

Modern Alternative Mama

Against
the
GRAIN

Kate Tietje



**Delicious Recipes for the Whole Food
and Grain-Free Diet**

Testimonials :

As someone who has procrastinated committing to a grain free diet (because it seemed so overwhelming), I can say that this book has relived my fears! Kate explains the how and why of reducing or eliminating grains in an easy to understand way that is practical and empowering. Against the Grain takes the "boring" out of grain free eating by providing an abundance of interesting and delicious recipes the family will actually want to eat; Salisbury steak anyone? The inclusion of GAPS friendly recipes (and the clear indication of which ones are not) is a feature anyone adhering to the GAPS diet will appreciate. Armed with this book, I feel I can take on the grain-free challenge and actually enjoy it!

--Stacy Karen

www.DelightingintheDays.com

I must admit, my husband and I have been grain-aholics. Thankfully, neither of us seem to have any grain related sensitivities (yet), but we both have come to the conclusion that we need to drastically decrease the amount of grains that we consume. Honestly, in the past I have completely steered away from any website or recipe that claims to be gluten or grain free. The hard to find ingredients with chemical-sounding names have completely deterred me. So when I read Against the Grain, I was thrilled. Wholesome, grain-free recipes with every day ingredients! This book has given me the jump start I need to start pursuing a more limited-grains diet. I would be willing to wager that my husband won't even miss his bread and pasta once I begin implementing these delicious recipes into our menu plans. This valuable resource should be a part of everyone's collection!

--Jill Winger

www.theprairiehomestead.com

Kate has written another fantastic resource with *Against the Grain: Delicious Recipes for the Whole Food and Grain-Free Diet!* In what is a very confusing area (grain-free eating), Kate simplifies with straightforward facts and wonderfully yummy recipes. I've recently gone semi-grain-free and discovered that it was difficult to find recipes that I loved that didn't have strange ingredients. Kate's newest eBook was the answer to prayer! The recipes are simple, easy and delicious and use common every day items. I would recommend this to everyone, whether you are grain-free or not! It's a wonderful resource.

--Dr. Laura

www.WholsLaura.com

In an effort to lose weight, get healthy in preparation for pregnancy, and make an important lifestyle change, I recently made the decision to focus on more whole foods and limit my grains (especially gluten). My worries were the same as everyone else who makes this decision. What will I cook? Will it taste good? Will I get bored? I was thrilled to read *Against the Grain* because I realized that my taste buds won't be neglected after all! Kate added some great recipes and strategies to my whole foods arsenal - and for that, I'm very thankful. Can I also mention how yummy these recipes are? The Tomato Cream Sauce Chicken is so easy and delicious, my husband loved the Beef Jerky, and the Chocolate Brownies are a new favorite.

--Lisa Morosky

www.theHomeLifeand.Me

"After switching to a grain- and sugar-free diet because of food allergies, my family quickly grew tired of the same old meat and veggies routine. But what choice did I have? Sugar-free recipes call for grains. Gluten-free meals frequently contain sugar and rice flour. Atkins-type meals are ok, but what about my fruit? Kate has definitely filled a need for those of us who have chosen to eliminate grains from our diet, without waging war on all carbohydrates. Needless to say, I'm so grateful that she has written this book. After reading (and loving) *In the Kitchen: Real Food Basics*, I knew that this book would be incredibly valuable as well. The recipes in here are delicious - I would have bought the book for the desserts alone :). I love simplifying, especially with my food, so I'm grateful that I didn't have to buy a bunch of exotic ingredients. I can't wait to try the rest of the recipes in this book. Thanks Kate!"

--Nina Nelson

<http://www.shalom mama.com>

Acknowledgments

This book, like many, did not come into existence without the efforts of many others. I worked with some very excellent individuals to make this happen, and without them, it could not have happened!

First, my recipe testers. I'd made the recipes in my own kitchen, but how did I know if they were understandable to others, or if others liked to eat them? Without my testers, I would have had no idea! They did such a wonderful job, sometimes testing recipes more than once, trying out neat variations for me, and giving me thorough notes on their processes and opinions. They were patient with me as I kept changing deadlines, adding recipes, making changes, and doing all manner of things that did not make their jobs easier. Some even took pictures for me, which you'll see noted throughout this book! I wouldn't have the confidence in this book that I do if I hadn't had them. They were invaluable throughout this process!

Testers include (in no particular order): Selena Mulder, Beverly Ulmer, Jessica Hanneman (The Saving Mom) (www.thesavingmompresents.wordpress.com), Trina Holden (All That is Good) (<http://trintje.blogspot.com/>), Erin Odom (The Humbled Homemaker) (<http://thehumbledhomemaker.blogspot.com/>), Katie Brown, and Shelly Wachtman (www.lifeaswewknowit5.blogspot.com). Thank you to all of you!!

Then, there is my designer, Casey Spitnale (www.hellovroom.com). He's designed all my books, and my website. What can I say? We started working with him because he's my husband's best friend and an amazing designer – it worked out perfectly! He was patient with us as we learned what the process of creating a book is (we made so many changes to the first book after he'd designed it...it was ridiculous...but he never complained! Yes,

we paid him extra for our mistakes!). He made sure we were satisfied with the design at every turn. He worked with us to come up with the perfect books! And all this with a newborn son and several other design clients, too.

My blogging friends – I keep coming out with books (meanwhile, many of them are writing excellent books, ecourses, and keeping up with their own blogging, not to mention their family time! Yes, they're busy), yet they keep agreeing to read them, review them, and send me such lovely testimonials. Many help me sell them, too, by doing reviews and giveaways later. This is a lot of work for them to do these things when they are already so busy, and I appreciate their help so much!

Finally, Ben (saving the best for last, just because I love you!!). He endured my constant experimenting in the kitchen – some of which was never eaten (and never made it to this book!). He watched the kids so I could cook, and cook some more, and write, and edit this book – and all my books, and the blog itself. He helped edit the book. He helped me make decisions about designs and release dates and all the mundane details that go into creating a book like this. I literally could not have done this without him. He was my constant cheerleader, my honest tester, my “details man” and so much more. I love you so much!

Introduction

How did this book come to be? I'd intended to write a very different book at this time. But our minor yet persistent health issues reared their ugly heads in a mid-January bout of stomach flu. This opened our eyes to the fact that we did not need to suffer the way we were. Although we were, and are, better off health-wise than many, there was still more we could do for ourselves. We'd known for awhile about Ben's persistent systemic yeast. And we finally got tired of it. "I don't care," he said. "We need to take care of this."

