

A close-up photograph of fresh green peas in their pods and several bright red cherry tomatoes resting on a dark, textured wooden surface. The lighting is soft, highlighting the natural colors and textures of the vegetables.

*Feast for Freedom*

# 10 STEPS TO HEALTHY GLUTEN FREE EATING

**Concrete Steps to Take Now  
Tips & Recipes**

[FeastForFreedom.com](http://FeastForFreedom.com)

# 10 Steps to Healthy Gluten Free Eating

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*Eat your way to optimal  
health and wellness*

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## Welcome!

This guide has been designed to help you kick start your journey to eating healthy gluten free food.

I'd recommend implementing all 10 tips within 1 week. Some will be easier for you than others, so pick an easy one and a hard one to do each day for 5 days.

Let us know how you did, and be sure to tell us what you ate!

Happy Eats!  
Thora Toft

## Work with Thora

Work with me **One-on-One** when you need extra help figuring out how to plan and prepare Gluten free and Toxin free food.

I can help you plan and prepare Gluten and Toxin free foods to fit your lifestyle and personal food tastes.

Learn more - [feastforfreedom.com/consulting](https://feastforfreedom.com/consulting)



## Tip #1

### What Oils to Cook With

When cooking food, saturated fats make the best choice. They are heat stable, and don't break down into unhealthy substances.

Polyunsaturated fats break down into unhealthy substances when heated. Even the process of manufacturing this types of oils and fats cause excessive damage to these delicate oils.

Mono unsaturated fats also break down, but much less than polyunsaturated fats. Both of these types should be reserved for cold usage (more on that in the next chapter).

You can choose one or several of the following for all hot cooking - frying, baking, grilling, etc. Choose organic if at all possible.

- Coconut oil - cold pressed (does not need to be raw when you'll be cooking with it, but you don't want it processed with chemicals)
- Palm oil - cold pressed (does not need to be raw when you'll be cooking with it, but you don't want it processed with chemicals)
- Lard - not the pure white block available in the refrigerated section - get fresh unprocessed lard from a real butcher or make your own.
- Fresh animal fats – drippings
- Butter

See recipe section for:

- **Make Your Own Lard** ..... 11

## Tip #2

### What Oils to Use in Cold Foods

When preparing cold foods, you can safely use the following fats and oils. Be sure to use a variety of different oils, and not just one kind. Each oil has different healthy benefits, so you want to have a nice variety.

It is preferred to use organic.

- Coconut oil - cold pressed - raw oil can sometimes be found, and can be used cold. Note raw oil is usually only storable for a couple months. The oil itself is stable longer, but often the raw form of the oils still contain more plant material from the coconuts. This is not a bad thing, it's simply that you should plan to use it up. So don't buy too much. Try and find oil pressed from fresh coconuts; this will not be easy to find, but if you find it, you have found liquid gold!
- Butter
- Olive oil - extra virgin. Note that as much as 50% of olive oil in the stores has been found to not actually be olive oil, so shop carefully, and if you find out the brand you were using is not a reliable source, then simply throw it out and try another one. Due to this, don't only rely on using olive oil, add some other cold suitable oils to your pantry.
- Palm oil - cold pressed
- High end specialty oils - prepared by cold pressing: nut oils, such as Walnut Oil or Almond Oil (excluding peanut - which isn't even a nut), seed oils (excluding flax), such as Sesame Seed Oil or Pumpkin Kernel Oil. Be careful with the amounts of some of these specialty oils, as they can have very strong flavors.

Find several of these to use cold. The next tip shows which oils to avoid, so you may want to combine that tip with this one.

## Tip #3

### Oils to Avoid at All Times

There are a number of highly processed oils that are very common in grocery stores. These processed oils are finally starting to be recognized as very unhealthy. The evidence is now coming to light that they cause heart disease, a number of digestive problems and cancer. All of these oils, when heated, will convert to trans fats. Trans fats have been recognized to be extremely unhealthy. Some are already trans fats, straight out of the bottle. Some have been hydrogenated, or partially hydrogenated, which also is very bad.

Avoid using these at all times, no matter what your eating plan is. There just is no way of using these oils if you even remotely care at all about your health.

These types of processed oils also are known to cause stomach problems. When you have any digestive medical issue, this will cause you to not recover. So, avoid these highly processed oils.

- Margarine
- Canola oil
- Soy oil
- Corn oil
- Sunflower oil
- Safflower oil
- Peanut oil
- Vegetable oil (when it is listed like this, there is no way of knowing what oil it is, and it is most likely one or more of the above)
- Flax oil – This has been touted as a super healthy oil. However, recent tests have found that 100% of the oil being sold was rancid. The concept of this oil is good, but the implementation has not been. This is an example of what happens when food that should be prepared fresh is made into a commercial storable food, it generally has unintended consequences, that take too long to be discovered.

