

## **Paleo Gluten Free, Slow Cooker Recipes**



**Beth Gabriel**



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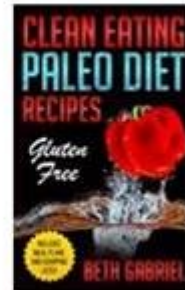
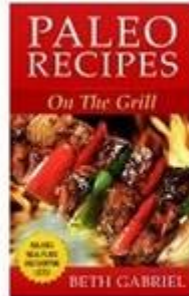
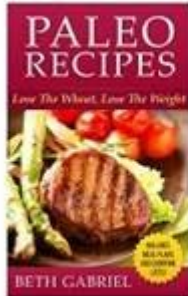
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## More Paleo, Gluten-Free Books by Beth Gabriel

50 Paleo Recipes, Lose the Wheat, Lose the Weight

50 Fast Paleo Recipes, On the Grill

50 Clean Eating Paleo Diet, Gluten Free Recipes



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Be sure to download your **FREE** printable meal plans and shopping lists:

<http://PaleoRecipesWeightLoss.com/PaleoGlutenFree>

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# Welcome To The Paleo Gluten Free Diet, Slow Cooking Lifestyle!

Paleo Diet, Gluten Free and Slow Cooking – all in one cookbook? It makes perfect sense to combine all 3. Plus you'll receive an added benefit... you'll lose weight when you lose the wheat!

For those of you who are already enjoying the health benefits of the Paleo Diet, Gluten Free Lifestyle - welcome back! To those of you, who are new to healthy eating and weight loss, welcome to your future!

## The Who, What & Why of Paleo Gluten-Free Diet

Way back when our ancestors were hunting and gathering machines, their bodies were agile and capable of working with little fuel. Nowadays, we eat way more than we actual need to survive. We are literally stuffing ourselves and becoming increasingly tired, depressed and out of shape.

In this age when everything is at your fingertips, take a step back and focus exactly what you are eating. Look closely and you will see. We're eating tons of bread, tons of sugar, tons of fat. When you put it all together, no wonder your body is fighting against you.

## Here's How Paleo Works

You simply take out all of the processed food that early man never ate. Yes, all of it. Dairy, refined sugar, chemicals, processed food. You clean your body of all the unnecessary fuel that is storing itself on your hips and heart as fat. Many modern diseases can be prevented by simply eating healthily, so why complicate your life?

Paleo is all about natural food. You eliminate the overly-processed supermarket meals and gain your energy from healthy food, the sun and wind and freedom. Sounds romantic? It is. Let's start with what to avoid, so you can be joyful later.

## What to Avoid:

- **Sugar** - It goes without saying that refined sugar is harmful and not just for our teeth. From the moment sugar gets into your stomach, it starts transforming into glucose. 20,000 years ago, that would have been extremely helpful in keeping us running after deer over miles and miles of forests, hills and meadows. In our more sedentary society, all that glucose gets stuck on our hips and belly even worse than eating fat would. Refined sugar is even more dangerous, as the industrial process makes it extra-sweet, turning it into an internal time bomb of an overload of calories and damaging your cells. Not to mention the risk of diabetes.

Here's a tip from the Mayo Clinic on preventing such a disease: *"center your diet on more fruits, vegetables, foods that are high in nutrition and fiber and low in fat and calories and cut down on ... refined carbohydrates and sweets"*. Remember, a second on your lips and a lifetime on your hips.

- **Dairy** - Being on dairy-free diet can greatly improve your energy levels. Our stomachs are not designed to digest milk after infancy. No wonder that some of us develop a lactose intolerance which makes life no fun at all. But in social settings it's hard to avoid cakes and other desserts that are made with butter, cheese, cream and milk. But we give you 6 amazing desserts that are delicious and you'll never miss the dairy or refined sugar. Paleo replacements are easy find.

Note: a few recipes in this book offer cheese as an optional ingredient, feel free to delete the cheese according to your diet and personal preferences.

- **Grains** - Yes, you read it right. That's bread, pasta and crackers. And anything remotely tied to wheat and most other grains. Grains are made of carbs and turn themselves into glucose in your body. This would be ok, if you were still running over hills every minute of every day. All that extra glucose is stored as fat, because it's not needed. Bread is hard to give, but once you break through, there'll be no turning back. A gluten free diet is the only known cure for celiac disease, which affects the small intestine in pretty painful ways.

The Mayo Clinic tells us that *"If you have celiac disease, eating gluten triggers an immune response in your small intestine. Over time, this reaction produces inflammation that damages the small intestine's lining and prevents absorption of some nutrients (malabsorption)."*

You'll be safe from gluten intolerance with every recipe in this book. We'll give you tasty recipes without wheat or other grains, while keeping your stomach flat and no inflammation to your small intestine. The best of both worlds.

## **What is better: food that fills you or feeds you?**

Remember what we said about Paleo, Gluten Free lifestyle not starving you, but feeding you? Yes, it's true, this is the healthiest way to lose weight you'll ever find. You are cleaning your body of extra fat simply by refusing to ingest any more refined sugar and industrially over processed substances. When you stop eating useless food, you'll not only feel more rested, but also a lot fresher, like breathing in mountain air in the morning. And you won't go hungry. Paleo recipes are nourishing and low in calories.

### **What To Eat:**

- Meat – non-processed, of course. The more organic, the better.
- Fish – now you have an excuse to go fishing
- Birds
- Eggs
- Natural oils – coconut oil, olive oil, etc.
- Good carbs – the good cop is here and you'll find it in vegetables and sweet potatoes
- Fruits
- Vegetables
- Seeds, Nuts
- Honey
- Potatoes – sweet potatoes are your best bet

### **Lose the Wheat, Lose the Weight**

The Paleo diet is the best diet for losing weight, because it relies on you're not feeling hungry. All of this food is nourishing and will keep you satisfied for hours.

