

**Gluten Free Meal Plan
with 30 Minute Meals
(or Less!)**

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.

SIMPLE BREAKFAST RECIPES

Collagen Protein Smoothie Packs {3 Ways}

PREP TIME: 10 YIELD: 6

DESCRIPTION

3 Protein Smoothie Packs recipes. Freezer ready!

INGREDIENTS

DETOX PROTEIN SMOOTHIE PACKS (Serves 2)

- 1 cup blueberries
- 1 cup spinach or other leafy greens
- 1 tsp grated gingers or 1/4 tsp ground ginger
- 1/2 c grapefruit (peeled)
- 1/2 c to 2/3 c pineapple chunks
- 1 tbsp chia seed
- 3 frozen coconut milk ice cubes (coconut milk frozen)
- 1 scoop Collage Protein or Peptides – we used a Vanilla Coconut Flavor
- Optional – 1/2 c to 1 cup water to blend

ENERGIZING PROTEIN SMOOTHIE PACKS: (Serves 2)

- 1 tbsp unsweetened cocoa or cacao powder
- 1/2 cup almond milk
- 1 -2 servings protein (collagen peptides)
- 2 tbsp peanut butter or almond butter (frozen)

- 1 banana
- 1/4 c gluten free oats
- 1-2 tbsp flaxseed
- Optional – 1/2 c to 1 cup water or almond milk to blend

BEAUTIFY PROTEIN SMOOTHIE PACKS (serves 2)

- 1 kiwi
- 1 c raspberries
- 1/2 small avocado (peeled)
- 1 tbsp honey (optional)
- 2-3 frozen coconut milk cubes (from ice tray)
- Lavender Lemon Beauty Collagen Protein (mixed into coconut milk cubes or to add separate)
- Optional – 1/2 c to 1 cup water or almond milk to blend

INSTRUCTIONS

BUILD YOUR OWN SMOOTHIE PACKS

DETOX PROTEIN SMOOTHIE PACKS (Serves 2)

- Pour 1/4 c coconut drinking milk or almond milk in ice trays or a Freezable container..
- Once frozen, add the remaining ingredients to 2 ziplock bags or 1 large glass jar. Place in freezer until ready to blend.
- Freeze your 1/4 c coconut drinking milk in ice trays or Freezable container.. Add the ingredients to 2 ziplock bags or 1 large glass jar. Place in freezer.
- When ready to make, just blend together with optional – 1/2 c to 1 cup water to make more.

For the ENERGIZING PROTEIN PACKS:

- Mix your cocoa powder with your milk and collagen protein peptides. Pour into ice tray then freeze. Also place 2 tbsp nut butter of choice in freezer to harden.

- Add the ingredients to 2 ziplock bags or 1 large glass jar. Place in freezer.
- When ready to make, just blend together with optional – 1/2 c to 1 cup water or almond milk to make more.

For the BEAUTIFY PROTEIN PACKS:

- Place your 1/4 c coconut drinking milk or almond milk by placing in ice trays or a Freezable container.
- Once frozen, add the remaining ingredients to 2 ziplock bags or 1 large glass jar. Place in freezer until ready to blend.
- When ready to make, just blend all together with the addition of collage protein powder.
- Optional – 1/2 c to 1 cup water or almond milk to make more.

Naturally Sweetened Orange Coconut Oat Muffins

PREP TIME: 10 MIN COOK TIME: 20-25 MIN YIELD: 10-11

DESCRIPTION

Naturally Sweetened Orange Coconut Oat Muffins {Gluten Free, Dairy Free friendly}

INGREDIENTS

- 1 cup gluten free oat flour (or other flour of choice) See notes for homemade oat flour.
- 1/2 cup coconut flour (sifted)
- 1 tsp baking soda
- 3 tbsp vanilla plant protein of choice (a pea protein based protein works best)
- 1/4 tsp of kosher salt
- 1 tbsp tapioca starch or arrowroot starch
- 1 cup fresh orange juice
- 1 egg
- 1 tbsp melted coconut oil or butter
- 1/4 tsp Vanilla extract
- 1/4 to 1/3 cup non dairy milk (almond or coconut)
- 1/2 to 2/3 cup shredded coconut
- Orange Slices to garnish
- optional – sugar free or regular sweetener if you prefer sweeter (ex. 1/2 c xylitol sugar)

