

Gluten Free Freezer Meals Meal Plan

from

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Healthy Gluten Free Recipes One Bite at a Time!



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Freezer-Friendly Breakfasts

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.

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.
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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.

3 Ingredient Paleo Waffles (Pancake Recipe Option)

Prep Time: 25 Cook Time: 10 -15 Total Time: 40 Yield: 4-5 waffles

Description

This Paleo waffles or pancake recipe is made using 3 real food, clean eating ingredients. A quick blender recipe for a delicious healthy breakfast that's SO easy, even kids can make them!

Ingredients

- 2 eggs and 1/4 cup egg white (for extra fluff)
- 2 medium bananas (almost ripe to ripe)
- 2 tbsp coconut flour

Make sure you have a good butter or vegan spread to coat the waffle maker.

See notes for toppings ideas

Instructions

1. Place eggs, egg whites, and banana in blender or use hand blender to blend by hand. Don't have a blender? No problem, mash until thick batter is formed.
 2. Mix in your coconut flour and blend again until smooth.
 3. Place batter in fridge to chill for 20 minutes.
 4. Heat a waffle maker on medium high. Coat with butter or vegan spread.
 5. Ladle the batter into the preheated waffle iron and cook until the waffles are golden brown and crisp. Serve immediately with topping of choice or lay on a cooling rack until cool. Store in zip close bags or freezer friendly container if you want to freeze for later and meal prep*
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Notes

- **Topping ideas** – maple syrup, sugar free powdered sugar or regular powdered sugar, fresh berries, butter, etc.
- To reheat waffles, place frozen waffle in toaster and cook until heated through and crisp on the outside.
- This batter can also **be used to make pancakes**. Be sure to chill batter first.

Cheesy Mexican Veggie Egg Bake – Weekly Meal Prep {Keto}

Prep Time: 10

Cook Time: 30

Total Time: 40 minutes

Yield: 4-5

Description

A spicy cheesy veggie casserole that's low carb and high protein – Weekly Meal Prep {Keto}

Ingredients

- 3 c riced cauliflower. If you need instructions on how to rice cauliflower see [see this post](#).
 - Mexican seasoning or taco seasoning (1/2 tsp)
 - 1 medium zucchini – sliced into strips (quartered lengthwise)
 - 2 eggs plus ½ c liquid egg whites
 - Optional mix in and toppings – hot sauce and chopped herbs (cilantro)
 - 3 – 4 oz sliced cheddar. Extra to grate on top.
 - Kosher salt/pepper to taste
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Instructions

1. Preheat oven to 350 F and oil a [12x8 glass casserole dish/meal prep container](#). If meal prepping without baking, skip preheat.
2. Rice your cauliflower or use pre-prepared cauliflower. Toss with Mexican spices or taco seasoning then layer at the bottom of the casserole dish.
3. Next press (with paper towel) any extra water from the zucchini strips. Layer your zucchini (quartered lengthwise) on top.
4. Whisk your eggs, egg whites, and optional hot sauce together. Pour on top of the zucchini.
5. Layer your cheese slices on top of the casserole.
6. Bake at 350F for 25-30 minutes or until top is golden brown. Freeze after cooked if using for meal prep. (Freeze for up to 3 months)
7. Alternatively, you can also **SKIP BAKING and just store prepped casserole in fridge**, covered, until ready to bake. Store in fridge for up to 5 days.
8. Seasoning with salt/pepper, hot sauce, and/or cilantro before serving. Extra cheese is optional.

Freezer Meals for Lunch

Broccoli Arugula Pesto Pasta

Prep Time: 10 minutes Cook Time: 10 minutes Total Time: 20 minutes Yield: 2 servings

Description

A quick and healthy Broccoli Arugula Pesto Pasta! Gluten free, vegetarian with vegan option.

Ingredients

FOR the PESTO:

- 2 cup broccoli – chopped without stems
- 1/2 cup smoked or roasted almonds
- 1/3 c nutritional yeast or parmesan
- 3 garlic cloves
- 2/3 cup arugula
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp of onion powder
- 1/2 tbsp crushed red pepper
- 1/2 lemon juiced
- 1/2 to 2/3 c olive oil

FOR THE PASTA:

- 4 ounces rice noodles, gluten free spaghetti pasta, or spiralized vegetable noodles
 - Red pepper flakes to garnish
 - 1 oz marinated sliced green olives
 - Lemon wedge to garnish
 - microgreens or broccoli sprouts to garnish
 - Salt and black pepper to taste
 - 2 tbsp crushed smoked or roasted almonds to top.
 - Optional topping – grated Parmesan or non-dairy cheese topping of choice.
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Instructions

1. First make sure your broccoli stems are cut off. You just want to use the floret part. Place broccoli in food processor first, and blend until finely chopped.

