

# LOW CARB COOKING WITH Tania



Impacting youth to make a difference

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# About Tania

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Tania Graham, a wife to Rob, a mother to three daughters and one son, and a grandmother to thirteen grandchildren. She lives in Riverbank, New Brunswick, Canada.

In 2010, I was suffering from chronic pain, and in turn this led me to one diet after another and eventually I lost weight. But, I soon gained most of the weight back. A few years later. I was introduced to another diet fad. I thought, "Why not give this a try?" I did and lost some weight but struggled to keep it off.

In 2021, I was introduced to intermittent fasting, after doing some research it seemed like something I could do. I paired this with low carb eating and seven months later, I was down several pounds, feeling much healthier, had more energy, pain levels are now minimal and I have recently joined a gym. I have been inspired to create and write these recipes in hopes others will benefit as I have.

A passionate cook, craft maker, gardener, and repurposing old into new - along with healthy eating - I too now have a new lease on life. I trust you will to, as you discover a love for cooking with your family just as I have. - Tania

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# Soups and Salads



# Tomato Soup

## DIRECTIONS:

IN A LARGE POT ON MEDIUM HEAT, ADD:

- 1 TBSP AVOCADO OIL
- 1 CHOPPED RED PEPPER

COOK UNTIL TENDER, THEN ADD:

- 2 TBSP BUTTER
- 1 TSP MINCED GARLIC
- 1 TSP ONION POWDER
- 2 TBSP OREGANO
- ½ TSP ANISE
- ½ TSP SMOKED PAPRIKA
- 1 LARGE CAN OF LOW-CARB TOMATO JUICE
- 1 LITRE VEGETABLE BROTH
- ¾ TSP XANTHAN GUM

STIR, BRING TO A SIMMER. PUREE WITH HAND BLENDER/BLENDER/FOOD PROCESSOR. RETURN TO POT ON MEDIUM HEAT AND ADD:

- ½ CUP PLAIN LOW-CARB GREEK YOGURT
- 1 TBSP CHOPPED PARSLEY
- 2 TBSP CHIVES
- SALT AND PEPPER TO TASTE

# Hot & Spicy Buffalo Chicken Soup

## DIRECTIONS:

IN A LARGE SLOW COOKER, ADD:

- 4 CHICKEN BREASTS
- 1.2 TSP GARLIC
- ½ TSP ONION POWDER
- 1 CHOPPED ONION
- 1 CHOPPED RED AND GREEN PEPPER
- 2 TBSP BUTTER
- CHICKEN BROTH TO COVER CHICKEN

COOK ON HIGH UNTIL YOU CAN SHRED THE CHICKEN. SHRED THE CHICKEN FULLY, THEN ADD:

- 1 JAR OF SALSA
- 1 TUB OF SOUR CREAM OR SALTED PLAIN GREEK YOGURT
- 1 BLOCK CREAM CHEESE
- ½ CUP FRANK'S HOT SAUCE
- ½ CUP CHOPPED HOT PEPPERS

(OPTIONAL)

- ½ CUP RANCH DRESSING (OR 1 PK RANCH DRESSING)
- 2 TSP XANTHAN GUM

COOK ON MEDIUM FOR 1 HOUR. SERVE WITH GRATED CHEDDAR CHEESE AND CHIVES OR GREEN ONION.

# Cream of Fiddlehead Soup

## DIRECTIONS:

FIRST, HEAT UP ABOUT 2 CUPS OF FIDDLEHEADS IN MICROWAVE. PUT THEM IN A BLENDER/FOOD PROCESSOR AND ADD:

- ½ CUP CREAM
- ½ BLOCK CREAM CHEESE
- 1 CUP PLAIN GREEK YOGURT

PULSE INTO PUREE, SET ASIDE. IN A LARGE POT ON MEDIUM HEAT, ADD:

- 1 LITRE CHICKEN STALK
- ½ CUP BUTTER
- 1 TSP ONION POWDER
- 1 TSP SALT AND PEPPER

ADD PUREED FIDDLEHEAD MIXTURE AND HEAT UNTIL DESIRED TEMP. TOP WITH GRATED CHEESE AND SERVE.

# Sausage Cabbage Soup

## DIRECTIONS:

IN A POT ON MEDIUM HEAT, ADD 1 LB HOT ITALIAN SAUSAGE MEAT (OR SMOKED KIELBASA, SLICED INTO ROUNDS). COOK AND TRANSFER TO A BOWL. IN THE SAME POT, ADD:

- 1 TBSP AVOCADO OIL
- 1 MEDIUM CHOPPED OR GRATED CABBAGE
- 1 CHOPPED CELERY STALK

COOK FOR 5 MINUTES AND THEN ADD:

- 1 CHOPPED RED PEPPER
- 1 SMALL CHOPPED ONION

COOK UNTIL THE VEGGIES START TO SOFTEN AND THEN ADD:

- 1 TBSP MINCED GARLIC
- 2 TBSP SMOKED PAPRIKA
- 2 TSP HOT SPICE (SUGGESTION: CAYENNE OR CAJUN)
- SALT AND PEPPER TO TASTE

SIMMER FOR ABOUT 5 MINUTES, THEN ADD:

- 1 LITRE CHICKEN BROTH
- 1 CUP LOW CARB MARINARA SAUCE

SIMMER FOR 10 MINUTES, THEN IT IS READY TO SERVE.

# Cream of Chicken Soup

## DIRECTIONS:

IN A SOUP POT ON MEDIUM HEAT, ADD:

- 1 TBSP AVOCADO OIL
- 1 SMALL DICED ONION
- 1 STALK DICED CELERY
- 1 LB CHICKEN BREAST, CUT INTO BITE SIZED PIECES
- 1 TSP MINCED GARLIC
- 1 TSP ONION POWDER
- 1 TSP POULTRY SEASONING
- SALT AND PEPPER TO TASTE

COOK UNTIL CHICKEN IS DONE, AND VEGGIES ARE TENDER, THEN ADD:

- 1 LIBRE CHICKEN STOCK
- 2 CUPS WATER
- 1 CHICKEN BOUILLON CUBE
- ½ CUP HEAVY CREAM
- ½ CUP PLAIN GREEK YOGURT
- ¼ CUP BUTTER
- 1 TSP XANTHAN GUM
- 2 TBSP DRIED CHIVES
- SALT AND PEPPER TO TASTE

SIMMER UNTIL DESIRED HEAT AND SERVE.

# Curry Chicken Soup

## DIRECTIONS:

IN A PAN ON MEDIUM HEAT, ADD:

- 1-2 TBSP AVOCADO OIL
- 3-4 CHICKEN BREASTS, CUT INTO SMALL CHUNKS

FRY CHICKEN UNTIL IT IS ABOUT 75% COOKED, THEN ADD:

- 1 FINELY CHOPPED ONION
- 3 TBSP CURRY POWDER
- 2 TBSP GARLIC POWDER
- 2 TSP CUMIN
- 2TSP GINGER
- 1 TSP CAYENNE PEPPER
- 1 TSP PAPRIKA

WHEN CHICKEN IS COMPLETELY COOKED THROUGH, REMOVE FROM HEAT AND ADD:

- 1 CUP PLAIN GREEK YOGURT
- 2 TBSP CHICKEN BOUILLON
- 1 LARGE CAN LOW CARB DICED TOMATOES (PUREED IN BLENDER/FOOD PROCESSOR)

IN A SEPARATE LARGE STEW POT, ADD:

- 2 LITRE CHICKEN STALK
- ¼ BAG CRUSHED MUNG BEAN NOODLES
- 1 GRATED CARROT
- 1 CHOPPED RED PEPPER

BRING POT TO A BOIL FOR 10 MINUTES. ADD CHICKEN MIXTURE AND 2 CUPS. OF FINELY CHOPPED SPINACH. ONCE THE SPINACH WILTS, IT'S READY TO SERVE.

# Wedding Italian Soup

## DIRECTIONS:

FOR THE MEATBALLS, COMBINE IN A LARGE BOWL:

- 2 LBS HAMBURGER
- ¼ CUP DRY PARMESAN CHEESE
- ¼ CUP OAT FIBRE
- 2 BEATEN EGGS
- 2 TBSP ONION POWDER
- 1 TBSP GARLIC POWDER
- 1 TBSP ITALIAN SPICE
- 1 TBSP SALT AND PEPPER

ROLL INTO SMALLS AND BAKE. THEM ON A BAKING SHEET AT 350°F UNTIL WELL DONW. REMOVE FROM HEAT AND SET ASIDE.

FOR THE SOUP, IN A LARGE POT ON MEDIUM HEAT, ADD:

- 1 TBSP AVOCADO OIL
- 1 MEDIUM MINCED ONION
- 2 TBSP MINCED GARLIC

COOK UNTIL TENDER, THEN ADD:

- 2 LITRES BEEF BROTH
- 3 CUPS WATER
- 1 TBSP ONION POWDER
- 1 TBSP POULTRY SEASONING
- 1 TBSP PEPPER
- 2 TBSP ITALIAN SPICE
- 3 TBSP SOYA SAUCE OR COCONUT AMINOS
- 2 TBSP PARSLEY FLAKES
- ½ PACKAGE BROKEN MUNG BEAN NOODLES

BRING THE POT TO A BOIL, THEN TURN THE HEAT DOWN TO A SIMMER. ADD THE COOKED MEATBALLS AND 1 PACKAGE OF COARSELY CHOPPED SPINACH. SIMMER UNTIL NOODLES BECOME TENDER. GARNISH WITH FRESHLY GRATED PARMESAN AND SERVE.

# Bacon, Cheddar, and Tomato Pasta Salad

## DIRECTIONS:

IN A POT HALF FULL OF WATER, ADD:

- 1 TBSP OREGANO
- 1 TBSP POULTRY SEASONING
- PINCH OF SALT
- ½ BAG BROKEN MUNG BEAN/SOYA BEAN NOODLES

COOK UNTIL TENDER, DRAIN BUT DON'T RINSE. SET ASIDE TO COOL. ONCE COOLED, ADD:

- ½ CUP MAYONNAISE
- ½ CUP BACON RANCH SALAD DRESSING (LOW CARB)
- ½ CUP CRUMBLED CRISPY BACON
- ¼ CUP DICED CHEESE
- 1 SMALL DICED TOMATO
- CHOPPED GREEN ONION TO TASTE
- 2 TBSP PARSLEY FLAKES
- 1 TSP ONION POWDER

MIX AND ADD MORE DRESSING OR MAYO IF NOT CREAMY ENOUGH TO YOUR TASTE.

