

CATHERINE CROW, NTP

40+
gluten free
recipes!

Nutritionally Wealthy Recipes

MORE NUTRITIONAL BANG FOR YOUR BUCK

Nutritionally Wealthy Recipes: More Nutritional Bang for your Buck

by Catherine Crow, NTP

Butternutrition.com

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WELCOME

Welcome to *Nutritionally Wealthy Recipes*, a collection of nutrient dense & gluten free recipes inspired from the [Butter Nutrition Blog](#)! Use these recipes to help build nutritional wealth in your own life!

If you are new to [Butter Nutrition](#), the foundational paradigm is the spectrum of nutritional wealth and nutritional debt. Nutritional debt happens, over a long period of time, when there is less nutrients coming in than needed by the body or when there is a chronic energy deficit (fewer calories coming in than going out). In result the body starts thinking food is scarce, slowing the metabolism and holding on to fat for survival.

Think of your body like a house. If you're not making enough money to pay your electric bill, what do you do? Well, you turn down the heat in your house to compensate. The body operates in a similar way. When there are not enough calories or nutrients coming in, the body saves energy by reducing body temperature (slowing the metabolism), turning down digestive juices (making digestion weaker), slowing the pulse, and decreasing thyroid function (resulting in less energy). This is a hard-wired survival response by the body, to help you go longer on less food. This "nutritional debt" as Butter Nutrition calls it, is often induced through calorie counting, dieting, and long-term stress.

That's where Nutritionally Wealthy Recipes comes into play. When your body's in debt, you need targeted nutrient dense nutrition help build your body's nutrient stores back up. If you find yourself needing more specific nutrition support, please check my other eBook- [Creating Wealth: The Cure to Nutritional Debt](#) or please visit the [Butter Nutrition blog](#) where you can read over 100 health and nutrition articles. Use this information to further your own education so you can become your own nutrition expert!

Don't forget to follow Butter Nutrition on [Facebook](#) and [Pinterest](#) to get more wealth building ideas and strategies to put at work in your life. If you have any questions, feel free to contact me [here](#). I would love to hear any questions or feedback you may have.

INGREDIENT SOURCING

Some of the recipes in this cookbook may require purchasing an ingredient you are not familiar with. You can find a full list of recommended products with links to online vendors at the [Butter Nutrition Pantry](#).

The most common ingredients used you may not have on hand are:

- Additive free, full fat coconut milk
- Gelatin
- Collagen hydrolysate (a more processed form of gelatin that can be used like a protein powder)
- Cocoa butter (for baking and skincare)
- Cacao powder
- Sumac powder
- Beet powder (for Beet Blush)
- Essential oils

Tools commonly used:

- Vitamix Blender
- Kitchen Aid
- Ice Cream Maker

Be sure to check out the [Butter Nutrition Pantry](#) for recommended products!

CHAPTER 1: SUPPLEMENT RECIPES

DIY Eggshell Calcium

A tool in battling inflammation is increasing foods that oppose the stress response. Calcium in the right form for YOU does just that! Daily calcium helps quiet the parathyroid, and keeps parathyroid hormone (PTH) low. When blood calcium levels decrease (from lack of dietary calcium), it triggers parathyroid hormone (which controls calcium metabolism in the body) to break down bone to buffer the pH of the blood. This increases stress, and is an INFLAMMATORY process.

While in a nutrient deficit an allergy or sensitivity to dairy is common. This can make getting regular intake of calcium difficult, which is where bone broth and/or eggshell calcium come in. Why not just a calcium supplement? Because there is a much cheaper, more nutrient dense version you can make at home!

Eggshell Calcium Recipe:

- 1) Save a few dozen used eggshells.
- 2) Cook them at 300 degrees for about 20-25 minutes to dry them out.
- 3) Let cool for 30-60 minutes.
- 4) Blend in a coffee grinder or high speed blender (like a Vita-mix) until you get a very fine powdered consistency (very important!)
- 5) Consume about $\frac{1}{8}$ - $\frac{1}{4}$ teaspoon* with a little water or juice 1-3x per day or as needed to meet your individual health needs. 1 teaspoon. eggshell calcium equals about 800 mg calcium.

*Note: If you struggle with digestive issues start with a very small amount, as some may find it irritating to a weak digestive system.

DIY Liver Pills or Capsules

The chaotic dance of life demands super premium fuel! This is where nutrient dense food really comes into play. Liver is one of those therapeutic foods! A 4 oz. serving of calf's liver contains abundant amounts of Vitamin A-1600% (daily value) , B12-1598%, B2- 190%, B3-74%, B5-74%, B6-52%, zinc-84% , copper-847% iron-32% , selenium-31% , phosphorus-52%, and-64% of your daily protein needs! Find that in a pill! So whether you love it or hate it, it is a wonderful way to increase nutrition to thrive (not just survive) in the demanding world.

Liver Pills:

- 1) Buy organic/pasture-raised if possible chicken/beef/lamb liver and cut the raw liver into small pieces (think vitamin sized).
- 2) Put on parchment paper/cookie sheet and throw in your freezer.
- 3) You've just created frozen liver pills that will slide right down with fluids (without the taste).

Liver capsules:

- 1) Dehydrate the liver at 115 degrees.
- 2) Grind into powder using a food processor or blender to form a fine powder.
- 3) Fill empty gelatin capsules ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry)) to make your own "super supplement."

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a weakened immunity or a medical condition.

DIY Salmon Caviar

Salmon roe has been known as a great fertility food since ancient times. As eggs contain all of the nutrients needed to create life, it does make sense that eggs of any kind are a great fertility & nutritional wealth building food.

“The eggs of the salmon are dried and stored as an important item of nutrition for both children and adults. They are also used to increase the fertility of the women. From a chemical standpoint they are one of the most nutritious foods I have found anywhere.” -Dr. Weston Price in Nutrition and Physical Degeneration.

What you need:

About 1 pound of fresh salmon roe skeins

Strainer

2-3 large bowls

Few sets of hands

Time & patience

Pure salt

Ziploc bag

Process:

- 1) Over a bowl, take a small handful of salmon roe at a time, and separate each individual egg from the sack and any surrounding threads of membrane (this takes a little patience!)
- 2) Prepare a large glass bowl with cold water and a few tablespoons of salt (about 3-5 tablespoons per every 3-4 cups of water, depending on how salty you want it).
- 3) Discard the membrane and put the eggs in the saltwater mixture for 20-30 minutes.
- 4) Transfer the cured eggs to a strainer held over a bowl. Fill a Ziploc bag with water and set over the eggs to help press the water out and place in fridge for 6-10 hours to strain.
- 5) Put eggs in a glass container and they will keep for at least 10 days, but after that may develop a fishy taste.
- 6) Enjoy! 2 tablespoons salmon roe is loaded with an abundance of cholesterol, omega 3 fatty acids, B12, brain building DHA, and about 6 tablespoons of protein per serving. It's also packed with fat soluble vitamins A, D, E, and K2 (activator X).

