

CNF Kick Sugar Program Week 3

Created by Community Natural Foods 21-Day Kick Sugar Program



CNF Kick Sugar Program Week 3

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Veggie and Basil Egg Muffins	Warm Apple Chia Pudding	Turkey Apple Breakfast Hash	Ginger Lime Green Smoothie	Turkey Apple Breakfast Hash	Flax Bread Avocado Toast	Veggie and Basil Egg Muffins
						Scrambled Eggs	
Lunch	Avocado Gazpacho	One Pan Chicken Fajita	Tuna Cauli Casserole	Shrimp & Cabbage Stir Fry	Sesame Meatballs with Cauliflower Rice	Chopped Salad with Grilled Salmon	Turkey & Spinach Roasted Acorn Squash Bowls
	Grain-Free Flax Bread		Grain-Free Flax Bread				
Dinner	One Pan Chicken Fajita	Tuna Cauli Casserole	Shrimp & Cabbage Stir Fry	Sesame Meatballs with Cauliflower Rice	Zucchini Noodles with Salmon	Turkey & Spinach Roasted Acorn Squash Bowls	One Pan Olive Pesto Pork Chops
		Grain-Free Flax Bread					
Snack 3	Coconut Milk Yogurt	Coconut Banana Ice Cream	Grain-Free Crackers	Grain-Free Crackers	Coconut Banana Ice Cream	Coconut Milk Yogurt	Grain-Free Crackers
	Apple Cinnamon Chips		Almond Butter	Almond Butter			Apple Cinnamon Chips

CNF Kick Sugar Program Week 3

94 items

Fruits

- 12 Apple
- 1 1/2 Avocado
- 6 2/3 Banana
- 1 **tbsp** Fresh Lemon Juice
- 2 Green Apple
- 1 Lemon
- 3 1/8 **tbsps** Lemon Juice
- 4 Lime

Breakfast

- 1/2 **cup** Almond Butter

Seeds, Nuts & Spices

- 1/2 **tsp** Black Pepper
- 1/3 **cup** Chia Seeds
- 3 **tbsps** Chili Powder
- 1 3/4 **tbsps** Cinnamon
- 1 1/3 **tbsps** Cumin
- 2 **tbsps** Dried Oregano
- 1 1/2 **tsps** Garlic Powder
- 2 **cups** Ground Flax Seed
- 1 **tsp** Ground Mustard
- 1 1/3 **tbsps** Herbs De Provence
- 1 1/2 **tsps** Onion Powder
- 1 **tsp** Oregano
- 1/4 **cup** Pecans
- 2 **tbsps** Poultry Seasoning
- 2/3 **tsp** Red Pepper Flakes
- 2 **tbsps** Sea Salt
- 3 Sea Salt & Black Pepper
- 1/3 **cup** Sesame Seeds

Vegetables

- 2 Acorn Squash
- 3 **cups** Arugula
- 5 **cups** Baby Spinach
- 1 1/4 **cups** Basil Leaves
- 3 **cups** Broccoli
- 2 **cups** Brussels Sprouts
- 2 **cups** Butternut Squash
- 2 Carrots
- 2 **heads** Cauliflower
- 5 **stalks** Celery
- 1 **cup** Cherry Tomatoes
- 1 **tbsp** Chives
- 1 1/2 Cucumber
- 3 **tbsps** Fresh Basil
- 11 Garlic
- 1/3 **cup** Ginger
- 1 **cup** Green Beans
- 1 Green Bell Pepper
- 8 **cups** Green Cabbage
- 5 **stalks** Green Onion
- 1 1/2 **cups** Kale Leaves
- 1 Leeks
- 1/4 **cup** Mint Leaves
- 1 Orange Bell Pepper
- 0 **tsp** Parsley
- 2 Red Bell Pepper
- 1 **cup** Red Onion
- 4 **heads** Romaine Hearts
- 1 **tbsp** Thyme
- 2 Tomato
- 1 Yellow Onion
- 3 Zucchini

Boxed & Canned

- 1 Anchovy
- 2 **cups** Canned Coconut Milk
- 3 **cups** Coconut Cream

Bread, Fish, Meat & Cheese

- 1 1/4 **lbs** Chicken Breast
- 2 **lbs** Extra Lean Ground Turkey
- 2 **slices** Grain-Free Flax Bread
- 1 **lb** Lean Ground Pork
- 8 **ozs** Pork Chop
- 2 **lbs** Salmon Fillet
- 1 1/2 **lbs** Shrimp

