THE
Apple Cider VINEGAR HANDBOOK

Improve Digestion | Lose Weight | Detox + More!

Bonus: 44 Amazing ACV Recipes
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Introduction

People have used apple cider vinegar (ACV) for thousands of years. Everyone from the ancient Babylonians to the Greeks used it as a cure-all for all kinds of health ailments.

Like coconut oil and grass-fed butter, ACV is enjoying a comeback among people who care about their health.

No matter where you look, you’ll find someone making wild claims about what ACV can do for your health, beauty, and home. Some claims are anecdotal, and they haven’t been supported by scientific research… yet. But many other claims have been scientifically tested and proven.

If you want to know how ACV can help you, keep reading.
What Is Apple Cider Vinegar?

ACV is a bitter, acidic liquid made from (you guessed it) apples!

It’s a two-step process: First, manufacturers expose crushed apples to yeast. The yeast eats the sugars, which turns them into alcohol (in a process called fermentation).

Next, manufacturers add acid-forming bacteria (i.e., acetobacter), which ferments the alcohol further. Then it turns it into a liquid called “acetic acid”—the main compound in ACV. This bacteria converts the alcohol into vinegar. Acetic acid and malic acid give apple cider vinegar its sour taste.

Apple Cider Vinegar Nutrition Facts

ACV only contains a few calories, but it packs a huge nutritional punch. ACV doesn’t contain many vitamins or minerals, though it does contain trace amounts of iron and potassium.

High-quality apple cider vinegar (which is organic, unpasteurized, and unfiltered) also contains strands of proteins, enzymes, and beneficial bacteria (e.g., probiotics). These ingredients are found in a cobweb-like substance called “the mother.” The mother is 100% edible; it usually floats at the bottom of ACV bottles.

Most nutritional benefits come from the acetic acid itself, as well as the enzymes and other nutrients found in unpasteurized ACV.
Is Apple Cider Vinegar Good for You?

Definitely!

It packs a strong taste, but its effects on the body are incredibly mild. It’s extremely safe—if you limit your consumption to just a few tablespoons a day. That works out well, because that’s all you need to reap the awesome benefits.

**Bottom Line:**

- Apple cider vinegar is a bitter, acidic liquid made by fermenting apples with yeast and bacteria.
- ACV is extremely low in calories, but it packs a big nutritional punch.
- People have used ACV for thousands of years, as a cure-all for various health issues.
Apple Cider Vinegar Benefits

Apple cider vinegar offers a host of benefits, which go way beyond better health. Here are just a few:

Low in Calories

You get a lot of flavor in just a tiny amount of apple cider vinegar. So it’s easy to watch your calories, because one tablespoon of the stuff only sets you back three calories (1).

The combination of intense flavor and minimal calories make ACV the perfect choice to flavor your foods—especially if you’re trying to lose weight.

Apple cider vinegar is great for homemade marinades, drinks, chutneys, and salad dressings. Instead of loading up with a high-calorie option like mayo or ranch, you can choose ACV to skip the calories—without skimping on flavor.

Better Digestion

Heartburn, acid reflux, and other digestion problems are some of the most common health issues today. Millions of people suffer every time they have a meal. Many of them end up relying on potentially dangerous pharmaceutical drugs.
You shouldn’t have to worry about your digestion!

Apple cider vinegar can help. Some of the most common digestion issues don’t stem from having too much stomach acid—but too little to break down foods properly.

Ingesting apple cider vinegar can give your digestive system the extra acid it needs to work—without causing any problems.

An ingredient called “apple pectin fiber” is found in “the mother” of raw and unfiltered apple cider vinegar. It eases the entire gastrointestinal tract, which helps take care of bloating, gas, and stomach cramps.

You can even use ACV as a mild laxative when you’re struggling with constipation. And don’t worry if your bowel movements are already regular. Adding ACV shouldn’t cause any issues.

As if all of that weren’t enough, acetic acid also helps you absorb the minerals in your food, so you can get the most nutritional bang for your buck (2).

Antibacterial
People have used apple cider vinegar to clean and disinfect for thousands of years. It was actually one of the favorite methods of Hippocrates (the father of modern medicine) to treat wounds, sores, and ulcers (3).
Acetic acid kills contaminants, and prevents them from multiplying or reaching harmful levels. Apple cider vinegar can kill bacteria, viruses, and fungi (4).

But the benefits don’t stop there. ACV can also keep bacteria from growing, making it a natural food preservative. Multiple studies have found that it inhibits harmful bacteria like E. coli (5).

This finding results in a wide range of potential applications. You could use apple cider vinegar to preserve and pickle foods—or to treat athlete’s foot, nail funguses, or warts.

**Better Blood Sugar Control**

Apple cider vinegar’s effect on blood sugar is one of the most important (and well-researched) benefits to date.

For one thing, ACV lowers blood sugar levels. That’s great for type 2 diabetics, who often struggle with chronically elevated blood sugar.

How does it work?

Scientists think the acetic acid in apple cider vinegar lowers blood sugar by
preventing the complete digestion of complex carbs. This process probably delays gastric emptying—or decreases the rate at which body tissues uptake glucose (6).

The result: Sugar is released more slowly and evenly in the blood, leading to a more efficient insulin response.

ACV is also great for people who don’t have diabetes. Because elevated blood sugar is linked to premature aging and various chronic diseases, adding some ACV to your diet is a great way to keep it under control.

Numerous studies have found that ACV:

- Reduces blood sugar (7)
- Increases insulin sensitivity (8)
- Decreases the blood sugar response during meals.
Weight Loss
One study found that ingesting apple cider vinegar with meals increased the participants’ satiety (i.e., feelings of fullness) (9). The participants who ate ACV ended up consuming fewer calories throughout the rest of the day... without even consciously trying.

Not all calories are created equal, but effortless reduction of your daily intake can add up to significant weight loss over time.

Another study of obese people found that the daily consumption of apple cider vinegar resulted in a smaller waist circumference, less belly fat, and lower blood triglycerides (10).

ACV isn't going to turn an obese person into a thin person by itself. But combined with other things like proper diet and exercise, it does create a tangible effect, which can lead to some pretty awesome results.

Improves Heart Health
Apple cider vinegar could also decrease some of the key risk factors of heart disease (the #1 cause of death).
First, apple cider vinegar might lower cholesterol and triglyceride levels. Multiple studies of rats confirmed the link between ACV consumption and improved heart health (11).

Apple cider vinegar also contains an antioxidant called “chlorogenic acid.” The theory: This acid keeps LDL cholesterol from becoming oxidized, which is key because it’s oxidized LDL (not LDL itself) that acts as a driver for an eventual diagnosis of heart disease (12).

A lot more research needs to be done to specifically explore the connection between apple cider vinegar and heart disease in humans. However, one observational study found that women who used apple cider vinegar in their salad dressings reduced their risk of heart disease (13).

**Apple Cider Vinegar May Help with Cancer Treatment**

Apple cider vinegar’s supposed anti-cancer properties have gotten a lot of health-conscious people excited. Multiple studies have found that apple cider vinegar may shrink tumors and kill cancer cells in rats (14).
Bottom Line:

- Using apple cider vinegar allows you to reap numerous benefits, ranging from weight loss and improved digestion to improved blood-sugar control and better heart health.
How to Cook, Season and Drink Apple Cider Vinegar

So how are you supposed to use ACV? Do you pour it on your food? Drink it straight from the bottle?

In the kitchen, you can use apple cider vinegar in:

- Chutneys
- Marinades
- Natural food preservation
- Salad dressing (Mix it with olive oil or other types of oil to dilute the flavor.)
- Smoothies
- Soups (Apple cider vinegar is key for homemade bone broth. It helps leech vital minerals from the bones into the stockpot water, which is what you eventually eat.)
- Vinaigrettes

Some of the tastiest ways to use apple cider vinegar are also the simplest. Some people like to drizzle it over cooked greens. It also works great in marinades, which tenderize meat before cooking.

Tip:

Heartburn and digestive issues are two of the most common health complaints today.

They’re standard symptoms of the typical Western diet, which occur because people don’t have enough stomach acid (e.g., hydrochloric acid).

However, if you add raw apple cider vinegar, you can help your stomach create enough acid to start the digestion process and kill off harmful microbes (15). If you have a history of stomach ulcers or are using PPI drugs, it’s a good idea to take things slow and get the go-ahead from your doctor.

Giving your digestion a boost is easy. Just eat more ACV-based salad dressings or drink some raw, unfiltered ACV that’s diluted with water.
Apple Cider Vinegar for Skin Care and Acne Treatment
One of the coolest things about apple cider vinegar is how it helps balance the pH of your skin. Imbalanced pH can lead to annoying skin issues, such as blemishes, age spots, clogged pores, and acne breakouts.

Most skin care products are on the alkaline side of the pH scale. ACV is more effective because its natural acidity is closer to the natural pH of your skin.

Want to try a homemade toner? Just dilute it: one part apple cider vinegar and two parts water. Use a cotton ball to spread it over your face, which helps clear up trouble spots. You can make a batch beforehand, store it in the fridge, and apply it whenever you’d like.