Make it Yourself Liquid Multivitamin

This is a quick and easy daily multivitamin, made from REAL food!

How to Prepare: This simple recipe starts with dried nettle leaf and oatstraw. Simply combine about ½ cup of each herb into a 3-6 cup French press or large Mason jar. Pour 3-4 cups boiling water over the dried herbs and leave for 8-12 hours (or overnight). Consume the next day or within 24 hours to get the benefits of this food-sourced liquid multivitamin! Oh, and watch out—whole food nutrients are MUCH more potent than synthetic vitamins will ever be! ([see butternutrition.com/pantry](http://butternutrition.com/pantry))

Nutrition Facts from Susun Weed: Oatstraw- *“Reduces high cholesterol, increases libido, and strengthens the nerves. A cup of oatstraw infusion contains more than 300 milligrams of calcium plus generous amounts of many other minerals. Its steroidal saponins nourish the pancreas and liver, improving digestion and stabilizing moods. Oatstraw is best known however for its ability to enhance libido and mellow the mood. Do be careful whom you share it with, or you may find yourself sowing some wild oats. In Ayurvedic medicine, oatstraw is considered the finest of all longevity tonics” (S. Weed, 2002).*

Nettles- *“Builds energy, strengthens the adrenals, and is said to restore youthful flexibility to blood vessels. A cup of nettle infusion contains 500 milligrams of calcium plus generous amounts of bone-building magnesium, potassium, silicon, boron, and zinc. It is also an excellent source of vitamins A, D, E, and K. For flexible bones, a healthy heart, thick hair, beautiful skin, and lots of energy, make friends with sister stinging nettle. It may make you feel so good you’ll jump up and exercise” (S. Weed, 2002).*

Bone Broth

Gelatin is the protein extracted from connective tissue of an animal's bones, skin & cartilage. You can easily make your own gelatin at home (in the form of bone broth/soup) by throwing chicken parts, bones, wings, feet, head, etc. into a crock pot with water and 2-4 tablespoons of vinegar left to stew in a pot or crockpot for 12-48 hours. The vinegar pulls the nutrient rich gelatin out of the tissues (along with calcium, phosphorus, magnesium, potassium, sodium, & sulfur). Which is why Grandma's chicken soup has been attributed to helping a person heal (old school chicken soup was always made with gelatin rich bone broth). Traditionally, cultures around the world have a focus on consuming the "whole" animal: muscle meats, organs and other tissues, creating a delicate balance of amino acids (the building blocks of protein) in the body.

How to get it in your diet: A great strategy is to keep a Ziploc bag in your freezer and throw bones in from whole chickens or meals throughout the week. In about one to two weeks time, you may have enough frozen chicken parts to make stock!

Make bone broth to use in soups, stews, when cooking vegetables, rice and more! A great way to add nutrients and flavor to any dish! (I strongly recommend freezing bone broth in ice-cube trays for easy, frequent use).

An alternative is to order traditional gelatin to make your own Jell-O, desserts, marshmallows, and gummy bears. There is also another form of gelatin that does not "gel" called collagen hydrolysate that is great for use in shakes, added to any beverages, or liquids for an easy non-inflammatory protein boost. ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

CHAPTER 2: SNACKS

Sweet & Sour Protein Bites

Ingredients:

- ½ cup lemon juice (from about 2 large lemons)
- ½ cup strawberry puree (from about 1 ½ -2 cups whole ripe strawberries)
- ¼ cup organic sugar for a sour flavor (add an additional 2 tablespoons sugar for a sweeter flavor)
- 2 tablespoons gelatin (red can [see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- 1 tablespoon collagen hydrolysate (green can [see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- pinch of salt

Process:

- 1) In saucepan over medium-low heat, combine strawberry puree, lemon juice, sugar & salt.
- 2) Slowly add all 3 tablespoons of gelatin (stirring constantly) so that no clumping occurs.
- 3) Bring to a boil, remove from heat.
- 4) Grease a small pan with coconut oil. Pour gelatin mixture and let cool about 1-2 hours in the fridge until firmly set.

Notes:

Two different kinds of gelatin are used in this recipe. One makes the mixture gel (plain gelatin), and the collagen hydrolysate is used as added protein (because it is more processed and easier to digest). A combination of both types is preferred to increase the protein content. **Please note-** if you have very poor digestion, you may have a hard time digesting gelatin, especially the kind that makes a mixture gel. Also, slowly increase the intake of gelatin in your diet over many weeks or months. Adding too much too quickly can cause digestive upset, as gelatin is rich in glycine and fuels the detoxification process. Read more about gelatin [here](#).

Raspberry Gummy Squares

Frozen lemons and raspberries are a staple in my freezer. They come in so handy, just like in this simple recipe!

Tools:

Nut milk bag (to strain raspberry seeds out)

Blender

Ingredients:

2-3 tablespoons lemon juice (from about 1 small lemon, I used a frozen lemon)

¾ cup +2 tablespoons strained raspberry puree (from about 20 ounces frozen organic raspberries)

5 tablespoons organic sugar

2 tablespoons gelatin (red can [see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

1 tablespoon collagen hydrolysate (green can [see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

pinch salt (optional)

Process:

- 1) Thaw frozen lemon & frozen raspberries.
- 2) Blend frozen raspberries and put puree through a strainer (I use this nut milk bag).
- 3) In saucepan over medium-low heat combine raspberry puree, lemon juice, sugar & salt.
- 4) Slowly add all 3 tablespoons of gelatin (stirring constantly) so that no clumping occurs. I recommend adding ½ tablespoons at a time while stirring constantly.
- 5) Bring to a boil, remove from heat.
- 6) Grease a small pan with coconut oil. Pour gelatin mixture and let cool about 1-2 hours in the fridge until firmly set.

Notes: I use two different kinds of gelatin in this recipe. One makes the mixture gel (plain gelatin), and the collagen hydrolysate is used as added protein (because it is more processed and easier to digest). I prefer to use a combination of both in this recipe to increase the protein content. Please note- if you have very poor digestion, you may have a hard time digesting gelatin, especially the kind that makes a mixture gel. Also, slowly increase the intake of gelatin in your diet over many weeks or months. Adding too much too quickly can cause digestive upset, as gelatin is rich in glycine and fuels the detoxification process. Read more about gelatin [here](#).

