

Anti-Inflammatory Cookbook

GLUTEN, DAIRY, SOY, CORN, SUGAR FREE

(YES, IT ACTUALLY TASTES GREAT, NOBODY WILL EVER KNOW!)



Golden Turkey Stock

Bon Appetit Magazine

You will need this turkey stock to make the gravy and baste the turkey. Must be made ahead, can be made 2 weeks ahead and frozen or it will keep covered in the refrigerator for 3 days. I do not recommend store bought stock or broth unless it specifically says GLUTEN FREE. Homemade is always better!

- 4 ½ pounds turkey wings, cut in half
- 1 large onion, chopped
- 1 large carrot, chopped
- 1 large celery stalk, chopped
- 6 fresh Italian parsley sprigs (leaves removed)
- 1 fresh bay leaf
- 6 sprigs of fresh thyme
- ¼ Tbsp whole black pepper corns

1. Preheat oven to 400 degrees. Arrange wings in large roasting pan. Roast until deep brown, turning once, about 2 hours total.

2. Transfer wings to a large bowl. Spoon 3 TBSP of fat from the roasting pan into a large pot (reserve roasting pan.) Add onion, celery, and carrot to the pot.

3. Saute over medium-high heat until vegetables are golden, about 20 minutes. Add turkey wings to the pot. Add 2 cups of water to the roasting pan; place over 2 burners and bring to boil, scraping up brown bits. Add liquid to the pot. Add remaining ingredients to the pot and enough cold water to cover wings by 1 inch.

4. Bring water to a boil. Reduce to medium-low heat, simmer uncovered and stock is very flavorful and reduce to 7½- 8 cups, about 2½ hours. Strain stock into a large bowl. Cool 1 hour, then chill until cold, about 3 hours. Skim off fat from surface before using.

Spiced Nuts

Whole Foods Market

Can be made 1 week ahead. I usually make extra, this is a great snack food and guests like to munch on nuts before the main meal.

- ½ tsp of Stevia powder
- 2 ¼ tsp Kosher salt
- 2 tsp ground cinnamon
- 1 ½ tsp chili powder
- ½ tsp ground allspice
- ¼ to ½ tsp cayenne
- 1 large egg white
- 4 cups mixed nuts (pecans, walnuts, almonds, pistachios, and/or cashews)

1. Preheat oven to 400 degrees. Line baking sheet with parchment paper.

2. Whisk Stevia, salt, and spices in a small bowl. In a large bowl, whisk egg white until light and frothy.

3. Add nuts and toss until evenly coated with egg white.

4. Sprinkle Stevia and spice mixture over nuts and toss well.

5. Spread nuts in single layer on baking sheet and bake until dry, 10-15 minutes, stirring once or twice. Cool to room temperature.

Spiced and Roasted Winter Vegetables

Serves 6-8

Whole Foods Market

- 2 Butternut squashes, peeled and sliced into wedges
- 3 parsnips, peeled and sliced into 1-inch pieces
- 3 sweet potatoes, cut into wedges
- 3 carrots peeled & sliced into 1-inch pieces
- 2 red onions, peeled and cut into wedges
- 8 cloves of garlic, peeled
- 1 tsp kosher salt
- 1 tsp pepper
- 1 Tbsp Grade B maple syrup
- 4 cinnamon sticks
- ¼ tsp ground cardamom
- 6 whole star anise
- 3 Tbsp olive oil
- 2 Tbsp fresh thyme, minced (thick woody stems removed)

1. Preheat oven to 400. In a large mixing bowl, mix the vegetables, salt and pepper with enough olive oil just to coat. In a separate bowl, mix together the cinnamon, cardamom and star anise.

2. Put the vegetables in a roasting pan and bake for 25 minutes. Add the spice mixture to the vegetables, then add maple syrup. Stir well and continue to roast another 10-15 minutes until the vegetables are tender.

3. Stir in fresh thyme and pour over the cooked vegetables. Serve immediately.

Brussels Sprout Hash

Serves 6-8

- 2 bunches of Brussels sprouts, roughly chopped
- 4 cloves garlic, minced
- 2 pkg applewood smoked bacon, cut into ¼ inch pieces
- Salt and pepper

1. In a large skillet cook bacon over medium-high heat until almost done, about 7 minutes.

2. Add Brussels sprouts and saute over medium heat until soft; add garlic, salt and pepper.

3. Continue to saute until just brown. Serve immediately.



Salted Roast Turkey with Chipotle Glaze and Caramelized Onion Gravy

Bon Appetit Magazine

*This recipe calls for the turkey to refrigerate for 18-24 hours before roasting. You have to start the day before Thanksgiving.