### **Paleo, Gluten-Free Diet Guidelines:**

1. Enjoy protein with every meal.
2. Go overboard with the fruits and vegetables; either cooked or raw!
3. As far as meat and fish are concerned, buy organic and/or free range if your budget allows. No hormones or chemicals. Low in saturated fat. Wild salmon is ideal.

4. Be reasonable with your use of salt, I use sea salt. Remember that many condiments (ketchup, mustard) are loaded with chemicals, additives, sodium, so look for organic condiments and read the ingredient list or make your own.
5. Exercise, move, walk! This will increase your feeling of well-being from the natural hormones that your body produces when you exercise and you'll be able to take advantage of all the extra energy you are going to have!
6. Little or no saturated fats - avocado works great in many instances. One of my favorite breakfasts is scrambled egg whites along with gluten free toast with seeds (I buy mine at Costco), a little extra virgin olive oil, avocado, sea salt, freshly ground black pepper and some red chili flakes. Yummy!).
7. Limit your consumption of alcohol. Choose good quality wine and stay away from cocktails laden with sugar and artificial ingredients.



## Slow Cooker Gluten Free Recipes



### Easy Crockpot Salsa Chicken

*This recipe is super easy, great tasting, you set it in the morning and come home to delicious meal your family will rave about! Serve with a gluten free [Tortillas](#), [Sesame Crisp Crackers](#) or Herb Crackers. Or serve over a salad or by itself.*

#### Ingredients

- 2 Cans Salsa
- 4 Boneless, Skinless, Chicken Breasts
- 1 Tbsp. Chili Powder
- 1 Onion - Chopped

#### Directions

1. Coat inside of crockpot with coconut oil.
2. Place all ingredients in a crock pot.
3. Set the crockpot/slow cooker on low, cover and cook for 8 hours.
4. Pull chicken apart with a fork into pieces.
5. Serve with gluten free [Tortillas](#), [Sesame Crisp Crackers](#) or *Herb Crackers*. – all included in this book in the appetizer section. Or serve over a salad or by itself.
6. Goes well with any of the [Salad Recipes](#) or [Side Dish Recipes](#) included in this book!



## **Lemon Garlic Crockpot Chicken**

*This recipe is easy and delicious, just place your ingredients in the crockpot and go off on your way and come back 6 hours later to an amazing meal.*

### **Ingredients**

- 1 Whole Chicken
- 30-40 Cloves Of Garlic - peeled
- 1 Whole Lemon
- 1 White Onion - sliced
- Salt And Pepper
- Homemade Italian Seasoning Blend: equal parts of marjoram, thyme, rosemary, savory, sage, oregano, basil

### **Directions**

1. Line the bottom of your pot or slow cooker with onions and garlic
2. Wash the chicken under cold water and pat dry
3. Put the chicken over the onions and garlic
4. Squeeze lemon juice all over the chicken
5. Season the inside and outside of your bird with plenty of salt, pepper and the Italian seasoning blend
6. Put lemon halves inside the chicken
7. Put the lid on the pot (or slow cooker) and let it cook on low for 6 hours, checking on it every now and again
8. Place the chicken on a plate and shred the meat away off the bone.
9. Add meat to the broth, the garlic and onions.
10. Discard chicken carcass.

11. Serve to your hungry guests.

12. Goes well with any of the [Salad Recipes](#) or [Side Dish Recipes](#) included in this book!



## **Chorizo Stuffed Poblano Peppers**

*In Eastern Europe, no holiday is considered complete without these peppers. You may substitute beef or chicken, but sausages are faster to cook and add a slightly spicy flavor.*

### **Ingredients**

- 5 Poblano Peppers or use Green Peppers for a milder taste
- 1/2 Pound Chorizo Sausage - browned and crumbled
- 1 Large Onion - thinly sliced and browned
- 1 Large Tomato - diced and browned

### **Directions**

1. Cut off tops of peppers, set aside to use later.
2. Remove seeds from inside of peppers.
3. Brown and crumble the sausage in a skillet
4. Add onions and tomatoes to skillet and cook until onions are browned.
5. Fill peppers with onion/sausage/tomato mixture.
6. Place tops on peppers to help the peppers cook faster and retain their aroma.
7. Coat inside of crockpot with coconut oil.
8. Place peppers in crockpot standing up.
9. Set the crockpot/slow cooker on low, cover and cook for 5-6 hours or 3-4 hours on medium.
10. Goes well with any of the [Appetizer Recipes](#), [Salad Recipes](#) or [Side Dish Recipes](#) included in this cookbook!

## Pizza Lasagna

*It's not exactly a lasagna and it's definitely not a pizza, but if it looks like one and tastes like the other. Omit the optional cheese for a lactose free meal.*

### Ingredients

#### *Meat and Sauce Layer*

- 1 Lb. Ground Beef - Browned and Lightly Drained.
- 1 Cup (8 Ounces) Organic Tomato Sauce, **make sure tomatoes are the only ingredient.**
- 1 Tbsp. Italian Seasonings.
- ½ Tsp Garlic Powder.
- ¼ Tsp Sea Salt.
- ½ Tsp Oregano

#### *Veggie Crust Layer*

- ½ Medium, Raw Zucchini – Grated or Ground.
- 1 Cup Raw Cauliflower -Grated or Ground.
- 2 Garlic Cloves.
- 2 Eggs - Beaten.
- 3 Tbsp. Coconut Flour.
- ¼ Cup Grated Mozzarella Cheese or Cheese of Choice (optional for no dairy diet)
- 1 Tbsp. Butter, Melted Or Coconut Oil.
- ¼ Tsp Sea Salt.

