

## Almond Flour Pancakes

2 cups almond flour, or 1 cup almond flour and 1 cup coconut flakes  
3 eggs  
½ cup almond milk or full can of coconut milk  
½ of baking powder  
1 Tbsp maple syrup  
½ mashed banana (optional)  
Chopped walnuts (optional)



In large mixing bowl, mix all ingredients (you may have to add more almond milk).

Cook on hot griddle (pre-heated) using butter or coconut oil

Top with maple syrup and fresh fruit.

These are delicious and will keep you full all morning!

## Easy Veggie Frittata

Butter or coconut oil  
Chopped veggies (use whatever you have on hand... mushrooms, peppers, onions, broccoli, spinach, kale, etc.)  
Sausage or bacon (optional)  
Sea salt  
Fresh thyme  
Fresh parmesan cheese  
Eggs, whisked (6-10 depending on how many people are eating)

### Directions

In a cast-iron skillet, sauté veggies (in butter or coconut oil) until soft, but not overcooked. Add a pinch of sea salt.

Add eggs and veggies to large Pyrex or casserole dish.

Sprinkle with fresh thyme and ½ cup grated parmesan cheese on top.

Bake in oven at 375°F for 45 minutes. Enjoy!

## Easy Granola



3 cups rolled oats  
1 cup slivered almonds  
1 cup cashews  
¾ cup shredded sweet coconut  
¼ cup plus 2 tablespoons maple syrup  
¼ cup olive oil  
¾ teaspoon salt  
1 cup raisins

Preheat oven to 250°F. In a large bowl, combine the oats, nuts, and coconut. In a separate bowl, combine maple syrup, oil, and salt. Combine both mixtures and pour onto 2 sheet pans.

Cook for 1 hour and 15 minutes, stirring every 15 minutes to achieve an even color. Remove from oven and transfer into a large bowl. Add raisins and mix until evenly distributed.

Enjoy with almond milk or mix with plain yogurt for a healthy breakfast or yummy snack.

## Pumpkin Bread

1 cup almond butter  
1 egg  
1/3 cup honey  
¾ cup canned or fresh pumpkin  
1 teaspoon baking soda  
¾ cup chopped hazelnuts or almonds  
½ teaspoon cardamom  
½ teaspoon nutmeg  
½ teaspoon cinnamon  
1 tablespoon ground flaxseed  
1 cup dark chocolate chips



### Directions

Preheat oven to 350°F.

Mix all ingredients well in a bowl. Pour batter into a loaf pan.

Bake for 25-30 minutes (or until fork/toothpick comes out clean from center)

## Paleo Meatloaf

1 celery, chopped  
1 onion, chopped  
1 carrot, chopped  
1 lb ground bison  
1 lb ground grass-fed beef  
2 eggs  
¼ cup almond flour  
Ketchup



### Directions

Sauté celery, onion and carrot and in olive oil for five minutes.

Mix well with beef, bison, almond flour and eggs. Place mixture into a greased loaf pan.

Cook for 1 hour at 400°F or until juices run clear. Drizzle ketchup on top and broil on high for a few minutes until top gets brown.

Serve with sweet potato fries (or mashed potatoes) and sautéed kale.

## Dijon-laced Mashed Potatoes & Parsnip

6 to 8 large Yukon Gold potatoes, coarsely chopped  
5 parsnips, peeled and chopped  
¾ cup 1% buttermilk  
1 Tbsp grainy Dijon mustard  
½ cup cilantro or parsley, chopped  
¼ cup low-fat sour cream  
1 Tbsp unsalted butter  
Sea salt to taste



### Directions

In large wide saucepan, boil potatoes with parsnips until fork tender, about 20 minutes. Drain well, then mash. Whisk buttermilk with Dijon, then pour over hot potatoes. Fold in cilantro, sour cream, and butter. Taste and season with sea salt.

Spoon into casserole dish. Cool, then refrigerate up to 24 hours. Before serving, bring to room temperature, about 30 minutes, then bake at 375°F until centre is hot, 30-40 minutes.

## Beef and Lamb Stew

3 tablespoons extra virgin olive oil  
4 garlic cloves, chopped  
2 medium onions, chopped  
4 celery stalks, chopped  
1 lb ground lamb and 1 lb ground beef  
1 14 oz can organic stewed tomatoes  
1 tablespoon dried rosemary  
½ teaspoon oregano  
2 medium carrots, chopped  
2 medium zucchini, chopped  
8 oz. fresh kale, chopped  
1/8 cup red wine  
Sea salt and pepper to taste

In a large pot or Dutch oven on low-medium heat, add oil, then garlic. Add chopped onion and celery. Stir until onion becomes translucent.

Add the meat and stir until browned. Add the tomatoes and all the spices.

Add red wine and simmer on low for 45 minutes to 2 hours (can be turned off after 45 minutes, then re-heated to finish last steps)

Add chopped carrots, zucchini and kale, stir to mix.

Simmer for 30 minutes, stirring occasionally.

Serve and enjoy!

## Roasted Butternut Squash with Cranberries

1 butternut squash, peeled and cut into bite size pieces  
fresh cranberries as desired (dried or frozen work too)  
walnuts (optional)  
pure maple syrup  
olive oil



### Directions

Place butternut squash in a 9x13 baking dish. Drizzle with olive oil and maple syrup. Add cranberries and walnuts.

