



THRIVE
— MARKET —

THE THRIVE COMMUNAL TABLE

Paleo-friendly recipes from our favorite friends.

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ABOUT THIS BOOK

Letter From The Editor:

At Thrive Market, we're lucky enough to be surrounded by great friends who also happen to be the country's leading experts in health and wellness. We turn to them for advice, support, and ideas for better living all the time—especially when it comes to inspiration in the kitchen. Since our launch in late 2014, we've built up quite a collection of recipes from our favorite tastemakers and we couldn't wait to share them with you. We spent a month cooking and sampling in our test kitchen here at our Los Angeles headquarters, and the best of the best are all here in the Thrive Market Communal Table Cookbook.

From a refreshing Tropical Turmeric Tonic to rich Paleo Crab Cakes, these recipes tell the stories of our diverse community, and their colorful and sometimes unexpected food journeys. What ties them together—besides being delicious!—is the shared belief of these passionate collaborators that wholesome, nutritious ingredients are the foundation for good food and good health.

Whether it's a recipe swap or a good old fashioned potluck, something powerful happens when people come together to enjoy good food. That spirit of sharing is infused in every page of this book *and* is the inspiration for Thrive Market—to bring people together to make healthy food accessible for everyone.

We hope you love these recipes as much as we do and take a page from our contributors: Get into the kitchen and start cooking. Make food that makes you feel happy, healthy, satisfied, and empowers you to thrive. And remember to share it with your friends, your family, and your community!

Let's thrive,
Kate Mulling
Co-Founder, Thrive Market

ABOUT THRIVE MARKET

Thrive Market is an online shopping club on a mission to make healthy living easy, affordable, and accessible for everyone.

We do this by offering the best-selling natural foods and products from the world's best brands, all 25 to 50% below retail prices with speedy nationwide home delivery.

Inspired by food co-ops, we are a membership-based community. After a free trial period, members pay a one-time, low annual fee of \$59.95 (that's less than \$5 a month!). Most members make back the fee within an order or two—once you join, you'll never have to pay premium prices for premium products again!

The membership fee allows us to cover our costs, and pass those savings directly on to our members. It also allows us to make good on our social mission: For every paid Thrive Market member, we donate a free membership to a low-income family so that nothing stands in the way of people accessing healthy, safe, and non-toxic products at prices that are reasonable and fair.

Learn more and join at ThriveMarket.com. And remember to visit ThriveMarket.com/blog for articles and advice from the top wellness experts, health hacks, food news that impacts you, and (of course!) more delicious and healthy recipes.

IN THE THRIVE PANTRY



In The Thrive Market Pantry

When you're using high-quality ingredients, it doesn't take much for your food to taste great. Here in our Thrive Market test kitchens, we're committed to stocking our pantry with wholesome, GMO-free products made by companies that truly care about your health and the environment. We can taste the difference in every recipe and we know you will, too. And thanks to Thrive Market's great prices, you'll never have to break the bank to fill your cupboards with the world's best products.

Buying Produce

Hands down, the best place to buy your fruits and vegetables is at a farmers market or CSA program. You'll find the freshest, most seasonal ingredients while also supporting the local economy and hardworking farmers so you can help your community thrive, too.

Meat and Poultry

We look for grass-fed, pasture-raised meats whenever possible. Not only are the animals treated more humanely, but the meat has more flavor.

Eggs

We like our eggs free range and organic, and typically use large eggs. It's important to bring eggs to room temperature before using in most baking recipes.

Butter and Ghee

Fat equals flavor, which is why suggest you use European-style, grass-fed butter when cooking and baking.

Seeds and Nuts

Pre-soaking your seeds and nuts helps activate their enzymes for easier digestion. Fill a bowl with enough water to cover the seeds or nuts and soak for at least 30 minutes, but preferably overnight.

Flours and Grains

These days, there are a wide variety of flours available to suit different cooking and dietary needs. Each flour comes with its own flavor profile and applicable uses.

Coconut Flour

Extracted from the meat of coconuts, this flour works well in binding baked goods. However, due to its highly absorbent nature and fibrous texture, working with coconut flour is not ideal for delicate items.

Almond Flour

Made from ground nuts, almond flour has a dense texture and a pleasantly nutty aftertaste. In gluten-free baking, almond flour tends to retain more moisture than other choices. Note:

When measuring flour, we use the scoop-and-level-off method, but with almond flour, we tend to pack in it a bit more tightly than we would with others.

Sweeteners

Coconut Sugar

A brownish sugar made from the sap of the coconut palm, coconut sugar does not taste like coconut. It has a creamy, caramel-like sweetness that works well in desserts or ingredients that typically meld well with molasses flavors, like sweet potatoes.

Raw Honey

Honey's flavor and color are dependent on which type of flower nectar is collected by the bees. Dark honeys generally have a stronger flavor than lighter ones.

Maple Syrup

Derived from the sap of maple trees, this sweetener also has a high mineral content.

Stevia

This non-caloric herb native to Paraguay is naturally sweet and has been used as a sweetener and flavor enhancer for centuries. Today, it can be found on shelves in both powder and liquid varieties.

A close-up photograph of a rectangular metal tray filled with a variety of granola. The granola consists of golden-brown clusters of oats, mixed with almonds, cashews, and other nuts. Interspersed among the clusters are dark, dried berries and thin, white shavings of coconut. The tray is set on a light-colored surface, and a few granola crumbs are scattered nearby. To the right of the tray, a glass of white milk is partially visible. A white rectangular box with the word "BREAKFAST" in bold, dark letters is centered over the granola.

BREAKFAST



Wellness Mama

HOMEMADE COCONUT GRANOLA

Yield **2 servings** | Active Time **5 minutes** | Total Time **5 minutes**

- 1/4 cup coconut oil*
- 1/4 cup maple syrup or honey*
- 1 teaspoon vanilla*
- 2 cups coconut chips*
- 1 cup nuts and/or seeds of choice (ex. a mix of cashews, sunflower seeds, pumpkin seeds, or pecans)*
- Pinch of cinnamon*
- 1/2 cup mix of raisins and/or other dried fruit of choice*
- 2 tablespoons chia seeds (optional)*

Preheat oven to 350 degrees.

Melt coconut oil and honey/maple syrup in a small saucepan until it starts to bubble and simmer. Swirl in the vanilla.

In a large bowl, mix together the coconut chips, nuts, cinnamon, dried fruit, and chia seeds.

Pour the coconut oil mixture over the dry ingredients and mix well. The consistency will vary some depending on the honey, coconut chips, and coconut oil you use. If there is not enough of the honey mixture to lightly coat all of the ingredients, add slightly more melted coconut oil and honey in equal parts.

Spread mixture on a parchment paper-lined baking dish. Bake for 15 to 20 minutes, until it starts to brown. Remove and let cool, then crumble into pieces. Store in an airtight jar and use within two weeks.



Vegan



Paleo



Gluten-Free



Wellness Mama

SUPERFOOD VANILLA LATTE

Yield **1 serving** | Active Time **5 minutes** | Total Time **5 minutes**

- 1 cup brewed coffee or herbal coffee alternative*
- 1 tablespoon grass-fed butter*
- 1 tablespoon coconut oil or MCT oil*
- 1 tablespoon Collagen Peptides*
- 1/2 teaspoon pure vanilla extract*

Place brewed coffee, butter, coconut oil/MCT, collagen, and vanilla in a blender. Blend on high for 10-15 seconds until froth forms.

Note: Brew coffee in a French press for best results, but any coffee will work. Also, do not use a Magic Bullet or other closed style of blender, as the heat can cause it to crack or explode.



Paleo



Gluten-Free

Cassey Ho

MINI APPLE CRUMBLE PROTEIN PANCAKES

Yield **1 serving** | Active Time **10 minutes** | Total Time **10 minutes**

- 1/2 medium banana*
- 1/4 cup egg whites*
- 1/2 apple, grated or cut into small matchsticks*
- 2 tablespoons unsweetened vanilla almond milk*
- 1 teaspoon ground cinnamon*
- 1/4 teaspoon ground nutmeg*
- 1 tablespoon ground flaxseed*
- 1 tablespoon finely chopped walnuts (optional)*

In a large mixing bowl, mash the banana with the back of a spoon or a fork. Add the remaining ingredients except the walnuts; stir until well combined.

