

Pinot and Paleo Recipes

Beacon Hill Chiropractic and Massage



Lynne's Paleo Pancakes

Ingredients

8 Ripe Bananas

8 Eggs

Blueberries to taste (Fresh whenever possible)

Note: ratio is 1:1 bananas to Eggs- Recipe can be adjusted as needed

Mash bananas with fork getting most large chunks out, small to med size banana chunks ok to remain. Once mashed, add eggs and mix. Once banana and eggs are mixed, add blueberries (smaller blueberries will make it easier to keep pancakes together).

On a warm skillet (something big enough to flip pancakes on), coat with coconut oil/spray.

Pour batter on skillet, as you would regular pancake mix (pour initial amount on skillet, after it has started to cook, add a small amount of batter to centre to add to thickness). Let cook on first side as needed until batter starts to bubble or bottom is to desired darkness. Carefully flip and allow other side to cook.

Repeat with next batch until all batter is used. Oil skillet between each batch.

Use maple syrup if needed (when pancakes are cooked using fresh blueberries, the blueberries will split as cooked, leaking juices which caramelize to make their own syrup!)

Practice makes perfect!

The more you practice the better you will get at this quick healthy meal!

Michelle's Guacamole

3 medium avocados

1 tomato

½ white onion

½ cup chopped cilantro (optional)

2 TBSP fresh lime juice

Salt and pepper to taste

1. Open the avocados and scoop out flesh.
2. Mash with fork (it is ok if lumps remain).
3. Stir in other ingredients
4. Enjoy right away or store in refrigerator covered with thin layer of lime juice and plastic wrap.

No-Bake Coconut Crack Bars

1 cup shredded coconut, unsweetened
¼ cup honey
2 TBSP virgin coconut oil
½ tsp vanilla extract
1/8 tsp salt

Combine all ingredients in a food processor. Pat into a small container or baking pan. Refrigerate for an hour before cutting into squares.

Paleo Crock Pot Chili

2 lbs of ground beef
1 onion, diced
3 cloves garlic (or more if preferred)
1 red and 1 green pepper, diced
1 cup carrots, diced
1 cup celery, diced
2 cans mushrooms (or equivocal amount of fresh mushrooms)
2 -28 oz cans of diced tomatoes
1 small can tomato paste
4-6 TBSP chili powder
½ tsp chipotle chili spice (Epicure Selections)
Bacon bits and avocado to garnish

Saute onions and garlic together. Add ground beef and brown. Drain excess fat. Transfer to a crock pot and add all other ingredients (except bacon bits and avocado). Cook on low for 6-8 hours. Garnish with bacon bits and avocado.

Carrot Ribbon Salad with Lime Dressing

Salad

1 pound carrots
1 avocado, sliced
¼ pistachios
¼ cranberries, dried

Dressing

2 TBSP lime juice
1 ½ tsp honey
¼ tsp salt
3 TBSP olive oil

Freshly ground pepper

Peel the carrots and then shave the carrots in layers to look like ribbons. In a bowl, mix carrots, pistachios, cranberries and avocado slices. Mix all dressing ingredients and shake in a container until emulsified. Pour over carrot mixture and serve.

Kale Salad with Hazelnuts and Apple

Salad

2 bunches of kale cored and roughly chopped

1 gala apple

¼ cup hazelnuts, toasted and chopped

2 green onions (optional)

Dressing

Zest of one lemon

1 TBSP lemon juice

1 TBSP apple cider vinegar

1 tsp grainy mustard

2 tsp honey

¼ tsp salt

¼ tsp freshly ground pepper

¼ cup olive oil

To make dressing, combine all ingredients but olive oil and shake in a container to dissolve sugar. Once sugar is dissolved, add olive oil and shake again to emulsify. Pour over kale and garnish with apple, green onions and hazelnuts.

Kristi Lynne's Apple, Bacon, Chicken and Pecan Salad

serves 2

Gluten free and paleo

Salad ingredients:

1 small chicken breast

4 slices of hickory smoked bacon, cooked and crumbled

1 apple

4 TBSP pecans chopped

6 cups of lettuce

Dressing ingredients:

1 clove of garlic

2 TBSP balsamic vinegar

2 tsp dijon mustard

3 TBSP olive oil

SECRET MARATHON Paleo Coconut Macaroons — Gluten-free and Paleo

Yields 3 dozen macaroons.

16oz (by weight) unsweetened shredded coconut

6 egg whites

1/4 teaspoon cream of tartar

1 cup honey

1 teaspoon vanilla extract

Preheat the oven to 400 degrees Fahrenheit. Line two baking sheets with parchment, and spread the coconut evenly on them. Toast in the oven for 5 minutes, remove pans, stir, and then return them to the oven for 5-7 more minutes, or until the coconut is golden brown.

Meanwhile, beat the cream of tartar and egg whites with a mixer fitted with a whisk attachment until hard peaks form but the mixture is still glossy. By hand, stir in the coconut, vanilla, and honey until well incorporated. Using an ice cream scoop or similar, mold the mixture into little domes about 2 tablespoons each and place on parchment lined baking sheet. Bake at 350F for 10-12 minutes.