INSTRUCTIONS

1. Preheat oven to 375F. Line or grease a muffins pan. Set aside.

2. Combine your dry ingredients; flours, protein, starch, and salt in a large mixing bowl.
3. In another bowl, whisk together your juice, egg, extracts, oil, and milk.
4. Slowly combine the wet ingredients with the dry ingredients. Mixing as you pour. Then use a hand mixer to mix the batter together until smooth. If the batter is too dry (thick) add more milk. Fold in your shredded coconut. Save a few tbsp for topping.
 1. *If you are wanting the muffins to be more sweet without adding sugar*, fold in an extra 1/2 c xylitol sugar.
5. Scoop the mix into muffin cups. place a thinly sliced orange on top of each muffin and a sprinkle of shredded coconut.
6. Bake at 375 F for 18-25 minutes, depending on your oven. Check at 15 to make sure they don't burn. It depends on the flours you use and type of oven..
7. Remove and let cool for 15 minutes until removing from pan.
8. Serve or store in sealed container in fridge for later. These also freeze well for up to 4 months.

NOTES

If you don't mind added sugar and want to make these more sweet, to make more sweet, add in 1/2 cup honey or coconut sugar. You can also add in 1/4 cup diced peeled orange slices.

Matcha Green Tea Latte Oatmeal

PREP TIME: 5 MIN

COOK TIME: 15 MIN

YIELD: 4

DESCRIPTION

Coconut Matcha Green Tea Latte Oatmeal {Vegan}

INGREDIENTS

- 1 cup coconut milk (regular, light, or unsweetened)
- 2 tea bags of matcha green tea or regular green tea bags
- 1 tsp matcha powder (see instructions if you don't have the powder)
- 1 1/2 cups gluten free rolled oats
- 1/4 cup coconut sugar or raw sugar (see notes for sugar free)
- 1/2 tbsp coconut oil or MCT oil
- Pinch of Cinnamon
- Pinch of Sea salt
- Optional Mix in- 1/4 c unsweetened shredded coconut flakes or shavings
- 1 tbsp maple syrup or honey for non vegans.
- Optional Topping – nuts, oats, coconut flakes, or sliced banana

INSTRUCTIONS

1. First heat your milk on stove or in a microwave safe dish. You want the milk to come to a low boil or simmer if on stovetop. Equivalent to about 70-90 seconds on medium high power if in microwave.
2. Place tea bags in milk and let them steep for 3 minutes. Remove tea bags after 5 minutes or so. Whisk in your matcha powder. If you don't have matcha powder, just use the matcha tea bags.
3. Next prepare your oats according to directions, leave out 1/3 cup of the recommended water so that the oats are thicker. Cooking on the stovetop or microwave works. (**See notes** for how to cook oats on stove tops).

4. When oats are halfway through cooking. Pour in 2/3 c green tea latte, reserving 1/3 cup for pouring on top once cooked.
5. Finish cooking oats until they are creamy but still thick. Not runny.
6. Once cooked, remove from heat and stir in your coconut sugar, dash of salt, cinnamon, and coconut oil.
7. Mix all together.
8. Mix in optional coconut shavings if desired. This makes about 4 cups.
9. Spoon into bowls and pour additional matcha latte on top of each bowl. Drizzle honey or maple syrup. Add toppings of choice.

NOTES

For cooking oats on stove top

1 1/2 cup rolled oats cooked in 2 cups water or a combination of both water and milk. Combine oats and water in a pot over medium-low heat. Bring to a simmer, stirring frequently. Once the oats begin to soften and the liquid thickens, you can add your tea latte combo.

Simmer and stir until the oats reach your desired texture and consistency. Spoon into bowls and add topping.

For sugar free option use xylitol sugar or monk fruit sugar.

Gluten Free Lunch Recipes

Farmer's Market Veggie Sandwich

PREP TIME: 10

YIELD: 1

DESCRIPTION

The Ultimate Farmer's Market Veggie Sandwich. It's all of your favorite seasonal vegetables piled high atop gluten free bread with fresh basil leaves. Nut free, dairy free!

INGREDIENTS

- 2 tbsp Vegan Edamame Pesto dip (see notes for substitutes)
 - Edamame Soy beans (without shell), oil, garlic, lemon, herbs of choice, sunflower seeds, salt/pepper, and red pepper flakes.
- 2 Pieces Gluten Free Bread – Canyon Bakehouse Whole Grain
- Cucumber slices (thin)
- 1/3 c shredded red cabbage
- 3-4 thinly sliced heirloom tomatoes
- Sliced bell pepper
- 2 fresh basil leaves
- Pepperoncini or banana peppers
- Sea salt & pepper to taste
- 1 TB olive oil & Vinegar combo
- Microgreens or Sprouts

INSTRUCTIONS

1. First make your edamame pesto by blending all the ingredients together in a food processor. If you don't have time to make the pesto (which is super easy and fast) then feel free to use any flavor hummus.

