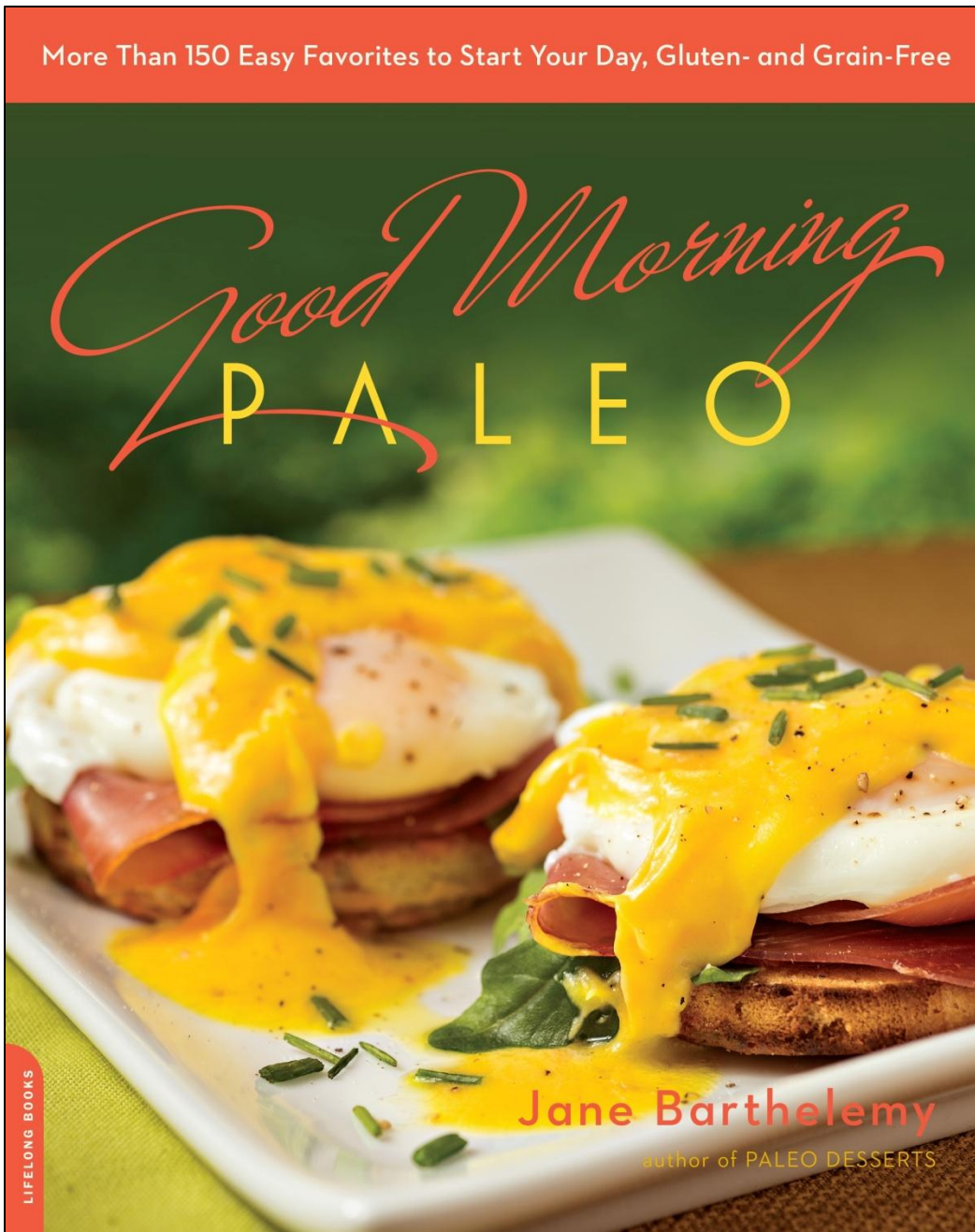


Book Preview



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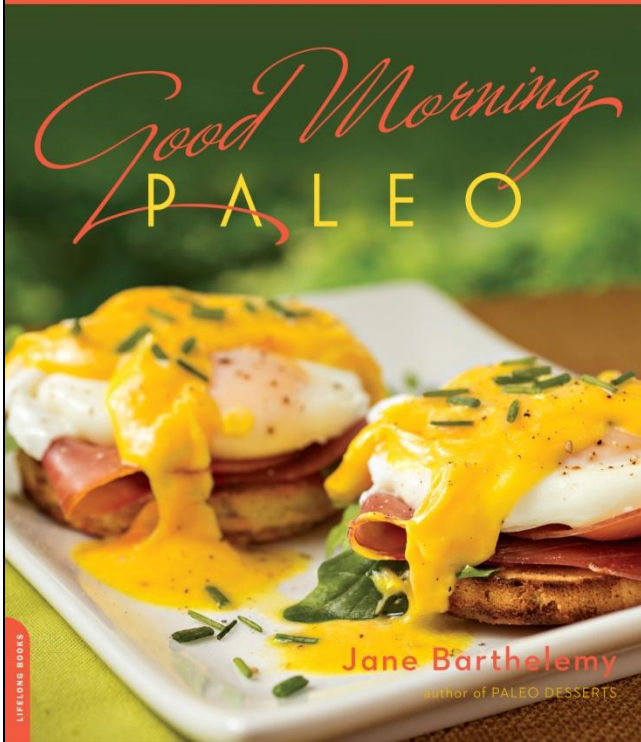
Good Morning Paleo

More than 150 Easy Favorites to Start your Day, Gluten and Grain-Free

By Jane Barthelemy, MBA, CBP, CRM, Author of *Paleo Desserts*

Published by DaCapo Press

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author of [Paleo Desserts](#)

A good breakfast has long been touted as the secret to a great day. But if you're on the Paleo diet, traditional favorites like English muffins, yogurt, oatmeal, toast with jam, pancakes, waffles, and blueberry muffins, are off the menu. Now, Jane Barthelemy, author of [Paleo Desserts](#), has whipped up 165 healthy, luscious, low-carb replacements