

# COTTER CRUNCH KID-FRIENDLY, DAIRY FREE GLUTEN FREE MEAL PLAN



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# **BREAKFAST**

# CINNAMON ALMOND FLOUR BREAD {PALEO}

Prep Time 10 Cook Time 30 minutes 40 minutes Total Time 0:00

Serves 8

Soft and delicious Cinnamon Almond Flour Bread. Lightly sweetened, paleo, and simple to make.

## Ingredients

- 2 cups fine blanched Almond flour (I used Bob's Redmill)
- 2 tbsp Coconut flour
- 1 /2tsp sea salt
- 1 tsp Baking soda
- 1 /4cup Flax seed meal or chia meal (ground chia or flaxseed, see notes for how to make your own)
- 5 Eggs and 1 egg white whisked together
- 1.5 tsp Apple cider vinegar or lemon juice
- 2 tbsp maple syrup or honey
- 2 -3tbsp of clarified butter (melted) or Coconut oil; divided. Vegan butter also works
- 1 tsp cinnamon plus extra for topping
- Optional chia seed to sprinkle of top before baking

## Instructions

- Preheat oven to 350F. Line an 8x4 bread pan with parchment paper at the bottom and grease the sides.
- In a large bowl, mix together your almond flour, coconut flour, salt, baking soda, flaxseed meal or chia meal, and 1/2 tablespoon of cinnamon.
- In another small bowl, whisk together your eggs and egg white. Then add in your maple syrup (or honey), apple cider vinegar, and melted butter (1.5 to 2 tbsp).
- Mix wet ingredients into dry. Be sure to remove any clumps that might have occurred from the almond flour or coconut flour.
- Pour batter into a your greased loaf pan.
- Bake at 350° for 30-35 minutes, until a toothpick inserted into center of loaf comes out clean. Mine too around 35 minutes but I am at altitude. Remove from and oven.
- Next, whisk together the other 1 to 2 tbsp of melted butter (or oil) and mix it with 1/2 tsp of cinnamon. Brush this on top of your cinnamon almond flour bread.
- Cool and serve or store for later.

## Recipe Notes

For storage, it's best to keep wrapped in foil or ziplock in fridge. The bread freezes well for meal prep.

If you use a larger pan, the loaf slices will be less fluffy but equally delicious.

To make the flaxseed or chia meal, simply place the flaxseeds or chia seeds in a coffee grinder and grind until a fine meal is formed.

Adapted from one of my favorite blogs - [Elana's](#) Pantry

**Estimated Nutrition per Slice:**

230-240 calories; 16 grams of fat; 2 grams of saturated fat; 11-12 carbohydrates; 4 grams of fiber; 3 grams of sugar; 9 grams of protein. 9 % Iron 10% calcium

# APPLE PIE PEANUT BUTTER MUG CAKE {VEGAN, GLUTEN FREE}

Prep Time 2 min Cook Time 2 min Total Time 0:04

Serves 1

Vegan Apple Pie Peanut Butter Mug Cake! A vegan mug cake that taste like dessert!  
Grain free, gluten free, ready in less than 2 minutes.

## INGREDIENTS

- 4 tbsp peanut flour (see notes for alternative)
- 1 tbsp coconut flour (fine)
- 1 /2tsp baking soda
- 2 tsp cinnamon
- 1 /2tsp Apple Cider Vinegar
- 2 -3tsp coconut oil (make sure it's melted or in liquid form)
- 1 /4tsp vanilla extract
- pinch of salt
- chopped apple (1-2 tbsp)
- 1 /2to 1 tbsp coconut sugar (adjust /2to your liking)
- 5 tbsp water

## **TOPPINGS**

- chopped nuts
- cinnamon sugar or maple syrup
- melted peanut butter 2 tsp

## INSTRUCTIONS

1. First chop an apple or place in food processor. You only need a little bit so save the rest for another mug cake later.
2. Next place all your dry ingredients plus apple in a bowl. You could use the mug you are using but I find that it mixes more evenly in a small bowl first.
3. Then place your oil, vinegar, and extract in three different spots on top of the dry mix.
4. Pour your water on top and gently stir. You will see a few bubbles.
5. Pour this mixture into large mug that has been greased or oiled.
6. \*Notes: \* Since the peanut flour and coconut flour are thick, you will need to press this mixture down into the mug with a spoon or hands, gently.
7. Microwave on high for 90 seconds to 2 minutes depending on your power. Check at 90 seconds if you want to be sure it's rising.
8. Remove from microwave, let it cool a minute.
9. Flip over onto a plate.
10. Drizzle with a few 2 tsp of melted peanut butter, a 1/2 tbsp chopped nuts, and either a cinnamon sugar or maple syrup.
11. feel free to add more apple on top too!
12. DIG IN!!
13. Repeat for another. Go for it!
14. These keep well in fridge all week and are great for snacks!

