



Da Vinci Holistic Health Centre

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These are suggestions for eating and cooking during the Da Vinci Candida protocol. If there are foods that you are intolerant to in these suggestions, simply remove them and substitute with something else.

BREAKFAST

Low-Carb Zucchini Bread

Ingredients:

2½ cups blanched almond flour (not almond meal)
1 teaspoon ground cinnamon
½ teaspoon sea salt
½ teaspoon baking soda
4 large eggs
½ teaspoon vanilla stevia
8 ounces zucchini, grated

Method:

In a food processor, combine almond flour, cinnamon, salt, and baking soda
Pulse in eggs, and stevia
Remove s-blade and stir in zucchini by hand
Transfer batter to a greased 9 x 5 inch baking dish
Bake at 350° for 1 hour
Cool for 1 hour
Serve

Low-Carb Cornbread

Ingredients:

2 cups blanched almond flour (not almond meal)
¼ cup golden flaxmeal
½ teaspoon baking soda
½ teaspoon sea salt
2 tablespoons apple cider vinegar
5 large eggs

Method:

In a food processor combine almond flour, flaxmeal, baking soda, and salt
Pulse in apple cider vinegar and eggs
Transfer batter to a greased 8" cast iron skillet
Bake at 350° for 20-25 minutes
Serve

Paleo Bread

Ingredients:

2 cups blanched almond flour (not almond meal)
2 tablespoons coconut flour
¼ cup golden flaxmeal
½ teaspoon sea salt
½ teaspoon baking soda

5 large eggs
1 tablespoon apple cider vinegar

Method:

Pulse almond flour, coconut flour, flax, salt, and baking soda in a food processor
Pulse in eggs and vinegar, until combined
Transfer batter to a greased 7.5 x 3.5 magic line loaf pan or 7.5 x 3.75 fox run pan
Bake at 350° for 30 minutes
Cool in the pan for 2 hours

Grain-Free, Egg-Free, Dairy-Free, Yeast-Free, Sugar-Free Sandwich Loaf

Ingredient

Coconut oil, for greasing the pan (optional)
2/3 cup (160 ml) spaghetti squash purée (see tip)
3/4 cup (180 ml) vegetable broth or stock
1/2 cup (120 ml) smooth natural almond butter, tahini, or sunflower seed butter (see note)
5 drops plain pure liquid stevia (optional; it brings out the flavors)
3 Tbsp (45 ml) finely ground flaxseeds
3 Tbsp (45 ml) whole psyllium husks (not powder)
1 cup plus 1 Tbsp (150 g) raw pumpkin seeds
2-1/2 tsp (12.5 ml) baking powder
1-1/4 tsp (6 ml) baking soda
1/4 to 1/2 tsp (1 to 2.5 ml) fine sea salt
2/3 cup (65 g) chickpea flour

Preheat the oven to 325°F (170°C). Line an 8-inch (20 cm) loaf pan with parchment, or grease with coconut oil.

Method:

In a medium-size bowl, whisk together the squash, vinegar, broth, almond butter, and stevia. Set aside.
In the bowl of a food processor, blend the flax, psyllium, pumpkin seeds, baking powder, baking soda, salt, and chickpea flour until the mixture resembles a powder. There should be no pieces of pumpkin seed larger than a bread crumb.

Pour the liquid ingredients over the dry ingredients in the processor and blend just to combine; do not overmix. The mixture may begin to fizz and expand a bit.

Immediately transfer to the prepared loaf pan and very gently smooth the top. Allow to sit undisturbed for 5 minutes. After 5 minutes, bake the loaf for 70 to 80 minutes, rotating the pan about halfway through, until a tester inserted in the middle comes out clean and the top is very well browned. Let cool completely before removing from the pan and slicing. Makes one loaf. May be frozen.

Note: This recipe will work with sunflower seed butter, but the final loaf may turn green because compounds in the seeds react with heat. It doesn't affect the taste or nutritional value but may be a slight deterrent visually.

Tip:

To bake spaghetti squash, place the whole squash on a parchment-lined cookie sheet in a preheated 400°F (200°C) oven for about an hour, until the skin just begins to brown and a knife can be inserted easily. Remove from the oven and allow to cool completely, then cut in half lengthwise and scoop out all the seeds. Scoop the flesh from the skin and then puree the baked flesh in a food processor or blender until perfectly smooth. Any leftover squash puree can be frozen for up to 6 months.

Paleo Porridge

Ingredients:

2 tablespoons unsweetened shredded coconut
1 tablespoon pumpkin seeds
1 tablespoon flax seeds
1 tablespoon chia seeds
¼ cup walnuts

1 teaspoon ground cinnamon
¼ teaspoon sea salt (I like things super salty so you may want to reduce this)
1 cup boiling water

Method:

1. Combine all dry ingredients in a mixer
2. Blend until finely ground
3. Pour boiling water into mixer, cover with lid
4. Blend very carefully starting on low setting, then moving to high, until porridge is smooth
5. Transfer porridge to a bowl
6. Garnish with raisins, sunflower seeds or treats of your choice
7. Serve

Buckwheat Porridge

Ingredients:

½ cup roasted buckwheat, 2 tablespoons chia seed or flaxseed
1 cup your choice milk
(almond, coconut, dairy, rice, soy, seed)
1 cup water (see notes)
1 teaspoon vanilla
pinch cinnamon
1 red apple – grated (can be introduced after 6 six into Candida protocol)

Method:

Combine the buckwheat, chia, milk, muscatels, vanilla and cinnamon into a bowl.
Sit overnight in the fridge to allow seeds to soften.
Add 1 grated apple and cook over a low heat for 5 minutes until thick and creamy. Add more water or milk if needed.
Replace extra cup of water with 1 cup your choice milk for a creamier porridge.

Soft Serve Vegan Overnight Oat Parfait

Ingredients:

1/3 cup (35 g) gluten-free old-fashioned whole rolled oats (not instant or quick cook)
2 Tbsp (30 ml) chia seeds
1 to 1-1/4 cups (240-300 ml) plain or vanilla soy, rice, or almond milk
5-10 drops plain liquid stevia, to your taste
1 tsp (5 ml) cinnamon

For the overnight oats, place all ingredients in a bowl and stir well. Cover with plastic wrap and place in refrigerator overnight.

Homemade Graham Crackers

Ingredients:

2 tsp. organic vanilla extract
2 tsp. organic cinnamon
1 tsp. non-aluminum baking powder
1 large pastured egg
2 Tbsp. organic virgin coconut oil, melted
1 ½ c. ground organic almond flour
8 Tbsp. organic flax seed meal

1 Tsp. stevia
¼ tsp. sea salt

Method:

1. Preheat oven to 225 degrees F.
2. In a medium bowl, combine almond meal, flax seed meal, cinnamon, baking powder and salt. Mix well.
3. Add in coconut oil, egg, stevia and vanilla and stir to form a dough.
4. Transfer to freezer and chill 10 minutes.
5. Place chilled dough on a sheet of unbleached parchment paper. Top dough with another sheet. Roll out dough between sheets of parchment to ⅛ inch thick. Make sure dough is of even thickness on interior and edges to prevent burning.
6. Remove top layer of parchment. With a sharp knife, score dough into 2 inch crackers.
7. Place parchment paper on cookie sheet and transfer to the oven.
8. Bake one hour or until firm and edges are crispy. Turn off oven and leave crackers in oven another half hour to an hour.

