

# What to Do with Gluten Free Leftovers Meal Plan

from



© Cotter Crunch

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

## **FALL VEGGIES**

# Herb Roasted Vegetable Panzanella Fall Salad

PREP TIME: 5 MINUTES    COOK TIME: 30 MINUTES    YIELD: 4 SERVINGS

## DESCRIPTION

Herb roasted Fall Vegetables, leafy greens, gluten free ancient grain bread, pomegranate, and toasted hazelnuts. It's a wholesome Fall salad that's gluten free, dairy free, and simple to make.

## INGREDIENTS

### **For the Croutons:**

- 3 cups cubed gluten free bread or about 8 slices (1/2 loaf of Udi's Millet Chia Bread)
- 1/4 c olive oil
- Rosemary sprigs 1 to 2 – stems removed
- Pinch of Black Pepper
- Pinch of sea salt
- 1/3 c whole hazelnuts (skin off optional)

### **For the herb roasted vegetables:**

- 1/4 to 1/3 c olive oil or avocado oil
- 1/4 tsp or so Sea Salt
- Pinch of pepper
- 1 garlic clove large – minced
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 2 sprigs of Rosemary (just leaves, stems removed)
- 1 cup radish -chopped

- 1.5 cup chopped Brussels Sprouts (shavings or chopped)
- 3 tbsp chopped shallot
- 2 cups peeled sweet potatoes – spiralized or ribbon cut
- 1 large yellow carrot – chopped
- 1 beet sliced thin

#### **Extras for the Fall Salad Bowls:**

- 3-4 cups leafy greens (Kales, Swiss Chard, spinach)
- 1/2 cup pomegranate seeds
- Fresh oregano (optional) to garnish
- Lemon slices to garnish

## INSTRUCTIONS

1. Preheat oven to 350F. Line a baking sheet with parchment paper. Set aside.
2. Next toss your gluten free cubed bread with 1/4 cup olive oil, 1 or 2 sprigs of rosemary (stems removed) and a pinch of salt and pepper. You will want to make sure the bread is thoroughly coated (soaked) with the oil. Spread it out on baking sheet with hazelnuts. Toast in oven for 10-12 minutes. Remove and set aside.
3. Turn up the oven to 400F.
4. In a small bowl, whisk together 1/4 to 1/3 c olive oil, 1/4 tsp or so Sea Salt, pinch of pepper, 1 minced garlic clove, 1 tbsp lemon juice, 1 tbsp maple syrup, and 2 sprigs of Rosemary (just leaves, stems removed).
5. In another large bowl. Place all your prepared vegetables; carrots, Brussel Sprouts, beets, sweet potatoes, radish, and shallot. These should already be chopped/sliced/or spiralized as mentioned in ingredients. Add your oil/maple/herb mix to your vegetables and toss together, coating.
6. Lay your vegetables flat on a lined baking sheet or roasting pan. Place in oven for 10 minutes. After 10 minutes, remove from oven, toss the vegetables again on the baking sheet, then place back in the oven for an additional 8-10 minutes or until vegetables are cooked through. (see notes) Remove pan from oven and set aside.
7. Next, layer your Fall salad. In a large bowl, place you leafy greens, then add your roasted vegetables and toasted gluten free bread plus hazelnuts. Toss if desired or keep layered.

8. Last add your garnishes; Pomegranate seeds, lemon slices, micro-greens, fresh oregano if desired.  
Salt and pepper to taste.  
OPTIONAL – Splash the salad with a small amount of of balsamic vinegar or red wine vinegar

## NOTES

Make sure your vegetables are all cut/diced/sliced before coating with oil and roasting. If you don't have a spiralizer, you can thinly slice your sweet potatoes. The cooking times may vary per oven, so check vegetables every 8-10 minutes, turning and toss in pan until golden brown.

# Tandoori Roasted Cauliflower Dip

PREP TIME: 5 MINUTES    COOK TIME: 20 MINUTES    YIELD: 10 SERVINGS

## DESCRIPTION

***Tandoori Roasted Cauliflower dip*** is a flavorful creamy vegetable dip that is perfect for snacking, appetizers, or small plates. Greek yogurt, homemade tandoori seasoning, roasted cauliflower, and parmesan make this dip filling and healthy!

## INGREDIENTS

### **For the Homemade Tandoori Seasoning/Rub:**

- 1.5 tablespoons paprika or smoked paprika
- 1/2 tablespoon ground turmeric
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground nutmeg and cloves, each.
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground coriander
- pinch of coconut sugar (optional)
- ground black pepper and fine sea salt to taste

### **For the Roasted Cauliflower Dip:**

- 1 lbs cauliflower florets
- 1/4 cup olive oil or avocado oil (divided)
- 1-2 tbsp of the homemade tandoori seasoning (above)
- 1 cup Greek yogurt – 2% or full fat (see notes for dairy free option)
- 1/2 tsp onion powder
- 1/3 c torn fresh Cilantro
- 1 tbsp Lemon juice

- 3 tbsp grated Parmesan or nutritional yeast
- optional 1/2 tsp garlic, minced
- salt/pepper to taste
- Extra Cilantro to garnish
- Fresh lemon slices to garnish
- Serve with raw vegetables, roasted nuts, gluten free chips or crackers, olives, etc.

## INSTRUCTIONS

1. Preheat oven to 400F.
2. In a small bowl, mix together your tandoori spices. Set aside. (Makes a little less than 1/4 c)
3. Toss cauliflower florets in 2 tbsp olive oil and 2 tbsp of your tandoori seasoning.
4. Spread the spiced/oiled cauliflower on a baking sheet and place in oven. Roast the cauliflower for 20 minutes. Remove and let cool. Once cooled, prepare your dip.

### For the Dip:

1. In a food processor or blender, place 2 cups of your tandoori roasted cauliflower, 1 cup Greek yogurt (2% or full fat), a pinch of sea Salt and Pepper, 1/2 tsp onion powder, 1 tsp more of your tandoori seasoning, 1/3 c fresh cilantro, and 1 tbsp lemon juice. Blend together until a thick mixture is formed.
2. Next add 3 tbsp (grated) parmesan or nutritional yeast, 2 tbsp of olive oil. Turn food processor on low. While food processor is on low, add in 1 more tbsp of olive oil and optional garlic. Let it run until a creamy dip is formed. You might have to stop and scrap the side a bit between each blend.
3. Pour into a small bowl. Garnish with olive oil, lemon, extra salt/pepper if needed, and cilantro. Serve with veggies, GF crackers, gluten free naan bread, etc.

## NOTES

**If you need a dairy free option**, replace Greek yogurt with plain non-dairy yogurt such as coconut yogurt, almond yogurt, or even cultured organic tofu (if you can tolerate soy).

You will have extra tandoori spices, which you can use on other dishes right away or store in airtight container.

The dip keeps well in fridge for up to 5 days.

# Cilantro Ranch Sweet Potato Cauliflower Patties

PREP TIME: 15 MIN      COOK TIME: 20 MIN      YIELD: 7

## DESCRIPTION

Cilantro Ranch Baked Sweet Potato Cakes- paleo and vegan friendly. **Air Fryer Option**

## INGREDIENTS

- 1 medium to large sweet potato, peeled
- 2 cup cauliflower florets
- 1 green onion, chopped.
- 1 tsp minced garlic
- 2 tbsp organic ranch seasoning mix or [paleo ranch seasoning](#) (dairy free)
- 1 cup packed cilantro (fresh)
- 1/2 tsp chili powder
- 1/4 tsp cumin
- 2 tbsp arrowroot starch or gluten free flour of choice
- 1/4 cup ground flaxseed
- 1/4 cup sunflower seeds (or pumpkin seeds)
- 1/4 tsp Kosher Salt and pepper (or to taste)
- Dipping sauce of choice

## INSTRUCTIONS

1. Pre-heat oven to 400F. Line a baking sheet (or oil) and set aside.
2. Next cut your peeled sweet potato into smaller pieces. Place in a food processor or blender and pulse until the larger pieces are broken up.
3. Add in your cauliflower, onion, and garlic and pulse again.

