



PALEO COOKBOOK

A Few of Our Favorite Things

BY LAURA SAVINOVICH

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Welcome!

Hello Everybody,

My name is Laura, better known as Mrs. S., the founder of Snackin' Free. I began my food journey in 2010 to try and find a holistic way to relieve the Symptoms of my RA. I was Diagnosed in 2003 and suffered for 7 years, almost becoming bed ridden, until I discovered how food could change my life and adopted the Paleo Diet. By eating foods that boosted nutrition and eliminated any artificial ingredients I was able to heal my gut. I still have RA but the symptoms I experienced then are long gone and I have been able to return to an active and productive life again.

I have spent the last 10 years of my life dedicated to bringing food and joy back into the lives of others with dietary restrictions due to illness or allergies and to those who just want to live a healthier life. The cookbook I have written "A Few of Our Favorite Things" is a collection of just a few of my families favorite recipes which I have converted in order to meet my dietary restrictions. I hope you all enjoy them as much as my family and I do.

I wish you all "Health and Happiness".

Mrs. S



Breakfast

**EASY SHEET PAN BREAKFAST
CRUSTLESS QUICHE OR BREAKFAST MUFFINS
PALEO CASSAVA FLOUR PANCAKES
PALEO STREUSEL COFFEE CAKE**

EASY SHEET PAN BREAKFAST

Here is an easy and delicious one pan breakfast that will satisfy the whole family. This recipe will make enough to fill a full sized baking sheet (18x24). I don't have an oven big enough for a full sized baking pan so I make it on 2 half sized baking sheets. This is a perfect meal prep dish, it is easily warmed in the oven or microwave so you can enjoy it when you want.

- 1 package Thick Bacon (can use salt pork or pork belly)
 - 2 lbs red potatoes (washed and cut into bite sized pieces)
 - 1/2 green cabbage, spinach or any other greens of your choosing (washed and cut into bite sized pieces, NOTE baking times may lessen depending on the greens you choose.)
 - 1 3/4 tsp salt
 - 1 1/4 tsp Ground Mustard
 - 3/4 tsp Pepper
 - 1/4 tsp Coriander
 - 1/4 tsp Paprika
 - Dash Cayenne Pepper
 - 3 tbsp strained bacon fat, olive oil or avocado oil, lard (or more if needed)
 - 6 eggs cooked as you like
1. Preheat oven to 425°
 2. Cover a full sized sheet pan or two half sized sheet pans with parchment paper
 3. Place your potatoes into a parchment lined baking dish, drizzle with 2 tbsp of olive oil and sprinkle with 1 1/2 tsp of the salt, 1 tsp of the ground mustard, 1/2 tsp of the pepper and 1/4 tsp of the coriander, dash of cayenne pepper. Mix all ingredients thoroughly and spread evenly as first layer in the parchment lined baking sheet.
 4. Bake at 425 for the first 30 minutes.
 5. Season the greens with remaining olive oil and seasonings
 6. Remove potatoes from the oven and turn oven down to 400°. Spread the layer of greens on top and place back into the oven to bake for another 15 minutes.
 7. After the 15 minutes remove the potatoes and cabbage from the oven and turn down your oven again to 375°.
 8. Add the sliced Bacon and bake for only another 12 minutes. If you leave it in longer the bacon will dry out.
 9. While the pan is baking you can cook your eggs as you like.
 10. Remove pan from the oven and top with cooked eggs and serve immediately.

CRUSTLESS QUICHE OR BREAKFAST MUFFINS

Quiche is a dish that was made to use up the leftovers and traditionally did not have a crust or cheese. You can add a crust and cheese to this recipe if you wish but it is very tasty without it. You can make it into muffins and eat them over the course of the week. They will taste better if warmed when you eat them.

- 3 eggs
- 2 T sustainable organic palm shortening
- 2 T coconut milk (Full Fat)
- 1/4 t. salt
- 1/4 t. vanilla
- 1/4 t. baking soda (you can use the same amount of baking powder)
- 1/3 cup Almond Flour
- 1/2 cup Real bacon cooked and chopped or bacon bits *
- 1 cup finely chopped fresh spinach
- 1- 2 T yellow onion finely chopped
- 1/4 t. granulated onion
- 1/4 t granulated garlic
- 1/4 t. ground black pepper

1. Preheat oven to 350°
2. In a bowl, mix together eggs, oil, milk, salt, and vanilla until smooth.
3. In a separate bowl mix together flour and baking soda/powder and seasonings, add to egg mixture making sure all the lumps are gone.
4. Fold in bacon bits, chopped spinach and onions.
5. Place in oiled pie pan/ muffin pan or other appropriate baking dish.
6. Bake 15 - 20 minutes at 350° degrees.
7. Makes 8 to 10 servings

* NOTE: If you are not fond of bacon try using chopped sausage instead then add 2 or 3 Tbsp of finely diced red or yellow bell pepper in place of the spinach.

PALEO CASSAVA FLOUR PANCAKES

These are a family favorite, we make these for weekend family breakfast and for special occasions like Easter brunch. They are perfect to make ahead and freeze so you can enjoy them anytime.

- 1 cup coconut, almond or other non dairy milk
 - 1 Tbsp lemon juice
 - 3/4 cup cassava flour
 - 1/3 cup coconut flour
 - 3 eggs, beaten
 - 2 Tbsp avocado oil
 - 1 Tbsp maple sugar, coconut sugar or honey
 - 1 Tbsp lemon juice
 - 1 tsp baking powder (be sure its baking powder not baking soda)
 - 1/4 tsp baking soda
 - dash salt
 - fat for oiling skillet or griddle
-
1. In a small bowl mix together the milk and lemon juice and set aside. In another bowl combine the flours, sugar, baking powder, baking soda, and salt. Set aside.
 2. In separate bowl, whisk the eggs, avocado oil, and milk / lemon juice mixture and then add to the flour mixture. Stir until completely combined.
 3. Preheat a skillet on medium-low heat.
 4. Once hot place approximately 1 tbsp oil in pan to cover.
 5. Place about 1/4 cup batter on to preheated skillet, spacing pancakes at least a couple inches apart as they will spread.
 6. Cook until bubbles appear on the surface, then gently flip to cook an additional 2-3 minutes on the other side or until lightly browned.
 7. If the pancakes cook too quickly on the outside, but are undercooked on the inside, turn the heat down and cook a bit longer.
 8. Serve with dairy free butter and maple syrup, top with fresh fruit and a bit of honey, or a sprinkle of coconut sugar and some cinnamon.