Paleo Breakfast Popovers

Ingredients:

4 large eggs
8 Tbsp. Organic Classic Coconut Milk
¼ tsp. Sea Salt
2 Tbsp. 1 Organic Coconut Flour

Method:

1. Preheat your oven to 425 degrees F.
2. Put all ingredients in a bowl and stir until well combined.
3. Line a muffin tin with muffin liners and fill them about ⅔ full.
4. Put in the oven and bake for 20 minutes, or until tops are lightly browned. Do not open the oven door or they may collapse.
5. Allow to cool slightly before enjoying.

German One Pan Pancakes

Ingredients:

4 Tbsp. virgin coconut oil
1 cup. almond meal
¼ tsp. Sea Salt
12 large eggs, beaten
1 cup. fresh shredded, unsweetened coconut
1 tsp. Cinnamon

Method:

1. Preheat oven to 325 degrees F.
2. Put the coconut oil in an 11x13 baking dish and put in the oven for about 5 minutes, until melted.
3. Combine the rest of the ingredients in a large mixing bowl and pour into the hot pan.
4. Bake for 15-20 minutes until the center is cracked and the sides are pulling away from the pan.

Healthy Frappuccinos (Sugar Free, Dairy Free)

Ingredients:

1cup. Pacific Organic Unsweetened Almond Milk (Plain)
2 tsp. instant decaf organic coffee
pinch Sea Salt

½ tsp. organic vanilla extract
½ Tbsp. Raw Chia Seeds
10 drops Liquid Stevia (more or less, according to preference)

Method:

1. Add chia seeds to almond milk and soak for 10 minutes. (Chia will gel).
2. Add chia-almond milk mixture to a high powered blender with other ingredients. Blend on high for minute.
3. Pour into an ice cube tray and transfer to freezer. Freeze for 1 hour.
4. Pop the cubes out of the containers and thaw slightly. (NOTE: Only thaw what you want to use immediately)
5. Place cubes in blender and blend to desired consistency.

No-Bake Snackin' Orbs

Ingredients:

2 Tbsp (30 ml) coconut flour
1/2 cup rice based protein powder
1/8-1/4 tsp (.25 ml to .5 ml) stevia powder or more, to your taste, depending on how sweet your rice protein is
1/2 tsp (2.5 ml) cinnamon, optional
1/2 cup (120 ml) finely ground flax seeds or flax seed meal
2 Tbsp sesame seeds (or use hemp seeds)
1/2 cup (120 ml) pumpkin seeds (or use sunflower seeds or unsweetened dried shredded coconut)
1/2 cup (120 ml) nut or seed butter (natural almond, hazelnut, walnut, sunflower, pumpkinseed, etc.)
2 Tbsp (30 ml) unrefined coconut oil, preferably organic
1 tsp (5 ml) pure vanilla extract (or use 1/2 tsp/2.5 ml almond extract)
3/4 cup (180 ml) water or unsweetened milk alternative (soy, almond or rice), or a bit more, as needed

Method:

In a medium bowl, sift together the coconut flour, protein powder, carob powder, stevia and cinnamon, if using. Add the flax, sesame seeds, pumpkin seeds and carob chips, if using, and stir to distribute the seeds and chips evenly.

In a small, heavy-bottomed pot melt together the nut butter and coconut oil over very low heat, stirring constantly. Remove from heat and stir in the vanilla and water until smooth. Pour the nut mixture over the dry ingredients and stir well to combine; it should come together and be slightly moist and smooth, like a cookie dough.

Using a small ice cream scoop or teaspoon, scoop the dough and form into balls. Place on a plate in the refrigerator until chilled and firm, then store in an airtight container in the refrigerator until ready to eat. Alternately, press into a greased or parchment paper-lined 8 or 9 inch (20-22.5 cm) square pan; refrigerate until firm and then cut into bars.

Paleo Crepes

Ingredients:

2 tablespoons coconut flour
4 large eggs
1 tablespoon coconut oil, melted over very low heat
½ cup water
2 tablespoons coconut oil, for cooking

Method:

1. In a food processor, pulse together coconut flour and eggs
2. Add 1 tablespoon of coconut oil and water and pulse until thoroughly combined
3. Heat 1 teaspoon of the coconut oil in an 8-inch frying pan over medium-low heat

4. Scoop ¼ cup of the batter onto the skillet to spread the batter to the edges of the pan
5. Cook until small bubbles form and burst on the surface of the crepe, then flip and cook the other side, 4 to 5 minutes total
6. Transfer the crepe to a plate
7. Repeat the process with the remaining oil and batter, then serve

Paleo Focaccia Bread

Ingredients:

7 Tbsp. Creamed Coconut
 4 Tbsp. organic virgin coconut oil
 ½ Tbsp. organic dried basil
 10 small organic olives, sliced
 ½ tsp. sea salt
 ¾ tsp. baking soda
 5 large eggs
 2 tsp. garlic powder
 5 pieces Mediterranean Organic Sundried Tomatoes

Method:

1. Soften creamed coconut by placing packet in a bowl of warm water. Work with your hands to create a pourable consistency.
2. Preheat oven to 300 F and lightly grease a 9” round cake pan (preferably stoneware).
3. Add eggs, melted coconut oil, creamed coconut, sea salt and baking soda to a blender. Blend until very smooth (no lumps!).
4. Pour batter into a medium mixing bowl and fold in herbs and olives.
5. Pour into greased pan. Top with sliced sun-dried tomatoes.
6. Transfer to oven and bake 40-50 minutes until golden brown and firm.
7. Serve with a dipping oil made with high quality organic extra virgin olive oil, minced garlic and herbs, to taste

MEALS

Lamb Burgers with Kalamata Olives and Mint Gremolata

Ingredients:

½ tsp. sea salt
 ½ tsp. dried organic oregano
 ½ tsp. freshly ground black pepper
 ¼ c. fresh parsley, chopped
 1 whole organic lemon, juice and zest
 8 Tbsp. fresh mint, chopped
 ⅓ cup. kalamata olives, chopped
 1 Tbsp. organic extra virgin olive oil
 1 ½ pounds grass-fed ground lamb

Method:

First, prepare gremolata by combining mint, parsley, garlic, lemon juice and zest. Set aside.
 Prepare grill or grill pan to medium-high.
 In a large bowl, combine the lamb, olives, salt, pepper and oregano. Form patties that are ½ inch thick.
 Cook the burgers for 3-4 minutes per side if using grill/grill pan, or 6-8 minutes total at 350 degrees F.
 Serve with gremolata.

Warm roasted vegetable salad

Ingredients:

500g baby potatoes, washed, halved
 500g sweet potato, peeled, cut into 4cm pieces

4 garlic cloves, peeled
2 tablespoons extra virgin olive oil
1 large (185g) red pepper, thickly sliced
1 large (180g) red onion, cut into thick wedges
1/4 cup toasted pine nuts
80g baby rocket leaves
Dressing
2 tablespoons lemon juice
1/4 cup extra virgin olive oil
2 teaspoons wholegrain mustard
2 tablespoons chopped fresh oregano leaves

Method:

Preheat oven to 220°C/200°C fan-forced. Place potato, sweet potato, garlic and oil in a bowl. Toss well to combine. Place mixture, in a single layer, onto a large oven tray. Season with salt and pepper. Roast for 20 minutes.

Turn potato and sweet potato. Add pepper and red onion to tray. Roast for 15 minutes then add pinenuts to vegetables to roast for a further 5 minutes or until vegetables are browned and tender. Set aside for 10 minutes to cool slightly.

Meanwhile make dressing. Place lemon juice, oil, mustard and oregano in a screw-top jar. Secure lid. Shake well to combine.