4. Add in you sunflower seeds, flaxseed, arrowroot (or flour), cilantro, and remaining seasonings. Pulse or place on medium until a thick batter is formed. See blog for picture.
5. Place batter in larger bowl. Scoop 1/4 cup of the batter out at a time and form into patties about 1.5 inches thick. Place on baking sheet.
6. Repeat until you have about 7-10 patties.
7. Chill in freeze for 10 minutes so the patties can set.
8. Once set, place patties in oven for 20 minutes, flipping halfway. If you made your patties extra thick, they could take closer to 25 minutes.
9. **See notes for Air fryer cooking option.**

## NOTES

For Air Fryer Option- Place cauliflower patties (4 at a time) in air fryer at 360 to 370F for 18 minutes, flipping halfway. If your patties are extra thick, they could take closer to 20 minutes.

# Impossibly EASY Paleo Sweet Potato Pie with Coconut

PREP TIME: 10 MIN

COOK TIME: 60 MIN

YIELD: 6-7

## INGREDIENTS

- 1.5 cups pureed Sweet potato or two cups mashed (cooked and peeled) – See notes
- 1 1/2 cup almond or coconut milk (almond milk will cook faster)
- 4 eggs
- 3-4 ounces of melted butter
- 1 tsp vanilla
- 2/3 to 3/4 cup maple syrup
- 2 tbsp coconut flour
- a little over 1/2 cup of tapioca flour. Between 1/2 c to 2/3 cup.
- 1/4 tsp salt
- 2 tsp cinnamon
- 2 tsp baking powder
- 2/3 cup unsweetened coconut flakes (plus for topping)
- optional pecan or walnuts

## INSTRUCTIONS

1. Preheat oven to 350F. Line a pie pan or cake tin with parchment paper.
2. Next combine your milk, eggs, maple syrup, vanilla, and butter in a blender. Add your [sweet potato mash/puree](#) and blend again until smooth. I've made this with non-canned sweet potatoes, and the weight of baked or boiled sweet potatoes is a bit heavy. See notes
3. Transfer into a bowl.
4. In another small bowl, sift your coconut flour and then combine with your tapioca flour, spices, salt, baking powder. Mix together.

5. Mix your dry batter with your blended egg/potato batter. Stir together until smooth.
6. Fold in about 1/2 cup or more of your coconut flakes.
7. Pour into your prepared pie or cake pan.
8. Sprinkle a handful of pecans on top.
9. Bake for 50 minutes, cover with foil, then bake for 15 -20 minutes more. The edges will be crispy brown.
10. Check the middle to make sure it's no longer liquid. (see notes for more baking times)
11. Remove from oven.
12. If you are not serving this right away, place pie in the refrigerator to set more. It will still be custard like in the middle.
13. Sprinkle with the remaining coconut flakes and powdered sugar if desired before serving.

## NOTES

- Baking times vary depending on your oven and the type of milk you use. Keep watch after 45 minutes.
- I prefer canned sweet potato puree if possible. [Farmers Market](#) has a great organic puree brand.
- If you are not serving this right away, place pie in the refrigerator to set more. It will still be custard like in the middle. Simply pop in oven to warm again before serving. The pie will not have as much height after cooling and being refrigerated, but still tasty.
- Pumpkin puree will also work if you don't want to use sweet potato.

If you are looking for a paleo whipped cream to go on top, try my [coconut whip](#) frosting. SO GOOD!

# Curried Cauliflower Rice Kale Soup

## {Paleo, Vegan Friendly}

PREP TIME: 30 MIN

COOK TIME: 20 MIN

YIELD: 4

### DESCRIPTION

**Curried Cauliflower Rice Kale Soup** is an **easy paleo soup recipe** and nutritious meal-in-a-bowl. Roasted curried cauliflower “rice” with kale and even more veggies to fill your bowl! A delicious **vegetarian soup** to make again again! **Vegan and Whole30 friendly!**

### INGREDIENTS

- 5-6 cups of cauliflower florets (about 3-4 cups when “riced”). See notes.
- 2- 3 tbsp curry powder or curry seasoning (turmeric should be usually included in the curry seasoning/powder)
- 1 tsp garlic powder
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp sea salt
- 2-3 tbsp olive oil for roasting
- 3/4 cup red onion chopped
- 1 tsp minced garlic
- 2 tsp olive oil or avocado oil
- 8 kale leaves with stems removed and chopped
- 2 cups (5oz) chopped carrots
- 4 cups broth (vegetable or chicken if not vegan)
- 1 cup almond milk or coconut milk (the drinking kind works best and is smoother).
- 1/2 tsp red pepper or chili flakes (use less if you don’t want as spicy)
- 1/2 tsp black pepper
- salt to taste after cooked

## INSTRUCTIONS

1. Preheat oven to 400F.
2. In a small bowl, toss your cauliflower florets with the curry powder, garlic powder, cumin, paprika, salt, and 3 tbsp oil.
3. Spread the cauliflower florets on a baking dish or roasting pan. Place in oven and roast for 20 -22 minutes until tender but not overcooked. Slightly under cooked.
4. Remove and set aside.
5. While the cauliflower is cooling, prep the rest of your veggies but chopping them up on cutting board.
6. Next place cauliflower florets in a [Food Processor](#) or blender and pulse a few times until the cauliflower is chopped or "riced." See picture in post.
7. Once all the cauliflower is riced and kale/veggies are chopped, prepare your cooking pot.
8. Place onion, 2 tsp oil, and minced garlic in large stock pot. Sautee for 5 minutes until fragrant.
9. Next add in your broth, milk, veggies, cauliflower "rice," and the red chili pepper and black pepper.
10. Bring to a quick boil (make sure milk does get too hot), then simmer for another 20 minutes or so until veggies are all cooked. .
11. Add dash of sea salt if desired once ready to serve.
12. Garnish with herbs and nut/seed crackers crumbles..

## NOTES

**Notes on making cauliflower rice** -> If you don't have a food processor, just finely chop the cauliflower. You can also buy pre riced cauliflower and roast it. Be sure not to over process the cauliflower when cooked. You don't want to make a puree. Just lightly chop.

Feel free to use other veggies besides kale and carrots. All work great.

I found that almond milk works great in this recipe. Keeps it light and smooth. Cashew and coconut milk work as well.

If you are not paleo or vegan, you can add other toppings such as crackers, nuts, cheese, etc. You can also add in cooked chicken or meat.

# Creamy Fennel Roasted Cauliflower Soup

PREP TIME: 5 MINUTES

COOK TIME: 45 MINUTES

YIELD: 4

## DESCRIPTION

This creamy roasted cauliflower soup is made with a hefty dose of fennel for bone density, anti-inflammatory properties, and gut health. This vegan cauliflower soup is also gluten free, grain free, dairy free, and low carb.

## INGREDIENTS

### To ROAST

- 1 lb cauliflower (small 1 head) or 1 lb florets
- 1 fennel bulb/sliced
- 2 -3 tbsp olive oil (extra to garnish)
- 2 tbsp Balsamic vinegar
- 1/4 tsp Smoked paprika or
- 1/2 tsp cumin
- Salt/Pepper

### Soup Base

- Add 1 pint veggie broth (3 cups)
- 8 to 10 ounces almond or coconut milk
- 1 tbsp vegan butter (or clarified butter/ghee if not vegan)
- Thyme sprigs (extra for garnishing)
- 1 tsp minced garlic
- 1 tbsp [arrowroot](#) starch or tapioca starch
- 3-4 tbsp Nutritional yeast. (see notes for substitutes)
- Optional non-dairy cream or coconut cream to top.
- Sea Salt/peppercorns to garnish

## INSTRUCTIONS

1. Preheat oven to 450F. Cut cauliflower into pieces or florets.
2. Slice off the stem of the fennel and cut lengthwise into sections.
3. Toss cauliflower and fennel in 2 to 2.5 tbsp olive oil, balsamic, and spices and spread out evenly on baking sheet.
4. Roast for 20-25 minutes, turning over veggies halfway. Remove from oven and carefully place all ingredients into a blender. If you don't have a blender, set aside and see notes.
5. Add 1 pint of vegetable broth to blender (3 cups) and blend until combined. Next add in your 8 ounces of almond or coconut milk and blend again until you get a creamy base. The more milk you add, the thinner the soup base will be. Set aside.
6. In a large stock pot place a few sprigs thyme, garlic, butter, and sauté for 3 minutes on medium.
7. Next add your roasted cauliflower fennel soup mix to the pot the butter and garlic. Scrape the blender with a spatula to get everything out. Add a dash more salt and pepper and bring to a boil.
8. Reduce and then slowly mix in 1 tbsp arrowroot starch, whisking while you add.
9. Lastly, mix in nutritional yeast (3-4 tbsp) and simmer for another 15 minutes.
10. Serve with thyme and oregano on top to garnish
11. Optional: drizzle olive oil and non-dairy milk or coconut cream. Salt and peppercorns to garnish.