For Layering the Sandwich:

1. Make sure all your vegetables are sliced then or chopped. Feel free to toast your bread as first as well.
2. Then start layering your veggie sandwich. The key to start with the edamame pesto first. Spread one table on each piece of bread.
3. Start with one piece of bread as bottom layer, then add your cucumber and remaining ingredients. The banana peppers should be last before the oil/vinegar.
4. Then Drizzle with olive oil/vinegar combo 1/2 tbsp each or so.
5. Add a bit of Sea salt and cracked pepper. Top with fresh sprouts and the close it up with the other piece of bread.

NOTES

- Feel free to use any other seasonal veggies! Load it up! I also like to add a little splash of lime or lemon.

Three Herb Tomato Zucchini Salad

PREP TIME: 10

YIELD: 4

DESCRIPTION

Three Herb Tomato Zucchini salad is the best of summer's produce made into a healthy marinated vegetable salad! This easy zucchini salad recipe is paleo, vegan, and whole30 friendly.

INGREDIENTS

- 1 pint cherry tomatoes (red and yellow)
- 1 zucchini (or 2 small)
- 1 shallot sliced (or 1/3 c red onion chopped)
 - To soak in 2 tbsp lemon
- 1/2 c chopped fresh herbs combined
 - Chive
 - Italian parsley
 - Basil
- 3 -4 tbsp Extra Virgin olive oil (see notes)
- 2 tsp sumac
- Pinch of smoked paprika (optional)
- 1 tsp garlic or two cloves
- Sea Salt and crushed pepper to taste
- 1 tbsp extra Lemon juice
- Lemon slices to garnish

INSTRUCTIONS

1. Wash and slice your tomatoes and zucchini. Place in a large serving bowl.
2. Slice your shallot (or red onion) and soak in 2 tbsp lemon juice. Set aside.

3. Chop your herbs and place in a small bowl. Toss together.
4. Combine your olive oil, sumac, paprika, garlic, salt, pepper, and lemon to juice together in a bowl. Whisk together. Pour over your tomatoes and zucchini.
5. Add in your soaked shallot slices (discard the lemon juice), herbs, and toss again.
6. Garnish with extra lemon slices and salt/pepper to taste.
7. Serve right away or store in air tight container for up to 3-4 days.

NOTES

- Feel free to use summer squash or larger tomatoes if desired. The more the salad soaks in the dressing, the more flavorful it becomes, but the tomatoes will also become a bit softer.
- 2-3 tbsp of olive oil is sufficient, due to the water content of the zucchini, but feel free to add an additional tablespoon to really coat all the vegetables, like a dressing.

No Mayo Chicken Salad Bowl

PREP TIME: 5

COOK TIME: 15

YIELD: 4

DESCRIPTION

A lightened up Mayo Free Chicken Salad! A chicken salad bowl that's perfect for a healthy meal or side dish. Spinach, roasted broccoli, berries, chickpeas, roasted chicken, and herbs tossed in a light yogurt olive oil dressing.

INGREDIENTS

- 3 cups rotisserie chicken (skinless, pulled or shredded)
- 1 lb broccoli florets
- 2 tsp to 3 tsp coconut oil or olive oil
- Optional 1/2 tsp everything seasoning of choice (dried herbs, red pepper, etc.)
- 2/3c to 1 c cultured plain Greek yogurt or kefir yogurt
- 1 tbsp red wine vinegar or apple cider vinegar
- 2 garlic clove or 1 tsp minced
- Kosher Salt and Black pepper to taste
- 1 tbsp olive oil
- 1 tsp Lemon juice
- 1/2 c diced red onion
- 4 cups spinach leaves
- 1 to 1.5 cups fresh blueberries
- 1/4 cup roasted sunflower seeds
- 1/3 to 1/2 cup chickpeas (canned or roasted)
- 3 tbsp dried goji berries (or other dried fruit of choice)
- Lemon slices
- 1/2 cup packed Fresh Cilantro or Parsley. Torn to mix in and garnish
- Peppercorns or fresh pepper and optional red pepper flakes.