Place rocket, pine nuts and vegetables in a large bowl. Pour over dressing. Toss gently to combine. Serve.

Ginger Carrot Soup Recipe

Ingredients:

1 tbsp Coconut Butter
1 Big sized Carrot
2 inch piece Ginger
½ Big Onion
5 small cloves Garlic
1 Bay Leaf
1 inch piece Cinnamon
Salt as needed
2 Cups Water or vegetable stock (yeast free)

Method:

Wash and chop the carrots into slices. Chop onions, ginger and garlic cloves. Heat a pressure cooker bas adding 1 tbsp of coconut butter (Use butter for best taste, you can use olive oil). Sauté bay leaf and cinnamon for a second. Add the chopped onions, ginger, garlic and carrot pieces. Sauté for a minute

Lastly add 2 cups of water and required salt. Cook on low flame until carrots are done. Drain the excess water in a bowl.

Take out the bay leaf and cinnamon from the cooked mixture and add it to the drained water.

Let the carrot mixture cool down. Grind them into a smooth paste adding reserved water. Strain the ground paste using a metal strainer. Use a spoon and mix well to strain it thoroughly. It will look like a paste while you strain. Add it to the reserved water and boil the soup for a few minutes adding salt and pepper powder. Add little water if necessary

Quinoa Frittata

For the Frittata:

1/2 large onion, chopped
2 cloves garlic, minced
2 Tbsp (30 ml) extra virgin olive oil, preferably organic

2 cups (480 ml) cooked quinoa
1/2 medium green or yellow zucchini, diced
1 medium tomato, diced
1/4 cup (60 ml) parsley, chopped
>1/2 cup (120 ml) chickpea flour
2/3 cup (160 ml) vegetable stock or broth (yeast free)
Fine sea salt, to taste
2 tsp (10 ml) Spicy No Salt seasoning; or use your favorite spicy multi-seasoning blend*

For the Lemon Tahini Sauce:

2 Tbsp (30 ml) tahini (sesame paste)
2 Tbsp (30 ml) fresh lemon juice
1 small clove garlic, minced
water, as needed

Make the frittata: In a large nonstick frypan, cook the onion and garlic with the oil over medium heat until the onion is translucent.

Meanwhile, in a medium bowl, mix together the quinoa, zucchini, tomato and parsley. Once the onion is cooked, add the onion mixture (along with any oil left in the pan) to the bowl and stir to mix.

In a small bowl, whisk the flour with the broth until smooth. Pour over the quinoa mixture and stir to coat everything evenly.

Reheat the pan over medium heat (you may want to brush the pan with additional oil). Spread the mixture evenly to fill the pan, and smooth the top. Allow to cook undisturbed at least 10-12 minutes before checking the bottom. It should be very brown, with a thick crust. Here's where you'll need to be patient! If you try to flip the frittata before the crust is formed, it will fall apart.

To make flipping it easier, you can cut the frittata into 4 equal wedges, and flip each one at a time. Continue to cook another 10-15 minutes, until the other side is equally browned. Serve with Lemon Tahini Sauce. May be frozen.

While the frittata cooks, make the Lemon Tahini Sauce: In a small bowl, whisk all ingredients until smooth. Add water about a tablespoon at a time until desired consistency is reached. Makes 1/4 cup (60 ml) sauce.

Gingered Potatoes with Browned Onions and Tomatoes

Ingredients:

1 Tbsp (15 ml) extra virgin olive oil, preferably organic
1 tsp (5 ml) black mustard seeds
1 tsp (5 ml) cumin seeds (or additional 1/2 tsp/2.5 ml ground cumin)
1 pound (450 g) potatoes, scrubbed and diced
1 onion, diced
1/2 tsp (2.5 ml) ground turmeric
1 Tbsp (15 ml) ground coriander
1 tsp (5 ml) ground cumin
1/2 tsp (2.5 ml) mild chili powder
1/2 cup (120 ml) vegetable broth or stock (yeast free)
1-inch (2.5 cm) piece of ginger, peeled and cut into thin julienne strips
1/2-1 tsp (2.5-5 ml) fine sea salt, to your taste
5-10 drops pure stevia liquid, to your taste
1 medium tomato, diced
1 Tbsp (15 ml) fresh lemon juice
chopped fresh cilantro, to garnish

Method:

In a large frypan or wok, heat the oil over medium heat. Add the mustard seeds and cook until they begin to crackle and pop, a minute or two; then add the cumin seeds and cook another minute. Add the potatoes, onion and remaining spices. Cover and cook over medium-low heat, stirring occasionally, until the onions are soft and translucent, 8-10 minutes. Add the broth and cover once more; cook an additional 5-10 minutes, until the liquid is evaporated, the onions are golden and the potatoes are just soft.

Add the ginger, salt, stevia, and tomato, and stir to combine. Lower heat, replace the cover, and cook a further 4-5 minutes, until everything is heated through. Stir in the lemon juice, garnish with cilantro, and serve. Makes 4-6 servings.

Stuffed Peppers

Ingredients:

6-8 sweet bell peppers (green, orange, red or yellow)
2x 4 oz.cans diced green chilies
1 pound ground turkey
1 cup cilantro, finely chopped
½ cup onion, finely chopped
2 teaspoons cumin
1 teaspoon chili powder
1 teaspoon sea salt

Method:

In a medium sized bowl mix diced chiles with turkey, cilantro, onion, cumin, chili powder and salt
Cut the tops off of the peppers and set aside

1. Place peppers in an 7 x 11 inch baking dish
2. Stuff the peppers with the turkey mixture; place tops on peppers to close
3. Bake at 350° for 1 hour

Paprika Rice

Ingredients:

1 1/2 cups brown basmati rice
1/2 medium yellow onion, finely chopped
1 celery stalk, finely chopped
1 small carrot, peeled and finely chopped
6 small garlic cloves, peeled and minced
3 cups water, broth, or mix (I did half and half)
3/4 tsp unrefined salt
2 Tbsp extra virgin olive oil
1 1/2 tsp smoked Spanish paprika
1 tsp ground cumin
1/2 tsp ground coriander
2-3 Tbsp finely chopped cilantro, or more to taste
unrefined salt and freshly cracked pepper, to taste

Optional garnishes: extra virgin olive oil, chopped cilantro, smoked Spanish paprika
Soak rice in 6 cups of water for 6-12 hours.

Method:

Drain rice in a fine colander, and discard water. Rinse rice very well. Place rice in a rice cooker with vegetables, broth/water, olive oil, salt, smoked paprika, cumin, and coriander. Stir together, then place cover on rice cooker and cook per manufacturer's recommendation.

If you don't have a rice cooker, do the same thing but place in a pot on the stovetop. Bring to a boil, then cover and reduce to a simmer. Let cook about 45 minutes, until liquid is absorbed and rice is tender.

Remove cover and toss rice with a fork. Add fresh cilantro to hot rice and stir, seasoning with salt and freshly cracked pepper to taste. Transfer to a serving bowl, and if desired, drizzle with olive oil and garnish with additional chopped fresh cilantro and a dusting of smoked paprika. Serve.

Store leftovers in a well-sealed container in the refrigerator for up to 5 days.

