

The Autoimmune Foodie's

Signature Recipes

16 Fast, Easy & Delicious Recipes



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About Me, The Autoimmune Foodie

Hi. I'm Shannon Lea and I struggled for years with chronic illness. I was diagnosed with six autoimmune diseases over a 30 year period before finally being diagnosed with my seventh autoimmune disease, systemic lupus, in 2011. By August 2014 as my lupus progressed, I was facing going on chemotherapy and was fearful of dying young. So I decided I had to make a diet change. I started following an autoimmune eating protocol, The Wahls Protocol. After 18 months of using food, faith, functional medicine and biohacking, I achieved complete remission from lupus, fibromyalgia, endometriosis, narcolepsy, restless leg, periodic leg movement disorder, asthma, colitis, gastritis, gastroparesis and more.

As of May of 2018, I am happy to say that I am fully in remission from every one of the disease listed above. I am still battling candida overgrowth, chronic EBV, high mycotoxin levels and chronic Lyme, but I no longer consider that I have autoimmune disease. It has been 2 years since I've had autoimmune symptoms or taken meds specifically for autoimmune (other than thyroid meds). My labs are also clean for autoimmune markers at this time. The way I see it, my immune system is no longer attacking me and I am out of danger. However, my immune system is not yet strong enough to get the lyme, candida, EBV or mold under control. But I have complete faith that by continuing my health journey, all of these will resolve in time.

In my previous careers, I have been a psychologist and a Fortune 500 Company sales person/sales trainer/sales manager. I stopped working in 2014, after 19 years of being a stressed out achiever, to begin a coaching career. I had completed two coaching certifications when my health journey began and I have now attained additional coaching certifications as a Wahls Protocol Health Professional and a Bulletproof Human Potential Coach. I am also a certified Irlen Syndrome screener. So in addition to focusing on food, I share coaching, biohacking and general health tips on my website and social media pages.

In my 3.5 year journey to health (so far), I have learned to cook without gluten, dairy, eggs, inflammatory oils or refined sugar. However, you will see a recipe here or there with cultured ghee, goat cheese, or duck eggs which I tolerate in moderation. The bottom line is that I love food, but I have limited energy and I don't want to have 1,000 ingredients in my pantry. Therefore, I have 3 goals for every recipe: My recipes have to be DELICIOUS, FAST and SIMPLE.

Be sure to visit my website www.autoimmunefoodie.com for more free eBooks, including my Fat Bombs eBook and my Soup & Stew eBook. And remember to sign up for my email list to be alerted to new eBooks, blogs, and recipes. My newest eBook, The Mycotoxin Avoidance Diet, is coming in June of 2018. Connect with me on Instagram @AutoimmneFoodie or follow my Facebook Page: Autoimmune Foodie. My connection information is also listed at the end of this eBook.

The logo consists of a red 'X' and a red 'O' followed by the text 'The Autoimmune Foodie' in a cursive font.

Beverages

Signature Beef Stock

✓ Place 1 (2 pound) package of meaty grass feed beef soup bones in a crock pot or ask a butcher for bones.

✓ Add fresh herbs to the crock pot such as oregano and thyme. Bay or rosemary are also good. Do not use dried herbs as they are higher mold toxin. Or skip the herbs.

✓ Add Water to fill crock pot at least 3/4 full.

💡 I did not use Apple Cider Vinegar because this is not bone broth, it's a stock

💡 I prefer a crock pot over an instant pot for this nourishing stock

👩 Cook on low (300 degrees Fahrenheit) for 12 hours. Let cool.

👩 When stock is cool enough to handle, pour through strainer into large pot. Place meat, bones, and meat bits on a cutting board.

👩 Pull meat, marrow and fat off and out of bones. Discard bones and bone fragments. Use fingers to “smoosh” meat and fat to identify and discard any additional bone fragments or hard bits. Use a knife to finely chop meat, fat and marrow. Mix together and put in glass storage container.

👩 Pour strained stock into 3 mason jars.

💡 You now have stock for drinking or to use in recipes. You can use the meat in soups, on salads, cold for lunch in a wrap-up or as a main dish.

