

COTTER CRUNCH LOW FODMAP FRIENDLY GLUTEN FREE MEAL PLAN



Recipes compiled into PDF format from

<http://www.cottercrunch.com/low-fodmap-gluten-free-meal-plan/>

BREAKFAST

INDIAN SPICED BAKED POTATO AND EGG FOIL PACKETS {GLUTEN FREE, PALEO FRIENDLY}

Preparation: 10 min Cook Time: 30 min Total Time: 0:40 min

Serves: 4

303 calories, 18 grams fat, 26 carbs, 3 grams fiber, 9.5 grams protein. 1.5 grams sugar, 12% Iron and 35% vitamin C

Ingredients

4 cups of sliced golden yellow potatoes (use sweet potato if paleo)

1/4 cup olive oil

1/2 tsp smoked paprika

1/2 tsp minced garlic (dried or fresh)

1/2 tsp curry powder seasoning with turmeric

1/4 tsp sea salt and black pepper each

Foil

4 eggs

Optional topping - red pepper/sriracha, etc.

Instructions

1. Preheat oven to 400F.
2. Slice your potatoes and toss them with olive oil and your seasonings.
3. Place about 1 cup of potatoes in an 8x8 or 9x9 piece of foil (packet or cupped).
4. Repeat until you get 4 packets. Place packets on baking tray or straight on oven rack for about 25 -30 minutes until potatoes are tender but not fully cooked.
5. Remove tray and place and crack an egg on top of each foil pack.
6. place back in oven for about 10 minutes or until yolks look firm but not overcooked.
7. Remove and garnish with any extra spices.
8. Place on plate or bowls and enjoy!
9. Great with avocado or ranch added.
10. Feel free to pack in more veggies when you cook your potatoes. Super easy and fun!

Recipe Notes

These can easily be made on the grill or over a campfire as well. Cook the potatoes first for about 20 mins or until tender then add your egg! Simple!

CINNAMON VANILLA BREAKFAST PROTEIN BITES {NO BAKE, GLUTEN FREE, VEGAN FRIENDLY}

Preparation: 12 min Total Time: 0:12 min

Serves: 18-20 bites

Ingredients

1 heaping TBSP ground cinnamon

1/4 cup (around 65-75grams) Vanilla Protein Powder

1/4 to 1/3 cup maple syrup or honey if you are not vegan

1/2 cup almond meal or peanut flour (you can also just finely grind raw almonds)

1/4 to 1/3 cup nut butter (creamy no stir works best)

3/4 cup of gluten free quick oats or gluten free cereal of choice

Vanilla extract

Instructions

1. Grind up your oats or cereal in a food processor and transfer into a mixing bowl. This is optional. You can keep them whole as well and adjust the addition of honey.
2. Add your almond meal, protein powder, cinnamon, and nut butter. Stir ingredients all together.
 - Add in your honey and vanilla then mix again well with hands. •
3. You might need to add more honey or nut butter if batter gets to dry. See notes.
4. Roll into 1-1.5 inch balls and place on cookie tray or plasticware with parchment paper underneath.
5. Let them freeze for 20-30 minutes then transfer into a Ziploc bag.
6. Dust with additional cinnamon and vanilla protein if desired.
7. Keep in fridge or freezer for up to 6 weeks.

GLUTEN FREE BANANA BREAD MADE FROM QUINOA

Preparation: 10 min Cook Time: 50 min Total Time: 1:00 hr

Serves: 8

Ingredients

- 2 cups quinoa (cooked)
- 2 small ripe bananas
- 1/3 to 1/2 cup coconut sugar (depending on how sweet you want it)
- 2 tbsp nut butter of choice
- 2 eggs
- 1/4 cup egg whites
- 1/2 cup rice flour or potato starch works too
- 1 tsp baking soda
- 1 tsp vanilla
- 1 tsp cinnamon
- 1/4 tsp sea salt
- 3-4 tbsp coconut or regular cream when you cook the quinoa
- Optional add ins - 1/3 cup dried fruit, coconut, or chocolate chips

Instructions

1. Preheat your oven to 350F.
2. Rinse your quinoa then cook in rice cooker or on stovetop according to instructions.
3. Once cooked and fluffy, add in about 3-4 tbsp of cream to make it more like a porridge.
4. Place quinoa, banana, nut butter, and eggs in a blender and blend until smooth.
5. Batter will look like pancake batter.
6. Pour into bowl and add the rest of your extracts, flour, spices, and sugar.
7. Add any optional ingredients. I added in dried cranberries.
8. Pour into a 9x5 bread pan
9. Place in oven for 50-55 minutes or until bread is browned and cooked through.

