MY TRIBE
#holidaychallenge
Recipe Book

Danette May
I am always blown away at the caliber of women who are in My Tribe! You are the kindest, most generous, and loving women! You are stepping more and more in to your power, your light and your happiness! This recipe book was compiled for all of you from Krista Fromme, your fellow Tribe sister!

These recipes you can hold dear and add to your holiday cooking. You are all such geniuses in the kitchen!

I want to thank Jeff Watson for editing this fun book for you to all have as an easy print off as Krista’s and I’s gift this holiday season.

Wishing you all Love, Light and increased Joy!

Much love

Danette May
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Almond Buttercup Fruit Dip

* From Michelle Ware

- ♦ ¼ c. plain Greek yogurt
- ♦ 1 tbsp. almond butter
- ♦ 1 tsp. honey
- ♦ ¼ tsp. cinnamon
- ♦ 1 tsp. cocoa powder
- ♦ 1 tsp. hemp seeds

Mix all together. You can eat with apple slices or banana or fruit of choice.

Chocolate Almond Butter Banana Stacks

Cut one banana into slices, and spread the almond buttercup dip onto each slice of banana, then top with another banana slice. Freeze for 2 hours. Dip in chocolate and sprinkle with raw unsweetened coconut. Freeze for another ½ hour. You can dip half or the whole banana.

Chocolate Sauce

- ♦ 2 tbsp. 70% cocoa chocolate chips
- ♦ 1 tsp. coconut oil

Melt on low heat.
Another Delicious Wrap
From Denise Rapaccioli Turchiano

★ 1 Ezekiel wrap
★ ½ c. Homemade hummus
★ 1 Escarole
★ 1 tsp. Unrefined Coconut Oil
★ 1 tsp. garlic and basil, chopped
★ ½ c. pre-cooked with Chicken Bone Broth Quinoa
★ ½ tsp. Turmeric
★ Black Pepper, to taste
★ 2 slices Turkey Bacon

Sauté escarole sautéed in coconut oil with chopped garlic and basil. Wrap it and enjoy!

Asian Chicken Cranberry Salad
From Julie Lowe Tremblay

★ 2 small bags Coleslaw Mix, about 12 cups
★ 4 c. Cooked Chicken, finely chopped
★ 1½ c. Toasted Almonds or Cashews, sliced
★ 1½ c. Dried Cranberries
★ ¾ c. Red Onion, finely diced
★ 1 c. Sesame Sticks (optional)
★ 1½ c. Cilantro, chopped
★ ¼ c. Black Sesame Seeds
★ ½ c. Extra-Virgin Olive Oil
★ ¼ c. Balsamic Vinegar
★ 2 tbsp. Low Sodium Soy Sauce (or substitute with amino acid)
★ 2 cloves Garlic, chopped
★ 2 tbsp. Raw Honey or Brown Sugar
Layer the cabbage in a bowl with chicken, almonds, cranberries, red onion, sesame seeds, sesame sticks (optional) and fresh cilantro.

Combine the olive oil, balsamic vinegar, soy sauce, garlic, honey, ginger, and sesame oil in a blender. Add 2 tbsp. water, process till smooth.

Lightly pour the dressing over the salad mixture and toss.

Serve.

Better Than Tollhouse Chocolate Chip Cookies

* From Amy Fuentes

* ½ c. Butter, softened
* ¼ c. Unrefined Coconut Oil
* ¾ c. Coconut Sugar
* 2 tsp. Vanilla Extract
* 2 Eggs
* ½ tsp. Baking Soda
* 3 c. Almond Flour
* 1 c. Chocolate Chips of choice

Preheat oven to 350 (if you plan to cook them immediately and not freeze them). In a bowl using a hand mixer cream together butter, coconut oil, and coconut sugar. Add vanilla and eggs, mixing until incorporated.

Mix in baking soda, add almond flour one cup at a time beating well after each addition. Fold in chocolate chips

Form dough into tablespoon rounds and place on baking sheet. Bake 11-13 min or until golden brown around edges. Do not overcook. Enjoy!
Black Bean Turkey Chili

From Stormy Adkins Dove

Makes 4 servings

★ 1 lbs. Lean Ground Turkey
★ 1 can Black Beans, drained and rinsed
★ 1 c. Onion, chopped
★ 2 c. Tomato Sauce
★ 1-2 tbsp. Chili Powder
★ 1 tsp. Kosher Salt
★ ½ tsp. Black Pepper
★ 1 tsp. Cumin
★ 1 tsp. Cayenne Pepper (Optional)
★ 1 can Diced Tomatoes (Optional)

Brown turkey, add remaining ingredients and simmer for 20 min. Top with plain Greek yogurt. Enjoy!

Breakfast Snack

From Sheri Caitlin Ward

★ ½ c. Granola
★ ½ c. Plain Greek Yogurt
★ 1 tbsp. Craisins
★ ½ tsp. Cacao Powder
★ Hemp Seeds

Mix and enjoy!
Breakfast Yogurt Parfait

From Michelle Ware

- ½ c. Plain Greek Yogurt
- ½ Organic Banana Slice
- ¼ c. Raspberries (if frozen microwave for 30 seconds)
- ¼ c. Blueberries (if frozen microwave for 30 seconds)
- 1 tsp. Honey
- 1 tbsp. Nuts, chopped
- ½ tbsp. Hemp Seeds
- 1 tbsp. Oats
- 1 tsp. Cacao Nibs
- Sprinkle of Cinnamon

Mix yogurt, honey, & oats then top with remaining ingredients. Enjoy!

Broccoli Salad

From Brenda Letourneau

- 2 heads Organic Broccoli, cut into small florets - microwave about 3 min to soften or leave as is if you like extra crunch
- 2 c. Organic Purple Cabbage, shredded
- ½ c. Dried Cranberries, sweetened in apple juice
- ½ c. Almonds, slivered
- ½ c. Organic Green Onions, chopped

Miso Orange Dressing

- Juice of One Organic Orange
- 2 tbsp. Miso
- 2 tbsp. Almond or Peanut Butter
- 1 Shallot, chopped
Toss all the salad ingredients in a bowl. Mix the salad dressing ingredients together. Pour over the salad ingredients and toss to combine.

**Cauliflower Pizza Crust**  
*From Veronica Skistad*

- 1 c. Organic Cauliflower, grated
- 2 Eggs
- ½ c. Mozzarella Cheese
- ½ tsp. Onion Powder
- ½ tsp. Garlic Powder

Mix all together and pat out into a pan either round or square. Bake at 425°F for 30 min until golden brown. Add pizza toppings and return to oven till pizza is done.

**Chicken Fajita Soup**  
*From Kim Fulwider*

- 2 tbsp. Extra-Virgin Olive Oil
- 3 Chicken Breasts, cut into thin strips
- 1-2 tbsp. Fresh Thyme, chopped
- 2-3 tbsp. Cumin
- 1 tbsp. Garlic Powder
- 3 tbsp. Taco Seasoning
- Sea Salt and Black Pepper, to taste
- 1 Large Organic Onion, chopped
- 1 Large Organic Red Bell Pepper, chopped
- Handful of Organic Spinach
- 1 Jalapeno, seeded and thinly sliced
- 1-28oz Can Fired Roasted Diced Tomatoes
1 Quart Chicken Stock
1 Organic Avocado, diced
Juice of 1 Organic Lime

Heat olive oil over medium heat. Add chicken and brown for approx. 4 min. add coriander, thyme, cumin, garlic powder, taco seasoning, salt, pepper, onions, bell peppers, jalapeno. Cook for 8-10 min stirring frequently. Add tomatoes spinach and stock and simmer for approx. 15 min. Serve with diced avocado and small amount of lime juice and fresh cilantro. Enjoy!

Chocolate Cake

*From Lara Bishop*

For 3 sponges
- 6 Eggs
- 2 c. Almond Flour
- ¼ c. Desiccated Unsweetened Coconut
- ¾ c. Raw Honey
- 1 tbsp. Cinnamon
- ½ c. Coconut Milk
- ½ c. Cacao Powder
- 1 tsp. Baking Powder
- 1 tsp. Baking Soda

Wiz all up and beat until fluffy, divide into shallow round tins. Bake on the top in oven at 350F for 10-15 min.

Cashew Cream between layers
- Soak 2 cups Cashews for 8 hours or overnight
- ¼ c. Raw Honey
- 1 tbsp. Cacao Powder

Wiz it all up in food processor

Rich chocolatey Icing
- 2 c. Pitted Dates in a bit of water in a saucepan on med heat
- ½ c. Cacao Powder
- ½ c. Coconut Milk
½ c. Ground Almonds or Hazelnuts.