So we went grain free. My immediate frustration was with the lack of ideas and options out there. I found so many gluten-free recipes that were not grain-free. These weren't doable. Those gluten-free grains still contain a lot of starch and can prevent the body from healing (more on that later). The next thing I encountered was the sheer boredom in the options we had. Did I want to serve baked chicken and steamed broccoli or vegetable soup for every meal? No, not really. And I don't think most others do either!

I think it's a big reason why people give up on the grain-free diet so quickly – they're bored! They don't want to just eat fresh or steamed veggies with plain meats or soups, but they don't know what else they can eat. Think of common meal ideas. Tacos? Nope, corn. Taco bowl? Nope, rice. Grilled cheese? Bread. Pizza? Bread. Fried chicken? Breaded. There's no way to win. Even many sauces are thickened with flour. Side dishes are almost always grain- or potato-based too.

Imagine if you're also restricting dairy, nuts or some other food group. Now what can you eat? People end up so disheartened and unhappy that they give up. Surely that other stuff can't be that bad,

right? Not as bad as these boring, endlessly repetitive meals....

I felt and feel that way too. I can't stand boring. I like to cook. I like to create. I like flavors and interest in my food. And why would I feel differently just because I'm grain-free? Why would anyone?

So I set out to create a book that is suitable for a grain-free lifestyle and is full of interesting and delicious food choices. All of these recipes are suitable for those who are gluten-free. Many are appropriate for people following the GAPS diet. Several are dairy-free as well, in case you have multiple sensitivities.

A grain-free lifestyle can also help you lose weight (as explained in a later section). Everyone has heard of low-carb diets. Grain-free is even better because you're not just replacing some grains with other poor food choices, nor are you stuck with boring. Grain-free recipes, even if just used sometimes, can help to get your weight and health under control!

The last and best part is these recipes are truly universal. Don't really want to be grain-free? These are still delicious healthy recipes that anyone can enjoy. Read on for more!

Why Grain Free?

More and more, we are learning that grains are not really that good for us. We've been hearing for years now that white flour and other processed grains are not so good. We've been told to switch to whole grains because they will not spike our blood sugar and cause other health problems for us. It's true that whole grains are absorbed more slowly and are not as bad.

However, we still consume too many grains. They're the bottom tier of the food pyramid. The government recommends consuming 6 to 11 servings per day! That's really quite a lot. And most people, despite what they know, don't get most of those as whole grains, but rather white flour. They also are so busy with grain-based foods that they don't eat enough fruits or vegetables. We all know this is true.

Grains are much higher in gluten than they used to be. And we don't prepare them properly, either. When they are consumed, grains should be soaked, sprouted, or in sourdough form. But very few people actually know that. The hybridized wheat with the higher gluten content makes it so that even properly prepared grains can wreak havoc on our systems. More and more people have celiac or are gluten-intolerant. It's almost mainstream to be gluten-free now!

Unfortunately, we replace most of our gluten foods with starch-filled non-gluten grains! We eat lots of corn, rice, quinoa, amaranth, potato starch, arrowroot and more. We don't change our eating habits. We just replace the bad stuff with more bad stuff. Many of these foods are relatively processed, too. These are wreaking further havoc on our systems!

We need a new way of eating. One that doesn't leave us thinking that grains of some sort are the only answer. We need to get creative with the fruits, vegetables and animal products available to us. We also need to minimize our sugar intake!

I guarantee you will feel different after a very short time eating grain-free. We can't even eat most grains and especially not white flour products anymore because it noticeably spikes our blood sugar. This is happening to everyone every time they eat these foods but they are so accustomed to it that they don't even notice!

Once you are off grains, your mood and weight usually stabilize. You have more energy. You may feel hungrier at first but that is temporary. (Although you will need to increase your intake of fat, protein, and fermented foods to combat carb cravings.)

You reduce your risk of heart disease and high cholesterol (which are

caused not by eating cholesterol-rich foods but by forcing the body to digest white flour products. Approximately 85% of your cholesterol is produced by your body in response to your diet). You may find that a pre-diabetic condition reverses itself. Your health will be better than ever!

Going grain-free is a really good way to lose weight, too, which we'll talk about in the next section!

Grains and Weight Loss

Since the 1970s or thereabouts, we've all heard about "low carb diets." The Atkins diet is the most popular one. Of course, there have been all sorts of studies that have supposedly linked this type of diet to heart disease, because of the high consumption of red and processed meats and saturated fat. Yet, we all know that many people have lost weight while on this type of diet!

It's true that if you eat a lot of factory-farmed meats, especially processed meats, and restrict your intake of fruits and vegetables that you're setting yourself up for problems. Meats containing hormones, antibiotics, nitrites, etc. are not what you want to be eating! This is especially true if you're avoiding "high carb" produce! Also, modern Atkins-style diets often recommend consuming low-fat meats and dairy, so you're not only low-carb, but low-fat, as well. This type of diet is just not healthy or sustainable.

In fact, it could be quite dangerous!

Then why would I say that going grain-free is a good idea for weight loss?

First, let's clarify that we are not necessarily talking about eating low-carb. Carbs don't just come from grains, they also come from several fruits and vegetables. Any type of sugar or starch is a carb, which includes honey, potatoes (sweet and white), celery, all fruit, and so on. We're not eliminating these foods from our diet or restricting them (unless you're on GAPS and have candida issues, in which case you may temporarily reduce or eliminate them). For general weight loss, eliminating these foods is just not necessary. You won't want to serve potatoes with every meal, of course; all things in moderation. But we're not counting or limiting carbs in general.

Second, we're definitely not going low-fat. In fact, I'd encourage you to eat as much fat as you reasonably can. If you're not used to it, you'll need to build up slowly. Coconut oil is known to help you burn fat, and therefore lose weight! If you are not allergic to dairy, I'd also encourage you to consume plenty of whole milk, butter, cheese, etc. Raw dairy is always preferable because the enzymes and nutrients are intact, but it can be hard to find or even illegal in many areas (unfortunately). The next best option is low-temp-pasteurized, grass-fed milk. If your only option is store-bought milk, especially if ultra-pasteurized, skip the dairy and go for coconut milk instead.

I address the issue of fats in my first book, *Real Food Basics*, so you can read about it in more detail there. But as a brief explanation, the original research that showed that saturated fats caused heart disease and other problems did not differentiate between natural saturated fats and the new trans fats. It is the trans fats that are

really associated with the problems, not naturally saturated fats.

