







# EarthFIT PALE RECIPES



Super Healthy, Super Simple, Super Delicious And Gluten Free







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# Soups and Salads

## 



#### Ingredients:

- 1 onion, chopped
- 2 ½ tbsp coconut oil
- 3 cloves garlic, crushed
- 2-3 leeks, using only the bottom part that's softer
- 1 1/2 tsp cumin
- 3 cups purified water
- 2 tbsp apple cider vinegar (e.g. Bragg's)
- 3 sweet potatoes, peeled and chopped
- 1 cup full fat coconut milk (I try not to use canned and definitely nothing that's not 100% coconut milk)
- Sea salt and ground black pepper to taste
- ½ tsp dry tarragon spice
- ½ tsp ground ginger
- · 4-6 strips of bacon, cooked (optional)

- 1) Heat 1 ½ tbsp of the coconut oil in a pan over medium heat
- 2) Sauté onions in coconut oil, stirring frequently so it doesn't burn (about 3 minutes)
- 3) Add garlic and leeks and cook for about 3-4 minutes
- 4) Sprinkle in the cumin and stir well
- 5) Add sweet potatoes and the other tbsp coconut oil and mix well for 1-2 minutes
- 6) Add the water and apple cider vinegar and bring to a boil
- 7) Preheat the oven to 365F if adding bacon; if not skip this and step 9
- 8) Once boiled, reduce heat to low and allow potatoes to cook for about 15 minutes (should be soft)
- 9) While simmering, place bacon in oven for about 20 mins till crispy
- 10) Remove soup from heat and slowly stir in coconut milk
- 11) Add in ground ginger and tarragon
- 12) Purée in a blender till smooth
- 13) Optional: crush bacon into bits and top the soup with it

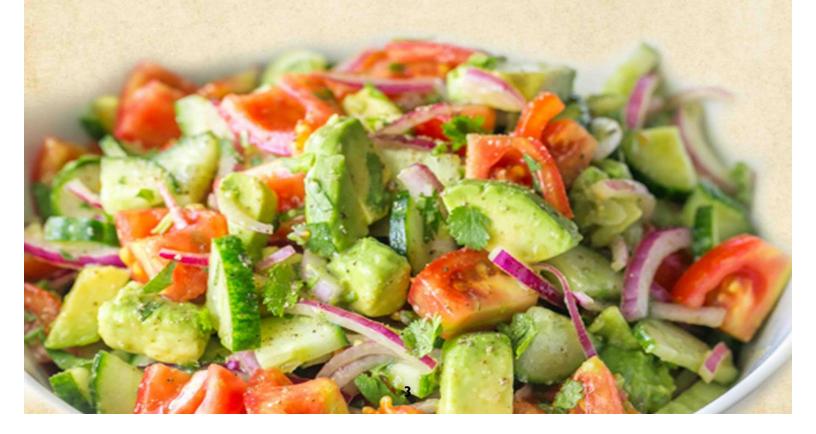
## Cucumber-Avocado Salad @ Larth TT



#### Ingredients:

- 1 Cucumber
- 1 Avocado
- 1/4 Red Onion
- 1/2 Lime
- 2 tbsp of Apple Cider Vinegar
- Sea Salt and Ground black Pepper
- · Optional: Hot pepper...

- 1) Chop cucumber in half and then into thin slices (you can also peel it before cutting)
- 2) Cut the avocado into small chunks
- 3) Mince red onion
- 4) Put all the cucumber and onion into a bowl
- 5) Squeeze lime juice onto the contents
- 6) Add apple cider vinegar
- 7) Add salt and pepper to taste and combine well
- 8) Add avocado and lightly mix again



## Strawberry-Spinach Salad @Earth



#### **Ingredients:**

- 1/2 bag of spinach
- 1 dozen strawberries
- ⅓ red onion, thinly sliced
- 1 lemon, juiced
- · 1 avocado, sliced or chopped
- Salt and pepper to taste
- Optional: pine nuts, apple cider vinegar

- 1) Combine spinach, strawberries, onion and lemon juice (and apple cider vinegar if using) in a large salad bowl
- 2) Add salt and pepper (plus pine nuts)
- 3) Add in avocado and lightly stir being careful not to crush



## Main Course

#### Caribbean Stew Chicken



#### Ingredients:

- 1 large whole chicken cut into smaller sized pieces OR packets of drumsticks, thighs and breasts (wings and other parts that you like will work as well)
   I usually clean the fat off and wash the chicken pieces in a mixture of ½ a lemon/lime and apple cider vinegar
- Green seasoning a blend of mainly cilantro, garlic, ginger, parsley, thyme and oregano (fresh ingredients are preferred)
- Coconut sugar (enough to cover the bottom of your thick-bottomed pot)
- 1 tbsp. coconut oil (optional)
- Coconut milk (½ cup or about 3-5 tbsp if dried)
- · Salt and pepper to taste
- Optional: Bay leaves (3-5)
- · Optional: 2-3 Hot peppers for flavor

- 1) At least an hour before cook time, mix the cleaned chicken with the green seasoning. Sometimes I do this overnight as the flavors get trapped in there. Yum!
- 2) Cover and refrigerate
- 3) In a large thick-bottomed pot, burn the sugar. Well, almost. Place the sugar on a pot that's on med-high and watch it start burning. Keep a close watch! You can add the oil here.
  - -When the sugar starts bubbling, quickly add in the chicken piece by piece
- 4) Mix the chicken in the sugar well to coat
- 5) Add to the pot any juices from the bowl of the green seasoning mixture. Combine again and let it come to a boil.
- 6) Add in spices (salt, pepper, whole hot pepper if using and bay leaves) and coconut milk and gently stir.
  - -Don't over mix because you don't want to burst/pop the hot pepper unless you truly love spicy
- 7) Cover and let cook on medium heat for 10-15 minutes
- 8) Check the pot and stir. Then reduce heat a bit and leave uncovered to cook and reduce the gravy for another 15 or so minutes.
  - -Chicken should be brown and falling off the bone when finished and bursting with flavors

