



RECIPE  
COLLECTION

# Appetizers

## Pumpkin Spice Fat Bombs

½ cup coconut oil  
¾ cup pumpkin puree  
1/3 cup Thrive Market Organic Ground Flaxseed  
1 tsp Cinnamon  
½ tsp Nutmeg  
¼ tsp Salt  
1/3 cup Lakanto Powdered Monk fruit

Combine all ingredients in a medium bowl and place in freezer for 30 minutes. After 30 minutes, remove from the freezer and roll into small balls. Place rolled balls into the refrigerator for one hour before eating or store in refrigerator for up to a week.

## Sugar Free Caramelized Almonds

Two 8 oz containers Blue Diamond Smokehouse almonds or 16 oz dry roasted & salted almonds  
½ tsp Cinnamon  
½ tsp Vanilla Extract  
¼ cup + 1 tbsp Sweetener  
2 Tbs water

Heat a large pan over medium heat. Add sweetener, cinnamon, and water and mix until fully combined. Allow to heat, stir occasionally.

When all is fully dissolved, add almonds. Mix until almonds are coated and the mixture begins to crystallize.

Remove from heat and allow to rest for 1 to 2 minutes stirring several times. Transfer to a lined baking sheet and allow to fully cool.

Stir once cooled or store in airtight container.

## **Roasted Pecans**

1 lb. Pecan halves  
2 Tbs unsalted butter cut into small pieces  
Salt to taste  
Preheat oven to 250F.

Place pecans on a cookie sheet and place on the center rack of the oven. Bake, stirring occasionally, until pecans are beginning to brown and become aromatic, about an hour.

Stir butter in with pecans until they are coated and butter is melted. Return to the oven and roast for about 10 minutes.

Salt to taste while still hot. Serve warm or cooled.

## **Lemon Cream Cheese Balls**

8 oz Cream cheese / non-dairy cream cheese  
1 cup almond flour  
1 juiced lemon  
1 1/2 Tbs sweetener  
3 Tbs unsweetened coconut chips or shredded coconut – for decoration

In a blender, add cream cheese, almond flour, lemon juice, and sweetener. Blend until it becomes an even dough.

Remove from blender and roll into 24 even balls.

Roll in coconut flakes and serve.

Can be stored in refrigerator for up to 2 days.

## **Clean Taco Dip**

1 can organic, refried black beans  
8 oz Kite Hill cream cheese  
¼ cup soy free veganise  
2 Tbs organic taco seasoning  
2 organic garlic cloves  
1 medium organic tomato  
1 medium organic yellow onion  
3 organic green onion (with tops)  
½ cup organic black olives  
Organic goat, sheep or dairy free cheese – over top

Preheat oven to 350 degrees

Spread bean over the bottom of a glass or stone baking dish.

Combine cream cheese, veganise, taco seasoning, and garlic and spread mixture over the top of beans.

Bake 15-18 minutes, remove and let cool.

Dice green pepper, onion and tomato and spread over the top of dip. (if cheese is added spread over top and bake until melted)

Serve with gluten-free crackers or organic tortilla chips.

## **Creamy Smoked Salmon dip**

3 Tbs paleo mayonnaise  
1 Tbs coconut cream  
3 Tbs horseradish  
3 Tbs chopped dill  
1 Tbs minced capers  
1 Minced green onion  
1Tbs minced chives  
½ tsp garlic powder  
½ tsp lemon juice  
¼ tsp sea salt  
100 grams chopped smoked salmon

In a medium bowl, whisk together mayonnaise and coconut cream until smooth.

Add horseradish, dill, capers, green onions, chives, garlic powder, lemon juice, and salt. Mix well.

Fold in smoked salmon and refrigerate for one hour. Serve.

## Entrees

### Coconut Zucchini Bread Bites

1 ½ cups finely shredded/grated zucchini  
½ cup powdered sweetener  
2 tsp vanilla extract  
3 Tbs melted butter or non dairy alternative  
½ cup coconut oil  
4 eggs  
½ cup coconut flour  
½ cup finely ground almond flour  
¾ tsp baking soda  
¾ cup chopped pecans

Preheat oven to 325.

Grease and set aside a mini muffin pan.