## RECIPE NOTES

If you don't have peanut flour, try a gluten free flour or a vegan pea protein.

Start off with microwave 90 seconds. Adjust time from there depending on your microwave power.

# BOSTON CREAM PIE BANANA OATMEAL {DAIRY FREE, GLUTEN FREE, PROTEIN PACKED}

Prep Time 5 min Cook Time 15 min Total Time 0:20

Serves 3

Dairy Free Boston Cream Pie Banana Oatmeal; a gluten free "superfood" dessert breakfast made with natural ingredients and packed with protein.

## INGREDIENTS

- 1 /4 cups gluten free quick oats. If using whole oats just use 1 cup. (we use Love Grown Super Quick Oats. See notes for link)
- 1 ripe small banana
- 1 /4-1/3 cup coconut cream or milk (thickened portion that's solid) (regular or lite)
- 8 -10 oz almond milk (or chocolate almond milk)
- dash of salt
- 1 egg or for lighter version use 1/4 cup egg whites
- 1 /4tsp vanilla extract

## ***TOPPINGS FOR OATMEAL***

- 1 /4tsp butter extract (optional)
- 2 -4ounces coconut or non-dairy yogurt for topping
- 2 tbsp of a Vanilla vegan protein powder (a type of pea protein works best for texture).
- Honey or maple syrup (sweetened to your preference)
- 1 oz (around 4 tbsp) Melted dark chocolate chips (enjoy life dairy free brand)
- optional cacao nibs to top.

## INSTRUCTIONS

1. See notes for microwave version. But best texture comes from stove top.
2. First, blend or mash your banana so it's almost pureed.
3. Next, mix your cream and almond milk. Place on stove top in small pan and bring to a soft boil. Don't actually boil, just close to it . Add in your oats or quick oats and pinch of salt. Stir in your whole egg (or egg whites if you want lighter version).
4. . Add 1 tsp vanilla extract and your banana mixture.
5. Cover and let it sit on low or off for 5 to 10 minutes. If you have regular oats, then you will need to cook according to package. Usually around 20 minutes. The egg should create a thicker texture with the egg (or egg white) portion cooking within the oats. You can see it getting thicker. Stir a few times while cooking.
6. Once oats are cooked. Spoon into bowls.
7. Make the "custard" topping.
8. In a small bowl, mix 1/2 cup of coconut or non- dairy yogurt 1-2 tbsp of vanilla protein powder, and any sweetener you desire. my trick Add in butter extract and spoonful of honey to make it taste more like custard. Mix together until thickened.
9. Place chocolate in microwave dish. Cook until melted. Usually takes 2 x 30 seconds with stirring.
10. Spoon yogurt mix on top of each bowl. Drizzle your dark chocolate sauce on top.
11. Sprinkle with extra cacao nibs or maple syrup/honey if desired.

## RECIPE NOTES

If you are looking for gluten free quick oats, we use [Love Grown Super Oats](#)

For dairy free [dark chocolate chips](#)

You can make this in the microwave with quick oats. Just mix the milk and eggs together. Mix in with the oats ingredients and divide into 2 to 3 bowls. Cook one bowl at a time in microwave. Topping is same on each.



# FROZEN PEANUT BUTTER SUPERFOOD SMOOTHIE BOWLS {VEGAN}

Prep Time 5 min Cook Time 1 min Total Time 0:06

Serves 2

## INGREDIENTS

- 1 tbsp melted organic coconut oil
- 1 /2to 1 tbsp creamy natural peanut butter
- 8 -10ounces of almond or coconut milk
- 1 scoop or 30-40 grams vegan protein (we used Better Body Foods LivFIT)
- 1 tbsp chia (some for topping as well)
- 1 tsp honey, maple syrup, or agave.
- 1 cup frozen berry blend
- optional ice if you want extra thick
- optional cinnamon
- optional 1/4 tsp vanilla extract

## INSTRUCTIONS

1. first combine your melted coconut oil and peanut butter. It's easier to mix if both are melted. Spoon into freezer trays and let them freeze.
2. Once frozen, combine your frozen peanut butter/coconut oil with the rest of your ingredients in a blender. Use less milk and add a handful of ice if you want extra thick.
3. Pour into bowls and add a drizzle of peanut butter, or pb flour, chia, and more honey/agave if desired.
4. SPOON up!

