

*On  
the  
Go*

- 1 head cauliflower, cut into large florets
- 4 eggs, boiled, peeled, and chopped
- ½ cup diced dill pickle, or ⅓ cup dill pickle relish
- 3 stalks celery, diced
- 1 cup sliced black olives
- ½ cup chopped fresh cilantro
- ¼ cup diced red onion
- 1 clove garlic, minced
- ½ cup mayonnaise
- 2 tsp Dijon mustard
- 1 TBSP lime juice
- ½ tsp sea salt
- Freshly ground black pepper to taste

*Serves a crowd!*

# Creamy Cilantro No Potato Salad

First, a big thank you goes to Sarah Fragoso at Everyday Paleo for coming up with the original No Potato Salad made with cauliflower. Genius! Second, this recipe is another example of how I often mess up in the kitchen. One of the best parts of a good potato salad, for me, is the flavor of black olives throughout. And this one's no exception. But wait! Do you see any black olives in the photo? No? That's because I forgot to add them to the bowl before taking a photo of the final dish! Yep, it happens all the time. So take my word for it, because I added the olives post-photo session, and the salad was fantastic. And third, while I don't usually make my own mayo because I don't use it often, I will make a batch for this recipe. The flavor of fresh homemade mayo is well worth the extra prep time.

1. Steam the cauliflower florets for 5-7 minutes. They should be tender but not too soft.
2. Transfer the steamed florets to a medium-sized bowl, and refrigerate them until cool enough to handle, about 15 minutes.
3. Meanwhile, in a large bowl, combine the eggs, pickle, celery, olives, cilantro, onion, garlic, mayo, mustard, lime juice, sea salt, and pepper.
4. Remove the cooled cauliflower from the refrigerator, and chop it into bite-sized pieces. Add it to the rest of salad ingredients. Stir gently to combine.
5. Taste the salad, and add more salt and pepper if needed.
6. Store the salad in an airtight container in the refrigerator or a cooler until needed.

*Tip:*

Add grilled shrimp, cooked bay shrimp, or diced chicken to the bowl, and make it a meal for the road!



## **Rosemary Spaghetti Squash Egg Nests**

3 cups lightly packed cooked spaghetti squash (about 10 ounces cooked)

2-3 medium sized garlic cloves, finely minced

1/2 chopped green onions

1 large egg

1 tablespoons fresh rosemary, finely chopped

1 teaspoon or more coarse sea salt

2-3 tablespoons almond flour (more or less, depending on the wateriness of the squash)

4-6 large eggs (1 per nest, varies depending on the size of nest)

cracked pepper to taste

more oil for frying

### **Cooking the squash:**

Preheat the oven to 350 degrees. Cut the squash in half and clean out the seeds. Place the halves, cut side down in a large baking dish with about 1/4 inch of water at the bottom of the dish.

How long to cook the squash will vary on it's size and ripeness. Watch it closely while cooking, or it could become too watery. Put the squash in the oven for about 15 min. After 15 min take it out and check the spaghetti like fibers. After the first initial 15 min, continue cooking it in 10 min increments or less, checking often. You know it's ready when the strands just begin to pull apart. The squash should be very 'al dente', but cooked enough to be able to separate the strands.

Remove from the oven and cool slightly. Using a fork, pull out the spaghetti like strands. Set aside in a bowl. Can be kept in an air tight container, in the fridge for up to 3 days.

## **Making the nests:**

Set the oven to broil,

In a large bowl combine the squash, garlic, green onions, egg, rosemary, salt and almond flour. Mix well.

Heat the skillet over medium to medium-high heat. Add a little oil for frying.

Place a mound of the spaghetti squash mixture into the skillet.

Working quickly, use a spoon to press and push the center of the mound, making about a 1 inch round opening at the center. It should be slightly larger than an egg yolk.

Crack an egg into the opening. Immediately widen the circle as needed to get the egg to nestle down into the squash. If the nest seems too loose, use a spatula to draw the sides in a bit. Sometimes a little egg white overflows. This is fine. I just pull the white off from the outside of the nest as it cooks.

Assemble one nest at a time (including adding the egg), fitting about 2-4 nests into an average sized cast iron pan.

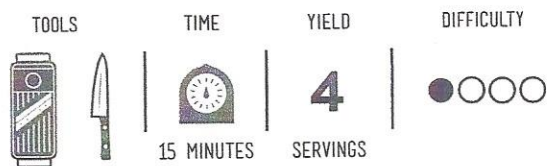
Continue to cook the nests until the bottom becomes crisp (but not burned). The yolks should still be mostly uncooked.

