**RECIPES**

**Protein Bars**

½ cup nut butter (almond, peanut, cashew, Sunbutter, etc.)

½ cup whey protein powder (opt.)

1/3 cup agave syrup or maple syrup

1 tsp. vanilla

Optional: ¼- ½ cup cocoa powder, ¼ cup Craisins

Add 1-2 cups ground nuts or unsweetened shredded coconut until dough thickens, press into pan, cut into pieces, and refrigerate.

**Protein Smoothie**

3–4 Tb. Whey protein

1 cup almond milk or ½ cup yogurt with ½ cup water

Stevia to sweeten

½ cup fresh or frozen berries or ½ banana

½ scoop vitamin C powder (1000mg) (opt.)

1-2 Tb. Ground flax seed (opt.)

1 tsp. fish oil (opt.) Hand stir only

2-3 Tb. Nutritional yeast (opt.)

**Lemonade**

2 lemons

1 quart water

1 scoop vitamin C powder (2000mg) (opt.)

20-25 drops Stevia

**Muffins**

Mix in a large bowl:

2 cups spelt flour

½ cup oat bran (or additional ½ cup flour)

½ tsp. sea salt

3 tsp. baking soda

1 cup chopped nuts (opt.)

Mix in blender or with whisk:

½ cup yogurt & ½ cup water

1 or 1 ¼ cup almond or rice milk

1 tsp. vanilla

½ cup agave or honey or maple syrup

½ tsp. stevia, liquid

¼ cup oil or melted butter

Fold liquids into dry ingredients until dry ingredients are not visible.

**Do not over-mix!** Bake 400 degrees 10-12 minutes

**Variations:**

**Chocolate/Chocolate Chip Muffins**

½ cup cocoa (non-alkali processed if possible)

½-1 cup chocolate chips

**Apple Cinnamon Muffins**

1 ½ cups chopped apple coated with 1 tsp. cinnamon

**Banana Blueberry Muffins**

1 cup mashed bananas

1 cup blueberries

Substitute ½ tsp. lemon extract for vanilla

**Oat Bran Cereal**

This is a creamy, high protein hot cereal that is easy and quick to make:

Soak oat bran overnight, in a small saucepan: (It still works if you don't soak)

1 cup water

1/3 cup organic oat bran

Pinch of sea salt

Bring to a slow boil over medium-low heat and stir frequently until thickened. Add 2-3 eggs, whisked into the oat bran mixture, stirring constantly until thick and creamy, usually 1-2 minutes.

Serve in a bowl, and stir in 1 tablespoon coconut oil.

Top with your choice of nuts and fruit. Sweeten with stevia or a little honey.

**Chocolate Walnut Fudge**

In a small saucepan over low heat, whisk together the following:

1/3 cup agave syrup

1/3 cup coconut oil

1/2 cup cocoa powder

1 tsp. vanilla extract

Continue stirring with a whisk until mixture begins to thicken and look like soft fudge.

Stir in 1/2 - 1 cup chopped walnuts or nuts of your choice.

Taste for sweetness, and add agave, stevia or other sweetener if needed.

**Chocolate Walnut Clusters**

1/2 cup cocoa powder

1/4 cup coconut oil, warmed

2 Tablespoons Agave

1 teaspoon Vanilla

1/2 teaspoon stevia

Mix above on low heat until thickened then mix in 5 Tablespoons Almond Milk.

Stir in 3/4 cups chopped Walnuts or any nuts you like.

Drop by Tablespoon on oiled plate and refrigerate until "set"

Transfer to storage container and store in fridge.

**PRIMAL FUDGE:**

1/2 cup coconut oil, warmed on very low heat in a small skillet or saucepan

Add:

1/2 cup organic cocoa powder or cacao powder

1/2 cup almond or natural peanut butter

1/4 cup honey or agave

1 tsp vanilla extract

1/4-1/2 tsp liquid organic stevia, depending on your taste.

Use a whisk to blend mixture until smooth.

Pour into 9x6 baking dish oiled with coconut oil or butter.