Wiz it all up until smooth and spread it all over the cooled down cake and top with ¼ c. coconut

Chocolate Peanut Butter Caramels

*From Tammie Hatch*

- 1 lbs. (16 oz. or about 1½ cups packed) Medjool Dates, pitted
- 1 ½ tsp. Sea Salt + more for topping
- ¼ c. Natural Salted Peanut Butter (cream is best, but crunch works too)
- 1 c. Dairy-free Bittersweet or Dark Chocolate, chopped
- 1 tbsp. Coconut Oil, melted

If your dates aren’t sticky and super moist when squeezed, soak in hot water for 10-15 min to soften. Then drain thoroughly and pit. Otherwise, just pit and add to food processor. Blend/pulse your dates until they form a loose “dough” Mine usually turns into a ball, which is what you’re going for. If it’s not quite combining, drizzle in a tiny bit of warm water, 1 tsp. at a time scraping down the sides as needed, and mic until a rough paste or ball forms. Don’t add too much water or they won’t freeze well. Lastly add ½ tsp. sea salt and mix once more to incorporate. Taste and adjust saltiness level if desired.

Using a small melon baller or Tablespoon and finger, scoop out small balls and roll/form them into balls. Place on parchment-lined baking sheet and freeze for 20-30 min to set. In the meantime, drizzle on peanut butter until the top is coated. If your peanut butter is super firm and not spreadable and it to a small mixing bowl with ½ tbsp. coconut oil and microwave to melt (or heat in a small saucepan) stir to combine the proceed as instructed. Freeze again for another 15-20 min or until the peanut butter has formed a semi-firm shell.
Warm the chocolate over a double boiler or in the microwave in 30 second increments with 1 tbsp. coconut oil. Remove truffles from freezer and using a fork, scoop truffles up and quickly immerse in chocolate using a small spoon to drizzle chocolate evenly on top. Then gently shake off excess chocolate and place back on sheet to cool. Freeze again then dip the bottoms in chocolate and place on parchment paper to cool. This achieves less of a “shell” and more of a drizzled effect. Top truffles with sea salt (opt) place back in freezer or fridge to set – about 30 min. store in a freezer safe container in the fridge or freezer to keep fresh. Makes about 20. Serve. If you want softer truffles let come to room temp

Chocolate Walnut Brownie Protein Balls

* From Julie Lowe Tremblay

- ½ c. Dates, pitted
- ½ c. Walnuts
- 1 scoop Clean Chocolate Protein Powder
- 2 tbsp. Cacao Powder
- 2 tbsp. Applesauce
- 1 tbsp. Raw Honey

Mix nuts and dates in food processor till well mixed. In a small bowl mix protein powder and cacao. Add nut mixture to powder mixture and mix well. Add honey and applesauce. Mix well and roll into 1-inch balls then into nuts. Enjoy!

Christmas Cake Pops

* From Tammie Hatch

- 1-14oz. can Chickpeas, drained and rinsed really well
- 2 Eggs
- 2/3 c. Coconut Sugar
- 2 tbsp. Full Fat Canned Coconut Milk
- 2 tsp. Baking Powder
2 tsp. Danette's Super Food Coffee
2 tsp. Vanilla Extract
Enjoy Life chocolate chips (optional)

Preheat oven to 350°F. Line a 9x9 pan with parchment paper or lightly oil pan with coconut oil. Before taking them out of the freezer, melt some dark chocolate with about a tsp of coconut oil. Add peppermint extract to about half the mixture. Coat the cake pops with the melted chocolate and decorate or leave plain. Place in the fridge or freezer when storing. Have fun, get those kids in the kitchen!

Cider Dijon Pork Chops
From Lisa Tranquilli Wright

4 Boneless Pork Chops
3 Cloves Garlic, minced
1-2 Sprigs Fresh Organic Rosemary, minded
¾ c. Organic Unfiltered Apple Cider/Juice
1/3 c. Unsweetened Almond Milk
2 tbsp. Butter or Clarified Ghee
1 tbsp. Wholegrain Dijon Mustard
Kosher Salt and Freshly Ground Pepper, to taste

Melt butter over med to high heat and add rosemary and garlic. Cook 1-2 min or until fragrant. Season pork chops with salt and pepper then add to pan and sear on both sides until browned. Once browned, remove pork to a plate and set aside. Pour apple cider into the pan to deglaze, 1-2 min then stir in mustard and almond milk. Reduce heat to med-low and cook for 5 min or until slightly thickened. Return pork chops to sauce, making sure both sides are coated. Garnish.
Clean Peanut Butter Chip Muffins  
*From Laura Brown Chaplain*

*Makes 1 dozen*

★ 1 ½ c. Oat Flour  
★ ¼ c. Ground Flaxseed  
★ ½ tsp. Baking Soda  
★ ½ tsp. Baking Powder  
★ Pinch of Sea Salt  
★ ¼ c. Almond Butter  
★ ¼ c. Natural Peanut Butter Chips  
★ 2 Medium Ripe Organic Bananas  
★ ¼ c. Plain Greek Yogurt  
★ 2 tbsp. Raw Honey  
★ 1 tbsp. Pure Maple Syrup  
★ 1 Egg  
★ 1 tsp. Pure Vanilla Extract  
★ ¼ c. Coconut Milk or Almond Milk

Sprinkle chopped nuts and coconut sugar on each before baking. Preheat oven to 350°F. Either spray muffin tins or use paper liner cups. Mix everything well and fold in natural peanut butter chips. Pour batter in the muffin tins. Add nuts and sugar on tops. Bake 15-20 min or until tooth pick comes out clean. Makes 1 dozen

Clean Peppermint Mocha  
*From Heather Kathleen*

★ 1/8 c. Coconut Sugar  
★ 1 tbsp. + 1 tsp. Cacao Powder  
★ 1 c. Coconut Milk  
★ ¼ tsp. Vanilla Extract  
★ 1/8 tsp. or less Peppermint Extract
1 shot Espresso

In saucepan combine coconut sugar and cacao powder. Add about 1/3 of the milk and mix into a paste. Add remaining milk and heat to warm. Remove from heat and add vanilla, peppermint, and espresso. Enjoy!

Cottage Cheese Delight
From Amanda McGriff

★ ½ - 1 c. Cottage Cheese
★ ½ - 1 Organic Avocado (depending on size)
★ ½ - 1 Organic Tomato (depending on size)
★ 1 Organic Green Onion, chopped
★ 2 Fresh Jalapenos, chopped
★ Sea Salt and Black Pepper, to taste
★ ½ tsp. Granulated Garlic

Mix and enjoy!

Cream Cheese Cut-out Cookies
From Angie Kisch

★ 1 c. Ghee Organic Butter
★ 18oz. 1/3 Fat Cream Cheese, softened
★ 1 ½ c. Coconut Sugar
★ 1 Egg
Beat butter & cream cheese together until blended. Add sugar beat until fluffy. Add egg, vanilla, and almond extract. Combine flour and baking powder in a separate bowl and slowly add to creamed mixture, until well blended. Wrap mixture in plastic wrap and refrigerate 1-2 hours. Bake at 325°F for 5-7 min.

Crunchy Bites of Energy
From Laurie Bigelow Smith

- ½ c. Chia Seeds
- ½ c. Pumpkin Seeds
- ½ c. Sesame Seeds
- ½ c. Sunflower Seeds
- ¼ c. Dried Parsley
- 1 Large Garlic Clove, grated
- 2 tsp. Fresh Ground Ginger (1 inch)
- 1 tsp. Fresh Grated Turmeric (½ inch)
- ¼ tsp. Coarse Sea Salt
- 1 tsp. Black Pepper
- 1 c. Water

Pre-heat oven to 300°F.

Place all ingredients in a bowl (use stainless steel or glass if using turmeric, it stains). Combine until all liquid is absorbed and there isn't a pool at the bottom. If it’s not absorbing add a couple more tbsp. chia seeds. On a cookie sheet lined with parchment paper, scoop seed mixture onto paper and using the back of the spoon and your fingertips push the mixture over the pan. It should cover most of the sheet. Make sure it is pushed from the center. You want it to be thinner so it will get crispy.

Bake for 25 min, remove, and using a pizza cutter cut into thin strips. Turn each strip over and place back in the oven and bake and check at 5 min intervals until
crispy. It will take about 20 min. They should break easily when done. Remove and cut crosswise with pizza cutter. Store in airtight container. If they get soft toss back in the oven for 5 min.