I couldn’t find any scientific studies examining apple cider vinegar and acne treatment, but there is a great deal of anecdotal evidence, which verify that it helps clear up pesky breakouts.
Apple Cider Vinegar for Hair Care
It might be time to throw out your old conditioner...

For your hair, apple cider vinegar is hard to beat. People use it as a natural hair-care product because its acidity is close to that of human hair.

You can use it (with water) to rinse your hair after shampooing. It adds body and shine to your hair.

How do you apply it?

Just mix ½ tablespoon of apple cider vinegar and one cup of cold water. You can always make a large batch and store it in the shower. (Old shampoo bottles work great.)

You can even use apple cider vinegar to treat dandruff. All you have to do is mix equal parts ACV and water, apply it to your scalp, and rub it in. Wear a shower cap, and leave it in your hair for a few hours; that will give the vinegar plenty of time to kill off the dandruff bacteria. Repeat this process a few times a week, and those flakes will be gone in no time!
Apple Cider Vinegar Detox
Because apple cider vinegar helps balance the body’s pH levels, it’s a popular choice in many detox drinks and programs.

In an environment filled with so many toxins (e.g., in the air, water, and conventional foods), it’s a great way to get proactive about protecting yourself.

Here’s a quick recipe for an ACV-based “detox drink,” which you can have first thing in the morning:

- ¼ cup water
- 1 T ACV
- ½ T raw, local honey
- 1 t ground cinnamon
- Juice from 1 lemon

Just mix everything with a spoon, and drink it right away. I like to use warm water to help melt the honey a bit.

If you want a super detox, you can always use apple cider vinegar, water, and Epsom salts to make your own detox bath.
Apple Cider Vinegar for Pets
Did you know apple cider vinegar can help your pets’ flea problems?

It’s true.

ACV helps reestablish pets’ “acid mantle” (i.e., the fine, slightly acidic film on the surface of their skin), which acts as a barrier to viruses, bacteria, and other contaminants (e.g., fleas).

Just use equal parts apple cider vinegar and water, spray it onto your pet’s fur, and rub it in. Make sure the whole coat is saturated, and let it air dry. Repeat this process for a few days, and bye bye fleas!

Bonus points: apple cider vinegar is completely safe on your pet’s fur. You don’t have to worry about them licking it off and getting sick.

Apple Cider Vinegar for the Home
Believe it or not, apple cider vinegar can make an awesome natural disinfectant. So it’s a great alternative to expensive cleaning products, which are loaded with toxic chemicals (18).
Just use one part ACV and two parts water. Then you can clean:

- Counter tops
- Glasses
- Kitchen surfaces
- Microwaves
- Mirrors
- Oven ranges
- Toilets (Just pour it in the bowl, and let it sit overnight.)
- Windows

You can even put apple cider vinegar in your dishwasher to replace the soap!

**Bottom Line:**

- You can drink apple cider vinegar, use it for marinades and dressings, and use it to clean your home. You can even apply it to your skin and hair—to experience all kinds of incredible benefits.
Apple Cider Vinegar: Side Effects and Dosage

There are no official guidelines for ingesting apple cider vinegar. With that said, you should limit yourself to around two tablespoons per day. Most people use between one teaspoon and two tablespoons.

Apple cider vinegar is extremely safe, but if you really overdo it, it’s possible to deplete your potassium levels and strip enamel from your teeth.

ACV could theoretically react with laxatives, diuretics, or medications for diabetes or heart disease. If you’re taking any of those, just talk to your doctor before you add apple cider vinegar to your diet.

If you’ve never tried apple cider vinegar before, the flavor can be pretty bitter and intense. It’s definitely an acquired taste. Start small, and always make sure to dilute your ACV.

Look for raw, unfiltered apple cider vinegar from certified-organic apples. Remember to check for “the mother.” The murkier, the better!

Bottom Line:

- There are no official guidelines for apple cider vinegar consumption, but limit yourself to a few tablespoons a day.
- Talk to your doctor first if you’re taking laxatives, diuretics, or medications for diabetes or heart disease.
- Raw, unfiltered ACV (from certified-organic apples) is best.
Where Can I Get Apple Cider Vinegar?

You can find apple cider vinegar at grocery stores and health-food stores.

Unfortunately, many of the offerings at those places will be pasteurized and/or purified vinegar—exactly the stuff you want to avoid to get the most health benefits.

You can find top-quality ACV online via websites like Amazon and Thrive Market. It’s cost-effective to buy in bulk, as apple cider vinegar can keep for years without refrigeration (as long as you keep it out of direct sunlight).

Remember, you’re looking for ACV that’s:

- Raw
- Unfiltered
- Unpasteurized

Whatever you buy should be murky, with “the mother” floating at the bottom. Vinegar from certified-organic apples is best; then you’ll know it doesn’t contain any harmful pesticides or chemicals.

There are plenty of brands to choose from, but Bragg is by far the most popular. That’s the one I go for myself, and I’ve had nothing but good experiences with it.

If you’re feeling ambitious, just follow these instructions to give making your own apple cider vinegar a try!

Bottom Line:

- You can find apple cider vinegar at grocery and health-food stores, though it’s easier to find the best-quality stuff online.
- Look for raw, unfiltered, unpasteurized ACV—with the cobweb-like “mother” floating at the bottom.
Apple Cider Vinegar FAQ

Here are some of the most frequently asked questions about apple cider vinegar:

**Q: “Are apple cider vinegar pills okay? Or should I just use the liquid?”**

**A:** More companies are making apple cider vinegar in pill form than ever before, but you’re better off staying away from them.

It’s impossible to know what their true vinegar content is, or whether the nutrients inside the vinegar work as effectively as they do in liquid form.

One 2005 study found that the true vinegar content of these supplements was highly questionable (19).

**Q: “Do I need to refrigerate apple cider vinegar?”**

**A:** Nope. The high acidity in the vinegar keeps it from molding, so there’s no need to refrigerate it unless you want to.

Just make sure to keep your apple cider vinegar tightly capped. It’s best off in a dry, dark place (like a cabinet). To make your ACV last as long as possible, avoid exposure to direct sunlight.

**Q: “Can I drink the mother?”**

**A:** Absolutely. The mother is the most nutritious part of the apple cider vinegar. It’s the very reason why you want to buy the unfiltered stuff, instead of the filtered versions.

Because the mother usually settles to the bottom of ACV bottles, just shake your bottle a bit before pouring—to make sure it’s evenly distributed.

**Q: “How long does apple cider keep?”**

**A:** A long, long time! Top-quality ACV (from companies like Bragg) can keep for three to five years.

As long as you store your apple cider vinegar away from the sunlight, don’t be afraid to buy in bulk.
Q: “What is the mother made of?”

A: The mother is cellulose, a natural carbohydrate in the fiber of foods, such as lettuce and celery.

Q: “Is unpasteurized apple cider vinegar safe?”

A: Yes. Apple cider vinegar doesn’t carry harmful bacteria like E. coli because its acidity kills off anything that might harm you.

Q: “Can I drink apple cider vinegar straight from the bottle?”

A: You shouldn’t. Apple cider vinegar is very acidic. Drinking it by itself for a long time might strip the enamel from your teeth.

Dilute your apple cider vinegar with water or other ingredients (e.g., oils for salad dressings and marinades) for best results.
Your Turn

Apple cider vinegar is a safe, 100% natural solution to numerous health issues. And that’s not all: Apple cider vinegar can also help you improve your appearance, or even sanitize your house!

Try some on your hair. Use some as a low-calorie dressing on your next salad. Or make a detox drink for a quick energy boost.

The possibilities are endless.

Get started today!
44 Amazing ACV Recipes
Sweets
THE BEST
Waldorf Salad
WITH HEALTHY ACV

Prep Time: 10 mins  Serves: 4

Ingredients:

• 1 large Granny Smith apple, chopped
• 2 cups celery, chopped
• 1 cup seedless red grapes, halved
• 1/2 cup unsweetened cranberries
• 1/3 cup walnut halves
• 1/2 cup Paleo mayonnaise
• 2 T apple cider vinegar
• 1 T Dijon mustard
• 1 t coconut sugar

Instructions:

1. In a small bowl, whisk together mayonnaise, apple cider vinegar, Dijon mustard and coconut sugar until well combined.

2. Pour dressing over chopped fruit, veggies and nuts in a large mixing bowl. Refrigerate until serving.
SWEET APPLE Basil Slaw

Ingredients:
• 1/2 head red cabbage (shredded)
• 2-3 large carrots (grated)
• 1 large red apple (shredded or spiralized)
• 1 cup basil leaves (lightly packed)
• ¼ cup raw sunflower seeds
• For the Dressing:
  • ¼ cup extra-virgin olive oil
  • 3 T apple cider vinegar
  • 1-2 T raw honey
  • 1 T lemon juice
  • Salt and pepper to taste

Instructions:
1. Combine the ingredients for the dressing in a small bowl, and whisk them together.
2. Combine all the ingredients in a large bowl, drizzle with the sweet dressing, and toss to combine.

Pro tip: If you’re preparing the slaw ahead of time, add the apples, basil, and sunflower seeds just before serving.