# Smokin' Bacon Salad

## DIRECTIONS:

### MAKE SMOKIN' DRESSING:

- 1CUP MAYO
- 1CUP PLAIN GREEK YOGURT
- 3TBSP WHITE WINE VINEGAR
- 3TBSP SMOKED PAPRIKA
- 2TBSP SWEETNER
- 2TBSP ONION POWDER
- 1TBSP DRIED ONION FLAKES
- 1TSP GARLIC POWDER
- SALT N PEPPER

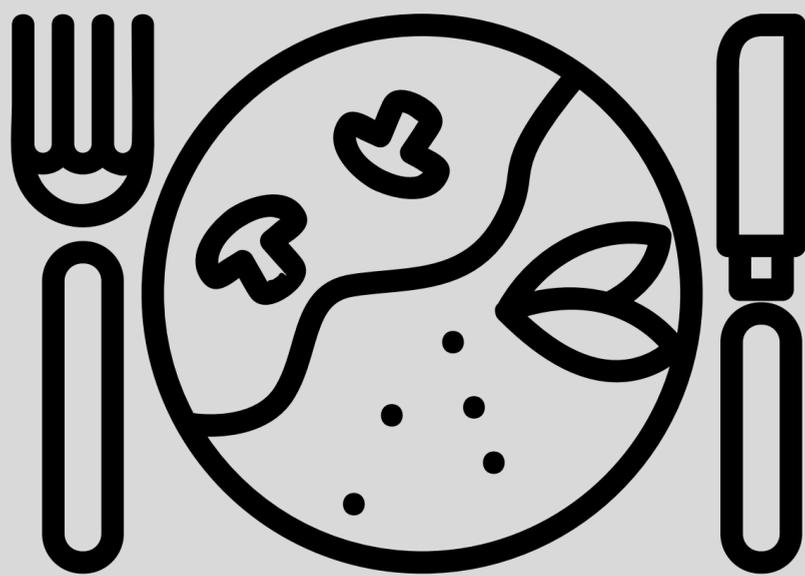
WHISK TOGETHER; ADD SOME UNSWEETENED, UNFLAVOURED ALMOND MILK IF TOO THICK.

### IN A LARGE BOWL ADD:

- 1/2LARGE NAPPA CABBAGE (SHREDDED OR FINELY SLICED)
- 1 FINELY SLICED RED ONION
- 1 MEDIUM GREEN, RED AND YELLOW PEPPER FINELY SLICED
- 1 CUP OF CRISPY CRUMBLLED BACON
- 1 CUP GRATED SMOKED CHEESE

TOSS SALAD AND MIX IN DRESSING. LET SIT FOR ONE HOUR IN THE FRIDGE BEFORE SERVING.

# Main Dishes and Meals



# Parmesan Chicken Meal

## DIRECTIONS:

TAKE 4 CHICKEN BREASTS AND CUT THEM ALL IN HALF. SEASON WITH OREGANO AND SALT AND PEPPER, POUND THEM THIN, AND SET ASIDE. TO MAKE THE BREADING, COMBINE IN A BOWL:

- 1 CUP PARMESAN CHEESE
- 1 TSP EVERYTHING BAGEL SEASONING
- 1 TSP OREGANO

TO MAKE THE EGG WASH, IN A SEPARATE BOWL, COMBINE:

- 3 EGGS
- 3 TBSP CREAM

DIP THE CHICKEN FIRST INTO THE EGG WASH, THEN COVER IN THE BREADING. FRY THE CHICKEN IN 4 TBSP AVOCADO OIL AND 1 TBSP COCONUT OIL IN A PAN ON MEDIUM HEAT UNTIL CRISPY ON BOTH SIDES. PLACE THE FRIED CHICKEN ON A GREASED COOKIE SHEET, THEN ADD 2 TBSP OF LOW CARB MARINARA SAUCE TO EACH BREAST AND COVER WITH GRATED MOZZARELLA CHEESE. BROIL IN THE OVEN UNTIL CHEESE IS GOLDEN.

IN A STANDING MIXER USING THE PADDLE ATTACHMENT (OR USE A LARGE MIXING BOWL WITH A WOODEN SPOON), COMBINE:

- ½ CUP OAT FIBRE (OR LUPIN FLOUR)
- ½ CUP WHEAT GLUTEN
- 2 BEATEN EGGS
- ½ TBSP SALT
- 1TBSP OLIVE OIL
- ¼ TSP XANTHAN GUM

ADD 2-3 TBSP OF WATER, A TBSP AT A TIME, UNTIL STIFF BALL FORMS. CUT INTO 4 SECTIONS. LET REST FOR 30 MINUTES. ROLL OUT THEM PUT THROUGH A PASTA MAKER (OR ROLL AS THIN AS YOU CAN, DUSTING WITH OAT FIBRE, THEN CUT OUT WITH PIZZA CUTTER). BOIL PASTA IN SALTED WATER FOR 3-4 MINUTES.

FOR THE VEGETABLE FOR THIS MEAL, TOSS SOME ASPARAGUS IN:

- AVOCADO OIL
- 1 TSP GARLIC POWDER
- 1 TSP EVERYTHING BAGEL SEASONING
- SALT AND PEPPER TO TASTE

BAKE ON GREASED COOKIE SHEET IN OVEN PRE-HEATED TO 425°F FOR 12 TO 15 MINUTES, OR UNTIL JUST TENDER.

# Buffalo Chicken Meal

## DIRECTIONS:

FILLET A BONELESS/SKINLESS CHICKEN BREAST AND POUND THIN. SEASON WITH CAJUN SPICE AND GARLIC POWDER. FRY IN SKILLET WITH AVOCADO OIL. TOP WITH BUFFALO SAUCE BY COMBINING:

- ½ CUP RANCH DRESSING
- 3 TBSP HOT SAUCE (SUGGESTED: FRANKS)
- 1 TBSP CAJUN SPICE

TO MAKE MEXICAN CAULIFLOWER RICE IN A SKILLET, IN 2-3 TBSP OF AVOCADO OIL, FRY:

- 1 CHOPPED ONION
- 1 RED PEPPER
- ½ CUP CHOPPED MUSHROOMS
- 2 CLOVES MINCED GARLIC

COOK UNTIL VEGETABLES ARE TENDER, THEN ADD:

- PRE-COOKED CAULIFLOWER RICE
- 1 CHOPPED TOMATO
- 1 TBSP CAJUN SPICE
- 1 TBSP CUMIN
- SALT AND PEPPER TO TASTE

HEAT UNTIL HOT. THEN TO MAKE ROASTED GARLIC ASPARAGUS AS A SIDE, PLACE A BUNDLE OF ASPARAGUS ON A COOKIE SHEET. WITH AVOCADO OIL OR MELTED BACON GREASE, USE 2-3 TBSP AND TOSS AS ASPARAGUS IN IT, THEN ADD 1 TBSP OF GARLIC POWDER, SALT AND PEPPER. ROAST IN OVEN UNTIL TENDER.

# Pork Tenderloin Crack

## DIRECTIONS:

IN A SLOW COOKER, ADD:

- 1 PORK TENDERLOIN (ABOUT 21BS)
- 1 ONION SLICED
- ½ CUP APPLE CIDER VINEGAR
- 2 TBSP GARLIC POWDER
- 3 TBSP WORCESTERSHIRE SAUCE
- 3 TBSP SOYA SAUCE
- ½ TSP BLACK PEPPER
- 1 CUP WATER

COOK ON HIGH UNTIL PORK IS TENDER. SHRED THE PORK, RETURN TO STOW COOKER WITH JUICES. TO THIS ADD:

- 1 TSP DRY MUSTARD
- 1 TSP POULTRY SEASONING
- 1 TSP ONION POWDER
- 2 TSP SWEETENER
- 2 BAGS OF GRATED SLAW

COOK UNTIL SLAW IS TENDER. TOP WITH SOME CRUMBLLED CRISPY BACON AND SERVE WITH A SIDE OF ROASTED ASPARAGUS, OR ANY OTHER ROASTED VEGGIES.

# Slow Cooker Roast

## DIRECTIONS:

FOR THE OVERNIGHT BEEF RUB, YOU WILL NEED:

- 1 LARGE BEEF ROAST (FAT REMOVED)
- 2 TBSP SMOKED PAPRIKA
- 1 TBSP GARLIC POWDER
- 1 TBSP ONION POWDER
- 1 TBSP BEEF JERK SPICE
- 1 TSP EACH OF SALT AND PEPPER

RUB ON ROAST, PLACE IN SEALED PLASTIC BAG, AND PUT IN FRIDGE OVERNIGHT. IN MORNING, SEAR BEEF ON BOTH SIDES AND ALL EDGES IN A HOT OILED FRYING PAN. WHEN DARK BROWN ON ALL SIDES, PLACE IN SLOW COOKER. IN A SLOW COOKER, ADD:

- 3 CUPS WATER (MORE OR LESS AS REQUIRED)
- 1 TBSP BEEF BOUILLON
- 1 TBSP SMOKED PAPRIKA
- 1 TSP INSTANT COFFEE
- 2 TBSP GARLIC POWDER
- 2 TBSP ONION POWDER
- 4 TBSP SOYA SAUCE

WHEN  $\frac{3}{4}$  OF THE WAY DONE, ADD 1-2TSP XANTHAN GUM AND WHISK UNTIL COMBINED. CONTINUE COOKING UNTIL DONE AND TENDER.

# Chicken Balls and Garlic Spinach

## DIRECTIONS:

- 1 LB GROUND CHICKEN
- 1 LARGE EGG
- 1 TSP OREGANO
- ½ TSP GARLIC POWDER
- 1 TSP PARSLEY
- SALT AND PEPPER TO TASTE
- ½ CUP PARMESAN CHEESE
- 2 TBSP OAT FIBER

MIX ALTHOUGH AND ROLL INTO BALLS. PLACE ON COOKIE SHEET AND BAKE AT 350 FOR 20MIN. REMOVE AND PLACE IN CASSEROLE DISH, COVER WITH LOW CARB MARINARA SAUCE AND SPRINKLE WITH SOME GRATED MOZZARELLA.

FOR THE GARLIC FRIED SPINACH: IN A FRYING PAN ON MEDIUM HEAT, ADD:

- 1TBSP AVOCADO OIL
- 1 MINCED ONION
- 2 CUPS CHOPPED MUSHROOMS
- 1 TBSP GARLIC
- 1 TSP MONTREAL CHICKEN SPICE

FRY UNTIL ONIONS ARE ALMOST COOKED, THEN ADD:

- ½ LARGE PACKAGE OF BABY SPINACH
- ½ CAN BLACK OLIVES

COOK UNTIL SPINACH JUST STARTS TO WILT. REMOVE FROM HEAT AND SERVE WITH CHICKEN BALLS.

# Low Carb Zucchini Boats

## DIRECTIONS:

- 1 LBS GROUND CHICKEN
- 2 MEDIUM ZUCCHINIS
- 1 CHOPPED RED PEPPER
- 1 CHOPPED GREEN PEPPER
- 1 SMALL, CHOPPED ONION
- 1 TBSP CRUSHED GARLIC.
- 1 TSP OREGANO
- 2 TBSP PARMESAN CHEESE
- ½ JAR LOW-CARB MARINARA SAUCE
- 1 ¼ CUP SHREDDED/GRATED CHEESE OF CHOICE.
- SALT AND PEPPER TO TASTE

PREHEAT THE OVEN TO 375°F. CUT ZUCCHINIS IN HALF LENGTHWISE. SCOOP OUT THE FLESH. PLACE THE HOLLOWED ZUCCHINI HALVES ONTO A BAKING SHEET AND BAKE FOR 10 MINUTES, THEN SET ASIDE.