Spicy Slaw

Ingredients:

½ head purple cabbage, shredded
1 bunch cilantro, finely chopped
1 carrot, grated
1 jalapeño pepper, seeded and minced
1 teaspoon minced ginger
2 limes, juiced
2 tablespoons olive oil
7 drops stevia
teaspoon sea salt

Method:

1. Place the cabbage, cilantro, carrot, jalapeño and ginger in a large bowl
2. Toss veggies with lime, olive oil and stevia, then sprinkle with salt
3. Serve

Paleo Pork Mole Verde (Low Carb, High Protein)

Ingredients:

6 medium tomatillos, husked, cored, halved
6 cloves organic garlic, peeled
½ cup raw pumpkin seeds
1 tsp. cumin seeds
1 cup organic cilantro
1 Tbsp. virgin coconut oil
2 tsp. dried organic oregano
1 kilo pastured pork tenderloin
1 medium organic onion, chopped
1 whole organic jalapeno, halved

Method:

1. Preheat oven to 425 degrees F. Grease a baking sheet. Place tomatillos, onion, jalapeno and garlic on baking sheet and roast 25 minutes. Remove from oven and set aside.
2. Place an enameled cast iron skillet over medium heat. Add the cumin and pumpkin seeds to the skillet and toast, shaking the pan periodically, for 5 minutes. Pour toasted seeds over roasted vegetables and stir to combine. Stir in ½ cup chopped cilantro and oregano.
3. Return pan to heat and add coconut oil. When shimmering, add the pork chunks, keeping space between each piece to ensure a good sear (crowding will cause pork to steam). Sear pork chunks on both sides, transfer to a plate. Continue with remaining pork in batches.
4. Return seared pork to pan and top with vegetable mixture. Cook over medium-low heat until pork is cooked through (145 degrees F). Season with high quality sea salt and freshly ground black pepper
5. Serve with remaining cilantro.

Whole Roasted Cauliflower with Indian Spice

Ingredients:

1 head organic cauliflower
1 Tbsp. organic cumin
1 Tbsp. organic garlic powder
2 tsp. organic turmeric
2 Tbsp. organic chili powder

2 tsp. sea salt
1 Tbsp. organic lime juice
¼ cups organic coconut milk
½ tsp. organic black pepper

Method:

1. Preheat the oven to 400 degrees F. Grease a small baking sheet with coconut oil.
2. Trim the base of the cauliflower, removing the woody stem and green leaves.
3. In a wide medium bowl, combine the coconut milk with the salt, pepper, spices, lime zest and juice.
4. Holding the cauliflower by its base, dunk the cauliflower into the bowl, using your hands to coat the entire head.
5. Place the cauliflower on the prepared baking sheet. Transfer to the oven and roast 40 minutes, or until exterior is dry to the touch.
6. Let the cauliflower cool slightly, then slice into wedges.

Roasted Cauliflower Carrots and Zucchini

Ingredients:

1 head cauliflower
1 medium zucchini
6 carrots
2 tablespoons olive oil
½ teaspoon sea salt
½ teaspoon pepper
5 sprigs fresh rosemary

Method:

1. Chop cauliflower into florets
2. Chop zucchini into ½-inch slices
3. Chop the carrots on the diagonal into ½ inch slices
4. Place vegetables in a large bowl
5. Toss with oil, salt and pepper
6. Transfer vegetables to a large baking sheet
7. Roast at 350° for 30 minutes
8. Remove from oven and stir vegetables on baking sheets
9. Scatter rosemary sprigs over vegetables
10. Bake for 10 additional minutes
11. Serve

Roasted Butternut Squash

Ingredients:

1 butternut squash
1 teaspoon coconut oil

Method:

1. Using a big knife, cut the squash in half
2. Scoop out seeds and discard, or save for later use
3. Rub inside and out of squash with coconut oil
4. Place face down on a metal baking sheet
5. Bake at 350° for 40 to 60 minutes, or until tender
6. Serve

Paleo Rice

Ingredients:

2 tablespoons olive oil
4 cloves garlic, minced
1 cup white onion, diced
2 celery stalks, chopped
1 cup green pepper, diced
1 cup red pepper, diced
1 bunch scallions, chopped
3 cups cauliflower, riced with your food processor or box grated
1 teaspoon fresh thyme
1 bay leaf
½ teaspoon sea salt
½ teaspoon pepper
¼ teaspoon chili powder
½ teaspoon cumin
2 cups chicken/vegetable (yeast free) stock

Method:

1. Heat olive oil over medium heat in a large skillet
2. Add garlic, onion, celery, peppers, and scallions and saute until soft
3. Stir in riced cauliflower, thyme, bay leaf, salt, pepper, chili, and cumin
4. Add chicken/vegetable stock
5. Simmer over medium-low heat, stirring frequently for 30 minutes or until liquid is cooked down

Sesame Salmon Burgers

Ingredients:

1 pound salmon, skin removed
1 tablespoon toasted sesame oil
1 clove garlic, pressed
1 teaspoon peeled and minced fresh ginger
¼ cup chopped scallions, white and green parts
¼ cup toasted sesame seeds
2 large eggs
1 tablespoon coconut flour
Coconut oil, for frying

Method:

1. Rinse the salmon, pat dry and cut into ¼-inch cubes
2. In a large bowl, combine salmon, oil, garlic, ginger, scallions, sesame seeds and eggs
3. Stir coconut flour into mixture
4. Use a ¼ cup measuring cup to form mixture into patties
5. Heat the coconut oil in a 9 inch skillet over medium-high heat
6. Cook the patties for 4 to 6 minutes per side, until golden brown
7. Transfer patties to a paper towel-lined plate and serve hot

Paleo Carrot Soup

Ingredients:

2 tablespoons coconut oil
1 small onion, peeled and chopped
5 large carrots, chopped (around 1 pound)
½ ounce fresh ginger chopped
1 can full fat coconut milk
2 cups chicken/vegetable stock (yeast free) or water

$\frac{1}{8}$ teaspoon cayenne pepper, optional

Method:

1. Heat coconut oil in a large saucepan
2. Saute onion, carrot, and apple in coconut oil until tender
3. Add ginger to saucepan
4. Add orange juice, coconut milk and stock to saucepan
5. Very carefully, in very small batches, puree mixture
6. Return mixture to pan to reheat, stirring in cayenne pepper
7. Garnish with fresh lime

Roasted Cauliflower Soup

Ingredients:

1 large head cauliflower
4 tablespoons olive oil
1 teaspoon sea salt
1 large onion, diced
4 cups water or chicken stock

Method:

1. Place whole head of cauliflower in a 9 x 13 inch baking dish
2. Rub cauliflower with 2 tablespoons olive oil and sprinkle with salt
3. Add $\frac{1}{2}$ cup water to the dish
4. Bake uncovered at 350° for 1 $\frac{1}{2}$ hours, or until a knife cuts easily through the core
5. Remove cauliflower from oven and allow to cool
6. Coarsely chop and set aside
7. Heat remaining 2 tablespoons olive oil in a large saucepan over medium heat
8. Add onion and cook until soft and translucent, about 15 minutes
9. Add cauliflower and 4 cups water or stock
10. Simmer until cauliflower is very soft, about 10 minutes
11. Puree in very small batches until smooth
12. Transfer back to pot and bring to a simmer
13. Serve

Broccoli Soup

Ingredients:

2 tablespoons olive oil
1 medium onion, chopped
1 $\frac{1}{2}$ lbs broccoli, use both heads and stems
2 quarts water
 $\frac{1}{2}$ teaspoon sea salt

Method:

1. Heat oil in a large pot and saute onion over medium to low heat until soft, about 15 minutes
2. Add broccoli and saute for 5-10 minutes
3. Add water and salt and cook until broccoli is soft about 15 minutes
4. Puree hot soup in tiny batches until smooth and creamy
5. Reheat soup and serve

Caramelized Onion Quiche

Ingredients:

2 Tbsp (30 ml) coconut oil, preferably organic
1 very large onion, thinly sliced
3 cloves garlic, minced
1/4 cup (25 g) finely ground flax seeds
2 Tbsp (30 ml) finely ground chia seeds
1 cup (240 ml) vegetable broth
1 Tbsp (15 ml) freshly squeezed lemon juice
1 Tbsp (15 ml) tamari, soy sauce, or Bragg's
5 drops stevia
1 cup (180 g) raw natural almonds, finely ground
1/2 cup (70 g) sunflower seeds, finely ground
1/2 cup (75 g) pumpkin seeds, finely ground
1/4 tsp (1 ml) sea salt
1/4 tsp (1 ml) smoked paprika
1/4 tsp (1 ml) baking soda
1/4 tsp (1 ml) baking powder
Pepper, to taste

Method:

Preheat oven to 350F (180C). Line a 9 inch (22.5 cm) square pan or pie plate with parchment paper, or spray with nonstick spray.