Chocolate Pudding Protein Bars

Ingredients:

- 1 can coconut milk (additive-free brand without guar gum [see butternutrition.com/pantry](http://seebutternutrition.com/pantry))
- 4 ½ tablespoons pure cacao powder
- ¼ cup + 2 tablespoons organic cane sugar (like this, use 2 tablespoons more for sweeter flavor)
- 1 tablespoon collagen hydrolysate
- ¼ cup gelatin
- ½ teaspoon powdered eggshell calcium (optional)
- ¼ teaspoon salt
- 1 teaspoon vanilla extract

Process:

- 1) In a blender combine all ingredients except gelatin.
- 2) Slowly add the gelatin while blender is running to avoid any clumping.
- 3) Put in saucepan, over medium heat. While stirring constantly, bring to a boil. Then immediately remove from heat.
- 4) Grease a small baking dish with coconut oil. Pour gelatin mixture and let cool about 1-2 hours in the fridge until firmly set.
- 5) Cut into protein bars, and store in the fridge. Will keep for about 4-7 days.

Notes:

Two different kinds of gelatin are used in this recipe. One makes the mixture gel (plain gelatin), and the collagen hydrolysate is used as added protein (because it is more processed and easier to digest). A combination of both types is preferred to increase the protein content. **Please note-** if you have very poor digestion, you may have a hard time digesting gelatin, especially the kind that makes a mixture gel. Also, slowly increase the intake of gelatin in your diet over many weeks or months. Adding too much too quickly can cause digestive upset, as gelatin is rich in glycine and fuels the detoxification process. Read more about gelatin [here](#).

CHAPTER 3: SIDES

Summer Squash Gratin

Ingredients:

- 1 large russet potato
- ½ medium/large summer squash, or 1-2 small yellow summer squashes
- 1 cup Flagship cheddar cheese, shredded & divided ([see butternutrition.com/pantry](http://www.butternutrition.com/pantry))
- 1½ tablespoons pastured butter
- ¼ teaspoon red pepper flakes
- ½ teaspoon dried parsley
- 1 clove of garlic, chopped or shredded on a microplane
- ¼ teaspoon thyme
- about ¼ teaspoon salt, a little less if you're not a salty food lover

Process:

- 1) Using a mandolin, thinly slice the potatoes and squash.
- 2) Quickly melt butter in saucepan, add garlic, salt, spices, and let simmer for about 1 minute or until fragrant.
- 3) Combine the thinly sliced squash, potato, ¾ cup shredded flagship cheese, & seasoned butter mixture to a large bowl. Mix until combined.
- 4) Place in a baking dish and bake at 400 degrees for about 40-45 minutes, depending on how thinly the potato was sliced.
- 5) Top with the last ¼ cup of cheese and finish in oven for about 2-3 minutes or until cheese has melted.

Cucumber & Avocado Salad

Ingredients:

1 organic English cucumber, peeled and diced
1 small avocado (or $\frac{3}{4}$ of a larger one), diced
Pinch of salt

Process:

- 1) Peel and dice cucumber.
- 2) Dice avocado.
- 3) Combine and top with a pinch of salt.

Butternut Squash Soup

Ingredients:

- 1 large butternut squash
- 1 onion
- 2 stalks celery
- 1 carrot
- salt to taste
- 1 cup chicken bone broth (you could use chicken stock as a substitute)
- 3-4 cups water (to reach desired consistency)
- 2 tablespoons refined coconut oil
- 2 tablespoons butter

Process:

- 1) Cut the butternut squash in half and remove seeds.
- 2) Roast at 400 degrees for about 50-60 minutes or until soft and tender.
- 3) Chop onion, celery & carrot. Sauté onion in coconut oil over low-medium heat for about 10 minutes.
- 4) Add carrot and celery and continue to sauté for about 10-15 more minutes.
- 5) Add bone broth, squash, water and bring to a simmer.
- 6) Transfer to high powdered blender and blend till smooth.
- 7) Finish with butter and salt to taste.

CHAPTER 4: BRUNCH

The Best Grain-Free Crepes

Ingredients:

- 3 small eggs
- 1 tablespoon butter
- 1 tablespoon collagen hydrolysate ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- ¼ teaspoon vanilla ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- ¼ teaspoon salt
- 1 tablespoon honey, maple or simple syrup

Process:

- 1) In a blender mix 2 large or 3 small eggs.
- 2) Add salt, vanilla, gelatin and 1 tablespoon honey or simple syrup.
- 3) In a pan melt 1 tablespoon butter. When butter melts, pour into egg mixture and blend until combined. Let some butter remain in the pan to lubricate it and keep pancake from sticking.
- 4) Pour the mixture into your buttered pan on medium-low heat and wait patiently until the pancake is cooked enough to easily flip. Then flip, and cook until done.
- 5) Top with cinnamon and drizzle generously with honey or maple syrup.
- 6) Try this out on your kids– it's a great way to sneak MORE eggs into their diet.

Beetcakes

Ingredients:

- 3 small eggs
- 1 tablespoon butter
- 1 tablespoon collagen hydrolysate ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- ½ teaspoon vanilla
- ¼ teaspoon salt
- 1 tablespoon beet juice simple syrup (recipe follows)

Process:

- 1) In a blender mix 3 small eggs.
- 2) Add salt, vanilla, gelatin and 1 tablespoon beet juice simple syrup.
- 3) In a pan (I use my stainless fry pan) melt 1 tablespoon butter. When butter melts, pour into egg mixture and blend until combined. Let some butter remain in the pan to lubricate it and keep pancake from sticking.
- 4) Pour the mixture into your buttered pan on medium-low heat and wait patiently until the pancake is cooked enough to easily flip. Then flip, and cook until done.
- 5) Top with more beet juice simple syrup or maple syrup.

Beet Juice Simple Syrup

Ingredients:

- 1 ½ cups organic sugar
- 1 cup fresh beet juice
- Nut milk bag (for straining) ([see butternutrition.com/pantry](http://butternutrition.com/pantry))

Process:

- 1) Chop fresh beets and run through a juicer or blend in a high-powered blender and then strain out the pulp using a mesh nut milk bag.
- 2) In a saucepan combine sugar & beet juice. Stir to combine.
- 3) Over medium heat bring to a boil and then immediately remove pan from heat.
- 4) Let simple syrup cool at room temperature for at least 20 minutes.
- 5) Enjoy! The applications for beet juice simple syrup are endless!

Chocolate Stuffed Pumpkin Pancakes

Ingredients:

- 2 pastured eggs
- 1 tablespoon butter
- 1 tablespoon collagen hydrolysate ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- 1 tablespoon canned or fresh pumpkin
- ⅛ teaspoon vanilla
- ⅛ teaspoon salt
- ⅛ teaspoon pumpkin spice
- 1 tablespoon honey, maple or simple syrup
- ¼ cup chocolate chips ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

Process:

- 1) In a blender mix 2 eggs.
- 2) Add salt, vanilla, gelatin, pumpkin, pumpkin spice and 1 tablespoons honey or simple syrup.
- 3) In a pan melt 1 tablespoons butter. When butter melts, pour into egg mixture and blend until combined. Let some butter remain in the pan to lubricate it and keep pancake from sticking.
- 4) Pour the mixture into your buttered pan on medium-low heat and wait patiently until the pancake is cooked enough to easily flip. Then flip, and cook until done.
- 5) Melt chocolate chips and spread over the surface of the pancake.
- 6) Roll it up and top with any other desired toppings.