## Tip #4

### Add More Veggies and Fruits

Eat more fruits and veggies. The balance should be twice as many veggies as fruits.

Like this:



- At least 6 servings of veggies per day  
at least 2/3 of them raw – 4 raw, 2 cooked
- At least 3 servings of fruit per day  
at least 2/3 of them raw – 2 raw, 1 cooked

So, if you want to eat more fruit, be sure to add twice as many veggies.

If you drink juices, this can quickly add servings. Since the fiber is removed, it also removes some nutrients. Thus some of the benefit gets lost. I'd encourage you to switch to smoothies, as they leave all the fiber in. If you want more liquidy fruit or veggie beverages, then choose less pulpy ones.

There are some high nutrient green juices that are still very good, though these fall into the super foods category and are beyond the scope of this guide.

Avoid all commercial juices. Most of them are actually cooked, so won't qualify as your raw food for the day. Also, many are actually not even remotely fresh, and can be as old as a year old. The manufacturers are also allowed to use flavorings in these juices that do not need to be listed on the label.

Stick with fresh juice / smoothies you make yourself, and drink them within a couple hours.

See recipe section for:

- **Mixed Fruit Simple Smoothie** ..... 12
- **Cantaloupe Refresher Smoothie**..... 12

## Tip #5

### Cut Starches to a Maximum of 10% of Your Diet, and Cut Out Grains

If you're already eating gluten free, you will have already eliminated wheat, rye and barley, and possibly oats. If you can manage it, cut out all the other grains. The majority of people who need to eat gluten free also have a problem with other grains. All grains contain different forms of gluten, and have been shown to also affect people. The science on this is fairly new, and not widely accepted in the main stream medical community. Though in practice, most people such as those with Celiac Disease, won't fully heal until these other grains are removed.

Starches (and grains) convert fully to sugar, and are therefore bad for you, especially when eaten in large amounts. In small amounts, they can be beneficial. Once that threshold is passed, then they cause more harm than good. The so called complex carbohydrates still fully convert to sugar, even if they do it slower. It's not just the

momentary sugar spike that's a concern, it's also the overall sugar intake / conversion.

You should limit your starch intake to no more than 10% of your diet. When you cut down on the starches, you can greatly increase the amount of food you can eat, and for many of us, it's a lack of food that makes diet changes difficult.

The nutrients from grains and starches are quite low in relation to their mass and calories. 100 calories from veggies contains many times more nutrients than 100 calories of starches or grains.

One simple change for pasta lovers is to use spaghetti squash instead of pasta. Most of the time it's the sauce we love the flavor of, not the plain pasta.

Another trick is to use anything flat to put sandwich fillings on. Things like lettuce and cabbage leaves work like a "wrap." With some leaves, cut out the stiff center core, as it's often tough and bitter.

For sweet sandwiches, like peanut butter and honey, you can use little fresh banana rounds, or sliced apples, or any kind of fruit that can be cut flat.

For those starches you do keep in your diet, try and stick to the whole food version of them, rather than the ground / flour version, as flours lose a lot of nutrients during the process to turn them into flour, and are much harder to digest.

See recipe section for:

- **Almond Crusted Baked Zucchini Crisps** ..... 13

## Tip #6

### Make Your Own Condiments

You can make your own condiments, such as mayo and salad dressing.

When made with fresh herbs, good oils, and quality ingredients, these no longer need to be used sparingly. They can be a good source of nutrition and when you can use them generously, they can liven up vegetables, fruits, meats and other food you eat. When a higher intake of veggies is new to you, these can really help you eat a lot more of them.

See recipe section for:

- **Homemade Mayonnaise** ..... 14
- **Shake and Serve Simple Salad Dressing** ..... 15
- **Ranch Dressing** ..... 16
- **Citrus Dressing for Fruit Salad** ..... 17



## Tip #7

### Cut Out Sugar and Artificial Sweeteners

There are really only 3 fully real items that can be used purely as a sweetener:

- Stevia – Find some liquid or powdered pure stevia with **NO** additives and fillers. You can also use fresh stevia. You can even grow it yourself. Dried stevia leaf can also be used. If you react to the pure powdered or liquid form, then try the fresh or dried leaves, as they will be the least processed.
- Honey – Raw, organic / wild, unfiltered. It's vital that the honey be raw and unfiltered. The benefits of honey are completely lost when it's cooked (pasteurized), and filtered. You'll have to search a bit harder to find this, but it's worth it.
- Date Sugar – This is usually roasted whole dates, that are then ground into a fine powder. Since it's a whole food, and contains much more than just sugar, such as the original fiber, it does not dissolve. This makes it not suitable when the recipe requires the sugar to dissolve, but can still be used for many things that you want sweet. You can also make your own, either by roasting in the oven or dehydrating in the sun or in a dehydrator, then grinding into a fine powder.