free of gluten, grain, dairy, and refined sugar. Created to give you greater energy without hunger pangs, feelings of deprivation, or a crash later in the day, these recipes are nutrient-dense, free of the sugar and chemicals that trigger cravings & weight gain.

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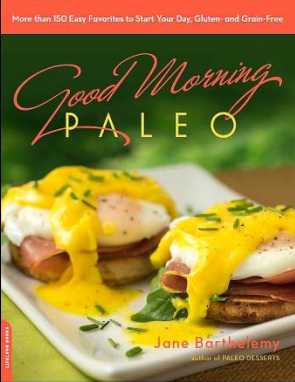
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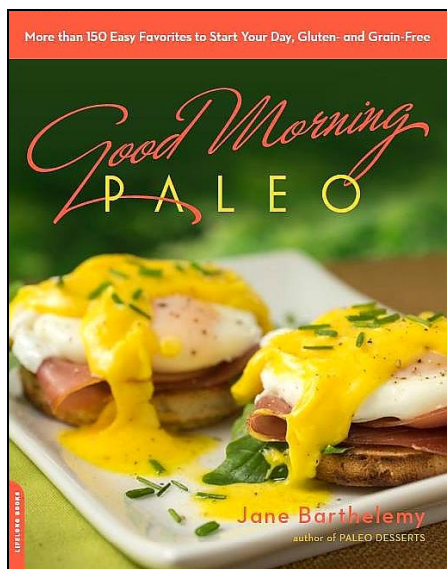
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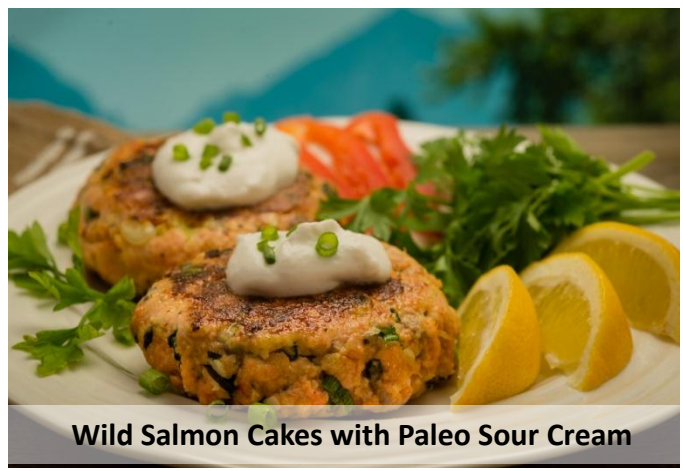


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Wild Salmon Leek Mini Quiches



Wild Salmon Cakes with Paleo Sour Cream



Apple Spice Muffins-Egg-free with Cappuccino



Italian Eggs with "Parmesan Cheese Sauce"