Recipe Notes

To make it more sweet, add in 1/4 cup more sugar or chocolate chips if desired. It's very moist and good by itself with honey on top.

SNACKS/HEALING DRINKS

COLD BUSTING BLOOD ORANGE TURMERIC TEA LATTE {VEGAN AND PALEO FRIENDLY}

Preparation: 5 min Cook Time: 5 min Total Time: 0:10 min

Serves: 3 cups 6 oz

Boost your health with a cold busting blood orange turmeric tea latte! This Vegan "Golden Milk" latte is loaded with extra Vitamin C, rich in minerals, and anti-inflammatory properties.

Ingredients

2 herbal tea bags (like ginger tea, orange hibiscus, or herbal tea of choice)

6 oz almond milk, other dairy free milk, or water

10-12 ounces almond milk or coconut milk

1 tsp ground ginger

1 tsp ground turmeric root (see notes for brand)

1/2 tsp cinnamon (divided)

1 tsp whole cloves or 1/4 tsp ground cloves

1/4 cup maple syrup or raw honey (use maple syrup vegan)

1 juiced orange or blood orange

Pinch of cinnamon for topping (optional)

Optional vanilla extract

Extra froth

Orange peel to garnish (optional)

Instructions

1. Steep your tea bags in 6 oz of dairy free milk or water. You want the tea extra concentrated.
2. Next place 10-12 ounces of coconut or almond milk in small pot. Add your ginger, nutmeg, turmeric, cinnamon, orange juice, and maple syrup. Whisk together.
3. Bring to a soft boil, then reduce and simmer for 5 minutes to extract the spices. And until maple syrup is dissolved. Add vanilla extract here if you want. About 1/2 tsp. Mix again.
4. Strain the nutmeg if you are using whole.
5. Pour 2 - 3 ounces of the brewed concentrated tea you into a cup.

6. Whisk your golden milk (the mix in the pot) again to create a frothy texture. You can also just use a frother.
7. Pour 1/2 cup or so over your tea cup to create a latte.
8. Garnish with extra cinnamon and orange peel if desired.
9. Repeat for 3 cups.

Recipe Notes

I use this Turmeric Root (<http://amzn.to/2kSx2VZ>) from Simple Organic.

EASY PALEO "BAKLAVA" BARS {VEGAN FRIENDLY}

Preparation: 5 min Cook Time: 10 min Total Time: 0:15 min

Serves: 9-11

Ingredients

- 1/2 cup chopped hazelnuts
- 1/2 chopped walnuts
- 1/2 cup almond meal
- 1/4 cup raw tahini or almond butter
- 1/4 cup honey (maple syrup or for vegans)
- 1/8 teaspoon salt
- 1.5 tablespoons coconut oil
- 2 tbsp coconut flour
- Dash cinnamon (optional)
- 1 tsp vanilla extract

Instructions

1. First make sure your nuts are chopped. It's easier just to buy pre-chopped but both work.
2. In a skillet or pan, lightly heat chopped nuts, almond meal, coconut oil, and salt until lightly coated toasted. Mix in honey until it bubbles, then remove from heat and let cool for 5 minutes.
3. Next place your nuts in a bowl and mix in almond butter or tahini, extract, and coconut flour.
4. Spread and flatten into 8x8 dish to cool.
5. Refrigerate or freeze for 30 minutes.
6. Slice into squares and wrap each square in plastic wrap or foil to hold the texture.
7. Keep in fridge due to coconut oil.

Recipe Notes

Feel free to add in coconut or any other dried fruit to the mix when toasting nuts!

EASY BAKED JALAPENO CHEESE CRISPS {GLUTEN FREE, LOW CARB}

Preparation: 10 min Cook Time: 20 min Total Time: 0:30 min

Serves: 20-25 crisps

Ingredients

5 medium jalapenos

2-3 tbsp olive oil

1/2 tsp onion salt or powder

6 -8 one ounce naturally aged cheese slices. (Parmesan works best, but swiss, provolone, havarti all work too. See notes for the cooking times.)