#### *Topping Layer*

- 16 Slices of Pepperoni or Salami.
- ½ Cup Grated Cheese of Choice, I Used Mozzarella (optional for no dairy diet)

### Directions

1. Preheat oven to 400 degrees F.
2. Grease a large casserole dish.
3. Brown ground beef in a large pan and drain the excess grease.
4. Add the tomato sauce, garlic powder, Italian seasonings, sea salt and oregano.
5. Keep on medium heat and stir until bubbling.

6. Turn heat down and let it simmer for 6 minutes.
7. In a food processor put: cauliflower, zucchini and garlic cloves.
8. Process it all until it resembles rice.
9. Combine the zucchini rice, 2 eggs, ¼ cup grated cheese, ¼ tsp sea salt, 1 Tbsp. melted butter and 3 Tbsp. coconut flour in a different, larger bowl.
10. Mix it all, until it resembles a kind of dough.
11. Stir the ground beef and remove from heat.
12. Coat inside of crockpot with coconut oil.
13. Spread the ground beef evenly into the crockpot/slow cooker
14. Take the vegetable dough and cover with it the top of the meat layer in the dish.
15. Spread it out evenly.
16. Place the pepperoni on top of the crust, then sprinkle the cheese on top.
17. Set the crockpot/slow cooker on low, cover and cook for 3-4 hours or 2-3 hours on medium.
18. Goes well with any of the [Salad Recipes](#) or [Side Dish Recipes](#) included in this cookbook!



## Slow Cooked Brats & Sauerkraut

*No need to wait for Oktoberfest! This recipe is great anytime of the year. And the aroma while it's cooking... takes your breath away.*

### Ingredients

- 8 bratwurst, roughly chopped into bite-size pieces
- 1 ½ cups unpasteurized, store bought sauerkraut
- 2 green apples, peeled, cored, and chopped
- ¼ cup onion, chopped
- ⅛ cup organic honey
- 1 teaspoon caraway seeds
- 1 teaspoon red chili pepper flakes

### Directions

1. Place bratwurst into the slow cooker.
2. In a large bowl mix the sauerkraut (with the liquid), apples, onion, honey, chili, caraway seeds, and pepper until well combined.
3. Spoon mixture into the slow cooker, over the bratwurst.
4. Set the slow cooker on low, cover, and cook for 5-6 hours, stirring occasionally.
5. Serve with any of the [Salad Recipes](#) or [Side Dish Recipes](#) included in this cookbook!

## Garlic Mustard Chicken Breasts

*This is a fool proof recipe for slow cooked chicken breasts. The secret is marinating them to preserve the juiciness.*

### Ingredients

- 4 chicken breasts, boneless, and skinless
- 6 tablespoons organic, unrefined coconut oil
- 4 large garlic cloves, minced
- 1 teaspoon whole grain, organic mustard
- 1/2 teaspoon dried oregano
- 1 1/4 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 teaspoons lemon zest

### Directions

1. In between two large sheets of wax paper pound chicken breasts until they are about 1/2 an inch thick with a meat mallet.
2. In a large zip lock bag mix together the rest of the ingredients.
3. Add chicken to the marinade, seal the zip lock back tightly trying to press some of the air out, and turn it several times until the chicken is well coated.
4. Place in a bowl and refrigerate for about 4-12 hours.
5. Coat inside of crockpot with coconut oil.
6. Place chicken breasts in crockpot, trying to keep as much of the marinade on them as possible.
7. Set the crockpot/slow cooker on low, cover and cook for 5-6 hours or 3-4 hours on medium.
8. Goes well with any of the [Salad Recipes](#) or [Side Dish Recipes](#) included in this cookbook!





## **Pork Chops, Zesty Garlic Rub**

*Rubbing the pork chops with the delicious rub containing basil, lemon juice, lemon zest, and chili add a burst of flavor to this grilled pork chop dish.*

### **Ingredients**

- 4 pork chops with the bone, about  $\frac{3}{4}$  inch thick each
- 2 garlic cloves
- 1 cup fresh basil leaves, packed
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon lemon zest
- 1 fresh chili, chopped and de-seeded (leave a few seeds in if you like hot and spicy flavors)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon coarse sea salt
- $\frac{1}{2}$  teaspoon freshly ground black pepper

### **Directions**

1. With food processor running, insert garlic through the feed tube to mince.
2. Stop the processor and pulse the basil, and process just a couple of seconds.
3. Add remaining ingredients and continue to process until very well blended and thin enough to spread onto the pork chops.
4. Coat pork chops thoroughly with the basil mixture and marinate for 30 minutes.
5. Coat inside of crockpot with coconut oil.

6. Place pork chops in crockpot, spooning any leftover garlic herbal rub on top.
7. Set the crockpot/slow cooker on low, cover and cook for 5-6 hours or 3-4 hours on medium.
8. Allow the meat rest a few minutes before serving.
9. Goes well with any of the [Salad Recipes](#) or [Side Dish Recipes](#) included in this cookbook!