Bacon Cauliflower Hash, Homemade Ketchup



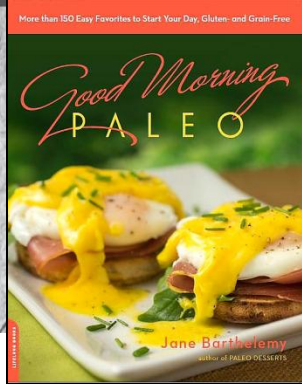
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INTRODUCTION

EAT BREAKFAST LIKE YOUR LIFE DEPENDS ON IT

“It’s a finger snapping kind of day.”
—Coco J. Ginger

Morning is the best time of day. Not that I’m a morning person—I’m definitely not. I’m a night owl. I love the morning because it holds the seeds of the day, and the possibilities are too immense to imagine. Whatever you can envision into being in the morning is what the day can become. By mid-morning the day has taken on a character. And by the late night, as I try to squeeze out every last drop of experience, the day gets brittle, old, and tired. But in the early morning, anything can happen.

That’s what it was like growing up with my family. My father was a wild, inspired chef, among other things, with an immense passion for food, and yes, I’m grateful to have inherited that. He woke us up with unforgettable breakfasts and an excitement so palpable, so generous. We ate his freshly gathered wild mushrooms sautéed in butter on toast. And enormous pancakes that filled a 2-foot cast-iron pan

suspended on chains over a fire in the backyard. So it was only natural for me to write this book—out of a lifelong passion for food and for the simple delight of sharing it with others.

As a child I was very robust and healthy. However, as an adult I began to be challenged with chronic fatigue, adrenal failure, allergies, and digestive problems. At one point when I was very weak and ill, I noticed there was an immediate and direct connection between what I ate for breakfast and how my day went. Of course all the meals are important, but I observed a clear response to breakfast in my body. It would accept the food with a warm feeling of happiness. Or it would shut down—a lot or a little. Call it a food reaction or an intolerance, perhaps triggered in part by an emotion. Who knows, my system would go into a tailspin—brain fog, dizziness, exhaustion, constipation, bloating, food

cravings, muscle aches, moodiness, and confusion. I muddled through the day as best as I could. The only real solution was to rest and start over the next day. In time I was able to identify clearly the foods that my body accepted—fresh vegetables, tart fruits, unprocessed meats, nuts, eggs, and unrefined oils. The foods causing my body to shut down were always the same: refined carbs, grains, gluten, processed foods, milk, cheese, vegetable oils. Oh, and sugars of all kinds—even fruit sugars.

A NEW CONCEPT IN BREAKFAST

A good breakfast sets the tone for your whole day. After ten years on a diet free of grains, dairy, and sugar, my food reactions are gone. There's no morning brain fog, confusion, or any of the old discomforts. Now that I enjoy stable energy levels through the day and better health than I've had in decades, I have become a passionate Paleo enthusiast. After all, it makes sense to eat the foods we are genetically adapted to eat. That means eating only real food. Some people might call it a limited diet. What? No bagels and cream cheese? No milk, orange juice, croissants, or Cheerios? But as you'll see on these pages, when one thinks outside the box a little bit, there is no deprivation on this diet. On the contrary—every meal is pure pleasure. My senses are clearer, my life is more enjoyable, and I accomplish more with less effort.

Our health is where the rubber meets the road. We can make the choice to listen to our bodies and harmonize with the laws of Nature. Or we can fight and suffer the consequences. Those are the two choices. This book is about using new ingredients and techniques to help you rediscover comfort foods that you thought you'd have to give up forever. So you can enjoy the pleasure of

familiar flavors and textures without short-changing or undermining your health or longevity. After all, food is energy. And that energy comes from the sun. So you could say, food is concentrated sunlight. And the best foods are the highest in energetic content, the most nutrient-dense.

LICK THE SUGAR HABIT, STARTING WITH BREAKFAST

We Americans love sweets. Millions of us start the day with a donut and a cup of coffee, or perhaps a bowl of processed cereal, milk, and a banana. In many ways, we've become resigned and powerless, accepting without question an array of industrialized grains, sugar, sweets, and refined foods that are taking a huge toll on our health. After decades of daily ups and downs in blood sugar and stress levels, our bodies become established in a numbing cycle of sugar-based metabolism—call it an addiction—that eventually comes home to roost in some kind of health crisis. We lose our connection to Nature and the ability to “feel” the wisdom of our own bodies. Our current epidemic of obesity, diabetes, gluten intolerance, metabolic disorder, and a host of other maladies is linked to poor nutrition. I believe that these diseases can be prevented or healed in great part by eating a simple breakfast of real food.

