

# Refined Sugar Free/Gluten Free Meal Plan

from

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Healthy Gluten Free Recipes One Bite at a Time!



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# Refined Sugar Free Breakfast Recipes

## Turmeric Oven Scrambled Eggs – Healthy Meal Prep

*Prep Time:* 5

*Cook Time:* 15

*Total Time:* 20 minutes

*Yield:* 5-6

### DESCRIPTION

*Kick Start your day with this anti-inflammatory breakfast recipe for Turmeric Oven Scrambled Eggs.*

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### INGREDIENTS

- 8 -10 large eggs
  - 1/2 c unsweetened almond milk or non-dairy milk of choice
  - 1/2 to 1 tsp turmeric powder
  - 1/4 tsp black pepper and kosher salt each
  - Pinch (1/4 tsp or so) of cumin
  - Small sheet pan 18" x 26" with at least 2 inches in height to prevent eggs from not spilling or 9x13 baking dish
  - Optional toppings – Cilantro, avocado, salsa, cheese, etc.
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### INSTRUCTIONS

1. Preheat oven to 350 F.
2. Whisk eggs, milk, turmeric and other spices together in a larger bowl. Gently pour egg batter on an oiled sheet pan (or in large casserole dish).
3. Place in oven for 10-12 minutes or until eggs have started to set. Remove or gently pull the out the oven rack, stir eggs on the sheet pan with wooden spatula, then slide back in oven.
4. Place sheet pan back in oven for about 8 – 10 minutes or until eggs are set and semi soft for scramble eggs, to your liking. Remove from oven stir again with spatula.
5. Serve hot with toppings, like peppers and cilantro. Or store in airtight container for up to 4 days.
6. **\*Alternatively**, you can bake the eggs for 15-17 minutes without scrambling and then slice into baked eggs squares.
7. **Optional toppings** – cilantro, peppers, avocado, salsa, etc.

### NOTES

- To clean the Turmeric off the pan, simple soak in baking soda or bar keepers solution. It comes off very easy and should be simple to clean if you greased or oiled the pan prior.

## Superfood Overnight Oatmeal {Healthy Meal Prep Breakfast}

*Prep Time:* 10 minutes

*Total Time:* 2 hours 10 minutes

*Yield:* 2

### DESCRIPTION

Superfood overnight oatmeal is perfect for a healthy meal prep breakfast! Blueberries, flax seeds, chia seeds, and gluten free oats will help fuel your body for the day.

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### INGREDIENTS

- 1/2 cup blueberries, frozen or fresh, divided
  - 1/2 cup gluten free rolled oats, divided
  - 2 tbsp chia seeds, divided
  - 4 tsp ground flaxseed, divided
  - 1 tsp ground cinnamon, divided
  - 1 cup almond milk or coconut milk
  - maple syrup for drizzling on top, if desired
- 

### INSTRUCTIONS

1. Place 1/4 cup frozen blueberries at the bottom of the cups.
2. Add 1/4 cup gluten-free rolled oats to each.
3. Next, add 1 tbsp chia seeds into each cup followed by 2 tsp ground flaxseed and 1/2 tsp ground cinnamon.
4. Fill each cup with 1/2 cup almond milk or coconut milk.
5. Drizzle with a touch of maple syrup on top (if desired).
6. Stir gently, then place in the fridge for 2 hours or up to 24 hours.
7. Remove from fridge, then add more blueberries on top. It's breakfast to go!

## Chickpea Pancakes with Harissa Yogurt Sauce

*Prep Time:* 15

*Cook Time:* 15

*Total Time:* 30 minutes

*Yield:* 4 -5

### DESCRIPTION

Savory chickpea pancakes with harissa yogurt sauce. Healthy, gluten free, grain free, vegetarian!

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### INGREDIENTS

#### For the Chickpea Pancakes:

- 1 1/4 cup chickpea flour, also known as garbanzo bean flour ([Bob's Redmill](#))
- 1 1/2 cup cold water
- 1/4 tsp sea salt and pepper each (to taste)
- 2 tbsp extra-virgin olive oil or avocado oil, plus more for the pan
- Optional minced garlic (for the garlic lovers. 1/2 to 1 tsp)
- 1/2 to 1 tsp [seasoning](#) of choice (optional).
- Extra Oil for the pan

#### For the Harissa Yogurt Sauce Topping:

- 5 ounces plain Icelandic Style yogurt or other thick yogurt of choice.
  - 2 tbsp [Harissa Paste](#) or 1/2 tbsp harissa seasoning
  - 1/4 tsp minced garlic
  - olive oil to drizzle
  - Cracked black pepper and sea salt to sprinkle
  - Lemon slices
  - Fresh Cilantro to garnish
  - Optional – sliced grape tomatoes and peppecorns
- 

### INSTRUCTIONS

#### To make the chickpea pancakes:

1. Mix your chickpea (garbanzo bean) flour, 2 tbsp olive oil, water, and seasonings together in a bowl. Whisk until smooth. It's best to let it sit for 15-20 minutes at room temperature.