PALEO STREUSEL COFFEE CAKE

This is one of my all time favorite coffee cake recipes!

Cake Ingredients

- 1/4 to 2/3 cup honey (depending on your taste preference)
- 1/4 cup non-dairy butter or sustainable palm shortening, melted
- 4 eggs
- 1/2 cup almond or coconut milk
- 3/4 cup almond flour
- 1/2 cup sifted coconut flour
- 1/4 c Tapioca starch
- 2 tsp. baking powder
- 1/2 tsp. salt

Streusel Ingredients

- 1 cup chopped pecans
- 2 Tbsp. honey
- 1/4 cup butter
- 1 1/2 tsp. cinnamon
- 1 tsp. coconut flour

1. Add all streusel ingredients into a bowl and mix until well combined and set aside.
2. Preheat oven to 350 degrees. Then grease or butter an 8×8 baking pan.
3. In the bowl of a stand mixer or with a bowl and hand mixer, mix together honey, butter, eggs and almond milk until well combined.
4. Combine almond flour, coconut flour, tapioca flour, baking powder and salt in a separate bowl.
5. Mix dry ingredients into wet ingredients. Stir well.
6. Pour HALF of the cake batter into the prepared cake pan and spread out evenly.
7. Distribute half of the streusel over the batter in the pan.
8. Pour the rest of the cake batter on streusel and top with remaining streusel.
9. Bake at 350 degrees for 28-35 minutes. Remove from oven when a knife inserted in the middle comes out clean.



Appetizers

CHORIZO STUFFED BACON WRAPPED DATES
PALEO BLOOMING ONIONS
BAKED PLANTAIN STRIPS
EASY GUACAMOLE

CHORIZO STUFFED BACON WRAPPED DATES

- 15 Medjool pitted dates
- 1 pound Spanish chorizo, cut into 15 pieces (small enough to fit into the dates)
- 5 slices bacon, cut in pieces large enough to wrap around dates
- 1/2 cup maple syrup (optional)

1. Preheat oven to 400°
2. Line a rimmed baking sheet with silicone baking mat or parchment.
3. Make an incision on one side of each date and insert a block of chorizo. Squeeze the date shut in your hand to secure. Wrap each date with a bacon strip and secure with a toothpick. Place all the dates on the prepared sheet tray.
4. Roast the dates in the oven until the bacon on top is starting to crisp, 5 to 6 minutes. Turn the dates over and repeat the process.
5. Remove the dates from the oven and brush both sides with the maple syrup. (optional)
6. Return the dates to the oven until the dates are really crackly and sticky, 1 to 2 minutes.
7. Serve hot.

PALEO BAKED BLOOMING ONION

- 1 large yellow onion
 - 2 large eggs
 - 1 TBS cashew, almond, or coconut milk
 - 2/3 cup Cassava Flour
 - 2 tsp Himalayan pink salt
 - 1 tsp cayenne pepper (add more if you like it really spicy)
 - 1 tsp paprika
 - 1/4 tsp cumin
 - 1 tsp oregano
 - 1 tsp thyme
 - 1/2 tsp ground black pepper
 - 1/8 tsp turmeric (*optional, adds color)
 - 1.5 TBS ghee or coconut oil, melted
1. Preheat the oven to 425 degrees and line a baking sheet with parchment paper.
 2. Trim a 1/2 inch off the top of the onion, not the root side. Peel and place the onion cut side down on a cutting board and make a downward cut starting approximately a 1/2 inch from the root. Make sure to slice all the way down until you hit the cutting board. Repeat until you have 16 evenly spaced cuts.
 3. Gently turn the onion over and begin peeling back the layers and separating them. If your cuts didn't go all the way through use a small paring knife to finish the cuts and open the bloom. Start with the outer pieces and work your way in. If you are having trouble separating the petals, you can soak the onion in ice cold water for a few hours.
 4. In a bowl just large enough to hold the onion whisk the eggs and milk. In an addition bowl whisk the cassava flour, and all the seasonings until well combined.
 5. Dip the onion into the egg wash, making sure to coat all sides and in between the petals. Use a brush or spoon if needed.
 6. Next dip the onion into the flour mixture, using a spoon to make sure to coat all sides and in between the petals. Dip again in the egg wash and then in flour. Move the onion to the baking sheet.
 7. Using a brush or soon be sure to coat any exposed areas with egg wash and then sprinkle with flour.
 8. Drizzle, spray or brush the coated onion with oil or ghee to help with browning.
 9. Bake for 25-30 minutes until the petals pull away easily and the crust is golden brown. If you have a lot of white flour specks showing brush with ghee and bake for an additional 3 minutes.

Dipping Sauce on Page 44

BAKED PLANTAIN STRIPS

- 1 green plantain
 - 1- 2 Tbsp bacon fat (or oil of choice)
 - 1 lime
 - Salt, to taste
 - Pepper, to taste
 - Garlic powder, to taste
1. Preheat the oven to 375 degrees Fahrenheit.
 2. Cut off both ends of the plantain with a sharp knife.
 3. Using a sharp paring knife, slice the down the full length of the plantain at each ridge and peel by first sliding your finger under the peel, and slowly gliding your finger along the length of the plantain. (It's difficult to explain)
 4. Once peeled, using a mandolin, slice the plantain in thin strips so that the pieces are long (instead of small circles.)
 5. Place the slices in a mixing bowl and add 1 Tbsp of bacon fat and gently toss and coat each slice evenly with oil (use the remaining fat if 1 Tbsp. is not enough).
 6. Place plantain slices in a single layer, and then sprinkle with salt, pepper, and garlic powder (to taste).
 7. Finish with a squeeze of lime evenly. (I use one of those spray tops that fit in the lime to make sure I have an even coat)
 8. Bake for about 20 minutes, flipping over half way through. The last 5 minutes you're going to want to keep an eye on them s the ends don't burn.
 9. Serve with dipping sauce, guacamole or home made salsa.
 10. Store them in an airtight container.