The innovative recipes in this book can be a roadmap to a kind of metamorphosis in your life—a total change from eating processed food to eating real, original food. With these recipes you can begin to free your body of its irrational sweet cravings, and the dangerous blood sugar spikes that deplete energy and leave you wanting even more. Best of all, you can enjoy traditional breakfast favorites again, feeling deeply satisfied and nourished on every level.



WHY PALEO?

The Paleo diet, named for the Paleolithic period, mimics the hunt-and-gather food of our ancestors. Clearly they ate whatever they could catch, pluck, or dig up in the wild. During that stretch of 2.5 million years as humanity developed, our ancestors ate a diet that was fresh and alive. Fast food, industrial chemicals, processed carbs, sugars, preservatives, junk food, and even agriculture were unknown on the planet.

The Paleo lifestyle is simple and healthy. It says YES to vegetables, meat, fish, poultry, nuts, seeds, tart fruits, and unprocessed fats. It says NO to refined foods, grains, dairy, beans, extracted seed oils, and sugars. The ease of the Paleo diet is refreshing. There's no calorie counting or portion control (this part is particularly appealing). No packaged meals or special drinks. Nope, it's just a list of what to eat and what to skip. Yet the rationale behind the ancestral diet goes much deeper than physical beauty or losing weight. It's all about respecting yourself and your body, understanding your relationship to the Earth, and achieving your true human potential. Perhaps the growing appeal of Paleo is that it recalls our true primordial power and our desire to embody wholeness in a faceless industrial world.

There are many ways to interpret the Paleo diet. Obviously our ancestors ate according to the climate they lived in. Some see Paleo as a meat diet; some view it as low in carbs. Does it include eggs or fermented dairy? How about pseudo-grains like quinoa and buckwheat? These are the details, the fine print—and they're completely up to you. You can choose to emphasize meat, or you can be a Paleo-vegan. You get to decide how to interpret the ancestral diet and where you draw the line. We are all unique, and the

flexible Paleo template can be molded to serve many individual needs. Since there's no counting, weighing, or portion control, the success of Paleo depends entirely on how you interpret it. This puts each of us squarely in control of our food and health.

The Paleo diet is inspired by a time when mankind ate real food. Calories don't nourish the body. Real food does. After all, food is energy, and that energy comes from the sun. Sunlight combines with nourishment from the Earth in the food we eat. We need both energy and nutrition. So a calorie as a measure of energy offers little or nothing to the body unless it is also fertile and rich in Earth nutrients from healthy soil. This is the beauty of our ecosystem in a few words. That's why 200 calories of soda will have a different effect in the body than 200 calories of freshly picked green vegetables. When it comes to our bodies and our health, there are no shortcuts to being in balance with Nature.

The Paleo diet is a gift for millions of people with special requirements, including those intolerant to gluten and dairy, as well as diabetics and people with candida. These Paleo breakfasts can help balance the metabolism, as there's no sugar rush and subsequent energy drop later in the day. Empty calories don't exist in the Paleo world. It is a nutrient-dense diet free of the sugar and chemicals that trigger cravings and weight gain. Most people report that they lose weight on the Paleo diet and enjoy higher energy without hunger pangs or feelings of deprivation. The lifestyle also emphasizes fitness and getting plenty of sleep.

Eating healthy isn't a fad. In the final analysis, healthy eating means listening to your body and being truly sensitive to what



it needs. If you've experienced health challenges, this book can be a guide to help you start anew each day. If you enjoy good health, these recipes can help you stay young and vital at any age. Every recipe is original, tested meticulously in my kitchen (sometimes up to twenty times) for flavor, texture, and body-feel.

WHAT'S A GOOD BREAKFAST?

Let's stop and think for a moment. What would you say makes a good breakfast? Well, here are my ideal requirements for breakfast:

- Tastes great
- Nutrient dense
- High in protein, moderate to low in carbs, low in sugars
- Easy to prepare
- Uses unprocessed hunt-and-gather foods
- Free of gluten, grains, dairy, sugar, beans, preservatives, industrial foods, toxins
- Compatible with your body and your diet

Surprisingly, these simple requirements eliminate most of the breakfasts we've come to accept, like corn flakes, bagels, milk, yogurt, oatmeal, and pancakes. Is it an impossible challenge? Not at all, and this book will show you how to do it step by step.