Recipe by Deanna Dorman
SWEET CHILI Brussels Sprouts

Ingredients:

• 1 pound Brussels sprouts, shredded
• ¼ cup red cabbage, shredded
• 2 carrots, grated
• 2 green onions, chopped
• ½ cup cashews
• For the Sweet Chili Sauce:
  • ½ cup apple cider vinegar
  • ¼ cup raw honey
  • 4 cloves garlic, minced
  • 4-6 Thai chili peppers or 1 Serrano pepper, minced
  • 2 t fresh grated ginger root
  • 2 t arrowroot powder
• For the Vinaigrette:
  • ¼ cup coconut oil, melted
  • ¼ cup Sweet Chili Sauce
  • 1 T apple cider vinegar
  • Juice from ½ lime

Instructions:

1. Shred, grate, and chop your veggies and combine them in a large bowl.

2. To prepare your Sweet Chili Sauce, combine all the Sweet Chili Sauce ingredients together in a small sauce pan, making sure to dissolve the arrowroot powder completely. Bring the sauce to a boil over medium-high heat and allow the sauce to boil for about 1 minute to thicken. Remove from heat and allow to cool slightly before preparing your vinaigrette.

3. Prepare your vinaigrette by whisking all the ingredients together, then drizzle over your Brussels sprouts and toss to combine.
COCONUT FLOUR

Red Velvet Bread Recipe

Cook Time: 1 hr 30 mins  Prep Time: 25 mins  Serves: 12 slices

Ingredients:

- 1 large beet (about 1 ½ cups beet purée)
- 6 large eggs, room temperature
- ¾ cup melted coconut oil
- ¾ cup coconut flour
- ½ cup unsweetened cocoa powder
- ½ cup tapioca flour
- 4 T honey
- 1 T apple cider vinegar
- ½ cup unsweetened coconut milk
- 1 t baking soda
- 1 t extra virgin olive oil
- ¼ t salt

Instructions:

1. Preheat the oven to 400°F. Prepare a bread pan by coating it with extra virgin olive oil.
2. Loosely wrap beet with foil and place on a baking sheet. Roast for 45 minutes. Remove from the oven, then reduce temperature to 350°F.
3. Remove foil from the beet; let cool 10 minutes. When it’s cool enough to touch with bare hands, run it under cold water and remove skin with hands.
4. Roughly chop the beet into quarters and add to a blender.
5. To the blender, add coconut milk, eggs, apple cider vinegar and honey. Blend on high until beets are fully broken up. Then add coconut flour and blend again.
6. Next add tapioca flour, baking soda, salt, cocoa powder and coconut oil. Blend a final time until combined and smooth.
7. Pour the batter to the prepared bread pan, spreading into an even layer.
8. Bake 45 minutes until the edges are brown and center is set.
9. Remove from the oven and cool in the pan 20-30 minutes. Remove from the pan and transfer to a wire rack to cool completely.
10. Slice into 12 pieces and serve!
PALEO PAVLOVA
with Gooey Marshmallow Center

Cook Time: 1 hr 20 mins  Prep Time: 20 mins  Serves: 8 mini pavlovas

Ingredients:
For the meringue:
• 4 egg whites (at room temperature)
• Pinch of sea salt
• 1 t apple cider vinegar
• 1 T arrowroot starch
• 1 cup coconut sugar (ground to fine dust)

For the topping:
• Whipped coconut cream
• Fresh seasonal fruit

Instructions:
1. Preheat oven to 250°F, and adjust the rack to the middle position.
2. Line a baking sheet with parchment paper.
3. Grind the coconut sugar in a food processor to a fine dust.
4. In a small bowl, mix the sugar and arrowroot together. Set aside.
5. Place the egg whites and salt in the bowl of a standing mixer. Using the whisk attachment, whip the egg whites on low until they start to foam.
6. Add the vinegar and slowly increase the speed to high. Beat for 5-7 minutes, until soft glossy peaks have formed.
7. With the mixer on medium speed, slowly add the sugar and arrowroot mixture—one tablespoon at a time. Once all of the sugar has been added, increase the speed back to the highest setting. Continue to whip until stiff, glossy peaks form and hold their shape.
8. Fill a piping bag with meringue, and pipe it onto the lined baking sheet in small 3.5” circles. Try to make the edges a bit higher (like a birds nest).
9. Place the meringue into the oven. Bake for 1 hour 20 minutes at 250°F—or until the outside is dry to touch. (Time depends on size of your meringue. Do not open the oven while baking.)
10. Turn off the oven, and allow the pavlova to completely cool before you take it out.
11. Once cooled, top with coconut whipped cream and your favorite fruit.
12. Serve immediately.

Recipe by Zoe Raissakis
**PALEO PUMPKIN Cornbread Recipe**

**Cook Time:** 40 mins  **Prep Time:** 10 mins  **Serves:** 10 slices

**Ingredients:**
- 6 large eggs
- 1 cup pumpkin puree
- 2 t apple cider vinegar
- 1 t vanilla extract
- 1 ½ cups almond flour
- 1 cup arrowroot starch
- ½ t baking soda
- ½ t baking powder
- ½ t nutmeg
- 1 t cinnamon
- 3 T pepitas (pumpkin seeds)

**Instructions:**
1. Preheat oven 350ºF. Prepare an 8x8 loaf pan by placing a piece of parchment paper inside. Allow the ends to hang off the edges a bit for easy removal.
2. In a medium bowl, sift together the almond flour, arrowroot starch, baking soda, baking powder, nutmeg and cinnamon.
3. In a separate larger bowl, whisk together the eggs. Then add the pumpkin, vanilla extract and apple cider vinegar.
4. Slowly add 1-2 tablespoons of the flour mixture at a time to the egg mixture, mixing until fully incorporated. The consistency of the batter should be a little runny.
5. Transfer the batter to the prepared loaf pan.
6. Top the batter with the pumpkin seeds, pressing them gently into the batter. This way they will bake into the batter a bit and not fall off after baking.
7. Bake 40 minutes, or until a toothpick can be inserted into the center and come out clean.
8. Leave the bread in the pan for 2 hours to cool at room temperature.
9. Once cooled, gently lift the bread from the pan using the sides of the parchment paper to remove. Cool another 30 minutes before slicing and enjoying.
10. Store bread in the refrigerator up to one week.

Recipe by Megan Olson
**Ingredients:**

- 1/2 cup plus 1/2 cup coconut cream
- 4 eggs
- 1/3 cup plus 3 T maple syrup, divided
- 3/4 t ground nutmeg, plus more for topping
- 1 T plus 1 teaspoon vanilla extract, divided
- 1/4 cup melted coconut oil
- 1/4 cup plus 1/3 cup tapioca starch, divided
- 1/2 cup plus 2 T coconut flour, divided
- 1 t baking soda
- 1 t apple cider vinegar
- 1/3 cup softened coconut oil

**Instructions:**

1. Preheat oven to 375°F.
2. Grease a muffin pan with a little coconut oil.
3. **For the cake batter:** In a mixing bowl, whisk together 1/2 cup coconut cream, eggs, 1/3 cup maple syrup, nutmeg, 1 tablespoon vanilla extract, and melted coconut oil.
4. Mix in 1/2 cup coconut flour, 1/4 cup tapioca starch, baking soda, and apple cider vinegar.
5. Divide evenly between 6 muffin cups.
6. Bake for about 20 minutes, or until a toothpick inserted near the center of a cupcake comes out clean. Let cool.
7. **For the frosting:** To a small bowl, add 1/2 cup coconut cream, 3 tablespoons maple syrup, 1 teaspoon vanilla extract, 1/3 cup tapioca starch, 2 tablespoons coconut flour, and softened coconut oil. Cream together until well mixed.
8. Frost cupcakes and sprinkle with nutmeg.
PALEO SPICE CAKE
with Coconut Cream Frosting

Cook Time: 45 mins  Prep Time: 20 mins  Serves: 10 servings

Ingredients:
- 6 eggs
- 3 egg whites
- ½ cup butter or coconut oil, melted
- ½ cup plus ¼ cup maple syrup, divided
- ½ cup plus ½ cup coconut milk
- 1 T vanilla extract
- 1 t apple cider vinegar
- ¾ cup coconut flour
- ½ cup plus 3 T arrowroot starch, divided
- 1-½ T cinnamon
- ½ t nutmeg
- 1-½ t ground ginger
- ¼ t ground cloves
- 1 t baking soda
- 1 cup coconut cream

Instructions:
1. Preheat the oven to 350° F.
2. Grease a bundt pan well with butter or coconut oil.
3. Whisk the eggs and egg whites with butter or coconut oil, ½ cup maple syrup, coconut milk, vanilla extract, and apple cider vinegar.
4. Stir in coconut flour, ½ cup arrowroot starch, spices, and baking soda. Mix well.
5. Transfer to bundt pan and bake for 40-45 minutes, or until a toothpick in center of cake comes out clean. Cool completely.
6. Remove from pan and place on serving dish.
7. In a small bowl, stir together the coconut cream, ¼ cup maple syrup, and 3 tablespoons arrowroot starch. Slather on cake.
8. Enjoy!

