

A scenic landscape featuring a river with large rocks, a stack of balanced stones on the bank, and a sunset in the background. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The river flows through a rocky bed, and the surrounding area is filled with trees and foliage, some of which are bare, indicating a cooler season. The overall atmosphere is peaceful and natural.

A Nutritional Balancing Cookbook

Recipes compiled by Trista Thompson

Breakfast

Recipe: Soft Boiled Eggs



From: Eaththelove.com



NB Friendly

Soft Boiled Eggs

Click in cell G3 and select a category for your recipe.

Breakfast

PREP TIME

10 minutes

INGREDIENTS

4-6 large eggs, refrigerator cold
1 tray of ice cubes

DIRECTIONS

Special equipment
Large pot with lid
Steamer basket
Large bowl
Tongs

Directions

1. Fill a pot with 1/2-inch of water and cover it. Place on the stove and turn the heat to high until boiling.
2. Place the eggs in a steamer basket. Once the water is boiling (shouldn't take too long), remove lid, place the steamer basket with the eggs in them, inside the pot (the water level should not be above the steamer basket). Replace lid, leaving the heat on high and steam the eggs for 6 minutes and 45 seconds.
3. While the eggs are steaming, empty a tray of ice cubes into a large bowl and fill with cold water. Once the time is up and the eggs are done steaming, remove them from the steamer basket, one at a time with the tongs, and place them in the ice bath to stop them from cooking. Let cool for 3-5 minutes before serving with salt and pepper. (Let the eggs cool for 3 minutes to stop the eggs from cooking but still have them warm. Let them cool for longer if you wish to serve the eggs a little cooler over a salad or store them in the fridge for later.)

COOK TIME

minutes

YIELD

servings

Recipe: Kale and Egg Bake

PREP TIME

Breakfast

minutes

COOK TIME

minutes

YIELD

6

Kale and Egg Bake

INGREDIENTS

5 oz. mixed baby kale or chopped kale leaves
 1-2 tsp. olive oil (depending on your pan)
 1 1/2 cup raw cheese
 1/3 cup thinly sliced green onion
 8 eggs
[1 tsp. Spike Seasoning \(optional, but good. You can use salt and fresh ground black pepper to taste](#)

*Spike
 Onion flakes
 onion powder
 garlic powder
 dill
 kelp
 indian curry
 savory
 tarrago
 parsley
 spinach powder
 sweet paprika
 oregano
 marjoram
 rosemary
 thyme

DIRECTIONS

*For step by step pictures see website link on the left. Preheat oven to 375F/190C. Spray an 8 1/2 inch by 12 inch glass or crockery casserole dish with olive oil or nonstick spray.

Heat the oil in a large frying pan, add the kale all at once, and stir just until the kale is wilted, about 1 minute for baby kale or 2-3 minutes for chopped kale. Transfer the kale to the casserole dish, spreading it around so all the bottom of the dish is covered. Layer the grated cheese and sliced onions on top of the kale.

Beat the eggs with Spike Seasoning (or other seasoning mix) and salt and fresh ground pepper to taste. (I use only a tiny pinch of salt and a few grinds of pepper.) Pour the egg mixture over the kale/cheese combination, and then use a fork to gently "stir" so the eggs, kale, and cheese are evenly combined.

Bake about 30-35 minutes or until the mixture is completely set and starting to lightly brown. Let cool about 5 minutes before cutting. (The egg bake will settle down some as it cools.) Serve hot. This is good with light sour cream or plain yogurt.

This can be cut into individual servings to keep in the fridge.



From: KalynsKitchen.com



NB Friendly

*Melted cheese with meals isn't recommended on a strict NB diet.

*Bake for less time so the eggs don't cook as much.

Recipe: Sweet Potato Pancakes

PREP TIME

Breakfast

15 minutes

Sweet Potato Pancakes



INGREDIENTS

- 1/2 cup cooked sweet potato scooped out from it's skin
- 1 cup milk
- 1/2 tsp cinamon
- 1/2 tsp vanilla
- 1 egg

- 3/4 cup garbanzo flour (also called Gram Flour)
- *original recipe calls for Coconut flour
- 2 tsp baking powder
- 1/4 tsp salt

DIRECTIONS

1. Blend top ingredients in a blender until snooth and
2. Combing flour, baking powder, salt in
3. Add wet ingredients to dry ingredients. Add milk if bring consistency to pancake batter.
4. Grease pan with butter. Pour batter onto medium heat griddle. Flip when it starts to bubble.

COOK TIME

5

YIELD

2

From: HonestBody.com



NB Compliance

*Milk and Eggs cooked in a recipe make it less digestible.

*Coconut flour is more yin.

Recipe: Sweet Potato Pancakes

PREP TIME

15
minutes

Breakfast



Sweet Potato Pancakes

INGREDIENTS

- 2 medium sweet potatoes, cooked, peeled and diced
- 6 eggs
- 4 Tbsp of your favorite flour
- pinch of sea salt
- 1 tsp of vanilla

*Depending on the flour you use, you'll need more or less of the flour.

*Almond, Amaranth, Garbanzo

DIRECTIONS

1. Blend all ingredients in a chopper, blender, or use a hand blender to blend until smooth and pourable.
2. Heat a skillet, turn heat to low, melt butter and with a large spoon, put small pancake amount of batter on pan.
3. Fry them slowly on low heat until the batter is no longer moist and starts to solidify.
4. Flip carefully and fry the other side.
5. Frying time may vary.

*Note from Kairi: keep the pancakes small to make them easier to flip and avoid disintegrating.

*You can substitute cabbage for sweet potatoes, just add better consistency.

*Adding 1 Tsp of baking powder and 1 Tsp of baking soda will help them brown and rise.

COOK TIME

5

YIELD

4

From: Kairi Kuha



NB Friendly

*Milk and Eggs cooked in a recipe make it less digestible.

*Coconut flour is more yin. Almond or Amaranth flour are good choices.

Recipe: Squash Pancakes

PREP TIME

Breakfast

15
minutes



Squash Pancakes

INGREDIENTS

- 1 Cup cooked & pureed winter squash (butternut cut into chunks and simmered in broth or water until soft)
- 1 cup nutbutter (almond, cashew, etc.)
- 5 eggs (yolks & whites divided)
- 1/2 tsp salt

DIRECTIONS

1. With a mixer, beat egg whites until fluffy.
2. With either a food processor or an immersion blender and large bowl, blend the egg yolks, squash, nutbutter & salt until smooth.
3. Gently fold this mixture into the egg whites until blended together.
4. Fry on a well-seasoned cast iron griddle over low heat. Pancakes are prone to burning if temperature is too hot.

COOK TIME

5

YIELD

2

From: HonestBody.com



NB Compliance

*To make this more NB friendly, substitute flax eggs for the eggs.