INSTRUCTIONS

1. First shred your rotisserie chicken (cooked) and set aside in bowl
2. Optional method – Roast 1/2 lb of broccoli in oil for extra flavor.
3. Preheat oven to 425F. Toss half the broccoli florets (around 2 cups) in 2-3 tsp oil and seasoning of choice. Place on baking sheet and place in oven to roast for 20-25 minutes. Place the other 1/2 lbs broccoli florets in a large mixing bowl.
4. If you don't want to roast half, just toss all raw broccoli florets in a large bowl.
5. While broccoli is cooking, make your yogurt sauce for the chicken salad.

FOR YOGURT SAUCE:

1. Mix the yogurt, vinegar, garlic, salt/pepper, olive oil, lemon juice, and onion in a small bowl. Set aside.
2. Next spoon 1/2 cup to 2/3 c yogurt sauce over the chicken and toss all together. Save extra yogurt sauce for bowl.
3. Layer your spinach leaves at the bottom of a large bowl. Place your roasted broccoli and/or raw broccoli, blueberries, sunflower seeds, and chickpeas on top. Toss all together with the remaining yogurt sauce (dressing) you have.
4. Finally, add your chicken salad on top of the salad bowl.
5. Garnish with goji berries, herbs, lemon slices, and peppercorns (if desired).
6. Serve or store covered in fridge for later. **Chicken salad can be made ahead of time** and stored in airtight container for up to 5 days. Great for meal prep!

NOTES

Chicken salad can be made ahead of time and stored in airtight container for up to 5 days. Great for meal prep! If making ahead of time, keep salad and chicken salad separate until ready to eat.

If you are using Greek yogurt, the mixture will be thicker. Thin it out with more oil or a bit of broth/water (if desired).

Spicy Tuna Spiralized Vegetables Salad

PREP TIME: 10 MINUTES

YIELD: 2 SERVINGS

DESCRIPTION

Garlic Chili Tuna Spiralized Spring Vegetables Salad is made in 10 minutes! Gluten free, Whole30, Paleo, Low Carb, and Dairy Free salad recipe!

INGREDIENTS

- 3 Sweet Baby Spring Turnips (or 2 regular turnips)
- 1-2 cucumber (1 large or 2 small)
- 1 tsp minced Garlic (about 3 cloves)
- 1/4 cup to 1/3 cup chopped shallot or red onion
- 1/4 cup paleo mayo (see notes for other options)
- 1 tsp mustard powder
- 1 small chili red pepper or cayenne pepper – sliced
- 2-3 tbsp olive oil with a pinch of ground chili pepper mixed in it
- salt/pepper to taste
- cilantro to garnish
- red pepper flakes or a pinch of cayenne to top
- 5 ounces wild caught canned tuna (drained)

INSTRUCTIONS

1. Wash and dry your vegetables.
2. Next spiralize your turnips and cucumbers. Place in a bowl together with a pinch of salt and cover. Place in fridge while you make the sauce.
3. In another bowl, mix together your mayo (we use paleo brand), mustard powder, lemon juice, garlic, onion, and salt/pepper (to taste). Set aside.
4. . Drain your tuna and place in a bowl to separate pieces.

5. Next mix up your olive oil with a pinch of chili pepper in it.
6. Remove your cucumber and turnip spiralized vegetables from fridge. Drain any excess water from the bowl and pat vegetables dry with a towel. Do this a few times until water is removed.
7. Place spiralized vegetables in a bowl and mix in mayo mixture. Add your tuna and chili red pepper to the bowl and mix again.
8. Drizzle your olive oil with chili pepper on top. Cilantro to garnish.
9. Extra lemon, salt/pepper, and red pepper flakes to taste if desired.
10. Serve. Refrigerate leftovers in the fridge for up to 3 days.

NOTES

- We use this [spiralizer](#) with small blade for this type of salad. [KitchenAid](#) also has an attachment for their stand mixer that works great!
- If you don't want to use mayonnaise, feel free to use Greek yogurt or sour cream, but the recipe will not be paleo.

30 MINUTE MEALS FOR DINNER

Roasted Poblano Pesto Zoodles

PREP TIME: 5

COOK TIME: 15

YIELD: 2

DESCRIPTION

These pesto zoodles are a light, fresh tasty take on pesto pasta. Perfect for a low carb spring or summer meal. With arugula, poblano peppers, basil and cilantro, this pesto has some zippy heat.