- 📷 Photo 1: stock and meat yielded from this recipe
- 📷 Photo 2: soup bone package.
- 📷 Photo 3: soup & herbs bones in crock pot.
- 📷 Photo 4: finished meat stock.
- 📷 Photo 5: bones, meats and bits on a cutting board.
- 📷 Photo 6: meat mixed with fat and marrow in storage container.



PHOTO 1



PHOTO 2



PHOTO 3

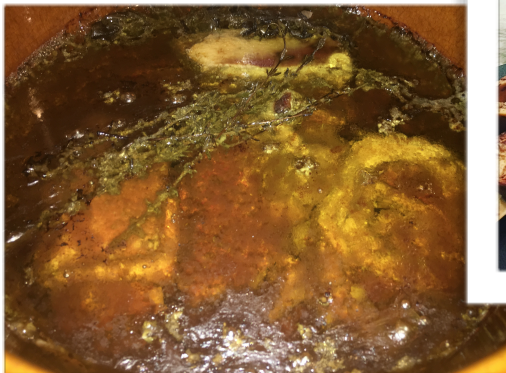


PHOTO 4



PHOTO 5



PHOTO 6

Bone Broth Latte

This is a delicious beverage to enjoy anytime of the day - or sip it all day long.

- ✓ Homemade Beef Stock (see previous recipe)
- ✓ Collagen Protein* (Optional)
- ✓ Coconut Milk**
- ✓ Cinnamon***



👩‍🍳 Gently heat 1/2 Beef Stock and 1/2 Coconut milk in a saucepan. Pour into a blender and blend until creamy. Add 2 TB collagen protein and GENTLY blend it. Pour into a cup. Sprinkle with cinnamon. Enjoy! I keep mine in a Contingo container to keep it warm for hours.

💡 I think this recipe is perfect. However, you could substitute grass fed Ghee or Butter in the recipe for coconut milk. You can also add some Bulletproof MCT oil if desired.

💡 * I use Bulletproof Collagen Protein Powder because in my experience, I get the best results (healthy hair, strong nails, improved gut and joint health).

💡 ** I use Native Forest SIMPLE coconut milk: organic, guar gum free, BPA free can.

💡 *** Beware that cinnamon is generally high mold toxin. Never use cinnamon sticks. If using cinnamon, buy a small container and keep it in the freezer and discard after 3 months. If you are sensitive to mold or have mold related illness, do NOT use cinnamon or nutmeg.

FAQ:

? Will this break an Intermittent Fast?

Technically, yes it will break a fast. However, my opinion is that as long as you are not consuming solid foods, it's ok to sip bone broth with coconut or tea or similar beverages during a long fast. I fast up to 23 hours per day but I do consume coconut milk beverages during that time.

? Why am I using BEEF STOCK instead of BONE BROTH?

I use this beef stock recipe simply because in my journey, I have not reacted well to real bone broth. I find this beef stock (cooked for 12 hours MAXIMUM, using meaty beef bones and using NO vinegar) to be much more tummy-friendly for me.

? Do I have to use beef stock?

No. I use grass fed beef stock because I prefer the taste and believe it to be a source of gut healing nutrients. You can use seafood or chicken stock as well.

Breakfast

Signature Smoothie

- ✓ 1 cup of mixed frozen berries*
- ✓ 1 cup of frozen kale**
- ✓ 1 cup of frozen spinach**
- ✓ 1/2 or 1 can organic guar free Coconut Milk - I prefer Native Forest SIMPLE.
- ✓ 2 TB collagen protein powder (OPTIONAL)

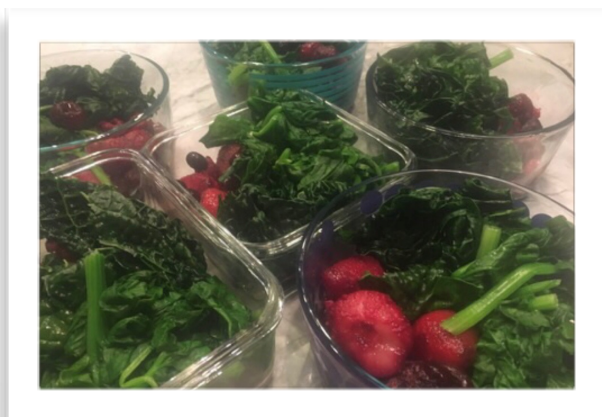
👩‍🍳 Place greens, berries and coconut milk in a blender and blend until smooth. Add collagen and blend GENTLY until mixed. Serve!