Condiments & Oils

- 1 1/2 **cups** Avocado Oil
- 1 **cup** Black Olives
- 1 **tbsp** Coconut Aminos
- 3/4 **cup** Coconut Oil
- 1 1/16 **cups** Extra Virgin Olive Oil
- 1 1/3 **tbsps** Sesame Oil
- 2 **tbsps** Tahini

Cold

- 25 Egg
- 1 1/2 **cups** Unsweetened Almond Milk
- 1 **cup** Unsweetened Coconut Yogurt

Other

- 2 **tsps** Bee Pollen
- 1/2 **cup** Chicken Bone Broth
- 2 **servings** Collagen Peptides
- 10 Ice Cubes
- 4 **ozs** Roasted Red Pepper
- 2 **cups** Water

- 3 cups** Coconut Milk
- 1/2 cup** Heart Of Palm
- 1 1/2 cups** Organic Coconut Milk
- 2 cans** Tuna

Baking

- 2 2/3 tbsps** Baking Powder
- 1 3/4 cups** Coconut Flour
- 1/3 cup** Gelatin
- 2 tbsps** Nutritional Yeast
- 2 tsps** Vanilla Extract

Veggie and Basil Egg Muffins

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 180C (350F) and grease a muffin tin with 1 tablespoon of the olive oil.
2. Chop the zucchini and broccoli in small pieces. Slice the green onion entirely, including the green ends.
3. Whisk the eggs in a mixing bowl with the olive oil, salt, pepper, dry mustard and baking powder. Add the chopped vegetables, the oregano and the chopped basil, whisking together to combine.
4. Divide the mixture into 8 muffin cups filling them up to about three quarters. Bake for 20 minutes.
5. Keep refrigerated for up to 5 days.

Ingredients

- 8 Egg
- 1 Zucchini
- 1 1/2 cups Broccoli
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Fresh Basil
- 1 tbsps Dried Oregano
- 1/2 tsp Ground Mustard
- 1 Sea Salt & Black Pepper (to taste)
- 1 tsp Baking Powder (gluten free)

Warm Apple Chia Pudding

7 ingredients · 10 minutes · 2 servings



Directions

1. Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
2. Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
3. Remove from heat and add to a bowl. Top with apples, pecans, almond butter and bee pollen. Enjoy!

Notes

Leftovers

Keeps well in the fridge in an air-tight container up to 3 to 4 days.

No Heat

Mix together the chia seeds, almond milk and cinnamon then let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

Nut-Free

Use coconut milk instead of almond milk, and use pumpkin seeds instead of pecans.

Ingredients

- 1/3 cup Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 2 Apple (cored and diced)
- 1/4 cup Pecans
- 2 tbsps Almond Butter
- 2 tsps Bee Pollen (optional)

Turkey Apple Breakfast Hash

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians

Use lentils instead of ground turkey.

Leftovers

Store covered in the fridge up to 3 days.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tsp Cinnamon
- 2 tbsps Poultry Seasoning
- 1 tbsps Avocado Oil
- 1 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Brussels Sprouts (trimmed and halved)
- 2 cups Butternut Squash (peeled and cubed)
- 2 Apple (cored and diced)
- 1/4 tsp Sea Salt (to taste)

Ginger Lime Green Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients and blend on high until smooth and creamy.

Ingredients

- 3 cups** Coconut Milk
- 1/4 cup** Ginger (finely minced or grated)
- 2** Green Apple (peeled and cored)
- 4** Lime (zest and juice)
- 2 tsps** Vanilla Extract
- 1 1/2 cups** Kale Leaves
- 10** Ice Cubes

Flax Bread Avocado Toast

4 ingredients · 5 minutes · 2 servings



Directions

1. Toast flax bread in toaster, or broil on high for about 3 minutes per side.
2. Mash avocado on bread. Sprinkle red pepper flakes and sea salt. Enjoy!

Notes

Additional Toppings

Tofu scramble, tomatoes, sauerkraut, fresh herbs, and/or hot sauce.