Recipe: Digestible Oatmeal

PREP TIME

Breakfast

5 minutes



Digestible Oatmeal

INGREDIENTS

1-2 cups of oats soaked overnight
Steel Cut or Old Fashioned Rolled

*Topping Options

vanilla
cinammon
yoghurt
roasted almonds, walnuts, pecans
stevia
almond milk

DIRECTIONS

1 part oats to equal part water, add capful of ACV
Soak overnight
Rinse in morning and boil in some fresh water for a few minutes
Add Toppings

*Option 1 - add egg, then add grated ginger, dark berries, butter. (per Alexandra)
*Option 2 - add vanilla, cinnamon, roasted chopped almonds, walnuts or pecans

COOK TIME

5 minutes

YIELD

2 servings



NB Friendly

*Soaking oats makes them more yin but more digestible. This is optional.

*NB recommends only eating oatmeal for breakfast 2-3x/week.

Recipe: Breakfast Hash



Breakfast Hash

Breakfast

PREP TIME

15 minutes

INGREDIENTS

- 1 large onion, halved and sliced
- 4 cups broccoli florets
- 1 jalapeno
- 2 cloves garlic
- lard or butter
- broth or Great Lakes Gelatin
- chipotle*
- smokey paprika*
- sea salt
- cilantro or parsley - handful, minced
- 6 links of pastured breakfast sausage or
- 1/2 lb of bulk sausage or
- 1/2 lb ground turkey/lamb/beef

DIRECTIONS

1. Heat cast iron skillet over medium heat. Add dollop of lard.
2. Add onions, cook for about 5 minutes
3. Add broccoli, cook for about 8 more
4. Add some broth to keep from burning, check on heat, may need to lower it a bit
5. Cook until tender enough to your liking.
6. Add garlic, jalapeno and stir well, cook 1 minute.
7. Add sausage or meat of choice. If adding bulk sausage or ground meat, stir well into mixture and cook until meat is no longer pink. If using links, remove veggies and cook
8. Sprinkle with a pinch of chipotle powder and smoked paprika, then sea salt to taste.
9. Top with fresh cilantro or parsley

COOK TIME

10

YIELD

4

From: HonestBody.com



NB Compliance

*optional
*for fast oxidizers or those who are trying to gain weight, add some raw cheese on top of hash when it's on the plate.

Amaranth waffle recipe: Mix the following:

- * 2 1/4 cups amaranth flour
- * 1/4 cup arrowroot or tapioca starch flour
- * 1 1/4 teaspoons of baking soda
- * 1/4 teaspoon of sea salt
- * 3 tablespoons olive or another high quality oil (more if your waffle iron tends to stick)
- * 2 cups of spring or carbon-only filtered water

Veggies

Recipe: Garlicky Collard Greens

Brazilian Garlicky Collard Greens
"Couve a Mineira"



From: TheCuriousCoconut.com



NB Friendly

Garlicky Collard Greens

Veggies

PREP TIME

5
minutes

INGREDIENTS

- 1 bunch collard greens
- 4 or more cloves of garlic
- 1/4 tsp salt or to taste
- 3 Tblsp Olive Oil or Tallow

DIRECTIONS

1. Rinse collard green leaves and pat them dry.
2. Cut out thick stems from middle using a "V" shaped cut. Then cut the leaf in half by cutting the very top of the leaf (above the V-cut).
3. Stack about 6 half leaves together and roll them up tightly.
4. Cut thick strips crosswise down the roll. Try to keep strips in place as best you can for the next step.
5. Carefully cut the thin strips in half with one long lengthwise cut down the middle.
6. Repeat with remaining leaves until all your collards are in thin strips.
7. Press garlic or finely mince with knife.
8. Heat olive oil in pan over medium-low heat for about 1 min. add garlic and salt and sauté until garlic is fragrant, about 1-2 minutes.
9. Add collards and sauté, stirring frequently, until they are soft and bright green. They will reduce in volume by about half or a little more. Watch them carefully to make sure you don't overcook. They should NOT start to turn dark. Total cooking time will vary but should take between 4-8 minutes.
10. Serve immediately. Goes great with just about any main dish you like.

COOK TIME

10
minutes

YIELD

2
servings

Recipe: Lemon Rosemary Beets



Lemon Rosemary Beets

Veggies

PREP TIME

5 minutes

INGREDIENTS

- 2 pounds Golden Beets (about 6 medium size)
- 2 Tbsp fresh lemon juice
- 2 Tbsp olive oil
- 2 Tbsp honey *
- 1 Tbsp Apple Cider Vinegar
- 3/4 tsp kosher salt
- 1/2 tsp black pepper
- 2 fresh rosemary sprigs
- 1/2 tsp grated lemon rind

DIRECTIONS

1. Place everything except the lemon rind in a slow cooker. Cover and cook on LOW for 8 hours or until beets are tender. Remove and discard rosemary sprigs.
2. Stir in lemon rind and serve

COOK TIME

8 hours

YIELD

6

From: MyRecipes.com



NB Friendly

*Skip the lemon and honey to make it a 5.

"Root vegetables are particularly good, except red beets, which contain a toxin. Goldent beets are better." ~Dr. L Wilson

Recipe: Roasted Cabbage



Roasted Cabbage

Veggies

PREP TIME

5
minutes

INGREDIENTS

1 Cabbage cut into Wedges
Olive oil
Sea Salt

DIRECTIONS

Preheat oven to 400° F. Toss cabbage wedges with olive oil and salt on a sheetpan. Roast for 20-30 minutes. Test with a knife - they should be tender.

COOK TIME

10
minutes

YIELD

2
servings

*Serve with Courtney's Sauce, Yogurt Dill Sauce or your favorite NB sauce.



NB Friendly

Recipe: NB Mashed "Potatoes"



NB Mashed "Potatoes"

Veggies

PREP TIME

15
minutes

INGREDIENTS

1 large head cauliflower, stem and leaves removed and cut into small florets
1 large celery root, peeled and cut into chunks
4 garlic cloves
1/2 cup butter
1 cup cream or cream substitute*
salt and pepper to taste

DIRECTIONS

1. In a medium sized pot with a lid, add cauliflower florets, celery root, garlic, cream and a little salt & pepper
2. When the cream begins to simmer, turn the heat down very low and keep a very slow steady simmer.
3. Let them steam in the cream, under the lid for about 20 minutes, or until the celery root is soft and squishy.
4. Mash the cauliflower and celery root your favorite way. You can use a masher, fork, food processor, hand mixer, ricer, etc. While mashing, add the butter to the contents and keep mashing til melted in.
5. Add any additional seasons and serve.

COOK TIME

30
minutes

YIELD

4-6
servings

Adapted from: DJFoodie.com



NB Friendly

*To make it a 5 use a vegan milk substitute like Almond, Cashew or Hemp Milk

Recipe: Cauliflower Rice



Cauliflower Rice

Veggies

PREP TIME

15
minutes

INGREDIENTS

- 1 head of cauliflower (about 2 lbs)
- 2 Tbsp Tallow
- 1/2 small white onion, chopped (1/2 cup)
- 2 cloves garlic, chopped
- 1/8 tsp ground black pepper
- 1/4 cup chopped fresh parsley

DIRECTIONS

1. Chop cauliflower into florets. Working in batches, pulse a few florets at a time in food processor or blender until the cauliflower pieces are the size and shape of rice. Set aside
2. Heat the Tallow in large skillet over medium high heat.
3. Saute onion and garlic for about 3 min or until onions are just softened.
4. Add the riced cauliflower and stir well.
5. Add the salt, pepper and stir. Saute for about 5 min. or until the cauliflower is slightly tender but not mushy.
6. Place in serving bowl and toss with fresh parsley.

