



CNF 3-Part Gut Health Series - From-Scratch, Gut-Friendly Sample Recipes!

Created by Jessica Pecush Nutrition



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Jessica Pecush Nutrition

Thank you for attending my **3-Part Gut Health (Webinar) Series** with **Community Natural Foods**, and welcome to this mini recipe bundle of from-scratch, whole food-based, gut-friendly recipes!

DISCLAIMER: This mini recipe bundle is for **informational and educational purposes only** and is **not** intended as professional medical advice. By accessing and using this information, your use shall constitute your agreement that this information is **not** professional medical advice and shall **not** be relied upon by you as such. By using this information, you understand that I, Jessica Ferguson (Pecush) and/or Jessica Pecush Nutrition, are a certified *Culinary Nutrition Expert* and *Certified Holistic Nutritional Consultant*™ professional, **not** a therapist or licensed medical professional. You may view my scope of practice as a *Certified Holistic Nutritional Consultant*™ professional, [HERE](#).

You should **always** consult with your physician or other qualified medical professional first, prior to implementing any of our advice, information, or suggestions. You should **always** consult with your physician or other qualified medical professional (not us), so as to discuss and clear any and all changes, additions, or alterations to your diet, medication(s)/medical treatment, exercise regimen, supplement regimen, health practices or lifestyle, prior to implementing them. Please only implement any and all changes **after** consulting with your physician or other qualified medical professional and assessing your own risk.

I hope you'll try these recipes in the comfort of your own kitchen!

Enjoy!

Sincerely,
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Certified Holistic Nutritional Consultant™
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Carrot Cake Chia Pudding

8 ingredients · 3 hours · 2 servings



Directions

1. In a medium-sized mixing bowl, combine the carrot, cinnamon, cloves and ginger.
2. Add the almond milk, then whisk in the chia seeds. Drizzle with some pure maple syrup or raw/unpasteurized honey for some sweetness, to taste, if desired. Whisk once again.
3. Cover the bowl and let set in the refrigerator for 8 hours, or overnight. If setting during the daytime, stir periodically if possible.
4. Once set, stir thoroughly and divide between bowls or mason jars. Garnish with unsweetened/shredded coconut and chopped walnuts, or other garnishes of your choice. Enjoy!

Notes

Ceylon Cinnamon

My go-to brand is Simply Organic.

No Walnuts

Replace with a sprinkling of an alternative raw nut/seed of your choice, such as slivered almonds or hemp hearts.

Elevate the Protein Content

Stir in a scoop/serving of collagen powder or your favourite plant-based protein powder (if the flavour is a logical fit, such as vanilla or unflavoured).

More Creaminess

Replace half of the almond milk with organic, full-fat coconut milk. My go-to brand is Cha's Organics.

Storage

Store in an airtight container in the refrigerator and enjoy within three days' time.

Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon (Ceylon variety)
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 2 cups Unsweetened Almond Milk (plain)
- 1/2 cup Chia Seeds
- 2 tbsps Unsweetened Coconut Flakes
- 1/4 cup Walnuts (ideally organically-sourced)

Mushroom & Herb Egg Muffins

7 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (176°C) and lightly brush the cups of a muffin pan with some of the melted coconut oil.
2. Add the remaining coconut oil to a large pan over medium heat. Add the mushrooms and cook for 5-7 minutes, until softened. Add the chives, basil and half of the sea salt to the pan and stir to combine. Divide the mushroom mixture amongst the cups of the prepared muffin tin.
3. Add the eggs, water and remaining sea salt to a mixing bowl and whisk well. Pour the egg mixture into the muffin cups.
4. Bake for 15-18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

Notes

No Coconut Oil

Use (organic) avocado oil or organic ghee (clarified butter) instead.

No Cremini Mushrooms

Use another variety of organic mushroom instead.

More Flavor

Use a non-dairy milk of your choice instead of water and/or add more fresh herbs.

Serving Size

One serving is equal to two egg muffins.

Leftovers

Store in an airtight container in the refrigerator and enjoy within three days' time.