2. Add in your almonds, nutritional yeast (or grated parmesan), seasonings, and arugula . Blend and pulse again until all is mixed. Squeeze the lemon evenly around the blended pesto.
 3. Close the lid, except for the the top hole, and place food processor on low. Slowly drizzle in oil while food processor is going. Stop and scrape sides if needed. Pulse until smooth. If you want thinner pesto, add more oil or a touch water. Adjust salt/pepper to taste if needed.
 4. Now prepare the pasta.
 5. If you are using the rice noodles, bring a large pot of water to a boil. Add the noodles 2-3 minutes. Be sure not to overcook.
 6. Remove noodles from stove. Drain. Rinse in cold water, then add back to pot with 2/3 cup of pesto. NOTE → If you are using regular gluten free pasta, cook according to package. Usually 6-8 minutes is sufficient for boiling. Rinse in cold water after cooking.
 7. Add in handful of tomatoes and any extra seasonings. Mix together on medium until tomatoes are cooked and pesto is mixed through.
 8. Serve into bowls and top with broccoli sprouts, sliced olives, crushed almonds, salt/pepper, red pepper flakes, and olives.
 9. Drizzle of olive oil if desired. Feel free to add in a protein of choice!
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Notes

- Pesto makes around 2 cups. You will only need 2/3 cup or less for this recipe. So keep the rest to spread on toast or add to [potato salad](#)!

Za'atar Chicken Bowls with Tomato and Cucumber Raita (Paleo Meal Prep)

Prep Time: 30 minutes

Cook Time: 30 minutes

Total Time: 1 hour

Yield: 4 servings

Description

This paleo meal prep recipe for Za'atar Chicken with Cucumber Raita makes a paleo dinner that's packed with flavor and anti-inflammatory benefits! It's easy to make and so delicious!

Ingredients

Za'atar Spice Blend:

- 2 Tbsp fresh thyme, minced
- 2 Tbsp sesame seeds, toasted
- 2 tsp ground sumac
- 1 tsp ground cumin
- ½ tsp coarse salt

Chicken:

- 1 lb boneless skinless chicken breasts
- 2 Tbsp olive oil
- 1½ Tbsp Za'atar Spice Blend (or more if desired)
- ¼ tsp sea salt

Kefir Cucumber Raita:

- 1 cup kefir or coconut milk yogurt (I like goat milk kefir)
- 1 cup cucumber, peeled, seeded, and finely chopped
- 1 Tbsp fresh mint, finely chopped
- 1 1/2 Tbsp fresh dill, loosely packed, finely chopped
- ¼ tsp sea salt (optional)

For Serving:

- Baby arugula
 - cucumber slices
 - cherry tomato slices
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Instructions

Prepare the Za'atar Spice Blend:

1. **Note:** You will have more za'atar spice blend than you need for this recipe, which you can save for future cooking endeavors—it's great on fish, beef, and pork.
2. Stir together the ingredients for the za'atar spice blend in a small bowl.

Prepare the Za'atar Chicken:

1. Place the chicken in a Ziploc bag or sealable container and drizzle with olive oil. Sprinkle with 1½ Tbsp (or more, if desired) of the za'atar spice blend and sea salt.
2. Seal the bag and shake until the chicken is well-coated in spices and oil. Refrigerate and allow the chicken to marinate at least 15 minutes or up to 12 hours.
3. Preheat the oven to 375 degrees F.
4. Place chicken in a casserole dish in a single layer, allowing space between each breast for even cooking. Bake chicken 25 to 35 minutes, or until the internal temperature reaches 163 degrees. Transfer chicken to a cutting board and allow it to rest 5 to 10 minutes before slicing.

Prepare the Kefir Cucumber Raita:

1. Stir together the ingredients for the raita in a bowl until combined. Optional: taste and add sea salt if it needs more flavor.
2. Refrigerate until ready to use.

Assemble the Bowls:

1. Add the desired amount of baby arugula to each bowl or plate, top with za'atar chicken, cucumber and tomato, and kefir cucumber raita.

Notes

1. You will have more za'atar spice blend than you need for this recipe, which you can save for future cooking endeavors—it's great on fish, beef, and pork.

Recipe Adaptations

- If you can't find kefir: replace kefir with regular Greek yogurt.
- If you are intolerant to dairy, replace kefir with coconut milk yogurt (make sure that there is no added sugar).

