

Make Ahead Meals – Meal Plan (Gluten Free)

from

cotter CRUNCH

Healthy Gluten Free Recipes One Bite at a Time!



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BREAKFAST

Roasted Hatch Green Chile Egg Casserole

Prep Time: 10 minutes *Cook Time:* 30 minutes *Total Time:* 40 minutes *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
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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 Hatch green chile pepper on the foil. Once the broiler is ready place peppers in oven and Broil 3-4 min each side. Or until skin is 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 8x11 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.
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NOTES

- If you want the casserole to be thicker, use an 8x11 pan; if you want a thinner casserole, use a 9x13.
- 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.

Turmeric Oven Scrambled Eggs

Prep Time: 5 minutes *Cook Time:* 15 minutes

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.

Chocolate Chip Pancake Bread {Gluten Free}

Prep Time: 10 minutes Cook Time: 20 minutes Total Time: 30 minutes Yield: 8

DESCRIPTION

Healthy Gluten Free Chocolate Chip Pancake Bread

INGREDIENTS

2 1/4 cup gluten free pancake batter mix
1/2 cup chocolate chips or mini chocolate chips
1/2 cup chopped nuts
1/2 cup coconut sugar
1/4 tsp sea salt
1/2 tsp to 1 tsp baking powder
1 egg
2/3 cup plain or greek yogurt. Around 6 ounces or so. (or non-dairy yogurt of choice)
1 tsp vanilla extract
1/4 cup egg whites
Honey and butter or coconut butter for topping

INSTRUCTIONS

Preheat oven to 350F. In a large bowl, mix your dry ingredients. Next mix your egg, extracts, and yogurt and mix into batter. Last, beat or whisk your egg whites in a separate small bowl. Fold them into the batter. If batter is too try, add 2 tbsp coconut milk.

Pour batter into a greased 9x3 or 8x4 bread pan.

Bake for 20 to 25 minutes or until golden brown. Check at 15 minutes. If you are at altitude or using an 8x4 pan, you will need to bake for at least 25 minutes.

Once cooked through, remove from oven and let cool. Slice, and top with butter and honey or maple syrup.

NOTES

Each gluten free pancake mix has a different texture and ingredient list, which is why it's best to always check at 15 minutes or so.

I also use enjoy life gluten free and dairy free chocolate chips.

3 Ingredient Paleo Waffles (Pancake Recipe Option)

Prep Time: 25 minutes *Cook Time:* 10 -15 minutes *Total Time:* 40 minutes *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.

Gluten Free French Bread Ham Breakfast Strata

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Yield: 7

DESCRIPTION

This Gluten Free French Bread Breakfast Strata recipe is easy-to-follow and can be made ahead! A quick breakfast casserole with ham, perfect for brunch.

INGREDIENTS

- 2 Gluten Free 6 in French bread baguettes or one 12 inch cut in half
 - 1/2 tbsp butter or non-dairy butter
 - 1 tsp minced garlic
 - 5 eggs
 - 1 cup almond milk or milk of choice
 - 1/2 cup egg whites
 - 1/2 tsp sea salt
 - 1/2 tsp black pepper
 - 1/4 to 1/3 cup parmesan crumbles (extra for topping)
 - 1 1/3 cup or about 7-8oz of diced ham (nitrate free). Leftover Holiday ham works great.
 - 1 cup chopped onion
 - 1 cup chopped celery
 - 4 oz feta crumbles
 - Fresh herbs and red pepper flakes to garnish
-

INSTRUCTIONS

1. Preheat oven 425F. Grease or oil down a casserole dish. 9x3 or 8x10 work.
2. Slice your French bread down the middle lengthwise (long) so that it makes 4 half loaves. Like a sandwich
3. Spread the garlic and butter evenly on all four slices.
4. Place bread slices lined up with each other in the casserole dish.
5. Next prepare you egg batter. Whisk together the egg, milk, egg white, salt, pepper, and parmesan. Set aside.
6. Sprinkle your ham, celery, and onion evenly over the gluten free French bread.
7. If you are making this ahead, see notes before pouring batter
8. If you are making all at once, then you will pour the egg parmesan batter evenly over the bread, veggies, and ham. Don't worry, you will have some bread crust ends sticking out above the batter if you have a smaller dish.
9. Spread the feta crumbles on top and any extra parmesan you'd like to make it more cheesy.

10. Place in oven for 25-30 minutes or until bread is crusty/golden brown and eggs are cooked. Baking times will vary depending on the thickness of your French bread and your oven. Check at 25 minutes to be safe.
 11. Once you know it's cooked, remove from oven.
 12. Garnish with red pepper flakes and fresh herbs before serving.
 13. Salt/pepper to taste.
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NOTES

- If you are making this ahead. Prepare your French bread and place veggies in dish. Cover and place in fridge. Make your egg/cheese batter and keep that separate. Place in fridge until ready to pour over bread and bake. Be sure to whisk egg batter again before pouring.
- Any veggies will work but onion makes it more flavorful. Baking times will vary depending on the thickness of your French bread and your oven. Check at 25 -30 minutes.

LUNCH

Roasted Butternut Squash Soup with Persimmon

Prep Time: 15 minutes *Cook Time:* 45 minutes *Total Time:* 60 minutes *Yield:* 3-4

DESCRIPTION

A creamy, smooth, butternut squash soup with the addition of persimmon! This vegetable soup recipe is paleo, gluten free, vegan, and dairy free. Easy to make in one pot. This is one immunity boosting delicious soup!