Ingredients

2 slices Grain-Free Flax Bread

1/2 Avocado

1/8 tsp Red Pepper Flakes

1/8 tsp Sea Salt

Scrambled Eggs

4 ingredients · 8 minutes · 2 servings



Directions

1. Start with a cold saucepan. Add eggs and whisk together with 2 Tbsp. water. Add coconut oil and salt and pepper to taste.
2. Gently begin heating the saucepan, stirring the eggs with a wooden spoon. Cook this way for approximately 5 minutes or until eggs are desired consistency.
3. Remove from heat and serve topped with chopped chives.

Notes

Tip

These fluffy eggs pair well with many favorites. Obvious choices are bacon or sausage, but other great options include salmon, avocado, naturally cured meats and cheese (try cheddar, fresh mozzarella, or feta cheese if you tolerate dairy).

Ingredients

- 4 Egg
- 2 tbsps Coconut Oil (Melted (you can also use ghee))
- Sea Salt & Black Pepper
- 1 tbsp Chives (Chopped)

Avocado Gazpacho

10 ingredients · 10 minutes · 2 servings



Directions

1. Add all ingredients into a blender and blend into a smooth, thick, creamy soup. Add some filtered water and cucumber if needed.
2. Place in the refrigerator for 1-2 hours to chill before serving.

Notes

Superfood Punch

Top with white chia seeds, bee pollen or raw shelled hempseeds

Ingredients

- 1/2 Cucumber (peeled and diced)
- 1 Avocado (peeled)
- 1 cup Unsweetened Coconut Yogurt
- 1/4 cup Mint Leaves (or 4 sprigs)
- 1/4 cup Basil Leaves (4 large leaves)
- 1 cup Baby Spinach
- 2 tbsps Tahini
- 1 tbsp Lemon Juice
- 2 servings Collagen Peptides (optional)
- 1 Sea Salt & Black Pepper (to taste)

Grain-Free Flax Bread

6 ingredients · 1 hour · 10 servings



Directions

1. Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
2. In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
6. Once cooled, slice and store in the fridge or freezer.

Notes

Leftovers

Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.

Serving Size

One serving is one slice of bread.

Ingredients

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 3/4 tsp Sea Salt
- 5 Egg (room temp)
- 1/2 cup Water (room temp)
- 1/3 cup Coconut Oil (melted)

Chopped Salad with Grilled Salmon

14 ingredients · 45 minutes · 4 servings



Directions

1. In a large mixing bowl, combine the diced cucumber, carrot, celery, tomato, hearts of palm, and roasted red peppers.
2. Add the scallions, sea salt, and black pepper, and toss to combine.
3. Preheat your grill to medium-high heat.
4. Place the salmon on a plate, and drizzle with the olive oil and lemon juice. Season with the herbs on both sides.
5. Grill the salmon for 5-6 minutes per side.
6. Plate the chopped lettuce in salad bowls, and top with the chopped vegetable mixture, and grilled salmon.
7. Drizzle with additional olive oil and lemon juice, and serve.

Ingredients

- 1 Cucumber
- 2 Carrots
- 2 stalks Celery
- 2 Tomato
- 1/2 cup Heart Of Palm
- 4 ozs Roasted Red Pepper
- 2 stalks Green Onion
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 lbs Salmon Fillet (wild caught)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 1/3 tbsps Herbs De Provence
- 4 heads Romaine Hearts (chopped)

One Pan Chicken Fajita

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375F and line a baking sheet with parchment paper.
2. In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
3. Bake for 30 minutes, or until chicken is cooked through.
4. Divide between bowls or containers. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 days.

More Carbs

Serve with brown rice, quinoa or black beans.

More Fat

Serve with avocado or cheese.

Vegan/Vegetarian

Use tofu or chickpeas instead of chicken.

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 2 **tbsps** Extra Virgin Olive Oil
- 1 **1/4 lbs** Chicken Breast
- 1 **tbsp** Cumin
- 1 **tbsp** Chili Powder
- Sea Salt & Black Pepper (to taste)