## NOTES

- If you don't have nutritional yeast and can handle dairy, Parmesan can be substituted, but it will not have the same health benefits.
- If you don't have arrowroot starch, potato starch or tapioca starch may be used.

ROASTED CHICKEN OR TURKEY

# Miso Mango Chicken Salad Cabbage Wraps {No Mayo}

PREP TIME: 15 MINUTES

YIELD: 8 WRAPS

## DESCRIPTION

Cabbage wraps are the perfect light low carb lunch that's easy to make! A mango chicken salad that's mayo free, paleo friendly, and flavorful! A perfectly handy lunch or light dinner!

## INGREDIENTS

- 3 cup cooked chicken (roasted chicken without skin or skinless chicken breast)
- 1 cup diced peeled mango
- 2 green onions – stems cut off
- 2 tsp white miso paste (you can use miso soup paste)
- 1/2 tsp minced garlic (1 clove)
- 1/4 c or less coconut milk
- 1/4 tsp Salt/pepper or to taste
- 1 tbsp honey
- Optional handful of Cilantro
- 2 -3 tsp sesame oil or olive oil
- 1 tbsp Fresh lime or Orange juiced 1 tbsp
- handful of diced cherry tomatoes or grape tomatoes
- 1 bunch watercress for stuffing wraps.
- 7-8 Napa cabbage leaves (about 1/4 of a large Napa cabbage)

## INSTRUCTIONS

1. Cut your chicken into smaller pieces or shred. Peel and dice your mango.
2. Mix in food processor (or by hand): 1 cup of chicken and then your onion, [miso](#), coconut milk, garlic, salt, pepper, lime juice, and cilantro. Pulse or mix by hand. Then add in the remaining 2 cups of chicken, mixing between adding each cup. Add your mango and oil and mix again. Taste to see if it needs more salt/pepper/miso seasoning.
3. Next cut off the end the cabbage leaves. Place 7-8 Napa cabbage leaves in microwave for 30 seconds to soften.
4. Place 1/4 cup of the miso mango chicken salad into each cabbage leaf. Add a small handful of watercress. Wrap it up starting from the bottom and folding sides while wrapping it up. Repeat filling each cabbage wrap until you used all the Mango chicken Salad.

## NOTES

- Chicken salad should last in fridge for up to 3-5 days. Easy, portable, and can be made **paleo/whole 30 friendly** if you use [coconut aminos](#) instead of miso paste.
- Consider 2 wraps as a lunch or 3 wraps as a dinner.

# Turkey Chow Fun Tamari Zoodles

## {Low Carb, Gluten Free}

PREP TIME: 10 MIN

COOK TIME: 15 MIN

YIELD: 3

### DESCRIPTION

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

### INGREDIENTS

- 3 zucchini (small-medium)
- 1/2 lb leftover roasted turkey or uncooked turkey breast (diced or sliced into strips)
- 1 cup bean sprouts
- 1 small red chili pepper, chopped
- 1 tsp sesame oil
- 2-3 tbsp avocado oil or peanut oil
- 1/4 tsp white pepper
- Sea salt
- 1 bunch scallions, cut 1-2 inches
- 1 garlic clove, minced
- Sesame seeds
- Sauce:
  - 1/4 tsp baking soda
  - 1 tbsp rice wine vinegar or shaoxing wine if you have it (in Asian super markets)
  - 2 tbsp San-J Gluten Free Tamari Soy Sauce
  - 2 tsp chili paste (or Sriracha)
  - 2-3 garlic cloves, minced
  - 2 tsp grated ginger or 1/2 tsp ground ginger
  - 2 tsp to 1/2 tbsp coconut sugar

- \*optional 1tbsp San-J Gluten Free Mongolian

## INSTRUCTIONS

1. Spiralize the zucchini/pat dry. Make sure to get out as much moisture as possible. If you don't have a spiralizer, you can julienne cut or peel into strips.
2. Make sauce
3. Place half over turkey to marinade (raw or cooked)
4. if using uncooked turkey, add 1-2 tsp potato starch
5. Add oil and 1 garlic to stir fry pan. Let it bubble and become fragrant 1 minute.
6. Add your turkey/sprouts.
7. Cook 1-2 minutes, longer if meat is uncooked.
8. Add your zucchini noodles and the other ½ of sauce.
9. Toss meat with tongs on high for 2-4 minutes.
10. Add scallions/pepper. Toss again.
11. Drain extra sauce but reserve ¼ to 1/3 cup sauce to serve on top of noodles.
12. Top with sesame and chili flakes to garnish. (Feel free to add these in the pot before serving as well).
13. Add your reserved sauce to each bowl if desired.

## NOTES

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

# Easy Oriental Chicken Bok Choy Mason Jar Salads

PREP TIME: 10 MIN

COOK TIME: 10 MIN

YIELD: 2

## DESCRIPTION

Easy Oriental Chicken Bok Choy Mason Jar Salads {Gluten Free, Paleo}

## INGREDIENTS

- 6 – 8 oz organic chicken breast sliced
- 1 tbsp sesame oil
- 1 tbsp tamari or gluten free soy sauce
- 1 tsp honey
- 1 to 2 tbsp sesame seed
- 1 tsp chili pepper flakes
- 1 small portabella mushroom or oriental mushroom sliced (makes about 1 cup)
- 1 small baby bok choy bunch
- 1 cup shredded carrots
- 1-2 cups chopped cabbage
- sea salt
- black pepper
- 1/2 tbsp slivered almonds
- You will need at least 2 16oz mason jars

## INSTRUCTIONS

1. Toss chicken slices in 1/2 tbsp sesame oil, 1/2 tbsp tamari, honey, chili flakes, and 1 tbsp sesame seed. Grill or place on skillet/wok until no longer pink. Remove and set aside in small bowl.
2. Place your other 1/2 tbsp sesame oil, tamari, and mushrooms in a bowl and toss to coat. Grill or cook mushrooms for just a few minutes until slightly cooked. Remove and keep any extra oil/tamari you have left in pan or marinated bowl.
3. Slice your bok choy in half and place on a paper towel after you have washed them. Place in microwave to lightly steam for 30 seconds to a minute. Just to soften.
4. Next layer your jars.
5. Place cabbage at the bottom, then mushrooms, then chicken, then wrap 1/2 a sliced bok choy bunch around each jar, and last add your carrots. Pour any leftover oil from cooking in the jars if desired.
6. Sprinkle top of each jar with slivered almonds and the rest of your sesame seeds. Seal up and store for later.
7. Once ready to eat, dump everything out into bowl and add sea salt/pepper. Feel free to add more chili pepper flakes too. Add sesame or a gluten free Asian dressing if desired.
8. Don't have time to cook chicken? See notes for ideas!

## NOTES

If you have ANY leftover chicken breast, feel free to use that here instead. And same goes with stir fry veggies. They are great with the steamed bok choy.

# Loaded Leftover Turkey Nachos Salad Bowls {Dairy Free Option}

PREP TIME: 5 MIN

COOK TIME: 10 MIN

YIELD: 2 BOWLS

## DESCRIPTION

Utilize leftover turkey and vegetables with these quick and wholesome loaded salad bowls! Gluten free and dairy free friendly.