KNOW YOUR CARBS

There's a heightened awareness of carbs and sweeteners now, as processed foods are causing epidemic health challenges. Many doctors advise that a diet high in sugar and refined carbohydrates is directly linked to slower metabolism and weight gain. But how can we enjoy healthy breads, muffins, and pancakes without the "side effects," i.e., love handles that come along with them? Aha! I'll tell you the secret. To make low-carb, low-sugar breakfasts, you must use the lowest-carb flours and sweeteners. It's that simple. We're looking for ingredients that will stop the sugar cycle in its tracks.

A recent study by the American Journal of Clinical Nutrition found that foods that spike blood sugar are biologically addictive. They noticed that sugar and refined carbs cause a brain chemistry response that is a true biological addiction, lighting up the same areas of the brain as cocaine. How many of us are addicted? To find out for yourself, try eating a balanced diet that's completely free of all sugars and grains for a few days or a week. If you feel cravings, mood swings, irritability, or worse, you'll have your answer.

The recipes in this book are designed to help you liberate your taste buds and your brain chemistry. They'll assist you to balance your metabolism so you are truly the master of your life.

Carb Comparison in Flours

% Carbs in Flours	% Carbs
Pure coconut meat	27%
Almond meal / flour	31%
Whole wheat flour	67%
Coconut flour	71%
White flour	73%
Brown rice flour	78%
Potato flour	83%
Tapioca flour	84%

Carb Comparison in Sweeteners

% Net Carbs in Sweeteners	% Carbs
Just Like Sugar, chicory root	0%
Swanson PureLo Lo Han	0%
Swerve	0%
Xylitol	72%
High-fructose corn syrup	79%
Raw honey	82%
Agave nectar	85%
Maple syrup	89%
Brown rice syrup	90%
Coconut sugar	92%
Cane and Beet sugar	100%

MAKE -AHEAD, THE EASY WAY

These recipes are designed to make ahead and store, so you'll never be rushed or stumped for breakfast again—your instant meal will be waiting for you. Just a little planning is all it takes. For example, if you make a batch of twelve pumpkin muffins, freeze half of them for later. When you make a loaf of almond bread, slice it and place in a resealable bag with a piece of parchment paper between each slice. Pop it in the freezer and you'll have breakfast for several days. There are hundreds of make-ahead possibilities waiting for you.

BREAKFASTS FOR EVERY DIET

Paleo recipes are compatible with many alternative diets. You'll find an easy set of diet codes on each page. All 165 recipes are gluten- and grain-free; 164 are dairy-free. There are 79 egg-free recipes, 101 tree-nut free, 131 meat-free, and 57 vegan recipes. In addition, 162 recipes are diabetic- and candida-friendly. There are 79 high-protein recipes. And 68 recipes are super-quick, meaning they can be ready to eat in 10 minutes or less. For the complete chart of recipes by diet, see Appendix A, page XX.

Diet Codes on Each Recipe

Gluten-free	Dairy-free	Egg-free	Meat-free	Tree nut-free	Vegan	Diabetic-friendly	Candida-friendly	High-Protein	10 minutes or less
●	●	●	●	●	●	●	●	●	●

THINK OUTSIDE THE CEREAL BOX

Eating original food in this way will bring health and peace to your body. You'll be amazed at how much better you feel through the day, at your higher energy levels, and the ease with which you drop those extra pounds. As your cravings dissolve and you feel at home in your body again, you'll experience a continual and growing freedom from old eating habits—yes, most of us would call them addictions.

Giving up sugars may challenge your deepest psychological corners, and these recipes will provide a smooth, comfortable transition without deprivation. All it takes is simply walking away from the masquerade of empty industrial food, and delighting in the joys of real nourishment.

By eating real foods and reducing consumption of sugar and processed carbs, the body intelligence can finally shine through, and slowly we begin to heal from the inside out. When we harmonize our bodies and our kitchens with Nature, it's a new day and a new beginning in ways we can't even imagine. With a jump-start of a great breakfast, you'll have a firm energy foundation to step out of your past and embrace whatever your future holds.



FLUFFY ALMOND BUTTER BREAD

This bread is so easy you won't believe it until you try it. Mix it in one step in 5 minutes, bake, slice, and eat. While it's baking your kitchen will be filled with the delicious aroma of toasted almonds. It rises, slices, and toasts beautifully, just like its sister recipe, Fluffy White Bread (page XX). Make this high-protein bread with any nut butter, except sunflower seed butter. It tastes heavenly with Blueberry Chia Jam (page XX) or toasted with Wild Salmon Cauliflower Hash (page XX). Freeze it with parchment paper between the slices, and you'll have blank palette for any breakfast you'd like to make with it.

