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**Easy and Healthy
Food for the Whole
Family!**

March 1, 2016



RECIPE GUIDE

Online Recipes Sources:

The Paleo Mom : <http://www.thepaleomom.com/recipes>

PaleoLeap : <http://paleoleap.com/paleo-diet-recipes/>

PaleoMama / Natural Homestead :

<http://thepaleomama.com/2013/10/30cheapmaindishpaleomeals/>

My Natural Family : <http://www.mynaturalfamily.com/recipes/paleo-recipes/paleo-recipes-for-kids/>

Nom Nom Paleo : <http://nomnompaleo.com/recipeindex>

Against All Grain: <http://againstallgrain.com/recipe-index/>

Gluten Free Mommy : <http://glutenfreemommy.com/recipes/>

Gluten Free Goddess : <http://glutenfreegoddess.blogspot.ca/p/site-index.html>

The Vibrant Family : <https://thevibrantfamily.wordpress.com/creative-recipes/>

100 Days of Real Food : <http://www.100daysofrealfood.com/real-food-resources/recipe-index/>

Detoxinista (VEGAN) : <http://detoxinista.com/recipes-2/>

Convert your favourite recipes to gluten-free with some handy tips here:

<https://glutenfreegirl.com/tag/how-to-convert-a-recipe-to-gluten-free/?v=3e8d115eb4b3>

**E-Books : Download FREE from Dr. Wanda Lee's health resource company,
www.centreforepigeneticexpression.com**

There are three books available (so far):

1. Crock Pot Cooking - Paleo Style
2. Fermented Foods 101
3. Whole Food Harvest : A Step By Step Guide



Here are some of our favourite “go-to” recipes to get you started! Join us on Facebook for ongoing sharing of great recipes and resources and subscribe to our monthly newsletter for recipes, information and more (just make sure we have your email address!!)

Dr. Andrew's Energizer Shake

Dr. Wanda Lee's Energizer Smoothie

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Homemade Electrolyte Drink

Best Ever Gluten-Free Chocolate Chip cookies

EASY AND HEALTHY BREAKFAST SMOOTHIES

Dr Andrew's ENERGIZER Shake!

- 1 to 2 scoops of our vegan protein pH balanced shake mix, Seven Point 2
- 1/2 avocado
- a handful of gogi berries
- 1 glass of organic unsweetened coconut water or plain water
- a handful of organic spinach or cucumber
- 1 TBSP of Ascenta Omega oil

Blend and relax to enjoy or grab-and-go!



Dr. Wanda's Chocolate ENERGIZER Smoothie:

- 1/2 avocado (or if stuck, use 1/2 banana)
- 1 glass of unsweetened organic coconut water or plain water
- 2 tbsp organic peanut/almond butter
- OR substitute 2 large tbsp of our organic hemp hearts for nut butter and sometimes use both or add 1 scoop of protein powder if after a workout
- 2 tbsp of our organic raw cocoa powder
- 1 tsp of organic (preferably local) unpasteurized honey
- handful of organic spinach
- 1/4 cup berries (mixed, blueberries, or strawberries - organic frozen)

Blend and enjoy - this is something to sip on while packing lunches, making sure kids make the bus on time or for some nutrition on the way out the door. Also a great go to for AFTER a workout or yoga to replenish and boost protein.



Oatmeal Chocolate Chip Muffins

These are an almost weekly staple in our house. Depending on if they are for home or school can determine the gluten free flour to use. Almond flour is great as a source of protein but is not a “nut-free” version. For school, use other gluten-free flours like garbanzo bean (chickpea) or any gluten-free blend (preferably organic). This is modified from LooneySpoons but Greta and Janet Podleski - their Polish roots are cringing that now gluten-free and usually dairy-free!

They are perfect for breakfast (especially with protein flours like quinoa and almond). They also make a great snack in lunches (if nut-free) or after school. Taste like a “treat” with the nutrition of whole foods!