Paleo Meal Prep Tips:

- Prepare the chicken up to 3 days ahead of time.
- Make the kefir cucumber raita up to 3 days ahead of time.
- Cook the rice up to 5 days ahead of time.

Easy Paleo Salmon Cakes

Prep Time: 10 min

Cook Time: 15 min

Total Time: 25 min

Yield: 8 cakes

Description

Healthy Vegetable Packed Paleo Salmon Cakes! Super easy, super simple, super delicious! Great for a healthy meal, snacks, party appetizers, and are freezer friendly.

Ingredients

- 5 oz salmon (canned or finely diced cooked salmon, skin off) (See notes for specifics)
 - 1/2 tsp garlic (minced)
 - 1/3 cup sweet potato, squash, or pumpkin (pureed or mashed)
 - 3 to 4 tbsp coconut flour (see notes)
 - 1/4 tsp regular or smoked paprika
 - 1/4 tsp fine kosher or sea salt
 - 1/4 tsp black pepper
 - 1/4 tsp curry powder (optional)
 - 1 rosemary sprig or 1 tsp dried herb of choice
 - 2 eggs
 - 1 tbsp oil or butter for the pan
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Instructions

1. First mash up your salmon. If you are using fresh versus canned, remove any extra skin.
2. Place your salmon in a bowl and then add in your mashed or pureed veggies (see notes for cooking options). You can use canned pumpkin or sweet potato for a fast prep. Mix together.
3. Next add in coconut flour 1 tbsp at a time. You will need only 3-4 tbsp depending on the type of salmon you use. Then mix in herbs and seasonings. Mix Together.
4. Lastly, add in your 2 eggs.
5. Mix well until the batter is thick enough to get be able to form patties. If batter is too runny, add 1 tbsp more coconut flour.
6. Form into 8 small balls or roll into larger 5-6 balls.
7. Lay them on parchment paper.
8. Press them into patties/cakes so they are around 1 inch thick.
9. Now turn on your skillet to medium high. Add your butter or oil.

10. Once heated, add in 3-4 patties/cakes at a time or less. Cook for 3 to 4 minutes on each side or until you see the salmon is cooked thoroughly. If you are using canned salmon, they will cook faster.
 11. Remove from skillet. Add more 1 tsp more or so of butter/oil and repeat for the next batch of 3-4 patties/cakes.
 12. Garnish with extra rosemary, black pepper, chili flakes, or garlic if desired and serve with your choice of dip/sauce or as is.
 13. This dish pairs great with steam veggies. I added a sprinkle of Pomegranate seeds to make it more of a holiday dish.
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Notes

If you choose to use fresh squash, simply cut squash in half, remove seeds, and place in a microwave safe bowl with 2 tbsp water. Cook on high for about 3-4 minutes. Scoop inside and then mash or puree with blender.

If you are using canned veggies, you might need to add that extra coconut flour or an egg white for binding.

Oven Baked Cod Cakes with Garlic and Herbs (Paleo, Low Carb)

Cook Time: 15 minutes

Total Time: 25 minutes

Yield: 6 cod cakes

Description

Oven baked cod with garlic and herbs makes amazing fish cakes! This easy, paleo friendly Baked Cod Cakes recipe makes a light appetizer or low carb meal.

Ingredients

- 7–8 ounces of Wild Caught Cod
 - 2 eggs
 - 2/3 to 3/4 cup almond flour (use more if you have less fish)
 - 2 tbsp coconut flour (make sure it's not clumpy)
 - 1/2 tsp minced garlic (about 2 small garlic cloves)
 - 1/2 tsp sea salt
 - 1/2 tsp black pepper
 - 1/4 tsp cumin
 - 5 basil leaves (chopped and stems removed)
 - 2 thyme sprigs (stems removed) or 1/4 tsp dried
 - Creamy marinara sauce is optional. See notes for ingredients.
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Instructions

1. Preheat oven to 350F. Line a baking tray with foil or grease it well.
2. Next make sure your cod is washed, skinned removed, and then cut or pulled into small pieces. Similar to that of canned fish.
3. In a small bowl, lightly beat or whisk your eggs.
4. Next place your cod, flours, spices, and garlic a bowl. Add in your eggs and mix again.
5. Fold in your herbs.
6. After mixing, grab a handful (about 1/4 to 1/3 cup) of the batter and roll into a ball.
7. Place on baking tray.
8. Repeat until you have 6 cakes.
9. Press cakes flat with hand or spoon. Cakes should be about 3 inches wide or so.
10. Place in oven for 15-20 minutes or until golden brown and you can see fish is no longer opaque.
11. Remove and let cool.

