



Totallysam's Paleo Cookbook!



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Introduction

The Paleo diet is based on the foods the Hunter/Gatherer ate in the Paleolithic era. It is basic foods, simple and wholesome. If you can't catch it, grow it or collect it it's not part of the Paleo diet. It includes free-range, organic meats, fish, seafood, seeds, nuts, vegetables, fruits and oils.

Whole natural and organic foods are full of nutrients in the right combination for our body's needs. There is little illness when the body has all the right proteins, carbohydrates, fats, vitamins and minerals. This is the diet for the seriously healthy and everyone who loves good food. These recipes are full of flavor, easy to make and so good for you. Each can be easily adapted to suit your pantry stores and preferences.

Vegetables

Japanese Ratatouille

Serves: 4

Ingredients:

1 tablespoon chopped fresh oregano

1 tablespoon chopped fresh basil

¼ teaspoon cayenne pepper

Pepper and salt to taste

¼ cup cooking oil

2 Japanese eggplants

6 tomatoes

2 bell peppers

4 minced garlic cloves

1 minced onion

2 zucchini

Method:

1. Dice vegetables

2. Heat oil in soup pot

3. Saute garlic, onion 1 minute

4. Stir in vegetables 1 minute

5. Stir in remaining ingredients and simmer until eggplant is soft

6. Serve with favorite meat

Cooking Tips:

To prepare eggplant, peel and chop thinly, place in a colander and sprinkle with salt, all the bitter juices will come out. After about twenty minutes, rinse thoroughly and then cook

Variation:

Use rosemary in place of oregano and basil

Use sun-dried tomatoes

Add chopped sausage or salami

Lemon Vinaigrette

Serves: ½ cup

Ingredients:

Pepper and salt to taste

2 teaspoons lemon juice

1 teaspoon lemon zest

2 tablespoons vinegar

½ cup virgin olive oil

Method:

1. Place all ingredients in a glass jar with well-fitting lid
2. Shake well to combine
3. Use as salad dressing

Cooking Tips:

Use fresh or store up to 1 week in the refrigerator, shake well before use

Variation:

Add a minced garlic clove or a little cumin

Squash fries

Serves: 2

Ingredients:

Pepper and salt to taste

2 teaspoons fresh chopped herbs

¼ cup cooking oil

4 cups thinly sliced buttercup or similar squash

Method:

1. Preheat oven to 425F
2. Mix all ingredients in a bowl

3. Spread squash pieces on a tray in a single layer
4. Bake 20-30 minutes, until crispy
5. Serve hot with favorite sauce

Cooking Tips:

Mix oil and seasonings/herbs together before mixing with squash pieces to evenly distribute flavors

Variation:

Use potatoes

Add smoked paprika or bacon bits for extra flavor.

Sea Stuffed Eggplant

Serves : 4

Ingredients:

- 3 tablespoons oil
- 1 beaten egg
- 1 tablespoon fish sauce
- 2 tablespoon red curry paste
- ¼ cup chopped cilantro
- ½ cup chopped spring onions
- 4 minced garlic cloves
- 1 tablespoon grated ginger
- 1 diced bell pepper
- 12 ounces peeled raw shrimp
- 1 large eggplant

Method:

1. Preheat oven to 400F.
2. Cut the eggplant in half lengthwise, score the cut surface,
3. Brush all sides with oil
4. Bake skin up about 15 minutes
5. Turn and cook until tender

6. Remove and leave to cool
7. Scoop out flesh and dice
8. Fry in oil on medium heat
9. Stir in pepper, garlic and ginger
10. Stir in cilantro and onions, lightly cook
11. Transfer to a bowl
12. Stir in curry, sauce, egg and shrimp
13. Spoon mixture into eggplant boats
14. Bake at 350F until filling is set
15. Garnish with cilantro

Cooking Tips:

Be careful when scooping out cooked eggplant, not to pierce the skin

Variation:

Replace shrimp with chopped shellfish or sausage/salami

Use browned pork and add some fresh chopped rosemary

Garlic Grilled Mushrooms

Serves: 2

Ingredients:

- 2 tablespoon oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon salt
- 1 teaspoon fresh ground pepper
- 1 teaspoon paprika
- ½ teaspoon crushed coriander seeds
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 3 minced garlic cloves
- 12 button mushrooms

Method:

1. Heat oil in a skillet
2. Stir in spices and garlic
3. When lightly brown, stir in vinegar and simmer one minute

Cooking Tip:

Don't wash mushrooms, wipe them with a damp cloth

Store mushrooms in a brown paper bag

Variation:

Add finely diced onion and bacon

Add diced scallops

Garlic Mint Zucchini

Serves: 2

Ingredients:

Pepper and salt to taste

2 tablespoons fresh chopped mint

Zest and juice of half a lemon

2 minced garlic cloves

1 tablespoon cooking oil

2 large zucchinis, sliced

Method:

1. Heat oil in a skillet
2. Lightly brown zucchini
3. Stir in ingredients except mint and cook two minutes
4. Stir in mint and cook two minutes
5. Serve hot with favorite meat dish

Cooking Tips:

Use one large marrow

Variation:

Coat zucchini in spices and oil and grill, turning to cook through

Use rosemary, sage, thyme or oregano in place of mint

Oven Roasted Cauliflower Recipe

Serves: 2-4

Ingredients:

Pepper and salt to taste

½ cup oil

1 tablespoon curry powder

1 head of cauliflower, cut in florets

Method:

1. Simmer cauliflower in water until tender
2. Drain and stir in oil and curry powder
3. Transfer to a baking tray lined with foil
4. Broil ten minutes, or until golden

Cooking Tips:

Add the cauliflower to boiling water, then simmer

Variation:

Use broccoli in place of cauliflower

Use cumin and coriander in place of curry powder

Breakfast Hash

Serves: 2

Ingredients:

Pepper and salt to taste

¼ teaspoon cayenne pepper

1 minced garlic clove

½ chopped onion

½ sweet potato, grated

2 eggs

Butter

Method:

1. Melt butter in skillet
2. Sauté garlic, onion and potato lightly
3. Add spices to taste
4. Stir in eggs and cover
5. Cook 2-3 minutes

Cooking Tips:

Heat skillet on medium, not too hot or the eggs will burn

Variation:

Use potato in place of sweet potato

Add shredded leftover meat

Use leftovers from night before, lightly fry, stir in egg and cook

Sweet Cinnamon Potato Chips

Serves: 4

Ingredients:

Cinnamon

Vegetable oil

4 cups thinly sliced sweet potato

Method:

1. Heat oil on med/high until bubbles rise up to surface (about 250F)
2. Cook 1 cup sweet potato chips at a time
3. Turn frequently, cook until crisp and golden
4. Remove to drain on a paper towel lined plate
5. Serve with cinnamon sprinkled on top

Cooking Tips:

To see if oil is hot enough test by putting one chip in, if it rises to the surface with a lot of little bubbles around it, it's ready

Variation:

Use potato, carrot or pumpkin chips

Sprinkle smoked paprika and sea salt over chips

Serve with salsa or avocado dip

Baking

Almond Buckwheat Muffins

Serves: 12

Ingredients:

½ cup slivered Almonds

½ teaspoon vanilla essence

1/3 cup vegetable oil

¼ cup honey

1 egg

1 cup almond milk

½ tablespoon cocoa powder

½ teaspoon baking soda

1 teaspoon baking powder

¼ teaspoon salt

1 heaped cup light buckwheat flour

Method:

1. Preheat oven to 375F
2. Line a 12 cup muffin tray
3. Whisk together vanilla, oil, honey, egg and milk
4. Sift in cocoa, baking soda, baking powder, salt and flour
5. Mix well
6. Stir in Almonds
7. Spoon batter in to muffin tray
8. Bake about twenty minutes or until just firm in the center
9. Leave to sit ten minutes then cool on to a tray

Cooking Tips:

Do not over mix as muffins will come out hard

Variation:

Omit cocoa or replace with instant coffee

Top with favorite frosting

Replace slivered almonds with chocolate chips/dried cranberries

Carrot and Banana Muffins

Serves: 12

Ingredients:

$\frac{3}{4}$ cup chopped nuts

1 $\frac{1}{2}$ cups shredded carrot

$\frac{1}{4}$ cup melted coconut oil

1 teaspoon vinegar

3 eggs

3 ripe bananas

1 cup pitted dates

1 tablespoon cinnamon

1 teaspoon salt

2 teaspoons baking soda

2 cups almond flour

Method:

1. Preheat oven to 350F
2. Line a muffin tray with paper cups
3. Blend oil, vinegar, eggs, bananas and dates in a food processor
4. Pulse in dry ingredients until just mixed
5. Fold in carrots and nuts.
6. Spoon into prepared tray
7. Bake about 25 minutes
8. Cool on a tray

Cooking Tips:

Bake in the middle of the oven to prevent bottom burning

Use macadamia nuts, walnuts, or pecans

Variation:

Use zucchini in place of carrot

Cranberries or chopped apricot in place of dates

Cranny Scones

Serves: 16

Ingredients:

1 tablespoon orange zest

1 teaspoon salt

1 egg

1 teaspoon baking soda

2 tablespoons honey

3 tablespoons shredded coconut

½ cup cranberries

2 cups almond flour

Method:

1. Preheat oven to 375F
2. Blend honey and egg
3. Stir in remaining ingredients
4. Knead briefly and shape into scones
5. Bake on a floured or greased tray about ten minutes or until cooked through
6. Cool on a rack

Cooking Tips:

Make scones about ½ inch thick

Variation:

Use chopped dates, dried apricots or sultanas

Replace coconut with coconut flour, add 1/3 cup chopped fresh herbs and omit zest

Walnut Banana Bread

Serves: 12

Ingredients:

- ¼ cup oil
- 1 tablespoon honey
- 1 tablespoon vanilla essence
- 3 eggs
- 3 medium bananas
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 ½ cups ground walnuts
- ¼ cup coconut flour

Method:

1. Preheat oven to 350F
2. Grease an 8x4-inch loaf pan
3. In a food processor, blend oil, honey, vanilla, eggs and bananas
4. Blend in baking soda, salt and walnut flour
5. Pour into prepared pan
6. Bake about 1 hour
7. Leave to cool before turning out and slicing

Cooking Tips:

Use cooking bananas that have been frozen and defrosted, very moist, fresh bread

Variation:

Use 2 cups almond flour in place of coconut and walnut

Add ½ cup chopped walnuts

Buckwheat Sandwich Wraps

Serves: 8

Ingredients:

1 cup warm water
2 tablespoons vegetable oil
2 eggs
½ teaspoon salt
½ teaspoon baking powder
1 cup light buckwheat flour

Method:

1. Whisk together all ingredients to a thin batter
2. Heat a skillet on med-high
3. Cook in half cup amounts, turning skillet to cover whole surface
4. Turn after two minutes
5. Cook both sides to golden brown

Cooking Tips:

Make sandwich wraps

Cut in triangles and eat with dip

Cover with favorite vegetable salad and fresh meat

Variation:

Add ½ cup fresh chopped herbs to batter; chives, rosemary, thyme, oregano,

Add some minced garlic and chives or onion powder

Add a tablespoon toasted cumin seeds

Meat

Grilled Chicken with Herbs

Serves: 4

Ingredients:

- 1/3 cup vegetable oil
- 3 tablespoons vinegar
- ¼ teaspoon salt
- 1 tablespoon fresh ground pepper
- 1 bay leaf
- 2 minced garlic cloves
- ¼ cup chopped spring onions
- 4 tablespoons chopped parsley
- ¼ cup chopped oregano
- 4 tablespoons chopped rosemary
- 2 ½ pounds chicken breast

Method:

1. Mix together herbs, pepper and salt in a bag
2. Add chicken and shake well to cover
3. Sit chicken in marinade in the refrigerator at least an hour
4. Turn oven to grill and cook chicken
5. Serve with gravy and favorite vegetables

