

40 Top Paleo Recipes

Quick and Easy Paleo Diet Recipes for Weight Loss & Optimum Health

By Jenny Allan

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Smashwords Edition

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## Wait! Before You Continue... Are You On A Diet or Want To Lose A Few Pounds?

If your answered YES you are not alone. Almost everyone wants to lose 10, 20 or 50 pounds. Unfortunately most of us have no idea how to do it. Yes dieting can work, but starving yourself just leads to frustration and failure.

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## Introduction

The Paleo diet is based on the foods the Hunter/Gatherer ate in the Paleolithic era. It is basic foods, simple and wholesome. If you can't catch it, grow it or collect it it's not part of the Paleo diet. It includes free-range, organic meats, fish, seafood, seeds, nuts, vegetables, fruits and oils.

Whole natural and organic foods are full of nutrients in the right combination for our body's needs. There is little illness when the body has all the right proteins, carbohydrates, fats, vitamins and minerals. This is the diet for the seriously healthy and everyone who loves good food. These recipes are full of flavor, easy to make and so good for you. Each can be easily adapted to suit your pantry stores and preferences.

**Before you read any further**, make sure that you watch the following video and discover which foods to avoid immediately.

When I first saw this information it completely blew me away.

If you need to drop 10, 20, or even 50lbs of fat, then get this information now while it's still online. It works for men or women.

Click the link below now to get this information:

<http://www.formulatedfitness.com/go/primalburn>

## Vegetables

### *Japanese Ratatouille*

**Serves:** 4

**Ingredients:**

1 tablespoon chopped fresh oregano

1 tablespoon chopped fresh basil

¼ teaspoon cayenne pepper

Pepper and salt to taste

¼ cup cooking oil

2 Japanese eggplants

6 tomatoes

2 bell peppers

4 minced garlic cloves

1 minced onion

2 zucchini

**Method:**

1. Dice vegetables
2. Heat oil in soup pot
3. Saute garlic, onion 1 minute
4. Stir in vegetables 1 minute
5. Stir in remaining ingredients and simmer until eggplant is soft
6. Serve with favorite meat

**Cooking Tips:**

To prepare eggplant, peel and chop thinly, place in a colander and sprinkle with salt, all the bitter juices will come out. After about twenty minutes, rinse thoroughly and then cook

**Variation:**

Use rosemary in place of oregano and basil

Use sun-dried tomatoes

Add chopped sausage or salami

### ***Lemon Vinaigrette***

**Serves:** ½ cup

**Ingredients:**

Pepper and salt to taste

2 teaspoons lemon juice

1 teaspoon lemon zest

2 tablespoons vinegar

½ cup virgin olive oil

**Method:**

1. Place all ingredients in a glass jar with well-fitting lid
2. Shake well to combine
3. Use as salad dressing

**Cooking Tips:**

Use fresh or store up to 1 week in the refrigerator, shake well before use

**Variation:**

Add a minced garlic clove or a little cumin

### ***Squash fries***

**Serves:** 2

**Ingredients:**

Pepper and salt to taste

2 teaspoons fresh chopped herbs

¼ cup cooking oil

4 cups thinly sliced buttercup or similar squash

**Method:**

1. Preheat oven to 425F
2. Mix all ingredients in a bowl

3. Spread squash pieces on a tray in a single layer
4. Bake 20-30 minutes, until crispy
5. Serve hot with favorite sauce

**Cooking Tips:**

Mix oil and seasonings/herbs together before mixing with squash pieces to evenly distribute flavors

**Variation:**

Use potatoes

Add smoked paprika or bacon bits for extra flavor.

## ***Sea Stuffed Eggplant***

**Serves :** 4

**Ingredients:**

- 3 tablespoons oil
- 1 beaten egg
- 1 tablespoon fish sauce
- 2 tablespoon red curry paste
- ¼ cup chopped cilantro
- ½ cup chopped spring onions
- 4 minced garlic cloves
- 1 tablespoon grated ginger
- 1 diced bell pepper
- 12 ounces peeled raw shrimp
- 1 large eggplant

**Method:**

1. Preheat oven to 400F.
2. Cut the eggplant in half lengthwise, score the cut surface,
3. Brush all sides with oil
4. Bake skin up about 15 minutes
5. Turn and cook until tender