Transfer the skillet to the top rack under the broiler. Broil for 2 1/2 to 3 min, depending on how you like your yolks. Keep a close eye on it. Keep in mind that the yolk will continue to cook slightly after it is removed from the oven.

Remove from the oven, sprinkle with a little coarse sea salt and cracked pepper. Transfer to a plate and serve. I find that a very thin metal spatula works best for transferring these.

## CABBAGE SLAW WITH OLIVE-AVOCADO DRESSING

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- 1 small head Savoy cabbage, chopped (or substitute green or Napa cabbage)
- 1 small red onion, thinly sliced
- 3 carrots, grated (about 2 cups)
- 1 handful chopped fresh parsley
- 1 cup Olive-Avocado Dressing (page 115)

1 In a large bowl, combine the cabbage, onion, carrots, and most of the parsley.

2 Toss with the vegetables with the dressing and garnish with the remainder of the parsley.

**Storage:** Keep dressing separate and toss right before serving.

**Serving Suggestions:** Orange-Rosemary Duck (page 220), Coconut-Crusted Cod (page 241), Shredded Roast Beef (page 261), Citrus-Thyme Pot Roast (page 266)

## CITRUS-AVOCADO DRESSING

### TOOLS



### TIME



5 MINUTES

### YIELD

1 1/2

CUPS

### DIFFICULTY



- 1 avocado, pitted and skinned
- Juice of one orange  
(about 1/3 cup)
- Juice of one lemon  
(about 2 tablespoons)
- 1/4 cup extra-virgin olive oil
- 1/4 cup filtered water,  
plus more as needed
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon ginger powder
- 1/4 teaspoon sea salt

- 1 Combine all ingredients in a blender and mix until well incorporated.
- 2 If dressing is too thick, add water one tablespoon at a time until desired consistency is reached.

**Storage:** Keeps for a day, sealed, in the refrigerator.

## OLIVE-AVOCADO DRESSING

### TOOLS



### TIME



5 MINUTES

### YIELD

1

CUP

### DIFFICULTY



- 1 avocado, pitted and skinned
- 1/2 cup extra-virgin olive oil
- 3/4 cup filtered water
- 2 teaspoons apple cider vinegar
- 1/2 lemon, juiced  
(about 1 tablespoon)
- 1/2 teaspoon sea salt

- 1 Combine all ingredients in a blender and mix for a few seconds until well incorporated
- 2 If dressing is too thick, add water one tablespoon at a time until desired consistency is reached.

**Storage:** Keeps for a day, sealed, in the refrigerator.

# Garlicky Green Beans

*The best part about these garlicky green beans is the dark, caramelized pieces that get a little more heat from the pan than the rest. Try to keep the pan fairly hot, without burning, to get as many of those beans as you can! They are delicious.*

- 2 Tbsp coconut oil
  - 3 big handfuls of frozen organic green beans (about 3 C or 450 g)
  - 3 cloves garlic, minced
  - 2 Tbsp coconut aminos (or Bragg liquid aminos or GF tamari soy sauce)
  - ~ Freshly ground pepper
1. Heat oil in a large skillet over medium heat. Add green beans, stirring to coat in oil.
  2. Let beans cook for about 10 minutes, stirring occasionally.
  3. Add minced garlic, aminos, and pepper. Stir.
  4. Cook an additional 5 minutes or until beans have browned slightly and are tender.

Serves 4



# mashed cauliflower

prep time: 15 minutes    cooking time: 15 minutes    yield: 4 servings

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soups, salads,  
and sides

*An exceptional mashed potato substitute when you're looking to cut down on starches, mashed cauliflower will complement all of your favorite comfort-food dishes without leaving you feeling heavy—or guilty—afterward. When roasted, garlic becomes smooth and buttery. I love to add it to my mash for extra flavor and richness.*

## ingredients

- 5 cloves garlic, unpeeled
- 1 tablespoon extra-virgin olive oil
- 1 head cauliflower, trimmed into florets
- ¼ cup almond milk, warmed
- 3 tablespoons ghee or preferred butter substitute
- 1½ teaspoons sea salt
- Dash cracked black pepper

## method

1. Preheat the oven to 425°F.
2. Place the garlic cloves in a small, heatproof dish and drizzle with the olive oil. Cover and roast in the oven for 15 minutes.
3. Meanwhile, put the cauliflower in a saucepan with ½-inch of water. Cover, and steam for 10 minutes. Drain the water completely and place the cauliflower in a food processor.
4. Squeeze the papery garlic skins to release the cloves. Add the garlic to the food processor along with the almond milk, ghee, salt, and pepper. Process until smooth and fluffy.

