

Spring Cleaning Eating Gluten Free Meal Plan

from

cotter
CRUNCH

Healthy Gluten Free Recipes One BITE at a Time!

© Cotter Crunch All images & content are copyright protected. Please do not use any text or images without prior permission.

BREAKFAST

FLOURLESS HONEY OAT RICOTTA MUFFINS {GLUTEN-FREE}

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

Yields 10-12 muffins

Flourless Honey Oat Ricotta Muffins are easy to make for a healthy breakfast or snack!

INGREDIENTS

- 2 cups (160 g) gluten free rolled oats (quick or old-fashioned), divided
- 2 tbsp (14 g) ground flaxseed
- 2 tsp (8 g) baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 2 large eggs
- 1/4 cup (64 g) almond butter
- 1/2 cup (170 g) honey
- 1 tsp vanilla extract
- 3/4 cup (165 g) organic ricotta cheese (regular or light)

DIRECTIONS

1. Preheat your oven to 350F (177C) and prepare a muffin pan by lining with parchment paper liners. Set aside
2. Add 1 1/2 cups (121 g) oats, ground flaxseed, baking powder, baking soda and cinnamon to a high-speed blender, and process on high for about 10 seconds or until the oats have broken down into the consistency of a fine flour.
3. Add all of the remaining ingredients except for the ricotta and remaining 1/2 cup (40 g) rolled oats and process on high for about 30 seconds or until the batter becomes smooth and creamy. Periodically stop and scrape down the sides of your blender, as necessary.

4. Transfer the batter to a medium-sized mixing bowl and fold in the ricotta cheese and remaining rolled oats by hand, mixing well to ensure that everything becomes fully incorporated.
5. Spoon the batter into the prepared muffin cups, filling each one about $\frac{3}{4}$ of the way full.
6. Bake for 15-17 minutes, until the tops of your muffins begin to turn golden brown and a toothpick inserted into the center comes out clean. Allow the muffins to cool in the pan for 10 minutes before transferring them to a wire rack to cool completely. As soon as they've cooled, transfer them to an airtight container and store them at room temperature for up to 5 days, or freeze for up to 3 months.

RED VITALITY SUPERFOOD SMOOTHIES {VEGAN}

Prep Time 5 Cook Time 00:00 Total Time 0:00

Serves 2-3

Super Red SuperFood Smoothies are packed with a nutrient dense ingredients to boost energy, stamina, and vitality! Healthy, wholesome, paleo, and vegan friendly!

INGREDIENTS

- 1/2 c to 1 cup chopped purple cabbage
- 1 small mango (peeled, core removed)
- 1 small banana
- 2/3 cup cooked beets (about 1 medium beet or 2 small). Raw beets work too but not as smooth in recipe. See notes for how to cook beets.
- 10-14 ounces Unsweetened Silk Almond coconut milk (use less for thicker shakes)
- 2 tbsp Chia seed
- 2-3 tsp fresh ginger or 1/4 tsp ground
- 3 tbsp Maple syrup

DIRECTIONS

Chop your cabbage and place in blender. Next peel your mango and slice. Peel and cook your beets or use precooked. See notes for cooking beets. Place cooked beets, banana, and mango in blender with cabbage. Add 8 ounces of your [almond coconut milk](#). Blend until mixed. If you are using raw beets, the texture won't be as smooth so you might have to blend longer.

Add the rest of your ingredients and remaining milk.

Blend until smooth.

If smoothies are too thick, add more milk. If you want thicker smoothies, only use 10-12 ounces.

Pour into cups.

Serve. Enjoy!

RECIPE NOTES

For COOKED beets - Place beets (peeled and cut) in a large pot of boiling salted water. Reduce heat to a simmer and cook until beets are tender. This can take anywhere between 20-30 minutes depending on the size of beets. Drain after.

BEETS - If using raw beets, texture and taste will be varied. Less creamy. Add a tad more milk or sweetener to help even it out.

Feel free to cook the cabbage a bit before blending for easier digestion.