Kylie's Spicy Mixed Nuts

3 cups mixed nuts (equal parts almonds, walnuts and cashews works well)

1 TBSP garlic infused olive oil

1-2 tsp smoked sea salt to taste

1 tsp smoke sweet paprika

¼ - ½ tsp smoked hot paprika, to taste

Instructions

1. Preheat oven to 325 degrees.
2. Combine nuts in a large bowl and toss with olive oil until well coated
3. Combine salt and spices in a small bowl. Sprinkle over nuts and stir until well combined.
4. Spread nuts in single layer on baking sheet. Bake 15-20 minutes or until lightly browned and crispy.

Arugula- Avocado Salad

4 cups fresh arugula

1 TBSP extra virgin olive oil
1 TBSP flaxseed oil
½ tsp dried dill
½ tsp freshly squeezed lemon juice
1 large avocado cut in 8 slices
1 pint fresh raspberries
2 tablespoons chopped raw walnuts

Combine arugula, oils, dill and lemon juice in a medium bowl and toss to mix thoroughly. Place equal portions on four plates. Top with avocado slices and raspberries. Scatter with walnuts.

Egg Cupcakes

10-12 eggs
1 green onion
2 zucchini squash
9 slices bacon
1 cup roasted red and yellow peppers
4 cups fresh spinach
Black pepper to taste

1. Preheat oven to 350F and grease two muffin pans with coconut oil
2. Whisk eggs and pepper in a big bowl.
3. Put green onion, zucchini, bacon and peppers in a food processor and process until finely chopped but not smooth. Add this to egg mixture.
4. Add spinach into the processor, finely chop and add to eggs.
5. Mix egg mixture well, then using a measuring cup, fill the muffin pans with ¼ cup each.
6. Bake the egg cupcakes for 20-25 minutes or until the eggs are set in the middle.

Baked Cod with Olives and Limes

4 (6-oz) cod fillets
Salt and pepper
12 thin lime slices
¼ cup pitted Kalamata olives (chop if preferred)
¼ drained capers
1 tsp chopped garlic
2 tsp chopped fresh rosemary leaves
¼ cup olive oil
1 cup cherry tomatoes cut in half
Lime wedges for serving

1. Preheat oven to 475F

2. Arrange cod in ovenproof baking dish and season with salt and pepper. Top each fillet with olives, garlic, capers, rosemary and 3 lime slices. Evenly distribute cherry tomatoes on top.
3. Drizzle with olive oil.
4. Bake until fish is cooked through (about 10 minutes) and serve with fresh lime wedges.

Chocolate Avocado Pudding

2 avocados, peeled, pitted, and cut into pieces
½ cup unsweetened almond milk
1/3 cup unsweetened dark cocoa powder
3 tablespoons honey
2 tablespoons almond butter
1 teaspoon vanilla extract
Raspberries for garnish

Combine the avocados, almond milk, cocoa powder, honey, almond butter and vanilla in a food processor. Process until smooth. Spoon the pudding into four small bowls and serve garnished with raspberries.

Sweet Potatoes and Apples

1 TBSP coconut oil (for greasing the slow cooker)
3 large sweet potatoes or yams, peeled and thinly sliced
2 Granny Smith apples, peeled, cored, and thinly sliced
1 cup chunky applesauce
2 TBSP maple syrup
2 Tablespoons coconut crystals
6 TBSP coconut butter, melted
¼ tsp ground cinnamon
Pinch of salt

1. Grease the inside of the slow cooker with coconut oil.
2. Arrange half the sweet potatoes and apples in the slow cooker. Combine applesauce, maple syrup, coconut crystals, melted butter, cinnamon, and salt in a mixing bowl. Pour half the mixture over the sweet potatoes and apples and repeat with the remaining mixture.
3. Cook on Low for 6-8 hours or on High for 3-4 hours until sweet potatoes are tender.

Paleo Devilled Eggs

- 8 large eggs
- 1/3 cup [paleo mayonnaise](#) (or 1 medium ripe avocado)
- 1 Tbsp. [prepared mustard](#)
- [Sea salt](#) and ground pepper to taste
- Paprika for garnish (optional)

Directions:

1. Add eggs to a medium sized saucepan and fill the pan with enough water to cover the eggs. Place the pan on the stove over medium-high heat and bring just to a rolling boil. Remove the pan from heat, cover, and let sit for 12 minutes.
2. Place the eggs in a bowl of ice water for 3 minutes to stop the cooking process. Roll each egg back and forth gently on the counter with the palm of your hand to create small cracks across the egg, then gently slip off the peel (sometimes it helps to peel them under a gentle steam of water). Cut the eggs in half lengthwise and scoop out the yolk of each egg into a medium sized mixing bowl. Place the egg whites on a tray or plate, round side down.
3. Add the mayonnaise and mustard to the egg yolks and mash together with a fork. Make sure that you get a creamy consistency and that all of the lumps are removed. Add salt and pepper to taste.
4. Scoop a spoonful of the egg yolk mixture into each egg white and top with a couple dashes of paprika (alternatively you can use a [piping bag](#) to create a little more design). Place in the refrigerator until ready to serve.