In a medium bowl, combine zucchini, sweetener, vanilla, melted butter, coconut oil and eggs. Add coconut flour, baking soda, almond meal, and chopped pecans. The mixture will seem very run. Let sit for a few minutes and allow to thicken.

When the mixture thickens, spoon into the prepared muffin pan and bake for 15-20 minutes or until done.

The muffins are best kept in a sealed container or in the refrigerator for 2-3 days. They can also be frozen individually.

### Grain and Gluten Free Cornbread

Gluten free nonstick cooking spray  
½ cup unsalted butter or dairy free melted butter  
3 Tbs honey  
3 large cage-free eggs  
1 1/2 cups almond flour  
½ cup tapioca starch or arrowroot starch  
½ tsp baking powder  
2 tsp kosher or fine sea salt

Preheat oven to 350 degrees.

Grease 8 or 9 in baking dish with cooking spray. In a large bowl, whisk all ingredients together until smooth. Pour into prepared pan and bake for 20-25 minutes or until lightly browned and firm. Let rest in pan for 10 minutes. Cut and serve. Makes about 8-10 servings.

## **Rich Tomato and Chicken Soup**

1 large onion  
14 oz can of full fat coconut milk  
1 cup chicken broth  
14.5 oz undrained fire roasted tomatoes  
8 oz tomato sauce  
1 Tbs Italian seasoning  
1tsp garlic powder  
½ tsp salt or to taste  
Black pepper to taste  
3 boneless, skinless chicken breasts

In a crockpot, add onion, coconut milk, chicken broth, tomatoes, tomato sauce, Italian seasoning, garlic powder and salt and mix well. Salt and pepper to taste.

Add in the chicken.

Cook on high for 4-6 hours, low for 7-9 or until the chicken reaches an internal temperature of 165 degrees. Remove the chicken, shred and add back to the cooker. Mix well and season to taste.

## **Favorite Slow Cooker Chili**

1 lb. ground beef  
2 cans organic kidney beans  
1 can organic diced tomatoes  
1 pkg. McCormicks organic Chili seasoning

Brown the meat before adding to the crockpot. Add in all ingredients and cook on low 4-6 hours.

## **Meaty Zucchini Chili**

1 lb. Organic Ground Beef or Ground Turkey  
1 Jar Organic Spaghetti Sauce  
2-3 Medium Size Zucchini  
½ Jar Salsa  
½ Onion  
2 Tbs Oregano  
½ Bell Pepper  
1 Stalk Celery  
Salt and Pepper to taste

Brown meat and drain.

Add all other ingredients and bring to a simmer for 20-30 minutes.

Cook on low for another 10 minutes. Serve.

## **Low Carb Chicken Soup**

2 Tbs Grass Fed Butter  
2 Cloves Pressed or Minced Garlic  
2 Cups Shredded Chicken  
4 ounces Cubed Organic Cream Cheese  
2 Cups Organic Chicken Broth  
¼ Organic Chicken Broth  
¾ tsp Dried Parsley Flakes  
½ tsp Onion Powder  
1 1/2 Cup Cooked Cauliflower Rice

In a medium saucepan, melt butter over medium heat. Add garlic and cook until lightly golden. Add chicken and stir until coated in butter.

Add in cubed cream cheese and stir until it melts and coats chicken.

Add in the broth, heavy cream, parsley, and onion powder. Bring to a boil over medium to high heat, then reduce to a simmer. Continue to cook for 3-4 minutes until slightly reduced. Stir in already cooked cauliflower rice and salt to taste.

## **Creamy Cauliflower Soup**

2 heads of organic cauliflower  
4 peeled and cubed organic carrots  
2 32oz boxes of organic vegetable broth  
2 small heads of garlic  
½ cup melted coconut oil  
1 stick of organic butter or 8 Tbsp of ghee  
1 organic onion, sliced into fourths  
1 cup organic heavy whipping cream  
2 tsp cayenne pepper  
1 cup water  
Salt and pepper to taste

Preheat oven to 400 degrees.

Chop cauliflower into medium sized pieces and place in a large bowl. Add onion and carrots. Coat all evenly with coconut oil.

Cut the top off the heads of garlic to reveal the inner cloves. Drizzle the tops with coconut oil.

Put cauliflower, onion, carrots, and garlic bundles on a large baking pan slightly coated with coconut oil spray. Sprinkle with salt and pepper and roast for 35 minutes. When tender remove from oven and allow to cool.