#### Gluten Free/ Paleo Friendly Easy Cassava (Yuca) Flour Tortillas © Larth FIT



#### Ingredients:

Note: it doesn't really matter what brand of cassava flour you use (you'll see why below) just do NOT switch out this for another flour

I double or triple the recipe... depending on how hungry my boys are.

- 3/4 cup Otto's Naturals Cassava Flour. If that's too pricey for you there's and when I use it, I use about a cup of flour
- ½ tsp. sea salt
- 2 tbsp. olive/grape seed oil plus extra for cooking
- 1/3 1/2 cup warm water
- A pinch each of garlic powder and dried parsley

- 1) Whisk together the flour and salt.
- 2) Add the oil and warm water until a nice dough begins to form. The dough should not be dry or too wet and sticky. Knead the dough until smooth. I usually use a non-metal spoon
- 3) Divide evenly into balls. The original recipe says you'll have six dough balls but I make mine a tad bigger.
- 4) Roll each dough ball between two pieces of parchment paper until thin. Heat a nonstick skillet over medium high heat. Once properly heated (if adding a little oil, it should be hot but not smoking) place tortilla on the skillet.
  - -Wait for the air bubbles to form (approx. 1 minute) and then flip. Each side should be slightly browned.
- 5) Place on a plate and stack each tortilla on top, covered with a towel to keep warm. Then enjoy! I usually have it with a ground meat recipe and the Cucumber-Avocado salad

#### Gluten Free Coconut Flour Pancakes



#### Ingredients:

(Adapted from eatprayworkout.com)

Note: in our household we go gluten free and refined sugar-free.

This recipe can be used by itself (no sugars), with maple syrup or a side of berries.

- 1 ripe banana (peeled & mashed)
- 4 eggs (beaten)
- 1 tsp cinnamon
- 1/4 tsp pumpkin spice
- 1 cup coconut milk
- · 2 tsp vanilla essence
- pinch of coconut sugar (optional)
- 1/2 cup coconut flour
- 1 tsp baking soda
- 1/2 tsp salt
- · coconut oil for cooking
- · fruit, maple syrup or honey to top





- 1) Whisk together banana, eggs, cinnamon, milk, coconut sugar and vanilla
- 2) In a separate smaller bowl, stir together coconut flour, baking soda and salt -I actually put a few dashes more of cinnamon in the dry mixture too.
- 3) Mix dry ingredients into wet
- 4) Leave to set for 10 minutes.
  - -If after 10 mins it's very liquid, add 1-2 tbsp of coconut flour to the batter
- 5) Add coconut oil to frying pan and heat on medium flame
- 6) Using a spoon/ measuring cup place a few tablespoons of batter into the pan and once it bubbles (about 3-5 minutes) flip and cook the other side until golden brown (this may be quicker than the first side, so check at 2 minutes).
- 7) For the following batches, wipe out the pan with paper towel and re- grease the pan with coconut oil and cook the next batch.
  - -You may also need to lower the heat on the stove
- 8) Serve with fruit, honey and/or real maple syrup. I usually slightly heat my maple syrup.

#### **Cassava Flour Baguette**



#### Ingredients:

(Adapted from cookituppaleo.com)

Note: I whipped and whisked this by hand with a spatula. No mixer needed.

#### **Yeast Mixture**

- ½ cup warm water
- ¼ cup extra virgin olive oil
- 2 tbsp maple syrup (or honey)
- 4 large egg yolks (KEEP the whites though)
- 1 pk (1 tbsp) active dry yeast

#### Other

- · 4 large egg whites
- 1 cup PLUS ⅓ cup cassava flour (separated)
- ½ tsp pink Himalayan sea salt
- · 4 tbsp coconut flour

- 1) Preheat oven to 375 degrees Fahrenheit and lightly grease a large baking sheet lined with parchment paper with coconut oil.
- 2) In a large mixing bowl, combine the yeast mixture. Whisk together and set aside.
- 3) Crack the egg whites into a metal or glass bowl (I use a Pyrex dish) and whisk until soft peaks form.
- 4) In another smaller bowl, combine 1 cup cassava flour with 1/2 teaspoon salt and mix well. Whisk the cassava flour mixture into the yeast mixture. It will be runny.
- 5) Carefully fold most of the egg white into the yeast and cassava flour mixture. Leave about 1 egg white with froth. It'll be very runny.
- 6) Fold in the coconut flour, 1 tablespoon at a time.
- 7) Fold in the remaining 1/3 cup cassava flour.
- 8) Carefully scoop the dough onto the baking sheet. It will be very sticky.
- 9) Using floured or wet hands, carefully form the dough into a baguette shape. I made a few small ones. Don't over knead the dough. Brush the loaf with the remaining egg white and make a few slashes in the top with a bread knife. Bake for 25-30 minutes, or until golden brown less if smaller and more baguettes.
- 10) Enjoy

