

PALEO RECIPES



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You are encouraged to print this book for easy reading.

BREAKFAST RECIPES:

Breakfast Lasagna



Ingredients:

1/2 pound sweet or hot bulk sausage

1/2 cup diced carrots

1/2 cup diced butternut squash

6 eggs

1 large sweet potato

Salt

Pepper

Nutmeg

Coconut oil

Pumpkin or sunflower seeds

Instructions:

Cook sausage over medium heat until browned, about 7 minutes.

Add cauliflower and rosemary and sauté for another 5-7 minutes, until the cauliflower is softened.

Transfer the ingredients to a mixing bowl. Add 4 eggs, salt and pepper. Stir until well mixed.

Grease a 9-inch round cake pan, and pour the mixture into the pan.

Slice sweet potato into thin rounds, using a mandolin box grater/slicer.

Overlap sweet potato rounds on top of the egg mixture until you've covered the mixture. The sweet potatoes will shrink a little when cooking so add a few more than you might think you need.

Whisk the remaining egg well. Whisk in 1 tablespoon of oil. Brush on to sweet potatoes.

Bake at 350 degrees for 35 minutes. Turn oven to broil and broil for another 4 minutes to make the sweet potatoes crispy.

Garnish with a few sprinkles of cinnamon. Eat immediately or save for later in the week.

Paleo Porridge



Ingredients:

3/4 Cup cream from cooled coconut milk

2/3 Cup of almonds

Raw honey

Extra spices to flavour.

Directions:

To make good paleo-approved porridge, start by cooling a can of coconut milk overnight until you have cream on the top. The next morning, place 3/4 of a cup of that cream in a saucier on medium heat until it returns to a liquid state. Next, grind up 2/3 of a cup of almonds in your food processor and pour them right into the milk. You can also stir in a small amount of raw honey to sweeten the mixture as you stir. Keep it on medium heat and stir for about five minutes. As you do so, the porridge will start to thicken up. When it reaches your desired thickness, add some extra spices such as cinnamon, nutmeg or whichever spice you prefer, pour it into a bowl, and enjoy. This recipe makes one serving.

Paleo Protein Shake Recipe



The ingredients/directions you will need for this delightful shake are the following:

Ingredients:

1 cup of ice cubes or ½ cup of cold coconut milk
2 tbsp. hemp protein powder
1 ripe peach, peeled and cubed
1 ripe mango, peeled and cubed
½ green apple, peeled and cubed
A squeeze of citrus (lemon preferred)

½ tsp. of honey (optional)

Instructions:

1. Peel and cube all fruits stated above.
2. Put the water or milk into your blender; add protein and ½ of your cubed fruit. Blend for about a minute and scrape down the sides, if needed.
3. Continue by putting in the rest of the fruit including the squeeze of citrus. Blend until smooth for 3 to 5 minutes. If it is too thick, add small quantities of water or milk until the mixture is pourable.
4. Taste smoothie and if some sweetness is needed, add honey, but don't go overboard. Less is more. Once it is to your liking, pour it in a tall glass.
5. For leftovers, pour the remaining smoothie into a glass container with a lid. Store it in the freezer and use it within a week.
6. ENJOY!!

Pumpkin Breakfast Cookies



Ingredients:

1 cup almond flour
1 tsp baking soda
1/2 tsp ground nutmeg
1/2 tsp ground ginger
1 tsp ground cinnamon
2 tsp pumpkin pie spice
1 cup canned pumpkin
(or cook and puree pumpkin

yourself)

2 large eggs
2 tbsp sunflower seed oil
1/4 cup raw honey
2 tsp raw/organic peanut butter
1/4 cup raw, shelled, sunflower seeds
1/2 cup flaked coconut

Instructions:

Begin by pre-heating the oven to 325 degrees. Sift the finely ground dry ingredients (flour, baking soda, and spices) together into a medium mixing bowl. In a second bowl, combine the canned pumpkin, eggs, oil, honey, and peanut butter with an electric mixer until completely blended. Slowly fold the dry mixture until all ingredients are combined. Add the sunflower seeds and coconut, mixing well until they're evenly distributed. Drop by spoonfuls onto a non-stick cookie sheet and bake until golden brown (about 12-15 minutes).