Coat a skillet with non-stick spray and heat over medium heat. Pour 1/4 cup of the batter into the pan. Once it begins to bubble, 30 seconds to 1 minute, flip the pancake and cook for another 20 to 30 seconds. Repeat with the remaining batter.

Top with walnuts, if desired, and serve.



Vegetarian



Paleo



Gluten-Free

Chris Kresser

PIPERADE

Yield **4 servings** | Active Time **10 minutes** | Total Time **30 minutes**

- 2 tablespoons coconut oil, ghee, lard, or tallow*
- 2 medium onions, finely chopped*
- 1 red bell pepper, cored, seeded, and thinly sliced lengthwise*
- 1 clove garlic, minced*
- 1 12-ounce can chopped tomatoes with juice*
- Generous pinch of cayenne*
- 1/4 teaspoon sea salt, to taste*
- Freshly ground black pepper, to taste*
- 6 eggs*
- 2 tablespoon extra virgin olive oil*
- 1 tablespoon fresh parsley, chopped for garnish*

In a skillet at medium heat, add fat of choice, onions, and red pepper. Sauté about 10 minutes. Decrease the heat to low and add garlic, canned tomatoes (with juice), cayenne, salt, and pepper, and continue to cook, about 5 minutes.

In a mixing bowl, beat the eggs until frothy and then gently pour into the skillet. Allow to cook for 5 minutes, string occasionally. Stir in olive oil and serve in individual bowls, garnished with parsley.



Vegetarian



Paleo



Gluten-Free



Nourished Kitchen

PRIMAL EGG COFFEE

Yield **1 serving** | Active Time **5 minutes** | Total Time **5 minutes**

1 1/2 cups brewed coffee

3 pastured egg yolks

1 teaspoon sugar

1/4 teaspoon salt

Place the hot coffee and egg yolks in a blender and mix on low speed. After a few seconds, add the sugar and salt and blend a bit more.



Vegetarian



Paleo



Gluten-Free



Chris Kresser

AKOORI (PARSI SCRAMBLED EGGS) WITH SHRIMP

Yield **4 servings** | Active Time **5 minutes** | Total Time **15 minutes**

8 eggs

3 tablespoons coconut milk

3/4 teaspoon salt

1 1/2 cups shrimp, cooked
and peeled

2 tablespoons lard

6 green onions, chopped

3 green chili peppers, seeded
and chopped

1 teaspoon fresh ginger, grated

1/4 teaspoon turmeric

3 tablespoons cilantro, chopped

2 medium tomatoes, diced

1/4 teaspoon cumin

Cilantro leaves, for garnish

Beat eggs together with coconut milk and salt. Stir in shrimp. Set aside.

Heat lard in a sauté pan. Add green onions, chilies, and ginger, and cook at a medium heat until soft. Add turmeric, chopped cilantro, tomatoes, and cumin; sauté for 2 minutes.

Reduce heat to low and add the egg mixture, using a wooden spoon to gently scrape from the bottom of the pan. Cook slowly until the eggs set. While still creamy and moist, turn out the scrambled eggs onto a serving dish and garnish with a few cilantro leaves.



Paleo



Gluten-Free

Mark Hyman

WHOLE FOOD PROTEIN SHAKE

Yield **1 serving** | Active Time **5 minutes** | Total Time **5 minutes**



- 1/2 cup frozen blueberries*
- 1/2 cup frozen cranberries*
- 1/2 organic lemon, with rind*
- 1 tablespoon almond butter*
- 1 tablespoon pumpkin seeds*
- 1 tablespoon chia seeds*
- 1 tablespoon hemp seeds*
- 2 raw walnuts*
- 2 raw Brazil nuts*
- 1/4 avocado*
- 1/2 tablespoon extra virgin coconut butter*
- 1/2 cup unsweetened almond or hemp milk*
- 1/2 cup water*

Combine all ingredients in a blender and blend on high speed until smooth. Be sure to add enough water so that the smoothie is drinkable but still thick (total liquid should be about an inch or two above the other ingredients).



Vegan



Paleo



Gluten-Free

Chris Kresser

BLUEBERRY AND MACADAMIA SMOOTHIE

Yield **1 serving** | Active Time **5 minutes** | Total Time **5 minutes**



- 1 cup blueberries, fresh or frozen*
- 1/2 cup macadamia nuts, preferably soaked for 8 hours*
- 1 cup almond milk*
- 1/2 cup coconut milk*
- 1 egg yolk*

Purée all ingredients in a blender until smooth. If the smoothie is thicker than desired, add additional almond or coconut milk.



Vegetarian



Paleo



Gluten-Free

PROSCIUTTO-WRAPPED MINI FRITTATA MUFFINS

Yield **12 muffins** | Active Time **15 minutes** | Total Time **35 minutes**



- 4 tablespoons coconut oil
- 1/2 medium onion, finely diced
- 3 cloves of garlic, minced
- 1/2 pound of cremini mushrooms, thinly sliced
- 1/2 pound frozen spinach, thawed and squeezed dry
- 8 large eggs
- 1/4 cup coconut milk (the solidified fats at the top of the can work best)
- 2 tablespoons of coconut flour
- 5 ounces of Prosciutto di Parma
- 1 cup of cherry tomatoes, halved
- Kosher salt
- Freshly ground pepper

Preheat oven to 375 degrees.

Heat 2 tablespoons coconut oil over medium heat in a large cast iron skillet and sauté the onions until soft and translucent. Add the garlic and mushrooms and cook until the mushroom moisture had evaporated. Season with salt and pepper and transfer to a plate to cool to room temperature.

Beat the eggs in a large bowl with coconut milk, coconut flour, and salt and pepper to taste until well combined. Add the mushroom mixture and the spinach and stir to combine.

Brush the remainder of the melted coconut oil into the muffin tins and line each cup with prosciutto, taking care to cover the bottom and sides completely. Spoon the frittata batter into the prosciutto lined cups and top each muffin with a few halved cherry tomatoes.

Pop the muffins into the oven for about 20 minutes, rotating the tray after 10 minutes. Let the muffins cool in the pan for a couple minutes before transferring them to a wire rack.



Paleo



Gluten-Free

APPLE CINNAMON MUFFINS

Yield **12 Muffins** | Active Time **5 minutes** | Total Time **20 minutes**



- 5 eggs
- 1 cup applesauce
- 1/2 cup coconut flour
- 2 to 3 tablespoons cinnamon
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1/4 cup coconut oil
- 2 tablespoons honey (optional)

Preheat the oven to 400 degrees. Grease a muffin pan with coconut oil.

Put all ingredients into a medium sized bowl and whisk until well mixed. Let sit 5 minutes.

Use a 1/3 cup measure to spoon batter into muffin tins. Bake 12 to 15 minutes until they start to brown and the tops are slightly firm to the touch. Let cool 2 minutes, drizzle with honey—if desired—and serve.



Vegetarian



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Gluten-Free



Dr. Junger's Clean Program

TROPICAL TURMERIC TONIC

Yield **2 servings** | Active Time **5 minutes** | Total Time **5 minutes**

4 cups cold water

1 thumb-sized piece of fresh ginger, peeled

1 thumb-sized nub of fresh turmeric, peeled

1 cup shredded coconut

1/2 ripe mango

A few drops of stevia

1/4 teaspoon vanilla extract

Place the water, ginger, turmeric, and coconut in a blender and blend on high for 30 seconds. Strain well through a fine mesh strainer then return the liquid to a clean blender. Blend again with the mango, some stevia to taste, and the vanilla extract.



Vegan



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Gluten-Free



LUNCH



Nom Nom Paleo

ASIAN MEATBALLS

Yield **36 meatballs** | Active Time **15 minutes** | Total Time **20 minutes**

- 8 medium fresh shiitake mushrooms, minced
- 1 medium shallot, minced
- 3/4 cup minced sweet potato
- 2 tablespoons minced cilantro
- 2 pounds ground beef
- 1 1/2 tablespoons Paleo-friendly fish sauce
- 2 tablespoons tomato paste
- Kosher salt
- Freshly ground black pepper
- 2 tablespoons coconut oil, melted

Line a baking sheet with foil and preheat oven to 375 degrees.

Combine the mushrooms, shallot, sweet potato, and cilantro together in a large bowl. Add the ground beef, fish sauce, and tomato paste, and season with salt and pepper. Thoroughly combine the ingredients, taking care not to overwork the meat.