## Side Dish Recipes



### Spicy Smashed Sweet Potatoes

*Spicy, crisp potatoes this time. And they're and they're sweet too. Enjoy this with a glass of your favorite wine.*

#### Ingredients

2 Medium Sized Sweet Potatoes

#### *Spice Mixture*

- 1/2 Teaspoon Chili Powder
- 1/2 Teaspoon Cumin
- 1/2 Teaspoon Garlic Powder
- 1/2 Teaspoon Onion Powder
- 1/2 Teaspoon Paprika
- 1/2 Teaspoon Sea Salt

- 1/8 Teaspoon Ground Black Pepper

### ***Sauce***

- 1 Tablespoon Raw Honey
- 2 Tablespoons Olive Oil

### **Directions**

1. Preheat the oven to 400 degrees F.
2. While the oven is heating, mix together all ingredients for the spice mixture in a small bowl and set aside.
3. Poke small holes in the potatoes and place them all on the oven rack.
4. Cook for 40 minutes, so the potato gets cooked through.
5. Take the potatoes out of the oven, allow to cool.
6. Peel off skins and slice to about an inch and a half thickness.
7. Place on a cookie sheet, a few inches apart.
8. Gently press down on each sweet potato until the sides split open slightly, which will lead to their crispiness later on.
9. Mix the olive oil and the honey in a bowl and drizzle half the mixture over the sweet potatoes.
10. Take the spice mixture and sprinkle half of the mixture over each sweet potato.
11. Make sure it sticks by using a spatula or your hand and pressing it down.
12. Put the potatoes back in the oven and broil for 3-4 minutes, checking every now and then to make sure they don't burn.
13. Remove from oven and flip each potato over.
14. Drizzle the remaining sauce over the sweet potatoes, adding the remaining half of the spices.
15. Put back into the oven and broil for 3-4 minutes. Enjoy.

## **Jicama French Fries**

*Jicama is a root veggie and is the perfect Paleo substitute for French fries. Jicama is also low in calories and high in nutrients.*

### **Ingredients**

- 1 large jicama
- 1 tablespoon olive oil
- Sea salt and freshly ground black pepper to taste
- Paprika

### **Directions**

1. Preheat oven to 400 degrees Fahrenheit.
2. Peel jicama with a potato peeler.
3. Remove the top and bottom from the jicama and cut into French fry shapes, not too thick and not too thin.
4. Evenly distribute fries onto a cookie sheet, being careful not to overlap.
5. Sprinkle with olive oil.
6. Sprinkle with sea seasonings.
7. Bake for about 20 minutes, or until desired doneness. We all like our fries a little bit different from just a little bit crunchy to super crunchy.

## **Cauliflower Fried Rice**

*I like rice and cauliflowers work great with anything. It's like bringing in Asia and Central Europe. Politics work and in this case, the food does too.*

### **Ingredients**

- 1 Head Of Cauliflower
- 4 Tablespoons Lard
- 4 Carrots - Peeled And Chopped
- 1 Small Onion - Chopped
- 2 Tablespoons Garlic - Chopped
- 1 Cup Green Peas
- 4 Eggs - Whisked
- 6 Tablespoons Coconut Aminos
- 1/2 Teaspoon Sesame Oil
- 1/2 Teaspoon Fish Sauce
- Sea Salt And Ground Pepper To Taste

### **Directions**

1. Whisk the eggs.
2. Place cauliflower in food processor and pulse until it resembles the size of rice.
3. Heat your skillet or wok over medium to high heat.
4. Add 2 Tablespoons of lard to the pan and let it melt.
5. Add the garlic, onions and carrots and cook for 3 minutes.
6. Add peas and cook for one more minute. Remove from pan and set aside.
7. In a separate pan, add your whisked eggs and scramble them, so they gain a slightly brown color. Add the salt and pepper
8. Place vegetables in a large bowl.
9. Add 2 Tablespoons of fat to the pan allow to melt.
10. Add the cauliflower rice to the pan coating with the oil. Cook for about 5-7 minutes, stirring every now and then until crispy.
11. Add the reserved vegetables back in the pan and stir well.
12. Next add the coconut aminos, sesame oil, fish sauce. Add pepper and salt to taste.

13. Serve and enjoy!



## **Orange Ginger Glazed Carrots**

*For those of you loving carrots and vegetables next to your steaks, here you have the best of both worlds. Oranges are a great addition to any side dish, as they refresh and add flavor to any type of meal.*

### **Ingredients**

- 1 Pound Carrots - peeled and cut into 1/2" slices
- 1 Cup Water
- Dash Sea Salt
- 1 Tablespoon Lard or Bacon Fat
- 1 Orange – save both the juice and zest
- 2 Tablespoons Raw Honey
- 1/2 Teaspoon Ground Ginger
- Ground Black Pepper

### **Directions**

1. Place the salt and the water in a saucepan.
2. Add the carrots and bring the water to a boil.
3. Next, reduce the heat and let simmer for 5 minutes until carrots are soft.
4. Drain the water.
5. Add the remaining ingredients (orange, honey and ginger) to the pan.
6. Stir to combine and sauté for 2-3 minutes until carrots are very soft and the glaze is slightly thicker.



7. Add salt and pepper to taste.

## **Roasted Toasted Garlic Mushrooms**

*I'm a fan of mushrooms as a side dish and once you add the garlic, I'm in heaven. If you've never tried it, now's the time.*

### **Ingredients**

- 1 Pound Mushrooms
- 2-3 Tablespoons Olive Oil
- 1 Tablespoon Balsamic Vinegar
- 3-5 Cloves Garlic – minced or pressed
- 3 Pinches Dried Thyme
- 1.2 Pinches Cayenne Pepper
- ¼ Teaspoon Salt
- ¼ Teaspoon Freshly Cracked Pepper
- 1-2 Tablespoons Fresh Parsley, chopped