Peel the garlic cloves from the casing and combine with vegetable broth, water, cauliflower, carrots, onion, basil and cayenne pepper in a large pot. Bring to a boil for about 30 minutes.

Remove from heat and add butter while still hot. Let cool for at least 20 minutes. Add cream.

Puree in food processor, blender, or with immersion blender. Move back to pot and enjoy.

## **Spicy Shrimp Stew**

1 ½ lbs. peeled and deveined shrimp  
¼ cup olive oil  
¼ cup diced onion  
1 clove minced garlic  
¼ cup diced roasted red pepper  
¼ cup chopped fresh cilantro  
14 oz can diced tomatoes with chillis  
1 cup coconut milk  
¾ cup chopped Shiitake mushrooms  
1 tsp grated ginger  
1 tsp turmeric  
2 Tbsp cayenne  
2 Tbsp fresh lime juice  
Salt and pepper to taste

Heat olive oil in a saucepan and sauté onions for several minutes until translucent. Then add garlic and peppers and cook for several minutes. Add the tomatoes, shrimp and cilantro to the pan and simmer gently until the shrimp turn opaque. Pour in the coconut milk and the cayenne pepper and cook until heated – do not boil. Add lime juice and season with salt and pepper to taste.

Serve hot and garnish with cilantro.

## **Chicken Salad**

Cook chicken thighs in broth on high in crockpot for 2 hours or until tender. Shred with fork. Add chopped apple, celery, mayo, balsamic vinegar, salt and pepper.

## **Yummy Pancakes**

1 cup almond flour  
1 cup cassava flour  
1 tsp baking soda  
1 tsp baking powder  
½ tsp salt  
½ cup monk fruit sweetener  
2 eggs or chia seeds  
Enough almond milk to bring it to a batter consistency  
Optional: Blueberries or Pecans

Melt coconut oil on low heat in a skillet to cook pancakes.



## **Lemon Garlic Butter Chicken Thighs and Green Beans Skillet**

3 – 6 skinless, boneless chicken thighs  
1 pound green beans, trimmed  
3 Tbs butter, divided or (ghee for paleo diet)  
4 garlic cloves, minced  
1 tsp paprika  
1 tsp onion powder  
1/4 tsp salt and fresh cracked black pepper  
Juice of 1/2 lemon + lemon slices (for garnish)  
1/2 cup chicken stock  
1 Tbs hot sauce (we used Sriracha)  
1/4 tsp crushed red chili pepper flakes (optional)  
1/2 cup fresh chopped parsley

Pat the chicken thighs dry with a paper towel. You want to remove excess moisture so the chicken will brown properly.

Combine the onion powder, paprika, salt, and pepper in a small bowl. Rub the chicken thighs generously with the seasoning mixture. Set aside while you prepare green beans.

Arrange the green beans in a microwave-safe dish with 1/2 cup water and cook in the microwave for 8-10 minutes until almost done but still crisp.

Heat a large cast iron skillet over medium-low heat and melt 2 tablespoons of butter.

Place the seasoned chicken thighs top side down in the hot skillet and cook, until golden, about 5-6 minutes, then flip the chicken thighs and cook another 5-6 minutes, until cooked through and a cooking thermometer displays 165°F. If the chicken browns too quickly, lower the heat. Adjust timing depending on the thickness. Transfer chicken to a plate and set aside.

In the same skillet, lower the heat and melt the remaining tablespoon of butter. Add chopped parsley, garlic, hot sauce, red crushed chili pepper flakes, and pre-cooked green beans and cook for 4 to 5 minutes, stirring regularly, until cooked to your liking. Add lemon juice and chicken stock and reduce the sauce for a couple of minutes, until slightly thickened.

Push green beans to the side, place the chicken back in the pan with the sauce, and reheat quickly. Adjust seasoning chicken with pepper. Serve the lemon garlic butter chicken thighs warm, garnished with more crushed chili pepper, fresh parsley, and a slice of lemon if you like.

## **Baked Sweet Potatoes**

4-5 sweet potato  
Olive Oil  
Salt  
Dried Thyme

Heat oven to 400 F. Clean and cut sweet potatoes in half lengthwise. Place on parchment covered baking sheet. Drizzle olive oil generously on each half and sprinkle with salt and dried thyme. Place them cut side down (drizzle some more olive oil on top and give them good massage). Bake for 40 minutes or till the bottom is caramelized.

