



## Top Ten Healthy Recipes!

### Quick & Gluten Free Chicken Marsala

#### Ingredients:

- 4 Chicken breast cutlets (or pound full boneless chicken breasts to 1/4 inch thickness)
- 1 Cup Mushrooms
- 1 Cup Onion - sliced
- 3/4 to 1 1/4 Cups Marsala wine
- 1/2 Cup Arrowroot
- 1/2 Cup Tapioca flour
- Coconut oil (or Avocado oil) to sauté chicken, mushrooms, & onions
- Garlic salt to taste
- Sea salt and pepper to taste

Herbs de Provence to taste

#### Directions:

Sauté onions and mushrooms in a pan using 2-3 tablespoons of coconut (or avocado) oil. Onions should be cooked until caramelized.

Lightly shake salt, pepper & garlic powder directly onto chicken.

In a large zip lock baggie, mix flours, garlic salt, sea salt, pepper, and herbs de provence.

Toss chicken into baggie - close - and shake well.

In a separate pan, sauté the floured chicken in 2-3 tablespoons of oil until it is golden brown on both sides - approximately 15 minutes

Slowly pour in about 1/2 of the Marsala wine and turn down to a simmer. Note that the alcohol will burn off. Additionally, you can be liberal with the wine if you want more "gravy".

Add the onions and mushrooms to the chicken and cover to simmer for about 10 minutes.

Add salt and more garlic powder to taste as you simmer down to a slightly thickened sauce.

Serve beside or over your choice of veggies - we like zucchini. Mashed new or sweet potatoes are also nice if you want a bit more carbohydrate with the meal.

***Serves 4:***

***Approx. 368 Calories, 18g Carb, 18g Fat, 22g Protein***

## **Salmon or Tuna Patties**

### **Ingredients**

- 2 6oz. Cans of Wild Salmon or Tuna (drained)
- 2 Eggs (beaten)
- 1 Clove Garlic (finely chopped)
- 3 Tbs. Shallots (finely chopped)
- 2-3 Scallions (chopped)
- 1 Tablespoon Coconut Flour
- 1/2-1 Teaspoon Fresh Dill (chopped or dried)
- 1/4 Teaspoon Garlic Powder (optional)
- 1/4 Teaspoon Onion Powder (optional)
- 1 Teaspoon Dijon or Yellow Mustard (optional)
- Sea salt & Pepper to taste.
- Extra Virgin Coconut Oil for cooking
- Optional: Avocado Dressing as a Sauce (page 40)

### **Directions:**

In a medium size mixing bowl mix all ingredients except coconut flour until combined. Sift in Coconut flour and mix well. If there is still a lot of liquid add a little more coconut flour one teaspoon at a time. Heat 1-2 Tablespoons of Extra Virgin Coconut oil in frying pan over medium heat. Scoop salmon and hand form into patties and place them in the pan. Cook them until golden brown on one side, flip and allow cooking all the way through.

**Serves: 3** *Approx. 198 Calories, 1g Carbohydrate, 30g Protein, 11g Fat*

## Creamy Chicken Spaghetti Squash

### Ingredients

- Large Spaghetti Squash
- Tablespoon Ghee or Coconut Oil
- Garlic Cloves (minced)
- 2 Large Shallots (thinly sliced)
- 4 Tablespoon Sun-Dried Tomatoes julienne sliced (in olive oil)
- 1/2 cup chopped Mushrooms (optional)
- 1 Pound chicken breast, (boneless, skinless and diced small)\*
- 1 Teaspoon Sea salt
- 1/2 Teaspoon Red Pepper Flakes (optional)
- 1 Teaspoon Dried Basil
- 1/2 Cup Canned Coconut Milk
- 1/2 -1 Cup Chicken Bone Broth or Veggie Broth

***Time Saving Tip:*** Use pulled chicken from a roast chicken that you made earlier in the week.

### Directions:

Preheat oven to 400°F

Cut spaghetti squash in half, lengthwise, discard seeds and place face down on a baking sheet. Bake for 35-40 minutes, until threads are easily removed from squash. Or, in a microwave safe dish place face down and cook in microwave for 12 minutes.)

Place a large sauté pan over medium - low heat. Add 2 tablespoons of coconut oil or ghee (or a combo of the two) to the pan. Once warm, add garlic cloves and shallots. Cook until garlic becomes fragrant. Add sun-dried tomatoes and cook for about 5 minutes.

Remove mixture, set aside on a plate, then add chicken, sprinkle with salt, red pepper flakes, and basil and brown on all sides.