Pepper

Tabasco or ranch sauce for dipping

Parchment paper

Instructions

1. Preheat oven to 450F.
2. Slice your jalapeno into thin slices. About half an inch thick. Make sure to cut out seeds if you don't want them spicy.
3. Toss jalapeno slices with olive oil and onion powder or onion salt, pepper, and arrange on baking tray with parchment paper.
4. Bake for 10 to 15 minutes or until jalapeno slices are crispier. This is why it's important to cut them thick. If you cut thicker they will take long to bake.
5. Next remove jalapenos and let cool. Blot jalapenos with towel so you remove extra oil.
6. Place your oven at 400F now. Then re-line your baking tray with parchment paper.
7. Take half of your cheese slice and cut in half or into 2-3 pieces. You can also just pull them apart into pieces.
8. Fold it around the jalapeno slice/ring. Make sure it's still flat, and not a ball.
9. Place on baking sheet with parchment paper.
10. Repeat until you have used up all your slices.
11. Bake at 400 for about 6-7 minutes or until cheese is crispy. Provolone and havarti take around 10 minutes or so to bake crispy. Just depends on oven.

12. Be sure to check after 5 minutes so they don't burn.

13. Remove from oven, let cool, then season with more pepper/sea salt if desired.

14. Serve with tabasco or ranch sauce. It's great!

Recipe Notes

Storage - once cooked and cooled, keep in an airtight container.

Makes anywhere between 20-25 crisps.

Certain cheese will take longer in oven to get crispy. Parmesan bakes fastest. Check after 6 minutes or so.

IMMUNITY BOOSTING FROZEN CRANBERRY ORANGE SMOOTHIE {VEGAN FRIENDLY}

Preparation: 5 min Total Time: 0:05 min

Serves: 2

Ingredients

10 oz fresh squeezed orange juice

1 cup frozen raw cranberries (can use fresh but will not be as thick)

4 oz coconut or almond milk

1 small banana

1 tbsp lemon juice or few drops lemon essential oils

1 tsp honey or maple syrup

Optional - ice for more thickness or protein powder of choice.

Instructions

1. Pretty simple. Juice orange. Combine with rest of ingredients in blender. Blend until smooth.

LUNCH

GRAIN FREE NAAN BREAD

Preparation: 15 min Cook Time: 10 min Total Time: 0:25 min

Serves: 4

Ingredients

1 1/4 cup cassava flour (see notes below for other flour options)

1 teaspoon baking soda

1- 2 tablespoon avocado or olive oil

1/3 cup plain yogurt or vegan friendly coconut yogurt

1/2 cup water (Add a little a time until you get dough like batter.)

Dash of salt

1/2 tsp black pepper or chili pepper

1 tbsp balsamic vinegar (optional)

Garlic and herbs to taste

Instructions

1. In a bowl, sift the flour and add baking soda plus salt. Mix well! Then slowly add in your water, 1 tbsp oil, and yogurt a little at a time until you get a dough-like mixture. You could need more or less water depending on the brand of cassava flour you use.
2. Roll the dough into 4 logs or about 4 medium-size balls (a little smaller than a baseball). Then roll each one out with wax paper in between until you form an oval shape.
3. I made mine a little thicker but you can make thinner if you want. You don't want to crack the dough when rolling through.
4. And make sure the other balls are covered when you are doing this so they don't dry out.
5. Shape the corners so they are nice and round.
6. Place each flattened dough on skillet or griddle one at a time on medium high heat. cover with lid and wait 1 minutes or so.
7. If you are using real flour, it should take less time.
8. Drizzle more 1 tbsp oil/vinegar on top and flip to other side. Cover and cook one minute or until they start to puff or brown. The thicker your dough, the longer it takes to rise or bubble/cook.

9. Remove and repeat for the next.
10. Once all cooked, sprinkle with garlic or herbs, balsamic vinegar, and oil/ghee if desired.
11. Serve with hummus or yogurt sauce.

Recipe Notes

If you don't have cassava flour you can use whole wheat or white flour, but I would let it sit after you make into a dough for about 10 minutes covered.

EASY VEGGIE PACKED PALEO SALMON CAKES

Preparation: 10 min Cook Time: 15 min Total Time: 0:25 min

Serves: 6-8

Healthy Vegetable Packed Paleo Salmon Cakes! Super easy, super simple, super delicious! Great for a healthy meal, snacks, party appetizers, and are freezer friendly.

Ingredients

6 oz chopped or finely diced salmon (Raw or canned works. See notes for specifics.)