COOK TIME

30
minutes

YIELD

4-6
servings

From: PaleoCupboard.com



NB Friendly

*Stay away from store bought hydrogenated Tallow. Learn how to make your own at www.paleoplan.com

Recipe: Sweet Potato Lasagna

PREP TIME

15
minutes

Veggies



Sweet Potato Lasagna

INGREDIENTS

- 1 whole Butternut Squash, cubed into 1 inch chunks
- 3 Sweet Potatoes Sliced about 2 inches thick
- 2 inches of ginger
- fresh rosemary
- 1 tsp cinnamon
- 1/2 tsp cloves
- 4 cloves of garlic
- 1 Tbsp Almond Oil
- 1/2 stick of full fat butter
- 1 cup purple cabbage
- 1 cup green cabbage

DIRECTIONS

1. Steam sweet potatoes & squash. You want the sweet potatoes to be tender but not extremely soft. You want squash to be extremely soft so you can whip it.
2. When you remove the sweet potatoes, add 1 cup of purple and 1 cup of green cabbage to steamer. Try to keep squash separate from cabbage or steam separately.
3. Heat Almond oil and melt butter together.
4. Add onion, 2 inches of ginger, fresh rosemary, cinnamon cloves and sautee for a few min until onions are browning
5. When squash is very soft, whip it along with the saute until it is creamy.
6. Meanwhile, steam 2 cups of white and purple cabbage.
7. Layer a cast iron skillet or baking dish with sweet potatoes, then cabbage, then whipped butternut squash and repeat to make 2 layers.
8. Bake on 350° for 30 min then let sit for 5 min.

COOK TIME

30
minutes

YIELD

4
servings

From: Latonya Ellington



NB Friendly

*Almond oil is okay on occasion. This dish looks delicious. Can't wait to try it.

Recipe: Curried Cashew Cauliflower



From: Onceagainbutter.com



NB Friendly

Curried Cashew Cauliflower

Veggies

PREP TIME

15 minutes

INGREDIENTS

- 1 head cauliflower, cut into large florets
- 1/2 cup Cashew Butter
- 2 Tbsp Olive oil
- 2 Tbsp Curry Powder
- 1/4 seal salt
- 1/2 cup salted roasted cashews, roughly chopped

DIRECTIONS

1. Preheat broiler. The rack should be in the top portion of the oven so the cauliflower is 3-4 inches away from the heat while cooking.
2. Whisk together the cashew butter, curry powder, olive oil and salt.
3. Toss the cauliflower and chopped cashews in the curry mixture.
4. Spread out evenly in a single layer on a cookie sheet.
5. Roast the cauliflower under the broiler for 8-10 minutes, until just tender when pierced and golden brown. Check halfway through and flip with a spatula if necessary.
6. Remove from oven and serve immediately.
7. Enjoy!

COOK TIME

30 minutes

YIELD

4-6 servings

Recipe: Roasted Veggie Duet

PREP TIME

Veggies

15 minutes

Roasted Veggie Duet



INGREDIENTS

Combine 2-3 of any of the following:
1lb each or for 1 person just 2 cups each
Carrots
Onions
Parsnips
Sweet Potato
Winter Squash
Golden Beets
Cauliflower
Broccoli
Brussel Sprouts
Turnips
Daikon Root
Celery Root
Sunchokes

3 Tblsp Olive Oil*
1 1/2 tsp salt
1/2 tsp black pepper
2 Tblsp chopped parsley
2 Cloves garlic (or more if you love garlic)

DIRECTIONS

Preheat oven to 425°

1. Cut the veggies into 1 to 1 1/4 inch cubes. Veggies shrink while baking so don't cut them too small.
2. Place all veggies in a single layer on 2 baking sheets. Drizzle them with olive oil, salt and pepper. Toss well/
3. Bake for 25-35 minutes, until all veggies are tender, cooking time will vary based on which veggies you choose.
4. Turn with metal spatula half way through.
5. Sprinkle with parsley or fresh herb of
6. Season to taste and seve hot.

COOK TIME

25-35 minutes

YIELD

1-4 servings



NB Friendly

Recipe: Sauteed Brussels Sprouts



Sauteed Brussels Sprouts

Veggies

PREP TIME

5
minutes

INGREDIENTS

6-10 Brussels Sprouts, bottoms removed
can cut in half lengthwise
2 cloves garlic, chopped
salt
pepper
Spring Water or Broth

DIRECTIONS

1. In a skillet, heat oil, butter or ghee over medium heat.
2. Add brussels sprouts flat side down and garlic on top. Sprinkle with salt
3. Cook for 3-5 minutes until nicely browned.
4. Flip all of them over.
5. Add 1/3 cup of water or broth and let them cook for another 5-8 minutes until the liquid is evaporated.
6. Remove from skillet and serve.

COOK TIME

15
minutes

YIELD

1
servings



NB Friendly

Recipe: Carrot & Rutabaga Mash

PREP TIME

Veggies

5
minutes



Carrot & Rutabaga Mash

INGREDIENTS

- 1 lb carrots, peeled and chopped
- 1 lb rutabaga, peeled and chopped
- 4 tbsp ghee
- 1 tbsp fresh parsley
- sea salt
- Spring Water or Broth
- other seasonings

DIRECTIONS

1. Place carrots and rutabaga in a large saucepan and cover with water or broth.
2. Bring to a boil and reduce to a simmer, cover and simmer for 20 min or until veggies are really soft.
3. Drain the liquid
4. Mash the carrots and rutabaga with potato masher, add ghee and season to taste.
5. Serve and sprinkle with fresh parsley on top.

*Note: You can use other types of veggies for the mash. Try one sweeter root and one stronger tasting one like kohirabi, fennel, celeriac. Do not mash veggies into fine puree, it tastes better with some chunks left in it.
*Add some butter fried garlic to spice it up.

COOK TIME

15
minutes

YIELD

6
servings

From: Paleoleap.com



NB Friendly

YES! A big 5

Recipe: Root Veggie Vinaigrette

PREP TIME

10
minutes



Root Veggie Vinaigrette

Veggies

INGREDIENTS

- 1 golden beet, peeled and cubed
- 2 carrots sliced into rounds
- 1 turnip, peeled and cubed
- 1 parsnip, peeled and sliced into rounds

Dressing:
 3 Tbsp olive oil
 3 Tbsp Apple Cider Vinegar
 salt
 handful chopped scallions
 handful chopped basil

DIRECTIONS

1. Fill a pot with 1 inch of water, insert steamer basket and bring water to a boil
 2. Add veggies, start with beet, then carrots, turnip, parsnip waiting 3 minutes after adding each.
 3. Steam until veggies start to get soft.
 4. Transfer the veggies to a colander, rinse with cold water and drain. Transfer to a bowl.
 5. Combine the dressing ingredients in a glass jar. Close the lid and shake the mix. Pour the dressing over the veggies, mixing well, let salad marinate for 1 hour.
 6. Before serving, toss, taste and add vinegar or seasoning if needed.
- Garnish with basil leaves.