INGREDIENTS

Poblano Pesto:

- 2 poblano peppers
- 1/2 cup fresh arugula
- 1/2 cup fresh basil
- 1/4 cup fresh cilantro
- 1/4 cup grated Parmesan cheese (Or Nutritional Yeast for Vegan option)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 tablespoon olive oil

Zoodles

- 2 medium zucchini squash
- 2 tablespoons olive oil
- 1 tablespoon unsalted butter
- 2 cloves garlic, minced
- Pinch of crushed red-pepper flakes
- Juice of 1/2 lemon
- Torn fresh basil, for topping
- Grated Parmesan cheese, for topping (Nutritional Yeast for Vegan option)

INSTRUCTIONS

To Make the Poblano Pesto:

1. To roast the poblano peppers, preheat the broiler. Remove the core and seeds from the peppers and slice into pieces. Lay the pieces on a baking sheet. Broil skin side up for about 10 minutes, or until the skins are completely charred and black. Broiling time can vary, so check every 2 minutes or so. Immediately remove the peppers from the oven and use kitchen tongs to quickly place them in a resealable plastic bag. Seal the bag and set aside for 20 to 30 minutes, or until softened.
2. Remove the peppers from the bag. Peel off and discard the skin. It's okay if a little bit of char remains as it adds to the flavor.
3. In a food processor, combine the peppers, arugula, basil, cilantro, Parmesan, salt and black pepper. Process until the mixture is combined, then stream in the olive oil with the processor running.

To Make the Zoodles:

1. Spiralize the zucchini into noodles. In a large skillet, heat the olive oil and butter over medium-low heat. Add the garlic and red-pepper flakes and cook for 1 minute, then stir in the lemon juice. Add the zoodles and toss well to coat. Cook, tossing often, for 5 to 6 minutes, or until the zoodles soften slightly. Add in the poblano pesto and toss well. Cook for 5 minutes, or until warmed. Serve immediately with basil and Parmesan.

NOTES

Vegan option: Replace the parmesan in the pesto with nutritional yeast

Tip: If you're just getting into zucchini noodles, try combining them with gluten free pasta. Use half regular gluten free pasta, half zucchini noodles, and toss. It's a great way to incorporate more veggies and lighten up the meal.

Adapted from The Pretty Dish Cookbook

Sticky Chinese BBQ Pork Lettuce Wraps {Instant Pot or Stove Top}

PREP TIME: 10

COOK TIME: 20

YIELD: 5-6

DESCRIPTION

Sticky Chinese BBQ Pork Lettuce Wraps {Instant Pot or Stove Top}

INGREDIENTS

For the Sticky Sauce:

- 1/4 cup smooth almond butter or nut/seed butter (see notes for other options)
- 2 tbsp Sriracha or other gluten free Asian chili sauce
- 1/4 cup rice wine or rice wine vinegar
- 1/2 cup Sweet BBQ sauce (See notes for Paleo option)
- 3 tbsp tamari sauce or coconut aminos for Paleo option
- 1 tsp minced garlic
- 1/2 tbsp minced ginger
- 2 tbsp sesame oil/for sauté

Remaining Ingredients the Pork Wraps

- 1.25 pork ribs loin (equal to six 3 ounce small pieces)
- Splash of lime and
- 1 tbsp water
- Chopped Red Cabbage
- Lettuce wraps (5-8 leaves)
- Chopped Nuts or sesame seeds
- Fresh Cilantro to garnish and Red pepper flakes.

INSTRUCTIONS

For the Instant Pot Version:

1. First mix your sauce ingredients together in a small bowl. Set aside. Note that the sauce might not be creamy at first, but you will melt that later.
2. Place your pork ribs in the instant pot with sesame oil. Place on sauté for 2 minutes, searing the pork ribs. Remove the ribs and place on a plate.
3. Next, add in your sauce. Continue to sauté the sauce until it is melted and smooth. Then place your seared ribs in with the sauce and coat them evenly. Add in a splash of lime and water and mix again.
4. Turn off method and place lid on top of pressure cooker.
5. Turn on the pressure cook manual and cook for 18-20. Then Slow release.
6. Slice the pork into pieces and place into lettuce wraps with chopped cabbage, cilantro, crushed nuts (optional), and red pepper flakes. Spoon extra sauce on top.
7. There should be enough sticky sauce from the pot to use as dipping sauce as well. Alternatively, you can reserve 1/3 c of the sauce once melted to use as dipping sauce, but it will not be sticky since it will not be cooked.
8. See notes on how to avoid the sauce from burning and for Stove top Option.