6. Remove and leave to cool
7. Scoop out flesh and dice
8. Fry in oil on medium heat
9. Stir in pepper, garlic and ginger
10. Stir in cilantro and onions, lightly cook
11. Transfer to a bowl
12. Stir in curry, sauce, egg and shrimp
13. Spoon mixture into eggplant boats
14. Bake at 350F until filling is set
15. Garnish with cilantro

**Cooking Tips:**

Be careful when scooping out cooked eggplant, not to pierce the skin

**Variation:**

Replace shrimp with chopped shellfish or sausage/salami

Use browned pork and add some fresh chopped rosemary

***Garlic Grilled Mushrooms***

**Serves:** 2

**Ingredients:**

- 2 tablespoon oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon salt
- 1 teaspoon fresh ground pepper
- 1 teaspoon paprika
- ½ teaspoon crushed coriander seeds
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 3 minced garlic cloves
- 12 button mushrooms

**Method:**

1. Heat oil in a skillet
2. Stir in spices and garlic
3. When lightly brown, stir in vinegar and simmer one minute

**Cooking Tip:**

Don't wash mushrooms, wipe them with a damp cloth

Store mushrooms in a brown paper bag

**Variation:**

Add finely diced onion and bacon

Add diced scallops

***Garlic Mint Zucchini***

**Serves:** 2

**Ingredients:**

Pepper and salt to taste

2 tablespoons fresh chopped mint

Zest and juice of half a lemon

2 minced garlic cloves

1 tablespoon cooking oil

2 large zucchinis, sliced

**Method:**

1. Heat oil in a skillet
2. Lightly brown zucchini
3. Stir in ingredients except mint and cook two minutes
4. Stir in mint and cook two minutes
5. Serve hot with favorite meat dish

**Cooking Tips:**

Use one large marrow

**Variation:**

Coat zucchini in spices and oil and grill, turning to cook through

Use rosemary, sage, thyme or oregano in place of mint

### ***Oven Roasted Cauliflower Recipe***

**Serves:** 2-4

#### **Ingredients:**

Pepper and salt to taste

½ cup oil

1 tablespoon curry powder

1 head of cauliflower, cut in florets

#### **Method:**

1. Simmer cauliflower in water until tender
2. Drain and stir in oil and curry powder
3. Transfer to a baking tray lined with foil
4. Broil ten minutes, or until golden

#### **Cooking Tips:**

Add the cauliflower to boiling water, then simmer

#### **Variation:**

Use broccoli in place of cauliflower

Use cumin and coriander in place of curry powder

### ***Breakfast Hash***

**Serves:** 2

#### **Ingredients:**

Pepper and salt to taste

¼ teaspoon cayenne pepper

1 minced garlic clove

½ chopped onion

½ sweet potato, grated

2 eggs

Butter

**Method:**

1. Melt butter in skillet
2. Sauté garlic, onion and potato lightly
3. Add spices to taste
4. Stir in eggs and cover
5. Cook 2-3 minutes

**Cooking Tips:**

Heat skillet on medium, not too hot or the eggs will burn

**Variation:**

Use potato in place of sweet potato

Add shredded leftover meat

Use leftovers from night before, lightly fry, stir in egg and cook

***Sweet Cinnamon Potato Chips***

**Serves:** 4

**Ingredients:**

Cinnamon

Vegetable oil

4 cups thinly sliced sweet potato

**Method:**

1. Heat oil on med/high until bubbles rise up to surface (about 250F)
2. Cook 1 cup sweet potato chips at a time
3. Turn frequently, cook until crisp and golden
4. Remove to drain on a paper towel lined plate
5. Serve with cinnamon sprinkled on top

**Cooking Tips:**

To see if oil is hot enough test by putting one chip in, if it rises to the surface with a lot of little bubbles around it, it's ready

**Variation:**

Use potato, carrot or pumpkin chips

Sprinkle smoked paprika and sea salt over chips

Serve with salsa or avocado dip

## Baking

### *Almond Buckwheat Muffins*

**Serves:** 12

**Ingredients:**

½ cup slivered Almonds

½ teaspoon vanilla essence

1/3 cup vegetable oil

¼ cup honey

1 egg

1 cup almond milk

½ tablespoon cocoa powder

½ teaspoon baking soda

1 teaspoon baking powder

¼ teaspoon salt

1 heaped cup light buckwheat flour

**Method:**

1. Preheat oven to 375F
2. Line a 12 cup muffin tray
3. Whisk together vanilla, oil, honey, egg and milk
4. Sift in cocoa, baking soda, baking powder, salt and flour
5. Mix well
6. Stir in Almonds
7. Spoon batter in to muffin tray
8. Bake about twenty minutes or until just firm in the center
9. Leave to sit ten minutes then cool on to a tray