**Dark Chocolate Peppermint Gluten Free Pretzels**  
*From Ronnda Stapleton*

- 1 c. Dark Chocolate Chips
- 2 tbsp. coconut Oil
- Gluten-Free Mini Pretzels
- 20 drops Peppermint Stevia or Pure Peppermint Extract

Melt on med to low heat, stir constantly until chocolate is melted. Add 20 drops of peppermint stevia or pure peppermint extract. Add more if you want a stronger flavor. Using a fork coat gluten-free mini pretzels with chocolate. Place on a piece of saran wrap or wax paper to dry. Store in an airtight container.

**Delicious and Versatile Chocolate Chip Cookies**  
*From Julie Lawrence Kinzel*

**Dry Ingredients:**
- 3 c. + 2 tbsp. Almond Flour
- ½ tsp. Sea Salt
- 1 tsp. Baking Soda

**Date mixture:** (This will add sweetness and moisture)
- Chop 5.3 oz. Organic Dates
- In a small pan add the chopped dates with
- 2 tbsp. Water
- 4 tbsp. Raw Honey
- Cook until it thickens (will only take a min or so)
Add ½ tsp. Fresh squeezed Organic Lemon Juice

**Wet ingredients:**
- In a bowl add:
  - 2 Large Eggs, slightly beaten
  - 1/3 c. Coconut Sugar
  - 1/3 c. Plain Greek Yogurt
  - 1 tsp. Vanilla Extract
  - 1/3 c. Coconut Oil, melted

Beat and add the date mixture and beat slightly. Add dry ingredients and beat. Add ¼ c. dark chocolate chips. Batter does not look the same a regular chocolate chip cookie, but don’t worry. Bake at 350°F check after 8 min, it may take much longer depending on your oven. Bake until golden brown. Enjoy!

**Delicious Stuffed Mushrooms**  
*From Laura Bishop*
- Large mushrooms
- ½ Organic Red Onion
- ½ tsp. Basil, fresh or dried
- ½ tsp. Garlic, minced
- 1 tbsp. Parmesan
- 1 tsp. Balsamic
- ½ c. Pre-cooked brown rice

Mix, stuff, serve with the brown rice and enjoy! Yummy
Fall Hash

*From Molli Fox*

★ 2 Organic Sweet Potatoes
★ 1 Organic Butternut Squash
★ 10-20 Organic Brussels Sprouts
★ 2 tbsp. Coconut Oil

*To taste:*

★ Garlic Powder
★ Onion Powder
★ Black Pepper
★ Himalayan Sea Salt

Melt coconut oil in big pan. Combine all items in pan with seasoning. Cook until soft, I like to brown it a bit for some crispy sides. For a sweet treat, you can top it with a drizzle of pure maple syrup. This is how the family likes it. I’ve also made this with organic frozen options and it turned out ok...just a bit mushy.

Filling Protein Pancakes

*From Dana Jones*

★ 2 Egg Whites
★ 1 scoop Clean Vanilla Protein Powder
★ 3 tbsp. Slow Cooker Oats
★ ½ Organic Banana, mashed
★ 1 tsp. Cinnamon
★ 2 tbsp. Water

Mix together and add a handful of chopped walnuts. Drizzle with maple syrup and sprinkle with cinnamon.
Flourless Brownies with Ganache Topping

From Holly Keri

Line 8x8 baking dish with parchment paper overlapping sides and spray well with coconut oil spray.

Preheat oven to 350°F

- 10 oz. Good 70% or Higher Dark Chocolate, chopped
- 4 tbsp. Coconut Oil
- ¾ c. Coconut Palm Sugar
- 3 Eggs (room temp)
- 2 tsp. Pure Vanilla Extract
- ¼ c. Cacao Powder
- ¼ tsp Sea Salt

Melt 10 oz. dark chocolate over double boiler (or metal bowl over simmering water) add in coconut oil and coconut sugar. Stir until all is well melted and smooth. Once melted remove from heat to avoid it burning. In a separate bowl add eggs and vanilla and beat with mixer until light and very frothy. Stir in ¼ c. cacao powder and salt. Mix well to combine. Slowly add melted chocolate mixture into eggs so as not to cook eggs. Mix will thicken. Stir until well combined. Pour into prepared baking dish and tap on counter to remove bubbles. Bake in oven 22-25 min. Do not over bake. Cool completely.

Once cool make Ganache:

- 6 oz. 70% or Higher Dark Chocolate, chopped
- ½ c. Organic Coconut Milk
- Dark Chocolate Chunks (or chips) for sprinkling on top

Melt chocolate over double boiler, add in coconut milk and stir until smooth and shiny. Spread on brownies and sprinkle with chocolate chunks. Place in fridge uncovered at least an hour to harden. Cut and Enjoy!
Go To Dinner

From Debbie DuBois Kirk

✿ 1 c. Cooked lentils
✿ ½ c. Cooked Diced turkey bacon (or any other healthy chicken sausage)
✿ 1 Organic Tomato, diced
✿ Feta Cheese Crumbles, to taste

Microwave these together and then add fresh diced tomatoes and feta cheese crumbles.

Healthier Apple Crisp

From Angela Mitchell

✿ 6 Large Organic Honey Crisp Apples, peeled and sliced

Topping:

✿ 1 c. Quinoa Flour
✿ 1 c. Almond Flour
✿ 1 c. Coconut Sugar
✿ 1 c. Oatmeal
✿ 1 c. Butter
✿ 1 tsp. Cinnamon and Allspice

Place slices in a baking sheet that has been sprayed with coconut oil. Combine topping ingredients, and put on the apple slices. Bake at 340°F for 40 min. Enjoy!
Hot Chocolate
From Kasey Sphire

★ ½ - ¾ c. Coconut Milk
★ ¼ c. Water
★ 1 tbsp. Cacao Powder
★ Dash Vanilla Extract
★ Dash Turmeric
★ 1 tbsp. Pure Maple Syrup (add more if you like it a bit sweeter)

Heat coconut milk and water together. Add all the other ingredients. Mix together and enjoy!

I Am Caring Buckwheat Pancakes
From Sarah Neumeyer

Makes 6 pancakes

★ 2 Eggs
★ ½ c. Buckwheat Flour
★ 1 tsp. Baking Powder
★ 3 tbsp. Cacao Powder
★ 1 tsp. Orange Zest (more or less to taste)
★ ½ tsp. Cinnamon (more or less to taste)
★ Sprinkle of Nutmeg
★ ½ c. Milk of choice (I use coconut milk)
★ 1 tbsp. Coconut Sugar (optional)

Mix all together. Heat frying pan, lightly spray and cook as you would any other pancake. These are delicious with a little maple syrup. Or for a treat I mix about ½ c. plain yogurt with 1 tsp. vanilla and a little maple syrup around 1 tsp and spread on top.
I Am Comfort Pasta
From Tina Bird

✯ 12 oz. Brown Rice Linguine or Fettuccine
✯ 12-16 oz. Organic Grape Tomatoes, halved or quartered
✯ 1 Organic Onion, thinly sliced or 1 tsp. Onion Powder
✯ 4 Garlic Cloves, thinly sliced
✯ ½ tsp. Red Pepper Flakes
✯ 2 sprigs Basil
✯ 2 tbsp. Extra-Virgin Olive Oil
✯ 2 tsp. Sea Salt
✯ ¼ tsp. Black Pepper
✯ 4 ½ c. Water

Bring all to boil in a large, deep skillet. Boil and stir, turning pasta until it is al dente approx. 9-11 min. Water will almost be evaporated. Season with salt and pepper if desired. Divide into 4 bowls. Serve with olive oil, parmesan cheese and fresh basil.

I Am Delicious Beetstachio Balls
From Guillermina Guerrero

✯ ½ c. Raw Honey
✯ 3 c. Almond Flour
✯ ½ c. Pistachios, crushed
✯ ½ c. Beets, grated
✯ 1/3 c. Water

Mill all ingredients in a bowl. Put in fridge and cool for ½ hour. Make into 1-inch balls and freeze. Enjoy!
I Am Delicious Peanut Butter Cheesecake Balls

*From Fardus Islam*

- 8 oz. Low Fat Cream Cheese
- ½ c Organic Peanut Butter
- 2 c. Dark Chocolate or Cacao Powder
- 1 tbsp. Organic Coconut Oil
- ½ c. Roasted Peanuts, chopped

Line 2 baking sheets with parchment paper or silicone mats. In a large bowl, mix together cream cheese and peanut butter until well combined and uniform in color. Use a spoon or scoop and scoop mixture onto sheet and freeze for about 1 hour or until solid. In a small bowl, combine the chocolate and coconut oil. Melt in microwave in 30 second intervals until melted, stirring after each interval until completely melted. Using a toothpick dip cheesecake balls into chocolate and lightly shake of excess chocolate. Place back on sheet and top with chopped peanuts. Freeze once again.