SOUTHWESTERN SPICED SALT

1 Tbsp - Cumin seeds

1/3 cup - mild oak smoked sea salt

(found at Whole Foods or online at surfasonline.com)

1 Tbsp - smoked paprika

1 Tbsp - dried oregano

1 tsp - ground chipotle chili powder

Toast cumin in skillet over medium heat until darker to smoke, stirring often, about 2 minutes. Cool; grind finely in spice mill or in mortar with pestle. Transfer to bowl. Mix in remaining ingredients. Cover, store at room temperatures.



TURKEY

1 14-16 pound turkey
(neck, heart, and gizzard reserved)

1/4 cup honey

2 tsp ground chipotle chili powder,
divided

1 large onion, chopped

12 garlic cloves, chopped

1/4 cup olive oil

2 cups of Golden Turkey stock
(see recipe)

Special Supplies

1 roasting bag

1 metal or wood skewer

Butcher's string

1. Rinse turkey inside and out. Pull all fat pads from main cavity; wrap, chill and reserve fat for roasting. Place turkey inside roasting bag; sprinkle inside and out with southwestern spiced salt. Close bag. Place on a baking sheet; refrigerate 18-24 hours. Position rack on the bottom third of the oven and preheat to 325 degrees.

2. Mix honey and 1 tsp on ground

chipotle chili powder in a small bowl; reserve for glaze. Rinse turkey inside and out and pat very dry. Stir chopped onion, garlic, and 1 tsp of chipotle chili in a medium bowl to blend. Divide mixture between main and neck cavities.

3. Fold neck skin under and secure with a skewer. Tuck wing tips under. Tie leg loosely. Place turkey on a rack set in a large roasting pan. Spread olive oil all over the turkey. Place reserved fat pads and reserved neck, heart, and gizzard in roasting pan; pour in 2 cups of Golden Turkey Stock.

4. Roast turkey for 45 minutes. Baste with pan juices. Continue to roast until a thermometer inserted into the thickest part of the thigh reads 165-170 degrees, basting every 45 minutes adding water to the pan by the cup if it is dry, and tenting the turkey loosely with foil if browning too quickly. 3 - 3 1/2 hours longer.

5. Brush turkey with glaze twice

during the last 30 minutes. Transfer turkey to a platter and tent loosely with foil and let it rest for 30-45 minutes. Reserve roasting pan with juices for gravy.

GRAVY

3 Tbsp olive oil

1 1/2 pounds onions, chopped

4 cups of Golden turkey stock
(see recipe)

1/2 cup coconut flour

The coconut flour should not raise your blood sugar. You can use Gluten Free All Purpose Flour (Bob's Red Mill is what I usually use.) Even though this is gluten free, the flour will make your blood sugar go up but not as high as if you used regular wheat flour. If you are a diabetic please use sparingly.

1. Heat oil in a medium skillet over medium-high heat. Add onions, saute until translucent. Reduce heat to medium-low and cook until deep brown, stirring occasionally about 30 minutes. Set aside.

2. Remove the turkey neck, heart, and gizzard from roasting pan. Pull the meat off the neck, chop neck meat, heart, and gizzard and reserve for gravy. Pour pan juices into an 8 cup measuring cup. Spoon off the fat from the surface, reserving 1/2 cup of fat. Add enough turkey stock to the pan juices to measure 5 1/2 cups total.

3. Place roasting pan over 2 burners on medium heat. Add 1/2 cup of reserved fat and 1/2 cup of flour to the pan. Whisk until the roux is light brown, about 2 minutes. Whisk in stock mixture. Bring to a boil, scraping up browned bits and whisking. Boil until gravy coats the spoon, stirring occasionally, about 5 minutes.

4. Add chopped neck, heart, and gizzard. Season with salt and pepper.

Pumpkin Pie

Serves 8

3 to 4 pounds small pie pumpkin,
acorn, or butternut squash

1 Tbsp ground cinnamon

1 tsp ground nutmeg

¼ teaspoon ground ginger

Pinch of ground cloves

½ tsp sea salt

2 dropper fulls of liquid Stevia

2 large eggs

1 tsp vanilla extract

1 tsp freshly squeezed lemon juice

1 pie crust, pre-baked

1. Preheat the oven to 350°F. Fill the bottom of the baking dish with one quarter inch of water.

2. Cut the pumpkin in half, remove the seeds, and place face down in the baking dish. Rest the pumpkin in the oven for 45 to 55 minutes, until smooth. Allow the pumpkin to cool, scrape the flesh into a bowl, then measure out 4 cups.