Once browned (or if using pulled roast chicken, just brown until warmed through), add sun-dried tomato mixture back into the pan. Pour in coconut milk and broth (use 1/2 cup of broth now) and add about 1 teaspoon salt. Mix well. Add in spaghetti squash

threads and mix until well combined. Turn heat to low and let simmer for about 8-10 minutes, or until mixture reduces and thickens. If too thick add more chicken broth to thin out a bit. Taste to see if you would like to add more salt. Salt and pepper to taste.

**Serves: 4**

*Approx. 334 Calories, 19g Carbohydrate, 27g Protein, 17g Fat*

## **Chicken Fajitas Taco/Wraps**

**Ingredients:**

- 2 Chicken Breast (cooked and sliced)
- 2 Tablespoons Extra Virgin Coconut Oil
- 1/2 Red Onion Sliced
- 2 Bell Peppers Sliced (we used red & orange)
- 1 Cup Sliced Mushrooms (optional)
- 1/4 Teaspoon Garlic Powder
- Salt to taste
- 1/2 Teaspoon Cumin
- 2 Tablespoon Chili Powder
- 3 Tablespoons canned Diced Green Chilies
- 3 Tablespoons Salsa
- 1/2 cup chopped cilantro
- Iceberg or Butter Lettuce for wraps or Non GMO Corn Tortillas

**Directions:**

Sauté in Coconut Oil onions, peppers and mushrooms. Add garlic powder, cumin, chili powder & salt. Cook until veggies are tender. Reduce heat and add diced green chilies and salsa and chicken, heat until chicken is warmed through. Serve wrapped in lettuce wraps garnish with cilantro and more salsa!

**Serves 2**

**Approx.** 305 Calories, 28g Protein, 13g Carbohydrate, 15g Fat

Optional: Chopped Avocado is delicious as a topper as well!

## **Kale Potato Soup**

**Ingredients**

- One pound spicy chicken sausage (or any meat you choose)
- 1.5 quarts of organic chicken or bone broth
- 1 Tablespoon Extra Virgin Coconut Oil

- 1 cup chopped onions
- 1 to 1.5 cups chopped celery
- 1 large Sweet Potato Diced in small chunks
- 4-5 cups fresh or packaged kale (chopped)
- 1/4 to 1/3 cup full fat coconut milk

**Note:** If unseasoned meat, choose your favorite spices (thyme, cayenne pepper, Herbs de Provence)

### **Directions:**

Brown chicken sausage or meat of your choice. Set broth to boil.

Chop and sauté onions and celery in coconut oil. When celery is cooked and onions are golden brown add to broth. Add diced potatoes to broth and cook to very soft. Add fresh Kale and cook until totally soft and shrunken. Add salt, pepper and favorite spices. Slowly stir in 1/4 to 1/2 cup of coconut milk based on your “creaminess” preference.

### **Serves about 8**

*Approx. 64 calories, 4g Carbohydrate, 4g Protein, 5g Fat*

**Time Saving Tip:** Use Pre-cut and washed kale from the grocery.

## **Rich Mushroom Gravy – Low Fat & Gluten Free**

### **Ingredients:**

- 2 Tablespoons Organic Butter or Ghee
- 1 Small finely chopped onion
- 1 ½ cups finely chopped mushrooms
- 3-4 Teaspoons arrowroot flour
- 2 cups vegetable broth
- Salt & Pepper to taste.

### **Directions:**

Melt butter or ghee in a saucepan over medium heat.

Add onion and fry until dark golden brown.

Add mushrooms and cook for additional 2 minutes.

Stir in 3 teaspoons of arrowroot, cook gently for 1 minute and then gradually add vegetable broth. Bring to a boil, stirring constantly, until thickened and blended. Reduce heat and season to taste.

Tip: if the sauce is not thick enough add one additional teaspoon at a time of arrowroot using the following method: Take 1 teaspoon of arrowroot flour add a teaspoon of water stir until dissolved then add to your gravy and stir. Allow to come to boil again while stirring. Gravy should thicken to desired consistency.

Serve over Cauliflower Rice or Cauliflower Mash!

***Serves 8, Serving size 1/4 cup: 40 Calories, 3g Carbs, 3g Fat, 1g Protein***

## Brazilian Cheese Rolls

### Ingredients:

- 1/4 cup butter
- 2.5 Tablespoons Water
- 2.5 Tablespoons Milk or (coconut or almond unsweetened)
- 1/2 teaspoon salt
- 1 cup tapioca flour
- 1 teaspoon minced garlic
- 1/3 cup grated or shredded Parmesan cheese
- 1 beaten egg

### Directions:

Preheat oven to 375 degrees. In a saucepan over high heat add butter, water, milk & salt. Bring to a boil and immediately remove from heat. Stir in tapioca and garlic until mixture is smooth. Set aside for 10-15 minutes to rest. Stir the cheese and the egg into mixture and combine thoroughly and has a similar texture to cottage cheese. Using a 1/4 cup measuring cup fill approx 3/4 full and drop rounded mounds of mixture onto un-greased cooking sheet. Recipe should make 8 medium size rolls.