Most other sweeteners marketed as “natural” are still processed, and still play havoc with the body. Natural doesn't always mean healthy.

You can also use a number of foods that act as sweeteners, such as dates, apples and other sweet fruits. It is a bit of an adjustment, but will be well worth the effort.

You'll also find that your “sweet tooth” will adjust over time. A year after quitting added sugar, you'll really be shocked if you eat something you used to, at how sickly sweet it actually is.

This is one of the biggest things you can do to improve your health, so the effort you make for this will be very well worth the effort.

See recipe section for:

• <b>Guilt Free Lemonade</b> .....	17
• <b>Citrus Spiced Iced Tea</b> .....	18
• <b>Healthy Chocolate Mousse</b> .....	18
• <b>Tips - Ice Cream, Iced Fruit, Frozen Treats</b> .....	19
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• <b>Stevia Sweetened Vanilla Ice Cream</b> .....	21
• <b>Berry Ice Cream</b> .....	21

## Tip #8

### Commit to No Packaged Food for 1 Week

Make all your food yourself from scratch for 1 week.

Doing this for at least a week will allow you to realize that you've gotten into some bad habits, when it comes to what you buy and prepare.

You will have to 1) figure out how to make some things yourself, and 2) realize there are some things you don't want to bother with.

You'll learn how easy some things are to make yourself. You'll learn which things you don't miss.

The more you can get away from packaged food, the better off you'll be.

Packaged food today is mostly made with the purpose of making the company money, and not for improved health.

Healthy food rarely comes in a package. What many think of as health food should really be called "less bad." But you won't get healthy by eating "less bad."

## Tip #9

### Don't Use Mixed Spices

Use single spices and mix them up as desired. Add some fresh herbs from the produce department.

Choose organic. Most non organic dry spices have been irradiated, so are definitely not Real, nor are they healthy.

Use fresh herbs and spices for everything you can get or grow fresh. Plan some dishes so that you use up the fresh, perishable ones.

See recipe section for:

- **Using Fresh Rosemary with Beef** ..... 22
- **Fresh Herb Sprinkle for Vegetables** ..... 23
- **All Purpose Seasoning** ..... 24

## Tip #10

### Preplan a Healthy Cheat Food

Find a recipe or two that you think will satisfy your “cheat.” Keep the ingredients on hand or pre-make your item, so it's there when needed.

If you are the kind of person who will eat 10 cookies, or an entire family size bag of chips, then take more time to preplan your cheat food so it can be a bit more suitable to pig out on it.

See recipe section for:

- **Coconut Almond Macaroons** ..... 24
- **Chocolate Spice Indulgence Balls** ..... 25

# ~ Recipes ~

## Make Your Own Lard

Go to a butcher and have him save you some pork fat from an organic pig.

This process will take anywhere from 2 to 8 hours depending on the level of heat that you use and the amount you choose to make. Every pound of unrendered pork fat should make about one pint of rendered lard.

Lard is a natural fat that is terrific for baking and cooking. When you make it yourself, it becomes a real food, which commercially made lard is not.

Directions:

Cut the fat into small pieces. Put in a large pot and place the pot on the burner. Turn on low and stir and let it slowly melt down. After it has melted there will be lots of bits that did not melt. Pour the melted fat and bits through a strainer into another pot or large bowl. These are the "cracklins", and you can eat them - they're delicious.

The fat will still be dark looking and have bits of grit floating around in it and is not yet ready to use yet.

The next step is to add an equal amount of water to the fat. This does not have to be an exact measurement, you can just "eye it" and add what looks to be about an equal amount. Bring this fat / water mixture to a boil. Reduce the heat and let it simmer for about 20 minutes.

Put the pot somewhere to cool over night. In the morning the fat will have risen to the top and be firm and the water will be underneath, along with a lot of the unappealing gritty fat bits.

Spoon out all the fat in the pot, put it in a clean pot. Again, add an equal amount of water, and bring it to a boil. Turn it down and simmer for 20 minutes and let it cool down just like you did before.

At this point the lard should be nice and white looking. Take it out of the pan and discard the water. You can now use your lard or store it. It will store for a little while in the fridge but for long term storage you can put it in a container and freeze it. Try and use it up within a couple months.

You can now use this fresh, homemade, additive free lard for all your hot cooking. This is a stable fat, that won't break down into trans fats at high temperatures.

It can also be used for deep frying. Be sure to not let it get too hot. I've read that 350 to

375 is the best for lard. With some practice, you'll know just the right temperature. Follow the instructions on your deep fryer.

## Mixed Fruit Simple Smoothie

Use organic or farm fresh organic fruit.

Ingredients:

- Large handful Fresh berries - use one or more of strawberries, raspberries, blackberries, blueberries, etc.
- 1 Fresh peach, chopped

Optional Ingredients:

- 1 to 2 tablespoons Honey or date sugar  
OR
- 1/8 to 1/4 teaspoon Pure stevia liquid or powder
- Fresh coconut water, or water

Instructions:

Add all to a blender. Blend. If you want it more liquidy, then add fresh coconut water if you can get it (straight from a fresh coconut), or water.