INGREDIENTS

- 2 cups peeled and chopped Butternut Squash.
 - You will need additional 1 tbsp to 2 tbsp olive oil plus dash of cinnamon and sea salt for roasting.
 - 1 tbsp Butter or oil
 - 1/2 cup chopped red onion or 1 small shallot (peeled, chopped)
 - 3 medium Fuyu persimmons
 - 14–18 oz of vegetable broth (the less broth, the thicker the soup)
 - 1 cup coconut milk or non-dairy milk of choice
 - 1/8 tsp ground cloves
 - 1/4 tsp cinnamon
 - 1/2 tsp paprika
 - 1/4 tsp ground ginger or cinnamon if you prefer more sweet than spice
 - pinch of Ground Black pepper
 - 1 tbsp maple syrup (optional)
 - 1/2 tsp Kosher salt and black pepper to season (after blending)
 - **Optional topping** – toasted nuts/seeds, coconut cream to drizzle, and herbs to garnish. Red pepper or spicy sauce for topping
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INSTRUCTIONS

1. If you are roasting the squash, then first preheat oven to 400F. Toss squash with 1 tbsp oil, sprinkle of cinnamon (1/4 tsp or more), and sprinkle of sea salt. Place on baking sheet and roast/bake squash for 20-25 minutes. Alternatively (quick version), you can steam your squash in steamer or microwave safe dish with 2 tbsp water until they are a tender.
2. While squash is cooking, peel and dice your persimmon.
3. Heat a stock pot with butter or naturally refined coconut oil. Sauté onions in oil for 2 minutes until fragrant. Then add in your persimmon and squash. Continue to cook on medium heat, coating the squash and persimmon in the oil/butter and mixing with onions. About 5 minutes.
4. Next add in your broth (enough to cover vegetables), milk, spices, and maple syrup. Bring to a quick boil then reduce to low. Cover pot, and simmer 15-20 minutes, or until all vegetables are tender.

5. Transfer the soup to a high speed blender (or use immersion blender), and blend until creamy and smooth. If soup is too thick, add more milk or broth and blend again.
 6. Return to pot, and taste. Adjust by adding in any remaining spices. Season with salt and pepper.
 7. Keep on low until ready to serve.
 8. Serve and top with a dash of pepper, coconut milk or cream, red pepper, herbs, toasted nuts if you'd like.
 9. **To store** – place in sealed container in fridge for up to 1 week or freezer for up to 3 months.
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NOTES

- If you can't find persimmon, then replace with 1.5 cups diced and peeled sweet potato or pumpkin. Roast with butternut squash. Adjust oil/seasoning.
- For Whole 30 option, omit maple syrup.

Paleo Breakfast Egg Wraps (Vegetarian Meal Prep Recipe)

Prep Time: 5 minutes *Cook Time:* 5 minutes *Total Time:* 10 minutes *Yield:* 6 wraps

DESCRIPTION

These paleo breakfast egg wraps are rich in protein with the power of Egghland's Best organic eggs! It's a customizable, easy meal prep recipe with just 2 ingredients as the base.

INGREDIENTS

Egg Wraps

- 6 organic [Egghland's Best large eggs](#)
- 2–3 tsp coconut oil or butter, divided

Fillings of Choice

Herbs, paleo mayo, salsa, cream cheese (not paleo), pico do gallo, avocado, bacon, breakfast sausage, etc.

Extras – Parchment paper or foil for meal prep/storage

INSTRUCTIONS

1. Heat a medium nonstick skillet on medium high with 1 tsp oil.
 2. Whisk one egg in a small bowl then gently pour into the pan. Swirl the pan to evenly spread the egg out into a thin layer, like you're cooking an omelet. Thinner works better for eggs wraps.
 3. Once the edges start to turn golden brown and the middle is set, carefully flip the egg over. Continue to cook for a few more minutes until the egg is fully cooked in the middle.
 4. Remove each egg wrap and set on a plate to cool.
 5. Repeat with as many eggs as you want (in this case 6) and additional oil as needed to keep the pan slick.
 6. Once you've made all your wraps, fill each with your desired fillings, then roll them up tightly and wrap them in foil or parchment paper. If desired, you can brush a little oil onto the inside of the foil or parchment to keep the egg wraps fresh.
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NOTES

- Store in fridge for up to 5 days.
- You may freeze these without the filling. Just be sure to separate them with a layer of parchment or wax paper.

Instant Pot Lentil Gumbo {Vegan}

Prep Time: 5 minutes

Cook Time: 12 minutes

Total Time: 27 minutes

Yield: 6 servings

DESCRIPTION

This vegan lentil gumbo recipe is wholesome, savory, and filling. A quick vegetarian gumbo that's budget friendly and full of flavor.

INGREDIENTS

- 1 tbsp olive oil
 - 1 tsp minced garlic or 2 cloves
 - 1 red bell Pepper (1 c chopped)
 - 1.5 c chopped onion
 - 2 celery ribs (1 cup chopped)
 - 1 tbsp fresh thyme or 1 tsp dried
 - 1/2 tbsp fresh oregano or 1/2 tsp dried
 - 1/2 to 1 tsp Cajun mix spice (the more the spicier)
 - 1/2 tsp cayenne
 - 1 c lentils
 - 3 cups vegetable broth or chicken broth
 - 2 cups fresh or frozen chopped okra
 - 1 can salt free diced tomatoes (13 ounces)- slightly drained
 - 2 tbsp Apple Cider Vinegar
 - 1/2 c tomato sauce- salt free if possible
 - 1 c cauliflower – riced or finely chopped, OPTIONAL
 - Kosher Salt or sea salt and pepper to taste
 - sliced jalapeño and fresh cilantro to garnish
 - **For stove top option:** 2 to 3 tbsp gluten free flour or starch, OPTIONAL
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INSTRUCTIONS

- Sauté oil, onion, garlic, bell pepper, celery for 5 minutes on sauté setting, until softened and fragrant.
- Add spices and mix again for 1 minute.
- Add remaining ingredients (minus salt and pepper). Mix together.
- Place lid on pressure cooker then place setting on pressure cook high for 12 minutes. Natural release works best to make sure lentils are fully cooked, but if you're in a bind, then cover vent with cloth and press quick release.