3. Puree the pumpkin in a food processor until smooth, 2 to 3 minutes. Add the cinnamon, nutmeg, ginger, cloves, salt, stevia, eggs, vanilla extract, and lemon juice. Pulse until well blended.

4. Pour the mixture into the crust. Bake for 50 to 60 minutes, until the filling is firm. Let the pie cool in the pan for 30 minutes, then serve warm



Elana's Chocolate Chip Cookies

Makes 30 cookies

2 ½ cups blanched almond flour

½ tsp sea salt

½ tsp baking soda

½ cup grape seed oil

1 dropper full liquid Stevia

1 Tbsp vanilla extract

½ cup coarsely chopped dark chocolate (73% cocoa)

1. Preheat the oven to 350°F. Line 2 large baking sheets with parchment paper.

2. In a large bowl, combine the almond flour, salt, and baking soda.

3. In a medium bowl, whisk together the grape seed oil, Stevia, and vanilla extract. Stir the wet ingredients into the almond flour mixture until thoroughly combined.

4. Fold in the chocolate, then refrigerate the dough for 20 minutes.

5. Spoon the dough one heaping tablespoon at a time into the prepared baking sheets. Pressing down with the palm of your hand to flatten, leaving 2 inches between each cookie.

6. Bake for 7 to 10 minutes, until lightly golden. Let the cookies cool on the baking sheets for 20 minutes, then serve warm.

This cannot be made with Bob's Redmill almond flour

Scrumptious Sandwich Bread

Makes 1 loaf (about 12 slices)

- ¾ cup creamy roasted almond butter** at room temperature
- 4 large eggs**
- ¼ cup blanched almond flour**
- ¼ cup arrowroot powder**
- ½ tsp sea salt**
- ¼ tsp baking soda**
- 1 Tbsp ground flax meal**

1. Preheat the oven to 350°F. Grease a 7x3" loaf pan with grape seed oil and dust with almond flour.
2. In a large bowl, mix the almond butter with a hand held mixer until smooth, then blend in the eggs.
3. In a medium bowl, combine the almond flour, arrowroot powder, salt, baking soda, and flax meal.

4. Blend the almond flour mixture into the wet ingredients until thoroughly combined. Pour the batter into the loaf pan.
5. Bake for 40 to 45 minutes on the bottom rack of the oven, until a knife inserted into the center of the loaf comes out clean.

Let the bread cool in the pan for one hour, then serve.

Chocolate Chip Scones

Makes 16 Scones

- 2 ½ cups blanched almond flour**
- ½ teaspoon sea salt**
- ½ teaspoon baking soda**
- 1/3 cup grape seed oil**
- 1 dropper stevia**
- 2 large eggs**
- 1 cup coarsely chopped dark chocolate** (73% cacao)

1. Preheat oven to 350°F. Line 2 large baking sheets with parchment paper.
2. In a large bowl, combine the almond flour, salt, and baking soda.
3. In a medium bowl, whisk together the grape seed oil, stevia, and eggs.
4. Stir the wet ingredients into the almond flour mixture until thoroughly combined, then fold in the chocolate.

5. Drop the dough, in scant ¼ cup 2 inches apart, onto the prepared baking sheets.
6. Bake for 12-17 minutes, until golden brown or a toothpick inserted into the center of a scone comes out clean.

Let the scones cool for 30 minutes on the baking sheets, then serve.

Olive-Rosemary Bread

Makes 1 loaf (about 12 slices)

- ¾ cup creamy roasted almond butter**, at room temperature
- 2 Tbsp olive oil**
- 3 large eggs**
- 4 drops liquid Stevia**
- ¼ cup blanched almond flour**
- ¼ cup arrowroot powder**
- ½ tsp sea salt**
- ½ tsp baking soda**
- ¼ cup kalamata olives**, pitted and finely chopped
- 1 Tbsp finely chopped fresh rosemary**

1. Preheat the oven to 350°F. Grease a 7x3" loaf pan with grape seed oil and dust with almond flour.
2. In a large bowl, mix the almond butter and olive oil with a hand-held mixer until smooth, then blend in the eggs and stevia.