### **Directions**

1. Preheat oven to 400 degrees F.
2. Wipe the mushroom clean.
3. Leave them whole and only cut them if they are large.
4. Combine the olive oil, balsamic vinegar, thyme, cayenne, garlic, salt and pepper in a bowl and mix.
5. Coat the mushrooms with this mixture.
6. Place mushrooms on a large baking sheet.
7. Roast in oven for 20-30 minutes.
8. Serve with fresh parsley

## Salad Recipes



### Spicy Tuna Salad

*It's tuna, the healthy tastiest fish around (in my opinion), and it's spicy. Serve with [gluten free Tortillas](#), [Sesame Crisp Crackers](#) or Herb Crackers.*

#### Ingredients

- 2 Cans Tuna, water packed, drained
- 20 (About 1 Cup) Green Or Black Olives - chopped
- 2 Green Onions - chopped
- 1 Jalapeno Pepper - finely chopped
- 3 Tbsp Capers - rinsed
- 1/2 Tsp Red Chili Flakes
- Juice of 2 Lemons
- Splash of Olive Oil
- 1 Head Butter Lettuce, Kale or Mixed Greens
- 1 Avocado - Sliced

#### Directions

1. Combine the first 8 ingredients. Mix well.
2. Serve over greens.
3. Place sliced avocado on top.
4. Serve with gluten free [Tortillas](#), [Sesame Crisp Crackers](#) or Herb Crackers



## **Pomegranate Salad**

*The pale color of this lettuce combined with the bright translucent red of the pomegranate seeds makes this salad a beautiful dish to serve. It's also very low calorie favorite and super very easy to make.*

### **Ingredients**

- 1 head Escarole or Arugula lettuce, washed, dried, and torn into bite sized pieces
- 1 pomegranate, seeds removed
- 5 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- 2 tablespoons freshly squeezed lemon juice
- Sea salt and freshly ground black pepper to taste

### **Directions**

1. In a jam type jar combine oil, lemon juice, garlic, salt, pepper, and shake.
2. In a large serving bowl combine the lettuce and pomegranate seeds and with clean hands mix well to blend the seeds into the salad.
3. Shake the dressing again and toss into the salad and serve.

## **Arugula Avocado Salad & Raisins**

*Arugula makes a great salad because of its nutty flavor, aroma and great texture. Combined with rich avocado, sweet raisins, delicious red onions and topped off with tasty cherry tomatoes it's perfect!*

### **Ingredients**

- Two large handfuls arugula leaves, washed and dried well
- 1 avocado, cut in half, seeded, and sliced thinly
- ½ cup organic raisins
- ½ thinly sliced Spanish onion (red onion)
- 6 cherry tomatoes, sliced in half lengthwise
- 6 tablespoons extra virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- Sea salt and freshly ground black pepper to taste

### **Directions**

1. In a jar mix the dressing ingredients along with the salt and pepper and shake.
2. In a large bowl, gently mix together the salad ingredients.
3. Shake the dressing a second time and dress the salad with it.
4. Serve immediately



## Sweet Apple Coleslaw

*Coleslaw is wonderful because it is crunchy, sweet, and seems to taste better the next day! This recipe has apples which lend an extra crunch to the mix. Cabbage is one of my favorite salad veggies and I like to put it into any green salad I may be making just to add that extra crunch and texture.*

### Ingredients

- Very finely sliced white cabbage, about 2 cups
- 2 medium sized carrots, shredded
- 1 apple, chopped
- 1 stalk of celery, chopped
- 1 green onion, sliced thinly, discard the dark green part
- 1 handful toasted sunflower seeds
- ¼ cup extra virgin olive oil
- 2 tablespoons organic honey
- 1 tablespoon freshly squeezed lemon juice
- Sea salt and freshly ground black pepper to taste

### Directions

1. In a jar shake together the liquid ingredients and the salt and pepper to blend.
2. Let it sit while you prepare the coleslaw so the salt dissolves. Taste it to see if it needs a little more of anything.
3. In a large bowl mix together the veggies.

4. Shake the dressing ingredients one last time and pour over the coleslaw and toss well.
5. Sprinkle the sunflower seeds over the top and toss again.
6. Let sit for about 15 minutes and serve.



## **Sicilian Salad**

*The thing with great Mediterranean food isn't that it's complex. It's actually really simple and the ingredients list is full bodied. Sicilians really know how to make a great salad.*

### **Ingredients**

- Juice Of ½ To 1 Lemon (depending upon how lemon-y you like it)
- 3 Tbs Olive Oil
- 1 Clove Garlic, Minced
- ¼ Tsp Red Pepper Flakes
- ½ Tsp Dried Oregano
- ¼ Tsp Sea Salt
- Freshly Ground Black Pepper
- 1 Bunch Lacinato Kale – with no Stems and well washed

### ***Topping:***

- ¼-½ Lb. Hard Salami, Diced
- ½ Cup Pickled Sweet Peppers or Cherry Tomatoes
- ½ Cup Pepperoncini
- 4-6 Marinated Artichoke Hearts
- ¼ Cup Green Olives
- ¼ Cup Toasted Sunflower Seeds
- 4-6 Pickled Red Onion Slices or Rings (optional)
- Roasted Cauliflower (optional)

### **Directions**

1. In a jar with a lid, combine lemon juice, olive oil, garlic, oregano, red pepper flakes, pepper and salt.
2. Close with the lid and blend it by shaking vigorously.
3. Slice kale leaves thinly and toss them in a bowl.
4. Coat kale with the lemon dressing.
5. Combine the remaining 8 ingredients to create topping.
6. Place kale in individual salad bowls.
7. Sprinkle topping over the kale.

