


REAL FOOD FORAGER  PRESENTS

# Grain Free PALEO DESSERTS AND TREATS

Suitable for Gluten Free, Paleo, SCD,  
GAPS and All Grain Free Eaters



Dr. Jill Tieman MA DC CCN

# REAL FOOD FORAGER

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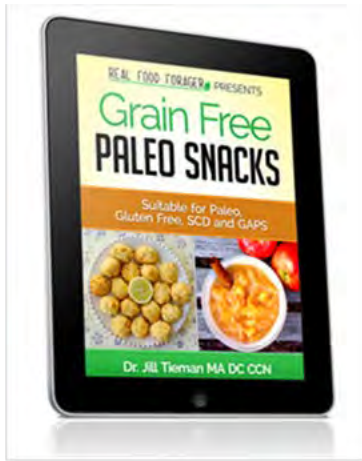
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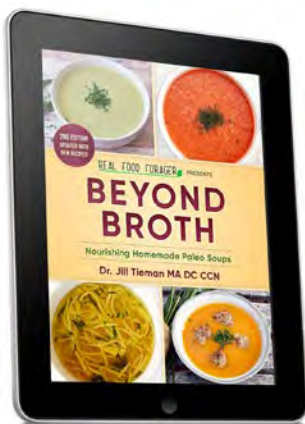
also by dr. jill tieman



With over 40 recipes, **Grain Free Paleo Snacks** is the perfect place to get nutritious snack ideas that will keep your kids happy and healthy

You'll also learn how to use grain free flours like almond flour and coconut flour. This book shares simple snack ideas that will satisfy everyone! Not only are the snacks grain free and gluten free, they are made without any chemical additives, refined sugar, soy, or dairy.

[Click here to add \*\*Grain Free Paleo Snacks\*\*](#) to your family's Health and Wellness Library!



Transform mineral-rich meat, chicken, and fish broth into delicious homemade soups. Are your kids reluctant to drink bone broth? Learn how to make simple and quick nutrient dense soups that your family will love. Great for snacks and meals!

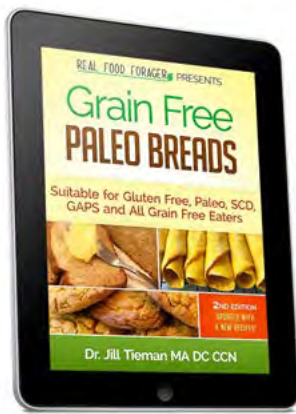
In this e-book, **Beyond Broth Nourishing Homemade Paleo Soups**, Dr. Jill Tieman, of RealFoodForager.com, shares how to make nutritious homemade broths, stocks and soups quickly and easily. Your family will love these delicious superfood recipes that are bursting with flavor and pack an incredible nutrition punch.

The nutrients in properly homemade broth and soups are full of:

- Collagen and gelatin – the building blocks for the gut lining, joints, and skin
- Minerals for gut health and all metabolic pathways
- Easy to digest nutrients – especially important for healing chronic illness

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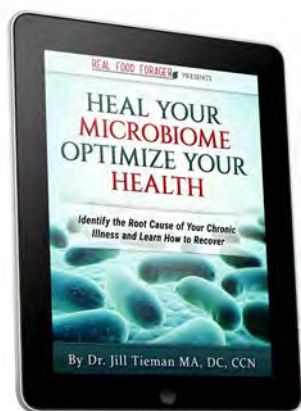




**Grain Free Paleo Breads** is go-to guide for replacing grains and gluten with simple and healthy flours! The over 40 delicious recipes for bread, muffins, wraps, pizza crusts, rolls and other fun breads, will satisfy even the pickiest eater!

**Grain Free Paleo Breads** is the perfect tool to learn everything you need to know about baking with grain free flours like almond flour and coconut flour. Not only are the breads grain free and gluten free, they are made without any chemical additives, refined sugar, soy, or dairy.

In addition, this book provides you with more than just a collection of recipes for Paleo breads, muffins, wraps, pizza crusts, and rolls. There are also instructions for properly preparing nuts for easy digestion, tips, and tricks when using coconut and almond flours that will insure your success, information about the healthiest ingredients and so much more. [Click here to add Grain Free Paleo Breads](#) to your family's Health and Wellness Library!

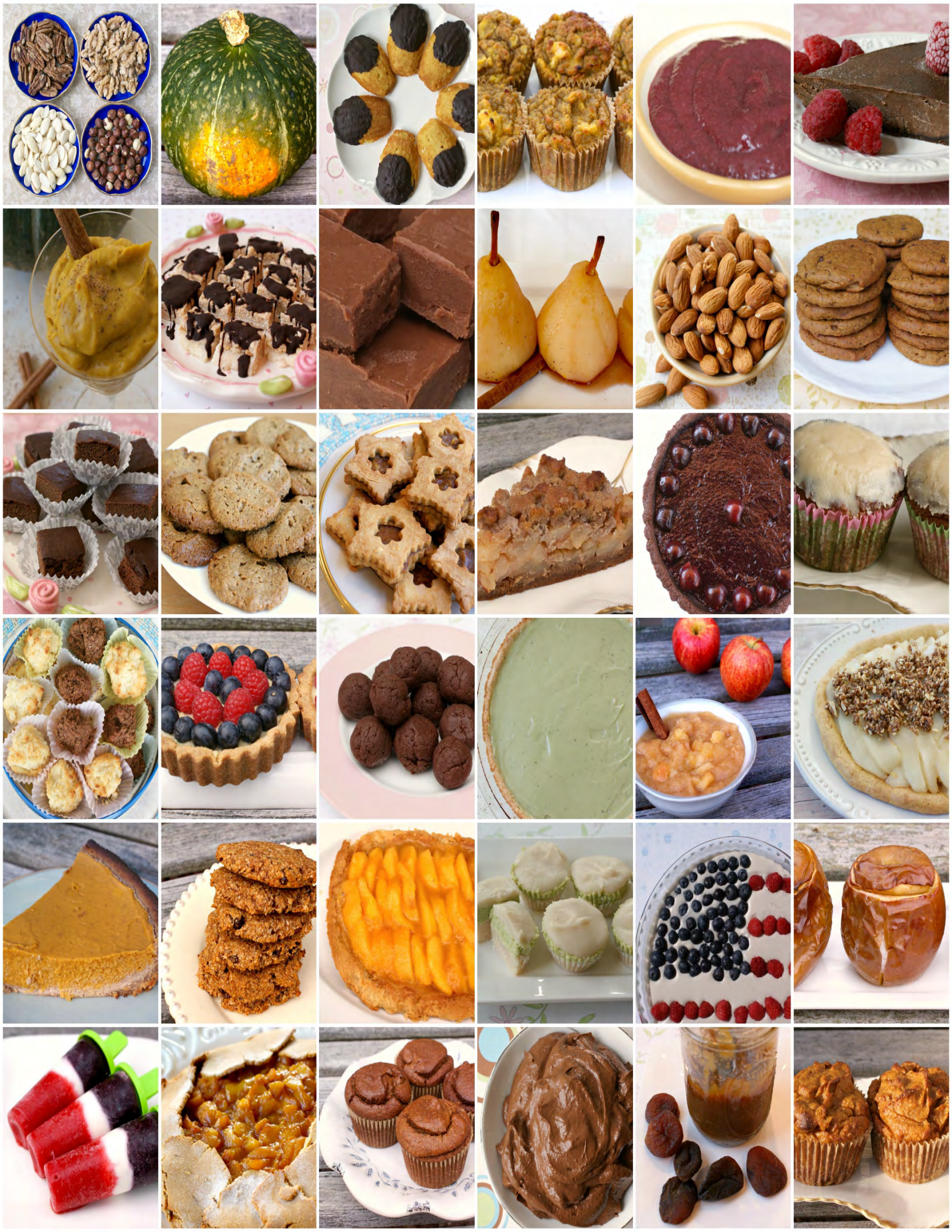


Do you suffer from fatigue, weight gain, skin problems, digestive problems, allergies, asthma, autoimmunity? Are you frustrated with your health? Have you tried eating "healthier" – but are confused with all the differing food recommendations? Wouldn't you like to feel better?

The new research into the microbiome – the colonies of beneficial gut bacteria that live in us and perform many essential functions for us – is the focus of this new book from Dr. Jill Tieman of Realfoodforager.com.

The book explains in simple terms how the body works and what triggers so many of the chronic conditions many adults and children suffer with on a daily basis. You will begin to understand how your particular condition arose. [Click here to add Heal Your Microbiome Optimize Your Health](#) to your family's Health and Wellness library.







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## **ABOUT THE AUTHOR**

## **JOIN ME**

# preface

My journey started with the child of a patient who was diagnosed with ulcerative colitis. She was very sick until she went on a grain free diet – the Specific Carbohydrate Diet (SCD). At the same time, I was having digestive and sinus problems and my son was developing a lot of food allergies. We all went on the grain free diet together and never looked back. Today, I enjoy homemade grain free desserts much more than store bought, overly sweet desserts. Hopefully, you will find the same.

The first instinct is to try to replace every single wheat food item with something grain free. That is not recommended. What I suggest is that you find one, two, or three grain free snack items that you like and can rely on to replace some of the wheat. The next step would be to replace many of the starches with vegetables. Grain free baking requires vegetables as a source of moisture. This is a good way of getting children to have vegetables in their diet.

If you want to receive more recipes you can sign up for my [blog updates here](#).

If you are new to real food eating, you may want to sign up for my “**Getting Started**” series of emails that will simplify the most important changes to make to improve your health.

You can get this **FREE** series and a **FREE** e-book by [signing up for my newsletter here](#).

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# disclaimer

## **Medical Advice**

While I may be a health practitioner, I am not your health practitioner. I do not provide medical advice and nothing contained herein shall be construed as such. The full contents of this book and other content contained in this book are for informational purposes only. Statements in this book have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure, or prevent any disease. Always consult your personal physician before starting any fitness/exercise program or changing dietary habits. The content of this book is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.

# introduction

## Going Grain Free

The heavily grain based diet recommended by the USDA is contributing to the epidemic of obesity, diabetes, autoimmunity and other chronic illnesses in this country today. When people stop eating a grain based diet and switch to ancestral and traditional ways of eating and preparing foods, weight drops off and health improves dramatically. From a clinical nutritionist's point of view, this diet is also instrumental for helping to heal the intestinal tract of leaky gut syndrome.

Leaky gut syndrome is a condition in which the cells of the mucosal lining are dysfunctional and do not form the strong barrier that they should. This situation allows large, undigested food particles to flow into the bloodstream where they are targeted by the immune system as foreign. An immunological response ensues and inflammation and cell destruction follows. Leaky gut syndrome is the underlying condition to allergies, asthma and the more serious autoimmune conditions such as inflammatory bowel disease, i.e. Crohn's, ulcerative colitis and Celiac, as well as type I diabetes, rheumatoid arthritis, etc.

Celiac disease is one of the only diseases that conventional medicine actually recommends a change of diet as the mainstay for disease management. Food manufacturers are jumping on the gluten free bandwagon and suddenly there are oodles of gluten free packaged goods available. But while gluten may seemingly be the culprit in celiac disease, many believe there is a need to go beyond gluten free. There is a need to go grain free.

Grains have been cultivated for 10,000 years. Before that, we were hunter/gatherers for eons. Our digestive systems evolved to digest fats, meats, and wild flora. The switch to a grain based diet is very recent in evolutionary terms and our digestion has not caught up. Additionally, the grains we eat today are very different from the grains of our ancestors. Modern grains have been hybridized to the extent they are genetically quite different from the wheat grains of 200 years ago. They also contain more gluten than years ago. Furthermore, modern grains are subjected to many other industrial processes that further decrease their nutrient content and increase the allergenic properties – not to mention that conventional wheat is sprayed heavily with glyphosate, a poisonous herbicide, in order to dry, before harvesting.

Another problem is that commercial grains are not properly prepared—grains should be soaked and/or sprouted to remove anti-nutrients and phytic acid—to improve digestibility and nutrient absorption. Additionally, most grain products have many other questionable additives that may affect one's health.

This is not the wheat that our ancestors ate. This is a manufactured factory product that has recently been introduced to the food supply and that is clearly causing exaggerated immune reactions in certain people.

When people stop eating gluten and grain products, many experience a great reduction in symptoms and a tremendous improvement in their health. When the diagnosis is indeed celiac disease, the elimination diet is recommended. However, gluten sensitivity is also widespread and because this sensitivity is not measurable with conventional tests, it is ignored.

Many people on a gluten free diet do not improve 100% and will remain at sub-optimal health unless they go grain free. In spite of the gluten free diet, those suffering from celiac disease have a threefold increase in disease morbidity and mortality. They need to go beyond gluten free. They need to be grain free. A grain free diet allows the digestive tract to heal.

Grain free living involves much more than just substitution of grains with other foods. However, for many, the hardest foods to leave behind are baked goods. Have no fear! You can go grain free and enjoy all the health benefits of grain free living and still enjoy these products! In this book, you will find recipes and ideas for grain free desserts and treats that will nourish and satisfy even the pickiest eater.

When I realized that we needed to go grain free in my house, the most troubling aspect was the issue of desserts and treats for my little boy. I quickly realized that I would have to bake at home – a daunting task – especially since he craved carbohydrates (an indicator that the microbiome is off balance).

Many families are on the Paleo diet with small children. With small children, it is important to have cookies and other treats on hand that they can have while their peers are having the commercial stuff (junk). They are already singled out because they are grain free and they should not feel deprived because of this. For this reason, it is critical that mom and dad (and any other family members you can enlist) are on board to fill that need.

This book is dedicated to the great moms and dads who are making the switch for their family. This collection of recipes is here to ease you over the learning curve, moving you forward on your path to greater health.

To aid your healing, please be mindful of the fact that the recipes in this book are meant to be used for special occasions and should be eaten in moderation, especially when in the beginning stages of a healing diet.



# baking with coconut flour

## **Coconut Flour**

Coconut flour is made from dried coconut meat. It is the fiber that is left over from making coconut milk. While you could make your own coconut flour from the pulp after making coconut milk, it is a lot easier to buy it in bulk. It may be stored in a cabinet.

## **Benefits of Coconut Flour**

- 1 – Coconut flour is high in protein, good fat, and fiber.
- 2 – The fat in coconut flour is a medium chain triglyceride, which is used for energy and not stored, so it won't make you fat.
- 3 – The lauric acid in coconut is very beneficial for the immune system as well as the thyroid.
- 4 – Coconut flour is high in manganese, which is important for the bones, the nervous system and the thyroid.
- 5 – Coconut flour has very little (if any) phytic acid, therefore it does not need to be soaked.

## **Coconut Flour Baking Tips**

- 1 – Since coconut flour is high in fiber content, it is very absorbent and will soak up the liquid in recipes. It cannot be substituted 1 to 1 for wheat or other grains or nut flours.
- 2 – Generally, you could substitute 1/4-cup coconut flour for every 1 cup of wheat or grain flour. However, you also have to add more eggs to recipes. It is usually 6 eggs with 1 cup of coconut flour. Coconut flour will clump up so be sure to mix carefully with the other ingredients.
- 3 – It is much better to use established recipes when initially trying coconut flour in order to understand how to manage it. Most of my recipes include either coconut milk or cream and/or pureed fruit or vegetables as added moisture.
- 4 – It's worth repeating that coconut flour will soak up the liquids in a recipe. For instance, if it is standing around for 5 minutes or so, you will find that the batter gets denser. Usually that is OK, but try to use your batter right away so that it does not stand around too long. You can always add a little water to help if the batter is too thick.
- 5 – It is best to add coconut flour to a recipe in smaller increments in order to make sure the batter does not start out too thick. In most of my recipes, I mention this, but it is always good to keep this in mind.