*Note: You can use just about any vegetable in this recipe. It is also a great way to make vegetable leftovers taste delicious.

COOK TIME

15
minutes

YIELD

4
servings

From: Marikab.com



NB Friendly

It's a 5, however using a lot of ACV is not recommended because it is yin.

Soups

Recipe: Cauliflower and Cheese Soup



CloseToCooking.com



NB Friendly

Soups are generally more yin and not recommended. Eating dairy combined with other food is not as beneficial as eating it alone.

Cauliflower and Cheese Soup

Soups

PREP TIME

10
minutes

INGREDIENTS

1 small head cauliflower, cut into florets
2 tablespoons oil or Tallow
salt and pepper to taste
1 tablespoon oil or Tallow
1 medium onion, diced
2 cloves garlic, chopped
1 teaspoon thyme, chopped
3 cups **vegetable broth** or **chicken broth**
1 1/2 cups raw cheese
1 cup organic whole milk or raw or cream
salt and pepper to taste

DIRECTIONS

*NB Modification: add raw cheese at the end so it doesn't cook much.
Toss the cauliflower florets in the oil along with the salt and pepper, arrange them in a single layer on a large baking sheet and roast in a preheated 400F oven until lightly golden brown, about 20-30 minutes.
Heat the oil in a large sauce pan over medium heat, add the onion and saute until tender, about 5-7 minutes.
Add the garlic and thyme and saute until fragrant, about a minute.
Add the broth, deglaze the pan, add the cauliflower, bring to a boil, reduce the heat and simmer, covered, for 20 minutes.
Puree the soup until it reaches your desired consistency with a stick blender.
Mix in the cheese, let it melt without bringing it to boil again.
Mix in the milk, season with salt and pepper and remove from heat.

COOK TIME

50
minutes

YIELD

4
servings

Recipe: Lentil Lamb Soup



Lentil Lamb Soup

Veggies

PREP TIME

15
minutes

INGREDIENTS

2 cups brown lentils, soaked overnight and well rinsed to reduce phytic acid
1 1/2 quarts water (reduce for thicker soup)
2 large leeks, sliced into rounds
4 cups of carrots, sliced into rounds
1 lb shredded or ground lamb
Ghee for frying
sea salt to taste
pinch or 2 of ground cumin
herbes de provence to taste

DIRECTIONS

1. Fill a pot with water and add lentils.
2. Bring to boil and reduce heat to low
3. Skim foam if needed
4. Cover and simmer for 45 minutes
5. Add carrots and cook another 20 min
6. Add leeks and cook another 10 min.
7. After adding leeks, heat skillet, melt some ghee and stir-fry lamb with herbs and cumin.
8. When leeks are tender, add cooked lamb to pot and season with salt.

COOK TIME

30
minutes

YIELD

4-6
servings

From: Kairi Kuha



NB Friendly

*It is advised to only eat only one kind of protein with vegetables. In this recipe to make it more NB compliant remove the lamb and only do lentils and veggies.

*Red lentils are most yang and highest in protein. They also contain silicon, an important spiritual mineral.

Recipe: Creamy Ginger Pumpkin Soup

PREP TIME

Soups

15 minutes



Creamy Ginger Pumpkin Soup

INGREDIENTS

- 1 small onion, chopped
- 1 Tbsp butter or ghee
- 1 lb fresh pumpkin, cubed
- 2 cups chicken broth
- 2 Tbsp fresh ginger, chopped
- 2 Tsp curry
- 1 tsp turmeric
- 1 cup half and half, or raw milk

DIRECTIONS

1. Melt butter in large pot and add onions, cook until tender approx 5 minutes.
2. Add pumpkin, broth and ginger and cook over medium heat for approx 15 min until pumpkin is very tender
3. Puree with hand blender (or regular blender) until you have a smooth texture. Return to pan
4. Add curry, tumeric, and cream/milk.
5. Heat through without boiling.
6. Add salt to taste.

COOK TIME

30 minutes

YIELD

4 servings

From: Food.com



NB Friendly

*Use alternative milk like almond or cashew milk to make this more NB friendly.

Recipe: Gallons of Bone Broth

PREP TIME

Soups

15 minutes



Gallons of Bone Broth

INGREDIENTS

- Soup Bones or Leftover Bones
- 3-4 Carrots chopped in large chunks
- 3-4 pieces of celery chopped in large chunks
- 1 onion quartered
- 2 Tbsp of Apple Cider Vinegar
- Spring Water
- Salt

DIRECTIONS

1. Place onions, carrots, celery at the bottom of crockpot.
2. Place the meat bones on top.
3. Cover with spring water til it covers top.
4. Put crockpot on high until it boils then
5. Cook on low for 12-24 hours.
6. Remove a small cup full, add a little
7. If satisfied with the richness and color, remove a little more than 1/2 of the stock from the crockpot using a ladel, or small cup. Filter through a wire mesh sieve into glass or non plastic container. Allow to cool on counter.
8. Add as much new spring water as you removed and continue cooking on low for another 12-15 hours.
9. If you used bones with fat on them the broth will have a layer of white fat on top when it cools, this is called Tallow and is an excellent medium for cooking. Use it instead of butter or oil for an added delicious flavor.
10. Store extra in glass mason jars in the freezer, leaving at an inch at the top. Also, pour some in ice cube trays for a small amount of broth flavor with meals.

COOK TIME

10

YIELD

4

You can go to your health food store market to find grass fed organic beef, chicken, lamb bones that the butchers chop up specifically for soups. Depending on how big your crockpot is will determine how much to get. For a large 8 quart crock pot you'll want 5-7 lbs of meat leftovers. Mixing different parts and different animal bones is ideal for maximum nutrition. For beef and lamb you'll want to brown the bones first in the oven @ 350° for 30-60 min until browned. For Chicken stock, you can just put the bones straight in the crockpot.

Or just buy a whole or 1/2 roasted chicken, eat it up, then use the carcass for the broth.

*Go to www.eatwild.com to find local grass fed meat options in your area.

From: NourishedandNutured.blogspot and TheNourishingCook.com



NB Friendly

Home made bone broth is an excellent way to get more minerals into while healing the gut. It also boosts the immune system and is a great snack. Store bought broth isn't as nutritious.