## **Green Beans**

1 Quart or more of green beans (I prefer frozen)  
5 or more slices of bacon  
¼ cup butter or butter alternative (Earth Balance- soy free is my favorite)  
7 tsp of coconut amino  
1 ½ tsp garlic powder

Cook bacon beforehand.

In a pan, melt butter, amino, and garlic powder. Add crumbled cooked bacon. Add green beans. Stir to coat beans. Cook for 30 minutes to 45 minutes. Stirring every few minutes. I start higher and then lower heat as I go. Cover and simmer until tender.

## **Desserts**

### **Amazing Cookies**

1 cup Lakanto Golden sweetener  
1 cup peanut butter  
1 egg  
1 teaspoon baking soda  
½ cup Lily baking chocolate chips  
Dash of sea salt

Put aluminum foil on baking sheet and spray with pam or spray oil.

Mix together and bake for 10 minutes at 350 degrees.

## **Pineapple and Pecan Bites**

1 cup ground pecans  
3 Tbsp melted butter or nondairy Earth Balance  
1/16<sup>th</sup> cup of sweetener  
1 8 oz can pineapples (drained)  
8 oz package room temperature cream cheese or nondairy cream cheese  
30 pecan halves  
30 mini paper liners

On a baking sheet or large plate arrange all 30 mini paper liners.

In a bowl, mix ground pecans, butter and sweetener.

Mix thoroughly and spoon evenly onto paper liners. Set aside.

In a separate bowl, combine pineapple and cream cheese. Mix until well blended and spoon over pecan crusts. Place 1 pecan half on top of each and chill for at least 30 minutes.

## **Freezer Chocolate Fudge**

1 cup melted unrefined coconut oil  
1 cup nut butter (peanut, almond, cashew, or sun)  
¾ cup cocoa powder  
½ cup sweetener (powder)  
Stevia drops to taste  
Sprinkle of salt  
Few drops peppermint oil  
Chopped cashews or pecans

Stir coconut oil, nut butter and cocoa powder together until smooth. Stir in the sweetener and peppermint oil. Taste and add more to taste. Pour into a dish and sprinkle with chopped nuts. Let cool before placing in the freezer for at least 20-30 minutes.

## **Blonde Freezer Fudge**

1 cup melted unrefined coconut oil  
1 cup crunchy nut butter  
½ cup powdered sweetener  
Stevia drops to taste  
Sprinkle of salt  
¾ tsp cinnamon  
½ tsp nutmeg

Stir the coconut oil, nut butter and cocoa powder together until very smooth. Stir in the sweetener and peppermint oil. Adjust to taste. Pour into dish with chopped nuts. Place in freezer for at least 20-30 minutes.

## **Non-Dairy Chocolate Pudding or Pie**

2 cups nondairy milk of choice or canned coconut milk

Heaping 1/8 tsp salt

¼ cup cocoa powder

1/16<sup>th</sup> cup sweetener

½ cup of nondairy milk of choice

3 Tbsp Arrowroot

¾ tsp pure vanilla extract

Optional: chocolate chips or broken up bar

Heat milk in a saucepan with salt, cocoa powder, and sweetener. Meanwhile, whisk the arrowroot and ½ cup milk in a small bowl until dissolved. When the first mixture is warm, add the two together and bring to a boil. Stir constantly for 2 minutes and then lower to a simmer. Let simmer for a minute before turning off heat. Stir in vanilla and chocolate chips until chocolate melts. Transfer to refrigerator to let cool and thicken. Pudding will be ready in a few hours or overnight.

## **Non-Dairy Chocolate Pie**

Pudding recipe above

1 pint organic heavy whipping cream for topping

1 Tbsp sweetener

1 MI-DEL Gluten Free Graham Style pie crust

After making pudding, spoon 1 ½ cups of mixture into the crust.

For topping, combine 1 tablespoon of sweetener with heavy whipping cream in a separate bowl and beat with an electric mixer till peaks form.

Stir 5 oz of topping into the remaining pudding mixture and spoon on top of pudding in the crust.

Spread remaining topping on pie and refrigerate for 4 hours.