Tuna Cauli Casserole

13 ingredients · 52 minutes · 4 servings



Directions

1. Preheat oven to 375 degrees F. Grease a 9x13 casserole dish with small amount of palm shortening.
2. Add cauliflower to a large pot and bring to a boil. Remove from heat after 4 minutes, drain water and layer cauliflower into bottom of prepared casserole dish.
3. Layer arugula over cauliflower and set aside.
4. In a large heavy-bottom skillet, melt 1 tablespoon coconut oil over medium heat. Add onion, garlic, celery, thyme, and salt, and cook until onion is softened, about 8 minutes.
5. Remove vegetable mixture from skillet to a clean bowl and set aside.
6. In the same skillet, melt remaining 3 tablespoons coconut oil over low heat. Add in flour and quickly whisk until mixture just begins to bubble. While continuing to whisk, slowly pour in coconut milk. Whisk until a smooth, thickened sauce forms.
7. Add vegetable mixture and broth to sauce mixture. Stir to combine.
8. Remove sauce from heat, stir in tuna with canning liquid.
9. Pour sauce over cauliflower and arugula.
10. Bake covered for 15 minutes, remove cover, turn oven up to 425 degrees F, and bake for 12 more minutes or until casserole begins to lightly brown.
11. Garnish with parsley and serve.

Ingredients

- 1 head Cauliflower (chopped into florets)
- 1 cup Arugula
- 1 Yellow Onion (diced)
- 2 Garlic (minced)
- 3 stalks Celery (diced)
- 1 tbsp Thyme (finely chopped)
- 1 tsp Sea Salt
- 3/4 tsp Coconut Oil (divided)
- 1/3 cup Coconut Flour
- 1 1/2 cups Organic Coconut Milk
- 1/2 cup Chicken Bone Broth
- 2 cans Tuna (drained)
- Parsley (for garnish)

Shrimp & Cabbage Stir Fry

9 ingredients · 15 minutes · 4 servings



Directions

1. Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Drizzle with sesame oil. Set aside.
2. Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
3. Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs

Serve with brown rice or quinoa.

Leftovers

Store in an airtight container in the fridge up to 2 days.

Ingredients

- 3 tbsps** Coconut Oil (divided)
- 1 1/2 lbs** Shrimp (raw, peeled and deveined)
- 3** Garlic (cloves, minced)
- 1** Lemon (juiced)
- 1/2 tsp** Red Pepper Flakes
- 1 tsp** Sesame Oil
- 8 cups** Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps** Sesame Seeds

Sesame Meatballs with Cauliflower Rice

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat your oven to 350°F (177°C) and line a baking sheet with parchment.
2. In a mixing bowl, combine the ground pork, sesame oil, coconut aminos, minced garlic, ginger, 1/2 the green onion, salt and pepper. Mix well and roll mixture into 1.5-inch balls.
3. Place the meatballs on the baking sheet and place in oven for 30 minutes. While the meatballs are cooking, grate your cauliflower to make cauliflower rice.
4. To serve, divide the cauliflower rice between bowls and season with a little extra coconut aminos. Top the cauliflower with meatballs, sprinkle with sesame seeds, and remaining green onion. Enjoy!

Notes

Coconut Aminos

A soy sauce alternative you can find at many grocery stores, usually in the health food aisle. It can be replaced with tamari or regular soy sauce.

More Carbs

Serve with rice or noodles.

Serving Size

There are about 3 meatballs per serving.