12. Season with extra garlic, salt, pepper, if desired.

For the Marinara Sauce

1. This is optional. I mix 1/2 to 2/3 cup tomato sauce with 1 tbsp paleo mayonnaise and 1 to 2 tsp Tabasco or another hot sauce. You can also just add in red pepper flakes or paprika to spice it up.
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Notes

1. Feel free to double the batch. I would only use 3 eggs and not 4 if you do.
2. These bake cod cakes freeze well.
3. Don't have cod? Try halibut, tilapia, or another light white fish.
4. Sprinkle a little goat cheese in the batter if you'd like more rich cod cakes. Not paleo though.

Freezer-Friendly Dinners

Chinese Cauliflower Fried Rice Casserole

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Yield: 4-5

Description

Chinese Cauliflower fried rice casserole is a meal prep recipe that is perfect for low carb eaters. It's freezer friendly, easy to make, and of course it's delicious! Vegetarian and paleo recipe options.

Ingredients

- Sesame oil for the pan
- Optional 5 ounces diced meat (pork or chicken)
- 1 Tbsp grated ginger
- 1 small shallot, chopped
- 2 tsp garlic, minced
- 1 lbs stir fry vegetables
- handful of mung bean sprouts, optional
- 1/4 cup gluten free [Szechuan sauce](#) or other gluten free Chinese/Asian sauce of choice
- 3 cups cauliflower rice or broccoli rice (*about 1 small to medium head of cauliflower)
- 2 Tbsp beef broth (you can skip if your veggies are less starchy. The broth just gives the casserole more flavor.)
- 6 [Eggland's Best cage free or organic](#) eggs (2 in stir fry and 4 on top, soft baked)

Garnishes –

- chopped scallion and cilantro to top
 - sesame seeds and red pepper flakes
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Instructions

1. Preheat oven to 350F.
2. Add 1-2 Tbsp sesame oil to a wok or large pan and heat to medium high. If you are wanting to add meat, do so here. Simply stir fry until browned and mostly cooked (in sesame oil), then remove meat and set aside. If you are making the vegetarian option, skip the browning and go straight to adding your shallot, ginger, and garlic to the wok/pan and stir fry ingredients until fragrant – about 2 minutes.
3. Next add all of your stir fry veggies and sauce. Stir fry for 2-3 minutes again until well coated.
4. Mix in your cauliflower rice, broth, and 2 eggs. The 2 eggs can be added to the stir fry whole, or whisked then added. Either works!
5. Stir fry for an additional 3-4 minutes to create a fried cauliflower rice. All in all, the stir frying should not take longer than 10 minutes.
6. Transfer wok/pan ingredients to [an 8 x 11 casserole dish](#) or baking dish.

7. Crack 4 eggs on top of the casserole, spacing them out evenly. Cover with foil, and place in oven at 350F for 15-20 minutes or until eggs are set. For runny eggs, remove casserole from oven after 12-15 minutes of baking and slice the yolk in the middle to create a runny egg (similar to pictures in blog).
 8. Return casserole to the oven for an additional 3-5 minutes.
 9. Cool before freezing, or serve immediately.
 10. Garnish with green onion, cilantro, sesame seeds and optional red pepper flakes.
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Notes

- Freezer friendly for up to 3 months.
- To reheat from frozen, simply thaw overnight and reheat in oven. Or reheat in oven, covered in foil until warm.

Honey Lime Cilantro Baked Shrimp

Prep Time: 6 minutes

Cook Time: 10 minutes

Total Time: 16 minutes *Yield:* 4- 5 servings

Description

Baked shrimp with sweet honey lime shrimp marinade is a seafood dinner idea that you can make in 20 minutes! It's gluten free, paleo, and delicious!