## **Blueberry Lemon Scones**

3 cups finely ground almond flour  
1/3 cup powdered sweetener  
2 tsp vanilla extract  
3/4 cup fresh or frozen blueberries  
2 eggs  
2 Tbsp fresh lemon juice  
Zest of one lemon  
1 tsp baking soda  
1/8 tsp salt

Preheat oven to 325.

Combine almond flour, sweetener, baking soda, salt, and lemon zest to large bowl. Make a well in the center and add all wet ingredients. Stir until well combined. Fold in blueberries.

Using an ice cream scoop, drop mixture onto a baking sheet lined with parchment paper. With met hands flatten the batter to be about 1 in thick.

Bake 18-20 minutes or until golden brown. Cool.

## **Quick and Easy Peach Cobbler**

4-6 fresh, ripe peaches or frozen slices  
1/4 cup coconut oil  
1/2 cup almond flour  
Dash of vanilla extract

Cream: 1 cup heavy whipping cream, 1/2 Tsp vanilla, 4 drops of stevia. Put in blender until creamy. Don't over blend.

Melt the butter or coconut oil in a skillet.

Add the peach slices and cook approximately 5 minutes or until just starting to soften.

Add almond flour and vanilla. Stir.

Cook an additional 1-2 minutes and top with cream. Serve.

## **Shortbread Cookies**

2 cups almond meal  
2 Tbsp sweetener  
½ cup softened butter or nondairy alternative  
½ tsp salt (if using salted butter omit)  
1 tsp vanilla extract

Alternation:

Lemon flavored- add 1 Tsp lemon extract instead of vanilla extract

Chocolate flavored- add 2 Tbsp of cocoa powder to recipe

Preheat oven to 300. Combine ingredients with an electric mixer. Form dough into balls. Place on parchment covered cookie sheet. Press lightly with fork. Bake for 30 minutes.

## **Cookies That Melt in Your Mouth**

1 cup almond flour  
1/4 cup honey or maple syrup  
1/4 cup melted coconut oil  
1 tsp vanilla extract  
Pinch of salt

Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper. In mixing bowl, combine almond flour, honey or maple syrup, melted coconut oil, vanilla extract, and a pinch of salt. Stir until well combined. Scoop tablespoon-sized portions of the dough and shape them into balls. Place dough balls on the prepared baking sheet, leaving space between each. Gently press each cookie down to flatten them slightly. Bake in the preheated oven for 10-12 minutes or until the edges are golden. Allow them to cool on the baking sheet for a few minutes before transferring to a wire rack.

## **Almond Flour Peanut Butter Cookies**

1 cup almond flour or ground almonds  
½ cup keto smooth peanut butter  
1 egg  
¼ cup granulated sweetener substitute  
1 tsp baking powder  
1 tsp vanilla extract

Mix together and form into balls. Place on parchment covered baking sheet. Bake at 356 F for 8-10 mins. Sprinkle Himalayan salt on top while still hot.

## **Pumpkin Chocolate Bombs**

Chocolate Layer:

½ cup melted coconut oil  
½ cup cocoa powder  
1 ½ tsp sweetener

Pumpkin Layer:

2 Tbsp unrefined melted coconut oil  
½ cup pumpkin puree  
3 Tbsp almond butter  
1 ½ tsp sweetener  
½ tsp ground cinnamon

Line a muffin tin with cupcake liners.

Combine all ingredients for the chocolate layers in a bowl. Mix until well combined. Make thin layers scooping about ½ Tbsp of mix per layer. Freeze for 15 minutes.

Meanwhile, prepare the pumpkin layer. Combine all the ingredients for the pumpkin layer in a bowl. Mix. Measure about 1 Tbsp for each cup and layer over the chocolate and freeze for 20 minutes.

Finish by layering the leftover chocolate over the pumpkin layer and freezer for an hour until firm. Transfer to a sealable container and store in freezer.

## **Zero Carb Chocolate Mousse**

1 cup heavy cream  
2 Tbsp cocoa powder  
1/2 tsp vanilla  
2 Tbsp sugar substitute of choice  
Whip it to form peaks. Toss some Lily's dark chocolate chips on it and freeze 2 hours

## **Chocolate Pudding Mousse**

8 oz room temperature cream cheese or dairy free cream cheese  
2/3 cup powdered sweetener  
5 tsp cocoa powder  
4 Tbsp butter  
¾ cup heavy whipping cream  
1/8 tsp salt

Place all ingredients into a food processor and blitz until well mixed. Spoon into shallow dish or pan and place in refrigerator for a few hours.