Ingredients

- 1 tbsp** Coconut Oil (organic, unrefined, melted, divided)
- 15** Cremini Mushrooms (organic, de-stemmed, sliced)
- 2 tbsps** Chives (finely chopped)
- 2 tbsps** Basil Leaves (finely chopped)
- 1/2 tsp** Sea Salt (divided)
- 8** Egg
- 1/4 cup** Water (filtered)

Savory Turkey & Vegetable Bake

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Heat the oil in a large pan over medium-high heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
3. Add the onions and garlic to the turkey and cook for 3-5 minutes until the onions soften. Add the Italian seasoning and sea salt and stir to combine. Add the kale and butternut squash to the pan and cook until the kale wilts down, then stir in the coconut milk. Season with additional sea salt, if needed.
4. Transfer the turkey and vegetable mixture to a baking dish. Cover with a lid and bake for 20-25 minutes, or until the squash is fork-tender.
5. Divide between plates and enjoy!

Notes

No Ground Turkey

Use ground chicken instead.

No Butternut Squash

Use a different variety of squash, or sweet potato instead.

Coconut Milk

My go-to brand is Cha's Organics.

More Flavor

Add an additional dried herb, like sage.

Leftovers

Store in an airtight container in the refrigerator and enjoy within three days' time.

Ingredients

- 1 **tbps** Avocado Oil (organic)
- 1 **lb** Extra Lean Ground Turkey
- 1 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 **tbps** Italian Seasoning
- 1 **tsp** Sea Salt
- 2 **cups** Kale Leaves (de-stemmed, chopped)
- 2 **cups** Butternut Squash (chopped into 1 cm cubes)
- 3/4 **cup** Canned Coconut Milk (organic, full-fat)

Cucumber & Herbed Yogurt Dip

5 ingredients · 5 minutes · 2 servings



Directions

1. In a bowl, combine the coconut yogurt, dill, parsley and sea salt. Serve alongside the cucumber slices. Enjoy!

Notes

More Flavor

Add fresh chives or basil to the dip.

Add Brightness

Add a few squeezes of fresh lemon juice!

Amplify the Protein

Stir a scoop of collagen protein into the yogurt.

Leftovers

Store in an airtight container in the refrigerator and enjoy within three days' time.

Ingredients

- 2/3 cup** Unsweetened Coconut Yogurt (plain)
- 2 tbsps** Fresh Dill (finely chopped)
- 2 tbsps** Parsley (finely chopped)
- 1/2 tsp** Sea Salt (to taste)
- 1** Cucumber (large, sliced)

Plant-Based 'Tuna' Salad

8 ingredients · 35 minutes · 4 servings



Directions

1. Soak the sunflower seeds in boiled, hot water for 20 minutes. Then, drain and rinse well.
2. Place the soaked seeds, sauerkraut juice, lemon juice and sea salt into your food processor or blender. Pulse gently until the texture is just slightly chunky.
3. Transfer to a mixing bowl and stir in the onion, celery and dill. Toss well and enjoy!

Notes

Raw, Unpasteurized Sauerkraut

This ferment can be found in the refrigerated section of your local health food store. My go-to brands include Karthein's Organic, wildbrine and Bubbies.

No Sauerkraut Juice

Use raw/organic apple cider vinegar instead (my go-to brand is Braggs).

Serve it With

Slices of cucumber, enjoy it as a spread on gluten-free or grain-free wraps, with gluten-free or grain-free crackers, or crumble onto a salad, for example.

Ingredients

2 cups Sunflower Seeds (raw, ideally organically-sourced)

2 cups Water (filtered, hot)

1/4 cup Sauerkraut (raw/unpasteurized source, juice only)

1 Lemon (juiced, approx. 2-3 tbsp.)

1/2 tsp Sea Salt

1/4 cup Red Onion (finely diced)

2 stalks Celery (finely diced)

1/4 cup Fresh Dill (finely chopped)

Turkey & Cabbage Rolls

4 ingredients · 10 minutes · 4 servings



Directions

1. Layer the cabbage, sliced turkey and cucumber on top of each other. Spread some of the mayo on top (if you even feel the need to use some), and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls, if needed. Enjoy!

Notes

Purple Cabbage

Aka 'red cabbage', depending on the store you're shopping at.

Alternative Protein

Use some pulled, roast chicken instead, or leftover cooked chicken breasts, sliced.

(Dairy-Free) Mayonnaise

My go-to brands are Primal Kitchen Mayo w/ Avocado Oil, or Chosen Foods Classic Avocado Oil Mayo. You could also use a smear of the Plant-Based 'Tuna' Salad recipe included in this bundle, or your favourite plant-based spread/dip!