Ingredients:

(I usually double - they freeze well and who has time to do it twice if once will work just as well)

- 1 1/4 c quick-cooking gluten-free rolled oats (can mix in steel cut also and up to 1 1/2 c)
- 1 1/2 c boiling water
- 1 1/2 c flour = 1/2 c quinoa flour, 1 c almond flour or other GF flour blend, 1/2 c ground flax and/or hemp hearts
- 1/2 c coconut sugar (can use a bit less if using chocolate chips and you have less sweet tooth :) I use 1 c for double recipe)
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp sea salt
- 1 tbsp ground cinnamon (or to taste - I like lots and helps to cover the quinoa flavour that some don't enjoy as much. The original recipe is 1 tsp)
- 2 eggs
- 1/4 c pureed fruit - canned peaches, applesauce, even mashed bananas would work
- 1/4 organic grass-fed butter or Ghee (no casein) or coconut oil (melted)
- 1 tsp vanilla
- 1/2 c gluten, dairy and nut free chocolate chips (we use Enjoy Life brand...and may use more than 1/2 c to make up for using half the sugar of the original recipe :))



Directions:

Preheat Oven to 350F

1. Pour boiling water over oats and set aside.
2. Combine flours and dry ingredients except chocolate chips.
3. In a small bowl, combine wet ingredients. Add to the oats and stir until smooth.
4. Add oat mix to flour mix and stir until blended - the batter should be fairly thick...if not, add more flour/almond flour to the mixture.
5. Add chocolate chips.
6. Divide among 12 muffin cups in pan. I use parchment paper liners to keep cleanup easier.
7. Bake 25 min or until centre pick comes out clean and muffins are solid to touch.
8. Cool 5 mins, transfer to rack and cool remainder of the way.

Store in fridge for longest lasting muffins (up to 7-10 d) - we never have that problem as they are gone in 4-5 days. Freeze if you make extra!

One Bowl Gluten Free Banana Bread

This one is adapted from the Minimalist Baker website and is so simple with minimal clean-up so perfect to for a mid-week addition when snacks start running low!

Ingredients

- 3 medium ripe bananas (~1.5 cups or 337 g)
- 1/2 tsp pure vanilla extract
- 1 egg (or sub 1 chia or flax egg – see notes**)
- 3 Tbsp (45 ml) grape seed or coconut oil, melted
- 1/4 cup (50 g) organic cane sugar
- 1/4 cup packed (55 g) organic brown sugar
- 2-3 Tbsp (63-84 g) honey, depending on ripeness of bananas (or sub maple syrup)
- 3.5 tsp baking powder
- 3/4 tsp sea salt
- 1 tsp ground cinnamon
- 3/4 cup (180 ml) unsweetened almond or dairy milk
- 1 1/4 cup (137 g) almond meal
- 1 1/4 cup (200 g) *gluten free flour blend (I use whatever is in the cupboard, except for coconut flour which has different chemistry. Use a blend of more almond flour, garbanzo bean flour, flax, and hemp hearts or a commercial GF flour blend like Bob's Red Mill)*
- 1 1/4 cup (112 g) gluten free oats

Instructions



- 1 Preheat oven to 350 degrees F (176 C) and line a loaf pan with parchment paper or spray with nonstick spray.
- 2 Mash banana in a large bowl. Add all ingredients through almond milk and whisk vigorously to combine. Last add almond meal, gluten free flour blend and oats and stir.
- 3 Bake for 1 hour – 1 hour 15 minutes. When ready, it should feel firm and be crackly and golden brown on top.
- 4 Let cool completely before cutting or it will be too tender to hold form.
- 5 Serve with butter and honey or as is. Store leftovers in a covered container for up to a few days. Slice and freeze for longer term storage.

**Make this recipe vegan by swapping the egg for 1 chia or flax egg and it works well! To do so, just combine 1 Tbsp chia seed or flaxseed meal with 2.5 Tbsp water, mix and let set for 5 minutes to activate. Then add to the recipe when you would have added the egg.