Recipe by Heather Resler

BONUS: 42 AMAZING ACV RECIPES
CHOCOLATE CHIP
Zucchini Muffins

Cook Time: 20 mins  Prep Time: 10 mins  Serves: 7

Recipe by Heather Resler

Ingredients:

• 4 large eggs
• 1/3 cup coconut oil, melted
• 1/3 cup honey
• 1-1/2 cups grated zucchini
• 2 t pure vanilla extract
• 1/2 cup plus 2 T coconut flour
• 1/2 cup arrowroot starch
• 1/2 t baking soda
• 1/2 t raw apple cider vinegar
• 1/2 cup chopped dark chocolate (at least 70% cacao)

Instructions:

1. Preheat the oven to 375°F.
2. Grease a standard-sized muffin pan with a bit of coconut oil.
3. In a large mixing bowl, whisk the eggs.
4. Add in the coconut oil, honey, zucchini, and vanilla. Mix well.
5. Add the coconut flour and arrowroot starch and mix well.
6. Add the baking soda and apple cider vinegar and mix.
7. Fold in the chopped dark chocolate.
8. Scoop the batter evenly into 7 of the greased muffin cups.
9. Bake for 20 to 25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
10. Let cool and enjoy.
ALMOND FLOUR
French Toast

Ingredients:
• 1 1/2 cups almond flour
• 3/4 cup arrowroot starch powder
• 1 t sea salt
• 1 t baking powder
• 7 T almond milk
• 2 t apple cider vinegar
• 1 t honey
• 4 T ground flaxseeds
• 2 to 3 T water
• 1/2 ripe banana (1/4 cup mashed)
• 1/2 cup almond milk
• 1/4 to 1/2 t cinnamon
• Dash of vanilla extract
• 1/4 T ground flaxseeds
• Coconut oil for cooking
• Banana, sliced
• Blueberries (or any berries)
• Honey or maple syrup, drizzled

Instructions:
1. Preheat the oven to 350°F.
2. For the Paleo bread: Measure all the wet ingredients (7 T almond milk, apple cider vinegar, honey, 4 T ground flaxseeds), except the water, and mix in a bowl thoroughly to ensure the mix isn't clumpy. Note: This is important to do first so that the flaxseeds can soak up the liquid.
3. Measure all the dry ingredients (1 1/2 cup almond flour, arrowroot powder, sea salt, baking powder), add to a bowl and mix.
4. Add the wet ingredients to the dry ingredients and mix. If the dough is stiff, add the extra water. (It will most likely need the 2 to 3 T water, but don’t add more than this as the mix will become too wet).
5. Line a small baking loaf tin with baking paper, then add the bread mix to the tin.
6. Place in the oven and bake for 25 to 30 minutes, or until lightly golden on top and feels solid to the touch.
7. While the bread is baking, prepare the French toast ingredients and toppings. Mash the 1/2 banana in a large bowl.
8. Add 1/2 cup almond milk, 1/4 T flaxseed, cinnamon, vanilla and stir. If the batter is too chunky, add more almond milk to thin it out. It should be pourable. Place the batter to the side for later.
9. Slice the extra banana for toppings, prep any berries and place to the side.
10. Once cooked, carefully remove the bread from the oven and take the loaf out of the tin. Place on a cooling rack for 5 minutes.
11. Remove the bread from the baking paper and slice into thick pieces.
12. Heat a pan to medium-high. Add a little coconut oil to the pan.
13. Dip a slice of bread in the batter mixture, but be quite quick so that the bread doesn’t get too soaked. Make sure the slice of bread is fully covered, then add to the pan.
14. Cook for 3 to 4 minutes on each side or until evenly golden brown. Flip carefully using a spatula. If the french toast appears to be browning too quickly or burning, turn down the heat.
15. Stack French toast slices and add desired toppings (banana, berries and honey).

Recipe by Rebecca Hughes
**Ingredients:**

**For the Brownies:**
- 1 cup tigernut flour
- ⅓ cup raw cacao powder
- 1 t bicarb soda
- 2 eggs
- 2 medium zucchini, grated
- ¼ cup raw chocolate, chopped
- 1 T apple cider vinegar
- ½ cup Medjool dates, pitted (7 dates)

**For the Ganache:**
- ¼ cup non-dairy milk
- ½ cup raw chocolate, chopped
- ½ cup Medjool dates, pitted (7 dates)
- Pinch of sea salt

**Instructions:**

1. Preheat the oven to 350°F.
2. Line a square baking dish with parchment paper.
3. Combine all dry ingredients (tigernut flour, raw cacao powder, bicarb soda) in a medium bowl.
4. Add the dates, eggs, raw chocolate chunks, and vinegar to a blender. Blend until well combined.
5. Make a well in the dry ingredients, then gently pour wet ingredients into the center. Stir until combined.
6. Add the grated zucchini to the mixture and combine.
7. Pour mixture into lined baking dish.
8. Bake for 35 minutes or until toothpick inserted in the center comes out clean.
9. Let cool completely.
10. For the ganache: Heat the milk in a small saucepan until just simmering, then transfer to mixing bowl.
11. Add the chocolate to the bowl and cover so it can melt.
12. Add the chocolate milk mixture, salt and dates to a blender. Blend until smooth and creamy.
13. Frost brownies generously with ganache. Slice into 12 even squares.
**COCONUT FLOUR Bread**

**Cook Time:** 30 mins  **Prep Time:** 20 mins  **Serves:** 16 slices

**Ingredients:**
- 3/4 cup coconut flour
- 1/2 C tapioca flour
- 6 pasture raised eggs
- 1/2 C grass fed butter, melted and cooled slightly
- 1 T pure honey
- 1 T apple cider vinegar
- 1 t baking powder

**Instructions:**
1. Preheat oven to 350°F and spray a bread pan with nonstick cooking spray.
2. In a small bowl, combine dry ingredients. Stir to combine.
3. In a large mixing bowl, add eggs. Use a hand mixer to beat eggs until slightly frothy.
4. Slowly beat in butter, vinegar and honey.
5. Gradually add dry ingredients into wet while stirring.
6. Pour batter into greased bread pan and smooth evenly.
7. Bake 30 minutes. Use a butter knife to loosen edges of bread from pan. Flip over to release bread and cool 20 minutes. Slice and serve.

Recipe by Rebecca MacLary
Savory
HEALTHY PALEO MAYO
with Apple Cider Vinegar

Ingredients:
• 5 egg yolks, room temperature
• 2 T apple cider vinegar
• 4 t Dijon mustard
• ¼ - ½ cup extra virgin olive oil

Instructions:
1. Place the egg yolks, apple cider vinegar and mustard in a food processor or high-speed blender. Blend on high 10 minutes until thick.
2. While the blender is still running, very slowly stream the extra virgin olive oil into the blender. Start with ¼ cup, then stop the blender to check the consistency. If it’s too thick for you, add up to a ¼ cup more to thin it out.
3. Scrape down the sides of the blender and then transfer the Paleo mayo to a glass jar. Store covered in the refrigerator up to one month.

Recipe by Megan Olson
PORK CHOPS WITH APPLE, Braised Bacon, And Cabbage

**Cook Time:** 3 hrs  
**Prep Time:** 15 mins  
**Serves:** 6

**Ingredients:**
- 10 to 12 small pork chops or 3 3/4 lb pork loin cut into 3/4” pork chops
- 8 pieces of bacon, cut into pieces about 1/2” long
- 2 cooking apples (Gala apples work great), cored and diced with the peel left on
- 2 medium-sized onions, sliced thinly
- 1/2 head of green cabbage, all shredded except for the outer leaves (reserve these)
- 1 tablespoon of smoked paprika
- 1 1/2 teaspoon of sea salt
- 2 tsp freshly ground black pepper
- 1 cup of chicken stock or water
- 1 cup of unsweetened apple juice (can also use chicken stock or water)
- 1/2 cup of raw apple cider vinegar
- 1 1/2 tablespoons of Dijon mustard
- 1/2 teaspoon each of dried rosemary and sage, or 2 to 3 sprigs of fresh (of each)

**Instructions:**
1. Set oven to 350°F
2. Slice the bacon so you end up with 1/4” pieces.
3. Cook the bacon in a large Dutch oven until they are crispy. Spoon them out and set aside.
4. Pat the pork chops dry with a paper towel, sprinkle with 1 tsp each of salt and pepper and brown in the remaining bacon fat until browned on both sides. You will probably have to do these in several batches. The trick here is to brown them quickly without cooking them overly much.
5. When the chops are browned on both sides, remove to a plate.
6. Toss the onions into the Dutch oven and cook for about two to three minutes, or until they are soft and caramelized. Add in the remaining salt, pepper, and paprika and cook for another minute.
7. Add the shredded cabbage and cook until it’s soft, around three minutes.
8. Add the apples and bacon and mix well. Cook for four to five minutes. As this cooks, mix the liquids and mustard together with a fork or whisk.
9. Pour the liquid mixture over top of the cabbage mixture and add the herbs.
10. Place the pork chops over top of the cabbage mixture and cover the whole dish with the reserved outer cabbage leaves.
11. Put the Dutch oven into the oven for 2 to 2 1/2 hours or until the meat is cooked through and tender.
12. Let the dish sit for 20 minutes before serving.