# basic cauli-rice

prep time: 15 minutes    cooking time: 17 minutes    yield: 4 servings

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soups, salads,  
and sides

*Cauliflower is the chameleon of vegetables—it can easily replace many of the starchy vegetables in the dishes you used to adore so you don't have to miss them. With my love for Asian food, the elimination of rice left a big, black hole on my plate and nothing to soak up the velvety, spice-laden sauces. "Riced" cauliflower is a magnificent grain-free substitute and can be served with anything from Thai to Indian cuisines.*

## ingredients

- 1 head cauliflower, trimmed and cut into florets
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon sesame oil
- ½ cup finely diced yellow onion
- 1 clove garlic, finely minced
- ½ cup water

## method

1. Place the cauliflower florets in a food processor fitted with a grating attachment and process, until grated into "rice grains." Alternatively, grate the cauliflower with a cheese grater.
2. Heat the oil in a large skillet or wok over medium-high heat. Add the onion and garlic and sauté for 5 minutes.
3. Add the riced cauliflower and continue cooking for 5 to 7 minutes, until the onions are translucent.
4. Add the water, then cover and steam for 5 minutes, until the cauliflower is cooked and the water has been absorbed.





# creamy cauliflower hummus

This twist on the traditional Mediterranean favorite tastes exactly the same as the chickpea (garbanzo bean) variety.

PREP TIME  
15 minutes

COOKING TIME  
-

YIELD  
Approximately 2 cups

## CHANGE IT UP

Substitute zucchini for the cauliflower, but shred and strain it first to remove most of its water content.

NUTS  
EGGS  
NIGHTSHADES  
FODMAPS

PREP TIME  
10 minutes

COOKING TIME  
-

YIELD  
3 servings of dressing  
(6 Tablespoon total)

## DRESS IT UP

Save time and make extra of this dressing to pour over salads in the near future.

## FODMAP FREE?

Leave out the garlic powder.

NUTS  
EGGS  
NIGHTSHADES  
FODMAPS

4 cups cauliflower, steamed  
2 tablespoons tahini (sesame paste)  
1/4 cup + 1 tablespoon extra-virgin olive oil  
1 lemon, juice and zest for garnish

Pinch of cumin  
Sea salt and black pepper to taste  
Pinch of paprika (optional, as garnish)

In a food processor, combine the cauliflower, tahini, extra-virgin olive oil, lemon juice, and cumin until smooth. Add more tahini or extra-virgin olive oil to-taste.

Scoop out the hummus from the food processor, and garnish with lemon zest, the additional tablespoon of extra-virgin olive oil, and paprika.

Serve with your choice of fresh, sliced vegetables and olives.

Note: I used an orange cauliflower for this recipe. If you spot one in your store or market, use it instead of the white variety for a deeper colored dip.

# orange vinaigrette

This dressing pairs perfectly with the Persimmon Salad (recipe on page 380), but it's also delicious over any salad, especially in winter when oranges are in season.

2 tablespoons fresh orange juice  
(about half an orange)  
1 tablespoon unfiltered apple cider vinegar  
1 teaspoon Dijon mustard  
(gluten-free)

Sea salt and black pepper to taste  
Pinch of garlic powder (optional)  
Ground fennel seeds (optional)  
3 tablespoons extra-virgin olive oil  
1 teaspoon orange zest (optional)

In a small mixing bowl, whisk the orange juice, apple cider vinegar, Dijon mustard, sea salt, black pepper, garlic powder, and fennel seeds together.

Slowly drizzle in the extra-virgin olive oil, and continue whisking until well combined.

Garnish with orange zest.