💡 * I love a sweet-tart smoothie so I use a mix of organic frozen cherries, strawberries, blueberries etc. Costco makes my favorite frozen berry mix: It is the Sunrise Growers Antioxidant mix with cherries, raspberries, blueberries, strawberries and pomegranate seeds.

💡 ** I blanch and freeze my greens before using. First, using frozen greens makes the smoothies thick and smooth and creamy. Second, blanching the greens and discarding the water before freezing removes some of the oxalates.

💡 I prep smoothies ahead of time by placing 1 cup of berries and 2 cups of greens together in glass containers and freezing. Then when you want a smoothie, you just pull out a container and throw it in the blender with coconut milk!

💡 This is a perfect way to get 3 cups of produce in for breakfast. If you follow Wahls, this is one cup from each category. You can always sub an orange or peach or any other frozen fruit for the frozen berries. Or add some frozen banana for sweetness.




Breakfast Hash

Actually this is an ANYTIME meal. It's so easy to whip up and super satisfying!

- ✓ 1 pound organic pastured ground sausage
- ✓ 1 package nitrate free bacon
- ✓ 1 jalapeño
- ✓ 1 onion
- ✓ 1 potato or sweet potato (orange, white or purple)
- ✓ Ground White Pepper (lower mold toxin than black)
- ✓ Sea Salt. I like La Baleine Course Sea Salt
- ✓ Chicken or Duck eggs (I use duck)
- ✓ 1 avocado



 Cook sausage in a pan. Strain sausage and set aside in a bowl, leaving grease in the pan. Cook bacon in the same pan. Strain bacon and set aside on a plate, leaving grease in the pan. Place 2 TB of the sausage/bacon grease in a new pan. Chop jalapeño and onion and sauté in grease until soft and browned. Peel and dice potato and cook in the sausage/bacon grease until soft. Once soft, turn heat to high and “fry” until crispy. Once cooked, add the sausage, bacon and veggies into the pan with the meat. stir. Add salt and pepper to taste. If using eggs, crack the eggs into the pan with all of the ingredients. Cook over low heat until egg white are cooked (don't overcook yolks). If needed, place a lid over the pan to steam the eggs whites. Watch closely and remove from heat as soon as egg whites are cooked. Sprinkle with salt. Serve onto a plate. Sever with a side of avocado. A side of sautéed chard is also delicious (sauté chard in bacon grease and add a sprinkle of salt and a dash of vinegar).



Starters

Roasted Jalapeño-Apple Guacamole

Roasted Jalapeño Apple guacamole. The best thing about Texas is we come up with endless guacamole variations I promise - this is delicious! 🥰

- ✓ 3 Avocados.
- ✓ 1 jalapeño roasted on a grill.
- ✓ 1 apple, green or yellow.
- ✓ 1 lime.
- ✓ Cilantro.
- ✓ 2-4 TB coconut fat from a can of Native Forest coconut milk.
- ✓ Course sea salt from [@labaleineusa](#) .



👩‍🍳 Chop apple into tiny cubes and add to bowl. Chop jalapeño finely and add to bowl. Chop some cilantro finely and add to bowl. Add salt. Add juice if 1/2 lime. Add peeled avocado. Add coconut milk fat. Smash avocado with a fork. Taste and add more salt and lime as needed. Stir ingredients and serve with extra cilantro. This was insanely delicious! Really, it's hard to mess up guacamole.