Cooking Tips:

Prepare chicken marinade day before and store in refrigerator
Roast chicken at 450F about twenty minutes and then grill to brown

Variation:

Use grass-fed beef in place of chicken
Add a dash of favorite sauce and teaspoon brown sugar to marinade

Adobo Drumsticks

Serves: 4

Ingredients:

6 drumsticks

1 teaspoon salt

2 minced garlic cloves

1 tablespoon vinegar

1/2 cup water

1/2 cup chipotle peppers in adobo sauce

Method:

1. Mix peppers in sauce with water, in a blender
2. Rub over chicken and refrigerate 1-12 hours
3. Heat oven to 400F
4. Bake in a covered dish about 45 minutes, or until cooked
5. Finish under the grill

Cooking Tips:

Cook drumsticks until cooked through

Use 1 can peppers and same amount of water, use 1/2 cup and freeze rest in 1/2 cup portions for later use

Variation:

Use steaks in place of chicken

Replace peppers with favourite sauce

Curried Chicken and Vegetable Soup

Serves: 6

Ingredients:

1 1/2 pints chicken stock

1 tablespoon grated ginger

3 tablespoons salsa

2-3 cups finely chopped vegetables

1 cup shredded, curried chicken

2 minced garlic cloves

½ onion, chopped

1 tablespoon vegetable oil

Method:

1. Saute ginger, garlic, onion in oil in a large skillet
2. Stir in vegetables and chicken, two minutes
3. Stir in stock, salsa and simmer until vegetables are tender
4. Serve hot.

Cooking Tips:

Use leftover chicken

Variation:

Use plain chicken and add 1 tablespoon curry paste and ½ teaspoon honey

Use turkey or duck and use red wine vinegar

Turkey Sausage Casserole

Serves: 12

Ingredients:

1 ½ chopped onion

2 chopped bell peppers

12 eggs

1 pound minced turkey sausage

Pepper and salt to taste

½ cup chopped mushrooms

1 tablespoon oil

2 tablespoons chopped parsley

2 tablespoons chopped chives, leeks or green onions

Method:

1. Preheat oven to 350F
2. Heat oil in a skillet
3. Brown sausage
4. Season to taste and pour into baking dish
5. Saute onion, mushroom and peppers
6. Spread over sausage in baking dish
7. Whisk eggs with herbs in a bowl
8. Pour over sausage and vegetables
9. Cook until set, about 45 minutes

Cooking Tips:

Great for freezing, make extra!

Variation:

Use pork sausage

Use shredded chicken

Habanero Chicken

Serves: 6

Ingredients:

2 ½ pounds chicken breast

Pepper and salt

1/3 cup vinegar

1 cup diced tomatoes

2 tablespoons orange juice

1 teaspoon orange zest

2 cloves minced garlic

1 chopped onion

2 tablespoons achiote paste

1 tablespoon habanero sauce

Method:

1. Mix all ingredients together
2. Leave in the refrigerator at least 1 hour
3. Fry in vegetable oil until cooked through and serve hot

Cooking Tips:

Make marinade night before and leave in the refrigerator

Variation:

Cook a whole chicken in broth and use the meat in place of raw chicken breast

Use cooking water to make soup

Omit habanero sauce for child friendly meal

Crockpot Lean Beef Stew

Serves: 6

Ingredients:

Pepper and salt to taste

½ teaspoon paprika

½ teaspoon cumin

1 teaspoon fresh chopped thyme

1 teaspoon fresh chopped rosemary

1 teaspoon fresh chopped sage

1 ½ pints beef stock

1 pint diced tomatoes

2 chopped bell peppers

2 minced garlic cloves

2 chopped onions

1 pound chopped lean beef

Method:

1. Heat oil in soup pot
2. Brown the beef, remove meat
3. Saute onions, garlic

4. Add peppers and briefly sauté
5. Stir in browned beef, and remaining ingredients
6. Transfer to crock pot and cook 2- 2 ½ hours, until beef is tender

Cooking Tips:

Stir spices and herbs into oil before cooking meat to spread flavor evenly

Cook in a covered dish in the oven on 350F until tender in place of a crock pot

Variation:

Use chicken and chicken stock

Add 2- 3 cups finely diced vegetables

Mushroom Mini Quiche

Serves: 12

Ingredients:

Pepper to taste

12 cherry tomatoes

4 pieces fried bacon

2 ounces mushrooms

8 eggs

¼ cup fresh chopped herbs

Method:

1. Preheat oven to 350F
2. Grease a 12 cup muffin tray
3. Whisk eggs
4. Chop mushrooms, bacon, tomatoes, season
5. Put a little egg in each muffin cup
6. Sprinkle filling in
7. Top with a little more egg

Cooking Tips:

Cook meat before putting in to mini quiches

Variation:

Add grated carrot, zucchini or shredded spinach to quiches

Best Beef Marinade

Serves: 4

Ingredients:

1 pound cooked and chopped beef

¼ teaspoon mustard powder

¼ teaspoon pepper

1 teaspoon dried thyme

1 teaspoon dried rosemary

½ teaspoon salt

1 minced garlic clove

½ chopped onion

1 tablespoon Worcestershire

1 tablespoon honey

3 tablespoons tomato paste

1 cup vinegar

Method:

1. Simmer all ingredients except beef for ten minutes
2. Add beef and simmer covered about ten minutes
3. Serve hot with mashed potatoes and steamed vegetables

Cooking Tips:

Brown raw beef in oil then simmer in sauce until cooked

Variation:

Use shredded chicken or pork

Use BBQ sauce

Tasty Lamb Meatballs

Serves: 5

Ingredients:

- ¼ teaspoon cinnamon
- ¼ teaspoon black pepper
- ½ teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 1 egg
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh cilantro
- 2 minced garlic cloves
- ½ onion, chopped
- 1 pound minced lamb

Method:

1. Preheat oven to 375F
2. Mix all ingredients together
3. Shape into tablespoon size meatballs
4. Bake in a dish with a little cooking oil ten minutes
5. Turn meatballs over, cook 5-10 minutes, until cooked through

Cooking Tips:

Mix the mince in last, to get an even spread of flavors

Variation:

Use beef mince and chopped rosemary

Use chicken mince and chopped sage

Add sesame seeds

Italian Sausage Pizza

Serves: 8

Ingredients;

Fennel seed

oregano

½ cup cherry tomato halves

½ cup marinara

1 bell pepper, chopped

1 italian sausage, sliced

4 ounces mushrooms, chopped

½ onion, chopped

1 tablespoon olive oil

2 eggs

3 tablespoons almond butter

1 cup almond flour

Method:

1. Preheat oven to 350F
2. Grease a baking tray
3. Mix in a bowl, salt, eggs, almond butter and flour
4. Knead into a dough and press flat, on to prepared tray
5. Bake ten minutes
6. Lightly sauté sausage, mushrooms, onion
7. Add pepper and garlic, sauté 1 minute
8. Spread marinara on to crust
9. Sprinkle with sauteed vegetables and sausage
10. Sprinkle with fennel seed and oregano
11. Bake about 25 minutes
12. When cooked top with cherry tomatoes

Cooking Tips:

Almond flour pizza dough is soft, take care when transferring slices to a plate

Variation:

Use ham, bacon or chicken in place of sausage

Add olives, avocado slices or capers

Ham and Egg Cups

Serves : 3

Ingredients:

Pepper and salt to taste

3/4 cup hollandaise sauce

1 bell pepper sliced julienne

2 cups fresh arugula

6 eggs

6 slices ham

Method:

1. Preheat oven to 350F
2. Grease a 6 cup muffin tray
3. Cut each piece of ham from center to edge to make a cone shape and line muffin tray
4. Fill each cup with an egg and season
5. Bake about fifteen minutes
6. Saute briefly the bell peppers and mix with arugula
7. Dress arugula and peppers with lemon vinaigrette
8. Serve ham and egg cups on a bed of arugula salad and drizzled with hollandaise sauce

Cooking Tips:

Use large eggs or fill remaining space with grated cheese or chopped parsley/chives