**Cooking Tips:**

Do not over mix as muffins will come out hard

**Variation:**

Omit cocoa or replace with instant coffee

Top with favorite frosting

Replace slivered almonds with chocolate chips/dried cranberries

## ***Carrot and Banana Muffins***

**Serves:** 12

### **Ingredients:**

$\frac{3}{4}$  cup chopped nuts

1  $\frac{1}{2}$  cups shredded carrot

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

1 teaspoon vinegar

3 eggs

3 ripe bananas

1 cup pitted dates

1 tablespoon cinnamon

1 teaspoon salt

2 teaspoons baking soda

2 cups almond flour

### **Method:**

1. Preheat oven to 350F
2. Line a muffin tray with paper cups
3. Blend oil, vinegar, eggs, bananas and dates in a food processor
4. Pulse in dry ingredients until just mixed
5. Fold in carrots and nuts.
6. Spoon into prepared tray
7. Bake about 25 minutes
8. Cool on a tray

### **Cooking Tips:**

Bake in the middle of the oven to prevent bottom burning

Use macadamia nuts, walnuts, or pecans

**Variation:**

Use zucchini in place of carrot

Cranberries or chopped apricot in place of dates

***Cranny Scones***

**Serves:** 16

**Ingredients:**

1 tablespoon orange zest

1 teaspoon salt

1 egg

1 teaspoon baking soda

2 tablespoons honey

3 tablespoons shredded coconut

½ cup cranberries

2 cups almond flour

**Method:**

1. Preheat oven to 375F
2. Blend honey and egg
3. Stir in remaining ingredients
4. Knead briefly and shape into scones
5. Bake on a floured or greased tray about ten minutes or until cooked through
6. Cool on a rack

**Cooking Tips:**

Make scones about ½ inch thick

**Variation:**

Use chopped dates, dried apricots or sultanas

Replace coconut with coconut flour, add 1/3 cup chopped fresh herbs and omit zest

## ***Walnut Banana Bread***

**Serves:** 12

### **Ingredients:**

¼ cup oil  
1 tablespoon honey  
1 tablespoon vanilla essence  
3 eggs  
3 medium bananas  
1 teaspoon baking soda  
¼ teaspoon salt  
1 ½ cups ground walnuts  
¼ cup coconut flour

### **Method:**

1. Preheat oven to 350F
2. Grease an 8x4-inch loaf pan
3. In a food processor, blend oil, honey, vanilla, eggs and bananas
4. Blend in baking soda, salt and walnut flour
5. Pour into prepared pan
6. Bake about 1 hour
7. Leave to cool before turning out and slicing

### **Cooking Tips:**

Use cooking bananas that have been frozen and defrosted, very moist, fresh bread

### **Variation:**

Use 2 cups almond flour in place of coconut and walnut

Add ½ cup chopped walnuts

## ***Buckwheat Sandwich Wraps***

**Serves:** 8

### **Ingredients:**

1 cup warm water  
2 tablespoons vegetable oil  
2 eggs  
½ teaspoon salt  
½ teaspoon baking powder  
1 cup light buckwheat flour

**Method:**

1. Whisk together all ingredients to a thin batter
2. Heat a skillet on med-high
3. Cook in half cup amounts, turning skillet to cover whole surface
4. Turn after two minutes
5. Cook both sides to golden brown

**Cooking Tips:**

Make sandwich wraps

Cut in triangles and eat with dip

Cover with favorite vegetable salad and fresh meat

**Variation:**

Add ½ cup fresh chopped herbs to batter; chives, rosemary, thyme, oregano,

Add some minced garlic and chives or onion powder

Add a tablespoon toasted cumin seeds

## **Meat**

### ***Grilled Chicken with Herbs***

**Serves:** 4

**Ingredients:**

1/3 cup vegetable oil  
3 tablespoons vinegar  
¼ teaspoon salt  
1 tablespoon fresh ground pepper  
1 bay leaf  
2 minced garlic cloves  
¼ cup chopped spring onions  
4 tablespoons chopped parsley  
¼ cup chopped oregano  
4 tablespoons chopped rosemary  
2 ½ pounds chicken breast