Ingredients

- 1 lb medium shrimp, shells on or off, deveined.
 - 1/4 cup gluten free tamari sauce or coconut aminos
 - 2–4 tbsp lime juice (1 lime)
 - 2–4 tbsp olive or avocado oil
 - 3 tbsp honey
 - 1 tbsp finely chopped cilantro
 - 1/4 tsp each black pepper and sea salt to taste
 - 2–3 slices of fresh ginger, 1 tsp or less of grated
 - Fresh cilantro and lime to garnish
 - Optional seasoning – red chili pepper flakes/seasoning
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Instructions

1. Clean and devein shrimp, then place them in a baking dish.
2. Next, in a small bowl, combine your gluten free tamari sauce, lime juice, oil, honey, ginger, black pepper and sea salt (about 1/4 tsp each for seasoning). Stir in your cilantro.
3. Drizzle or brush the seafood marinade over your shrimp. There will be some liquid that sits in the dish. Be sure to leave out the ginger until the last few minutes of cooking time.
4. Roast at 400 F for 10-12 minutes. Shrimp will turn opaque and pink.
5. **Tip** → Cover with foil for the first 8 minutes, then uncover for the rest when you add the ginger.
6. Optional – Garnish with chili pepper flakes, splash of lime, and fresh cilantro.
7. Peel and eat the shrimp!

Barbecue Gluten Free Meatloaf (paleo meatloaf option)

Prep Time: 10 minutes

Cook Time: 45 minutes

Total Time: 55 minutes

Yield: 6

Description

Gluten free meatloaf without breadcrumbs smothered in smoky barbecue sauce. It tastes like your mama's meatloaf but it's better for you! Paleo meatloaf option.

Ingredients

- Olive oil spray or coconut oil for pan
 - 1/2 cup ground flavored gluten free crackers (herbed, sea salt, seedy, cheddar, smoky flavor, etc.) We've made this with [paleo herbed crackers](#).
 - 1 1/4 pound organic ground chicken, lean turkey, or 95% lean ground beef
 - 1/2 cup diced white or red onion
 - 1/2 tsp minced garlic
 - 1 large egg
 - 1/2 tsp BBQ seasoning or an everything seasoning of choice – Make sure it's gluten free and not too high in salt.
 - 2/3 cup [Naturally Sweetened BBQ sauce](#) or a favorite Honey BBQ sauce (gluten free)
 - Balsamic glaze to top (optional). Smoked salt flakes or kosher salt
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Instructions

1. Preheat oven to 400F. Oil an 8x11 bread pan and set aside.
 2. Place your gluten free crackers in a food processor to ground into a panko like texture. You can also finely crush in a ziplock bag, just be sure it's enough to thicken the meat/egg batter. Set aside. (see notes)
 3. In a small bowl or stand mixer, place your ground meat, onion, and egg. Add in your ground crackers and seasonings and mix again until meatloaf batter is evenly combined. **If you are using beef**, you might need an extra 1-2 tbsp of ground crackers due to fat content of beef.
 4. Press batter into pan and bake, cover with 1/2 to 2/3 sweet BBQ sauce. Save extra sauce to brush on before serving.
 5. Place meatloaf pan in oven at 400F for about 35 minutes. Check around 35 minutes to see how it's baking. If edges are browning but inside is not done, then cover and continue baking for another 10-15 minutes. IF the outside is not browning around 35 minutes, continue baking uncovered for 10 more minutes. The beef version might take closer to 45 minutes.
 6. Remove from oven. Warm 1/4 cup of the leftover BBQ sauce in sauce pan or microwave for 30 seconds. Brush on top, if desired, before serving.
 7. Drizzle with optional balsamic glaze and pinch of kosher salt or flakes for extra "tanginess"
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Notes

1. **If you are using beef that's higher fat**, you might need an extra 1-2 tbsp of ground crackers due to fat content of beef. It also will take longer to cook.
2. For Paleo option, use Simple Mills crackers.

Oven Baked Riced Broccoli Cauliflower Risotto (Low Carb)

Prep Time: 12 minutes *Cook Time:* 25 minutes

Total Time: 37 minutes

Yield: 4 servings

Description

Riced Broccoli Cauliflower Risotto – This oven baked, low carb side dish recipe makes a lighter version of classic risotto that's kid-friendly and healthy!

Ingredients

- 1 head of cauliflower and 3-4 small crown broccoli, cut into small chunks (bottom stem and leaves trimmed off) (about 5–6 cups riced)
- 2 pieces of uncured bacon, cut into small pieces or butter/oil for **vegetarian option**
- 1 large shallot or 3/4 c red onion finely chopped
- 3 garlic cloves finely chopped (about 1 tsp minced)
- 1/4 c chopped asparagus (celery works as a substitute)
- sea salt and black pepper to taste
- 1/2 c – 2/3 broth c (120ml) or chicken stock
- Thyme leaves, plus oil to fry it in (optional)

Optional Toppings

- Parmigiano-Reggiano cheese (omit for Whole30 and paleo)
 - Butter
 - Finely chopped fresh herbs
 - Lemon slices
 - peppercorns
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Instructions