BREAKFAST BLUEBERRY CARROT CAKE BARS (GLUTEN FREE)

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

Yields 10

Breakfast Blueberry Carrot Cake Bars (Gluten Free)

INGREDIENTS

- 1 1/2 cups Gluten free multipurpose flour
- 1/2 cup Vanilla protein powder
- 1/3 cup almond meal/coconut flour
- 1/3 cup vanilla greek yogurt or dairy free yogurt
- 1 tsp vanilla extract
- 1 tbsp cinnamon
- dash of nutmeg
- 1 egg
- 1/4 cup shredded carrot
- 1 cup coconut or almond milk
- 1/2 tbsp baking powder
- 1/3 cup gluten free fruit/nut granola
- 1/3 cup fresh blueberries
- dash of salt
- 2 tbsp coconut oil (softened, liquid)
- 1/3 to 1/2 cup baking stevia, coconut sugar, or honey for extra sweetness (Optional but recommended if you don't have a sweet protein powder)

DIRECTIONS

1. Combine your flours and dry ingredients first.
2. Then mix in your yogurt, milk, coconut oil, and egg together until smooth.
3. Add your wet ingredients to the dry and stir in berries, granola, and carrots, and extracts and stir until batter is even.
4. It will still be lumpy due to fruit/carrot and granola though.
5. Then pour into 8x8 or 9x9 baking dish (greased) and bake at 350F for 25-30 minutes or until lightly brown on top and center is baked through.

RECIPE NOTES

If you can't do eggs, feel free to take it out. It will work without, just not as fluffy.

QUICK CARROT RICE BREAKFAST NASI GORENG {PALEO}

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

Yields 4-5

Quick Carrot Rice Breakfast Nasi Goreng is the perfect way to utilize those leftover veggies! A stir fried "carrot rice" mixed with egg and sausage. This Indonesian breakfast Nasi Goreng is paleo friendly, super flavorful, and packed full of protein and veggies!

INGREDIENTS

- For the sweet tamari soy sauce You will use 3 tbsp in recipe (*See notes for quick substitute*)
- 3 tbsp tamari sauce (gluten free) or coconut aminos for paleo
- 2-3 tbsp molasses or coconut palm sugar
- 1 tbsp water

SPICY MIX IN SAUCE

- 2 cayenne peppers or thai red peppers
- 3 garlic cloves
- 1/3 shallot (small shallot) or 1/3 cup onion.
- pinch of ground ginger
- Boil/reduce until molasses or sugar dissolved.

****FOR THE CARROT RICE NASI GORENG ****

- 1 tbsp gluten free tamari
- 4 large carrots - "riced"
- Handful broccoli (chopped) or about 1/3 cup
- 1 cup bean sprouts
- 2 eggs (additional egg per bowl to top)

- 1 cup ground cooked chicken sausage breakfast sausage - gluten free (cooked or uncooked)
- 2 tbsp sesame oil or avocado oil
- Salt/pepper to taste
- Cilantro to garnish
- Optional chili paste/sauce (1/4 c or less) and Optional sesame seed to garnish

DIRECTIONS

1. First make your sweet soy sauce (the copycat kecap manis. Boil the tamari, molasses, and water. Then reduce until molasses or sugar dissolved. Put in separate bowl and set aside. If you don't want to make this then just use a gluten free [hoisin](#) sauce.

NEXT MAKE YOUR SPICY MIX IN SAUCE.

1. Blend together your thai or cayenne pepper, ginger, onion/shallot, and garlic. Set aside.
2. "rice" your carrots and broccoli if you haven't already. Just pulse in blender or food processor.
3. Next Add your spicy sauce to a pan with oil.
4. Fry on medium high until fragrant.
5. Add your sausage or chicken sausage meat.
6. Cook on medium high until flavors combine or cooked through. A good 3-5 minutes.
7. Add 2 eggs; fry together for 2 minutes.
8. Add carrot rice , broccoli "rice" or chopped, and bean sprouts.
9. Mix on medium heat.
10. Lastly, Add 3 tbsp of your sweet soy tamari sauce and a dash of pepper and salt. Taste and see if it's to your liking. Adjust salt if needed.
11. Cook for another 1-2 minutes until everything is coated.
12. Serve into 2-3 bowls or as is. Add cilantro and extra sliced thai/cayenne pepper to each bowl

