

Paleo Recipes by Deanna Gillan

Cuckoo for Coconut Cereal

This is my family's favorite go-to meal that provides you with crunch, flavor, and versatility. Add dried fruit or fresh fruit, extra nuts or more coconut- the options are endless, but you will savor the flavor. It can also be made into crunchy granola or as a topping for a fruit crisp.

3 cups unsweetened coconut, shredded
3 cups unsweetened coconut, flakes

2 cups of Chopped Nuts* (Choose from Almonds, Cashews, Walnuts, Hazelnuts, Pistachios, etc.)

2 cups of Seeds (Choose from Pumpkin, Sunflower, Hemp**, Chia, Flax, Sesame)

1 cup of Dried Fruit (Choose from Raisins, Currants, Dates, Blueberries, Cranberries, Apple, etc.)

Spices (any and all optional)

Cacao powder, sprinkle

Coconut sugar (can be substituted with honey or maple syrup when milk is added)

Cinnamon

Pumpkin Pie Spice

Celtic Sea Salt

Using a food processor, pulse nuts and seeds until desired texture is reached. In a large mixing bowl, combine all ingredients. Add spices if desired. Store in an air-tight container or store in the freezer in a freezer safe bag.

To Make Granola:

Add 1/2 cup honey, 1 tsp vanilla, and 3 tbsp. melted coconut oil to 4 cups of cereal. Toss to coat. Bake on parchment lined baking sheet on 325 degrees F for 20-25 minutes. Midway mix granola around. Let cool.

* Raw and unsalted. Soaked nuts are ideal.

**3 tablespoons pack 12g of protein!

Deanna Gillan's Easy Crockpot Pulled Pork

4-5 lbs. pork shoulder, bone in
1 large onion, sliced
1 tbsp. paprika
1 tbsp. chili powder
1 tsp garlic powder
1/2 tsp black pepper
1/2 tsp salt
1 cup chicken broth or water

In small bowl, combine paprika, chili powder, garlic powder and black pepper. Slice onions and place on the bottom of the crock pot. Rinse meat in cold water and pat dry. Rub meat with salt. Rub spices on both sides of meat. Place meat into crock pot on top of onions. Add broth or water. Cook on LOW for 8 hours, or until meat is tender and able to shred.

Ideas: Use leftover liquid as stock. Refrigerate and use in 3-4 days, or freeze. Meal ideas- put egg on it, lettuce tacos, pork salad, put on a bun with coleslaw

Paleo Coleslaw

2 cups green cabbage, sliced thin
1 cup purple cabbage, sliced thin
3 medium carrots, shredded
1 cup Paleo mayonnaise
1 tbsp. apple cider vinegar
1 tbsp. honey
1 1/2 tbsp. extra virgin olive oil
Salt and pepper, to taste

In a small bowl, combine mayo, apple cider vinegar, honey, and olive oil. Toss cabbage and carrots and stir in mayo mixture until coated. Add salt and pepper to taste. Refrigerate for 2 hours then serve.

Deanna Gillan's Roasted Vegetables

Ingredients

Veggies!!, cut into 1" chunks or smaller (As many as you have and want to roast)

Ideas include: cauliflower, broccoli, parsnip, celeriac, celery, sweet potato, brussel sprouts, carrots, peppers, onions, mushroom, summer squash, winter squash, garlic

Extra Virgin Olive Oil, to coat

Sprinkle of Herbs de Provence

Sprinkle of Sea Salt

Sprinkle of Black Pepper

Directions

1. Preheat oven to 375 degrees F.
2. In a large bowl, combine all the veggies and lightly coat with olive oil.
3. Season with Herbs de Provence, salt and pepper to taste. Gently toss to combine.
4. Place veggies in a single layer on baking sheet(s).
5. Bake for 35-40 minutes, or until tender.*

*Baking time may need to be adjusted depending on the thickness of the vegetables.

Deanna Gillan's Paleo Chocolate

1 cup coconut oil

1/2 cup honey, raw and unfiltered

1 tbsp. vanilla extract

3/4 cup cacao powder or cocoa powder

Using a double boil on LOW heat, melt the coconut oil and honey together and whisk gently. Stir in the cacao powder and vanilla until no lumps are seen. Line a baking tray for thin chocolate or a small pan for thicker chocolate with parchment paper and pour chocolate. Freeze for 15 minutes or until settled.

Ideas: Make chocolate bark by adding dried fruits (unsweetened shredded coconut, goji berries, cranberries, currant, raisins, etc.), nuts (pistachios, almonds, cashews, etc.) and seeds (sunflower, pumpkin, etc.).

Deanna Gillan's Paleo Bread (yields 1- 7.5" x 3.5" loaf)

1 1/2 cups blanched almond flour	(4.95 oz)
1/4 cup ground flaxseed, golden	(1.2 oz)
2 tbsp. coconut flour	(.6 oz)
2 tbsp. tapioca starch	(.6 oz)
1 tsp Celtic sea salt	(.05 oz)
1 tsp baking soda	(.05 oz)
4 eggs (extra-large), room temperature,	(8 oz)
2-3 tsp. honey	(.5-.75 oz)
2 tsp. apple cider vinegar	(.4 oz)
3 tbsp. coconut milk, room temperature	(.75 oz)

Set oven to 325 degrees.

In medium bowl, combine dry ingredients.

In large bowl, whisk eggs, honey, apple cider vinegar and coconut milk.

Mix dry into wet until all lumps have disappeared.

Line 7.5" x 3.5" pan with parchment paper, grease sides liberally with coconut oil or ghee.

Sprinkle with ground flaxseed and let batter sit in pan for 5 minutes.

Bake for 40-45 minutes. Convection 35 minutes.

Savory Herb Bread: 1/2 tsp. black pepper, 1 tsp. onion powder, 1 tsp. garlic powder, 2 tbsp. herbs de provence. Add extra 2 tbsp. milk.

Multi-Seed: 1/4 cup poppy seeds, 1/4 cup sesame seeds, 1/4 cup hemp seed, 1/2 cup pumpkin seeds. Sprinkle more on top w/a bit of salt.

"Rye": 3 tbsp. caraway seeds

Cinnamon Raisin: 1 tbsp. ground cinnamon, 1/2 cup chopped raisins, 1/2 tsp. vanilla extract, extra 2 tbsp. coconut milk, 1 tbsp. honey (optional)