



# Lemon Blueberry Coconut Muffins

Who doesn't love having a good muffin to grab on the go? These muffins are gluten-free, nut-free, dairy-free and taste AMAZING!!

## Ingredients:

- 1 cup coconut flour
- 1/2 tsp sea salt
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 1/4 cup canned coconut milk
- 4 tbsp chia seeds
- 6 large eggs (beaten)
- 1/2 cup raw honey (very soft or melted)
- 4 tbsp coconut oil (melted)
- 1 lemon zest
- 1/8 cup fresh lemon juice
- 4 tsp vanilla extract
- 1 1/2 cup frozen or fresh blueberries

## Directions:

Preheat oven to 350F.

Mix coconut milk with chia seeds and set aside for at least 10 minutes to thicken (whisking every few minutes to ensure even thickening).

In a separate small bowl, sift dry ingredients and set aside.

In a large bowl mix the rest of the ingredients (except for the blueberries). Add coconut milk mixture to wet ingredients and whisk to combine. Gently add dry ingredients to wet ingredients. Mix until just combined. Add in blueberries and gently fold. Batter will quickly thicken and be on the thicker side.

Pour batter into greased or lined muffin tins, filling 3/4 full. Bake for 20-25 minutes until muffins are golden brown. Immediately remove from tins and cool on wired rack.

Store on the counter for 3-4 days. Freeze excellent!



## **Carrot Cake Muffins with Cashew Cream Cheese Icing**

Who doesn't love traditional carrot cake with cream cheese icing? These muffins so are so good, no one will ever know they are gluten, dairy and refined sugar-free!!

Ingredients:

Carrot Cake Muffins

- 1 1/4 cup arrow root starch
- 1 3/4 almond flour

- 4 tbsp coconut flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 sea salt
- 3 tsp cinnamon
- 1 1/2 tsp all spice
- 1/2 tsp nutmeg
- 6 large eggs (whisked)
- 2/3 cup full fat coconut milk
- 1/2 cup melted coconut oil
- 2/3 cup raw honey (melted)
- 1 cup raisins
- 3/4 cup shredded coconut
- 3 cups grated carrot

#### Cashew Cream Cheese Icing

- 1 cup raw cashews (soaked for 4 hours)
- 3 tbsp melted coconut oil
- 3 tbsp raw honey (melted)
- 1 1/2 tsp freshly squeezed lemon juice
- 1 tsp vanilla
- 1/2 sea salt
- 1-3 tbsp water (as needed for blending)

#### Directions:

Preheat oven to 350 degrees. Mix all dry ingredients (except raisins, coconut, and grated carrots) in large bowl and mix until combined. Set aside.

In medium bowl, whisk 6 eggs and then add in the remainder of the wet ingredients. Add wet ingredients to dry ingredients in the large bowl. Let sit for 5 minutes to allow the coconut flour to absorb the excess liquid.

Fold in the remainder of the ingredients – raisins, coconut and carrots – until just combined. Fill greased muffin cups 2/3 full. Bake for 20-30 minutes (until slightly browned

toothpick comes out clean).

Cool completely on wire rack before icing.

### **Cashew Cream Cheese Icing:**

Drain cashews. Place all ingredients (except water) in high speed blender. Blend until smooth and creamy adding water only as needed to give the mixture just enough moisture to whip up.

Ice cooled muffins and top with chopped nuts of choice (I prefer Pecans). Store on the counter for 3-4 days or in the fridge if your icing is on the runny side. These freeze excellent!



## **Almond Miso Dressing**

This dressing is so versatile it can be used as a dressing over your salad, or a dip for wraps and asian rolls. Absolutely delicious!

I haven't made this for a person yet who didn't absolutely love it!

### **Ingredients:**

- 1/4 cup water
- 3 tbsp raw almond butter (fresh is always best)
- 1 tbsp sesame oil

- 2 tsp miso paste
- 1 clove garlic (minced)
- 1 tsp dried onion flakes
- 1 tsp lime juice
- 1/2 tsp ground ginger
- 1 drop liquid stevia (or 1 tsp of raw honey)
- Pinch of red pepper flakes

Directions:

Add all ingredients to blender and blend until smooth. Serve immediately or store in the fridge for 3-5 days (if it lasts that long).