EASY GUACAMOLE

- 3 large hass avocados (organic preferred)
- 1/2 yellow onion (organic, chopped fine)
- 1 large plum tomato (organic, seeded and diced fine)
- 1 small jalapeño (organic, diced fine) optional, you can use canned organic as well.
- 1 - 2 Tbsp fresh lemon juice
- Fresh Cilantro Chopped (for topping)

1. Place Avocados in a bowl and smash with a fork or potato masher
2. Add all other ingredients and stir to combine.
3. Top with fresh chopped Cilantro and serve.

Salads

**REFRESHING “DRESSING FREE” SALAD
MIXED GREENS WITH FIG BALSAMIC DRESSING
COLE SLAW**

REFRESHING “DRESSING FREE” SALAD

This is a salad that my mother in law used to serve. It is easy and very refreshing and does not need a dressing.

- 1 to 2 heads of organic Romain lettuce sliced 1 inch
- 1 organic English Cucumber
- 1/2 medium organic yellow onion sliced thin
- 4 - 5 organic radishes sliced thin
- 1 large organic carrot shredded
- Tomato for topping
- 2 T granulated Garlic
- 2 T granulated Onion
- 2 T Himalayan Pink Salt

1. In a large bowl add Romain, cucumber, onion, radish and seasonings.
2. Fill the bowl with filtered water till veggies are covered.
3. Place the bowl in the refrigerator and chill stirring occasionally for at least an hour.
4. Remove from fridge and place in a Salad Spinner or colander to drain the water.
5. Place in a clean serving bowl or individual serving bowls
6. Top with sliced tomato and shredded carrot and serve

MIXED GREENS WITH FIG BALSAMIC DRESSING

- 6 cups mixed greens of choice - (I used a baby romaine, chopped, and a baby super/power greens or spring mix)
 - 1 cup pecan pieces
 - 1 cup dried cranberries
 - arils from one pomegranate - can use a fresh pom, or buy arils at store
 - Chop green onions or thinly sliced red onion
1. Place all ingredients in a bowl top with green onions, dried fruit and nuts and dress

FIG BALSAMIC DRESSING

- 1/3 cup olive oil - can also use avocado or MCT oil
 - 1/4 cup Fermented Honey or balsamic vinegar
 - 1 Tbsp lemon juice
 - 2 tablespoons no sugar added fig jam or preserves (I use St Dalfour brand)
 - salt and pepper, to taste
1. Place all ingredients except oil in a bowl or container to combine and whisk. You can also use an immersion blender while adding olive oil.

COLESLAW

This is a great recipe to eat as a side or for use in sandwiches or with BBQ.

- 1 small Head cabbage shredded
 - 1 c mayonnaise
 - 1 c coconut milk
 - 2 Tbsp granulated garlic
 - 2 Tbsp granulated onion
 - 1 Tbsp Himalayan pink salt
 - 1 Tbsp ground black pepper
 - 2 Tbsp white vinegar
 - 2 T organic lemon juice
-
1. Shred cabbage and place in a bowl with enough room to mix in the dressing.
 2. In a bowl or measuring cup mix together all other ingredients and set aside for approximately 5 minutes for the flavors to meld.
 3. Pour the dressing over the cabbage, stir to coat and set aside for about 10 - 15 minutes. Be sure to stir occasionally, this will ensure even coating and distribution of flavor. It does not have to be refrigerated at this point.
 4. Serve and enjoy



Soups

BEEF BONE BROTH
BEEF TACO SOUP
CHICKEN BONE BROTH
CHICKEN VEGETABLE SOUP
EASY PEASY TOMATO SOUP

BEEF BONE BROTH

This is a new and improved recipe and is the go to recipe for making a base for all my beef soup and gravy recipes. It is also great a stand alone drinking broth, just add seasonings of your choice.

- 1 to 3 lbs beef bones. (Knuckle, soup and marrow bone will work)
 - Packaged beef liver
 - 1 Large Yellow onion, cleaned with skins on
 - 3-4 large carrots cut into thirds
 - 4 or 5 stalks of Celery cut into thirds
 - 1 - 2 inch piece of Turmeric cut length wise into 4 pieces
 - 2 16 oz organic beef bone broth
 - Enough water to cover everything
 - Salt and pepper to taste
1. Place all the veggies into the soup sock and tie the top closed with cotton twine.
 2. Place the veggie bag in the stock pot with all the beef bones.
 3. Add the broth and water and heat over a medium high heat and bring to a boil.
 4. Turn it down to a slow simmer and leave on the stove for at least 6 hours up to 8 hours.
 5. When done turn off the heat and let cool.
 6. Once cooled ladle out the bones and veggie bag into a strainer over a bowl or other stock pot to drain the juices out.
 7. Be sure to return the marrow from the marrow bones back into the stock.
 8. Discard the veggies and bones and place the bone broth into airtight and spill proof containers and store in the fridge for up to 2 weeks or longer in the freezer.

Need: 1 Soup sock or cheese cloth

BEEF TACO SOUP

- 1 Tbsp avocado oil
- 1 1/2 lbs beef stew meat (alternately you can also use any roast meat)
- 1/2 yellow onion chopped finely
- 6 stalks celery chopped finely
- 3 to 4 cloves of garlic pressed or minced
- 4 to 5 carrots chopped
- 2 - 3 turnips peeled and diced
- 2 to 3 golden beets peeled and diced
- 1 - 16 oz organic beef bone broth (I use my own homemade bone broth)
- 2 - 16 oz organic beef broth (alternately you can use store bought organic beef broth or bone broth)
- 1 to 2 16 oz. cans organic petite diced tomatoes
- 3 to 4 Tbsp Spice hunters organic Mexican Season mix (or to taste)
- Salt and Pepper to taste

1. In a large pot add meat and cook until meat is browned (about 5 to 7 min.)
2. Add the onion, celery and garlic ingredients and cook another 3 to 4 minutes until onions are transparent.
3. Pour in beef broth and bone broth and set on medium heat, cook until boiling then turn it down to a simmer and add carrots, celery, turnips and beets. Cook for another 20 minutes or until vegetables are tender.
4. Once vegetables are soft add tomatoes and seasonings and cook another 3-5 minutes.
5. Remove from heat and serve.