MEANWHILE, PREPARE THE STUFFING. COOK CHICKEN UNTIL HALF DONE, DRAIN. ADD VEGGIES AND SPICES COOK UNTIL TENDER. STIR IN MARINARA SAUCE AND PARMESAN CHEESE, HEAT UNTIL MIXTURE IS EVENLY HOT THROUGH. PUT MIXTURE INTO ZUCCHINI BOATS AND BAKE UNCOVERED FOR ABOUT 10 MINUTES. ADD GRATED CHEESE, RETURN TO OVEN, AND BAKE UNTIL CHEESE IS BUBBLY AND GOLDEN.

# Fried Chicken

## DIRECTIONS:

### 12 SPICE & HERB MIX:

- 2 TSP PAPRIKA
- ½ TSP THYME
- ½ TSP GROUND GINGER
- 1 TSP GARLIC POWDER
- ½ TSP DRIED BASIL
- ½ TSP DRIED OREGANO
- ½ TSP CELERY SALT
- ½ TSP ONION POWDER
- ½ TSP BLACK PEPPER
- ¼ TSP DRIED MUSTARD
- ¼ TSP POULTRY SEASONING
- 1 TSP SALT
- 1 CUP FLAVOURLESS PROTEIN POWDER
- ¼ CUP CRUSHED PORK RINDS
- ½ CUP WHEAT GLUTEN

IN A BOWL, MIX ALL THE ABOVE DRY INGREDIENTS. IN ANOTHER BOWL, MIX TOGETHER:

- ½ CUP ALMOND MILK, UNSWEETENED
- ¼ CUP PLAIN GREEK YOGURT
- 2 EGGS, BEATEN

THEN, WITH 4-5 LARGE BONELESS SKINLESS CHICKEN BREASTS (SLICED IN HALF AND POUNDED SLIGHTLY), DIP THE CHICKEN SLICES INTO THE WET INGREDIENTS AND THEN COAT WITH THE DRY INGREDIENTS. IN A FRYING PAN ON MEDIUM HEAT, HEAT UP 2 CUPS OF GRAPESEED OIL. FRY THE CHICKEN SLICES UNTIL GOLDEN BROWN ON BOTH SIDES.

# Beef & Mung Bean Noodle Stir Fry

## DIRECTIONS:

BOIL PACKAGE OF MUNG BEAN NOODLES IN SEASONED WATER (1 TBSP OF LIQUID BEEF BOUILLON). IN A LARGE FRYING PAN:

- 1 TBSP OIL
- 2 CUPS FINELY SLICED BEEF STRIPS
- ½ TSP GARLIC
- ½ TSP GINGER
- 1 TBSP LIQUID BEEF BOUILLON
- 1 TBSP SOYA SAUCE
- 1 TBSP WORCESTERSHIRE SAUCE

ONCE BEEF IS BROWNEED, ADD:

- 1 SLICED ONION
- ¼ CUP GRATED CARROT
- ½ CUP OF EACH GREEN, YELLOW AND RED PEPPERS
- 1 CUP BROCCOLI
- 1 CUP CAULIFLOWER
- 1 CUP SLICED MUSHROOMS

ONCE DONE TOSS IN MUNG BEAN NOODLES INTO PAN AND HEAT EVENLY.

# Bacon Wrapped Meatloaf with Lemon Dilly Sauce

## DIRECTIONS:

PREHEAT OVEN TO 400°F. GREASE A BAKING SHEET WITH COOKING SPRAY. IN A BOWL OR STAND MIXER, ADD:

- 1 MEDIUM ONION, FINELY CHOPPED
- 1 FINELY CHOPPED RED AND GREEN PEPPER
- 2 TSP GARLIC PLUS SPICE
- 1 TSP OREGANO
- 1 TBSP SMOKED PAPRIKA
- 2 TBSP DRIED CHIVES
- 2 LBS GROUND BEEF
- ¼ CUP OAT FIBRE
- ¼ CUP GRATED PARMESAN CHEESE
- 2 TBSP KETCHUP (NO SUGAR ADDED PREFERRED)
- 1 BEATEN EGG
- SALT AND PEPPER

KNEAD THESE INGREDIENTS TOGETHER FOR 5-7 MINUTES. LAY 6-8 STRIPS OF BACON SLICES AROUND THE BOTTOM OF THE BAKING DISH, LAYING SO THAT HALF OF THE STRIPS FALL OVER THE EDGE OF THE TOP EDGE OF THE DISH. SHAPE THE MEATLOAF THEN LAY ON TOP OF THE BACON. CRISS CROSS OVER THE TOP OF THE MEATLOAF. COVER AND COOK FOR 30 MINUTES, REMOVE FROM HEAT AND DRAIN, RETURN TO OVEN UNCOVERED AND COOK UNTIL THE BACON IS CRISPY.

FOR THE LEMON DILLY SAUCE, COMBINE:

- ½ CUP PLAIN GREEK YOGURT
- ½ CUP MAYONNAISE
- 2 TBSP LEMON JUICE
- ½ TSP SALT
- 2 TBSP DILLWEED

# Casseroles



# Philly Cheese Steak Casserole

## DIRECTIONS:

- 4 PRE-COOKED STEAKS, CUT FINELY INTO STRIPS

IN A LARGE PAN, COOK TOGETHER:

- 1 OF EACH: THINLY SLICED RED, GREEN, YELLOW, AND ORANGE PEPPERS
- 2 THINLY SLICED ONIONS
- 2 CUPS SLICED MUSHROOMS
- 1 TSP GARLIC POWDER

ONCE THE VEGGIES AND SPICES ARE TENDER, ADD IN COOKED SLICED BEEF STRIPS. HEAT THOROUGHLY.

FOR THE SAUCE, IN A FOOD PROCESSOR OR BLENDER, ADD:

- 1 TBSP HOT SAUCE
- 4 BEATEN EGGS
- 1 PKG. CREAM CHEESE
- ½ CUP BEEF BROTH
- ¼ CUP CREAM
- ¼ CUP PLAIN GREEK YOGURT
- 3 TBSP MAYONNAISE
- 2 TBSP WORCESTERSHIRE SAUCE
- 1 TBSP LIQUID SMOKE

PULSE IN THE FOOD PROCESSOR OR BLENDER. FOR THE DISH, GRAB 2 CUPS OF MOZZARELLA CHEESE AND 1 PACKAGE OF MUNG BEAN NOODLES (BOIL THEM IN BEEF BROTH THEN DRAIN). IN A CASSEROLE DISH, LAYER THE INGREDIENTS AS SUCH, REPEATING AS NEEDED:

1. MEAT AND VEGGIE MIX
2. NOODLES
3. SAUCE
4. CHEESE

# Leftover Beef and Gravy Melt Casserole

## DIRECTIONS:

IN A FRYING PAN, DRIZZLE A LITTLE AVOCADO OIL. ON MEDIUM HEAT, ADD:

- 1 SMALL, SLICED ONION
- ½ CHOPPED RED PEPPER
- 2 CUPS CHOPPED MUSHROOMS
- 1-2 CUPS CHOPPED LEFTOVER COOKED ROAST BEEF (SEE SLOW COOKER ROAST FOR RECIPE)
- 1 TBSP LIQUID BEEF BOUILLON
- 1 TBSP SOYA SAUCE

COOK UNTIL ALL VEGGIES ARE TENDER. IN ANOTHER POT, HALF FULL OF WATER, ADD:

- 1 PKG. MUNG BEAN NOODLES
- 1 TBSP BEEF BOUILLON
- 1 TBSP SOYA SAUCE

WHEN DONE, DRAIN AND ADD NOODLES TO BEEF AND VEGGIE MIX, ALONG WITH ½ CUP OF GRAVY. MIX AND THEN TOP WITH 1 CUP GRATED MOZZARELLA CHEESE. REDUCE HEAT AND COVER UNTIL CHEESE IS MELTED.

# Reuben Casserole

## DIRECTIONS:

TO MAKE THE SAUCE, MIX:

- ½ CUP MAYO
- 2 TBSP LOW SUGAR KETCHUP
- 1 EXTRA FINELY DICED ONION
- 5 EXTRA FINELY CHOPPED DILL PICKLES
- DASH OF HOT SAUCE
- ½ TSP CARAWAY SEEDS

IN A CASSEROLE DISH, LAYER THE FOLLOWING INT THIS ORDER

1. 1-1 ½ LBS CORNED BEEF OR PASTRAMI
2. 1 OF EACH: THINLY SLICED GREEN, RED, AND YELLOW PEPPER
3. 1 PKG. COLESLAW
4. SAUCE
5. 1-2 CUPS OF GRATED CHEDDAR CHEESE

BAKE IN A PRE-HEATED OVEN AT 350°F UNTIL THE VEGGIES BECOME TENDER, BETWEEN 30-45 MINUTES.

# Sides



# French Fries

## DIRECTIONS:

- ½ CUP LUPIN FLOUR
- ½ CUP OAT FIBRE OR ALMOND FLOUR
- 2 TBSP XANTHAN GUM
- ½ TSP SALT
- ¼ CUP PARMESAN CHEESE
- 6-7 TBSP BOILING WATER

MIX ALL INGREDIENTS TOGETHER, ADDING A TABLESPOON OF WATER AT A TIME UNTIL BALL FORMS. LET BALL REST FOR 10 MINUTES. ROLL OUT AND THEN CUT INTO FRY SHAPE. COOK IN AVOCADO OIL UNTIL CRISPY.

# Cabbage Hashbrowns

## DIRECTIONS:

IN A BOWL, COMBINE:

- 1 BAG FINELY GRATED COLESLAW
- 2 LARGE BEATEN EGGS
- ½ TSP SALT AND PEPPER
- ½ TSP GARLIC POWDER
- ½ TSP CAJUN SPICE (OPTIONAL)
- ½ MINCED ONION
- ¼ CUP FINELY CHOPPED PORK RINDS  
(OPTIONAL TO ADD NICE CRUNCH)
- ¼ CUP PARMESAN CHEESE

MIX WELL AND DROP INTO A PAN ON MEDIUM HEAT WITH OIL (ABOUT 2 TBSP). FLATTEN IT DOWN WITH A SPATULA. COOK UNTIL GOLDEN BROWN, FLIP AND COOK AGAIN TILL GOLDEN.

FOR A DIPPING SAUCE, MIX 2 TBSP KETCHUP AND 2 TBSP MAYONNAISE TOGETHER.