**Method:**

1. Mix together herbs, pepper and salt in a bag
2. Add chicken and shake well to cover
3. Sit chicken in marinade in the refrigerator at least an hour
4. Turn oven to grill and cook chicken
5. Serve with gravy and favorite vegetables

**Cooking Tips:**

Prepare chicken marinade day before and store in refrigerator  
Roast chicken at 450F about twenty minutes and then grill to brown

**Variation:**

Use grass-fed beef in place of chicken  
Add a dash of favorite sauce and teaspoon brown sugar to marinade

## ***Adobo Drumsticks***

**Serves:** 4

### **Ingredients:**

6 drumsticks

1 teaspoon salt

2 minced garlic cloves

1 tablespoon vinegar

1/2 cup water

1/2 cup chipotle peppers in adobo sauce

### **Method:**

1. Mix peppers in sauce with water, in a blender
2. Rub over chicken and refrigerate 1-12 hours
3. Heat oven to 400F
4. Bake in a covered dish about 45 minutes, or until cooked
5. Finish under the grill

### **Cooking Tips:**

Cook drumsticks until cooked through

Use 1 can peppers and same amount of water, use ½ cup and freeze rest in ½ cup portions for later use

### **Variation:**

Use steaks in place of chicken

Replace peppers with favourite sauce

## ***Curried Chicken and Vegetable Soup***

**Serves:** 6

### **Ingredients:**

1 ½ pints chicken stock

1 tablespoon grated ginger

3 tablespoons salsa

2-3 cups finely chopped vegetables

1 cup shredded, curried chicken

2 minced garlic cloves

½ onion, chopped

1 tablespoon vegetable oil

**Method:**

1. Saute ginger, garlic, onion in oil in a large skillet
2. Stir in vegetables and chicken, two minutes
3. Stir in stock, salsa and simmer until vegetables are tender
4. Serve hot.

**Cooking Tips:**

Use leftover chicken

**Variation:**

Use plain chicken and add 1 tablespoon curry paste and ½ teaspoon honey

Use turkey or duck and use red wine vinegar

***Turkey Sausage Casserole***

**Serves:** 12

**Ingredients:**

1 ½ chopped onion

2 chopped bell peppers

12 eggs

1 pound minced turkey sausage

Pepper and salt to taste

½ cup chopped mushrooms

1 tablespoon oil

2 tablespoons chopped parsley

2 tablespoons chopped chives, leeks or green onions

**Method:**

1. Preheat oven to 350F
2. Heat oil in a skillet
3. Brown sausage
4. Season to taste and pour into baking dish
5. Saute onion, mushroom and peppers
6. Spread over sausage in baking dish
7. Whisk eggs with herbs in a bowl
8. Pour over sausage and vegetables
9. Cook until set, about 45 minutes

**Cooking Tips:**

Great for freezing, make extra!

**Variation:**

Use pork sausage

Use shredded chicken

***Habanero Chicken***

**Serves:** 6

**Ingredients:**

2 ½ pounds chicken breast

Pepper and salt

1/3 cup vinegar

1 cup diced tomatoes

2 tablespoons orange juice

1 teaspoon orange zest

2 cloves minced garlic

1 chopped onion

2 tablespoons achiote paste

1 tablespoon habanero sauce

**Method:**

1. Mix all ingredients together
2. Leave in the refrigerator at least 1 hour
3. Fry in vegetable oil until cooked through and serve hot

**Cooking Tips:**

Make marinade night before and leave in the refrigerator

**Variation:**

Cook a whole chicken in broth and use the meat in place of raw chicken breast

Use cooking water to make soup

Omit habanero sauce for child friendly meal

***Crockpot Lean Beef Stew***

**Serves:** 6

**Ingredients:**

Pepper and salt to taste

½ teaspoon paprika

½ teaspoon cumin

1 teaspoon fresh chopped thyme

1 teaspoon fresh chopped rosemary

1 teaspoon fresh chopped sage

1 ½ pints beef stock

1 pint diced tomatoes

2 chopped bell peppers

2 minced garlic cloves

2 chopped onions

1 pound chopped lean beef

**Method:**

1. Heat oil in soup pot
2. Brown the beef, remove meat
3. Saute onions, garlic

4. Add peppers and briefly sauté
5. Stir in browned beef, and remaining ingredients
6. Transfer to crock pot and cook 2- 2 ½ hours, until beef is tender