YIELD: One 7 x 3-inch loaf or one 9 x 5-inch loaf • **EQUIPMENT:** A food processor is helpful but not required

	Small loaf	Large loaf
	7 x 3 inches	9 x 5 inches
Eggs	3 large eggs (165 grams)	6 large eggs (330 grams)
White chia seeds, ground	¼ cup	½ cup
Apple cider vinegar	2 teaspoons	4 teaspoons
Coconut oil, melted	2 tablespoons	¼ cup
Almond meal	1 ¼ cups or a bit more if needed	2½ cups or a bit more if needed
Baking soda	¾ teaspoon (a bit less than ½ teaspoon)	¾ teaspoon
Unprocessed salt	¾ teaspoon (a bit less than ½ teaspoon)	¾ teaspoon

- Preheat oven to 350°F. Choose your loaf size—small or large. Line the pan with parchment paper so it hangs over the sides as handles.
- Crack the eggs into a small mixing bowl. Stir in the chia seeds, vinegar, and coconut oil. Allow the mixture to sit for at least 15 minutes to thicken.
- In a mixing bowl or food processor, mix together the dry ingredients: almond meal, baking soda, and salt.
- Add the egg mixture and mix well. If the dough seems too loose, add a bit more almond meal until the dough is the texture of thick cooked oatmeal.
- Bake a 7 x 3-inch loaf for 30 to 35 minutes, a 9 x 5-inch loaf for 45 to 50 minutes, or until a toothpick comes out clean. Cool before slicing.

Gluten free	Dairy free	Egg free	Meat free	Tree Nut free	Vegan	Diabetic friendly	Candida friendly	High-Protein	10 minutes or less
●	●		●			●	●	●	



PUMPERNICKEL RYE BREAD

If you're a fan of authentic old-world breads, you'll love the subtle flavors of this dark rye loaf. One bite transports me to Eastern Europe. It is pleasantly dense with subtle hints of fennel, caraway, and pumpkin seeds. It slices and toasts beautifully—and is loaded with whole-food nutrition. Sweetening is optional—I suggest a bit of raw honey or half brown sweetener. This bread is even tastier toasted and spread with Paleo Cream Cheese (page XX) or Paleo Butter (page XX). Freeze in an airtight container with parchment paper between the slices.

YIELD: One 7 x 3-inch loaf or one 9 x 5-inch loaf • **EQUIPMENT:** A food processor is helpful but not required

	Small loaf	Large loaf
	7 x 3-inch	9 x 5-inch
Eggs	3 large eggs (165 grams)	6 large eggs (330 grams)
Black chia seeds, ground	¼ cup	½ cup
Apple cider vinegar	1 tablespoon	2 tablespoons
Coconut oil, softened	3 tablespoons	6 tablespoons
Sweeten to taste: See options on page XX	1½ tablespoons	3 tablespoons
Almond meal	1¼ cups, or a bit more if needed	2¼ cups, or a bit more if needed
Baking soda	¾ teaspoon	1½ teaspoons
Unprocessed salt	¾ teaspoon	¾ teaspoon
Carob powder	3 tablespoons	6 tablespoons
Nutritional yeast	1 tablespoon	2 tablespoons
Fennel seed, ground or crushed	1 tablespoon	2 tablespoons
Whole caraway seeds	1 tablespoon	2 tablespoons
Pumpkin seeds	¼ cup	½ cup



Pumpnickel Rye Bread



- Preheat oven to 350°F. Choose your loaf size—small or large. Line the pan with parchment paper so it hangs over the sides as handles.
- Crack the eggs into a food processor or mixing bowl. Stir in the chia seeds, vinegar, coconut oil, and sweetener. Allow the mixture to sit at least 15 minutes to thicken.
- In a separate large mixing bowl, whisk together the almond meal, baking soda, salt, carob, nutritional yeast, fennel, caraway, and pumpkin seeds. Then add it to the egg mixture and process well. If the dough seems too loose, add a bit more almond meal. The dough should be about the consistency of thick cooked oatmeal.
- Place dough in a parchment lined pan. Bake a 7 x 3-inch loaf for 30 to 35 minutes, a 9 x 5-inch loaf for 45 to 50 minutes, or until a toothpick comes out clean. Cool before slicing.