# why we need to activate nuts & seeds

You may have heard about soaking nuts and seeds (and grains and legumes) to neutralize the anti-nutrients that naturally occur in these plant foods. A new term that I've noticed being used is to activate them. I really like this term because it emphasizes the fact that raw nuts and seeds are living foods that just need a little push to make their incredible nutrition available.

If you're new to traditional preparation of foods, you may ask, why should I bother to soak and dry nuts and seeds? There are several reasons that will illustrate to you just how far away we have come from the wisdom of our ancestors in regards to food preparation for optimum nutrition.

I remember as a child going to my aunt's house for a holiday and chowing down on the nuts that were put out for company. We had to shell them and that was hard work. Although the almonds were easier to shell, I distinctly remember not liking them because of the skin and the fact that they upset my stomach. Now I know why.

Nuts and seeds (and grains) contain phytic acid (phytates), lectins, enzyme inhibitors, and other anti-nutrients. This is a self-protective mechanism for the plant. However, it makes these foods very difficult to digest and assimilate the nutrients in them. They must be prepared by soaking, sprouting, or sourdough fermentation (in the case of bread).

Phytic acid binds to minerals such as zinc, iron, magnesium, calcium, chromium, and manganese in the digestive tract, making them unavailable. When we consume foods with phytic acid, our ability to absorb the minerals is impaired and mineral deficiencies and bone loss may result.

Eating a handful of nuts now and then will not make a big dent in your nutrient absorption, but if you eat a lot of nuts and seeds (and grains and legumes); it will impact your health. Lots of folks on grain free, healing diets substitute nuts and seeds for flour and eat them on a daily basis. For these folks it is crucially important to prepare the nut and seed flours properly or mineral deficiencies may develop.

Nuts and seeds also contain enzyme inhibitors, which prevents the seed from sprouting prematurely. A salty brine is the best way to deactivate the enzyme inhibitors in nuts and seeds. (In grains, you would use a slightly acidic brine).

This is especially important for people on healing diets like SCD or GAPS who already have digestive issues. These folks cut out grains, but nuts and seeds also have similar issues with anti-nutrients.

In this book, the recipe for activated nuts and seeds will show you how to properly prepare these foods.



# nut flours

## **Almond Flour**

Almond flour is made from grinding up blanched almonds. It is very fine and a great substitute for wheat. Almond flour is different from almond meal. Almond meal is processed with the skins still on. I do not recommend using almond meal.

Keep in mind that once the almonds are blanched (skins removed) most of the anti-nutrients are also removed. I am confident that using the blanched almond flour that is on the market is fine, in moderation.

See my [Resource Page](#) for a source that I have been happy with.

## **Benefits of Almond Flour**

- 1 – Almond flour is high in Vitamin E and calcium.
- 2 – Almond flour is high in protein and fiber (though not as much fiber as coconut flour). It is a great low-carb alternative to grain based flours.
- 3 – Almond flour imparts a very satisfying taste to baked goods and is more filling than grain based flours.

## **Almond Flour Baking Tips**

- 1 – Almond flour is heavier and courser than wheat flours, therefore baked goods do not rise as much with almond flour – usually they rise in the oven and then sink when cooled.
- 2 – All the baked goods are “quick breads” that will be denser than wheat breads. But, in making them, there is just the batter – no extra time needed for kneading and resting and rising. There is also no need for other ingredients such as baking powder (which has cornstarch in it) or yeast (which many people react to).
- 3 – Almond flour should be refrigerated or frozen. Don’t store almond flour near items that have a pungent or strong odor as it may absorb these odors.
- 4 – Baked goods made with almond flour can stay out a day or two, but refrigeration is the best storage method.
- 5 – Most almond flour products freeze very well.

## **Pecan Meal**

Pecan meal may be homemade from crispy pecans, which have been soaked and dehydrated. It is really delicious and satisfying to use in certain recipes. I prefer to grind the nuts specifically when a recipe calls for it.

## **Walnuts**

I do not suggest making flour from walnuts because it contains delicate oils that would become rancid with cooking. Sometimes I may grind the previously soaked and dehydrated nuts as a garnish or a small part of an uncooked recipe.

## **Sunflower Seeds**

These may also be used ground up. They should also be soaked and dehydrated first. I do not love the taste of these, so I do not bake with them, but they are certainly good to use in baked goods.

Any other nuts are also acceptable as long as they have been properly prepared by soaking and dehydrating.

Peanuts are a legume and therefore not a nut. I am not crazy about peanuts for many reasons – the most pressing reasons are the aflatoxins (from mold) and the high omega 6 to omega 3 ratio they contain.

## **Cassava Flour**

While it is grain free, cassava flour (made from a starchy tuber) is not legal on the SCD or GAPS diet, but it is used on the Paleo and AIP (Autoimmune Paleo) diets. I wanted to try using cassava flour for the rollout cookie recipe as I heard that this flour acts just like wheat flour in a dough.

I must say that it is easier to get a good dough using cassava flour than other grain free flours like almond or coconut flour. The cookies can be made very thin and they have a nice crispness. If you have moved into starchier foods, you can try the recipe!

If you want a grain free rollout cookie recipe, use the recipe for the Linzer cookies.

## **Cacao vs Cocoa**

A note about cacao. I use cacao powder and cacao butter in some of the recipes. The differences between cacao and cocoa lie in the processing. I choose pure organic cacao because it is processed less and heated less, therefore it has more of the naturally occurring enzymes and nutrients than cocoa.

Cacao/cocoa is not allowed on the Specific Carbohydrate Diet (SCD), but it is allowed on GAPS, after enough time and healing have occurred. You will need to be the judge of when you are ready for either cacao/cocoa if you are on the GAPS diet. For those on the Paleo diet, some people do report problems with cacao/cocoa. Just be aware that this is an ingredient best left for months after healing has occurred and symptoms no longer occur.

## **Stevia**

A note about stevia. I use the clear liquid stevia that has no flavorings. Some folks use the stevia powder, which would be fine as long as it is unflavored. Others use only the green leaf directly

from the stevia plant. I find that this has an aftertaste. If you choose not to use stevia at all taste the batter to be sure it is sweet enough. If it needs more sweetener, simply use more honey.



# baking with coconut products

## Coconut Oil

Coconut oil is rich in lauric acid, which is known for being antiviral, antibacterial, and antifungal. Lauric and palmitic fatty acids are found in mother's breast milk and help protect the breastfed infant against pathogens. Studies have shown the antimicrobial benefits of coconut oil.

Numerous studies have shown the various health benefits of coconut oil. It has been much maligned, but now is making a comeback due to the overwhelming evidence that it is indeed a health food.

Coconut oil is a saturated fat, but it is a medium chain triglyceride, which is easily absorbed and used as energy. In other words, it won't make you gain weight. It has a high smoke point so it will stay stable when used in cooking and baking.

Get the best coconut oil you can – organic and sustainably processed is best. See the Resource Page for suggestions. There are several coconut products in addition to coconut oil that are useful in a grain-free pantry.

**Coconut Concentrate** – also known as Coconut Spread, Coconut Butter, Coconut Manna. It is made from the fresh coconut meat that is dried and concentrated without any other additives. It can be used to make things creamy and is great for desserts. It may also be used for making coconut milk, if you only need a small amount for a recipe. It can also be mixed in shakes for a thicker texture. As you will see, I use it a lot in recipes and refer to it as coconut concentrate.

Coconut concentrate can be made from scratch from shredded coconut or coconut flakes by processing the shreds or flakes in a food processor with a little coconut oil, until it is smooth and creamy. (This takes around 8 – 10 minutes in the processor). Placed in a jar it can stay in the pantry for months. However, I prefer to buy the coconut concentrate already made.

## Coconut Flakes or Shredded Coconut

Here again, you want to get the best quality coconut. That would be organic, unsweetened, pure coconut. These products are great in recipes and treats.

## Coconut Milk

Coconut milk is not the liquid found in brown coconuts – that is called coconut juice. Coconut milk is made from the white meat of the coconut. It may be made at home or it may be carefully purchased from a few companies that take care to use BPA free can or tetra paks and have no gums added. Most coconut milk has guar gum added even if it is not on the label. The Resource Page will list the companies that offer decent ready-made, additive-free coconut milk.

The other alternative would be to make your own coconut milk from shredded coconut or coconut flakes, refrigerate it, and retrieve the coconut fat from the top. If you are strictly on an additive free diet, and like to make everything from scratch, this would be your best option. See the recipe provided in the Staples section for coconut milk.

### **Coconut Water**

Coconut water is the liquid inside young green coconuts. It may be retrieved from the young green coconuts (which, by the way, are actually white) that may be purchased from health food stores or Asian markets. It may also be purchased in tetra paks. Just be sure to get the natural, pure coconut water as the flavored varieties have additives.

### **Coconut Cream**

Coconut cream is the liquid cream that is retrieved from coconut milk. It is fat that separates and floats to the top. It may be retrieved from a can of full fat coconut milk that has been put into the refrigerator. After it is cold, the cream will float to the top and can be used. This is the cream I refer to use in the recipes. This may be purchased as the coconut milk referred to above.

# kitchen equipment

A well-equipped kitchen will pay for itself many times over because you begin to use each piece of equipment for a variety of different recipes. Any special appliance that makes the recipe easier to manage will be listed in the equipment section of my [Resource Page](#). If you do not have that piece of equipment, you can still make the recipe – there will be an alternative way to do it using common kitchen equipment.

After you have been making real food condiments and recipes for a while, you may want to consider purchasing one of the small appliances that I suggest, as it will definitely make your life as a real food chef easier.

**Food processor** – This is a must for making batters and grinding nuts to flour and nut butters. I could not function in the kitchen without a food processor.

**Immersion blender** – This is also an important part of a real food kitchen. It will make puréeing soups and gravies easy. It is also the only way I was able to make mayonnaise.

**Crockpot** – If you work outside the home and are away all day, this is a must for having savory meals ready at dinnertime.

**Dutch oven** – I love cooking meats and chicken in the Dutch oven. It is also used for sauces like tomato sauce, applesauce, etc. It is cast iron with an enameled lining. In my opinion, a good Dutch oven is an essential piece of cooking equipment in any kitchen.

**Dehydrator** – It took me a while before I bought this and now I have a 9-tray dehydrator. If you are soaking and drying nuts on a regular basis, this is a great tool. I used to dry the nuts in my oven but that only goes down to 170 ° F. In order to preserve the enzymes in the nuts, it needs to be not more than 150 ° F. When I finally bought it – I realized how useful it is for drying other sweet and savory items as well.

**Good quality set of pots and pans** - I love the enamel coated cast iron fry pans best because they are non-stick and do not leach anything into the food. Good quality stainless steel is also good although some people object to the metal, which is a combination of a few metals (the nickel being a potential problem). For 2 – 4 quart pots and stockpots, I use stainless steel.

**Vitamix brand-or another high-powered blender-** This is also a good investment and very useful in the kitchen.

**Stand mixer** – It will make baking much easier – but you have to have the room to store it.

**Good knives** – A cook needs some good knives.

**Ice cream maker** – This is not a necessity, but it really is great to make your own cold treats.



**Yogurt maker** – This makes homemade yogurt so easy it's a no brainer. While you can make yogurt using a cooler and wrapping the jars to keep in the heat, the temperature can vary. A yogurt maker is a good investment.

**Mason jars of all sizes with lids** – You can order the white plastic lids online. These make opening and closing the jars much easier.

**Various small gadgets** - such as lemon squeezer, garlic press, hand grater for vegetables and a smaller grater for zest or spices, tongs, angled spatula, silicone spatulas, julienne peeler, wooden spoon and wooden spatula, whisk, pizza cutter, measuring cups and measuring spoons, etc.

A word on baking pans -- Most baking pans are made with a nonstick finish. While this keeps things from sticking, this is not good for your health. It has been shown that the coating may go into the food. There are stainless steel muffin pans, loaf pans, and even stainless steel spring-roll cake pans on the market.

I use unbleached parchment paper on all cookie sheets as I still have some that have the nonstick finish. Every so often, I purchase a new stainless steel pan to replace any nonstick baking pans, muffin pans, or cookie sheets I still own. You may want to consider this as well.

Resources for kitchen equipment and for high quality food ingredients used in the recipes may be found here on the [Resource Page](#).

# staples



*This section has recipes for some items that I use in the other recipes, such as baked winter squash, ghee and activated nuts. The recipes in this section are also useful as ingredients in recipes but can stand alone – such as applesauce, pear sauce, jam coconut milk, and almond milk.*



# ACTIVATED NUTS & SEEDS

*You will need this recipe in order to properly prepare the nuts we will be using in various recipes in this book.*

**Prep Time: 20 minutes**

**Soak Time: 10 hours**

**Dry Time: 12 hours**

## INGREDIENTS

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A variety of nuts such as almonds, pecans, walnuts, hazelnuts and sunflower seeds

Sea salt

## EQUIPMENT

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Dehydrator

Bowls

Sieve

## INSTRUCTIONS

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1. Place each variety of nuts in a separate pot or large bowl with 2 – 3 Tbsp. of sea salt that is dissolved in water
2. Soak for 8 – 12 hours
3. Drain nuts through a sieve, rinse under running water, and shake the excess water out
4. Place each variety of nuts on separate dehydrator sheets
5. Dry at 135° F for 12 – 14 hours of until they are crispy and dry

Note: if you are using cashews soak them only between 3 and 6 hours or they will become slimy if soaked too long.

For instructions and video on how to skin almonds and make almond flour [click here](#). However, as I mentioned previously, the commercial almond flour that is already blanched should be fine if you can tolerate nuts.

Most commercial nuts are NOT properly prepared so home preparation is a must. You can properly prepare many nuts at a time and freeze them for later use. It is not as time consuming as it sounds, really only about 30 minutes of focused time.



A close-up photograph of a white ceramic bowl filled with raw, light-brown almonds. The almonds are piled together, showing their characteristic ridged texture. The bowl is set against a light, patterned background.

# ALMOND MILK

*You can substitute almond milk for coconut milk in recipes if you like.*

**Prep Time: 5 minutes**

**Soak Time: 12 – 24 hours**

## INGREDIENTS

---

2 cups raw organic almonds

5 cups filtered water

1 tsp vanilla

## EQUIPMENT

---

High speed blender

Nut bag or cheesecloth

Jar

## INSTRUCTIONS

---

1. Fill a 3 – 4 quart pot with water and add 2 Tbsp sea salt
2. Soak the nuts in this brine for 12 – 24 hours
3. Drain and rinse with filtered water
4. In the blender, add the almonds, the 5 cups of filtered water and the vanilla and blend on high for 1 -2 minutes
5. Let it settle for 5 minutes and then scoop off any foam
6. Strain the milk through a nut bag, squeezing all the liquid out – into a bowl
7. Pour the final product into a jar and refrigerate
8. This may be sweetened with honey or Stevia sweetener to taste



# APPLE SAUCE

*You will need this recipe for some of the cupcake recipes*

**Prep time: 30 minutes**

**Cook Time: 30 minutes**

## INGREDIENTS

---

8 – 10 medium to large organic apples

2 cinnamon sticks

## EQUIPMENT

---

Large stockpot

Strainer or sieve

Bowl, jars, slotted spoon

## INSTRUCTIONS

---

1. Clean and core the apples
2. Place them in a large stockpot with about 2 inches of water at the bottom
3. Bring to a boil and then reduce heat to a simmer
4. Cook for about 30 minutes until very soft
5. Using a slotted spoon, remove 3 - 4 apples at a time to a strainer with a large bowl
6. Using a hard spatula, press the apples through the strainer to remove skins and seeds
7. Periodically empty the applesauce into quart jars
8. Continue to press all the apples through the sieve until the pot is empty
9. Remove the cinnamon sticks and discard
10. Pour the remaining water or juice from the apples through the strainer into a clean jar and save for drinking or making apple butter



# APRICOT JAM

*You will need this recipe for the Apple Tart.*

**Prep time: 10 minutes**

**Cook time: 30 minutes**

## INGREDIENTS

---

About 3/4 cup dried unsulphured organic apricots

## EQUIPMENT

---

Mini processor

## INSTRUCTIONS

---

1. Soak the apricots in warm water until fully soft (about 30 minutes in warm water)
2. You can also cut the apricots in half first
3. When soft, place in your mini processor and process until smooth. Store in a glass jar





# BUTTERCREAM FROSTING

*You will need this recipe to make the Chocolate Raspberry Birthday Cake. And you can also use it for frosting any of the cupcakes.*

**Prep Time: 15 minutes**

## INGREDIENTS

---

1/2 cup honey

1/4 tsp stevia

1/2 cup butter (unsalted) — softened — I use Kerrygold unsalted

2 Tbsp coconut cream — use the thick cream from the top of the can

2 tsp vanilla

## EQUIPMENT

---

Electric hand beater

## INSTRUCTIONS

---

1. Add all the ingredients into a mixing bowl and mix with the electric mixer until smooth and combined — about 8 – 10 minutes

**Note:** For dairy free eaters you can use ghee or organic palm shortening.



# COCONUT MILK

You will need this recipe if you want to add your own coconut milk to other recipes.