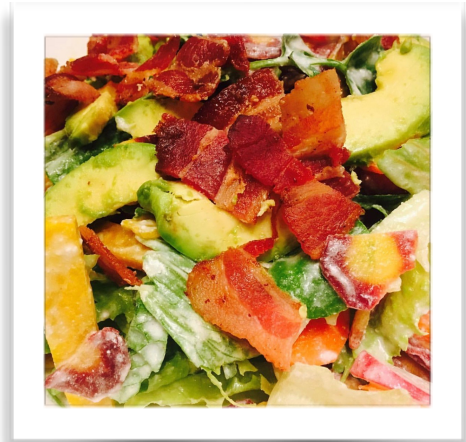
💡 Be sure to use this to top off your STEAK TACOS - see recipe under MAIN DISHES.



Dairy-Free Buttermilk Ranch Dressing

One thing I missed the most when going dairy-free was buttermilk ranch dressing - with this recipe, I don't miss it at all!

- ✓ 1 cup Coconut Milk (the thick fatty part at the top of the can is best to use)
- ✓ 1 TB Coconut Vinegar (I like Coconut Secret brand)
- ✓ 1/8 tsp. ground white pepper
- ✓ 1 tsp. salt - I like La Baleine brand
- ✓ Fresh Dill (or dried if you can't find fresh)
- ✓ Fresh Garlic
- ✓ Adobo Spice (OPTIONAL)



👩 Add coconut vinegar to coconut milk and stir. Let sit 20 minutes. This is your “buttermilk” base. Next add the buttermilk, pepper, salt, and garlic to a blender and blend. Finally, stir in your dill. Taste and adjust as desired. You can add a dash of Adobo spice or garlic salt if desired. I like a dash of Adobo spice myself.

💡 If the taste of coconut is too strong for you, do 1/2 coconut milk and 1/2 olive oil.

💡 If you can't find coconut vinegar, you can use apple cider vinegar. But coconut vinegar turns out yummiier!

💡 Serve over a green salad with lettuces and cucumber and veggies of your choice or as a dip with crudités. You can make the dressing as thick or thin as desired. Its especially good with a salad with bacon!



Signature Salad, AKA “The Salad A Man Can Love”

Brandon will say to me, “Will you make that salad that even a man can love?” LOL - so here is the recipe - its a favorite in our house!

- ✓ Fresh Spinach
- ✓ Walnuts
- ✓ Honey
- ✓ Starfruit
- ✓ Goat Cheese
- ✓ 1 Large Beet
- ✓ Olive Oil
- ✓ Apple Cider Vinegar
- ✓ Sea salt
- ✓ Ground white pepper



👩 Wash and chop and spin spinach and set aside in the fridge. Next, coat beet in oil and roast in the oven at 400 degrees until soft - about an hour. Let cool then remove skin and chop. In a small pan, place walnuts and 2 TB water and 1 TB honey. Heat and stir constantly until walnuts start to get sticky and crispy (add more water or honey if too thick or too thin). Set aside. Wash starfruit and slice into thin slices - no need to peel. Place spinach in bowls. Top with dabs of goat cheese and walnuts and slices of starfruit. To make dressing, place cooked beets in a blender with olive oil, 1 tsp apple cider vinegar and a dash of salt and pepper. Blend and taste. Add more vinegar/salt/pepper until desired taste. Pour over salad.

💡 You can leave out the goat cheese in needed. I add it to the salads for my family.

💡 You can substitute pear for starfruit but starfruit tastes better if you can find it.

💡 You can blend the dressing smooth or leave it chunky - it is good either way.

💡 You can use gold, red or Chioggia (red and white) beets. Each makes the dressing taste very different. Some beets are earthy and some are sweet so the dressing will be different depending on the type of beets you use.

Main Courses

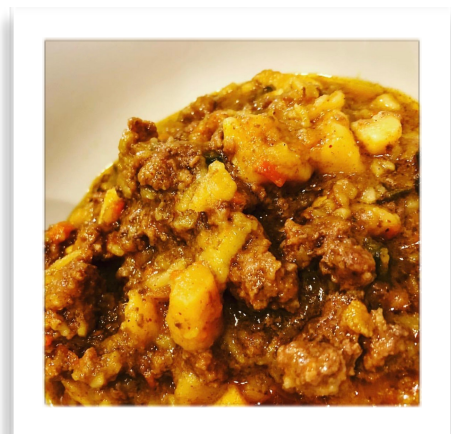
InstantPot Coconut-Cardamom Sweet Potato Chili

Have you ever accidentally hit a recipe home run? I made chili last night and realized too late that I forgot the bone broth. So I did a coconut milk substitution and it was AWESOME!