Try this out on your kiddos! A great way to get more eggs into their diet!

Makes 1 large pancake.

CHAPTER 5: MAIN COURSE

Butter Chicken

Ingredients:

- 1 cup yogurt (optional, to marinate chicken prior to cooking, strain and discard yogurt)
- 1 tablespoon garam masala
- 1 ½ teaspoons ground ginger
- ¼ teaspoon cayenne (use ⅛ teaspoon. or less for mild heat)
- 2 tablespoons simple syrup (honey or organic sugar works too)
- 1 tablespoon fresh ginger, chopped
- 1 tablespoon fresh garlic, chopped
- ¼- ½ teaspoon salt (to taste)
- 8 tablespoons butter
- 1 large onion, chopped (about 1 cup)
- 2 tablespoons tomato paste
- 1 (14 ½-ounce) can tomato sauce
- 1 (14 ½-ounce) whole peeled tomatoes
- 1 lb. chicken breast or thighs, chopped

Process:

- 1) Marinate chopped chicken in yogurt for 1-12 hours to tenderize. Strain yogurt and discard (optional).
- 2) Combine spices: 1 tablespoon garam masala, 1 ½ teaspoons ground ginger & ¼ teaspoon cayenne in a small bowl. Set aside.
- 3) Over medium low heat, sauté onion in butter for about 10 minutes. Add fresh ginger and garlic. Cook for an additional 5 minutes or until tender.
- 4) Add spice blend stirring frequently for 30-60 seconds, careful to not burn the spices.
- 5) Add tomato sauce, whole peeled tomatoes, and paste. Let simmer for about 15-20 minutes.
- 6) Transfer sauce to bender (or immersion blender) and process until smooth in a Vitamix blender or similar.
- 7) Pour sauce back into pan. Add salt and sugar to taste.
- 8) In a separate pan, cook chicken for about 8-10 minutes until done.
- 9) Add chicken to sauce, simmer briefly.

Pizza

Ingredients:

½ cup grated Parmesan (grated in Cuisinart food processor)

½ cup shredded & roasted cauliflower

⅛ teaspoon sea salt

⅛ - ¼ teaspoon Italian seasonings (depending on type)

1 egg

Pizza sauce (homemade or store bought)

Cheese: mozzarella, cheddar ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry)) & any extra Parmesan

Other toppings: fresh basil, sautéed onions, sausage, egg or whatever your heart desires!

Process:

1) Shred cauliflower using a Cuisinart food processor (use the grating blade).

2) Roast shredded cauliflower at 400 degrees for about 30-45 minutes, stirring frequently to avoid browning (use middle rack).

3) Combine cauliflower, grated Parmesan and spices. Add enough egg till the mixture forms a cohesive ball.

4) Spread out on parchment paper and bake on a baking sheet for 12-18 minutes (at 375 degrees), flipping the crust over after about 10 minutes.

5) Add toppings and put under the boiler!

Serves 1-2.

Lemon & Thyme Cod with Blueberry Sauce

Ingredients:

about 1 lb. wild cod
4 tablespoons butter
½ lemon
½ teaspoon thyme
¼ teaspoon salt

For Blueberry Sauce:

1 pint (about 2 cups) organic blueberries
2 tablespoons sugar

Process:

- 1) In a saucepan combine blueberries & sugar. Simmer on low until pan has reduced by at least half (about 25-30minutes). Let cool and set aside.
- 2) In a stainless steel frying pan add 3-4 tablespoons butter and heat over medium heat. Add thyme and allow to simmer for about 1 minute.
- 3) Add cod and cook on each side for about 4-5 minutes depending on thickness. In the final minutes of cooking, squeeze the lemon over the pan, before throwing it whole into the pan.
- 4) Finish with blueberry sauce and serve.

CHAPTER 6: DESSERTS

{flourless} Red Velvet Brownies

Ingredients:

- ¾ cup cacao powder ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- ¾ cup cooked beet (about 1 medium beet cooked and peeled)
- ¾ cup +2 tablespoons sugar
- 1 tablespoon beet simple syrup
- 4 eggs
- ¼ teaspoon salt
- 1 ½ teaspoons vanilla extract
- 1 ½ sticks of butter (¾ cup)
- 1 ½ tablespoons collagen hydrolysate ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

Process:

- 1) Place butter in saucepan over medium heat. Heat until butter is melted.
- 2) In a blender combine eggs, vanilla, beet, and mix at high speed until mixture is thoroughly pureed.
- 3) Add chocolate, gelatin, butter & sugar to blender.
- 4) Line the bottom of a spring-form pan with parchment, and the sides with butter to prevent sticking.
- 5) Pour in batter and bake at 350 degrees for 25-30minutes.
- 6) Let cool for about 30 minutes before cutting.
- 7) Top with ice cream and enjoy!

Double Chocolate Muffins

Ingredients:

- ¼ cup coconut flour
- ¼ cup cacao powder
- 3 eggs
- ¼ cup honey
- 2 tablespoons butter
- 2 tablespoons coconut oil
- ¾ teaspoon vanilla
- 1 tablespoon collagen hydrolysate ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- 2 tablespoons chocolate chips
- ¼ teaspoon salt
- ¼ teaspoon soda

Red Butter Frosting:

- 2 tablespoons butter
- ½ tablespoon cacao powder
- ⅓ teaspoon vanilla
- 1-1 ½ teaspoons beet juice simple syrup (to taste)

Process:

- 1) In a bowl mix together coconut flour, cacao powder, gelatin, chocolate chips, salt & baking soda.
- 2) Melt butter and coconut oil and honey over low heat. Then remove from heat and add vanilla extract. Next pour and mix with flour mixture.
- 3) In a separate bowl crack eggs and beat using a fork.
- 4) Add eggs to batter and stir. Batter may appear slightly thin but will thicken slightly.
- 5) Grease mini muffin tins with butter, or use mini-muffin liners.
- 6) Scoop about 1 tablespoon of batter into each cup.
- 7) Bake at 350 degrees for about 10-12minutes. Makes about 18 mini muffins.

For Butter Frosting:

- 1) Mix together room temperature butter, cacao powder & vanilla.
- 2) Add beet juice simple syrup to taste & reach desired color.