Your body burns off fats very quickly, and uses them for instant energy. In contrast, carbs are burned off slowly and often stored as fat. If you are consuming fats, and are eliminating grains, you will naturally lower your carb intake (but remember, you don't need to count!) and your body will start to burn off first the fat you consume, then the fat on your body – leading to weight loss! This is also a diet that is very sustainable for many because you don't feel hungry or deprived. While many will eventually add in properly prepared grains (and, as long as they don't include grains in more than 50% of their meals, nor rely on them heavily for calories), weight loss should be easy to maintain. Switching back to a high-carb, high-grain, high-sugar lifestyle is what will cause weight gain, just as it did the first time!

Be prepared. These recipes are not the low-calorie, fancy "junk" that you're used to seeing in many diet cookbooks (low-calorie can be dangerous, too!). They're full of fat, flavor, and are very satisfying. Pair any meal in the book with a fresh salad (with lots of homemade dressing or simple olive oil and vinegar) and you've got a great, healthy meal!

GAPS Diet

This cookbook is also suitable for a select group of people who are on the GAPS diet. In case you're not familiar, GAPS stands for "Gut And Psychology Syndrome," and refers to the connection between the health of the gut (your intestines/digestive system) and the effects on your mental status and development. Dr. Natasha Campbell-MacBride is a strong believer in this connection and has healed many patients of candida, autism, and other serious problems using this diet. You can read more about the details of the diet and why you should do it at www.gapsdiet.com.

Most of the recipes in this book are suitable for those on full GAPS, and a few are suitable for intro. A few do use raw milk or types of beans that are not legal on GAPS, but you could substitute coconut milk or other beans that are legal (like white navy beans) in almost all cases (see the 'about the ingredients' section for notes on that). There are a couple that use potatoes, which most GAPS people do not eat, and these would either have to be skipped or another veggie (like cauliflower) could be substituted.

I did write this book while we were following a semi-strict GAPS diet, so you will definitely find plenty of options!

About the Ingredients

A lot of the ingredients in this book are pretty common. Beans, veggies, meats? Sure. Easy. But there are a few that are a little more difficult to find. And there are some recipes that are not dairy-free, but can be. I want to just take a bit of time to tell you a little about some of those ingredients.

Dairy/Dairy Substitutes

I tested all these recipes with either raw milk, or coconut milk. I didn't try other milk substitutes. A couple of testers tried almond milk and noted it didn't work that well. So, I cannot vouch for any milk or milk substitutes besides whole milk or cream, and coconut milk. Some recipes just require a "thicker" milk, and coconut milk – in my opinion – has a better flavor, and definitely a higher fat content. That's why it seems to work best. If you can't do either of these, a small handful of the recipes in here won't work for you, but most still will.

Almond Meal

I baked some of my "breads" with almond meal. That is, it's not blanched, and it's not ground that finely. I suspect, since I used the "least specific" kind, that any type of almond meal or flour would work just fine. This can be found at Trader Joe's, online, or in the gluten-free section of many health or grocery stores. I've found mine most cheaply at Trader Joe's. If you have a nut allergy, a bean flour or all-purpose gluten-free flour may work too.

Sweeteners

Honey is used almost universally because it is GAPS-friendly, and not much is used in many cases. In a couple recipes, I've combined honey with molasses or another sweetener (never cane sugar in any form). If you are on GAPS, you can replace the "other" sweetener with an equal amount of honey. It will have a slightly different flavor, but it will be "safe."

Beans

Only white navy beans are GAPS-friendly. A couple recipes in this book give a choice what type of beans to use, or require multiple kinds of beans. It is possible to use only the white navy beans for most recipes, although it may change the texture slightly. All baked goods using beans were made with white navy beans exclusively.

Potatoes

There are a couple recipes in this book that use potatoes, which are not GAPS-friendly. You may be able to substitute broccoli or cauliflower in these cases, although we did not test the recipes that way.

If you have any questions about ingredients or substitutes, please feel free to email. I may or may not know the answer, but I will try to help if I can. If I am unsure and you try something new – let me know if it works!

Main Dishes

Spicy Lime-Marinated Beef Strips

These strips are wonderful for Mexican-inspired dishes – served with beans, or as a “taco salad” type meal. If you can eat grains, feel free to serve on tortillas. But they’re equally wonderful topping a wonderful Mexican salad, or even simply served with steamed veggies. They’re also an easy, make-ahead dish that just needs to be grilled quickly and served!

Ingredients:

- 2 lbs. sirloin steak, sliced thinly
- 4 garlic cloves, crushed or chopped
- ½ c. onion, diced
- Juice of 2 limes
- ½ tsp. red pepper flakes
- ½ tsp. cumin
- ½ tsp. parsley
- 1 tsp. sea salt
- ½ tsp. ground black pepper
- Water to cover

Directions:

Mix all ingredients together in a large bowl, making sure to add enough water to cover all the steak. Stir to combine. Place bowl in the fridge to marinate at least 2 hours, 24 is best. Then, grill until cooked through, adding salt and pepper to taste. Serve with baked potatoes, steamed broccoli, or taco salads (or whatever you like!).

Serving Suggestion:

Add some lettuce, fresh salsa, and raw cheddar (if you can eat dairy) for wonderful taco salad!



Photos by Shelly Wachtman

Sausage and Peppers with Spaghetti Squash

I used to love sausage and pepper pasta-type dishes. Obviously I don't eat these now! But with spaghetti squash as a good option, I can come almost as close. This has fresh and spicy flavors in it and is delicious. Try out multi-colored bell peppers, too!

Ingredients:

- 1 lb. Italian sausage
- 2 bell peppers, seeded and sliced
- 1 small onion, sliced
- 2 cloves garlic, minced
- 2 tbsp. olive oil
- 1 c. diced tomatoes (fresh or canned)
- 1 tsp. basil
- ½ tsp. oregano
- ½ tsp. sea salt (or to taste)
- 1 medium spaghetti squash

Directions:

Preheat oven to 400. Cut the spaghetti squash in half and scoop out the seeds. Place it cut side down in a baking pan. Use a fork to poke holes in the squash. Add about ½ cup of water. Bake the spaghetti squash for about an hour, or until soft. Slice Italian sausage into ½" thick rounds. In a frying pan, heat olive oil. Add the garlic, onion, peppers, and sausage and sauté until veggies are softened and sausage is cooked through. Add tomatoes and spices; cook for 5 – 10 minutes. "Comb" the baked spaghetti squash to get the "noodles" to fall out onto a plate. Top with sausage mixture. Serves 4 – 6.

Serving Suggestion:

Add a fresh salad for a simple, delicious Italian dinner!



Photos by Shelly Wachtman

Fish in White Wine Cream Sauce

I love fish in a white sauce, but had never made it at home. I set out to do a dairy-free and grain-free version because I was looking for some unique new flavors to try. The sauce was absolutely delicious. I'd recommend using a very firm, wild-caught white fish, like orange roughy, whiting, or perch. Our tester really liked it with cod, too. Softer white fish won't yield a very nice texture.

