

MINI CRUSTLESS QUICHE CUPS

INGREDIENTS

6 eggs
3 tablespoons almond or coconut milk
 $\frac{3}{4}$ cup finely chopped spinach
Lightly sauteed chopped peppers (optional)
1 cup goat cheese, shredded
Dash of salt and pepper

INSTRUCTIONS

Preheat oven to 350F (180C) and grease a 24 mini muffin pan.
In a large bowl, whisk eggs, milk, salt and pepper . Add in chopped spinach, shredded cheese, and peppers. Give it a quick mix to combine all ingredients. Distribute egg mixture evenly into lightly sprayed muffin pan cups. Bake in the preheated oven for 15-18 minutes. Makes 24 mini muffins.

PALEO CHOCOLATE CREPES

By: redandhoney.com

4 eggs, organic and free-range
1/4 c. cocoa or cacao powder
1/8 cup pure, Grade B maple syrup
1/2 tsp organic vanilla

Mix all ingredients with hand mixer. Lightly spray small sautee pan and heat on low heat. Pour a small amount of batter into hot pan (just enough to cover the bottom of pan). When mostly cooked, flip and cook the other side (about a minute). Remove from heat. Serve with nut butter and thin banana slices. They can also be topped with a small amount of maple syrup if desired.

COCONUT FLOUR DONUTS

By: Comfybelly.com

Ingredients (makes 6-8 donuts or cupcakes)
1/2 cup of coconut flour
1/4 teaspoon of sea salt
1/4 teaspoon of baking soda
6 eggs
1/2 cup of honey (or other liquid sweetener)
1 tablespoon of vanilla
1/2 cup of unsalted butter, melted (coconut oil, or regular oil will work as well)
Method

Preheat oven to 350 degrees F.

Blend all the dry ingredients together in a bowl.

Using a whisk, or mixer on a low setting, blend in all the wet ingredients into the dry ingredients.

Mix until well-blended.

Fill donut pan circles about 2/3 of the way full with batter.

Bake for about 20 minutes, or until a toothpick comes out clean.

Honey-dipped, toasted coconut topping

Warm a few tablespoons of honey in a saucer. Toast some coconut flakes for about 5 minutes at 300 degrees F. Dip each donut in the honey and then in the toasted coconut.

HOMEMADE HEALTHY BREAKFAST “SAUSAGE”

By: jaysbakingmecrazy.com

1 pound organic ground chicken or turkey (read labels to make sure there's no added ingredients)

1 teaspoon salt

½ teaspoon cracked pepper

1 teaspoon dried sage

¼ teaspoon fennel

1 teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon red pepper flakes

1 tablespoon coconut oil for cooking

INSTRUCTIONS

Place coconut oil in a medium frying pan.

Add chicken, salt, pepper, sage, fennel, onion powder, garlic powder, and red pepper flakes.

Mix together and cook over medium heat until fully cooked through. About 5-7 minutes.

Eat or use as desired.

GRAIN FREE SANDWICH BREAD (Paleo and SCD)

AUTHOR: Danielle Walker - AgainstAllGrain.com

SERVES: makes 1 8.5x4.5 loaf

INGREDIENTS:

1 cup smooth [raw cashew butter](#) at room temperature

4 large eggs, separated (mine weighed about 9 ounces in their shells)

½ to 2 tablespoons [honey](#) (use 2tbl if you plan to use it for sweeter dishes like french toast)

2.5 teaspoons apple cider vinegar

¼ cup almond milk

¼ cup [coconut flour](#)

1 teaspoon [baking soda](#)

½ teaspoon [sea salt](#)

INSTRUCTIONS:

Preheat your oven to 300 degrees. For a white colored loaf as in the photo, place a small dish of water on the bottom rack.

Line the bottom of an 8.5x4.5 glass loaf pan with parchment paper, then spread a very thin coating of coconut oil on the sides of the pan.

Beat the cashew butter with the egg yolks, then add the honey, vinegar, and milk. I've done this with both electric hand beaters and a stand mixer and both seem to work equally as well. I would not try to make this by hand due to the stickiness of the butter.

Beat the egg whites in a separate bowl until peaks form. I used an electric hand mixer, but if you want a bicep workout, you can also do it by hand.

Combine the dry ingredients in another small bowl. Sorry for all of the dishes!

Make sure your oven is completely preheated before adding the egg whites and the dry ingredients to the cashew butter mixture. You don't want your whites to fall, and the baking soda will activate once it hits the eggs and vinegar.

Pour the dry ingredients into the wet ingredients, and beat until combined. This will result in more of a wet batter than a dough. Make sure to get all of the sticky butter mixture off of the bottom of the bowl so you don't end up with clumps.

Pour the beaten egg whites into the cashew butter mixture, beating again until just combined. You don't have to be gentle with this, but don't over mix.

Pour the batter into the prepared loaf pan, then immediately put it into the oven.

Bake for 45-50 minutes, until the top is golden brown and a toothpick comes out clean.

Don't be tempted to open the oven door anytime before 40 minutes, as this will allow the steam to escape and you will not get a properly risen loaf.

Remove from the oven, then let cool for 15-20 minutes. Use a knife to free the sides from the loaf pan, then flip it upside down and release the loaf onto a cooling rack. Cool right-side up for an hour before serving.

Wrap the loaf up tightly and store in the fridge for 1 week. I actually think the loaf gets better as the days go on.

HOMEMADE ALMOND MILK

4 c. water

1/2 c. soaked almonds

3 pitted dates

Blend on high. Strain with cheesecloth if desired.

For chocolate milk, add 3 additional dates and 1/4 c. cocoa powder.