Add some ice if desired, and serve with a big straw or a spoon. Delicious and simple!

## Cantaloupe Refresher Smoothie

Ingredients:

- 2 cups Cantaloupe, chopped
- 1/2 Lime, the juice of
- 1/2 cup Fresh coconut water (from a fresh coconut) or water
- 1 cup Crushed ice

Optional:

- 1 to 2 tablespoons Honey or date sugar  
OR
- 1/8 to 1/4 teaspoon Pure stevia liquid or powder

### Instructions:

Blend cantaloupe, lime juice, honey or date sugar or stevia if using, coconut water or water and ice. Serve.

This is a nice light tasting smoothie. A nice first smoothie for those not used to the thickness of some smoothies, as this one is more liquidy.

## Almond Crusted Baked Zucchini Crisps

When you're new to reducing grains, yet still want to have some of the textures that grains offer, coating things with almond flour can be a great alternative. They also have their own inherent lovely nutty flavor. Almonds give a nice crunch factor for those that like lightly breaded things.

Makes 4 appetizer servings

### Ingredients:

- 1 large Zucchini, sliced into circles
- 1 cup Fresh ground almond flour
- 1 Egg
- 1 teaspoon Salt (use Himalayan salt if you can get it, or unbleached sea salt)
- 1 teaspoon Fresh garlic, minced
- 1 teaspoon Fresh thyme, finely chopped
- 1/4 teaspoon Fresh ground black pepper

### Directions:

1. Preheat oven to 450° F (230° C). Place rack in the middle.
2. Line a baking sheet with wax or oven paper and set aside.
3. In a small bowl lightly beat the egg.
4. In a separate bowl, mix the almond flour, salt, garlic, thyme and black pepper.
5. Dip the zucchini slices into the egg and let the extra drip off. Drop slices into the almond flour mixture, and flip to coat.
6. Place the slices onto the prepared baking sheet.
7. Bake for 6 minutes per side, for a total of about 12 minutes, until crispy.

8. Serve immediately.

Enjoy!

Special Note on Almond Flour:

You can make your own almond flour. Purchase raw, organic almonds. Put into a spice, coffee, or nut grinder and grind until the desired texture. For this recipe, a bit coarser grind is fine. If using in baking, make it a bit finer. Note that if you keep grinding, it will turn into a butter, so don't over grind when you're making flour.

It's also not suitable to make and store almond flour. It is simply wiser to store the whole almonds, and make the flour as needed. If you like to make these kinds of nut flours, then it's worth it to get a small grinder for this purpose. You don't want to actually use your coffee grinder that you make coffee in.

## Homemade Mayonnaise

Prep time: 15 minutes

Makes: 1 1/4 cups

Difficulty: Easy

The key to keeping mayonnaise real is simple ingredients. When made with the "new" good oils, such as coconut, olive, nut and seed oils, and even fresh meat oils, this can actually be healthy, and you won't need to ration it. Homemade mayonnaise should be used up within a week, since it uses raw eggs, so don't make too much. Once you're used to making it, it's fairly quick to make.

To keep this real, you'll want to avoid using most processed vegetable oils, such as canola, soy, corn, peanut, etc.

You can use a combination of the following:

- Up to 50% Coconut oil - try and find organic, cold pressed; too much of this and the mayonnaise will be hard
- Up to 50% Olive oil - extra virgin (don't use the cheap stuff, it's notorious for being counterfeit); too much and it will be too strong of an olive flavor
- Up to 100% Fresh meat oils, such as bacon fat, or fresh rendered lard (the commercial white block is a toxic mess, so don't use that) - grass fed animals, organic
- Up to 5% to 10% of some high end specialty oils, organic, prepared by cold pressing: nut oils, such as Walnut Oil or Almond Oil (excluding peanut - which isn't even a nut), seed oils, such as Sesame Seed Oil or Pumpkin Kernel Oil. Be careful with the amounts of some of these specialty oils, as they can have very strong flavors.



You can add your own twist to your mayonnaise by adding your favorite spices or fresh herbs, such as garlic, paprika, basil, etc.

Ingredients:

- 2 Egg yolks - organic, grass fed
- 1 teaspoon Mustard, optional (there is some commercially available sometimes that actually just contains “food” - check the label)
- 3 teaspoons Lemon juice, from fresh lemons
- 1/2 cup Olive oil
- 1/2 cup Coconut oil (you can use raw if you can find it)

Directions:

1. You can mix this by hand, or with a blender or food processor.
2. In a medium bowl, blender or food processor mix the egg yolks, mustard (if using), and 1 tsp of the lemon juice.
3. Start whisking vigorously, or put the blender or food processor on low, while dripping the oil VERY slowly, even drop by drop in the beginning. If you put too much oil in all at once, it will separate and you likely will not be able to save it. Whisk non-stop and use a towel under the bowl to help stabilize it.
4. As you add more oil, the mayonnaise will start to thicken, and you can pour the oil a bit faster now.
5. When all the oil has been added and blended in and the mayonnaise is thick, whisk in the rest of the lemon juice and taste. Season to taste with salt and pepper, or your favorite herbs and spices.