2. While the batter is sitting, heat a griddle or pancake pan to medium high and add 1 tbsp oil or butter. While the pan is preheating, prep your yogurt topping.
3. In a small bowl, whip together plain yogurt, harissa paste, garlic, and pepper/sea salt. Spoon into serving bowl and garnish with lemon slices, cilantro, and a drizzle of olive oil.
4. Set the sauce aside in fridge while you make your pancakes.
5. Once the batter is ready and pan is hot/oiled, spoon 1/4 cup of the batter on the hot pan. if you have a large enough pan, you can pour 2-4 pancakes at a time. Batter should spread easily— If it doesn't, thin with a little water.
6. Cook until bottoms are lightly browned and bubbles form on top, about 2-3 minutes. Use a spatula to carefully flip pancakes over and cook until browned and cooked through.
7. Place cooked chickpea pancake on large serving plate and repeat until you've used up all the batter. Add more oil if needed. The batter should make around 7-8 pancakes.
8. Once you've cooked all your chickpea pancakes, serve them onto each plate and spoon 2 tbsp of harissa yogurt on top.
9. Garnish each plate with fresh cilantro and sliced tomatoes. Optional peppercorn to sprinkle on top and olive oil to drizzle.
10. **BONUS topping:** To make it extra flavorful, add a tbsp of shaved parmesan on each plate.

## NOTES

Batter can be made 1-2 days ahead. Be sure to cover and chill in fridge.

# Refined Sugar Free Lunch Recipes

## Greek Cauliflower Salad Bowls (Low Carb, Vegetarian)

Prep Time: 15

Total Time: 15

Yield: 3

### DESCRIPTION

Greek Cauliflower Salad Bowls feature cauliflower rice, grape leaves, Mediterranean olives and seasonings, pumpkin seeds for crunch, and creamy goat cheese. This gluten-free, grain-free, vegetarian, low carb salad is perfect for lunch or meatless dinner.

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### INGREDIENTS

- 1 small to medium head cauliflower (riced) – **if you prefer to buy premade cauliflower rice, use 3 to 4 cups riced.**
  - 1-2 tbsp of olive oil (2 tbsp if using a large amount of cauliflower)
  - 1/2 teaspoon minced garlic (or 1/4 tsp garlic powder)
  - 1/2 teaspoon fine sea salt
  - 1/2 teaspoon ground black pepper
  - 1/4 cup pumpkin seeds
  - 1 cup [grape leaves](#) – Found in grocery aisle – a jar or can (shredded and pressed clean to remove extra water).
  - 1 cup cherry tomatoes – diced/sliced
  - 1/4 cup chopped fresh basil, parsley, or cilantro!
  - 5-7 marinated green olives (or regular stuffed olives)
  - 1/2 lemon, juiced
  - 1 ounce or more crumbled goat cheese (soft) – see notes for alternatives
- 

### INSTRUCTIONS

1. Remove the stem from the cauliflower and cut the cauliflower head into four or five sections. Place one or two sections of the cauliflower, depending on size, into a food processor and pulse until cauliflower rice is formed, usually 3 or 4 pulses.
2. Repeat for each section of the cauliflower.
3. Place the cauliflower rice in a large bowl. Add 1-2 tbsp olive oil, garlic, salt, pepper and pumpkin seeds, and toss to combine.
4. For a fresh cauliflower salad, mix the cauliflower rice with the chopped grape leaves (**preparation instructions below**) and tomatoes. **Alternatively** you can lightly toast the



cauliflower rice on an oiled baking sheet, spread out evenly. Bake for 10-15 minutes at 375F, tossing once during baking. Remove and let cool.