- ✓ 1 pound grass fed ground beef
- ✓ 1 large jalapeño
- ✓ 4-6 large carrots
- ✓ Sea salt like La Baleine
- ✓ Olive oil
- ✓ Ancho chili powder
- ✓ Cumin
- ✓ Cardamom spice*
- ✓ 1 can coconut milk - I used Native Forest Classic coconut milk
- ✓ ground white pepper
- ✓ 1 large white sweet potato

👩🍳 Put a little oil in the instant pot. Add chopped jalapeño and shredded carrots. Add beef and chop up. Pour 1/4 can coconut milk (just the liquid) into pot. Run IP on 'sauté' cycle. Chop and stir ingredients. Add 1 tsp salt plus white pepper, ancho chili, cumin and a dash of cardamom. Stir. Add rest of coconut milk. Add peeled, diced sweet potato. Stir one more time. Run IP on 'stew' setting twice.

💡 *This was savory and delicious. You can use cinnamon instead of cardamom. Cinnamon is higher mycotoxin than cardamom but you may like the taste of cinnamon better.



Signature Steak Tacos

These are world class Tacos that are super simple to make!

- ✓ 1 large GrassFed or Pastured sirloin strip steak
- ✓ Cultured Ghee. I use Pure Indian Foods
- ✓ Course sea salt. I use La Beleine
- ✓ 1 sweet onion, sliced thin
- ✓ Cilantro
- ✓ 1 grill roasted Jalepeno
- ✓ 1 batch of roasted jalapeño-apple guacamole (see STARTERS section)
- ✓ Gluten Free tortillas. I like almond flour tortillas from Siete Foods.

👩‍🍳 Slice steak as thin as possible. Heat ghee until about to smoke. Flash fry steak. Toss until caramelized. Remove from heat when no longer pink. It should be rare inside. This only takes about one minute.

👩‍🍳 Place steak in a bowl. Place guacamole in another bowl. Place onions and jalapeños and cilantro in separate bowls. Gently heat tortillas. Serve tortillas on plate with taco bar ingredients around it so people can build their own tacos. Or place steak on tortillas, sprinkle with onion, add a bit of minced jalapeños, use a couple of generous scoops of guacamole, and top with cilantro.


💡 I am obsessed with how good these tacos are. I served Brandon's tacos with lime-cilantro-buttered rich and mine with cilantro-cauliflower rice.




Signature Steak Stir Fry

- ✓ Steak - I use a large grass fed or pastured sirloin strip steak, sliced thin
- ✓ Coconut aminos or organic tamari
- ✓ Honey
- ✓ Fish Sauce From Red Boat
- ✓ Chinese 5 spice powder
- ✓ Garlic, minced
- ✓ Ginger, minced
- ✓ Grass fed cultured ghee - I like Pure Indian Foods
- ✓ Cooking oil like tallow or coconut or palm or lard or bacon grease
- ✓ 1 bag of cauliflower rice
- ✓ Broccoli, chopped
- ✓ Asparagus, chopped
- ✓ Celery, chopped
- ✓ 1 small onion, sliced
- ✓ Bok Choy, chopped
- ✓ Carrots, chopped
- ✓ 1 jalapeño, sliced thin
- ✓ Coarse sea salt - I like La Baleine
- ✓ Ground white pepper

 Slice all veggies and set aside.

 Add 8 TB coconut aminos or tamari, 3 tsp fish sauce, and 1 TB honey in a bowl and stir. Add 1-2 cloves minced garlic and some minced ginger and stir again. Set aside.

 Heat Ghee very high in a wok. Add steak slices and toss until just starting to brown. About one minute. Don't overcook. Strain and set aside.