Toppings: I like to use salted plantain chips to top my taco soup or if you can tolerate them tortilla chips

CHICKEN BONE BROTH

This is a new and improved recipe and is the go to recipe for making a base for all my chicken soups and gravies. It is also great by itself, just add seasonings of your choice.

- Carcasses of 3 to 4 roasted chickens, packages of chicken feet, backs with skins and fat.
 - Packaged chicken hearts and or livers
 - 1 Large Yellow onion, cleaned with skins on
 - 3-4 large carrots cut into thirds
 - 4 or 5 stalks of Celery cut into thirds
 - 1 - 2 inch piece of Turmeric cut length wise into 4 pieces
 - 1 - 2 16 oz organic chicken bone broth
 - Enough water to cover everything
 - Salt and pepper to taste
1. Place all the veggies into the soup sock and tie the top closed with cotton twine.
 2. Place the veggie bag in the stock pot with all the chicken bones.
 3. Add the broth and water and heat over a medium high heat and bring to a boil.
 4. Turn it down to a slow simmer and leave on the stove for at least 6 hours up to 8 hours.
 5. When done turn off the heat and let cool.
 6. Once cooled ladle out the bones and veggie bag into a strainer over a bowl or another stock pot to drain the juices out.
 7. Discard the veggies and bones and place the bone broth into airtight and spill proof containers and store in the fridge for up to 2 weeks or in the freezer.

Need: 1 Soup sock or cheese cloth

CHICKEN VEGETABLE SOUP

This is a favorite chicken soup in our house easy to make and full of flavor.

- 2 Tbsp avocado oil
- 1/2 yellow onion chopped finely
- 6 stalks celery chopped finely
- 2 cloves garlic (pressed or finely chopped)
- 2 - 3 cups of pasture raised chicken, shredded
- 2 cups celery sliced 1/2 inch
- 2 cups carrot diced bite sized
- 3 cups greens. Beet, spinach, cabbage, etc. sliced (I usually buy fresh beets and use the beet greens for this)
- 1 - 16 oz organic chicken broth or bone broth
- 2 - 16 oz organic pasture raised chicken broth (I use homemade but you can use store bought organic chicken bone broth)
- 3 medium turnips, diced
- 3 medium golden beets, diced
- 2 - 3 Tbsp. Coconut aminos
- 1 Tbsp. poultry seasoning
- Salt and Pepper to taste

1. In a large pot heat oil over medium high heat, add meat and cook till browned
2. Add celery and onions and cook till transparent. Add garlic and cook a few minutes more till fragrant.
3. Add broth and remaining veggies
4. Cook until boiling then turn it down to a simmer and add allspice.
5. Cook for another 20 minutes or so until vegetables are tender.
6. Once vegetables are soft add salt and pepper to taste and cook another 3-5 minutes.
7. Remove from heat and serve.

Notes: Be adventurous, you can add any vegetables you may like or are in season.

EASY PEASY TOMATO SOUP

- 2 jars of tomato basil pasta sauce. (I like Muir Glen but you can use whatever you choose)
- 1 1/2 Tablespoon raw honey
- 1 - 2 teaspoons Himalayan Pink salt
- 2 Tbsp dried basil leaves

1. Place all ingredients in a saucepan over medium heat and stir to combine.
2. Heat until desired temperature.
3. Serve while hot.

NOTE: if you like a creamy tomato soup then you can add 1/2 - 1 cup unsweetened coconut milk and stir to combine with all the other ingredients



Main Dishes

SOUTHERN STYLE PULLED PORK

QUICK SHEET PAN FAJITAS

GARLIC ROASTED CHICKEN

JAPANESE STYLE VEGGIE CABBAGE ROLLS

SOUTHERN STYLE PULLED PORK

- 2 medium onions, finely chopped
 - 4 cloves garlic, minced or pressed
 - 4 lb. pork shoulder or Boston butt
 - 1 tbsp. Coconut Aminos
 - 1 tbsp. red chili flakes (optional)
 - 1 tbsp. yellow mustard
 - 1/3 cup coconut sugar
 - 1/2 cup paleo barbecue sauce (or you can make your own)
 - 1/2 cup chicken broth
 - 1/2 cup apple cider vinegar
 - 8 to 12 cabbage or lettuce leafs
 - Mayo to taste
1. Place pork shoulder in a slow cooker. Add all the ingredients to a slow cooker and mix to ensure pork is properly coated with the spices and sauces.
 2. Close the lid and cook on high heat for 5 hours. After 5 hours, check the pork using a fork. If shreds of pork peel off easily then it's cooked. If not, cook for another 30 to 45 minutes.
 3. Transfer the pork onto a chopping board. Using two forks, shred the pork into thin strips (shreds).
 4. Put pork shreds back into the slow cooker and mix them in the cooking liquid. Leave for 5 minutes to allow pork shreds to soak in the juices and soften
 5. Stuff the cabbage leaves generously with shredded pork. Drizzle with barbecue sauce and mayo and top off with grilled onions and pickles.

This recipe can be made in the oven or in an instant pot.

For the oven place all ingredients in a Deep baking dish and cover, cook at 300° for at least 4 hours.

For instant pot, place all ingredients in the instant pot on Meat setting and cook for 2 hours. Release the steam after the 2 hours and check the meat, if done shred, stir into cooking liquid and cook for 5 to 10 minutes more.

QUICK SHEET PAN FAJITAS

This is an easy, throw it in the oven and forget about it till its done kind of meal. There is very little prep time so you and you can prep the veggies and meat ahead of time and store them in the fridge until you are ready to use them. Then just marinade the veggies and meat, throw it all on a parchment lined sheet pan and pop it into the oven, Your family is sure enjoy this tasty dish.

