



RECIPES

**Gluten-Free, Soy-Free, Corn-Free,
and/or Dairy Free**



INGREDIENTS

- 4 large *Iced Tea* bags
(Favorite: Luzianne)
- 3 qt water (12 cups)
- $\frac{3}{4}$ C sugar (optional)
- 8 C ice
- 2 lemons (zested)
- 1 orange (zested)
- Cheese cloth cut to a 10" square

DIRECTIONS

1. Add 12 cups of water and sugar to a large pot and the zest of both lemons and the orange.
2. Bring to a boil (stirring to make sure sugar has dissolved into water) and then turn off heat.
3. Allow for boiling to stop, then add in tea bags. Let steep for 10-15 minutes.
4. Remove tea bags & allow to cool a bit longer.
5. While tea is cooling, add 8 cups of ice to a large liquid container.
6. Strain tea through cheese cloth-lined strainer into your container over the ice and refrigerate.

➡ For added flavor, serve with a slice of lemon or orange. Maybe even a sprig of mint. You can also try a dash of cinnamon.

➡ We make homemade tea so we can control the amount of sugar in the tea. We also do this to avoid citric acid and "natural flavors"





INGREDIENTS

- ½ C sugar
- 1 large egg
- ⅓ C avocado oil
- 1 C GF flour mix (see bonus recipe included below!!)
- 1.5 C ground Siete chips/taco shells ("cornmeal" replacement)
- 2 tsp baking powder
- 1 tsp salt
- ¾ C alternative milk (cashew)

DIRECTIONS

1. Preheat oven to 400°F
2. In a stand mixer with whisk attachment, cream together egg and sugar. Once creamed (thicker, creamy & lighter in color), blend in oil.
3. In a separate bowl, combine flour, "cornmeal" replacement, baking powder, and salt.
4. With mixer on med-low, add your separated dry ingredients until combined, then slowly add in milk. *Be sure to push down sides of mixture until well combined.
5. Scoop batter into lined muffin baking tin with med size cookie scoop. (We use silicone muffin wrappers)
6. Bake for 20-25 minutes or until a toothpick inserted into the center comes out clean.
7. Remove tins from oven, let cool. Serve.

➡ Yields 12 muffins.

➡ If you are using dairy milk, or an alternative milk other than cashew, the amount you add may vary. Add it ¼ C at a time until desired consistency is achieved. (chunky batter, not too runny)

➡ These come in super handy around the holidays but are also a great addition to dinner all year round. Enjoy them warmed with butter or with some local honey.





INGREDIENTS

- 1 Tbsp olive oil (or any grease/oil depending on your restrictions)
- 1 organic potato cut into bite-sized pieces
- ½ organic onion cut into bite-sized pieces
- ½ organic bell pepper cut into bite-sized pieces
- ⅓ cup favorite breakfast meat cut into bite-sized pieces (we use uncured pancetta or uncured ham)
- ¼ C- ⅓ C shredded cheese (dairy or non-dairy -- depending on your restrictions)
- 4-6 large eggs (if using 8" skillet) or 6-8 large eggs (if using 10" skillet)
- 1 tsp unsweetened dairy or non-dairy milk for every 2 eggs (our favorite is cashew)
- Salt & Pepper to taste

DIRECTIONS

1. Preheat your oven to 400°F (convection if available)
2. Heat your cast iron skillet over a med-high flame.
3. Add oil
4. Once oil is hot, add potatoes and brown them on 1 side.
5. Turn potatoes and put them in the oven for 6-8 minutes.
6. Remove from oven, place back on med flame. Add onions & meat.
7. When onions are translucent, add peppers & turn flame down to medium-low.
8. Let everything cook for a few minutes while you whisk eggs, milk, salt & pepper in a bowl.
9. When peppers start to soften, add shredded cheese, then immediately add the egg/milk mixture.
10. When you see the eggs start to cook on the sides of skillet, put skillet in the oven.
11. Cook for 10-12 minutes (until eggs are just cooked on top), then broil for 1-2 minutes for finishing color.
12. Take out of oven to cool. When eggs pull away from sides of skillet, you can cut & serve.

- ➡ You will need a cast iron skillet for this recipe. Depending on how many people you are serving, you can use an 8" or 10" skillet. We have provided a range of measurements based on these skillet sizes.
- ➡ This is one of our favorite recipes. It is easy to make and impressive when finished. You can play with this recipe by adding additional ingredients, changing the protein, or even just simplifying it to ham and cheese with a hash brown bottom crust.