I Am Deserving Chocolate Chips Cookies

*From Ann Johnson*

- 1 ¼ c. Almond Flour
- 1 tbsp. Coconut Flour
- 1 ½ tsp. Baking Powder
- 1/8 tsp. Pink Himalayan Salt
- 2/3 c. Coconut Sugar
- 5 ½ tbsp. Grass Fed Butter (cold)
- ½ tbsp. Vanilla Extract
- 1 Free Range Egg
- ½ c. Enjoy Life Chocolate Chips

Combine all the ingredients and mix well. Mix in chocolate chips. Spoon onto baking sheet and Bake at 350°F for 12 min. Let cool for 25 min.
I Am Fabulous Fudge

*From Teresa Ruhl*

- ¼ c. Organic 100% Pure Dark Maple Syrup
- 1/8 c. Raw Honey
- ¼ c. Organic Coconut Butter

Put in a microwave safe bowl. Put into microwave for 15-30 seconds. The coconut butter doesn’t have to be melted. You’re just warming up the syrup and honey so you can mix all together until you have a creamy mixture.

*Then add:*

- ½ c. Clean Chocolate Protein Powder
- ¼ c. + 1 tbsp. Organic Cacao Powder

Mix until it is all thoroughly blended. It should be a pretty stiff mixture. Add ¼ c. chopped raw walnuts and stir. Line a small dish with parchment paper, or plastic wrap and press the mixture so it is about ½ inch thick. Put in refrigerator and let chill until stiff enough to cut into squares. Coat a knife with coconut oil to cut into squares. You can also use silicone chocolate molds and freeze if you want.

I Am Festive Avocado Egg Salad

*From Susan Graboski DeFazio*

- ½ Ripe Organic Avocado
- 1 tbsp. Fresh squeezed Lemon Juice
- 2 Hardboiled Eggs
- Red Bell Pepper, to taste
- Sea Salt & Black Pepper, to taste

Smash the ripe avocado with salt and lemon juice. Add two chopped eggs and some red pepper and pepper to taste. Top a slice of toasted gluten free or
Ezekiel bread with ¼ cup raw spinach, then top with egg salad and serve with a few small tomatoes.

**I Am Happy Honey Oatmeal Breakfast Muffins**

*From Sarah Neumeyer*

- 2/3 c. Milk of choice (I used coconut)
- 3 tbsp. Applesauce
- 3 tbsp. Oil (olive or coconut)
- 1 Egg
- ¼ c. Raw Honey
- 1 ½ c. Raw Oats
- 1 c. Gluten Free Flour
- ½ c. Cranberries (or raisins, but red is more festive)
- ½ c. Chopped Nuts (I used walnuts)
- 1/3 c. Coconut Sugar
- 1 tbsp. Baking Powder

Combine all ingredients, put into 12 muffin cups. Bake at 400°F for about 15 min. Enjoy.

**I Am Happy Spaghetti Squash**

*From Michelle Brown Connors*

Cut organic spaghetti squash in half lengthwise and place face down on a cookie sheet and bake for 1 hour at 350°F. When done scrape out the squash with a spoon and place in a bowl. Use about 1 cup.
✿ 1 c. prepared Organic Spaghetti Squash
✿ ¼ c. Organic Spinach
✿ ¼ c. Red Bell Peppers
✿ 2 tbsp. Ricotta Cheese

Place back in the oven for about 10 min or the cheese is melty.

Enjoy!

**I Am Healthy Banana Bread**

*From Michelle Brown Connors*

✿ ½ tsp. Coconut Oil- measure as a solid, then melt before mixing
✿ 2/3 c. Organic Pure Maple Syrup
✿ 2 Eggs
✿ 1½ c. Ripened Organic Bananas- I use 4 medium bananas- it usually comes out to about 1 ¾ c. but that is fine it makes the bread more moist
✿ 2 c. Almond Flour
✿ ¼ c. Coconut Flour
✿ 1 tsp. Ground Himalayan Sea Salt
✿ ½ tsp. Cinnamon
✿ 1 tsp. Baking Powder
✿ ¾ tsp. Baking Soda
✿ 1/3 c. Organic Unsweetened Shredded Coconut

Combine melted coconut oil and syrup. Then add eggs separately, then add bananas. Combine all dry ingredients in a separate bowl and then mix in the wet ingredients. Generously grease and flour pan(s) using coconut oil and brown rice flour.

Bake at 350°F. If using small loaf pans bake for 30 min. If using large loaf pan bake for 50-60 min.
I Am Healthy Egg, Spinach and Cheese Soufflé  
*From Ana Cabral*

* 3 Organic Eggs  
* ¼ c. Feta Cheese  
* 15 oz. can Organic Cannellini Beans  
* 8 oz. Frozen Organic Spinach, drained  
* 2 tbsp. Herb’s de Provence Spice  
* Sea Salt and Black Pepper, to taste  
* 1 tsp. Red Hot Pepper Sauce (optional)

Combine and bake at 350°F for 45-60 min till toothpick comes out clean. Yummy!

I Am Lean & Clean Turkey Chicken Burger  
*From Donna Conti*

*Makes 8 burgers.*

* 1 lb. Lean Ground Turkey  
* 1 lb. Lean Ground Chicken  
* ½ c. Feta  
* 1 c. Organic Mushrooms, chopped  
* 1 Garlic Clove, minced  
* ½ tsp. Ground Cumin  
* ¼ tsp. Cayenne  
* 1 tsp. Onion Powder or ¼ c. Onion, minced  
* Sea Salt and Black Pepper, to taste

Mix together, form into 4-inch patties. Sear both sides on medium high. Heat 3-4 min then lower the heat. Cover with foil
and cook an additional 15 minutes. Serve on a single slice of toasted Ezekiel bread, Dijon mustard, organic spinach tomato and avocado. Moist and delicious!

**I Am Merry Chicken**

*From Kasey Sphire*

- Organic Chicken Breasts, use as many as you need
- ½ tsp. Fresh Organic Rosemary
- ½ tsp. Fresh Organic Basil
- 1 tbsp. Extra-Virgin Olive oil
- 5-6 Organic Grape Tomatoes
- ¼ - ½ c. Basil Pesto (make sure the ingredients are clean like no canola oil or anything or make your own)
- 1 c. per serving Brown Rice Pasta
- Organic Tomato Sauce of your choice

In a baking pan lay out chicken breast and drizzle about a tbsp. extra-virgin olive oil then coat with basil pesto sauce, about ¼ - ½ cup. Then add rosemary and tomatoes (you can put a few slices on top). Bake at 375°F for 30-40 min. While that is cooking, boil some water and cook pasta. When it's all done, lay pasta on your plate then cover with sauce of your choice and chicken. Then garnish with fresh basil. Enjoy.

**I am Mighty Meatloaf**

*From Sarah Neumeyer*

- 1 lb. Ground Meat (I use lean free range beef. Could use ground turkey or any other meat of choice)
- ¾ c. Raw Oats
- 1 Egg
- 1 Medium Onion, chopped
1 can Organic Tomato Paste, doctored to taste. I add garlic, salt, pepper, basil, and enough water to make it ketchup consistency (sorry I didn’t measure this, I just tasted until I liked the flavor.)

Stir all above ingredients together with the tomato mixture. Add more salt and pepper if you want more seasoning. Shape into an oval on a baking pan. I used a roasting pan so any grease would drip away from the finished meatloaf. Bake at 350°F for 1 Hour.

I Am Peanut Butter Banana Pancakes
From Laurie Ware

- 2 Egg Whites
- ½ Mashed Organic Banana
- 1 tsp. Cinnamon, more if you love cinnamon
- 2 tbsp. Water
- 4 tbsp. Almond Flour
- ¼ c. Chopped Walnuts
- 1 tbsp. Organic Peanut Butter
- 1 tsp. Coconut Oil

Pour into heated skillet. Watch closely as they cook fast. Mix 1 tbsp. organic peanut butter with 1 tsp. coconut oil. Melt pour over pancakes with some pure maple syrup. Indulge!
I Am Perfect Pesto Chicken Salad

From Melanie Norwood Edwards

★ ½ c. Fresh Organic Spinach
★ ¼ c. Organic Tomato
★ 3 oz. Skinless Baked Chicken
★ ¼ c. chopped mushrooms sautéed in 1 tbsp. pesto sauce

Layer in order given. Portions may vary according to what you have on hand.