- 1 lb. grass fed flank steak, cut into 1/2 inch strips about 2 inches long
- 2 teaspoon Himalayan pink salt
- 1 red and yellow bell pepper, seeded and thinly sliced
- 1 yellow onion, cut into quarters and thinly sliced
- 3 cloves of garlic pressed or chopped finely
- 2 tablespoons avocado oil
- 1 tablespoon white wine or apple cider vinegar
- 2 tablespoons coconut aminos
- 1 tablespoon chili powder
- 1 tsp oregano
- 1/2 tsp cumin
- 3 tablespoons lemon juice, fresh is best but organic premade will do.
- 1 bunch fresh cilantro, chopped

1. Preheat oven to 425° F
2. In a bowl combine oil, coconut aminos, lemon juice, chili powder, garlic and oregano to make marinade and set aside.
3. Place flank steak in a bowl and season with pink salt add peppers and add to liquid, toss together until everything is coated evenly. Let sit at least 1 hour to overnight.
4. Place on a parchment lined baking sheet and spread evenly in a single layer.
5. Bake for approximately 12 to 15 minutes or until vegetables are tender and steak is cooked through.

GARLIC ROASTED CHICKEN

- 2 cups quartered onion
 - 10 cloves garlic mashed with 1 teaspoon salt
 - 1/2 cup white wine (optional)
 - 1/4 cup olive oil
 - 2 teaspoons white or apple cider vinegar
 - 3-pounds of chicken, thighs, breasts, leg or a combination
 - 1/4 cup lime juice
 - 1/2 teaspoon black pepper
 - 2 teaspoons ground cumin
 - Cassava or Arrowroot Flour for dusting
 - Avocado or Olive oil for frying
1. Place the onion, half of the garlic/salt mixture, wine, oil, and vinegar in a blender and blend thoroughly.
 2. Pour marinade over the chicken and refrigerate, covered, for 2 to 4 hours or over night.
 3. Drain marinade from chicken and pat chicken dry with a paper towel.
 4. Preheat oven to 375 degrees F.
 5. Rub the chicken halves on both sides with the rest of the mashed garlic/salt mixture. Try to get some of this underneath the skin without ripping it.
 6. Heat oil in a frying pan.
 7. Sprinkle the chicken with lime juice and black pepper and cumin on both sides. Dust chicken lightly with flour and brown chicken quickly on both sides.
 8. Place chicken halves in a roasting pan, skin side up. Roast 30 to 45 minutes or until juices run clear. Use a meat thermometer if you need to be sure.

JAPANESE STYLE VEGGIE CABBAGE ROLLS

- 4 - 6 large green cabbage leaves - separated and the thick part of the stem cut out
- 1/2 pint low sodium vegetable stock (note 2)
- 1 cup water
- Salt to taste

Filling Ingredients

- 1 onion , minced
- 1/2 Bell pepper diced
- 2 small carrots shredded
- 1/2 cup green onion sliced on the diagonal
- 1 tbsp oil
- 2 cups cauliflower rice
- 1 tbsp arrowroot starch
- A large pinch of ground nutmeg
- 1/2 tsp salt
- Black Pepper to taste
- Sliced green onion to garnish

1. Heat oil in a frying pan over medium high heat and sauté the onion for about 3 minutes until onion begins to brown around the edges. Turn off and let it cool.
2. In a large pot bring water to a boil with a pinch of salt. Add cabbage leaves and cook until the leaves become soft about 3 minutes. (I always add a few more just in case some break or tear)
3. Transfer to a bowl of cold water to cool them down quickly, then pat dry with paper towels.
4. In a bowl add the cooked onion and the rest of the Filling ingredients and mix together well.
5. Divide the filling into 4 - 5 equal portions and shape them into a mini log shape.
6. Place the filling on the cabbage leaf closer to the vein end and roll the cabbage folding the sides in like a burrito until the whole cabbage leaf is rolled and filling is covered.
7. Place the cabbage rolls with the end flap down, into a deep frying pan big enough to fit the cabbage rolls in tightly.
8. Pour the vegetable stock as well as water over them and bring to a boil on the stove top over medium high heat.

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JAPANESE STYLE VEGGIE CABBAGE ROLLS CONT.

9. Once it starts boiling, reduce the heat to low and cook for 15-30 minutes with a lid on until the broth reduces to less than half and the filling is cooked through.
10. Transfer the cabbage rolls to serving plates, ladle broth over top, garnish with green onion and Serve with a dipping Sauce*

Cabbage Rolls can be kept in the fridge up to a week. They can also be frozen. To defrost, place the cabbage rolls in a saucepan, add a small amount of water and heat/ steam over medium heat with a lid on for 10-15 minutes until the center of the cabbage rolls become soft and heated up.

*You can also add meat to this recipe if you choose add ground meat (of your choice) to veggies in filling, roll as usual and continue with the remaining steps. Adding meat will require you to cook the cabbage rolls for 30 to 40 minutes.

Dipping Sauce Recipe on Page 45

Side Dishes

**BACON AND CABBAGE
BOK CHOY WITH GARLIC
GRILLED ZUCCHINI**

BACON AND CABBAGE

- 24 ounces thick-cut bacon (I have also used salt pork and pork belly)
 - 1 large green cabbage
 - 1 large onion
 - 2 1/2 cups chicken or vegetable broth
 - 1 tablespoon mustard seeds Salt and pepper
1. Place a large stockpot over medium heat. Cut the bacon into 2 inch strips and separate them. Place the bacon pieces in the pot and cook until the bacon is fully cooked, but not crispy.
 2. Cut onion in half and then slice into 1 inch strips.
 3. Cut the cabbage in quarters, remove the core and cut into 1 inch slices.
 4. Add the onion to the pot with the cooked bacon. Sauté for 3-4 minutes to soften.
 5. Finally, add the cabbage, chicken broth, and mustard seeds to the pot and give it a good stir to combine everything making sure there is no bacon stuck to the bottom and cover the pot.
 6. Simmer for 15-20 minutes, stirring occasionally until the cabbage is tender at the thickest parts.
 7. Season with salt and pepper as needed. Serve while hot
- Notes: You can serve this with whole grain mustard.

BOK CHOY WITH GARLIC

- 1 tablespoon vegetable oil
 - 2 garlic cloves, chopped
 - 1 shallot, chopped
 - 1 pound baby bok choy, rinsed, cut into quarters, with core intact
 - 1 tablespoon coconut aminos
1. In a large skillet or wok, heat oil, over medium-high heat.
 2. Add garlic and shallot and cook, stirring, until fragrant, about 30 seconds.
 3. Add bok choy, coconut aminos, and 2 Tbsp. water and cover immediately. Cook 1 minute.
 4. Uncover and toss, then cover and cook until bok choy is tender at the core, about 3 more minutes.