Chill for 15-20 minutes until firm.

Cut into 1 inch squares and refrigerate.

You may also pour the mixture into mini or regular sized paper muffin cups and refrigerate. These will resemble peanut butter cups, but without the sugar. If you prefer not to use stevia, you can increase the honey or agave to 1/3 cup. Use less sweetener if you prefer a darker chocolate flavor. These are delicious, and full of antioxidants, quality fat and protein. They will not cause your blood sugar to crash, so even those who have issues with low blood sugar can enjoy this treat.

**Very Simple Spelt Bread (Yeast Free)**

Adapted from allrecipes.com by Nature’s Legacy for Life

Yield: 1 Loaf

**Ingredients:**

4 cups Spelt flour

1 tsp. baking soda

1/2 – 1 tsp. Salt

2 cups milk, nut milk, or coconut milk

1 Tbs. Olive oil

2-3 Tbs. Honey

**Instructions:**

Preheat oven to 350 degrees. Grease one 9x5 loaf pan.

In a Large bowl, whisk together the spelt flour, salt and baking soda.

In a smaller bowl, blend together the milk, honey, and olive oil.

Combine the milk and honey mixture with the dry ingredients until well blended and smooth.

Pour batter into greased loaf pan.

Bake 60-70 minutes in the preheated oven, or until golden brown.

Cool completely in pan.

**Grain Free Pizza Crust**

Author: Kelly from Primally Inspired

**Ingredients**

- 1 cup tapioca flour or arrowroot powder

- 1/2 tsp sea salt

- Optional: 3 tablespoons Romano or Parmesan cheese

- 1/3 cup avocado oil, olive oil, or other fat of choice

- 1/3 cup water

- 1 tablespoon apple cider vinegar

- 1 clove garlic, finely minced

- 1 egg

- 1/2 cup coconut flour

- Optional: 1 teaspoon Italian seasoning

**Instructions**

1. Preheat oven to 450 degrees F

2. In a medium bowl, add in your tapioca flour and sea sal (and cheese, if using).Set aside.

3. In a small pot over medium heat, add your oil, water, apple cider vinegar, and minced garlic clove.

4. As it heats up and comes to a boil, remove it from the heat and add it to your tapioca flour bowl. Stir until combined. Set aside for about 2 minutes to cool.

5. Once it's not hot to the touch, add in your egg. Stir until combined.

6. Add in your coconut flour (and Italian seasoning, if using) and stir until the coconut flour is absorbed and it becomes dough.

7. Form the dough into a ball and press or roll out on a parchment lined or lightly greased pizza stone or baking pan. You will have enough dough to do a 12 to 14 inch circle.

8. Bake 14-15 minutes or just until the crust starts to become a very light golden brown.

9. Remove from oven, add your toppings and bake for 3-5 more minutes. Enjoy!

**Spelt Oat Bread makes 2 loaves**

**Ingredients:**

2 cups warm water

4 1/2 teaspoons yeast

2 eggs

1/2 cup maple syrup or honey

1/4 cup olive oil

1 cup quick oats

1 tablespoon salt

1/2 teaspoon vitamin c powder

2 cups white spelt flour

4 cups whole spelt flour

**Instructions:**

* Mix all ingredients except flour until smooth.
* Add the flour.
* Knead the dough only as necessary, adding additional flour if needed.( the dough should be firm but not dry)
* Cover and let rise 1 hour.
* Punch down, divide in half and form into loaves.
* Place in greased loaf pans, let rise.(depending on the firmness of the dough the rise time can vary from 25 to 45 minutes)
* **Bake at 350 40-45 minutes**
* To help the loaves not dry out, after baking brush the crust with a little butter.

This is the combination that I have found works best to make a firm loaf, but the recipe is pretty flexible and can be adapted to personal taste.

**Variations:** Can vary the ratio of whole to white spelt flour (more whole to save money or more white to make it more similar to wheat bread)

* + The original recipe used soft butter instead of oil.
  + Can omit the eggs; just add a little more water.