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## Coconut Sugar Syrup

This is an easy way to replace any type of syrup for everything from baking to toppings on your pancakes. Easily stores in the fridge and taste amazing.

You can easily buy this stuff, although it's cheaper to make if you buy your coconut sugar in bulk like i do:)

Ingredients

- 1 cup water
- 2 cup coconut palm sugar

Directions:

In medium sauge pan, bring water to boil.

Quickly add the sugar & whisk to combine.

Reduce heat to a medium/low heat and simmer for about 3 minutes (until sugar is dissolved).

Remove from heat and allow to cool fully. Store in the fridge. It can be substituted 1:1 for an other liquid sweeteners or syrup.

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## Avocado Egg Salad

This recipe is ridiculously simple and so tasty. I didn't think egg salad could be good without mayo... enter avocados!

Ingredients:

- 4 boiled eggs
- 2 small ripe avocados
- Juice of 1 lime
- 1 tsp of Epicures guacamole dip mix (or a combination of dried onion flakes, pinch of dried red chilis, sea salt, dried garlic, dried parsley)

Directions:

- Mash all ingredients in small bowl and serve!



# Lemon Poppy Seed Dressing

This dressing will make any salad taste AMAZING!!

Ingredients:

- 1/2 cup freshly squeezed lemon juice
- 1 tbsp of honey (adjust as desired. Or use a couple drops of stevia. I usually do a couple drops of stevia and honey)
- 2 tsp dried onion flakes
- 1/2 tsp sea salt
- 3/4 cup olive oil
- 2 tbsp poppy seeds

Directions:

Put all ingredients except the olive oil and poppy seeds in small blender. Blend until smooth. (add in more honey or stevia to sweeten if you prefer it sweeter at this point). Add in olive oil and half the poppy seeds. Pulse until creamy. Remove from blender and stir in remaining poppy seeds.

Easily stores in the fridge for up to a week.



# Golden Milk

If you're like me, you enjoy anything that's warm in the cold winter months. This drink is incredibly creamy and a great treat to mix things up. Not to mention the crazy health benefits of all the spices... mmmmmm.

## Ingredients:

- 2 cups non-dairy milk of your choice (I use homemade sprouted almond milk)
- 1 tbsp coconut oil
- 1 heaping tsp ground turmeric
- 1 tsp of honey (or sweetener of choice)
- 1/4 tsp freshly grated ginger
- 2 cinnamon sticks
- pinch of black pepper

## Directions:

Heat all ingredients (except honey) in a sauce pan over medium-low heat until comes to just under a boil (stirring often). Allow to simmer on low for 20-30 minutes. Remove from heat. Remove cinnamon sticks and whip with milk frother, immersion blender, or have as is. If you've got chunks of ginger and other spices, you may want to strain before serving. Top with a small sprinkle of cinnamon and add honey to taste. Enjoy!



Variation:

Place all ingredients in high speed blender (instead of cinnamon sticks, just use about 1/2 tsp ground cinnamon). The coconut oil will make it smooth and frothy!

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## Hearty Borsch Soup

This is a fall favourite in our home. We use as much garden fresh veggies as we have available as that's where all the flavor comes from. I hope you love this comforting soup as much as we do. And feel free to adjust quantities of whatever you have on hand for veggies. I usually don't measure when making a soup like this... just throwing stuff into the pot until whatever pot I'm using is full 😊 You can use this as a guideline.

Ingredients:

- 1/4 cup coconut oil
- 1/2 cup organic, grass-fed butter
- 1 large onion
- 4-6 carrots, coarsely chopped
- 3 turnups, coarsely chopped
- 1 small bunch of celery (with leaves)
- 1 small head of cabbage, coarsely chopped
- 1/2 cup fresh dill, finely chopped

- 1/4 cup fresh parsley, finely chopped
- 2 cups shredded beets
- Sea salt & Pepper to taste
- Optional\* [Cashew Sour Cream](#) & Vinegar to Serve

#### Directions:

Heat coconut oil in large soup pot over medium heat. Add in chopped onions. Allow to cook for about 5-7 minutes. Then add in the chopped celery and their leaves along with the butter. Fry until fragrant (about 10 minutes). Add in the carrots, turnips, shredded beets and enough hot water to cover the vegetables. Bring to a hearty simmer. Place the lid on the pot and allow to simmer until carrots are almost done.