# Low Carb Pasta

## DIRECTIONS:

IN A STAND MIXER, COMBINE:

- ½ CUP WHEAT GLUTEN
- ½ CUP LUPIN FLOUR OR OAT FIBRE

ONCE COMBINED, ADD IN 2 LARGE EGGS AND MIX. IF THE DOUGH IS TOO DRY, ADD A FEW DROPS OF WATER. MIX UNTIL A BALL FORMS. TAKE IT OUT AND COVER WITH PLASTIC WRAP. LET REST ON THE COUNTER AT ROOM TEMPERATURE FOR AT LEAST 30MINUTES. THEN CUT THE BALL INTO 4 SECTIONS AND ROLL OUT INTO DISCS.

EITHER USING A PASTA MACHINE OR A ROLLING PIN, ROLL THIN. CUT YOUR DOUGH TO YOUR DESIRED SIZE (12-16 INCHES IS STANDARD NOODLE LENGTH). BRING A POT OF WATER TO A BOIL WITH SOME SALT. COOK NOODLES FOR 3 MINUTES. DRAIN WATER AND ENJOY.

# Low Carb Stuffing

## DIRECTIONS:

PREHEAT THE OVEN TO 350°F. IN A LARGE BOWL, TOSS TOGETHER:

- 1 LOAF LOW CARB BREAD, CUT INTO BITE SIZED PIECES
- 4 TBSP BUTTER, MELTED

SPREAD BUTTERED BREAD PIECES ON A BAKING SHEET AND TOAST IN THE OVEN UNTIL GOLDEN AND CRISP, ABOUT 10-12 MINUTES. IN A LARGE PAN OVER MEDIUM HEAT, ADD 1 LB ITALIAN SAUSAGE. COOK UNTIL THERE IS NO PINK. SEASON WITH SALT AND PEPPER TO TASTE, REMOVE FROM HEAT AND DRAIN ANY FAT.

IN SAME PAN WITH SAUSAGE, ADD:

- ¼ CUP MINCED ONION
- 2 STALKS FINELY CHOPPED CELERY
- 2 CUPS FINELY CHOPPED CABBAGE.

COOK UNTIL VEGGIES ARE SOFT. THEN STIR IN:

- 2 CLOVES MINCED GARLIC
- ½ CUP PARSLEY
- 1 TBSP POULTRY SEASONING
- 1 TBSP OREGANO
- 1 TBSP ROSEMARY

ADD BREAD INTO THE MIXTURE IN THE PAN, THEN REMOVE FROM HEAT. IN A MEDIUM SIZED BOWL, WHISK TOGETHER:

- 1 ½ CUP CHICKEN BROTH
- 2-3 LARGE BEATEN EGGS

POUR THE BROTH MIXTURE OVER THE BREAD AND VEGGIES MIXTURE. TOSS UNTIL COMPLETELY COVERED. THEN PLACED EVERYTHING INTO A GREASED DISH AND BAKE IN THE OVEN AT 350°F UNTIL GOLDEN.

# Bell Pepper Boats with Cheese Filling

## DIRECTIONS:

PREHEAT THE OVEN TO 350°F. THEN PREPARE THE BELL PEPPERS, TAKE 1 PACKAGE OF MINI BELL PEPPERS, CUT IN HALF AND TAKE ALL THE SEEDS OUT (FOR SMALLER SERVINGS, CUT INTO QUARTERS). DRIZZLE WITH AVOCADO OIL. THEN WITH:

- ½ TSP CAYENNE PEPPER
- 1 TSP CHILLI POWDER
- 1 TSP GARLIC POWDER
- SALT AND PEPPER TO TASTE

COVER AND TOSS SPICES OVER BELL PEPPER PIECES AND PLACE IN A SINGLE LAYER ON A LINED BAKING SHEET. ROAST IN OVEN UNTIL PEPPERS ARE JUST TENDER, ABOUT 10 MINUTES.

FOR THE FILLING, MIX:

- 1 PKG SOFTENED CREAM CHEESE
- ¾ CUP FETA
- 2 TBSP DRIED CHIVES
- 1 TSP MINCED GARLIC
- 1 TSP OREGANO
- SALT AND PEPPER TO TASTE

IF MIXTURE IS TOO STIFF, ADD A COUPLE TBSP OF PLAIN GREEK YOGURT. ONCE THE BELL PEPPERS HAVE COOLED, SCOOP FILLING ONTO/IN THEM.

# Cauliflower Mash

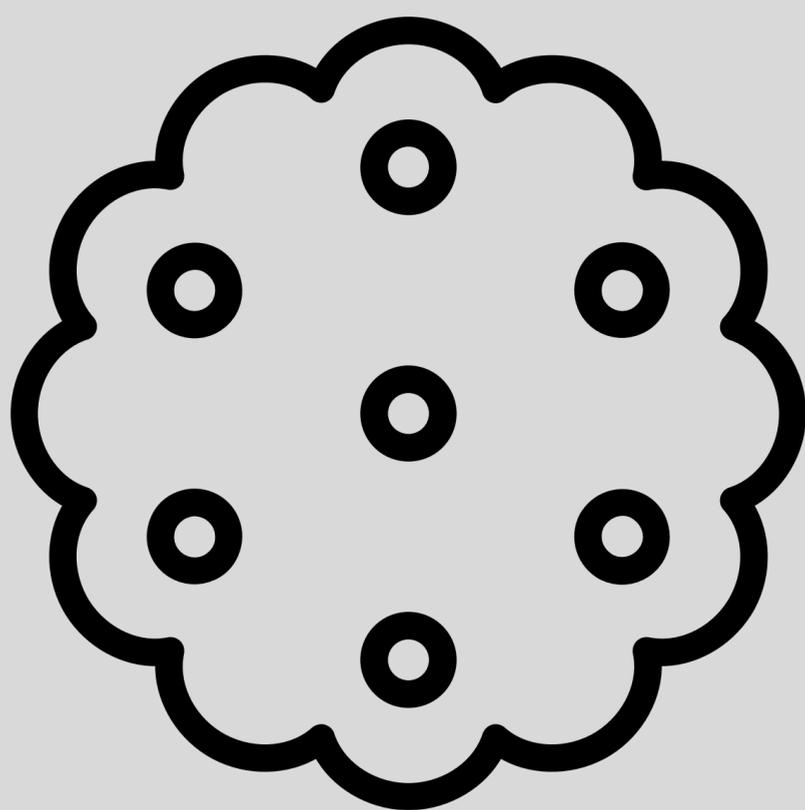
## DIRECTIONS:

IN A FOOD PROCESSOR OR BLENDER,  
ADD:

- 2 CUPS COOKED CAULIFLOWER  
(DRAINED WITH MOISTURE SQUEEZED  
OUT)
- 1 TSP ONION POWDER
- 1 TSP OREGANO
- ½ TSP GARLIC POWDER
- 2 TBSP BUTTER
- 3 TBSP PLAIN GREEK YOGURT
- ½ TSP SALT
- ¼ CUP PARMESAN CHEESE

BLEND UNTIL CREAMY. IF TOO DRY, ADD A  
LITTLE CREAM OR UNSWEETENED ALMOND  
MILK. SERVE LIKE YOU WOULD MASHED  
POTATOES.

# Crackers and Snacks



# Herb and Garlic Crackers

## DIRECTIONS:

MELT  $\frac{3}{4}$  CUP BUTTER IN A LARGE SAUCEPAN. ONCE MELTED, REMOVE FROM HEAT THEN ADD:

- 1/8 CUP NUTRITIONAL YEAST
- $\frac{1}{2}$  CUP OAT FIBER OR LUPIN FLOUR
- $\frac{1}{2}$  CUP ALMOND FLOUR
- SALT AND PEPPER TO TASTE
- 1 CUP HERB AND GARLIC GRATED CHEESE
- 1 BEATEN EGG

MIX INGREDIENTS TOGETHER, FORM INTO A BALL, THEN PAT DOWN THIN ON A COOKIE SHEET LINED WITH PARCHMENT PAPER. CUT INTO CRACKER SHAPES, THEN BAKE AT 250°F TILL GOLDEN, FLIP AND BAKE UNTIL CRISPY AND DRY.

# Nacho Chips

## DIRECTIONS:

IN A FOOD PROCESSOR OR BLENDER, ADD:

- ½ CUP OAT FIBER
- ½ CUP LUPIN FLOUR
- ½ CUP PARMESAN CHEESE
- 1 CUP ALMOND FLOUR
- 1 TBSP XANTHAN GUM
- 2 TBSP FLAX SEED
- 2 TBSP HEMP HEARTS
- ½ TSP JALAPENO CHEDDAR POPCORN SEASONING
- ½ TSP EVERYTHING BAGEL SPICE

PULSE, THEN ADD 2 BEATEN EGGS AND PULSE AGAIN. NEXT ADD 2 TBSP WARM WATER AND PULSE, KEEP ADDING WATER, PULSING IN BETWEEN ADDS UNTIL A BALL FORMS. REMOVE FROM FOOD PROCESSOR AND ROLL INTO A LOG. DIVIDE LOG INTO 4 BALLS. ROLL OUT EACH BALL BETWEEN 2 PIECES OF PARCHMENT PAPER TRYING TO KEEP ROUND SHAPE AS YOU USE A ROLLING PIN TO ROLL THIN (SPRAY PAPER WITH OIL IF DOUGH IS TOO STICKY). USING A PIZZA CUTTER CUT YOUR DOUGH INTO NACHO CHIP SHAPES. CUT AROUND THE PAPER THAT THE DOUGH CHIPS ARE ON, SO THAT IT WILL ALL FIT IN MICROWAVE. PUT IN MICROWAVE FOR 1-2 MIN. CHECK TO SEE IF CHIPS ARE CRUNCHY (REMOVE CRUNCHY ONES), IF NOT CONTINUE TO MICROWAVE FOR 35 SECOND INTERVALS UNTIL CHIPS ARE HARD AND CRUNCHY, BEING CAREFUL NOT TO BURN THEM.

# Crunchits

## DIRECTIONS:

PREHEAT OVEN TO 300°F. MELT ¼ CUP BUTTER WITH 1 CUP SHARP CHEDDAR CHEESE. ONCE MELTED, ADD AND MIX:

- 2 TBSP CHEDDAR POPCORN POWDER
- DASH OF CAYENNE PEPPER
- ½ CUP OAT FIBRE OR LUPIN FLOUR OR WHEAT GLUTEN
- 2 BEATEN EGGS

PLACE MIXTURE IN A PIPING BAG, PIPE OUT CRUNCHIT SHAPE ON LINED BAKING SHEET. BAKE IN OVEN FOR 20-30 MINUTES, OR UNTIL HARDENED. LET COOL TO ROOM TEMPERATURE.