#### Shrimp And Vegetable Stir Fry



#### Ingredients:

Note: Prep Time: 10-15 minutes

Cook time: 10-15 minutes

Yield: 2-4 servings

· Fresh ginger, about 1 inch, peeled

• Fresh garlic, 2-3 cloves

· 3-4 tbsp coconut oil

· 2 lbs large, wild caught shrimp (peel and devein)

Veggies (can choose from the list below)

· 4 cups broccoli, chopped

· 1 cup mushrooms, chopped

1 ½ cup carrots, thinly cut

1 cup onions

Pink Himalayan sea salt (to taste)



- 1) Place fresh ginger in a blender, or food processor adding a little water and process it till it forms a paste.
- 2) Transfer to a bowl and repeat this process with the garlic.
- 3) Heat 1-2 tbsp oil in a very large skillet or wok over medium-high heat
- 4) Add first vegetable (e.g broccoli as it needs more time to cook) and saute for 1-2 minutes. Cover and cook until almost tender, stirring occasionally, about 3-4 more minutes.
- 5) Push vegetable off to the corner of the same pot and add a little more oil, if needed. Add more veggies and repeat the process
- 6) Add shrimp and toss gently for 1-3 minutes or until pink on both sides.
- 7) Add ginger, garlic and salt. Combine ingredients. Continue to saute until shrimp is cooked through.

## Gluten and Dairy Free Meat Pie 👲 🗀 arth 🥅



#### Ingredients:

Note: I've adapted this recipe from the GF/Paleo Friendly Quiche that I've made and love. There are just a few changes and lots more deliciousness.

- 2 medium sweet potatoes, peeled and thinly sliced
- 1-2 tbsp olive oil or spray (I have a pump action sprayer not the commercial stuff)
- ¼ of a large yellow/white onion
- 1 large zucchini
- 2 cups spinach (Alternatively: 4 large kale leaves, chopped, remove the stem)
- ¼ cup coconut milk or coconut cream (I like Aroy-D in the box)
- 6 eggs
- 1/2 tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- 1lb ground meat
- A sprinkle of dried rosemary
- A sprinkle of dried tarragon

- 1) Preheat the oven to 400 degrees
- 2) Lay out the sliced sweet potatoes in a pie dish in a crust-like fashion.
- 3) Spray/brush some oil onto the sweet potato slices
- 4) Bake the sweet potato crust for 20 minutes.
- 5) While the sweet potato crust is baking, put 1 tbsp of oil onto a large frying pan over medium heat. Put the the minced onion in the pan, mix them into the olive oil and let them cook 3 1/2 minutes.
- 6) Add the shredded zucchini and spinach/kale to the pan, mix them into the onions and then let it all cook for 4 minutes, stir occasionally. Set the veggies aside.
- 7) In a medium bowl, mix the eggs, coconut milk or cream, salt, pepper, and garlic powder together with a whisk (I used my immersion blender).
- 8) Mix the zucchini and kale into the egg mixture and then pour the whole thing into the sweet potato crust after the 20 minutes are done
- 9) Using your hands add the raw ground meat to the baking dish filled with the egg mixture (I usually add a pinch more salt and pepper onto the meat as well but you don't need to)
- 10) Top the meat pie with some dried rosemary and tarragon
- 11) Reduce the oven heat to 375 degrees and bake for 40 minutes.
- 12) Let the meat pie sit for 10-15 minutes then eat!



#### **Taco Tuesdays**

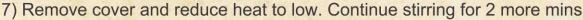


#### Ingredients:

Note: I've used different veggies in this dish, so feel free to switch things up. I usually eat this with raw sauerkraut, avocado and gluten free tacos. The recipe can be found here as well. Enjoy!

- · 2 lbs ground beef (or bison)
- 1-2 tbsp coconut oil (for sautéing)
- · 3 or 4 cloves garlic, grated
- ½ red or white onion, chopped
- ½ red or orange bell pepper, diced
- · 3 sprigs chives
- 2-3 tbsp parsley (or ½ tbsp dried)
- · salt and pepper to taste
- A dash of paprika
- Optional: ½ tsp dried tarragon

- 1) Heat oil in a skillet on Med heat
- 2) Sauté garlic and onions for a few mins until onions are translucent
- 3) Add bell peppers and mix for 1 min
- 4) Add chives and ground meat. Mix well and turn heat up to Med-high
- 5) Add other spices and continue stirring until well combined
- 6) Cover and let cook for about 5 mins





#### Super Duper Easy Meatballs (Oven)



#### Ingredients:

- · 2lb (454 g) grass-fed ground beef
- 2 tbsp dried parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt
- ¾ tsp black pepper
- Optional: 3-4 tbsp chives
  Optional: ½ tsp oregano

#### Instructions:

- 1) Preheat the oven to 400F (204C) and either use a Pyrex dish or line a baking sheet with foil or parchment paper.
- 2) Combine all the ingredients in a large bowl, and mix with clean hands to combine. Do not overwork the meat because the meatballs will be tougher.
- 3) Use a rounded ½ cup measure to portion out the meat. Gently roll into a ball and place on the baking sheet. Repeat till the mixture finished.
- 4) Bake for about 17 to 20 minutes or until the meat is cooked through.

Note: I use more meat and prefer my meatballs well cooked, so I cook mine for 20-22 minutes.

## 



#### Ingredients:

Note: I made this recipe as a soup so I used more water. So check the notes in parentheses.

