.
4. Garnish with chopped cilantro and chopped hazelnuts.

The warmth and texture of this is like comfort food to us, and we absolutely adore yummy sauce. It reminds us of pasta alfredo. Add more veggies if you like to make it lower in carbs.

PRO	CARB	FAT	CALS
7.6 g	24.5 g	22.1 g	320
PER SERVING			

Quinoa Walnut Falafels



(Makes 20 Smalls Falafels)

Ingredients:

- 1 ½ C cooked quinoa
- 1 Celery stalk
- ½ Large Onion
- 2 Garlic cloves
- 1 Shredded carrot
- 1 C Raw Walnuts
- 1 C Fresh Parsley
- ½ C fresh basil
- 1 t thyme
- 1 ½ T Coconut Aminos
- Salt and pepper to taste
- Food Processor

Directions:

1. Preheat oven to 400°F.
2. Saute the celery, onion, garlic, carrot mixture, add in the cooked quinoa to warm it up.
3. Everything goes in the food processor, so start with the Walnuts, herbs, & Coconut Aminos
4. Add in the sautee after it cools a bit.
5. Add salt and pepper to taste.
6. Blend until mushy enough to form patties.
7. Use your hands and scoop out one spoonful and ball it up into a small, golf ball sized patty, smooch it out a bit onto the baking sheet to look like a small burger shape.
8. Bake them for approx 20 minutes or until they brown.

We love middle eastern food because we grew up with it, but we wanted a healthier alternative to deep-fried falafels. These baked quinoa walnut falafels hit the spot and remind us of the real thing. Serve with Yummy Sauce and Kale Tabouli! Amazing wrapped in a lettuce wrap with tomatoes and pickled beets.

PRO	CARB	FAT	CALS
1.51 g	4.3 g	3.8 g	56.3
PER SERVING			

Lentil Soup



(Makes 6 Servings)

Ingredients:

- 1 T Coconut oil
- 2 Leeks (white part) or onions, chopped
- 2" Piece ginger root, peeled and diced
- 3 Garlic cloves, minced
- 1 t Ground cardamom
- 1 t Turmeric
- 2 Stalks celery, chopped
- 2 C Red lentils
- 4 C Vegetable broth
- 4 C Water
- 1 Bag of spinach
- 1 Bay leaf
- ½ t Cinnamon or 1 cinnamon stick
- Black pepper to taste

Directions:

1. Saute leeks or onions in oil.
2. Add ginger, garlic, cardamom and turmeric, cook for 5-7 minutes.
3. Add celery, lentils, water, broth and bay leaf, cinnamon and pepper.
4. Add spinach at the end and cook until slightly wilted.

Garnish with fresh cilantro & pine nuts if desired. It is super cozy on cold days and so yummy in the tummy.

PRO	CARB	FAT	CALS
6.7 g	14 g	3 g	103
PER SERVING			

Pickled Beets



(Makes 8 Servings)

Ingredients:

- 9 Red beets, trimmed
- 1 Onion
- 1 C Apple cider vinegar
- 1 C Olive oil
- 1/8 C Nutritional yeast

Directions:

1. Chop beets in half and bake at 350 F in a covered baking dish for 40 minutes until soft.
2. Let beets cool and then remove skins under cool running water.
3. Slice beets.
4. Meanwhile, heat the vinegar in a saucepan and slice the onion.
5. Simmer the onion in the vinegar until it is soft.
6. Turn off the heat and let this mixture sit a while. Then stir in the other ingredients, pour over the beets and serve. The longer this dish sits, the better it tastes.

Mamma says: Eat your beets everyday! Keep these on hand to top your salads.

PRO	CARB	FAT	CALS
2.2 g	9.3 g	27.2 g	283
PER SERVING			

Back to Sidelichs

Roasted Curried Cauliflower



(Makes 4 Servings)

Ingredients:

- 1 Head of cauliflower, cut into florets
- 2 T Melted coconut oil
- 3 T Curry powder
- Sea salt
- Freshly ground black pepper
- ½ Lemon
- ¼ C chopped cilantro

Directions:

1. After preheating oven to 450 F and putting the rack in the lower middle of the oven, place the florets in a bowl and toss them with 2 tablespoons coconut oil, curry powder, salt, and pepper.
2. Cover with aluminum foil. Bake for 20 min.
3. Uncover and bake for 20 more minutes, tossing in more coconut oil if necessary.