Additional Toppings

Add some fresh arugula, avocado, and or microgreens/sprouts.

Serving Size

One serving is equal to approximately two small rolls.

Leftovers

Store in an airtight container in the refrigerator and enjoy within three days' time.

Ingredients

- 2 cups Purple Cabbage (leaves pulled apart)
- 8 ozs Sliced Turkey Breast (nitrate-free, roasted)
- 1 Cucumber (medium, sliced)
- 2 tsps Mayonnaise (dairy-free, optional)

Sauerkraut Avocado Mash with Crackers

3 ingredients · 5 minutes · 4 servings



Directions

1. Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with flaxseed crackers and enjoy!

Notes

No Crackers

Dip with non-starchy veggies of your choice (or another gluten-free/grain-free/seed-based cracker option).

Leftovers

Store in an airtight container in the refrigerator and consume within 1-2 days' time.

Ingredients

- 2 Avocado (peeled, pit removed)
- 1/2 cup Sauerkraut (raw, unpasteurized, roughly chopped)
- 8 ozs Seed Crackers (flax)

Almond Buckwheat Zucchini Walnut Muffins

16 ingredients · 50 minutes · 20 servings



Directions

1. Preheat the oven to 375 degrees Fahrenheit and prepare two muffin tins by lightly greasing them with organic, extra-virgin/virgin coconut oil. *I prefer to bake muffins in lightly-greased tins as opposed to using paper liners, as I prefer to not lose ingredient to the paper liner!
2. **WET INGREDIENTS:** Create a 3-egg 'flax egg' mixture by adding the filtered water to the ground flax. Lightly stir and set aside. Let sit for about ten minutes, until these two ingredients bind together and resemble the consistency of an egg (e.g. is 'gooey!').
3. While the flax egg mixture sets, mash the banana in a large mixing bowl and measure out the remaining ingredients.
4. When the flax egg is ready, add it to the mashed banana and gently whisk the two ingredients together.
5. Add the applesauce, extra-virgin olive oil and maple syrup to the mixture and stir thoroughly. Have a spatula nearby, to periodically scrape the sides of the mixing bowl.
6. Ensure the grated zucchini has been squeezed to remove excess moisture, so it is not too wet. Then, incorporate it thoroughly into the wet ingredients mixture, along with the almond milk.
7. **DRY INGREDIENTS:** In a separate mixing bowl, combine the almond flour and buckwheat flour and stir. Add the oats, cinnamon, sea salt, baking soda and coconut sugar (if using) to the mixture and stir thoroughly.
8. **PUTTING IT ALL TOGETHER:** Gradually add the dry ingredients mixture to the wet ingredients mixture, using a spatula to combine until all the ingredients they're thoroughly mixed together.
9. Using two dessert spoons to guide the mixture, spoon the mixture into the muffin tins until they are approximately 2/3-3/4 full. Sprinkle the tops with extra walnut pieces, if desired.
10. Bake in the oven for approximately 30 minutes, or until browned and a toothpick insertion into the center comes out clean. Start monitoring the muffins closely around the 25-minute mark. Once finished, let cool completely in their tins, prior to removing. Enjoy!

Ingredients

- 3 tbsps** Ground Flax Seed (ideally organically-sourced)
- 1/2 cup** Water (room temperature, filtered)
- 2/3 cup** Banana (ripe enough, mashed)
- 1 cup** Unsweetened Applesauce
- 1/2 cup** Extra Virgin Olive Oil
- 1/2 cup** Maple Syrup (pure)
- 1 cup** Zucchini (grated)
- 1 cup** Unsweetened Almond Milk (ideally organic)
- 1 cup** Almond Flour
- 2 1/4 cups** Buckwheat Flour
- 1 1/3 cups** Rolled Oats (organic, certified Gluten-Free)
- 1 tsp** Cinnamon ('Ceylon' variety)
- 1 tsp** Sea Salt (e.g. pink Himalayan)
- 1 tbsps** Baking Soda (aluminum-free, see Notes)
- 2 tbsps** Coconut Sugar (unrefined, ideally organically-sourced, *optional - see Notes)
- 1/2 cup** Walnuts (ideally organically-sourced, chopped into small pieces)

Notes

Organic, Gluten-Free Certified Oats

My go-to brand is Bob's Red Mill.