13. Finally, fry a few eggs (on the side or in the same pan) to top each bowl.

OPTIONAL

1. Mix in 1/2 tbsp chili paste mixed in. Optional sesame seed to garnish
2. Enjoy!

FEEL FREE TO ADD EXTRA SPICY SAUCE OR SWEET SOY TAMARI SAUCE TO EACH BOWL YOU WILL HAVE EXTRA SWEET SOY. YOU CAN KEEP EXTRA TO STORE IN FRIDGE FOR 7-10 DAYS.

RECIPE NOTES

If you don't want to make sweet soy sauce, feel free to use Indonesian Sweet Soy Sauce but it is not gluten free or paleo.

LUNCH/SIDES

ZIPPY PEAR GOAT CHEESE KALE SALAD {VEGETARIAN, GLUTEN FREE}

Prep Time 15 min Total Time 0:15

Yields 4

A satisfying ZIPPY pear goat cheese kale salad packed with delicious ingredients and a light honey dressing. Vegetarian, Gluten Free

INGREDIENTS

- 5 oz (140 g) kale (winter red kale works too)
- 1/4 cup (60 ml) olive oil
- 1/4 cup (60 ml) freshly squeezed lemon juice
- 1 tbsp (15 ml) honey
- 1/2 tsp ground cumin
- Sea Salt
- freshly ground black pepper to taste
- 2 large pears, seeded and cut into thin strips (I used Anjou Green pears)
- 1 bell pepper, seeded and cut into thin strips or chopped (see notes for winter seasonal produce option)
- 1.5 oz (43 g) sunflower seeds
- 4 oz (115 g) goat cheese, crumbled
- see notes for optional garnishes

DIRECTIONS

1. Prepare the kale by washing it, drying it and cutting into small, thin pieces. You can also buy the pre shredded bagged in produce section.
2. In a large bowl, whisk together the olive oil, lemon juice, honey, cumin, sea salt and black pepper to taste.

3. Add the kale, pears, bell pepper, sunflower seeds and goat cheese to the bowl and toss really well.
4. Serve right away or place in fridge for later.
5. This salad keeps really well so it's great for meal prep or lunches to go!

RECIPE NOTES

Other seasonal vegetables to use don't have bell peppers - radish, celery, or leeks would be tasty!

I also added a little parsley to garnish on top. It was delish!

ASIAN INSPIRED ZOODLE FLU BUSTER SOUP

Prep Time 5 Cook Time 15 minutes Total Time 20

Yields 3-4

Quick Asian Zoodle Flu Buster Soup! A paleo zucchini noodle soup rich in anti-inflammatory properties. Soothing, delicious, nutritious. Vegetarian and Vegan options!

INGREDIENTS

- 2 zucchini spiralizer about 1 pound or 3/4 lb. pressed to remove water
- 1 tablespoon of sesame oil
- 1 tbsp fresh grated ginger
- 1 tsp minced garlic
- 1 tsp cumin
- 1/2 tsp anise seed
- 1/2 tsp crushed fennel seed
- Pinch of five spice or cinnamon
- Pinch of kosher salt
- Pinch of black Pepper
- 24 ounces vegetable or chicken broth
- 1 tbsp fish sauce or Tamari sauce (gluten free soy sauce)
- Optional 0 1 tbsp asian chili sauce
- 2 - 2 1/2 cups shredded or chopped red or purple cabbage (extra for topping)
- 1 tsp lime juice

Toppings and Garnishes :

- 3 -4 Eggs fried or scrambled (for plating)

- Sliced jalapeño or Thai red Pepper (both work and are delicious)
- handful of chopped Cilantro or thai basil (to garnish)
- 1-2 green onion stalks. Diced green portion
- 1 Lime (cut into wedges)
- Sesame seeds to garnish.
- Crushed salted nuts (cashews, almonds, or peanuts work great).
- sea salt and Black pepper to taste