Awesome side dish for any dinner, Cauliflower is so healthy for you and so low in calories yet very filling.

Back to Sides/Tricks

PRO	CARB	FAT	CALS
2.8 g	7.3 g	7.4 g	96.5
PER SERVING			

Sweet Potato Chips



(Makes 2 Servings)

Ingredients:

- 1 Sweet Potato
- 1 Purple Sweet Potato
- Coconut Oil Spray
- Salt and pepper to taste

Directions:

1. Preheat the oven to 350 F.
2. Slice the sweet potatoes long ways just thin enough to feed into the food processor.
3. Use the slice attachment to cut them into super thin chips.
4. Spray with a bit of coconut oil spray and dash of salt and pepper.
5. Bake in the oven at 350 F for approx 10-15 minutes.

This is the easiest and fastest way to make sweet potatoes and it reminds us of potato chips we used to eat but way healthier!

PRO	CARB	FAT	CALS
3.7 g	37.3 g	0 g	163
PER SERVING			

Sauteed Greens



(Makes 2 Servings)

Ingredients:

- 1 Garlic clove
- 1 Onion
- 1 C Kohlrabi leaves
- 2 C Chard
- 2 C Kale
- 1 C Broccoli
- Salt and Pepper to taste
- 1 t Coconut oil

Directions:

1. First saute the garlic and onion in coconut oil.
2. Chop all vegetables into bite size pieces and add to the sautee.
3. Stir all together and cook over medium heat just until the leaves wilt.

A staple at our house almost every night. We love to eat voluminous amounts of greens and a saute like this helps us accomplish the task.

Back to Sidelichs

PRO	CARB	FAT	CALS
5 g	15 g	2.4 g	93.5
PER SERVING			

Lemon Pepper Green Beans



(Makes 2 Servings)

Ingredients:

- 2 C Green Beans
- 2 C Water for steaming
- Squeeze of lemon or lime juice
- Salt and pepper to taste

Directions:

1. Steam the green beans in a steamer basket.
2. Squeeze the lemon or lime juice over top and sprinkle with salt & pepper.

Easy, simple, and awesome.

Back to Sides

PRO	CARB	FAT	CALS
2 g	8 g	0 g	34
PER SERVING			

Tabouli Salad



(Makes 6 Servings)

Ingredients:

- 2 Bunches parsley
- 1 Bunch dinosaur kale
- ¾ oz Package mint
- 1 ½ C Halved grape tomatoes
- 1 C Seeded and diced cucumber
- 1 C Hemp seeds
- ½ C Diced onion

Dressing:

- ⅔ C Olive oil
- ½ C Lemon juice
- 2-3 Garlic cloves
- 2 T Sweet onion
- 1 t Sea salt
- 1 t Thyme
- ½ t Black pepper

Directions:

1. Shred all of the greens in the food processor.
2. Mix dressing ingredients in the blender until smooth.
3. Chop tomatoes and cucumber by hand.
4. Mix all ingredients in a bowl and massage with your hands until the kale wilts.

Perfect side dish to go with falafels, also lovely on it's own. It is packed with flavor and it is very fresh tasting.

PRO	CARB	FAT	CALS
9.6 g	4.7 g	37.1 g	388.2
PER SERVING			

Back to Sides/Tricks

Colorful Coleslaw



(Makes 2 Servings)

Ingredients:

- 1 C Napa cabbage, sliced
- 1 C Red cabbage sliced
- 2 Carrots, grated
- 2 Green onions, sliced
- 1 T Chopped cilantro

Dressing:

- ¼ C Rice vinegar
- ⅓ C Olive oil
- 2 t Miso
- ½ t Mustard

Directions:

1. Put all dressing ingredients into a blender and mix until smooth
2. Mix dressing with cabbage, carrots and green onions and top with chopped cilantro, plus some of your favorite protein.