# rosemary-raisin crackers

prep time: 15 minutes    cooking time: 15 minutes    yield: 2 dozen crackers

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small bites

*These crackers satisfy both salty and sweet cravings. They will add sophistication to any hors d'oeuvre tray and pair nicely with fig spread, apple or pear slices, or thin slices of prosciutto.*

## ingredients

- 1 cup blanched almond flour
- 2 tablespoons raisins
- 2 tablespoons cold water
- 1 tablespoon raw sunflower seeds, divided
- 1 sprig fresh rosemary
- 1½ teaspoons extra-virgin olive oil
- ½ teaspoon sea salt

## method

1. Preheat the oven to 350°F.
2. Place all the ingredients, except 1 teaspoon of the sunflower seeds, in a food processor. Process for 15 seconds, or until thoroughly combined, with small bits of raisins speckled throughout. Add the remaining teaspoon of sunflower seeds, and pulse once until they are roughly chopped.
3. Form the dough into a ball, then roll it out to a rectangle shape, ⅛-inch thick between 2 sheets of parchment paper.
4. Remove the top sheet of parchment. Use a pizza cutter to cut the dough into 1-inch wide rectangles. Save the end bits and reroll to make more crackers. Carefully transfer the parchment paper to a baking sheet.
5. Bake for 15 minutes, rotating the pan once, until crackers are golden. Let cool on a wire rack for 15 minutes, then carefully break the crackers apart. Cool completely before serving.

# Rosemary Crackers

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STARTERS  
& SNACKS

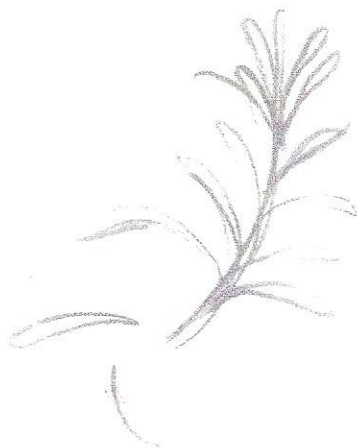
makes: 20 (2-by-3-inch/5-by-7.5-cm) crackers | prep time: 5 minutes | cook time: 20 minutes

## Ingredients

- 2 cups (200 grams) blanched almond flour
- ½ teaspoon fine-grain sea salt
- 1 tablespoon dried rosemary, chopped
- 2 tablespoons water
- 1 large egg white
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon coconut oil, melted

## Process

1. Preheat the oven to 350°F (175°C).
2. Combine the almond flour, salt, and rosemary in a medium mixing bowl. In a small bowl, whisk together the water, egg white, olive oil, and coconut oil.
3. Pour the wet ingredients into the dry and stir until a stiff dough forms and all the dry ingredients are well incorporated.
4. Place the dough between 2 sheets of parchment paper and roll out to an even thickness of about ⅛ inch (3 mm).
5. Carefully transfer the parchment paper and dough to a baking sheet and remove the top piece of paper. Using a pizza cutter, trim off the uneven edges of the dough, then cut the sheet of dough into approximately 2-by-3-inch (5-by-7.5-cm) rectangles.
6. Bake for 10 minutes. Turn off the oven and let the crackers sit inside the oven for an additional 10 minutes, until golden.



*On  
the Go*

CRACKERS

- ½ cup almond flour
- ¼ cup coconut flour, sifted
- ½ tsp granulated onion
- ¼ tsp sea salt
- ¼ tsp coarsely ground black pepper
- 1 egg
- 1 TBSP coconut oil, melted
- 3 TBSP chopped fresh chives

TOPS

- ¼ tsp coarsely ground black pepper

*Makes 30 crackers*

# Cracked Pepper and Chive Crackers

On road trips, we like to snack on crackers, salami, olives, etc. So I like to whip up some of these crunchy treats. We love the toasty onion flavor and the little bit of heat from the black pepper. These crispy crackers are perfect with guacamole too!

1. Preheat your oven to 350°F.
2. In a medium-sized bowl, whisk together the almond flour, coconut flour, granulated onion, sea salt, and pepper.
3. Add the egg, and mix well with a hand mixer.
4. Add the coconut oil and chives. Blend again until well incorporated. The dough will be crumbly but should stick together when squeezed in your hand.
5. Roll the dough between 2 sheets of parchment paper. You will have to reshape the edges at times with your hands as it cracks. Roll into a small square, and remove the top piece of parchment.
6. Sprinkle the tops with additional pepper, and press the pepper into the dough with your hands.
7. Using a sharp knife, cut the dough into bite-sized pieces, and place them, while still on the parchment paper, on a baking sheet.
8. Bake the crackers for 9 minutes.
9. Remove the tray from the oven, and carefully pull the crackers apart with a spatula so that they bake more evenly. Bake for another 3-5 minutes or until the centers are cooked and the edges are golden.
10. Let cool on wire racks, and store in an airtight container.