**Recipe by PaleoHacks Team**
EASY, MELT IN YOUR MOUTH
Oven-Baked Ribs

**Cook Time:** 4 hrs  |  **Prep Time:** 20 mins  |  **Serves:** 2

### Ingredients:
- ½ rack of bone-in pork ribs, room temperature
- Salt and pepper, to taste
- 1 6oz can tomato paste
- ½ cup water
- 4 T raw apple cider vinegar
- ½ T garlic powder
- 1 T onion powder
- ½ t cinnamon
- ¼ t nutmeg
- ½ T raw honey
- 1 t chili powder
- ½ t paprika

### Instructions:
1. Preheat oven to 250°F. Prepare a baking sheet with aluminum foil. Top with a wire rack. Alternatively, you can use a roasting pan.
2. Heat a small saucepan to medium-high heat, then add all ingredients for the sauce. Stir with a wire whisk until tomato paste is fully incorporated in the mixture. Once bubbly, reduce to a low simmer.
3. While the sauce simmers, prepare the ribs by removing the membrane. Pat dry with paper towels then place on top of wire rack. Salt and pepper both sides.
4. Remove the sauce from the heat and generously add it to both sides of the ribs, leaving the bone side up.
5. Bake for 3-4 hours, covered with aluminum foil, until tender.
6. Remove from oven and slice along the bone.

Recipe by Megan Olson
SPICY RAINBOW PASTA with All-Veggie Noodles

Ingredients:
• 1 medium red beet, washed and peeled
• 1 medium sweet potato, washed and peeled
• 1 medium zucchini
• 1 medium summer squash
• 2 T Paleo sriracha sauce
• 2 T extra virgin olive oil
• 2 t apple cider vinegar
• 2 t coconut aminos
• Pinch of salt and pepper
• Fresh parsley for garnish
• 1/8 cup pistachios, unshelled and chopped

Instructions:
1. Cut the ends of the zucchini, summer squash, sweet potato and beet. Spiralize them using a small, 3mm blade.
2. Heat a large skillet over medium-high heat. Add the extra virgin olive oil, apple cider vinegar, coconut aminos and sriracha sauce to the pan. Heat a few minutes, then add the vegetable noodles.
3. Toss to coat the vegetables with the sauce. Cook 5-7 minutes until the noodles are al dente.
4. Remove from the stovetop and transfer to bowl. Garnish with chopped pistachios and parsley and serve.

Recipe by Megan Olson
DAIRY-FREE Parmesan Cheese

Ingredients:
For the Cheese:
• 1 cup cashews, soaked overnight
• ½ cup coconut butter, softened
• ¼ cup coconut oil, melted
• ½ cup nutritional yeast
• 1 T apple cider vinegar
• 1 t sea salt

For the Herbs Mix:
• ½ t thyme
• ½ t oregano
• ½ t basil

Instructions:
1. In a food processor bowl, place the cashews, coconut butter, coconut oil, nutritional yeast, apple cider vinegar, salt and herbs mix.
2. Blend on high for about 2-3 minutes until smooth, scraping the sides of the bowl occasionally.
3. Pour into an airtight container and refrigerate for at least 1 hour until solid. The chilled cheese should be easy to slice.
4. Keep refrigerated for up to 5 days, or frozen for up to one month.

Tip: If you want to shred your cheese, keep it in the freezer to make it easy to grate over food.

Recipe by Dina Hassan
**Ingredients:**

- 6 cups green cabbage, finely shredded (1 medium head)
- 2 t pink Himalayan sea salt
- 2 t apple cider vinegar, divided
- 1 t caraway seeds
- 1 T beef tallow or ghee
- 2 t coconut sugar

**Instructions:**

1. In a large mixing bowl, combine sea salt and shredded cabbage. Use hands to massage and squeeze cabbage to help soften and release moisture. This will take about 5 minutes. Mix in caraway seeds.

2. Using hands or a large spoon, stuff cabbage into each mason jar, packing as you go. Leave about 3 inches at the top for room to add the weight. Pour in any liquid from bowl along with a teaspoon of ACV into each jar.

3. Weigh down cabbage mixtures with clean stones inside of a small dish. Place cheesecloth on top and tie securely. Over the next few days, press cabbage down as liquid begins to release from cabbage, keeping the cabbage submerged in liquid. Skim off any scum that may form. Ferment for 3-10 days, tasting cabbage after 3 days. Once taste reaches your preference, remove stones and transfer to a smaller container or combine into one. Refrigerate up to 2 months.

4. To serve sauerkraut: Melt tallow over medium/low heat in a large skillet. Drain and discard any excess liquid from sauerkraut and pour sauerkraut into skillet. Stir in coconut sugar. Cook uncovered for 10 minutes or until cabbage has lightly browned, stirring occasionally. Serve hot.

Recipe by Jennafer Ashley

BONUS: 42 AMAZING ACV RECIPES
EASY, DAIRY-FREE
Cream Cheese

Recipe by Dina Hassan

Ingredients:

• 1 cup raw almonds, soaked overnight and drained
• ½ cup water
• ½ t salt
• 1 t apple cider vinegar
• 1 t lemon juice

Instructions:

1. Remove the skin by rubbing the almonds with a dry towel or pinching them between your fingers.

2. In a food processor, place the almonds, water, salt, apple cider vinegar and lemon juice.

3. Blend on high for 1-3 minutes until smooth and creamy. Stir in the flavoring (if using any) and blend again until combined.

4. Store in an airtight container in the fridge for up to 5 days or in the freezer for up to one month.
**PALEO Ketchup**

**Ingredients:**
- 6oz can tomato paste
- ⅓ cup water
- ⅓ cup apple cider vinegar
- ¼ cup raw honey
- ½ small onion, diced
- 1 clove garlic, minced
- ¾ teaspoon fine grain sea salt

**Instructions:**
1. In a small saucepan, combine all ingredients over medium heat, and whisk until smooth.
2. Bring to a boil, then reduce heat to low and let simmer for 20 minutes, stirring every so often, until sauce thickens.
3. Remove from the heat, and carefully pour into a blender or food processor. Blend until smooth.
4. Allow to cool to room temperature.
5. Once cool, transfer to an airtight container and keep in the fridge.

*Recipe by Deanna Dorman*
# PALEO Mustard

**Serves:** 1 cup

**Ingredients:**
- 6 T yellow mustard seeds
- 2 T brown mustard seeds
- ½ cup water
- ¾ cup apple cider vinegar
- ½ cup raw honey

**Instructions:**
1. Combine mustard seeds, water, and vinegar in a jar and stir to combine. Seal jar and allow to sit at room temperature for 2-3 days.
2. Pour mixture into a blender, add remaining ingredients, and blend until smooth.
3. Store in an airtight container in the refrigerator.

*Recipe by Deanna Dorman*
Ingredients:

• 16 oz can tomato sauce
• 2 T tomato paste
• 1 cup water
• ½ cup apple cider vinegar
• 5 T raw honey
• ½ T ground black pepper
• ½ T onion powder
• ½ T ground mustard
• 1 t paprika
• 1 T lemon juice

Instructions:

1. Place all ingredients in a medium saucepan over medium-high heat and stir to combine.
2. Bring to a boil, then reduce heat to low and allow to simmer for 1 hour or until thickened.
3. Store in an airtight container. You may also freeze some sauce for up to 3 months.
SOFT PRETZEL BITES with Honey Mustard Dip

Ingredients:
For the Pretzels:
• 2 cups almond flour
• 1 cup arrowroot powder + extra for dust- ing
• 1/2 cup grass fed butter, melted
• 1/3 cup water
• 2 eggs, divided
• 2 T apple cider vinegar
• 1 t baking soda
• 1/2 t coarse pink Himalayan sea salt + 1 t extra for sprinkling

For the Dipping Sauce:
• 1/2 cup Dijon mustard
• 2 T raw honey
• 1/8 t ground turmeric
• Pinch of black pepper

Instructions:
1. Preheat oven to 400°F and line 2 baking sheets with parchment paper. In a mixing bowl, combine water, 1 egg, butter and apple cider vinegar. In a separate bowl, whisk together almond flour, arrowroot powder, baking soda and 1/2 teaspoon of sea salt. Stir dry ingredients into wet and form into a ball.

2. Dust work surface with arrowroot powder and use hands to roll dough out into 6 thin 1-inch ropes.

3. Use a knife to cut dough into 1-inch to 2-inch pieces. Place on baking sheets and bake for 15 minutes in two separate batches.

4. Turn oven to broil. Whisk reserved egg and brush over each pretzel and sprinkle with coarse salt. Return to oven for 5-7 minutes or until tops are golden brown.