Leftovers

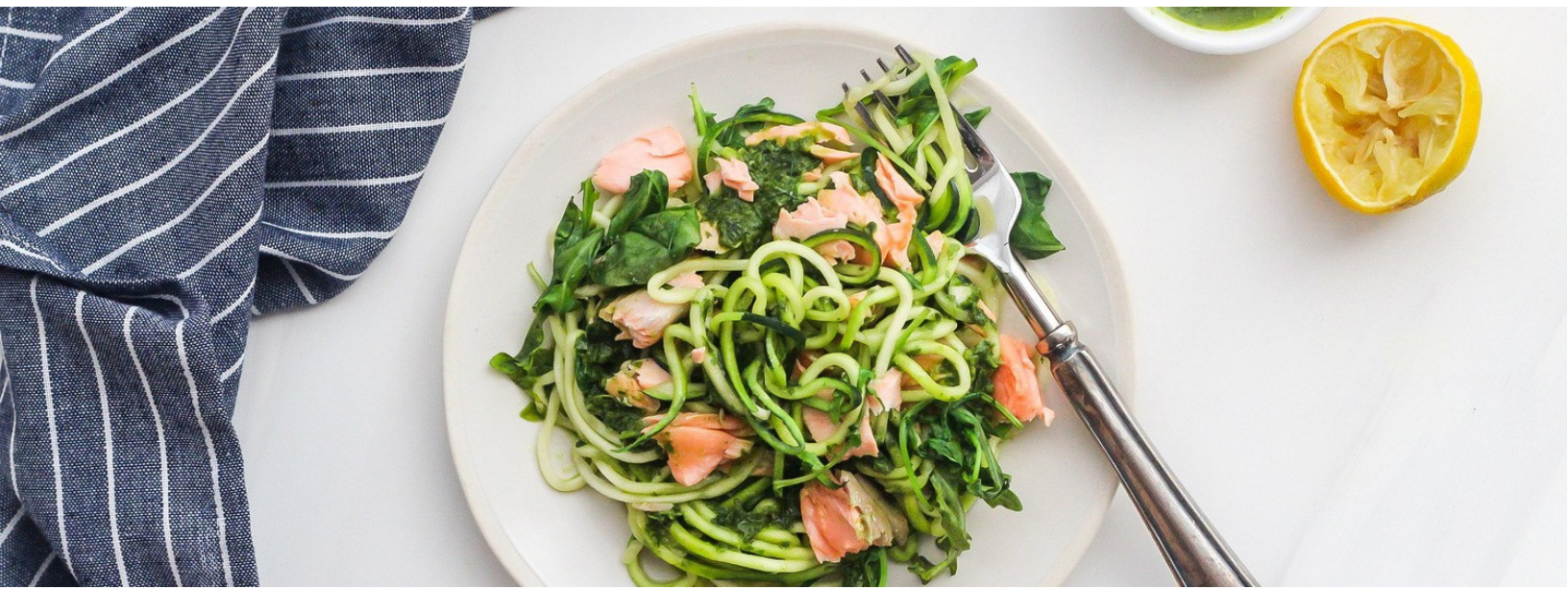
Keeps well in the fridge for up to 3 days.

Ingredients

- 1 lb Lean Ground Pork
- 1 tbsp Sesame Oil
- 1 tbsp Coconut Aminos
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 3 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 head Cauliflower (medium)
- 1/4 cup Sesame Seeds

Zucchini Noodles with Salmon

9 ingredients · 20 minutes · 2 servings



Directions

1. Place the salmon fillet on a baking sheet. Broil on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.
2. In a blender or food processor, add the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt. Blend until smooth.
3. In a pan over medium heat, add the arugula and cook until just wilted. Remove and set aside. Add the zucchini noodles and cook for 3 to 4 minutes. Plate the noodles with the arugula and salmon and drizzle the sauce on top. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the noodles and sauce separately.

Serving Size

One serving is approximately one cup of zucchini noodles and three ounces of salmon fillet.

More Flavor

Add nutritional yeast or chili flakes.

Additional Toppings

Add extra sliced basil leaves on top.

No Anchovy

Omit.

Ingredients

- 6 ozs Salmon Fillet
- 1 cup Basil Leaves
- 1/4 cup Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1 Anchovy
- 1/2 tsp Lemon Juice
- 1/8 tsp Sea Salt
- 2 cups Arugula
- 1 Zucchini (large, spiralized into noodles)

Turkey & Spinach Roasted Acorn Squash Bowls

10 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 450°F and line a baking sheet with parchment paper.
2. Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
3. Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
4. Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
5. Remove squash from the oven and stuff each half with the turkey/spinach mix. Enjoy!

Notes

Vegan & Vegetarian

Use lentils or black beans instead of ground meat.

Save Time

Roast acorn squash ahead of time and warm it at the time of meal.

Leftovers

Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

Extra Protein and Healthy Fat

Top with a fried or poached egg.

Waste Not, Want Not

Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.

Ingredients

- 2 Acorn Squash
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Coconut Oil
- 1 **lb** Extra Lean Ground Turkey
- 2 **tbsps** Chili Powder
- 1 **tsp** Oregano
- 1 **tsp** Cumin
- 1/4 **tsp** Sea Salt
- 1/4 **cup** Water
- 4 **cups** Baby Spinach (chopped and packed)

One Pan Olive Pesto Pork Chops

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with foil.
2. In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
3. Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
4. Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through. Divide onto plates and enjoy!

Notes

Leftover Pesto

If you don't use all the pesto, you can add it to pasta, omelettes, sandwiches, or use as a dip for veggie sticks and crackers.