Meats

Recipe: Dawns Meatballs

PREP TIME



Dawns Meatballs

Meats

5
minutes

INGREDIENTS

- 1 lb ground grass fed beef or lamb
- 1 egg
- 1 tsp fish sauce
- 1/4 cup cauliflower grated to "rice"
- 1/8 cup carrot juice pulp
- 1 tbsp dried onion flakes
- 3 tbsp fresh minced onion
- sea salt to taste
- oregano or other seasonings

DIRECTIONS

Mix all ingredients thoroughly. Make 2 inch meatballs and place on baking sheet. Bake at 400 for 15-20 min. Good with Quinoa pasta, cauliflower rice or bed of greens. Sauce can be olive oil, goat yogurt and seasonings.

COOK TIME

20
minutes

YIELD

4-6
servings

From: Dawn Gifford



NB Friendly

YES!

Recipe: NB Tacos



NB Tacos

Meats

PREP TIME

10
minutes

INGREDIENTS

1/2 lb ground beef or 15oz lamb
cooked beans of choice (optional)
1 cup cooked cauliflower
1 very large handful raw spinach leaves
1 tbsp dried onion
2 tbsp finey minced fresh onion
sea salt
cumin
smoked paprika
chili powder
100% organic corn tortillas

DIRECTIONS

Saute meat until almost fully cooked. Add beans and onion, mix well and continue to cook. Add cauliflower and spinach and allow spinach to cook into meat and veggies. Meanwhile, heat tortillas in a toaster oven or separate pan, just to warm and soften them. Add seasonings, meat and veggies, and mix everything together, sautee 5 more minutes. Spoon mixture into warm tortillas and dress with shredded raw cheese and/or plain organic yogurt or sour cream.

COOK TIME

15
minutes

YIELD

2
servings



NB Compliance: 3

*Combining starch and protein in one meal is not recommended. To make this a 5, omit beans and eat without the tortillas or cheese.

Recipe: NB Shepards Pie

PREP TIME

Full Meals

60
minutes



NB Shepards Pie

INGREDIENTS

- 1.5 lbs ground beef or lamb
- 1 small white onion, blended
- 1 medium carrot, diced
- 1 celery root (or parsnip) diced
- 2 cloves garlic
- 1/2 cup chicken broth
- 1 tsp Worcestershire Sauce
- 1/2 tsp each fresh thyme, rosemary (if dried use half the amount)
- 1/2 cup frozen peas
- 1 tsp salt
- 2 tsp black pepper
- 3 tbsp butter
- 1 Tbsp Nightshade Free Pasta Sauce*
- NB Mashed Potatoes*

*See recipes in this book.

DIRECTIONS

1. Follow intructions for NB Mashed Potatoes
2. Follow instructions for Nightshade Free Pasta Sauce
3. On Medium heat, brown the ground meat until most of the pink is gone. Drain and set aside the rendered fat, then set aside the cooked meat.
4. Return the 2 tbsp of rendered fat to the pan, as well as 1 tbsp butter, warm on medium heat.
5. Add onion, celery root (or parsnip), and carrot and saute until softened, about 8 minutes
6. Add the Nightshade Free Pasta Sauce and saute for another 2 minutes
7. Add chicken broth, herbs, Worcestershire sauce, 1/2 tsp salt and 1 tsp black pepper. Simmer for 3 min or until the sauce thickens slightly.
8. Remove the pan from heat and stir in the ground beef and frozen peas. This is also a good time to start pre-heating you oven to 450°
9. Spread meat mixture evenly into a 8x8 baking dish.
10. Add the NB Mashed potatoes on top (best to use small globs and then spread it out evenly)
11. Bake in middle rack at 450° for 30 min or until top looks nice and browned.

COOK TIME

30
minutes

YIELD

6
servings

Adapted from: TheDomesticMan.com



NB Friendly

*Combining this many veggies isn't recommended. At most Dr. Wilson says to combine 2-3 veggies.

Recipe: Oven Baked Lamb Meatballs

PREP TIME

5 minutes

Red Meat



Oven Baked Lamb Meatballs

INGREDIENTS

- 1 lb. ground lamb (or beef)
- 1/4 cup yellow onion, diced
- 1 tsp ground cumin
- 1 tsp Allspice
- 1 tsp Sea Salt
- 1/2 tsp Cinnamon
- 3 Tbsp Almond Flour
- 1 Large Egg

DIRECTIONS

1. Preheat oven to 375°
2. Line muffin tin with non-stick liners.
3. Place lamb or meat in medium mixing bowl and add onion, cumin, allspice, salt and cinnamon.
4. With clean hands, mix well, until spice is evenly distributed.
5. To meat mixture, add almond flour and egg, mix again. Rinse hands.
6. Roll into 12 even sized balls and place in muffin tin.
7. Bake 20 minutes or until internal temp reaches 160° F

COOK TIME

20 minutes

YIELD

4 servings

From: HealthLivingHowTo.com



NB Friendly

*Use Garbanzo Flour to make it a 5.

*Personally I find the spice measurements to make a very strong flavored meatball. I cut the amounts to reduce the flavor slightly.

Recipe: Greek Meatza

PREP TIME

5 minutes

Red Meat



Greek Meatza

INGREDIENTS

- 2 lbs grass fed ground beef
- 2 eggs
- 1-2 Tbsp fresh thyme
- 2 tsp dried oregano
- 1/2 tsp dried onion powder
- 2 tsp salt
- 2 garlic cloves, finely chopped (optional)

Topping Options:

- 1/4 cup or more of Nightshade free pasta sauce
- 1 small red onion, thinly sliced
- 1/3 cup raw cheese sprinkled on at very end.
- Garlic

*See Recipe for Nightshade Free Pasta Sauce

DIRECTIONS

Preheat oven to 450°. Line a rimmed 11x17 pan with parchment paper. The rim is important so the grease is contained while the meat cooks. In a large bowl combine the meat, eggs, thyme, oregano, onion powder, salt and garlic. Whisk the egg with a fork then get your hands in there and combine the meat and eggs. Spread the meat out evenly and thinly over the entire pan, stretching it all the way to the sides. Bake for 10-12 minutes and remove from the oven. Turn on the oven broiler to high. The meat will have shrunk by several inches. We like to gently scrape off the top to remove excess grease and then transfer the meat to a new pan. (You can also drain any liquid or grease that has gathered in the pan and finish baking the meatza in the same pan.) Spread the pizza sauce on top, leaving a little rim around the edges for a "crust". Cover the meatza with toppings. Broil for 5-7 min until toppings are lightly browned. Add Raw Cheese on top.

COOK TIME

15 minutes

YIELD

4 servings

From: MarksDailyApple.com



NB Friendly

*Meatza alone is very NB Friendly, when you add the pasta sauce you add many veggies which reduces this rating. To make it a 5, skip the pasta sauce and serve plain with 2-3 cups of Veggies.

Recipe: Beetroot Veal Patties

PREP TIME

10 minutes

Red Meat

COOK TIME

20 minutes

YIELD

4-6 servings

Beetroot Veal Patties

INGREDIENTS

- 2 lbs ground veal
- 2 cups cooked beets, finely grated
- 1 large onion, finely chopped
- 2-3 cloves garlic, grated
- sea salt and your favorite dried herbs to taste
- Thyme, basil, herbs de provence, etc.
- Ghee, tallow or oil for frying

*Golden beets are better choice as red beets contain a toxin.