Use this as a base for any recipe that calls for mayonnaise; and this can sometimes be used in place of yogurt or sour cream in recipes - give it a try.

Enjoy, knowing you have now made REAL mayonnaise, with real ingredients, and no chemical additives!

## Shake and Serve Simple Salad Dressing

Ingredients:

- 1 Whole clove garlic, peeled
- 1/4 cup Apple cider vinegar (get the kind with the "Mother")
- 1/2 cup Olive oil, or a mix of some specialty oils

- 1 teaspoon Honey
- 1/4 teaspoon Salt (use Himalayan salt if you can get it, or unbleached sea salt)
- 1/8 teaspoon Freshly ground black pepper

Directions:

Press or mince the garlic clove. Combine ingredients in a jar. Cover, shake well and serve. Store in the refrigerator for up to 1 week.

You can customize it to your own taste by adding some fresh herbs, such as thyme, or some other herb that you like the flavor and aroma of. Try some different oils, and different vinegars for more flavor variations.

This is super simple for a first try at making salad dressing.

## Ranch Dressing

An All American classic dressing. This homemade version is smooth and satisfying, without food additives or sugar.

Ingredients:

- 3/4 cup Homemade mayonnaise (recipe above)
- 1/2 cup Heavy cream
- 2 tablespoons Parsley, chopped
- 2 tablespoons Fresh chives, basil or oregano, chopped
- 2 teaspoons Fresh lemon juice
- 2 teaspoons Dijon mustard (there is some commercially available sometimes that actually just contains "food" - check the label)
- 1/2 teaspoon Fresh garlic, minced
- 1 teaspoon Fresh dill, chopped
- 1/2 teaspoon Salt (use Himalayan salt if you can get it, or unbleached sea salt)
- 1/4 teaspoon Fresh ground black pepper

Directions:

Whisk the mayonnaise, cream, parsley, chives (or basil or oregano), lemon juice, mustard, garlic, dill, salt and pepper in a small bowl.

Use immediately or refrigerate in an airtight container for up to 3 days.

Though this has a few more ingredients, it's actually quite simple. And so delicious! Enjoy!

## Citrus Dressing for Fruit Salad

- 2 tablespoons Honey
- 1 teaspoon Fresh orange zest
- 1 teaspoon Fresh lime zest
- 2 tablespoons Fresh squeezed orange juice
- 1/2 tablespoon Fresh lime juice

Directions:

Add all ingredients to a small bowl. Whisk together until well blended. Use immediately, or refrigerate until ready to use. Best used as soon as possible after being prepared for best flavor, for no more than 1 day.

## Guilt Free Lemonade

This is one of the simplest drinks to make.

For those who are new to stevia, lemon is a good mask to the slightly different flavor of stevia. Since stevia is not actually a sugar, it registers a bit different on the tongue. Give yourself at least a couple weeks to get used to it if you don't like the taste. This is such a great sugar replacement, that it really will be worth the effort to get used to it.

To get your family and kids used to it, if they whine about it, then mix it 25% of the recommended amount of stevia, with 75% of the equivalent of sugar or honey, and then transition over a couple weeks to fully using stevia. They also will get used to the taste. 1/32 of a teaspoon of powdered stevia (no fillers!) is equivalent to 2 tablespoons of sugar or honey.

Ingredients:

- 2 cups Water
- 1/2 Fresh lemon, juice of (or lime)
- 1/16 teaspoon Stevia powder (no fillers!)

Instructions:

Pour water into a pitcher. Squeeze in the lemon or lime juice and add the stevia.

This tastes great chilled with ice cubes. Stir and enjoy!

## Citrus Spiced Iced Tea

This is a delicious and refreshing homemade iced tea.

For those who are new to stevia, lemon (and other citrus fruits) are a good mask to the slightly different flavor of stevia. Since stevia is not actually a sugar, it registers a bit different on the tongue. Give yourself at least a couple weeks to get used to it if you don't like the taste. This is such a great sugar replacement, that it really will be worth the effort to get used to it.

To get your family and kids used to it, if they whine about it, then mix it 25% of the recommended amount of stevia, with 75% of the equivalent of sugar or honey, and then transition over a couple weeks to fully using stevia. They also will get used to the taste. 1/32 of a teaspoon of powdered stevia (no fillers!) is equivalent to 2 tablespoons of sugar or honey.