Fresh & tasty! A good rule of thumb is to eat all the colors of the rainbow and this helps you get your purple in!

Back to Sides

PRO	CARB	FAT	CALS
2.9 g	25 g	36.5 g	430
PER SERVING			

Brussel Sprouts



(Makes 2 Servings)

Ingredients:

- 2 C Brussels Sprouts
- 1 T Coconut oil
- Dash salt & pepper
- 1 t **FFC Spice**

Directions:

1. Wash, trim and cut brussels sprouts in half.
2. Place them in a bowl and toss them in melted coconut oil.
3. Season to taste.
4. Bake in a cake or pie pan at 350 F for 40 minutes, covered with foil.

So savory and a fantastic side dish. We know not everybody loves brussels but maybe it's because they haven't had them made like this!

Back to Sidelichs

PRO	CARB	FAT	CALS
8 g	16 g	7 g	140
PER SERVING			

Beet Hummus



(Makes 1 ½ Cups)

Serving is 2 T

Ingredients:

- 3 Medium beets, peeled and quartered
- 2 T Olive oil
- 2 T Tahini
- ¼ C Freshly squeezed lemon juice
- 1 Garlic clove, minced
- ½ t Sea salt
- ½ t Freshly ground black pepper

Directions:

1. Preheat oven to 375° F. Place beets in baking dish. Cover and bake until soft for about 20 minutes.
2. In a food processor blend cooked beets, tahini, lemon juice, garlic, olive oil, sea salt, and black pepper until smooth.
3. Cover and refrigerate for at least 1 hour to allow flavors to develop. Serve with sliced cucumbers, carrots and celery.
4. Refrigerate leftovers for up to one week.

So good you won't believe it's made with beets! Tastes just like hummus.

PRO	CARB	FAT	CALS
1 g	2.4 g	4 g	46.3
PER SERVING			

Back to Sides/Tricks

Cauli Mash



(Makes 2 Servings)

Ingredients:

- 1 Whole Cauliflower head
- 1 T Olive oil
- Salt and Pepper to taste
- Green onion chopped
- 2 C Water for steaming

Directions:

1. Steam Cauliflower till soft all the way through when poked with a fork.
2. Put all ingredients into a blender and mix until smooth.
3. Top with fresh green onions.

This has quickly become a repeat recipe for our dinners. Cauliflower is so nutritious and so low calorie that you can go to town with it and eat as much as you like, we polish off a whole head at dinner no problem and feel so full and happy.

PRO	CARB	FAT	CALS
5.5 g	14.5 g	7.8 g	133
PER SERVING			

Back to Sides

Carrot Fries



(Makes 8 Servings)

Ingredients:

- 8 Carrots, peeled and quartered
- Coconut oil spray
- Salt and pepper

Directions:

1. Place carrots on a baking sheet and spray with coconut oil.
2. Sprinkle with salt and pepper.
3. Bake 40 minutes. at 400 F or at 450 in a convection oven on “roast”.

These are delicious when dipped into one of our favorite dressings like the Ranch-Style sauce pictured in the middle.

Back to Sides/Tricks

PRO	CARB	FAT	CALS
1 g	7 g	0 g	30
PER SERVING			

Confetti Veggies



(Makes 2 Servings)

Ingredients:

- 1 C Broccoli
- 1 C Spinach
- 1 C Zucchini (green or yellow)
- 1 Medium Onion
- 1 Medium Carrot
- 2 t Coconut Oil

Directions:

1. Chop all veggies into small square shapes, and the spinach into ribbons.
2. Saute the chopped veggies in coconut oil over medium heat.
3. Add salt and pepper to taste.

We love these with a little **Yummy Sauce** drizzled over top, or just plain! they make a great side dish with any meal and you can vary the veggies with asparagus, chard, mushrooms, turnips, or whatever your favorites might be.