3. In a medium bowl, combine the almond flour, arrowroot powder, salt, and baking soda.
4. Blend the almond flour mixture until the wet ingredients are thoroughly combined, then fold in the olives and rosemary. Pour the batter into the loaf pan.
5. Bake for 45 to 55 minutes on the bottom rack of the oven, until a knife inserted into the center of the loaf comes out clean.

Let the bread cool in the pan for one hour, then serve

Spicy Crackers

Makes 60 crackers

- 3 cups blanched almond flour**
- 1 ½ tsp sea salt**
- ½ cup pecans, coarsely chopped**
- 1 Tbsp ground smoked paprika**
- ¼ tsp ground cumin**
- 2 tsp grape seed oil**
- 2 large eggs**
- 1 tsp lemon zest**

1. Preheat the oven to 350°F. Set aside two large baking sheets. Cut three pieces of parchment paper to the size of the baking sheets.
2. In a large bowl, combine the almond flour, salt, pecans, paprika, and cumin.
3. In a medium bowl, whisk together the grape seed oil, eggs, and lemon zest.
4. Stir the wet ingredients into the almond flour mixture until thoroughly combined.

5. Divide the dough into two pieces. Place one piece of dough between two sheets of parchment paper and roll to 1/16 inch thickness.
6. Remove the top piece of parchment paper and transfer the bottom piece of parchment with the rolled out dough onto a baking sheet. Repeat the process with the remaining piece of dough.
7. Cut the dough into 2 inch squares with a knife or pizza cutter.
8. Bake for 12 to 15 minutes, until lightly golden.

Let the crackers cool on the baking sheets for 30 minutes, and then serve.

Chicken Piccata

Serves 4

4 boneless, skinless chicken breast

halves (about 1 1/2 pounds)

1/2 cup blanched almond flour

1/2 tsp sea salt

1/2 tsp all-purpose Chefs Shake seasoning

2 Tbsp olive oil

5 Tbsp grape seed oil

1/4 cup freshly squeezed lemon juice

1 cups chicken stock

1/4 cup capers

1/4 cup finely chopped fresh parsley

1. Rinse the chicken and pat dry. Cut the chicken breast halves horizontally, butterflying them open, then pound each with a skillet to flatten.

2. In a medium bowl, combine the almond flour, salt, and Chefs Shake. Coat the chicken with the almond flour mixture.

3. Heat the olive oil and 2 tablespoons of grape seed oil in a

large skillet over medium-high heat. Sauté the chicken in the oil for 3 to 5 minutes per side, until golden brown. Transfer the chicken to a paper towel lined plate, and place in a warm oven.

4. Using the same skillet, combine the lemon juice, chicken stock, and capers, loosening the browned bits with a spatula to incorporate into the sauce. Reduce the sauce by half over medium-high heat. Whisk in the remaining 3 tablespoons grape seed oil.

5. Pour the sauce over the chicken and sprinkle with parsley before serving.



Sweet Potato Casserole

3 cup mashed, cooked sweet potatoes

1 tsp Stevia or xylitol (1/4 cup)

1/4 tsp salt

2 eggs

3 Tbsp coconut oil

1/2 cup unsweetened almond milk

1 tsp vanilla extract

1/4 tsp cinnamon

1. Preheat oven to 400 degrees and cook for 20-30 minutes

TOPPING

3 Tbsp coconut oil

1/3 cup Grade B maple syrup

3/4 cup chopped pecans

1 metal or wood skewer

Butcher's string

1. Mix the oil and maple syrup thoroughly. Add pecans and toss to coat.

2. After the casserole is golden brown add topping and bake at 425 for 10 minutes. Serve immediately

Chicken Pot Pie

Serves 6

- 1 **pound boneless**, skinless chicken breasts
- 2 **Tbsp grape seed oil**
- 1 **large onion**, finely chopped
- 2 **Ribs of celery**, diced into ¼ inch cubes
- 2 **medium carrots**, diced into ¼ inch cubes
- 1 **tsp sea salt**
- 1 **cup thinly sliced mushrooms**
- ½ **cup finely chopped fresh parsley**
- ½ **cup frozen peas**
- 2 **Tbsp arrowroot powder**
- 1 **cup chicken stock**
- 1 **savory pie crust**, pre-baked
- Pinch of freshly ground pepper**

1. Rinse the chicken and pat dry. Cut the chicken into ½ inch cubes, transfer to a plate, and refrigerate.
2. Heat the grape seed oil in a large skillet over medium-high heat. Sauté the onion for 8 to 10 minutes, until soft, then decrease

the heat to medium. Add the celery, carrots, and salt; cook covered for 10 to 15 minutes, until tender.