Tip: To grind whole fennel seed, use a hand-held grinder or a mortar and pestle.

Gluten free	Dairy free	Egg free	Meat free	Tree Nut free	Vegan	Diabetic friendly	Candida friendly	High-Protein	10 minutes or less
●	●		●			●	●	●	



COWBOY BAKED EGGS

This is a casserole with spinach, bacon, and avocado that you might cook outside on a campfire. It's a powerhouse of phytonutrients, protein, and honest flavor. Assemble it in just a few minutes and pop in the oven as you get ready to start your day. Three cups of spinach sounds like a lot, however it bakes down into a soft bed of greens. Look for bacon that's non-GMO and sugar-free if possible. You can also assemble this in the evening, refrigerate, and bake in the morning. Cut it into squares and freeze leftovers individually wrapped for future cowboy meals. Try it with Bacon Chili Cornbread muffins (page XX) and Paleo Sour Cream (page XX). Also try it with a side of Fermented Veggies (page XX).

YIELD: One 9-inch square pan; Serves four

- | | |
|--|---------------------------------------|
| 8 ounces raw bacon, cut in ½-inch pieces | ¼ teaspoon chili powder |
| 8 ounces fresh baby spinach, about 3 cups | Unprocessed salt and pepper to taste |
| 6 large eggs | 1 avocado, pitted, peeled, and sliced |
| 2 tablespoons coconut milk (page XX) or filtered water | 6 cherry tomatoes, halved |

Preheat oven to 350°F. Grease a 9-inch square baking pan.

- In a large skillet over medium heat, add the bacon and cook 3 to 4 minutes, stirring occasionally, until crispy.
- Put all the baby spinach into the baking dish.
- Pour the bacon and bacon fat over the spinach and stir it in a bit.
- Whisk the eggs in a bowl, adding the coconut milk, chili powder, and salt and pepper to taste. Slowly pour the eggs over the spinach in the baking pan. Gently stir the spinach around a bit to mix the eggs in.
- Just before baking, top with avocado slices and cherry tomatoes in rows.
- Bake 18 to 22 minutes, or until eggs are firm.
- Cut into squares and serve.

Gluten free	Dairy free	Egg free	Meat free	Tree Nut free	Vegan	Diabetic friendly	Candida friendly	High-Protein	10 minutes or less
●	●			●		●	●	●	



PERFECT COCONUT PIE CRUST

This amazing pie crust tastes deliciously crispy, and rolls out beautifully. The secret ingredients are coconut butter and chia seeds. This crust is ideal for Quiche Lorraine p. XX, or Bacon Zucchini Quiche p. XX. It is important to use standard size large eggs, about 55 grams each out of the shell. If your eggs are smaller, your dough will be thicker. If your eggs are jumbo, the dough will be too runny. To resolve this you can either weigh the eggs, or adjust the other ingredients-see instructions below. Pre-baking this crust is optional. For very moist quiches, prebaking helps to avoid a soggy crust that breaks. However if your quiche has a more solid bottom layer of veggies and meat, there's no need to pre-bake.

YIELD: a single 9-inch pie crust. • **EQUIPMENT:** None

2 large eggs (110 grams total)

1½ tablespoons ground white chia seeds

¼ heaping teaspoon unprocessed salt

1⅓ cups coconut butter p. XX (302 g) softened
(place the container in a bowl of warm water)

1–2 tablespoons coconut flour, to thicken if necessary

- Preheat oven to 300° F. if you plan to pre-bake. Get out a 9-inch pie pan. In a food processor or mixing bowl, add eggs, chia seeds, salt, and coconut butter. Mix well until the dough is smooth. Then refrigerate the dough in the container for 15 minutes to allow it to firm up.
- Check the dough consistency. It should be very thick and pliable. If it's too wet to roll, you can thicken it with a tablespoon or two of coconut flour. If it is too thick to roll, beat a fresh egg and add it in increments until the dough is thick enough to press into a pie pan.
- Shape the dough into a round ball. You can press it into a 9-inch pie pan with your fingers. Or you can use a rolling pin: Roll it between two pieces of parchment paper into a round disk about ⅛-inch thick, and 1-inch larger than your pie pan all around. Dust with coconut flour if necessary to prevent sticking to the parchment paper. Remove the top sheet of paper. Flip the bottom paper and rolled dough over onto your pie pan and gently peel away the paper. Repair any rips and flute the edges if you wish.
- If prebaking, bake 10 to 15 minutes. Then add your filling.