- After cooking. Add 1/2 tsp to 1 tsp sea salt or kosher salt to taste. Black Pepper to taste
- Stir and Keep warm.
- **Important:** Don't add extra salt to lentil gumbo while pressure cooking because it can ruin texture of lentils.
- Once ready to serve into bowls, garnish with red pepper flakes, jalapeños, and fresh cilantro. Since the cauliflower rice is added to the instant pot, you don't need to serve this over rice. **See notes** for other options.
For **this instant pot lentil gumbo version, I did not add a roux**, but feel free to do so. Just make the roux in another pot first before adding it to instant pot.

See notes For Quick Stove Top Directions

NOTES

For Stove Top Directions:

1. *Heat a Dutch pan over medium heat. Add the oil and gluten free starch or flour. Stir or whisk together until a roux is formed. Around 10 minutes to 15 minutes. Be sure not to let it burn. It should turn a light brown caramel color.*
2. *Next add your onions, celery, bell pepper, and garlic. Sauté until fragrant, about another 5 minutes, whisking frequently. Add the remaining ingredients, minus the tomato sauce and salt/pepper.*
3. *Bring to a quick boil then reduce to low and simmer for 20 minutes or until lentils are cooked through.*
4. *Add your tomato sauce the Last 5 minutes of cooking, stir together and keep warm. Season with kosher/salt and pepper to taste. Adding too much salt to lentils while cooking can ruin texture, so adjust salt content after cooked.*
5. *Serve into bowls and garnish with jalapeño and cilantro. *Optional: Since the cauliflower rice is added to the pot to thicken, you don't need to serve this over rice, but you can and it's just as tasty! Or serve over additional cauliflower rice (cooked) to keep it light.*

Everything but the Kitchen Sink Soup

(Instant Pot or Stove Top Recipe)

Prep Time: 5 minutes

Cook Time: Cook time on Instant pot: 14 to 16 minutes. Cook time on stove top: 35- 40 minutes

Total Time: 2 minutes

Yield: 5 servings

DESCRIPTION

Everything but the Kitchen Sink Soup is a **HEALTHY** soup recipe using holiday leftovers. This easy soup recipe has instructions for cooking in an Instant Pot or on a stove top. *Gluten free, Dairy free option.*

INGREDIENTS

- 1 tsp olive oil
 - 1 cup chopped onion
 - 4 ounces pancetta or chopped uncured bacon
 - 2/3 cup chopped celery (about 2 large celery ribs)
 - 1 cup chopped or 1/2 inch sliced carrots
 - 2 cups peeled cube cut squash (370 grams or close to 3/4 lb)
 - 1/2 tsp garlic powder or 1 tsp minced garlic
 - 1/2 tsp cumin
 - pinch of paprika – close to 1/4 tsp
 - 1 1/4 cup green beans (chopped, ends removed)
 - 1 cup a blend of uncooked rice (wild rice and long grain white rice work great)
 - 1/2 tsp kosher salt
 - black pepper to taste
 - 6 – 6 1/2 cups veggie broth or chicken broth
 - 2 cups loosely packed spinach or other leafy green
 - Optional Parmesan to garnish
 - Red pepper flakes to garnish
 - Pinch of Sea Salt for plating
 - Herbs to garnish (cilantro) – optional
 - Optional additional Add-ins: 4-5 ounces Roasted turkey, smoked ham, chickpeas, etc.
 - See notes for Vegetarian option
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INSTRUCTIONS

FOR INSTANT POT:

1. First make sure all your vegetables and meats/bacon are chopped or sliced according to measurements in ingredient list.
 2. Place instant pot on sauté setting. Add your olive oil, onion, pancetta, carrots and celery. *Sauté* for 2-4 minutes until onions are transparent and fragrant. Add your diced squash and *sauté* again for another 2 minutes.
 3. Turn off sauté setting.
 4. Stir in your garlic, paprika, and cumin. Mix together.
 5. Finally, add in your rice, broth, green beans, kosher salt, and pepper.
 6. Place Instant pot setting to manual pressure cook, sealed, for 12-14 minutes. If you are using wild rice, cook for 14-16 minutes. ***See notes if using pre-cooked rice***
 7. After 12-14 minutes, use Quick release option to stop cooking. Then add in your spinach, stir, and seal it back up.
 8. Place on warm for 10 minutes until spinach is steamed.
 9. Once spinach is steamed, uncover and add sea salt.
 10. Serve and garnish with shredded Parmesan, cilantro, and crushed red pepper flakes.
 11. Feel free to add in ham, roast chicken or turkey with the spinach while warming.
 12. **See notes for stove top version and vegetarian version.**
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NOTES

For **STOVE TOP** Version:

1. Make sure all your ingredients are prepped/chopped.
2. In a large stock pot, add your olive oil, onion, pancetta, carrots and celery. *Sauté* for 4-5 minutes until onions are transparent and fragrant. Add your diced squash, garlic, and the rest of your spices and *sauté* again for another 2-3 minute.
3. Add the broth, bring to a boil, then add your rice and reduce heat.
4. Place on low covered for about 20- 25 minutes or until rice is cooked. If you are using wild rice it will take a little longer.
5. Mix in your spinach and any other add-ins of choice.
6. Cover and simmer for another 5-8 minutes or until spinach is wilted.
7. Once cooked, add a pinch of sea salt.