In a nonstick frypan, melt the coconut oil over medium heat. Add the onion and garlic and sauté until the onion begins to brown, 8-10 minutes, stirring frequently. Add about half the vegetable broth, lower the heat and cover the pan. Allow to cook until almost all the broth is absorbed and the onions are deep brown, about 20 minutes, stirring occasionally to prevent scorching. Turn off heat.

Add the remaining ingredients to the frypan and stir well to combine. Turn into the prepared square pan, smooth the top, and bake 50-60 minutes, rotating the pan about halfway through, until the torte is slightly puffed and well browned. (Usual tests won't work for this, as a tester may come out clean long before the torte is actually ready). The torte will have a brown, slightly crisp exterior with a moist, grainy inside.

Makes 9-12 servings. May be frozen

Spiced Home Fries

Ingredients:

4 large potatoes, cut into 2" (about 4.5 cm) chunks (leave the skin on)
2 medium onions (or more—they do shrink down!), sliced thinly in half-moons
2-4 Tbsp. (30-60 ml.) extra virgin olive oil or Coconut oil
about 1 Tbsp. (15 ml.) Mixed spice

Method:

Bring a large pot of water to the boil. Add potatoes and allow to boil for about 7 minutes, until just fork-tender. (Don't over boil, or these will turn to mush in the frypan!) Alternately, if you're okay with a microwave, you can nuke these until just soft.

Meanwhile, in a large skillet, heat the oil over medium heat and add the onion. Cover the pan and allow to cook for 5-10 minutes, stirring occasionally, until the onion is soft and just turning golden.

Add the potato chunks to the pan, stir well to coat with the onion/oil mixture, and sprinkle with the steak spice. Continue to fry for about 5 minutes at a time before stirring, until the potato chunks are browned and have accumulated some nice crispy bits on them, another 10 minutes or so. Remove to a serving dish and dig in. Makes 4-6 servings.

Mixed Veggie Slaw

For the salad:

1 stalk broccoli (with stems), cut into florets and stems trimmed
1 large carrot
1 medium parsnip or 1/2 small celery root (celeriac), peeled and grated
1/2 medium cauliflower, cut into florets
1/4 cup (60 ml) parsley leaves, coarsely chopped
1/4 cup (60 ml) cilantro leaves coarsely chopped
2-3 green onions, sliced (optional)

For the dressing:

juice of 1/2 medium lemon (about 2 Tbsp/30 ml)
1 clove garlic, minced
3 Tbsp (45 ml) extra virgin olive oil, preferably organic
5 drops pure plain liquid stevia, or to taste
fine sea salt, to taste (optional)

Make the salad: Remove about 1/2 cup (120 ml) of the broccoli florets and chop into tiny florets about 1/4 inch (0.5 cm) wide. Set aside.

Using the grater attachment to your food processor or a box grater, grate the broccoli stems. Next add the carrot and parsnip and grate both. Place the grated vegetables in a large salad bowl with the reserved broccoli florets.

Change the processor blade to the “S” (regular chopping) blade. Add the remaining broccoli (larger pieces) and cauliflower florets and pulse until chopped fairly fine; I like mine as small as rice grains.

Add the chopped vegetables from the processor to the salad bowl and stir in the parsley, cilantro and onion.

Make the dressing: Place all dressing ingredients in a bowl or small glass jar. Whisk the dressing (or close the jar and shake) until well combined. Pour over the salad and toss very well to coat everything. (*Note:* this is a fairly dry salad. If you prefer a salad with more dressing, double the dressing ingredients).

Paleo Macadamia Mayonnaise Recipe

Ingredients:

1/2 tsp. dry mustard
2 Tbsp. fresh lemon juice
1/4 tsp. sea salt
1 large organic egg
16 Tbsp. Macadamia Nut Oil

Method:

1. Blend egg, lemon juice, mustard powder and salt in a blender, food processor.
2. With blender running constantly, slowly drizzle in the oil, a little at a time, until it's thick and creamy.
(Note: It will thicken when refrigerated)
3. Keep refrigerated.

Raw Sunflower Mayonnaise Recipe

Ingredients:

2.5 cups. filtered water
1 1/2 cup. raw sunflower seeds
2 whole organic lemons, juiced
1 clove organic garlic, minced
1 tsp. organic garlic powder
1 tsp. Celtic sea salt
2 tsp. organic paprika

Method:

1. Add all ingredients to a high-powered blender.
2. Blend on medium speed, then increase speed and blend until creamy (about 5 minutes).
3. Store in an airtight container and keep refrigerated.
4. YIELD: 2 cups/32 Tbsp.

Raw Broccoli Soup Recipe**Ingredients:**

- 1 cup. raw cashews, soaked
- 2 cup. chopped organic broccoli
- ½ Tbsp. Avocado Oil
- 3 cups. filtered or spring water
- 1 medium organic avocado
- 1 clove organic garlic
- ½ tsp. sea salt
- 1/2 tsp. dried cumin

Method:

1. In a high speed blender, add water, cashews. Blend until smooth.
2. Add remaining ingredients and blend until creamy.
3. Serve.

Kimchi Recipe**Ingredients:**

- 10 medium organic scallions, finely chopped
- 3 cloves organic garlic, crushed
- 1 tsp. fresh organic ginger
- 2 heads medium organic Napa cabbage, shredded
- 2 whole organic jalapeño peppers, minced
- 1 packet Body Ecology Culture Starter
- 2 Tbsp. crushed red chili pepper
- ½ medium organic onion

Method:

1. Combine all ingredients in a large bowl.
2. Remove several cups of the veggies and transfer to a blender. Blend, adding filtered water to make a thick juice or "brine" the consistency. Add the EcoBloom and Culture Starter, mixing well.
3. Add brine back into vegetable mixture. Stir well.
4. In a sterilized 1½ quart glass or stainless steel container, pack veggie mixture, using a potato masher to pack veggies tightly.
5. Fill container almost full, leaving 2 inches of room at the top for veggies to expand.
6. Roll up a few cabbage leaves into a tight "log" and place them on top to fill the remaining space. Clamp jar closed or screw on the air tight lid.
7. Let veggies ferment at a 70-degree room temperature for at least three days or a week.