- 2-3 pounds chuck roast
- 1 cup water (3 cups)
- 3 tbsp apple cider vinegar
- 1 inch ginger chopped or 1 tsp dried ginger
- · 5 cloves garlic finely chopped
- 1 onion, chopped
- · 3 sweet potatoes, peeled and cubed
- 2 stalk celery, chopped
- 1 zucchini chopped
- 1 tbsp dried parsley
- 1 tsp thyme
- 3/4 tsp sage
- Salt and pepper to taste
- · Optional: 2 carrots, chopped

- 1) Add all ingredients into slow cooker, cutting the chuck roast into large chunks before adding.
- 2) Roast on high for one hour. Then reduce to low and let simmer for 6-8 hours.



## Anti-inflammatory Ginger Ground Beef



#### Ingredients:

- 1lb of ground beef or bison
- 7 cloves of garlic
- · 2 small onions
- 2-3 inches piece of fresh ginger root
- 1-2 branches of fresh rosemary
- Chopped Celery
- 3-5T of Cooking oil either, avocado oil, coconut oil, olive oil
- · Sea Salt to taste



- 1) Crush and mince cloves of garlic
- 2) Chop onions
- 3) Chop the celery
- 4) Set the pan to medium heat and place the onions and garlic in
- 5) Grate the ginger and place in the pan along with the onions and garlic
- 6) Place branches of rosemary in the mix
- 7) Sautee the garlic, onions, ginger and rosemary for approximately 15-20 minute until the onions are soft
- 8) Place the meat in the pan and stir and chop the meat until it is into small chunks
- 9) Once the meat is  $\frac{2}{3}$  of the way cooked place the chopped celery into the pan and mix the meat until fully cooked to your liking

## FROZEN, One-Pot Chuck Roast and Sweet Potato



#### Ingredients:

- 2-3 pounds chuck roast
- 2 tbsp cooking oil (avocado, coconut)
- · 2 cloves garlic, chopped
- 1 medium-large sweet potato, peeled (optional) and cubed
- 1/4 cup water
- 1 tbsp rosemary
- 1 tsp thyme
- · Salt and pepper to taste

- 1) Let the beef sit on the counter for 10 mins to soften a bit... or longer if you have the time
- 2) Take a knife and stab holes in the meat, then add in generous chunks of garlic, salt and pepper (you can add spices here too or wait till you've started cooking the meat)
- 3) Heat a large pan on high with the oil
- 4) Add the beef to the pan and let cook for 5-7 mins, turn over and allow to cook on the other side for 5 mins.
- 5) Add in the sweet potatoes, stirring frequently enough so that it doesn't burn.
- 6) Add water, cover and cook on high 15 mins. Then reduce to low and let simmer for 6 more mins.
- 7) Uncover and let simmer until it's at the temperature you want. I usually cook mine for about 30 mins or so and it's so juicy.



#### Sauteed Shaved Asparagus



#### Ingredients:

Note: I found this recipe years ago in a Modern Mediterranean cookbook I have and made it. It's easy and delicious! I changed it up a bit to make it easier and guess what? You don't even need to shave the asparagus

- 2 bunches of asparagus
- 1-2 tbsp extra virgin olive oil
- 1-1 1/2 tsp salt
- · Black pepper to taste
- 2 tsp quality unsalted butter (if dairy issues, use coconut oil)

- 1) Snap off the woody, fibrous ends and discard
- 2) Use a mandoline to cut long strips of asparagus, or if you don't have one, you can slice it with a little knife to get about 3 slices per asparagus
- 3) Heat olive oil in a large pan over medium heat for 30 secs
- 4) Add asparagus and season with salt and pepper, stirring constantly till tender but still bright green (2-3 mins)
- 5) Add butter/coconut oil and remove from heat. Stir in excess butter/oil

## Olive Oil Mashed Potatoes (Mediterranean style)



#### Ingredients:

Note: This recipe is another that I found in a Modern Mediterranean cookbook. It's easy and quick! As usual I changed it a bit to make it a bit easier for you

- · 2lbs Yukon Gold potatoes (about 4), cut into large chunks for quicker cooking
- ½ cup extra virgin olive oil
- 2 1/4 tsp salt (I use pink Himalayan)
- · 2 tbsp drained capers
- · 2 tbsp roughly chopped fresh dill
- · Black pepper to taste

- 1) Place potatoes in a large pot of cold water (enough to cover the potatoes about an inch but use a large enough pot to avoid spillover of the boiling water)
- 2) Add 2 tsp of salt to the pot and bring to a boil. Let the potatoes cook for about 20 mins till boiled and falling apart.
- 3) Drain potatoes and place them into a serving bowl.
- 4) Add the oil and mash the potatoes with a fork until broken down
- 5) Add capers, dill and remaining 1/4 tsp salt (or more) and lots of pepper.
- 6) Mash until well combined but still slightly chunky.





#### Ingredients:

Note: Thought this may be a good addition to the list. Though I haven't yet made it, it has been on my list for a little while now. Looks simple enough... and I've made little adjustments and notes for anyone with dairy issues and those who don't want to stress the little things:) This is yet another that I found in the Mediterranean cookbook that I love.