GRILLED ZUCCHINI

- 3 to 4 medium zucchini (washed and ends cut off and thin sliced lengthwise with a mandolin or sharp knife)
 - 1/2 cup coconut aminos
 - 2 cloves grated garlic
 - 2 Tbsp white or apple cider vinegar
 - Salt and pepper to taste
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1. In a bowl mix all ingredients except zucchini
 2. Marinate zucchini in a shallow dish with amino/ vinegar mixture at least 1 hour
 3. Place on the grill, brushing with the marinade frequently and cook until tender but not mushy (cook times will vary depending on size of slices)
 4. Once cooked, remove from grill and serve immediately.



Desserts

THE BEST STUFFED BAKED APPLES
LEMON PUDDING
FRUIT GRANITA
SALTED COCONUT FLAN
PALEO STYLE DOLE WHIP

THE BEST STUFFED BAKED APPLES

- 5-6 apples - cored, washed and patted dry (you can use red, green or golden apples of your choice)
 - 1 cup of roughly chopped walnuts
 - 1/2 a cup of roughly chopped pistachios
 - 1/4 cup unsweetened coconut
 - 2 tsps of ground cinnamon
 - 1/2 tsp of ground cloves
 - 3/4 cup of warmed honey
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1. Start by setting your apples in a baking dish.
 2. Add a few tablespoons of the warmed honey to the nuts and spices, mix together and spoon into the cored center of the apples.
 3. Pour the remaining warmed honey over the apples and bake in a 350° preheated oven for 25-30 minutes..
 4. Remove and serve topped with a scoop of homemade vanilla ice cream.

LEMON PUDDING

- 1/4 cup water
- 1/2 cup lemon juice from Meyer lemons
- 2 and 1/2 tsp grass fed gelatin
- 1 can full fat coconut milk
- zest from 2 Meyer lemons
- 2 tablespoons of honey (or more to taste)
- 1/8 tsp salt

1. Add water and lemon juice into a medium bowl.
2. Sprinkle gelatin over top and allow to bloom for 5 minutes.
3. In a small pot, over medium heat whisk together coconut milk and lemon zest. Heat until steaming but not boiling. Pour steaming milk mixture into gelatin mixture, add honey and salt, and whisk until completely incorporated.
4. Allow to cool for 15 minutes, then cover tightly and refrigerate at least 3 hours.
5. Once cooled and set, remove from fridge and using a hand mixer, whip until fluffy and smooth or serve right away. The texture will be a bit firmer more like a milk gelatin.
6. Top with Coconut Whipped Cream, Serve and Enjoy!

Pudding can be kept in fridge for up to 3 days.

FRUIT GRANITA

- 1 1/4 cup honey simple syrup **
- 4 cups Fresh Fruit, peeled, seeded and cut into pieces (melons, stone fruits berries or a mixture of any)
- 3 Tbs. fresh lemon juice

Simple Syrup

- ½ cup honey
- 1 cup warm water

1. Place water and honey in a saucepan over medium heat and heat just until honey is dissolved. *Notes: If using raw honey, do no heat water over 110 F to ensure you don't damage it's healthy bacteria.*
2. For sugar free version replace honey with tapioca syrup and add 1 - 1 1/2 teaspoons of pure monk fruit or stevia powder = 2 Tbsp of water.
3. Cool and pour into a squeeze bottle. This will keep for weeks on the counter or fridge.

Make the Granita Base

1. In a food processor, combine the fruit, lemon juice and simple syrup. Pulse a few times until the fruit is broken up and then process until a smooth puree forms, about 1 minute.

Freeze the Granita

1. Pour the fruit mixture into a 9-inch square stainless-steel pan or heavy glass dish. Freeze until the mixture is just frozen, about 1 hour. Using a fork, stir the granita to break up the ice crystals into clumps with a slushy texture. Return to the freezer and freeze until firm, but not solid, up to 1 hour.
2. Spoon the granita into individual glasses or bowls and serve immediately.

Alternately you can take the granita simple syrup mixture and pour it into popsicle molds, freeze and serve.

SALTED COCONUT FLAN

Caramel Ingredients:

- 1 cup honey, maple syrup or maple sugar
- 3 tsp flake salt

Filling Ingredients:

- 1 (12 oz) can evaporated milk
- 1 (12 oz) can sweetened condensed coconut milk
- 5 eggs
- 1/2 tbsp vanilla extract
- a pinch of flake salt

1. Place honey or maple syrup into a small saucepan over medium heat and heat stirring until it become a golden brown. If using maple sugar add 2 Tbsp water and leave until sugar melts then you should stir and heat until it becomes a golden caramel color. Once golden brown color is achieved, the Caramel is done. (Be sure to watch the color carefully, it can burn in an instant and then it will be bitter.)
2. Once entirely melted, quickly pour and spread caramel in large Pyrex heat resistant dish or individual heat resistant dishes. Sprinkle with flake salt.
3. Put all filling ingredients in blender and blend until velvety smooth. Pour this mixture into your Pyrex dishes (over the caramel and salt.)
4. Bake in water bath at 350 degrees for 45 minutes to an hour (depending on the size of your baking dish.) Allow time to cool completely.
5. Place in the refrigerator to cool for at least 1 hour
6. Using a knife, loosen the edges around your flan dish. Carefully flip the flan onto a plate, allowing the caramel to drizzle over the top. Garnish with optional toppings if desired and enjoy!

PALEO STYLE DOLE WHIP

- 2 cups frozen pineapple
 - 1/4 cup milk of choice or full fat coconut milk
 - 1/16 tsp salt
 - 2 tbsp sweetener of choice - honey, maple syrup or sugar, coconut sugar
 - * for sugar free 1/8 tsp to 1/4 tsp pure monk fruit or stevia powder or more if needed (not the granular kind mixed with erythritol)
 - 2 1/2 tsp lemon juice
1. Combine all ingredients in a blender or food processor until smooth.
 2. Scoop out with an ice cream scoop, or transfer to a pastry bag and pipe out for swirly soft serve.
 3. If you want the Dole Whip to hold its swirled shape longer, freeze twenty minutes before serving.