8. Serve and garnish with Parmesan, cilantro, and red pepper flakes.

***To speed up both Stove top and Instant pot version**, you can use **precooked rice**. For Instant pot cook 10 minutes then place on warm with spinach. For Stove top, just cook 10 minutes after bringing to a boil, versus 25 minutes.

For Vegetarian Version:

Do not add the bacon, instead add in a few teaspoons of tamari sauce, an extra pinch of paprika or smoked paprika, and 1 1/2 cups cooked (or canned, drained) chickpeas with your rice and vegetables.

Pumpkin Paleo Frittata with Fried Garlic and Herbs

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Yield: 5

DESCRIPTION

This Pumpkin Paleo Frittata is a delicious, healthy recipe you can make for any meal of the day. Make it with or without your leftover holiday turkey! This paleo frittata recipe is also gluten free, grain free and low carb friendly.

INGREDIENTS

- 3 sprigs rosemary and/or thyme
 - 1 tsp minced garlic
 - oil to fry (I use avocado oil)
 - 1 cup chopped and peeled pumpkin or squash (Short on time? See notes.)
 - 7 eggs
 - 1/4 cup coconut milk or almond milk – for richer taste, use coconut cream (liquid)
 - sea salt and pepper, to taste
 - couple handfuls of spinach
 - 1/2 cup grated Parmesan cheese or **nutritional yeast for Paleo (feel free to omit if desired)**
 - **OPTIONAL:** 1 cup of leftover roasted chicken or turkey (skinless, shredded)
 - **OPTIONAL:** Red pepper flakes, to garnish
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INSTRUCTIONS

1. Heat the oven to 400°F.
2. Heat an 8-inch cast iron pan (or oven safe frying pan) to medium high heat. Add 1/4 cup oil. Next, add your garlic and herbs. Let them fry on high for 15-30 seconds. Remove pan from heat and ladle the herbs off the pan and into a paper towel. Reserve 1 tbsp garlic oil in the pan and pour the rest into a small bowl.
3. Whisk the eggs, cream, and 1/2 teaspoon sea salt and dash of black pepper together in a small bowl. Set aside.
4. Next, add your chopped pumpkin or squash to the pan with the 1 tbsp of reserved garlic oil and cook on medium to medium high heat until softened, about 5 minutes.
5. Add your spinach and let the leaves wilt, another 2-3 minutes or so on medium.
6. Spread the vegetables out evenly into the pan and then sprinkle the cheese on top. If you want add in a meat, do so here. For paleo version, skip the cheese or use nutritional yeast.
7. Pour the egg and cream mixture over the vegetables. Tilt the pan to make sure the eggs are evenly distributed. Allow the eggs to settle and cook for a minute. You will see the edges of the pan start to brown from the eggs.

8. Add your fried herbs on top then place the pan in the oven for 20-22 minutes. The eggs might puff up while cooking, but they will settle once removed from the oven and cooled a minute.
 9. Garnish with red pepper flakes, any fresh herbs, and salt/pepper to taste.
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NOTES

- If you're short on time, you can sub the pumpkin for any other vegetable or even 1/4 to 1/3 c pureed pumpkin, but you might need cook it longer due to the softer consistency.

DINNER

Honey Mustard Chicken with Brussels Sprout

Prep Time: 15 minutes *Cook Time:* 35 minutes *Total Time:* 50 minutes *Yield:* 4 servings

DESCRIPTION

Honey Mustard Chicken with Brussels Sprouts is a delicious one pan wonder meal! Chicken thighs bake up to juicy perfection one the same pan with nutrient-rich Brussels sprouts, meaning you'll have less dishes to wash! This sheet pan chicken thighs recipe is paleo, gluten free, and low carb.

INGREDIENTS

- Nonstick cooking spray
 - 1/4 cup plus 2 tablespoons extra-virgin olive oil
 - 2 tablespoons fresh lemon juice (1 lemon)
 - 1 tablespoon Dijon mustard
 - 1 tablespoon whole-grain mustard
 - 1 tablespoon honey
 - 3 garlic cloves, minced
 - Kosher salt and freshly ground black pepper
 - 2 pounds bone-in, skin-on chicken thighs (4 medium thighs)
 - 1 1/2 pounds Brussels sprouts, halved
 - 1/4 large red onion, sliced
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INSTRUCTIONS

1. Preheat the oven to 425°F. Grease a large baking sheet with nonstick cooking spray and set aside.
2. In a medium bowl, whisk together the 1/4 cup olive oil, 1 tablespoon of the lemon juice, the Dijon mustard, whole-grain mustard, honey, and garlic. Season with salt and pepper to taste.
3. Use tongs to dip the chicken thighs in the sauce, coating both sides. Place the thighs on the prepared baking sheet. Discard any remaining sauce.
4. In a medium bowl, combine the Brussels sprouts and red onion. Drizzle with the remaining 2 tablespoons olive oil and 1 tablespoon lemon juice and toss until well coated. Arrange the sprouts around the chicken on the baking sheet, making sure they aren't overlapping. Season with salt and pepper.
5. Roast for 30 to 35 minutes, until the chicken is golden brown and has an internal temperature of 165°F and the Brussels sprouts are crispy. Serve hot.

