

GMO-Free Summer Picnic Meal

Homemade Chipotle Barbecue Sauce

Slow-Cooked Barbecued Chicken Sandwiches

Gluten-Free Buns

Apple Cider Baked Beans

Cabbage Slaw

Potato Salad with Radishes and Chives

Grain-Free Chocolate Walnut Brownies

Watermelon Whole Fruit Popsicles

Chipotle Barbecue Sauce (from the Nourishing Meals cookbook)

Use this sauce to marinate chicken for the grill or to simmer with cooked beans.

- **¼ cup extra virgin olive oil**
- **½ cup diced onion**
- **6 to 8 cloves garlic, peeled and coarsely chopped**
- **one 24-ounce jar strained tomatoes**
- **½ cup maple syrup**
- **½ cup apple cider vinegar**
- **1 tablespoon blackstrap molasses**
- **2 teaspoons Herbamare or sea salt**
- **2 teaspoons chipotle chili powder**
- **1 tablespoon smoked paprika**
- **½ to 1 teaspoon ground black pepper**

Heat a 3-quart pot over medium heat. Add olive oil and let it heat up for a minute before adding the onions. Sauté onions in the oil for about 10 minutes, or until they are very soft and golden brown. Add garlic and sauté a minute more.

Add the remaining ingredients, stir, cover, and simmer on medium-low heat for about 15 to 20 minutes, stirring occasionally.

Remove from heat and transfer sauce to a blender and blend until smooth. If you would like a thinner sauce then add a little water. Taste and adjust salt and seasonings to your liking.

Store any unused sauce in a glass jar in the refrigerator for up to 10 days or freeze for longer storage.

Ingredient Tip: I use organic strained tomatoes from the company Bionaturae. I like this product because it comes in a glass container thereby eliminating the use of the BPA-lined cans so often used for tomato products. Their strained tomatoes are similar to tomato sauce, so feel free to use 24 ounces of organic tomato sauce if you cannot locate these strained tomatoes.

Slow Cooked Barbecued Chicken Sandwiches

I like to serve these with homemade gluten-free buns, mustard, lettuce, and pickles.

- **2 to 3 pounds organic chicken breasts (about 4)**
- **2 cups Chipotle Barbecue Sauce**
- **sea salt and pepper to taste**
- **1 tablespoon arrowroot powder**

Place the chicken breasts and barbecue sauce into a small crockpot. Cover and cook on high for 3 hours or on low for 6 hours. Remove chicken from crockpot and place onto a plate. Use two forks to shred the chicken.

Place the arrowroot powder into a small bowl, add a few tablespoons of water and mix together. Pour mixture into the crockpot with the sauce. Whisk together. Add the shredded chicken back into the pot, cover, and cook for another 30 minutes. Taste, and add salt and pepper as needed.

Gluten-Free Buns

I like to use sprouted brown rice flour in this recipe but any combination of gluten-free flours will work. If desired, sprinkle the tops of the buns with sesame seeds before rising.

Wet Ingredients:

- **2 cups warm water (105 to 110 degrees F)**
- **1 tablespoon active dry yeast**
- **1 teaspoon maple syrup or organic cane sugar**
- **2 tablespoons extra virgin olive oil**
- **1 tablespoon maple syrup or honey**
- **½ cup ground golden flax seeds**
- **¼ cup whole psyllium husks**

Dry Ingredients:

- **2 ¼ cups brown rice flour**
- **¾ cup arrowroot powder or tapioca flour**
- **1 ½ teaspoons sea salt**

Place the warm water in a bowl or 4-cup liquid glass measure. Add the yeast and teaspoon of maple syrup, whisk together. Let rest for 5 to 10 minutes to activate the yeast. The mixture should get foamy or bubbly. If not, dump it out and start over. While the yeast is activating, mix together the dry ingredients in a large bowl.

After the yeast is activated whisk in the olive oil, additional maple syrup, ground flax seeds, and psyllium husks into the water-yeast mixture. Let stand for 1 to 2 minutes to let the flax and psyllium release their gelatinous substances. Whisk again.

Pour the wet ingredients into the dry and mix together with a large wooden spoon until thick. Turn dough out onto a floured wooden board. Add more flour, a little at a time, until the dough holds together and isn't too sticky.

Divide dough into six to eight equal-sized balls. On the floured board, roll each piece of dough into a nice round ball. Place each bun onto a parchment-lined cookie sheet, and set in a warm spot to rise. I like to place it on top of a large pan filled partially with water that is set on the stove on low heat. Let rise for 60 minutes.

Preheat oven to 375 degrees F. Bake buns for about 35 minutes or until done. Cool completely, then slice in half.

Yield: About 10 breadsticks

Apple Cider Baked Beans (from the Nourishing Meals cookbook)

Baked beans freeze well, so if you have leftovers you cannot finish within a few days, freeze the remainder in portion-sized containers. Just reheat in a small, covered saucepan on the stove.

5 to 6 cups cooked cannellini beans, drained and rinsed

Sauce:

- **2 to 3 tablespoons extra virgin olive oil**
- **1 medium onion, chopped**
- **4 to 6 cloves garlic, crushed**
- **1 ½ cups organic apple cider**
- **1 cup tomato sauce**
- **½ cup coconut sugar**

- **¼ cup apple cider vinegar**
- **2 tablespoons blackstrap molasses**
- **1 to 2 teaspoons dry yellow mustard powder**
- **1 tablespoon smoked paprika**
- **2 teaspoons Herbamare**

Preheat the oven to 375 degrees F. Place the drained and rinsed cannellini beans into a large casserole dish.