Paleo EGG Muffins

These are great to make ahead for the week, especially for those of us with EARLY bus times and multiple people to get out of the house on time. Although we don't use the microwave much, it is handy for heating these up during the week.

Ingredients (makes 8) :

- 1 ½ cups protein - bacon, gluten-free sausage, ham, cheese, etc.
- 1 cup diced Broccoli, leeks, mushrooms, peppers, etc.
- 8 Eggs
- ¼ cups Coconut Milk, Canned
- 2 tablespoons Coconut Oil

Directions:

Combine (cooked) meat and veggies. In a separate bowl, whisk together eggs, coconut milk, and 1/2 of coconut oil. Use remaining oil to grease muffin pan. Evenly place meat/broccoli mixture into muffin pan. Add cheese (if using). Pour egg mixture over meat/broccoli. Bake at 375 degrees for 15-20 minutes.

Freezing Directions

Follow along up until the Baking directions, then...Bake at 375 degrees 15-20 minutes. Allow egg muffins to cool. Individually wrap each muffin in plastic wrap and divide among indicated number of freezer bags.

Serving Day Directions

Heat in microwave for 1 1/2 minutes at 50% power.



Salad Dressing in a Snap

This is so easy and with a few things kept on hand you can make a variety of flavors to enjoy. So much better than a store-bought version of preservatives, sugar, and often gluten too! Keeps for 4-5 days in the refrigerator if you make too much :)

Ingredients:

1/3 - 1/2 c. Olive oil - good quality is important, both for content and taste.

(Look for organic versions at Costco for price savings and from European countries where less chemicals are used in farming.)

1/4 - 1/3 c. Vinegar - mix it up for different flavors - we use red wine vinegar, balsamic vinegar, white wine tarragon flavored vinegar, white wine vinegar and/or apple cider vinegar. Play with some combinations, there is no "wrong answer" here :)

2 tbsp honey

2 tbsp whole grain or dijon mustard

2-4 cloves garlic (minced) - optional depending on who will smell your breath later!

Fresh ground pepper to taste

Sea salt to taste

Herbs - if desired - try basil, oregano, tarragon, rosemary - whatever makes a flavor or flavor combo that you enjoy and goes with the salad contents. Sometimes in a pinch, a tsp of pesto works too!

Salad in our house is a combo of greens, veggies, protein, fruit and seeds/nuts if in the house!

Spinach, kale, arugula or fresh spring greens (when available) are the foundation depending on what is most hardy looking in the organic section of the grocery store or farm market.

Veggies are whatever is on hand! Chopped broccoli, cauliflower, peppers, avocado (for healthy fats), cucumber and sliced red onion are great options to keep on hand to mix up.

Protein is what makes the salad a longer lasting meal - especially at lunch. A chopped boiled egg, leftover chicken or beef, goat cheese or feta, or even canned wild-caught tuna or salmon are quick additions.

Fruit is the "sweet treat" to make it extra tasty and interesting on the palate. We love berries (any kind) and tomatoes but also use orange slices or cut apple to create new flavors.

Nuts like cashews, peanuts, almond slivers or even chopped pecans make a great addition to salads if you can eat them. Pumpkin seeds and sunflower seeds are also something easy to keep on hand and use for snacks as well as salad toppings!