I Am Perky Pesto Chicken & I Am Sexy Sautéed Chard

From Cindy Guidry Norsworthy

★ 2 Chicken Breasts, sliced lengthwise so you have 4 thin slices
★ 1 tbsp. Extra-Virgin Olive Oil
★ 2-3 Chard Stalks
★ 1 tsp. Sherry Vinegar
★ Sea Salt & Black Pepper, to taste
★ Pesto Sauce of choice

Preheat oven to 425°F. In a large pan, warm 1 tbsp. olive oil over med-high heat until hot but not smoking. Add chicken, and cook till browned about 3-4 min, turn and cook 30 seconds longer. Transfer to sheet pan and bake for 12-15 min. When done serve over your favorite pesto.

I also cooked it with roasted vegetables which I started about 15 min before the chicken was ready so everything would be ready at the same time. Roast the chicken and vegetables on the same pan.

After cooking the chicken use the same pan and warm 1 tbsp. olive oil over med heat. Strip the leaves from the stems and coarsely chop both. Add the stems to the pan first and cook 3-5 min until they begin to soften add the leaves and
season with salt. Cook until the leaves begin to wilt 2-3 min. Remove from heat and stir in 1 tsp sherry vinegar.

I Am Pleasant Eggplant Bake
From Joell Kemp

★ 1/3 c. Almond Flour
★ ½ tbsp. each Parsley, Oregano, Black Pepper
★ 1 Egg
★ 1 tbsp. Water
★ 1 tbsp. Extra-Virgin Olive Oil
★ ½ Small Eggplant (4 thin slices ¼ in thick)
★ 1/3 c. Tomato Sauce
★ 1 tbsp. Ricotta Cheese
★ 2 tbsp. Parmesan Cheese, separated
★ ½ Organic Tomato (4 thin slices)
★ Mushroom Slices and ½ Clove Garlic optional

Preheat oven to 350°F. In plastic bag combine flour and dry seasonings. In a bowl whisk egg and water. In a separate bowl combine 1 tbsp. of each of the cheeses. Heat oil to med/high. Dip each eggplant slices into egg, then flour mixtures. Place in pan and brown about 3 min each side. In a small baking dish pour half the tomato sauce then place eggplant slices on top. Drizzle a tbsp. of tomato sauce over the tops. Spread cheese mixture on each eggplant slice. Drizzle remaining sauce. Sprinkle remaining parmesan cheese add mushrooms and garlic if desired.

Bake 30 min May serve over ½ c. pasta and 3 oz. chicken. Enjoy!!

I Am Teaching Hearty Chili
From Jess Lawton Nelson

★ 1 lb. Ground Bison
★ 2 c. Carrots, shredded
★ 1 Beet, shredded
★ 2-3 c. Organic Spinach, chopped (I used frozen)
★ 2 Cloves Garlic, chopped
★ 2 14oz can Stewed Tomatoes
★ 1 14oz can Fire Roasted Tomatoes
★ 1 14oz can Black Beans
★ 2 tsp. Turmeric
★ 2 tbsp. Chili Powder
★ 1 tsp. Black Pepper
★ 2 tsp. Pink Himalayan Salt
★ 1 c. Water (or low sodium organic beef broth)

Cook bison on low-med, add in veggies. Turn down to a simmer. Add remaining ingredients and simmer for approx. 1 hour. Enjoy!

I Am Veggie Lovers Meatloaf
From Lisa Birkedahl Kelly

★ 1 lb. Ground Turkey Breast
★ ¼ c. Organic Onion, diced
★ ¼ c. Red Bell Pepper, diced
★ ¼ c. Organic Kale or Spinach, chopped
★ 1 Clove Garlic, chopped
★ 1 Egg
★ ¼ c. BBQ or Teriyaki Sauce
★ ½ c. Pre-cooked Quinoa (use as a topping on mixture)

Mix all but quinoa and put into pan, spread quinoa on top. Bake at 325°F for 30 min.
I Am Yummy Cookie Bar
From Farah Samavati

- 3 Egg Whites
- 1½ c. Rolled Oats
- ½ c. Organic Pure Maple Syrup
- ¾ c. Walnuts
- 1 tsp. Vanilla Extract
- ½ tsp. Baking Powder
- ½ tsp. Cardamom (optional)
- ½ tsp. Nutmeg (optional)
- 1 tbsp. Rose Water (optional)

Use food processor to grind/chop the oats and walnuts as big or small as you want. Beat the eggs and add all the other ingredients together and pour into a small baking dish and garnish the top with almonds or walnuts or craisins. Bake at 325°F for 30 min. Cut into squares after it cools. You can also bake this in a pie plate and top with fresh fruit and whipped cream or ice cream.

I Am Zesty Taco Soup
From Gina McNew Dunning

- 1 lb. Grass Fed Organic Ground Beef
- 2 cans Black Beans, rinsed and drained
- 2 cans Diced Tomatoes or 3 c. Fresh Organic Tomato, diced
- 1 Organic Onion, chopped
- 1 Organic Green Bell Pepper, chopped
- 2 c Organic Corn
- 2 Cloves Garlic, minced
- 1-2 tbsp. Chili Powder
- 1 tbsp. Cumin
- ½ tbsp. Oregano
Potato Soup

- 2 tsp. Cacao Powder
- 1 tsp. Smoked Paprika
- Sea Salt, to taste
- 4 c. Beef Broth (add water if you want runnier soup)

Brown beef, add diced onion and garlic and cook until onion is transparent. Add spices and broth. Mix in black beans, corn, and tomatoes. Bring all ingredients to a boil stir then reduce to a simmer for about 30 minutes. Cover and stir occasionally (The longer it cooks the better it gets). Serve with a dollop of plain Greek yogurt and fresh cilantro. You can also use "clean" taco seasoning and save the steps of measuring all the spices. I feed 8-10 with this recipe.

I Love Bagels

From Amy Fuentes

- 1 tbsp. Coconut Flour
- ¼ c. Ground Flax Seeds/Flaxseed Meal
- ¼ c. Psyllium Husk Powder
- 1 tsp. Baking Soda
- ½ c. Almond Milk
- 1 tbsp. Apple Cider Vinegar
- 1/3 c. Coconut Butter or Regular Butter (I use regular butter) softened.
- Sesame seeds, poppy seeds, Himalayan Sea Salt, garlic powder, minced onion for top

Mix dry ingredients in a bowl or food processor. Add almond milk, vinegar, and coconut butter or regular butter. Continue to mix until form a ball. Separate dough into 5 uniform pieces and form into balls. Create hole in middle of each bagel. Sprinkle bagels with desired toppings. Bake on parchment paper at 350 degrees for 25-30 minutes. Remove from oven and let cool before serving. Enjoy.
Jerusalem Artichoke White Bean and Oyster Soup

From Augusta Hakon ‘Olafsson

✰ 200 gm Jerusalem artichokes
✰ ½ c. white beans
✰ 1 small organic onion
✰ 1 clove garlic
✰ 1 tsp. ginger
✰ 2 can coconut milk
✰ 1 tsp. coconut oil
✰ Juice from 1 Organic Lemon
✰ Sea Salt and Black Pepper
✰ 8 Fresh Oyster
✰ Chive Oil (recipe below)

Peel and chop artichoke and onion. In a small pot over med heat with coconut oil sauté onion until soft not brown. Add garlic and ginger then season then add artichoke, beans and coconut milk to a boil. Reduce heat and simmer until tender. Puree soup and thin it with water to the consistency you like then season with lemon, salt & pepper to taste. Meanwhile cook oysters on both sides. To serve ladle soup in a bowl top with 2 oysters drizzle Chive oil and garnish with herbs.

Chive Oil:

✰ ½ c. Chives, chopped
✰ ¼ c. Grapeseed Oil
Put in a blender and blend for 5-7 min.

Lemon Pancakes

From Gina McNew Dunning

Makes about six 4” pancakes

✰ 3-4 Pureed Strawberries or 2 tbsp. Applesauce
✰ Juice of One Organic Lemon
✰ ¼ c. Almond Butter
✰ 1/3 c. Almond Flour
1 scoop Clean Vanilla Protein Powder
2 Eggs
1 tsp. Coconut Oil (for pan)

Puree strawberries (or just add apple sauce to mixer if using that) and add all ingredients and blend until smooth. Heat frying pan on medium heat and add coconut oil. Pour pancake mixture into pan. Cook for about 1 minute per side. Serve hot and top with your choice of pure maple syrup, raw honey, crunchy almond butter, nuts, or fruit.