5. Stir together ingredients for sauce. Serve pretzels while they’re hot with the sauce.

Recipe by Jennafer Ashley
**BAKED CRISPY, CRUNCHY Buffalo Chicken Tenders**

**Cook Time:** 30 mins  **Prep Time:** 10 mins  **Serves:** 12 tenders

**Ingredients:**

**For the Chicken:**
- 1 lb organic chicken breast, sliced into strips
- 1 cup almond meal
- 1 egg
- 1/4 t pink Himalayan sea salt

**For Buffalo Sauce:**
- 6 T grass-fed butter or ghee, unsalted
- 1/2 cup Paleo hot sauce
- 1 T apple cider vinegar

**Instructions:**

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
3. While chicken tenders bake, melt grass-fed butter in a small saucepan and stir in hot sauce and ACV. Divide mixture in half.
4. Remove chicken from oven and brush Buffalo sauce over the top. Place chicken back in oven for 15 minutes. Serve hot with reserved Buffalo sauce.
### PALEO CAULIFLOWER Bagel Recipe

**Cook Time:** 20 mins  
**Prep Time:** 20 mins  
**Serves:** 4 bagels

#### Ingredients:
- 1 head small cauliflower (sliced into chunks)
- 1 T coconut oil
- 2 large eggs (beaten)
- 1 t apple cider vinegar
- 2 T almond flour
- 1 t tapioca starch
- 1½ t unsweetened shredded coconut
- 1 t baking powder
- ½ t garlic powder
- Black and white sesame seeds (for topping)

#### Instructions:
1. Preheat oven to 400°F. Line a baking sheet with parchment paper or a silpat.
2. In a blender, blend the cauliflower pieces in small batches until you get a rice-like texture (also known as “cauliflower rice”).
3. In a large skillet over low heat, sauté the cauliflower rice until it's lost almost all of its moisture, but it’s still not browned. (This process will take about 10 minutes.) To prevent the cauliflower rice from burning, continue stirring.
4. Place the cooked cauliflower rice in a medium bowl. Add coconut oil, eggs, apple cider vinegar, almond flour, tapioca starch, unsweetened shredded coconut, baking powder, and garlic powder. Mix well to combine.
5. Form 4 baseball-sized balls of the cauliflower mixture. Compact each ball by squeezing out as much moisture as possible. Place the balls at least 3” apart on the prepared baking sheet.
6. Flatten the balls and poke a hole in the center of each ball with your finger.
7. Sprinkle the tops of each bagel with black and white sesame seeds.
8. Bake for 15 to 20 minutes, until the bagels are golden brown on the edges.
9. Serve the bagels warm. Store in an airtight container in the refrigerator for up to 3 days.

Recipe by Felicia Lim
HOMEMADE
Hawaiian Sweet Rolls

Ingredients:

- 1 cup pineapple juice, warmed
- 1/2 cup full-fat coconut milk, warmed
- 2 T grass-fed butter, melted
- 1/3 cup raw honey, warmed
- 2 eggs + 1 egg yolk (white preserved)
- 1 t vanilla extract
- 1 T apple cider vinegar
- 1 3/4 tapioca flour
- 2/3 cup coconut flour
- 1 t baking soda

Instructions:

1. Preheat the oven to 350°F. Line a baking tray with parchment paper.
2. In a large bowl, combine pineapple juice, coconut milk, butter, honey, eggs, vanilla extract and apple cider vinegar. Whisk until fully mixed.
3. In another bowl, mix together tapioca flour, coconut flour and baking soda.
4. Add the wet ingredients to the dry ingredients and mix well.
5. Use a large spoon to scoop out about two tablespoons of the dough and roll into balls. Place each roll onto the baking tray.
6. In a small bowl, whisk the remaining egg white, and then gently brush onto the tops of the rolls.
7. Bake 20-25 minutes, until golden. Remove from the oven and serve warm.

Recipe by Dina Hassan
ONE-PAN HARVEST
Chicken Dinner
WITH BRUSSELS SPROUTS
AND BUTTERNUT SQUASH

Ingredients:
• 4 chicken breasts
• 3 cups Brussels sprouts, halved
• 3 cups butternut squash, cubed
• 1 cup red onion, coarsely chopped
• 1/3 cup olive oil
• 2 T apple cider vinegar
• 1 T garlic, minced
• 1 T oregano
• 4 sprigs thyme
• 1 t sea salt
• 1/4 t black pepper

Instructions:
1. Preheat oven to 400°F and line a large
baking sheet with parchment paper. In
a large mixing bowl, combine olive oil,
apple cider vinegar, garlic, oregano,
sea salt and black pepper.

2. Add chicken, Brussels sprouts,
butternut squash and onion to bowl.
Toss with hands to coat.

3. Place everything onto the baking
sheet and arrange evenly. Top with
sprigs of thyme. Bake 40-45 minutes,
or until center of chicken breasts are
cooked through.
Ingredients:

- 1 cup cashews, soaked for 2 hours up to overnight
- Juice of ½ lemon
- ½ cup (or more) water
- 1 t apple cider vinegar
- 3 t minced garlic, divided
- 15 lbs. chicken drumsticks
- 1/3 cup tapioca flour
- 8 oz. fresh spinach, washed
- 8 whole marinated artichoke hearts
- 1 cup chicken broth
- 1 t Dijon mustard
- Salt and pepper for seasoning
- Avocado oil (or other high-heat oil) for cooking

Instructions:

1. Make your cashew cream. In a food processor, add cashews (their soaking water drained), lemon juice, water, apple cider vinegar, 1 teaspoon minced garlic, and 1 to 2 tablespoons of avocado oil. Blend until smooth like cream, adjusting water and oil as needed.

2. Dredge your chicken. In a plastic or paper bag, combine tapioca flour with a liberal amount of salt and pepper. Add chicken drumsticks to bag, seal, and shake until drumsticks are evenly coated with flour mixture. Shake off the excess.

3. Coat the bottom of a cast iron skillet or heavy-duty frying pan with cooking oil. Pan-fry your chicken over medium-high heat for 25 to 30 minutes, turning throughout, until chicken is cooked through and juices run clear.

4. While chicken cooks, roughly chop your spinach and artichoke hearts.

5. When chicken is cooked through, remove it to a separate plate and set aside. Add to pan 2 teaspoons garlic, Dijon mustard, chicken broth, and salt and pepper to taste. Stir to combine, then add spinach and artichokes. Stir in ½ cup cashew cream and save the excess for other purposes. Cook over medium heat until spinach is wilted and sauce has reduced, around 10 minutes.

6. Add chicken back into sauce and cook in sauce for an additional 5 minutes. Enjoy!
SWEET THAI CHILI Glazed Salmon

Cook Time: 15 mins  Prep Time: 15 mins

Recipe by Deanna Dorman

Ingredients:

• For the Sweet Chili Sauce:
  • 1/2 cup apple cider vinegar
  • 1/4 cup raw honey
  • 4 cloves garlic, minced
  • 4-6 Thai chili peppers or 1 Serrano pepper, minced
  • 2 t fresh grated ginger root
  • 2 t arrowroot powder
• For the Salmon:
  • 2 - 6 ounce salmon fillets
  • 1 T coconut oil
  • 1 lime, cut into wedges for garnish
  • 1 green onion, chopped for garnish

Instructions:

1. In a small saucepan, combine all the Sweet Chili Sauce ingredients together — the apple cider vinegar, honey, garlic, Thai peppers, ginger, and arrowroot powder — making sure to dissolve the arrowroot powder completely.

2. Bring the sauce to a boil over medium-high heat and allow the sauce to boil for about 1 minute to thicken. Remove from heat and allow to cool slightly before marinating the salmon.

3. Once the sauce has cooled slightly, pour the sauce over the salmon fillets and allow the salmon to marinate for at least 15 minutes.

4. Preheat oven to 400 ℉ and grease a glass baking dish or cast iron skillet with coconut oil.

5. Place the salmon in the baking dish and drizzle with the remaining marinade.

6. Bake for 12-15 minutes or until the salmon flakes easily with a fork.

7. Garnish with lime wedges and green onions and serve.
CRISPY
Chicken and Waffles

Ingredients:
• For the chicken:
  • 2 large chicken drumsticks (approx. 1 lb.)
  • 1 egg
  • ¼ cup tapioca flour
  • ½ t garlic powder
  • ½ t paprika
  • ½ t salt
  • ½ t pepper
  • ¼ cup coconut oil
  • For the waffle:
  • ¼ cup almond milk (or milk of choice)
  • ½ t apple cider vinegar
  • 1 egg
  • ½ T coconut oil
  • 1 t coconut sugar
  • ¼ cup tapioca flour
  • ¼ cup coconut flour
  • ½ t baking powder
  • ¼ t salt

Instructions:
1. In a skillet, heat ¼ cup coconut oil till bubbling. Set up your dredging station: in a bowl, beat one egg, then, in a large plastic bag, combine ¼ cup tapioca flour, ½ teaspoon each of garlic powder, paprika, salt, and pepper. Dip drumsticks into egg, then add to bag and seal. Shake vigorously until chicken is coated evenly. Shake off the excess.
2. Carefully add dredged chicken to oil. Cook drumsticks 10-15 minutes per side, until chicken is cooked all the way through and crust is golden brown and crunchy.
3. While chicken fries, combine almond milk and apple cider vinegar in a bowl. Set aside for 3 minutes.
4. Whisk into faux buttermilk, 1 egg, ½ teaspoon coconut oil and coconut sugar. In a separate bowl, combine flours, baking powder and salt. Whisk dry ingredients into wet. Tip: if mixture becomes too thick and dry, thin it out with milk as needed.
5. Cook waffle in a waffle iron according to your waffle iron’s instructions. Ours took under 5 minutes.
6. When cooked through, remove chicken onto paper towels, padding excess oil. Serve chicken and waffles drizzled with syrup and, if you desire, butter.