Triple Chocolate Cupcakes

Tools:

Mini muffin liners
Stick blender

Ingredients:

¼ cup coconut flour
5 tablespoons cacao powder
3 eggs
¼ cup honey
2 tablespoons butter
2 tablespoons cocoa butter (melted)
¾ teaspoon vanilla
2 tablespoons collagen hydrolysate
3 tablespoons chocolate chips
¼ teaspoon salt
¼ teaspoon baking soda

Buttercream Frosting:

2 tablespoons butter (room temp- soft)
1.5 tablespoons cocoa butter
1/4 teaspoon vanilla
2 tablespoons honey

Process:

- 1) In a bowl mix together coconut flour, cocoa powder, gelatin, salt & baking soda.
- 2) Melt butter, honey, and cocoa butter over low heat and add vanilla extract. Then pour and mix with flour mixture.
- 3) In a separate bowl crack eggs and beat using a fork.
- 4) Add eggs to batter and stir. Then add the chocolate chips. Batter may appear slightly thin but will thicken slightly.
- 5) Grease mini muffin tins with butter, or use mini-muffin liners.
- 6) Scoop about a tablespoon of batter into each cup.
- 7) Bake at 350 degrees for about 10-12 minutes. Makes about 18 mini muffins.

For Buttercream Frosting:

- 1) Melt cocoa butter ever so slightly (just liquid, not hot or warm). Add room temperature butter, honey and vanilla.
- 2) Mix with a hand mixer until combined. If the frosting won't set up nicely, it's probably too warm. Let cool for a few minutes in the fridge and try whipping again.

Deep Chocolate Cake

This DEEP chocolate cake is made with three kinds of chocolate: cacao powder, cocoa butter and chocolate chips!

Tools:

Springform pan

Stick blender

Ingredients (per 1 layer):

½ cup coconut flour

¾ cup cacao powder

6 eggs

¼ cup honey

½ cup simple syrup (easier to digest than granulated sugar)

¼ cup cocoa butter (melted)

2 teaspoons vanilla

2 tablespoons collagen hydrolysate

¼ cup chocolate chips

½ teaspoon salt

½ teaspoon baking soda

Buttercream Frosting:

½ cup butter (room temp- soft)

½ cup cocoa butter

1 teaspoon vanilla

½ cup honey

Process:

- 1) In a bowl mix together coconut flour, cocoa powder, gelatin, salt & baking soda.
- 2) Melt cocoa butter & honey over low heat. Add vanilla & simple syrup, and then pour and mix with flour mixture (the simple syrup is made from bringing 1.5 cups cane sugar and 1 cup water to a boil, and then let dissolve and cool).
- 3) In a separate bowl crack eggs and beat using a fork.
- 4) Add eggs to batter and stir. Then add the chocolate chips. Batter may appear slightly thin but will thicken slightly.
- 5) Grease springform pan with butter, or desired baking pan. This recipe makes approximately 1 layer.
- 6) Bake at 350 degrees for about 28-32 minutes or until a toothpick comes out clean.
- 7) If making a layer cake, make sure to trim each layer to ensure they are flat and stackable.

For Buttercream Frosting:

- 1) Melt cocoa butter ever so slightly (just liquid, not hot or warm). Add room temperature butter, honey and vanilla.
- 2) Mix with a hand mixer until combined. If the frosting won't set up nicely, it's probably too warm. Let cool for a few minutes in the fridge and try whipping again.
- 3) Frost as desired.

Easy Ice Cream Cake

Ingredients:

Double batch of **Anti-stress Double Chocolate Ice Cream**

One layer of **Deep Chocolate cake** cooled and still in the springform pan

Frosting of choice (optional)

Chocolate bar or chips for topping

Ice Cream Cake Instructions:

- 1) Make 1 layer of deep chocolate cake in a 9inch springform pan. Be sure you lined the bottom with parchment and the sides with butter or coconut oil.
- 2) Remove the cake from the oven and let cool for at least 2 hours, then move to the fridge or freezer for at least 20 minutes to cool the surface of the cake and get it ready to meet the ice cream.
- 3) When your double batch of double chocolate ice cream is ready, add parchment lining to your springform pan to help keep the ice cream from freezing to the pan.
- 4) Now get ready to act FAST. Carefully spoon the ice cream into the cold/lined springform pan on top of the cake layer. Smooth as much as you can and transfer to freezer immediately.
- 5) If it needs additional smoothing, but the ice cream was starting to melt, try after leaving it in the freezer for 20 minutes.
- 6) Apply an additional layer of your frosting of choice (optional), I whipped up a simple layer of coconut milk buttercream frosting, but any will do!
- 7) Top with chocolate chip chunks and/or shavings.

Baked Apples

Who doesn't love apple pie? Well this is exactly what this baked apple recipe tastes like! This gluten free recipe contains medium apples, butter, unprocessed, additive free apple juice, cinnamon, lemon juice, and dates.

Baked Apples:

2-3 medium apples
2 tablespoons butter
1 ½ cups unprocessed, additive free apple juice, divided
½ teaspoon cinnamon
½ teaspoon lemon juice
3 dates, chopped

Process:

- 1) Core apples from the top, being careful not to puncture the bottom, set aside.
- 2) In a saucepan, reduce 1 cup of apple juice for 20-30minutes over medium-low heat until it has reduced to about 2 tablespoons.
- 3) Add butter, cinnamon & lemon juice to the saucepan. Allow butter to melt, stir and remove from heat.
- 4) Stir in chopped dates and pour into the center of the apples. Use the remaining 1/2 cup of apple juice in the bottom of your baking pan.
- 5) Bake at 350 degrees for about 50-60minutes until soft, or peel starts to break.
- 6) Serve with your favorite dairy or non-dairy ice cream.

Anti-Stress Double Chocolate Ice Cream

Calcium, magnesium and gelatin tend to have an anti-stress, calming effect on the body. Since this is a dairy free recipe, powdered eggshells are added to compensate for the lack of dairy calcium and to help balance the magnesium rich cacao powder.

Ingredients:

- 1 can coconut milk (additive free brand without guar gum [see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- 3 pastured egg yolks*
- 4 ½ tablespoons pure cacao powder ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- 2 tablespoons dark chocolate chips (finely shredded)
- ¼ cup + 2 tablespoons organic cane sugar
- 1 tablespoon collagen hydrolysate ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- ½ teaspoon finely powdered eggshell calcium (optional, see supplement recipes)
- ¼ teaspoon salt
- 1 teaspoon vanilla

Method:

- 1) Combine ½ a can of coconut milk and all of the sugar in a saucepan on medium, and heat until dissolved (this inverts the sugar and makes it easier to digest, particularly for those on GAPS or SCD diets). Let this cool in the fridge for about 1 hour.
- 2) In a blender combine the chilled coconut milk/sugar mixture, the rest of the coconut milk, egg yolks, vanilla, & salt. Blend at a low-speed until combined.
- 3) Add cacao powder, gelatin (optional) and eggshell calcium (optional). Blend.
- 4) Pour in ice cream maker and wait patiently.
- 5) Top with shredded chocolate chips or stir in to combine. Enjoy!

*Raw egg yolks are not appropriate for everyone. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a weakened immunity or a medical condition. Please do your own research and make your own choice on whether they are right for you.

Salted Caramel Ice Cream (coconut style)

Using palm sugar in this recipe is important since it contributes to the caramel flavor. While it will not taste identical to your traditional cream based salted caramel, it has its own unique flavor profile that is worth exploring!