Back to Sides

PRO	CARB	FAT	CALS
2.8 g	8.3 g	2.4 g	60
PER SERVING			

Zucchini Dip



(Makes 1 ½ Cups)

Serving is 2 T

Ingredients:

- 1 Medium zucchini, peeled and chopped
- ¼ C fresh squeezed lemon juice
- ¼ C Tahini
- 1 T Extra virgin olive oil
- 1 t Cumin
- ½ t Sea salt
- ¼ t Fresh ground black pepper
- 2 garlic cloves, chopped

Directions:

1. Place the lemon juice and tahini in a food processor and blend for about 30 seconds or until well combined and creamy. You may need to scrape the sides once or twice to get the ingredients to fully combine.
2. Add the zucchini, olive oil, cumin, sea salt, black pepper and garlic and blend until smooth. You may need to scrape the sides once or twice.
3. Transfer the hummus to a medium sized bowl and place in the refrigerator for at least 30 minutes. Serve with a drizzle of olive oil and a couple dashes of paprika for garnish.

Tastes just like hummus! and the zucchini makes it so creamy.

PRO	CARB	FAT	CALS
1.7 g	1 g	4.2 g	46.7
PER SERVING			

Golden Beet Snack Tray



(Makes 1 ½ Cups)

Serving is 2 T

Ingredients:

- 3 Medium red or golden beets, peeled and quartered
- 3 T Olive oil, divided
- 2 T Tahini
- ¼ C freshly squeezed lemon juice
- 1 Garlic clove, minced
- ½ t Sea salt
- ½ t Freshly ground black pepper

Directions:

1. Preheat oven to 350° F.
2. Wash and quarter, then roast the beets from 30-60 mins until soft in a covered baking dish in the oven. Save the leaves to saute for dinner.
3. After the beets cool, their jackets will slip off effortlessly.
4. Place all ingredients in the food processor and blend until smooth.
5. Chop veggies like cucumber, celery, carrots and add some Mary's Gone Crackers or rice crackers.

Simple and delicious snack idea, but the hummus does take a bit of time to make, we suggest roasting the beets in the morning so you can throw this together in the afternoon.

PRO	CARB	FAT	CALS
1 g	3.1 g	5.1 g	59.2
PER SERVING			

Sauerkraut Sushi



(Makes 4 Servings)

Ingredients:

- 4 Sheets toasted nori seaweed
- 1 Ripe avocado, sliced
- 2 Carrots, sliced lengthwise
- 2 Stalks celery, sliced lengthwise
- 1 ½ C Sauerkraut, well drained and chopped
- 1 Bell pepper, thinly sliced
- Sprouts of any kind

Directions:

1. Place a sheet of nori on a plate or a cutting board. Line up all ingredients on one end and roll tightly. Seal the edges with a little water so they stick together.
2. Slice into pieces with a very sharp serrated knife.
3. Serve with pickled ginger and wasabi if desired.

Great as an appetizer, they are light and refreshing! The benefit of sauerkraut for digestion is perfect before dinner.

Back to Snacks

PRO	CARB	FAT	CALS
2.5 g	8.9 g	5.4 g	76.8
PER SERVING			

Lentil Pate & Crackers



(Makes 4 Servings)

Ingredients:

- ½ C Dark green lentils cooked in 1 C veggie broth until tender
- 1 Onion, chopped and sautéed in oil
- 1 Hard boiled egg
- ¾ C Any nuts and seeds, ground
- Salt and pepper to taste

Directions:

1. Simmer lentils in veggie broth for about 30 min. or until tender and all liquid is absorbed. Add more water if necessary.
2. Put all ingredients into a blender and mix until smooth.
3. Delicious on crackers or rolled up in a collard leaf or a nori sheet with all types of vegetables, raw and cooked.

Great for a party platter and replaces the craving for cheese and crackers.