3. Stir in the mushrooms and chicken, and cook covered for 3 to 5 minutes, until the chicken is cooked through. Stir in the parsley and peas.

4. In a small bowl, vigorously whisk of arrowroot powder into the chicken stock until dissolved. Raise the heat under the chicken vegetable mixture too high, then add the arrowroot mixture, whisking constantly for about one minute, until thick.

Pour the mixture into the crust, top with pepper, and serve hot.

Savory Pie Crust

Makes one 9 1/2 inch crust

- 1 ½ **cups blanched almond flour**
- ½ **tsp sea salt**
- ½ **tsp baking soda**
- 1 **Tbsp minced scallions** (white and green parts)
- 14 **cup grape seed oil**
- 1 **Tbsp water**

1. Preheat the oven to 350°F. In a large bowl, combine the almond flour, salt, baking soda, and scallions. In a medium bowl, whisk together the grape seed oil and water.

2. Stir the wet ingredients into the almond flour until thoroughly combined. Press the dough into a 9 ½ inch or deep dish pie pan.

3. Bake for 12 to 15 minutes, until golden brown. Remove from the oven and let cool completely before filling.



Chicken Fingers

Serves 4

- 1 **pound boneless**, skinless chicken breasts
 - 1 **cup blanched almond flour**
 - 1 **tsp sea salt**
 - 2 **large eggs**
 - 2 **Tbsp grape seed oil**
 - 2 **Tbsp olive oil**
1. Rinse the chicken, pat dry, and slice into 2 inch wide strips.
 2. In a medium bowl, combine the almond flour and salt. In a separate bowl, whisk the eggs.
 3. Dip each chicken strip into the egg, then coat with the almond flour mixture.
 4. Heat the grape seed and olive oil in a large skillet over medium-high heat. Sauté the chicken in the oil for 3 to 6 minutes per side until golden brown.
- Transfer the chicken to a paper towel lined plate and serve hot.



Pistachio Chicken

- 1½ **pounds boneless**, skinless chicken breasts
- 2 **Tbsp blanched almond flour**
- ¼ **cup arrowroot powder**
- 1 **tsp sea salt**
- 2 **large eggs**
- 1 **Tbsp grape seed oil**
- 1 **Tbsp olive oil**
- ¼ **cup Dijon mustard**
- 2 ¼ **cups pistachios** (toasted and finely chopped)

1. Preheat the oven to 425 °F. Generously grease a large baking sheet with grape seed oil. Rinse the chicken, pat dry, and slice into half inch wide strips.

2. In a medium bowl, combine the almond flour, arrowroot powder, and sea salt.

3. In a separate bowl, whisk together the eggs, grape seed oil, olive oil, and mustard. Place the pistachios in a separate bowl.

4. Coat the chicken strips first in the flour mixture, then in the egg mixture, and finally in the pistachios. Place on the prepared baking sheet.

Bake for 10 minutes, or until the pistachios are golden brown and the chicken is cooked through. Serve hot

Pumpkin Muffins

- 1 ½ cups almond flour**
- ¾ cup canned organic pumpkin**
(or cook and puree pumpkin yourself)
- 3 large eggs** OR appropriate substitution for 3 eggs
(flax meal and warm water)
- 1 tsp baking powder**
(aluminum free if possible)
- 1 tsp baking soda**
- ½ tsp ground cinnamon**
- 1 ½ tsp pumpkin pie spice**
- 1/8 tsp sea salt**
- Stevia to taste** (start with 5 packets or 10 drops of liquid...)
- 2 Tbsp almond butter**
- 1 tsp organic vanilla extract**

1. Preheat oven to 350°F. Coat muffin tins with coconut oil (or use paper muffin cups and add ½ tsp melted coconut oil to batter).
2. Mix all ingredients and pour evenly into tins.
3. Bake for 25 minutes on the middle rack.