## RECIPE NOTES

Serving size: 1 bowl Calories: 265 Fat: 15 Saturated fat: 6 Carbohydrates: 22 Sugar: 13  
Fiber: 6 Protein: 13

## **SNACKS/DESSERTS**

# PEANUT BUTTER PROTEIN BUCKEYES RECIPE {VEGAN, PALEO OPTION}

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

Serves 8 small buckeyes

A Buckeyes Recipe Packed with Protein! These Vegan Peanut Butter Protein Buckeyes are super easy to make and coated in dairy free dark chocolate. Gluten free with a Paleo option. A classic Buckeyes Recipe with a healthy boost! No baking required.

## Ingredients

- 1/4 cup natural peanut butter (almond butter if paleo)
- 1 scoop protein powder 32 to 34 grams; can substitute with 2 tablespoons of powdered peanut butter/peanut flour. (See notes for paleo protein choices)
- Almond or Coconut Milk of choice, as needed
- 1/4 cup / 4 chocolate chips of / 4 chocolate (dairy-free/sugar-free, if necessary). We use Enjoy Life Vegan Dark Chocolate. Unsweetened / 4 chocolate for lower sugar.
- 1 tablespoon coconut oil
- You can easily double ingredients to make a bigger batch of buckeyes

## Instructions

1. You will most likely not need to use the full amount of the chocolate coating. If desired, feel free to coat each ball entirely in it.
2. (Paleo option) Swap out the peanut butter for smooth almond butter or cashew butter.
3. In a small mixing bowl, combine the peanut butter with the protein powder and mix very well. The mixture should be incredibly crumbly. Using a tablespoon at a time, add your milk of choice until a very thick batter remains. Form the batter into small balls and immediately place them in the freezer to firm up.
4. In a small microwave-safe bowl or on the stovetop, melt your chocolate chips together with the coconut oil. Allow the mixture to sit for 2 to 3 minutes to cool slightly. Remove the balls from the freezer and, using a spoon, dip half of each ball in the chocolate mixture until each buckeye has a half-moon chocolate coating. Refrigerate for 15 to 20 minutes more, until the chocolate has hardened.

## Recipe Notes

You can easily double ingredients to make 15-16 buckeyes. I did so and got around 14-15 small buckeyes.

For Paleo friendly Protein check out [\[Primal Fuel\]](#) by Primal Kitchen

\* Nutritional Information: Calories 118, Protein 5 grams, Fat 8 grams, Fiber 1 gram\*

# TROPICAL CASHEW NO BAKE SNACK BARS {PALEO}

Prep Time 00:10 Cook Time 00:00 Total Time 0:10

Serves 9-10

***Tropical Cashew No Bake Snack Bars** is a vegan, paleo, healthy snack bars recipe, inspired by my love for Hawaiian flavors! With dried pineapple, cashew, coconut, lime, and a coconut glaze, this easy dessert style snack bars recipe has an explosion of tropical flavor!*

## INGREDIENTS

- 1 /4 cup dried pineapple
- 1 cup raw cashews
- 1 /3cup pumpkin seeds
- 1 /2cup shredded unsweetened coconut
- 1 /4cup sunflower seed butter or other creamy no stir nut butter of choice.
- 1 tsp vanilla
- parchment paper for 8x8 pan.
- Ingredients for the Frosting/Coconut Icing/ Top Coat
- 1 /2cup coconut butter/oil
- 1 tbsp maple syrup
- Lime juice
- Lime Slices

## INSTRUCTIONS

First Line an 8x8 pan with parchment paper. Set aside.

In a blender or food processor, blend together 1 1/4 cup dried pineapple, 1 cup cashews, 1/3 cup pumpkin seeds, 1/2 cup of your coconut. You might have to scrape down sides a few times.

Next Add in your 1/4 cup sunflower seed nut butter (or other smooth nut butter of choice), vanilla, and blend again until batter is combined and starting to stick together.

Press batter into 8x8 pan.