Ingredients:

- 2 cups Boiling water
- 3 to 4 Black tea bags; or any hot tea of your choice
- 6 Cinnamon sticks
- 2 Oranges, juice of
- 1 cup ice, for serving

Optional ingredients:

- A tiny bit of Stevia - you really just need a few grains of the powder, since it's so sweet
- OR
- 1/2 tablespoon Honey

Directions:

Add the stevia or honey (if using) to the hot water. Add tea bags and cinnamon sticks. Allow to steep for 10 to 15 minutes. Once cooled, add fresh orange juice. Divide between glasses and top with cool water to taste, and serve with ice.

Delicious! Enjoy!

## Healthy Chocolate Mousse

This amazing and healthy chocolate mousse is made with a base using avocados. If you've never had anything like this, this might sound really weird. But avocados have the perfect texture. They are living, fresh food, loaded with nutrients and healthy live

oils.

As recommended, use organic.

Ingredients:

- 2 medium sized Ripe avocados
- 1/3 cup Raw cacao powder (NOT regular processed cocoa)
- 5 Fresh dates, pitted and chopped roughly (sometimes these will look shriveled)
- 1/4 cup Fresh coconut milk (not the boxed or canned kind)  
OR
- 1/4 cup Plain yogurt (no additives, no sugar)  
OR
- 1/4 cup Heavy cream  
OR
- 1/4 cup As a last resort, you can use water or a light fresh fruit juice such as cantaloupe or watermelon, just be careful not to use too much, since it will be runnier
- 1 teaspoon Pure vanilla extract
- Pinch Salt (use Himalayan salt if you can get it, or unbleached sea salt)

Instructions:

1. If the dates are the shriveled variety, soak them in hot water to soften them.
2. Add all the ingredients to your blender.
3. Blend until mixed and creamy.
4. Serve immediately, or chill in the fridge.
5. For a bit firmer mousse, you can chill in the freezer for up to 1/2 an hour.

Delicious and nutritious!

## Tips - Ice Cream, Iced Fruit and Any Frozen Treat

The **"Honey Sweetened Vanilla Ice Cream"** and the **"Vanilla Ice Cream with Stevia"** recipes below require an ice cream maker, or the knowledge on how to make ice cream without one. These 2 recipes are dairy recipes.

The **"Berry Ice Cream"** recipe below does not, it only requires a blender. This is a fruit and stevia (or honey) only recipe. This is a super easy recipe!

If you are an ice cream lover, whether you eat dairy or not, an ice cream maker is an amazing way to liven up your "sweet tooth" but still eat Real. If something tastes great in

a bowl with a spoon, it can probably be turned into "ice cream." Ice cream makers usually come with a great little cookbook of recipes, and there will be a version for everyone's diet requirements.

If you like ice cream to be a bit firmer, make it a couple hours before serving, and let it firm up in the freezer.

Home made ice cream often will get harder when stored in the freezer than commercially prepared ice cream, mostly because there are certain food additives that are not used in homemade ice cream. Now you know why in "the old days" ice cream scoops were ran under hot water (if you're old enough to remember). The warmed scoop melted the ice cream so you could scoop it out. You can do the same thing. Just run the hot water tap and warm up your scoop between scoops.

## Honey Sweetened Vanilla Ice Cream

This recipe does require an ice cream maker, or the knowledge on how to make ice cream without one.

If you use an ice cream maker, this is the easiest ice cream you could ever make!

Makes 1 1/2 quarts

- 1 cup Whole full fat milk, well chilled
  - 1/2 cup Honey
  - 2 cups Heavy cream, well chilled
  - 2 teaspoons Pure vanilla extract
1. For best results, put the freezer bowl in the freezer until you're ready to pour in the ice cream mixture.
  2. Mix the milk and honey together in a medium sized bowl until the honey is fully blended in. If the honey is very thick, you may need to melt it a bit so it's a little more liquidy, but be careful to not let it get too hot.
  3. Stir in the cream and the vanilla. Do not whip the cream, simply stir it in.
  4. Cover the mixture and put it in the fridge until it's really cold, especially if you had to warm the honey.
  5. Take the freezer bowl out of the freezer. Put it in the ice cream maker. Stir the cream mixture to make sure it's blended well and pour it into the ice cream maker bowl.
  6. Turn the machine on and mix until thickened, about 30 minutes.

7. Put the ice cream in an airtight container and freeze until ready to serve. 2 or more hours in the freezer will give the ice cream a firmer consistency.

Scoop, and enjoy!

## Stevia Sweetened Vanilla Ice Cream

With Stevia, a little goes a long way. Normally, this recipe will require 1 tablespoon of pure stevia powder. If the ice cream is not sweet enough for your taste, you can add some blended fruit also, such as pineapple.

Remember, your taste buds will adjust to less sweetness over time.