 Add several TB of cooking oil like tallow or olive or coconut or lard to a second pan. Add cauliflower rice. Sauté cauliflower on low heat until starts to brown. Turn heat off.

👩🍳 Add veggies to wok. Add more ghee or cooking oil as needed. Stir fry until tender crisp and starting to brown. Add generous sprinkle of coconut aminos or tamari, a dash of fish sauce, white pepper and coarse sea salt. Stir a couple of minutes. Turn off heat.

👩🍳 Turn heat up high on cauliflower rice. Add 2 TB coconut aminos and 1 tsp fish sauce plus a sprinkle of salt. Stir. When heated and starting to brown, Serve rice into bowls.

👩🍳 Serve veggies over cauliflower rice.

👩🍳 Pour remaining liquid out of wok. Add steak back to wok. Pour sauce over steak. Turn heat up high. Quickly toss until liquid is gone and remove steak while sticky and browned or caramelized but not burned. Serve over rice and veggies.

💡 You can use any combo of veggies, making this a perfect fridge clean out meal.

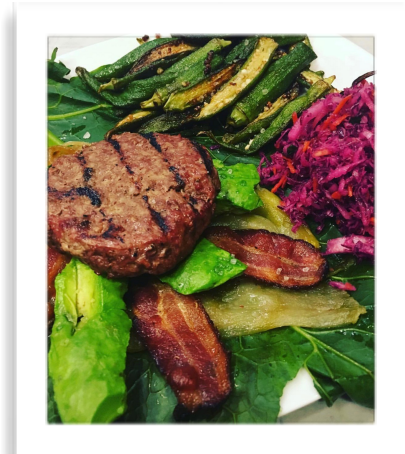
💡 Try this with chicken or shrimp as well!



Burger Plates

In our house, Grass-Fed Burger Plates are always on the menu. You can literally add any sides from oven roasted broccoli to roasted carrots to fries of any kind including turnip, rutabega, sweet potato or okra. I serve burgers on gluten free buns for the family and on a collard or lettuce wrap for me.

- ✓ Grass fed ground beef
- ✓ 1 large red or white or yellow onion
- ✓ 1 jalapeño
- ✓ Ground white pepper
- ✓ Sea Salt. I like La Baleine Course Sea Salt
- ✓ Buns or Collards or Lettuce Wraps
- ✓ Avocado, sliced
- ✓ Variety of chopped veggies
- ✓ Oil
- ✓ Adobo Spice, OPTIONAL



👩‍🍳 Form 1/4 pound patties. Sprinkle with salt and pepper and a dash of Adobo if desired. Grill burgers on grill until medium well or desired doneness. Steam collards until tender. Sauté sliced onion and peppers in oil over low heat until caramelized. Serve burgers with onion and pepper and avocado on buns or wrapped tight in collards. Serve with roasted veggies. Any veggie can simply be chopped and tossed in salt and oil (olive, bacon grease, tallow, lard, palm, coconut) and baked in the oven on a cookie sheet lined with parchment paper. For okra fries, wash and slice longways and cook in oil until crisp and browned.



Gluten Free Fried Chicken and Okra

- ✓ Chicken pieces
- ✓ Salt
- ✓ 4 cups water
- ✓ 1 can coconut milk like Native Forest
- ✓ 1 TB coconut vinegar like Coconut Secret or Apple Cider Vinegar
- ✓ Paleo Flour and/or Gluten Free Flour. I used 1/2 Bob's Red Mill Paleo Grain Free Flour and 1/2 Bob's Red Mill 1:1 GF Baking Flour
- ✓ Shortening. I use Spectrum Palm.
- ✓ Okra



👩🍳 Soak chicken pieces in 4 cups water mixed with 2 tsp. salt for 30 minutes and drain.

👩🍳 Mix 1 can coconut milk with 1 TB vinegar. Pour into a flat dish.

👩🍳 Mix 1 cup GF Flour with 1 cup Paleo flour and 2 tsp salt and pour into a second flat dish.