Ingredients:

- 3 tbsp. coconut oil
- 2 tbsp. shallots, minced
- 2 cloves garlic, minced
- ½ c. dry white wine
- ½ tsp. sea salt
- 1/8 tsp. cayenne pepper
- ¼ tsp. parsley
- ¾ c. coconut milk
- 2 medium pieces white fish

Directions:

In a saucepan over medium heat, sauté shallots and garlic in coconut oil until softened. Add wine and spices and simmer on low until wine is reduced. Add coconut milk. Meanwhile, broil the fish gently until nearly done. Add to the sauce and finish cooking, making sure to keep the heat low. Serve immediately. Makes 1 – 2 servings.

Serving Suggestion:

Pair with steamed broccoli or a fresh salad.

Salisbury Steak

This dish is incredibly nutrient-dense, as well as relatively simple and delicious. Since it uses a reduction sauce, no thickener is required and it's naturally grain-free. This is a dish you could serve for a hearty winter meal for the family, or for company. It's kid-friendly, too! Our tester's kids noted it tasted a bit "like sausage" due to the sage.

Ingredients:

- 1.5 lbs. grass-fed ground beef
- 3 egg yolks
- 1 medium shallot, minced
- 2 sprigs sage, leaves only
- 1/2 tsp. sea salt
- 1/4 tsp. pepper

Sauce:

- 1 small yellow onion, sliced
- 1/2 c. mushrooms, sliced
- 1/2 c. red wine
- 1 c. stock
- 1/2 tsp. sea salt



Photo by Beverly Ulmer

Directions:

Mix meat ingredients together. Form into 6 patties and fry for 5 - 8 minutes on each side until browned. Remove from pan. In drippings, sauté onion and mushrooms until softened. Add wine and stock. Turn to medium high and cook until reduced by 1/2. Return patties to the pan (if desired), or simply pour sauce over them to serve.

Serving Suggestion:

Add some mashed potatoes or steamed cauliflower to soak up all the gravy!

Fresh Herb Burgers

I decided that plain old burgers were just too boring, especially when we had no buns to go with them. Instead, I decided to add some fresh herbs for additional flavor and interest. They were delicious, and we didn't miss the buns at all. One tester tried them with dried herbs and said they were almost as good, so if you don't have fresh, try that!

Ingredients:

- 1.5 lbs. ground beef
- 3 – 4 sprigs of sage, leaves removed
- 2 thyme leaves, chopped
- 1 sprig rosemary, leaves removed and chopped
- ¼ c. onion, minced
- Salt and pepper to taste
- 2 – 3 slices onions, for frying

Directions:

Mix meat with all the ingredients above. Allow it to sit for 30 – 60 minutes for the flavor to seep in. (If your family doesn't like onions very much, you can leave them out and simply cook the burgers with some to get the flavor without the actual pieces.) Heat a frying pan over medium high heat. Shape the meat into burger patties and add them to the pan, about 3 at a time. Add the onion slices, separating the individual rings and scattering them over the burgers. Cook them for 5 – 8 minutes per side, until browned. Continue to stir frequently so the onions don't burn. Remove the burgers from the pan and fry the next set of burgers. Serve hot with caramelized onions, if desired. Makes 4 – 6 servings (6 burgers).

Serving Suggestion:

Add a fresh salad and some fruit for a simple, low-carb meal.

Beef Stir-Fry

This is such a simple meal, and it comes together quickly, so it's great for fast weeknight dinners. Yet, the combination of flavors is outstanding and leaves you feeling satisfied. Chop the veggies ahead of time and have dinner on the table in less than 15 minutes!

Ingredients:

Marinade:

- 1 lb. sirloin steak, thinly sliced
- ¼ c. onion, roughly chopped
- 2 – 3 cloves garlic, chopped
- Juice of 1 lime
- ½ tsp. paprika
- 1 tsp. sea salt
- ¼ tsp. black pepper
- ¼ tsp. oregano

Stir-Fry:

- 2 tbsp. oil
- 6 – 7 medium carrots, julienned
- 1 small onion, sliced
- 1 head broccoli, chopped
- Other stir-fry veggies, as desired (peas, water chestnuts, etc.)

Directions:

Combine all marinade ingredients and add water to cover the beef. Refrigerate and marinate at least 4 hours, preferably overnight.

Heat a large frying pan on medium high. Add the oil and quickly add the meat. Cook over medium-high to high heat, stirring constantly, until the meat is cooked. Remove from pan. Add the veggies and stir constantly and cook until they are slightly softened and have absorbed the flavors from the meat. Serve immediately, topping with traditionally fermented soy sauce if desired. Makes 4 – 5 servings.

Serving Suggestion:

Finish with Vanilla Custard for a perfect, fresh meal!

Beef Tips with Portobello Mushrooms

This is a delicious, simple dish. Serve it plain, or serve it over cauliflower “rice” or potatoes. It would also be great accompanied by steamed broccoli or a fresh salad. It’s easy and fast to make, but earthy and yummy!

Ingredients:

- 1 lb. beef stew meat
- 2 tbsp. olive oil
- 1 large or 2 small onions, thinly sliced
- 2 portobello mushrooms caps, cut into 1” pieces
- 2 c. beef stock
- ½ c. red wine
- 2 fresh thyme leaves, chopped
- ½ tsp. fresh rosemary, chopped
- 2 tsp. sea salt, or to taste

Directions:

Heat a large saucepan over medium high heat for about 5 minutes. Add the olive oil, onion slices and mushrooms and sauté until the onions are softened and mushrooms are cooked. Add the wine and stir to deglaze the pan, then toss in the beef, stock and spices and cook over low-medium heat for 2 – 3 hours, until most liquid is evaporated, and beef is tender. Makes 3 – 4 servings.

Serving Suggestion:

Add a fresh salad and some fruit for a delicious, not-too-heavy meal.

Garlic-Rubbed Pork Chops

These are pretty garlicky, so if you don't like garlic – be warned! They're extremely simple, and they went over very well here, and with the testers.

Ingredients:

- 4 bone-in pork chops
- 4 cloves garlic, minced or grated (using a microplane grater; this is preferable)
- ½ tsp. dried parsley
- Salt and pepper to taste

Directions:

Smear the grated garlic onto each side of the pork chops and sprinkle with salt and pepper and parsley. Heat a frying pan over medium-high heat. Cook the pork chop on one side (5 – 8 minutes; look for a nice, golden crust), then flip over continue to fry until cooked through.