# Italian Herb Crackers

Makes 30 crackers

Dairy Free • Fish Free

## Dry Ingredients

½ cup (75 g) almond flour

¼ cup (25 g) coconut flour,  
sifted

¼ tsp sea salt

¼ tsp freshly ground black  
pepper

1 tsp Italian seasoning

## Wet Ingredients

1 egg

1 TBSP coconut oil, melted

Once in a great while a little cracker comes in handy to pair with a tasty Onion Dip (page 126) during the big game or with some uncured ham and sliced veggies on a road trip. My family devoured these crunchy snacks, managing to say that they were “delicious and cheesy tasting” between bites, which is pretty remarkable considering that they are 100 percent cheese-free! Have fun and play with the seasonings to create your own favorite flavor combinations!

1. Preheat the oven to 350°F.
2. Place the dry ingredients in a medium bowl and whisk to combine.
3. Add the egg and mix well with a hand mixer.
4. With the mixer on low, slowly add the coconut oil. Blend well. Use your hands if you'd like!
5. Place the dough on a parchment-lined baking sheet and press into a rectangle ⅛-inch thick using your hands. Use a piece of waxed paper on top of the dough if it sticks to your hands. Try not to let the edges get too thin or they'll burn.
6. Using a sharp knife, score the dough lengthwise into 6 sections, then across into 5 sections.
7. Bake 6 minutes, then pull the tray out and carefully separate the crackers with a spatula. Return the crackers to the oven and bake 6-9 minutes more, or until centers are cooked and edges are golden.
8. Cool on the tray on wire racks. Store in an airtight container up to 5 days, or freeze up to a month.

# Seeded Crackers

Makes 30 crackers

Dairy Free • Fish Free • Nut Free

## Dry Ingredients

½ cup (50 g) raw sunflower seeds

¼ cup (25 g) raw pumpkin seeds

¼ cup (25 g) coconut flour, sifted

¼ cup (40 g) sesame seeds

2 tsp poppy seeds

¼ tsp sea salt

¼ tsp freshly ground black pepper

## Wet Ingredients

1 egg

1½ TBSP coconut oil, melted

For those with nut intolerances, here is a seeded cracker that is perfectly crunchy and ready for Bacon Guacamole (page 122)! The sky's the limit with flavor combinations, so feel free to get a little crazy with your spice inspiration. Try adding cumin and chili powder for a smoky cracker, or how about rosemary and garlic? You can even turn these into a sweet snack by adding some maple syrup or honey and sprinkle the tops with cinnamon!

1. Preheat the oven to 350°F.
2. Place the sunflower seeds and pumpkin seeds in a food processor and pulse into a fine meal.
3. Place the seed meal and the remaining dry ingredients in a medium bowl and stir to combine.
4. Add the egg and blend well with a hand mixer.
5. With the mixer on low, slowly add the coconut oil. Blend well.
6. Place the dough on a parchment-lined baking sheet and press into a rectangle ⅛-inch thick using your hands. Place a piece of waxed paper on top of the dough if it sticks to your hands. Try not to let the edges get too thin or they'll burn.
7. Using a sharp knife, score the dough lengthwise into 6 sections, then across into 5 sections.
8. Bake 6 minutes, then pull the tray out and carefully separate the crackers with a spatula. Return the crackers to the oven and bake 6-9 minutes more, or until centers are cooked and edges are golden.
9. Cool on the tray on wire racks. Store in an airtight container up to 5 days, or freeze up to 1 month.

# Chocolate Cherry Almond Ice Cream

*The combination of cherries, chocolate, and almonds is absolute perfection in a bowl. The cherries turn the ice cream pink during the process, which I believe adds to its deliciousness. Garnish with a few toasted almonds for even more flavor.*

## Ice Cream:

- 2 cans (about 900 mL) lite coconut milk, chilled
- 1½ Tbsp pure vanilla extract (plus adding the scraped inside of a vanilla bean really sends this ice cream over the top, but it's not essential for the recipe if you don't have one)
- 1 tsp pure almond extract
- ~ Pinch of sea salt
- ¼ C (60 mL) organic raw honey
- ¼ C (60 mL) coconut nectar (if you have to use sugar, you can use it in place of the nectar)

1. Whisk together all ingredients, except chocolate chips and cherries, until well blended.
2. Pour into your prepared ice cream maker bowl and follow manufacturer instructions.
3. After about 25 minutes, add in chocolate chips and cherries. Let machine go for about another 10 minutes or until desired consistency. Serve immediately and enjoy the goodness!