INGREDIENTS

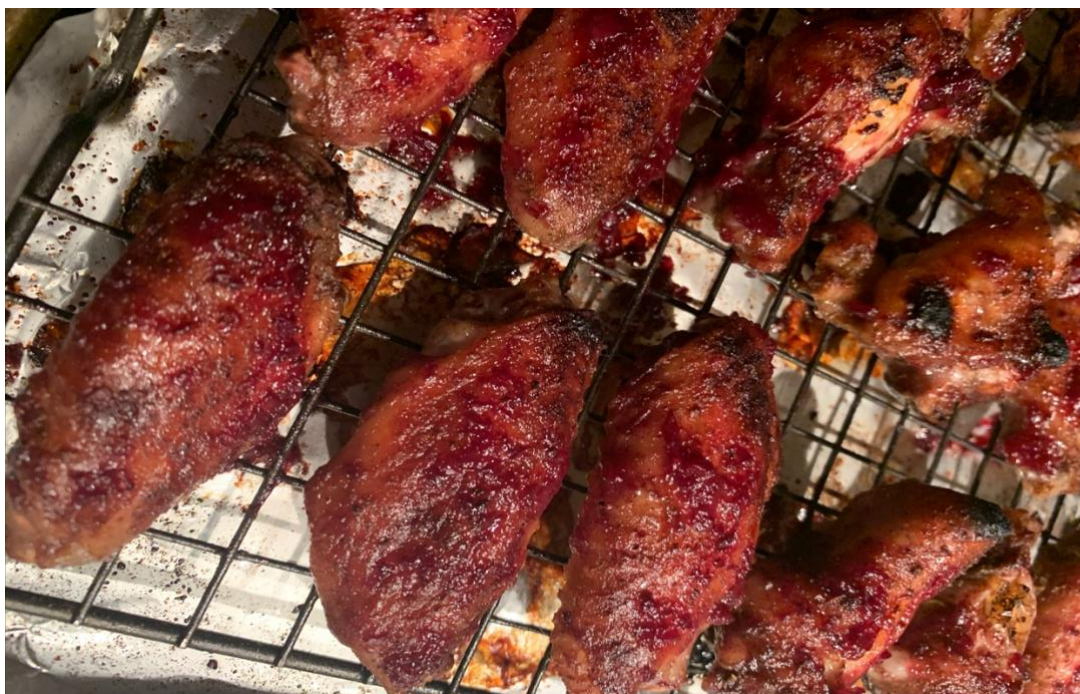
- 1 onion, roughly chopped
- 8 cloves garlic, roughly chopped
- 2 Tbsp Olive or Coconut Oil
- ¼ C. Maple Syrup, Agave, or Coconut Nectar (or other sweetener of your choice)
- ¼ C. Favorite Vinegar
- 2 tsp smoked salt
- 3 cups organic frozen cherries

DIRECTIONS

1. Heat oil in a med sauce pot over med heat.
2. When oil is hot, add onion.
3. Once onions are translucent (or about 7-10 minutes), add garlic.
4. When garlic is fragrant, add sweetener, vinegar, smoked salt and cherries.
5. Stir to combine & bring to a boil. Lower heat and simmer for 20 minutes.
6. Remove from heat and leave to cool for a few minutes.
7. Carefully, as it is still hot, pour mixture into blender & pulse to desired consistency/texture.
8. Set aside to cool. Once cool, pour into a glass mason jar, then store in refrigerator.

➡ It will last quite a while once refrigerated. We are not sure just how long it will last as we often use it all within two weeks of making it.

➡ This sauce can be used anywhere you would use something like BBQ sauce. It is wonderful on ribs and in BBQ beef recipes. We highly recommend using this sauce along with our LOCA Foods Chicken Wings recipe as seen in our first book, *Food As A Prescription* (available on Amazon.com).





INGREDIENTS

- 2 C GF flour
- 1 Tbsp ground cinnamon
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 1 C Organic unflavored Coconut Cooking Oil
- 1 C sugar
- 1 C Maple sugar
- 4 large eggs
- 1 Tbsp pure vanilla extract
- 4 C grated (med grate) carrots (4-6 medium to large peeled carrots)
- 1 C chopped walnuts

DIRECTIONS

1. Preheat oven to 400°F.
2. Grease two 8" round cake pans & line the bottom with parchment paper & grease over paper. Set aside.
3. In a medium-sized mixing bowl, sift together the flour, cinnamon, baking powder, baking soda, and salt. Use a whisk to mix well then set aside.
4. Using a stand mixer on high, beat oil & both sugars (about 2 minutes should do it). Make sure to push down the sides while mixing.
5. Add eggs to the mixer one at a time beating well the whole time.
6. Add the vanilla. Mix until combined.
7. Remove bowl from mixer & use a large spatula or wooden spoon to incorporate dry ingredients into the wet until just combined. Cover & set aside.
8. While the batter is resting, grate carrots & chop walnuts. Fold carrots & walnuts into the batter mixture.
9. Pour cake batter into the prepared cake pans. Make sure to divide evenly.
10. Put cakes into the oven & lower temperature to 350°F. Bake 25-35 minutes or until a toothpick inserted into the center comes out clean.
11. When cake is done, turn off oven & leave in for up to 5 minutes with the oven door open.
12. Remove from oven & allow cakes to completely cool on a wire cooling rack before removing from pans.
13. Frost when ready. (You can serve immediately or place toothpicks in the top of the cake, cover with plastic wrap & place in refrigerator.)





INGREDIENTS

- 1 C unsalted butter OR $\frac{3}{4}$ cup Earth Balance Soy-Free butter, softened to room temp
- 3 C powdered sugar
- 1-2 Tbsp unsweetened Walnut Milk (or other alternative of your choice)
- 1 tsp pure vanilla extract

DIRECTIONS

1. Add vanilla & butter to a mixing bowl & beat with an electric mixer
2. Gradually add powdered sugar $\frac{1}{2}$ C at a time until it is all incorporated. Sift to help prevent the sugar from “clumping”.
3. Slowly add milk 1 Tbsp at a time until desired consistency is reached.
4. Continue beating until light & fluffy.
5. Refrigerate for at least 60 minutes

➡ You may need to add more powdered sugar or milk to get the desired consistency/texture

➡ Once cake has cooled & frosting has chilled, you can frost your cake and enjoy!!



GF FLOUR MIX



INGREDIENTS

- 2 C Almond Flour (sifted)
- ½ C Coconut Flour (sifted)
- 1 C Arrowroot Flour
- ½ C Tapioca Flour/Starch

DIRECTIONS

1. Sift Almond Flour & Coconut flour into a large mixing bowl.
2. Add Arrowroot & Tapioca Flours.
3. Whisk together.
4. Make as much as you need & store in a cool/dry container/place.



Make sure you have a good sifter specifically made for flour.



When storing flour, use an air-tight container that is BPA-free (Bisphenol A).