Grain-Free Pumpkin Bars

Author: DetoxInista.com
Serves: 9-12

These moist, spiced squares are bursting with Fall flavor, perfect for serving at a party or packing as a snack. Lightly sweetened with honey, no one will ever guess that they're grain-free – or any "healthier" than the traditional version, for that matter.

- ½ cup pumpkin puree**
- ½ cup almond butter**
- 1/3 cup honey**
- 2 eggs**
- 2 tsp pumpkin pie spice***
- 1 tsp vanilla extract**
- ¼ tsp sea salt**
- ½ tsp baking soda**

1. Preheat oven to 350F and grease an 8"x 8" pan generously with coconut oil or butter.

2. Combine all of the Ingredients In a medium bowl, and mix well until a smooth batter forms.
3. Transfer the batter to the greased pan, and bake at 350F for 20-25 minutes, or until the edges are golden brown and the center is firm.
4. Allow to cool completely In the pan, then cut and serve!

**Note: I like to use Pumpkin Pie Spice to make preparation as quick and simple as possible. This spice blend is widely available In most grocery stores, but you can also find It available online. If you'd prefer to use individual spices, I'd recommend using 1 teaspoon ground cinnamon, 1/2 teaspoon ground ginger, 1/4 teaspoon ground nutmeg and 1/4 teaspoon ground cloves to replace the 2 teaspoons of pumpkin pie spice.*

Dark Chocolate Pie Crust

Makes one 9 1/2 inch crust

- 1 ¼ cups blanched almond flour**
- ½ tsp sea salt**
- ¼ tsp baking soda**
- 2 table spoons grape seed oil**
- 8 drops liquid Stevia**
- ½ cup chopped dark chocolate**
(73% cacao), melted over very low heat

1. Preheat the oven to 350°F. In a large bowl, combine the almond flour, salt, and baking soda.
2. In a medium bowl, whisk together the grape seed oil, Stevia, and melted chocolate.
3. Stir the wet ingredients into the almond flour mixture until thoroughly combined.
4. Press the dough into a 9 ½ inch or deep dish pie pan.

5. Bake for 8 to 12 minutes, until the surface of the crust loses its sheen and starts to look dry, be careful not to overcook.

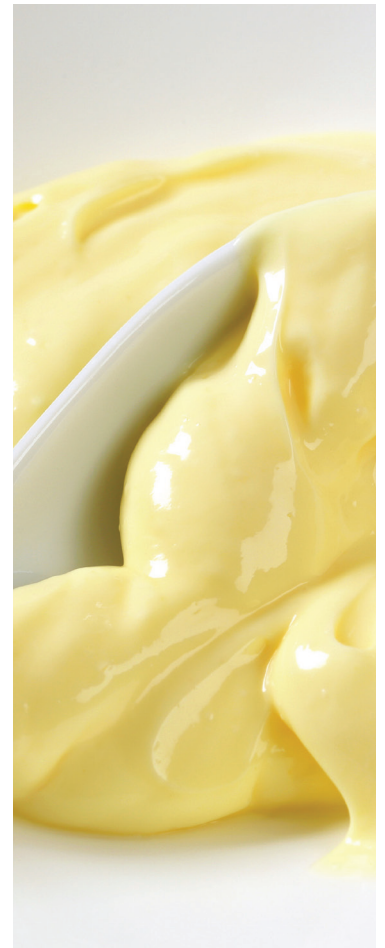
Remove from the oven and let cool completely before filling.

Easy Paleo Pudding

- 1 can coconut milk**
- 1/8-1/4 cup coconut sugar**
- ½ Tbsp gelatin**
- ¼ cup water**
- 1 Tbsp vanilla**

1. Heat the coconut milk over low heat.
2. In a measuring cup measure out ¼ cup of water.
3. Add the gelatin to the cup and stir until a paste forms.
4. Very slowly add this into the coconut milk, stirring constantly so that no lumps form.
5. Add the coconut sugar and vanilla, stir to combine.
6. Refrigerate for about 30 minutes, or until set.

**can also make this chocolate by adding about 1/4 cup pure cocoa powder or banana by adding a mashed ripe banana*



Stuffed Mushrooms

Makes 24 mushrooms

24 white mushrooms, each 2 inches across, stems removed and reserved

½ pound organic ground pork or beef

½ cup minced fresh flat leaf parsley

4 shallots, finely chopped about 1/4 cup

1 Tbsp minced fresh garlic

1 Tbsp minced fresh rosemary

1 large egg

¾ tsp sea salt

½ tsp freshly ground black pepper

1. Preheat the oven to 400°F. Line the baking sheet with parchment paper.

2. In a food processor, pulse together the mushroom stems, ground pork, parsley, shallots, garlic, rosemary, egg, salt, and pepper, being careful not to over process.