1. Preheat oven to 350F.
2. In small batches, put the cauliflower chunks into a food processor. Process until the cauliflower has the consistency of rice. Repeat with broccoli florets. Combine the two in a large bowl. Set aside.
3. Chop the bacon into small pieces. Bacon is optional. If you don't want to use bacon, replace with olive oil or refined avocado oil.
4. Add bacon, shallot, and garlic to a wide skillet over medium-high heat. Sauté until bacon becomes brown (crispy edges) and onion is translucent and fragrant, about 5 to 7 minutes. If the bacon hasn't released enough fat, add a little bit of olive oil or butter to the pot.
5. Add the asparagus (or celery) and sauté for 5 minutes more.
6. Next, mix in the riced broccoli and cauliflower. Stir ingredients together over medium heat.

7. Stir in the chicken stock and place a few sprigs of fresh thyme on top. Cover the pot and place in the oven for 13-15 minutes.
 8. While that's cooking, feel free to fry your herbs. This is optional but easy and delicious!. Simply place the thyme in a pan and cover with oil. Cook (fry) on high for 45-60 seconds. Remove and pat dry. Your herbs will be crispy and perfect for garnishing!
 9. Take the risotto out of the oven and place on stove over medium heat. Stir in generous amounts of grated Parmesan cheese, a touch of butter, the fried thyme, and a squeeze of lemon.
 10. Garnish with lemon slices and peppercorns.
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Notes

- This dish can be stored in airtight container in fridge for up to 5 days. Or freeze for 2 months.
- If you're looking for whole 30 option, omit cheese.
- Skip the bacon for vegetarian option.

Snacks/Desserts/Condiments

Flourless Banana Bread Bars (Dairy Free Option)

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Yield: 8-9

Description

Healthy and Easy to make Flourless Banana Bread Bars (Dairy Free Option)

Ingredients

Flourless Banana Bread Bars

- [1/2 cup gluten free rolled oats](#) to grind into a flour or [Gluten free oat flour](#) for quick option
- 1 egg
- 1/2 cup liquid egg whites
- 4 oz plain Greek yogurt (see notes for dairy free option)
- 2 medium ripe bananas (one for batter – mashed) and 1 small banana to slice on top
- 1/2 cup almond flour or [almond meal](#) (finely ground almonds with skin). **NOTE** – Almond flour will bake faster. Almond meal will make the bars a little more moist so it will take longer to bake. Both delicious!
- 1 tsp baking powder
- OPTIONAL sweeteners- 1/2 c coconut sugar or honey/maple syrup
- 1 tsp cinnamon
- 1/4 cup creamy natural almond butter (or other nut butter of choice). No stir works best or almond butter that's slightly melted for a smooth consistency.

Optional Cinnamon streusel – if using prepare first:

- 1/2 to 2/3 cup almond meal or almond flour
 - 1/4 cup coconut sugar
 - 1/2 tsp cinnamon
 - 1/8 tsp sea salt
 - 2 tbsp naturally refined coconut oil, solid and chilled (butter may be substituted)
 - Extra sliced/chopped banana to mix in if desired
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Instructions

Optional Cinnamon streusel – if using prepare first:

1. In a medium bowl, use a pastry blender or fork to combine the chilled coconut oil) with the almond flour, sugar, cinnamon, and sea salt. Mix until a crumbly mixture forms, toss with extra banana slices (if desired) then spread on top of the batter before baking.

Directions to prepare Bars:

1. Preheat oven to 350 degrees. Grease or line an 8 x 8 cake pan, set aside.
2. Place Gluten Free rolled oats in a food processor or blender and grind until fine flour is formed. Texture is important. Make sure you grind oats into a powder like flour. **Alternatively**, you made use gluten free oat flour.
3. Beat the egg and egg whites together. In another bowl, mash/blend your banana and yogurt together. You can do this in a blender, bowl with hand mixer, or a stand mixer. In a separate bowl, Mix your flour, almond meal or almond flour, baking powder, and optional sugar.
4. Combine your yogurt and banana mixture with your flour mixture and stir until well combined. Gently stir in the creamy no stir nut butter and cinnamon and then fold in your egg mix last. Do not over mix.
5. Pour batter into brownie or cake pan 8x8, add streusel topping here (if using) or skip to baking if you'd like no topping.
6. Bake for about 25-30 minutes, or until a knife inserted into the center comes out clean. If using almond meal, you will need to bake an additional 10 -15 minutes. Check progress at 30 minutes.
7. Remove from oven and let cool before slicing/serving. Slice and serve.
8. **Storage** – Freezer friendly (in foil or storage container) for up to 5 months. Store in refrigerator in closed container for up to 1 week.