**Cooking Tips:**

Stir spices and herbs into oil before cooking meat to spread flavor evenly

Cook in a covered dish in the oven on 350F until tender in place of a crock pot

**Variation:**

Use chicken and chicken stock

Add 2- 3 cups finely diced vegetables

## ***Mushroom Mini Quiche***

**Serves:** 12

**Ingredients:**

Pepper to taste

12 cherry tomatoes

4 pieces fried bacon

2 ounces mushrooms

8 eggs

¼ cup fresh chopped herbs

**Method:**

1. Preheat oven to 350F
2. Grease a 12 cup muffin tray
3. Whisk eggs
4. Chop mushrooms, bacon, tomatoes, season
5. Put a little egg in each muffin cup
6. Sprinkle filling in
7. Top with a little more egg

**Cooking Tips:**

Cook meat before putting in to mini quiches

**Variation:**

Add grated carrot, zucchini or shredded spinach to quiches

***Best Beef Marinade***

**Serves:** 4

**Ingredients:**

1 pound cooked and chopped beef

¼ teaspoon mustard powder

¼ teaspoon pepper

1 teaspoon dried thyme

1 teaspoon dried rosemary

½ teaspoon salt

1 minced garlic clove

½ chopped onion

1 tablespoon Worcestershire

1 tablespoon honey

3 tablespoons tomato paste

1 cup vinegar

**Method:**

1. Simmer all ingredients except beef for ten minutes
2. Add beef and simmer covered about ten minutes
3. Serve hot with mashed potatoes and steamed vegetables

**Cooking Tips:**

Brown raw beef in oil then simmer in sauce until cooked

**Variation:**

Use shredded chicken or pork

Use BBQ sauce

***Tasty Lamb Meatballs***

**Serves:** 5

**Ingredients:**

¼ teaspoon cinnamon  
¼ teaspoon black pepper  
½ teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon salt  
1 egg  
1 tablespoon chopped fresh mint  
1 tablespoon chopped fresh cilantro  
2 minced garlic cloves  
½ onion, chopped  
1 pound minced lamb

**Method:**

1. Preheat oven to 375F
2. Mix all ingredients together
3. Shape into tablespoon size meatballs
4. Bake in a dish with a little cooking oil ten minutes
5. Turn meatballs over, cook 5-10 minutes, until cooked through

**Cooking Tips:**

Mix the mince in last, to get an even spread of flavors

**Variation:**

Use beef mince and chopped rosemary

Use chicken mince and chopped sage

Add sesame seeds

***Italian Sausage Pizza***

**Serves:** 8

**Ingredients;**

Fennel seed

oregano

½ cup cherry tomato halves

½ cup marinara

1 bell pepper, chopped

1 italian sausage, sliced

4 ounces mushrooms, chopped

½ onion, chopped

1 tablespoon olive oil

2 eggs

3 tablespoons almond butter

1 cup almond flour

**Method:**

1. Preheat oven to 350F
2. Grease a baking tray
3. Mix in a bowl, salt, eggs, almond butter and flour
4. Knead into a dough and press flat, on to prepared tray
5. Bake ten minutes
6. Lightly sauté sausage, mushrooms, onion
7. Add pepper and garlic, sauté 1 minute
8. Spread marinara on to crust
9. Sprinkle with sauteed vegetables and sausage
10. Sprinkle with fennel seed and oregano
11. Bake about 25 minutes
12. When cooked top with cherry tomatoes

**Cooking Tips:**

Almond flour pizza dough is soft, take care when transferring slices to a plate

**Variation:**

Use ham, bacon or chicken in place of sausage

Add olives, avocado slices or capers

### ***Ham and Egg Cups***

**Serves :** 3

**Ingredients:**

Pepper and salt to taste

3/4 cup hollandaise sauce

1 bell pepper sliced julienne

2 cups fresh arugula

6 eggs

6 slices ham

**Method:**

1. Preheat oven to 350F
2. Grease a 6 cup muffin tray
3. Cut each piece of ham from center to edge to make a cone shape and line muffin tray
4. Fill each cup with an egg and season
5. Bake about fifteen minutes
6. Saute briefly the bell peppers and mix with arugula
7. Dress arugula and peppers with lemon vinaigrette
8. Serve ham and egg cups on a bed of arugula salad and drizzled with hollandaise sauce