DIRECTIONS

1. First, clean your zucchini and either spiralize or julienne cut. Press the zucchini between 2 paper towels and remove excess water. Place in a bowl for later.
2. In a medium sauce pan, heat the sesame over medium heat, add in your shallots, garlic, ginger and stir fry until lightly browned. About 1- 2 minutes.
3. While that is browning, crush your fennel seeds. I did this with back of a knife. You just want to crush the fennel seeds to extract more of the flavor.
4. Add in the crushed seeds, cumin, anise, 5 spice, salt , broth, pepper and salt. Bring to a boil, stirring occasionally.
5. Mix in your fish sauce and optional chili sauce.
6. Next, add in chopped cabbage and simmer until the softened, about 2 to 3 minutes.
7. Add the zoodles, and bring to a quick boil again. Then reduce to low and simmer for another 2 minutes or until everything is cooked though and the broth is to your liking.
8. If you are adding egg as topping, do so now. Quickly scramble an egg in a small skillet or fry in 2 tsp oil.
9. Spoon soup into soup bowls and top with extra crunchy raw cabbage and cooked egg.
10. Garnish with sliced jalapeño or Thai red peppers, chopped cilantro, diced green onion, lime wedge, sesame seeds, crushed nuts, sea salt and black pepper.

RECIPE NOTES

Feel free to try this with any spiralized vegetable, just check for doneness when you add the noodles to the broth. Some vegetables take longer to cook.

Vegan option - Use Tamari sauce instead of fish sauce and omit Egg. You can replace egg with cooked sprouted tofu, chickpeas, or even tempeh.

ASIAN SOUTHWEST FUSION EASY KIMCHI RECIPE (PALEO, VEGAN FRIENDLY)

Prep Time 2 hr Total Time 2:00

Yields 2 cups

INGREDIENTS

FOR THE VEGGIE BASE

- 1 head of Nappa cabbage (asian)
- 1 + tbsp kosher salt (see notes for uses)
- 2 -3 tsp sugar (sugar ferments/dissolves which makes it paleo friendly)

THE EXTRA FUSION INGREDIENTS AND ASIAN SPICES TO BLEND

- 2 roasted red peppers (can be from jar) or few tbsp of other pepper (green chiles, jalapeno, etc).
- 2 - 4 tbsp Korean chili powder (or chili pepper flakes if you can't find the Korean). Although the taste and spice will be different. See notes for less spicy version.
- 1/4 c red onion
- 2 tbsp fish sauce (or rice vinegar/GF tamari sauce if vegan)
- 5 garlic cloves peeled
- 1-2 tsp fresh grated ginger
- 1 spring onion - chopped (do not blend, but chopped and mix before sealing)

YOU WILL NEED A LARGE BOWL AND STERILE JARS.

DIRECTIONS

1. First cut your cabbage vertically. Trim the end. The cut into 3 or four more sections.
2. Soak cabbage in sugar/salt mixture to brine. If you are using a course sea salt, you might want to add a little extra salt.

3. Cover in a bowl and set aside. Let sit at room temperature until cabbage is wilted, at least 2 hour and up to 12. It should release about 1/4 to 1/2 cup liquid.
4. Reserve 1 -2 tbsp brine liquid from soak (at the bottom of the bowl).
5. Next gently rinse off your cabbage with purified water. You will want to wash majority of the salt, but not all of it. you need enough salt for the fermentation
6. Squeeze the cabbage over a bowl to get extra juice.
7. Place in cabbage, juice, and 1-2 tbsp brine in bowl.
8. Next blend your fusion ingredients (spices, peppers, paste). Use food processor or blender. Keep the green onion for later. Do not blend that.
9. Mix blended spices/sauce with cabbage and juice/brine in a large bowl. I use my hands to coat it. Mix in the green onion last.
10. Pack the mixture and all leftover juice/reserve in a large mason jar or 2 small jars.
11. Seal jar tight and place in dark area at room temperature for 2-5 days. Check at 2 days and taste to see if its to your liking.
12. You can eat right away or Place in fridge to ferment for a few more days. Then check it around day 7.
13. Store in fridge for up to 3 weeks or 1 month.