## INGREDIENTS

- 3 to 4 cups leafy greens (spinach, kale, etc.)
- 1/2 cup to 2/3 Cup Salsa Con Queso cheese (My vegan salsa con queso recipe or gluten free pre-made queso of choice, see notes)
- 1 cup diced cooked sweet potato (peeled or skin on)
- 1 cup Broccoli Floret or Cauliflower florets (raw or cooked)
- 1/2 cup sliced carrot (ribbon cut or julienne cut)
- 1/2 cup sliced zucchini (ribbon cut or julienne cut)
- 15-18 Blue Corn Tortilla Chips or Sweet potato chips
- 6 -8 ounces shredded or diced Roasted or Smoked Turkey (leftovers turkey or even Ham work great!)
- handful of sliced Grape Tomatoes
- 1/2 avocado, sliced
- 1 jalapeno, sliced (de-seed if you don't want spicy)
- Sea salt and Pepper to taste.
- 1/2 cup to 1 cup Fresh Cilantro to Garnish
- 1 tsp Crushed Red Pepper Flakes
- Garlic Powder (to taste)
- Lime -sliced into wedges
- Drizzle of olive oil (optional)

## INSTRUCTIONS

1. First, make sure your [vegan queso](#) is made. It's SUPER easy and only takes 10 minutes. Made with leftover ingredients like potato, carrot, cauliflower, and canned tomatoes. Recipe is here. BUT If you don't want to make it, no problem. You can use [regular queso](#) of choice. I recommend Pacific foods if you are wanting a quick alternative. It's not dairy free though.
2. Place queso in microwave safe bowl and cover. Heat in 30 second increments, stirring between, until queso is warm. Set aside.
3. Load up your Leftover Turkey Nacho Bowls. Divide your ingredients evenly into two or 3 bowls, starting with the leafy greens. You can also just use one large serving bowl. Then add the cooked sweet potato, cauliflower, carrots, zucchini, tomatoes, your tortilla chips, leftover turkey, avocado slices, jalapeno, and cilantro.
4. Sea Salt/pepper to taste.
5. Add a tsp of red pepper flakes to each bowl. Optional Garlic powder to sprinkle.
6. Squeeze a lime wedge over each salad bowl.
7. Scoop your queso on top of each bowl, warmed. Drizzle with olive oil if desired.  
DIVE IN!

## NOTES

This is one super easy salad bowl. You can use turkey, chicken, ham, or even chickpeas for the protein boost.

***Both my vegan queso recipe and regular salsa queso have about the same calories. The difference is the vegan queso will be lower in saturated fat and cholesterol.***

# Quick Turkey Mole Sweet Potato Chili (Paleo Friendly)

PREP TIME: 5 MIN

COOK TIME: 40 MIN

YIELD: 5-6

## DESCRIPTION

Sweet potato chili with a Mexican flare! Turkey Mole Sweet Potato Chili is an easy turkey chili recipe that is paleo friendly, healthy, and delicious!

## INGREDIENTS

### *FOR THE POT (OR DUTCH OVEN):*

- 16 oz ground lean turkey
- 2/3 c chopped onion
- 1 tbsp olive oil

### *FOR MOLE SAUCE:*

- 2 c sweet potato mashed (no skin) or 1-2 small potatoes (no skin)
- 1 tbsp chili powder
- 2 tbsp creamy almond butter
- 1 tsp cumin
- 1/4 tsp cinnamon
- pinch of ground cloves (optional)
- 1 tsp olive oil
- 2 garlic cloves (or 1 tsp minced)
- 1/2 c chopped red onion or shallot
- 1/4 c (around 1- 2 oz) baking chocolate (or dark chocolate works). To reduce sugar I used unsweetened dark chocolate.
- 2 c Chicken or Vegetable broth
- 1 tsp cocoa powder

- Pinch of sea salt

#### *TO ADD TO THE POT AFTER ADDING THE MOLE SAUCE:*

- 2 c chopped bell pepper
- 1 can (14 oz) fire roasted tomatoes (or salsa)
- 1/2 tsp sea salt
- 1/2 tsp cayenne
- 1 tsp minced garlic
- 1/2 tsp pepper
- 1 more tbsp chili powder

#### *OPTIONAL TOPPINGS:*

- Sliced jalapeños
- cilantro
- Any extra spices you'd like.
- Pepitas (pumpkin seeds)
- shredded cheese (not paleo)
- paleo sour cream

## INSTRUCTIONS

1. Note before you begin, I would cut/clean/peel prepare all your veggies so they are ready to use.
2. First, brown meat with 2/3 cup chopped onion and 1 tbsp oil. Drain fat where needed. Once browned, keep in pot on low.
3. While meat is browning, make mole sauce.

#### *FOR THE MOLE SAUCE,*

1. Peel sweet potatoes then heat in microwave 3 minutes. Then mash in a bowl. If you want to use a sweet potato puree, that is fine too. Sauce will be thinner but delicious.

2. Blend the garlic/onion/olive oil together. Add that to a separate small pot then add in your chocolate, creamy almond butter, salt, and other spices listed for the sauce.
3. Melt all together, then add your cooked sweet potato mash and broth. Stir together then simmer 20 minutes.
4. Once melted together, use a blender or [Immersion Blender](#) to make the sauce smooth.
5. Add mole sauce to your pot with browned turkey mixture. Stir together.
6. Add the rest of ingredients listed to the pot, chopped bell pepper, fire roasted tomatoes (or salsa), sea salt, tsp cayenne, minced garlic, pepper, 1 more tbsp chili powder.
7. Simmer 20 minutes, then taste and adjust spices if needed.
8. Garnish with cilantro, pepitas, and jalapeños.
9. Optional: Cheese or sour cream

## NOTES

- You can use semi-sweet chocolate but it will definitely be sweeter. For the unsweetened chocolate, I used this [baking chocolate](#)
- You can make this chili extra thick with less broth or thinner with extra broth.
- Adjust the spice level to your liking. Throw some ancho peppers in the mole sauce if you'd like!

# Easy Slow Cooker Paleo Beef Chili {Whole 30 Friendly}

PREP TIME: 25 MIN    COOK TIME: 6 HR 30 MIN    YIELD: MAKES 8 CUPS

## DESCRIPTION

Easy Slow Cooker Paleo Beef Chili with Sweet Potato

## INGREDIENTS

- 1 tablespoon avocado oil or coconut oil
- 1 pound ground grass-fed beef
- 1 each green and red bell pepper, diced
- 1 large yellow onion, diced
- 1 small sweet potato, peeled and diced (about 1 1/2 cup)
- 1 28-ounce can crushed tomatoes, preferably fire-roasted
- 1 14-ounce can petit diced tomatoes, preferably fire roasted
- 3 tablespoons chili powder
- 1 tablespoon smoked paprika
- 1 tablespoon chopped fresh garlic
- 1 tablespoon ground cumin
- 2 teaspoons salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground chipotle chili
- Optional Garnishes: cilantro, diced avocado and/or minced red onion

## INSTRUCTIONS

1. Heat oil in a large skillet over medium high heat.

2. Add beef, and cook, stirring often and breaking up the beef with a wooden spoon until the beef is browned, 4 to 6 minutes.
3. Transfer the beef to the insert of a large slow cooker.
4. Stir in bell peppers, onion, sweet potato, crushed tomatoes, diced tomatoes, chili powder, smoked paprika, garlic, cumin, salt, cinnamon and chipotle.
5. Cover and set slow cooker on high for 6 hours.
6. Serve topped with garnishes.

## LEGUMES/BEANS

# Balsamic Olive-Oil Braised Green Beans

PREP TIME: 10 MIN

COOK TIME: 30 MIN

YIELD: 5 SERVINGS

## DESCRIPTION

For this braised green beans recipe, fresh green beans are seasoned with thyme, then **braised** with balsamic vinegar, olive-oil, onion, black olives, and topped with toasted pine nuts. Paleo, whole 30, low carb, and vegan friendly.

## INGREDIENTS

- 1/3 cup extra virgin olive oil
- 1 tsp minced garlic
- 1 cup chopped white onion
- 1 cup water
- 2-3 tbsp fresh orange juice
- 3 tbsp balsamic vinegar
- 1 tsp. maple syrup (optional)
- 1 cup whole black olives
- 1 lb. green beans, trimmed
- Kosher salt to taste
- freshly ground black pepper, to taste
- 2 tbsp. fresh thyme
- fresh orange slices
- 1/4 cup toasted pine nuts

## INSTRUCTIONS

1. Heat olive oil in a large Dutch pot or large saucepan over medium-high. Add garlic and onion and cook until tender, close to 4–6 minutes.
2. Next add your orange juice and optional maple syrup to the pot. Cook an additional 1 to 2 minutes

Place the olives and 1/2 c water in the pot with the garlic/onion. Cook for 5 minutes on medium high until olives begin to soften.