Crockpot Sweet and Sour Hawaiian Beef

Prep Time: 10 minutes

Cook Time: 4 hours

Total Time: 4 hrs 10 minutes

Yield: 6-8

DESCRIPTION

Slow cooked Sweet and Sour Hawaiian Beef {Paleo friendly}

INGREDIENTS

Sweet and Sour Pineapple Sauce

- 16 ounces (two 8 ounce cans) of crushed pineapple (in juice not syrup) – drained and reserve juice in a small bowl.
- 1/4 cup apple cider vinegar
- 1/4 cup gluten free tamari or coconut aminos for paleo option.
- 2 tsp minced garlic
- 2 tbsp honey
- 1 tbsp of fresh grated ginger or pinch of ground ginger (**optional** but delish!)

For the Slow Cooker/Crockpot:

- 2 lbs boneless beef loin cut into 1–2 inch pieces, or you can purchase stew meat precut. Best to trim excess fat for before cooking. See notes for other meat options.
- 2–3 tbsp Oil to brown meat
- black pepper to taste
- kosher salt to taste
- 1–2 tsp crushed red pepper
- 1 cup chopped red onion
- 1 bell pepper – diced, seeds removed. (see notes for substitutes)
- For plating – chopped green onion and/or cilantro to garnish. To serve with rice or cauliflower rice.

Optional Slurry to thicken:

- 1 tbsp Arrowroot starch
 - 2 tbsp cold water
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INSTRUCTIONS

1. Drain the canned pineapple and reserve the juice. Place pineapple aside and juice in a small mixing bowl.

2. Next, whisk together the pineapple juice, cider, gluten free soy sauce, garlic, ginger, and honey. Whisk until honey is combined (dissolved) with other ingredients. Set aside.
3. Heat a medium size skillet with 2 tbsp oil. Lightly sprinkle the diced beef cubes with coarse kosher salt and pepper. Place meat in the pan and then brown meat on medium high, turning beef cubes to brown all sides. About 3-4 minutes.
4. Place the browned meat in the slow cooker and sprinkle crushed red pepper flakes on top.
5. Add the chopped onion and sweet and sour pineapple sauce to the crockpot/slow cooker. Mix together.
6. Cover and cook on low setting for 5-6 hours or on HIGH heat for about 3 hours, or until the meat is cooked through and tender.
7. After the meat has been cooked, mix in the crushed pineapple and bell pepper. ***Note – if you would like thicken the stew/meat mix, add the arrowroot starch slurry here. First dissolve the arrowroot starch and cold water in a small bowl to create a slurry then mix into slow cooker.***
8. Cook on high for additional 20-30 minutes or until peppers have softened and juice has thickened.
9. Spoon meat and juice over rice or cauliflower rice. Garnish with chopped green onion and/or cilantro.

Creamy Tuna Noodle Casserole Meal Prep

Prep Time: 10 minutes *Cook Time:* 30 minutes *Total Time:* 40 minutes *Yield:* 4-5

DESCRIPTION

Tuna noodle casserole is one of the best back to school meal prep recipes. It's simple to make and yet, so satisfying!

INGREDIENTS

See notes first if you are doubling the recipe

- 8 oz cooked gluten free pasta or noodles ([lentil pasta](#)) (more if doubling)
 - Olive Oil to drizzle (extra to mix with hummus)
 - Salt and pepper to taste
 - 8 oz (1–2 cans drained) Albacore tuna or salmon
 - 3/4 cup regular or garlic flavored hummus (divided) – see notes for other options
 - 3 cups spinach leaves
 - 2 cups broccoli florets
-

INSTRUCTIONS

1. Toss cooked pasta in 1 tbsp oil and salt/pepper to taste.
 2. Layer pasta on bottom of a casserole dish. 9×13 if you are doubling the recipe.
 3. Drain your tuna and place in bowl. Mix with 1/2 cup garlic hummus (or hummus mixed with 1 tsp minced garlic)
 4. Layer on top of pasta.
 5. In a small bowl, mix 1/4 cup hummus with 2 tbsp olive oil. Whisk in a bowl until creamy.
 6. Layer the spinach and broccoli on top of tuna in the casserole dish. Add your creamy hummus/oil mix on top.
 7. Add any extra seasoning you'd like. Taste/adjust. Set aside.
 8. 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)
 9. **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.
-

NOTES

- **If doubling add more oil to pasta first and a bit of milk or broth.** Mix all together or layer. Both work! Rice, quinoa, or cauliflower rice would also work to replace pasta. Feel to skip tuna for vegetarian option or add chickpeas to make vegan.
- **If you want to meal prep this casserole, I recommend using this 12x8 glass meal prep casserole dish. It freezes well too!**
- I like to use garlic flavored hummus for extra flavor! **If you don't have garlic hummus,** just mix 1 tsp minced garlic in with the regular hummus and olive oil.

Instant Pot Colombian Chicken Potato Soup {Stove Top Option}

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Yield: 6

DESCRIPTION

In Columbia, this soup is called ajiaco, and it is a staple dish in the region of Bogota. This is lightened-up version that cooks in a pressure cooker or stove top! So it's ready fast, too! Grain free with dairy free option.