Serving Suggestion:

Pair with Baked Beans or Creamy Potato Chunks for a delicious meal!

Tomato Cream Sauce Chicken

I love a good tomato-cream sauce, but without pasta I needed to find a new way to serve it. Chicken and zucchini is perfect, and makes a fresh summery meal too! This dish has wonderful Italian flavors. One tester noted that she “didn’t expect much” (because it was similar to chicken parmesan with no breading), but ended up loving it in the end!

Ingredients:

- 2 tbsp. olive oil + 2 tbsp. for frying
- ¼ c. onion, diced
- 2 – 3 cloves garlic, minced
- ½ tsp. oregano
- 1 tsp. basil
- ½ tsp. sea salt (or to taste)
- 3 c. tomato puree
- 1 c. cream (or coconut milk)
- Opt. – 1 zucchini, diced
- 2 chicken breasts, sliced thinly

Directions:

In a frying pan, heat olive oil on medium. Add the chicken and fry for 2 – 3 minutes on each side, until brown (chicken may not be cooked through). Rotate until all chicken is cooked. Pour more olive oil into the pan (remaining 2 tbsp.) and sauté onion and garlic over medium until soft (add zucchini too if using). Add the tomato puree and spices, and all the chicken. Cook until the chicken is completely done and has absorbed the flavors of the sauce. Just before serving, add the cream and heat through. Serve alongside spaghetti squash. (Or, if adding zucchini, serve as-is!)

Serving Suggestion:

Pair with a fresh salad or some steamed broccoli.

Blackened Fish

While this recipe isn't really true blackening, which is done on a grill and cooks food until it actually reaches unsafe temperatures (charring produces carcinogens), it's a blackened seasoning that is simple and delicious. We love it on pan-fried fish.

Ingredients:

- ½ tsp. sea salt
- 2 tsp. chili powder
- 1 tsp. paprika
- ½ tsp. oregano
- ¼ tsp. cayenne pepper
- ½ tsp. onion powder
- ½ tsp. garlic powder

Directions:

Combine all ingredients in a small bowl (alternately, you can make a large batch and store in a small glass jar). Sprinkle on fish of your choice, either dry or coated with coconut oil. (We did it with coconut oil.) Fry in a pan for 5 – 7 minutes on each side, until the fish is cooked through. Serve immediately. Makes 2 – 3 servings.

Serving Suggestion:

Pair with steamed broccoli and finish with Chocolate Chip Bread!

Lemon Herb Roasted Chicken

This recipe was a late addition to this book. It's based on a restaurant favorite, and was so enjoyed that we had to include it. If you're tired of boring old roasted chicken, you have to try this. Leftovers are delicious in salad.

Ingredients:

- 1 whole chicken
- 2 tbsp. butter, in small pieces
- ½ lemon
- Salt
- Pepper
- Thyme
- Marjoram
- Sage
- 1 thick slice of onion, cut in half

Directions:

Preheat your oven to 325. Unwrap and rinse your chicken, removing giblets (if there are any). Place it breast-side up in a baking pan. Loosen the skin and place small pieces of butter under it (against the breast). Place some small pieces of butter on top of the skin, too, around the wings and drumsticks as well as on the breast. Sprinkle liberally with salt, pepper, thyme, majoram, and sage. Squeeze some lemon juice from the ½ lemon onto the chicken, and place the lemon into the chicken's cavity (it should be only about ½ squeezed). Place the onion slices into the chicken's cavity too. Roast the chicken for about 2 – 4 hours (about 40 min. per lb.), or until the skin is golden brown. Serves 4 – 6, depending on the size of chicken.

Serving Suggestion:

Pair with Creamy Potato Chunks or go with onion rings with an unusual flair.

Chicken with Sundried Tomato-Cream Sauce

This was inspired by a boxed meal that I had once – which contained some pretty yucky ingredients. I thought, I can make this at home! Serve this with some spaghetti squash, or, if you do eat grains, some pasta. I think this would also be excellent with some mushrooms added to it!

Ingredients:

- 1 chicken breast, sliced into strips (5 – 6 oz.)
- 2 tbsp. olive oil
- ¼ c. diced onion
- 2 – 3 garlic cloves, minced
- 2 tbsp. sundried tomatoes, chopped
- ¼ tsp. oregano
- ½ tsp. marjoram
- ½ tsp. basil
- ½ c. chicken stock
- 1 c. cream or coconut milk
- Salt and pepper to taste

Directions:

Heat olive in a large skillet over medium-high. Add the onion, garlic, and chicken, and cook until chicken is lightly brown. Add the sundried tomatoes and spices (including a little sea salt), then the chicken stock. Cook for 5 – 10 minutes, until the chicken has absorbed the flavors and the chicken stock is reduced. Add the cream and heat through. Serve. Makes 2 – 3 servings.

Serving Suggestion:

Serve over spaghetti squash and finish with fresh, seasonal fruit.

Soups

Seafood Bisque

This is a delicious, creamy soup that just happens to be grain-free (some traditional recipes do call for a roux, but not all). We liked the blend of flavors in it. It's very simple and rather quick to prepare, assuming you have stock on hand, yet it's a fancy dish suited for company! We've tried it with crab and shrimp, although it would also be excellent with lobster or other fish as desired. Note: our tester tried almond milk and didn't like that, so try coconut milk or leave it out entirely. I enjoyed it without any cream/milk.

Ingredients:

- 2 tbsp. butter or coconut oil
- 1 shallot, minced
- 4 c. fish or chicken stock
- ½ c. dry white wine
- 2 tbsp. tomato paste
- 1 tsp. sea salt
- ¼ tsp. cayenne pepper
- 1 lb. seafood, roughly chopped and divided
- 1 c. cream or coconut milk

Directions:

Melt the butter in a medium soup pot over medium heat and cook the shallots until softened. Add the stock, wine, and tomato paste. Cook for 10 – 15 min. until reduced slightly and the alcohol is cooked off. Add sea salt, pepper, and about ½ the seafood. Puree the soup until smooth. Add the rest of the seafood and the cream and heat through; serve. Makes 3 – 4 servings.

Serving Suggestion:

Pair with a fresh salad for a delicious, simple meal!

Sausage Gumbo

This is a slightly spicy, Southern-inspired soup. It's not a true gumbo, because it doesn't contain rice. But it's a wonderful, rich, grain-free soup with complex flavors and lots of vegetables! If you don't like sausage (we found it a little spicy, though the tester loved it), try making it with chicken or shrimp instead.