**Prep Time: Approximately 1 hour**

**Yield: This will make approximately 4 quarts coconut milk. You can freeze what you don't need right away.**

## INGREDIENTS

---

5 – 6 quart filtered water

12 – 15 cups shredded coconut

## EQUIPMENT

---

Large stockpot

Strainers with varying degrees of fineness

Large wooden spoon and spatula

Vitamix blender

## INSTRUCTIONS

---

1. In the large pot, combine the shredded coconut and filtered water
2. Bring the mixture to a simmer stirring constantly with the large wooden spoon
3. Let cool for a few minutes
4. In the Vitamix, blend mixture for 2 – 3 minutes
5. Strain through a coarse strainer FIRST and press with a spatula to get all the liquid out
6. Strain through a fine strainer next
7. You may pass the liquid through several fine strainers to get it very smooth
8. Press liquid out with a spatula at each straining
9. Pour into quart jars when cool enough



*You will need this recipe as a staple fat instead of butter if you are dairy free and can tolerate it.*

**Prep Time: 10 minutes**

**Cook Time: 30 minutes**

**Yield: One pint**

## **INGREDIENTS**

---

One pound of butter from grass fed animals (get this from your farmer, or commercially, Kerrygold Pure Irish Butter is great)

## **EQUIPMENT**

---

Glass loaf pan or similar dish

Cheesecloth

Funnel



## INSTRUCTIONS

---

1. Preheat oven to 225° F
2. Place the pound of butter in the loaf pan
3. Let the butter melt for about 30 minutes, until it is completely melted
4. Take out of the oven and with a large spoon, strain it into a glass jar, through 4 – 6 layers of cheesecloth placed in the funnel
5. Use a smaller spoon when nearing the bottom
6. Leave the white milk solids at the bottom of the loaf pan and discard
7. You should have a lovely bright yellow ghee that is full of nutrients
8. Refrigerate and it will keep for months and may also be frozen (traditionally ghee was not refrigerated)

**Tip: Do two pounds at once, each in separate loaf pans if you use a lot of ghee**



# PEAR SAUCE

*You will need this recipe as an alternative to applesauce in recipes and it is delicious on its own.*

**Prep Time: 20 minutes**

**Cook Time: 8 minutes**

## INGREDIENTS

---

6 - 8 fresh Anjou or Bartlett pears (organic if possible)

2 tsp vanilla or 2 spent vanilla bean pods

2 cinnamon sticks

## EQUIPMENT

---

Large pot

Paring knife

Plate

## INSTRUCTIONS

---

1. Clean the pears and peel with a paring knife
2. Remove the center core and stem as well
3. Slice the pears and then cut into small chunks and place in pot
4. When all the pears are cut, add a bit of water enough to cover the bottom of the pot and then add a small amount more
5. Add the cinnamon sticks and the vanilla bean pods, if using
6. Adjust heat to medium and bring to a simmer
7. Simmer for just a few minutes until the pears soften then remove from heat and uncover to cool
8. If you are using the vanilla extract, add it now while the pears are hot
9. Pears will cook very quickly so you want to watch this
10. Let cool thoroughly and remove the cinnamon sticks and pods
11. Store in jars in the refrigerator
12. You can leave in chunks or puree with a stick blender
13. This is a great beginning food and is well tolerated by most
14. This may also be frozen just like applesauce



# RASPBERRY JAM

*You will need this recipe to make the Chocolate Raspberry Birthday Cake.*

**Prep time: 15 minutes**

**Cook time: 25 minutes**

**Yield: About 3/4 pint**

## INGREDIENTS

---

Two 10-ounce bags of organic frozen raspberries

1/4 cup raw honey

1 slice lemon (organic if you have it)

## EQUIPMENT

---

3 - 4 quart pot with lid

Fine sieve

Spatula

## INSTRUCTIONS

---

1. Place the berries in a pot with just a little water (not too much or it will take a long time to boil down)
2. Squeeze the lemon over the berries
3. Bring to a simmer
4. Cook until most of the water is gone, stirring frequently
5. Remove from heat and let cool
6. Pass the mixture through a fine sieve to remove the seeds (this is optional; I just don't like seeds in my jam)
7. When cooled, add the honey (I prefer not to heat the honey if I don't have to)
8. Mix and refrigerate



A close-up photograph of a light-colored ceramic bowl filled with roasted hazelnuts. The nuts are a rich, golden-brown color, indicating they have been roasted. Some nuts are cracked open, revealing the light-colored, smooth hazelnut kernel inside. The bowl is set against a background of a textured, light-colored surface, possibly parchment paper or a rustic tablecloth, with some faint, illegible text visible. The lighting is warm and natural, highlighting the texture of the nut shells.

# ROASTED HAZLENUTS

You will need this recipe to make the Coconut Nutty Bites.

**Prep Time: 15 minutes to skin 1 pound of nuts**

**Cook Time: 10 minutes**

## INGREDIENTS

---

1 pound activated hazelnuts

## EQUIPMENT

---

Cookie sheets

Kitchen towel

## **ROASTING INSTRUCTIONS**

---

1. Preheat oven to 350° F
2. Place the nuts on a cookie sheet
3. Roast for approximately 8 – 10 minutes until the skins are browned, split and emit a wonderful aroma
4. During the roasting time, every couple of minutes, check them and give a shake to the cookie sheet to turn them so they toast evenly
5. Allow to cool.

## **SKINNING INSTRUCTIONS**

---

1. Place a handful of the nuts at a time into a kitchen towel and rub together – the skins will rub off
2. Alternatively, rub a handful between your hands – this seemed more efficient
3. It is fine to have some skins still attached



# WINTER SQUASH

*You will need this recipe as a staple part of other recipes and in place of pumpkin.*

**Prep Time: 1 minute**

**Cook Time: 1 hour or more**

## **INGREDIENTS**

---

1 butternut or kabocha squash

## **EQUIPMENT**

---

A large baking dish

Parchment paper

# INSTRUCTIONS

---

1. Preheat oven to 400° F
2. Place a piece of parchment paper in the bottom of the dish – this makes cleanup a snap!
3. Place the whole squash in the pan and place in the oven
4. Bake for about one hour and 20 minutes (I like it cooked very well)
5. The kabocha squash cooks faster than the butternut — it usually needs only 1 hour or it will get really dry
6. When you can pierce it easily with a knife, it is done
7. Remove from oven
8. Carefully cut open and let cool
9. Remove seeds
10. Scoop out the meat into a bowl for immediate use or jars to store for later use
11. You can add spices to it like cinnamon, nutmeg, or pumpkin spices
12. To store for other recipes, simply put it into a jar and refrigerate — it may also be frozen but it gets watery so that is not the best thing to do — best to eat and use within 5 days



# cookies



*Cookies are my favorite dessert and the collection of cookies in this chapter represents my favorite grain free cookies. I'm sure you will like them too!*





# DOUBLE CHOCOLATE CHIP COOKIES

*It's easy to make chocolate cookies!*

**Prep Time: 5 minutes**

**Cook Time: 12 minutes**

**Yield: 18 - 20**

## INGREDIENTS

---

- 1 1/4 cup almond flour
- 1/4 cup cocoa powder
- 1/4 tsp sea salt
- 1/4 tsp baking soda
- 1 large egg, pastured if possible
- 1/4 cup honey
- 2 Tbsp ghee or butter
- 2 tsp vanilla
- 1/4 tsp stevia (or two droppers full)
- 1/2 cup cocoa nibs or chocolate chips of your choice

## EQUIPMENT

---

2 cookies sheets lined with parchment

Mixing bowl

Cooling rack

## INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In the mixing bowl add the almond flour, cocoa powder, sea salt, and baking soda and mix well
3. Make a well in the center
4. Add the egg, honey, softened ghee or butter, vanilla and stevia and mix well
5. Start to incorporate the dry into the wet until it is all well combined
6. Mix in the cocoa nibs last
7. Take about half tablespoon of batter and drop onto cookie sheet leaving space in between
8. Flatten cookies lightly with a fork or cover with plastic wrap and flatten with a spatula
9. Repeat until all the batter is finished
10. Bake for 10 - 12 minutes
11. Let rest on cookie sheet for a few minutes then transfer to a cooling rack

These are excellent warm and they freeze well



# FLOURLESS PUMPKIN CINNAMON RAISIN COOKIES

*These are fantastically soft cookies that are the epitome of fall!*

**Prep Time: 10 minutes**

**Bake Time: 22 minutes**

**Yield: 12 – 15 cookies**

## INGREDIENTS

---

1 cup Kabocha squash (cooked)

2 large eggs

2 Tbsp ghee or butter softened

2 Tbsp honey

1/4 tsp stevia

1 tsp vanilla

1/2 tsp baking soda

1/2 tsp salt

1 tsp cinnamon

1/4 tsp nutmeg

1 pinch allspice

1/4 cup chopped raisins

Coconut flour (optional if necessary to thicken the batter)

## EQUIPMENT

---

2 cookie sheets lined with parchment paper

Food processor

Spatula

## INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In the food processor process the cooked kabocha squash – it may be dry and crumbly
3. Add the eggs, honey and softened ghee or butter, stevia and vanilla and process
4. Add the baking soda, salt and all the spices and process
5. Add the raisins and mix until they are evenly distributed throughout the batter as best you can see
6. The batter should be thick and spoonable – if it is too watery, add some coconut flour a level tablespoon at a time. It won't be "flourless" anymore, but it will work as a cookie
7. Drop about a half tablespoon of the batter onto the cookie sheet, using up all the batter
8. You will need two cookie sheets
9. Place a piece of plastic wrap over the cookies and press down with a spatula for even thickness
10. Use the same plastic wrap for the second cookie sheet
11. Bake for 20 - 22 minutes or until slightly browned on top
12. Cool on the cookie sheet



# MOCK OATMEAL RAISIN COOKIES

*Oh, the texture of these cookies is amazing!*

**Prep Time: 15 minutes**

**Cook Time: 15 minutes**

**Yield: 15 - 17 cookies**

## INGREDIENTS

---

1 organic apple cored and peeled

2 eggs, pastured if possible

3 Tbsp honey

1/4 tsp stevia (optional)

1 tsp vanilla

1/2 cup almond flour

1 cup shredded coconut

1/4 tsp sea salt

1/2 tsp baking soda

1 1/2 tsp cinnamon

2 Tbsp coconut flour (or a little more if needed to thicken the batter)



1/2 cup organic raisins (use organic raisins as grapes are heavily sprayed)

## EQUIPMENT

---

Food processor

Cookie sheet with parchment paper

## INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In the food processor process the apple until it is pureed with some small chunks
3. Add the eggs, honey, stevia, vanilla, and mix
4. Add the almond flour, shredded coconut, salt, baking soda, cinnamon and mix until just combined (not processed)
5. Add the coconut flour in small increments until you get a firm batter (you may not need it all)
6. Mix in the raisins
7. Place a tablespoon of the batter onto the cookie sheet
8. Fill the cookie sheet
9. Place a piece of plastic wrap over the cookies and with a spatula flatten the cookies so that they are all even
10. Bake for 14 to 18 minutes until they are golden on top
11. Cool on a rack

These freeze well if you have any left over





# ROLLOUT COOKIES / CASSAVA FLOUR

*It's difficult to make a good grain free batter for rollout cookies. I wanted to try cassava flour and they came out very good! Use this recipe when you are transitioning off GAPS or SCD.*

**Prep time: 30 minutes**

**Cook Time: 16 minutes**

## INGREDIENTS

---

1/4 cup honey + 2 Tbsp if you want it sweeter (or use 1/4 tsp stevia if not on AIP)

3/4 cup palm shortening (at room temperature)

1 Tbsp vanilla

1/2 tsp baking soda

1/2 tsp salt

1 1/2 cup cassava flour

# INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In a food processor add the honey, palm shortening and vanilla and mix
3. Add the baking soda, salt and flour and mix until well combined
4. Place half of the dough on one large piece of parchment that is secured to the table (use masking tape)
5. Place the other half of the dough on a second piece of parchment that is secured to the table
6. With your hand make an oval with the dough
7. Cover with plastic wrap and roll out with a rolling pin making it about 1/8 – 1/4" thick and as even as possible
8. Take your favorite cookie cutters and cut out the shapes, using a spatula to place on another parchment lined cookie sheet
9. When you are done with all the dough, put all the extra dough into another oval and roll out
10. Again cut shapes – you may be able to get 3 passes out of the dough
11. Bake for about 14 – 16 minutes (depending on how thick) until lightly browned
12. Let cool on the cookie sheet until hard then finish cooling on a rack
13. Store in cookie tin at room temperature
14. If you are frosting the cookies, use the recipe for buttercream frosting and then store in refrigerator



# SUGAR-FREE SUGAR COOKIES

*While sweet, these are only made with the natural sweetener, honey – no sugar.*

**Prep Time: 15 minutes**

**Cook Time: 16 minutes**

**Yield: 15 cookies**

## INGREDIENTS

---

1 egg

2 Tbsp raw honey

1/4 tsp liquid stevia (optional)

3 Tbsp ghee or butter

1 Tbsp vanilla extract

1/2 vanilla bean pod

1/2 cup almond flour

1/4 cup shredded coconut

1/4 cup coconut flour - add this in smaller increments to get a thick batter

## EQUIPMENT

---

Mixing bowl

Parchment paper

Cookie sheets

Saran wrap

Spatula

## INSTRUCTIONS

---

1. Preheat oven to 325 ° F
2. Mix together the egg, the honey, stevia, melted ghee and vanilla extract
3. Split open the vanilla pod carefully and swipe out the tiny seeds and add to mixture. (You can save the spent pod for flavoring sauces or jams)
4. Add the almond flour, the shredded coconut and part of the coconut flour and mix
5. The batter should be thick enough to make balls -- if it is not, add coconut flour a little at a time
6. Form balls and place on a parchment lined cookie sheet
7. Place saran wrap over cookies and flatten with a spatula
8. Bake at 325 degrees F for 12 - 16 minutes or until lightly browned
9. Cool on a rack



# TEA COOKIES

*This recipe is one of my favorites and I have to be very careful when they are in the house!*

**Prep time: 10 minutes**

**Cook time: 15 minutes**

**Yield: 12 – 15 cookies**

## INGREDIENTS

---

2 large eggs

1/4 cup honey + 2 Tbsp (Use less if sweet enough)

1 tsp vanilla

1/2 cup palm shortening (room temperature)

1/2 cup ghee or butter (room temperature)

1/2 tsp sea salt

1/2 cup coconut flour

1 cup shredded coconut

Additional salt for topping

# INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In a food processor mix together the eggs, honey, vanilla, ghee and palm shortening until smooth
3. Add the salt, coconut flour and shredded coconut and process just until a dough is formed
4. Remove to a bowl for ease
5. Use about a teaspoon of batter and make a ball
6. Place on cookie sheet lined with parchment paper
7. Use all the batter
8. You will need 2 cookie sheets
9. Cover with plastic wrap and press each ball down with a spatula – evenly
10. Sprinkle each individual cookie with some salt (this is optional – try some with salt and some without salt)
11. Bake for approximately 12 - 15 minutes or until lightly browned
12. Cool on a rack
13. Store in refrigerator





# CHOCOLATE DIPPED MADELEINES

Madeleines are light and fun to make!