Notes

- **NOTE** – Almond flour will bake faster. Almond meal will make the bars a little more moist so it will take longer to bake. Both delicious!
- For **dairy free option**, replace yogurt with non-dairy yogurt OR 4 oz. non-dairy milk and 2 tbsp gluten free oat flour.

Paleo Coconut Almond Butter Jelly Energy Bars

Prep Time: 15 minutes

Cook Time: 30 minutes Total Time: 45 minutes

Yield: 12 bars

Description

These Paleo Almond Butter Jelly Energy Bars are one of our favorite bars that fuel us for workouts and snacking on the go. Made with few ingredients; no oils and no refined sugar.

Ingredients

For the Almond Butter Bar Base:

- 1 1/2 c almond meal/flour
- 1/3 to 1/2 c coconut flour (sifted or fine)
- 1/2 c unsweetened coconut, shredded
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp sea salt
- 1 egg
- 1/3 c non-dairy milk (almond or coconut)
- 1 c dried plums (prunes)
- 1/2 c natural creamy almond butter (no sugar added)
- 1 tsp vanilla

Topping:

- 1 tbsp natural creamy almond butter
 - 1/3 to 1/2 c prunes
 - 2–3 tbsp almond or coconut milk
 - Extra unsweetened coconut, shredded, to top
 - Berries to add color
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Instructions

1. Preheat oven to 350F. Grease or line an 8×8 pan with parchment paper. Set aside.
2. Sift coconut flour and almond meal together in a bowl. Add shredded coconut, baking powder, salt, and cinnamon and mix.
3. Blend dried plums and creamy almond butter. I used a [Food Processor](#) for this. After blending, set aside.
4. Whisk the egg, milk, and vanilla together.

5. Add your blended almond butter and prune mix to dry ingredients. Stir gently. Then fold in the egg/milk/vanilla.
6. Mix thoroughly.
7. Press batter into lined or greased 8x8 pan. Once that's set, make your topping.
8. Blend together 2-3 tbsp coconut or almond milk, 1 tbsp almond butter, and 1/2 cup or less of prunes and a handful of berries (optional for color). Best in food processor to blend ingredients until jam or jelly paste is formed.
9. Spread this over the batter in your 8x8 pan. Sprinkle shredded coconut on top.
10. Bake 350F for 25 minutes. Remove and check progress of batter. If you want these bars to be more sticky and moist, then bake 26-28 minutes and remove. If you'd like them thicker and chewy, bake for 30 minutes.
11. Remove from fridge and let cool. Then place in fridge.
12. Store in fridge for 30 minutes before slicing
13. Keeps best in fridge

Notes

While baking: If the coconut topping starts to brown more than you'd like while baking, simply cover pan with foil.

To make more whole30 friendly try use the no bake option and replace the egg with chia or flax egg. Keep in fridge for 1 hour to set before slicing.

Toasted Coconut Paleo Banana Bread Muffins

Prep Time: 10 minutes Cook Time: 25 minutes Total Time: 35 minutes Yield: 12-14 regular or 10 large muffins

Description

These paleo banana bread muffins are quick to make and delicious! Refined sugar free, gluten free, soft, fluffy, and addicting.

Ingredients

- 1/2 cup shredded (large flake) unsweetened coconut
 - 2 1/4 cup blanched almond flour
 - 3 tbsp ground flaxseed or chia seed (ground)
 - 1/2 tsp of cinnamon and pinch of ground ginger
 - 1/2 tsp baking soda
 - 1 tsp baking powder
 - 3 large ripe bananas
 - pinch of sea salt
 - 3 eggs
 - 4 tbsp melted coconut oil or clarified butter (cooled and melted)
 - 4 tbsp of either Maple Syrup or molasses
 - 1 tsp vanilla extract
 - 1 tbsp apple cider vinegar
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Instructions

1. Preheat oven to 350F
2. Spread you coconut on a baking sheet and toast for 5-10 minutes. Check at 5 minutes to see progress. To make sure the coconut toasts evenly, toss half way between baking. Remove from oven and let cool.
3. Mix your almond flour, baking powder, spices, and flax. In another bowl whisk your eggs, vanilla, and maple syrup, and melted oil or butter. Place your bananas in a mixer or mash until soft, add your egg batter and mix until smooth batter is formed. A stand mixer or hand mixer works.
4. In a small bowl, combine your baking soda and apple cider vinegar. Wait till it bubbles then add this to your banana egg mix batter. Gently stir.
5. Pour your wet mix (with the banana) in with the dry flour/spice mix and gently mix all together.
6. Fold in 1/3 cup toasted coconut.
7. Spoon into muffin cups to fill 2/3 to 3/4 way full. Top with extra toasted coconut, and bake for 20-25 minutes.