**Cooking Tips:**

Use large eggs or fill remaining space with grated cheese or chopped parsley/chives

**Variation:**

Line cups with bacon

Whisk egg with minced onion or grated carrot then pour into ham cups

### ***Beef and Bacon Mini Meatloaf***

**Serves:** 4

**Ingredients:**

Pepper to taste

2 tablespoons fresh chopped parsley

1/3 cup fresh chopped chives

2 minced garlic cloves

¼ cup coconut milk

8 strips bacon and ½ pound chopped bacon

1 pound minced beef

**Method:**

1. Preheat oven to 400F
2. Grease an 8 cup muffin tray
3. Blend together coconut milk, chives, garlic, pepper, chopped bacon and mince
4. Line muffin cups with bacon strips
5. Fill cups with mince mixture
6. Bake half an hour
7. Cool and serve with parsley on top

**Cooking Tips:**

Use an electric mixer to blend the mince ingredients

**Variation:**

Use grated vegetables in place of mince

Top with grated cheese before baking

Add an egg to the mince mixture

***Best Fried Beef***

**Serves:** 4

**Ingredients:**

2 tablespoons oil

¼ cup beef broth

Pepper and salt to taste

½ minced onion

1 ½ teaspoons lime juice

1 teaspoon oregano

2 minced garlic cloves

1 pound minced beef

**Method:**

1. Add oil to hot skillet
2. Stir in garlic, onion, pepper, salt, oregano,
3. Add beef mince and stir to brown 1-2 minutes
4. Mix lime juice and beef broth together, pour into skillet
5. Turn heat down and cook through
6. Serve hot with favorite vegetables

**Cooking Tips:**

Cook meat first on high heat for a few minutes, then on low heat until cooked to get tender meat

**Variation:**

Marinate the mince in premixed broth and spices/herbs, in the refrigerator

Cook mince in seasoned oil, Add twice the broth when almost cooked through, mix a little corn starch with a little broth and stir in to meat to form a gravy. Mince can be used for shepherd's pie, pasta or with sauce and rice.

***Broccoli Beef Soup***

**Serves:** 6

**Ingredients:**

1 pound chopped broccoli

1 pound diced cooked beef

1 minced garlic clove

½ minced onion

4 tablespoons soy sauce

4 tablespoons grated fresh ginger

3 pints beef broth

**Method:**

1. Heat broth to a simmer
2. Stir in all ingredients
3. Simmer until broccoli is tender
4. Serve with mashed potatoes

**Cooking Tips:**

Fry raw beef in a little oil, then cook on low until cooked through, Stir in broth and cook as per method

**Variation:**

Use pork, chicken or turkey and 1 pound mixed diced vegetables

Add a few chilis, peppers and tomatoes

***Vegetable and Beef Soup with Spices***

**Serves:** 6

**Ingredients:**

Pepper and salt to taste

2 tablespoons oil

1 cup coconut milk

2 pints beef stock

1 tablespoon cinnamon

½ teaspoon ground cloves

½ teaspoon ground turmeric

¼ teaspoon ground nutmeg

1 tablespoon mild curry powder

¼ cup fresh chopped parsley

1 chopped parsnip

1 chopped leek

2 chopped apples

2 chopped carrots

1 chopped potato

1 chopped onion

1 cup chopped mixed vegetables; cauliflower, broccoli, beans, peas

2 chopped celery sticks

1 ½ pounds minced beef

**Method:**

1. Heat oil in a soup pot
2. Brown mince, garlic, onion
3. Stir in remaining vegetables and sauté 1-2 minutes
4. Stir in spices and parsley
5. Stir in coconut milk and beef stock
6. Simmer until vegetables are tender
7. Season to taste
8. Serve hot.