I FOUND IT TASTED BEST AFTER 4-5 DAYS AT 77F. THEN I PLACED IT FRIDGE FOR ONE MORE DAY. ENJOYED IT ALL THE FOLLOWING WEEK.

1. **IMPORTANT** Each batch will probably taste a little different depending on how long you ferment and the amount and type of peppers/spices/salt you use. Test it out a few ways to find your favorite ingredient combo and amount.

RECIPE NOTES

If you don't want the kimchi to be super spicy, use less chili powder. Use more for extra spicy!

Same goes with the salt, rinse off more if desired, but flavor will be less potent.

Here's the [Korean chili powder](#) I used. Or you can sub with chili pepper flakes. You can also use a different pepper. The mild kind.

I found it best tasted after 4-5 days at 77F. Then I placed it fridge for one more day. Enjoyed it all the following week.

CHILLED ARTICHOKE AVOCADO SPRING PEA SOUP {RAW, VEGAN, GLUTEN FREE}

Prep Time 10 min Total Time 0:10

Yields 2-3

INGREDIENTS

- 10 oz fresh or frozen green peas
- 1 medium avocado
- 1/3 cup artichoke hearts
- 1 garlic clove
- 2 basil leaves
- 1/2 cup purified water
- 1/2 cup almond or coconut milk
- 1/4 tsp each sea salt and black pepper
- 1/2 tsp red chili pepper
- topping - coconut cream, chili sauce, cracked pepper, and a drizzle of olive oil

DIRECTIONS

1. Peel avocado and remove core. Place all ingredients minus the topping in a blender.
2. Blend on medium to medium high for 2-3 minutes until creamy texture is formed.
3. Feel free to thin it out with extra milk or water.
4. Spoon into bowls and drizzle with chili sauce/olive oil/ and a touch of cream if desired.
5. Garnish with cracked pepper and extra basil.

DINNER

JALAPEÑO SHRIMP VEGGIE BAKE

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

Serves 4-5

EASY Jalapeño Shrimp Veggie Bake {Low Carb, Gluten Free}. Simple to make in a casserole dish or oven safe skillet!

INGREDIENTS

- 10-15 medium shrimp (peeled, thawed)
- One large tomato (sliced 1/3 inch thick)
- 2 yellow squash and/or zucchini (sliced 1/4 inch thick)
- One jalapeño, sliced and deseeded. Or keep the seeds for extra spice.
- 1/4 cup sliced red onion
- 1/3 cup cream or coconut cream
- 2 eggs
- 1 tbsp melted butter or oil (butter works best for texture).
- 2 garlic cloves (1 tsp minced)
- 2 heaping tbsps gluten free starch or 1/4 cups gluten free flour (2 tbsp is using arrowroot or corn starch work best). If using almond flour or other gluten free flour, see notes)
- Sea salt and black pepper to taste (extra for serving)
- 1/3 to 1/2 cup grated parmesan or nutritional yeast needing dairy free option. Feel free to add more for a cheesier topping if desired.
- 1/2 teaspoon chili pepper flakes or seasoning
- Cilantro and additional chili flakes for toppings and garnish

DIRECTIONS

1. First make sure your shrimp is 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 baking dish or pan (casserole dish or cast iron dish work great). Place Shrimp on top or mixed within the veggie layers.
3. In small bowl, mix your cream, garlic, egg, starch, and butter or oil. Whisk together until smooth yellow mixture is form.
4. Pour this evenly over your shrimp and veggie dish. Sprinkle your sea salt and black pepper over casserole dish followed by your grated parmesan, evenly.
5. Garnish with red pepper flakes.
6. Place in oven and Bake at 350 Fahrenheit for 35-45 minutes, depending on your oven. Just want to make sure that your shrimp is cooked and your veggies are nice and tender. Check at 25-30 minutes to see progress. The shrimp will shrink while cooking.
7. ***NOTE*** If you are using small shrimp, you might want to add them last half of baking to ensure not to overcook. The top should be a little golden brown due to the baked Parmesan. The eggs should be cooked through.
8. Once cooked remove and more sea salt, pepper, cilantro on top! Feel free to Season with additional 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 littler different. Check around 25 minutes to see if the veggies cook faster.