8. If you want these muffins sweeter, then add 1/4 cup baking Stevia or xylitol to the egg batter. (optional)
 9. Drizzle with melted butter or maple syrup on top after baking. Optional
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Notes

- These muffins are light in texture. Depending on your oven, they may bake up after 20 or up to 30 minutes. Check at 20 minutes.
- They keep well in freezer for weeks.

Preserving Herbs – Fresh Herb Vinegar and Herb Salt

Prep Time: 10 minutes

Total Time: 10 minutes

Description

Preserving herbs is easy to do and it allows you to use fresh herbs well after their shelf life would have expired! Fresh herb vinegar and herb salt blend are great DIY food gifts, too!

Ingredients

For Herb Vinegar

- 2 cups red wine vinegar or cider vinegar
- 5 sprigs fresh herbs (such as oregano, rosemary, tarragon, or thyme), lightly torn
- 1/2 tsp crushed chili flakes (optional)
- 1/2 to 1 clove garlic (optional)
- pinch of kosher salt or sea salt

For Herb Salt Blend:

- 1 cup coarse kosher salt
- peppercorns
- pinch of garlic powder
- 1 cup mixed fresh herbs

For Freezing Herbs:

- See blog for details. You will need a little bit of the following
 - broth
 - seasonings of choice
 - Poultry herbs and mint
 - olive oil
 - lemon or lime juice

Instructions

For Herb Vinegar:

1. Put vinegar and 4 to 5 sprigs of fresh herbs in a jar, add your optional chili flakes and garlic. Seal with a tight-fitting lid, and set aside to let infuse until flavors blend, 1 week up to 4 weeks..
2. Strain vinegar through a fine mesh sieve into a decorative bottle and add an additional herb sprig.
3. Tie on a hand-written card with serving suggestions around the neck of the bottle. Store in the refrigerator.

Herb Salt Blend:

1. Place all ingredients in a food processor bowl and blend until combined.
2. Transfer to a wide mouth canning jar or small jars for gifting. Cover, and store in fridge for 3 days, or freeze in zip top plastic bag for up to 1 month.

Chocolate Coconut Protein Balls (Low Sugar, Vegan)

Prep Time: 25 minutes

Total Time: 25 minutes

Yield: 22- 24 balls

Description

These protein balls are packed with allergy friendly chocolate, sweet coconut, and a boost of protein. With no refined sugar, they're a vegan, low carb, gluten free, and allergy friendly snack.

Ingredients

- 1/3 cup ground flax meal
 - 4 tbsp almond butter or peanut butter (for nut-free option, use sunflower seed butter)
 - 2 heaping tbsp unsweetened cocoa powder
 - 2 tbsp maple syrup or honey – not needed if mixed in food processor
 - 2 servings (60 g) chocolate protein powder of choice (sugar free)
 - 1–2 tbsp coconut oil, naturally refined
 - 1/3 cup unsweetened shredded coconut, plus more to coat the balls
 - 2–3 tbsp dark chocolate morsels or cocoa nibs
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Instructions

1. Place flax meal, creamy nut butter or sunflower seed butter, and cocoa powder in food processor. Blend until combined.
 2. Next, add protein powder, shredded coconut, and coconut oil. Blend until a smooth batter is formed. This might take a couple minutes, so be sure to stop the food processor or blender and scrape sides. Then continue to blend until smooth. If you don't have a blender, see notes.
 3. Transfer batter into a large mixing bowl and stir in chocolate chips or cocoa nibs. Roll the batter into one large ball, cover with plastic wrap, and place in fridge to firm up for about 20 minutes.
 4. Remove batter from fridge and then roll the dough into balls about the size of golf ball.
 5. Roll each ball in the extra shredded coconut before storing in fridge or freezer.
 6. Freeze right away for 20 minutes (to harden); then store in fridge or freezer to maintain freshness, up to 2 months.
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Notes

- For keto option, omit maple syrup and use sugar free chocolate chips and protein.
- For vegan option, use sprouted pea protein.

- If you don't have a blender you may mix the batter by hand in a bowl, but you will need to add the maple syrup to bind it. The texture will be a little grittier. Adjust syrup depending on thickness of batter and amount of protein powder used.