Lunch Salad
From Sheri Caitlin Ward
1 c. Lettuce, chopped
½ tsp. Hemp seeds
1 Celery Stalk, chopped
1 Chicken Breast, shredded
1 tbsp. Nuts
½ tbsp. Feta Cheese
1 tsp. Extra-Virgin Olive Oil

Mix and enjoy!

Mac & Cheese
From Holly Kerl
16 oz. tub WayFare Cheddar
1 box Spelt of Gluten Free Elbows
¼ c. Gluten Free Panko Bread Crumbs
1 c. Broccoli, steamed and chopped
2 tbsp. Grated Parmesan

Prepare noodles as stated on package. Drain and add in steamed chopped broccoli and WayFare Cheddar. Mix well. Place in greased baking dish, and sprinkle with Panko
and Parmesan. Bake at 350°F for 20 min until bubbly and golden on top.

Make Ahead Breakfast Cookies

From Lesley Sanders Rosas

- 3 Smashed Organic Bananas
- ¼ c. Organic Peanut Butter
- 1/3 c. Unsweetened Organic Applesauce
- 1 Organic Egg
- ¼ c. Almond Milk
- ¼ c. Maca
- ¼ c. Raw Unsweetened Coconut Flakes
- ¼ c. Organic Rolled Oats
- 1 tsp. Cinnamon
- 1 tsp. Vanilla Extract
- ½ c. Raw Chopped Walnuts
- ½ c. Cacao Nibs
- ¼ c. Organic Raisins

Mix first 10 ingredients together. Once mixed all and mix in the last 3 ingredients. Line your cookie sheet with parchment and bake at 350°F for 12-15 min. Allow to cool on paper before removing. Can be sealed and frozen to keep fresh for quick and easy on the go snack or breakfast.

Mediterranean Stuffed Eggplant

From Cherie Lambiase

- 1 lb. Lean Ground Chicken/Turkey/Beef
  * Vegetarian option would add 1 c. chickpeas instead of meat and omit the tomato paste
- 1 Organic Onion, chopped
- ¼ tsp. Sea Salt
- ¼ tsp. Black Pepper
First cut eggplant in half and roast until brown cooked through about 30-40min at 375°F. Meanwhile spray non-stick frying pan with coconut oil and add chopped onion, add meat and cook through. Add tomato paste and mix until meat has a nice color. Add dill, oregano, tomatoes, and wine. When eggplant is done roasting scoop out inside of eggplant and add to the meat folding it in. Salt and pepper to taste. Then scoop filling back into eggplant and top with fresh oregano and enjoy.

**Monster Cookies**

*From Laura Branstetter*

*Makes several dozen*

- 1 c. Coconut Oil, melted
- ¾ lb. Coconut Sugar
- 1 tbsp. Vanilla Extract
- 1½ c. Natural Peanut Butter
- 1 tbsp. Raw Honey
- 2 tsp. Baking Soda
- 6 Eggs
- 9 c. Old Fashioned Oatmeal
- ½ lb. Cacao Nibs
Mix all together and bake at 350°F for about 10 min until light brown. Freezes well.

**Moroccan Sweet Potato and Lentils soup**

*From Carolyn Rathje*

- 3 tbsp. Extra-Virgin Olive Oil
- 1 ½ Organic Yellow Onion, chopped
- 1 Large Carrot, diced (½ c)
- 3 Cloves Garlic, minced
- 2 tsp. Ginger, peeled and minced
- 2 tsp. Cumin
- 1 tsp. each Coriander, Turmeric, Paprika, Ground Cinnamon
- 6 c Low Sodium Veggie Broth, more if desired
- 1 (14.5oz) can Petite Diced Tomatoes
- 1 Large (16 oz.) Sweet Potato, peeled and diced into ½ inch cubes (3 cups)
- 1 c Brown Lentils, picked over and rinsed
- Sea Salt to taste
- ½ c. Fresh Chopped Cilantro

Heat 2 tbsp. olive oil in large pot over med-high heat, add onion and carrot and sauté 4 min. Add garlic and ginger, sauté 1 min. Add remaining 1 tbsp. oil and dry ingredients, sauté 1 min. Stir in broth, tomatoes, sweet potatoes and lentils. Season with salt to taste. Bring to boil then reduce heat to med-low, cover and allow to simmer, stirring occasionally until sweet potatoes are soft and lentils are tender, about 25-30 min. Thin w/ up to 1 more cup of broth if desired. Stir in ½ cup cilantro the serve w/ remaining cilantro. Enjoy!
Mushroom Green Bean Pasta

*From Sue Ashworth*

- ½ c. Cooked Pasta - I used rice rotini
- 1 c. Organic Portobello Mushrooms, chopped
- 2 Cloves Garlic
- 1 c. Fresh Organic String Beans
- 1 tsp. Lemon Zest
- 1 tbsp. Extra-Virgin Olive oil
- 1 tbsp. Coconut Oil
- Sea Salt and Black Pepper, to taste
- Parmesan Cheese approx. 1 tbsp.

Cook the pasta and drain. Sauté the mushrooms, garlic and onion in olive oil. When the mushroom mixture is soft, add the string beans and coconut oil. Sprinkle with salt and pepper. Brown the beans slightly then cover pan with a lid to steam beans, steam until soft/crisp. Spoon the pasta into a pasta bowl, and sprinkle with parmesan. Toss to coat. Add string bean and mushroom mixture sprinkle with lemon zest

New Improved Chocolate Chip Cookies

*From Wendy Page*

- 2/3 c. Coconut Oil
- 1 tbsp. Grapeseed Oil
- ½ c. Coconut Sugar
- ¼ c. Stevia Powder
- 1 tsp. Vanilla Extract
- ¼ c. Water
- 2 ¼ c. Tapioca Flour
- ½ c. Almond Flour
- 1 tsp. Sea Salt
- 1½ tsp. Baking Soda
★ 1 tsp. Baking Powder
★ 1 Egg
★ 1 10-oz. bag Enjoy Life Chocolate Chips

Combine all ingredients. Bake at 375°F for 9 min.

**Orange Cranberry Bundt Cake**
*From Sandra Brown*

★ 2 ½ c. Almond Flour/Meal
★ ½ c. Coconut Palm Sugar
★ 1 tsp. Baking Powder
★ ½ tsp. Baking Soda
★ ½ tsp. Sea Salt
★ ¼ tsp. Cinnamon
★ 1 tsp. Orange Zest
★ 1/3 c. Organic Orange Juice
★ ¼ c. Vanilla Greek Yogurt
★ ½ c. Coconut Oil, melted
★ 1 tsp. Vanilla Extract
★ 2 Eggs or 4 Egg Whites
★ 1 c. Fresh or Thawed Frozen Organic Cranberries

Mix together with electric beaters then fold in cranberries. Batter will be quite thick. Pour into bundt pan. Bake at 350°F for 30 min or until toothpick comes out clean.

**Glaze for cake**
★ 1 tbsp. Coconut Oil
★ 3-4 tbsp. Pure Maple Syrup
★ 3-4 squares Dark Chocolate (at least 75%)

Melt in microwave then mix to form glaze and drizzle over cake.
Orange Tarragon Vinaigrette
From Tammy Hager

- 2 tbsp. Cider Vinegar
- Juice From ½ An Organic Orange
- 1 tsp. Fresh Tarragon
- 1 tsp. Raw Honey
- ¼ c. Coconut or Extra-Virgin Olive Oil
- Sea Salt & Black Pepper, to taste

Mix all together. Leave on counter or honey will harden. Let it sit for a day or so to get a good mix.

Peanut Butter Cacao Oatmeal
From Joell Kemp

- ½ c. Water
- ¼ c. Raw Oatmeal
- 1 tbsp. Natural Peanut Butter
- ½ tsp. Cacao Nibs
- ¼ c. Organic Banana or fruit of choice
- 1 tbsp. Raw Honey or Pure Maple Syrup

Cook water, oats, and peanut butter. Remove from heat sprinkle in cacao nibs. Top with banana. Drizzle with honey or maple syrup.
Peppermint Cranberry Almond Muffins

From Rhonda Lynne

- 2 ¼ c. Almond Flour
- ¼ c. Coconut Flour
- ½ tsp. Baking Soda
- ½ tsp. Pink Himalayan Pink Salt
- ½ tsp. Nutmeg
- 2 Eggs
- 1/3 c. Coconut Oil
- 1/3 c. Raw Honey
- 1 tbsp. Vanilla Extract
- 1 tsp. Peppermint Extract
- 1 c. Fresh Organic Cranberries
- ¼ c. Sliced Almonds

Preheat oven to 350°F. Combine the dry ingredients in a large bowl and set aside. In a microwave-safe bowl heat the coconut oil and honey until melted. Add the eggs, vanilla, and peppermint extract. Pour the wet ingredients into the dry mixture and stir until combined. Mix in the fresh cranberries.