1/3 cup butternut squash (pureed or mashed)

2 eggs

3 -5 tbsp coconut flour

1 rosemary sprig or 1 tsp dried herb of choice

1/4 tsp regular or smoked paprika

1/4 tsp sea salt

1/4 tsp black pepper

1/2 tsp garlic (minced)

1/4 tsp curry powder (optional)

1 tsp honey (optional - omit if Whole30)

1 tbsp oil or butter/ghee for cooking

Instructions

1. First clean and slice up your raw salmon if you are using fresh versus canned. Remove any extra skin.
2. Place in bowl and then add in your eggs and coconut flour. Mix well. Finally add in your herbs, squash, and seasonings. Squash options: You can use canned squash to make a fast prep. Or simply cut squash in half, remove seeds, and place in a microwave safe bowl with 2 tbsp water. Cook on high for about 3-4 minutes. Scoop inside and then mash or puree with blender. That's the other option.
3. Mix well into a batter.
4. If batter is too runny, add 1 tbsp more coconut flour.
5. Form into 8 small balls or roll into larger 5-6 balls.

6. Lay them on parchment paper.
7. Press them into patties/cakes so they are around 1 inch thick.
8. Now turn on your skillet to medium high. Add your butter or oil.
9. Once heated, add in 3-4 patties/cakes at a time or less. Cook for 3 to 4 minutes on each side or until you see the salmon is cooked thoroughly. If you are using canned salmon, they will cook faster.
10. Remove from skillet. Add more 1 tsp more or so of butter/oil and repeat for the next batch of 3-4 patties/cakes.
11. Garnish with extra rosemary, black pepper, chili flakes, or garlic if desired and serve with your choice of dip/sauce or as is.

Recipe Notes

I used 6 oz fillet (skinned) of Sizzlefish (<http://www.sizzlesh.com>) coho salmon. Feel free to use canned but it will cook faster, so watch the patties when cooking.

These are freezer friendly and great to make for meal prep or party prep.

If you are using canned, you might need to add an extra egg for binding.

TURKEY CHOW FUN TAMARI ZOODLES {LOW CARB, GLUTEN FREE}

Preparation: 10 min Cook Time: 15 min Total Time: 0:25 min

Serves: 3

A Turkey Chow Fun recipe made with tamari zoodles! This spiralized zucchini turkey chow fun stir fry is light, naturally gluten free, and lower in carbs. A chow fun recipe that puts those leftover veggies and turkey to use.

Ingredients

3 zucchini (small-medium)

1/2 lb leftover roasted turkey or uncooked turkey breast (diced or sliced into strips)

1 cup bean sprouts

1 small red chili pepper, chopped

1 tsp sesame oil

2-3 tbsp avocado oil or peanut oil

1/4 tsp white pepper

Sea salt

1 bunch scallions, cut 1-2 inches

1 garlic clove, minced

Sesame seeds

Sauce

1/4 tsp baking soda

1 tbsp rice wine vinegar or shaoxing wine if you have it (in Asian supermarkets)

2 tbsp San-J Gluten Free Tamari Soy Sauce

2 tsp chili paste (or Sriracha)

2-3 garlic cloves, minced

2 tsp grated ginger or 1/2 tsp ground ginger

2 tsp to 1/2 tbsp coconut sugar

*Optional 1tbsp San-J Gluten Free Mongolian Sauce

Instructions

1. Spiralize the zucchini/pat dry. Make sure to get out as much moisture as possible. If you don't have a spiralizer, you can julienne cut or peel into strips.
2. Make sauce.
3. Place half over turkey to marinade (raw or cooked).
4. If using uncooked turkey, add 1-2 tsp potato starch.
5. Add oil and 1 garlic to stir fry pan. Let it bubble and become fragrant 1 minute.
6. Add your turkey/sprouts.
7. Cook 1-2 minutes, longer if meat is uncooked.
8. Add your zucchini noodles and the other ½ of sauce.
9. Toss meat with tongs on high for 2-4 minutes.
10. Add scallions/pepper. Toss again.
11. Drain extra sauce but reserve 1/4 to 1/3 cup sauce to serve on top of noodles.
12. Top with sesame and chili flakes to garnish. (Feel free to add these in the pot before serving as well).
13. Add your reserved sauce to each bowl if desired.

Recipe Notes

If you don't have zucchini, feel free to use another veggie to spiralize the noodles. Squash, potato, sweet potato, etc.