Brush the coconut oil on a foil-lined baking sheet. Use your hands to roll out three dozen meatballs, around 1 1/2 inches in diameter each, and arrange on the baking sheet.

Bake for 15 to 20 minutes, rotating the tray at the midpoint to ensure even cooking. Plate and serve immediately, or store in an airtight container in the fridge for up to three days.



Paleo



Gluten-Free

Chris Kresser

CURRIED CHICKEN SALAD

Yield **2 to 3 servings** | Active Time **20 minutes** | Total Time **35 minutes**

- 2 6-ounce boneless, skinless chicken breasts
- 2 1/4 teaspoons sea salt
- 1/4 cup celery stalks, peeled and thinly sliced
- 1/4 cup red onion, peeled and thinly sliced
- 1 teaspoon curry powder for a mild flavored dish, or add more to taste
- Pinch of cayenne
- Juice of 1 lime
- Mixed salad greens, enough for 2 to 3 servings
- 1/4 cup fresh cilantro, chopped
- 1/2 cup cashews, lightly toasted
- 1/2 to 3/4 cup paleo mayonnaise

To cook chicken: Place the chicken breasts in a pan with enough water to cover them and add 2 teaspoons salt. Over high heat, bring water to the boil, then reduce to a slight simmer. Cover and cook steadily for about 15 minutes. Place the chicken on a plate and let cool, patting them dry.

Place celery, red onion, curry powder, cayenne, cilantro, cashews, and remaining 1/4teaspoon salt in a bowl. When the chicken has cooled, cut into bite-sized pieces and mix well with all the ingredients in the bowl. Stir in the mayonnaise and lime juice. When well incorporated, serve immediately on a bed of mixed greens.



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Gluten-Free

Mary Shenouda

TAHINI TUNA SALAD

Yield **2 to 3 servings** | Active Time **8 minutes** | Total Time **8 minutes**

- 1 can of tuna packed in olive oil, extra oil drained
- 1/4 cup extra virgin olive oil
- 1/2 cup tahini
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/2 teaspoon fresh dill, extra for garnish
- 2 zucchini

Mix together the drained tuna with all the ingredients, except the zucchini.

Trim the squash ends and use a spiralizer or vegetable peeler to create zucchini ribbons, discarding any seeds.

To serve, place the ribbons on a plate. Top with the tuna mixture. Crack some fresh pepper on top and garnish with fresh dill.



Paleo



Gluten-Free

Robb Wolf

STIR FRY BEEF SALAD

Yield **4 servings** | Active Time **15 minutes** | Total Time **15 minutes**

- 2 teaspoons olive oil
- 3/4 cup sliced onion
- 1 pound beef tip steak, sliced into thin strips
- 1 tablespoon wheat-free tamari soy sauce or coconut aminos
- 1 to 2 cups sliced bell peppers
- 1 bag of mixed greens
- Balsamic vinegar

Add olive oil to a skillet. Heat over medium. Add sliced onions. Saute until soft. Add the beef and the tamari, tossing often. Add the bell peppers when the beef has browned.

Arrange mixed greens on plates, then top with the stir fry meat. Drizzle with balsamic vinegar and more olive oil to taste.



Paleo



Gluten-Free

Mark Sisson

COCONUT ENCRUSTED CHICKEN SALAD

Yield **4 servings** | Active Time **15 minutes** | Total Time **15 minutes**

- 1/2 cup unsweetened coconut flakes
- 1/2 cup almond flour
- Salt and pepper to taste
- 2 eggs
- 4 boneless, skinless chicken breasts, trimmed and cut into strips 1/2-inch to 1-inch thick
- 3 tablespoons virgin coconut oil
- 1 bag (8 cups) mixed salad greens or spinach
- 2 tablespoons olive oil
- 2 tablespoons lemon juice

In a shallow dish, combine coconut flakes, almond flour, and salt and pepper. In a bowl, crack eggs and beat lightly. Dip the chicken strips first in the egg and then roll in the coconut/almond flour mixture.

Heat the coconut oil in the pan over medium-high heat and sauté the chicken strips until the exterior turns a golden brown and the inside is no longer pink. Remove from heat and place atop a bed of mixed greens. Drizzle with olive oil, lemon juice, and salt and pepper to taste and serve immediately.



Paleo



Gluten-Free

JJ Virgin

PAN-SEARED SALMON OVER TRI-COLORED SALAD WITH DIJON DRESSING

Yield **2 servings** | Active Time **30 minutes** | Total Time **30 minutes**

Salad

- 2 teaspoons lemon juice
- 1 tablespoon finely chopped shallots
- 2 teaspoons Dijon mustard
- 1/8 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 4 teaspoons extra virgin olive oil
- 1/2 small head radicchio, thinly sliced, about 2 cups
- 1 Belgian endive, thinly sliced, about 1 cup
- 3 cups baby arugula

Salmon

- 1 teaspoon extra virgin olive oil
- 2 6-ounce wild salmon fillets, such as King or Sockeye
- 1/8 teaspoon sea salt
- 1/8 teaspoon freshly ground pepper

Combine the lemon juice, shallots, mustard, salt, and pepper in a small bowl. Slowly whisk in the oil until well combined and set aside.

In a separate bowl, combine the radicchio, endive, and arugula; set aside.

Heat the oil in a small nonstick skillet over medium heat. Sprinkle salmon with salt and pepper and place in skillet, flesh side down; cook, until fish flakes easily with a fork, 4-5 minutes per side. Remove from skillet.

Toss the dressing with the lettuces and place on the two plates; top each with a salmon filet.



Paleo



Gluten-Free

Robb Wolf

SLOPPY JOES

Yield **4 servings** | Active Time **30 minutes** | Total Time **30 minutes**

- 1 1/2 pounds ground turkey or beef
- 1 cup chopped onion
- 1 cup tomato purée
- 2 tablespoons cocoa powder
- 1 tablespoon chili powder
- 1/2 teaspoon yellow mustard powder
- 1 1/2 teaspoons ground black pepper

Cook meat and onion in a large skillet on medium heat for 10 to 15 minutes, until the meat is browned. Stir in the remaining ingredients and heat for another 10 to 15 minutes. Serve over vegetables of your choice.



Paleo



Gluten-Free

CHICKEN BURGERS WITH CARAMELIZED ONIONS

Yield **4 servings** | Active Time **20 minutes** | Total Time **25 minutes**

Chicken Burgers

1 tablespoon coconut oil, melted

1 clove garlic, minced

16 ounces free-range boneless chicken breast, cut into large chunks (or ground free-range chicken)

1/4 cup yellow onion, diced

1/4 cup fresh parsley, roughly chopped

1 teaspoon dried oregano

Sea salt to taste

Topping

1 large yellow onion, thinly sliced

2 tablespoons coconut oil

Pinch of sea salt

Heat coconut oil in a medium saucepan over medium heat with the onions. Let onions cook down, stirring every so often to keep from sticking. When onions begin to brown slightly, pour in a tablespoon of water, lower heat just below medium and continue to cook and stir, letting them caramelize.

In a food processor, blend the chicken, caramelized onion and garlic until well puréed. Transfer mixture to a large bowl and add the herbs and salt. Mix well with hands, then form into 4 equal sized burgers.

In a large skillet over medium-high heat, melt two tablespoons of coconut oil. When melted, add the burgers, allowing them to brown on one side (several minutes), then flip and brown the other side. If not serving right away, transfer to a heated oven to keep warm.

Once burgers are done cooking, top with onions and serve warm.



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Gluten-Free

MIYUK GUK

Yield **2 to 3 servings** | Active Time **10 minutes** | Total Time **40 minutes**

1/4 cup dried wakame

3 cups beef bone broth

5 cloves garlic, minced

6 ounces sirloin, cut in slices
1/4-inch thick, 1/2-inch wide
and 3 inches long

2 tablespoons Paleo-friendly fish sauce

2 green onions, thinly sliced for garnish

Soak dried wakame in 2 cups of water for 20 minutes. Drain, rinse two or three times, and drain again. Squeeze all the water out of the seaweed. Coarsely chop the wakame into bite-sized pieces.

Heat beef bone broth/stock, garlic, wakame, and sirloin over medium-low heat, and bring to a gentle simmer for about 10 minutes. Stir in the fish sauce.