## Appetizer Recipes



### Sesame Crisp Crackers

*Who doesn't love crackers but since grains are out of bounds for Paleo, these crisps will clear away your cravings. The raisins give them all the sweetness they need and they're low on fat, too.*

#### Ingredients

- ½ Cup Dates
- ½ Cup Raisins
- ¼ Cup Each of Sunflower Seeds, Pepitas, Sesame Seeds
- ¼ Cup Each of Almond Flour and Flaxseed Meal
- ½ Teaspoon Sea Salt
- 2 Tablespoons Water

#### Directions

1. Preheat oven to 275 degrees F.
2. Pulse dates and raisins together in food processor. Grind evenly.
3. Add in all the seeds, almonds, salt, flour, meal and the water.
4. Blend together well until it is sticking together.
5. Roll the dough between two parchment papers until they get really thin (approximately 1/8 inch thickness). Do this in 2 or 3 batches.

6. Bake for 30 minutes, until lightly browned, nice and crispy. Use a sharp knife to cut them into equal size chips. Let cool.
7. Great when served with Hummus or [Spicy Tuna Salad](#) included in this book.

## Herb Crackers

*The sesame crackers with a twist, this is like a fine aroma ready to explode in your mouth. The best part of cooking with herbs is that it fills your kitchen with a fresh scent, which will stay for days after you finish eating the crackers.*

### Ingredients

- 2 Cups Almond Flour
- 1/2 Teaspoon Sea Salt
- 2 Tablespoons Your Favorite Herbs Of Choice, with Rosemary
- 2 Tablespoons Water
- 1 Egg White
- 1 Tablespoon Olive Oil
- 1/4 Teaspoon Coconut Oil

### Directions

1. Preheat oven to 350 degrees F.
2. Combine salt, almond flour and herbs in a medium bowl.
3. Combine the egg white, olive oil, water, and melted coconut oil. Whisk ingredients together.
4. Add the wet ingredients to the flour ingredients in first bowl and stir until a dough forms.
5. Add water or oil only if it doesn't stick together as a dough ball.
6. Place dough between two sheets of parchment paper. Roll out to an even thickness of 1/4 inch thick.
7. Transfer parchment to a baking sheet pan and remove the top parchment. Trim the edges and cut the dough into crackers.
8. Bake for 10 minutes, let them set in the oven for 10 minutes with the heat turned off.
9. Great when served with Hummus or [Spicy Tuna Salad](#) included in this book.



## Sweet Potato Rolls

*Here you have the ultimate bread-like recipe to go with your favorite [Slow Cooker](#) dinner.*

### Ingredients

- 1/2 Cup Cooked Yam or Sweet Potato
- 1/4 Cup Blanched Almond Flour
- 1 1/2 Cups Tapioca Flour
- 1 Teaspoon Baking Powder
- 1 Teaspoon Sea Salt
- 1/4 Cup Almond Milk
- 1/4 Cup Olive Oil
- 1 Large Egg
- 1 Tablespoon Ghee (Optional)

### Directions

1. Heat oven to 400 degrees F.
2. Combine the almond flour with the tapioca flour, the baking powder and the sea salt in a bowl. Make sure they have no clumps. Set aside.
3. Combine the olive oil, almond milk, cooked potato and egg in a separate bowl. Mix on low speed, with a mixer, until well blended.
4. To this, slowly add half of the flour mixture from the first bowl. Mix the dough with your hands adding the remaining half the flour until gone. Knead for 2 minutes until it stops being sticky. Cover the dough with a kitchen towel and set aside for 10 minutes.

5. Roll the dough out into equal balls and place on a baking sheet covered with parchment paper, making sure there is enough space between each ball. Bake in the oven for 14-17 minutes and the tops get light brown.
6. Allow to cool for 15-20 minutes.
7. Serve with any of your favorite [\*Slow Cooker Gluten Free\*](#) recipes included in this book.

## **Crunchy Apple Cinnamon Flips**

*There's nothing quite like the amazing smell of cinnamon and apples. These apples will become lasting memories of relaxing with your family and friends.*

### **Ingredients**

- 1-2 Apples
- 1 Tsp. Cinnamon

### **Instructions**

1. Preheat oven to 200 degrees F.
2. Slice the apple into very thin slices and take out the seeds.
3. Line the slices on a baking sheet covered in parchment paper.
4. Leave space between the slices.
5. Sprinkle with cinnamon.
6. Bake the slices for 1 hour, then flip them over.
7. Continue baking and flipping for 1-2 hours, until they're dry throughout.



## Tortillas With a Twist

*Gluten Free, that's the 'twist'! You can use this recipe with lots of others, to create Paleo chicken rolls or any other roll up you feel would work. Try pairing it with [Salsa Chicken](#) or [Spicy Tuna Salad](#) recipe found in this book.*

### Ingredients

- 1 Cup Blanched Almond Flour
- 1 Cup Tapioca Flour
- ½ Tsp. Sea Salt
- 4 Tbsp. Light Olive Oil
- 6 Tbsp. Warm Water

### Directions

1. Dip the measuring cup into the almond flour and scrape the top, to make sure you get exactly 1 cup.
2. Whisk together the almond flour, tapioca and sea salt.
3. Add oil to the flour mixture and stir until the flour is blended thoroughly.
4. Add the water to the bowl and stir until well combined.
5. On a flat surface, knead the dough for 1 minute.
6. Cut the dough into 8 pieces and knead each well for about 30 seconds.
7. Roll each piece into a ball.
8. Keep them covered with a towel between uses.
9. Place a ball between two pieces of parchment paper.



10. Flatten with a tortilla press or rolling pin.
11. Place the tortilla into a heated skillet and cook for 30 seconds to 1 minute.
12. Flip over and cook for another 30 seconds to 1 minute.
13. Use with any recipe calling for tortillas such as [\*Salsa Chicken\*](#) or [\*Spicy Tuna Salad\*](#) included in this book.