Ceylon Cinnamon

My go-to brand is Simply Organic.

(Aluminum-Free) Baking Soda

My go-to brand is Bob's Red Mill.

Coconut Sugar

When baking, I aim to rely on natural sugar sources from fruit within the recipe ingredients as much as possible. Upon taste-testing the batter, if you'd like more sweetness, I'd recommend starting with 1/8 cup, and gradually increasing toward 1/4 cup max.

Nut-Free

Replace the walnuts with raw sunflower seeds.

Like It Chocolatey?

Add some dairy-free, dark chocolate morsels. My go-to brand is Enjoy Life.

Serving Size

1 muffin is equal to 1 serving. This yields 20 'large' muffins (tins approx. 3/4 full).

Storage

Store in an airtight container in the refrigerator, muffin layers separated by a piece of (preferably unbleached) parchment paper, or freeze for longer.

Coconut Apple Dips

5 ingredients · 15 minutes · 2 servings



Directions

1. Line a baking sheet with parchment paper. Place the yogurt, shredded coconut and hemp seeds in small, separate bowls. Stir the cinnamon into the hemp seeds.
2. Dip each apple slice in the coconut yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
3. Freeze for about 10 minutes, or until the yogurt has hardened (ensuring the apple doesn't freeze). Serve immediately and enjoy!

Notes

No Yogurt

Use melted coconut butter or melted, dairy-free dark chocolate mixed with a bit of coconut oil instead.

Ceylon Cinnamon

My go-to brand is Simply Organic.

Kid-Friendly

Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

Ingredients

- 1/2 cup** Unsweetened Coconut Yogurt (plain)
- 2 tbsps** Unsweetened Shredded Coconut
- 2 tbsps** Hemp Seeds
- 1/4 tsp** Cinnamon (Ceylon variety)
- 1** Apple (sliced)

Ginger, Beef & Mushroom Soup

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat a large pot over medium-high heat. Add the ground beef and garlic. Season with sea salt. Cook for 3-4 minutes, breaking it up as it cooks. The beef won't be done cooking yet.
2. Stir in the carrots, mushrooms, bok choy, ginger, and green onions. Cook until the vegetables are softened and the meat is cooked through, about 2-3 minutes.
3. Add the broth and coconut aminos. Cook for 3-5 minutes or until heated through. Remove from the heat and stir in the coconut aminos. Divide evenly between bowls and enjoy!

Notes

No Shiitake Mushrooms

This variety of mushrooms is not necessary - any (organic) variety of mushrooms will do!

Coconut Aminos

My go-to brand is 'Naked & Saucy' (lightly sweet).

Additional Toppings

Add some fresh chives, parsley and/or Thai basil!

Serving Size

One serving is equal to approximately two cups of soup.

Leftovers

Store in an airtight container in the refrigerator and enjoy within three days' time, or freeze for longer.

Ingredients

- 1 lb** Lean Ground Beef (ideally grass-fed/grass-finished)
- 4** Garlic (clove, minced)
- 1/2 tsp** Sea Salt
- 2** Carrot (medium, finely chopped or cut into ribbons)
- 2 cups** Shiitake Mushrooms (organic, de-stemmed, sliced)
- 2 cups** Bok Choy (baby, sliced)
- 1/4 cup** Ginger (fresh, minced)
- 3 stalks** Green Onion (sliced)
- 1 1/3 quarts** Bone Broth (organic - chicken or beef)
- 3 tbsps** Coconut Aminos

Zucchini Alfredo w/ Turmeric Chicken

9 ingredients · 20 minutes · 2 servings



Directions

1. Spiralize the zucchini or use a julienne peeler to create the noodles. Set aside.
2. Toss the chicken pieces in the olive oil, turmeric, Italian seasoning and sea salt/pepper (to taste). Heat up a pan on medium heat. Add the chicken to the pan. Saute for 7-10 minutes or until cooked through.
3. While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk and lemon juice in a blender or food processor, adding some sea salt/black pepper, to taste. Blend until smooth and creamy.
4. Once the chicken is cooked through, transfer it to a plate and cover, then add the zucchini noodles to the warm pan. Sauté the noodles for 1-2 minutes or until soft and warmed through. *They will become really limp/slimy-like if overcooked! Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
5. Divide the creamy 'zoodles' between plates and top with the chicken. Serve and enjoy!