- 3 cups (720 ml) balsamic vinegar (don't break the bank on this)
- 1 ½ cups (360 ml) extra-virgin olive oil
- 2 large shallots, roughly chopped
- 1 bunch fresh thyme (about 25 sprigs)
- 4 cloves garlic
- 2 (3-lb/1.4kg) whole young chickens; I wouldn't stress about that
- 2 tsp kosher salt (I usually use Himalayan)
- Black pepper to taste
- 1 tsp unsalted butter (or coconut oil)

- 1) In a large, deep container, combine vinegar, oil, shallots and half the thyme
- 2) Take each clove of garlic and press on it with the flat side of a chef's knife until cracked BUT still in one piece (this releases lots of flavor). Add to the marinade.
- 3) Rinse the chickens (you can use a water and lemon/lime solution as well) and pat dry.
- 4) Add the m to the marinade breasts down (they should be almost submerged)
- 5) Cover and refrigerate for at least 3 hours, turning once to make sure all sides are evenly soaked. If you have more time, let sit overnight.
- 6) Preheat the oven to 400F (205C).
- 7) Remove chickens from the marinade and dry with paper towels discard marinade.
- 8) Season all sides of the chicken with salt and pepper
- 9) Place the remaining sprigs of thyme in a roasting pan (or baking sheet lined with foil) and arrange chickens on top
- 10) Roast for about 1 hour chicken should be brown and juices must run clear when a knife is inserted into the deepest part of the thigh. Set aside on a serving platter.
- 11) Pour pan juices into a container and let sit for a minute (or a fat separator if you have one - I don't). Spoon off the clear fat that rises to the top.
- 12) Place the remaining juices into a saucepan and bring to a boil. Cook for about 2-3 mins on med-high heat till the liquid is reduced to about half.
- 13) Add the butter (coconut oil) to the mixture and remove from the heat.
- 14) Swirl the pan till the fat has melted then drizzle the sauce over the chickens. Serve.

## Thyme Flavored Roasted Beets

(about I 1/2 hrs)



#### Ingredients:

Note: I love beets - now that I'm older - and also love mediterranean food. Here is another Modern Mediterranean cookbook recipe for you that I've made a little simpler.

- 4 beets (you can use red, gold, whatever tickles your fancy)
- ½ tsp kosher salt (plus more to taste)
- 2 tbsp extra-virgin olive oil
- 1 tbsp fresh thyme leaves
- · Black pepper to taste

- 1) Place beets in a large pot of cold water (enough to cover the potatoes about an inch but use a large enough pot to avoid spillover of the boiling water).
- 2) Add the ½ tsp salt and bring to a boil. Cook for about 30-40 mins
- 3) Drain and discard the liquid and set beets aside to cool for about 15-20 mins. Do NOT let it completely cool. It will be too hard to peel. Here I realized it was easier to peel the smaller ones with the paper towels. For the large ones, I used a peeler.
- 4) Use a paper towel to wipe off the skins and peel the beets by rubbing on the skins
- 5) Cut beets lengthwise into wedges (1 inch / 2.5cm wide)
- 6) Preheat oven to 400F (205C)
- 7) Arrange the beets in a roasting pan, drizzle with oil and thyme. Season with salt and pepper to taste and toss to coat.
- 8) Roast till some edges are slightly browned 25-35 mins





#### Ingredients:

Note: I came across these weird looking little veggies at the local health food store. These starchy tubers, when roasted, make for a delicious addition with so many things. I've tried it with chicken, ground beef and in a salad. The taste is slightly nutty and sweet and they are best when eaten within 2 days. I adapted this from allrecipes.com.

- 1lb Jerusalem artichokes
- ⅓ cup olive oil (to place into a gallon sandwich bag)
- 2 tbsp dried thyme
- 1 1 ½ tsp ground garlic powder
- · Sea salt to taste

- 1) Preheat oven to 350
- 2) Get a Pyrex dish or lined pan ready
- 3) Scrub Jerusalem artichoke tubers and cut out eyes. I assumed it was like a potato but to be safe I cut everything that looked add.
- 4) Cut tubers into 1-inch pieces
- 5) Place all ingredients sunchokes to salt into a gallon sandwich bag and mix well
- 6) Arrange coated pieces in one evenly-spaced layer on a baking sheet
- 7) Bake for 40-45 minutes (I did a few minutes longer)

#### **Asian Style Roasted Chicken**



#### Ingredients:

Note: I've been obsessed with all things stir-fry since last week. Don't know why. So I made this last night.

- A 4-5lb chicken, thawed and cut into large pieces preferably but don't freak if not
- 1 1 ½ inches of raw, fresh ginger, grated
- · 3-4 cloves garlic, grated
- 2 tbsp sesame oil
- 2 tbsp apple cider vinegar
- 3 tbsp coconut aminos
- Optional: 1-2 tbsp green seasoning (see previous recipe)
- 2-3 tbsp maple syrup

- 1) Preheat your oven to 400 degrees.
- 2) Clean (wash) your chicken with lemon or lime and pat dry
- 3) Season generously with ingredients ginger to the optional green seasoning and let sit for about 15mins. If you're prepared, you can season and let it sit for a few hours. But I wasn't and it was still a hit.
- 4) Place chicken in preheated oven and cook for 30 minutes at 400.
- 5) After 30 mins, remove chicken from oven pouring oils from the pan onto the chicken.
- 6) Then carefully add the maple syrup ensuring that it covers the chicken
- 7) Place the chicken back into the oven, reduce heat to 360, and cook for an additional 45 mins. If your chicken is not cut up, it may take longer.

#### Crispy Baked Chicken



#### Ingredients:

Note: Additional tools include a pan, small bowl and paper towels. It should take less than 1 ½ hours to cook through, but this depends on your chicken and oven.

- · 1 4lb chicken, cut up preferably
- · ½ lemon
- · 2 tbsp avocado or coconut oil
- Salt and pepper to taste
- Spices to your liking I used green seasoning (see Green Seasoning recipe), but you can use garlic
   4-5 cloves and a one-inch grated piece of ginger alone or with tarragon, basil or even paprika.