Ingredients:

- 4 tbsp. butter (or coconut oil)
- 4 tbsp. arrowroot powder (leave out to make it GAPS-friendly)
- 4 stalks celery, chopped
- 1 large onion, diced
- 2 large green peppers, chopped
- 6 c. chicken stock
- 2 c. tomato puree
- 1 lb. Andouille sausage, chopped into bite-sized pieces
- 3 – 4 bay leaves
- 1 tsp. celery seed
- 2 tsp. sea salt
- ¼ tsp. cinnamon
- ½ tsp. cayenne pepper
- ½ tsp. black pepper
- 2 c. cauliflower, cooked and chopped or mashed

Directions:

Melt butter over medium heat in a large soup pot. Add arrowroot powder and stir until slightly cooked. Add celery, onion, and green peppers and cook and stir. Add chicken stock, tomato puree, and spices. Cook for 1 – 2 hours, until vegetables are tender. Steam cauliflower lightly (it should still be somewhat firm, not too mushy), then chop it up into small pieces (to mimic rice) and add to the soup, along with the sausage. Taste and add additional cayenne or salt as needed. Serves 4 – 6.

Serving Suggestion:

Finish with an Apple Upside Down Muffin for a satisfying meal!



Photo by Jessica Hanneman

Garden Vegetable Soup

I love a good garden veggie soup. It's truly a wonderful, light meal on a warm spring day, and great served with a fresh salad (try the dressing recipe in here too!). My tester noted that she added some ground meat to the leftovers and it was excellent that way, too.

Ingredients:

- 2 tbsp. olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 3 c. chicken stock (or beef stock)
- 3 c. tomato puree
- ½ c. dry beans, soaked (choose from navy, garbanzo, kidney, small red)
- 1 medium carrot, peeled and chopped
- ½ c. spinach, washed and chopped
- 1 medium zucchini, chopped
- ½ c. green beans
- 1 c. diced tomatoes
- 1 green pepper, diced
- 1 tsp. basil
- ½ tsp. oregano
- ¼ tsp. marjoram
- ¼ tsp. thyme

Directions:

Heat a large soup pot over medium heat. Add olive oil, garlic, and onion and sauté until translucent. Add the tomato puree, chicken stock, spices, carrot, and beans. Allow to cook for about 1 hour, until these veggies are nearly soft. Add the rest of the veggies; taste and add sea salt as needed. Allow to cook about 30 minutes, until the veggies are done. Serve immediately. Makes 4 – 6 servings.

Serving Suggestion:

Finish with a White Bean Chocolate Cupcake for a special treat!

Vegetable Beef Soup

We were sick a few months ago, and all I craved was junk – and this soup. As this was the only craving I could really answer, I made it. We loved it, and so it ended up here. It's a very hearty winter soup, though with a bit more stock it could be lighter and served in the spring, too!

Ingredients:

- 1 lb. stew beef
- 2 tbsp. olive oil (or coconut)
- 1 small onion, diced
- 2 – 3 cloves garlic, minced
- 4 medium carrots, peeled and sliced
- 2 medium potatoes, chopped
- 1 c. peas
- 2 stalks celery, chopped
- 1 c. green beans
- 6 c. beef stock
- 2 c. tomato puree
- ½ tsp. basil
- ½ tsp. marjoram
- ½ tsp. thyme
- ½ tsp. sea salt (or to taste)
- ¼ tsp. black pepper

Directions:

Heat a large soup pot over medium-high heat. Sear the beef until browned. Add the olive oil, onion, and garlic, and cook until the onion and garlic are softened. Add the other veggies and the stock, tomato puree, and spices. Cook on medium-low for 2 – 3 hours, until the beef and veggies are cooked through (can leave it longer). Serves 4 – 6.

Serving Suggestion:

Add a salad and finish with Chocolate Brownies for a rich, decadent meal.

Baked Potato Soup

I love this soup. Of course, it's traditionally done with flour to thicken, but there are ways around that! I'm not sure that this one can actually be made GAPS-friendly, though it is grain-free. Still, a delicious and quick meal, especially if you have leftover baked potatoes on hand.

Ingredients:

- 4 slices bacon, chopped
- 1 small onion, diced
- 2 tbsp. butter or coconut oil
- 2 c. chicken stock
- 2 c. milk or cream
- 3 medium potatoes, baked

Directions:

In a large soup pot, cook the bacon until nearly done. Add the butter and onion and sauté until softened. Add the chicken stock and heat through. Cut up the baked potatoes (you can add the skin or just the insides). To make the soup thicker, mash one of the potatoes fairly finely and add to the soup, and allow it to cook for 20 – 30 minutes. Then, cut up the rest of the potatoes into bite-sized chunks and add them too, along with the milk or cream (coconut milk works well too). Serves 3 – 4.

Serving Suggestion:

Top with green onions and cheddar, and have fresh fruit for dessert!



Photo by Jessica Hanneman

Italian Chili

I was sick of “chili as usual,” and decided to go a different way. This was somewhat inspired by a “pasta e fagioli” idea too, of course without the pasta. It’s even more nourishing than a traditional chili because it contains stock instead of just tomato juice. We loved it so much my husband asked me to make a big pot of it to have around for snacks. One tester noted that it was their “favorite of the bunch” and that it could be easily made in a Crock Pot, too, for a really easy dinner!

Ingredients:

- ¼ c. black beans (dry)
- ½ c. navy beans (dry)
- ½ c. small red beans (dry)
- 1.5 lbs. ground beef
- ½ c. onion, diced
- 2 – 3 cloves garlic, minced
- 4 c. stock (beef or chicken)
- 2 c. tomato puree
- 1 tsp. “Italian” seasoning (or about ½ tsp. basil, ¼ tsp. oregano, ¼ tsp. thyme, ¼ tsp. marjoram)
- ½ tsp. sea salt
- ¼ tsp. black pepper

Directions:

Soak the dried beans overnight, at least 12 hours. In a large pot, cook the ground beef with the onions and garlic until cooked through. Add the beans (drained), stock, puree, and spices. Cook for 2 – 3 hours, until the beans are cooked through. Serves 4 – 6.

Serving Suggestion:

Add a salad, and finish with Vanilla or Chocolate Custard!

Stuffed Pepper Soup

We love stuffed peppers, but they include rice. The first time we went grain-free, I created this soup. It's gone over so well that it's now Ben's standard lunch-time soup. Adding olive oil just before serving (as per GAPS) is great in this dish.

Ingredients:

- 1 lb. ground beef
- 1 small onion, chopped
- 2 cloves garlic, minced
- 3 – 4 bell peppers, diced
- ½ c. chopped spinach (opt)
- 4 c. beef stock
- 2 c. tomato puree
- 1 tsp. basil
- ½ tsp. oregano
- Sea salt and pepper to taste

Directions:

Brown the ground beef in a large soup pot, along with the onion and garlic. Add the veggies (we like the spinach, but have made it with and without), stock, puree, and spices. Cook 1 – 2 hours, until veggies are soft. Serves 3 – 4.