**Prep Time: 15 minutes**

**Cook Time: 20 minutes**

**Yield: 12 – 15**

## INGREDIENTS

---

3 eggs separated

3 Tbsp melted butter

2 Tbsp honey

1/4 tsp stevia

1 tsp lemon zest from an organic lemon

3/4 cup coconut cream or thick milk

1 tsp baking soda

1/2 tsp salt

1/2 cup coconut flour

Chocolate for dipping – 3 ounces

## EQUIPMENT

---

Madeleine molds

2 Bowls

Electric hand mixer

Lemon zester

## INSTRUCTIONS

---

1. Preheat oven to 325 ° F
2. Separate the egg yolks and whites into two separate bowls
3. Whip of the whites separately until soft peaks form and put aside
4. In the bowl with the yolks, add the melted butter, honey, and stevia and beat together
5. Add the lemon zest, coconut cream, salt, and baking soda to the yolk bowl and mix
6. Add the coconut flour and mix
7. The batter should be somewhat stiff
8. Fold in the whites for a fluffy batter
9. Grease the Madeleine molds with plenty of butter — By leaving a puddle at the bottom of each mold and grease around the outer edges
10. Fill the molds with about a tablespoon of batter — the batter will expand a little so keep that in mind
11. If you have just one set of molds for 12, divide any extra batter up
12. Bake for 15 – 20 minutes or until slightly browned and cool for 2 minutes in the pan
13. Remove carefully by using a small butter knife to loosen around the edges (the back edge in particular)
14. Place the cookies on a rack to thoroughly cool

## INSTRUCTIONS FOR DIPPING

---

1. Gently melt 3 ounces of your favorite chocolate bar in a small pot on a low heat (#2)
2. Dip half the Madeleine into it and place on a cookie sheet lined with wax paper
3. Place in refrigerator until set — about 15 minutes (or at room temperature for 40 minutes)



# COCONUT PECAN DROP COOKIES

*Using pecan butter gives cookies a fantastic flavor! These cookies make a good base for icing or frosting.*

**Prep Time: 15 minutes**

**Cook time: 20 minutes**

**Yield: 16 – 18 cookies**

## INGREDIENTS

---

1/2 cup pureed pitted Medjool dates

2 cups crispy pecans

1 Tbsp coconut oil

2 - 3 Tbsp honey

2 tsp vanilla extract

1 tsp cinnamon

2 cups shredded coconut (or coconut left over from making coconut milk)

## INSTRUCTIONS

---

1. Preheat oven to 325 °F
2. Soak the dates in warm water for about 10 minutes before pureeing – this makes it easier to process
3. In a food processor, process the pecans with the coconut oil until it is a smooth nut butter
4. Add the honey, pureed dates, cinnamon, vanilla, and process
5. Add the shredded coconut and mix
6. The batter should be somewhat stiff
7. Line two cookie sheets with parchment paper
8. With a teaspoon, drop the batter onto the cookie sheets
9. Press down on the cookies with a fork until they are a uniform 1/4" thick
10. Bake for about 20 minutes
11. Check them - bake until browned – it may take 25 minutes
12. The cookies will be soft
13. Leave them on the cookie sheet to cool and store in refrigerator



# SHORTBREAD DRIZZLED WITH CHOCOLATE

*Shortbread is a very hands-on project and fun to do with kids!*

**Prep Time: 20 minutes**

**Cook Time: 25 minutes**

## INGREDIENTS FOR THE SHORTBREAD

---

1 1/4 cup almond flour

3/4 cup coconut flour

2 tsp sea salt + extra for sprinkling on top

3 Tbsp honey

1/2 tsp vanilla

4 Tbsp ghee or butter in cold chunks

Coconut oil for greasing the pan



## INGREDIENTS FOR THE TOPPING

---

Melt 3 - 4 ounces of your favorite chocolate on low in a small pot

## EQUIPMENT

---

9 x 9 baking pan

Bowl

## INSTRUCTIONS

---

1. Preheat oven to 300° F
2. In a bowl, mix all the dry ingredients with a fork
3. Place half of the pieces of ghee or butter along with all the honey and mix with your hands
4. The technique should be a kneading technique where you are breaking up the pieces of ghee or butter into smaller bits and mixing
5. Add the vanilla here
6. The goal is to have pea-sized pieces of ghee or butter in the dough; add more ghee or butter and continue to knead the dough to get a pliable consistency
7. Prepare the pan by thoroughly coating with coconut oil (really well or it will stick)
8. Place the dough into the pan and pack the dough evenly into the pan with your hands
9. Use the saltshaker and sprinkle the top with as much salt as you like (we like ours salty)
10. Bake for 25 minutes -- check and add a few more minutes (6 - 10) until the edges start to brown
11. While still warm, use a pizza wheel or a knife cut the squares around 3/4" (or however large you like)
12. Let cool in pan

## INSTRUCTIONS FOR TOPPING

---

I. Drizzle the chocolate over the square and let set in the refrigerator for one hour before serving



# CHOCOLATE DATE LINZER COOKIE

*These Linzer cookies can be made with any jam or filling you can think of! The recipe for the cookie dough may also be used for single layer rollout cookies.*

**Prep time: 30 minutes**

**Cook time: 9 minutes**

**Yield: 18 filled cookies**

## INGREDIENTS FOR DOUGH

---

1/4-pound butter or 1/2 cup of ghee, softened

1 egg (pastured if possible)

1/4 cup honey

3/4 - 1-cup coconut flour

1 tsp baking soda

Lemon zest from 1/2 medium organic lemon

Egg white for brushing the top of the cookie (optional)

## INGREDIENTS FOR FILLING

---

10 Medjool dates

## EQUIPMENT

---

Cookie Cutters

Cookie sheets

Hand beater

Lemon zester

## INSTRUCTIONS FOR DOUGH

---

1. Preheat oven to 350° F
2. With a hand held electric beater, blend together the softened butter or ghee and the honey
3. Add the egg and beat to make a soft batter
4. Mix in the flour in small increments. You want it to be soft and pliable
5. Mix in the lemon zest and baking soda with the flour
6. The dough should be soft but pliable
7. Make 2 discs out of the dough and wrap in clear wrap
8. Refrigerate for 10 minutes (this is optional. Just be sure the dough is room temperature when you are ready to use it)
9. Prepare a floured surface (or tape parchment paper to the table and flour it)
10. Place the disc back on the surface and roll out until it is about 1/4" thick (it helps to cover with clear wrap or parchment paper when rolling)
11. Use cookie cutters that are made for making Linzer cookies, i.e. that have a cutout for the top cookie

12. Cut equal amounts of top and bottom cookies and place on a cookie sheet lined with parchment paper
13. Brush the top cookies with the white of an egg (optional)
14. Bake for 7 - 9 minutes
15. Let cool

## **INSTRUCTIONS FOR FILLING**

---

1. Cut the dates in half, remove the pit, and soak for a least 1/2 hour to soften
2. In a small processor puree the dates as smooth as possible and set aside

## **PUTTING IT ALL TOGETHER**

---

1. Line up your bottom cookies and turn bottom side up
2. Using a small spatula, gently wipe about a teaspoon of the filling onto the cookie
3. Gently cover with the top cookie
4. This recipe yielded 1 1/2 dozen filled cookies
5. You can also use this recipe for any rollout cookie





# PRUNE HAMANTASCHEN

*You don't have to wait for the holiday to make these!*

**Prep Time: 25 minutes**

**Bake Time: 15 minutes**

**Yield: 12 – 14**

## INGREDIENTS

---

2 cups prunes pureed for filling

3 eggs

2 tsp vanilla extract

1/4 cup honey

1/4 tsp stevia

1-cup coconut flour

1/2 cup almond flour

1 tsp baking soda

1/2 tsp salt

1/2 cup ghee softened

## **INSTRUCTIONS FOR FILLING – FOR VARIATION USE DRIED APRICOTS**

---

1. Soak 2 cups of prunes so that they are covered in water for 20 -30 minutes until softened (use warm water in a pot on the stove if you are in a hurry, it will soften them faster)
2. In a mini processor, puree the prunes until they are a paste

## **INSTRUCTIONS FOR DOUGH**

---

1. Preheat oven to 300° F
2. In a food processor, mix the eggs
3. Add the vanilla, stevia, honey, and mix
4. Add the coconut flour, almond flour, baking soda, and salt and mix together
5. In the processor, add the softened ghee in small chunks and process
6. Remove from processor when it has formed a ball
7. Roll out the dough ball between 2 sheets of wax or parchment paper – it helps to tape down the bottom sheet
8. Using a large circle cutout, cut circles about 4" in diameter
9. Using a spatula, transfer the circles to a cookie sheet lined with parchment paper
10. You may take all the scraps left from cutting the circles, roll them into a ball, and roll out this dough again
11. If the dough is too soft, put it in the refrigerator for 5 – 10 minutes then roll out again
12. When all the dough is used up add a heaping teaspoon of pureed prunes to each circle
13. Pinch together the dough to make a triangle
14. Bake for 15 minutes or until lightly browned

# cupcakes



*A cake baked just for you! A cupcake is your own personal portion.*





# COCOA BUTTER CUPCAKES

*This has to be the best recipe for cupcakes – so moist!*

**Prep time: 20 minutes**

**Cook time: 35 minutes**

**Yield: 9 or 10 cupcakes**

## INGREDIENTS

---

2 cups crispy pecans

2 cups steamed, chopped organic beets (make sure to steam them until they are soft)

6 eggs (pastured if possible)

1/2 cup cacao (cocoa) butter

1/2 cup honey

2 tsp vanilla

1/2 cup coconut flour

1 tsp baking soda

1/2 tsp sea salt

## EQUIPMENT

---

1 or 2 muffin tins

## INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In a food processor, process the pecans until they are as smooth as nut butter
3. Add the cooked beets and process with the nut butter until they are pureed
4. Don't freak out – the batter will be pink!
5. Crack the eggs into a bowl and add to the processor and mix
6. On the stove melt the cacao butter on a low heat (#2) or in a double boiler (don't overheat or it will become bitter)
7. Add the cacao butter, honey, and vanilla to the food processor and mix
8. Add the coconut flour, salt and baking soda and mix
9. The batter should be firm -- if it is not firm, add coconut flour 1 teaspoon at a time
10. Pour the batter into a bowl and from there spoon it into muffin papers in your muffin tin
11. Bake for 25 - 35 minutes or until a toothpick comes out clean

### **Icing options:**

Click here for the link to [Cacao Butter Icing](#). This is not SCD legal, but it is GAPS legal. The raspberry jam may be used for icing on SCD.





# CARROT CUPCAKES

*This recipe makes a moist and flavorful carrot cake!*

**Prep Time: 10 minutes**

**Cook Time: 35 minutes**

**Yield: 12 muffins**

## INGREDIENTS

---

- 1 1/2 cups grated carrots
- 6 large eggs (pastured if possible)
- 4 Tbsp ghee or butter
- 2 – 3 Tbsp honey
- 1 1/2 tsp vanilla
- 1 1/2 cups almond flour
- 1 1/2 tsp baking soda
- 1 tsp sea salt
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 cup coconut flour
- 1-cup raisins

## EQUIPMENT

---

Food processor

Muffin tins

Unbleached muffin papers

## INSTRUCTIONS

---

1. Preheat oven to 350° F
  2. With the grate attachment on the food processor, grate the carrots (about 6 - 8 medium sized), measure in a measuring cup and set aside
  3. Break the eggs in a separate bowl and add to the processor (remove any shells)
  4. Gently melt the ghee or butter and add to food processor
  5. Add the honey, vanilla and carrots and mix well
  6. Add the almond flour, baking soda, salt, and spices and mix
  7. Add the coconut flour -- add half the amount and then check the consistency of the batter -- if it is too liquid, add the rest of the coconut flour
  8. Mix together
  9. Add the raisins last and just mix -- if you want smaller pieces, add the raisins with the carrots
  10. The batter should be somewhat thick
  11. Taste the batter -- you may like it sweeter -- if so, add some more honey or a few drops of stevia, but don't forget the raisins add to the sweetness (as well as the carrots)
  12. Using a tablespoon spoon 2 heaping tablespoons of batter into each muffin cup
  13. Bake for 30 minutes or until a toothpick comes out clean -- if it needs more heat but is brown enough, cover with a piece of parchment paper for another 5 - 6 minutes -- but be aware that the paper could ignite so be watchful
  14. Cool on a rack
  15. Pack extras in a freezer safe container for future snacks
- I usually make two batches of batter (separately) and bake two muffin tins at once

## Variations

Add 1/2 cup chopped nuts

Walnuts or pecans work well here

Here is my [recipe for grain-free carrot cake](#) that is slightly different, a little more complex and fantastic!

[Here is a video/recipe for dairy-free whipped coconut](#) cream that you can use as a topping.



# VANILLA CUPCAKES

*Vanilla cupcakes are a favorite standby. Separate the eggs for a slightly fluffier cake.*

**Prep Time: 15 minutes**

**Cook Time: 25 - 30 minutes**

**Yield: Approximately 15 cupcakes**

## INGREDIENTS

---

4 whole eggs (pastured if possible)

3 eggs separated (7 eggs total)

1/4 cup honey

1/8 tsp stevia (optional)

4 Tbsp ghee

1/4 cup applesauce

1/4 cup coconut milk or cream

2 tsp vanilla

1/2 cup coconut flour + 1 Tbsp

2 tsp baking soda

1/2 tsp sea salt

## EQUIPMENT

---

Food processor

Electric hand beater

2 bowls, wooden spoon for folding in the whites

## INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In a two separate bowls, separate the largest 3 eggs you have into whites and yolks
3. With the hand beat, beat the whites to stiff peaks and set aside
4. Add the 4 whole eggs and the yolks to the food processor and process
5. Add the honey, stevia, ghee, applesauce, coconut milk, vanilla, and process
6. Taste batter to make sure it is sweet enough for you
7. Add the coconut flour, baking soda, salt, and process until smooth
8. Pour this batter back into the bowl you used for the yolks
9. Place the whites into the batter and fold them in
10. Using a tablespoon, spoon this batter into the muffin cups (unbleached paper cups in the tins)
11. Bake for 30 minutes or until a toothpick comes out clean
12. When cool, top with the recipe for buttercream frosting





# SPICED SQUASH CUPCAKES

These are perfect for fall!

**Prep Time: 15 minutes**

**Cook Time: 40 minutes**

**Yield: 12 muffins**

## INGREDIENTS

---

4 eggs

2 cups cooked kabocha (buttercup) squash

4 Tbsp honey (taste the batter to be sure it is sweet enough – add more if not)

2 tsp vanilla

1/2 tsp stevia

4 Tbsp ghee or butter, melted

1 cup almond flour

2 tsp baking soda

2 tsp cinnamon

1/4 tsp ginger

Dash nutmeg

1 tsp salt

1 cup minced (or whole) raisins

## EQUIPMENT

---

1 muffin pan and papers

Food processor

Large bowl

## INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In a food processor add the eggs, squash, honey, vanilla, stevia and ghee and thoroughly puree
3. Add the almond flour, baking soda, cinnamon, ginger, nutmeg and salt and mix
4. Add the minced raisins and mix
5. The batter should be spoonable
6. Pour into a large bowl
7. Place 1 - 2 tablespoons of batter in each muffin paper filling each about 3/4 full
8. Bake for 35 - 40 minutes or until slightly browned on top and a toothpick comes out clean
9. Cool on a rack
10. Top with whipped coconut cream for frosting, or buttercream frosting.