INGREDIENTS

- Medium ears corn, husked
- 1 ½ pounds Yukon Gold potatoes (4 to 5), cut into ¼-inch-thick slices
- ¾ pound white sweet potato (about 2 medium), peeled and cut into ¼-inch-thick slices – **my adaption. See notes for Original recipe.**
- 1 pound boneless, skinless chicken breasts, cubed
- 2 medium scallions, chopped
- 2 tablespoons chicken bouillon* *Read the label to be sure this product is gluten-free (Better than Bouillon is gluten free).

For serving:

- 6 ounces diced avocado (from 1 large Hass)
- ¼ cup crème fraiche or heavy cream (or coconut cream for **dairy free** option)
- 3 tablespoons capers, drained, plus (optional) 6 teaspoons brine
- Extras we used to garnish – cilantro and peppercorns.

INSTRUCTIONS

1. Using a sharp knife, cut each ear of corn into 3 pieces (about 2 ½ inches long). Set aside on a plate.
2. In an electric pressure cooker, combine 5 ½ cups water, the potatoes, chicken, scallions, and chicken bouillon. Seal and cook on high pressure for 6 minutes, until the potatoes are tender. Natural release, then open when the pressure subsides. Press the sauté button. Add the corn and cook, uncovered, until the corn is tender, 5 more minutes.
3. To serve, place a piece of corn in each of 6 bowls, then ladle about 1 2/3 cups of soup into each. Top the bowls with 1 ounce avocado, 2 teaspoons crème fraiche (or dairy free cream), and ½ tablespoon of the capers. If desired, add 1 teaspoon of the caper brine to each bowl.
4. Garnish with cilantro and/or fresh pepper and pinch of sea salt.

5. See notes for **Stove top or Dutch oven option**

NOTES

- *Recipe adapted from [Skinnytaste One and Done Cookbook](#). Posted with by permission by [Gina Homolka](#) (Author), [Heather K. Jones](#) (Author). Original recipe uses russet potato, so feel free to use that! I opted for sweet potato for extra nutrients.*
- **Stove top or Dutch oven Option** – To make this in a large pot or Dutch oven, increase the water to 6 cups. Bring to a boil, then cook, covered, for 20 to 25 minutes on medium-low heat, until the potatoes are tender, then add the corn and cook an additional 5 minutes.
- If you are looking for a whole 30 or paleo option, just sub the corn and cream. But I recommend the **original!** It's DELICIOUS!

Chinese Cauliflower Fried Rice Casserole

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30

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 [Egglard'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
-

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.
-

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.

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

Prep Time: 5 minutes *Cook Time:* 20 minutes *Total Time:* 35 minutes *Yield:* 4 servings

DESCRIPTION

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

INGREDIENTS

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

INSTRUCTIONS

INSTANT POT DIRECTIONS (Stove top directions to follow)

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

6. Serve into bowls with slices jalapeno, optional crumbled Mexican cheese. Splash of lime. Lime slices and organic yellow corn chips to top.

For Stove Top:

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

SLOW COOKER OPTION – 4 hours low. Garnish with cilantro and peppers.

See notes for Storing or freezing tips.

NOTES

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

Fiery West African Peanut Stew

Prep Time: 1 hour

Cook Time: 3 hours

Total Time: 4 hours

Yield: 5-7

DESCRIPTION

West African peanut stew is a wholesome dairy free and gluten free stew that's packed with nourishment and warming flavors. This crockpot stew is great over rice and feeds a crowd! Freezer friendly and made with healthy, real food ingredients!

INGREDIENTS

First in the crock pot:

- 3 to 4 cups broth (O-Organic chicken Broth)
- 2 cups chopped spinach fresh or frozen
- 10 oz or 2 large sweet potatoes peeled cubed
- 1 tbsp O Organic Extra Virgin olive oil for browning meat
- 2 c sliced carrots
- 1 cup to 1 1/4 cup chopped onion
- 1 lb pork (lean or loin) – diced or chopped for stew (see notes for other options)
- Sea salt and pepper to taste

Sauce to blend for crockpot:

- 1 cup garlic tomato sauce and or plain tomato sauce
- 1/2 cup O Organic Chunky Peanut Butter
- 3 garlic cloves
- 2 to 3 tsp smoked paprika (adjust as needed)
- 1 to 2 tbsp or more crushed red chili flakes (the more you add the spicier)
- 1/2 tsp ground coriander
- 1/2 tsp sea salt or kosher salt and pepper each
- 1 tbsp grated fresh ginger
- 2 tbsp olive oil
- Add in 2 –3 tsp cayenne here too if you want MORE SPICY. Optional

Toppings and more Spicy goodness:

- Cilantro
- Roasted peanuts
- Scotch bonnet peppers (which are extra hot) or other hot peppers of choice (sliced)
- Pinch of cayenne on top or extra crushed red chili flakes
- Rice
- Extra garlic salt or powder mixed if desired