- 1) Preheat the oven to 400
- 2) Wash the chicken pieces with the lemon juice, rinse and pat dry with paper towels
- 3) Arrange in a pan I use a Pyrex dish, and set aside if using spices other than green seasoning.
  - -If you're using green seasoning, pour about 4 tbsp directly on the chicken pieces
  - -Add salt and pepper
  - -Drizzle oil on top
  - -Then mix with hands so the seasoning spreads evenly
- 4) Take seasonings of your choice and mix in a small bowl with oil
- 5) Rub the chicken evenly with seasoning
- 6) Let stand for 10 minutes
- 7) Bake at 400 for 25-30 minutes
- 8) Then reduce heat to 325 and cook for 40 additional minutes or until the chicken is cooked through
- 9) Once cooked, I turned off the oven, covered the dish with aluminum foil and let stand in the oven for an additional 10-15 minutes.



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#### Ingredients:

Note: This meal takes about an hour to make. I've adapted it from this recipe: http://www.perchancetocook.com/2015/01/22/zucchini-and-kale-quiche-with-a-sweet-potato-crust-paleo-qf/ But I've made it nightshade free as well.

- 2 medium sweet potatoes, peeled and thinly sliced
- 1-2 tbsp olive oil or spray (I have a pump action sprayer not the commercial stuff)
- ¼ of a large yellow/white onion
- 1 large zucchini
- 2 cups spinach (Alternatively: 4 large kale leaves, chopped, remove the stem)
- 1/4 cup coconut milk or coconut cream (I like Aroy-D in the box)
- · 6 eggs
- ½ tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- A sprinkle of dried rosemary

- 1) Preheat the oven to 400 degrees
- 2) Lay out the sliced sweet potatoes in a pie dish in a crust-like fashion.
- 3) Spray/brush some oil onto the sweet potato slices
- 4) Bake the sweet potato crust for 20 minutes.
- 5) While the sweet potato crust is baking, put 1 tbsp of oil onto a large frying pan over medium heat. Put the the minced onion in the pan, mix them into the olive oil and let them cook 3 1/2 minutes.
- 6) Add the shredded zucchini and spinach/kale to the pan, mix them into the onions and then let it all cook for 4 minutes, stir occasionally. Set the veggies aside.
- 7) In a medium bowl, mix the eggs, coconut milk or cream, salt, pepper, and garlic powder together with a whisk (I used my immersion blender).
- 8) Mix the zucchini and kale into the egg mixture and then pour the whole thing into the sweet potato crust after the 20 minutes are done
- 9) Top the quiche with some dried rosemary
- 10) Reduce the oven heat to 375 degrees and bake for 40 minutes.
- 11) Let the quiche sit for 10-15 minutes then eat!

## Sauces and Marinades

## **Green Seasoning**



#### Ingredients:

Note: Growing up in the Caribbean, we're all about our spices. Without fail, we season our chicken with green seasoning. So I always have a batch handy in my fridge. It lasts for a really long time and can be used on just about any meat in just about any recipe. There is no real amounts to use here so have at it. I go heavier on the cilantro, chives and parsley. Also, this is so good for you. My family eats it straight out the blender sometimes.

- · A bunch or 2 of cilantro
- · A bunch or 2 of parsley
- 2 bunches of chives
- · 10 cloves of garlic or a head
- 3 inches of ginger
- Thyme, leaves only (this is a little time consuming), about 5 tbsp
- · About 1/4 cup basil
- · Optional: About 3 tbsp oregano
- Optional: About ¼ cup celery
- ¼ cup of apple cider vinegar
- 2-3 limes, juice only

- 1) In a blender or food processor, blend all the ingredients. Add more lime/apple cider vinegar if needed
- 2) Store in a mason jar in the fridge and use at your discretion on various meats



#### Homemade Mayo



#### Ingredients:

Note: I use an immersion blender. If you don't have one a blender/ food processor may work but I think the immersion blender is the best.

- 1 large egg
- 1/2 lemon or lime, juiced OR 2 tbsp apple cider vinegar
- 1/2 teaspoon salt
- ½ teaspoon mustard powder OR 1 tsp Dijon mustard
- 1 cup of extra light olive oil
- Optional: fresh herbs and spices (either/or garlic, oregano, rosemary, parsley, thyme)

- 1) Crack And place the entire egg into a tall mason jar.
- 2) Add the lime juice, (or lemon juice or vinegar) and salt
- 3) Add mustard (and optional spices if desired)
- 4) Pour in olive oil.
- 5) Let stand for a 20-30 seconds (long enough for the egg settle to the bottom of the jar, below the oil.
- 6) Insert immersion blender all the way to the bottom of the jar and blend for 20 seconds. DO NOT move the immersion blender before that time is up.
- 7) After 20 seconds, slowly lift the blender upward in the jar to the top WITHOUT taking it out the jar.
- 8) Enjoy creamy, tasty mayonnaise!



## Homemade, Foolproof, easy Mayo @ LarthFIT



#### Ingredients:

Note: There are lots of mayonnaise recipes online, but this one I think is the best. I got it from dontwastethecrumbs.com. All you need for equipment are an immersion blender and a tall jar. Follow the steps exactly.