Ladle into bowls and garnish with green onions.



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A top-down view of a rustic meal. Four round, golden-brown fish cakes with a slightly charred, textured surface are arranged on a bed of fresh green lettuce leaves. Two bright yellow lemon wedges are placed on the left and bottom right of the fish cakes. The entire dish is served on a dark, weathered wooden platter. The background is a dark wooden surface with a prominent vertical grain.

DINNER



Healing Gourmet

PALEO CRAB CAKES

Yield **8 servings** | Active Time **15 minutes** | Total Time **30 minutes**

- 1 cup cauliflower florets, steamed well*
- 1 pound crab meat, cooked*
- 2 tablespoons fresh parsley, chopped*
- 2 pastured eggs*
- 3 tablespoons Paleo mayonnaise*
- 1/2 teaspoons Old Bay seasoning*
- 1/2 teaspoons sea salt*
- 3 tablespoons coconut flour*
- 2 tablespoons avocado oil or coconut oil*
- Lemon wedges, for serving*

Preheat oven to 350 degrees.

In a medium bowl, add the steamed cauliflower and gently break up into small pieces, mashing some. Leave some pieces intact for texture. Add the crab meat and parsley. Gently fold the mixture to distribute the ingredients evenly without breaking up the crab too much.

In a small bowl, whisk together the eggs, mayonnaise, Old Bay, and salt. Pour over the crab meat mixture and gently fold. Sift the coconut flour over the crab and gently fold the mixture until uniform.

Transfer to the fridge to chill and firm up, about 10 minutes. Remove crab mixture from fridge and form into patties, 2-inches thick and 3-inches in diameter.

Heat oil in a cast iron pan over medium-high heat. When oil is shimmering, add the crab cakes, being careful to not overcrowd the pan (this will cause steaming, not searing). Cook about 3 minutes to golden brown, then flip and cook another 3 minutes.

Place pan-fried crab cakes on a baking sheet and transfer to the preheated oven to cook through, 12 to 15 minutes.



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Gluten-Free

Chris Kresser

PALEO HAZELNUT-CRUSTED HALIBUT

Yield **2 servings** | Active Time **10 minutes** | Total Time **25 minutes**

1 tablespoon coconut oil, ghee, lard, or tallow

Sea salt and white pepper, to taste

2 8-ounce halibut fillets

1 cup Paleo mayonnaise

1 1/2 cups hazelnuts, very finely chopped

Juice of 1 lemon

Fresh chives, chopped to garnish

1 large cucumber, very thinly sliced

Preheat oven to 375 degrees. Grease an oven-proof baking dish with the fat.

Salt and pepper the halibut and thoroughly coat with mayonnaise. Roll the fillets in the hazelnuts and place in baking dish. Bake for 15 minutes or until the fish flakes easily with a fork. Keep a close eye while baking, as the hazelnuts can burn easily. If necessary, drop the temperature to 350 degrees.

Remove the fillets to 2 plates, squeeze the lemon juice over them, and garnish with snipped chives. Arrange the sliced cucumber on the side.



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Chris Kresser

BEEF STEW

Yield **6 servings** | Active Time **30 minutes** | Total Time **4 hours 30 minutes**

2 tablespoons lard

3 pounds beef chuck or round, cut into 2-inch cubes

1 yellow onion, sliced

8 cloves garlic, minced or pressed

6 shallots, sliced

1 tablespoon tomato paste

1 cup puréed tomatoes or 2 tomatoes, chopped

1/2 cup red wine vinegar

1 cup beef bone broth

2 anchovy fillets, minced (optional)

2 bay leaves

3 tablespoons dried herbes de Provence

4 strips orange zest

2 cups yellow beets, peeled and cut into 1- to 2-inch cubes

2 cups celeriac, peeled and cut into 1- to 2-inch cubes

Fresh parsley, chopped for garnish

Preheat the oven to 300 degrees.

Heat a heavy, oven-safe pot over medium-high heat. Add the lard and beef and cook until well-browned, about 10 minutes. Add onions, stirring, until softened. Add 6 of the 8 minced cloves of garlic and cook for 1 more minute. Add the rest of the ingredients except the remaining garlic, beets, celeriac, and fresh parsley.

Make sure the liquid completely covers the beef, and add more stock if necessary. Stir and allow to come to a gentle, very low simmer. Cover with the lid of the pot and transfer to the oven. Cook for 3 1/2 hours, stirring every hour or so.

The stew is done when the beef is fork-tender. At the end of the cooking time, add beets, celeriac, and additional garlic, and cook for 15 minutes more in the oven. Serve the stew, garnished with the fresh parsley.



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PRESSURE COOKER PULLED PORK

Yield **8 servings** | Active Time **10 minutes** | Total Time **1 hour 50 minutes**

- 1** *tablespoon virgin coconut oil*
- 1** *tablespoon organic chili powder*
- 1** *teaspoon paprika*
- 1** *teaspoon garlic powder*
- 2** *teaspoons dry mustard powder*
- 2** *teaspoons sea salt*
- 1** *4-pound pastured pork shoulder, cut into slices roughly 2 inches thick*
- 1 1/2** *cups organic chicken stock*
- 2** *tablespoons organic apple cider vinegar*

Heat coconut oil in pressure cooker vessel turned to sauté setting.

In a small bowl, combine chili powder, paprika, garlic powder, mustard powder, and salt. Rub spice mix over all sides of pork, coating well. Add pork chunks to pressure cooker pot and brown on each side. Add chicken stock and vinegar to cooker and lock. Cook on high for 1 hour 40 minutes.

Let pressure release for 10 minutes, then do a quick release for remaining pressure. Serve preferably with a low-glycemic barbecue sauce.



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Gluten-Free

CRISPY CARNITAS

Yield **6 servings** | Active Time **20 minutes** | Total Time **3 to 4 hours**

- 1 1/2** *teaspoons salt*
- 1** *teaspoon cumin*
- 1** *teaspoon chili powder*
- 3 to 4** *pounds boneless pork shoulder/butt cut into five pieces, fat optionally trimmed*
- 1** *cinnamon stick*
- 1** *bay leaf*
- 4** *cloves garlic, thinly sliced*
- 1** *onion, chopped or thinly sliced*
- Water, for braising*

Preheat the oven to 350 degrees.

Mix together the salt, cumin, and chili powder, and rub all over the meat. Place the meat in a large, heavy pot with the cinnamon stick, bay leaf, garlic, and onion. Add enough water to almost, but not entirely, cover the meat.

Put the pot in the oven, uncovered, and braise for 3 to 3 1/2 hours. Stir the meat just a few times while it cooks. The pork is done when it's tender, slightly browned, and most of the liquid is gone.

Remove the pork from the oven. Put the meat on a cutting board and shred it into thin strips. Remove the cinnamon stick and bay leaf from the pot. Add the shredded meat back to the pot and return it to the oven. Roast the meat, mixing occasionally, until the meat is as dark and crispy as you like.



Paleo



Gluten-Free



Mark Sisson

SLOW COOKER PORK-STUFFED PEPPERS

Yield **4 servings** | Active Time **10 minutes** | Total Time **8 hours**

4 large green peppers

1 large onion

2 carrots

4 cloves garlic

1/2 head of cauliflower

2 pounds ground pork, or a
combination of pork and beef

1 6-ounce can of tomato paste

1 tablespoon dried oregano

1 tablespoon dried or
fresh tarragon

Salt and pepper to taste

Cut the tops off the peppers and clean the seeds out. Arrange peppers standing up in a slow cooker and make sure they fit securely.

Grate the onion, carrots, garlic, and cauliflower in a food processor, or chop them into small pieces.

In a big bowl, combine ground pork, shredded vegetables, tomato paste, and spices, add salt and pepper to taste. Stuff the peppers with the mixture and arrange leftover meat between the peppers. Add half a cup of water, cover and cook on low for 8 to 10 hours.

Note: If you don't have a slow cooker, the dish can be cooked in the oven, covered, for 1 to 2 hours.