Serving Suggestion:

Pair with a fresh salad or an Apple Upside Down Muffin for a delicious meal.

Side Dishes

Creamy Potato Chunks

This is a rich, creamy, and delicious side dish for any meat. We loved it, and so did the tester – a definite “make again” dish.

Ingredients:

- 4 medium baking potatoes, baked
- 2 tbsp. butter (may omit, depending on how much bacon grease you have)
- 2 strips bacon, diced
- ¼ c. onion, minced
- 1 tbsp. arrowroot powder
- 1 c. milk or cream (could use coconut milk)
- ½ tsp. sea salt
- ¼ tsp. black pepper
- ½ c. shredded Romano or parmesan cheese (optional)

Directions:

In an 8x8 baking pan, add cut up baked potato chunks (peeled). In a small saucepan, cook the bacon until crisp. Add the butter and onion. Sautee the onion until it is soft. Add the arrowroot powder and stir, then add the milk or cream. Cook and stir until thickened. Add the salt and pepper. Pour the mixture over the potato chunks. Top with cheese if desired. Bake at 350 for 20 – 30 minutes.

Serving Suggestion:

Pair with Lemon Herb Roasted Chicken or Blackened Fish for a simple, delicious meal!

Onion Rings

I love onion rings, but of course most are battered with a grain-based coating. I set out to create a version that didn't use grains (of course!). While the breading is slightly unusual, they're still a delicious addition to your meal.

Ingredients:

½ c. almond flour

½ tsp. sea salt

¼ tsp. paprika

¼ tsp. parsley

1 egg, beaten

1 large onion, sliced

Oil for frying (we used beef tallow, but lard or coconut oil would work too)

Directions:

In a small bowl, mix the almond flour and spices. In another bowl, beat the egg. Dip the onion slices into the egg, then the almond mix. In a frying pan, heat oil over medium heat. Add the onion slices and fry until golden brown on each side, 3 – 4 minutes. Remove to a plate, salt as desired, and serve.

Serving Suggestion:

Pair with Fresh Herb Burgers for a simple summer meal.

Beef Jerky

Jerky is a wonderful, low-carb and grain-free snack. It travels well, stores for a long time (if you don't eat it first!) and is simply delicious. It's not hard to make, either, though it can be time-consuming. A dehydrator is best for this, although an oven should work too.

Ingredients:

- 4 – 5 lbs. grass-fed chuck roast
- 2 limes, juiced
- 2 cloves garlic, chopped
- ¼ c. onion, chopped
- ½ tsp. pepper
- 1 tsp. sea salt
- ¼ tsp. red pepper flakes

Directions:

Slice the beef very thinly, removing any bones and as much fat as possible. Save the fat to render into tallow, if you can. Put the beef slices into a large glass bowl and add lime juice, onion, garlic, salt, pepper, red pepper, and enough water to cover. Stir so that the spices get to all the beef. Place the bowl into the fridge to marinate for 12 – 15 hours. Lay strips of beef on dehydrator trays, or baking trays lined with parchment paper. Turn the dehydrator on high (about 160 degrees) or the oven as low as it goes (170 degrees on my oven). Leave for 6 – 8 hours. Check every hour or two if using the oven and turn the pieces halfway through drying. When they are dried and chewy, they're done! Transfer to a storage container and keep in the pantry. Makes 2 full sandwich bags.

Serving Suggestion:

Pair with some fresh fruit for an excellent, fresh snack.

Baked Beans

This is a yummy, delicious baked bean dish – with no sugar or ketchup involved! Every recipe I'd seen relied heavily on ketchup as a base (and all the "extra" ingredients that often go along with it). So, I set out to create a version that didn't. This is very tangy, though. Those who like it less tangy (as one tester noted) might want to decrease the vinegar to about $\frac{1}{4}$ c. and increase the honey or add a little maple syrup. If you double the honey and leave out the molasses, it will change the flavor slightly, but it will be GAPS-friendly.

Ingredients:

- 1 c. dry white navy beans, soaked
- 1 small yellow onion, minced
- 2 tbsp. coconut oil
- 2 c. tomato puree
- $\frac{1}{4}$ tsp. allspice
- $\frac{1}{4}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. nutmeg
- 2 tbsp. molasses
- 2 tbsp. raw honey
- $\frac{1}{2}$ c. red wine vinegar
- $\frac{1}{2}$ tsp. sea salt
- 2 tbsp. prepared brown mustard

Directions:

Soak the beans overnight. Cook them until tender, about 1 hour. In a medium saucepan, melt the coconut oil. Sauté the onion until soft. Add the spices, vinegar, tomato sauce, and mustard. Stir and cook for a few minutes. Pour the sauce over the beans (drained, cooking water reserved) and pour all into a casserole dish. Bake at 350 for about an hour, covered, checking every 15 – 20 minutes. Stir and add some of the reserved cooking water as needed. Makes 4 – 6 servings.

Serving Suggestion:

Pair with Fresh Herb Burgers or grilled chicken for a simple summer meal.

Salad Dressing

This is my go-to salad dressing recipe. I used to make an Italian version and a Caesar version (found in Real Food Basics) that were distinctly different. But I ultimately decided to combine the elements I liked most from each version, and this is what I came up with! My tester noted that it seems a little too salty at first, but when combined with the salad, it's perfect.

Ingredients:

- 2 cloves garlic, grated (on a microplane grater – or finely minced)
- 2 tbsp. red wine vinegar
- ½ tin of anchovies, minced (about 1 oz.)
- ½ tsp. basil
- ½ tsp. thyme
- 1 tsp. sea salt
- ½ c. olive oil
- 1 egg yolk

Directions:

Add all ingredients to a salad dressing container and shake to combine. (I used to mix them in a glass bowl and whisk together...but really don't need to dirty an extra dish!)

Serving Suggestion:

Pour over a salad of fresh greens and pair with Lemon Herb Roasted Chicken!



Photo by Beverly Ulmer

Breads and Desserts

White Bean Vanilla Cake

I needed a cake for my daughter's birthday, which happened right after we went on GAPS. I didn't want to compromise and use illegal ingredients even if it was for a special occasion. My only option was to try to make a cake with ingredients I could use! This is what I came up with. It's the perfect GAPS-friendly treat, and a lovely, moist cake at that. Not to mention extremely simple! (You'll notice this version doesn't contain baking soda, while the version on www.modernalternativemama.com does – we tested and re-tested for the book and found you don't need it, making it completely GAPS-friendly!)