## **Pecan Pie**

Crust:

2 ½ cups blanched almond flour  
1 Tbsp coconut flour  
1 large egg  
5 tsp ice water  
¾ tsp sea salt  
3 ½ Tbsp organic butter

Place first 5 ingredients in a food processor and process for 30 seconds.

Add the butter in small spoonfuls, spacing them out around the bowl. Pulse until blended and dough comes together.

Thinly press dough into the bottom and up the sides of a 9 inch pie pan.

Set aside.

Filling:

3 egg whites, whipped with a fork  
¾ cup KNOW Better syrup  
¼ cup LaKanto Monk Fruit sweetener  
2 Tbs organic butter  
1 cup raw pecan pieces  
4 tsp vanilla extract  
1 tsp ground cinnamon  
3 Tbsp almond flour  
1 Tbsp tapioca starch

Preheat oven to 400.

Mix all ingredients together in a large mixing bowl and pour into raw pie crust. Bake for 10 minutes.

Reduce heat to 350 and continue baking for 20-25 minutes. The pie should rise in the oven and have small cracks in the surface.

Remove from oven and allow to cook for 3 hours.



## **Pumpkin Spice Bars**

Crust:

1 ½ cups almond flour  
¼ cup coconut flour  
1 tsp cinnamon  
¼ tsp salt  
6 Tbsp room temperature ghee

Whipped Cream:

Coconut Cream Fat  
1-2 Tbsp monk fruit  
1 tsp vanilla

Blend together and spread on pie.

Pumpkin filling:

1 15 oz can pumpkin  
¾ cup coconut sugar  
½ cup full fat coconut milk  
2 large room temperature eggs  
1 tsp cinnamon  
2 tsp pumpkin pie spice  
½ tsp salt

Preheat oven to 325 degrees and line 9x9 square pan with parchment paper.

In a medium, combine almond flour, coconut flour, cinnamon, salt, and ghee. Mix until well combined then press it into the bottom of the prepared pan. Bake for 8 minutes.

While crust is baking, make filling. In a bowl, combine pumpkin, coconut sugar, coconut milk, eggs, cinnamon, pumpkin spice, and salt. Whisk until smooth.

Pour over crust and bake 55-60 minutes.

Let cool at room temperature, then chill in fridge.

## **No Bake Cookie Dough Treats**

¾ cup almond meal or almond flour  
2 Tbsp coconut flour  
½ cup fresh unsalted peanut butter  
2 Tbsp sugar free maple syrup  
1/3 cup sugar free chocolate chips

In a medium bowl add the liquid sweetener and peanut butter.

Microwave 30 seconds to slightly warm. Stir and set aside.

Add the almond and coconut flour with the chocolate chips. Stir until fully incorporated. It should form a dough that can be easily shaped. Transfer to a rectangle loaf baking pan covered with parchment paper.

Press dough with hands to cover the bottom of the pan. Use a spatula to make the surface flat and smooth. Freeze while you prepare the chocolate layer.

In a bowl, add the chocolate and nut butter. Melt by 30 second rounds in the microwave stirring between. Stir well to combine and form a shiny melted chocolate mixture.

Remove the loaf pan from the freezer, pour the melted chocolate onto the bar. Freeze again for 10-15 minutes or until the chocolate layer is set.

Cut with a sharp knife. Should make 8 bars. Store the bars in the fridge in an airtight container.

## **Flourless Pumpkin Muffins**

1 cup pumpkin puree  
1/2 cup almond butter (or peanut butter)  
2 large eggs  
1/3 cup pure maple syrup  
1/2 teaspoon vanilla extract  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/8 teaspoon ground nutmeg  
Pinch of salt  
Optional: 1/2 cup chocolate chips or chopped nuts

Preheat the oven to 350°F (175°C) and line a muffin tin with 12 paper liners.