## Dessert Recipes



### Gluten Free Cocoa Brownies

*These delicious brownies just happen to be Paleo friendly, gluten free, lactose free, and refined sugar free! Indulge guilt free!*

#### Ingredients

- ½ cup ghee
- ½ cup maple syrup
- 3 ½ ounces dark chocolate that is 85% cocoa
- 5 organic, free range eggs
- ⅓ cup coconut flour
- ¼ cup powdered cocoa
- ¼ teaspoon Paleo friendly baking powder
- ½ teaspoon baking soda
- ½ teaspoon real vanilla extract

#### Directions

1. In a large bowl, mix together all the dry ingredients.
2. In an electric mixing bowl beat together the eggs and maple syrup until completely mixed.
3. Now add the dry ingredients and beat again until all ingredients are well combined.

4. Melt chocolate and butter in a double boiler pan.
5. Add the melted chocolate to the above mixture and blend it by hand until it has a thick consistency.
6. Place the batter in a small square baking pan, oiled and floured, of about 8 ½ inches wide.
7. Bake at 350 degrees Fahrenheit for 20 to 25 minutes or until a toothpick inserted in the middle comes out clean.
8. Allow to cool before removing from pan.

## **Banana Bread**

*Banana bread is a great snack, dessert, and or comfort food. Who in the world that does not LOVE this bread?*

### **Ingredients**

- ½ cup coconut flour
- ¾ cup almond flour
- ½ teaspoon powdered cinnamon
- 1 teaspoon baking soda
- 3 tablespoons organic honey
- 4 organic free range eggs, separate the whites from the yokes in separate bowls
- ½ teaspoon vanilla extract
- 1½ cup bananas, purée
- ¼ cup cocoa grains
- 2 tablespoons coconut milk

### **Directions**

1. Heat oven to 375 degrees F.
2. Mix together all the dry ingredients in a large mixing.
3. In another large mixing bowl mix together the egg yolks, vanilla extract, and honey.
4. Add the banana purée and mix again.
5. Add the dry ingredients and cocoa grains, mix well.
6. Beat the egg whites until they are frothy and thick.
7. If the mixture feels too thick, add a little more coconut milk.
8. Oil and flour an 8 inch by 4 inch baking pan.
9. Bake for 45 minutes, or until you stick a toothpick inside and it comes out dry. Cool bread for about 20 minutes.



## **German Carrot Cake**

*The first time I opened a German book, this was the grand title. An amazing cake, surprisingly tasty and a bit addicting, which you must definitely share around with your friends on large parties or get-togethers. Here shown as cupcakes.*

### **Ingredients**

- 6 Eggs - separated
- 1/2 Cup Raw Honey (less, if desired)
- 1 1/2 Cup Cooked and Pureed Carrots
- 1 Tbsp. Orange Zest
- 1 Tbsp. Orange Juice (freshly squeezed)
- 3 Cups Almond Flour
- Coconut Oil

### **Directions**

1. Preheat oven to 325°F.
2. Whisk together the honey and egg yolks.
3. Add orange zest and juice, almond flour and carrot puree.
4. Whisk the egg whites in a separate bowl until they stiffen, then fold into batter.
5. Pour batter into a coconut oil greased pan.
6. Bake for 50 minutes, when a skewer piercing through the center of the cake comes out clean.
7. Cool in the pan for 15 minutes, then take it out and let it cool.

## **Blueberry Brownies Espresso Style**

*Brownies are a mother's secret weapon. Adding blueberries? That's just cheating.*

### **Ingredients**

- 1 Cup Coconut Cream Concentrate - melted
- 3 Eggs
- 1/2 Cup Raw Organic Honey
- 1 Cup Blueberries
- 1 Cup Pecans - crushed
- 1/4 Cup Organic Cocoa Powder
- 1 Tbsp. Cinnamon
- 1 Tbsp. Ground Coffee of Your Choice
- 2 Tsp Vanilla Extract
- 1/2 Tsp Baking Soda
- 1/4 Tsp Sea Salt

### **Directions**

1. Preheat oven to 325 degrees F.
2. Place all the ingredients in a mixing bowl except blueberries.
3. Use a mixer to blend them well.
4. Add the blueberries by hand.
5. Pour your batter into a greased baking dish
6. Bake for 30 minutes. Test it after 25 minutes.
7. Once cool, use melted Coconut Cream Concentrate, to drizzle over brownies.
8. Cut, serve, enjoy!



## Dessert Tapioca Crêpes

*Or French pancakes. Thin pancakes. With syrup, honey or even sausages, a breakfast is complete in a few minutes. Or serve with [Spiced Apple Compote](#) included in this book.*

### Ingredients

- 1 Cup Tapioca Flour or Starch
- 1 Cup Full Fat Canned Coconut Milk
- 1 Egg
- Pinch Sea Salt
- Toppings Of Choice (see suggestions below)

### Directions

1. Combine all the ingredients and mix until it's all smooth.
2. Pour in a hot pan about 1/3 cup of mixture and spread it out, by tilting the pan. These will be a lot thinner than pancakes.
3. Cook both sides until they become slightly brown. Check them often.
4. For breakfast, serve with maple syrup or honey and bacon or sausages.
5. For dessert, serve with [Spiced Apple Compote](#) or fresh berries.