3. Add your green beans, kosher salt, pepper, balsamic vinegar, and 1/2 cup more of purified water.  
Cover and reduce heat to medium until green beans are tender. Check around 18-22 minutes.
4. While green beans are cooking, toast your pine nuts. You can do this in toaster oven or regular oven. Simply place nuts on foil and in oven at 400F for just a few minutes, until golden brown. If you are using toaster oven, they will brown fast. Be careful not to burn.
5. Once beans are cooked, place them in serving dish or keep in pot.  
If placing in a serving dish, add about 1/2 cup of the sauce from the dish, plus your olives.
6. Garnish with fresh thyme, orange slices, and toasted pine nuts before serving.  
Optional pinch of red pepper flakes

# Smashed Mexican Beans Avocado Toast

PREP TIME: 10 MIN    COOK TIME: 10 MIN    YIELD: 6 SERVINGS

## DESCRIPTION

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 <http://www.cottercrunch.com/mexican-style-one-pot-beans-vegetarian-option/> recipe. Or see notes for Organic Canned Beans)
- 2 garlic cloves
- 1 red chili pepper or jalapeno,
- 1/2 tsp Salt and pepper each (divided)
- 1/2 cup chopped onion
- 1 tsp smoked paprika or regular paprika
- 6 slices Gluten Free bread
- 1 tsp oil (if toasting bread in oven)
- 1 avocado
- 1 tomatillo – sliced thin
- 1/3 cup 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.

## NOTES

- 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](#)

# Slow Cooker White Bean Vegan Mashed Potatoes

PREP TIME: 10 MIN

COOK TIME: 4 HR

YIELD: 6

## DESCRIPTION

Slow cooker mashed potatoes that are vegan, thanks to a white bean puree that's used to make them creamy without the use of butter!

## INGREDIENTS

- 2.5-3lbs red and/or gold potatoes peeled
- 1/2 cups broth
- 1/2 cup almond milk
- 1 tsp garlic minced
- 1/4 tsp sea salt and pepper
- 1 shallot sliced
- fresh herbs such as thyme, basil, etc. 1-2 sprigs or a 2-3 basil or sage leaves (extra to fold in after if you'd like, or to garnish)
- Extra oil if needed or 2-4 tbsp Coconut or almond milk to thin out.
- 1/2 tsp sea Salt or garlic salt and pepper or to taste after cooked

## *FOR THE WHITE BEAN SAGE PUREE:*

- 15 oz can of organic cannelloni organic beans drained rinsed (or cooked white beans)
- 1/8 cup oil
- 1/4 cup broth
- 3 sage leaves stem removed
- 1 large or 2 small garlic cloves

- Salt/pepper to taste

## INSTRUCTIONS

1. Wash and peel your potatoes. Place in slow cooker.
2. Next make your white bean puree. Place beans, oil, broth, sage leaves (stems removed), oil, 2 small garlic cloves (peeled), salt, pepper, and oil in blender or food processor.
3. Blend until creamy. Taste and see if it's to your liking. Add more salt/pepper/seasoning again if desired. Set aside.
4. Next add 1/2 cups broth, 1/2 cup almond milk, 1 tsp garlic minced, 1/4 tsp sea salt and pepper, and 1 shallot sliced to your potatoes in the slow cooker. Mix all together.
5. Now pour your white bean puree on top of the potatoes in the slow cooker/crock pot with a couple pieces of herbs/sage on top. Chop any extra herbs and/or sage into pieces. Set aside.
6. Cover and cook high for 4 hrs., stirring half way
7. Be sure to remove stems from herbs if you placed any on top of cooked potatoes. You can do this half way or at the end of cooking.
8. After potatoes have softened enough, mash first with masher in the crock pot. Then take an [Immersion Blender](#) and Blend in slow cooker until smooth. See notes if you don't have an emersion blender.
9. If potatoes are too thick, add more oil or 2-4 tbsp of coconut milk or almond milk to thin out.
10. Last, fold in herbs (as little or as much as desired).
11. 1/2 tsp sea Salt or garlic salt and pepper or to taste.

## NOTES

If you don't have an immersion blender, you can continue to mash with masher, or place cooked mashed potatoes in a blender. Add a little broth or milk (2-4 tbsp) and blend until creamy. [Immersion Blender](#) work best though.

# Easy BBQ Crock Pot Lentil Chili {Vegan}

PREP TIME: 10 MIN

COOK TIME: 3 HR, 30 MIN

YIELD: 5-6

## DESCRIPTION

A hearty yet healthy BBQ Vegan lentil chili made with a few simple ingredients. Gluten-free and Grain Free.

## INGREDIENTS

- 3-4 cups Vegetable [\[url\]](http://amzn.to/2juRet2) broth [∞http://amzn.to/2juRet2\[/url\]](http://amzn.to/2juRet2) (3 cups for thicker chili)
- 16 oz bag of lentils (I used red lentils, but any will work. Green lentils cook more al dente)
- 1 -2 tsp olive oil
- 2/3 cup diced onion – red or white
- 1 teaspoon minced garlic
- Your favorite barbecue rub or seasoning. I used a [\[url\]](http://amzn.to/2iQKa8b) Paleo BBQ rub [∞http://amzn.to/2iQKa8b\[/url\]](http://amzn.to/2iQKa8b) or chili seasoning mix. About 2-3 tsp (if it has high salt content, reduce amount you use or taste first.
- 1 tablespoon molasses
- 1 tsp smoked paprika
- 1/2 tsp ground mustard
- optional 1/4 tsp ground ginger
- 1/2 cup of diced bell peppers (extra for topping)
- 1/2 c to 2/3 cup diced tomatoes or canned tomatoes (drained)
- optional – 2-4 tbsp spicy BBQ sauce mixed in
- sea salt/black pepper to taste
- Protein Option- Use BBQ tempeh, tofu, Vegan Gluten Free burgers. These options might not be gluten free though so read labels.
- Toppings of choice – Cilantro, roasted pumpkin seed, red chili flakes nutritional yeast. See notes for more.

## INSTRUCTIONS

1. First make sure your vegetables are chopped and lentils are rinsed.
2. Pour the lentils in a strainer and rinse thoroughly. Next Place the rinsed lentils in your [Crock pot](#) or slow cooker. Add 1½ to 2 times as much broth as lentils, anywhere between 3-4 cups.
3. Add in your onion, oil, tomato, BBQ sauce, and other vegetables, such as chopped peppers and garlic. Mix all together.
4. Next add your molasses and seasoning. Add salt and pepper the last 10 to 15 minutes of cooking.
5. Cook on high for three to four hours. Low around 5. Checking halfway through cooking and mixing. Taste halfway and adjust seasoning (more if needed). If you are using green/black lentils, they will probably take closer to 4 hrs and hold their shape.
6. I found that cooking the red lentils on high 3.5 hours made them soft enough. Red/Orange lentils don't hold their shape as well as the green/black. Which makes them great for thick chili/stew. If chili is too thick at half way point, add more broth.
7. Once cooked, serve and garnish with roasted pumpkin seeds, cilantro, more chopped bell pepper, red pepper flakes, and optional nutritional yeast. I also had a little bit of plain coconut cream to place on top in place of real sour cream.
8. Keeps well in fridge for up to 5-7 days.

## NOTES

If you are not vegan, feel free to add in sausage or other meat.

Vegans can up their protein by adding in tofu or tempeh last 30-45 minutes of cooking

## OATS AND QUINOA

# Savory Slow Cooker Oatmeal with Crispy Bacon

PREP TIME: 5 MIN    COOK TIME: 180 MINUTES    YIELD: 4 SERVINGS

## DESCRIPTION

Savory oatmeal made in a slow cooker with the addition butternut squash, garlic, herbs, parmesan cheese, crispy bacon and avocado. An easy to make well-rounded healthy meal for any time of day. Gluten free with a dairy free option

## INGREDIENTS

### **For the Slow Cooker Oatmeal:**

- 1.25 cups gluten free rolled oats
- 1 cup diced peeled squash or sweet potato
- 1 tbsp Butter or olive oil
- Optional flaxseed 2 tbsp
- 1 tsp minced garlic
- 1 tsp Sea Salt
- Pinch of black pepper
- 1/2 c sliced cherry tomatoes
- 1/4c Parmesan or nutritional yeast
- 1 tsp red pepper flakes
- 3/4 c broth
- 2 cup plain almond milk or coconut milk unsweetened
- 1/2 c to 1 c water (if oatmeal gets too thick, use as needed)

### **For the Crispy Bacon:**

- 1.5 ounces uncured nitrate free bacon strips
- 1/4 c sliced red onion

## For the Savory Oatmeal Bowl Toppings:

- Sliced Avocado
- Steamed spinach
- Microgreens
- Red pepper flakes
- Parmesan shavings
- cooked crispy bacon and onion
- pinch of Pepper
- Optional fried or poached egg

## INSTRUCTIONS

1. Place the gluten free oats, diced peeled squash, tomato, butter or oil, flaxseed, garlic, seasoning, milk, broth, and parmesan in the crock pot or slow cooker. Mix all together and set on high 3 hrs or low for 5. Could be more or less depending on your slow cooker.
2. Stir and scrape the sides of the slow cooker every hour if you are using real cheese. The flaxseed will help bind everything together and thicken it up like steel cut oats.
3. Add a 1/4 c more milk or water if you want to thin out the oats (to create more of a porridge) the last hour of cooking.
4. When the slow cooker oats are about ready, preheat oven to 350F and Line a baking tray with foil.  
Place [bacon](#) strips and sliced onion on the tray on top of foil. Bake for 15 minutes or until crispy.  
Reserve 1/2 to 1 tbsp of the bacon grease.
5. Stir the extra bacon grease into the oats before serving.
6. Spoon savory oatmeal into bowls. Add your toppings of choice (listed) and crispy bacon with onions to garnish.