Back to Snacks

PRO	CARB	FAT	CALS
8.9 g	13.1 g	9.8 g	155
PER SERVING			

Snack - Pak



(Makes 2 Servings)

Ingredients:

- 1 Large carrot
- 2 Sticks celery
- ½ Any color bell pepper
- ⅛ C Raw walnuts
- ⅛ C Raw almonds
- ⅛ C Gogi berries
- 2 Brown rice cakes
- 2 T Almond butter

Packaging:

- 3 Plastic zip lock bags or Tupperware

Directions:

1. Rinse and dry the veggies.
2. Peel the carrot and slice into sticks.
3. Trim the celery down to 4 inch sticks.
4. Slice Bell Pepper also into sticks.
5. Put Celery, Carrot, and Bell Pepper in a bag.
6. In a separate bag pour the Walnuts, Almonds and Gogi berries.
7. Spread the 2 T. almond butter onto one of the rice cakes and sandwich it together with the other rice cake, place in the third bag or container.
8. Take these 3 bags to go for a satisfying and fun to eat snack!

These healthy snacks travel well and have served us on many long trips! Make sure to eat the veggies within a few hours of your travel or pack on ice in a temperature controlled container to keep them fresh.

PRO	CARB	FAT	CALS
8.9 g	28.3 g	15.6 g	270
PER SERVING			

Dates on a Log



(Makes 1 Serving)

Ingredients:

- 2 Celery sticks
- 2 T Nut butter (any kind)
- 4 Dates, quartered

Directions:

1. Cut Celery stalks into 4 inch pieces.
2. Fill the pieces with your nut butter.
3. Cut the pits out of the dates and slice into quarters.
4. Top with date pieces.

Easy and delicious snack! Very kid friendly but using dates instead of raisins somehow feels more grown up.

PRO	CARB	FAT	CALS
7.7 g	79 g	16 g	444
PER SERVING			

Homemade Whey Protein Bars



(Makes 12 Servings)

Ingredients:

- 5 scoops whey protein
- 4 C rolled oats processed in food processor to make into powder
- 1 C Nut or seed butter
- 1 C Coconut Milk

Directions:

1. Whisk the Coconut Milk in a large bowl and slowly add the 5 scoops of whey protein powder, continue to whisk until all clumps are blended.
2. Add the nut or seed butter, we love sunflower butter for this. Make sure it's all combined well.
3. Add the ground oats and use your hands to smooch and mix together.
4. Press into a parchment paper lined pan or tray until you get the thickness you desire. I recommend about 1 inch thick.
5. Refrigerate overnight and then slice into 12 equal size bars the next morning.

Protein bars you find on the market are so full of unnecessary fillers, these homemade ones have only 5 quality ingredients and they were made with love by you! Wrap them up and take on the go, it's such an easy meal replacement for times when you are traveling!

PRO	CARB	FAT	CALS
18 g	24 g	13.8 g	273.8
PER SERVING			

Homemade Nut Butter



(Makes 8 Servings)

Ingredients:

- ½ C Cashews
- ½ C Brazil Nuts
- ½ C Almonds
- Pinch of salt if you like
- Food processor

Directions:

1. Put all nuts into a food processor and mix until smooth. This takes about 5-7 minutes of continuous blending so be patient. It will look like nut flour at first, just keep going and it will eventually turn into nut butter.

Homemade nut butter is so much better than the store bought stuff! The possibilities are endless of different combinations of nuts. Raw or Roasted, and incorporating different spices and seasonings, you can also use seeds such as sunflower or pumpkin.

PRO	CARB	FAT	CALS
3.6 g	4.1 g	11.8 g	131.6
PER SERVING			

Banana Almond Butter Rice Cake

(Makes 1 Serving)

Ingredients:

- Brown Rice Cake
- 2 T Almond or other Nut Butter
- ½ Banana
- ½ t Cacao nibs to sprinkle



Directions:

1. Spread nut butter on rice cake in a thin layer.
2. Slice half banana into coin shapes and layer on top of the nut butter.
3. Sprinkle with cacao nibs.