Paleo



Gluten-Free

LENTIL STEW WITH WINTER VEGETABLES AND MUSTARD GREENS

Yield **6 servings** | Active Time **20 minutes** | Total Time **9 hours**

- 1 1/2 cups** French green lentils
- 2 tablespoons** apple cider vinegar
- 1 tablespoon** bacon fat
- 1 medium** yellow onion, chopped fine
- 3/4 pound** celeriac, peeled and chopped into 1/4-inch dice
- 3/4 pound** carrots, peeled and chopped into 1/4-inch dice
- 1/2 pound** parsnips, peeled and chopped into 1/4-inch dice
- 1 teaspoon** unrefined sea salt
- 1 1/2 quarts** chicken stock
- 1 dried** red chili pepper
- 2 bay** leaves
- 2 bunches** mustard greens, trimmed and sliced very thin
- Unrefined extra virgin olive oil, to serve
- Balsamic vinegar, to serve

Pour the lentils into a large mixing bowl, cover with warm water by 2 inches, and stir in vinegar. Cover the bowl loosely with a kitchen towel and leave in a warm spot in the kitchen for 8 to 12 hours. Drain the lentils and rinse well.

Melt the bacon fat in a heavy-bottomed stock pot over medium heat. Toss the onions into the bacon fat, and cook until fragrant and translucent. Stir in celeriac, carrots, and parsnips. Sprinkle the vegetables with salt, cover the pot, and sweat for 6 to 8 minutes, stirring occasionally.

Stir in lentils, chicken stock, chili pepper, and bay leaves. Simmer, uncovered, for 30 to 35 minutes until lentils are tender. Remove and discard the chili pepper and bay leaves.

Turn off the heat, and stir in mustard greens. Cover and allow the greens to wilt in the residual heat of the lentils for about 5 minutes. Serve with olive oil and balsamic vinegar.



Paleo



Gluten-Free

ROASTED SPICE RUBBED CHICKEN THIGHS

Yield **4 servings** | Active Time **5 minutes** | Total Time **30 minutes**

- 1 teaspoon** ground coriander
- 1 teaspoon** paprika
- 3/4 teaspoon** garlic powder
- 1/4 teaspoon** ground cinnamon
- 3/4 teaspoon** sea salt
- 1/4 teaspoon** ground black pepper
- 8 organic free range** bone-in skinless chicken thighs, about 2 to 2 1/4 pounds, trimmed
- 1 tablespoon** red palm fruit oil, sustainably farmed

Preheat oven to 400 degrees. Lightly oil a large, shallow roasting pan.

Combine the coriander, paprika, garlic powder, cinnamon, salt, and pepper in a small bowl.

Toss the chicken and oil in a separate bowl. Pour the coriander mixture over the chicken and mix well to coat. Place chicken on the prepared roasting pan.

Roast chicken in the center of the oven until a thermometer inserted into the thickest part of the thigh registers 165 degrees. It should take approximately 23 to 25 minutes. Let rest 5 minutes before serving.



Paleo



Gluten-Free

Mark Sisson

MUSSELS WITH MEXICAN CHORIZO

Yield **4 servings** | Active Time **20 minutes** | Total Time **40 minutes**

2 to 2 1/2 pounds mussels, cleaned

1 tablespoon Ancho chile powder (or other type of chile powder)

1 teaspoon dried oregano

2 teaspoons fresh thyme

1/2 teaspoon ground cumin

1/4 teaspoon ground cinnamon

3/4 teaspoon salt

2 tablespoons apple cider vinegar

1/2 pound ground pork

2 tablespoons unsalted butter

2 shallots, finely chopped

2 cloves garlic, finely chopped

1 pound tomatoes, roughly chopped (reserve the juice)

Fresh cilantro or parsley, to garnish

To clean the mussels, swirl them around in a large bowl of clean water then rinse each mussel individually under running water. Try to rub off anything clinging to the shell. If a stringy beard (that looks like a little piece of seaweed) is still hanging outside of any shells, firmly yank it off with a side-to-side motion. Discard any mussels that are cracked or open.

In a small bowl, combine chile powder, oregano, thyme, cumin, cinnamon, and salt. In a medium bowl, pour half the vinegar and half the spice mixture over the ground pork. Mix well, then add the rest of the vinegar and spices and mix thoroughly combine.

In a wide pot over medium heat melt the butter and then sauté the shallots until they start to soften, about 3 minutes. Add the garlic and sauté 20 to 30 seconds more. Raise the heat to medium-high and add the pork. Cook the pork for only 5 minutes, breaking the meat up into small pieces as it cooks. Add the tomatoes. Boil for 10 minutes then reduce the heat down to medium again.

Add the mussels and cover the pot. Simmer until the mussels open, about 3 minutes. Garnish with finely chopped parsley or cilantro.



Paleo



Gluten-Free

Nom Nom Paleo

SLOW COOKER KOREAN GRASS-FED SHORT RIBS

Yield **4 to 6 servings** | Active Time **20 minutes** | Total Time **9 hours 20 minutes**

6 pounds of bone-in English-style grass-fed short ribs

Kosher salt

Freshly ground black pepper

1 medium pear or Asian pear, peeled, cored, and coarsely chopped

1/2 cup coconut aminos

6 cloves garlic, peeled and roughly chopped

3 scallions, roughly chopped

1 2- to 3-inch hunk of ginger, cut into two pieces

2 Paleo-friendly fish sauce

1 tablespoon coconut vinegar

1 cup organic chicken broth

Small handful of roughly chopped fresh cilantro

Preheat your broiler with the rack 6 inches from the heating element.

Season the ribs liberally with salt and pepper and lay the ribs, bone-side up, on a foil-lined baking sheet. Broil the ribs for 5 minutes and then flip them over and broil for another 5 minutes. Stack the ribs in a single layer in the slow cooker.

Toss the pear, coconut aminos, garlic, scallions, ginger, fish sauce, and vinegar in a blender and puree until smooth. Pour the sauce evenly over the ribs and add the chicken broth to the pot. Cover, set the slow cooker on low, and let the ribs stew for 9 to 11 hours.

When it's time to serve the ribs, remove the meat from the slow cooker and place on a serving platter. Let the braising liquid settle for 5 minutes and then ladle off the fat if you wish. Adjust the seasoning with salt and pepper, and pour a cup of sauce over the ribs.

Sprinkle on the chopped cilantro and serve the remaining sauce on the side.



Paleo



Gluten-Free



Chris Kresser

WEST AFRICAN CHICKEN STEW

Yield **6 to 8 servings** | Active Time **30 minutes** | Total Time **2 hours**

- 4 uncooked chicken legs with thighs attached, or 4 equivalent-sized chicken pieces

2 tablespoons coconut oil, ghee, lard, or tallow

1 large or 2 small yellow onions, chopped

1 teaspoon fresh ginger, peeled and minced

3 large or 6 small cloves garlic, crushed and minced

1 pound red bell peppers, seeded and chopped into bite-sized chunks (3 small to medium or 2 large)
- 1 pound sweet potatoes, peeled and cut into 1-inch chunks

1 1/2 cups chicken stock

2 cups crushed tomatoes

1/2 cup almond butter

1/2 teaspoon ground coriander

1/2 teaspoon ground cinnamon

1 teaspoon ground cumin

1/2 teaspoon sea salt

1 minced fresh chili or 1/2 teaspoon chili powder (optional)

2 tablespoons cilantro, coarsely chopped

Salt the chicken pieces well. Heat the fat in a large soup pot set over medium-high heat and brown the chicken; you may need to do this in batches so that you don’t crowd the pot. Set the chicken pieces aside as they brown.

Sauté the onions in same fat for 3-4 minutes, stirring often and scraping any browned bits off the bottom of the pot. Add the ginger and garlic and sauté another 1 to 2 minutes, then add the bell peppers and sweet potatoes. Add the browned chicken, chicken stock, crushed tomatoes, almond butter, coriander, cinnamon, cumin, and stir well to combine. Bring to a simmer and taste for salt, adding more if needed.

Cover the pot and simmer gently for 90 minutes (check after 1 hour), or until the chicken meat easily falls off the bone and the sweet potatoes are tender. (At this point you can remove the chicken pieces, let them cool slightly, and remove the meat from the bone; discard the skin or chop it and return to the pot, along with the shredded chicken meat.)

Adjust the seasoning for salt; then add as much black pepper as you think you can stand—the stew should be peppery. You can also add the optional chili or chili powder at this stage. Stir in the cilantro and serve.