3. Spoon one heaping tablespoon of the filling into each mushroom cap, and place on the prepared baking sheet.

4. Bake for 30 to 40 minutes, until the mushrooms are tender and the filling is cooked through and browned, and then serve.



Arugula and Endive Salad

Whole Foods Market

4 cups baby arugula

2 large heads Belgian endive, cut cross-wise into ¾ inch sections (about 4 cups)

Sea Salt

Freshly ground black pepper

1 cup red seedless grapes, halved

1 cup of spiced nuts (see recipe above)

½ cup pomegranate seeds

1/3 - ½ cup of balsamic vinaigrette

2 parts olive oil, 1 part balsamic vinegar

1. Toss greens together in a large bowl.

2. Drizzle with dressing and toss gently until greens are evenly coated. Adjust seasonings

Coconut & Almond No-Bake Balls

1 cup almond butter (unsweetened)

½ cup coconut flour

½ cup unsweetened shredded coconut

4 Tbsp coconut milk

4 Tbsp coconut oil

1 packet of stevia

1. Set aside a heaped tablespoon of the shredded coconut in a bowl.

2. Add all the other ingredients to a food processor and blend until nicely mixed together.

3. Now mold the mixture with your hands into bite sized balls, and roll them in the shredded coconut.

Place them on a plate and refrigerate for 30 minutes. Enjoy!

Cranberry Relish

This relish tastes better is made the day before serving.

2 cups raw cranberries, finely chopped

1 cup apples, finely chopped

1 cup fresh pineapple, finely chopped

1 tsp Stevia, or ¼ cup of xylitol

1 Tbsp lemon juice

pinch of salt

1 cup pecans, chopped

Mix all ingredients together and refrigerate.

Almond Flour Pie Crust

From Dan Gauron,
www.scdrecipe.com

1 cup almond flour or almond meal

1 egg

1 cup vanilla extract

1 Tablespoon coconut oil

½ tsp cinnamon

Maple syrup to taste

Pinch of salt

1. Preheat oven to 325 degrees. Mix all ingredients together until they form a ball. The ball should have a little moisture to it, but not liquid.

2. Taste the mixture to make sure it has a hint of cinnamon.

3. Smooth pieces of dough into pie tin with fingers until crust is made.

4. Bake crust until just golden brown.

Chicken Marbella

Serves 6

- 2 pounds boneless, skinless chicken breasts
- 2 Tbsp minced fresh garlic
- 2 Tbsp dried oregano
- 1 cup prunes, pitted and halved
- 3 bay leaves
- 2 cups green olives, pitted
- 1 dropper full liquid Stevia
- 1 tsp sea salt
- ¼ cup olive oil
- ½ teaspoon freshly ground black pepper
- ¼ cup capers
- ¼ cup minced fresh flat leaf parsley
- 2 Tbsp apple cider vinegar

1. Rinse the chicken and pat dry. Cut into 2 inch cubes.
2. In a large bowl, combine the prunes, olives, stevia, olive oil, capers, vinegar, garlic, oregano, bay leaves, salt, and pepper.
3. Add the chicken cubes to the bowl and toss to coat completely. Cover and refrigerate for at least two hours or overnight.
4. Preheat the oven to 350°F. Transfer the chicken and marinade to a 13 x 19" baking sheet, arranging the chicken in a single layer.
5. Bake for 40 to 50 minutes, until the edges of the chicken pieces are golden brown. Sprinkle the chicken with the parsley and serve.



Diabetic Friendly Pumpkin Pie

- ¾ tsp Stevia or ¼ c of xylitol
- 1 tsp ground cinnamon
- ½ tsp salt
- ½ tsp ground ginger
- ¼ tsp ground cloves
- 2 large eggs
- 1 can (15 oz) Pumpkin puree
- 12 oz canned, full-fat Coconut milk
- Almond flour pie crust

1. Preheat oven to 425 degrees.
2. Mix Stevia, cinnamon, salt, ginger, and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and spice mixture. Gradually stir in coconut milk.
3. Pour into pie crust. Bake for 15 minutes. Reduce temperature to 350 degrees ; bake for 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Cut and serve.