5. To prepare the grape leaves, rinse the grape leaves with water to remove the excess salt. Press the grape leaves with a paper towel to remove the excess water. Chop or shred grape leaves and set aside.
6. Dice the tomatoes, herbs, and olives to your liking. Place in a large bowl with the cauliflower rice, and then add the grape leaves. Toss together, mixing well. Add a fresh squeeze of lemon, salt and pepper to taste, and red pepper flakes.
7. GARNISH with a hefty dose of crumbled goat cheese, Red pepper flakes, herbs (cilantro or basil), and lemon slices.
8. You can serve straight from one large bowl or serve into 2 -3 smaller bowls!

#### **NOTES**

- Feel free to omit cheese for dairy free option! Or use non-dairy cheese.
- If you don't like goat cheese, then feta, mozzarella balls, or even a dollop of Greek yogurt is divine!

## Vegan Green Goddess Dressing Recipe {Paleo Friendly}

*Prep Time:* 5 min

*Total Time:* 5 min

*Yield:* 3/4 cup to 1 cup total

### DESCRIPTION

Vegan Green Goddess Dressing Recipe {Paleo Friendly}

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### INGREDIENTS

- 1/3 cup tahini (or creamy almond butter)
  - 1 to 2 tbsp chopped parsley
  - 1/2 + cup chopped green onion (or 1/2 c chopped red onion)
  - 1 tbsp sesame seed
  - 2 tbsp tamari sauce (Use Coconut aminos for Whole 30 compliant)
  - 2 tbsp apple cider vinegar
  - 2 tbsp lemon juice (1/2 a lemon squeezed)
  - 1/4 to 1/2 tsp sea salt and black pepper each (to taste)
  - 1 tsp minced garlic or 2 garlic cloves
  - 1/3 cup coconut milk or almond milk (see notes for this)
  - 1/4 cup olive oil or avocado oil
  - **Thinner consistency option** – to make thinner dressing add in 2 tbsp water or a bit more oil.
  - **Thicker option** – For EXTRA thick add in 1/3 of ripe avocado.
- 

### INSTRUCTIONS

1. Be sure to chop all your veggies first. Measure them out.
2. Place everything but the oil in a food processor. Pulse or thin out. Then keep the food processor running and add in your oil slowly. Add more onion or salt at the end if desired.
3. Notes for dressing it's best to use a coconut drinking milk or almond milk so it doesn't thicken too much in the fridge. But if you use coconut milk from a can, it still tastes great, just thickens in the fridge.
4. You would need to mix it up or add water or oil to thin it out. Thicker option -> For EXTRA thick add in 1/3 of ripe avocado.
5. This makes anywhere from 2/3 to 1 cup.

## **NOTES**

### **Nutrition Notes**

Calories per 2 tbsp are around 115 calories if you use almond milk.

**Notes** for dressing it's best to use a coconut drinking milk or almond milk so it doesn't thicken too much in the fridge. But if you use coconut milk from a can, it still tastes great, just thickens in the fridge. You would need to mix it up or add water or oil to thin it out.

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

*Prep Time:* 15 minutes

*Total 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.

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### 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 leaves also work!
- For less spiciness, omit jalapeños. You can also use regular green chilies, canned or fresh.

## BBQ Baked Rutabaga Chips

*Prep Time:* 10 min

*Cook Time:* 30 min

*Total Time:* 40 minutes

*Yield:* 4 servings

### DESCRIPTION

Easy BBQ Baked Rutabaga Chips. Healthy, paleo/vegan friendly.

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### INGREDIENTS

- 2 large rutabagas or 3 small to medium (about the size of a fist)
  - 1-1.5 tbsp olive oil or avocado oil. For crispier chips, use a coconut oil or avocado [cooking spray](#)
  - 1 tbsp [BBQ Spice Seasoning](#) of choice (check ingredients for hidden sugars/gluten)
  - Dash of sea salt and black pepper
  - Optional 1/8 or 1/4 tsp garlic or onion powder
  - Fresh cilantro and lemon/lime wedges to serve
  - optional toppings – Red pepper flakes. Grated hard cheese (omit for paleo/vegan)
  - Dipping sauce options: Paleo ranch dressing, tomato sauce, spicy ketchup, aoli
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### INSTRUCTIONS

1. Preheat oven to 450F. Wash and Cut rutabagas into fine slices. A mandoline slices works best to cut into about 1/4 to 1/2 in thick or slices. The thinner the slices, the faster they will bake.
2. In a small bowl or ziplock bag, place all your spices and oils.
3. Carefully coat your rutabaga chips in the bowl with oil and spices or in the bag.
4. Lay them flat on a cookie sheet and spread evenly. Place in oven.
5. If your chips are very thin, be sure to check on them often so they don't burn. Bake for 25 minutes, turning them half way.
6. After 25 minutes, reduce to 350F and cook for an additional 5-10 minutes until crispy. Cover if they start to burn on edges.
7. Bake longer or shorter for texture to be more or less crispy.
8. Remove from oven and let cool.
9. Transfer to bowl or plate. Season with extra red pepper flakes or smoked sea salt if desired.