Finally, make the **frosting/icing for the top.**

1/2 cup coconut butter/oil

1 tbsp maple

Lime juice

Blend 1 tbsp lime juice, 1 - 2 tbsp maple syrup, and softened coconut oil or butter until smooth. Spread over bars. Place in fridge to chill for 30 minutes.

Remove from fridge and slice into squares.

Drizzle a little maple syrup on top. Then a sprinkle of shredded unsweetened coconut. Add a slice of lime on top of each bar.

Keep bars in fridge. They will be fine at room temperature for 1 hour or so before the icing starts to melt.

Super easy to freeze as well!

## RECIPE NOTES

Super easy to freeze as well!

If you don't have sunflower seed butter, try smooth no stir almond butter.

**Nutrition per bar with icing:** (estimated) 250 calories, 17 grams of fat, 20g carbohydrates, 10 grams of sugar, 4 grams of protein

# 3 INGREDIENT FRUIT HAND PIES {GLUTEN FREE, DAIRY FREE FRIENDLY}

Prep Time 15 min Cook Time 30 min Total Time 0:45

Serves 4-6

Fruit Hand pies made with just 3 ingredients! Gluten free, easy, real food based.

## INGREDIENTS

- [3 Ingredient Gluten Free Pie Crust](#) one batch using half a loaf of gluten free bread See notes for substitutes
- 8 -10 ounces organic fruit pie filling (I used non-gmo Apple Pie filing with cinnamon and nutmeg)
- butter or melted coconut oil/vegan butter for brushing
- optional ingredients see notes

## INSTRUCTIONS

1. First make sure you have your gluten free pie crust dough ready. It's super EASY! Chill dough in fridge if you have time. About one hour.
2. Next roll out the dough using a rolling pin and parchment paper between the dough and rolling pin. Or sprinkle with gluten free flour so it doesn't stick.
3. Once you get it flat, about 1/4 to 1/8 inch, cut the dough in 5 to 6 inch circles. You can use a lid from a pan or tupperware lid.
4. Do this to make about 4-5 circles.
5. Place 1 tbsp or so of fruit pie filling in the center.
6. Gently fold dough in half to seal the pie. Press ends together then prick edges with a fork.
7. Place on baking tray.
8. brush each pie with little bit of melted butter or coconut oil.

9. Bake for 30 minutes give or take.
10. They should come out golden brown edges.
11. Serve right away or cover in plastic (once cooled) and keep in fridge.
12. Reheat in microwave before serving.
13. If you want to double recipe be sure to make two batch of the dough, then combine the two.  
Best to use white gluten free bread.

## RECIPE NOTES

If you want to double recipe be sure to make two batch of the gluten free pie crust dough, then combine the two. Best to use gluten free [white bread](#)

If you have no time to make the dough, trying buying the pre-made gluten free dough at the store and rolling it out VERY thin. I know whole foods carries a few gluten free pre-made dough brands in the freezer section.



**LUNCH**

# SMASHED MEXICAN BEANS AVOCADO TOAST RECIPE {GLUTEN FREE, VEGAN OPTION}

Prep Time 10 min Cook Time 10 min Total Time 0:20

Serves 6

Smashed Mexican Beans Avocado Toast Recipe. A Gluten Free, Vegan Friendly Avocado Toast Recipe loaded with simple, yet spicy, ingredients. Make for a main meal or even a healthy appetizer!

## INGREDIENTS

- 2 cups cooked pinto beans (I used my [Mexican Beans](#) recipe. Or see notes for Organic Canned Beans)
- 2 garlic cloves
- 1 red chili pepper or jalapeno,
- 1 /2tsp Salt and pepper each (divided)
- 1 /2cup chopped onion
- 1 tsp smoked paprika or regular paprika
- 6 -7slices Gluten Free bread
- 1 tsp oil (if toasting bread in oven)
- 1 avocado
- 1 tomatillo - sliced thin
- 1 /3cup cherry tomatoes (small handful cut into quarters)
- Olive Oil to drizzle
- Cilantro
- Any additional spices to sprinkle on top -optional. example chili powder, red pepper flakes, onion powder, or Mexican seasoning, etc.