NOTES

For paleo brand BBQ Sauce

For Stove Top Option – If you're cooking on the stove top. You follow same first steps (sear ribs, melt sauce), except you will need to add an extra 2 to 3 tablespoons of water or broth to mix in with the sauce ribs. Cook on Medium low for about 30 minutes. Continue to coat the ribs when cooking. Check for doneness around 20 minutes. The sauce tends to stick more on the stove (in the pan) than in the instant pot. You could use this in the slow cooker for three hours on high for five to six hours on low.

To avoid sauce from burning: If you add in sauce without melting it will cause the sauce to caramelize but not burn. Be sure to add the sauce first, then the seared ribs back in. Either way, if the sauce burns, it scrubs away very easily.

Family Style Deconstructed Stuffed Bell Pepper Bowls

PREP TIME: 10 COOK TIME: 10

YIELD: 4-5

DESCRIPTION

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

1. 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.
2. 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.
3. 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.
4. Season with salt and pepper to taste.
5. 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).

Tortilla Chicken Verde Chili (Instant Pot & Stove Top Option)

PREP TIME: 5 MIN COOK TIME: 20 MIN YIELD: 4 SERVINGS

DESCRIPTION

This Spicy Tortilla Chicken Verde Chili is made easy in the instant pot or stove top! A delicious chicken chili packed with wholesome gluten free ingredients and a crunchy tortilla chip topping!

INGREDIENTS

- 1 lb chicken (boneless, skinless) thighs or rotisserie chicken meat (skinless)
- 1 tbsp olive oil or avocado oil
- 3/4 to 1 tsp ground cumin (divided)
- 1 tsp minced garlic
- 1 cup chopped onion
- 1 cup chopped bell pepper
- 1 1/4 cup salsa verde
- Sea salt and black pepper to taste
- Optional garlic powder
- 4 ounces green chiles
- 1 1/2 cups chicken broth
- 3 chopped medium gluten free tortillas (or corn tortillas) chopped or 1 cup non-GMO corn chips (like **Garden of Eatin'®**) crushed to stir in.
- Optional Extra Veggie mix-ins – 2/3 cups Chopped cauliflower (or riced) or corn.
- Organic Gluten Free Corn chips top

INSTRUCTIONS

INSTANT POT DIRECTIONS (Stove top directions to follow)

1. Place chicken in instant pot with olive oil with 1/4 tsp cumin, minced garlic, and chopped onion. Sauté chicken for 6 minutes until chicken can be shredded, but not fully cooked. Just not pink.
2. Turn off sauté mode and shred chicken with fork.
3. Add in the chopped bell pepper, optional chopped cauliflower or corn (or cauliflower rice also works well), and the remaining ingredients besides topping (salsa verde, Sea salt and black pepper, garlic powder, 1/2 tsp more cumin, green chiles, broth, gluten free tortillas (or corn tortillas) chopped or 1 cup non-GMO corn chips. Mix together.
4. Pressure cook mode for 8-10 minutes then slow release for 10 minutes.
5. Mix and keep on warm.
6. Serve into bowls with slices jalapeno, optional crumbled Mexican cheese. Splash of lime. Lime slices and organic yellow corn chips to top.

For Stove Top:

1. Brown meat first with onion, garlic, and olive oil for 15 minutes on medium to medium high heat until onion is browned and chicken is almost cooked and can be shred.
2. Shred chicken with a fork, lightly.
3. Add remaining ingredients (besides toppings).
4. Bring to a boil then simmer for 20 minutes.
5. Serve into bowls and add your topping of choice or suggested toppings.

See notes for Storing or freezing tips.

NOTES

Store in closed container in fridge for up to 1 week or freezer for up to 3 months.

Spiralized Sweet Potato Spaghetti Casserole

PREP TIME: 15 MIN COOK TIME: 30 MIN YIELD: 4 SERVINGS

DESCRIPTION

Lighten up a classic home cooked comfort food dish with spiralized sweet potatoes! A simple wholesome gluten free/grain free spaghetti casserole ready in no time. Protein rich and veggie packed.