Rosemary Lemon Chicken

Serves 4

- 1 pound bone less, skinless chicken breasts
- 1/3 cup olive oil
- 1/3 cup freshly squeezed lemon juice
- 1 ½ tsp minced fresh rosemary
- 1 tsp sea salt
- ½ tsp freshly ground black pepper

1. Rinse the chicken and pat dry. Cut the chicken breasts in half lengthwise.
2. In a medium bowl, combine the olive oil, lemon juice, rosemary, salt, and pepper to make the marinade.
3. Pour the marinade into an 8x8" baking dish, and then add the chicken to the dish.
4. Cover and refrigerate for 3 to 6 hours. Heat the grill and cook the chicken breast for 3 to 5 minutes on each side, until cooked through. Let the chicken cool for five minutes, then serve.

Breakfast Sausage

Makes 8 patties

- 1½ lbs organic ground pork or turkey
- 2 Tbsp minced fresh sage
- 1 tsp minced fresh rosemary
- 1 Tbsp honey
- 1½ tsp sea salt
- 1 tsp freshly ground black pepper
- 1 Tbsp olive oil

1. In a large bowl, combine the ground pork, sage, rosemary, honey, salt and pepper, using your hands to mix the ingredients thoroughly.
2. Using a 1/3 cup measuring cup, form the mixture into eight patties, each about 2 ¼ inches in diameter.
3. Heat the olive oil in a large skillet over medium low heat. Cook the patties, turning them once and gently pressing them down to flatten, 4 to 8 minutes per side, until golden brown and crispy. Transfer the patties to a paper towel lined plate and serve.

Pumpkin and Almond Bread

By Sandra Ramacher

- 4 cups almond flour
- 1 tsp baking soda
- ½ tsp salt
- 3 eggs
- ¼ cup coconut oil
- 1 cup pumpkin puree
- ½ cup walnuts , chopped
- 1 Tbsp orange rind, grated
- ½ tsp ground ginger
- ¼ Grade B Maple Syrup

1. Preheat oven to 300 degrees. Line a 4x8" loaf tin with parchment paper
2. Combine the almond flour with the baking soda and salt. In another bowl whisk the eggs with the oil and add the pumpkin, walnuts, orange rind, & ginger.
3. Combine the almond flour with the egg mixture until smooth.
4. Pour the dough into the prepared loaf tin and bake for 1 hour, until the top of the loaf feels firm. Remove from oven and cool completely before serving. Store in the refrigerator.

Snicker doodles

Makes 36 cookies

2 ½ cups blanched almond flour
½ tsp sea salt
1 teaspoon baking powder
½ cup arrowroot powder
6 Tbsp grape seed oil
2 dropperfulls liquid Stevia
2 Tbsp vanilla extract
Ground cinnamon, for topping

1. Preheat the oven to 350°F. Line 2 baking sheets with parchment paper.
2. In a large bowl, combine the almond flour, salt, baking soda, and arrowroot powder.
3. In a medium bowl, whisk together the grape seed oil, Stevia, and vanilla extract.
4. Stir the wet ingredients into the almond flour mixture until thoroughly combined. Spoon the dough 1 tablespoon at a time onto the prepared baking sheets, press down with the palm of your

hand to flatten, leaving 2 inches between each cookie.

5. Sprinkle the cookies with cinnamon. Bake for 7 to 10 minutes, until lightly golden. Let the cookies cool on the baking sheets for 30 minutes, and then serve.



Banana Blueberry Muffins

Makes 12 muffins

3 cups blanched almond flour
¼ tsp sea salt
1 ½ tsp baking soda
2 Tbsp grape seed oil
3 large eggs
2 cups (4-5) mashed very ripe bananas
1 cup frozen blueberries
1 dropper full liquid stevia

1. Preheat the oven to 350°F. Line 12 muffin cups with paper liners.
2. In a large bowl, combine the almond flour, salt, and baking soda.
3. In a medium bowl, whisk together the grape seed oil and eggs. Stir the wet ingredients into the almond flour mixture until thoroughly combined.
4. Stir the bananas into the batter, and then fold in the blueberries.

Spoon the batter into the prepared muffin cups.

5. Bake for 35 to 40 minutes, until the muffin tops are golden brown and a tooth-pick inserted into the center of a muffin comes out clean.
6. Let the muffins cool in the pan for 30 minutes, and then serve.