**Cooking Tips:**

Stir spices into oil before browning meat, to get an even taste through dish

Chop all vegetables small to improve taste and shorten cooking time

**Variation:**

Use chicken, turkey, pork or mutton in place of beef

Use any fresh vegetables on hand

Add fresh herbs

Top with Greek-style yoghurt

***Berry Coconut Waffle***

**Serves:** 4

**Ingredients:**

¼ cup raspberries (extra for topping)

¼ cup coconut cream

1 tablespoon honey

1 teaspoon vanilla essence

½ teaspoon cinnamon

2 eggs

½ teaspoon baking soda

¼ cup dessicated coconut

1 ½ cups almond flour

**Method:**

1. Heat up waffle iron
2. Blend ingredients together in a bowl
3. Cook in waffle iron
4. Serve with extra berries and honey to sweeten

**Cooking Tips:**

If waffles are sticking, grease waffle iron with butter between each waffle

Defrost berries in a sieve over a bowl, discard liquid

**Variation:**

Use blueberries or strawberries

Omit coconut and use chopped nuts, pecan or walnut and a little mixed spice.

**Broiled Chicken with Lemon pepper**

**Serves:** 4

**Ingredients:**

Salt to taste

Lemon pepper

1 garlic clove

1 teaspoon fresh rosemary or sage

4 chicken breasts

**Method:**

1. Preheat oven to 'broil'
2. Line a baking tray with foil
3. Sprinkle chicken with lemon pepper and salt

4. Place chicken on prepared tray
5. Sprinkle with herbs and place garlic clove on tray
6. Broil 10-15 minutes
7. Turn and broil other side 10-15 minutes
8. Serve when golden brown

**Cooking Tips:**

Cook at 350F in a covered dish about 30 minutes, then brown under the grill

**Variation:**

Use lamb chops

Cover meat with sliced onion and favorite sauce

***Bison Beef Patties***

**Serves:** 4

**Ingredients:**

Pepper and salt to taste

2 minced garlic cloves

1 egg

1 jalapeno pepper

1 tablespoon chopped fresh rosemary

1 teaspoon chopped fresh thyme

1 minced onion

1 pound minced Bison

**Method:**

1. Mix together all ingredients
2. Make patties
3. Fry in a medium/hot skillet until cooked through
4. Cook both sides.
5. Serve hot in burger buns with favourite salad and sauce

**Cooking Tips:**

Broil in a foiled baking tray in the centre of the oven

**Variation:**

Use minced chicken, pork or turkey

Form into balls and use for spaghetti and meatballs

***Pesto fillets***

**Serves:** 6

**Ingredients:**

Pepper and salt to taste

Cooking spray

2 tablespoons almond flour

2 tablespoons pesto sauce

6 Tilapia fillets

**Method:**

1. Preheat oven to 400F
2. Prepare a baking pan with cooking spray
3. Arrange fillets in pan
4. Sprinkle remaining ingredients on top
5. Bake ten minutes, or until cooked through
6. Serve with Sweet cinnamon potatoes

**Cooking Tips:**

Put pesto, flour and seasonings in a plastic bag, add fish and gently shake to cover fish in flavor

**Variation:**

Use beef steaks and marinade in the refrigerator first

Sprinkle fish with grated fresh ginger and chopped spring onions before baking

Add crushed fennel seeds to season fish

## Desserts

### *Sweet Potato Ice Cream*

**Serves:** 4

**Ingredients:**

- 1/8 teaspoon salt
- 1/8 teaspoon nutmeg
- 1 teaspoon vanilla essence
- 2 tablespoon cinnamon
- 2 egg yolks
- 1 tablespoon maple syrup
- 1 can full-fat coconut milk
- 1 peeled, baked sweet potato

**Method:**

1. Freeze ice cream attachment overnight
2. Puree coconut milk with sweet potato in a blender
3. Blend in remaining ingredients
4. Cover bowl in plastic wrap and freeze two hours
5. Put mixture into ice cream maker and churn half an hour.

**Cooking Tip:**

Mix dry ingredients together before blending in to sweet potato and milk

**Variation:**

- Replace maple syrup with honey
- Use 2 bananas in place of sweet potato

### *Apple Beet Juice*

**Serves:** 1

**Ingredients:**

- 2 apples

2 Beets

2 Carrots

**Method:**

1. Put clean beets in a pot of water, bring to a simmer
2. After 25 minutes remove beets and rinse in cold water
3. Peel beets under water, trim ends and slice
4. Peel apples and carrots
5. Put all ingredients through a juicer

**Cooking Tips:**

Simmer beets in their skins to keep all the nutrients from seeping into the water