INGREDIENTS

- 2 peeled sweet potato (4.5 cups spiralized)
- 2 oz cream cheese or 1/4 to 1/3 cup sour cream (see notes for non dairy option)
- 1/2 to 2/3 cup almond or coconut milk (drinking milk works great).
- 1 egg and 2 egg whites whisked
- 1 tbsp olive oil
- 1/2 tsp garlic (minced)
- 1/4 tsp onion salt or sea salt (dash of garlic/salt for after baking as well)
- 2 oz diced olives or pimentos (drained if using canned)
- 1/4 cup tomato sauce
- 2/3 cup cooked sliced gluten free sausage (chicken sausage, chickpeas, or any gluten free breakfast sausage all work)
- 1 cup greens (spinach or kale)
- 5 oz crumbled cheese – Parmesan or Feta work great. (see notes for non dairy option)
- 4-5 basil leaves for topping
- optional black pepper seasoning on top
- Optional 2 -3 tbsp pesto mixed with spaghetti noodles before baking

INSTRUCTIONS

1. Preheat oven to 350F
2. Peel your sweet potatoes then spiralize them. Comes out to about 4.5 cups.
3. Place sweet potato noodles in a bowl and steam in microwave for about 1 minutes or on stove top for 5 minutes, until potato noodles are al dente.
4. Then add 1 tbsp oil and your garlic, onion salt. Toss so that the noodles are lightly coated. To make more flavorful, feel free to toss the cooked sweet potato spaghetti noodles in a pesto before placing in casserole dish.
5. In another bowl, mix your sour cream (or cream cheese), whisked eggs, and milk.
6. Lightly coat a casserole dish with oil or coconut spray.
7. Layer your ingredients: starting with noodles, then chicken sausage, olives or pimentos, then spinach or kale greens.
8. Next add your cream cheese/egg mixture, then add tomato sauce and crumbled cheese (parmesan or feta work great).
9. Bake for 30-35 minutes or until cheese starts to brown. Check noodles for tenderness if you can.
10. Optional: Top with fresh basil, black pepper and any additional sea salt or garlic.

NOTES

DAIRY FREE RECIPE NOTES

- **For Dairy Free:** If you cannot eat feta/cheese, then add 1/4 to 1/3 cup nutritional yeast instead.
- Instead of cream cheese or sour cream, you can use a non dairy yogurt or cream cheese but consistency might be a little different.

TO MAKE MEATLESS:

- Feel free to replace the sausage with 1 cup cooked chickpeas for meatless option

QUICK GLUTEN FREE SNACKS AND DESSERTS

Paleo Mango Coconut Almond Protein Bars

PREP TIME: 15 MIN

YIELD: 9-12

DESCRIPTION

Paleo Mango Coconut Almond Protein Bars

INGREDIENTS

- 3 cups raw almonds
- 1/4 cup dried Mango or about 4-5 pieces (unsweetened if possible)
- 1/2 cup unsweetened coconut flakes
- 1/2 cup egg white powder or protein (see notes below for other options)
- 1/3 cup honey or maple syrup
- pinch of sea salt
- 1 tsp pure vanilla extract
- 1 tsp cinnamon
- hot water (purified)

INSTRUCTIONS

1. First grind up your dried mango. They are usually tough so if you don't have a high powered blender or food processor, try to cut with a knife first, then grind them.
2. Next add in the rest of your dry ingredients and grind again.
3. Pour into a large bowl and set aside.
4. In a separate small mixing bowl combine your honey, 1/3 cup of hot water, and vanilla. Stir all together and add to your dry ingredients. Be sure to add in your cinnamon and sea salt here too.

5. Mix well with hands then press into a baking dish. Let bars cool in fridge then cut into squares.
6. If the batter gets too thick, just add more hot water or even a little honey. If it's too wet, add more powder or a flour of choice (such as coconut or peanut flour)
7. Keep refrigerated.
8. Makes anywhere between 9-12 bars. You choose size!

NOTES

If you can't find egg white powder (which is usually in the baking section), you can use chia flour, 100% whey protein isolate, Pea Protein, or Brown Rice Protein. But the texture and taste will be a little different, so adjust honey/water accordingly.

If you can't find egg white powder or egg white protein, you can use meringue powder but it will have more sugar. Just FYI

Chocolate-Amaretto Cake Bites {No Bake}

PREP TIME: 15 MIN COOK TIME: 1 MIN YIELD: 25 CAKE BITES

DESCRIPTION

Chocolate-Amaretto Cake Bites! A bite size dessert that requires no baking. Grain free and vegan option!