In a large mixing bowl, combine the pumpkin puree, almond butter, eggs, maple syrup, and vanilla extract. Stir until smooth. Add baking soda, baking powder, cinnamon, ginger, nutmeg, and salt, mixing until fully incorporated. (If desired) Fold in the chocolate chips or nuts. Divide batter evenly among the muffin cups.

Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean. Let the muffins cool in the tin for 10 minutes before transferring to a wire rack to cool completely. Makes 12 muffins

## **Pecan Muffins**

1 cup raw chopped pecans  
1 cup almond flour  
¾ cup sweetener  
¼ tsp salt  
2 room temperature eggs  
1/3 cup room temperature coconut oil  
1 Tbsp Maple flavored syrup – LaKanto

Preheat oven to 325 and line a muffin pan with 9 parchment liners.

In a large bowl, combine almond flour, sweetener, and salt. Add in eggs, coconut oil, and syrup. Stir well. Stir in the pecans and scoop into muffin liners.

Bake for 25 minutes. Edges should be slightly brown.

Let cool for 10 minutes, then remove from the pan and cool completely. Can be stored at room temperature for 3 days.

## **Simple Grain Free Muffins**

3 eggs  
1 cup water  
3 Tbsp oil  
1 Box of Simple Mills muffin mix

Heat oven to 350.

Whisk eggs, water and oil in a large bowl. Adding baking mix; whisk until well blended. Spoon into a lightly greased or paper lined muffin tin, filling them about 2/3 full.

Bake 25 to 30 minutes or until a toothpick comes out clean.

## **Peanut Butter and Banana Muffins**

2 eggs  
1 tsp apple cider vinegar  
2 Tbsp honey  
2 smashed bananas  
1 cup peanut butter  
½ tsp baking soda

Optional: sprinkle in chocolate chips or peanut chips on muffins prior to baking

Preheat oven to 375.

Mix all ingredients together, and place in muffin cups. Filling to about 2/3. Bake until toothpick comes clean. About 10-15 minutes. Refrigerate leftovers. Makes 12 muffins.

## **Easy Banana Mug Muffins**

1 banana  
1 egg  
3 Tbsp almond flour  
¼ tsp cinnamon  
¼ tsp vanilla extract  
Splash of maple syrup

Mash up your banana in a large coffee mug.

Add cinnamon, vanilla & almond flour. Mix well.

Add in egg and syrup. Mix again. Microwave on high 2-3 minutes.

## **Kids**

### **Gummy Bears**

1 cup organic non-sweetened apple juice  
2 Tbsp non sweetened cranberry juice  
2-4 drops liquid stevia  
2 Tbsp unflavored Thrive Beef Gelatin Grass Fed

In a saucepan on medium heat; combine apple juice and cranberry juice. Bring to a boil.

Take off heat and add 2-4 drops of liquid sweetener and mix in gelatin one tablespoon at a time.

Pour mixture into the silicone mold and place in the fridge for 20 minutes.

## Sauces

### Strawberry Spread

½ cup fresh strawberries  
½ cup room temperature butter  
1 ½ tsp of sweetener

In a food processor or chopper, pulse the strawberries, butter and sweetener. Store in an airtight container in the refrigerator.

### Cranberry Sauce

2/3 cup stevia, monkfruit sweetener, honey, or coconut sugar  
12 oz frozen cranberries  
¾ cup water  
1 Tsp orange zest  
½ Tsp vanilla extract

Combine cranberries, water, sweetener, and orange zest in a saucepan. Heat and keep at a low simmer for 15 minutes or until the cranberries pop. Remove from heat and add vanilla extract.

## Miscellaneous

### Paleo Vegan Sugar-Free Coffee Creamer

6-8 large Medjool Dates (½ cup total pitted & chopped)  
1 ½ cup plain unsweetened almond milk  
½ Tbs vanilla extract  
Pinch of sea salt  
2 Tbs organic coconut oil melted  
2 tsp tapioca flour + 1 ½ Tbs cold water

Remove pits from dates and chop into small pieces. In small bowl combine chopped dates with ½ cup boiling water and soak at least 15 minutes. Blend dates and water in high speed blender until liquified.

Add almond milk, vanilla and salt. Pulse until well mixed. Add coconut oil and pulse. Mix tapioca flour and 1 ½ Tbs cold water in small dish and pour into blender and pulse.

Store in glass container in refrigerator. Creamer thickens as it cools.