Paleo



Gluten-Free

Mark Hyman

BRAISED LAMB WITH POMEGRANATE MOLASSES OVER WHITE BEANS WITH LEMON BROCCOLI

Yield **4 servings** | Active Time **20 minutes** | Total Time **1 hour 20 minutes**

Braised Lamb

- 2 tablespoons balsamic vinegar
- 1 tablespoon garlic
- 1 tablespoon Dijon mustard
- 4 lamb shanks
- 2 tablespoons extra virgin olive oil
- 1/2 small onion, diced
- 1 tablespoon garlic
- 2 tablespoons pomegranate molasses
- 1 bay leaf
- 1 tablespoon fresh or 1 teaspoon dried sage
- 1/4 teaspoon sea salt
- 1 15-ounce can cannellini beans
- 1/4 cup water or red wine
- 1/4 cup fresh parsley
- 1/2 cup fresh pomegranate seeds, optional

Lemon Broccoli

- 1 tablespoon extra virgin olive oil
- 4 cups broccoli, broken into large florets
- Pinch of sea salt
- 1/2 lemon, cut into wedges

In a large shallow dish, combine the vinegar, garlic, and mustard. Trim excess fat from the lamb and place in the dish; turning to cover with the marinade. Cover and let stand for 30 minutes.

Meanwhile, heat the olive oil in a braising pan over medium heat. Add the onions and garlic and gently sauté until onions begin to brown, about 8 minutes. Add the lamb and sear on both sides. Pour molasses over lamb and continue to brown. Add the bay leaf, sage, salt, and beans with their liquid, and water or red wine. Simmer on low heat until lamb is tender and beans are heated through, about 15 to 20 minutes depending on the thickness of the lamb and how well done you like it.

For the broccoli, heat olive oil in a large sauté pan over medium heat. Add the broccoli, stirring constantly until tender. Add salt.

To plate, garnish lamb and beans with pomegranate seeds and parsley. Serve with broccoli and a wedge of lemon.



Paleo



Gluten-Free



Kitchen Confidante

SWEET POTATO AND KALE COCONUT CURRY SOUP

Yield **4 servings** | Active Time **15 minutes** | Total Time **30 minutes**

- 2 teaspoons canola oil
- 3/4 cup shallots or red onion, finely chopped
- 4 teaspoons red curry paste
- 4 cups chicken broth
- 1 cup unsweetened light coconut milk
- 1 1/2 teaspoons fish sauce
- 1 to 2 sweet potatoes, peeled and diced in 1/2 inch pieces (about 3 cups)
- 3 cups chopped kale, stems and large ribs removed
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1/4 cup coarsely chopped fresh cilantro
- *Crème fraîche, for serving

*This ingredient may not be included in some Paleo diet plans.

In a medium saucepan or pot, heat the oil over low heat. Add the shallots or onions and cook until translucent, about 2 to 3 minutes. Add the red curry paste and stir into the onions for about a minute, until fragrant. Pour in the chicken broth, coconut milk, and fish sauce, and increase the heat to medium-high. Bring to a boil and reduce heat to simmer. Cook, stirring occasionally, for about 5 minutes, then add the sweet potatoes and kale.

Cook for about 5 to 10 minutes, or until the sweet potatoes are fork tender, taking care to not let them get mushy. Adjust seasoning with salt and pepper if necessary. Serve the soup while hot, garnishing with cilantro and crème fraîche.



Paleo



Gluten-Free

A top-down view of four roasted sweet potato halves arranged diagonally on a light brown parchment paper. Each half is filled with a creamy, orange-colored mash and topped with a fresh sprig of green rosemary. The skin of the potatoes is slightly charred and dark brown.

SIDES



Robb Wolf

ROSEMARY CITRUS TWICE BAKED SWEET POTATOES

Yield **6 servings** | Active Time **10 minutes** | Total Time **1 hour 25 minutes**

6 medium sweet potatoes

4 tablespoons room
temperature ghee, grass-fed
butter, or coconut oil

4 ounces coconut milk

Zest of 1 orange

1 tablespoon fresh or
dried rosemary

1/2 teaspoon thyme

1/2 teaspoon salt

1/2 teaspoon pepper

Preheat oven to 375 degrees.

Wash and pat dry sweet potatoes. Place sweet potatoes on a baking sheet and bake until soft, about 1 hour. Remove from oven and let cool slightly.

Cut potatoes in half lengthwise. Scoop out the insides into a large mixing bowl. Place the skins back on the tray. Add the remaining ingredients to the bowl with the sweet potatoes and mix well with a fork. Place an equal amount of the filling into each of the sweet potato skins.

Bake for 10 minutes, then set the oven to broil until a nice, brown crust forms on the sweet potatoes (2 to 3 minutes). Remove from oven and serve warm.



Vegetarian



Paleo



Gluten-Free



Healing Gourmet

WHOLE ROASTED CAULIFLOWER WITH INDIAN SPICE

Yield **6 servings** | Active Time **10 minutes** | Total Time **1 hour**

- 1 head organic cauliflower
- 1/4 cups organic coconut milk
- 2 teaspoons sea salt
- 1/2 teaspoon organic black pepper
- 1 tablespoon organic cumin
- 1 tablespoon organic garlic powder
- 2 teaspoons organic turmeric
- 2 tablespoons organic chili powder
- 1 tablespoon organic lime juice and zest

Preheat the oven to 400 degrees and grease a small baking sheet with coconut oil.

Trim the base of the cauliflower, removing the woody stem and green leaves.

In a wide bowl, combine the coconut milk with the salt, pepper, spices, and lime zest and juice. Holding the cauliflower by its base, dunk the cauliflower into the bowl, coating the entire head with the marinade.

Place the cauliflower on the prepared baking sheet. Transfer to oven and roast, 40 minutes, or until exterior is dry to the touch. Let the cauliflower cool, slightly, then slice into wedges.



Vegan



Paleo



Gluten-Free

JJ Virgin

GREEN BEANS WITH SHIITAKES AND SHALLOTS

Yield **4 servings** | Active Time **15 minutes** | Total Time **25 minutes**

- 3/4 pound green beans, trimmed*
- 2 tablespoons macadamia nut oil or red palm fruit oil*
- 2 large shallots, thinly sliced*
- 8 ounces shiitake mushrooms, stemmed and sliced*
- 1/2 medium red bell pepper, thinly sliced*
- 2 teaspoons coconut aminos*
- 1/8 teaspoon sea salt*
- 1/8 teaspoon freshly ground black pepper*

Bring a large pot of lightly salted water to a boil over high heat. Add the green beans, cover, and return to a boil; cook for 2 minutes. Drain and rinse under cold water to stop the cooking.

Heat the oil in a large nonstick skillet over medium-high heat. Add the shallots and cook, stirring occasionally, until they begin to soften, 2 to 3 minutes. Add the mushrooms and bell pepper and cook, stirring occasionally, until the mushrooms are slightly browned, 6 to 7 minutes. Add the green beans and cook 1 minute. Add the coconut aminos, salt, and pepper; cook, stirring, 1 minute.



Vegan



Paleo



Gluten-Free

JJ Virgin

JICAMA, APPLE, AND PEAR SLAW

Yield **4 servings** | Active Time **5 minutes** | Total Time **35 minutes**

- 1 cup shredded red cabbage*
- 1 cup shredded green cabbage*
- 1 medium apple, cored and cut into thin matchsticks*
- 1 medium ripe pear, cored and cut into thin matchsticks*
- 1/2 small jicama, peeled and cut into thin matchsticks, about 1 cup*
- 3 green onions, chopped*
- 4 teaspoons cider vinegar*
- 1 tablespoon macadamia nut oil*
- 1 tablespoon chopped fresh cilantro*
- 1/4 teaspoon sea salt*

Toss the cabbages, apple, pear, jicama, green onions, vinegar, oil, cilantro, and salt together in a large bowl. Let stand 30 minutes, tossing occasionally, to allow the flavors to develop.



Vegan



Paleo



Gluten-Free

KETO PALEO DINNER ROLLS

Yield **12 rolls** | Active Time **10 minutes** | Total Time **1 hour**

- 8 tablespoons organic coconut flour
- 3 teaspoons non-aluminum baking powder
- 1 tablespoon dried basil
- 1/2 teaspoon sea salt
- 2 tablespoons organic psyllium husk powder
- 4 large pastured eggs
- 2 tablespoons organic apple cider vinegar
- 2 tablespoons avocado oil
- 1/4 cup filtered water
- 1 medium zucchini, finely grated

Preheat oven to 350 degrees and grease a sheet pan.