Notes

Canned Coconut Milk

My go-to brand is Cha's Organics.

More Carbs

Use spiralized butternut squash noodles instead.

Leftovers

Best enjoyed immediately. Store any remaining avocado cream sauce separately from the zoodles and chicken, in airtight containers in the refrigerators. Enjoy by the next day.

Ingredients

- 2 Zucchini
- 1 **tbsp** Extra Virgin Olive Oil
- 8 **ozs** Chicken Breast (sliced)
- 1 **tsp** Turmeric (ground)
- 1 **tsp** Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (peeled and pit removed)
- 1 **cup** Canned Coconut Milk (organic, full-fat)
- 1/2 Lemon (juiced, about 1-2 **tbsp.**)

Zucchini Noodles w/ Salmon

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 400 degrees Fahrenheit.
2. Place the salmon on a baking sheet lined with (preferably unbleached) parchment paper and season with some sea salt and pepper.
3. Bake for 8-10 minutes or until cooked through and to your liking. Remove from the oven and let cool slightly, prior to flaking it into bite-sized pieces.
4. In a blender or food processor, combine the basil, olive oil, lemon juice and sea salt. Blend until smooth.
5. In a pan over medium heat, melt the coconut oil, then add the arugula and cook until slightly wilted. Transfer the arugula to a container and place the pan back on the heat.
6. Refresh the pan with the second tsp. of coconut oil and add the zucchini noodles to the pan. Cook for 4-5 minutes or until they reach your desired liking.
7. Plate the noodles with the arugula and salmon and drizzle the pesto on top. Or, gently toss all components together and spoon into your serving dish. Season with additional sea salt, if desired. Serve and enjoy!

Ingredients

- 6 ozs** Salmon Fillet (wild-caught, 2, 3-4 oz. portions)
- 1 cup** Basil Leaves
- 1/4 cup** Extra Virgin Olive Oil
- 1/2 tsp** Lemon Juice (freshly juiced)
- 1/8 tsp** Sea Salt
- 2 tsps** Coconut Oil (unrefined, organic, divided)
- 2 cups** Arugula
- 2** Zucchini (small/medium-sized, spiralized into noodles)

Notes

Zucchini Noodles

If you do not have a spiralizer, feel free to slice and cook the zucchini using another method of your choice.

More Flavor

Add a sprinkling of nutritional yeast. My go-to brand is Bob's Red Mill.

Additional Toppings

Add extra sliced basil leaves on top.

Like It Saucy?

Double the pesto aspect of the ingredient list if you love a whole lot of 'sauce'!

Leftovers

Best enjoyed immediately. Store in an airtight container in the refrigerator and enjoy by the next day. For best results, store the noodles and sauce separately.

Shirataki Noodles with Tofu

12 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with (preferably unbleached) parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with the avocado oil, coconut aminos, arrowroot powder and chili flakes (if using). Place on the baking sheet and cook for 25-30 minutes, flipping halfway through.
2. Drain and rinse the shiratake noodles. Add the noodles to a medium-sized pan along with the coconut milk, ginger and lime juice. Cook over medium-low heat for 8-10 minutes.
3. Divide the noodles between bowls. Top with tofu and sea salt. Then, garnish with the sesame seeds and cilantro. Serve and enjoy!

Notes

Coconut Aminos

My go-to brand is Naked & Saucy ('Lightly Sweet' option).

Chili Flakes

If sensitive to 'Nightshades' at this time, bypass the Chili Flakes.

Arrowroot Powder

Also known as arrowroot flour or arrowroot starch. Use tapioca starch as an alternative, if needed. My go-to brand for both of these items is Bob's Red Mill.

Shiratake Noodles

Also known as 'konjac' noodles - a root vegetable, lower-starch pasta noodle alternative. Here is an organic option with organic oat fiber, as brands tend to include this item as part of the ingredients - <https://betterthanfoods.com/products/organic-konjac-noodles>. Gluten-free or grain-free pasta noodles are also options!

Canned Coconut Milk

My go-to brand is Cha's Organics.

