



Almond Spice Cookies

(Adapted from Fabulous and Flourless by Mary Wachtel Mauksch)

****Suitable for Cutout Cookies – Tastes Like Gingerbread**

1 ½ c Ground Raw Almonds (or Almond Meal)

1/3 c Coconut Sugar

1 tsp Pumpkin Pie Spice

1 egg

Raw Sesame Seeds

In medium bowl, combine almonds, sugar and pumpkin pie spice. Add egg and slowly mix until dough forms. Scoop by tablespoons or #70 scoop onto parchment lined baking sheet. Press each cookie down using the bottom of a flat glass dipped in raw sesame seeds. (The thinner the cookies are pressed, the more crisp they will bake.)

Bake at 325 degrees for 20 – 24 minutes.

Makes about 1 ½ dozen cookies.

****For cutout cookies, add 1 – 2 Tbls additional ground almonds to dough to make it dryer and more firm. Chill slightly to firm dough. Roll small amounts of dough between a sheet of parchment and a sheet of wax paper to between 1/8" and 1/4". Use small cookie cutters to cut dough. Dough is soft and sticky so you will have to remove excess dough from around the cutter and transfer the cutout cookies to baking pan using a small spatula. Watch cookies as they bake as small tips of cookies will burn easily. The browner you can get the cookies, the crispier they will be.**



Apple Crisp

3 – 4 Med Granny Smith Apples, peeled and sliced

¼ tsp Cinnamon

¼ tsp Sea Salt

Lemon Juice

2 Tbls Coconut Nectar

½ tsp Raw Honey (optional)

Garbanzo Bean Flour

Mix first six ingredients in a large mixing bowl. Sprinkle mixture with a couple of teaspoons of garbanzo bean flour to thicken juice to a syrup consistency. Set aside.

¼ tsp Cinnamon

¼ tsp Sea Salt

¼ c Coconut Sugar

¼ c Quinoa Flakes

¼ c Quinoa Flour

¼ c Sunflower Flour (can be made by grinding sunflower seeds in grinder)

3 Tbls Coconut Oil, chilled to firm but not waxy consistency

¼ c Chopped Walnuts

Chill coconut oil while combining spices and flours together in a medium mixing bowl. When coconut oil is ready, add to dry mixture and cut in using pastry blender until crumbly. Add walnuts and toss together.

Pour apple mixture into thoroughly greased 8 x 8 baking pan. Sprinkle streusel mixture evenly over the top. Bake in 350 degree oven for 30 – 40 minutes.

****Double recipe for 9 x 13 pan and increase baking time to 40 – 45 minutes.**

Chocolate Olive Oil Cake

2 1/2 cups almond meal
1/2 cup organic cocoa
1/2 teaspoon baking soda (bicarb)
1/2 teaspoon gluten free baking powder
3 free range eggs **
1/2 cup olive oil
1/2 cup almond or coconut milk
1/2 cup honey or organic maple syrup

Preheat oven to 325 F.

Combine almond meal, cocoa, baking powder and baking soda into a bowl.

Add the eggs, olive oil, milk and honey.

Mix well to form a smooth batter.

Spoon into an 8 inch round baking tin that you have lined with baking paper to prevent sticking. Alternatively you can line the tin with butter and dust with cocoa powder.

Bake for 50 – 55 minutes or until just cooked through. It's ok if the inside is a little moist when you remove the cake as it will create a lovely moist texture inside. (9" Springform pan 40 min)

Remove from the oven and cool completely.

***I separate the eggs. Combine the yolks in the batter as directed. In a separate bowl, beat the whites into medium stiff peaks and fold into the batter at the end before spooning the batter into the baking pan.*

Raw Chocolate Frosting

2 ripe avocados, skin and stone removed
6 fresh pitted dates
6 T Organic Cocoa
1/4 - 1/2 cup water or almond milk
1/4 cup cold pressed coconut oil
1 teaspoon vanilla bean extract
Pinch of sea
1 pkg Stevita (optional)



Festive Jicama Cole Slaw

(Adapted from KimberlySnyder.com Recipe)

4 c Red Cabbage, shredded
2 c Green Cabbage, shredded
1 c Jicama, diced
2 – 3 Green Onions
1/3 c Fresh Cilantro
Juice of 1 Med. Orange
Juice of 1 Med. Lime
2 tsp Dijon Mustard
1 Med. Avocado, mashed
Sea Salt and Pepper, to taste

Finely shred the cabbage. Peel the jicama and dice into small cubes. Dice green onions and finely chop cilantro. Place all items in glass bowl.

Next, juice the orange and lime and pour into small bowl. Add mustard, mashed avocado, sea salt and pepper. Whisk all those ingredients into a dressing.

Pour dressing over the vegetables and mix together. (Pressing the dressing into the vegetables will help to break them down.) Allow to chill and marinate in the refrigerator until ready to serve.



Fiesta Salad With Lime Cilantro Dressing

2 c cooked red quinoa (about $\frac{3}{4}$ c uncooked)
 $\frac{1}{2}$ medium red onion, chopped
3 – 5 green onions, sliced
1 can black beans, rinsed
1 can kidney beans, rinsed
1 can garbanzo beans, rinsed
2 – 3 roma tomatoes, cut in bite sized pieces
1 – 2 medium zucchini, cut in bite sized pieces

Toss all ingredients with Lime Cilantro Dressing (below). Refrigerate for several hours prior to serving.