# Basic Crackers

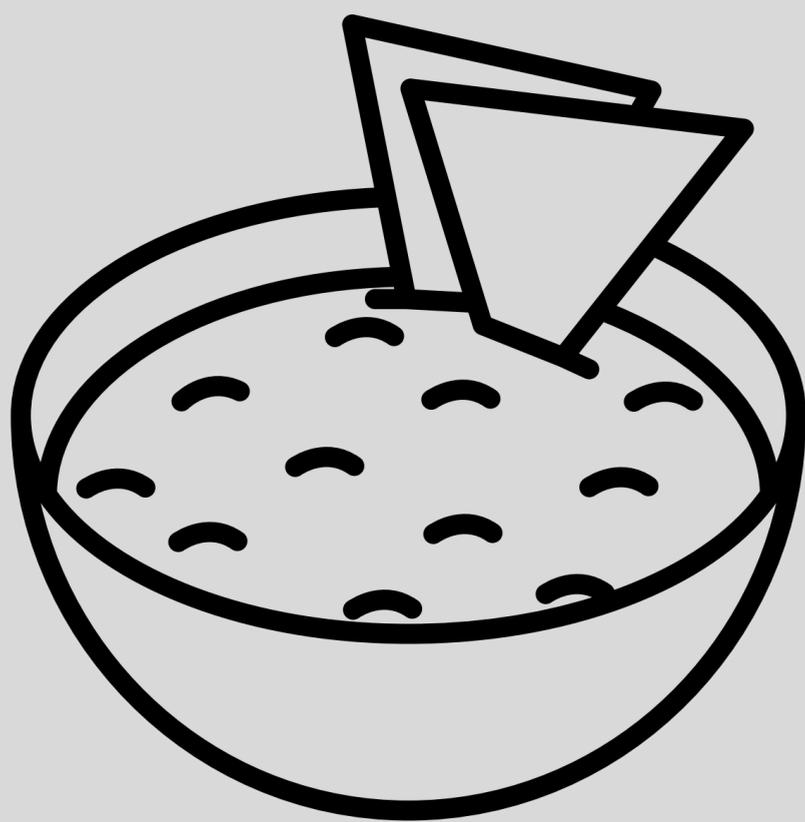
## DIRECTIONS:

PREHEAT OVEN TO 325°F. IN A BOWL, MIX:

- 2 CUPS LUPIN FLOUR
- 4 CUPS OAT FIBRE
- 4 CUPS NUTRITIONAL YEAST
- 1 TSP BAKING POWDER
- 1 TSP XANTHAN GUM
- 2 CUPS GRATED CHEESE
- PINCH OF SALT
- 1 TBSP OIL
- 2 CUPS COLD WATER (ADDING 1 TBSP AT A TIME)

ONCE DOUGH HAS FORMED ROLL OUT THE DOUGH, CUT INTO CRACKER SHAPES, AND PUT ON GREASED PAN OR LINED BAKING SHEET. POKE HOLES IN CRACKERS WITH FORK. BAKE FOR ABOUT 10 MINUTES OR UNTIL GOLDEN BROWN. SPRINKLE SOME HERBS OR SEASONING OVER TOP OF CRACKERS BEFORE BAKING FOR DIFFERENT FLAVOURS.

# Dressings and Dips



# Caesar Salad Dressing

## DIRECTIONS:

### MIX TOGETHER:

- 1 CUP MAYONNAISE
- 1 CUP PLAIN GREEK YOGURT
- 3 TSP LEMON JUICE
- 2 TSP WORCESTERSHIRE SAUCE
- 1 TSP SALT
- 1 TSP BLACK PEPPER
- 2 CLOVES FINELY MINCED GARLIC
- 1 TSP GARLIC POWDER
- 1 TSP EVERYTHING BAGEL SPICE
- 1 TSP AVOCADO OIL
- ¼ CUP PARMESAN CHEESE
- ½ TSP ONION POWDER
- ¼ TSP ANCHOVY PASTE

# Poppyseed Salad Dressing

## DIRECTIONS:

### IN A MASON JAR, ADD:

- ¼ CUP WHITE WINE VINEGAR
- ¾ CUP MAYONNAISE
- ¼ CUP AVOCADO OIL
- ¼ CUP CREAM OR MILK (HEAVY WHIPPING CREAM SUGGESTED)
- ¼ CUP SWEETENER (ACCORDING TO TASTE)
- 1 TSP ONION POWDER
- 2 TSP MUSTARD POWDER
- 2 TBSP POPPY SEEDS
- PINCH SALT

ONCE IN THE JAR, PUT ON LID AND SHAKE.

# *Greek Salad Dressing*

DIRECTIONS:

MIX TOGETHER:

- ½ CUP MAYONNAISE
- ⅓ CUP PLAIN GREEK YOGURT
- 2 TBSP APPLE CIDER VINEGAR
- 1 TBSP LEMON JUICE
- 2 CLOVES MINCED GARLIC
- 1 TSP DILLWEED
- ½ TSP SALT
- ½ TSP BLACK PEPPER
- ⅓ CUP CRUMBLED FETA CHEESE
- 1 TSP SWEETENER

# *Dill Pickle Dip*

DIRECTIONS:

IN A BOWL, MIX:

- 1 CUP MAYONNAISE
- 1 CUP PLAIN GREEK YOGURT
- 1 TSP SALT
- 2 TBSP DILLWEED
- 8 FINELY CHOPPED DILL PICKLES

# Ranch Dip

DIRECTIONS:

MIX TOGETHER:

- 1 CUP MAYONNAISE
- 1 CUP PLAIN GREEK YOGURT
- 2 TSP LEMON JUICE
- 2 TSP PARSLEY
- 1 TSP DILLWEED
- ½ TSP DRIED CHIVES
- ½ TSP GARLIC POWDER
- 1 TSP ONION POWDER
- ½ TSP SALT
- ¼ CUP CREAM

# Cheddar Ranch Dip

DIRECTIONS:

IN A BOWL, MIX:

- 1 CUP PLAIN GREEK YOGURT
- 1 CUP MAYONNAISE
- 1 PKG. RANCH POWDER
- ½ CUP GRATED SHARP CHEDDAR CHEESE
- ¼ CUP CRISPY BACON (OPTIONAL)

# Warmed Spinach and Artichoke Dip

## DIRECTIONS:

PREHEAT OVEN TO 375°F. IN A BLENDER, COMBINE:

- 1 BLOCK CREAM CHEESE
- ½ CUP MAYONNAISE
- ½ PLAIN GREEK YOGURT
- ¼ CUP PARMESAN CHEESE
- 1 TSP GARLIC POWDER
- ½ TSP SALT
- 1 CUP CHOPPED SPINACH
- 1 CUP CHOPPED ARTICHOKE (OR 1 CAN)
- ½ CUP MOZZARELLA CHEESE

BLEND TOGETHER THAN TRANSFER MIXTURE TO A BAKING DISH. PLACE DISH IN OVEN 25-30 MINUTES SO ITS SLIGHTLY BROWNEED ON THE TOP AND BUBBLY. SERVE WARM.

# Low Carb Hazelnut Chocolate Spread

## DIRECTIONS:

PLACE 2 CUPS OF ROASTED AND SKINNED HAZELNUTS IN A FOOD PROCESSOR OR BLENDER AND BLEND UNTIL THICK AND CREAMY. ADD ONE INGREDIENT AT A TIME, BLENDING IN EACH ONE:

- ¼ CUP CASHEWS
- ½ CUP POWDERED SWEETENER
- ¼ CUP COCOA POWDER
- 1 TBSP MELTED COCONUT OIL
- ¼ CUP MELTED CHOCOLATE CHIPS (MELT WITH 1 TBSP COCONUT OIL)
- PINCH SALT
- ½ TSP VANILLA

KEEP BLENDING BETWEEN EACH ONE UNTIL IT IS SMOOTH AND CREAMY.

*Chutney, Pickles,  
and Relish*



# Rhubarb Chutney

## DIRECTIONS:

IN A SAUCEPAN, ADD:

- ¾ CUP APPLE CIDER VINEGAR
- 1 ¾ CUP SWEETENER
- 1 ½ TSP GARLIC POWDER
- 1 TBSP ONION POWDER
- 1 TSP NUTMEG
- 1 ½ TSP GINGER
- 1 TSP CUMIN
- 1 TSP CINNAMON
- ½ TSP CHILLI POWDER
- ½ TSP GROUND CLOVES
- 4 TBSP WORCESTERSHIRE SAUCE
- ½ CUP KETCHUP
- ½ TSP SALT

BRING INGREDIENTS ALL TO A BOIL, THEN ADD:

- 8 CUPS CHOPPED RHUBARB
- 2 CUPS CHOPPED ONION
- ¼ CUP LOW/NO SUGAR MAPLE SYRUP

SIMMER TILL RHUBARB AND ONIONS ARE TENDER AND MIXTURE HAS THICKENED, ABOUT 20-20 MINUTES. POUR INTO CANNING JARS. PLACE THESE INTO A HOT WATER BATH FOR 5MINS. SEAL WITH AIRTIGHT COVERS AND LET COOL.

# Sweet Relish

## DIRECTIONS:

IN A LARGE BOWL AND LET SET OVER NIGHT:

- 4 LARGE SEEDED BUT PEELS ON, FINELY CHOPPED CUCUMBERS
- 1 FINELY CHOPPED RED PEPPER
- 2 FINELY CHOPPED GREEN PEPPERS
- 2 FINELY CHOPPED ONIONS
- 2 TBSP PICKLING SALT
- 4 CUPS HOT WATER

NEXT DAY DRAIN AND SQUEEZE OUT MOISTURE. IN A LARGE POT ON MEDIUM HEAT, ADD THE VEGGIES AND THEN ADD:

- 1TBSP MUSTARD SEED
- 1 1/2TSP TURMERIC
- 1 1/2CELERY SEED
- 2CUPS POWDERED SWEETENER
- 2CUPS WHITE VINEGAR
- BRING TO A BOIL AND THICKEN WITH
- 2 TBSP XANTHAN GUM

POUR INTO SANITIZED MASON JARS, LET REST IN A SIMMERING WATER BATH FOR 10MIN. SEAL WITH AIRTIGHT COVERS AND LET COOL.