### NOTES

Sodium level depends on what type/brand of seasoning used

## Small Batch Homemade Cashew Butter {Raw, Vegan}

*Prep Time:* 1 min

*Cook Time:* 15 min

*Total Time:* 16 minutes

*Yield:* 3-4

### DESCRIPTION

Easy Small Batch Homemade Cashew Butter {Raw, Vegan}

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### INGREDIENTS

- 1 cup raw cashew halves
  - Dash of salt
  - 1 tsp any other flavoring you'd like (cinnamon, vanilla, chili pepper, etc.)
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### INSTRUCTIONS

1. To make it more creamy, first grind your cashews in a blender then transfer to food processor. This is not necessary but I find that the cashew blend better that way.
2. Add you seasonings then blend in food processor. 5 minutes at a time for about 15 -20 minutes.
3. After blending for 5 minutes, scrape the sides of the processor and mix, let the processor cool then begin blending again for another 5 minutes
4. It usually takes about 15-20 minutes unless you have a high powered food process.
5. Once smooth, spoon into a glass jar to store or just eat right away! haha.
6. Makes about 1/2 cup.

# Refined Sugar Free Dinner Recipes



## Cashew Satay Spiralized Vegetable Stir Fry {Paleo, Vegan}

*Prep Time:* 12 min

*Cook Time:* 6 min

*Total Time:* 18 minutes

*Yield:* 2

### DESCRIPTION

Cashew satay spiralized vegetable stir fry! Easy and Healthy satay with spicy cashew sauce and spiralized vegetables; all in a stir fry! Paleo and Vegan.

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### INGREDIENTS

- 2-3 zucchini and/or yellow squash (spiralized into noodles)
  - 2 handfuls of chopped napa cabbage (more if you want more veggies)
  - 1 shallot or 2 – 3 tbsp chopped red onion
  - 1 tbsp sesame oil
  - 2-3 tbsp creamy cashew butter or tahini works too → adjust according to how much zucchini you use.
  - 1/2 to 1 tsp red chili flakes
  - 2 tbsp tamari or gluten free soy sauce (add more if you like salty)
  - 1 tsp agave nectar (or honey if you are not vegan)
  - 1 tsp garlic (minced)
  - 1/4 tsp five spice asian seasoning
  - dash of sea salt
  - black pepper to taste
- 

### INSTRUCTIONS

1. Spiralize your zucchini and squash. Clean and dry. Chop your cabbage and red onion.
2. Heat a wok or skillet to medium high or high and add in your cashew butter (make sure it's smooth and melted or creamy), sesame oil, tamari, garlic, and chili flakes.
3. Mix all together.
4. Toss in your veggies and remaining ingredients and seasoning spices.
5. Stir fry all together for a few minutes until veggies are cooked and coated but not soggy.
6. Remove and garnish with more chili flakes and black pepper if desired.
7. Great with chicken or beef or shrimp! Or by itself!

**NOTES**

Calories: 165 Fat: 10 Saturated fat: 1.9 Carbohydrates: 14 Sugar: 8 Fiber: 3.5 Protein: 10

## Fajita Steak Soup (Instant Pot and Stove Top Option)

Prep Time: 10

Cook Time: 25

Total Time: 35 minutes

Yield: 4

### DESCRIPTION

Healthy fajita steak soup (instant pot or stove top)- A mexican inspired paleo soup that's easy and delicious! Whole 30 friendly.