INSTRUCTIONS

1. Clean and chop your veggies. Place sweet potatoes, carrots, and spinach in crock pot. Add 3-4 cups of your broth. The more broth you add, the thinner it gets. Set on low while you make the rest of the stew.
2. Next brown your meat. Place stewed pork meat in frying pan with 1 tbsp olive oil and your onion. Brown for 5 minutes. Reverse 2 tbsp of the oil from the pan.
3. Place browned meat and onion and reserve in the crock pot with veggies. Mix together.
4. Lastly, blend your sauce. **Taste to see if the sauce is seasoned to your liking.** Add more salt, pepper, or cayenne if needed. Place all ingredients listed in sauce above (tomato sauce, peanut butter, spices, peeled garlic, ginger, oil, etc.) in food processor or blender. Blend until creamy and smooth.
5. Mix sauce in with the rest of the crock pot ingredients.
6. Sprinkle a little black pepper and cayenne on top after mixing.
7. Cover and cook on low for 4 1/2 to 5 hrs or high for 3hrs. Check around 2 hrs if cooking on high.
8. Once cooked, spoon stew over individual bowls of hot rice.
9. Garnish with cilantro, roasted peanuts, more garlic salt if desired, and spicy peppers such as bonnet peppers. If you want it more mild, use red peppers or banana peppers for topping.
10. Enjoy

NOTES

- This crockpot stew freezes well!
- You can use pork, turkey, or keep this vegetarian/vegan without meat, simply adding in chickpeas.

Freezer Friendly Holiday Desserts

Spiced Apple Coffee Cake {Gluten Free}

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Yield: 8-10

DESCRIPTION

Spiced Apple Coffee Cake is a delicious grain free snack cake made with almond flour, apple cider vinegar, fresh apples, and warm spices! This recipe is also gluten free, dairy free friendly.

INGREDIENTS

- 1 2/3 cup Almond flour (See notes for substitutes)
- 3 – 4 tbsp Tapioca flour or oat flour
- 1/2 cup Coconut sugar or raw sugar
- 1/2 tsp Baking soda
- Pinch of kosher salt
- 1 tsp Baking powder
- 2 eggs
- 1 tsp vanilla extract
- 1/4 cup non-dairy milk (Use 1/2 cup if you are using all-purpose gluten free flour)
- 1/4 cup applesauce or plain yogurt
- 1 tbsp unpasteurized apple cider vinegar
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/3 cup chopped apple plus extra apple for topping

Topping:

- optional apple slices or 1/2 c chopped apple
 - 2-3 tbsp melted clarified butter or naturally refined coconut oil
 - 4 tbsp raw sugar for topping
 - 4 tbsp almond flour or gluten free flour
-

INSTRUCTIONS

1. Preheat oven to 350F. Line a baking pan (8x8 or 9x9) with parchment paper. See notes for baking in ramekins.
2. In a large bowl, sift the flours together and then mix in the sugar, baking soda, salt, and baking powder. Set aside.
3. In another bowl, whisk eggs, vanilla, and milk then gently mix the egg-milk mixture in with the dry mixture. Stir until smooth or use a hand mixer to blend until batter is consistent texture.

4. Add the yogurt or applesauce, apple cider vinegar, spices to the bowl, and mix together.
 5. Fold in the chopped/diced apple. If batter is too dry, add more milk.
 6. Pour batter into lined baking dish. Optional thinly sliced apples on top. Set aside.
 7. In a small bowl, mix melted butter and sugar. Add flour and stir until combined, making a crumble like texture. Spread over apple cake mix in pan. This will not cover the whole pan so feel free to double if desired.
 8. Place in oven for 28 to 35 minutes (cover with foil after 20 minutes to prevent edges from browning). Bake until top is browned and flour is baked in center.
 9. Once cooked, place on a towel in fridge for 20 minutes; this just helps it set. You can reheat again before serving, if desired. Or serve with yogurt or ice cream after it's cooled.
 10. Keep in refrigerator for 5-7 days or freeze in airtight container or ziplock for up to 3 months.
-

NOTES

TIPS and SUBSTITUTIONS!

- 1 and 1/3 -1/2 c all-purpose GF flour or 1:1 GF flour may be used if don't have almond flour. Texture will vary and so will baking times. Check at 20 minutes for doneness.
- Coconut flour may be used in place of tapioca flour IF you are combining with almond flour. Texture and baking time will vary.
- Don't have baking dish? You can use individual 6 ounce ramekins placed on baking sheet. Pour batter into each, about 2/3 way full. Cooking time will vary. Check at 20 minutes.

Cranberry Sour Cream Almond Cake {Grain Free}

Prep Time: 10 minutes

Cook Time: 40 minute

Total Time: 50 minutes

Yield: 8 slices

DESCRIPTION

Cranberry Sour Cream Almond Cake is a flavorful *grain free almond cake* that tastes just like favorite sour cream coffee cake, but healthier.

INGREDIENTS

- 3 eggs (room temp if possible)
- 1/2 cup organic sour cream (light sour cream or Greek yogurt is substitutable)
- 1 ripe banana (see notes for best size)
- 2 cups fine almond flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp kosher salt
- pinch of cinnamon
- 1/2 cup to 2/3 cup coconut sugar (may substitute some with brown sugar or maple syrup)
- 1/2 tsp vanilla
- 2 tsp Apple Cider Vinegar
- 1 cup cranberries plus extra for topping. See notes for substitutes
- Powdered sugar or Swerve Sugar substitute for Sprinkling

Optional glaze:

- 2 tbsp butter (or refined coconut oil)
 - 1 tbsp maple syrup
 - 1 cup powdered sugar (or Swerve sweetener)
 - 1/2 tsp vanilla
 - 1 tbsp lemon juice
-

INSTRUCTIONS

1. Preheat oven to 350F. Line an 8 or 9-inch cake pan with parchment paper. Grease the sides of the pan.
2. Blend the eggs, banana, sour cream in blender or beat with hand mixer. Place in a large bowl and set aside.
3. In another large bowl, combine your dry ingredients: Almond flour, baking soda/powder, salt, cinnamon, and coconut sugar (or brown sugar).
4. Pour your wet ingredients (eggs/sour cream) into the dry ingredient bowl and combine until smooth.