# Mustard Pickles

## DIRECTIONS:

IN A LARGE BOWL ADD THIS AND LEAVE OVER NIGHT

- 2 CHOPPED RED PEPPERS
- 1 CHOPPED HEAD OF CAULIFLOWER
- 12 SEEDED, PEELED AND CHOPPED CUCUMBERS
- 1/2 CUP PICKLING SALT

NEXT DAY, DRAIN AND RINSE. IN A LARGE POT, ADD RINSED VEGGIES, AND THEN ADD:

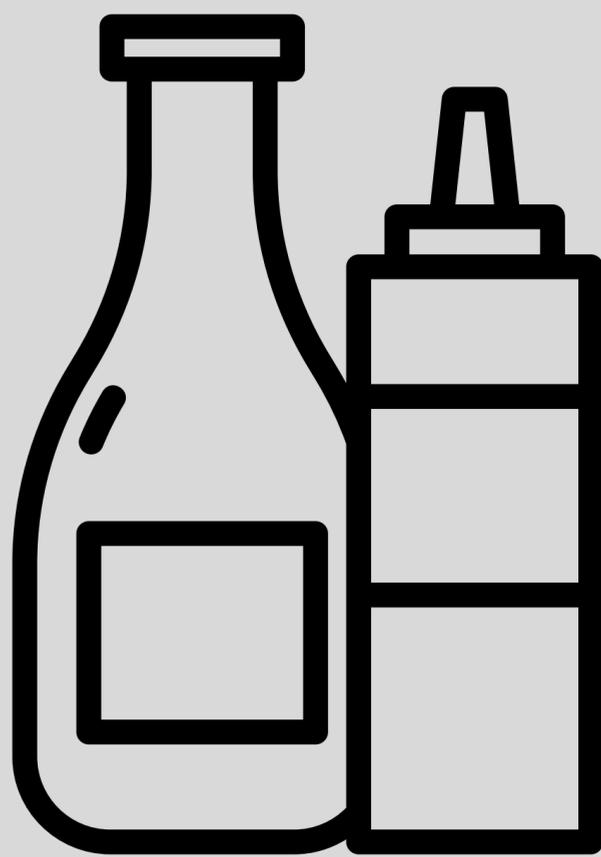
- 3 CUPS CHOPPED ONIONS
- 1 CUP VINEGAR
- 1/4 CUP WATER
- 2 CUPS POWDERED SWEETENER

BRING THESE ALL TO A BOIL. MEANWHILE IN A BOWL, MIX, THEN ADD THIS TO BOILING VEGGIES:

- 2 TBSP XANTHAN GUM
- 1 TBSP DRY MUSTARD
- 1 TBSP TURMERIC
- 1 1/2 TSP MUSTARD SEED
- 1 1/2 TSP CELERY SEED
- 1/2 TSP GINGER
- 1 CUP VINEGAR
- 1/4 CUP WATER

COOK UNTIL VEGGIES ARE STARTING TO GET TRANSLUCENT. POUR INTO STERILE MASON JARS AND LET REST IN SIMMERING WATER BATH FOR 10 MINUTES. SEAL WITH AIRTIGHT COVERS AND LET COOL.

# Sauces



# Nacho Cheese Sauce

## DIRECTIONS:

IN A POT ON MEDIUM HEAT, ADD:

- 2 TBSP BUTTER
- 2 TBSP PLAIN GREEK YOGURT
- ½ BLOCK CREAM CHEESE, CUT INTO CHUNKS
- ½ CUP WATER
- ¼ CUP HEAVY WHIPPING CREAM

STIR CONTINUOUSLY UNTIL ALL MELTED TOGETHER. IF IT IS TOO THICK, ADD A LITTLE MORE WATER AND HEAVY WHIPPING CREAM. IF YOU LIKE A STRONG NACHO FLAVOUR, ADD ¼ TSP CUMIN.

# Sugar Free Ketchup

## DIRECTIONS:

IN A SAUCEPAN ON MEDIUM HEAT, ADD AND MIX:

- 1 CAN TOMATO JUICE
- ½ TSP GARLIC POWDER
- ½ TSP ONION POWDER
- ½ TSP SALT
- 1 TSP WORCESTERSHIRE SAUCE
- 1 TSP SOYA SAUCE
- 4 TBSP WHITE VINEGAR
- 3 TBSP SWEETENER
- 1-2 TSP XANTHAN GUM

# Alfredo Sauce

## DIRECTIONS:

IN A SAUCEPAN, ADD:

- ½ CUP BUTTER
- 1 BLOCK CREAM CHEESE

MELT TOGETHER, THEN ADD:

- 1 CUP CREAM
- ½ CUP WATER
- 1 TSP GARLIC POWDER
- 1 CUP PLAIN GREEK YOGURT
- 1 TSP SALT
- ½ CUP PARMESAN CHEESE

MIX AND HEAT THOROUGHLY UNTIL DESIRED CONSISTENCY.

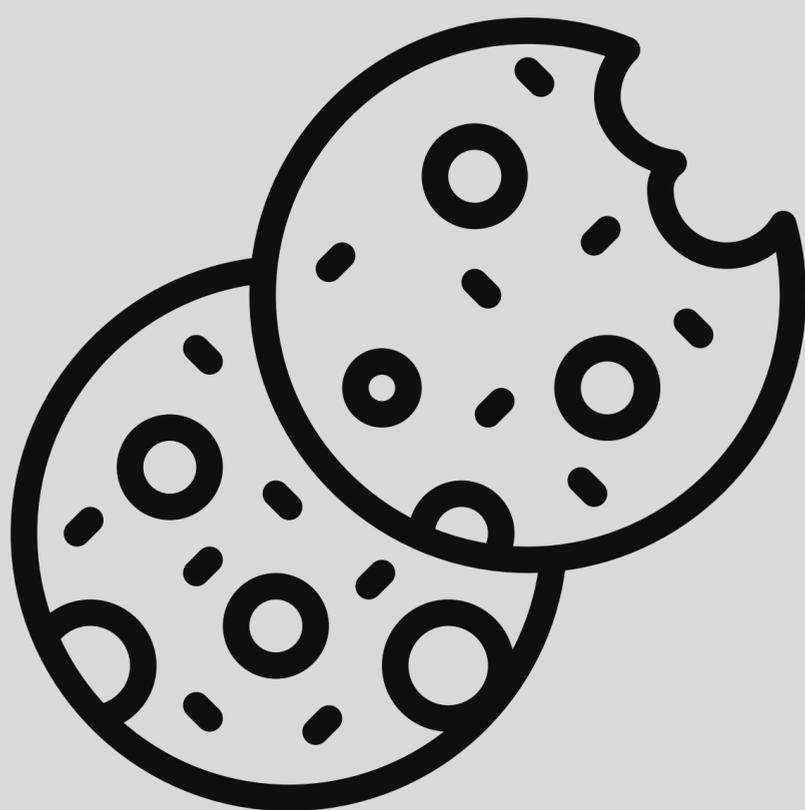
# BBQ Sauce

## DIRECTIONS:

IN A SAUCEPAN ON MEDIUM HEAT, MIX:

- 2-3 CUPS SUGAR FREE KETCHUP
- 1 TSP WORCESTERSHIRE SAUCE
- 3 TBSP SOYA SAUCE
- 2 TSP LIQUID SMOKE
- ½ TSP XANTHAN GUM

Sweets



# Mocha Cheesecake

## DIRECTIONS:

FOR THE CRUST, MIX:

- 1 CUP ALMOND FLOUR
- 4 TBSP UNSWEETENED COCOA
- 3 TBSP SWEETENER
- ½ TSP INSTANT COFFEE

ONCE MIXED, STIR IN ⅓ CUP OF MELTED BUTTER, THEN PRESS MIXTURE (EXCEPT FOR ¼ CUP FOR TOPPING) FIRMLY INTO A 9X9 INCH PAN, AND SET ASIDE IN FRIDGE.

TO MAKE THE FILLING, MELT ½ CUP CHOCOLATE CHIPS WITH 1 TBSP OF AVOCADO OIL IN THE MICROWAVE. WITH A MIXER, MIX THE CHOCOLATE TOGETHER WITH:

- 2 PKG. CREAM CHEESE
- ½ CUP SWEETENER
- ½ TSP INSTANT COFFEE
- 2 TBSP COCOA POWDER
- ¼ TSP XANTHAN GUM

IN A SEPARATE BOWL, WHIP TOGETHER ¾ CUP HEAVY CREAM AND 1 TSP VANILLA UNTIL CREAM FORMS STIFF PEAKS. FOLD CREAM INTO THE CREAM CHEESE MIXTURE. SPREAD THIS MIXTURE ON TOP OF CHILLED CRUST. CRUMBLE RESERVED CRUST ON TOP OF THE CHEESECAKE AND DRIZZLE SOME ADDITIONAL MELTED CHOCOLATE IF DESIRED.

# Chocolate Pudding

## DIRECTIONS:

IN A SAUCEPAN, WHISK TOGETHER:

- ¼ CUP HEAVY CREAM
- ¾ CUP ALMOND MILK
- 1 SCOOP OF CHOCOLATE PROTEIN  
SHAKE
- 1/8 CUP SWEETENER (ACCORDING TO  
TASTE)
- 1 TBSP SUGAR FREE CHOCOLATE SYRUP
- 2 TBSP (HEAPING) UNSWEETENED  
COCOA POWDER
- 1 LARGE EGG
- 1 TSP XANTHAN GUM
- 1/8 INSTANT COFFEE
- TINY PINCH SALT

COOK ON STOVE OVER MEDIUM HEAT,  
STIRRING CONSTANTLY, UNTIL THICKENED.  
REMOVE FROM HEAT AND MIX IN:

- 1 TSP VANILLA
- 1 TSP BUTTER

# Caramel Pudding

## DIRECTIONS:

### MIX IN BOWL:

- ¼ CUP CARAMEL PROTEIN SHAKE
- ¼ CUP PLAIN GREEK YOGURT
- 2 TBSP CARAMEL SAUCE
- ¼ CUP WATER
- 1 TBSP PSYLLIUM HUSK POWDER
- ½ TBSP CHIA SEEDS
- ½ TBSP FLAX SEEDS

LEAVE MIXTURE IN FRIDGE FOR 3 HOURS OR OVERNIGHT. DRIZZLE WITH NO SUGAR MAPLE SYRUP AND TOP WITH GRANOLA BEFORE SERVING.

THIS RECIPE IS EASILY CHANGABLE TO DIFFERENT FLAVOURS BY USING DIFFERENT FLAVOURS OF PROTEIN SHAKE AND SAUCES.

# Granola

## DIRECTIONS:

PREHEAT OVEN TO 250°F. IN A LARGE BOWL, COMBINE A ½ CUP OF EACH OF THE FOLLOWING:

- PUMPKIN SEEDS
- FLAX SEEDS
- CHOPPED WALNUTS
- CHOPPED PECANS
- CHOPPED/SLIVERED ALMONDS
- UNSWEETENED COCONUT
- CHIA SEEDS (LESS IF DESIRED)
- PSYLLIUM HUSK
- HEMP HEARTS
- SWEETENER OF CHOICE (ACCORDING TO TASTE)
- 1 TSP CINNAMON

THEN ADD:

- ½ CUP MELTED BUTTER
- ¼ CUP MELTED COCONUT OIL

MIXING ALL INGREDIENTS TOGETHER, SPREAD OUT ON A LINED BAKING SHEET AND BAKE IN OVEN, CHECKING AND TOSSING EVERY 5-8 MINUTES FOR 30 MINUTES TOTAL, BEING CAREFUL TO NOT LET GRANOLA BURN.