Sauces, Dressings & Seasonings

BLOOMING ONION DIPPING SAUCE
JAPANESE CABBAGE ROLLS DIPPING SAUCE
AVOCADO OIL MAYONNAISE
BASIC VINAIGRETTE

BLOOMING ONION DIPPING SAUCE

- 1/4 cup Paleo Mayo or homemade paleo mayo (recipe in condiments and seasonings)
- 1 TBS paleo ketchup
- 1.5 TBS horseradish
- 1/4 tsp paprika
- 1/4 tsp salt
- 1/4 tsp oregano
- 1/8 tsp cayenne pepper ground black pepper, to taste

1. Mix all ingredients in a bowl until well combined

JAPANESE CABBAGE ROLLS DIPPING SAUCE

- 1/4 c catsup
- 2 Tbsp coconut aminos
- 2 tsp vinegar (white, apple cider, coconut)

Alternate Dipping Sauce

- 1 c vinegar (white, apple cider, coconut)
- 2 Tbsp salt
- 2 Tbsp black pepper

1. Mix all ingredients well and set aside for at least 15 minutes for flavors to blend.

AVOCADO OIL MAYONNAISE ≈ 2 CUPS

- 2 eggs
 - 1/4 tsp salt
 - 1/8 tsp paprika
 - 1/4 tsp garlic powder
 - 1/4 tsp onion powder
 - 1/2 tsp dry mustard
 - 2 T white or apple cider vinegar
 - 2 Cups avocado Oil
1. Place all ingredients except oil in a container or jar of the blender on medium speed.
 2. Mix to combine
 3. Slowly add the oil while blending until all is incorporated and mayo has thickened slightly.
 4. It will thicken more in the fridge.

BASIC VINAIGRETTE ≈ 1 CUP

- 3/4 to 1 cup olive oil, extra-virgin olive oil, or any good-tasting oil
 - 1/4 cup good-tasting vinegar or lemon juice
 - 1/2 teaspoon salt
 - 1/8 to 1/4 teaspoon black pepper
 - Optional extras (choose 1 or 2, to taste): 1 minced shallot, 1 minced or grated garlic clove, 1/2 to 1 teaspoon grainy mustard, 1 to 2 tablespoons minced or powdered herbs, 1 to 2 tablespoons finely grated cheese if tolerated, 1/2 to 1 teaspoon honey
1. Measure all ingredients into a bowl, blender, or jar. If using a bowl, use a fork or whisk to rapidly blend the vinaigrette together. If using a jar, top with the lid and shake until the vinaigrette is combined. If using a blender, blend until the vinaigrette is thoroughly combined.
 2. At this point you should Taste the vinaigrette and adjust the to your taste
 3. To adjust the taste: Add more olive oil for a more mellow flavor, more vinegar or lemon juice for more tartness, and more of any of the other ingredients to taste. Whisk, shake, or blend to combine.
 4. Store the vinaigrette in an airtight container for 3 to 5 days in the refrigerator; shake to recombine the vinaigrette before using.



Drinks

DALGONA WHIPPED COFFEE

ICED MATCHA LATTE

SUMMER BLACKBERRY GINGER SWITCHEL

THE BEST SUMMERTIME LEMONADE

DALGONA WHIPPED COFFEE (ICED OR HOT)

Delicious fluffy whipped coffee at home in just under 10 minutes! Instructions for storing and freezing large batches is included too!

- 1/4 cup any brand Instant coffee or espresso (This recipe only works with instant coffee or espresso powder).
 - 1/4 cup coconut, maple sugar (can sub keto sweeteners)
 - 1/4 cup boiling water
1. Add the instant coffee, sugar, and water to a boil and whisk using a hand whisk or electric mixer for 5-7 minutes or until it is stiff and pale in color.
 2. Add 8oz cold or hot dairy or non dairy milk to a cup and top with 1-3 tablespoons of the coffee mixture and stir to combine.
 3. The mixture will be super strong but remember it will be diluted with the milk. For a stronger coffee, use less milk and more whipped coffee and more milk for a lighter coffee. Feel free to adjust the sweetener to taste!
 4. Notes: This is a 1:1:1 ratio recipe so If you only want to make 1 cup then you can use 1 tablespoon instant coffee, 1 tablespoon sugar, and 1 tablespoon boiling water. You can adjust the serving size to make as many servings as needed.

ICED MATCHA LATTE

- 2 teaspoon matcha powder*
 - 1/3 cup cold water
 - 1/2 cup unsweetened coconut milk (can use full fat or light)
 - 1 ½ Tablespoon honey syrup (recipe follows)
 - ice, for serving
1. Add mixing ball to bar shaker. Add matcha, water, coconut milk, and honey syrup. Cover shaker and shake for 10-15 seconds.
 2. Add a handful of ice. Continue to shake until the outside of the cocktail shaker is cold to the touch and the latte is foamy.
 3. Strain into a serving glass and add additional ice. Adjust sweetness according to preference.

Note: if you don't have a cocktail shaker a jar with a lid or blender bottle will do.

* Ingredient Notes: Use 100% matcha powder. Refrain from using matcha powders that are pre-mixed with sweeteners, milks, or stabilizers.

Makes 1 serving but can be multiplied as needed.

HONEY SIMPLE SYRUP

- 1 Tbsp honey
 - 1 1/2 tsp water
1. Set over medium heat and stir until honey has dissolved.
 2. Remove from heat and transfer to an airtight container. Keep at room temperature.

SUMMER BERRY GINGER SWITCHEL

This is a great summertime drink that may aid in lowering blood sugars, reduces cholesterol, boosts immunity, aids with digestion and regularity, and increases energy and vitality!

- 1/4 cup honey, maple syrup or molasses
 - For a sugar free version by adding 1/2 to 2 tsp pure powdered monk fruit or stevia. (Make sure it is not the granular kind mixed with erythritol.)
 - 1/4 cup apple cider vinegar
 - 1 2-inch piece of fresh ginger root (peeled and chopped)
 - 2 cups organic fresh berries (blackberries, raspberries, strawberries, any berries you choose)
 - 8 cups water
 - pinch finely ground real salt
1. Add all the ingredients to a saucepan and bring to a boil over medium-high heat. Turn down the heat to medium-low and simmer for about 15 minutes. Mash the berries into the liquid until softened, and continue simmering for another 5 minutes.
 2. Strain the Switchel through a fine mesh sieve and discard the solids. Refrigerate overnight. Serve cold over ice with a splash of sparkling water.