## Spiced Apple Compote

*A sweet feast, which you can serve as an addition to [Pork Chops](#), [Dessert Crêpes](#) or by itself.*

### Ingredients

- 6 Apples - Peeled, Cored and Sliced
- 1 Cup Water
- 2 Tbsp. Fresh Lemon Juice
- 2 Tbsp. Chopped Dried Cherries (unsweetened)
- ½ Cup Chopped Dried Apricots
- 2 Tsp. Ground Cinnamon
- ¼ Tsp. Ground Ginger
- ¼ Tsp. Ground Cloves
- ¼ Tsp. Ground Nutmeg
- 2 Tbsp. Ghee (clarified butter)
- 1 Tbsp. Fresh Lemon Zest

### Directions

1. Combine the water with the apples and lemon juice in a large saucepan.
2. Bring them to a boil.
3. Cover the pan and let it simmer for 25 minutes, until apples are tender.
4. Add in the apricots, dried cherries, ginger, cinnamon, cloves and nutmeg.
5. Stir and cook for 5 minutes.
6. Add ghee to the mix and stir until melted.
7. Add lemon zest.
8. Serve over ice cream, with [Dessert Crêpes](#) or by itself.



## Bonus Meal Plans and Shopping Lists



**A bonus for the cook and shopper in your life: 3 full meal plans and shopping lists to make creating great tasting, healthy meals your family will rave about, just a little bit easier.**

If you'd like a printable copy of your meal plans and shopping lists to carry along with you to the grocery store, you can download them here:

<http://PaleoRecipesWeightLoss.com/PaleoGlutenFree>

## **MEAL PLAN #1**

**Main Course:** [Slow Cooked Brats](#)

**Salad/Side:** [Sweet Apple Coleslaw](#)

**Dessert:** [Banana Bread](#)

## **Shopping List**

### **Meat**

8 bratwurst

### **Fruits and Vegetables**

3 green apples

1 lemon

3 bananas

1 white cabbage

2 medium sized carrots

1 stalk of celery

1 green onion

1 onion

### **Dairy**

4 organic eggs

### **Pantry**

1 ½ cups unpasteurized, store bought sauerkraut

2 tablespoons coconut milk

½ cup organic honey

¼ cup sunflower seeds

¼ cup extra virgin olive oil

½ cup coconut flour

¾ cup almond flour

½ teaspoon powdered cinnamon

1 teaspoon baking soda

½ teaspoon vanilla extract

¼ cup cocoa grains

1 teaspoon caraway seeds

1 teaspoon red chili pepper flakes

ground pepper and sea salt

## MEAL PLAN #2

**Main Course:** [Pizza Lasagna](#)

**Salad/Side:** [Sicilian Salad](#)

**Dessert:** [Blueberry Espresso Brownies](#)

## Shopping List:

### Meat

1 Lb. Ground Beef

16 Slices of Pepperoni or Salami.

### Fruits and Vegetables

½ Medium, Raw Zucchini

1 Cup Raw Cauliflower

1 Bunch Lacinato Kale

3 Cloves Garlic

1 Cup Blueberries

1 Lemon

### Dairy

¾ Cup Mozzarella Cheese (optional for no dairy diet)

1 Tbsp. Butter, Melted Or Coconut Oil.

5 Eggs

### Pantry

1 Cup Organic Tomato Sauce, **make sure tomatoes are the only ingredient.**

1 Cup Coconut Cream Concentrate

1/2 Cup Raw Organic Honey

1 Cup Pecans

1/4 Cup Organic Cocoa Powder

3 Tbsp. Coconut Flour

½ Tsp Baking Soda 1 Tbsp. Italian Seasonings

½ Tsp Garlic Powder.

¾ Tsp Sea Salt.

½ Tsp Oregano

3 Tbs Olive Oil

¼ Tsp Red Pepper Flakes

½ Tsp Dried Oregano

¼ Tsp Sea Salt

Freshly Ground Black Pepper

1 Tbsp. Cinnamon

1 Tbsp. Ground Coffee of Your Choice

2 Tsp Vanilla Extract

## **MEAL PLAN #3**

**Main Course:** [Easy Salsa Chicken](#)

**Salad/Side:** [Sweet Potato Rolls](#)

**Dessert:** [German Carrot Cake](#)

### **Shopping List:**

#### **Meat**

4 Boneless, Skinless, Chicken Breasts

#### **Fruits and Vegetables**

1 Onion - Chopped

1/2 Cup Cooked Yam or Sweet Potato

1 Tbsp. Orange Zest

1 Tbsp. Orange Juice (freshly squeezed)

1 1/2 Cups Cooked and Pureed Carrots

#### **Dairy**

¼ Cup Almond Milk (lactose free milk)

1 Tablespoon Ghee (Optional)

7 Eggs

#### **Pantry**

2 Cans Salsa

1 Tablespoon Chili Powder

3 ¼ Cups Almond Flour

1 ½ Cups Tapioca Flour

1 Teaspoon Baking Powder

1 Teaspoon Sea Salt

$\frac{1}{4}$  Cup Olive Oil

$\frac{1}{2}$  Cup Raw Honey

Coconut Oil

## Thank You!

If you've enjoyed my Paleo Gluten Free Slow Cooker recipe book, would you please take a minute to leave a review. Even just a few sentences would be great. When you leave a review it helps others who are looking for healthy Gluten Free Paleo recipes to help them lose the wheat and lose the weight.

Be sure to download your **FREE printable meal plans and shopping lists** here:

<http://paleorecipesweightloss.com/PaleoGlutenFree>

Thank you,

***Beth Gabriel***



## **Book Recommendations**

- Against All Grain Delectable Recipes
- Paleo Recipes - Lose the Wheat, Lose the Weight
- 40 Top Paleo Recipes
- Paleo 15 Minute
- Paleo Slow Cooker