Estimated Nutrition for 4 to 4.5 servings

230-240 calories, 8-9 grams of fat, 3.50 4grams saturated fat, 350 mg sodium, 7-8 grams of carbohydrates, 1 gram of fiber, 1-2 grams of sugar, 19-20 grams of protein,

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 for flour substitutes

Thanks to a reader Gail for informing me about this. She used coconut flour in place of starch. It is in a ratio of 1/4 of the almond flour. So, in this recipe you will use 2 tablespoons instead of 1/4 cup almond flour. Add a little extra liquid. You can also use corn starch for those sensitive to coconut.

Family Style Deconstructed Stuffed Bell Pepper Bowls

Prep Time: 10 Cook Time: 10 Yield: 4-5

These gluten free Deconstructed Stuffed Bell Pepper Bowls are family friendly, easy to make, easy to clean up and easy to devour! The combo of lean beef and bell peppers make for one iron-boosting and antioxidant-rich bowl. Dairy free friendly and option for vegetarians included!

INGREDIENTS

For the BEEF (or Turkey) – See notes for Vegetarian Option

1 tsp olive oil

1 lb (455 g) lean ground beef or turkey

2 tsp (7 g) minced garlic

1 cup (150 g) chopped onion

1 cup (150 g) chopped bell pepper

½ to 1 tsp red pepper flakes or Italian seasoning

Fine sea salt or kosher salt, to taste Pepper, to taste

8 oz (230 g) tomato sauce or BBQ sauce

2 tsp (10 ml) gluten-free Worcestershire sauce or tamari

For the BOWLS

3 cups (485 g) cooked quinoa

3 cups (540 g) lightly steamed spinach

1 bell pepper, sliced thin

Handful of fresh torn cilantro

1 green onion, chopped

Handful of sliced cherry tomato

OPTIONAL yogurt cheese or sour cream, for topping

Red pepper flakes,

Hot sauce or Tabasco, optional, for topping

Lemon slices, for garnish

INSTRUCTIONS

To make the meat, heat the oil in a large skillet over medium heat. Add the ground meat and cook until no longer pink, about xx minutes. Drain off any extra fat.

Add the garlic and onion, cooking for 2-3 minutes until fragrant. Add the chopped bell pepper, red pepper flakes, salt and pepper, cooking for 5 minutes. Add the tomato sauce (or BBQ sauce) and Worcestershire sauce, and cook until bubbly, about 5 more minutes.

For the bowl, spoon the quinoa into a large bowl, followed by the spinach. Add in the ground meat mixture, and top with the sliced bell pepper, cilantro, green onion and cherry tomatoes.

Season with salt and pepper to taste.

Toppings: Optional sour cream or yogurt cheese and red pepper flakes, if desired, and garnish with sliced lemon.

NOTES

For Vegetarian Option:

Omit beef and replace with ground tempeh or cooked beans (black beans, chickpeas, or pinto beans work best).

CREAMY SWEET CORN CAULIFLOWER GRITS

Prep Time 10 Cook Time 10 -12 minutes Total Time 0:00

Serves 4

Creamy Sweet Corn Cauliflower Grits.

Sweet Corn Cauliflower Grits is a quick vegetarian one pot meal! Comfort food made healthier! Cauliflower rice "grits," sweet corn, Gruyère cheese, & more!