## Add In:

- ¼ C (40 g) mini GF DF chocolate chips (Enjoy Life)
- 1 C (150 g) chopped frozen or fresh pitted cherries



# mint-chip ice cream

prep time: 15 minutes    cooking time: 5 minutes  
chilling time: 6 hours    yield: 6 servings

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sweets  
and treats

*My dad and I could easily polish off an entire container of mint-chip ice cream when I was growing up. It's still our favorite flavor so I created this dairy-free version so he and I could still enjoy a bowl together. Because this version has no eggs, it's suitable for those with egg allergies and also eliminates the extra step of making the custard that most ice cream recipes call for. Yet it's every bit as creamy and boasts a bold fresh mint flavor.*

## ingredients

- 1 13.5-ounce can coconut milk
- ½ cup fresh mint leaves, roughly chopped
- ½ cup honey
- 2 cups cold almond milk
- ¾ teaspoon peppermint extract
- ½ cup diced avocado
- 1 tablespoon melted coconut oil
- 10 drops liquid chlorophyll for coloring, optional
- ½ cup dark chocolate\*, chopped

## method

1. Place the coconut milk and mint leaves in a saucepan over medium-high heat for 10 minutes.
2. Place the warm coconut milk, mint, and honey in a bowl and mix until the honey has dissolved. Stir in the almond milk and peppermint extract. Cover and place in the refrigerator for 4 hours.
3. Pour the mixture into a blender and add the avocado, coconut oil, and coloring if desired. Blend until smooth.
4. Place in an ice cream maker and process according to the manufacturer's instructions until the mixture has reached a soft-serve consistency.
5. Stir the chocolate in by hand. Spoon the ice cream into an airtight container and press a piece of plastic wrap directly on top of the ice cream to prevent freezer burn. Place the lid to the container on top and freeze until firm, about 2 hours.
6. Serve immediately, or slightly defrost the ice cream in the refrigerator for 1 hour for later serving.

\*For SCD, omit or substitute with chopped pistachios.

## tidbits:

*Don't skip the avocado! It's what makes this ice cream extremely creamy and rich.*



# pumpkin donuts

(with maple-bacon glaze or chocolate frosting)

prep time: 25 minutes    cooking time: 20 minutes    yield: 1 dozen doughnuts

These cake doughnuts are reminiscent of the old-fashioned variety I used to love. Dense, satisfying, and rich; they also have two crunchy and sweet topping options—maple-bacon or dark chocolate. With each bite, you'll taste all the flavors of fall: pumpkin, cinnamon, nutmeg, ginger, cardamom, and clove.

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sweets  
and treats

## ingredients

### DOUGHNUTS

- Palm shortening for greasing the pan
- 5 large eggs
- ½ cup coconut milk
- ½ cup pumpkin puree (canned or fresh)
- ½ cup maple syrup\*
- ¼ cup coconut oil, melted
- 1 teaspoon pure vanilla extract
- ¾ cup blanched almond flour
- ½ cup coconut flour
- 1 teaspoon baking soda
- 2 teaspoons pumpkin pie spice
- ¼ teaspoon sea salt

### DARK CHOCOLATE

#### FROSTING

- ¼ cup dark chocolate, chopped and melted
- 1½ teaspoons coconut oil, melted
- 1 teaspoon honey

### MAPLE-BACON GLAZE (SCD)

- 1 tablespoon raw cacao butter, chopped
- 2 teaspoons palm shortening
- 2½ teaspoons cold maple syrup
- ½ teaspoon pure vanilla extract
- ¼ teaspoon cinnamon
- 1 strip bacon, fried crisp and finely chopped

## method

1. Make the doughnuts. Preheat the oven to 350°F and grease 1 12-cavity doughnut pan or 2 6-cavity pans really well.
2. Place the eggs, coconut milk, pumpkin, maple syrup, oil, and vanilla in a blender or food processor and blend until frothy, about 15 seconds.
3. Add the dry ingredients and blend on low for 10 seconds, then on high for about 20 seconds.
4. Pour the batter into the pan, filling each cavity ⅔ full.
5. Bake for 20 minutes. Let cool for 10 minutes before gently removing the doughnuts from the pan. Cool completely on a cooling rack.
6. To frost with chocolate frosting: Place all the ingredients in a shallow bowl and whisk until smooth. Dip the top of each doughnut in the frosting, then gently rotate to let the excess drip off. Return to the cooling rack. Let set for 5 minutes, then refrigerate for 15 minutes, or until the glaze has hardened.
7. To frost with maple-bacon glaze: Place the cacao butter in the top of a double boiler over 1-inch of boiling water. Once it has completely melted, remove it from the heat and whisk in the palm shortening. Add the cold maple syrup, vanilla, and cinnamon and whisk until smooth. Dip each doughnut into the glaze, then gently rotate to allow the excess to drip off. Return to the cooling rack and sprinkle with bacon bits. Allow to sit at room temperature for 5 minutes, then place in the refrigerator for 15 to 20 minutes, or until the glaze has hardened.