DINNER

FIERY CROCK POT WEST AFRICAN PEANUT STEW {GLUTEN FREE, DAIRY FREE}

Preparation: 1 hr Cook Time: 3 hr Total Time: 4:00 hrs

Serves: 5-7

Ingredients

First in the crock pot:

3 to 4 cups broth (O-Organic Chicken Broth)

2 cups chopped spinach fresh or frozen

10 oz or 2 large sweet potatoes peeled cubed

1 tbsp O Organic Extra Virgin olive oil for browning meat

2 c sliced carrots

1 cup to 1 1/4 cup chopped onion

1 lb pork (lean or loin) - diced or chopped for stew (See notes for other options.)

Salt/pepper to taste

Sauce to blend for crock pot

1 cup garlic tomato sauce and or plain tomato sauce

1/2 cup O Organic Chunky Peanut Butter

3 garlic cloves

1 -2 tsp smoked paprika

1 tbsp or more red chili flakes (The more you add the spicier.)

1/2 tsp ground coriander

1/2 tsp salt and pepper each

1 tbsp fresh ginger shavings

2 tbsp olive oil

Add in 1/2 tsp cayenne here too if you want MORE spice. Optional

Toppings and more spicy goodness

Cilantro

Roasted peanuts

Bonnet peppers or other hot peppers of choice (sliced)

Pinch of cayenne on top or extra chili flakes

Rice

Extra garlic salt or powder mixed if desired

Instructions

1. Clean and chop your veggies. Place sweet potatoes, carrots, and spinach in crock pot. Add 3-4 cups of your broth. The more broth you add, the thinner it gets. Set on low while you make the rest of the stew.
2. Next brown your meat. Place stewed pork meat in frying pan with 1 tbsp olive oil and your onion. Brown for 5 minutes. Reverse 2 tbsp of the oil from the pan.
3. Place pork and onion and reserve in the crock pot with veggies. Mix together.
4. Lastly, blend your sauce. Place all ingredients listed in sauce above (tomato sauce, peanut butter, spices, peeled garlic, ginger, oil, etc.) in food processor or blender. Blend until creamy and smooth.
5. Mix sauce in with the rest of the crock pot ingredients.
6. Sprinkle a little black pepper and cayenne on top after mixing.
7. Cover and cook on low for 4 1/2 to 5 hrs or high for 3 hrs. Check around 2 hrs if cooking on high.
8. Once cooked, spoon stew over individual bowls of hot rice.
9. Garnish with cilantro, roasted peanuts, more garlic salt if desired, and spicy peppers such as bonnet peppers. If you want it more mild, use red peppers or banana peppers for topping.
10. Enjoy

Recipe Notes

Freezes well!

You can use pork, turkey, or keep this vegetarian/vegan without meat and adding in chickpeas.

EASY PALEO TUNA GREEN CHILE ZOODLE CASSEROLE {WHOLE 30 APPROVED}

Preparation: 15 min Cook Time: 15 min Total Time: 0:30 min

Serves: 5-6

Paleo Tuna Green Chile Zoodle Casserole. EASY paleo tuna casserole that's Whole 30 approved, high protein, low carb. Hearty, yet Healthy, Zoodle Casserole!

Ingredients

Three 6-7 in zucchini

Two 5 oz canned tuna (We used low mercury Safe Catch Tuna Elite)

4 oz of diced green chiles (no additive canned works)

1/2 c real mayo with olive oil or we use Primal Kitchen Chipotle Mayo (no additives or sugar added) *Add 1/4 c more if you want extra creamy.

2 tbsp chopped chives (plus extra for topping)

1/2 tsp seasoning salt of choice or natural sea salt with dehydrated garlic or onion added (primal palate has a great selection)

1 tbsp organic mustard (spicy or regular without added sugar. Annie's Organic is Whole30)

1/4 tsp garlic powder

1/4 tsp black pepper

1/2 c chopped onion (peeled)

1/2 cup chopped celery

1 tbsp avocado or olive oil

2 tbsp coconut flour or tapioca starch (Almond flour works too but does not hold together as well as other flours)

1/2 cup coconut milk or cream without additives (see notes for alternatives)

1/2 tsp chili pepper or red pepper flakes

Parsley to garnish (optional)