Pulled Pork in a Crock Pot (From 100 days of real food website)



Ingredients:

- 3 tablespoons paprika
- 1 tablespoons salt
- 2 teaspoons black pepper
- ½ teaspoon cayenne pepper
- 1 teaspoon garlic powder
- ½ teaspoon dried thyme
- ½ cup honey
- ¼ cup red wine vinegar
- 3 tablespoons olive oil
- 1 onion, peeled and cut in half
- 3 to 3 ½ pounds pork shoulder, cut in half

Directions:

- 1 In a medium size mixing bowl, mix together the first six ingredients (all of the spices) with a fork.
- 2 Pour in the honey, vinegar, and olive oil and stir to form a paste.
- 3 Place the onion in the bottom of the slow cooker. Top it with the 2 pieces of pork and then pour the honey paste over all sides of the pork pieces. It's okay if some of it (or a lot of it) just drips down to the bottom.
- 4 Turn the slow cooker on to low and cook for 7 to 8 hours or until the meat is tender enough to be easily shredded with a fork.

Easy Winter Greens

This can be a hard time of year to keep fresh greens on hand. They rarely look great even in the grocery store or farm market and don't last long in the refrigerator at home. We are finding Bok Choy is holding up well and there is even local sources at the market some weeks!

Ingredients:

* Whatever greens are least expensive and look the best for this time of year - enough for the family to enjoy and remember they SHRINK almost 1/2 to 2/3 when cooked in some cases.

Bok choy, swisschard, even spinach would work - just edit cooking time accordingly for each green variety. I have even done with brussel sprouts - just cut in half, par-boil first and substitute for greens (any maybe add some bacon)

- * 1/2 lemon
- * 1-2 tbsp olive oil (depends on amount of greens)
- * 2-3 cloves fresh garlic sliced thinly (or if in a hurry, the organic minced garlic in the jar can work, just a bit less flavor!)
- * 1/2 tsp (or to taste) crushed red pepper (if you can buy whole red peppers and crush yourself in mortar/pestle this is even better!)
- * salt and pepper to taste



Season with salt and pepper.
Serve immediately!

Directions:

Heat oil in a large skillet over medium heat. Cook garlic, stirring occasionally, until golden brown, about 2 minutes.

Add red pepper flakes and half of Swiss chard (greens), season with salt and pepper, and cook, tossing often, until wilted, about 4 minutes.

Add lemon juice and remaining chard and cook, tossing, just until all chard is wilted, about 1 minute.

Homemade Bone Broth



What you will need:

- *Slow cooker
- *1–2 Tbsp Organic unfiltered Apple Cider Vinegar
- *Filtered water
- *Quality bones: as little or as many as you want — 2lbs is a good starting point, either frozen or thawed

Slow Cooker Directions:

1. Turn the slow cooker on “High”
2. Add your bones to the slow cooker. They can be frozen or thawed. The more bones you add, the thicker the broth will be. I typically add the carcasses of 2 roast chickens (Organic Chickens available in 2 packs at COSTCO) or beef bones (Grass Fed - local markets)



3. If you'd like, add some vegetable scraps like onions, carrots, and celery for flavor. I usually keep it pretty minimal with some light use of sea salt and pepper so I can salt and flavor later as needed depending on what I'll be using it for.
4. Add 1–2 Tbsp apple cider vinegar. This is optional but recommended because the vinegar helps extract the minerals from the bones, but it also makes the broth slightly less palatable so don't go overboard.
5. Add filtered water to the slow cooker until the bones are covered, leaving about an inch of room at the top.



6. Let it cook for at least 24 hours, ideally 48 or even longer! It can stay in the slow cooker for days...keep adding water as you use the broth cup by cup!
7. Once you're ready to harvest your broth, pour it through a strainer into a pot or bowl and allow it to cool. When it cools it may have a thick layer of fat at the top. You can certainly eat it or skim it off and cook with it instead.
8. Use it or freeze it for later!
9. If you've used a good amount of bones, your broth will likely gel in the fridge. This is great! Don't fret if your broth doesn't gel after cooling.

Chocolate Cream Pie in a Hazelnut Crust

Company coming and you want to look impressive?
Need something for dessert for a dinner party so there is something that you can eat?
This one is via Dr. KellyAnn Petrucci and a new favorite!