DIRECTIONS

1. Preheat oven to 350°
2. Combine ingredients in a large bowl. If they don't stick well together, add some water for better consistency.
3. Form patties of your favorite size and shape.
4. Heat a skillet and add some ghee or tallow.
5. Quickly brown the patties on both sides and set them on a pan. Cover the pan. Bake the patties in the oven for 15 min.

Note from Kairi: you can use any root, but beets just taste the best. The patties will taste great also cold.



From: Kairi Kuha



NB Friendly

YES a big 5

Chicken

Recipe: Savory Green Beans with Chicken

PREP TIME



Savory Green Beans with Chicken

Full Meals

5
minutes

INGREDIENTS

2-3 cups of green beans washed and tips cut
1/4 or 1/2 onion
1 garlic clove
1 Tbsp Butter, ghee, oil, or tallow
garlic powder
thyme
oregano
tumeric

DIRECTIONS

**Preheat oven to 375°. Put washed chicken breast on baking dish, sprinkle with garlic powder, salt, thyme and other seasonings. Put in oven for 20-25 min thawed or 30-40 min frozen.
**Wash and cut ends of green beans. Steam green beans for 4-5 minutes. Rinse with cold water. Heat saucepan with butter or oil to medium heat. Add onions. Cook for 3-4 minutes until onions are translucent and just starting to brown. Add garlic, cook for another 1-2 minutes. Add green beans and seasonings. Cook for 3-6 minutes and serve.

COOK TIME

30
minutes

YIELD

1
servings

From: Trista Thompson



NB Friendly

Yes, this is a perfect balanced NB Meal. Fast oxidizers use more butter, slow oxidizers use less.

Recipe: Cabbage, Sweet Potato & Chicken

PREP TIME

Veggies

5
minutes



Cabbage, Sweet Potato & Chicken

INGREDIENTS

1 cups grated sweet potato
1.5 cups finely chopped cabbage
1/4 cup chopped onion
1 Tbsp Butter, ghee, oil, or tallow
pepper
2 Tbsp Tallow, Butter or Ghee
*1 chicken breast or 2 cups cooked chicken
*Using Tallow will give this more of a
meat flavor.

*Alternatively you can use Ground Lamb,
Turkey or Beef

DIRECTIONS

1. Preheat oven to 375°
2. Place chicken breast with the skin up in a baking dish.
3. Sprinkle with Garlic powder.
4. While oven is heating, grate a raw sweet potato with a
cheese grater. Chop cabbage.
5. Put chicken in oven for about 20-30 minutes or until skin
light brown and crispy (approx 160°)
6. Heat saute pan on med-high heat. Melt butter or
tallow in pan and add sweet potatoes and onions.
7. Add some salt, cover and cook for about 8 minutes
or until everything is lightly browned.
8. Add cabbage and more tallow or butter if things are dry.
9. If you're using Ground Meat, add it with the cabbage
cook for 3-5 minutes until the meat is no longer pink.
or
10. Separate chicken from bone and chop into bite sized
pieces and add to the mixture. Stir to combine. Serve
11. Enjoy!

COOK TIME

15
minutes

YIELD

1
servings



NB Friendly

*It's all good on this one. Fast Oxidizers should use less
protein and more veggies

Snacks

Recipe: Sardine Salad



From: Unknown



NB Friendly

*Lemons and Celery aren't highly recommended on NB Diet.

Sardine Salad

Snacks

PREP TIME

5
minutes

INGREDIENTS

Sardines
1/3 cup chopped onion
1/3 cup celery
1 or 2 chopped radishes
Saurkraut/lact fermented pickles or lemon
Homeade olive oil with pastured eggs mayo

DIRECTIONS

Mix it all up and eat with blue corn chips or alone.

COOK TIME

0
minutes

YIELD

3
servings

Recipe: Carrot Fries and Yogurt Dill

PREP TIME

Snacks

10
minutes



Carrot Fries and Yogurt Dill

INGREDIENTS

- 1 Tbsp olive oil
- 1/4 teaspoon thyme
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon cumin
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon white pepper or Emeril's Essence or favorite spice blend

1 lb of Carrots

Yogurt Dill Sauce:

- 1 Cup Plain Yogurt
- 1 Tsp Lemon Juice
- 1 Clove Garlic, Minced
- 1/4 cup of chopped, fresh dill

*To chop the dill, pull off the soft fronds from the stalk and run the knife over it a few times

*Season the dip with salt and white pepper if desired.

DIRECTIONS

1. Scrub a pound of carrots and cut them into french fry-sized strips.
2. Mix 1 Tablespoon of olive oil with 1 teaspoon of a spicy seasoning blend, such as Emeril's Essence. You can make your own mixture by combining items on left.
3. Pour the olive oil mixture over the carrots and toss to thoroughly coat. I got my hands messy by getting into the bowl and massaging it into the carrots.
4. Place the carrots on a baking sheet lined with parchment paper or coated with cooking spray.
5. Bake the carrot fries in a 425 degree F oven for about 30-40 minutes or until desired crispiness. There is a lot of variation here. The cooking time depends upon the thickness of the carrots, the oven and desired crispiness. After 20 minutes, you should have a roasted carrot, it won't be too crispy though. Turn the carrots over with some tongs and let them cook a little longer, checking on them every 10 minutes.

COOK TIME

40
minutes

YIELD

4-6
servings

From: Courtney Coburn



NB Friendly

*To make it a 5 just omit the lemon juice.

Recipe: Cashew Oatmeal Drops



Cashew Oatmeal Drops

Snacks

PREP TIME

5 minutes

INGREDIENTS

- 1 cup rolled oats
- 1/4 cup Cashew Butter
- 3/4 cup chopped roasted cashews
- 1/2 cup honey*
- 1 tsp cinnamon
- 1 egg

*Substitute liquid stevia, sugar free maple syrup or omit honey all together.

DIRECTIONS

1. Blend all ingredients in order given.
2. Form balls and drop on oiled baking sheet.
3. Bake at 350° for 12 minutes or until browned.

COOK TIME

12

YIELD

From: OnceAgainButter.com



NB Compliance

*Omit sweetner or substitute honey for an alternative sweetner to make it a full 5.

Breads & Muffins

Recipe: Simple Paleo Bread

PREP TIME

Bread & Muffins

10
minutes

Simple Paleo Bread



INGREDIENTS

- 3 1/2 cups almond flour (very fine)
- 3 eggs
- 1/4 cup melted butter
- 1 tsp. baking soda
- 1 cup yogurt
- 1/4 tsp. salt

DIRECTIONS

Preheat oven to 350°f.
Usual directions - mix together in food processor, bake at 350 F (180 C) for about 45 minutes. youll have to test to see when its done. i let it cool for quite a long time before removing from pan so it doesnt flop. *Perfect snack, top with raw cheese, almond butter, or raw butter. Can substitute almond flour for Purple Corn Flour. Here is the link to buy it.
***http://www.amazon.com/gp/product/B00G776ASQ/ref=oh_aui_detailpage_o02_s00?ie=UTF8&psc=1
***Also here's a link to buy a Yogurt maker
<http://www.lucyskitchenshop.com/yogourmet.html>

COOK TIME

45
minutes

YIELD

6
servings

from Shelly Kay on FB



RECIPE TAGS

*Can use purple corn flour as a substitue for almond flour.