Ingredients:

2 cans coconut milk (additive free brand without guar gum [see butternutrition.com/pantry](http://seebutternutrition.com/pantry))
6 pastured egg yolks*
1 cup coconut palm sugar ([see butternutrition.com/pantry](http://seebutternutrition.com/pantry))
1 tablespoon collagen hydrolysate
½ teaspoon finely powdered eggshell calcium (optional)
1 teaspoon salt (some prefer closer to 1 ½-2 teaspoons)
2 teaspoons vanilla
caramel topping (if desired, recipe on following page)

Method:

- 1) Combine 1 can of coconut milk and all of the palm sugar in a saucepan on medium, and heat until it starts to boil (watch carefully to avoid it boiling over).
- 2) Reduce heat to a simmer for 20-30 minutes, stirring frequently. Then let cool in the fridge for about 1 hour.
- 3) In a blender combine the chilled coconut milk/sugar mixture, the other can of coconut milk, egg yolks, vanilla, & salt. Blend at a low-speed until combined.
- 4) Add gelatin (optional) and eggshell calcium (optional). Blend.
- 5) Pour in ice cream maker and wait patiently.
- 6) Enjoy!

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Caramel Sauce

Ingredients:

6 tablespoons coconut palm sugar ([see butternutrition.com/pantry](http://butternutrition.com/pantry))

½ cup coconut milk ([see butternutrition.com/pantry](http://butternutrition.com/pantry))

2 tablespoons water

½ teaspoon vanilla

pinch of salt

Process:

- 1) Combine water, palm sugar, & coconut milk together in a sauce pan over medium heat.
- 2) Stir occasionally as you watch and wait for it to come to a boil.
- 3) After reaching boiling point, reduce heat to low, and let simmer for 20-25 minutes.
- 4) Finish by stirring in vanilla and salt to taste.
- 5) Let cool, and store in fridge.

Raw Milk Ice Cream

This ice cream recipe is so satisfying and nutritious! It's full of fat soluble vitamins A & D, calcium, and a solid dose of saturated fat. Note: This is a NO-HEAT recipe.

Combine in blender:

6 pastured egg yolks*

¼ teaspoon salt

¾ cup sugar (or maple syrup)

2-3 teaspoons vanilla

1 cup raw milk

1-2 tablespoons collagen hydrolysate ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

Blend until combined. Then add 3 cups of raw cream or non-homogenized pasteurized heavy cream if you can't find raw. Blend VERY gently until combined. You want to barely combine the cream without whipping it and creating too much air in the base. Put in an ice cream maker and enjoy!

Use this recipe as a vanilla base, and alter it slightly with the following to make different flavors:

- Coffee: 3 teaspoons instant espresso, 1 tablespoon coffee extract
- Chocolate: ½ + cup cacao power
- Chocolate chip mint: crushed chocolate chips & blend in a handful of mint leave
- Maple walnut: eliminate vanilla, use maple syrup as sweetener & add crushed walnuts.
- Salted caramel: adjust salt to about 2 teaspoons, melt 1 cup white sugar on medium until liquefied, immediately add 1 cup of cream and stir until caramel creates a silky sauce. Let sauce cool completely before adding to the ice cream base (to avoid cooking the egg yolks). The caramel sauce takes a little practice.

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CHAPTER 7: SMOOTHIES & DRINKS

Splendid Sumac Lemonade

If you've never heard of or tried sumac, you may be pleasantly surprised! Sumac is a wild bush native to the Mediterranean. The dark red berries are usually dried and crushed to create sumac powder (spice) that has a fruity flavor with strong notes of lemon. As well as being quite delicious, it's also high in antioxidants and said to have anti-microbial properties.

Ingredients:

3 cups water
2/3 cup sumac simple syrup (recipe follows)
3 large lemons (about 3/4 cup lemon juice)
Sliced lemons to garnish
Ice

Process:

- 1) Combine water, simple syrup and lemon juice.
- 2) Stir, add ice and garnish.

Serves 4.

Sumac Simple Syrup

Ingredients:

- 1 ½ cups organic sugar ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- 1 cup water
- 6 tablespoons powdered sumac ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

Process:

- 1) In a saucepan combine sugar, water and sumac. Stir to combine.
- 2) Over low-medium heat bring to a boil and immediately remove pan from heat.
- 3) Let simple syrup cool at room temperature for at least 20 minutes.
- 4) Strain sumac simple syrup through cheesecloth to remove residual sumac powder.
- 5) Enjoy! The applications for this delicious sumac simple syrup are endless!

Frozen Lemon-ade

Ingredients (for one serving):

- 1 frozen lemon (let thaw for about 5 minutes, so you can slice it)
- 1 ½ tablespoons simple syrup (directions follow)
- ¾ cup cold water
- Ice (optional, if not using a frozen lemon)
- Muddler ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

Process:

- 1) Remove a frozen lemon from your freezer and let thaw for about 5 minutes, or until thawed enough to slice.
- 2) Slice lemon fairly thinly and place in a glass and combine with simple syrup (recipe follows).
- 3) Using a muddler break down the frozen lemon.
- 4) Add water, ice (optional), and strain if desired.

Ingredients for Simple Syrup:

- 1 ½ cups organic sugar ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- 1 cup water

Process:

- 1) In a saucepan combine sugar and water. Stir to combine.
- 2) Over low-medium heat bring to a boil and immediately remove pan from heat.
- 3) Let simple syrup cool at room temperature for at least 20 minutes.

The applications for simple syrup are endless. Just remember it is NOT a nutrient dense sugar choice, so it should be used sparingly.

Anti-inflammatory Orange Julius

Ingredients:

- 1 cup additive free organic orange juice
- 1 tablespoon collagen hydrolysate ([see butternutrition.com/pantry](http://butternutrition.com/pantry))
- 2 pastured egg yolks*
- Simple syrup to taste (optional)

Process:

1) Combine in blender or use a stick blender.

Serves 1.

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Pick-me-up Chocolate Shake

This shake is loaded with magnesium, calcium, vitamin A, food sourced multi-vitamins (i.e. egg yolks), protein, metabolism stimulating saturated fat from coconut milk and easy to digest SUGAR.

Ingredients:

1 cup of **anti-stress double chocolate ice cream** ([see dessert recipes](#))

1-2 pastured egg yolks*

2-3 tablespoons cold brew or strongly brewed coffee concentrate (I usually make a small cup of pour over coffee using 4 tablespoons finely ground coffee and about ½ cup water)

1 tablespoon collagen hydrolysate ([see butternutrition.com/pantry](http://butternutrition.com/pantry))

Chocolate shavings to garnish ([see butternutrition.com/pantry](http://butternutrition.com/pantry))

Process:

1) In a blender combine ice cream, coffee, egg yolk, and collagen hydrolysate.