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### INGREDIENTS

- 12 ounce steak (trimmed, fat removed) (or two 5-6 ounce steaks)- See notes for other options.
  - 1 tsp minced Garlic or 3 cloves
  - 1 tbsp Oil
  - 1/2 tsp Cumin
  - Pinch of chili powder
  - 1 tsp sea salt
  - 1/2 tsp of black pepper
  - 1 c thick chunky Salsa or pico de Gallo of choice. Mild or hot
  - 1 10 ounce can [diced tomatoes with green chili](#) or canned diced tomatoes with other Mexican spices
  - 2 c Cauliflower rice (1 small head with stem removed, see notes for easy prep)
  - 1 Bell pepper – diced
  - 4 c chicken Broth or chicken stock (gluten free)
  - 1 cup fresh (torn) Cilantro – about 1 small bunch
  - 1 Jalapeño
  - avocado slices and optional peppercorns to garnish
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### INSTRUCTIONS

- Clean and remove fat from steaks. Make sure all your other ingredients are diced and ready for the soup. Set aside.
- Place instant pot on sauté setting. Place your steak, garlic, and oil in the instant pot.
- Brown meat with garlic and oil on sauté for 2 to 3 minutes, flipping once.
- Remove from instant pot and let the steak rest for 2 minutes. Then Slice into stew meat pieces.

- Place the meat back in the instant pot and then add in the rest of ingredients and spiced, mix together.
- Place lid on instant pot then press Manual mode pressure cook. Cook for 15 min, then slow release. Quick release works just as well.
- Stir ingredients. Taste to see if it's to your liking. Add more spices while it's warm, if desired.
- Serve hot and garnish with torn fresh cilantro, jalapeño slices, avocado slices and peppercorn.

#### **STOVE TOP OPTION**

- Heat a large stock pot to medium. Add steak meat (or stew meat) and brown with oil and garlic. Slice meat once browned and rested for 1-2 minutes. If you're using stew meat, skip the resting.
- Add your vegetables to the pot, sauté for 2 minutes on medium. Next add the sliced steak meat back into the pot along with spices, broth or stock.
- Cover with lid and set to medium low for 30 – 35 min or until meat and vegetables are cooked seasoned well with the broth. Taste and adjust if needed.
- Serve and Garnish with cilantro, jalapeño, avocado

**SEE NOTE FOR STORAGE.** This soup does freeze well.

#### **NOTES**

- If you wish to skip searing steak fillets, you can buy stew meat already sliced and brown it in instant pot.
- Store in airtight container in fridge for up to 7 days. Or freeze for 3 months.
- If you're wondering how to rice cauliflower, see my [cauliflower rice soup recipe](#). Or you can buy prepared cauliflower rice in the freezer section!

## 10-Minute Pan Seared Salmon with Avocado Gremolata

*Prep Time:* 4 min

*Cook Time:* 6 min

*Total Time:* 10 minutes *Yield:* 3 servings

### DESCRIPTION

Pan Seared Salmon with Avocado Gremolata is a Whole30 compliant, healthy fish recipe. Making this crispy skin salmon requires just 7 ingredients and 10 minutes of cooking time! This is a quick, easy, kid-friendly meal that's grain-free, gluten-free, low carb, paleo, and using oil instead of butter, it can be dairy-free, too!

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### INGREDIENTS

- Salmon fillets (two 4-5 ounces each) or one larger 10 ounce salmon fillet (with skin preferred, see notes for skinless cooking times)
- 1-2 tbsp olive oil, avocado oil, or butter, for pan
- Kosher salt and black pepper, to taste

### Avocado Gremolata

- 1 small avocado (ripe) or 1/2 large – diced, skin off
  - 4 tsp dried parsley or 1/3 c fresh chopped
  - 2 garlic cloves -minced
  - 1/4 tsp Lemon pepper seasoning or peppercorns
  - 1/4 tsp Sea Salt
  - 3-4 tbsp extra virgin olive oil
  - lemon juice 1 of one lemon and slices to garnish
- 

### INSTRUCTIONS

**Before you begin** – You can make the gremolata first before cooking, or quickly make it while the salmon is sitting after being cooked. It takes 2 minutes to make! Instructions below.

1. First clean your fish fillets with fresh water. Pat dry on both sides.
2. Heat a large skillet over medium-high heat. When the pan is hot, add butter (or oil) and swirl until pan is covered or butter melted.
3. Add the salmon fillets to the pan, flesh side down.
4. Pan sear the salmon flesh side down for 3 minutes, then flip with a spatula or tongs to sear the skin. If your goal is a super crispy skin, use a flat spatula to gently press down on the flesh until

the fillet flattens out a little more, sealing the skin against the pan. When the flesh feels firm to the touch (3-5 minutes), the salmon is ready.

