

Pumpkin Cranberry Muffins

- 1 ½ cups Almond Flour
- ¾ cup Pureed pumpkin (canned pumpkin, not pumpkin pie filling)
- 1 tsp Baking powder
- 1 tsp Baking soda
- 3 Eggs
- ¼ cup Honey
- 1 ½ tsp Pumpkin pie spice
- 1 tsp Vanilla extract
- ⅛ tsp Salt
- ½ cup Dried cranberries

Preheat oven to 350. Mix together all the ingredients except for the cranberries until smooth. Fold in the cranberries. Spoon batter into 6 lined muffin cups and bake for 20-25 min.

Sweet Potato, Parsnips and Sausage Breakfast Hash (4 servings)

- ½ cups melted Coconut Oil
- 1 teaspoon Cinnamon
- ½ teaspoons Red Pepper Flakes
- 4 cups peeled and diced Sweet Potato
- 1 cup diced Parsnip
- 1 ½ cups Homemade Beef Sausage*** (Can be made ahead of time)
- 2 cups Baby Spinach

Preheat oven to 400 F Combine coconut oil and spices in a bowl. Toss sweet potatoes and parsnips in oil. Spread vegetables on a foil lined baking sheet. Roast in oven at 400F for 35 minutes. Remove vegetables from oven, spread sausage on pan, and top with spinach.

***** Homemade Beef Sausage*****

3 tsps Paprika
2 tsps minced Garlic
½ tsp Ground Fennel Seed
½ tsp Black Pepper
1 tsp Sea Salt
¼ tsp Red Pepper Flakes
1 pound Ground Beef

Mix spices together in a large bowl. Add meat and mix thoroughly. Brown meat on stovetop, until cooked through. Use in recipes as directed.

Spanish Frittata with Chorizo Recipe from Danielle Walker: Against All Grain

- 2 Tbsp coconut oil
- ½ pound chorizo sausage, uncooked
- 1 small sweet potato, peeled and shredded
- ½ cup slice yellow bell pepper
- ¼ cup diced yellow onion
- 8 eggs
- 1 tsp coconut milk
- ¼ tsp salt
- 2 Roma tomatoes, sliced
- Garnish: Avocado slices and fresh chopped cilantro

Preheat oven to 350F. Heat the oil in an oven-safe skillet over medium heat. Add the sausage, sweet potato, yellow pepper, and onion and saute for 4 minutes. Beat the eggs with the coconut milk and salt then pour into the skillet and cook for 2 minutes. Arrange the tomato slices on top of the eggs. Place the frittata in the oven and bake for 12 minutes. Serve with avocado and cilantro.

Coconut Cream Larabars

- 1/2 cup raw almonds
- ½ cup raw cashews
- ¾ cup unsweetened shredded coconut
- 15-20 pitted dates
- 2 Tbsp melted coconut oil
- 2 Tbsp water

Mix the almonds, coconut and cashews in the food processor until fine. Add the dates, oil and water and pulse until a dough forms. Line an 8X8 pan with parchment paper, leaving enough room for some to come out the sides so it will be easy to remove the bars. Press down the dough so it is packed well and place in the fridge to set. It will take an hour or two. Slice and eat.

Paleo Banana Pancakes

- 1 Banana, mashed
- 1 Egg
- 1 tsp Shredded Coconut
- 1 tsp Cinnamon

1. Mash one whole banana and lightly beat with an egg.
2. For extra flavor, add coconut chips, vanilla extract (just a dash) and cinnamon.
3. Pour this mixture into a frying pan and cook as you would a regular pancake.
4. Take care to not burn the edges flipping when browned on either side.