INGREDIENTS

- 3/4 lbs cauliflower (1 small head of cauliflower or cauliflower florets)
- 1 cup chopped onion
- 2 cup sweet corn (fresh or frozen)
- 1.5 to 2 cups grated Emmi Le Gruyère Cheese (extra for topping)
- 1 tsp minced garlic
- 1 tbsp olive oil or butter
- sea salt/pepper to taste
- 1/2 tsp smoked paprika
- 1 handful chopped basil (extra leaves for garnishing)
- 1 cup spinach leaves
- 3/4 cup coconut milk or cream (feel to to use organic cream as an option)
- Red pepper flakes to garnish
- Optional Peppers - 1 jalapeño (sliced) or chopped bell pepper if you prefer less spicy.
- Optional Sauce to spoon on top- 1/3 cup spicy marinara sauce mixed with 2 tbsp cream and 1 tbsp melted butter. Whisk. Drizzle on each bowl.

OPTION TO MAKE THICKENER - ADD 1 CUP OF COOKED QUINOA TO THICKEN IF DESIRED

DIRECTIONS

- First Rice your cauliflower. The best way to do this is to remove stem, cut the cauliflower into small sections. You can also use florets. Then place 1 handful of the cauliflower into the food processor at a time.
- Pulse until a "rice" texture is formed. Remove, place in a large bowl. Repeat until you have riced all 3/4 lbs of a pound or 1 small head.
- Next, prepare the rest of you vegetables. Cut/slice, etc. Then grate your cheese so that you have it ready for the pan.
Place corn, onion, garlic, oil in pan and sauté on medium high until fragrant. Around 2-3 minutes.
Add riced cauliflower, paprika, spinach, and cream. Add optional jalapeno or bell pepper here if desired.
- Mix all together, then cover and reduce heat for 5 minutes on medium low. Stir in cheese and keep at medium low until cheese is melted in with the cauliflower "rice" grits.
- ***NOTE*** If you would like grits to be thicker here, add optional 1 cup cooked quinoa if desired.
- Remove from heat. Season with sea salt and pepper to taste. Garnish with red pepper flakes and chopped fresh basil to top.
- Serve into bowls.
- Add Tomato sauce topping (optional but SO tasty)
1/3 cup spicy marinara sauce mixed with 2 tbsp cream and 1 tbsp melted butter. Whisk together. Spoon over each serving or bowl.
- Add extra grated cheese and basil leaves to top.

RECIPE NOTES

Feel free to add a chicken, shrimp, chickpeas, egg, or any other protein this dish. Although it is filling by itself.
For more cheese choices that melt well, see www.emmisusa.com

LEEK AND POTATO PAN ROAST

{PALEO, VEGAN, EASY RECIPE}

Prep Time 10 min Cook Time 35 min Total Time 0:45

Serves 4

Seasonal Leek and Potato Pan Roast! Super flavor, healthy, and easy to make all in one pan! A paleo/vegan Spring side dish perfect for any gathering. Whole 30 friendly!

INGREDIENTS

- 1 lb red potatoes or gold potatoes (around 6 small)
- 2 leeks (stem) -sliced
- 1/3 to 1/2 cup sliced red onion
- 1/3 cup to 1/2 cup olive oil or avocado oil
- 1 tbsp balsamic vinegar
- 1 garlic clove (minced)
- 1/2 tsp salt and pepper each (divided)
- 2 cups or more Leafy greens (spinach, kale, etc).
- lemon
- parsley

DIRECTIONS

1. Preheat oven to 425F.
2. Wash your vegetables.
3. Cut off green tops of leeks. Next trim the root of the leeks and slice and rinse well under running water, Cut leeks into 1-inch lengths or less. I made them into small rings but you can also cut lengthwise and fan them out.
4. While the leeks are sitting, slice your potatoes into quarters. Peel and slice your red onion into thin strips.