**Variation:**

Omit beets and use pineapple

freeze juice as an ice-blocks

Add celery stalks or pear slices in place of beets

***Cranny Date and Nut Bars***

**Serves:** 24 pieces

**Ingredients:**

½ cup shredded coconut

1/2 cup pitted dates

½ cup cranberries

¼ cup raw pistachio

¼ cup pumpkin seeds

1/2 cup pecan halves

1/2 cup raw almonds

½ cup macadamia nuts

½ cup walnut halves

¼ cup sunflower seeds

1 teaspoon ground cinnamon

3 tablespoons honey

1 cup almond meal

1 egg

¼ cup coconut oil

¼ cup almond butter

**Method:**

1. Spread nuts and seeds on a baking tray, broil, stirring frequently until lightly toasted
2. Remove tray and heat oven to 350F
3. Mix remaining ingredients together, blend them well
4. Stir in seeds and nuts
5. Spread into a baking dish with a spatula. Press down well
6. Bake 10-15 minutes, until turning brown at edges
7. Leave to cool
8. Cut into even slices
9. Store at room temperature

**Cooking Tips:**

Nuts and seeds burn easily so keep your eyes/nose on them

Bake in the center of the oven to stop bottom of bars burning

**Variation:**

Use any mixture of nuts and seeds to 2 ¾ cups

Use different dried fruits; sultanas, apricots, chopped mango to 1 cup

***Cranny Banana Brownies***

**Serves:** 16

**Ingredients:**

¼ cup chocolate chips

¼ cup cranberries

1 tablespoon honey

1 tablespoon vanilla essence

1 medium banana

16 dates

1 teaspoon cinnamon

½ cup cocoa powder, unsweetened

2 1/3 cups pecan halves

**Method:**

1. Put cinnamon, cocoa and pecans in a food processor, blend smooth
2. Add banana and dates, blend
3. Add vanilla and honey, blend
4. Fold in chocolate chips and cranberries
5. Press into a lightly greased baking dish and freeze until set, about one hour
6. Cut into even pieces

**Cooking Tips:**

Cover dish or put inside a plastic bag before freezing

**Variation:**

Use other dried fruit in place of dates

Use maple syrup instead of honey

Use walnuts or macadamia nuts in place of pecans

***Coconut Pikelets***

**Serves:** 4

**Ingredients:**

2 teaspoons vanilla essence

¼ teaspoon cinnamon

1 teaspoon baking soda

4 eggs

½ teaspoon salt

1 cup coconut milk

1 tablespoon honey

½ cup coconut flour

**Method:**

1. Whisk together milk, eggs and vanilla
2. Sift in remaining ingredients
3. Heat oil in a skillet
4. Place tablespoon size batter on the skillet and cook until golden both sides
5. Serve with honey or maple syrup

**Cooking Tips:**

These pikelets do not bubble, so need to be checked if cooked

Coconut flour is very absorbent, so needs 4 eggs

**Variation:**

Add ½ cup blueberries or raspberries to batter

***Sweet Pumpkin Waffles***

**Serves:** 4

**Ingredients:**

- 2 teaspoon vanilla essence
- 2 tablespoons pumpkin puree
- 1 tablespoon oil
- 1 teaspoon honey
- 3 eggs
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon nutmeg
- ½ teaspoon cloves
- 1 tablespoon ground cinnamon
- 5 tablespoon almond meal
- 2 tablespoon coconut flour

**Method:**

1. Whisk wet ingredients
2. Mix in dry ingredients
3. Cook in a well-greased waffle iron

**Cooking Tips:**

Coconut flour is very absorbent, only a little is needed

**Variation:**

Omit spices and pumpkin for plain waffles

## ***Breakfast Cereal***

**Serves:** 2

**Ingredients:**

- 1 tablespoon vanilla essence
- 1 tablespoon cinnamon
- 1 cup almond milk
- 2 tablespoons oil
- ¼ cup walnuts
- 2 tablespoons shredded coconut
- 2 tablespoons flax seeds
- 2 tablespoons pumpkin seeds
- 2 tablespoons chia seeds

**Method:**

1. Heat oil and milk in a pot to a light simmer
2. Grind remaining ingredients together
3. Stir into the milk

**Cooking Tips:**

Add more chia seed for thicker, or less for thinner cereal

Stir in ½ cup fresh berries, dried fruit

Add vanilla and cinnamon

Make it savory with a little salt



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