Bake for 15-20 minutes or until lightly browned on top.

**Serves 8**

*Approx: 129 calories, 16g carb, 3g protein, 6g fat*

## Pumpkin Pancakes

### Ingredients

- 4 Eggs
- ½ Cup Canned Pumpkin (nothing added)
- 1 Teaspoon Pure Vanilla Extract
- 1 Teaspoon Pumpkin Pie Spice
- 1 Teaspoon Cinnamon
- ¼ Teaspoon Baking Soda
- 1 Tablespoon Coconut Flour
- 1/8 Teaspoon Treleafia Sweetener *(or other natural sweetener of choice)*
- 1 Teaspoon Extra Virgin Coconut Oil or Coconut Oil Spray (for pan)

### **Directions**

Whisk eggs with all wet ingredients. Add dry ingredients to wet. Melt coconut oil in non-stick pan over medium heat. Scoop about ¼ cup of batter to make each pancake. When a bubble or two begins to form or edges look firm, flip pancakes to cook on other side.

**Serves 2** *Approx. 204 Calories, 7g Carbohydrate, 13g Protein, 13g fat (not including optional toppings)*

### **Serve with Optional Toppings**

- 1 Teaspoon Organic Unsweetened Apple Butter
- ½ Cup Fresh Berries
- 1 Teaspoon Raw Honey
- ½ Sliced Banana

**Time Saving Tip** Make a double batch and refrigerate or freeze for future meal!

## **Grain-Free Snicker Doodle Muffins**

### **Ingredients:**

- ¼ Cup plus 2 Tablespoons Coconut Flour
- ¼ Teaspoon Salt
- ¼ Teaspoon Baking Soda
- 3 Eggs, lightly beaten
- 2 Tablespoons Raw Honey
- ¼ Cup Melted Extra Virgin Coconut Oil
- ½ Teaspoon vanilla
- ¼ Cup plus 2 TB Coconut or Almond Milk
- ½ Tablespoon Apple Cider Vinegar
- Cinnamon to Sprinkle
- Monk Sugar in the Raw to Sprinkle
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**Preheat oven to 375°F – Bake for 20 minutes**

- Combine coconut flour with salt and baking soda in a small bowl.
- In a larger bowl, mix eggs, melted honey and coconut oil, with a whisk.
- Add raw honey, melted coconut oil and vanilla to egg mixture and whisk until combined.
- Add dry ingredients to wet and mix until combined into a batter. Batter should be thick enough to hold unto an upside down spoon without quickly falling off. If too runny, add 1 teaspoon of coconut flour at time until batter is stiffer.
- Pour batter into greased muffin cups or tin, filling 3/4 full. You can layer sprinkled cinnamon and monk sugar in the raw in the middle and/or top of the uncooked batter.

Bake for 20-22 minutes or until cooked through middle and starting to turn golden on the edges and top.

**Serves: 6 Muffins** Approx. 160 Calories, 9g Carb, 3.5g Protein, 12g fat per muffin

## Chocolate Bliss Truffles

### Ingredients:

- 1 Cup Coconut Oil (warmed to liquid state)
- 1/3 - 1/2 Cup Raw Honey ( depending how sweet you want it)
- 2 teaspoons Pure Vanilla Extract
- 1/4 teaspoon Sea Salt
- 1 Cup Dried Shredded Unsweetened Coconut
- 1 Cup of Cocoa Powder
- 1/2 cup chopped roasted almonds ( or nuts of your choice)

### Directions:

Using a high-speed mixer or blender (you can also mix by hand, but a little more work) blend the warmed coconut oil, honey, vanilla, and salt. Add the shredded coconut, 1/2 cup at a time, and blend until smooth. (Oil will separate)

In a bowl, stir in the cocoa powder until thoroughly combined. (Adjust your cocoa powder so that your batter is the consistency of a brownie batter)

Pour the batter into a baking pan (line pan with parchment or wax paper) to slice into squares after refrigerating or place the bowl of batter in the refrigerator for about 10 minutes to set slightly and spoon 2-3 teaspoons of the chocolate mixture on to your hand and roll them into a ball. Roll balls in cocoa powder.

Store all finished truffles in the refrigerator.

*Makes about 25 - pieces / Calories: 138 per piece*