Roast at 350°F for approximately 45 minutes or until squash is done.

# Autumn Vegetable Soup

2 Tbsp olive oil  
3 medium carrots, cut into medium dice  
1 large yellow onion, cut into medium dice  
2 medium cloves garlic, minced  
2 cups 1/2-inch-cubed peeled butternut squash  
¼ tsp ground allspice  
Pinch cayenne pepper; more to taste  
Kosher salt  
1 quart lower-salt chicken broth  
1 14.5-oz. can no-salt-added diced tomatoes  
4 sprigs fresh thyme  
2 cups lightly packed, coarsely chopped kale  
1 cup lower-salt canned chickpeas



Heat the oil in a large soup pot over medium-high heat. Add the carrots and onion and cook, stirring occasionally, until they begin to soften, about 6 minutes. Add the garlic and cook for 1 minute more. Add the squash, allspice, cayenne, and 1 tsp. salt and stir to combine. Add the broth, tomatoes with their juice, and thyme. Bring to a boil, reduce the heat to medium, cover, and simmer for 10 minutes. Add the kale and the chickpeas and cook uncovered until the squash is tender and the kale has wilted, about 10 minutes more. Discard the thyme springs before serving. Season to taste with more salt and cayenne.

# Dr. Dave's Thai Chicken Soup

1 medium onion  
2 32 oz containers low-sodium chicken stock  
1 whole ginger root (cut into chunks like cutting a carrot)  
4 stalks lemon grass (smash stalks to release the oils and cut into thirds)  
1 tsp red pepper flakes or 1 Tbsp of Thai red garlic Chile sauce  
6-8 chicken thighs  
2-3 baby Bok Choy, cut into pieces  
1-2 red peppers, cut into bit-size pieces (cut)  
1 cup of pea pods  
1 can of whole coconut milk (Thai Kitchen)  
1 bunch of bean sprouts  
1 lime cut into wedges

Sauté onion in olive oil. Add chicken stock; bring to boil and reduce heat. Add ginger, lemon grass, pepper flakes and chicken. Continue to simmer for 20 minutes. Add Bok Choy, pea pods, peppers and simmer for 10 minutes. Pour in coconut milk and simmer for 2 minutes. Add sprouts; stir and serve immediately. Squeeze juice from lime wedges.

# Chili

olive oil  
1 chopped onion  
1 clove of garlic, minced  
2 pounds ground beef  
1 tsp sea salt  
1 tsp paprika  
½ cup chili powder (or more if you can handle it)  
1 28-oz can of diced tomatoes  
2 cups water  
1 16 oz. can of kidney beans  
1 16 oz can black beans  
1 red or green pepper (or both), chopped  
½ pound of mushrooms, chopped

In a large pot, add garlic, onion and olive oil; cook for 5 minutes. Add meat and seasonings. Cook until meat is brown. Add remaining ingredients and simmer for at least 1 hour. Serve and enjoy!

## Dark Chocolate Mousse *Serves 5*

1 package silken tofu, drained  
3 oz. high quality bittersweet chocolate, finely chopped  
1/4 cup unsweetened cocoa powder  
1/4 cup water  
1/2 cup sugar  
Optional: whipped cream, chocolate shavings

Puree tofu in blender or food processor until smooth.

Put the chopped chocolate, cocoa powder and water in a saucepan. Stir frequently until melted and smooth. Remove from heat. Mix in sugar, a little at a time, until smooth.

Add the chocolate mixture to the tofu, and puree until smooth and well blended. Spoon the mousse into serving dishes, cover and refrigerate for at least 1 hour.

Serve with a dollop of whipped cream and a sprinkle of chocolate shavings. So yummy, you won't know you're eating tofu.

## No-Bake Chocolate Coconut Macaroons

3 cups shredded coconut  
1 1/4 cup chopped walnuts (skip with nut allergies)  
1/2 cup almond flour (1 cup if adding walnuts – skip with nut allergies)  
1 cup unsweetened cocoa powder (1 1/4 if adding walnuts)  
1/2 cup pure maple syrup (3/4 if adding walnuts)  
1/2 cup coconut oil (warmed to liquid – 3/4 cup if adding walnuts)  
1/2 tablespoon real vanilla extract  
1/4 teaspoon sea salt

Combine coconut, cocoa powder, salt and optional almond flour, and walnuts in a large bowl and mix thoroughly.

Warm the coconut oil to liquid. Remove from heat. Add maple syrup and vanilla extract.

Combine the wet and dry ingredients and mix completely.

Let sit at room temperature for 5-10 minutes to let the allow the oil and liquids to soak into mix.

Using a small spoon or hand form into 1-2" balls onto a cookie sheet lined with parchment paper; cover with plastic wrap.

Place into the refrigerator or freezer to "set" (solidify) 10-20 minutes.

Keep refrigerated or frozen; coconut oil is a solid at room temperatures, it will melt at about 76°F.

Serve cold or put out a few minutes early to let them warm up to just below room temp (still slightly cool) which helps the flavor.