5. Depending on the thickness of your fillet, the searing time could take longer. Check to make sure the inside is no longer pink but opaque.
6. Remove pan from heat and cool the salmon in the pan for 2-3 minutes. The salmon should continue cooking (a tad) off the heat. Sprinkle the flesh side of the fillets with a little salt/pepper.
7. Top with lemon and avocado gremolata, serve, and enjoy!

**To Make avocado gremolata-**

- Chop your avocado and herbs.
- Mix all ingredients together in a small bowl and let it marinate in the fridge while the salmon cooks.

**NOTES**

- This recipe can be doubled to make 4-5 servings **(3-4 ounces of fish per serving)**
- Optional spices to add on top -Pinch or chili pepper or cayenne for spice

## Roasted Radish and Lemony Olive Pasta {Gluten Free}

### DESCRIPTION

Gluten Free chickpea pasta with a zesty lemon herb sauce, Spanish olives, and roasted radishes! Vegan friendly.

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### INGREDIENTS

#### For the Lemon Herb Sauce

- 1 to 2 tbsp fresh chopped herbs (sage or tarragon -without stems)
- 1 tsp grated lemon
- 2 tbsp lemon juice
- 1 tsp minced garlic- 2 cloves
- 1 tsp onion powder or 1/4 c chopped yellow onion
- 1/4 to 1/3 c olive oil (use closer to 1/3 cup if the marinade isn't thin enough)
- 1/4 tsp kosher salt
- Ground Pepper to taste
- 1/4 tsp paprika or smoked paprika optional
- 1 tbsp ground mustard or honey mustard.

#### For the Chickpea Pasta:

- 1 cup chopped red radish or summer radish
  - 2 tsp olive oil for roasting
  - sea salt and pepper to taste
  - 16 ounces [Lentil Chickpea pasta](#) (or gluten free pasta of choice)
  - water to boil and pinch of kosher salt for pot
  - pinch of sea salt and black pepper.
  - 2 ounce Spanish olives (green)
  - Sliced lemon and sage leaves to garnish
  - Crushed black pepper to taste
-

## **INSTRUCTIONS**

1. First. Make your lemon herb sauce. Blend everything together in a food processor blender. Place in bowl and set aside or in fridge.
2. Preheat oven to 400F. Toss your chopped radish in oil, pinch of sea salt/pepper, and place on baking sheet. Roast for 15-20 minutes or until radishes are lightly browned with crispy edges.
3. While radishes are roasting, make your gluten free chickpea pasta. Cook pasta according to directions.
4. Cook in a large pot of boiling, salted water for 5-7 minutes until pasta is al dente. Drain and rinse cold. Add the pasta back to the pot. Place pasta pot back on the stove on medium low.
5. Mix in your lemon sage marinade and stir gently.
6. Once radishes are done roasting, add them to your pasta, then mix in your olives.
7. Place pasta in large serving bowl or individual bowls.  
Garnish with lemon slices, fresh herbs, and sea salt/black pepper.
8. Optional Mix-ins and toppings (not vegan) – 1 tbsp yogurt to make extra creamy and grated parmesan. Serve hot or cold.

## **NOTES**

You can make this pasta ahead and store in fridge for up to 3 days. Serve hot or cold.



## Multipurpose Vegan Cashew Cream Sauce

*Prep Time:* 5 minutes    *Cook Time:* 10 minutes    *Total Time:* 15 minutes    *Yield:* 1 1/2 cups

### DESCRIPTION

Multipurpose Vegan Cashew Cream Sauce that's easy to make! Sweet, savory, thick, and creamy.

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### INGREDIENTS

- 1 1/2 cups organic raw cashew or cashew halves
  - purified water for soaking
  - Extra purified water for blending
  - Juice of 1/4 of Lemon
  - Dash of sea salt (optional)
  - **For thinner Cashew Cream or Creamer** – Add an additional 2-4 tbsp coconut milk, almond, or cashew milk to be added later. See notes
  - **Optional add -ins:**
    - **Savory** – 1/2 tsp black pepper or chili (for spicy version). 2-3 tbsp nutritional yeast (for cheesy), 1 garlic clove and spices such as paprika, cayenne, etc. (blended in with cashews savory sauce), onion powder and fresh or dried herbs for a creamy dressing.
    - **Sweet**– 2 tbsp maple syrup , 1 tsp vanilla extract, and/or cinnamon/
    - **Protein booster and Instant thickener** – [1 scoop plain Pea Protein](#)
- 

### INSTRUCTIONS

1. Place your cashews in large bowl or jar. Cover with purified water for 6 hr to 12 hrs. The longer you soak the easier to digest. But the water will also evaporate more so your sauce will be easier to blend. See notes below for quick 10 minute version.
2. After soaking, drain your water. Place cashews in a [high power blender](#). Add 1 1/4 cup purified water, lemon juice, and blend until a creamy sauce is formed. You will need to keep stop blender a bunch and scrapping sides.
3. If the sauce is too thick or gritty for your liking, add in 1/4 c to 1/2 cup more water and blend again.
4. Blend until creamy.