# Chocolate Chip Cookies

## DIRECTIONS:

PREHEAT OVEN TO 325°F. MIX IN A LARGE BOWL:

- ½ CUP SOFTENED BUTTER
- ¼ CUP COCONUT OIL
- ½ CUP GRANULATED SWEETENER
- 2 EGGS
- 2 TSP VANILLA EXTRACT
- 2 CUPS ALMOND FLOUR
- 1 CUP OAT FIBRE
- ½ TSP BAKING SODA
- ½ KOSHER SALT
- ½ PKG. UNSWEETENED CHOCOLATE CHIPS

ONCE MIXED, DROP BALLS OF DOUGH ON LINED BAKING SHEET AND PRESS DOWN. BAKE IN OVEN UNTIL EDGES ARE GOLDEN.

# *Peanut Butter Squares*

## DIRECTIONS:

FOR THE SQUARES, GREASE EITHER A 8X8 INCH OR 9X9 INCH PAN. IN A LARGE BOWL, COMBINE:

- ½ CUP SOFTENED BUTTER
- 1 CUP SOFTENED PEANUT BUTTER
- ½ CUP POWDERED SWEETENER
- 1 TSP VANILLA EXTRACT
- ¼ TSP SALT

AFTER COMBINED, STIR IN:

- ½ CUP ALMOND FLOUR
- ¼ CUP OAT FIBRE

ONCE A DOUGH HAS FORMED, PRESS DOUGH FIRMLY AND EVENLY INTO GREASED BAKING PAN. FOR THE CHOCOLATE GLAZE ON TOP, MELT IN 40 SECOND INTERVALS IN THE MICROWAVE:

- ½ CUP UNSWEETENED CHOCOLATE CHIPS
- ¼ CUP BUTTER

ONCE MELTED, ADD 1 TSP SWEETENER. POUR EVENLY OVER THE DOUGH. REFRIGERATE FOR 1 HOUR UNTIL SET BEFORE CUTTING UNTO SQUARES.

# Chocolate Cake with Chocolate Cream Cheese Frosting

## DIRECTIONS:

PREHEAT OVEN TO 350°F AND GREASE TWO 8-INCH ROUND CAKE PANS. IN A LARGE BOWL OR MIXER, WHISK 4 LARGE EGG WHITES (KEEP YOLKS FOR LATER) UNTIL IT FORMS STIFF PEAKS. MIX THE FOLLOWING INGREDIENTS, FOLDING INTO THE EGG WHITES:

- 1 CUP ALMOND FLOUR
- ½ CUP OAT FIBRE
- ½ CUP WHEAT GLUTEN FLOUR
- ¾ MONK FRUIT
- ½ CUP COCOA POWDER
- 1 TBSP BAKING SODA
- 1 TSP INSTANT COFFEE
- ½ TSP SALT
- ½ CUP MAYONNAISE
- ¼ CUP MELTED BUTTER
- 4 LARGE EGG YOLKS
- ½ CUP ALMOND MILK
- 1 TSP VANILLA

POUR EQUAL AMOUNTS OF MIXTURE INTO BOTH PANS AND BAKE IN THE OVEN FOR 20-25 MINUTES, OR UNTIL THE CAKES ARE JUST FIRM TO THE TOUCH. REMOVE FROM THE OVEN, LET COOL SLIGHTLY IN THE PANS, ABOUT 20 MINUTES. FLIP OUT ONTO A WIRE RACK TO COOL COMPLETELY.

WHILE THE CAKE IS COOLING, MAKE THE FROSTING BY WHIPPING TOGETHER:

- 1 PKG. SOFTENED CREAM CHEESE
- ¼ CUP SOFTENED BUTTER
- ½ CUP POWDERED SWEETENER
- ¼ TSP INSTANT COFFEE
- ½ CUP COCOA POWDER
- PINCH SALT
- ½ TSP VANILLA

WHISK UNTIL SMOOTH AND CREAMY. WHEN THE CAKES ARE COOLED COMPLETE, YOU CAN THEN FROST YOUR CAKE.

# Magic Bars

## DIRECTIONS:

PREHEAT OVEN TO 325°F. FOR THE CRUST, MIX:

- 1 CUP ALMOND FLOUR
- ¼ CUP POWDERED SWEETENER
- ¼ TSP SALT
- 2 TBSP MELTED BUTTER
- ½ TSP VANILLA

PRESS FIRMLY AND EVENLY INTO THE BOTTOM OF A 9X9 INCH PAN. BAKE THE CRUST IN OVEN FOR 8 MINUTES. REMOVE AND LET COOL. INCREASE THE OVEN TEMPERATURE TO 350°F. SPRINKLE THE CRUST WITH"

- ½ CUP UNSWEETENED CHOCOLATE CHIPS
- ½ CUP UNSWEETENED COCONUT FLAKES
- ½ CUP CHOPPED PECANS
- ½ CUP CHOPPED WALNUTS

THEN POUR IN ¾ CUP SWEETENED CONDENSED MILK (SUGAR FREE IF WANTING LOW CARB OPTION). BAKE IN OVEN FOR ABOUT 20 MINUTES, UNTIL BUBBLY AND JUST STARTS TO BROWN. LET COOL IN PAN BEFORE REMOVING.

# Pecan Pie Bars

## DIRECTIONS:

PREHEAT OVEN TO 325°F. IN A FOOD PROCESSOR OR BLENDER, MIX:

- 1 ¼ CUP ALMOND FLOUR
- 2 TBSP SWEETENER
- 2 TBSP SUGAR FREE MAPLE SYRUP
- ¼ TSP SALT.

PULSE AND THEN ADD 3 TBSP OF COLD BUTTER. PULSE UNTIL MIXTURE RESEMBLES COARSE CRUMBS. PRESS INTO THE BOTTOM OF A 9X9 INCH PAN AND BAKE FOR 8 MINUTES.

FOR THE FILLING, IN A SAUCEPAN ON LOW HEAT, MELT ½ CUP BUTTER. THEN ADD:

- ½ CUP SWEETENER
- 2 TBSP SUGAR FREE MAPLE SYRUP
- ¼ CUP WHIPPING CREAM
- ¼ TSP XANTHAN GUM

WHISK WELL TOGETHER IN PAN THEN REMOVE FROM HEAT. WHISK IN 2 TSP OF VANILLA, THEN ADD:

- 2 LARGE EGGS
- ¼ TSP SALT

WHISK UNTIL FULLY COMBINED. THEN IN THE PAN WITH THE CRUST, SPRINKLE:

- 1 CUP LIGHTLY TOASTED PECANS
- ¼ CUP UNSWEETENED CHOCOLATE CHIPS

POUR FILLING OVER TOP CHOCOLATE CHIPS, PECANS, AND CRUST. BAKE IN THE OVEN FOR 20-25 MINUTES, UNTIL THE FILLING IS MOSTLY SET AND A BIT JIGGLY IN THE CENTER. REMOVE AND LET COOL BEFORE SERVING.

# Oat Nut Cookies

## DIRECTIONS:

PREHEAT OVEN TO 325°F. IN A MIXER OR LARGE BOWL, MIX:

- 3 EGGS
- 2 TSP VANILLA
- 1 CUP SOFTENED BUTTER
- 1 ½ CUP SWEETENER (SUGGESTED IS MONK FRUIT)

THEN ADD:

- 1 CUP OAT FIBRE
- 1 ½ CUP ALMOND FLOUR
- ½ CUP HEMP HEART
- ½ CUP CHOPPED WALNUTS
- 1 TSP BAKING SODA
- 1 TSP CINNAMON
- ½ TSP SALT

ROLL INTO GOLF SIZED BALLS, PLACE ON GREASED OR LINED BAKING SHEET AND PRESS TO FLATTEN, LEAVING SPACE BETWEEN EACH COOKIE. BAKE IN OVEN UNTIL THE EDGES ARE GOLDEN BROWN.

# Multipurpose Pastry

## DIRECTIONS:

IN A BOWL, MIX:

- 1 ½ CUP ALMOND FLOUR
- ¾ CUP LUPIN FLOUR OR OAT FIBRE
- 4 TSP PSYLLIUM HUSK POWDER
- 2 TSP XANTHAN GUM
- ½ TSP SALT

ONCE MIXED, ADD 1 CUP HOT WATER. FORM INTO A BALL AND LET REST FOR 20 MINUTES. DIVIDE INTO 6 PIECES. PRESS OUT IN A TORTILLA PRESS OR ROLL OUT WITH A ROLLING PIN. YOU CAN USE THIS FOR CALZONES, FLAT BREAD, OR AS A PIE CRUST.

FOR CALZONE, PLACE STUFFING IN CENTER OF ROLLED OUT PASTRY, FOLD OVER, PLACE ON LINED BAKING SHEET AND BAKE UNTIL GOLDEN, FLIP AND BAKE OTHER SIDE.

FOR FLAT BREAD, PLACE ROLLED OUT PASTRY IN GREASED FRYING PAN, ON MEDIUM HEAT, AND COOK EACH SIDE.

FOR PIE CRUST, ROLL OUT PASTRY, PLACE IN GREASED PIE DISH, BAKE IN PREHEATED OVEN AT 325°F FOR 5 MINUTES. FILL CRUST WITH DESIRED FILLING, AND IF DESIRED, PLACE ROLLED OUT TOP PASTRY OVER FILLING. SEAL AND BAKE UNTIL CRUST IS GOLDEN ON TOP.

# Multipurpose Pie Crust

## DIRECTIONS:

PREHEAT OVEN TO 350°F. IN A BOWL,  
MIX:

- 4 EGGS
- 1 ½ CUP SWEETENER
- ½ CUP WHEAT GLUTEN
- 2 CUP ALMOND MILK
- 1 TSP VANILLA
- ½ CUP MELTED BUTTER

POUR INTO A GREASED 9 OR 10-INCH PIE  
PLATE. BAKE IN OVEN FOR 1 HOUR. THIS IS  
TO BE USED FOR PIES WITH ONLY A  
BOTTOM CRUST.

Breads and  
Baked Goods



# Flatbread

## DIRECTIONS:

IN A BOWL, MIX:

- ¼ CUP LUPIN FLOUR
- ¼ CUP OAT FIBRE
- 1 TBSP PSYLLIUM HUSK
- 1 TBSP FLAX MEAL
- 1 TSP BAKING POWDER
- ½ XANTHAN GUM
- ¼ TSP SALT

ONCE MIXED, ADD ½ CUP OF HOT WATER AND 2 TBSP OIL (1 TBSP AT A TIME). MIX AND KNEAD THE DOUGH, THEN FORM INTO A BALL. COVER BALL WITH A MOIST TOWEL AND LET REST FOR 15 MINUTES. DIVIDE THE DOUGH INTO 6 PIECES. ROLL OUT EACH PIECE WITH A ROLLING PIN OR A TORTILLA PRESS. COOK DOUGH IN A GREASED FRYING PAN UNTIL GOLDEN BROWN ON BOTH SIDES.