INGREDIENTS

- 1 cup blanched fine almond flour (Bob's red mill)
- 1/4 c unsweetened cocoa powder
- 3 tbsp coconut flour (heaping scoops)
- 2 tbsp coconut sugar (see notes)
- 1/3 c to 1/2 c creamy no stir almond butter
- 1/3 cup maple syrup
- 2-4 tbsp Amaretto (to taste)
- 1 tsp vanilla
- 1/4 to 1/2 tsp almond extract (optional)
- pinch of sea salt

Dark Chocolate Coating:

- 3/4 cup dark chocolate chips (Enjoy Life Foods)
- 1 tbsp coconut oil (refined)

Optional Toppings or Add-ins:

- orange extract
- melted butterscotch chips to coat (see notes for brand)
- orange zest
- Powdered sugar or coconut sugar

INSTRUCTIONS

1. Sift together your almond flour and coconut flour. Place in a large bowl and add your cocoa powder and coconut sugar (or brown sugar if you don't have coconut sugar).
2. Add your almond butter. Stir ingredients all together.
3. Add in your maple syrup a little at time, mixing to form a dough batter. Lastly, stir in your amaretto, almond extract, vanilla, and sea salt.
4. Mix again with spoon. You might have to use your hand to mix a bit. If batter is too runny, add more almond flour. If the batter is too dry, add more maple syrup or nut butter
5. Roll into 1-1.5 inch balls and place on cookie tray or plastic ware with parchment paper underneath.
6. Next melt the dark chocolate chips to create a shell.
7. Place dark chocolate chips and coconut oil in microwave. Cook 3x at 30 second intervals, mixing each stop.
8. Once chocolate is melted, take a whisk and dip it in your melted chocolate. Drizzle this over the bites. You can also coat the bites in the melted chocolate, if desired. Another topping option is to add melted butterscotch chips. It's not vegan friendly, but so delicious! See notes.
9. Sprinkle with powdered sugar and/or coconut sugar
10. Place in freezer and Let them freeze for 20-30 minutes.
11. Then transfer into sealed container if not using right away. Keep in fridge or freezer for up to 6 weeks.

NOTES

Estimated Nutrition Per Cake Bite varies depending on the amount of dark chocolate and Amaretto you use.

If you are going to add the melted butterscotch topping, I highly recommend using butterscotch chips from Guittard brand. **NOTE:** It is **not dairy free**.

If you don't have coconut sugar, brown sugar will work or stevia in the raw.

Candied Ginger Molasses Cookies {Flourless}

PREP TIME: 10 MIN

COOK TIME: 10 MIN

YIELD: 18 COOKIES

DESCRIPTION

Flourless chewy ginger molasses cookies are delicious *gluten free holiday cookies, made with **real food ingredients!*** Easy to make, no oils, dairy free, healthy, and delicious!

INGREDIENTS

- 1/3 cup dark molasses
- 2 tbsp coconut palm sugar (divided) – see notes for substitutes
- 1 cup no stir creamy almond or peanut butter
- 1 large egg (at room temperature works best)
- 1 tbsp arrowroot starch or tapioca starch
- 1 tsp baking soda
- 1/2 tsp ground ginger powder
- 1/2 tsp cinnamon
- 2/3 cup candied ginger chips (or chopped crystalized ginger)

INSTRUCTIONS

1. Preheat your oven to 350°F (176°C) and line a baking sheet with parchment paper. You can also use a non-stick baking mat. See notes.
2. In a large bowl, combine your molasses and almond butter, mix together. Add your egg and coconut sugar and beat with hand mixer or stand mixer until smooth.
3. Add the arrowroot starch, spices, and baking soda, mixing until well combined.
4. Fold in your ginger chips.

5. You can either place the dough in the fridge to harden a bit or immediately Scoop out a large tablespoon of dough, roll into a ball, and then place on a cookie sheet. Continue to roll dough into balls until dough is used up, spacing 2 inches apart. The oils from the nut butter might start to drip from the dough, but that shouldn't be a problem when baking.
6. Sprinkle extra sugar on top of the rolled dough.
7. Bake for 9-11 minutes on silicon mat or 8-10 minutes on regular parchment. Check at 7 minutes in case your oven cooks fast. If you want more chewy, remove cookies at 7-9 minutes.
8. Remove and let cool 10 minutes before place on cookie plate or storing.
9. See NOTES for CRISPY COOKIE OPTION -.

NOTES

These molasses cookies can be cooked for flat and crispy texture as well. I've made them both chewy and crispy. If you want the cookies to be crispy, simply use your hand or flat-bottomed jar to flatten each cookie before baking. Be sure to place the flat cookie dough evenly on cookie sheet with extra space. Bake for 8 to 10 minutes. Remove and let cool 10 minutes before storing.

Store in ziplock bag or airtight container.

For VEGAN molasses cookies, be sure to check out my [cranberry molasses cookie recipe](#).