1 jalapeno pepper, seeded and coarsely chopped
1 clove garlic
 $\frac{3}{4}$ tsp minced fresh ginger root
 $\frac{1}{4}$ c lime juice (about 2 limes)
 $\frac{1}{4}$ c natural, unfiltered honey
2 tsp raw cider vinegar
 $\frac{1}{2}$ tsp sea salt (or to taste)
 $\frac{1}{4}$ c packed cilantro leaves
 $\frac{1}{2}$ c olive oil

Place the jalapeno pepper, garlic clove and ginger into food processor. Pulse until the jalapeno and garlic are finely chopped. Pour in the lime juice, honey, cider vinegar and sea salt. Add the cilantro leaves. Pulse a few times to blend. Turn on the food processor and slowly drizzle in the olive oil until well incorporated.



Pulled Chicken for Slow Cooker

2 T Extra Virgin Olive Oil
2 ½ c Finely Chopped Onion (1 large)
4 Cloves Garlic, minced
3 T Coconut Sugar
5 T Raw Honey
1/3 c Raw Organic Cider Vinegar
1 - 6oz Can Organic Tomato Paste
½ tsp Cumin*
½ tsp Chili Powder*
½ tsp Cayenne Pepper*
1 tsp Sea Salt
Several Grinds Fresh Black Pepper
1 ½ c Water
4 lbs Organic Boneless, Skinless Chicken Breasts

****add more of these ingredients for more heat / spice***

Place all ingredients except chicken into slow cooker. Stir to combine. Place chicken breasts in sauce. (Spoon sauce over chicken if necessary so it is fully covered.) Heat on low 4 – 5 hours. Remove chicken from slow cooker and shred with 2 forks until thoroughly shredded. Return shredded chicken to sauce and heat for 1 more hour. Serve in grainless wraps or on a bun.



Rhubarb Crumble

Filling:

**4 c fresh rhubarb
2 brown eggs
1 tsp cinnamon
6 tsp stevia (or 1/2 tsp liquid stevia)**

Topping:

**2 c walnuts
1 tsp cinnamon
1/4 tsp sea salt
4 tbs firm butter**

Finishing Touch:

4 tsp coconut sugar

Cut rhubarb into small pieces. Whisk eggs and pour over rhubarb. Sprinkle with cinnamon and stevia. Mix thoroughly.

Place 4 topping ingredients in food processor. Process to a crumbly consistency. (Suggestion: Add walnuts in a couple stages during processing to vary the texture from ground to chunky.)

Pour rhubarb mixture into a generously buttered 8 x 8 pan. Top with topping mixture. Bake at 350 degrees for 35 – 40 minutes. Remove from oven and sprinkle with coconut sugar. Store in the refrigerator.

Recipe doubles well to make a 9 x 13 pan.



Southwestern Sweet Potato Salad

2 c Organic Sweet Potatoes (peeled and diced to ½" cubes)
1 T Olive Oil
1 Med Red Onion, diced (2 – 2 ½ cups)
3 Large Garlic Cloves, minced
1 c Roasted Red Peppers (jarred), drained and chopped
2 c Organic Spinach, roughly chopped
1 can Black Beans (14 oz), drained and rinsed
1 T Lime Juice
1 ½ tsp Chili Powder
1 ½ tsp Cumin
½ tsp Sea Salt
¼ tsp Black Pepper

Place diced sweet potatoes in a pot of water and bring to a boil. Reduce heat and simmer until fork tender and still hold their form. (About 5 – 6 minutes) Drain and set aside.

In large skillet, stir together the olive oil, red onion and garlic and sauté over medium heat for 3 – 5 minutes until the onion softens. Add seasonings and lime juice.

Add the chopped roasted red peppers, cooked sweet potato, spinach and black beans. Cook 3 – 5 minutes until the spinach is wilted.

Place in glass bowl and chill in refrigerator until ready to serve.



Chicken Fajitas

Marinade:

1 T Penzey's Fajita Seasoning
2 T Olive Oil
Juice of 1 Lime
1 lb Chicken Breasts, cut into strips

Allow to sit 1 hour covered in the refrigerator.

Heat 1 tablespoon olive oil over low heat. Add chicken strips and marinade. Cook until outside of chicken starts turning white.

Add:

1 Large Onion, wedged
2 – 3 Assorted Peppers, cut into strips
1 tsp Cumin
1 tsp Penzey's Fajita Seasoning
½ tsp Garlic Powder

Cook until peppers and onions start to soften.

Chicken Broth

2 – 3 tsp Garbanzo Bean Flour

Add some chicken broth to simmer the mixture until tender. Toss in garbanzo bean flour to thicken. Serve in paleo tortillas or over cooked quinoa.

Zucchini Tortillas Recipe

Total Time: 50 minutes

Serves: Makes 10–12

INGREDIENTS:

- 3 cups grated zucchini (takes 4 medium zucchini to make 3 cups)
- 2/3 cup + 3 tablespoons arrowroot flour
- 1/3 cup garbanzo bean flour
- 1/2 cup coconut flour
- 3 eggs
- 1 teaspoon of each: smoked paprika, cumin, chili powder, salt, pepper

DIRECTIONS:

1. Preheat oven to 350 F.
2. Wash and grate zucchini.
3. Squeeze the water out of the zucchini and place in a medium bowl, discarding the zucchini juice.
4. Add in the arrowroot and garbanzo bean flour, coconut flour, eggs and spices.
5. Mix until well combined.
6. Line a 9 x 11 baking sheet with parchment paper.
7. Using a 6cm ice cream scoop, scoop the tortilla batter on to a baking sheet covered with parchment paper, using a glass (cover the scoop of tortilla batter with parchment paper) press the batter into a thin round-shaped tortillas.
8. Bake for 40 minutes or until tortilla is golden brown.
9. Serve with your favorite taco toppings!