\*For SCD, use honey in place of the maple syrup.

## ✓ *Chocolate Donuts*

Standard donut pan  
1/4 cup coconut flour  
3 eggs  
1/4 cup cocoa powder  
1/8 teaspoon sea salt  
1/2 teaspoon baking soda  
1/4 cup coconut oil, melted  
1/3 cup pure maple syrup  
1 tablespoon vanilla extract

### Chocolate Glaze

1/2 cup dark chocolate chips  
2 tablespoons coconut oil

Preheat your oven to 350F and generously cover your pan with coconut oil. Mix together your dry ingredients in a medium bowl (coconut flour, cocoa powder, sea salt and baking soda). Next whisk in your wet ingredients (eggs, coconut oil, maple syrup, and vanilla). Mix until the batter is smooth and thoroughly mixed. You will need to transfer the batter to a plastic bag, cut the corner off, and squeeze into the donut pan spaces. Bake these until firm for 18-20 minutes and then allow to cool completely on a wire rack for 15 minutes. Melt the chocolate chips and oil in a pan and dip the donuts into the glaze. It will solidify as it cools and make for a very tasty, healthier alternative to your donut cravings.

# Kitchen Sink Cookies

## DRY INGREDIENTS

- 1 cup almond flour
- 3 TBSP coconut flour, sifted
- ¼ cup arrowroot starch
- ¼ cup tapioca starch
- ½ tsp baking soda
- ¼ tsp cinnamon
- Pinch of sea salt

## WET INGREDIENTS

- 2 eggs
- 2 tsp pure vanilla extract
- ¼ tsp pure almond extract
- ¼ cup pure maple syrup
- 2 TBSP coconut oil, melted (or 3 TBSP softened butter)

## ADD-INS

- ¼ cup chocolate chips
- ¼ cup raw pecans, chopped
- ¼ cup unsweetened coconut flakes
- ¼ cup raisins

*Makes 12 cookies*

Ahh, I love a recipe that has no hard-and-fast rules. As the name implies, you can throw whatever you'd like into these bad boys . . . well, anything but the kitchen sink! My favorite combo is shown here: chocolate chips, pecans, coconut flakes, and raisins. But we use whatever we have on hand. Got dried cherries? Throw 'em in! Some leftover Paleo granola? You betcha! Anything goes with this wonderful cookie base, so get creative!

1. In a medium-sized bowl, stir together the almond flour, coconut flour, arrowroot starch, tapioca starch, baking soda, cinnamon, and sea salt until well combined.
2. Add the eggs, vanilla extract, almond extract, and maple syrup, and blend until just combined.
3. Add the coconut oil, and mix well.
4. Stir in your favorite add-ins.
5. Scoop the dough into 2-inch balls.
6. At this point, you can bake the cookies or freeze the dough for later. To freeze, place the dough balls on a wax paper-lined baking sheet, and place the sheet in the freezer. Once frozen, transfer the dough balls to a freezer-safe zip-top bag, and freeze until needed.
7. When you're ready to bake the cookies, preheat your oven to 350°F.
8. Place the dough balls on a parchment-lined baking sheet. Leave some space between them, as the cookies will spread a little if you have used butter.
9. Bake for 12-13 minutes or until the edges and bottoms are golden brown.
10. Place the baking sheet on a cooling rack, and let the cookies cool completely.
11. Store the cookies in an airtight container, or freeze them until ready to eat.

# real-deal chocolate-chip cookies

prep time: 12 minutes    cooking time: 10 minutes    yield: 1 dozen

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sweets  
and treats

*An all-time favorite with my blog fans, these cookies have earned the reputation as the mother of all Paleo chocolate chip cookies and the closest you can get to the ones you grew up on. In fact, the reviews continue to insist that they far surpass those old cookies. Try them at your own risk: you will probably become addicted after the first bite and have to ban them from your kitchen as I have!*

## ingredients

- ¼ cup palm shortening
- 1 egg at room temperature
- ¼ cup coconut crystals
- 2 tablespoons honey
- 2 teaspoons pure vanilla extract
- 1½ cups blanched almond flour
- 2 tablespoons coconut flour
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- ¼ cup dark-chocolate pieces
- ¼ cup dairy-free chocolate chips