## NOTES

You can cook this overnight if you have an automatic [slow cooker](#) that shifts to warm after 5 hrs. If so, I recommend adding the the cheese in morning. Or use a slow cooker liner so the cheese doesn't burn the sides.

# Maple Sesame Quinoa Bars

PREP TIME: 10 MIN    COOK TIME: 5 MINUTES    YIELD: 14 SQUARES

## DESCRIPTION

Maple Sesame Quinoa Bars are a delicious vegan breakfast or energy bar. Maple syrup, sesame, sunflower seed butter, & quinoa make for a sweet nutty flavor. Vegan, gluten free, and a nut-free option.

## INGREDIENTS

- 1/4 cup sesame seeds (toasted)
- 1/3 cup pumpkin seeds
- 1 cup gluten free rolled oats
- 3 cups cooked quinoa (see notes)
- 1 tsp cinnamon
- 1/3 cup unsweetened shredded coconut
- 7 tbsp coconut oil (solid), butter, or vegan butter (chopped)
- 1/3 cup maple syrup
- 1/3 to 1/2 cup sunflower seed butter for nut free option (or creamy peanut butter or almond butter)
- 1/3 cup coconut sugar
- 1 tsp vanilla

### **For the shell topping:**

- 1/2 c sunflower seed butter or nut butter of choice.
- 1/4 c coconut oil
- pinch of cinnamon

## INSTRUCTIONS

1. Preheat oven to 350°F. Line an 8×11 pan with parchment paper. (see notes for pan size options)
2. Place sesame seeds on baking sheet and toast in oven for about 5 minutes or until toasted lightly.
3. Next combine your dry ingredients. Place cooked quinoa, [gluten free oats](#), sesame seeds, pumpkin seeds, cinnamon, coconut, cooked quinoa, and in a large bowl. Mix all together. Set aside.
4. Place butter (or coconut oil), maple syrup, sunflower seed butter or nut butter of choice, coconut sugar, and vanilla in a small saucepan and cook over medium heat until butter and nut butter are melted. Then turn heat to a quick boil for 1 minute. Reduce and simmer for 5 minutes until mix is thickened, stirring often.
5. Pour nut/seed sugar mixture into dry ingredients. Mix all together and then press firmly into pan; Place in refrigerator to set, covered.
6. While bars are setting, make your [sunflower seed butter](#) (or almond butter) shell. You don't have to use all of the shell coating if you prefer to make these bars less dense.
7. In a small sauce pan, mix together the 1/2 c sunflower seed butter (or nut butter), coconut oil, and 1 tsp cinnamon on medium heat until melted.
8. Pour this mix over your pan of bars and place back in refrigerator or freezer until set. Once set, slice bars and wrap each one in foil or wax paper to hold.
9. Store in fridge or freezer.

## NOTES

- **pan size:** If you want thicker bars, use a 9×9 or 8×8 square pan.
- If you don't need the nut free option, you can use any creamy nut butter of choice for the batter and shell coating.
- Be sure to have cooked quinoa that's fluffy and dried out a little before using. If quinoa is too moist it will not set.
- **For the coating:** You don't have to use all of the shell coating if you prefer to make these bars less dense.

# One Bowl Berry Oatmeal Breakfast Cookies

PREP TIME: 5 MIN COOK TIME: 25 MIN YIELD: 13 LARGE OR 24 SMALL

## DESCRIPTION

ONE BOWL berry Oatmeal Breakfast Cookies {Gluten Free} Nut Free and Egg Free /Vegan Option}.

*Recipe Updated August 2018*

## INGREDIENTS

- 3 cups gluten free rolled oats
- 1 cup blueberries
- 1/2 c gluten free pancake mix or gluten free multi-purpose flour
- 3/4 cup almond milk (or coconut milk)
- 1 egg (see notes for egg free or vegan version)
- 1/2 cup coconut sugar or raw sugar
- 1 tsp baking powder
- 1 tsp Vanilla
- 1/4 tsp kosher salt
- 1/4 c strawberries (chopped) or 1/4 c raspberries
- Optional **Protein Boosters** Add ins – 2 tbsp plain or chocolate collagen protein powder, 2 tbsp hemp seeds, pumpkin seeds, etc. See notes for other options.

## INSTRUCTIONS

1. Preheat oven to 350F. Grease a baking sheet. Set aside.
2. In a large bowl, combine all your ingredients, fold in your strawberry slices last

3. Use a large or small cookie scoop and place on baking tray 1 inch apart. Large cookie scooper will yield 12 cookies. Small Cookie scoop will yield 22-24 cookies.
4. Press the cookies flat with back of cup or leave in cluster shape, both work.
5. Bake for 22-25 minutes or until golden brown on bottom.
6. Remove and let cool for 15 minutes.
7. Store in airtight container or freezer for later.

## NOTES

If you use a gluten free pancake mix then you can omit the egg and make them vegan friendly. They will be denser but still work. Or feel free to use a chia egg or 1 -2 tbsp coconut oil. Cooking times will vary so check after 18 minutes.

**Protein booster options** – Mix in your favorite flavor collagen powder or substitute 1/4 cup of the gluten free flour mix for pea protein powder.

# Gluten Free Pumpkin Oatmeal Bread

PREP TIME: 10 MIN    COOK TIME: 40-45 MIN    YIELD: 6-8

## DESCRIPTION

Pumpkin is so heavenly to bake with! This Gluten Free Pumpkin Oatmeal Bread is great for holidays or as homemade gifts. Ready in under an hour. Dairy free.

## INGREDIENTS

- 1 cup gluten free rolled oats (extra for topping).
- 2/3 heaping cup gluten free all-purpose flour (a 1:1 gluten free flour works best)
- 1/2 cup coconut palm sugar or brown sugar
- 1 tsp baking soda
- 1/4 tsp of Kosher or sea salt
- 2 tsp cinnamon
- 1/4 cup coconut milk or almond milk of choice
- 2 large eggs
- 1/3 cup egg white
- 1 cup pumpkin puree
- 1 tbsp molasses (optional)
- 1 tsp vanilla
- 1 tsp apple cider vinegar or lemon juice
- Optional – handful of dark chocolate chips or dried fruit
- 2-3 tbsp chopped nuts or seeds (to top)
- Honey to drizzle

## INSTRUCTIONS

1. Preheat oven to 375F. Grease or line a bread pan. I used a smaller 8x4 so that the bread would rise higher. A 9x5 works as well. See notes.

2. Place your oats in a blender or coffee grinder and blend until a mealy flour is formed. Pour into a large bowl.
1. Next, add the rest of your dry ingredients to the ground oats; Gluten free flour, baking soda, salt, cinnamon. Mix together.
2. In a blender or small bowl, whisk your egg and egg white to until fluffy. Place in a small bowl and add in your milk. Mix gently.
3. Fold in your egg milk mix with the dry ingredients. Last, add your pumpkin puree, molasses, vanilla, and vinegar. Gently stir until batter until blended.
4. Pour in a lined bread pan (square brownie pan will work too if you don't have a bread pan)
5. Add a few tablespoons of rolled oats and nuts/seed on top.
6. Drizzle with honey
7. Place in oven at 375F for about 30 minutes. Check a little earlier just in case your oven bakes faster.
8. Cover with foil and bake and addition 10-15 minutes or until center of the bread comes out clean with a tooth pick.
9. Remove from oven and let cool for 15 minutes.
10. Remove from pan and slice to serve. Or keep for future. Wrap in foil and keep in fridge or freezer. See notes

## NOTES

Keeps well in fridge for 7-10 days or freezer for 6 weeks. If you are using a 9x5 pan, the bread will bake faster.