👩🍳 Melt Spectrum in a large fry pan - to a depth of 2 inches. Heat to high.

👩🍳 Dip each piece of chicken in flour, then coconut milk, then flour again and coat well.

👩🍳 Lay chicken in hot oil until brown on one side then turn and lower heat to medium. Keep turning often for about 30 minutes but don't burn. This is for bone-in dark meat chicken. White bone-in chicken will cook a bit faster.

OVEN BAKED CHICKEN:

👩🍳 Brown both sides of chicken in hot oil and place on broiler pan (pan with holes over another pan). Bake at 350 degrees for 30 minutes or until juice is clear when pierced with a fork.

OKRA:

👩🍳 Chop okra and wash. Place wet pieces in a bag with Bob's Red Mill Paleo Flour and salt. Shake to coat. Fry in oil.

Asian Melt-In-Your-Mouth Oven Roasted Pork Belly

Melt-In-Your-Mouth Oven-Roasted Pork Belly with Collards & Kabocha Squash! This is seriously a stupid-easy recipe that requires almost no effort.

- ✓ Sliced pork belly*
- ✓ Kabocha squash (you can use butternut or delicata or sweet potato if you have to)
- ✓ Oil like lard or coconut or palm or tallow or bacon grease or olive
- ✓ Collard Greens
- ✓ Sea Salt - I like La Baleine course sea salt
- ✓ Turmeric
- ✓ Coconut Aminos
- ✓ Red Boat Fish Sauce
- ✓ Ground white pepper



👩🍳 Use a peeler to peel the squash. Then slice in half and spoon out the seeds and slice into longwise lengths. Toss Squash slices in a bowl with melted coconut oil, Lard, or bacon grease and sea salt and pepper. Spread squash slices out on a deep roasting pan lined with silicon or an unbleached parchment sheet. Wash collard greens. Slice into bite sized pieces. Don't remove the stems. Toss pieces with melted oil and salt. Layer in roasting pan over squash. In a bowl, whisk 1/4 cup coconut aminos, 2-4 TB Red Boat Fish Sauce and 2 TB Turmeric. Put pork belly strips into a bowl and toss with sauce. Layer pork belly strips on top of collards. Sprinkle with course sea salt. Bake in over at 350 degrees for about 45 minutes to an hour. Turn strips at least once. Use a spatula to scoop up and serve!


? *So, why Pork Belly? What even is Pork Belly?! 😂. Well, pork Belly is just bacon before it is salted, preserved, or processed! You can add your own salt & flavoring for a wonderfully different experience! Pork Belly can usually be found at the butcher's counter. If it is not already sliced, just ask for the butcher to slice you up some in bacon-sized strips! 🙌

Apple-Pecan Sausage Stuffed Acorn Squash

One of our favorite dinners of all time: Apple-Pecan Sausage Stuffed Acorn Squash with Shredded Brussels & Carrot Sauté

- ✓ Acorn squash
- ✓ Ground sausage
- ✓ 1 apple
- ✓ Pecans
- ✓ Brussel Sprouts
- ✓ Carrots - I like a mix of yellow, orange and purple
- ✓ Oil like olive, bacon grease, lard or coconut
- ✓ Coconut Aminos
- ✓ Coarse sea salt - I like La Baleine
- ✓ Ground white pepper



 Cut acorn squash in half. Scoop out seeds. Place halves upside down in covered dish. Add thin layer of filtered water. Bake covered 45 minutes at 375 or until soft. Sauté sausage in 1TB of lard or oil. Shred Brussel sprouts and colored carrots. I used a Salad Shooter. Sauté Brussels and carrots in 2-4 TB lard or bacon grease or sausage grease. If dry, add more grease. Sauté until slightly browned. Add coconut aminos and salt to taste and cook until nice and browned. Chop pecans and add to cooked sausage and quick sauté until pecans are crunchy. Chop an apple and sauté into sausage. Serve half a squash on each plate and sprinkle with salt. Fill with sausage mixture. Add Brussels and carrots to the plate. Add salt if needed. You will find this an amazingly flavorful and fancy dish to be so simple. Be sure to eat all together: the magic of this dish is in the combined flavors! You can add fresh thyme, sage or oregano if desired.