In a large bowl, combine coconut flour, baking powder, basil, sea salt, and psyllium husk powder.

In a medium bowl, combine the eggs, apple cider vinegar, avocado oil, water, and shredded zucchini. Add dry ingredients to wet and mix well to fully combine.

Grease hands and scoop dough out by golfball-sized mounds. Roll gently and place on baking sheet. Brush with avocado oil and transfer to oven. Bake to golden brown and hollow when tapped, around 45 minutes depending on size.



Vegetarian



Paleo



Gluten-Free

CREAMED COLLARD GREENS

Yield **2 servings** | Active Time **5 minutes** | Total Time **15 minutes**

- 1 tablespoon lard
- 1 pound collard greens, washed and cut into large pieces
- 1 cup coconut milk
- 1 tablespoon coconut aminos
- Pinch of nutmeg
- Sea salt and freshly ground pepper, to taste
- Hazelnuts, roasted and chopped for garnish (optional)

Melt lard in a sauté pan and add all the ingredients except optional hazelnuts. Cook at medium-high heat for 10 minutes or until the liquid has greatly reduced. Adjust for salt. Garnish with chopped hazelnuts if using.



Paleo



Gluten-Free



What's Gaby Cooking

SAFFRON TOMATO CONFIT

Yield **1 cup** | Active Time **20 minutes** | Total Time **1 hour 40 minutes**

1 pound cherry tomatoes, halved

1/3 cup good quality olive oil

1 pinch saffron (about 20 threads)

*Kosher salt and freshly cracked
black pepper, to taste*

In a medium skillet, place the tomatoes and olive oil over medium high heat. Add the saffron and season with salt and pepper. Give the mixture a stir to combine. Once the oil starts to get hot, and the tomatoes start to blister, reduce the heat to medium low and let simmer for 1 hour, stirring every 10 minutes

After 1 hour, the tomatoes should be falling apart. Remove from heat and let cool in the skillet for about 20 minutes before serving. Adjust salt and pepper before serving if desired.

If storing overnight, transfer the mixture to an airtight container and refrigerate for up to 1 week. Let it come to room temperature before serving.



Vegan



Paleo



Gluten-Free



Mark Hyman

ARTICHOKE HEARTS WITH CARMELIZED ONIONS

Yield **4 servings** | Active Time **15 minutes** | Total Time **1 hour 5 minutes**

1 9-ounce can artichoke hearts,
rinsed and drained

1/4 cup extra virgin olive oil

4 cloves garlic, minced

1/4 teaspoon red pepper flakes

1/4 teaspoon paprika

2 teaspoons finely chopped
fresh parsley

2 teaspoons finely chopped
fresh tarragon

2 large red onions, finely sliced

2 large yellow onions, finely sliced

Juice of 1/2 large lemon

1/2 cup water

Preheat the oven to 350 degrees.

In a small bowl, combine the artichokes with 2 tablespoons olive oil, garlic, spices, and herbs, and toss until evenly mixed. Spread the mixture out onto a baking sheet and roast until the artichokes are soft and brown, 30 to 35 minutes, turning throughout to evenly cook, taking care not to burn.

Heat the remaining 2 tablespoons olive oil in a medium cast-iron pan over medium heat. After a minute, add the onions and cook until soft, 5 to 6 minutes. Reduce the heat to low and continue to cook, stirring occasionally to prevent them from burning, until well caramelized, 15 to 20 minutes. Stir in the lemon juice and cook for another minute.

In a large bowl, combine the roasted artichokes and caramelized onion mixture. Gently mix until everything is evenly combined.



Vegan



Paleo



Gluten-Free

A close-up photograph of three golden-brown, ribbed pastries, likely traditional Indian sweets, arranged on a light green, octagonal plate. The pastries have a distinct, wavy, ribbed texture. One of the pastries in the foreground is cut open, revealing a dark, rich, and moist filling, possibly a fruit or jam-based paste. The plate is set against a dark blue, textured background. A white rectangular box with the word "TREATS" in bold, black, sans-serif capital letters is superimposed over the center of the image.

TREATS



Mary Shenouda

MA'MOUL COOKIES

Yield **36 cookies** | Active Time **20 minutes** | Total Time **45 minutes**

3 bay leaves

3/4 cup ghee

3 cups almond flour

3 teaspoons ground anise seed

3 teaspoons ground fennel seed

1 teaspoon cinnamon

1 teaspoon cardamom

1/2 teaspoon ground cloves

1 teaspoon sea salt

1 egg

2 cups pitted dates

1 teaspoon vanilla

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Twist the bay leaves and heat them with the ghee in a small saucepan. When the ghee has melted, cover pan, remove from heat, and set aside.

Meanwhile, mix all the dry ingredients, except for one half of the anise seeds and one half of the fennel seeds, in a mixing bowl. Remove the bay leaves from the melted ghee and pour into the flour mixture along with the egg. Knead until the mixture comes together then set it aside.

In the bowl of a food processor, mix the dates, vanilla, and remaining anise and fennel seeds until the mixture comes together in a thick paste. This can also be achieved by hand, if needed, mixing the ingredients the traditional way in a bowl with a wooden spoon or spatula. An extra tablespoon of ghee can be added to facilitate this process.

For a thumbprint style cookie, scoop the dough into 1-inch balls and place about 2-inches apart on the prepared baking sheets. Press a thumbprint into the center of each ball, about 1/2-inch deep. Fill each indentation with about 3/4 teaspoon date paste.



Vegetarian



Paleo



Gluten-Free



Wellness Mama

VERY BERRY COBBLER

Yield **4 servings** | Active Time **5 minutes** | Total Time **35 minutes**

4 cups of strawberries
blackberries, blueberries,
raspberries, or an assorted mix
(fresh or frozen)

1 cup almond flour

1/4 cup coconut oil or butter

1 teaspoon vanilla

Stevia, organic honey or maple
syrup, to taste (optional)

*Organic whole cream,
whipped with vanilla

*This ingredient may not
be included in some Paleo
diet plans.

Preheat oven to 375 degrees and grease an 8 × 8-inch baking dish with coconut oil or butter. Place berries in baking dish.

Combine almond flour, coconut oil/butter, and vanilla with your hands until it makes a crumbly topping. You may need to adjust the almond flour up or down slightly. If using stevia, you can add a small amount to the topping at this point. Crumble the topping over the berries. Put dish into oven and cook for about 20 minutes, for fresh fruit, to 30 to 40 minutes, if using frozen fruit.

When done, drizzle with organic honey or maple syrup and top with whipped organic cream, if using.



Vegetarian



Paleo



Gluten-Free



Mary Shenouda

STUFFED PROSCIUTTO DATES

Yield **16 dates** | Active Time **10 minutes** | Total Time **25 minutes**

1/2 cup shelled pistachios

1/2 teaspoon coarse salt

Juice and zest of 1/2 orange

16 dates, pitted

Prosciutto, cut long enough to wrap the dates

Preheat oven to 350 degrees.

Place the pistachios, salt, orange juice and zest in the bowl of a food processor and pulse until the mixture forms a paste. Spoon the mixture into the pitted dates. Wrap each date in prosciutto, letting the ends overlap by at least 1 inch.

Place the wrapped dates on a baking tray, seam side down, and bake for 15 minutes, or until the prosciutto has browned and adhered to the outside of the date. Let cool slightly and serve warm.



Paleo



Gluten-Free

Chris Kresser

ROASTED HAZELNUTS WITH GARLIC AND THYME

Yield **2 servings** | Active Time **10 minutes** | Total Time **28 minutes**

- 1 1/2** pounds hazelnuts, soaked overnight and patted dry
- 1** tablespoon coconut oil
- 4** cloves garlic, minced
- 1** tablespoon dried thyme
- 1 1/2** teaspoons sea salt, to taste
- 1/2** teaspoon freshly ground black pepper
- Generous pinch cayenne (optional)

Preheat oven to 450 degrees with rack in middle.

Spread the hazelnuts evenly in a shallow baking pan and roast for about 8 minutes. Remove from the oven and let cool for 10 minutes. Wrap the nuts in an old kitchen towel and rub. This will remove the skins.