Instructions

1. Wash and clean your veggies.

2. Preheat oven to 350F.
3. Oil a 9x 13 shallow casserole dish. Set aside.
4. Ribbon cut or spiralize your zucchini into noodles. Press/squeeze as much excess water out of them as you can. You can do so with a paper towel. Set aside.
5. In another bowl, combine your tuna (drained), mayo, green chiles, chives, mustard, pepper, and garlic powder. Mix thoroughly. Set aside.
6. Oil a medium skillet. Add in your onion and celery and seasoning of choice. Cook for about 6 minutes on medium or until onion brown a bit.
7. Next add your coconut flour and milk to the skillet. Stir together with the celery and onion mix until no longer clumpy. This basically acts as a thickener. It's okay if it's not a smooth mixture, just make sure it's mixable when adding to the zucchini noodles.
8. Add your zucchini noodles to the skillet and toss all together. Cover and let the noodles and mix cook together for 1 or 2 minutes on medium heat until zucchini is softened but not thoroughly cooked. Don't let it get soggy.
9. Remove skillet from heat and pour contents into a large bowl.
10. Mix your tuna/green chile mix in the same large bowl (with the zoodles/milk/onion mix).
11. Toss everything together.
12. Pour mix from the large bowl into your casserole dish. Top with extra seasoning of choice.
13. Bake for 10 -15 minutes or until edges are brown.
14. Broil last minute or so to make crispier edges.
15. Remove from oven.
16. Garnish with optional parsley, chives, and top with red chili pepper flakes.
17. Serve immediately.
18. Keeps well in sealed container in fridge for up to 1 week. Freezes for up to 6 weeks but will contain extra water once thawed out.
19. See notes for tips and Whole30 suggestions or regular Paleo options.

Recipe Notes

Whole30 Brands we use - Primal Palate Spices, Safe Catch Foods Tuna, Annie's Homegrown Mustard (no sugar added), Primal Kitchen, Betterbody foods coconut flour, Bob Red Mills Tapioca Starch.

Regular PALEO options. If you are not needing whole30 approved, you can use almond milk and almond flour instead of the coconut flour/milk.

You can also use a lighter mayo.

Feel free to freeze this dish, but it will have extra water once thawed due to zucchini. I simply add in more flour or a bit more fresh zucchini.

Updated: if the coconut flour/milk mixture is too clumpy, try sifting your coconut flour beforehand. OR you can just add a few more tbsp coconut milk while mixing. You want this to be your "thickener" for the casserole. The flour will also add a little crunch when baked.

Please comment or email me if you have ANY questions!

EASY JALAPEÑO SHRIMP VEGGIE BAKE {LOW CARB, GRAIN FREE}

Preparation: 10 min Cook Time: 45 min Total Time: 0:55 min

Serves: 4-5

Ingredients

- 16 medium shrimp (peeled, thawed)
- 2-3 chopped garlic cloves
- One large tomato (sliced 1/3 inch thick)
- 2 summer yellow squash (sliced 1/4 inch thick)
- One jalapeño, sliced and deseeded. Or keep the seeds for extra spice.
- 1/4 cup red onion (sliced or chopped)
- 1/3 cup Parmesan crumbles (nutritional yeast if you are avoiding dairy)
- 1/2 cup almond flour
- 1/4 teaspoon sea salt and black pepper each
- 1/2 teaspoon chili pepper flakes or seasoning
- 1 tablespoon softened or melted butter (see below for other options)
- 1/3 cup cream (or coconut cream works as well)
- Two eggs
- Cilantro and additional chili flakes for toppings and garnish

Instructions

1. First make sure your shrimp are peeled and thawed out. Preheat oven to 350F.
2. Next make sure all your veggies are sliced and layer them evenly into a greased or oil casserole dish. Place shrimp on top or mixed within the veggie layers.
3. In small bowl, mix your eggs, garlic, almond flour, butter, cream, and seasoning.
4. Pour this evenly over your shrimp and veggie dish. Then add your parmesan on top (evenly).
5. Bake at 350 Fahrenheit for 45 minutes. Depending on your oven, it could be less. Just want to make sure that your shrimp is cooked and your veggies are nice and tender so be sure to check at 30 minutes just in case. The top should be a little golden brown due to the baked Parmesan.
6. The eggs should be cooked through.

7. Once cooked, remove and add cilantro on top!
8. Feel free to season with additional salt-and-pepper and chili flakes as well.