5. Place all in a bowl.
6. Add 1 minced garlic clove, 1/3 to 1/2 cup olive oil, 1 tbsp balsamic vinegar, 1/4 tsp sea salt, 1/4 tsp or more black pepper, and a squeeze of lemon.
7. Toss all together until all the vegetables are evenly coated.
8. Lay out all the vegetables on a sheet pan. Spread them out evenly.
9. Roast at 425F in the oven for 30- 35 minutes. Turn/Flip potatoes half way through roasting.
10. Remove from oven, set aside.
11. Place your greens (spinach, etc) In a small microwave bowl with a tsp broth or water. Microwave for 30 seconds until greens are softened/steamed.
12. Place your leek, potatoes, and onion in a large bowl with the remaining oil/seasoning from the pan.
13. Add your steamed greens and toss all together.
14. Add another 1/4 tsp salt/pepper on top to season. Fresh lemon juice and parsley to garnish.
15. serve.
16. Store in air tight container and place in fridge if not serving right away.
17. Reheat 5 minutes in oven when ready to serve.

SNACKS/DESSERTS/CLEAN DRINKS

EASY PALEO “BAKLAVA” BARS

{VEGAN FRIENDLY}

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

Yields 9-11

EASY Paleo “Baklava” Bars {Vegan Friendly}

INGREDIENTS

- 1/2 cup chopped hazelnuts (see notes for substitutes)
- 1/2 heaping cup chopped walnuts or pecans (about 1/2 c 2 tbsp total)
- 1/2 cup almond meal
- 1.5 tablespoons coconut oil
- 1/8 teaspoon sea salt or kosher salt
- 1/4 cup honey (maple syrup or brown rice syrup for vegans)
- 1/4 to 1/3 cup creamy tahini or smooth almond butter
- 2 tbsp coconut flour
- dash cinnamon (optional)
- 1 tsp vanilla extract

DIRECTIONS

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, toast chopped nuts, almond meal, coconut oil , and salt until lightly coated toasted, about 2 minutes to 3 minutes max.
3. Mix in honey until it bubbles, then remove from heat and let cool for 5 minutes.
4. Next place your nuts in a bowl and mix in almond butter or tahini , extract, and coconut flour.
5. Spread and flatten into 8x8 dish to cool.
6. Refrigerate or freeze for 30 minutes.

7. Slice into into squares and wrap each square in plastic wrap or foil to hold the texture.
8. 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!

If you prefer, you can use pistachios versus hazelnuts, but they might not bind as well to hold the bars.

ICED BULLETPROOF COFFEE LATTE {BUTTER-LESS VEGAN OPTION}

Prep Time 15-20 Total Time 0:00

Yields 2 small cups or 1 medium

An easy healthy way to use MCT oil is to make Iced Bulletproof Coffee Latte! Butter-less Vegan option also available.

INGREDIENTS

- 10-14 ounces of unsweetened almond or coconut drinking milk (divided)
- 1 to 2 tsp coconut oil or clarified grass-fed butter (vegans use coconut oil, virgin)
- 1 tbsp MCT oil (regular or [flavored](#))
- 1/2c to 2/3c strong brewed coffee (double strength dark roast works best)
- Optional 60 grams of collagen powder (dissolvable)
- 1/2 tsp vanilla
- Optional sweetener of choice - 1 tbsp maple syrup, honey, or xylitol.

DIRECTIONS

1. First, mix 1/3 cup almond milk with 1 tsp coconut oil, mct oil, or melted butter. Pour in ice tray and freeze. You can also use water versus almond milk to freeze. Freeze fore 15-20 minutes or until ice cubes are formed. This is optional. If you prefer to skip the infused ice cubes, just use regular ice.
2. While the ice cubes are freezing, make your coffee. I usually make mine in a french press and double the strength. Place coffee in large container and in fridge to chill.
3. Once the "bullet-proof" ice cubes have frozen and your coffee is cooled, remove from fridge.
4. Blend together the remaining part of your almond/coconut milk with MCT oil and the brewed coffee. You can do this in a blender or by hand. I prefer a blender to get extra frothy! Mix in the vanilla and any sweetener of choice (optional).

5. Pour the blended bulletproof coffee into two small glasses, then add your almond milk ice cubes on top.
6. Sip and enjoy as the ice cubes melt into your coffee giving it even more "buttery" flavor and energy!

RECIPE NOTES

For flavored MCT oil check out Now Foods Chocolate Mocha Or [Vanilla Hazelnut](#).

For HOT coffee, just skip the ice cubes and blend all together when hot.