# LEMON PEAR CUPCAKES

*Pears and lemon pair well together!*

**Prep Time: 15 minutes**

**Cook Time: 40 minutes**

**Yield: approximately 15 muffins**

## INGREDIENTS

---

2 1/2 cups chopped pears that have been cored and skinned (I used 5 large Bartlett pears)

3 Tbsp ghee or butter

4 Tbsp raw honey

6 eggs

1 tsp lemon zest (from one whole organic lemon)

Juice of that lemon (about 2 Tbsp)

1 Tbsp vanilla

3/4 cup coconut flour + 1 - 2 Tbsp if needed

1 tsp baking soda

1/2 tsp salt

## EQUIPMENT

---

Food processor

Stainless steel muffins pans

Parchment muffin papers

Lemon Zester

Lemon Squeeze

## INSTRUCTIONS

---

1. Preheat oven to 325° F
2. Using a food processor, chop the peeled and cored pears using the pulse just a few times - you want chunks – you can also chop by hand
3. Remove the chopped pears to a bowl and set aside
4. Gently melt the ghee and honey together and cream (mix together)
5. Add the eggs, creamed honey and ghee, lemon zest, lemon juice and vanilla to the food processor and mix
6. Add the coconut flour – start with 1/2 cup coconut flour, baking soda and salt and process until smooth
7. Add the rest of the coconut flour, in small increments, if the batter is too loose – you want a firm batter that doesn't run off the spoon
8. Add this batter to the pears and mix by hand
9. The batter should still be firm but somewhat loose – if too loose, add a little more flour and mix
10. Using a tablespoon, spoon this batter into the cupcake papers (unbleached paper cups in the tins) – 2 tablespoons per muffin
11. Bake for 30 minutes. Check it and bake another 8 – 10 minutes, covered if it is getting too browned on top or until a toothpick comes out clean



## brownies and cake



*Second to cookies, brownies are my next favorite dessert. Here I show you how to make healthy brownies that you can be proud of – that everyone will enjoy!*





# CHOCOLATE BANANA BROWNIE

*The banana adds sweetness so you don't have to use a lot of honey.*

**Prep Time: 15 minutes**

**Cook Time: 40 minutes**

**Yield: depends on size you cut**

## INGREDIENTS

---

6 medium bananas, well ripened with brown spots

6 large eggs

2 Tbsp coconut oil (or ghee or butter) + coconut oil to grease the pan

2 Tbsp raw honey (taste batter to be sure it is sweet enough for you)

1/4 tsp stevia

1 tsp vanilla

1/2 tsp salt

1/2 tsp baking soda

1/4 cup coconut flour (+ more if necessary to make a firm batter)

1/2 cup cacao powder

## EQUIPMENT

---

Food processor

9 x 13 baking pan

Parchment paper

Spatula

Pizza wheel or knife for cutting

## INSTRUCTIONS

---

1. Preheat oven to 325° F
  2. Peel and place all the bananas in the food processor and process until smooth
  3. Add the eggs and coconut oil (or ghee or butter) and process to mix
  4. Add the honey, vanilla, stevia, baking soda, salt, coconut flour and cacao powder and mix
  5. You might taste the batter before removing it from the processor to make sure it is sweet enough – but between the ripe bananas, honey and stevia it should be fine.
  6. If the consistency is not firm, add a little more coconut flour at a time (one tsp at a time) or simply wait a few minutes until some of the liquid is absorbed
  7. Prepare the pan with a piece of parchment paper to line the bottom and grease with coconut oil very well on both sides and around the perimeter of the pan
  8. Pour the batter into the pan and shake a little to even it out
  9. With a spatula go around the perimeter and pull the batter away from the side (this helps it to not stick)
  10. Bake for 35 – 40 minutes or until slightly browned on top
  11. Let cool in the pan and cut into small pieces, remove and let further cool on a rack
  12. Serve in mini cupcake papers or store in a container and freeze for a quick snack
- These will keep in the refrigerator for one week, freezer for months



# ZUCCHINI WALNUT BROWNIE

*The zucchini keeps these healthy brownies moist!*

**Prep Time: 15 minutes**

**Cook Time: 30 minutes**

**Yield: 30 small squares**

## INGREDIENTS

---

2 cups zucchini (organic if you can) (from 3 -4 medium zucchini)

6 eggs

1/4 cup raw honey

1/4 tsp stevia

2 Tbsp cacao butter (or butter, coconut oil or ghee)

1 tsp vanilla

1 1/2 cup almond flour (where to buy

1/2 cup cocoa powder

1/2 tsp sea salt

1 tsp baking soda

1/2 cup coconut flour

1 cup chopped walnut pieces (from activated walnuts)

## EQUIPMENT

---

Food processor

9 x 13 baking pan lined with parchment paper

Mini cupcake papers

Pizza wheel

## INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In a separate small pot gently melt the cacao butter on #2 heat taking care not to burn
3. Peel and seed the 2 cups of zucchini and run the processor until pureed
4. Now add the eggs, honey, stevia, melted cacao butter and vanilla and mix
5. Add the almond flour, cacao powder, salt, baking soda and coconut flour and mix well
6. Taste the batter to be sure it is sweet enough for you – if not add more honey or other sweetener of choice
7. Add half of the chopped walnuts and just pulse the blade to mix (or mix in a separate bowl)
8. Pour batter into the 9 x 13 pan that has been lined with parchment paper and greased with coconut oil
9. Sprinkle the rest of the chopped walnuts on top
10. Pull the edges away from the side so that it does not stick
11. Bake for 30 minutes or until a toothpick comes out clean
12. Let cool completely
13. Using the pizza wheel cut small squares and place them in the cupcake papers to serve

**Tip:** Let the brownies cool completely before attempting to cut them – you will get a better edge



# TRIPLE CHOCOLATE FLOURLESS BROWNIES

*These have to be my favorite and be forewarned – they are dangerous!*

**Prep time: 10 minutes**

**Cook time: 34 minutes**

**Yield: Depends on how small you cut them**

## INGREDIENTS

---

4 ounces of baking chocolate

1/2 cup cacao butter

1/2 cup coconut oil

4 medium eggs

3/4 cup honey (more or less to taste)

1/2 cup cacao powder

1/2 cup chocolate chips|

## EQUIPMENT

---

Food Processor

Small pot

Baking pan 9 x 13

## INSTRUCTIONS

---

1. Preheat oven to 375° F and prepare a 9 x 13 baking pan with parchment paper that is greased with coconut oil
2. In a pot on the stove set on low (#2) gently melt the baking chocolate, cacao butter and coconut oil
3. In a food processor mix the eggs, honey and cacao powder together until smooth
4. Add the melted ingredients from the pot to the food processor and process until smooth
5. Pour batter into the greased baking pan
6. Sprinkle the chocolate chips over the batter and smooth with a spatula (or you can mix the chips into the batter in a separate bowl before pouring)
7. Bake for about 28 – 34 minutes until a toothpick comes out clean
8. The sides may puff up but they will settle
9. Let cool completely in the pan
10. When cool, cut desired sized squares and serve

Freeze leftovers





# CHOCOLATE RASPBERRY BIRTHDAY CAKE

*This is truly a special treat for a grain free birthday!*

**Prep time: 35 minutes**

**Cook time: 35 minutes**

## INGREDIENTS

---

2 cups crispy pecans

2 cups steamed, chopped organic beets (make sure to steam them until they are soft)

6 eggs (pastured if possible)

1/2 cup cacao (cocoa) butter

1/4 cup honey

1/4 tsp stevia

2 tsp vanilla

1/4 cup cacao powder

1/2 cup coconut flour

1 tsp baking soda

1/2 tsp sea salt

## INGREDIENTS FOR FILLING

---

3 Tbsp raspberry jam – see recipe in Staples

## INGREDIENTS FOR DECORATIVE WRITING

---

2 Tbsp raspberry jam

1/2 tsp gelatin

## EQUIPMENT

---

Three 4 x 7 steel baking pans or use a 5 x 9 loaf pan

Angled spatula

Icing tip with tiny hole

Small baggie

## INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In a food processor, process the pecans until they are as smooth as a nut butter
3. While they are processing line the baking pans with parchment paper and grease with coconut oil generously
4. Add the cooked beets and process with the nut butter until they are pureed
5. Don't freak out -- the batter will be pink!
6. Crack the eggs into a bowl and add to the processor and mix
7. On the stove melt the cacao butter on a low heat or in a double boiler (don't overheat or it will become bitter)
8. Add the cacao butter, honey, stevia, and vanilla to the food processor and mix

9. Add the cacao powder and coconut flour, salt and baking soda and mix
10. Taste the batter to make sure it is sweet enough -- add more honey or stevia if you need more sweetness -- there is nothing worse than a special dessert that is just not sweet enough
11. The batter should be firm -- if it is not firm, add additional coconut flour 1 teaspoon at a time
12. Pour the batter evenly into the three baking pans
13. Bake for 25 - 35 minutes or until a toothpick comes out clean
14. Let cool for a few minutes then release the cake from the pan and cool on a rack -- use a flat edged spatula to release the cake from the pan
15. When it is cool, use a large knife and slice the cake open horizontally and keep open
16. Apply the 3 tablespoons of raspberry jam to the bottom layer and carefully place the top layer over it -- some jam may leak out the side
17. Make the buttercream frosting and apply to the cake with an angled spatula to cover the entire cake. These cakes are small so you should have enough frosting for two. If you are making only one, you can freeze the extra buttercream frosting.

### **Message on Cake**

1. To apply a decorative message on the cake, take 2 tablespoons of the raspberry jam and add 1/2 tsp gelatin by shaking small amounts over the jam and mixing it in.
2. Let it sit for 10 minutes or so
3. Using the decorator tip inserted into a baggie, add the jam and squeeze until it gets into the tip
4. Carefully write your message on the cake
5. Refrigerate the cake until you need it

### **Frosting and Filling:**

1. Use the Buttercream Frosting Recipe or the Raspberry Jam Recipe.



# GRAIN FREE SPICED PEAR STREUSEL

*This one has a nice crunchy topping!*

**Prep Time: 45 minutes**

**Cook Time: 12 – 15 minutes**

## **INGREDIENTS FOR CRUST**

---

- 1 1/2 cups almond flour
- 1/2 tsp sea salt
- 1/2 tsp baking soda
- 1 tsp vanilla
- 1 large egg
- Zest of 1/2 lemon (organic)
- 2 Tbsp raw honey
- 2 Tbsp butter or ghee in pieces — room temperature
- 1 Tbsp coconut flour if needed

## INGREDIENT FOR THE FILLING

---

5 – 6 ripe pears, skinned, cored and sliced lengthwise

## INGREDIENTS FOR THE STREUSEL TOPPING

---

1 cup chopped nuts (pecans, almonds or walnuts – or a combination)

2 Tbsp ghee or butter

2 Tbsp honey

1 tsp cinnamon

Dash ginger and nutmeg

## EQUIPMENT

---

Food processor

Cookie sheet

Parchment paper

Lemon zester

Larger fry pan

## INSTRUCTIONS FOR THE CRUST

---

1. Preheat oven to 350 ° F
2. Add all the dry ingredients to the food processor except the coconut flour and mix
3. Add the vanilla, egg, lemon zest, honey, and mix
4. Add the ghee or butter in small pieces while the moving is going

5. If the dough looks too loose for a crust, add some of the coconut flour a small amount at a time
6. The dough does not have to form a ball, but it has to be somewhat firm
7. Remove dough and place on the cookie sheet lined with greased parchment paper
8. Work the dough from the middle out to the sides with your hands
9. Try to make it as even as possible and build up the sides with both hands as you go around the perimeter to make an oval or rectangle
10. Bake for 12 – 14 minutes or until lightly browned

## **INSTRUCTIONS FOR THE FILLING**

---

1. In a large fry pan melt some ghee or butter and add the sliced pears
2. Cook on medium to low for a few minutes until just warmed up and softened
3. Carefully remove from heat (you want them to keep their shape) and set aside – you may have to do two batches

## **INSTRUCTIONS FOR THE STREUSEL TOPPING**

---

1. In a small pot melt the ghee or butter
2. Add the other ingredients
3. Mix the streusel topping ingredients together and set aside

## **PUTTING IT ALL TOGETHER**

---

1. Add the pear slices to the cooked crust in a decorative pattern
2. Sprinkle the streusel topping on top of the pears
3. Serve cold or at room temperature



**Tip: Be careful not to overcook the pears – they cook quickly**

**Tip: Use ripe but firm pears**



# APPLE CAKE

*This replicates an amazing apple cake made by my husband's grandmother. I'm always so pleased at how this comes out!*

**Prep Time: 25 minutes**

**Cook Time: 45 minutes**

## INGREDIENTS FOR CRUST

---

3 eggs

1 tsp vanilla extract

2 Tbsp honey

1/4 tsp stevia

1 cup coconut flour

1/2 cup almond flour

1 tsp baking soda

1/2 tsp salt

1/2 cup ghee softened

## INGREDIENTS FOR FILLING

---

6 medium to large apples, skinned, cored and sliced 1/4" thin

1 cup raisins (organic)

1/2 tsp cinnamon

Pinch nutmeg

## EQUIPMENT

---

8" springform pan

## INSTRUCTIONS FOR DOUGH

---

1. In a food processor mix the eggs
2. Add the vanilla, stevia and honey and mix
3. Add the coconut flour, almond flour, baking soda and salt and mix together
4. In the processor add the softened ghee in small chunks and process. Remove from processor when it has formed a ball
5. Grease the springform pan thoroughly – sides and bottom - and cut a circle of parchment paper for the bottom and grease that as well
6. Divide the dough into thirds
7. Press 2/3 of the dough into the pan, building up the sides as evenly as possible
8. Save the other 1/3 for the strips that will go on top of the apples

## PUTTING IT TOGETHER

---

1. Preheat oven to 325°F
2. After you press the crust into the pan, place the apples on top. Make sure you have enough apples to fill the pan and a few extra slices
3. If you need more apples, cut some more as they will settle down
4. Sprinkle cinnamon and a pinch of nutmeg on top
5. Roll the leftover dough on parchment paper and make strips for the top then use the strips to cover the apples
6. If you have enough dough you can make a solid top but poke some holes in it
7. Bake for about 45 minutes, check after 30 minutes and cover it if it is getting too brown
8. Let cool completely before you remove it from the pan



# SPICED PEAR CROSTADA

*If you love crust, this one is for you!*

**Prep Time: 25 minutes**

**Cook Time: 30 minutes**

## INGREDIENTS FOR CRUST

---

3 eggs

1 tsp vanilla extract

2 Tbsp honey

1/4 tsp stevia

1 cup coconut flour

1/2 cup almond flour

1 tsp baking soda

1/2 tsp salt

1/2 cup ghee softened

## INGREDIENTS FOR THE FILLING

---

Two 12 ounce bags of frozen peaches (organic) 2 -3 pounds if fresh

1 tsp cinnamon

½ tsp ginger

Pinch nutmeg

Dash clove

Ghee or butter for cooking

## EQUIPMENT

---

Cookie sheet lined with parchment paper

Large fry pan

## INSTRUCTIONS FOR DOUGH

---

1. In a food processor, mix the eggs
2. Add the vanilla, stevia, honey, and mix
3. Add the coconut flour, almond flour, baking soda, and salt and mix together
4. In the processor, add the softened ghee in small chunks and process
5. Remove from processor when it has formed a ball
6. Place on cookie sheet and roll out a 12" circle – it doesn't have to be perfect, in fact less perfect is better
7. Place in refrigerator while you make the filling