## method

1. Preheat the oven to 350°F.
2. Place the shortening and egg in a food processor and process for 15 seconds.
3. Add the coconut crystals, honey, and vanilla extract. Process again until combined.
4. Add the flours, baking soda, and salt and process for 30 seconds.
5. Scrape down the sides and pulse again if necessary to fully incorporate the dry ingredients.
6. Stir the chocolate in by hand.
7. Use a large tablespoon to scoop balls of the dough, placing them on a baking sheet lined with parchment paper. Lightly press them down to flatten, making disks about ½-inch thick.
8. Bake for 10 minutes, until the cookies are browned around the edges. Cool on a wire rack.

# n' oatmeal raisin cookies

prep time: 15 minutes    cooking time: 12 minutes    yield: 1 dozen cookies

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sweets  
and treats

*Chewy and moist, and with the texture of the oatmeal cookies you remember, but without the grain! You can dress these up by adding other dried fruits, chopped nuts, or chocolate chips.*

## ingredients

- ¼ cup palm shortening
- 1 large egg at room temperature
- ⅓ cup honey
- 1 teaspoon pure vanilla extract
- 4 teaspoons cinnamon
- ¾ teaspoons nutmeg
- 1 cup blanched almond flour
- 2 tablespoons coconut flour
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 2 teaspoons finely ground flaxseeds\*
- ¾ cup finely shredded, unsweetened coconut
- ½ cup raisins

## method

1. Preheat the oven to 350°F.
2. Place the shortening and egg in the bowl of a stand mixer and cream for 1 minute on high. Alternatively, use an electric hand mixer.
3. Add the honey and vanilla and mix for another minute, until creamy.
4. Place the cinnamon, nutmeg, flours, baking soda, salt, and flaxseeds in a small bowl and stir to combine.
5. Slowly add the dry ingredients to the wet and mix for another minute, until combined. Scrape down the sides of the bowl, then mix again for 30 seconds.
6. Add the coconut and raisins, then mix again for a minute.
7. Using an ice cream scoop or a large spoon, drop balls of dough the size of a golf ball onto a baking sheet lined with parchment paper.
8. Place another piece of parchment paper over the cookies, then use a spatula to gently press them down into circles about ¼-inch thick.
9. Bake for 12 minutes, until the edges are lightly browned.

\*Omit for SCD.

# Kiwi Pops

A kiwi is packed with more vitamin C than the equivalent amount of orange. These bright green-fleshed fruits speckled with tiny black seeds add a dramatic tropical flair to these easy pops.

**3 kiwis**

**½ cup (88 g) chopped 100% cacao dark chocolate**

**2 tablespoons (28 g) extra-virgin unrefined coconut oil (no need to melt)**

**2 teaspoons (14 g) raw honey**

**¼ cup (20 g) unsweetened shredded coconut**

Peel and slice each kiwi into four rounds ½- to 1-inch (1.3 to 2.5 cm) thick.

Carefully pierce the center of each kiwi slice with a wooden or lollipop stick and set on a baking sheet or plate lined with waxed paper. Once all the kiwi slices are on the sticks, transfer to the freezer and freeze for at least 10 hours, or overnight.

Once the kiwis are frozen, prepare a double boiler by setting a glass bowl over a pot of simmering water, but do not let the bowl touch the water. Melt the chocolate, coconut oil, and honey in the double boiler, stirring constantly until smooth and melted.

Carefully dip the kiwi pops into the chocolate to completely cover the kiwi, and then immediately sprinkle with the shredded coconut. Transfer to a clean sheet of waxed paper. Finish the remaining pops and transfer to the freezer to allow the chocolate to set.

Keep the pops in an airtight container in the freezer until ready to serve or up to 7 days.

**MAKES 12 POPS**



# creamy chocolate shake

prep time: 5 minutes yield: 2 servings

348

sip on this

*You'd never know there's half an avocado lurking inside this shake: besides making it thick 'n' creamy, it adds some healthy fat and Vitamin E. I drink this shake as a meal replacement on days when I'm running around like crazy. It's rich and filling and completely disguises my daily supplements.*

## ingredients

- 8 ounces almond milk
- ½ cup crushed ice
- 1 ripe banana
- 2 large pitted dates or 1 tablespoon honey
- ½ avocado (about ¼ cup)
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons almond butter
- 1 teaspoon ground golden flaxseeds

## method

1. Place all the ingredients in a blender. Blend for 30 to 45 seconds, until smooth.