Sprinkle slice almonds on top. Line muffin pan with 12 baking cups and scoop mixture in. Bake at 350°F for 15-20 min or until lightly browned on top. While they are in the oven take 2 squares of dark chocolate 70% cacao and a pinch of coconut oil and melt using double boiler method. Hence a chocolate ganache.

Drizzle over muffins or just make a swish on the plate for appearance.
Pizza
* From Julie Lowe Tremblay

- Cauliflower Pizza Crust (recipe page 6)
- Pick your favorite toppings:
  - Chicken, Artichoke, Fresh Tomatoes, Turkey Bacon, Mushrooms, Black Olives, Mozzarella & Parmesan Cheese.
- Pick your favorite sauce.

After placing the sauce and toppings on the prepared crust, bake in the oven at 350°F for approximately 10-15 minutes, checking for doneness as you go.

Pumpkin Crunch Cake
* From Lori Coffman

- 1 c. Pumpkin Puree
- 1/3 c. Almond Milk
- 2 Eggs
- ¼ c. Coconut Sugar
- 1 tsp. Pure Vanilla Extract
- 2 tsp. Pumpkin Pie Spice
- ½ tsp. Sea Salt

Mix together and pour into 8x8 baking dish sprayed with coconut oil spray.

Mix together 1 ¼ c. almond flour, with ¼ c. pure maple syrup until crumbly. Sprinkle on top. Top with ½ c. chopped pecans. Bake at 350°F for 30 min.
**Pumpkin Spiced Almonds**  
*From Diane Read*

- 1 c. Raw Almonds
- ½ tsp. Cinnamon
- 1 ½ tsp. Pumpkin Pie Spice
- ¼ tsp. Sea Salt
- 2 tbsp. Pure Maple Syrup
- ½ tsp. Pure Vanilla Extract

Preheat oven to 325°F. While the oven is preheating pour the almonds into a large bowl. Add cinnamon, pumpkin spice and salt. Toss to coat. Drizzle the maple syrup and vanilla on the almonds. Stir until all the almonds are evenly coated. Spray a foil lined pan with cooking spray and spread the almonds in a single layer. Cook for 15-20 min stirring once until the almonds are toasted. Let cool completely and store in an airtight container.

**Pumpkin Yogurt**  
*From Heather FitzGerald*

- 1/3 c. Plain Yogurt
- 3 tbsp. Pumpkin Puree
- ½ tsp. Cinnamon
- ½ tsp. Nutmeg
- ¼ tsp. Ground Cloves

Top with some crushed pecans and cinnamon. Delicious
Raspberry Thumbprint Cookies

From Daniela Brown

- 1 c. Almond Flour
- ¾ tsp. Cornstarch
- ¾ tsp. Baking Powder
- ¼ tsp. Sea Salt
- 2 tsp. Coconut Oil, melted and slightly cooled
- 1 Large Egg
- 2 tsp. Vanilla Extract
- ½ c. Coconut Sugar
- ¼ c. Raspberry Jam (I used homemade, recipe below)

Wisk together the first 4 ingredients in a separate bowl. Wisk together next 4 ingredients in a separate bowl. Stir in flour mixture till well blended. Refrigerate for 1 hour. Make 24 small balls, and place on parchment paper lined sheet. With thumb or finger gently press center to make a well. Fill each with jam.

Bake at 375°F for 8-10 min. cool completely and top with cream cheese mixture or leave plain.

Cream Cheese Mixture

- 4 oz. Cream Cheese
- 4 oz. Plain Greek Yogurt
- ¼ c. Pure Maple Syrup
- ½ tsp. Vanilla Extract

Blend until smooth.

Homemade Jam

- 1 c. Fresh or Frozen Organic Raspberries
- 1 tbsp. Chia Seeds
- 20 drops Stevia

Place raspberries in a food processor, then transfer to a small pot and stir in 1 tbsp. chia seeds, and about 20 drops of stevia. Cook 4-5 min over medium-low heat. Transfer to a jar and let cool.
Rosemary Sea Salt Walnuts

From Jodi Allman

- 2 tbsp. Grass Fed Butter
- 2 tbsp. Finely Chopped Rosemary
- 1 tsp. Smoked Black Pepper
- ¾ tsp. Sea Salt
- 2 c. Walnuts

Preheat oven to 300°F. Melt butter in a small saucepan; stir in rosemary, pepper and salt. Add walnuts and stir well with a rubber scraper until mixture evenly coats walnuts. Transfer to a baking sheet and cook for 30 min, stirring every 10 min. Let cool completely before storing in an airtight container.

Salted Caramel Slice

From Krista Fromme

- 125g crispbread crackers (Orgran brand- gluten free and vegan)

Caramel sauce:

- 2 c. Coconut Sugar
- ½ c. Water
- ¼ c. Coconut Oil
- Ground Sea Salt, to taste

Bring sugar and water to a boil stirring constantly. Add coconut oil and salt bring back to a boil over med heat and stir till thickened. (10ish min)

Chocolate Topping:

- ½ c. Coconut Oil
- 1 c. Cacao Powder
- 1 tsp. Vanilla Extract
Directions

Line a sheet pan with foil then with parchment paper, and spray with coconut oil spray. Lay crackers out evenly in a pan and set aside. Pour caramel sauce over crackers spread out evenly. Top with chocolate mixture. Grind salt over top and refrigerate for 1-2 hours till Caramel is set. Remove from pan using the foil to lift. Cut into desired sized squares. Enjoy!

Seed and Nut Bread

From Amy Fuentes

- 1½ c. Almond Flour/Meal
- 6 tbsp. Sunflower Seeds
- 6 tbsp. Pumpkin Seeds
- 4 tbsp. Chia Seeds
- 3 tbsp. Flaxseeds
- 1/3 c. Almonds
- 2 tbsp. Coconut Flour
- 1 tsp. Baking Soda
- 3 Eggs
- ¾ c. Almond Milk
- 1/3 c. Extra-Virgin Olive Oil
- 1 tbsp. Raw Honey
- 1 tbsp. Apple Cider Vinegar

Preheat oven to 350°F. Mix pumpkin, sunflower, flax and chia seeds in a bowl. Set aside 3 tbsp. Place almonds in food processor and pulse a few times. Add remaining seeds and pulse until coarsely ground. Add almond meal, coconut flour and baking soda and pulse until combined. Add eggs, almond mild olive oil, honey, and vinegar and process until well combined. Allow batter to rest for about 5 min. Line a 8x4 loaf pan with parchment paper. Pour mixture into pan and smooth it out with spatula, then sprinkle with reserved seeds. Bake 45-50 min or until golden brown and a knife comes out clean. Remove from oven and let cool completely. Remove from pan. Wrap cooled bread in foil or plastic wrap and store in fridge for up to 5 days.
Shrimp with Veggies and Quinoa

From Baudelia Reyes

- 15 Jumbo Shrimp
- 3 Cloves Garlic, minced
- ½ Organic Lemon, juiced
- 1/8 tsp. each: Dill, Garlic, Onion Powder, Cayenne, Parsley, Sea Salt
- 2 Organic Green Zucchini
- 1 Organic Yellow Onion
- 1 Organic Red Bell Pepper
- 7 Organic Baby Carrots, diced
- 1 c. Cooked Quinoa

Cut up in slices or dice. Cook in a separate skillet add same spices as above to your liking. Cook till veggies are done. Don’t overcook. Note: add to shrimp to soak up the garlic shrimp sauce that was released once shrimp is cooked. Add coconut oil to heated pan. Sauté shrimp, cook until pink 7-10 min don’t overcook. Once shrimp is cooked it will release some juice. You add quinoa then your veggies. You can use whatever veggies you have on hand.

Smilie Girl Coffee/Nib Delights

From Lesley Sanders Rosas

In a small mixing bowl blend:

- ¼ c. Organic Cacao powder
- ¼ c. Fresh Ground Organic Coffee Beans
- ¼ c. Organic Cacao Nibs
- ½ tsp. Vanilla Extract
- ½ tsp. Himalayan Sea Salt
- ¼ c. Organic Coconut Meat
- ¼ c. Organic Coconut Flakes Chopped Fine
- ¼ c. Raw Honey
Note: Soften coconut meat by placing in container of warm water. Stir before measuring to mix the oil into the meat.