## PUTTING IT ALL TOGETHER

---

1. Preheat oven to 325°F
2. Defrost the peaches if you are using frozen
3. Slice the peaches into thin slices or pieces
4. Place the ghee or butter in the fry pan and sauté the peaches until softened
5. Add the spices and continue to cook for a few more minutes stirring constantly
6. Take off heat and let cook a few minutes
7. Remove the crust from the refrigerator
8. Place the cooked peaches into the middle of the crust and using the parchment paper to help, fold the dough up and over the peaches, turning the parchment as you go
9. If you tear the dough just pinch it together
10. If it is really hot in the kitchen and the dough becomes too soft, return it to the refrigerator for 5 minutes
11. Bake for 20 – 30 minutes or until the crust is golden brown
12. Serve warm or cold

## tarts and pies



*I love the professional look you can get with a tart pan. It's very easy to make this type of dessert in many different ways!*



# CHOCOLATE BLACK CHERRY TART

*When cherries are in season this one is a must!*

**Prep Time: 30 minutes**

**Freezer time: 30 minutes**

## INGREDIENTS FOR JAM

---

One 10 ounce bag of frozen pitted black cherries (organic) or use fresh

1 Tbsps. honey

## INSTRUCTIONS FOR JAM

---

1. Cook the cherries on medium heat for about 10 minutes stirring and smashing them (search for any stray pits)
2. Drain the extra liquid and set aside carefully as it is hot, into a small jar and save for drinking or other uses
3. Continue cooking for another 10 minutes as above
4. Let cool
5. Chop up the cherries in a mini processor
6. Add the honey and mix and set aside

## INGREDIENTS FOR CHOCOLATE CRUST

---

- 1 Tbsp gelatin + 2 Tbsp warm water
  - 3 Tbsp raw honey
  - 2 Tbsp butter or ghee in pieces — room temperature
  - 1 tsp vanilla
  - 2 cups almond flour
  - 1/4 cup cacao powder
  - 1/2 tsp sea salt
  - 1/2 tsp baking soda
  - 2 – 3 ounces of chocolate to melt for coating the crust
- Topping
- Fresh cherries with pits removed and cut in half

## EQUIPMENT

---

- Food processor
- Pot for cooking the cherries
- 9" tart pan
- Angled spatula
- Parchment paper
- Cherry pit remover

## PUTTING IT ALL TOGETHER

---

1. Mix the gelatin and warm water to create a gel and set aside
2. In a food processor process all the ingredients for the crust (including the gelatin) except the butter or ghee and except the chocolate for coating the crust
3. While the processor is running drop in small pieces of the butter or ghee
4. The batter should form a ball but it is OK if it does not
5. If the dough looks too wet add a little more flour a teaspoon at a time
6. Remove from processor and place the dough into the tart pan that is lined with parchment paper and greased with coconut oil
7. Work the dough (with your hands) into the pan and build up the sides and all around as evenly as possible
8. Place the tart pan on a small cookie sheet for ease in moving
9. Place into the freezer to firm up the crust for about 30 minutes then remove when ready to coat the crust with chocolate
10. Gently melt the chocolate in a small pot on #2 heat
11. Spoon the melted chocolate into the crust and spread it out on the bottom and around the sides
12. Keep the tart crust out and let the chocolate set (you can refrigerate if you like)
13. When you are ready to fill the crust, get it to room temperature and then slide the crust out from the tart pan keeping it on the bottom piece of the tart pan
14. Place this on your serving plate
15. Fill the crust with the jam, smooth out with the angled spatula and add the fresh cherries in a decorative pattern
16. Place in refrigerator until ready to eat
17. Serve cold

**Tip: Remove the crust from the outer rim BEFORE filling. For easy removal from the outer rim, let the tart come to room temperature before removing it.**





# COCONUT MULTI-FRUIT TART

*I always loved a multi-fruit pie and this one stands up to any wheat based pies!*

**Prep Time: Crust — 10 minutes**

**Filling — 10 minutes**

**Cook Time: Crust — 15 minutes**

**Filling — 1 hour in refrigerator**

## INGREDIENTS FOR FILLING

---

2 cups coconut milk or 1 can

3/4 cup water

2 Tbsp gelatin

1 Tbsp vanilla

1/4 tsp stevia + 10 drops or to taste

2 kiwi

1 cup blueberries

1 cup raspberries and/or strawberries



## EQUIPMENT

---

9" round tart pan or similar size

1.5 quart pot

Whisk

Food processor

Angled spatula

Parchment paper

Bowl

## INSTRUCTIONS FOR FILLING

---

1. Heat the coconut milk and water gently in a 2 quart pot until it is smooth and a little warm
2. As the milk is heating, lightly sprinkle the gelatin over the coconut milk and constantly whisk it in
3. Add in the vanilla and stevia and keep whisking until all the gelatin is combined
4. Pour the milk into a bowl — if there are lumps of gelatin, use a sieve to strain it when pouring it in
5. Place the bowl in the refrigerator for about 15 minutes until it starts to thicken
6. Remove from refrigerator — you will use this to fill the crust when it is cool

## INGREDIENTS FOR CRUST

---

2 cups almond flour

1/4 cup coconut flour plus 1 tablespoon if necessary

1/2 tsp sea salt

1/2 tsp baking soda

1 Tbsp gelatin + 2 Tbsp warm water or one medium egg

3 Tbsp raw honey

1 tsp vanilla

4 Tbsp butter or ghee — room temperature

## INSTRUCTIONS FOR CRUST

---

1. Preheat oven to 325° F
2. In the food processor mix the almond flour, coconut flour, salt and baking soda
3. If you are using gelatin instead of the egg – in the bowl place two Tbsp warm water
4. Sprinkle the one Tbsp of gelatin onto the water while whisking it together
5. If you are using the egg, skip the above step and add the egg to the bowl and whisk
6. Add the honey to the bowl and whisk
7. Add the vanilla to the bowl and whisk
8. Add this into the processor and mix
9. Next, while the food processor is running, drop in small pieces of the softened ghee or butter until the dough starts to make a ball – it may not form a perfect ball, but that is OK — if the dough looks too wet, add a little more flour one tablespoon at a time
10. Remove from processor and place in the well-greased tart pan that is lined with parchment paper
11. Work the dough into the tart pan and build up the sides all around
12. Pierce the dough with a fork all around the bottom
13. Bake for 12 – 16 minutes or until browned
14. Remove from oven and cool
15. When cool, loosen the crust first by gently pushing up to remove the bottom piece of the tart pan
16. With a thin spatula — inserted under the parchment paper — carefully slide the crust out of the bottom piece of the tart pan, onto a serving plate
17. Place this in the freezer until ready to fill

## **PUTTING IT TOGETHER**

---

1. Pour the thickened coconut milk into the crust
2. Place the fruit in a decorative pattern in the coconut milk
3. Carefully place back into the refrigerator for 2 hours before serving



# COCONUT CUSTARD BERRY TARTLETS

*Perhaps you saw this on the book cover and couldn't resist. It is well worth it – a beautiful custard tart!*

**Prep Time: 40 minutes**

**Cook Time: 10 minutes**

## EQUIPMENT

---

4 small tart pan or similar size

1.5 quart pot

Whisk

Food processor

Angled spatula

Parchment paper

Small bowl

## INGREDIENTS FOR CRUST

---

- 2 cups almond flour
- 1/4 cup coconut flour plus 1 tablespoon if necessary
- 1/2 tsp sea salt
- 1/2 tsp baking soda
- 1 Tbsp gelatin + 2 Tbsp warm water or one medium egg
- 3 Tbsp raw honey
- 4 Tbsp butter or ghee -- room temperature
- 1 tsp vanilla

## INSTRUCTIONS FOR CRUST

---

1. Preheat oven to 325° F
2. In the food processor mix the almond flour, coconut flour, salt and baking soda
3. If you are using gelatin instead of the egg – in the bowl place two Tbsp warm water
4. Sprinkle the one Tbsp of gelatin onto the water while whisking it together
5. If you are using the egg, skip the above step and add the egg to the bowl and whisk
6. Add the honey to the bowl and whisk
7. Add the vanilla to the bowl and whisk
8. Add this into the processor and mix
9. Next, while the food processor is running, drop in small pieces of the softened ghee or butter until the dough starts to make a ball – it may not form a perfect ball, but that is OK — if the dough looks too wet, add a little more flour one tablespoon at a time
10. Remove from processor and place in the well greased tart pan that is lined with parchment paper
11. Work the dough into the tart pan and build up the sides all around
12. Pierce the dough with a fork all around the bottom
13. Bake for 12 – 16 minutes or until browned

14. Remove from oven and cool

15. When cool, loosen the crust first by gently pushing up to remove the bottom piece of the tart pan

16. With a thin spatula — inserted under the parchment paper — carefully slide the crust out of the bottom piece of the tart pan, onto a serving plate

## INGREDIENTS FOR THE CREAM

---

1 can (13.5 ounces) coconut cream

1 Tbsp vanilla

¼ cup honey

4 large egg yolks

1 Tbsp unflavored gelatin

## EQUIPMENT

---

3 - 4 quart pot

4 Tartlet pans

Whisk

## INSTRUCTIONS FOR THE CREAM

---

1. In a 3 – 4 quart pot bring the coconut cream to just before a simmer
2. Now add the honey and vanilla and mix and take off heat if starting to boil
3. Next pour the egg yolks slowly into the heated coconut cream and whisk briskly
4. After a few minutes return the pot to the heat and keep whisking (low heat) until it thickens enough to coat a spoon and keep whisking – this takes a while to thicken so be patient and keep whisking
5. Do not let it boil!



6. Now sprinkle the tablespoon of gelatin in small increments so that it does not clump up and it gets absorbed right away as you are whisking
7. Keep whisking
8. The whisking part should take about 8 minutes all told to get it thick
9. Cover with wax paper and refrigerate for 20 – 30 minutes to cool

## **PUTTING IT TOGETHER**

---

1. Pour the coconut custard into the tartlet crusts
2. Place the fruit in a decorative pattern on top of the custard
3. Carefully place back into the refrigerator for 2 hours before serving



# RUSTIC PEACH TART

*This can be thrown together in a jiffy without any special equipment!*

**Prep Time: 25 minutes**

**Cook Time: 20 minutes**

## INGREDIENTS FOR CRUST

---

1 1/2 cup almond flour from blanched almonds

2 Tbsp raw honey

3 Tbsp ghee or butter

## EQUIPMENT

---

Glass Pyrex baking pan

Parchment paper

## INSTRUCTIONS FOR CRUST

---

1. Preheat oven to 325° F
2. In a food processor process the almond flour and the honey until well mixed
3. While the food processor is running, drop in small pieces of the softened ghee or butter until the dough starts to make a ball
4. (It may not form a perfect ball, but that is OK -- if the dough looks too wet, add a little more flour one tablespoon at a time)
5. Remove from processor and place in a greased Pyrex baking pan that is lined with parchment paper
6. Work the dough into a rectangle shape about 10 - 12 inches long and create sides all around
7. Pierce the dough with a fork all over the bottom
8. Bake for 15 - 20 minutes or until browned
9. Remove from oven and cool
10. When cool, carefully slide the crust out of the pan onto a serving dish
11. Loosen the crust first with a thin spatula -- this crust will crumble easily so be careful

## INGREDIENTS FOR FILLING

---

- 5 - 6 fresh and ripe nectarines or peaches
- 1 tsp cinnamon
- 2 Tbsp peach juice, apple juice or pear juice
- 1/4 scant teaspoon gelatin

## INSTRUCTIONS FOR FILLING AND GLAZE

---

1. Wash, peel and slice the peaches taking care to catch any juice that may drip off as you handle them
2. Pass the juice through a sieve to get out any chunks of peach
3. If you do not get 2 tablespoons, add a little clear apple or juice you may have on hand
4. Pour the juice into a small bowl
5. Lightly sprinkle the gelatin over the juice a little at a time and set aside
6. Heat a pan on low and melt some butter or ghee in it
7. Add the sliced peaches and gently cook for just a few minutes -- just to soften them
8. Sprinkle the cinnamon over the peaches and mix it in
9. Remove from stove and let cool

## PUTTING IT TOGETHER

---

1. When the crust and the peaches are cool place the slices of peaches in a decorative pattern in the crust
2. With a basting brush, brush on the gelatinized juice as a glaze
3. Place in refrigerator for several hours before serving



# APPLE TART

*Use any design on top to make it beautiful!*

**Prep Time: 25 minutes**

**Cook Time: 21 minutes**

## **CRUST INGREDIENTS**

---

2 large eggs

1/4 cup honey + 2 Tbsp (Use less if sweet enough)

1 tsp vanilla

1/2 cup palm shortening (room temperature)

1/2 cup ghee or butter (room temperature)

1/2 tsp sea salt

1/2 cup coconut flour

1 cup shredded coconut

## INGREDIENTS FOR FILLING

---

6 – 7 medium organic apples skinned, cored and sliced about 1/4 thick

1 tsp cinnamon

Dash nutmeg

Apricot jam (get recipe in Staples chapter)

## CRUST INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In a food processor mix together the eggs, honey, vanilla, ghee and palm shortening until smooth
3. Add the salt, coconut flour and shredded coconut and process until a dough is formed
4. Remove to a 10" tart pan that has a parchment paper liner and is greased with virgin coconut oil
5. Press the dough into the pan making the sides high and even and the bottom even
6. Bake for approximately 18 - 21 minutes or until lightly browned (watch carefully that the sides do not get burned)
7. Cool in the pan
8. Store in refrigerator until ready to fill

## INSTRUCTIONS FOR FILLING

---

1. Sauté the apple slices in a large fry pan greased with ghee or coconut oil
2. Season with the cinnamon and nutmeg
3. Cook uncovered, turning frequently until apples are soft but still crisp
4. Remove and let cool



## PUTTING IT TOGETHER

---

1. Let the crust come to room temperature
2. Carefully remove the crust from the sides of the tart pan by separating the bottom from the sides
3. Keep the crust on the bottom part of the pan for serving
4. Place on your serving platter now
5. Butter the inside of the crust with the apricot jam
6. Separate the slices of apple and carefully make a circular pattern using as many as possible
7. Refrigerate and eat cold or heat up gently in oven for 10 minutes on 250° F.