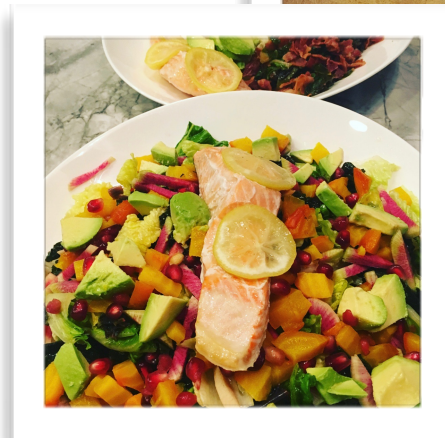
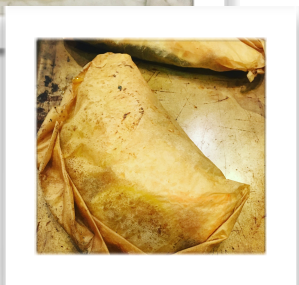


Signature Parchment Baked Salmon

- ✓ Wild caught salmon filets
- ✓ Grass fed ghee - I use Pure Indian Foods Cultured Ghee
- ✓ Lemon slices
- ✓ Parchment paper

👩🍳 Take parchment paper and fold in half and cut a “kindergartner heart” out of it. Then open and spread entire heart with ghee. Place fish on one side of the heart. Put pieces of ghee on the salmon and top with lemon slices. Then roll the edges of the parchment starting at the top of the heart and finishing at the bottom - then twist and tuck under - until you have sealed pouches. Bake on a cookie sheet for 10 minutes (small portions of salmon) or 15 minutes (for large portions of salmon).

💡 Serve with any sides such as oven baked lemon broccoli (toss broccoli in oil and salt and lemon and bake in the oven) or parsnip mash (steam parsnips that have been peeled and chopped until soft and then blend in a blender with salt, pepper and ghee). Or serve salmon on a salad of romaine, kale, watermelon radish, roasted golden beets, carrots, pomegranate & avocado. For the salad dressing, I just whisked Olive Oil with fresh lemon juice, MCT oil and fresh garden herbs.



Dessert

Signature Cookies: Gluten-Dairy-Egg Free Oatmeal Raisin Cookies

- ✓ 2 cups NATURAL almond flour (NOT BLANCHED). I use Bob's Red Mill
- ✓ 2 cups GF oats - I use Bob's Red Mill old fashion oats
- ✓ 1/2 tsp. baking soda
- ✓ 1/2 tsp. sea salt (I use course)
- ✓ 1/2 tsp. Madagascar vanilla powder
- ✓ 1/2 cup honey (clover)
- ✓ 2 tsp. lime juice
- ✓ 1-2 TB almond milk (blend 1/2 almond milk and 1/2 filtered water in a blender)
- ✓ 2/3 cup palm shortening. I use Spectrum at room temperature.
- ✓ 1 "snack pack" size box of raisins (Whole Foods 365 brand is relatively low mold toxin)
- ✓ 1/4 cup walnut pieces



👩‍🍳 Mix almond flour, oats, baking soda, sea salt, and vanilla powder well with a whisk. Add honey (use a thick honey like clover not a thin honey like wildflower), shortening, almond milk, and lime juice to dry ingredients and use a fork to blend well. Stir in walnuts and raisins. Line a baking pan with unbleached parchment paper. Put 1/4 cup scoops of cookie dough onto pan. Press down slightly. Dough should not be too "wet" or cookies will spread all over pan. Cook for 8-10 minutes on 350 F. degrees. When cool enough, transfer to a cooling rack to finish cooling. YUM!

How to Find Me

Follow me on social media for daily recipes plus biohacking, coaching and health tips.

Visit my website to read my story and find my favorite RESOURCES (Coming June 2018).

Sign up for my email list for alerts to upcoming cookbooks, books and ebooks, including my FREE Mycotoxin Avoidance Diet eBook coming in June 2018.

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