Ingredients

- 1 1/16 lbs Tofu (organic, extra firm, drained)
- 1 tbsp Avocado Oil
- 3 tbsps Coconut Aminos (see Notes)
- 2 tpsps Arrowroot Powder (see Notes)
- 1/4 tsp Chili Flakes (optional)
- 8 1/16 ozs Shiratake Noodles (see Notes)
- 1/2 cup Organic Coconut Milk (full fat, from a can)
- 1 tsp Ginger (minced)
- 1 tbsp Lime Juice
- 1/8 tsp Sea Salt
- 2 tbsps Sesame Seeds
- 1/4 cup Cilantro (chopped)

Additional Toppings

Add additional vegetables, such as shredded carrot, zucchini and/or organic/de-stemmed/sliced mushrooms of your choice.

Leftovers

Store in an airtight container in the refrigerator and enjoy within three days' time.

Greek Meatballs

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with (preferably unbleached) parchment paper.
2. In a large mixing bowl, add the ground lamb, parsley, mint, oregano, sea salt and lemon zest. Mix well using your hands. Roll into balls roughly the size of a golf ball and place on the baking sheet. Cook for 15-20 minutes. Remove and serve with the coconut yogurt as a dip. Enjoy!

Notes

No Lamb

Use lean ground beef instead - ideally grass-fed/grass-finished.

Additional Toppings

Add grated cucumber, garlic and lemon to the coconut yogurt to make your own Tzatziki dip!

Serving Size

One serving is equal to approximately four meatballs and two tbsp of coconut yogurt.

Leftovers

Store in an airtight container in the refrigerator and enjoy within three days' time.

Ingredients

- 1 1/16 lbs Ground Lamb (lean)
- 1/4 cup Parsley (chopped)
- 1/4 cup Mint Leaves (chopped)
- 1 1/2 tsps Oregano (dried)
- 1/4 tsp Sea Salt
- 1 Lemon (zested)
- 1/2 cup Unsweetened Coconut Yogurt (plain)

Coconut Turkey Curry

10 ingredients · 25 minutes · 4 servings



Directions

1. Heat the oil in a large skillet over medium heat. Once hot, add the onion and cook until softened, about 5 minutes. Add the ginger and cook for 1 minute, stirring often.
2. Add the turkey, turmeric and sea salt. Cook, stirring often until the turkey is cooked through, about 9-10 minutes. Add the coconut milk. Bring to a boil, then reduce the heat and simmer for 5-8 minutes.
3. Remove from the heat, add the spinach and stir until just-wilted. Add the coconut aminos and lime juice. Divide evenly between bowls. Enjoy!

Notes

Canned Coconut Milk

My go-to brand is Cha's Organics.

Coconut Aminos

My go-to brand is Naked & Saucy ('Lightly Sweet' option).

More Flavor

Add some fresh garlic and/or chopped chili pepper for heat. *If you're avoiding 'Nightshade Vegetables' at this time, please bypass the chili pepper.

Serve it With

Serve with cauliflower rice or konjac noodles, if desired. My go-to brand for konjac noodles is <https://betterthanfoods.com/products/organic-konjac-noodles>.

Serving Size

One serving is equal to approximately 3/4 cup.

Leftovers

Store in an airtight container in the refrigerator and enjoy within three days' time.

Ingredients

- 2 **tsps** Avocado Oil
- 1/2 Yellow Onion (chopped)
- 1 **tsp** Ginger (minced)
- 1 **lb** Extra Lean Ground Turkey
- 1/2 **tsp** Turmeric (ground)
- 1/2 **tsp** Sea Salt
- 1 **3/4 cups** Canned Coconut Milk (organic, full-fat)
- 4 **cups** Baby Spinach
- 1 **tbsp** Coconut Aminos (see Notes)
- 1/2 Lime