Heat a 10-inch skillet over medium heat. Add the olive oil and onions; sauté for 5 to 10 minutes until very soft and beginning to change color. Add the garlic and sauté a minute more. Scrape onions, garlic, and oil from pan into the casserole dish with the beans. Add the remaining ingredients for the sauce to the casserole dish. Gently stir together.

Bake covered for about 1 hour. Then remove the lid, stir, and bake uncovered for another 30 to 45 minutes. Taste and adjust salt and seasonings if necessary. Serve warm.

Yield: 8 to 10 servings

Cabbage Slaw

For a more colorful slaw, use half of a head of green and red cabbage. You can prep the slaw up to two days before you plan on serving it, just keep the dressing and chopped almonds separate. Right before serving, add the dressing and almonds.

- **1 medium head red or green cabbage**
- **4 large carrots, shredded**
- **1 cup snipped fresh chives or sliced green onions**
- **1 cup chopped raw almonds**

Dressing:

- **¼ cup extra virgin olive oil**
- **¼ cup raw apple cider vinegar**
- **1 to 2 teaspoons Dijon mustard**
- **1 teaspoon sea salt or Herbamare**
- **freshly ground black pepper**

Cut the head of cabbage in half. Cut out the center, close to the stem. Then take a large knife and thinly slice the cabbage. Place into a large bowl. Add the shredded carrots, chives, and almonds.

In a separate small bowl, whisk together the dressing ingredients. Pour the dressing over the cabbage and toss together. Serve immediately.

Purple Potato Salad with Radishes and Chives (from the Nourishing Meals cookbook)

This potato salad has a creamy dairy-free dressing made from shelled hemp seeds and raw cashews. It is incredibly nutritious, full of omega-3 fatty acids and magnesium. The dressing, once chilled in the fridge for a few hours, also makes a great dip for raw vegetables. If you cannot find purple potatoes, use red or yellow potatoes instead. For more flavors, add about one cup of chopped pickles. I like to use my own homemade lacto-fermented pickles. If you don't make your own then we suggest using the Bubbies brand, a naturally fermented pickle.

Salad:

- **2 ½ pounds purple potatoes**
- **1 to 2 bunches radishes, thinly sliced**
- **1 cup chopped parsley**
- **½ cup snipped chives**
- **freshly ground black pepper**

Dressing:

- **¾ cup raw cashews**
- **6 tablespoons hemp seeds**
- **¾ cup water**
- **3 tablespoons extra virgin olive oil**
- **3 tablespoons apple cider vinegar**
- **1 to 2 cloves garlic**
- **½ to 1 teaspoon Herbamare**
- **1 to 2 teaspoons dried dill**

Place the whole purple potatoes in a pot of water. Bring to a boil and cook for about 15 minutes or until tender. Watch carefully as timing will depend

on the size of your potatoes. You don't want to overcook potatoes or they will become waterlogged and mushy for the salad.

Once cooked place onto a plate to cool, then cut into chunks for the salad. I always leave the peels on. Place the potato chunks into a large bowl and add the remaining salad ingredients.

To make the dressing, add all ingredients, except dill, to a high-powered blender and blend until ultra smooth and creamy. Taste and add more Herbamare if necessary. Add the dried dill and turn the blender to low speed for a few seconds to incorporate it. Pour dressing over salad and gently toss together. Cover and refrigerate until ready to serve. The salad is best served at room temperature.

Yield: 6 servings

Chocolate Walnut Brownies (from the Nourishing Meals cookbook)

This grain-free brownie recipe can be whipped up in a snap! Only a food processor is needed, meaning not too many dishes to wash! There is no need to add any extra oil or butter because the ground walnuts provide plenty of fats—and heart healthy ones at that. Serve brownies with one of our coconut ice cream recipes for a decadent dessert treat.

Dry Ingredients:

- **2 cups raw walnuts**
- **⅓ cup cocoa powder**
- **½ teaspoon baking soda**
- **¼ teaspoon sea salt**

Wet Ingredients:

- **2 large organic eggs**
- **½ cup maple syrup**
- **1 tablespoon vanilla**

Preheat oven to 350 degrees F. Grease an 8 x 8-inch glass baking dish with coconut oil.

Place the walnuts into a food processor fitted with the “s” blade. Process until very finely ground, stopping just before they turn into nut butter. Then

add the remaining dry ingredients and pulse again to combine. Add the wet ingredients and process again until smooth. You will still have tiny chunks of walnuts visible and this is fine.

Pour batter into baking dish. Spread evenly into pan with a rubber spatula or spoon. Bake for 25 minutes. Cool for about 20 minutes before slicing.

Yield: 16 servings

Variation: Replace the walnuts with raw pecans.

Watermelon Whole Fruit Popsicles

You can replace the watermelon puree with honeydew melon or cantaloupe puree. Use any fresh organic fruit you have on hand. I like using contrasting colors because it makes the popsicles look so pretty! And don't forget to use seedless watermelon.

- **3 cups watermelon puree (about 1/4 to 1/2 a watermelon)**
- **1/2 cup fresh blueberries**
- **1/2 cup chopped fresh strawberries**
- **1 kiwi, peeled and sliced**
- **1 peach or nectarine, diced small**
- **handful fresh cherries, pitted and chopped**

Cut the watermelon into chunks and then puree it in a blender until smooth. Set aside.

Set out about 1 dozen popsicle molds (amount needed will vary depending on size of molds). Fill each one with the chopped fresh fruit. Then pour in the watermelon puree until each mold is full to the top. Place a popsicle stick into each one. Place into your freezer and freeze for about 6 to 8 hours.

When ready to serve, run the popsicle molds under warm water for a few seconds and then pull each one out. Enjoy!