# CHOCOLATE FREEZER TART

*This is lovely in the summer!*

**Prep Time: Crust - 10 minutes**

**Filling - 10 minutes**

**Cook Time: crust -15 minutes**

**Filling - 1 hour in refrigerator**

**Freezer Time: 3 - 4 hours before serving**

## INGREDIENTS FOR CRUST

---

2 cups almond flour

1/4 cup cacao powder

1/2 tsp sea salt

1/2 tsp baking soda

1 medium egg

3 Tbsp raw honey

1 tsp vanilla

4 Tbsp butter or ghee -- room temperature and cut into small pieces

## EQUIPMENT

---

Food processor

9 inch pie pan

Angled spatula

Small bowl

Parchment paper

Whisk

## INSTRUCTIONS FOR CRUST

---

1. In the food processor mix the almond flour, cacao powder, salt and baking soda and mix
2. Add the egg, vanilla and honey and mix
3. Next, while the food processor is running, drop in small pieces of the softened ghee or butter until the dough starts to make a ball – it may not form a perfect ball, but that is OK — if the dough looks too wet, add a little more flour one tablespoon at a time
4. Remove from processor and place in the well-greased tart pan that is lined with parchment paper
5. Work the dough into the tart pan and build up the sides all around
6. Pierce the dough with a fork all around the bottom
7. Bake for 12 – 16 minutes or until browned
8. Remove from oven and cool
9. When cool, loosen the crust first by gently pushing up to remove the bottom piece of the tart pan
10. With a thin spatula — inserted under the parchment paper — carefully slide the crust out of the bottom piece of the tart pan, onto a serving plate

## INGREDIENTS FOR FILLING

---

- 2 ripe pitted avocado
- 2 medium well ripened banana
- 3 Tbsp honey
- ¼ tsp stevia
- 1 tsp vanilla
- 1/3 cup cacao powder
- ¼ cup coconut cream (from the top of the can)

## INSTRUCTIONS FOR FILLING

---

1. In a food processor add the pitted avocado, banana, honey, stevia, vanilla and process
2. Add the cacao powder and coconut cream and process until smooth

## PUTTING IT TOGETHER

---

1. Take the chilled pudding and place in the crust
2. With the angled spatula gently push the pudding to fill around the edges with a clean line
3. With the angled spatula even out the surface of the tart
4. Place in the freezer for several hours before serving
5. When ready to serve, place fresh fruit or berries around the tart in a decorative fashion



# APPLE CRISP

*Here is an all-time seasonal favorite that can be eaten all year!*

**Prep time: 25 minutes**

**Cook time: 15 minutes**

## INGREDIENTS FOR CRUST

---

2 1/2 cups crispy pecans

1 Tbsp coconut oil

1/4 cup raw honey

1 tsp vanilla

1/2 cup coconut flour

## INGREDIENTS FOR THE APPLE FILLING

---

6 large organic apples, cored, peeled and cubed

1 tsp cinnamon

1 Tbsp honey

## EQUIPMENT

---

Food processor

9" pie pan

Slotted spoon

Fry pan

## INSTRUCTIONS FOR CRUST

---

1. Measure out the nuts and in a food processor grind them to a nut butter
2. Add the coconut oil, honey, vanilla and process
3. Add the coconut flour and process until it combines and it becomes a ball
4. If it is too soft add a little more coconut flour 1 teaspoon at a time until it becomes a ball
5. Remove 3/4 of the batter and press it into the pie plate, reserving the rest for the topping

## INSTRUCTIONS FOR THE APPLE FILLING

---

1. In a large pan sauté the apples in some ghee, butter or coconut oil
2. Cook until somewhat soft (about 8 - 10 minutes)
3. Add cinnamon and honey to taste when they are just cooked



## PUTTING IT TOGETHER

---

1. Preheat oven to 325° F
2. Place the crust to brown for about 15 - 20 minutes while you are cooking the apples – then remove from oven
3. When the apples are soft, using a slotted spoon to remove them from any liquid and put the apples into the browned crust
4. Crumble the rest of the crust batter evenly over the top
5. Bake in oven for 12 - 15 minutes or until the top is browned
6. This may be served warm or cold with toppings such as fresh whipped cream, coconut whipped cream, yogurt, etc.



# GREEN COCONUT PUDDING PIE

*This crust and this pudding go together very well!*

**Prep time: 25 minutes**

**Cook time: 15 minutes**

## INGREDIENTS FOR CRUST

---

- 1 large egg
- 1/2 cup palm shortening, ghee, butter or coconut oil
- 1 Tbsp honey
- 1/2 cup coconut flour
- 1/4 tsp sea salt
- 1/2 cup shredded coconut

## INGREDIENTS FOR FILLING

---

- 2 medium to large avocado
- 2 medium ripe bananas
- 1 - 2 Tbsp honey
- 1 tsp vanilla extract or powder

3 Tbsp coconut cream from the top of the can

1/4 tsp stevia (optional)

## EQUIPMENT

---

Food processor

9" pie plate

Angled spatula

## INSTRUCTIONS FOR CRUST

---

1. Preheat oven to 375° F
2. In a food processor, mix together the egg, palm shortening (or other fat), honey, salt and coconut flour until combined
3. Add the shredded coconut and mix until just combined
4. While the processor is running drop in softened pieces of the palm shortening, ghee, butter or coconut oil – whichever you are using – until the dough forms a ball
5. Remove from processor and press into the lined and greased pie pan
6. Poke some holes around the crust with a fork
7. Bake for 10 – 12 minutes or until lightly browned
8. Let cool

## INSTRUCTIONS FOR FILLING

---

1. Cut open and remove the pit from the avocado and add to the processor
2. Add the ripe bananas
3. Add the honey, stevia and coconut cream and process
4. While the processor is running add the vanilla extract or powder

5. Process until smooth
6. Add to the cooled pie crust and smooth out with the angled spatula
7. Refrigerate and serve cold



# PECAN CRUSTED PUMPKIN PIE

*This one is a seasonal favorite but you don't have to use pumpkin, in fact, I usually use butternut squash.*

**Prep time: 25 minutes**

**Cook time: 45 minutes**

## INGREDIENTS FOR FILLING

---

Two cups fresh cooked pumpkin (or butternut squash)

2 -3 Tbsp raw honey

2 eggs

2 tsp cinnamon

1/2 tsp nutmeg

1/4 tsp clove

1/8 tsp ginger (optional)

1/8 tsp allspice (optional)

1/4 cup coconut milk or coconut cream

## INGREDIENTS FOR CRUST

---

- 2 1/2 cups crispy pecans made to nut butter consistency
- 1 Tbsp coconut oil
- 1/4 cup raw honey
- 1 tsp vanilla
- 1/2 cup coconut flour

## INSTRUCTIONS FOR FILLING

---

1. Drip the cooked pumpkin in a strainer with a bowl underneath for an hour to get out excess liquid
2. In a food processor puree the pumpkin, add the honey and all the spices and the eggs
3. Add the coconut milk or cream and mix

## INSTRUCTIONS FOR CRUST

---

1. Measure out the nuts and in a food processor grind them to a nut butter
2. Add the oil, honey, vanilla and process
3. Add the coconut flour and process until it combines and it becomes a ball
4. If it is too soft add a little more coconut flour 1 teaspoon at a time until it becomes solid enough to press into a pie pan (it doesn't have to become a ball)
5. Press the crust batter into a large pie plate



## PUTTING IT ALL TOGETHER

---

1. Preheat oven to 325°F
2. Pour the filling into the pie crust
3. Bake for 45 - 50 minutes – you might want to cover the rim of the crust with foil or a commercial pie crust protector as they tend to burn
4. If the crust is getting too dark cover the pie with a piece of foil or other oven safe method and continue to bake until it is set
5. Cool and then refrigerate
6. This may be served warm or cold with toppings such as fresh whipped cream, coconut whipped cream, yogurt, etc.

# custard and pudding



*For folks who are dairy free, these custards and puddings can satisfy a craving for something smooth and creamy. These are my favorite recipes!*



# COCONUT BERRY PUDDING WITH CHOCOLATE CRUST

*The light coconut pudding against the chocolate crust is awesome!*

**Prep Time: 25 minutes**

**Cook Time: 2 – 3 minutes**

**Yield: 4 eight-ounce servings or 6 – 8 four ounce servings**

## INGREDIENTS FOR THE COCONUT FILLING

---

2 cans coconut milk

2 Tbsp honey

2 tsp vanilla

1 Tbsp gelatin

1 cup each of blueberries, raspberries and strawberries (organic and cleaned)

## INGREDIENT FOR THE CRUST

---

1 cup almond flour

2 Tbsp cacao powder

1 Tbsp honey

1/4 tsp salt

## EQUIPMENT

---

6 four to six ounce parfait glasses or other glass cup

3 quart pot

Whisk

Bowl

## INSTRUCTIONS

---

1. Prepare the crust first by combining all the crust ingredients into a bowl and mixing until well combined
2. Add the crust to the bottom of each parfait glass (about an inch high) and set aside
3. Mix the 2 cans of milk so that the milk is smooth
4. Pour into the pot and gently heat to warm
5. Add the honey and vanilla and whisk
6. Gently sprinkle the gelatin in as you are whisking
7. Add mixed fruit to the glasses and pour the coconut milk mixture until the glass is full
8. You can also layer the fruit and pour the coconut milk mixture a little at a time, refrigerate until jelled (30 minutes) and add more fruit and coconut milk to create layers
9. It takes at least 30 minutes to jell
10. Use sturdy glass (not crystal) for use, especially with children





# DAIRY FREE CHOCOLATE PUDDING

## Dairy Free Chocolate Pudding

*This has to be our all-time favorite recipe. I make it every other day for my husband (and me)!*

**Prep time: 10 minutes**

**Refrigerate 30 minutes**

## INGREDIENTS

---

- 2 ripe avocados, peeled and taken out of the shell
- 2 medium ripe bananas (preferably with brown spots)
- 2 - 3 Tbsp raw honey
- 2 heaping Tbsp cacao powder
- 1 tsp vanilla extract
- 2 - 4 Tbsp coconut milk/cream

## EQUIPMENT

---

Food processor

## INSTRUCTIONS

---

1. In a food processor or high-speed blender process the avocados and the banana until it is smooth
2. Add all the other ingredients and process until everything is blended and smooth
3. Chill in an airtight glass container in the refrigerator at least 2 hours before serving

**Note:** Start with 2 tablespoons of the coconut cream or milk and process to see if it thins out the pudding – if it is too thick, add the other 2 tablespoons and process

**Tip:** I find using the food processor makes cleanup easier than using the high speed blender

**Tip:** If you use stevia, you can also add a dropper of stevia to make it sweeter if need be.





# COCONUT PEACH PUDDING

*Here again, this is one of our favorite recipes! I make this in bulk and freeze portions.*

**Prep Time: 10 minutes**

**Yield: 3 – 4 cups of pudding**

## INGREDIENTS

---

2 large bananas, well spotted

1 1/2 cups frozen or fresh peaches – plus 1/2 cup water added to measuring cup

6 Tbsp coconut concentrate softened until liquid

6 Tbsp coconut oil softened until liquid

2 heaping Tbsp collagen peptides (optional)

## EQUIPMENT

---

Measuring cup for peaches

High speed blender

2 quart pot

## INSTRUCTIONS

---

1. Cook the peaches (either fresh or frozen) in a pot by simmering gently until soft
2. Place the coconut oil and coconut concentrate in two separate small pots on a low Heat both pots gently to melt and then remove from heat once melted
3. In the high-speed blender, add the bananas, cooked peaches, coconut oil, coconut concentrate, and collagen peptides (if you are using them)
4. You want to be able to blend everything when it is warm so that the coconut does not harden into tiny pieces
5. Blend until very smooth
6. Pour into a bowl (or several small bowls) and place in the refrigerator for 1 hour until firm
7. Enjoy with sliced banana or other fresh fruit
8. This is also a great breakfast or snack
9. This pudding freezes very well in portion containers

**Note:** Using the collagen peptides adds protein and the benefits of collagen to this recipe.

**Tip:** If you use three 10-ounce bags of frozen peaches (cooked) you can triple the rest of the ingredients and make the pudding in three separate stages so that you will have plenty to freeze.



# DAIRY FREE SPICED KABOCHA CUSTARD

*This is a seasonal delight! You can also use butternut squash.*

**Prep Time: 10 minutes**

**Cook Time: 10 minutes**

**Yield: 4 small servings**

## INGREDIENTS

---

2 cups cooked kabocha squash, pureed

1 cup coconut cream from the top of the can

4 large egg yolks

1 Tbsp vanilla

1/4 cup honey

1/4 tsp stevia (you can omit this ingredient and add more honey if preferred)

1 tsp cinnamon

1/4 tsp nutmeg (for AIP use mace)

1/4 tsp ground ginger

Dash allspice

1 Tbsp unflavored gelatin

## EQUIPMENT

---

3 - 4 quart pot

Food processor

Whisk

## INSTRUCTIONS

---

1. In the food processor, puree the cooked squash and pour into a bowl and put aside
2. In a 3 – 4 quart pot bring the coconut cream to a simmer
3. While the coconut cream is heating, in the food processor blend the egg yolks, honey, stevia, vanilla, and spices together and put aside
4. Pour the squash mixture into the simmering cream and whisk together, lowering the heat
5. Pour the egg/honey/spice mixture into the heated squash and coconut mixture and whisk briskly
6. Do not let it boil!
7. Sprinkle the tablespoon of gelatin in very small increments so that it does not clump up and it gets absorbed right away as you are whisking
8. Keep whisking - the whisking part should take about 8 minutes all told to get it thick
9. Place the custard in a bowl and let cool on the counter
10. When cool, cover with wax paper resting on the custard (to prevent a skin from forming) and refrigerate for at least 4 hours to set
11. It can be used like this – it will be quite solid – or beat up with electric beaters for a few minutes to get to a creamy consistency

Use within 3 days



# COCONUT MILK YOGURT

*While somewhat labor intensive, the final result is so light and refreshing – it is all worthwhile!*

**Prep Time: 35 minutes**

**Brew Time: 8 – 12 hours**

## INGREDIENTS

---

2 quarts coconut milk  
Yogurt culture  
2 Tbsp honey separated  
3 Tbsp gelatin  
1 Tbsp vanilla extract  
1/8 cup water

## EQUIPMENT

---

Yogurt maker with glass jars  
Blender  
3 – 4 quart pot and smaller pot  
Candy thermometer

## INSTRUCTIONS

---

1. Heat the coconut milk to 180° F to sterilize
  2. Remove from heat and cool to 105° F degrees
  3. Pour into a large glass jar and reserve one cup of milk
  4. Mix cultures into the one cup of milk
  5. Mix 1 Tbsp honey into the cup as well
  6. Combine the cup into the larger portion of milk in the large glass jar and mix well
  7. Set into yogurt maker
  8. Brew for 8 – 12 hours
  9. The milk will not be thicker after brewing
  10. After you take it out of the yogurt maker, heat 1/8 cup water to boiling in a small pot
  11. Mix 1 Tbsp vanilla, 1 Tbsp honey (you add more or less depending upon how sweet you like it) and 3 Tbsp gelatin into the water until well blended
  12. Mix this mixture into the yogurt and blend well
  13. Pour into 2 quart jars and refrigerate
  14. After 6 - 8 hours you will see that the yogurt has separated
  15. You will need to blend this in a blender as the fat will be hardened
  16. After blending, refrigerate again for 6 - 8 hours
- Now your yogurt is ready. Enjoy!



## candy and treats



*Of course, Paleolithic people did not eat any of the following foods, but in our modern times we all need a treat once in a while.*



# CINNAMON BAKED APPLES

*This is a seasonal favorite!*

**Prep time: 10 minutes**

**Cook time: 50 minutes**

## INGREDIENTS

---

6 large organic apples

Apple cider or water to fill the dish one inch

2 cinnamon stick chopped into 6 pieces

Dash of nutmeg in each apple

Raisins (optional)

Honey (optional)

Coconut cream or coconut milk to serve on top

## EQUIPMENT

---

Large baking dish

Paring knife

# INSTRUCTIONS

---

1. Preheat oven to 400° F
2. Clean the apples
3. With a paring knife cut the top in a circle so that it is a cap - leaving the stem
4. Remove the cap and core the apples and place in the baking dish with an inch of apple cider or water in the dish
5. Chop the cinnamon stick into pieces
6. Place a piece of cinnamon stick and the raisins, if you are using them, as well as the dash of nutmeg in each apple hole and cover with the cap
7. Bake for 50 minutes covered with an oven safe cover
8. Check the apples with a knife -- it should go in smoothly
9. Remove from the oven and let cool
10. When cool, drip a little honey under the cap (this is optional as the apples are nicely sweet without additional honey)
11. Serve with some coconut cream on top



# COCO NUTTY BITES

*I know I keep saying this, but it is true – this is one of our favorite recipes! I can't keep these in the house!*

**Prep Time: 20 minutes**

**Yield: approximately 24 pieces**

## INGREDIENTS FOR COCONUT BASE

---

1/2 cup coconut concentrate

1/2 cup shredded coconut

2 tsp vanilla

1 Tbsp honey

## INGREDIENTS FOR NUT FILLING

---

1/2 cup ground (to a meal consistency) hazelnuts (this is also good with pecans)

1/4 cup coconut concentrate

2 tsp honey

1/8 tsp stevia

## EQUIPMENT

---

Bowl

Mini processor

Cookie sheet

Parchment paper

## TOPPING

---

2 – 3 ounces of your favorite chocolate

## INSTRUCTIONS

---

1. Warm the jar of coconut concentrate in a pot of hot water until it is runny
2. In the bowl, mix all the ingredients for the coconut base until it is creamy
3. On a piece of parchment paper take the base “dough” and roll it out until it is about 1/2 inch thick and smooth — you can use a rolling pin or your hands to do this
4. Set aside
5. In the same bowl you used for the base, add the filling ingredients — grind up the nuts first until they are of a meal consistency — you do not want big chunks — mix well
6. Use your hands to place the filling ingredients on top of the base and smooth until it is even
7. Try to keep the sides even and square
8. With a pizza wheel or a knife cut bite sized squares and pull them slightly apart
9. If you are serving these, now is the time to put them on a serving plate
10. Melt the chocolate on low and with a spoon drizzle it over the squares
11. Freeze or refrigerate before serving, about one hour

Keep in the freezer in a container for those moments when you need a quick fix!