## INSTRUCTIONS

1. First Blend together the first 6 ingredients (beans, 2 garlic cloves, chili pepper/jalapeno, 1/4 salt/pepper, onion, and paprika. Best to use a blender or food processor. You will want to Pulse in processor until mixture is "smashed" or mashed like. See pictures.
2. Once blended, taste to see if needs to more salt/pepper and adjust. Set aside in small bowl or container.
3. Toast your bread in a toaster, toaster oven or conventional oven. I found it tasted best in oven on a sheet pan. Just preheat oven to 350F. Add 1 tsp oil to each slice, place on sheet pan, then toast for 10 minutes on each side.
4. Once you have your bread toasted, remove and layer to make your avocado toast recipe.
5. Add 1-2 tbsp mashed avocado on toast.
6. Next spread 2-3 tbsp of your mashed Mexican bean mix on top..
7. Place a few slices of tomatillo on top of each bread along with and cherry tomatoes.
8. Cilantro to garnish.
9. Additional [Mexican seasoning](#) of choice, Salt, cracked pepper, and then drizzle olive oil on top of each avocado toast.
10. Note There will be extra Smashed Mexican bean spread. Store in air tight container in fridge until you are ready to eat again. It make s a great dip too!

## RECIPE NOTES

Note There will be extra Smashed Mexican bean spread. Store in air tight container in fridge until you are ready to eat again. It makes a great dip too!

For breakfast avocado toast, just add an egg on top! For quick beans, you can use [Organic Canned Pinto Beans](#)

Nutrition Estimated 200 calories per toast . 7 Grams of fat., 29 carbs, 7 grams protein, 7 grams fiber

# GARDEN VEGGIE VEGAN BUDDHA BOWL (GLUTEN FREE)

Prep Time 10 min Total Time 0:10

Serves 2

Nourishing Garden Veggie Vegan Buddha Bowl! A Wholesome and healthy gluten free Buddha bowl recipe the whole family loves.

## INGREDIENTS

- 2/3 to 1 cup cooked rice (blended wild and white or brown)
- 2/3 to 1 cup cooked quinoa
- 1 cup whole radish (about 5-6)
- 1/2 cup crunchy spicy peas or chickpeas (see notes roasted spicy peas for homemade version)
- 1/4 cup roasted pumpkin seeds
- 1/3 cup raisins or dried berries
- 2 cups (bunched) watercress
- 1 shallot sliced
- Fresh basil
- Sea salt and pepper to taste
- 1 tbsp Oil and vinegar or my goddess dressing (see notes for link to recipe)
- Optional - 1/2 tsp crushed garlic mixed in rice or with dressing

## INSTRUCTIONS

1. First make sure your rice and quinoa are cooked. Follow instructions according to package or just use leftovers from another dish. I like to place a mix of quinoa and rice in the rice cooker and use throughout the week. See my notes in post.
2. Next slice your radishes and shallots.

3. Clean and remove stems from watercress.
4. Arrange all ingredients in one big bowl or two smaller bowls.
5. Garnish with basil, sea salt, and pepper.
6. Drizzle with 1 tbsp olive oil/vinegar.
7. ENJOY!

## RECIPE NOTES

If you want to make a creamy dressing, try my [green goddess dressing](#) with this. Soo good!

if you want to make homemade roasted spicy peas, see my recipe [wasabi pea recipe](#)

# EASY CROCK POT PARSNIP HAM CHOWDER {PALEO}

Prep Time 10 min Cook Time 3 hr Total Time 3:10

Serves 4-5

A Ham chowder soup with parsnips and sweet potatoes! This crock pot paleo ham chowder is wonderful way to use up your leftover Holiday ham!

## INGREDIENTS

- 4 parsnips, sliced. Tops cut off
- 1 large sweet potato (peeled, sliced)
- 1 cup chopped onion
- 1 tbsp olive oil
- 4 garlic cloves or 1 to 1.5 tsp minced
- 4 basil leaves (stems removed)
- 1 tsp sea salt
- 1 /2tsp black pepper
- 1 /2cups to 2 /2cups chicken broth (the less broth the thicker)
- 8 ounces diced smoked or honey ham (for Whole 30 omit honey. Leftover holiday ham works great)
- 10 ounces almond milk or coconut milk
- 2 tbsp potato starch or tapioca starch for thickening
- 2 tbsp coconut aminos or gluten free soy sauce/tamari (if whole 30 or paleo, use a coconut aminos)
- extra salt and pepper to taste
- Extra herbs, olive, oil, coconut cream, and optional parmesan for topping/garnish.