Turmeric Beef Stew

14 ingredients · 2 hours · 5 servings



Directions

1. Transfer beef stewing meat to a paper towel-lined plate and pat meat to dry with an additional paper towel. Transfer meat to a mixing bowl and add 2 tbsp. of the arrowroot powder, sea salt and pepper. Toss the beef until well-coated with this mixture.
2. Heat coconut oil in a large pot or Dutch oven over medium-high heat. Add the beef mixture and brown it on all sides. This will help to seal in the juices and flavour. Remove the beef from the pot and set aside. (*Adjust the heat as necessary when browning the beef, to prevent the bottom of the pot from burning. You may need to do the browning in batches. Add a touch more coconut oil or a few tablespoons water to assist, as needed.)
3. Add the carrots and sweet potato to the pot, along with the turmeric, coriander, cumin and ginger. Stir frequently for 2-3 minutes, until aromatic. If the spices start sticking to the bottom of the pot, add 2 tbsp. of water to help them along. Add the browned beef back to the pot.
4. Add the broth to the pot, being sure to scrape the browned bits off the bottom and give the mixture a stir. Bring to a boil, then reduce heat to medium-low and cover with a tight-fitting lid. Let simmer for approximately 90 minutes, stirring occasionally and checking periodically, until beef is tender and veggies are 'al dente'. Allow for additional cooking time, if needed. The beef should pull apart easily.
5. Return heat to medium high. In a small mixing bowl, whisk together the remaining arrowroot powder (4 tbsp.) with a small amount of filtered water. Gradually add in the arrowroot powder mixture (your thickening agent), stirring the pot as you do so. Allow the stew to boil and thicken up while stirring occasionally.
6. Once the fluid has reached your desired consistency, remove from the heat and stir in the green onions. Taste and season with additional sea salt and pepper, if needed.
7. Once ready to serve, ladle into bowls and garnish with freshly chopped cilantro. Enjoy!

Notes

Ingredients

- 2 lbs** Stewing Beef (grass-fed/grass-finished, if possible)
- 1/3 cup** Arrowroot Powder (divided)
- 2 tps** Sea Salt
- 1 tsp** Black Pepper
- 3 tps** Coconut Oil (organic, unrefined)
- 4** Carrot (medium, chopped into coins)
- 1** Sweet Potato (small-medium, cubed - about 4 cups)
- 2 tps** Turmeric (ground)
- 2 tps** Coriander (ground)
- 2 tps** Cumin (ground)
- 2 tps** Ground Ginger
- 4 cups** Beef Broth (organic, low-sodium)
- 1 bunch** Green Onion (chopped, about 7-8)
- 1 cup** Cilantro (chopped, for garnish)

Arrowroot Powder

This item may also be named as arrowroot starch or arrowroot flour. If you do not have access to this item, you may use tapioca starch (aka tapioca flour/powder) instead. My go-to brand is Bob's Red Mill for both of these options.

No Beef Broth

Use (organic) vegetable or chicken broth instead. *I used Calgary's own 'High-Vibe Health' beef broth.

Leftovers

Store in an airtight container in the refrigerator and enjoy within three days' time, or freeze for longer.

Coconut Almond Cups

6 ingredients · 1 hour 15 minutes · 6 servings



Directions

1. Arrange paper muffin liners on a plate, a small baking sheet, in a muffin tin or in a tart tin. Set aside.
2. In a mixing bowl, stir the almond butter with half of the melted coconut oil until smooth. *If your almond butter is pretty stiff in just coming out of the refrigerator, warm it slightly first so it's easier to work with. Stir in the vanilla, cinnamon and sea salt.
3. In a second small mixing bowl, combine the remaining melted coconut oil and coconut butter together and stir until runny. *If the coconut butter is pretty firm to start, warm it slightly to soften it for better mixing.
4. Fold the coconut butter mixture into the almond butter mixture until just combined.
5. Divide the mixture into the prepared baking cups. I spoon about 1 tbsp. mixture into each of the 12 cups (they're not meant to be really thick). *Alternatively, make them slightly thicker with 4 tsp. per cup, knowing you'll gain a 10-cup yield rather than 12.
6. Freeze for at least 1 hour or until solid. Due to the coconut oil and coconut butter, they soften rather quickly upon thawing and being handled, so they are best pulled out of the freezer shortly before consuming and enjoyed chilled. Enjoy!

Notes

No Almond Butter

Use another nut/seed butter of choice instead.

(Alcohol-Free) Vanilla Extract

My go-to brand is Simply Organic.

Ceylon Cinnamon

My go-to brand is Simply Organic.

Serving Size

One serving is equal to one 'cup'.

Ingredients

- 1/4 cup Almond Butter (not runny)
- 2 tbsps Coconut Oil (organic, unrefined, melted and divided)
- 1 1/2 tsps Vanilla Extract (alcohol-free)
- 1 1/2 tsps Cinnamon (Ceylon variety)
- 1/16 tsp Sea Salt
- 1/4 cup Coconut Butter

Leftovers

Store in an airtight container in the freezer, separating the layers with a sheet of parchment paper.