Recipe: Healthier Pumpkin Bread

PREP TIME

10
minutes

Bread & Muffins

Healthier Pumpkin Bread



INGREDIENTS

- 1 1/4 cups pumpkin puree
- 3 free range organic eggs
- 2 TBs rice malt syrup
- 1 tsp organic vanilla extract
- 1/4 cup macadamia or light olive oil
- 1-2 tsp pumpkin spice mix
- 1/2 tsp baking soda + 1 Tbs lemon juice
- 2 cups almond meal
- 1/4 cup ground flaxseed or chia

DIRECTIONS

Preheat oven to 170°C or 320°F.
 Combine pumpkin, rice malt syrup, oil, vanilla, pumpkin spice mix, eggs, bicarb soda & lemon. Then add the almond meal & flaxseed (chia) & mix well.
 Lightly oil loaf tin (10.5cm wide by 26cm long, approx 4inch by 10inch), then coat with extra almond meal.
 Spoon batter into tin, (decorate the top with some chopped walnuts if you like).
 Bake for 45 mins to an hour or until a skewer inserted comes out clean.
 Makes approx 12 slices.
 **Can substitute tiny pinch of stevia for rice malt syrup or omit all sweeteners completely.

COOK TIME

45
minutes

YIELD

6
servings

from Rachell Della Vecchia



RECIPE TAGS

*Everything except the Rice Malt Syrup is NB compliant.

Recipe: Sweet Potato Muffins



Sweet Potato Muffins

Bread & Muffins

PREP TIME

15
minutes

INGREDIENTS

- 1 1/2 cup cooked sweet potato
- 3 eggs
- 1/2 cup cashew butter
- 2 Tbsp butter
- 1 tsp vanilla
- 2 Tbls coconut flour
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt

DIRECTIONS

1. Preheat oven to 350° and line muffin tin with paper liners. (24 mini or 12 regular)
2. In a small bowl, whisk together coconut flour, cinamon baking soda, baking powder, and salt.
3. In a separate bowl, whisk together sweet potato, eggs, cashew butter, butter and vanilla
4. Add dry ingredients to wet, stir well.
5. Using ice cream scoop, divide batter evenly in muffin tin (fill them 3/4 way full).
6. Bake at 350° for 15 min for mini's or 24 min. for regular or until an inserted toothpick comes out clean.

COOK TIME

20
minutes

YIELD

12
servings

From: Kairi



NB Friendly

*Substitute garbanzo flour for fully NB friendly.

If your potato isn't that sweet, add a little sweetner like stevia, xylitol or erythritol

Sauces

Recipe: Yogurt Dill Sauce

PREP TIME



Yogurt Dill Sauce

Δ

minutes

INGREDIENTS

- 1 Cup Plain Yogurt
- 1 Tsp Lemon Juice
- 1 Clove Garlic, Minced
- 1/4 cup of chopped, fresh dill

DIRECTIONS

- *To chop the dill, pull off the soft fronds from the stalk and run the knife over it a few times.
- *Mix all ingredients in a bowl until mixture is even.
- *Season with salt and white pepper if desired.

COOK TIME

Δ

5
minutes

YIELD

Δ

From: DinnerMom.com



NB Friendly

*Lemon Juice is a fruit and yin. Not recommended for strict Nbers.

Here's a link to buy a Yogurt maker
<http://www.lucyskitchen.com/yogourmet.html>

Recipe: Courtneys Sauce

PREP TIME



Courtneys Sauce

minutes

INGREDIENTS

Ghee
Apple Cider Vinegar
Sea Salt
Powdered or Crushed Garlic

DIRECTIONS

Ghee and Vinegar are about 50/50 ratio. Heat everything in small pot and serve over veggies or anything you want.

Optionally add Nutritional Yeast to make it kind of cheesy tasting

COOK TIME

5
minutes

YIELD

From: Courtney Coburn



Courtney says "My kids wouldn't eat cauliflower before despite making it a million different ways (like cheesy bread that tasted amazing, IMO) but now I can just steam it and put that sauce on it and they LOVE it."

NB Friendly

*ACV is Yin however Dr. Wilson says small amounts for dressings and sauces is okay.

Recipe: Nightshade Free Pasta Sauce

PREP TIME

Sauces

10 minutes



Nightshade Free Pasta Sauce

INGREDIENTS

- 4 cups chopped butternut squash
- 2 cups chopped carrots
- 1 chopped red onion
- 1 cup sliced celery
- 1 cup chopped red beets
- 2 Tbsp olive oil
- 1 teaspoon salt + 1/4 teaspoon salt
- 1 tablespoon fresh diced garlic
- 1/2 teaspoon dried basil
- 1/4 teaspoon Italian seasoning
- 1 tablespoon apple cider vinegar

DIRECTIONS

1. Preheat oven to 400 degrees
2. In a large roasting pan (I use a large glass Pyrex) combine the chopped butternut, chopped carrots, chopped red onion, chopped celery, chopped red beets, 2 tablespoons olive oil, 1 teaspoon salt, and fresh garlic. Mix all the ingredients together and roast for 40 minutes. You want the veggies to sort of caramelize – this provides a nice sweet flavor to the sauce.
3. Transfer all the veggies into a blender. To the blender also add the additional 1/4 teaspoon salt, 1/2 teaspoon dried basil, 1/4 teaspoon Italian seasoning, and the apple cider vinegar. Blend until smooth and everything is well incorporated.
4. Serve immediately or warm on the stove top.
Serves 6
*serve with Meatballs over brown rice or quinoa pasta or use for Shepard's Pie Recipe

COOK TIME

45 minutes

YIELD

6 servings

From: TheTastyAlternative



NB Friendly

*ACV is okay to add in small amounts to recipes like this but not good for a daily basis. Mixing this many veggies isn't ideal. Winter squash is only okay in moderation.

*To make a less sweet sauce use a different winter squash.

*This recipe makes a lot of sauce so you can freeze some to use later.

Recipe: Spinach Cashew Pesto

PREP TIME

Sauces

minutes

COOK TIME

5
minutes

YIELD



Spinach Cashew Pesto

INGREDIENTS

- 2 Cups baby spinach, packed
- 1/2 cup chopped scallions
- 1/4 cup Cashew Butter
- 1/4 cup salted cashews
- 2 cloves garlic, peeled
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1/2 tsp sea salt

DIRECTIONS

1. Place all ingredients except for spinach in a food processor. Pulse to combine.
2. Add spinach and pulse to desired consistency.
3. Cover and refrigerate if not using immediately.