Quinoa Stuffed Bell Peppers**Ingredients:**

- 3 cups cooked quinoa
- 1 (4-ounce) can green chiles
- 1 cup corn kernels
- 1/2 cup canned black beans, drained and rinsed

1/2 cup petite diced tomatoes
1/2 cup shredded pepper jack cheese
1/4 cup crumbled feta cheese
3 tablespoons chopped fresh cilantro leaves
1 teaspoon cumin
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon chili powder, or more to taste
Kosher salt and freshly ground black pepper, to taste
6 bell peppers, tops cut, stemmed and seeded

Method:

Preheat oven to 350 degrees F. Line a 9×13 baking dish with parchment paper.

In a large bowl, combine quinoa, green chiles, corn, beans, tomatoes, cheeses, cilantro, cumin, garlic, onion and chili powder, salt and pepper, to taste.

Spoon the filling into each bell pepper cavity. Place on prepared baking dish, cavity side up, and bake until the peppers are tender and the filling is heated through, about 25-30 minutes.

Serve immediately.

Sun-Dried Tomato, Spinach and Quinoa Salad

Ingredients:

1 cup quinoa, rinsed in a fine-mesh colander
1/3 cup oil-packed sun-dried tomatoes, drained and chopped
2 cups roughly chopped fresh spinach or arugula
1/3 cup sliced almonds
1/4 teaspoon olive oil
Salt, to taste

Lemon dressing:

2 tablespoons olive oil
2 tablespoons lemon juice
2 cloves garlic, pressed or minced
1 teaspoon Dijon mustard
1/2 teaspoon salt
Pinch of red pepper flakes
Freshly ground black pepper, to taste

Method:

To cook the quinoa: Combine the rinsed quinoa and 2 cups water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer. Remove from heat, cover, and let the quinoa rest for 5 minutes, which gives it time to fluff up.

Meanwhile, to prepare the dressing: Whisk together the olive oil, lemon juice, garlic, mustard, salt and red pepper flakes. Season to taste with freshly ground black pepper.

To toast the almonds: Warm 1/4 teaspoon olive oil in a small skillet over medium heat until shimmering. Add the almonds and a dash of salt and cook, stirring frequently (beware, these burn quickly!), until they are golden and fragrant. Transfer the toasted almonds to a medium-sized serving bowl to cool.

Once the quinoa is done cooking, fluff it with a fork and then transfer it into your serving bowl. Drizzle all of the dressing on top and toss to combine. Add the chopped sun-dried tomatoes and wait a few more minutes to add the spinach so it doesn't wilt completely. Toss again, season to taste with additional salt and pepper, if necessary, and serve immediately.

Storage suggestions: This quinoa will keep well, covered and refrigerated, for several days. Gently reheat or serve chilled.

GARLICKY OLIVE TAPENADE

Ingredients:

1 can whole black olives (6 oz drained weight) or 1 1/2 c other black olives
1 5.75-oz jar whole pimento-stuffed green olives or 1 cup other green olives in brine
2 garlic cloves, crushed, peeled, and coarsely chopped
2 T extra virgin olive oil
1/2 tsp vitamin C crystals (or a squeeze of lemon, if you tolerate citrus)
optional: 2 anchovy filets, rinsed and patted dry (OMIT IF VEGAN)
fresh cracked pepper, to taste

Method:

Drain olives and place in a food processor or blender with blender. Pulse a few times to coarsely chop, then add remaining ingredients.
Continue to pulse until well mixed. If you want a smooth dip, continue to process/blend until smooth. Otherwise, process only until desired consistency is reached. Add pepper to taste.
Transfer to a bowl and serve. Refrigerate leftovers 5-6 days.

Greek Broccoli Salad

Ingredients:

1 large bunch of broccoli (about 1 1/4 pounds), florets removed and sliced into small, bite-sized pieces
1/3 cup roughly chopped sun-dried tomatoes*
1/4 cup chopped shallot or red onion
1/4 thinly sliced kalamata olives
1/4 cup sliced almonds

Dressing:

1/4 cup olive oil
2 tablespoons lemon juice
1 clove garlic, pressed or minced
1/2 teaspoon dried oregano
1/2 teaspoon Dijon mustard
1/4 teaspoon salt, more to taste
Pinch of red pepper flakes

Method:

1. In a medium-sized serving bowl, toss together the broccoli, sun-dried tomatoes, shallot or red onion, feta or olives and almonds.
2. In a small bowl, whisk together all of the dressing ingredients until emulsified. Drizzle the dressing over the salad and toss well. For best flavor, let the salad rest for 30 minutes before serving (but like I said, it's great right away, too!).

Gingered Potatoes with Browned Onions and Tomatoes

Ingredients:

1 Tbsp (15 ml) extra virgin olive oil, preferably organic
1 tsp (5 ml) black mustard seeds
1 tsp (5 ml) cumin seeds (or additional 1/2 tsp/2.5 ml ground cumin)
1 pound (450 g) red skinned potatoes, scrubbed and diced
1 onion, diced
1/2 tsp (2.5 ml) ground turmeric
1 Tbsp (15 ml) ground coriander
1 tsp (5 ml) ground cumin
1/2 tsp (2.5 ml) mild chili powder
1/2 cup (120 ml) vegetable broth or stock (yeast free)

1-inch (2.5 cm) piece of ginger, peeled and cut into thin julienne strips
1/2-1 tsp (2.5-5 ml) fine sea salt, to your taste
5-10 drops pure stevia liquid, to your taste
1 medium tomato, diced
1 Tbsp (15 ml) fresh lemon juice
chopped fresh cilantro, to garnish

Method:

In a large frypan or wok, heat the oil over medium heat. Add the mustard seeds and cook until they begin to crackle and pop, a minute or two; then add the cumin seeds and cook another minute. Add the potatoes, onion and remaining spices. Cover and cook over medium-low heat, stirring occasionally, until the onions are soft and translucent, 8-10 minutes. Add the broth and cover once more; cook an additional 5-10 minutes, until the liquid is evaporated, the onions are golden and the potatoes are just soft. Add the ginger, salt, stevia, and tomato, and stir to combine. Lower heat, replace the cover, and cook a further 4-5 minutes, until everything is heated through. Stir in the lemon juice, garnish with cilantro, and serve. Makes 4-6 servings.

Pumpkin Gnocchi with Browned Sage “Butter”

Ingredients:

1 cup plus 2 Tbsp chickpea flour, sifted, plus more for rolling
1/4 cup (60 ml) psyllium husks
1/8 tsp (.5 ml) fine sea salt, or more, to your taste
1/2 cup (120 ml) pumpkin purée 1/4 cup (60 ml) vegetable broth or stock
3 Tbsp (45 ml) chopped fresh sage leaves
2 Tbsp (30 ml) virgin coconut oil, preferably organic

Method:

In a medium bowl, combine the flour, psyllium and salt. Add the pumpkin and broth and stir well to combine. Allow to sit for 2-5 minutes until a soft dough is formed. It should be softer than a regular cookie dough, but firm enough to hold its shape.

Sprinkle a cutting board with about 1/4 cup (60 ml) more flour. Divide the dough into 3 roughly equal parts, and roll them out, one at a time, to a long rope about 1/2 inch (1 cm) thick. Cut into 1-inch (2.5 cm) lengths with a sharp knife, then press with the tines of a fork (it may help to flour the fork). Keep the gnocchi on a plate until you are ready to cook them.

To cook the gnocchi, bring a large pot of water to a boil, then lower to medium-low heat. Using a large spoon, gently lower 10-12 gnocchi at a time into the pot, and allow to cook for 3-5 minutes, until they float to the top. Use a slotted spoon to remove them from the water and place them on a plate while you cook the remaining gnocchi in this way.

At this point, you can serve the gnocchi with pasta sauce if you wish, or continue with the sage butter instead.