Recipe by Courtney Hamilton
CREAMY
Paleo Coleslaw

Ingredients:
• 1 carrot, grated
• 2 cups (1/4 of a whole cabbage) green cabbage, grated
• 1 apple, grated
• 1 T sunflower seeds
• 1/2 cup cashews
• 1 T honey
• 1 T apple cider vinegar
• Ground black pepper
• Juice of 1/2 to 1 lemon
• Optional: a dash of water

Instructions:

1. Add the grated carrot, cabbage, apple and sunflowers seeds to a large bowl and mix together.

2. In a blender, add the cashews, honey or maple syrup, apple cider vinegar, pepper and lemon juice, and blend until most of the cashews have broken down. Add a little water if you want a smoother consistency to help the cashews break down easily.

3. Pour the dressing over the coleslaw ingredients and combine everything together.

4. Serve with preferred lunch. This side dish will compliment grilled sweet potatoes and a big fresh salad.

Recipe by Rebecca Hughes
**EASY, SIMPLE HOMEMADE Sriracha**

**Cook Time:** 10 mins  
**Prep Time:** 15 mins  
**Serves:** 20 servings, 1 T. each

### Ingredients:
- 1 8 oz can of organic tomato paste
- 1 lb mix of Serrano, Thai and jalapeño red peppers
- 2 T minced garlic
- 1 small shallot, finely diced
- 1 T extra virgin olive oil
- 1 T coconut aminos
- ¼ cup apple cider vinegar
- ½ t unflavored gelatin
- 1 T liquid stevia or coconut sugar

### Instructions:

1. Wash and remove the stems of the peppers. Chop into ¼-inch pieces and place in a food processor or high speed blender.

2. Pulse several times to chop the peppers into fine pieces. This will help them break down and cook faster.

3. Heat a medium saucepan to medium-low heat, add extra virgin olive oil, shallots and garlic. Cook 2-3 minutes until broken down.

4. Then add the coconut aminos, vinegar, gelatin, tomato paste and peppers. Bring the sauce to a medium-high heat. Once bubbling, reduce to a low simmer, stirring periodically for 8-10 minutes.

5. Remove the sauce from the heat to cool. Once cooled, transfer to a food processor or blender. Blend on high one minute until smooth.

6. Transfer to a glass jar and refrigerate.

*Recipe by Megan Olson*
DAIRY-FREE
Sour Cream

Prep Time: 5 mins  Serves: 2 cups

Ingredients:
- 2 cups cashews (soaked 8 hrs and drained)
- 1.5 cups filtered water
- 2 T chives (finely chopped)
- 2 T apple cider vinegar
- 1 T onion powder
- 2 t sea salt

Instructions:
1. In a blender, add cashews, filtered water, and vinegar.
2. Blend on high, stopping to scrape down sides. Continue blending until creamy.
3. Add salt, granulated onion, and chives. Pulse until combined.
4. Pour into a jar or bowl; store covered in refrigerator.

Tip: You can also use cashews as a Paleo cheese to put on pizza, zucchini noodles, other savory dishes, and desserts (like this dairy-free strawberry cheesecake).

Recipe by Jennafer Ashley
GRILLED HAWAIIAN Pineapple Chicken

Cook Time: 20 mins  Prep Time: 10 mins  Serves: 4

Ingredients:

For the Chicken:

• 4 chicken breasts
• 4 pineapple rings
• 1 handful cilantro, chopped

For the Marinade/Glaze:

• 1/3 cup extra virgin olive oil or avocado oil
• 1/4 cup coconut aminos
• 2 T apple cider vinegar
• 2 t coconut sugar
• 1 t minced garlic
• 1/4 t ground cayenne pepper

Instructions:

1. Whisk together ingredients for marinade and divide in half. Pour half of marinade into a shallow dish. Add chicken breasts and swish around to coat. Marinate at least 2 hours but no longer than 4 hours.

2. Preheat grill to 400°F. Remove chicken breast from marinade and place on grill. Grill 10 minutes.

3. Brush pineapple rings with reserved marinade and place on grill. Cook 3 minutes each side.

4. Flip chicken and use remaining marinade to baste. Cook chicken 10 minutes longer. Remove from grill.

5. Serve chicken with pineapple rings and garnish with chopped cilantro.

Recipe by Jennafer Ashley
HEALTHY GRILLED
Cheese Sandwich Recipe

Ingredients:
For the Bread:
- ¼ cup almond butter
- 5 eggs
- 1 t honey
- 1 t apple cider vinegar
- 1 cup almond flour
- ¾ cup tapioca flour
- ¼ cup ground flax seeds, plus 2 t for sprinkling
- ½ t salt
- 1 t baking soda

For the Cashew Cheese:
- 1 ½ cup raw cashews, soaked for 5 hours
- 1 medium carrot, boiled and drained
- ¼ cup water
- 2 T lemon juice
- 2 garlic cloves
- ¼ cup nutritional yeast
- 1 T tahini

For the Grill:
- 1 T grass-fed butter

Instructions:
1. For the Bread: Preheat the oven to 350°F. Line an 8x4-inch loaf pan with parchment paper.
2. In a large bowl, whisk the almond butter, eggs, honey and apple cider vinegar; mix until combined.
3. In a separate large bowl, mix the almond flour, tapioca flour, ground flax seeds, salt and baking soda. Gradually add the wet ingredients into the dry ingredients, then pour the mixture into the prepared loaf pan and sprinkle the top with ground flax seeds. Bake for 30 minutes, until golden brown.
4. When ready, take bread out of the oven and let it cool in the pan for 10 minutes. Remove from the pan and set on a cooling rack.
5. For the Cashew Cheese: Meanwhile, prepare the cheese. In a blender, add the drained cashews, water and lemon juice; blend on high until smooth.
6. Add cooked carrot, garlic, nutritional yeast and tahini; blend on high, scraping the sides frequently until it is thick and creamy.
7. For the Grill: Slice bread and spread a ½-inch layer of cheese on top and cover with another slice; set aside. Melt grass-fed butter in a skillet over medium-low heat. When butter begins to sizzle, add the sandwich to the skillet, rubbing it in the butter. Grill until golden brown and use a spatula to flip over. Continue grilling until both sides are crispy. Remove from the heat and serve immediately.

Tip: If you want a lighter consistency to the cashew cheese, add a few teaspoons of water when blending it.

Recipe by Dina Hassan
CROCK POT SHREDDED Chicken Sloppy Joes WITH SWEET POTATO BUN

Ingredients:
- 1 lb. boneless skinless chicken breast
- 1 lb. boneless skinless chicken thighs
- 14 oz. can tomato sauce
- ½ cup canned tomato paste
- 3 T yellow mustard
- 2 T apple cider vinegar
- 3 dates, finely chopped
- ¾ cup shredded carrots
- ½ t garlic powder
- ½ t onion powder
- ½ t chili powder
- ¼ t sea salt
- ¼ t black pepper
- 2 sweet potatoes, sliced into ¼-inch rounds
- Olive oil

Instructions:
1. Place all of the ingredients in the crock pot. Mix to combine.
2. Cover and cook on low for 4-6 hours.
3. Remove chicken from crock pot and shred with two forks.
4. Return back to crock pot, stir to mix all ingredients, and set temperature to warm (or low) until ready to eat.
5. While the chicken is cooking, preheat oven (or grill) to 375°F. Brush sweet potato rounds with olive oil and a dash with sea salt. Bake for 15 minute or just until soft. Remove from oven and cool slightly.
6. Place chicken between two sweet potato rounds. Add desired toppings such as pickles, onion, greens, broccoli slaw, mayonnaise, etc.