Gently mixing.

5. Next add your vanilla and apple cider vinegar. Gently mix again. Not over mixing.
6. Fold in your cranberries. Keep 1/4 cup cranberries for topping. (See notes for other fruit options)
7. Pour batter into an 8 to 9 in lined/greased cake tin. Place extra cranberries on top.
8. Bake for 30 minutes, checking at 25 minutes to see progress.
9. If cake is not done in center after 30 minutes, cover with foil and bake an additional 5-8 minutes. Check to see if center comes out clean with toothpick after covered. Remove and let cool. While cooling, make your optional glaze.

FOR GLAZE AND TOPPING:

1. Melt butter or oil and maple syrup in a medium sauce pan. Add powder sugar on low and whisk until smooth. Add remaining ingredients and whisk again until smooth.
2. Pour the glaze over the cranberry cake. It's best to do this right away as it will harden after it sets/cool. (See notes for make ahead option)
3. Place a handful of remaining cranberries in a microwave safe bowl. Cook for 30-45 seconds until cranberries soften. Add slightly cooked cranberries and a sprinkle of powdered sugar on top of glazed cake.

Store glazed cake covered in fridge covered for up to 5 days. Freezes well for up to 3 weeks.

NOTES

If you want to save this cake and serve later, don't pour on the maple glaze. Instead, store the glaze in a jar in the fridge. Then reheat/melt and pour onto the cake before serving.

A small to medium ripe banana, 6- 7 inches, works best.

Cranberry Substitutions: This cake works well with tart pitted cherries, raspberries, or blackberries if you don't have fresh cranberries in season. The other berries make for a lighter Spring/Summer Brunch cake.

Almond Flour Cookies (Vegan, Paleo)

Prep Time: 10 minutes

Cook Time: 12 minutes

Total Time: 22 minutes

Yield: 10-12

DESCRIPTION

These almond flour cookies will become your new favorite treat! This healthy cookie recipe is egg free, grain free and refined sugar free!

INGREDIENTS

- 1.25 c blanched fine almond flour
 - 1/2 tsp baking soda
 - 1/2 cup maple syrup or honey (sugar free syrup works fine)
 - 1/4 c creamy no stir nut butter
 - 1 tsp pure vanilla extract
 - 1/4 (pinch) of coarse sea salt
 - 1/3 c vegan chocolate chips or mix-in of choice. Ex nuts, dried fruit, dark chocolate, etc.
 - Raw sugar (optional) or baking stevia in the raw to coat dough.
-

INSTRUCTIONS

1. Preheat the oven to 350F. Line a baking sheet with parchment paper and set aside.
 2. In a large bowl, combine almond flour, baking soda, maple syrup, and nut butter. Mix with wooden spoon or blend with hand mixer until batter is thick and ingredients are combined.
 3. Add your sea salt and any other mix-ins of choice. i.e chocolate chips, nuts, etc.
 4. Scoop out a spoonful (similar size to golf ball) of dough. Roll into a ball then roll each dough ball in pure raw cane sugar or sugar free sugar (if desired).
 5. Press down with hand or back of flat bottom measuring cup (greased so it won't stick). Once flatten, repeat the process until you have about 9-10 cookies.
Place in oven on center rack and Bake for 9-12 minutes. Edges will become golden and a little crispy around 11 minutes. Remove and let cool completely before serving.
 6. Store in airtight container in fridge or room temp for up to a week. Cookie dough batter and/or baked cookies also freezer friendly for up to 6 weeks.
-

NOTES

- These cookies are more chewy than crispy if you bake for 9-10 minutes versus 12 -13 minutes. If baking at altitude, they make take closer to 12 minutes and won't rise as much.
- The dough is very versatile! So feel free to skip the chocolate and replace with any other cookie mix in!

Chocolate-Amaretto Cake Bites {No Bake}

Prep Time: 15 minutes

Cook Time: 1 minute

Total Time: 16 minutes

Yield: 25 cake bites

DESCRIPTION

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

INGREDIENTS

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

Dark Chocolate Coating:

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

Optional Toppings or Add-ins:

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

INSTRUCTIONS

1. Sift together your almond flour and coconut flour. Place in a large bowl and add your cocoa powder and coconut sugar (or brown sugar if you don't have coconut sugar).
2. Add your almond butter. Stir ingredients all together.
3. Add in your maple syrup a little at time, mixing to form a dough batter. Lastly, stir in your amaretto, almond extract, vanilla, and sea salt.
4. Mix again with spoon. You might have to use your hand to mix a bit. If batter is too runny, add more almond flour. If the batter is too dry, add more maple syrup or nut butter
5. Roll into 1-1.5 inch balls and place on cookie tray or plastic ware with parchment paper underneath.

6. Next melt the dark chocolate chips to create a shell.
 7. Place dark chocolate chips and coconut oil in microwave. Cook 3x at 30 second intervals, mixing each stop.
 8. Once chocolate is melted, take a whisk and dip it in your melted chocolate. Drizzle this over the bites. You can also coat the bites in the melted chocolate, if desired. Another topping option is to add melted butterscotch chips. It's not vegan friendly, but so delicious! See notes.
 9. Sprinkle with powdered sugar and/or coconut sugar
 10. Place in freezer and Let them freeze for 20-30 minutes.
 11. Then transfer into sealed container if not using right away. Keep in fridge or freezer for up to 6 weeks.
-

NOTES

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

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