5. If you want to make it more like a milk/creamer texture, then once you've thinned it out the second time, add in 2-4 tbsp of non dairy milk of your choice or purified water. Blend again. Free free to add in sweetener of choice.
6. See notes for more texture options.
7. **Optional sweet & savory add -ins** : 1/2 tsp black pepper or chili (for spicy version). 2-3 tbsp nutritional yeast (for cheesy), 2 tbsp maple syrup and/or 1 tsp vanilla extract (for sweet). 1 garlic clove (blended in with cashews for garlicky sauce). optional for savory sauce use broth instead of milk.
8. Keeps well in fridge for a few days or I like to freeze batches for later use.

## NOTES

**QUICK 10 MINUTE Soak/Boil option** – Place raw cashews and three cups of water in a saucepan, bring to a boil. Continue boiling for 10 minutes then drain and rinse. Your nuts can then be added to the blender to continue. Adapted method from [Wholefully](#).

**Extra thick** → If you want it extra thick like a hummus or frosting, then don't add much liquid back in. start with 1/2 to 2/3 cup water or milk.

**Want to make a savory cashew cream sauce extra flavorful?** Replace the water added to the blender with vegetable broth.

**FOR EXTRA CREAMY** – Soak at least 12 hrs or try the quick version. Be sure to use a high powered blender.

Please comment or email me if you need questions answered! Happy to help!

This sauce freezes well. So if you want to make more, just keep half in freezer until ready to serve. Thaw out in fridge overnight.

# Refined Sugar Free Drink and Dessert Recipes

## Homemade Fruit Kvass with Mint

• *Prep Time:* 3 to 7 days

*Total Time:* 3 to 7 days

*Yield:* 4

### DESCRIPTION

*This homemade Fruit kvass with blackberry lime and mint is a gluten free version of a popular Russian fermented drink. Loaded with probiotics, it's a refreshing, tangy, bubbly drink that you can make right at home.*

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### INGREDIENTS

- Quart size mason jars
  - 1.5 to 2 cups mixed berries (blueberries, raspberries, blackberries)
  - 1 tbsp raw honey
  - 1/2 tsp sea salt (use less if you have culture starter)
  - 4 c purified water
  - Half a lime, sliced
  - 4 mint leaves
  - Optional but **recommended for quick fermentation**→ 1/4 c or less kombucha or brine from previous fermented source (i.e or kefir water). You can also use a whey, probiotic, or culture starter. ([Culture started](#), [Source and tips](#))
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### INSTRUCTIONS

1. Clean and sterilize your mason jars.
2. Divide your ingredients into 2 quart size mason jars, or one larger mason jar. **Add mint leaves last**, 2 in each Jar.
3. Cover with purified water and shake it up to mix the honey, mint, and berries together.
4. Seal jar with lid let it sit on the counter for 2-7 days. I let it sit for 5 days.
5. When you start to see bubbles (usually after 1 day) release the lid and let a little air out so it won't get over carbonated. If you don't see any bubbles, just keep it sealed until the 2nd day.
6. When your fruit looks cooked and your brew is bubbly, open lid and strain out the fruit. Place liquid in a seal proof bottle. This is your kvass.
7. Leave the fruit kvass liquid sealed in an airtight bottle on the counter for another 1-3 days to build up more carbonation, or just feel free to go ahead and keep in fridge.
8. Add more mint leaves and/or berries before serving, if desired. it in the fridge and enjoy!

**NOTES**

The longer it ferments, the less sweet it gets. Taste kvass after 2-3 days on counter.

If you are using a culture starter, you cut the salt in half or not use at all.

## Banana Soft Serve Vegan Ice Cream

*Prep Time:* 1-2 hours

*Total Time:* 1-2 hours

*Yield:* 3 small cups

### DESCRIPTION

This banana soft serve vegan ice cream recipe makes a creamy vegan dessert with tropical flavors! Healthy soft serve, made in a blender! Paleo + Whole30 options, too.