## INSTRUCTIONS

1. Make sure your veggies (parsnips, potato, and onion) are peeled and sliced or chopped.
2. Place veggies in crock pot with broth, basil, garlic, olive oil, 1 tsp salt, and 1/2 tsp pepper.
3. Cover and place on high for 2 hours or until vegetables are tender.
4. next add your almond or coconut milk.
5. Blend with hand blender until all is pureed and creamy.
6. Add in the rest of your ingredients. Diced leftover Ham, potato starch, tamari/soy sauce, extra salt/pepper to taste, and any other seasoning of choice.
7. Mix again.
8. Place on low for another hour.
9. When creamy and fragrant, it's ready to serve.
10. Serve into bowls and drizzle a little olive oil, cream/milk, pepper, herbs, and optional parmesan over each bowl.
11. Enjoy!

## RECIPE NOTES

If you are not paleo, feel free to use real cream or half and half. This soup will freeze well.

Any leftover ham will work well with this soup, but I think smoked or maple ham is delish if you don't have parsnips, carrots or cauliflower will work but will cook faster.

**DINNER**



# SKILLET MARMALADE MARINATED PORK CHOPS

Prep Time 10 Cook Time 10 Total Time 0:00

Serves 3-4

A one pan skillet marinated pork chops recipes! Sweet, tangy, healthy, delicious!

## INGREDIENTS

- 3 -4 lean pork chops (bone in)
- 1 /2 to 2/3 cup chopped onion
- 1 /4 to 1/3 cup orange marmalade
- 1 /4 cup olive oil
- 1 /4 cup molasses
- salt and pepper to taste
- 1 /4 to 1/2 tsp paprika
- 1 /4 tsp ginger
- orange slices
- rosemary to garnish (optional)
- 2 tbsp fresh orange juice

## INSTRUCTIONS

First whisk together your marinade ingredients: 1/4 – 1/3 cup orange marmalade, 1/4 cup molasses, 1/4 c olive oil, Salt/pepper to taste, 1/2 tsp ground ginger, 1/4 tsp paprika, 2 tbsp juiced orange (fresh)

Place marinade and pork chops in a deep dish. Marinate pork chops in fridge for 10 minutes.

Next Add chopped onion to a skillet (dry) and caramelize 2-3 minutes on medium to medium high heat.

Add your pork chops to the skillet/pan and the remaining marinade from the dish you marinated them in.

Sear/cook on medium high for 8-10 minutes (or until cooked through) flipping the pork chops while cooking. Keep coating pork chops with marinade in the skillet. It will start to get a little sticky which is what you want.

Remove pork chops from hear.

Serve pork chops with a couple of spoonfuls or more of the marmalade sauce from marinade.

Add an orange slice on top a slice, fresh rosemary, and balsamic vinegar or glaze drizzled over.

Salt/pepper added to each as needed.

Pairs well with steamed veggies or leafy greens.

# GLUTEN-FREE PANKO CRUSTED PAPRIKA CHICKEN {HEALTHY QUICK RECIPE}

Prep Time 10 min Cook Time 25 min Total Time 0:35

Serves 6

A Crowd pleasing Gluten Free Recipe! Gluten Free Panko Crusted Paprika Chicken with veggies! Dairy Free Friendly and Ready in under 45 minutes!

## INGREDIENTS

- 2 lbs chicken breast (skinless)
- 200 grams 4-5 pieces gluten free bread (Udis millet/chia bread) -
- 1 tsp or more smoked paprika
- 1 /2tsp garlic powder
- pinch of ginger
- 1 sprig oregano (extra for garnishing)
- 1 /4tsp turmeric powder (optional)
- salt/pepper to taste (around 1/2 tsp)
- 2 eggs whisked with 1 tsp dijon mustard
- 1 /4cup or more almond meal.
- Extra sea salt to taste

## ***OPTIONAL VEGGIES FOR ONE PAN MEAL***

- 1 /2lb asparagus spears
- Olive or Avocado Oil
- Lemon

## INSTRUCTIONS

1. preheat oven 415F. Clean your chicken and place on large pan or plate.
2. Line a sheet pan with foil or parchment paper. Set aside.
3. Next, tear your gluten free bread into smaller pieces and place in food processor or blender.
4. Add in you garlic, paprika, salt/pepper, leaves from oregano sprig, ginger, and optional turmeric.
5. Blend until a panko/meal crumb batter is formed.
6. Place gluten-free panko in a small bowl. Place your almond meal in a separate bowl.
7. Whisk your eggs/mustard together in a third bowl.
8. Coat each piece of chicken with almond meal, then generally salt.
9. Douce the chicken in your egg mix then roll it in the panko/bread seasoned mix.
10. Place on sheet pan.
11. Place in oven at 415 F for 25 minutes or so.