Recipe by The Real Food Dietitians
CROCK POT

Shredded Chicken
WITH PEACH BBQ SAUCE

Ingredients:
- 4 dates, pitted
- ½ cup boiling water
- 2 T ghee
- ½ cup minced onion
- 3 cloves garlic, minced
- 1 6 oz can tomato paste
- 1 12 oz can diced tomatoes
- 2 peaches, peeled and roughly chopped (may substitute 4 canned peach halves)
- ¼ C apple cider vinegar
- ¼ C dijon mustard
- 1 t smoked paprika
- 1 T chili powder
- ¼ t ground cumin
- 1 pinch ground cloves
- ½ t natural liquid smoke
- Salt and pepper to taste
- 2 lb boneless, skinless chicken breasts
- 1 C Peach BBQ Sauce

Instructions:
1. Place pitted dates in a blender or food processor. Cover with boiling water and set aside for 5 minutes to allow dates to soften.
2. In a small saucepan over medium heat, melt ghee and saute onions 7-8 minutes or until translucent and soft. Add garlic and cook an additional 30 seconds until fragrant.
3. Transfer onion and garlic mixture to blender with the dates.
4. Add remaining ingredients and blend until smooth. Taste and season with salt and pepper as desired.
5. Place chicken breasts in the bottom of crock pot
6. Pour 1 cup BBQ sauce over chicken. Stir to coat each breast then cover with lid and cook on LOW heat for 4 hours or until cooked through.
PROTEIN-PACKED
Turkey Cobb Salad

Cook Time: 60 mins  Prep Time: 15 mins

Ingredients:
• 1 1/2 - 3 pound organic turkey breast
• 2 T grass-fed butter or ghee
• salt & pepper to taste
• For the Salad:
  • 2 heads of romaine lettuce, shredded
  • 6 hard boiled eggs, chilled & sliced
  • 3-4 slices bacon, crumpled
  • 1/2 cup grape tomatoes, halved
  • 1 avocado, diced
  • 1/4 cup walnuts
• For the Dressing:
  • 1/2 cup extra virgin olive oil or avocado oil
  • 1/4 cup apple cider vinegar
  • 1 t Dijon mustard
  • 1 t raw honey
  • salt & pepper to taste

Instructions:
1. Preheat oven to 450℉, and generously grease a baking dish with butter or ghee.
2. Place the turkey breast bone side-down in the dish and brush with melted butter or ghee. Season with salt and pepper to taste and bake for 45-60 minutes depending on the size. Make sure the internal temperature reaches 160℉. Remove the breast from the oven and let it rest 10-15 minutes before slicing.
3. While the turkey is roasting and resting, prepare the rest of your ingredients. Chop your veggies, cook the bacon, and peel & slice your eggs.
4. Create a simple vinaigrette by combining olive oil, apple cider vinegar, mustard, honey, and salt and pepper to taste in a small bowl and whisk to emulsify.
5. Once the turkey has rested, carefully slice and cut into bite-sized pieces.
6. Prepare your salad by combining a bit of each ingredient in a medium bowl, drizzle with the vinaigrette, and enjoy!

Recipe by Deanna Dorman
Ingredients:

- 2 salmon fillets
- 3-4 sweet potatoes
- 3-4 carrots
- 2 T maple syrup
- 1 T dijon mustard
- 1 t apple cider vinegar
- pepper and salt to taste

Instructions:

1. Preheat the oven to 400°F.
2. Chop up 3-4 sweet potatoes into large chunks. Place on a baking sheet covered with aluminum foil and drizzle with 1 T of maple syrup.
3. Bake for 15 minutes.
4. While sweet potatoes bake, carefully slice 3-4 carrot in half lengthwise.
5. When sweet potatoes are ready, add carrots to pan and drizzle with 1 T of maple syrup. Place pan back into oven for another 15 minutes.
6. While sweet potatoes and carrots bake, make marinade. Add 4 T (1/4 cup) maple syrup, dijon mustard, and apple cider vinegar to a small bowl. Mix.
7. When vegetables are ready, add salmon to pan and drizzle with marinade. Bake for another 15 minutes.
8. Enjoy!

Recipe by Corey Pemberton
LEFTOVER Turkey Soup

Cook Time: 10 mins  Prep Time: 20 mins

Ingredients:
• 1 leftover turkey carcass
• 4 carrots, peeled and chopped, divided
• 5 celery ribs, chopped, divided
• 2 garlic cloves, chopped
• 1 onion, peeled and cubed
• 2 T apple cider vinegar
• Salt and pepper to taste
• Water to cover
• 1 medium sweet potato, peeled and chopped
• 12 oz fresh mushrooms, sliced
• ¾ to ⅛ t poultry seasoning
• 3 cups shredded cooked turkey
• 1 cup chopped broccoli

Instructions:
1. In a slow cooker, layer the turkey carcass, 2 carrots, 2 celery ribs, onion, garlic, and apple cider vinegar. Cover with water and season with salt and pepper.
2. Cover and turn the slow cooker on high. Cook on low for 6-8 hours, or overnight.
3. Strain the turkey carcass and vegetables out of the broth.
4. Either put the broth in a soup pot or back in the slow cooker.
5. Add 2 of the carrots, 3 celery ribs, the sweet potato, mushrooms, salt and pepper to taste, poultry seasoning, broccoli, and turkey.
6. If using a soup pot, bring to a boil, reduce heat and simmer for about 30 minutes, or until everything is tender. If using a slow cooker, cover and cook on high for about 4 hours.
7. Enjoy!

PS: Don’t have any leftover turkey on hand? A chicken carcass and meat (or even duck) make a great substitute.

Recipe by Heather Resler
FRESHLY BAKED
Paleo Dinner Rolls

Ingredients:
• 4 eggs
• 1/3 cup coconut oil, melted
• 1 T maple syrup or honey
• 1 T apple cider vinegar
• 3/4 cup tapioca starch
• 1/3 cup plus 2 T coconut flour
• 1 t baking soda
• 1/4 t salt

Instructions:
1. Preheat oven to 375°F.
2. Grease a standard-sized muffin pan with a bit of coconut oil.
3. In a mixing bowl, whisk the eggs, coconut oil, maple syrup, and apple cider vinegar.
4. Stir in the tapioca starch, coconut flour, baking soda, and salt. Mix well and let sit a minute to firm up.
5. Scoop evenly into 6 muffin cups.
6. Bake for 15-20 minutes, or until a toothpick inserted in the center of a roll comes out clean.

Recipe by Heather Resler
THE PERFECT PALEO

Sandwich Breads

Cook Time: 35 mins  Prep Time: 10 mins  Serves: 1 loaf

Ingredients:
- 3/4 cup almond butter
- 5 eggs
- 1/4 cup melted coconut oil
- 1 T raw honey
- 1 t apple cider vinegar
- 1/4 cup ground flax seeds
- 3 T coconut flour
- 1 t baking soda
- 1/2 t sea salt

Instructions:
1. Preheat oven to 350 °F and line a loaf pan with parchment paper.
2. In a standing mixer or large bowl, blend together the almond butter, eggs, coconut oil, honey, and apple cider vinegar until smooth.
3. In a medium bowl, sift together the flax seed, coconut flour, baking soda, and salt.
4. Mix the dry ingredients into the wet ingredients until smooth.
5. Pour the dough into the lined loaf pan and bake for 30-35 minutes or until browned. Check to make sure it’s set with a toothpick.
6. Remove the loaf from the oven and let it cool for 20 minutes in the pan, then transfer to a wire rack.

Recipe by Deanna Dorman
GUT-HEALING Bone Broth Recipe

**Ingredients:**
- 4 lbs beef bones
- 12 cups water
- 2 T apple cider vinegar
- 1 medium onion, roughly diced
- 1 1/2 cups chopped carrots
- 1 1/2 cups chopped leeks
- 3 bay leaves
- 3-5 sprigs fresh rosemary
- 6 cloves garlic
- 1 t black peppercorns

**Instructions:**
1. Preheat oven to 450 °F and line a baking sheet with aluminum foil. Place the bones on the baking sheet and roast for 40 minutes, flipping halfway through.
2. Once the bones are cooked place bones in a large stockpot and cover with water. Add the vinegar and allow to sit at room temperature for about 30 minutes.
3. Roughly chop the vegetables and add to the stockpot. Bring to a rolling boil and then lower to a simmer.
4. For the first 2-3 hours, skim any foamy layer that develops on the top and discard.
5. For beef bone broth, simmer for 48 hours, for chicken bone broth, simmer for 24 hours, for fish broth, simmer for 8 hours.
6. Allow to cool slightly and strain. Transfer the broth to an airtight container and refrigerate for 4-6 hours or overnight. This will allow the fat to rise to the top and solidify.
7. Scrape the fat off the top with a spoon. This will leave you with a gelatinous bone broth when cold.
8. Store in an airtight mason jar or freeze until ready to use. When ready to use, slowly warm the broth over a low heat to bring it back to a liquid consistency.

Recipe by Deanna Dorman
PALEO
Korean BBQ Pork

Cook Time: 15 mins  Prep Time: 10 mins

Ingredients:
• 2 lbs pork tenderloin
• 1/2 yellow onion, sliced into 1/4 inch rings
• 4 green onions, cut into 2 inch pieces
• 3 T minced fresh ginger root
• 4 cloves garlic, minced
• 1/2 cup gluten-free sriracha
• 1/4 cup apple cider vinegar
• 3 T coconut palm sugar
• 2 T coconut aminos
• 2 T crushed red pepper flakes
• 1/2 t black pepper
• 2 T coconut oil (for pan-searing only)

Instructions:
1. Slice the pork tenderloin into 1/4 inch slices, and set aside.
2. Slice the yellow and green onions and mince the garlic and ginger.
3. In a large ziplock bag, combine all the ingredients, except the coconut oil, and shake gently to combine. Place the bag in the refrigerator and allow the pork to marinate for at least 3 hours, preferably overnight.
4. To grill: Preheat your grill to high heat. Place the tenderloin slices on the grill in batches and cook for about 2 minutes on each side, or until no longer pink. Be careful not to let them burn, they cook fast. Once fully cooked, transfer the pork to a serving plate and set aside to cook the remaining pork.
5. To pan-sear: Preheat a large skillet and coconut oil over a medium-high heat. Add the pork slices in batches, cooking about 2 minutes per side.

Recipe by Deanna Dorman