You can get creative with the toppings here, sometimes we like to add cinnamon or a different kind of fruit such as strawberries, etc.. It's such an easy and quick snack to throw together, we've been known to make this in hotel rooms. :)

PRO	CARB	FAT	CALS
7.3 g	27.8 g	16.5 g	267
PER SERVING			

Pizza Omelette



(Makes 1 Serving)

Ingredients:

- 2 Eggs
- 1 T Coconut Oil
- 2 T **Tomato Sauce**
- 3 Sliced Green Olives
- 3 Sautéed Sliced Mushrooms

Directions:

1. Heat Coconut Oil in a frying pan on medium heat.
2. Whisk eggs together in a small bowl and pour over coconut oil.
3. Cook slowly at medium to low heat until all the way cooked through.
4. Add tomato sauce and toppings.

A great way to enjoy pizza fearlessly!

PRO	CARB	FAT	CALS
19 g	9.3 g	25.4 g	324
PER SERVING			

Avo-Tomato Rice Cake



(Makes 1 Serving)

Ingredients:

- 1 Brown Rice Cake
- ¼ Avocado mashed with a fork
- 1 t Lemon Juice
- 3 Cherry tomatoes sliced
- Dash of sea salt

Directions:

1. Mash the avocado in a small bowl with a fork.
2. Add squeeze of lemon and dash of salt.
3. Spread onto the brown rice cake.
4. Place sliced tomatoes on top.

Fast easy snack to keep your energy up between meals. Avocados are a super healthy fat source.

PRO	CARB	FAT	CALS
1.2 g	9.5 g	5.5 g	77
PER SERVING			

Endive Boats stuffed with Lentin & Tomato



(Makes 4 Servings)

Ingredients:

- 1 C Lentils (cooked)
- ¼ Onion chopped
- 2 Garlic cloves diced
- 1 t Coconut Oil
- 5 cherry tomatoes chopped
- 1 Whole endive
- Sprinkle of Nutritional Yeast

Directions:

1. Cook the Lentils ahead of time.
2. Saute the chopped onion & garlic in coconut oil until golden.
3. Add in the chopped tomatoes towards the end so they get warm but not too soft.
4. Cut the bottom of the endive off and separate the leaves so they make boat shapes.
5. Spoon the lentil mixture into the boats and sprinkle with nutritional yeast.

Super easy, endive boats can be stuffed with anything and they are so crispy and refreshing! Find these in your produce section and get creative

PRO	CARB	FAT	CALS
4.5 g	10 g	1.4 g	67.5
PER SERVING			

FFC Spice



(Makes One Spice Jar)

Ingredients:

- 1 T Dried basil
- 1 T Dried oregano
- 1 T Dried thyme
- ½ T Onion powder
- ½ T Garlic powder
- ¼ T Paprika

Directions:

1. Put all spices into a small glass container with a lid, shake it up.
2. Add salt and pepper (optional) to taste.

We use this for seasoning Chicken, Fish, Meat, and as sprinkle for salads and vegetables, we also use this in some of our recipes like **Tomato Sauce**.

Back to Flavor Boosters

PRO	CARB	FAT	CALS
0 g	0 g	0 g	0
PER SERVING			

Tomato Sauce



(Makes 6 Servings)

Ingredients:

- 28 oz Can Peeled plum Tomatoes
- 1 Onion chopped
- 4 Garlic Cloves
- 2 t Coconut Oil
- 2 t **FFC spice**

Directions:

1. Sauté onions & garlic in coconut oil.
2. Add canned tomatoes & FFC spice and stir all together.
3. Simmer over medium-low heat for about 10 minutes.

You can freeze what you don't use right away and defrost it later.

Can be used with spaghetti squash, zucchini or carrot pasta, pizza omelette, stuffed mushrooms, or a topping for any protein.

Back to Flavor Boosters

PRO	CARB	FAT	CALS
1.2 g	5.8 g	1.6 g	48.3
PER SERVING			

Honey Mustard Vinaigrette



(Makes 12 Servings)

Serving is 2 T

Ingredients:

- ¼ C Honey
- ¼ C Mustard, any kind
- 1 T Nutritional yeast
- ½ C Olive oil
- ¼ C Rice vinegar
- ½ -1 T Dried basil
- ½ T Garlic powder
- Juice of 1 lemon

Directions:

1. Put all ingredients into a blender and mix until smooth.

Delicious over salad with all types of vegetables, raw and cooked, plus some of your favorite protein.