Storage

Refrigerate in an airtight container up to 3 days.

Ingredients

- 1 cup Black Olives (pitted, rinsed and patted dry)
- 1 Garlic (clove)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Nutritional Yeast
- 8 ozs Pork Chop
- 1 cup Green Beans (stems removed, chopped)
- 1 cup Cherry Tomatoes
- 1 Leeks (chopped into 1/2 inch medallions)

Coconut Milk Yogurt

2 ingredients · 24 hours · 6 servings



Directions

1. You will also need 2 dairy-free probiotic pills with bacterial strains *L. bulgaricus*, *S. thermophilus* and *L. casei*
2. Open coconut cream and separate the liquid from the cream.
3. In a food processor or high-speed blender, add the cream with the probiotic pills and lemon juice. Process on high for 3 minutes until pills are broken down. Check the consistency of the yogurt. If it's too thick, add a little of the coconut water and blend. Transfer the yogurt to a glass jar and seal with lid.
4. Preheat the oven to 100°F. Place the glass jar in the oven for 24 hours to ferment. Once fermented, remove from the oven, cool and stir the yogurt. Chill in the refrigerator for at least 2 hours.

Notes

Want more flavor

Use vanilla, cinnamon, cocoa powder, berries etc to add more flavor

Ingredients

3 cups Coconut Cream (2 cans, refrigerated for at least 4 hours)

1 tbsp Fresh Lemon Juice

Apple Cinnamon Chips

3 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 230°F (110°C). Use a sharp knife to thinly slice apples into even chip-like pieces. Place sliced apples in a mixing bowl. Add cinnamon and toss well.
2. Line a large baking sheet with foil and grease lightly with coconut oil. Spread apple chips evenly across the baking sheet making sure not to overlap (you might need to bake in batches if your sheet isn't big enough). Place in oven and bake for 1 hour, turning at the 30 minute mark. Remove from oven and let cool completely. Store your apple chips in an airtight container. Enjoy!

Ingredients

- 4 Apple
- 2 **tsps** Cinnamon
- 1 **1/2 tsps** Coconut Oil

Notes

Keep Them Crispy

If chips get soggy over time, throw in the oven at 350 for 5 to 8 minutes to crisp them back up.

Coconut Banana Ice Cream

2 ingredients · 1 hour 30 minutes · 4 servings



Directions

1. Add all ingredients into a blender and blend until smooth. Occasionally turn the blender off and scrape down the sides if needed.
2. Scoop into bowls and enjoy immediately as soft serve or for firmer ice cream, transfer to a baking pan and freeze for at least 1.5 hours before scooping.

Notes

Chocolate Lover

Add cocoa powder while blending.

Topping Ideas

Nut butter, jam, chocolate chips, granola, crushed nuts, melted dark chocolate or fresh fruit.

Ingredients

- 1 cup Canned Coconut Milk (full fat)
- 3 1/3 Banana (sliced and frozen)

Grain-Free Crackers

8 ingredients · 30 minutes · 8 servings



Directions

1. Preheat oven to 350F
2. In a small bowl mix the gelatin with 2 tablespoons water and stir until paste like. Boil the remaining 4 tablespoons of water. Stir into the gelatin and give it time to dissolve. Continue to stir until no lumps.
3. Add the gelatin mixture to a large bowl and add in the rest of the ingredients. Stir together well.
4. Line a baking pan with parchment paper and spread batter evenly to a 9 by 10 rectangle. Bake 22-24 minutes or until edges are browned and center is baked.
5. Allow to cool 20 minutes before slicing and serving.

Notes

To serve

Add your favorite toppings and enjoy! Store in aluminum foil on counter to keep crispness.

Storage

Store in aluminum foil on counter to keep crispness.

Ingredients

- 2 **tbps** Gelatin (organic, grass-fed beef)
- 1/3 **cup** Water
- 1/2 **cup** Avocado Oil
- 1/2 **cup** Coconut Flour
- 1 **tsp** Baking Powder (gluten free, grain free)
- 1 **tsp** Sea Salt
- 1/2 **tsp** Onion Powder (optional)
- 1/2 **tsp** Garlic Powder (optional)

Almond Butter

1 ingredient · 1 minute · 1 serving



Directions

1. Enjoy as needed

Ingredients

- 2 tbsps Almond Butter