Variation:

Line cups with bacon

Whisk egg with minced onion or grated carrot then pour into ham cups

Beef and Bacon Mini Meatloaf

Serves: 4

Ingredients:

Pepper to taste

2 tablespoons fresh chopped parsley

1/3 cup fresh chopped chives

2 minced garlic cloves

¼ cup coconut milk

8 strips bacon and ½ pound chopped bacon

1 pound minced beef

Method:

1. Preheat oven to 400F
2. Grease an 8 cup muffin tray
3. Blend together coconut milk, chives, garlic, pepper, chopped bacon and mince
4. Line muffin cups with bacon strips
5. Fill cups with mince mixture
6. Bake half an hour
7. Cool and serve with parsley on top

Cooking Tips:

Use an electric mixer to blend the mince ingredients

Variation:

Use grated vegetables in place of mince

Top with grated cheese before baking

Add an egg to the mince mixture

Best Fried Beef

Serves: 4

Ingredients:

2 tablespoons oil

¼ cup beef broth

Pepper and salt to taste

½ minced onion

1 ½ teaspoons lime juice

1 teaspoon oregano

2 minced garlic cloves

1 pound minced beef

Method:

1. Add oil to hot skillet
2. Stir in garlic, onion, pepper, salt, oregano,
3. Add beef mince and stir to brown 1-2 minutes
4. Mix lime juice and beef broth together, pour into skillet
5. Turn heat down and cook through
6. Serve hot with favorite vegetables

Cooking Tips:

Cook meat first on high heat for a few minutes, then on low heat until cooked to get tender meat

Variation:

Marinate the mince in premixed broth and spices/herbs, in the refrigerator

Cook mince in seasoned oil, Add twice the broth when almost cooked through, mix a little corn starch with a little broth and stir in to meat to form a gravy. Mince can be used for shepherd's pie, pasta or with sauce and rice.

Broccoli Beef Soup

Serves: 6

Ingredients:

1 pound chopped broccoli

1 pound diced cooked beef

1 minced garlic clove

½ minced onion

4 tablespoons soy sauce

4 tablespoons grated fresh ginger

3 pints beef broth

Method:

1. Heat broth to a simmer
2. Stir in all ingredients
3. Simmer until broccoli is tender
4. Serve with mashed potatoes

Cooking Tips:

Fry raw beef in a little oil, then cook on low until cooked through, Stir in broth and cook as per method

Variation:

Use pork, chicken or turkey and 1 pound mixed diced vegetables

Add a few chilis, peppers and tomatoes

Vegetable and Beef Soup with Spices

Serves: 6

Ingredients:

- Pepper and salt to taste
- 2 tablespoons oil
- 1 cup coconut milk
- 2 pints beef stock
- 1 tablespoon cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon ground turmeric
- ¼ teaspoon ground nutmeg
- 1 tablespoon mild curry powder
- ¼ cup fresh chopped parsley
- 1 chopped parsnip
- 1 chopped leek
- 2 chopped apples
- 2 chopped carrots
- 1 chopped potato

1 chopped onion

1 cup chopped mixed vegetables; cauliflower, broccoli, beans, peas

2 chopped celery sticks

1 ½ pounds minced beef

Method:

1. Heat oil in a soup pot
2. Brown mince, garlic, onion
3. Stir in remaining vegetables and sauté 1-2 minutes
4. Stir in spices and parsley
5. Stir in coconut milk and beef stock
6. Simmer until vegetables are tender
7. Season to taste
8. Serve hot.

Cooking Tips:

Stir spices into oil before browning meat, to get an even taste through dish

Chop all vegetables small to improve taste and shorten cooking time

Variation:

Use chicken, turkey, pork or mutton in place of beef

Use any fresh vegetables on hand

Add fresh herbs

Top with Greek-style yoghurt

Berry Coconut Waffle

Serves: 4

Ingredients:

¼ cup raspberries (extra for topping)

¼ cup coconut cream

1 tablespoon honey

1 teaspoon vanilla essence

½ teaspoon cinnamon
2 eggs
½ teaspoon baking soda
¼ cup desiccated coconut
1 ½ cups almond flour

Method:

1. Heat up waffle iron
2. Blend ingredients together in a bowl
3. Cook in waffle iron
4. Serve with extra berries and honey to sweeten

Cooking Tips:

If waffles are sticking, grease waffle iron with butter between each waffle

Defrost berries in a sieve over a bowl, discard liquid

Variation:

Use blueberries or strawberries

Omit coconut and use chopped nuts, pecan or walnut and a little mixed spice.