Gluten free	Dairy free	Egg free	Meat free	Tree Nut free	Vegan	Diabetic friendly	Candida friendly	High-Protein	10 minutes or less
●	●		●	●		●	●		



BLUE MOUSSE

Once in a blue mousse, you discover something so easy and fabulous that it jump-starts your day in 2 minutes! This creamy blueberry mousse has a smooth texture and yummy flavor for vital health. It's instant—just blend and eat immediately. The thick texture comes from natural pectin in blueberries and creamy avocado. Blueberries are loaded with healthy anthocyanins, powerful antioxidants that neutralize free radicals in the body.

YIELD: Serves two • **EQUIPMENT:** Any blender

3/4 cup unsweetened coconut milk (page 35) or almond milk (page 36)

1 1/2 tablespoons lemon juice

1 1/2 cups fresh blueberries, or 1 cup if frozen

2 tablespoons coconut oil (optional)

Sweeten to taste (See suggested sweeteners page 20)

4 to 6 tablespoons Just Like Sugar Table Top natural zero-glycemic chicory root sweetener, or

2-3 teaspoons PureLo Lo Han Sweetener by Swanson Vitamins, or

2-4 tablespoons raw honey

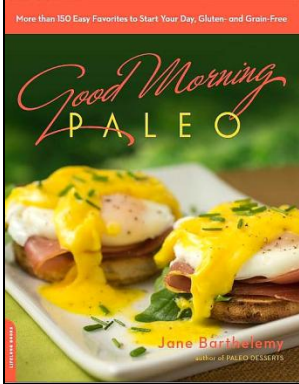
2 teaspoons vanilla

A pinch of unprocessed salt

- In any blender, add milk, lemon juice, blueberries, coconut oil, if using, sweetener, vanilla, and salt. Blend until smooth and creamy.
- Add the avocado last and blend well.
- Pour into 2 serving glasses. Enjoy immediately for the most beautiful blue color. The color will fade slightly over time, but it will still be delicious!

Gluten free	Dairy free	Egg free	Meat free	Tree Nut free	Vegan	Diabetic friendly	Candida friendly	High-Protein	10 minutes or less
●	●	●	●	●	●	●	●		●





Good Morning Paleo - Back Cover

A good breakfast has long been touted as the secret to a great day. But if you're following a Paleo diet, traditional favorites like English muffins, yogurt, oatmeal, toast with jam, or treats like pancakes, waffles, and blueberry muffins, are off the menu. Now, Jane Barthelemy, the author of *Paleo Desserts*, has whipped up more than 150 healthy, luscious, low-carb replacements free of gluten, grain,

dairy, and refined sugar. Created to give you greater energy without hunger pangs, feelings of deprivation, or a crash later in the day, these recipes are nutrient-dense and free of the sugar and chemicals that trigger cravings and weight gain.

You'll find everything from homemade staple ingredients, such as non-dairy milks and nut butters, to grain-free breads, cereals, muffins, as well as smoothies, egg- and meat- based hearty breakfasts, and grab-n-go goodies, all made with real foods: fresh vegetables, tart fruits, unprocessed meats, nuts, eggs, and unrefined oils.

With recipes for Paleo versions of your favorite breakfasts, including:

- | | |
|-------------------------------------|-----------------------------------|
| English Muffins | Cauliflower Tater Tots |
| Banana Bread | Cowboy Baked Eggs |
| High-Protein Chia-Crunch Granola | Mushroom Cheese Soufflé |
| Chocolate Brownie Superfood Waffles | Spinach and Feta Quiche |
| Blueberry Lemon Muffins | Wild Salmon Cakes with Sour Cream |
| Bacon Cauliflower Hash with Eggs | ...and many more |

With dairy-free, egg-free, tree-nut free, and meat-free, options, as well as recipes that work with diabetic and anti-candida diets, *Good Morning Paleo* will give you healthy, nutritious fuel to keep you going strong throughout your day.



A MEMBER OF THE PERSEUS BOOKS GROUP

Author Jane Barthelemy, MBA, CBP, CRM, Paleo and Gluten-free chef, has served as Dessert Chef, Head Chef, and CFO of various restaurants and bakeries around the country.

Author of *Paleo Desserts*, she has been writing and teaching seminars on Paleo & gluten-free foods since 2009.

Visit her at JanesHealthyKitchen.com.

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