Tip: This thick sauce is excellent with fish or chicken, with vegetables or for a dip. If you desire a pourable sauce, add a few Tblps of when processing and season to taste.

From: OnceAgainButter.com



NB Friendly

*Omit Lemon Juice to make it a full 5.

Desserts

Recipe: Chocolate Almond Butter Balls

PREP TIME

Dessert

5
minutes

Chocolate Almond Butter Balls



INGREDIENTS

3/4 cup almond butter, crunchy or smooth
1/4 cup of Xylitol maple syrup
1/2 cup Almond flour
pinch of sea salt

Chocolate Coating:
4 oz dark chocolate *ideally sugar free
1 tsp coconut oil

DIRECTIONS

1. In Medium bowl mix together almond butter, syrup and a pinch of sea salt.
2. Add in the Almond flour gradually starting with 1/4 cup then adding in 1 Tbsp at a time until a dough forms.
3. Using a cookie scoop or spoon, drop the dough onto a pan lined with parchment paper. Roll them with your hands to make them smooth if you like.
4. Place them in the freezer to set for 30 min.
5. After 30 min, melt the chocolate together with coconut using a double broiler method (place a small pot in a large pot with water in the bottom, put the chocolate in small pot and melt slowly)
6. Remove almond balls from freezer and dip each one into the melted chocolate, coating each one thoroughly.
7. Place the chocolate covered balls on the parchment paper to set.
8. If there are spots not covered with chocolate use a spoon to cover them up.
9. Return to freezer for another 30 minutes then serve either cold or room temp

COOK TIME

15
minutes

YIELD

6
servings

From: Detoxinista.com



NB Friendly

Recipe: Pumpkin Pie Cookies



Pumpkin Pie Cookies

Dessert

PREP TIME

5
minutes

INGREDIENTS

1 cup Creamy Almond Butter
1/2 Cup Pumpkin Puree
1/2 cup Xylitol Maple Syrup
(or alternative liquid sweetener of choice)
2 tsp pumpkin pie spice
1 tsp vanilla extract
1/4 tsp salt

optional: 1/2 cup dark chocolate chips

DIRECTIONS

1. Preheat oven to 350°, line baking sheet with parchment paper or a Silpat
2. Combine all ingredients into a medium bowl, mix until thick batter is formed. If adding chocolate chips, fold them in last.
3. Taste test and adjust flavors to your preference
4. Drop the batter onto the baking sheet and gently press each mound with a wet fork to flatten
5. Bake at 350° for 12-15 minutes until edges are golden

COOK TIME

15
minutes

YIELD

6
servings

From: Detoxinista.com



NB Friendly

Carrot Popsicles

Makes 6

Ingredients:

1/4 cup + 1 3/4 cups fresh-squeezed carrot juice, divided

1 1/2 tsp gelatin

1/2 cup raw cream

Instructions:

In a small pot, combine 1/4 cup carrot juice and gelatin over medium heat. Stir until gelatin is dissolved, approx 3 minutes. In a large measuring cup or small bowl, combine melted gelatin mixture, remaining 1 3/4 cup carrot juice, raw cream. Whisk very well. Evenly divide among a six-pack of popsicle molds. Freeze immediately, overnight.

Staples

Recipe: Raw Milk Yogurt

PREP TIME

5
minutes



Raw Milk Yogurt

Sauces

INGREDIENTS

1 Quart Fresh milk
2 tbsp Bulgarian or Greek Starter OR
2 Tbsp yogurt from a previous batch OR
2 tbsp plain, unsweetened, additive free
yogurt with live active cultures found
at any grocery store

DIRECTIONS

1. Heat milk in saucepan over medium-low until it reaches about 110° F/ 43°C
2. Remove from heat and whisk in 2 tbsp starter culture, or use 2 tbsp yogurt from previous batch.
3. If you're using a yogurt maker, simply pour the mixture of fresh milk and starter into the yogurt maker and culture it according to the manufacturer's instructions.
4. If you're using a food dehydrator or slow cooker, first pour the mix into a 1 QT glass mason jar and cover it with a lid.
5. If using a slow cooker or cooler, place the mason jar in the center of your slow cooker or cooler and pour warm water (approx 110° F, 43° C) into the ceramic insert or until it reaches just below the lid of your mason jar. Cover with a warm towel for added insulation and leave in a warm spot in your kitchen to culture for 8-12 hours.
6. If you're using a food dehydrator, simply place the jar full of starter culture and milk into the food dehydrator, set the temp to 110°F/43° C and allow it to culture for 8-12 hours.
7. Once the culturing period is complete, remove your still warm raw milk yogurt and place it in the fridge to chill and solidify for an hour or two.

COOK TIME

15
minutes

YIELD

6
servings

Submitted by Kairi Kuha from NourishedKitchen.com



NB Friendly

YES! 4-6oz per day is ideal. Yogurt can be used as a topping instead of sour cream as well.

*Raw milk yogurt is a deeply nutritious and satisfying food, combining the wholesome nutrients found in fresh milk from grass-fed animals such as conjugated linoleic acid and fat soluble vitamins with the benefits of friendly bacteria and food enzymes. It is a fresh and simple luxury. It's full of live beneficial bacteria that help to colonize the gut with microbiota that are essential to the proper functioning of your immune system, digestion and ability of your body to manufacture critical nutrients.

Recipe: Tallow

PREP TIME



Tallow

Red Meat

5 minutes

INGREDIENTS

3-4 lbs of grass fed organic animal fat any ruminant; cow, sheep, deer, bison

*To find fat, start by calling the meat dept of your local health food store and ask if they sell any fat scraps from grass-fed cows or other animals. I found some at my store for \$4.99/lb. Apparently sometimes it's free.

*Go to www.eatwild.com to find local grass fed beef ranchers. Call them and ask if they will give or sell you their fat.

DIRECTIONS

1. Cut fat into small even pieces so it melts down as quickly and evenly as possible. Be sure to trim any muscle or or blood. You can use a food processor but it's not necessary.
2. Place the fat in a pot, the thicker the pot the better cause the heat will be more evenly distributed that way. You don't want it to burn or it will create carcinogens.
3. Put it on burner over lowest heat possible and cover it. Depending on how much fat you have, the melting can take hours, for 4 lbs it takes about 3 or 4 hours.* The idea is to melt the fat and then cast away everything leftover in the pot. While it's cooking down, you'll want to take a wooden spatula or spoon to mix it and make sure nothing is sticking to the bottom of the pan every 30 min or so.
4. Once all the fat has melted, take a metal siphon, some cheese cloth (or a paper towel) and a big glass bowl and clarify the fat. Place the strainer in the the big bowl, pour the fat mixture in it, over the sink is ideal. Do not use plastic.
5. The remaining meat in the strainer are edible.
6. Transfer to glass jars for storage. It will turn white and solid, like butter or coconut oil, but with a slightly grey
7. Store in air tight container in fridge or freeze some for later.

COOK TIME

15 minutes

YIELD

6 servings

From: PaleoPlan.com



NB Friendly

YES!