**Note:** See Staples section for the instructions for roasting and skinning hazelnuts





# COCONUT JELLO FLAG

*This one is especially fun around the summer holidays!*

**Prep Time: 10 minutes**

**Cook Time: several minutes**

**Cool Time: 2 Hours**

## INGREDIENTS

---

2 cups coconut milk or 1 can

3/4 cups water

2 Tbsp gelatin

2 tsp vanilla

1/4 tsp stevia

2 cups blueberries

2 cups raspberries or strawberries



## EQUIPMENT

---

10" round pie pan or similar size

2 quart pot

Whisk

## INSTRUCTIONS

---

1. Heat the coconut milk and 3/4 cup water gently in a 2 quart pot until it is smooth and a little warm
2. As the milk is heating, lightly sprinkle the gelatin over the coconut milk and constantly whisk it in
3. Add in the vanilla and stevia and keep stirring until all the gelatin is combined
4. Pour the milk into the pie pan -- if there are lumps of the gelatin use a sieve to strain it when pouring it in
5. Place the pan carefully in the refrigerator for 12 - 15 minutes until it starts to thicken
6. Remove from refrigerator and place the berries in a decorative pattern in the thickened milk
7. Place back into the refrigerator for 2 hours to fully set before serving



# COCONUT TRUFFLES

*Truffles are an elegant treat to serve guests.*

**Prep Time: 15 minutes**

**Cook Time: 2 minutes**

**Yield: Many depending on the size**

## INGREDIENTS FOR THE FILLING

---

3/4 cup coconut concentrate

2 Tbsp honey

1/4 tsp stevia

1 tsp vanilla

## INGREDIENTS FOR THE TOPPING

---

1 tsp cacao powder

1 tsp date sugar (note this may not be SCD or GAPS legal)

1/2 tsp cinnamon

## EQUIPMENT

---

1 small pot

Cookie sheet

Bowls for toppings

## INSTRUCTIONS

---

1. Gently melt the coconut concentrate (#2 heat) in the pot -- coconut concentrate will burn quickly so be careful
2. Add the honey, vanilla and stevia and mix together
3. Keep mixing off the heat until it is a paste
4. Let cool (it should be cool anyway as you are not heating it a lot)
5. Combine all the topping ingredients in a bowl and mix together and put aside
6. Take a small teaspoon and scoop out some of the coconut paste and form a ball
7. Continue until all the filling is finished
8. Take a ball and drop it into the separate bowls of the various toppings and cover completely with a spoon
9. Remove and put on a small cookie sheet covered in parchment paper
10. Continue until all the balls are covered
11. Freeze for at least 15 minutes before serving

These stay well in the freezer



# COCONUT VANILLA BEAN ICE CREAM

*This is a fantastically cold and tasty treat for a hot day!*

**Prep time: 10 minutes**

**Process time: 20 minutes**

## INGREDIENTS

---

2 vanilla beans, scraped

2 cans unsweetened coconut milk

1/4 cup honey

1 Tbsp vanilla extract

1/4 tsp stevia (optional)

### Extras

Chocolate chips, raisins, coconut flakes, chopped nuts, etc

## EQUIPMENT

---

Blender

Ice Cream Maker

## INSTRUCTIONS

---

1. Place the bin of the ice cream maker in the freezer the day before so it is frozen
2. Scrape out the tiny beans of the vanilla bean by scoring it down the vertical and opening the sides up – then scrape it down the length with the knife to collect the beans
3. In a blender, add all the ingredients and mix thoroughly
4. Add to the ice cream maker and follow the manufacturer's directions
5. At the end, add any of the extras you like
6. Serve immediately or place in an airtight container and freeze for a hard serve



# FROZEN FRUIT POPS

*Who can resist a real fruit pop in the summer?*

**Prep time: 10 minutes**

**Freeze time: 2 hours**

## INGREDIENTS

---

1 cup fresh or frozen blueberries

1 cup fresh or frozen strawberries

1 cup pre-made coconut ice cream or yogurt

## EQUIPMENT

---

Immersion Blender

BPA free Pop Molds



## INSTRUCTIONS

---

1. Puree the berries separately with a stick blender or regular blender and set aside
2. Take out the ice cream and soften slightly
3. Alternatively, you could use homemade coconut yogurt or regular yogurt if you eat dairy
4. Using BPA free ice pop molds, pour a little of the strawberry puree into 1/3 of the mold
5. Pour the yogurt next -- about another 1/3
6. Pure the blueberry into the last 1/3 of the pop molds
7. Cover the molds with the covers that come with it or if you are using wooden sticks, insert them into the molds
8. Place in freezer for a few hours until frozen
9. When frozen, carefully pull out and serve!

The molds you have may be a little different and may hold more or less of the ingredient amounts



# NO BAKE COCONUT VANILLA CUPS

*This is a recipe that is very popular in my house!*

**Prep time: 20 minutes**

**Freezer time: 1 hour**

**Yield: 16 – 18**

## INGREDIENTS FOR OUTER CUP

---

1/2 cup coconut concentrate softened

1/4 cup coconut oil

2 Tbsp palm shortening softened

1/2 cup honey

1 Tbsp vanilla extract or powder

## INGREDIENTS FOR INNER FILLING

---

1/4 cup coconut concentrate

1/2 cup shredded coconut

1 tsp vanilla extract or powder

1 Tbsp honey

1 medium avocado

## EQUIPMENT

---

Mini processor

Mini Muffin unbleached papers

Mini muffin pan

## INSTRUCTIONS

---

1. First make the Outer Cup by mixing the ingredients together in a bowl then divide in half
2. Place 16 - 18 mini muffin papers on a small cookie sheet or use a mini muffin pan
3. Using the first half of the recipe fill the mini muffin cups about 1/4 to 1/3 full
4. Put these in the freezer for about 15 minutes until hard
5. Now whip up the filling recipe in a mini processor – add all the ingredients except the shredded coconut to the mini processor and process until smooth
6. Now add the shredded coconut and mix it in – don't over process it, you want it to have texture
7. Now take the mini muffins out of the freezer and if they are hard add a teaspoon of filling to each one, pressing to fill the cup
8. Place these back in the freezer for 10 minutes
9. When the filling is somewhat hard take them out of the freezer and add the second half of the Outer Cup mixture to each cup, trying to keep the top surface smooth
10. Place these into the freezer again
11. hey are done when they are hard
12. Serve cold or at room temperature and enjoy!
13. Store in the freezer

**Note:** You may have some of the filling left over – enjoy it as a pudding!



# PEPPERMINT CHOCOLATE CUPS

*These are so much better than the store-bought ones with high fructose corn syrup!*

**Prep Time: 10 minutes**

**Cook Time: 3 minutes**

**Yield: approximately 14**

## INGREDIENTS FOR FILLING

---

3/4 cup coconut concentrate

2 Tbsp honey

1/4 tsp stevia

1 tsp vanilla

## INGREDIENTS FOR THE CHOCOLATE

---

8 ounces of your favorite chocolate bar

1/2 tsp peppermint oil

## EQUIPMENT

---

2 small pots

Mini muffin papers

Cookie sheet or mini muffin pan

## INSTRUCTIONS

---

1. Gently melt the coconut concentrate (#2 heat) in the pot -- coconut concentrate will burn quickly so be careful
2. Add the honey, vanilla and stevia and mix together
3. In the other pot, at the same time, gently melt the chocolate and mix in the peppermint oil (#2 heat)
4. Set up your muffin papers before you start
5. Pour a layer of chocolate into the bottom of the muffin papers -- freeze for 10 minutes
6. Then pour a layer of the coconut spread -- back in the freezer for another 10 minutes
7. Finally pour another layer of the chocolate on top and freeze for another 10 minutes -- keep in a container in the freezer until ready to serve
8. Serve in the muffin papers or on a serving plate



# SPICED POACHED PEARS

*This is a more sophisticated dessert that adults and children enjoy.*

**Prep time: 20 minutes**

**Cook time: 30 minutes**

## INGREDIENTS

---

2 cups fresh organic grapes pressed for the juice or 2 cups organic grape juice not from concentrate

5 - 6 organic bosc or anjou pears

2 cups of water or enough to completely cover the pears when combined with the grape juice

1 cinnamon stick

2 spent vanilla pods or one fresh pod

A 3/4 inch piece of fresh ginger peeled

4 Tbsp raw honey

1 tsp stevia extract (optional)



## EQUIPMENT

---

Sauce pan large enough to accommodate the pears standing upright

Small melon scoop

Lemon press

## INSTRUCTIONS

---

1. Squeeze the grapes in a lemon press and save the juice or use ready-made grape juice
2. Using the melon scooper, core the pears from the bottom, peel with a vegetable peeler - leaving the stems and set aside
3. In the saucepan combine the water, grape juice, cinnamon stick, vanilla pods, ginger, honey and stevia
4. Bring to a simmer, stirring occasionally
5. Add in the pears and cover
6. Simmer the pears until a knife goes through easily -- but they are not too soft -- about 20 - 30 minutes
7. Remove the pears carefully and set aside to cool

## INSTRUCTIONS FOR SYRUP

---

1. Simmer the remaining liquid to reduce by half -- about 20 minutes, stirring occasionally
2. When thickened to a syrup consistency remove the stick and pods, add the 2 other tablespoons honey and remove from heat
3. Drizzle over the pears and serve warm (yum!) or refrigerate



# TRIPLE FAT FUDGE

*Wow! Fudge tastes exceptionally good when made with real ingredients! Be forewarned!*

**Prep Time: 10 minutes**

**Cook Time: 3 minutes**

## INGREDIENTS

---

1/4 cup cacao butter

1/4 cup ghee or butter

1/4 cup coconut oil

1/2 cup coconut concentrate

1 Tbsp raw honey

1 tsp vanilla

1/4 tsp stevia

1/4 cup cacao powder + 1 Tbsp

## EQUIPMENT

---

Whisk

1 1/2 - 2 quart pot

8 x 8 pan lined with parchment paper

## INSTRUCTIONS

---

1. In the pot, gently melt the cacao butter on low (number 2)
  2. When it is half melted add the ghee or butter, the coconut oil and the coconut concentrate and gently mix with the whisk as it melts
  3. Add the honey, vanilla, and stevia and whisk in well
  4. Add the cacao powder and whisk in well
  5. Be sure to take the pot off the heat when the fat is melted and keep whisking until it is smooth and all the lumps are out -- you don't want to overheat this
  6. Pour into the 8 x 8 pan that is lined with parchment paper
  7. Refrigerate for 1 - 2 hours
  8. When solid, pull the parchment paper out of the pan, put the block of fudge on a flat surface and cut into small squares
- Enjoy! This will melt rather quickly -- but it won't last long!



# VANILLA COCONUT MACAROONS

*These macaroons come out moist and so satisfying!*

**Prep time: 20 minutes**

**Cook time: 30 minutes**

**Yield: 40 – 42 macaroons**

## INGREDIENTS

---

5 cups shredded coconut

1 1/4 cup of warm water

4 Tbsp honey

2 Tbsp ghee or butter

3 large eggs

1/2 cup coconut cream

2 tsp vanilla

## EQUIPMENT

---

Food processor

3-4 quart pot

Cookie sheet

Mini cupcake papers

## INSTRUCTIONS

---

1. Preheat oven to 325° F
2. In a food processor chop 3 1/2 cups of the shredded coconut until it is very small pieces, keep 1 1/2 cups aside \_ if you have shredded coconut that is very fine, skip this step
3. Remove the chopped coconut and place in a pot with 1 1/4 cup of warm water
4. Mix on a warm burner on top of the stove until it is soft and like a paste (about 5 minutes)
5. Put it back into the food processor and process with the honey, ghee, eggs, vanilla and coconut cream
6. As the last ingredient, add the 1 1/2 cups of shredded coconut and mix
7. The batter should be thick
8. Place a small tablespoon of the batter into mini cupcake papers set on a cookie sheet
9. Bake for approximately 20 - 30 minutes until just browning
10. Let cool

These taste awesome after being refrigerated and they freeze well

**Tip: For chocolate macaroons add 1/4 cacao powder to the whole recipe – or divide the batter in half, reserving one half for vanilla and use the other half for chocolate and add 1/8 cup cocoa powder to that half of the batter.**



# RAW FROZEN CHOCOLATE CRUST BITES

*This one is a chocolate lover's delight!*

**Prep Time: 10 minutes**

**Freezer time: 30 minutes**

**Yield: 15 balls**

## INGREDIENTS

---

1 cup almond flour

2 Tbsp cacao powder

1 tsp sea salt

2 Tbsp honey

1 tsp vanilla

1 Tbsp ghee or butter at room temperature

1 Tbsp gelatin mixed in 2 Tbsp water



## EQUIPMENT

---

Food processor

Cookie sheet

Parchment paper

## INSTRUCTIONS

---

1. Add all the dry ingredients together in the food processor and mix
2. Add the honey, vanilla and while the processor is going drop in the ghee or butter
3. Mix the gelatin and water in a separate small bowl - it will gel and then add it to the food processor immediately and mix – mix this just before using or it will get too hard
4. The dough will form a ball and it is ready – it's fine if it doesn't exactly form a ball
5. Taste the dough to make sure it is sweet enough for you - I tend to make things less sweet
6. Remove the dough to a plate and form small balls with your hands
7. Place on the parchment paper lined cookie sheet
8. Place in freezer
9. Serve cold
10. Store in a freezer safe container if there are any left

**Tip: Double the recipe – you will be happy you did!**

# join me



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# about the author



Dr. Jill Tieman is a clinical nutritionist and chiropractor in Suffolk County, New York. She specializes in the Specific Carbohydrate Diet (SCD) and gut and psychology syndrome (GAPS) as well as ancestral diets such as Paleo and Primal. She is also the chapter leader of the Great South Bay Chapter of the Weston Price Foundation. As a supporter of WAPF, she is enthusiastic about teaching people how to use real, wholesome foods to reinvigorate their health.

Dr. Tieman's blog, [Realfoodforager.com](http://Realfoodforager.com), was born of a desire to share critical information about problems in the food supply and their effects on the health of the American people. As a clinical nutritionist offering alternatives to conventional medicine, Dr. Tieman became focused on the subpopulation of patients suffering from autoimmune diseases and digestive disorders. She realized that the benefits of a real food (grain-free) diet would be far greater for these conditions than that of supplementation alone or mainstream nutrition advice.

Dr. Tieman's blog focuses on cutting edge nutrition, fitness and lifestyle information that can literally transform your life. Dr. Tieman has been featured on her local television show, *Long Island Naturally*, many times and has been interviewed at various online summits. In addition to this book, she is the author of self-help books to optimize your health, grain-free, Paleo cookbooks and an online grain-free cooking class.

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