2) Blend until combined & top with chocolate shavings. Enjoy!

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The Ultimate Real Food Protein Shake

Here's how to make a REAL FOOD smoothie, with balanced whole food protein for optimal nutrition!

Ingredients:

3-4 tablespoons coconut milk ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

2 tablespoons collagen hydrolysate ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

2 tablespoons simple syrup or honey

2 pastured egg yolks*

6 large frozen organic strawberries

¼-½ cup water

Process:

1) Combine coconut milk, water, collagen hydrolysate, simple syrup & egg yolks in a blender to combine.

2) Add strawberries and blend until smooth.

3) Enjoy!

Serves 1. Contains about 18g of protein per recipe.

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Raspberry Refresher

Ingredients:

- 1 ½ cups frozen raspberries
- ⅓ cup full fat coconut milk ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- 3 tablespoons water
- 1 tablespoon collagen hydrolysate ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))
- 2 pastured egg yolks*
- 1 tablespoon honey
- splash of vanilla (optional)
- pinch of salt

Process:

- 1) Combine coconut milk, water, egg yolks, collagen hydrolysate, salt & honey in a blender and blend until combined. Adding the raspberries too early can cause the egg yolk & honey to freeze before mixed thoroughly.
- 2) Now add frozen raspberries and blend till smooth.

Serves 1.

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CHAPTER 8: CONDIMENTS

Mayo

Commercial mayo is full of processed man-made oils. This is a quick, healthy recipe.

Prep and set aside:

- ½ cup refined coconut oil (melted), could also use a mix of virgin & refined coconut oil
- ½ cup olive oil
- 1 ½ teaspoons sugar
- ½ tablespoons raw apple cider vinegar
- 1 teaspoon stone ground mustard
- ¼+ teaspoon natural sea salt (to taste)
- 3 eggs* (1 whole egg and 2 yolks will be used, bring the eggs to room temp before preparing)

Combine in blender until mixed:

1 raw egg + 2 yolks, 1 ½ teaspoons sugar, ½ tablespoon raw apple cider vinegar, 1 teaspoon Dijon mustard and ¼+ teaspoon salt.

Method:

- 1) In glass cup/measuring cup add the two oils together (totaling 1 cup of the coconut/other oil mix).
- 2) Starting on the lowest speed (i.e. speed 1 on a Vitamix) add the oil VERY SLOWLY– 1 tablespoon at a time while slowly increasing the blender speed (up to 6 on Vitamix). For instance, bring it to a speed of 3 once you've added ½ of the oil, and so on.
- 3) When all the oil is added the mixture should have emulsified, and will continue to thicken in the fridge as the coconut oil solidifies. The mayo will keep for about 2 weeks.

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CHAPTER 9: SKINCARE

Is your skin eating toxins?

The epidermis is the outermost layer of the skin, and the largest organ of the body! In this day and age, the skin is commonly thought of as a strong barrier protecting the body (and it is), but it is often forgotten how permeable it is! Lotions, potions, deodorants, sunscreens, makeup, anti-[insert symptom here] cream, you name it- gets rubbed on, lathered, and reapplied. But where does it all go? How many pounds of parabens, sulfates, glycols, and chemicals you can't pronounce is that per year? Those chemicals get absorbed into the blood stream and circulated around the body! Eventually they end up getting processed by the liver, and IF you have the right nutrients on hand in your body, they will be eliminated out of the body in urine or via the bile in feces. But what if you don't have the right nutrients on hand in your liver to process the chemical burden? Then what happens?

When the liver can't process something properly for removal, it often stores it in adipose tissue where it is safer than it would be if it were to be left circulating in the body. But over time these toxins can add up, and before you know it, you are carrying around a huge toxic burden. Not to mention these chemicals are often found in cancer samples!

"New research has detected the presence of paraben esters in 99 percent of breast cancer tissues sampled. Parabens are chemicals with estrogen-like properties, and estrogen is one of the hormones involved in the development of breast cancer" ([Dr. Mercola, 2012](#)).

So what can you do about this? Reduce your toxic burden by using food on your skin (ideas below). [Try] to follow a simple rule: If you wouldn't eat it, your skin probably doesn't want to either. Of course there are exceptions from time to time, but the key is the reduction of chemicals going into the body.

Foods for your skin (just a small list to get you thinking!)

- Coconut oil: works well to moisturize any part of the body (works great mixed with Aloe Vera), can also be used as a base to make your own deodorant, and toothpaste!
- Aloe Vera: great to moisturize, but be sure to check the ingredients for additives, they often sneak in there!
- Jojoba oil: great diluted with water on the face, or another area of the body.
- Tea Tree oil: Great for inflamed ingrown nails, it's a strong anti-fungal/anti-microbial
- Shea butter/beeswax/coconut oil/zinc oxide/vitamin E oil: great ingredients to make your own sunscreen or lotion.

If you prefer to buy a product, check out the [Natural Products Association's](#) approved products list.

My {all in one} Secret Miracle Cream

This one product can replace all others serving as a mild deodorant, body lotion, face cream, lip balm, aftershave, after-sun cream, and relaxing massage oil.

Ingredients:

about 3 ounces virgin coconut oil ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

15-20 drops of Dr. Ray Peat's Progest E* (natural progesterone in vitamin E by Kenogen)

15 drops essential oil: lavender, ylang ylang or your favorite calming essential oil combo ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

Process:

- 1) Turn on the oven to 350 degrees, let the oven warm for 5 minutes and turn off.
- 2) Put a glass jar containing the coconut oil in the oven for about 5-10 minutes to melt (oven should be warm, but turned off at this point).
- 3) As soon as oil is melted, add Progest E & essential oil.
- 4) Stir, and put in a cool, dark place to cool, where the coconut oil will harden.
- 5) Keep in your bathroom or by your bedside for everyday use, and watch it replace your everyday products!

Notes on Progest E:

Progest E is a natural progesterone dissolved in vitamin E for superior delivery formulated by Endocrinologist Ray Peat, PhD. Progesterone is an anti-inflammatory hormone that is protective & healing to the body, and perfect for the skin.

"For tendonitis, bursitis, arthritis, sunburn, etc., progesterone in vitamin E can be applied locally after a little olive oil has been put on the skin to make it easier to spread the progesterone solution" Ray Peat, PhD.

*This formula is not appropriate for children or some men, so please do your research, consult your doctor, or read the disclaimer at the beginning of this eBook.

Soothing Body Butter

This body butter has properties that make it perfect for use after shaving to provide some added protection against ingrown hairs, irritated skin, and act a gentle deodorant. Tea tree oil is widely known for its healing effects on the skin.

Ingredients:

½ cup coconut oil ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

6 tablespoons cocoa butter ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

2 tablespoons jojoba oil

Few drops of Progest E (optional)

15-20 drops of tea tree oil (at this strength, it is still very gentle to the most sensitive skin areas, including the face. If you have very sensitive skin, start off with about 10 drops until you find what works best for you). ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

Process:

1) Melt cocoa butter in a glass container in the oven at a low temp, or on a double boiler on the stove top. You just want it dissolved, not hot.