- 2 tbsp lemon juice
- 1 tsp salt (I used Himalayan sea salt)
- 1 whole egg
- 1 cup LIGHT olive oil
- Optional seasonings: garlic, parsley, basil

- 1) Squeeze the lemon into the jar
- 2) Add the whole egg
- 3) Add the salt (1/2 the amount if you're using table salt)
- 4) Pour in the light olive oil
- 5) STOP! Wait for the egg to settle at the bottom of the jar
- 6) From here, insert immersion blender all the way to the bottom of the jar (here's where you pay attention as your mayo will be complete in about 30 seconds)
- 7) Start the blender keeping it inserted all the way down. **DO NOT** let the blender get too high letting air into the mixture
- 8) After about 15-20 seconds there will be mostly mayo and a film of oil left on top. Lift the blender slowly while continuing to keep the blender going and watch the oil dissipate

# **Baked Desserts**

#### Cassava Flour Banana Bread



#### Ingredients:

Note: Adapted from http://meritandfork.com/nut-free-banana-bread/

- 3 overripe bananas, mashed
- ½ cup coconut oil, melted
- 3/4 cup coconut sugar (feel free to use less)
- 2 eggs
- 1 tbsp vanilla extract
- 150 grams Otto's Naturals cassava flour (about 1 cup + 1 tbsp measure accurately)
- 1 1/2 tsp cinnamon
- ½ tsp freshly grated nutmeg
- · 1 tsp baking soda
- 1/2 tsp sea salt
- Pinch cloves and/or allspice
- Optional toppings/garnish: fresh banana slices, handful of chocolate chips, chopped pecans/walnuts, star anise

- 1) Preheat your oven to 350 degrees fahrenheit and grease a 4x8 inch (or 4-1/2" x 8-1/2") loaf pan with coconut or grapeseed oil.
- 2) Mash bananas in a large mixing bowl.
- 3) Whisk oil and coconut sugar together and pour into bananas.
- 4) Add eggs and vanilla and whisk until combined with bananas
- 5) In a separate bowl, whisk together all dry ingredients. Slowly whisk into wet ingredients.
- 6) Pour & smooth batter into a loaf pan. Optional: garnish with desired toppings.
- 7) Bake at 350 for 55-60 minutes or until toothpick inserted in middle comes out clean and middle of bread feels springy. (You can start checking after 50 mins)



#### Ingredients:

Note: Got this from Moon Rabbit Foods Cassava Flour package. As usual, I changed things up a bit to go with what was in the house at the time and what I think is a bit healthier without compromising taste.

- 1 cup + 2 tbsp Cassava Flour
- 1 3/4 cups coconut sugar
- 3/4 cup cocoa powder (I used eSutras Superfood Cocoa Powder from Amazon but you can use whichever you prefer)
- ½ tsp salt
- · 4 eggs
- 1 cup coconut oil (the recipe called for butter but we have dairy issues)
- 3 blocks of 72% semi sweet dark chocolate crushed up with a spoon
- (the recipe called for ½ cup of mini chocolate chips)

#### Instructions:

- 1) Preheat the oven to 350. While doing that, melt the butter and set it aside
- 2) Mix the dry ingredients together (cassava flour to salt)
- 3) Add the eggs to the dry ingredients
- 4) Add in the butter
- 5) Add in the chocolate chips (I mixed these in lightly with a spoon)
- 6) Lightly grease a pan, spread mixture into the pan and bake for 25-30 mins.

Note: You can use whatever size pan you like. Just remember that if they are little brownies, bake for a shorter time and if you used a more compact pyrex dish like I did, bake for longer (I did 35 mins)

## Pumpkin Muffin (GF)



#### **Ingredients:**

Note: I like this because it's a great breakfast muffin or snack and doesn't come out tasting too sweet. I adapted this one from breagettingfit.com

- 1 ½ cups cassava flour (I used Otto's)
- 1 tsp baking soda
- 1/4 tsp sea salt
- 1 ½ tsp pumpkin pie spice
- · A dash of cinnamon
- · 3 eggs
- 3/4 cup canned pumpkin puree (or you can do homemade)
- 3 tbsp grapeseed oil plus a bit more for greasing the pan
- 1 teaspoon vanilla extract
- ¼ cup raw honey



#### Instructions:

- 1) Preheat your oven to 350 degrees. Grease your mini muffin tin with lard or shortening.
- Place cassava flour, baking soda, salt, pumpkin pie spice and cinnamon into a large mixing bowl and stir together.
- 3) Add the eggs, pumpkin, oil, vanilla, and honey, then stir until combined, scraping the sides of your bowl as needed.
- 4) Scoop your batter into the muffin cups.
- 5) Bake for 15 to 20 minutes, or until a toothpick comes out clean.
- 6) Allow to cool for 5 minutes, then transfer to a wire rack to finish cooling. Or just eat!

#### Gluten-Free Cassava Flour Biscuits

Note: This is a combination of 2 different recipes (mainly from minimalist baker.com) but adapted for my special needs family. There are a few rules/tricks that need to be adhered to. Try to stick to the script here please. The #1 rule is do NOT over-handle your dough. The other thing is If you can have baking powder without adverse reactions, then swap out the water, maple and yeast step and add 1 tbsp baking powder when you're adding baking soda.