Back to Flavor Boosters

PRO	CARB	FAT	CALS
0 g	7.8 g	9.3 g	101.7
PER SERVING			

Yummy Sauce



(Makes 6 Servings)

Ingredients:

- ¼ C Miso
- ½ C Tahini
- 1 ½ T Lemon juice
- ½ C Water

Directions:

1. Mix all ingredients together in a blender. Adjust seasonings and water to taste and desired thickness.

Love this over vegetables! It's reminiscent of Alfredo Sauce. Perfect over rice noodles, as a dip, or really on anything savory. Kids love this!!

Back to Flavor Boosters

PRO	CARB	FAT	CALS
5.3 g	6.4 g	13.4 g	162.8
PER SERVING			

Ranch Style Dressing



(Makes 12 Servings)

Serving is 2 T

Ingredients:

- 1 ¼ C Cashews
- ¾ C Water (or a little more)
- 3 T Lemon juice
- ¼ C Apple cider vinegar
- ⅓ C Extra virgin olive oil
- 3 T Honey or maple syrup
- 2 Garlic cloves
- 3 t Onion powder
- 1 t Dried dill
- 1 t Sea salt

Directions:

1. Blend all ingredients in blender on high speed.

Great for salads, lettuce wraps, stir fry, etc..anything you want to add flavor to.

Back to Flavor Boosters

PRO	CARB	FAT	CALS
2.1 g	7.6 g	11.4 g	134.7
PER SERVING			

Coconut Whip Cream



(Makes about 8 oz)

Serving is 1 oz

Ingredients:

- 1 Can Coconut Cream (refrigerated)
- Maple Syrup to taste, start with ½ t and see if you want it sweeter, be careful because this can loosen the texture
- ½ t Vanilla extract

Directions:

1. You must freeze a glass mixing bowl and refrigerate the coconut cream in the can for several hours until very cold.
2. Whip the coconut cream until it becomes thick.
3. Add maple syrup and vanilla to taste.

Best to use a chilled bowl and an electric hand mixer, if you don't, you will end up with coconut cream soup, which you may still enjoy. :)

This is great on top of any pie, cake, or in a hot beverage like our velvet hot chocolate.

PRO	CARB	FAT	CALS
1.3 g	3.1 g	10 g	108
PER SERVING			

Everyday Vinaigrette



(Makes 1 Serving)

Ingredients:

- 2 T Olive Oil
- 1 T Apple Cider Vinegar
- ½ t Basil
- ½ t Oregano
- ½ t Thyme
- Dash Salt & Pepper

(Can also use **FFC spice** in place of these herbs!)

Directions:

1. Pour or sprinkle each ingredient directly over your salads & toss together OR make a larger amount & mix in a glass container or mason jar shake and store in the fridge.

This is so easy and so delicious, works every time!

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PRO	CARB	FAT	CALS
0 g	0 g	28 g	240
PER SERVING			

Cucumber Avocado Vinaigrette



(Makes 12 Servings)

Serving is 2 T

Ingredients:

- ½ Cucumber
- ¼ Avocado
- ¼ C Water
- 1 T Chopped Shallot or Green onion
- 1 T Chopped Parsley
- 1 ½ T Apple Cider Vinegar
- 1 T Mustard
- Dash black pepper
- Dash of salt (to taste)

Directions:

1. Put all ingredients into a blender and mix until smooth.

Delicious over salad with all types of vegetables, raw and cooked, plus some of your favorite protein, very refreshing summery flavor.

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PRO	CARB	FAT	CALS
0 g	.2 g	.5 g	4.5
PER SERVING			



Fearless Foodie COOKBOOK

About the Authors



Jessica and Desiree are a mother and daughter team that are both passionate about Fitness & Nutrition. They share love of working out, yoga, and cooking! For more information you can check out

www.jessicarumbaugh.com & www.desireerumbaugh.com
They live in Southern California & travel the globe spreading fitness inspiration.