2) When butter has melted, remove from heat and stir in jojoba oil, coconut oil, and combine (the coconut oil should melt solely by the temperature of the cocoa butter).

3) Wait a few hours or overnight for the mixture to solidify at room temp. You could also speed this up in the fridge.

4) Add solidified mixture to a Kitchen Aid mixer and whip on high for 6-10 minutes stopping to stir down the sides as needed.

5) Add in your tea tree oil and mix one last time.

This is such a decadent body butter! It's gentle enough for anywhere on the body, but will be especially helpful on shaven areas, underarms and feet. Feel free to add more tea tree oil if you need a stronger concentration, but be careful, a little bit goes a long way!

Simple Beet Blush

A very subtle and easy blush recipe!

Ingredients:

Fine beet powder ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

Arrowroot powder ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

Old/recycled powdered blush container ([see butternutrition.com/pantry](http://see.butternutrition.com/pantry))

Process:

- 1) Start with ½ tablespoon arrowroot starch in a container.
- 2) Add ⅛ teaspoon of beetroot powder at a time until desired color is reached.

DIY Roll-on with Essential Oils

Who says smelling delicious has to be toxic? Here is a VERY EASY way to make your own DIY roll on perfumes at home using essential oils! You can use any essential oil (or blend) you want, but I chose to make mine using: vanilla, lime and lavender. The great thing about using essential oils is that they not only smell so wonderful, they actually have wonderful beneficial properties that can help you relax, calm, de-stress, and uplift your mood (depending on which ones you use).

Some of my favorite combinations are:

- 1:1 ratio of Vanilla/Lavender (perfect for bedtime)
- 3:1 ratio of Grapefruit/Peppermint (very relaxing, this one smells like a liquid daydream!)
- 9:1 ratio of Lime/Clove (anti-stress)

Ingredients:

Fractionated coconut oil ([see butternutrition.com/pantry](http://seebutternutrition.com/pantry))

Jojoba oil ([see butternutrition.com/pantry](http://seebutternutrition.com/pantry))

Essential oils of choice, I used a vanilla/lavender blend, and lime

Roll on tubes 10ml ([see butternutrition.com/pantry](http://seebutternutrition.com/pantry))

Dropper (optional)

Process:

1) Fill each 10ml roll on bottle with the following:

-1 ½ teaspoons fractionated coconut oil

-½ teaspoon jojoba oil

-12-25 drops of essential oil of your choice (use more if you want a stronger perfume, I prefer it more subtle)

2) Snap on the roller

3) Shake as needed to combine.

All Natural Homemade Deodorant

Store bought deodorants contain toxic ingredients linked to disease that are best avoided like: aluminum (metal), parabens (synthetic preservative), propylene glycol (petroleum derived), phthalates (used as a plasticizer), and triclosan (pesticide). YIKES! This all natural homemade deodorant recipe is very gentle and effective, but since everyone is different you may want to try out a few to find one that works best for you.

Ingredients (makes 1 deodorant stick):

⅓ cup coconut oil ([see butternutrition.com/pantry](http://seebutternutrition.com/pantry))

½ tablespoon aloe vera gel

1 tablespoon baking soda

4 tablespoons arrowroot

¼ teaspoon vitamin e ([see butternutrition.com/pantry](http://seebutternutrition.com/pantry))

¼ teaspoon essential oil, I recommend lavender, lemon or tea tree oil 2 tablespoons beeswax

Empty deodorant stick container ([see butternutrition.com/pantry](http://seebutternutrition.com/pantry))

Process:

- 1) Melt coconut oil & beeswax in a saucepan with vitamin e, aloe vera and essential oils.
- 2) Stir until smooth.
- 3) Remove from heat and add baking soda and arrowroot.
- 4) Stir well until smooth, and return to heat if needed (if mixture cools too much and starts to harden).
- 5) Pour into a deodorant container and allow to cool for a few hours. Complete cooling time will depend on the temperature in your house and/or environment.

DIY Seaweed Face Mask

Seaweed spa treatments can be very spendy, but did you know you can do your own at home? This is a very easy recipe that uses a seaweed called bladderwrack that is very high in minerals, particularly iodine and vitamin C. I love this face mask because it helps your epidermis detoxify by pulling excess water out of the skin. Because of this, it's important to moisturize with coconut oil afterwards.

Ingredients:

1 teaspoon honey

1 teaspoon bladderwrack powder ([see butternutrition.com/pantry](http://seebutternutrition.com/pantry))

¼ teaspoon water

Process:

- 1) Combine seaweed and honey in a dish. Add water to achieve desired consistency, about ¼ teaspoon.
 - 2) Apply to the face and allow to dry slightly, about 20-30 minutes.
 - 3) Rinse with warm water, and finish with coconut oil to moisturize.
- * I suggest putting this on before you get into the bath.

Epsom Salt Bath

Epsom salt baths a few times per week prior to bed since they can cause drowsiness, are a great way to get transdermal magnesium (absorbed through the skin). Magnesium also has a relaxing effect, so it can be a great addition to a bedtime routine.

Ingredients:

Bathtub/bathwater

1-4 cups of Epsom salt* (magnesium sulfate) ([see butternutrition.com/pantry](http://butternutrition.com/pantry))

Few drops of lavender essential oil (optional) ([see butternutrition.com/pantry](http://butternutrition.com/pantry))

Process:

- 1) If it is your first Epsom salt bath, start with ½-1 cup of Epsom salt.
- 2) Increase by ½ cup every week or so, as tolerated. Too much too quick can have unpleasant detoxifying effects.
- 3) Soak for about 15-30 minutes.

*I recommend only taking Epsom salt baths prior to bed in case sleepiness results.

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THANK YOU!

Dear Reader,

I hope you've absorbed some useful tips and recipes to build nutritional wealth in your life! Remember to take baby steps, and make small changes each day to avoid being overwhelmed. The little changes add up to become big changes!

If you feel you need a more personal nutrition approach feel free read about my nutrition packages [here](#). I specialize in building up the body to support the following conditions: food allergies, blood sugar handling, weight loss, hormonal balancing, PMS, infertility, low thyroid, digestive disorders, inflammation, fatigue, and diet recovery (including paleo and low carb diets).

Don't forget to follow Butter Nutrition on [Facebook](#) and [Pinterest](#) to get more wealth building ideas and strategies to put at work in your life.

If you have any questions, feel free to contact me [here](#). I would love to hear any questions or feedback you may have.

Thank you for reading and investing in your health!

Abundantly,

A handwritten signature in black ink, appearing to read 'Catherine Crow', with a stylized, cursive font.

Catherine Crow, NTP
Butter Nutrition