Heat coconut oil in a sauté pan to a low heat, add hazelnuts and garlic, and gently cook for 2 minutes. Pour into a bowl and mix with thyme, salt, pepper, and cayenne (if using). Allow to cool before eating.



Vegan



Paleo



Gluten-Free

Nourished Kitchen

CHEESY KALE CHIPS WITH MISO, GARLIC, AND DULSE

Yield **1 half-gallon bag (8 to 12 servings)** | Active Time **5 minutes** | Total Time **12 hours 8 minutes**

- 1** cup white miso paste
- 2** cloves garlic, minced
- 1/2** teaspoon unrefined sea salt
- 1** cup nutritional yeast
- 2** tablespoons extra virgin olive oil
- 2** tablespoons dulse granules
- 3** bunches curly kale, trimmed of stems and torn into bite-sized pieces

**This ingredient may not be included in some Paleo diet plans.*

Place miso, garlic, salt, nutritional yeast, oil, and dulse in the bowl of a food processor, and process until it forms a smooth paste.

Working in batches, place kale in a large mixing bowl. Massage kale with the seasoned miso paste so that the paste adheres to the kale leaves. Layer the kale onto a lined food dehydrator tray and dehydrate at 125 degrees until crispy, about 12 hours.



Vegan



Paleo



Gluten-Free

Wellness Mama

COCONUT BUTTER CUPS

Yield **12 cups** | Active Time **10 minutes** | Total Time **10 minutes**

- 1 cup shredded coconut
- 1 tablespoon vanilla extract
- 4 tablespoons coconut oil
- 10 drops of stevia extract, or to taste
- 1 pound quality dark chocolate without soy

In a blender or food processor, combine the shredded coconut, vanilla, 2 tablespoons of the coconut oil and the stevia extract and pulse until thick and paste-like. It will eventually start to resemble the thickness of almond butter or coconut cream concentrate.

Set the coconut mixture aside. In a double boiler, melt the chocolate with the remaining 1 tablespoon of coconut oil. When melted, remove from heat. Pour a tablespoon of the melted chocolate into the bottom of 12 silicon muffin cups or paper lined muffin cups and rotate to coat the sides.

Put the cups in the freezer to harden quickly. Once hardened, remove from freezer and scoop a tablespoon of the coconut mixture into each cup and press down gently with the back of the spoon to flatten. Cover the tops of the coconut mixture with more melted chocolate and place in freezer or fridge to harden.

Once completely set, remove from the muffin cups and store in an airtight container.



Vegan



Paleo



Gluten-Free

Mark Hyman

GUILT-FREE CHOCOLATE MOUSSE

Yield **4 Servings** | Active Time **5 minutes** | Total Time **5 minutes**

- Flesh of one avocado
- 1 tablespoon pure maple syrup
- 1/4 cup unsweetened cocoa powder
- 1/2 large banana
- 2 teaspoons pure vanilla extract
- 1 tablespoon strong brewed decaffeinated coffee
- Sea salt to taste
- 1 pint fresh raspberries, rinsed (optional)

Combine all of the ingredients, except raspberries, in a blender and blend on medium speed until smooth and creamy, 1 to 2 minutes. If the mousse is too thick, thin it with a little extra coffee or water. It should be similar to the consistency of pudding, but slightly lighter in texture. Serve topped with raspberries.

Leftover mousse can be refrigerated for up to 5 days.



Vegan



Paleo



Gluten-Free



Nom Nom Paleo

MEXICAN CHOCOLATE POTS DE CREME

Yield **8 servings** | Active Time **30 minutes** | Total Time **30 minutes**

For the Pots de Creme

- 7** ounces dark chocolate (70% cacao or higher), finely chopped
- 1** 14-ounce can full-fat coconut milk
- 2** large egg yolks
- 1/8 to 1/4** teaspoon ancho chile powder
- 1/8** teaspoon kosher salt
- 1** cinnamon stick
- 1** tablespoon vanilla extract

For the Whipped Topping

- 1** 14-ounce can full-fat coconut milk, chilled overnight in the refrigerator
- Coconut sugar, to taste (optional)
- 1** tablespoon ground cinnamon

In a medium saucepan over medium-low heat, whisk together coconut milk, egg yolks, ancho chile powder, and kosher salt. Add in the cinnamon stick. Heat the mixture, stirring constantly until it thickens and forms a smooth custard that coats the back of a spoon, about 10 to 15 minutes.

Carefully watch the custard, taking care not to overcook or boil it. And when in doubt, use an instant-read thermometer to make sure the final temperature is about 175 degrees. When the custard is ready, take the pot off the heat, and remove the cinnamon stick.

Position a fine mesh sieve over the bowl of chocolate, and pour the custard through to catch any lumpy bits. Let the chocolate and custard mixture sit undisturbed for 5 minutes, then gently stir to mix the melted chocolate into the custard base. If you stir like crazy, the temperature will drop too quickly, and you'll end up with grainy chocolate. Steady, slow stirring is essential for ensuring a stable emulsion. Stir in the vanilla extract.

Divide the mixture evenly into eight 2-ounce espresso cups or ramekins and cool to room temperature. Cover the cups with plastic wrap and let chill and firm up in the fridge for at least 4 hours.

When ready to serve, remove the pots de crème from the fridge along with the chilled can of coconut milk. Remove the lid and carefully spoon out the thick layer of solidified coconut cream on the top.

Toss the cream into a chilled bowl, with coconut sugar if using, and whip it until it forms stiff peaks. Spoon a dollop of the whipped coconut cream on to each cup. Dust with cinnamon.



Vegetarian



Paleo



Gluten-Free



Nourished Kitchen

STEWED STRAWBERRIES WITH VANILLA BEAN AND FRESH MINT

Yield **1 pint** | Active Time **7 minutes** | Total Time **22 minutes**

2 pints strawberries, hulled and cut into 1/2-inch slices

1/4 cup jaggery, coconut sugar, or honey

1 vanilla bean

2 heaping tablespoons chopped fresh mint

Toss the strawberries into a medium-sized saucepan, and crumble the jaggery over them. With a sharp pairing knife, cut a slit down the length of the vanilla bean to expose its seeds. Place the vanilla bean into the saucepan with the strawberries and jaggery. Turn the stove to medium-low. Allow the strawberries to stew in the sugar until they release their juices, and those juices turn syrupy, about 15 minutes.

Turn off the stove. Pluck out the vanilla bean, and scrape its seeds into the strawberries. Stir in the chopped mint, allowing a minute or 2 for the mint to wilt in the residual heat of the strawberries. Serve warm.



Paleo



Gluten-Free

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Liren Baker is a New York native who embraced life in California when she moved to San Francisco in 2000. Her appetite for all things beautiful and delicious has followed her as she lived and tasted her way throughout the country and traveled the world. Immersing herself in the Bay Area’s vibrant culinary culture, Liren is the food photographer, writer, and creator of the food blog, Kitchen Confidante. Photos and recipes from Kitchen Confidante have been featured on sites including the Huffington Post, the Kitchn, Food52 and Refinery29, and Kitchen Confidante was featured as one of the 10 Best Food Blogs of 2013 by PBS Food.

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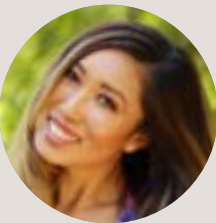
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Gaby Dalkin is a cookbook author, private chef and food/lifestyle writer based in Los Angeles. Her food blog, What’s Gaby Cooking, is a playful, fun, inspiring, sun-soaked destination for everyone who aspires to live the California girl life. Here on What’s Gaby Cooking, we are healthy, fit, and adventurous, but we’re also real. We love a juice cleanse, but we also like the occasional grilled cheese. We’re big on finding balance, because whether you’re cooking, cocktailng or traveling, it all benefits from a creative, can-do mentality that teeters on the edge of planned and spontaneous, practical, and a little bit quirky.

Roasted red pepper pasta photo credit: Matt Armendariz



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Recipe Courtesy of Healing Gourmet (www.healinggourmet.com): The world’s leading provider of organic and sustainable recipes. © 2015. All rights reserved.



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Recipes from Hot Body Year Round. Copyright 2015 by Cassey Ho and oGorgeous Inc.

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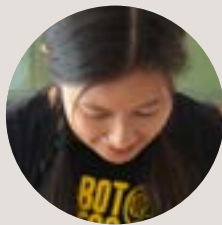
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