In a large frypan, melt one Tbsp (15 ml) of the coconut oil. Add half the gnocchi and toss them to coat. Cook over medium heat until they begin to brown in places. Sprinkle with half the chopped sage, stir for another 30 seconds or so, and remove to a serving platter. Keep warm while you cook the second half of the gnocchi in the same way. Serve immediately. Makes 3-4 servings. May be frozen (defrost overnight in the refrigerator, then reheat in a 350 F/180 C oven for 15-20 minutes, until heated through).

DESSERTS

Homemade Fudgsicles (Dairy Free)

Ingredients:

8 Tbsp. Organic Classic Coconut milk
2 Tbsp. organic cocoa powder
2 small ripe bananas (can be introduced after 6 weeks into candida protocol)
16 drops Liquid Stevia (add more or less according to taste)
Pinch of Sea Salt
½ tsp. organic vanilla extract

Method:

1. Add all ingredients to a blender.
 2. Blend on high for 1 minute.
- Pour into popsicle molds and freeze for 2 hours or until solid

Paleo Donuts (High Protein, Low Carb)

Ingredients:

4 large pastured eggs
¼ tsp. Sea Salt
1 tsp. pure vanilla extract
1 cup. ground almond flour
12 drops liquid stevia (add more or less according to taste)
¼ tsp. baking soda

Method:

1. Preheat oven to 300 degrees F.
2. In a large mixing bowl, whisk all of the ingredients until well combined.
3. Spray a donut pan with cooking spray and fill the pan.
4. Bake for about 20 minutes, or until they begin to turn golden brown. Alternatively, you can use a donut maker if you have one; follow the instructions for your particular donut maker.
5. Cool completely and dust with cinnamon & stevia sugar.

Pumpkin Pie Recipe

For the Crust:

1 cup (120 g) lightly toasted pecans
6 Tbsp (50 g) coconut flour
2 Tbsp (30 ml) whole psyllium husks
2 tsp (10 ml) cinnamon
½ tsp (2.5 ml) baking soda
½ tsp (2.5 ml) baking powder
¼ tsp (1 ml) fine sea salt
¼ cup (60 ml) softened organic coconut oil
1 Tbsp (15 ml) apple cider vinegar
10-20 drops plain or vanilla pure liquid stevia (add more or less according to taste)
3 Tbsp (45 ml) unsweetened alternative milk of choice

Preheat oven to 350F (180C). Grease a pie pan with coconut oil or nonstick spray.

In a food processor, whir together the nuts, coconut flour, psyllium, cinnamon, baking soda, baking powder and salt until powdered. Add remaining ingredients and pulse until combined in a thick, sticky dough. Pat the dough into the prepared pie plate and bake for 12 minutes. Remove from the oven and fill with pie filling (if the filling isn't ready, keep the crust out of the oven until it is).

For the filling:

1/3 cup (80 ml) smooth natural cashew butter (it should contain just cashews or cashews plus a healthy oil)
1/3 cup (80 ml) gently melted coconut butter (not coconut oil)
400 ml (15 ounces) unsweetened pure pumpkin puree
1/3 cup (80 ml) unsweetened alternative milk of choice
½ tsp English Toffee SweetLeaf Stevia (add more or less according to taste)
½ tsp vanilla or plain pure liquid stevia (add more or less according to taste)
2 tsp (10ml) cinnamon
¼ tsp (1 ml) nutmeg
Pinch ground cloves
½ tsp (2.5 ml) dried ginger
2 tsp (10 ml) vanilla extract
1/8 tsp (.5 ml) fine sea salt, or to your taste

Method:

In a small, heavy-bottomed pot, combine the cashew butter and coconut butter. Melt over lowest possible heat until liquefied. Remove from heat and pour into the bowl of a food processor. Add remaining ingredients to the processor and blend until perfectly smooth. Taste and adjust spices and stevia, if necessary. (Note that baked goods with stevia lose a bit of sweetness when baked. Pour the filling into the partially baked crust and smooth the top. Bake for 30-45 more minutes, until the crust is browned and the filling has firmed up somewhat (it may still jiggle a bit when you shake the pan). Allow to cool completely before storing, covered, in the refrigerator. Store, covered, in the refrigerator up to 4 days. Makes 8 servings. May be frozen.

Peppermint Nanaimo Bars

For the Crust:

2/3 cup (160 ml) unsweetened finely shredded dried coconut
1/2 cup (120 ml) hemp seeds (hemp hearts)
3 Tbsp (45 ml) raw cacao powder or unsweetened cocoa powder
3 Tbsp stevia (more or less according to personal taste)
pinch fine sea salt
3 Tbsp (45 ml) virgin coconut oil, preferably organic
2 Tbsp (30 ml) unsweetened plain or vanilla almond or cashew milk
1 tsp (5 ml) pure vanilla extract

For the Filling:

1/3 cup (80 ml) raw cashews
2/3 cup (160 ml) unsweetened plain or vanilla almond or cashew milk
1 Tbsp (15 ml) virgin coconut oil, preferably organic
1 tsp (5 ml) pure vanilla extract
20-30 leaves fresh mint, to taste (it will depend on how big the leaves are; about 3/4 oz or 20g)
up to 3/4 tsp (3.5 ml) peppermint stevia, or to taste (start with 1/2 tsp or 2.5 ml, taste and adjust)
pinch fine sea salt
6 Tbsp (90 ml) gently melted coconut butter (not coconut oil)

For the Chocolate Topping:

(100 g) good quality unsweetened chocolate (100% cacao) chopped
2 Tbsp (30 ml) raw cacao or unsweetened cocoa powder, sifted
2 Tbsp (30 ml) virgin coconut oil, preferably organic
2 Tbsp stevia, (more or less according to personal taste)
up to 1/4 tsp (1 ml) plain or vanilla pure liquid stevia, optional
Line a regular loaf pan (8-9 inches; 20-22.5 ml) with parchment paper, cutting the paper long enough that there is some overhang over the sides of the pan.

Method:**Make the crust:**

In a food processor, pulse the coconut, hemp seeds, cacao, and salt until crumbly. Add the coconut oil, milk and vanilla and pulse until it comes together in a slightly crumbly dough that holds together well when pinched between thumb and fingers (if it's too dry, add another tsp/5 ml milk and pulse again).

Turn the mixture into the pan and pack it down firmly to create the bottom layer. Place in the freezer while you prepare the filling.

Make the filling:

In a high-powered blender, combine the cashews, milk, vanilla, mint leaves, stevia and salt until smooth and no bits of leaves are visible. Add the melted coconut butter and blend just until combined (do not overmix or the mixture may curdle). Taste and adjust sweetness.

Pour the filling over the crust and smooth the top. Return to the freezer until just firm, 30-40 minutes.

Meanwhile, make the chocolate topping:

Place a heatproof bowl over a pot of simmering water, ensuring that the water doesn't touch the bottom of the bowl. Add the chocolate and coconut oil, and stir constantly until melted and smooth. Remove from heat and stir in the stevia and vanilla.

Pour the chocolate over the filling and smooth the top. Refrigerate uncovered until firm (an hour or two), then cover with plastic wrap and refrigerate for at least 2 more hours for the filling to firm up nicely.

To serve, allow to sit at room temperature about 20 minutes, then remove from the pan by pulling up on the parchment overhang. Leave at room temperature another 10-15 minutes to allow the chocolate top layer to soften somewhat (if it's too firm when you slice the bars, the topping will crack). Slice into bars with a very sharp knife.