# Low Carb Bread

## DIRECTIONS:

TO MAKE THE YEAST MIXTURE, MIX:

- ½ CUP WARM WATER
- 1 TBSP INULIN
- 1 TBSP YEAST

LET THE YEAST SIT FOR 10-15 MINUTES. WHILE THE YEAST SITS, IN A SEPARATE BOWL, MIX:

- ½ CUP PSYLLIUM HUSK
- ½ CUP FLAX MEAL
- ½ CUP BOILING WATER

IN A STAND MIXER OR LARGE BOWL, ADD:

- 2 EGGS
- 1 TSP SALT
- 4 TBSP APPLE CIDER VINEGAR
- ½ CUP OAT FIBRE OR LUPIN FLOUR
- 1 CUP WHEAT GLUTEN
- PSYLLIUM-FLAX MEAL MIXTURE
- 3 TBSP SOFTENED BUTTER
- 2 TBSP BAKING POWDER
- ½ TSP CREAM OF TARTAR
- 1 TSP XANTHAN GUM
- YEAST MIXTURE
- 2 TBSP CARAWAY SEEDS (OPTIONAL TO GIVE A 'RYE' TASTE)

MIX INGREDIENTS TOGETHER UNTIL A BALL FORMS. FORM LOAF BY PLACING IN BREAD PAN, COVER, AND LET DOUBLE IN SIZE FOR ABOUT 1 HOUR. TO BAKE, PREHEAT OVEN TO 350°F. BAKE UNTIL GOLDEN BROWN.

# Almond Bread

## DIRECTIONS:

TO MAKE THE YEAST MIXTURE, MIX:

- 1 ¼ CUP WARM WATER
- 1 TSP INULIN
- 3 TSP YEAST

LET THE YEAST MIXTURE SIT FOR 10-15 MINUTES. IN A STAND MIXER OR LARGE BOWL, MIX:

- 2 ½ CUPS ALMOND FLOUR
- 2 TBSP PSYLLIUM HUSK
- ½ CUP CREAM OF TARTAR
- 4 TSP BAKING POWDER
- 1 TSP SALT

ONCE MIXED, ADD:

- YEAST MIXTURE
- 4 EGGS
- 4 TBSP APPLE CIDER VINEGAR
- 2 TBSP SOFTENED BUTTER

MIX AND KNEAD UNTIL A BALL FORMS. ADD MORE WARM WATER IF NEEDED. PREHEAT THE OVEN TO 350°F WITH A DISH OF WATER IN THE OVEN. AT ALL TIMES (THE STEAM HELPS THE COOKING AND THE RISE OF THE BREAD). SHAPE THE BREAD AND PLACE IN A BREAD PAN. COVER WITH A DAMP TOWEL AND LET RISE IN A WARM PLACE FOR ABOUT 1 HOUR. PLACE IN THE OVEN AND BAKE UNTIL CRUST IS GOLDEN BROWN.

# Mock Cornbread

## DIRECTIONS:

PREHEAT OVEN TO 370°F. IN A LARGE BOWL, MIX:

- 1 CUP ALMOND FLOUR
- 1 CUP LUPIN FLOUR
- 1 TSP BAKING POWDER
- 1 TSP BAKING SODA
- PINCH CAYENNE PEPPER
- 4 EGGS
- 3 TBSP SWEETENER
- ½ CUP MELTED BUTTER

IN A SEPARATE BOWL, SOUR ¼ CUP OF WHIPPING CREAM BY MIXING IN

- 1 TSP SALT
- 1 TSP LEMON JUICE

ONCE MIXED, ADD IN ¾ CUP PLAIN GREEK YOGURT. ADD SOURED CREAM MIXTURE TO FIRST BOWL AND MIX WELL. SCOOP INTO A GREASED MUFFIN PAN. BAKE IN OVEN FOR 15-18 MINUTES.

# Low Carb Buns

## DIRECTIONS:

PREHEAT THE OVEN TO 350°F. IN A LARGE BOWL, MIX:

- ¼ CUP PSYLLIUM HUSK POWDER
- ¼ CUP FLAX MEAL
- 1 CUP OAT FIBRE
- 1 TSP BAKING POWDER
- 1 TSP BAKING SODA
- 1 TSP SALT
- 1 TSP CARAWAY SEEDS (OPTIONAL)

ONCE MIXED, ADD TO DRY MIX:

- 2 TSP APPLE CIDER VINEGAR
- 3 EGG WHITES

MIX WELL, AND THEN ADD 1 CUP BOILING WATER, AND MIX FOR ABOUT 25-35 SECONDS. ONCE MIXED, IT SHOULD RESEMBLE PLAYDOH. ADD A LITTLE OLIVE OIL TO YOUR CLEAN HANDS AND SHAPE THE DOUGH INTO 6 EQUAL BALLS. PLACE ON A GREASED OR LINED BAKING SHEET (OPTIONAL: TOP WITH 2 TBSP OF SESAME SEEDS, FLAX SEEDS, OR CARAWAY SEEDS). BAKE IN OVEN UNTIL GOLDEN BROWN.

# Pizza Dough

## DIRECTIONS:

FOR THE YEAST, MIX:

- ½ CUP WARM WATER
- 1 TBSP DRY ACTIVE YEAST
- 1 TSP INULIN

LET THE YEAST SIT FOR 5-10 MINUTES,  
THEN ADD:

- 1 WHISKED EGG
- 2 TBSP MELTED BUTTER

IN A SEPARATE BOWL, COMBINE:

- ½ CUP OAT FIBRE
- ¼ LUPIN FLOUR
- ¼ CUP WHEAT GLUTEN
- 2 TBSP FLAX MEAL
- 2 TBSP PSYLLIUM HUSK
- 1 TSP SWEETENER
- PINCH OF SALT
- ½ TSP XANTHAN GUM

ONCE MIXED, ADD THE YEAST MIXTURE TO THE DRY INGREDIENTS, ADDING MORE WATER IF NEEDED. FORM INTO DESIRED SIZE IN A PIZZA PAN USING A LITTLE OLIVE OIL ON HANDS AND THEN ADD SAUCE AND TOPPINGS. TO COOK, PLACE IN PREHEATED OVEN AT 350°F FOR 30-45 MINUTES, OR UNTIL THE CRUST IS GOLDEN BROWN.

# Muffin Base

## DIRECTIONS:

- 2 CUPS ALMOND FLOUR
- ½ CUP OAT FIBRE
- 1 TSP BAKING SODA
- ¼ TSP SALT
- ½ CUP GRANULATED SWEETENER
- 3 LARGE EGGS
- ¾ CUP PLAIN GREEK YOGURT
- 2 TSP VANILLA
- 2 TBSP MELTED BUTTER

YOU CAN ADD ANY DESIRED MIXINGS LIKE UNSWEETENED CHOCOLATE CHIPS OR BERRIES (TOSS IN FLOUR TO HELP THEM NOT SINK TO THE BOTTOM) FOR DIFFERENT FLAVOURS.

FOR A YUMMY CINNAMON TOPPING, MIX:

- ¼ CUP MELTED BUTTER
- ½ CUP GRANULATED SWEETENER
- 1 TSP CINNAMON

SIMPLY DIP THE TOPS OF THE COOLED MUFFINS AND ENJOY.

TO BAKE, PREHEAT AN OVEN TO 350°F FOR 25-30 MINUTES, UNTIL TOOTH PICK COMES OUT CLEAN FROM MIDDLE.

# Pumpkin Cheesecake Muffin

## DIRECTIONS:

PREHEAT THE OVEN TO 350°F. TO MIX THE MUFFIN BATTER, IN A LARGE BOWL, COMBINE:

- 1 CUP ALMOND FLOUR
- ½ CUP OAT FIBRE
- ½ CUP WHEAT GLUTEN (IF ALLERGIC, USE ALMOND FLOUR, THEY JUST MIGHT NOT RISE MUCH)
- ½ TSP CINNAMON
- 1 TSP PUMPKIN SPICE
- ½ TSP SALT
- ½ CUP GRANULATED BROWN SWEETENER
- 1 TSP BAKING SODA
- 1 CUP PUMPKIN PUREE
- ¼ CUP MELTED BUTTER
- 1 TSP VANILLA
- 2 LARGE EGGS

ONCE MIXED, SCOOP INTO GREASED OR LINED MUFFIN UNTIL ABOUT ¾ FULL. IN A SEPARATE BOWL, COMBINE AND BEAT:

- 1 PKG. SOFTENED CREAM CHEESE
- ¼ CUP SWEETENER
- ½ TSP VANILLA
- 1 EGG

MAKE A WELL IN THE MUFFIN BATTER AND SCOOP IN SOME CREAM CHEESE MIXTURE INTO EACH MUFFIN. THEN TOP WITH THE FOLLOWING COMBINED MIXTURE:

- ¼ CUP CHOPPED PECANS
- ¼ CUP PUMPKIN SEEDS
- 2 TBSP SWEETENER

ONCE THE TOPPING MIXTURE IS DONE, BAKE IN THE OVEN FOR 10-15 MINUTES.

# Hot Pepper and Green Onion Cheese Bread

## DIRECTIONS:

PREHEAT OVEN TO 350°F. IN A LARGE BOWL, MIX:

- 2 CUPS ALMOND FLOUR
- ½ CUP OAT FIBRE
- 1 TSP BAKING POWDER
- 2 TSP SALT
- 1 TSP EVERYTHING BAGEL SPICE
- 1 LARGE EGG
- ¼ CUP PLAIN GREEK YOGURT
- ½ CUP GRATED CHEDDAR

## CHEESE

- ¼ CUP CHOPPED HOT PEPPERS
- ¼ CUP CHOPPED GREEN ONION

POUR MIXTURE INTO 2 LOAF PANS AND BAKE IN THE OVEN UNTIL KNIFE OR TOOTHPICK COMES OUT CLEAN FROM THE MIDDLE OF THE LOAF.

# Ham and Cheese Biscuits

## DIRECTIONS:

PREHEAT OVEN TO 350°F. IN A LARGE BOWL, MIX:

- ½ CUP ALMOND FLOUR
- ½ CUP OAT FIBRE
- ½ CUP WHEAT GLUTEN
- 2 TBSP DRIED CHIVES
- 1 TBSP ONION POWDER
- 1 TBSP BAKING POWDER
- 2 TSP PARSLEY

ONCE COMBINED, THEN ADD:

- ½ CUP SHREDDED CHEESE
- ½ CUP DICED HAM
- ½ CUP PLAIN GREEK YOGURT
- ¼ CUP ALMOND MILK
- ¼ CUP MELTED BUTTER
- 3 EGGS

IF THE MIXTURE IS TOO DRY, ADD A LITTLE MORE ALMOND MILK. DROP IN SCOOPS ON GREASED OR LINED COOKING SHEET. COOK IN OVEN UNTIL GOLDEN BROWN, ABOUT 10 MINUTES.

*We hope you've enjoy this  
amazing cookbook!*

THANK YOU TO WE BELIEVE - SAINT JOHN  
FOR YOUR AMAZING SUPPORT WITH HELPING  
ME REALIZE MY DREAM OF PUBLISHING MY  
COOKBOOK. WITHOUT YOUR SUPPORT, THIS  
DREAM MAY NOT HAVE BECOME A REALITY.

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