Ingredients:

- 1 cup Whole full fat milk
- 1 tablespoon Pure stevia powder
- Pinch Salt (use Himalayan salt if you can get it, or unbleached sea salt)
- 2 cups Heavy cream
- 1 to 2 teaspoons Pure vanilla extract

Instructions:

1. In a medium bowl, use a hand mixer on low speed or whisk to blend the milk, Stevia and salt until the stevia is dissolved. Stir in the heavy cream and vanilla. Cover and refrigerate for 1 to 2 hours, or overnight.
2. Turn the ice cream maker on; pour the ice cream mixture into a frozen freezer bowl and let it mix until thickened, about 30 to 35 minutes. The ice cream will have a soft, creamy texture. If you want a firmer consistency, transfer the ice cream to an airtight container and place in the freezer for about 2 hours. Remove from the freezer about 15 minutes before serving. Scoop, and enjoy!

## Berry Ice Cream

This is a super simple recipe to make. There are a couple ways to make it. Try them both, and see what texture you like best.

You can make this with frozen fruit, and eat it as soon as it's blended. This will have the consistency of soft ice cream.

You can make it with non frozen fruit, then freeze in the freezer. This will turn out much



stiffer, and will have a much more "hard" ice cream texture.

After you've made it once, if you want some more "creamy, melt in your mouth" texture, you can then try adding 1 to 2 tablespoons of coconut oil to it.

As recommended, use organic ingredients.

Freeze the bananas and berries if you're going for the "soft ice cream" version.

Ingredients:

- 3 Bananas
- 1 1/2 cups Mixed berries
- 2 tsp Vanilla extract
- 1/2 teaspoon Stevia
- OR
- 1 tablespoon Raw, unfiltered honey, or date sugar

Instructions:

1. Blend the bananas, berries, stevia and vanilla in a high speed blender.
2. For the soft ice cream version, serve and enjoy.
3. For the hard ice cream version, put into a sealed container and put into the freezer until frozen - about 2 to 4 hours.

Serve and enjoy!

## Using Fresh Rosemary with Beef

Rosemary sprigs and garlic cloves "scent" beef instead of overwhelming it. Try this in place of some "shaker" beef spice mixes. It gives a hint of lovely flavor to beef.

As always, use organic, especially for the fresh herbs and garlic.

Ingredients:

- 1 tablespoon Salt (use Himalayan salt if you can get it, or unbleached sea salt)
- 2 teaspoons Freshly ground black pepper
- 8 large sprigs Fresh rosemary
- 1 head Garlic, separated into cloves, crushed and peeled

#### Special Note:

Some people prefer to use salt at the end of the cooking process. If that's you, then that is completely ok.

#### Instructions:

1. Prepare your beef as desired.
2. Sprinkle with salt and pepper.
3. The rosemary can be used whole, right on the stem, or pick the leaves off and chop them up finely.
4. Prepare the garlic.
5. Place the whole rosemary stems and garlic on the beef, or cut little pockets into the meat and place the garlic and rosemary into the pockets.
6. Cook as desired.

Enjoy!

## Fresh Herb Sprinkle for Vegetables

This is a nice way to liven up steamed, roasted, or basic stir fried vegetables.

#### Ingredients:

- 2 tablespoons Fresh parsley, chopped
- 2 tablespoons Fresh cilantro, chopped
- 2 tablespoons Fresh basil, chopped
- 1 small clove Garlic, minced
- Salt (use Himalayan salt if you can get it, or unbleached sea salt)
- Freshly ground black pepper

#### Instructions:

Combine parsley, cilantro, basil and garlic in small bowl.

Sprinkle vegetables with herb mixture. Season with salt and pepper. Toss to coat just prior to serving. Serve warm, or let cool and serve chilled.

## All Purpose Seasoning

Having a homemade replacement for store bought seasoning salt is a great addition to your Real pantry. Most store bought seasoning salt contains MSG, which is one of the worst ingredients ever added to food.

Prep time: 10 minutes

Makes: 3/4 cup

Difficulty: Very easy

This Real food version has also eliminated 2 common powdered spices - onion and garlic powder. The reason they are excluded is that these 2 ingredients need additional processing when they get turned into powder, thus they really do lose their "real food" status.

Fresh onions and garlic are extremely common in the home kitchen, so simply add a minced garlic clove and some diced onions to your dish.

You'll notice the salt is also missing. This should be used "to taste," so just sprinkle on the amount of salt based on what you're making.

Ingredients:

- 1/4 cup Ground black pepper
- 2 tablespoons Chili powder
- 3 tablespoons Paprika
- 2 tablespoons Dried parsley leaf (optional)
- 1 tablespoon Ground red pepper flakes (optional)

Directions:

Mix well by shaking in a jar or blend in a food processor. Store in an airtight container.

Use this wherever you would normally use Seasoning Salt. You can add salt, fresh minced garlic and diced onions, to taste.