#### Ingredients:



- ½ cup warm water (about 110 degrees)
- 1 tbsp maple syrup
- 1 package Red Star Quick Rise or Active Dry yeast
- 5oz. Coconut milk
- 1 tbsp (15 ml) fresh lemon juice
- · 2 cups (272 g) cassava flour
- ½ tsp baking soda
- ¾ tsp sea salt
- 4 tbsp butter (or refrigerated coconut oil) + plus another tbsp (unrefrigerated)

- 1) Mix the warm water, maple and pour the yeast on top to get frothy and set aside (for about 10 mins).
- 2) Preheat oven to 450 degrees (232 C)
- 3) Mix lemon juice to coconut milk and set aside.
- 4) In a large mixing bowl, whisk together dry ingredients.
- 5) Add cold butter/coconut oil, using fingers until only small pieces remain and it looks gravely. Work quickly so the fat doesn't get warm and melt. I do it in less than 1 min.
- 6) Make a well in the dry ingredients and, using a wooden spoon preferably, stir gently while pouring in the milk mixture about a 1/2 cup at a time. Stir until **just slightly** combined mine looked crumbly still.
- 7) Take a large glob of dough and place it on the baking sheet. Form into a 1-inch thick disc, handling as little as possible.
- 8) For this next step I used a plastic cookie shaper/cutter but you can use a dough cutter or something like a cocktail shaker to make the round shapes of the biscuits. Repeat, making sure they just touch to help them rise uniformly. Gently reform the dough and continue you should have 7-8. Next brush the tops with a bit more fat and gently press a small divot in the center using a finger or 2. This will also help them rise evenly, so the middle won't form a dome.
- 9) Bake at 450 degrees for 15-20 minutes or until slightly golden brown. Serve immediately. (Let remaining biscuits **cool completely before storing** them in an airtight container or bag)

# Beverages

#### **Gut Healing Shake**



#### Ingredients:

- 2 Bananas
- 1 Avocado
- 5 strawberries or handful of blueberries
- 1tbsp of raw coconut oil
- 1 inch raw organic ginger and Turmeric
- 2-4 Raw eggs (Optional: wipe outside of egg with hydrogen peroxide)

#### Instructions:

- 1) Put contents of recipe in the blender
- 2) Make sure to peel the organic ginger and turmeric

## Ginger Turmeric Tea Recipe

#### Ingredients and Instructions:

- 1) Fresh Organic Grated Ginger (Amount to your liking. I like a lot so use about 4-6 inches for 6-8 cups)
- 2) Fresh Organic Grated Tumeric (About a 1/4 to 1/3 the amount of Ginger)
- 3) Put the grated ginger and tumeric in a pot of water and bring it to a boil for 1 second and then steep it for at least 20 minutes. You can steep it for up to 24 hours.
- 4) Strain the tea into a cup.
- 5) Squeeze fresh organic lemon juice (half a lemon or to taste) into the cup
- 6) Stir raw organic honey into the tea, amount to your liking as well
- 7) Here is the secret that you will not find anywhere, turmeric is fat soluble meaning it needs fats for its powerful properties to be absorbed. Take a tea spoon of coconut oil and put it into the tea. This will add flavor, beneficial fats and help the turmeric absorption.

#### Hibiscus-Lavender Iced Tea

(Can be drunk hot)



#### Ingredients:

Note: Sticking with the earthy tasting theme, here is a hibiscus tea recipe. I'm from the Caribbean and it reminds me of home. I found in my Modern Mediterranean cookbook.

- 1 cup (40g) dried hibiscus leaves
- 1 cinnamon stick
- 3 allspice berries (I use star anise)
- 1 strip orange zest
- 1 inch (2.5cm) fresh ginger, peeled and cut into strips
- 1/4-1/2 cup coconut sugar (or honey if you prefer) use how much you're ok with
- Optional: 1 orange, cut into ½ rounds ¼ inch thick. I'd put lime wedges on the glass for those worried about the acid and extra sugar from the oranges

- 1) Place hibiscus, cinnamon stick, allspice/star anise, orange zest, ginger and sugar with 4 cups water (960ml) in a sauce pan over medium-high heat
- 2) Bring to a simmer and cook for 1 min.
- 3) Remove from heat and let infuse in the pot till completely cooled
- 4) Taste for desired sweetness and add sugar if needed
- 5) Strain into a pitcher, discarding the solids.
- 6) Refrigerate till cold and serve over ice, orange, lime, etc.



#### Green Tea Arnold Palmer (Or Lemonade)



#### Ingredients:

Note: I got this recipe from numitea.com blog, the organic tea company where I get my teas. I've made some changes below. The Lemonade is in the first bullet point of the instructions below. Enjoy!

- · 2 cups boiled water
- 2 cups light colored honey (or sweetener of choice); feel free to use less
- 2 cups fresh-squeezed lemon juice
- 12 cups cold water (enough to make 1 gallon of lemonade)

- 1) Lemonade: Boil two cups of water. Add sugar and stir to dissolve. Add lemon juice and enough cold water to make one gallon (about 12 cups). Chill.
- 2) Brew cup of Numi Citrus Green Iced Tea according to package instructions. Of course you can use your green tea of choice here as well.
- 3) Combine 1 cup of lemonade and 1 cup of Numi Citrus Green Iced Tea in a jug or mason jar.
- 4) Add ice and a few slices of lemon or lime. Garnish with more fruit and serve





#### Ingredients:

Note: Here's another recipe from numitea.com blog, the organic tea company where I get my teas. I've made some changes below. You can use raspberries and/or blueberries to try something different too. Enjoy!

- 1 cup lemonade
- 1 cup Numi Berried Treasures Iced Tea (or berry-flavored tea of choice)
- Handful of fresh strawberries
- · Handful of fresh blackberries
- · Ice

- 1) Brew cup of Numi Berried Treasures Iced Tea (or berry-flavored tea of choice) according to package instructions.
- 2) Combine 1 cup of lemonade and 1 cup of Numi Berried Treasures Iced Tea in a jug or mason jar.
- 3) Add ice and a handfuls of fruit, garnish with mint or more fruit and serve