THE BEST SUMMERTIME LEMONADE

Lemonade is the most versatile beverage I know, you can dress it up with muddled fresh or frozen fruit, freeze it and add some coconut milk and make it make it into a creamy lemon drink, or just drink it plain, no matter how you make it Lemonade is the best ever summertime drink!

- 4 1/2 cups filtered water
- 1/4-1/2 cup organic raw honey or a light grade maple syrup. (If you want a sugar free version use 1 - 2 tsp or more if desired of pure powdered monk fruit or stevia not the granular kind mixed with erythritol)
- 1 to 1 1/2 cup freshly squeezed lemon juice
- 2 to 4 Tbsp apple cider vinegar

1. Place all ingredients in a large pitcher or container and mix everything together, start off with 1/4 cup of sweetener and add more sweetener, if needed.
2. Once everything is thoroughly mixed and the honey incorporated then just chill and serve.

Try making variations using Fresh fruit - Strawberries, Raspberries, Blackberries, Blueberries, melons, Peaches or Nectarines, you can use any fruit you think you will like.

Just add 1/2 cup or more of fresh fruit of your choice and mash them a bit to release the juices.

I like to add a bit of fresh ginger juice to it as well. (I always have some fresh ginger juice on hand in the fridge). Just be careful though, ginger juice can be a bit overpowering so start off with a Tbsp in this recipe and work your way up from there.

You can also make this recipe with Sparkling water instead of plain for a refreshing sparkling drink.

Natural Household Items

**DIY SUNSCREEN
SCOURING POWDER
CARPET FRESHENER
POWDERED "SOAP LESS" LAUNDRY SOAP
NATURAL FABRIC SOFTENER**

DIY SUNSCREEN

- ½ cup almond or olive oil
- ¼ cup coconut oil (has a natural SPF 4)
- ¼ cup beeswax
- 2 Tablespoons non-nano Zinc Oxide - you can find this on amazon (avoid inhalation)
- Optional additions to boost the SPF: up to 1 teaspoon of Red Raspberry Seed Oil, Carrot Seed Oil, and Vitamin E Oil, and 2 tablespoons Shea Butter (natural SPF 4-5)
- Optional fragrance additions: Essential Oils (avoid citrus-based essential oils, which are photosensitive), Vanilla Extract (Not recommended for use on young children.)

SCOURING POWDER

This is the method I love for cleaning stains from the counter top and sink to cleaning and scouring pots and pans, but be sure to check manufactures cleaning recommendation for using scouring powder as it may scratch.

- 1 cup baking soda
 - 1/2 cup salt (regular table salt, cheapest you can find)
 - a jar with holes in the lid
 - liquid soap
1. Sprinkle the baking soda on the surface to be cleaned and using a wet soapy sponge scrub the area until cleaned.
 - 2.
 3. Tip: I keep a small spice jar by my kitchen sink. This is the method I love for cleaning stains from the counter top and sink to cleaning and scouring pots and pans, but be sure to check manufactures cleaning recommendation for using scouring powder as it may scratch.

CARPET FRESHENER

Smells and odors get trapped in fabric and carpet so I use this about once a month to keep my carpets smelling fresh and clean

- 1 cup Baking Soda
 - 5 drops Essential Oil (optional, but adds a nice scent)
 - Cheese Shaker, recycled spice jar or mason jar with holes in the lid.
1. Add baking soda to the jar.
 2. Add about 5 drops of essential oils.
 3. Stir to combine
 4. Sprinkle evenly on your carpet, wait 5-10 minutes, then vacuum as usual.

POWDER “SOAP-LESS” LAUNDRY SOAP

Soap nuts actually aren't a nut, they're a berry that is harvested from trees that grow in the Himalayas. They are in the Sapindaceae, or soapberry, family, and they are related to lychee. However, when they dry, they form a hard shell that resembles a nut, thus the name. They should not cause problems for those who suffer from nut allergies.

The berries contain saponin, a natural surfactant that is released when the shell absorbs water. So when you throw soap nut shells into a load of laundry, the surfactant nature of the saponin breaks the surface tension of the water and penetrates the fibers of the material, lifting dirt, oils, and stains from your clothing to be rinsed away.

- 4 to 6 soap nuts
 - 1 muslin bag large enough to hold soap nuts
 - A few drops of essential oil of choice
1. Secure 4 to 6 organic soap nut shells in the cotton muslin bag (this will be sufficient for one load of laundry).
 2. Add essential oils if using and knot the drawstring tightly or baste the bag closed to keep the soap nuts inside.
 3. Start your wash cycle.
 4. Put your clothes and the muslin bag in the washer.
 5. Wash as normal. So easy!
 6. Only use deseeded soap nut shells, because the seed itself can stain fabric.
 7. The wash water will smell a bit like apple cider, but if you want a burst of fragrance, add a few drops of organic essential oils of your choice to the bag.

****A bag of soap nuts can be reused several times before it “wears out.” If the soap nuts are mushy and gray, it's time to compost the bag and start fresh.**

NATURAL FABRIC SOFTENER

Here is something to keep your washer from getting that slimy build up from commercial fabric softeners and keep your was fresh.

Vinegar is a great fabric softener, it makes wool and cotton fabrics extra soft and fluffy, removes soap residue, and breaks up oils and grease. It also dissolves uric acid, making it suitable even for baby diapers! You can also add essential oils to harness the aromatics of your choosing.

- 1 quart organic white vinegar
- 10-20 drops essential oil(s) of choice.

Some favorites: cedarwood, eucalyptus, geranium, grapefruit, lavender, lemon, lemongrass, lime, mandarin, peppermint, rosemary, sage, spearmint, sweet orange, tangerine, tea tree, or ylang ylang

1. Fill a quart size mason jar with vinegar
2. Add essential oils to the jar and label.
3. Shake well before using.
4. For regular or small loads, add 1/2 cup during the rinse cycle, and for large loads add 1 cup.



Thank you!

Thank you for purchasing my first cookbook. I hope these recipes bring you joy. Find more Paleo recipes on snackinfree.com

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