Recipe Notes

You can use non-dairy butter or olive oil if desired but the taste and consistency might be a little different. Check around 35 minutes to see if the veggies cook faster.

Zucchini works in place of yellow squash too!

Notes on consistency: the egg/butter/cream mixture acts as a base almost like a frittata. You will want to make sure that's cooked through as well. If you find the consistency too runny, use less cream or one less egg.

Notes on flour substitutes: Thanks to a reader, Gail, for informing me about this. She used coconut flour in place of almond flour. It is in a ratio of 1/4 of the almond flour. So, in this recipe you will use 2 tablespoons instead of 1/2 cup almond flour. Add a little extra liquid.

DESSERT

FLOURLESS PEANUT BUTTER CHURRO CUPCAKES WITH COCONUT FROSTING {PALEO OPTION}

Preparation: 10 min Cook Time: 20 min Total Time: 0:30 min

Serves: 12

Flourless Peanut Butter Churro Cupcakes with Coconut Frosting. Ready in 30 minutes with paleo option included.

Ingredients

- 1 c no stir natural peanut butter or almond butter (creamy)
- 2 bananas
- 2 eggs room temperature
- 1/2 tsp baking powder
- 1/2 tsp baking soda or cream of tarter
- 1/3 c peanut our/powder or cocoa powder (either work)
- 1/4 – 1/ c honey or maple syrup
- 3 tsp to 1/2 tbsp cinnamon (extra for coating)
- Optional Butter extract or cinnamon extract
- 1 tsp Vanilla extract
- Pinch of Salt
- 1/4 cup melted butter or coconut oil (or clarified butter/ghee)
- 1/2 cup coconut sugar or palm sugar for rolling cupcakes in

Coconut Frosting

- 1 or 2 cans coconut milk/cream (equals about 6 oz cream or 13 oz milk)
- Cinnamon (to taste)
- 2-4 tbsp honey (depending on how sweet you'd like)
- Optional peanut butter or almond butter to mix in frosting

Instructions

1. First, you are making the frosting, go ahead and place your coconut cream in fridge to chill for at least 12 hrs. Do this the night before. You will be making this coconut vegan frosting

[\(http://www.cottercrunch.com/how-to-makecoconut-cream-vegan-frosting/\)](http://www.cottercrunch.com/how-to-makecoconut-cream-vegan-frosting/)

2. For the cupcakes, preheat oven to 350F. Grease or line a 12 pan muffin pan or cupcake pan. Set aside.
3. In a blender or mixer (food processor). Blend your banana and peanut butter or almond butter until mixed and smooth batter is formed. Place in large bowl.
4. In a small bowl, whisk or beat your eggs and vanilla.
5. Combine your egg mix with your banana and nut butter. Fold in and gently mix your 1/4 to 1/3 cup honey, baking powder, baking soda, pinch of salt, and cinnamon. If you are adding cocoa or peanut flour, add it here as well and mix thoroughly until batter is smooth.
6. Pour into lined baking pan muffin cups. Filling about 2/3 to 3/4 full.
7. Place in oven for about 20 minutes.
8. While cupcakes baking. Make your coconut vegan frosting (<http://www.cottercrunch.com/how-to-make-coconut-cream-vegan-frosting/>) and churro dipping batter.
9. For the frosting, follow my coconut frosting recipe. Place your chilled coconut cream (just the solid part) in a bowl. Add in a few tsp of cinnamon, 2-4 tbsp honey, optional 1/2 tbsp nut butter and vanilla. Mix on low until creamy. Place in fridge until ready to top cupcakes.
10. Take cupcakes out of oven and let cool.
11. Next melt your butter or coconut oil in one bowl. Add your 1/2 cup coconut sugar to another bowl.
12. Once the cupcakes are cooled, dip each in the melted butter then roll in coconut sugar. Place on a tray or large plate. Repeat for all 12.
13. Spread your frosting onto each cupcake. You can use a piping bag or simple place frosting in a ziplock bag, cut the corner, and decorate each. Top each with a sprinkle of cinnamon/sugar.
14. Store in fridge until ready to serve. These also freeze well!
15. NOTES: you will have extra frosting, coconut sugar, and butter.
16. PALEO option: Use grassfed butter or coconut oil to coat. Use almond butter instead of peanut butter.

Recipe Notes

NOTES: you will have extra frosting, coconut sugar, and butter. PALEO option: use grass fed butter or coconut oil to coat. Use Almond butter instead of peanut butter.