# 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.

# Superfood Instant Pot Oatmeal Jars (Stove Top and Slow Cooker Options)

PREP TIME: 5 MIN

COOK TIME: 10 MIN

YIELD: 5

## DESCRIPTION

Superfood Instant Pot Oatmeal in Jars (Stove top and Slow cooker options). A healthy gluten free breakfast and meal prep recipe.

## INGREDIENTS

- 1 1/4 cup [gluten free rolled oats](#) (Bob's Redmill)
- 2 .5 – 3 cups almond milk or coconut milk (drinking milk) — See notes to avoid dryness.
- 1/3 cup regular or non-dairy cream (see notes for substitutes)
- 1/2 – 2/3 cup chopped apple
- 1 large carrot, shredded into shavings or julienne sliced
- 1/3 cup raisins or goji berries
- 1/2 cup chopped walnuts
- 1/4 cup flaxseed or chia seed
- 1/2 tbsp Cinnamon
- Pinch of sea salt
- Optional: 1/4 cup coconut sugar or maple syrup for extra sweetness

## TOPPINGS and MIX-INS:

- Optional add-in: 1 serving (scoop) Protein powder desired (I used pea protein from Bob's Redmill)
- Fresh Blueberries to top once cooked
- Extra milk/sweetener to top if desired

## INSTRUCTIONS

### INSTANT POT VERSION:

- Note: If you find your instant pot burns oats easily, then add in 3 cups of the milk first. Then your oats and prepped ingredients (minus toppings) in the [Instant Pot](#). Barely mix together.
- Place Instant pot on pressure cook for 10 minutes, then natural release. If you are using quick oats, only cook 7 minutes or so.
- Once cooked, add in optional protein, if desired.
- Spoon into 6-7 small 1 cup mason jars or 5 medium bowls. Top with blueberries. Optional honey and pinch of cinnamon/splash of milk.

### STOVE TOP OPTION:

- Place milk in large sauce pan. Bring to a soft boil.
- Place all ingredients (minus toppings and sweetener) in the pot.
- Reduce to low and cover for 20 -25 minutes or until oats have absorbed milk and are thoroughly cooked. Mix in sweetener and protein if desired.
- Spoon into jars or bowls and then add toppings.

### SLOW COOKER OPTION:

- Follow similar instructions to that of my [slow cooker savory oatmeal](#).
- Place all ingredients (minus protein and toppings) in slow cooker or instant pot slow cooker option.
- Mix all together and set on high 3 hrs or low for 5. Could be more or less depending on your slow cooker.
- Stir the oats in the slow cooker half way through the cooking time. The flax seed will help bind everything together and thicken it up like steel cut oats.
- Add a 1/4 c more milk if you want to thin out the oats (to create more of a porridge) the last hour of cooking. Mix in protein last if using it.
- Spoon superfood oatmeal into jars or bowls. Add your toppings of choice (listed above).
- You can set this overnight if you have an automatic [slow cooker](#) that shifts to warm after 5 hrs.

## NOTES

INSTANT POT NOTES – Updated (thanks to a reader Wihelmina).

Almond or coconut creamer work well, but you can also use canned coconut milk or cream. The taste and texture will vary. Regular cream might burn more easily, so add a 2-3 tbsp of water to even it out.

EGGS

# Italian Egg Bake (Low Carb Breakfast)

PREP TIME: 10 MIN

COOK TIME: 18 MIN

YIELD: 4.5 SERVINGS

## DESCRIPTION

Italian Egg Bake is a low carb breakfast recipe that's perfect for a healthy breakfast, brunch, or breakfast for dinner (brinner). Great for back to school meal planning, too! Low carb, gluten free, grain free, and kid friendly!

## INGREDIENTS

- 4 ounces diced pancetta
- 1/2 cup chopped red onion (around 140 grams)
- 1/2 cup chopped fresh oregano
- 1/2 cup chopped fresh basil
- 1/4 cup unsweetened almond milk
- 2/3 cup shredded Parmesan cheese (extra for topping)
- 1/2 tsp minced garlic
- 1/4 tsp Sea salt and pepper each (or to taste)
- 1/2 cup chopped fresh tomato
- 1 cup tomato sauce
- 5 large cage-free eggs
- Red pepper flakes to garnish
- Oregano to garnish

## INSTRUCTIONS

1. Preheat oven to 425 degrees F.
2. Pan fry the pancetta and onion together in [8 inch cast iron skillet](#) (or oven safe pan) for 2 minutes or until fragrant.
3. Remove from heat.

4. Whisk together the almond milk, and parmesan cheese. Reserve extra cheese for topping.
5. Stir in the garlic, tomato, sea salt/ pepper, tomato sauce, and herbs.
6. Pour the milk tomato mix over the cast iron skillet (or oven safe pan) with the onion and pancetta.
7. With a spatula, create 5 small crevices in the pan (evenly spaced) where you can place the eggs so the yolk don't break. Crack 5 eggs on top of each crevice. If you find you have an egg with a running yolk, just mix it to the pan, but then add another egg that has a set yolk. Or discard the running yolk.
8. Add any extra cheese on top of eggs and place skillet in oven for 15-18 minutes or until egg whites have set (yolk will be soft) and corners are brown. Baking times vary with oven and type of skillet used.
9. Garnish with Italian parsley and red pepper flakes. Enjoy

## NOTES

Baking times vary with oven and type of skillet used. I prefer using a Cast iron skillet.

# Roasted Hatch Green Chile Egg Casserole

PREP TIME: 10 MIN    COOK TIME: 30 MIN    YIELD: 8 SERVINGS

## DESCRIPTION

Cheesy Roasted Hatch Green Chile Egg Casserole. Gluten Free, Grain free, high protein, and delicious!

## INGREDIENTS

- 2 Hatch Green Chile pepper (see notes for substitutes)
- 1 tsp olive oil or avocado oil
- 1 cup Spinach
- 1 c chopped onion
- 10 -12 eggs (12 eggs is a little denser texture)
- 1 cup almond milk
- 1/4 c arrowroot flour (or potato starch). See notes for other options
- 1 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp cumin
- pinch of garlic powder
- 1 tsp minced garlic
- 8 ounces (2 cans) chopped green chiles (mild or spicy).
- 6 ounces sliced artisan white cheese (We use Emmi Kaltbach Le Cremeux)
- 1 Sliced tomato plum tomato
- Optional gluten free chicken sausage and extra grated hard cheese for topping
- Cilantro and a sprinkle of red pepper flakes to garnish

## INSTRUCTIONS

1. **NOTE:** If you are roasting the green chile, you will want to follow the instructions below. Or you can use buy pre roasted.
2. Preheat the broiler. Line a baking sheet with foil.
3. Place your your Hatch green chile pepper on the the foil. Once the broiler is ready place peppers in oven and Broil 3-4 min each side. Or until skin in browned. Remove from oven, set aside.
4. Turn the oven down to 350F.
5. In a small pan, add 1 tsp oil and sauté your onion and spinach together on medium to medium until fragrant. About 3 minutes. Remove from heat.
6. Now prepare your eggs. In a large bowl, beat eggs and milk on medium-high speed with an electric mixer until light and frothy. Add the flour (starch), baking powder, salt, garlic powder, pepper, cumin.
7. Blend until just combined and smooth, around 30 seconds. Stir in the canned green chilies (8 ounces).
8. Layer the bottom of 8×11 casserole dish with your cooked spinach and onion. See notes for other sizes of dishes.
9. Then add a few slices of cheese, followed by the egg and green chile batter.
10. Once cooled, peel the skin off the roasted hatch green chiles and slice length wise, removing the stem. Then layer the top of casserole with tomato, slices, sliced roasted Hatch Green Chiles, and more cheese.
11. Place in oven and bake for 30-40 minutes. Check casserole at 30 minutes. If the outside is brown but inside is still not set, cover and continue to bake for an additional 5 to 10 minutes. For crispy edges, broil last minute.
12. Remove from oven. Sprinkle with extra cheese (see notes) , chili pepper flakes, and fresh cilantro. Optional salt/pepper to taste Serve or cover until ready to serve.

## NOTES

- If you want the casserole to be thicker, use an 8×11 pan; if you want a thinner casserole, use a 9×13.