Makes 18 bars. May be frozen. Defrost, wrapped in plastic or in a covered container, in the refrigerator overnight. Allow to sit 15-20 minutes at room temperature before serving.

Grain-Free Hazelnut Biscotti with Cinnamon Glaze

These biscotti are prepared in a slightly unconventional manner, but the result is a delicious cookie that's firm and crisp on the outside with just a hint of softness in the middle. If you don't have time or inclination to make the glaze, these are lovely plain, too, or with added cacao nibs.

Biscotti:

1/3 cup (40 g) coconut flour
heaping 1/3 cup (45 g) lightly toasted hazelnuts (with skin is fine)
2 Tbsp (30 ml) potato starch
1 Tbsp (15 ml) whole psyllium husks
1/2 tsp (2.5 ml) baking powder
1/8 tsp (.5 ml) fine sea salt
1/8 tsp (.5 ml) pure stevia powder or 1/4 tsp (1 ml) pure plain or vanilla stevia liquid, or to taste
1/2 cup (120 ml) unsweetened plain or vanilla almond milk
2 Tbsp (30 ml) smooth natural almond butter, sunflower seed butter or tahini
1 Tbsp (15 ml) extra virgin olive oil, preferably organic
1 tsp (5 ml) pure vanilla extract
1 tsp (5 ml) pure almond extract
1 tsp (5 ml) pure lemon extract

Method:

Preheat oven to 375F (190C). Line a cookie sheet with parchment.

In a food processor, blend together the coconut flour, hazelnuts, potato starch, psyllium, baking powder, salt and stevia powder (if using liquid, add it to the liquid ingredients) until the mixture is powdered and no pieces of hazelnut are visible.

Add remaining ingredients and process just until blended and uniformly moist (do not overmix). It may not form a ball; this is fine. Gently turn the mixture onto the cookie sheet. Wet your palms and then shape the dough into a flat log, roughly 8 inches (20 cm) long and 3 to 3-1/2 inches (7.5-9 cm) wide and 1/2-3/4 inch (1-2 cm) high (make it higher if you prefer thicker biscotti). Using a sharp knife, cut across the log on a diagonal to create about a dozen pieces, about 3/4 inch (2 cm) thick.

Gently move the biscotti apart so they are positioned with maximum space between pieces on the parchment. Bake for 20 minutes, until edges just begin to brown. Remove the biscotti from the oven and turn each piece over.

Reduce heat to 350 and continue to bake for another 25 minutes. Turn off heat and leave the biscotti in the oven until completely cool, about an hour. They should be lightly browned and very crisp at this point.

If desired, drizzle the glaze over the cooled biscotti and allow to harden. Makes about one dozen. Will keep, covered at room temperature, up to four days. May be frozen.

Cinnamon Glaze:

1 Tbsp (15 ml) virgin coconut oil, preferably organic

3 Tbsp (45 ml) coconut butter

1 tsp (5 ml) cinnamon

10-15 drops plain or vanilla pure liquid stevia, or to taste

In a small pot over lowest possible heat, melt the coconut oil and coconut butter. Add the cinnamon and stevia and whisk to blend well. Allow to cool slightly before drizzling over the biscotti (or transfer to a small bowl and dip the tops of the biscotti directly into the glaze).

Paleo Buttermilk Pancakes

Ingredients:

½ cup coconut flour

1 tsp. baking soda

2 tsp. cinnamon

½ cup Coconut Buttermilk

6 pastured eggs

1 Tbsp. Coconut Secret Coconut Nectar

8-10 drops Clear Liquid Stevia (add more or less according to taste)

Method:

1. Blend coconut buttermilk, eggs and coconut nectar together in a blender or mixer until well- combined.
2. Add the coconut flour, baking soda and cinnamon. Blend until smooth.
3. Let the batter rest for five minutes.
4. Heat a safe, non-stick griddle (preferably enameled cast-iron) to medium heat. Pour batter into pan to make pancakes. Cook about 1 minute per side; flip. Continue making batches.

Coconut Chocolate Chia Mousse Miracle

Ingredients:

Spring water (100 ml)

Cacao powder (15 grams, choose raw organic & stone ground)

Coconut butter (40 grams, choose raw organic & stone ground, Chia seeds (15 grams, choose raw organic whole seeds)

Himalayan pink salt (to taste)

Stevia (to taste)

Method:

Mix the water with the cacao powder. Add the himalayan pink salt and stevia

Important note about stevia: little goes a long way! if you find yourself adding more than 1 teaspoon of stevia and still not satisfied with the sweetness, consider experimenting with more himalayan pink salt, since salt brings out other flavors

Add the coconut butter and mix well

Add the chia seeds and whisk for 2-3 min until they are evenly mixed and the mousse consistency becomes thicker

Put into the fridge for at least 4 hours.

Chocolate-Coconut Drink

Mix 1 tablespoon of raw organic cacao powder,
2 tablespoons of organic coconut oil or coconut butter,
1 cup (8 oz) of warm or cold distilled water (do not use boiling water).
Add mesquite powder, cinnamon and stevia to taste.
Drink on an empty stomach in the morning, away from foods, drinks or medication.

Baked Apple Rice Pudding (after 6 weeks into Candida Protocol)

Ingredients:

2 cups (480 ml) cooked brown rice (long grain or basmati are nice)
2 Tbsp (30 ml) organic cornstarch
2 cups plain or vanilla rice milk
1 large apple, peeled, cored and grated (I used golden delicious)
1 Tbsp (15 ml) pure vanilla extract
20-30 drops plain or vanilla stevia liquid, to your taste
2 tsp (10 ml) cinnamon
1/2 tsp (2.5 ml) ground ginger
pinch nutmeg
1/4 tsp (1 ml) fine sea salt

Method:

Preheat oven to 325F. Spray a large casserole dish with nonstick spray or grease with coconut oil. Spread the rice evenly in the dish.

In a medium bowl, mix the cornstarch with about 2 Tbsp (30 ml) of the milk until smooth and there are no lumps. Slowly add the rest of the milk, whisking constantly to prevent any lumps. Add the remaining ingredients and stir well to combine.

Pour the wet mixture over the rice in the casserole dish; cover the dish and bake 1-1/4 hours, removing the dish from the oven and stirring the pudding every 30 minutes, until most of the liquid is absorbed and the rice is very soft. Allow to cool for 20 minutes or so before serving. Makes 4-6 servings. Will keep, covered, in the refrigerator for up to 5 days (I actually preferred it cold the next day).

Cinnamon Cookies

Ingredients:

3 Tablespoons Coconut Oil, at room temperature
1½ Tablespoons Natural Unsweetened Almond, Cashew or Sunflower Seed Butter
3 Teaspoon stevia (or more according to preference)
1 Large Egg (if your eggs are small, please use 2 eggs)
¼ teaspoon Baking Soda
½ teaspoon Baking Powder
¼ teaspoon Sea or Pink Salt
1 teaspoon Pure Vanilla Extract*
1 teaspoon Cinnamon
3 Tablespoons Coconut Flour (or 4-5 Tablespoons Flour of choice, we like Spelt Flour)

Method:

Preheat oven to 350 degrees.

In a small bowl, mix together the coconut oil, nut butter and stevia together until combined. Add the egg and mix well. Add the baking soda, baking powder, salt and vanilla. Add the cinnamon and flour and mix until combined. Scoop out the dough with a small cookie scoop and roll into smooth spheres. Place on a parchment lined baking sheet. Bake for 7-9 minutes. Allow to cool on the pan for AT LEAST 3 minutes.