Don't make large quantities. Make enough so it will be used up within a couple months or less. Remember, you don't want to be eating old food.

## Coconut Almond Macaroons

Many store bought macaroons are very sweet, often overwhelmingly sweet.

This version is much less sweet. There is some honey used as a binder and a

sweetener, but much less than store bought.

Since macaroons use only the egg whites, you can use the yolks to make the mayonnaise found in this Quick Start Guide.

Makes: 4 Servings - about 12 cookies

Prep time: 15 minutes

Cook time: 12 minutes

Use organic ingredients, especially the almonds.

Ingredients:

- 2 Egg whites
- 2 cups Unsweetened shredded coconut
- 1/4 cup Raw, unfiltered honey
- 1/2 cup Whole almonds, chopped into tiny pieces
- 1 teaspoon Pure vanilla extract

Instructions:

Preheat oven to 350° F.

Line a baking sheet with waxed or oven parchment paper.

In a large bowl, whisk the honey and the egg whites together.

Add the almonds, coconut and vanilla to the bowl, and mix together.

Form the dough into individual macaroons. Drop cookies onto the prepared baking sheet and place in the oven.

Bake the macaroons until bottoms are golden brown, about 12 minutes.

Munch and enjoy!

## Chocolate Spice Indulgence Balls

These chocolaty balls are naturally sweet, with a bit of spice. These are easy to make and don't even require baking. You can really turn up the decadence by dusting them in one or more coatings, such as shredded coconut, or even "mock" icing sugar, made from ground coconut.

Use organic ingredients. This can be made with all raw ingredients, for those who are raw vegans.

## Ingredients:

- 14 Medjool Dates, pitted
- 2 1/2 tablespoons Raw cacao powder
- 1 to 2 tablespoons Cinnamon
- 1/8 to 1/4 teaspoon Cayenne pepper

## Coating Ingredients:

Note: These amounts are if you choose to make this whole batch with one coating. Reduce the amounts if you're going to use more than one.

### Shredded Coconut Coating:

- 1/4 cup Shredded coconut, packaged or fresh

### Toasted Coconut Coating:

- 1/4 cup Shredded coconut, packaged or fresh

### Coconut Dust Coating:

- 1/4 cup Shredded coconut, packaged or fresh

### Ground Nut Coating:

- 1/4 cup Nuts of your choice

### Roasted Nut Coating:

- 1/4 cup Nuts of your choice

### Cacao Dust Coating:

- 1/8 to 1/4 cup Raw cacao powder
- 1/8 to 1/4 cup Shredded coconut, packaged or fresh (optional)

## Instructions:

1. If dates are hard, cover with water and heat on the stove until almost boiling. Remove from heat, and let stand until soft. Remove from water and let cool to room temperature.
2. Place the cookie ingredients into a food processor and blend until a paste forms. Remove from the processor and chill in the fridge for about 30 minutes. Note that this is very sticky, and a regular blender will not work.
3. While chilling, prepare one or more coatings of your choice. See below.
4. Once the date mixture is chilled, roll the mixture into 1/2" balls and roll in your coating of choice.

Indulge and enjoy!

## Coating Instructions:

### Shredded Coconut Coating:

1. You can use packaged shredded coconut. Or, if you have access to fresh ripe coconut, then grate fresh coconut meat to roll the chocolate balls in.

### Toasted Coconut Coating:

1. Toasted coconut is one of my ultimate favorite flavors!
2. Use packaged shredded coconut. Or, if you have access to fresh ripe coconut, then grate fresh coconut meat.
3. Spread in a thin layer on a cookie sheet, and toast under the broiler. Watch it carefully, and stir to toss every minute, to get evenly toasted coconut.

### Coconut Dust Coating:

1. This gives the illusion of powdered sugar with none of the excess sugar.
2. Use packaged shredded coconut. Or, if you have access to fresh ripe coconut, then grate fresh coconut meat.
3. If it is not already very dry, then lay on a cookie sheet and dry out more in a 250 F oven for a few minutes. You don't want to let it brown, you just want to get it as dry as possible.
4. Let cool. Once cool, place it in a blender or food processor, and pulse to shred finely. Be sure to use the pulse setting, as you don't want it to glob together. You want it to be loose and fluffy. If it clumps together, then lay it out on a cookie sheet or plate and press and separate with a paper towel.

### Ground Nut Coating:

1. Finely grind the nuts of your choice.

### Roasted Nut Coating:

1. If you want the lovely taste of roasted nuts, you can coarsely grind nuts of your choice, to the size desired.
2. Lay the ground nuts on a cookie sheet and toast under the broiler. Watch carefully and stir and toss the nuts every minute or so, to get nice evenly toasted nut pieces.

### Cacao Dust Coating:

1. You can use straight powdered cacao if you want a dark dusting.
2. If you want a lighter dusting, then blend equal amounts of finely ground pale colored nuts or coconut with the cacao.