Pie Crust Ingredients:

- 1 cup almond flour or finely ground almonds
- 1 ½ cups hazelnut flour or finely ground hazelnuts
- ½ teaspoon cinnamon
- ⅓ cup melted unsalted pasture-raised butter, brown butter, or ghee
- 2 tablespoons coconut sugar or pure maple syrup



Pie Crust Directions:

- 1 Preheat oven to 350F
- 2 Thoroughly mix together all ingredients. Using your fingers, press dough into an 8- or 9-inch pie plate, carefully pressing mixture into the sides.
- 3 Bake for 15 to 20 minutes and cool on a wire rack. Be sure crust is completely cool before filling. Winter makes that easy - just set outside for 20 minutes if not snowing :)

Chocolate Cream Pie Filling Ingredients:

- 3 cups ripe avocado (about 6 small or 4 -5 large avocados)
- ¾ cups dark chocolate chips (i.e. Enjoy Life brand) or dark chocolate (at least 70% dark)
- ¼ cup raw cacao or unsweetened cocoa powder
- ¼ cup coconut sugar
- ¼ teaspoon cinnamon
- 2 teaspoons pure vanilla extract
- ½ teaspoon instant espresso powder (I didn't have this so substituted used coffee grounds and worked well)
- Pinch of salt
- Flake salt for garnish (optional)



Chocolate Cream Pie Filling Instructions:

Blend avocado in food processor until very smooth and creamy.

Melt dark chocolate chips in top of a double boiler or in microwave. If you use a microwave, reduce power to 50% and heat in 30 second intervals, stirring between each heating. After about 1 minute, there may still be solid chips in the bowl, but stirring the warm chocolate will melt the remaining chips.

Add remaining ingredients to food processor and blend well.

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Pour filling into cooled pie crust and refrigerate covered for at least 6 hours. If you want a perfectly clean cut, place pie in freezer for 20 – 30 minutes before slicing. Store in the refrigerator if any leftovers :)

March 1, 2016

The Best Ever Gluten-Free Chocolate Chip Cookies

Because sometimes you need cookies.

(Adapted from www.peasandthankyou.com)

Ingredients:

- 1 c. organic butter or ghee (can substitute coconut oil, but that makes them a bit “meltier” when baking so will flatten out into a thin layer, almost like a cracker)
- 1 c. brown rice flour (or other GF flour like almond, quinoa, etc....If using a GF flour blend, check the contents for starches and xantham gum and edit next two ingredients accordingly)
- 1. c gluten free oat flour (I use coffee bean grinder to make flour from organic, GF rolled oats)
- 1/4 c + 1 tbsp cornstarch
- 1 tsp xantham gum
- 1 tsp salt
- 1 tsp baking soda
- 1/4 c. organic sugar (optional - we find using the coconut sugar below is enough)
- 3/4 c. organic brown sugar or coconut sugar (best)
- 1 organic egg + 1 egg yolk (or 2 flax eggs - 2 tbsp flax + 6 tbsp water, whisk and thicken)
- 1 Tbsp almond, coconut, soy or rice milk
- 1 1/2 tsp vanilla
- 1 - 1 1/2 c. chocolate chips (we use enjoy life non-dairy, nut free version in mini-chips size)

Directions:

In a medium bowl, combine the flours, starches, salt and baking soda. Set aside.

In electric or stand mixer, cream melted butter and sugar(s). Add egg and egg yolk (or flax egg), milk and vanilla - mix well.

Slowly incorporate flour mix into wet mix until thoroughly combined. Add chocolate chips and stir together.

Chill dough in refrigerator until firm, about 1 hour (or speed it up by putting in the freezer about 20 min).

Preheat oven to 375F while dough chills.

Scoop spoonfuls of dough and shape into cookies on baking sheet.

Bake 11-13 mins until the edges of cookies are starting to brown. They will NOT look set, but will continue to cook on the pan. Remove from oven and cool on the pan for 5 mins. Move to wire rack and cool completely before eating or storing.