Line a small rectangular Tupperware with saran wrap. Dust lightly with cacao powder, and fill with mixture. Refrigerate for 15 min. Slice and enjoy.

**Spaghetti Squash Meatball Marinara Cups**

*From Maria S. Mulero*

- 1 Organic Spaghetti Squash (bake at 325°F for about 1½ hours)
- 1 Egg
- 2 tbsp. Cilantro
- 1 Clove Garlic, minced
- ½ tsp. Sea Salt
- ½ tsp. Black Pepper
- ¼ c. Cheddar Cheese (I had gouda in my fridge so that’s what I used)

**Instructions**

Preheat oven to 400°F. Spray muffin tin with oil. Pat dry spaghetti squash thoroughly with paper towels to get as much liquid out before baking cups. Place spaghetti squash in a bowl. Add egg, cilantro, minced garlic, salt, pepper, and cheese. Mix well. Scoop ¼ cup into each cavity and press to cover cup. Bake for about 20 min or until the edges are crisp and golden. Place one of Danette May’s Turkey Meatballs in each cavity. Spread marinara sauce over meatball and sprinkle with shredded mozzarella cheese. Bake until cheese is melted. Top with fresh basil.

**Turkey Meatballs**

- 1 lb. Lean Ground Turkey Burger
- 1 Large Organic Carrot, grated
½ c. Shredded Veggies of choice (today I am using what I have in my fridge so I am using green beans and kale). You can use shredded zucchini, or anything you want shredded up.

- 1 Egg
- 1/3 c. Almond Meal
- 1 tbsp. Parsley (dried or fresh minced)

Mix all ingredients in a bowl and roll in to golf size balls. Place them in a glass rectangular dish, covered with tin foil and bake for 40-45 min. at 375°F. Enjoy these amazing, filling and completely clean meat balls with your family today!

**Spicy Sunrise**
*From Crystal Pecina*

- 1 Organic Navel Orange
- 1 Organic Lime
- 1/2 tsp. Chili Powder
- Himalayan Pink Sea Salt, to taste
- 1 Shot Tequila

Get you a fancy cup. Put some ice in it. Juice the orange and lime then add the shot of tequila. Mix it all together. You can either take the chili powder and salt and add it right in or take the chili powder and salt mix it together and rim your glass.

**Sugar Cookies**
*From Tammie Hatch*

- 1 ¼ c. Coconut Flour
- ½ c. Canned Coconut Milk
- 1 Organic Banana
- 2/3 c. Coconut Sugar (I blitz mine in a food processor)
- 2 Eggs
- 1 tsp. Vanilla Extract
★ 1 tsp. Orange Zest (optional)
★ ½ tsp. Cream of Tartar (optional)
★ 1 tsp. Baking Soda

Mix wet ingredients then add flour. Bake at 350°F for 9-11 Min

**Frosting**

★ ¼ c. Low Fat Cream Cheese
★ ¼ c. Plain Yogurt
★ 4 tbsp. Coconut Sugar or 1 dropper Liquid Vanilla Stevia

If you choose to make cut out cookies, sandwich between parchment paper, then use rolling pin. Freeze or refrigerate until dough is a little firm, it’s a soft dough. Enjoy!

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**Superfood Peppermint Patties**  
*From Kathy Beaumont*

**Filling:**

★ ½ c. Coconut Oil, melted
★ ⅛ c. Pure Maple Syrup
★ ½ -1 tsp. Peppermint Extract

Combine using an immersion blender. Refrigerate until firm.

**Chocolate layer:**

★ 1 c. Coconut Oil
★ ½ c. Cacao Powder
★ 2 tsp. Vanilla Extract
★ 2 tsp. Cardamom
★ 2 tsp. Turmeric
★ 2 tsp. Cinnamon
★ 4 tbsp. Raw Honey
2 tsp. Maca
Heat while whisking together. Place 1 tsp. of chocolate in mini muffin tin cups. Freeze until firm, 30 min. Then add 1 tsp. of peppermint filling to each cup and cover with chocolate. Freeze for 30 min. This made 24 small candies.

Thai Curry Kale Butternut Squash Soup
From Kensie Wolcott

2 tbsp. Coconut or Extra-Virgin Olive Oil
3 Chicken Breast, cubed
2 lbs. Organic Butternut Squash, cubed
½ Organic Yellow Onion, diced
4 Cloves Garlic, roughly chopped
2 tsp. Coriander
1 tsp. Cumin
1 tsp. Turmeric
2-3 tsp. Red Curry Paste
Dash of Sea Salt, to taste
Red Pepper Flakes, to taste
4 c. Chicken or Vegetable Broth
½ c. Coconut Milk
½ c. Large Unsweetened Coconut Flakes
1 c. Organic Kale, chopped

1. In a stock pot heat 1 tbsp. oil until its hot. Add chicken cook until its brown and cooked through. Remove and place aside
2. Add second tablespoon of oil. When oil is hot, add butternut squash, onions, and spices. Cook for 10 min in oil until onions are translucent. Add stock and bring to boil. Reduce heat and simmer for 20 min or until squash is soft.
3. While soup is simmering add coconut to a hot skillet and toast till a golden brown and the edges. Remove from pan.
4. Place kale in hot skillet and cook till just wilting. Remove and place to the side.
5. Once squash I soft remove from heat and allow to cool a little before moving in batches to the blender blend each batch till smooth.
6. Once all the soup is blended and back to the stock pot and add chicken until chicken is warmed through. Add kale to the top
7. Ladle into bowls and drizzle top with coconut milk. Finally add toasted coconut and enjoy

Thin Mint Smoothie
From Michelle Ware

★ 12 oz. Coconut Milk
★ 1 tbsp. Coconut Oil
★ ¼ tsp. Vanilla Extract
★ 1 tsp. Raw Honey
★ ½ tsp. Peppermint Extract
★ 3 tbsp. Cacao Powder
★ 1 scoop Clean Vanilla Protein Powder

Add some ice and blend. Enjoy!

V-Nog
From Krista Fromme

★ ½ c. Cashews, soaked in hot water for at least 45 min (drain before using)
★ In a blender mix:
★ Cashews
★ 4 c. Almond Milk
★ 2 tbsp. – ¼ c. Real Pure Maple Syrup (¼ cup if you like it sweeter)
★ 1/8 tsp. Cardamom
★ ¼ tsp. Fresh Grated Nutmeg
★ ½ tsp. Cinnamon
Blend together till smooth. Pour into a jug or jar and chill for at least an hour. Give it a shake before pouring. If it is too thick add a bit more almond milk. Adjust spices to your liking. Enjoy!

Waldorf Slaw
From Jennifer Plachinski

★ 1 bag Broccoli Slaw Mix
★ 2 Organic Apples, diced
★ ½ c. Walnuts, chopped
★ 1/3 c. Dried Cranberries

Add all the ingredients to a large bowl

Dressing:

★ 1/3 c. Plain Greek Yogurt
★ 1/3 c. Plain Kefir
★ Up to ¼ c. Water (based on desired consistency)
★ 1 tbsp. Poppy Seeds
★ 1 tbsp. Raw Honey
★ 1 tsp. Apple Cider
★ 1 tsp. Dijon Mustard
★ ½ tsp. Onion Powder
★ Sea Salt and Black Pepper, to taste.

Combine all dressing ingredients and pour over slaw, mix up and enjoy!

Zucchini Squash Quiche
From Farah Samavati

★ 1 Organic Zucchini
★ 1 Organic Squash
★ 1 Organic Carrot
★ 1 Small Onion, chopped into small pieces
★ 3 Large Eggs
3 tbsp. Chopped Cilantro or Dried Parsley flakes
½ tsp. Sea Salt
¼ tsp. Black Pepper
¼ tsp. Turmeric
½ tsp. Saffron (optional)

1. Sauté chopped onion in teaspoon of coconut oil and leave it to the side.
2. Shred zucchini, squash, and carrots in a blender. Squeeze all the water off by hand and put into a large bowl.
3. Add eggs and all other ingredients and mix together.
4. In a large skillet heat coconut oil over medium heat. Add the mixture and cover the skillet.
5. Cook for 8-10 min or until one side is cooked, then cut and flip and let the other side cook uncovered this time for about 5-8 min. watch for the variation of the temperatures.