Broiled Chicken with Lemon pepper

Serves: 4

Ingredients:

Salt to taste
Lemon pepper
1 garlic clove
1 teaspoon fresh rosemary or sage
4 chicken breasts

Method:

1. Preheat oven to 'broil'
2. Line a baking tray with foil
3. Sprinkle chicken with lemon pepper and salt

4. Place chicken on prepared tray
5. Sprinkle with herbs and place garlic clove on tray
6. Broil 10-15 minutes
7. Turn and broil other side 10-15 minutes
8. Serve when golden brown

Cooking Tips:

Cook at 350F in a covered dish about 30 minutes, then brown under the grill

Variation:

Use lamb chops

Cover meat with sliced onion and favorite sauce

Bison Beef Patties

Serves: 4

Ingredients:

Pepper and salt to taste

2 minced garlic cloves

1 egg

1 jalapeno pepper

1 tablespoon chopped fresh rosemary

1 teaspoon chopped fresh thyme

1 minced onion

1 pound minced Bison

Method:

1. Mix together all ingredients
2. Make patties
3. Fry in a medium/hot skillet until cooked through
4. Cook both sides.
5. Serve hot in burger buns with favourite salad and sauce

Cooking Tips:

Broil in a foiled baking tray in the centre of the oven

Variation:

Use minced chicken, pork or turkey

Form into balls and use for spaghetti and meatballs

Pesto fillets

Serves: 6

Ingredients:

Pepper and salt to taste

Cooking spray

2 tablespoons almond flour

2 tablespoons pesto sauce

6 Tilapia fillets

Method:

1. Preheat oven to 400F
2. Prepare a baking pan with cooking spray
3. Arrange fillets in pan
4. Sprinkle remaining ingredients on top
5. Bake ten minutes, or until cooked through
6. Serve with Sweet cinnamon potatoes

Cooking Tips:

Put pesto, flour and seasonings in a plastic bag, add fish and gently shake to cover fish in flavor

Variation:

Use beef steaks and marinade in the refrigerator first

Sprinkle fish with grated fresh ginger and chopped spring onions before baking

Add crushed fennel seeds to season fish

Desserts

Sweet Potato Ice Cream

Serves: 4

Ingredients:

1/8 teaspoon salt

1/8 teaspoon nutmeg

1 teaspoon vanilla essence

2 tablespoon cinnamon

2 egg yolks

1 tablespoon maple syrup

1 can full-fat coconut milk

1 peeled, baked sweet potato

Method:

1. Freeze ice cream attachment overnight
2. Puree coconut milk with sweet potato in a blender
3. Blend in remaining ingredients
4. Cover bowl in plastic wrap and freeze two hours
5. Put mixture into ice cream maker and churn half an hour.

Cooking Tip:

Mix dry ingredients together before blending in to sweet potato and milk

Variation:

Replace maple syrup with honey

Use 2 bananas in place of sweet potato

Apple Beet Juice

Serves: 1

Ingredients:

2 apples

2 Beets

2 Carrots

Method:

1. Put clean beets in a pot of water, bring to a simmer
2. After 25 minutes remove beets and rinse in cold water
3. Peel beets under water, trim ends and slice
4. Peel apples and carrots
5. Put all ingredients through a juicer

Cooking Tips:

Simmer beets in their skins to keep all the nutrients from seeping into the water

Variation:

Omit beets and use pineapple

freeze juice as an ice-blocks

Add celery stalks or pear slices in place of beets

Cranny Date and Nut Bars

Serves: 24 pieces

Ingredients:

½ cup shredded coconut

1/2 cup pitted dates

½ cup cranberries

¼ cup raw pistachio

¼ cup pumpkin seeds

1/2 cup pecan halves

1/2 cup raw almonds

½ cup macadamia nuts

½ cup walnut halves

¼ cup sunflower seeds

1 teaspoon ground cinnamon

3 tablespoons honey

1 cup almond meal

1 egg

¼ cup coconut oil

¼ cup almond butter

Method:

1. Spread nuts and seeds on a baking tray, broil, stirring frequently until lightly toasted
2. Remove tray and heat oven to 350F
3. Mix remaining ingredients together, blend them well
4. Stir in seeds and nuts
5. Spread into a baking dish with a spatula. Press down well
6. Bake 10-15 minutes, until turning brown at edges
7. Leave to cool
8. Cut into even slices
9. Store at room temperature

Cooking Tips:

Nuts and seeds burn easily so keep your eyes/nose on them

Bake in the center of the oven to stop bottom of bars burning

Variation:

Use any mixture of nuts and seeds to 2 ¾ cups

Use different dried fruits; sultanas, apricots, chopped mango to 1 cup

Cranny Banana Brownies

Serves: 16

Ingredients:

¼ cup chocolate chips

¼ cup cranberries

1 tablespoon honey

1 tablespoon vanilla essence

1 medium banana
16 dates
1 teaspoon cinnamon
½ cup cocoa powder, unsweetened
2 1/3 cups pecan halves

Method:

1. Put cinnamon, cocoa and pecans in a food processor, blend smooth
2. Add banana and dates, blend
3. Add vanilla and honey, blend
4. Fold in chocolate chips and cranberries
5. Press into a lightly greased baking dish and freeze until set, about one hour
6. Cut into even pieces

Cooking Tips:

Cover dish or put inside a plastic bag before freezing

Variation:

Use other dried fruit in place of dates

Use maple syrup instead of honey

Use walnuts or macadamia nuts in place of pecans

Coconut Pikelets

Serves: 4

Ingredients:

2 teaspoons vanilla essence
¼ teaspoon cinnamon
1 teaspoon baking soda
4 eggs
½ teaspoon salt
1 cup coconut milk
1 tablespoon honey

½ cup coconut flour

Method:

1. Whisk together milk, eggs and vanilla
2. Sift in remaining ingredients
3. Heat oil in a skillet
4. Place tablespoon size batter on the skillet and cook until golden both sides
5. Serve with honey or maple syrup

Cooking Tips:

These pikelets do not bubble, so need to be checked if cooked

Coconut flour is very absorbent, so needs 4 eggs

Variation:

Add ½ cup blueberries or raspberries to batter

Sweet Pumpkin Waffles

Serves: 4

Ingredients:

- 2 teaspoon vanilla essence
- 2 tablespoons pumpkin puree
- 1 tablespoon oil
- 1 teaspoon honey
- 3 eggs
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 teaspoon nutmeg
- ½ teaspoon cloves
- 1 tablespoon ground cinnamon
- 5 tablespoon almond meal
- 2 tablespoon coconut flour

Method:

1. Whisk wet ingredients
2. Mix in dry ingredients
3. Cook in a well-greased waffle iron

Cooking Tips:

Coconut flour is very absorbent, only a little is needed

Variation:

Omit spices and pumpkin for plain waffles

Breakfast Cereal

Serves: 2

Ingredients:

- 1 tablespoon vanilla essence
- 1 tablespoon cinnamon
- 1 cup almond milk
- 2 tablespoons oil
- ¼ cup walnuts
- 2 tablespoons shredded coconut
- 2 tablespoons flax seeds
- 2 tablespoons pumpkin seeds
- 2 tablespoons chia seeds

Method:

1. Heat oil and milk in a pot to a light simmer
2. Grind remaining ingredients together
3. Stir into the milk

Cooking Tips:

Add more chia seed for thicker, or less for thinner cereal

Stir in ½ cup fresh berries, dried fruit

Add vanilla and cinnamon

Make it savory with a little salt