## INSTRUCTIONS FOR ADDING VEGGIES

1. If you want to add vegetable, then add your asparagus spears to the pan after the chicken as baked for 10 minutes by itself. Just remove pan from oven, add your asparagus, drizzle 1/2 tbsp olive oil over the asparagus. Then add salt/pepper.
2. Place back in oven for another 15 minutes or until chicken is no longer pink in the middle.
3. Remove and squeeze fresh lemon juice on top of veggies. Serve and garnish with extra oregano leaves, paprika, and pepper.
4. This serves 6 people for 5 oz chicken breast
5. \* Serving sauce Option\* If you don't have a dairy allergy, this goes great with a tangy yogurt dipping sauce or dressing.

## RECIPE NOTES

You can find Udis Gluten-free Chia [Millet Bread](#) and whole foods or most local grocers. It's also available on amazon.

Feel free to use more paprika or smoked paprika!

Estimated Nutrition per 5 ounce crusted chicken breast 250 calories 7 grams fat 7 Carbohydrates 36 grams protein

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

Prep Time 1 hr Cook Time 3 hr Total Time 4:00

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 /2cup 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 /2tsp ground coriander
- 1 /2tsp 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 3hrs. 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 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.



# HONEY MUSTARD BAKED FISH WITH VEGETABLES {ONE PAN MEAL}

Prep Time 15 Cook Time 15 Total Time 0:00

Serves 4

One Pan Honey Mustard Baked Fish with Vegetables {Paleo Friendly}

## INGREDIENTS

- 1 /4cup diced onion
- 1 /2tsp minced garlic (1 clove)
- 1 tbsp clarified butter or oil (i.e olive oil or avocado oil)
- 3 cups diced red potatoes
- pinch of sea salt/black pepper
- 1 /4cup chopped celery
- 2 cups Brussel sprouts (shavings or chopped)
- 1 /4tsp cayenne or smoked paprika
- 2 cod fillets (4oz-5oz each) - Or other white fish such as haddock or tilapia. We use sizzlefish Cod
- 1 /4cup a mustard dressing/vinaigrette (or 3 tbsp honey or dijon mustard with 1 tbsp olive oil and 1 tsp red wine vinegar)
- lemon juice and sliced lemons to go on top
- balsamic vinegar to drizzle
- salt and pepper to taste
- 1/3 cup parmesan cheese or feta cheese to top (Omit for paleo option)
- Parsley and extra lemon wedge garnish
- red pepper flakes (optional to season each plate)

## INSTRUCTIONS

Wash and clean your vegetables and fish fillets. Cut Potatoes into quarters and finely chop brussel sprouts. Or place Brussel sprouts in a food processor to create shavings. Next, lightly pan fry your potatoes in 1 tbsp oil or butter, 1/4 cup onion, garlic, and a pinch of sea salt/pepper

Cook until potatoes are slightly tender and onions start to caramelize. About 10 minutes on medium heat. Next, coat your fillets in the mustard dressing and lemon juice then set aside.

Combine your veggie mix and potatoes/onion together in a casserole pan or sheet pan. Make sure to include all the oil and garlic from the frying pan when you cooked the potatoes.

Mix the vegetables together with splash of balsamic vinegar and your seasoning (paprika, salt, pepper, etc.)

Then place your fish fillets on top. Pour any extra [honey mustard dressing](#) over the entire casserole/pan coating the veggies as well. Sprinkle with optional parmesan or feta cheese.

Bake at 450F for 14-17 minutes. Check how the veggies are doing at 14 minutes. If tender then broil the last minute to make Brussel sprouts crispy!

Remove and garnish with red pepper flakes and parsley if desired.

Salt/pepper to taste.

## RECIPE NOTES

To make paleo, omit cheese.

You can use Cod, Haddock, or any other white fish. Tilapia will cook faster so be sure to check on that during baking process.

### **Estimated Nutrition:**

230- 240 calories, 7-8 grams of fat, 23 carbohydrates, 3 grams fiber, 2 sugars, 17 grams of protein.