- This egg casserole keeps well for 3 days covered in fridge. You can prepare the egg batter the night before as well. Then just layer with your vegetables and cheese before cooking.
- If you don't want to roast Hatch Green Chiles, simply omit that ingredients or stir in an extra 1/4 cup of chopped green chiles.
- If you don't have arrowroot starch, feel free to use a gluten free multipurpose flour.

***Nutrition Tip:*** To reduce cholesterol, replace half the eggs with the equivalent egg whites. Baking times will vary, usually baking faster.

# Mexican Avocado Egg Salad Collard Green Wraps {Paleo, Whole 30}

PREP TIME: 15 MINUTES

YIELD: 5 WRAPS

## DESCRIPTION

These **Mexican avocado egg salad wraps** make for a perfect low carb veggie packed lunch! Paleo Avocado Egg Salad seasoned with Mexican spices and jalapeño, all wrapped up in collard greens! Whole 30 friendly, gluten free, and grain free.

## INGREDIENTS

- 1/2 large avocado
- 1 small bunch cilantro, chopped
- 3 oz fire roasted green chilies (canned, drained)
- 2 garlic cloves
- 1/4 tsp paprika
- 1/2 tsp cumin
- salt/pepper to taste
- 1 green onion, sliced or 1/4 c chopped white or red onion
- 5 large collard greens
- 1 bell pepper, sliced
- juice of one lime
- red pepper flakes garnish
- 1-2 jalapeños
- additional salt/pepper to season after blending
- sprouts to garnish
- 6 hard boiled eggs
- \*Optional\* [Paleo Mayo](#) or Olive Oil

## INSTRUCTIONS

1. Slice hard boiled eggs in half. Remove yolk and place in food processor or blender. Keep the egg whites for later.
2. Combine avocado, cilantro, green chilies, spices, garlic, and optional jalapeños slices (just a few) in the [food processor](#) or blender. Blend until an egg salad consistency is formed. Taste to see if it needs more salt/pepper, to your liking. Add additional avocado, [paleo mayo](#), or oil if you want it extra creamy.
3. Chop up a few of the extra whites from the hard boiled eggs and mix into egg salad.
4. Next clean your collard green wraps and place in a towel. Pat dry. Place the leaves/wraps in microwave to steam for 30 -40 seconds. This will make them easier to bend. Remove and place on a plate.
5. Scoop 1/4 cup of the avocado egg salad into each wrap.
6. Top with bell pepper slices, optional jalapeños slices, a dash of lime, sprouts, and red pepper flakes.
7. Salt and Pepper to taste.

## NOTES

- The avocado egg salad will keep in sealed container in fridge for 5 days or so.
- If you don't have avocado, feel free to use [chipotle paleo mayo](#).
- Lettuce wraps or romaine leafs also work!
- For less spiciness, omit jalapeños. You can also use regular green chilies, canned or fresh.

FRUIT

# Blender Blackberry Quinoa Cakes

## {Gluten Free, Dairy Free}

PREP TIME: 10 MIN

COOK TIME: 45 MIN

YIELD: 9-10

### DESCRIPTION

EASY blender blackberry quinoa cakes recipe! These gluten free quinoa cakes are made with simple fresh ingredients. Dairy free, no refined sugar, and delicious! No oil or butter needed. Just blend and bake!

### INGREDIENTS

- 3 cups Cooked quinoa (about 1 cup uncooked if you are making from scratch. See notes)
- 4 eggs
- 1/3 c to 1/2 cup honey or maple syrup (See notes for sweetness variations)
- 1/4 tsp salt
- 1 tsp vanilla
- 2 -3 tbsp organic blackberry jam
- 1 tsp baking powder
- 2 tbsp chia seed (a super food addition. optional)
- 1/4 cup almond milk or coconut milk for nut free option
- 6 -8oz fresh blackberries
- 1/4 cup coconut flour
- optional topping 1 tbsp each cinnamon and coconut sugar

### INSTRUCTIONS

1. First make sure your quinoa is cooked according to instructions. 1 cup quinoa to 2 cups water equals about 3 cups. You can also use leftover quinoa.

2. Preheat oven to 375F.
3. Add your first 8 ingredients into the blender. Blend on low then add in your milk, coconut flour, and chia and blend until batter is formed. Throw in handful or less of fresh blackberries to make these more purple in color. This is optional.
4. Pour batter in to greased 8x8 pan or lined muffin cups. Set aside.
5. next place your blackberries in a large bowl and smash them up with fork or spoons. I would wear an apron for this! haha.
6. Pour your smashed berries on top of your batter and spread it out evenly.
7. Place in oven for 45-50 minutes or until center is done. Be sure to check at 35 minutes just in case your oven cooks faster.
8. Remove from oven and sprinkle on optional topping. Cinnamon and coconut or palm sugar on top. Let it cool then slice into cakes.
9. Keep in fridge if you are not serving right away; or freeze for up to 6-8 weeks in ziplock bag.

## NOTES

If you want these cakes to be more like a pudding/cake just use 3 eggs but keep the chia.

**ADJUSTING SWEETNESS:** These cakes are naturally sweetened with fruit. Feel free to add more honey if you want them sweeter like cake/dessert. Keep the recommended amount of honey if you want them more like fruit/egg breakfast cakes.

# Apple Pie Peanut Butter Mug Cake

## {Vegan, Gluten Free}

PREP TIME: 2 MIN

COOK TIME: 2 MIN

YIELD: 1

### DESCRIPTION

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)
- 1/2 tsp baking soda
- 2 tsp cinnamon
- 1/2 tsp Apple Cider Vinegar
- 2-3 tsp coconut oil (make sure it's melted or in liquid form)
- 1/4 tsp vanilla extract
- pinch of salt
- chopped apple (1-2 tbsp)
- 1/2 to 1 tbsp coconut sugar (adjust to your liking)
- 5 tbsp water
- toppings:
- chopped nuts
- cinnamon sugar or maple sryup
- 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!! Repeat for another. Go for it!
13. These keep well in fridge all week and are great for snacks!

## 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.

# Orange Probiotic Immunity Boosting Smoothies

PREP TIME: 10 MINUTES

YIELD: 2

## DESCRIPTION

Orange Probiotic Immunity Boosting Smoothies are perfect for breakfast on the go. A vegetable and fruit based yogurt smoothie rich in vitamin C, Vitamin A, fiber, and Calcium. No sugars added.

## INGREDIENTS

- 1 large carrot, peeled
- 2 tangerines or 1 large orange (regular or blood orange)
- 6 ounce fresh orange juice
- 1 tsp chia seed (more if you are making smoothie bowls).
- 6-8 ounces plain Kefir yogurt or cultured plain yogurt. See notes for vegan option.
- 3 to 4 dates, pitted
- 1/2 tsp Cinnamon
- 1/2 tbsp grated ginger
- 1/2 tsp vanilla (optional)
- Optional 1/2 tbsp coconut oil

**2 cups (2 small bowls, or 1 large bowl).**

## INSTRUCTIONS

1. Peel your carrot and oranges.
2. Place carrots, orange, and juice in a blender. Blend under a thick juice if formed.
3. Next add your chia seeds, yogurt, spices, ginger, and coconut oil.

4. Blend again.
5. To make smoothie bowls, add an addition 1 tsp chia seed and let the blended smoothie mix sit overnight, (or at least for a few hours) in the fridge. The chia see will help it thicken. Pour into bowls and garnish with orange slices, cinnamon, gluten free oats, and optional honey.

## NOTES

This makes for a great make ahead breakfast or breakfast smoothie bowl. 2 small servings or 1 large. Adjust sweetness, desired, by adding optional honey or maple syrup. Mix into smoothies before serving.

For **vegan option**, use coconut milk yogurt or Forager cashew kefir yogurt.

# Immunity Boosting Frozen Cranberry Orange Smoothie

PREP TIME: 5 MIN

YIELD: 2

## DESCRIPTION

Immunity Boosting Frozen Cranberry Orange Smoothie {Vegan Friendly}

## INGREDIENTS

- 10 oz fresh squeezed orange juice
- 1 cup frozen raw cranberries (can use fresh but will not be as thick)
- 4 oz coconut or almond milk
- 1 small banana
- 1 tbsp lemon juice or few drops lemon essential oils
- 1 tsp honey or maple syrup
- optional – ice for more thickness or protein powder of choice.

## INSTRUCTIONS

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