Once carrots are almost done, add in the remainder of the ingredients. Add more hot water to your desired level. Bring back to a good simmer and allow to cook until all the veggies are done.

Once veggies are tender, allow to cool slightly and serve immediately. Can be eaten like this, or topped with my favourite – cashew sour cream and sometimes a splash of vinegar.



# Dairy-Free Coffee Creamers

It's no secret, in the midst of our busiest days, we've all reached for those horrible sweetened coffee creamers. Many have described this as a "guilty pleasure".

We've come up with 3 alternatives that are fast, simple, wonderfully tasty and creamy. Enjoy your morning up of coffee without the guilt 😊

## Vanilla Almond Coffee Creamer

Ingredients:

- 1 cup almonds (soaked for 12-24 hours for max health benefits)
- 2 1/2 cups water
- 6 large dates (will vary depending on how sweet you like it)
- 1/4 tsp vanilla powder
- 1 tbsp liquid coconut oil (NOT coconut oil melted)

Directions:

Place all ingredients in a high speed blender. Blend vigorously until smooth.

Pour mixture through a nut milk bag or cheese cloth. Squeeze as much of the liquid out as possible. Discard pulp (or put in the freezer and save it for another recipe).

Use in coffee or tea as desired. If it happens separate, its still good, just give it quick stir.

Can be stored in the fridge for 4-5 days.

## Vanilla Cashew Coffee Creamer

Ingredients:

- 1/2 cup raw, unsalted cashews
- 1 3/4 cup water
- 4 large dates
- 1/4 tsp vanilla powder
- 1/2 tbsp liquid coconut oil

Directions:

Place all ingredients in a high speed blender. Blend vigorously until smooth.

Pour mixture through a nut milk bag or cheese cloth (although this creamer is much different than the almond recipe, and can easily be enjoyed without straining it at all!). Squeeze as much of the liquid out as possible. Discard pulp.

Use in coffee or tea as desired. If it happens separate, its still good, just give it quick stir.

Can be stored in the fridge for 4-5 days.

### **Vanilla Pecan Coffee Creamer**

Ingredients:

- 1/2 cup pecans
- 2 cups water
- 4 large dates
- 1/4 tsp vanilla powder
- 1/2 tbsp liquid coconut oil

Directions:

Place all ingredients in a high speed blender. Blend vigorously until smooth.

Pour mixture through a nut milk bag or cheese cloth (although this creamer is much different than the almond recipe, and can easily be enjoyed without straining it at all!). Squeeze as much of the liquid out as possible. Discard pulp.

Use in coffee or tea as desired. If it happens separate, its still good, just give it quick stir.

Can be stored in the fridge for 4-5 days.

Feel Free to play around with these base recipes until you find what you enjoy.

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## Cashew Sour Cream

One of the things that can suck about giving up dairy... is the staples... like sour cream. This base cashew sour cream recipe will have you stunned. It's so delicious and can be used anywhere you use traditional sour cream.

Ingredients:

- 2 cups raw cashews (soaked in water for at least 6 hours)
- 2 tsp apple cider vinegar
- 1/4 cup water (up to 1/2 cup)
- 2 tsp lemon juice

Directions:

Strain soaked cashews (note that if you didn't have time to soak your nuts for at least 6 hours, you can cheat by soaking

them in boiling water for 30 minutes).

Put all ingredients in high speed blender (use only 1/4 cup of the water to start). Blend vigorously on high until mixture appears smooth and creamy. Note, you may have to stop the blender and scrape down the sides a couple times, or even add more water to make the blending easier (and adjust to your desired thickness – Note it will thicken once it's been refrigerated).

Store in an air tight container in the fridge for up to 6 days.