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### INGREDIENTS

#### FOR THE ICE CUBES

- 3/4 c to 1 cup coconut milk or coconut cream
- Ice tray
- 1/2 cup mango or pineapple slices – peeled

#### FOR THE BANANA SOFT SERVE

- 1 frozen banana
  - unsweetened coconut flakes or shreds to garnish
  - 1/2 tsp grated fresh ginger or 1/4 tsp ground ginger
  - [url] Homemade coconut whipped cream topping ∞<https://www.cottercrunch.com/how-to-make-coconut-cream-vegan-frosting/>[/url] – optional but so GOOD!
  - optional 1-2 tbsp maple syrup to sweeten more
  - optional extracts and/or spices – 1/2 tsp vanilla, coconut, rum (not paleo), cinnamon, etc.
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### INSTRUCTIONS

1. Peel and cut your fruit.
2. In a small ice tray, pour your coconut milk into the ice tray cubes.
3. Place your fruit slices inside the milk cubes.
4. Freeze coconut milk and mango/pineapple slices together in ice tray cubes.
5. Once frozen add the cubes and a frozen banana to a blender. Add any other spices or extracts.
6. Blend well. Be patient. Takes a little time. Scoop down edges of blender if need be.
7. Mix in optional honey or maple syrup once blended for extra sweetness.
8. Garnish with unsweetened coconut flakes

9. Top with [Homemade coconut whipped cream topping](#) that has been placed in freezer for 30 minutes so it hardens (see photo in post). Topping is optional, and addicting!
10. Serve immediately

#### **NOTES**

- Be patient with the blending, it will get there, just let the blender go for a while and keep pushing down the sides if stuck. It's worth it. Probably blends for 5 minutes or so.

## Raspberry Chocolate Chip Edible Cookie Dough

*Prep Time: 45*

*Total Time: 45*

*Yield: 13 -15*

### DESCRIPTION

This edible cookie dough, packed with fresh raspberries and allergy-friendly, non-GMO dark chocolate chips, is the perfect healthy sweet treat for Valentine's Day! This no-bake dessert recipe is gluten-free, vegan and paleo-friendly, and DELICIOUS. Just slice and eat!

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### INGREDIENTS

- 1 1/2 c cashew halves
  - 3/4c almonds (to grind) or 1 cup almond flour
  - 1/4 c coconut flour, oat flour, or arrowroot flour
  - 1/2 tsp vanilla extract
  - 2 tbsp cocoa powder
  - 1/4 c maple syrup
  - 1 tbsp room temperature coconut oil (naturally refined) (see notes)
  - sea salt
  - [1 ounce dark chocolate chips \(Enjoy life foods\)](#)
  - 12-15 raspberries (or other berry of choice) – sliced or small berries work best.
  - parchment paper and/or wax paper
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### INSTRUCTIONS

1. Line a small baking sheet (7×11 or 8×11 works best) with parchment paper.
2. Place nuts (a cup at a time) in food processor and pulse until nuts form fine crumbs. Repeat until you have a texture similar to an energy bite batter.
3. Add the vanilla, arrowroot starch (or other flour), and cocoa. Plus again until mixed.
4. Next, add your maple syrup, coconut oil, and pinch of sea salt. Pulse until a soft texture forms; it will be quite sticky.
5. Press dough into lined baking sheet, using a spoon dipped in a little cold water. Sprinkle dark chocolate chips over the batter and press into dough. Then gently press your fresh raspberries, making sure they do not extract too much juice.



6. Place the dough sheet in the freezer for 10 minutes or refrigerate for 25 minutes (just until dough is firm).
7. Remove from fridge and lift parchment paper and dough from tray. Using the paper as an aid, roll dough into a log shape, like a real cookie dough roll. Feel free to add more chocolate chips here on top if you'd like! Re-roll in parchment or wax paper and then in foil (if needed) Twist ends of cookie dough roll so it forms a tight log. Place in freezer for 10 to 15 minutes until firm.
8. Cut into thick slices; serve. **Alternatively**, you can slice and roll into a cookie dough ball! Either works.
9. Store cookie dough in fridge or freezer.

#### **NOTES**

- If the batter is too moist to roll, add more flour or starch.
- If batter is too dry, blend in 1/2 to 1 tbsp more coconut oil.