Ingredients:

- 3 c. white beans, cooked and plain
- 6 tbsp. coconut oil
- ¾ c. raw honey
- 6 eggs
- 2 tbsp. vanilla
- ¾ tsp. sea salt

Directions:

Add all ingredients to a blender and blend on medium until smooth. Pour into a 7" pan and bake at 350 for 30 - 35 min.

Chocolate Version:

As above, but add 2 tbsp. cocoa powder. Tester noted you may need a tiny bit of extra coconut oil, about 1 tbsp. (although we did not need that).

Serving Suggestion:

Fill with Vanilla Custard and seasonal fruit for a simple dessert that needs no frosting.

Apple Upside Down Muffins

This recipe is very versatile, because depending on the “toppings” you add, these could be plain cinnamon muffins, cinnamon crunch muffins, or apple upside down muffins! They’ve also become favorites of many!

Ingredients:

- 2 c. almond flour
- 1 tsp. sea salt
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ c. butter, melted
- ½ c. raw honey
- 1 egg + 2 egg yolks

Cinnamon topping:

- ½ c. almond flour
- 1/8 tsp. sea salt
- 2 tbsp. raw honey
- 2 tsp. cinnamon

Apple Pie filling

- ½ c. apple pie filling (home-canned, preferably):
- 3 medium apples, peeled, cored, and sliced
- 2 tbsp. raw honey
- 1 tsp. cinnamon
- 1/2 c. water
- 1 tbsp. arrowroot powder

Directions:

Mix the dry ingredients together in a large bowl. Add the wet ingredients and stir together (unlike flour-based muffins, you don’t need to worry about over mixing, so this might be a good project for the little ones!). Fill muffin cups ½ full. Top with apple pie filling, then cinnamon topping. Bake at 350 for 20 minutes, making sure a toothpick comes out clean (from the muffin, not the filling!).

Serving Suggestion:

Pair with a cup of tea, coffee, or a glass of milk for an excellent snack!

Vanilla and Chocolate Custard

I actually used this as part of the filling for my daughter's birthday cake, along with some sliced (frozen) strawberries. (It would have been better with fresh, but as her birthday is in January, they were out of season!) It's also delicious as a traditional "pudding" of sorts. When I sent this to my tester, she was craving something chocolate-y, so she tested this out with some cocoa powder, and the rich chocolate version was born! Thanks, Jessica (The Saving Mom)!

Ingredients:

- 2 c. heavy cream (or coconut milk, the thick kind in a can)
- 8 egg yolks
- 2 tsp. vanilla extract (OR 1 tsp. extract and 1 vanilla bean, split)
- 4 tbsp. raw honey or maple syrup

Directions:

Heat the heavy cream (and vanilla bean, if using) and honey or syrup over medium heat in a large saucepan. In a separate bowl, beat the egg yolks until thick. Pour a small amount of the warmed cream into the egg yolks while stirring, until the egg yolks are warmed. Add the cream/egg mixture back to the rest of the cream, stirring constantly. Continue to stir as the mixture thickens. Allow it to cool to room temperature. Add the extract, stir, and put in the fridge to chill overnight. Makes 8 – 10 servings (1/2 c.).

Chocolate Version: Add ½ c. cocoa powder to the egg yolks before stirring them in, and reduce vanilla to 1 tsp. (no vanilla bean).

Serving Suggestion:

Top with some fresh fruit or serve after a delicious meal for a quick snack or dessert!

Chocolate Brownies

These could not be simpler. I was craving brownies, the recipe I was hoping to use for this book wasn't coming together, and I was running out of time. I walked into the kitchen and mixed some things together, and this is what I got. Note that they do definitely taste of coconut, so if you don't like that (and aren't dairy-free), try them with butter.

Ingredients:

- ½ c. cocoa powder
- ½ c. coconut oil (or butter)
- ½ c. honey
- 2 eggs, beaten

Directions:

In a small saucepan over low heat, melt the coconut oil. Stir in the cocoa powder, honey, and eggs (stirring constantly so the eggs don't scramble!). Pour the batter into a greased 8x8 pan and bake at 350 for about 15 – 20 minutes.

Serving Suggestion:

Top with some crispy nuts (or mix them into the batter) for a yummy, crispy treat!

Chocolate Chip Bread

I really set out to create chocolate chip cookies, but the texture was just too cake-like. So I thought, I'll just turn this into bread! Comments from the family included "Amazing," "Give me MORE!" and "These have to go in the book," so here it is! The tester's family had a similar reaction when they tried this. They make great muffins too.

Ingredients:

- 2 eggs
- ¼ c. coconut oil
- ½ c. raw honey
- ¼ tsp. sea salt
- 1 tsp. vanilla
- 2 c. almond flour
- 4 oz. chocolate chips

Directions:

Mix the wet ingredients together in a large glass bowl. Then, mix in the almond flour, salt and chocolate chips. Bake at 350 for 20 – 30 min. as muffins, or 40 – 50 as bread (in a loaf pan).

Serving Suggestion:

Top with butter (if you can) and serve alongside a cup of tea.



Photo by Katie Brown

Banana Pancakes

I had some overripe bananas sitting around one day and needed a fast lunch for my kids. I threw this together for them. I thought, based on the amount of batter I had, that I'd be able to make extras to freeze for snacks. Nope! They were gone in a very short time, and my kids asked for them repeatedly after this. All the testers agreed these were excellent.

Ingredients:

- 2 ripe bananas, mashed (about 1 c.)
- 3 eggs, beaten
- ¼ c. coconut flour
- 1/8 tsp. sea salt
- 1 tbsp. raw honey
- Coconut oil to fry

Directions:

In a large bowl, mix all the ingredients together (except coconut oil). You can choose to leave out the honey if you want, especially if your bananas are very ripe (they'll be sweeter). Heat a large frying pan on medium-high heat and add some coconut oil. Melt it around the pan. Add the batter about a tablespoon at a time – it will form about “silver dollar” sized pancakes. Cook 3 – 4 minutes on each side, until the edges are cooked. Flip gently (it should be easy to flip; if not, wait a bit longer) and cook another 2 – 3 minutes on the other side. Serve immediately. Makes 25 – 30 small pancakes.

Serving Suggestion:

Top with real maple syrup, or add chocolate chips to the batter for a fun flair!

The End

And now we are at the end of the third book! This has flown by.

Don't forget to read the other books we have out:

Real Food Basics

Healthy Pregnancy Super Foods

More to come – although I know better than to announce which yet, because life has a funny way of changing your plans!