Tapioca Crepes



Ingredients:

1 cup coconut milk

1 egg

1 C tapioca flour or tapioca starch

Pinch of salt

Preferred toppings such as apple butter, sauteed vegetables, pear sauce, bacon, etc.

Instructions:

Preheat a nonstick pan or skillet over medium heat.

Combine the ingredients of coconut milk and egg in a medium bowl. Sift in the tapioca flour and salt to prevent lumps in the batter and mix well. The sifting is an important part of the process.

Once pan or skillet is ready, pour roughly 1/3 C of mixture onto the surface and spread batter in all directions to cover the surface.

Cook roughly 2-3 minutes on each side or until lightly browned. Note that the first crepe is never as good as the remaining crepes.

Place preferred ingredients on top, wrap or fold the crepe and serve warm.

Serves 2

Zucchini Pancakes



Ingredients:

2 C zucchini, roughly 2 medium zucchinis, shredded

3 eggs

1 T coconut flour

1/2 tsp sea salt

1/4 tsp freshly ground black pepper

Coconut oil

Instructions:

Preheat cast iron skillet over medium-low heat.

Roughly chop zucchini in a food processor, dry with a paper towel and set aside.

Beat eggs in a large bowl.

Add coconut flour into eggs by shifting the flour into the bowl to prevent lumps. Beat together.

Add salt and pepper to zucchini, mix well and add to the egg mixture.

Add coconut oil to preheated skillet. Be certain to coat the entire pan.

Spoon the mixture into the pan into 5" or 2" sized pancakes and cook until each side is lightly golden brown.

Serve warm topped with additional spices and fresh herbs as desired such as parsley, oregano, etc.

Serves 5 – 5" pancakes or 10-2" pancakes

LUNCH RECIPES

Chicken and mushroom soup



Chicken and mushroom soup is an old familiar favorite which is a meal in itself. It's already paleo, with a couple of substitutions.

Ingredients:

2 to 4 chicken breasts and/or thighs, boneless

8 to 12 oz. portobello mushrooms, sliced

8 to 10 oz. diced carrot

10 to 12 oz. diced onion

2 cups organic chicken broth

1 can full fat coconut milk

1 tbsp. paprika

1 tsp. each dill, ginger

Dash cinnamon

1 tsp. lemon juice

Salt and pepper to taste

Cilantro or parsley

Instructions:

Boil chicken or fry in butter or oil and dice. Saute onions and carrots 10 minutes, add mushrooms and saute another 10 minutes. Stir in chicken, broth, coconut milk, spices and seasonings. Cover and simmer on lowest setting for 30-45 minutes. Garnish with cilantro or parsley.

Any vegetables you like can be diced and added to this delicious soup. Try including a blended avocado for a unique taste. Use a paleo-approved oil such as olive, coconut or avocado. Butter should be ghee or any natural grass-fed brand.

Paleo Chili



Ingredients:

2 lbs. of ground beef
2 cups onion, chopped small
½ tsp. garlic
2 tsps. Chili powder
¼ tsp. cumin
1 tsp. salt
1 tsp. pepper
1 tbs. smoked paprika
4 cups diced of crushed tomatoes

3 cups water
3 beef boullion cubes
30 oz. light red kidney beans, drained

Directions:

1. Saute ground beef and onion in a large stock pot until brown. Drain well.
2. Add all spices, tomatoes, water, and boullion cubes. Mix well.
3. Boil mixture over low heat. Keep covered and stir occasionally for one hour.
4. Add beans and bring mixture back to a boil. Mix well.
5. Remove from heat and serve.

This recipe can be easily doubled or halved. This chili is also very easy to freeze.

Crab Cakes



Ingredients:

1 Egg
2 Tbsp Mayonnaise
1 tsp Dijon Mustard
1/2 tsp Worcestershire Sauce
1/4 tsp Hot Sauce (i.e. Tabasco®)
1/4 tsp Lemon Juice
1 1/2 tsp Seafood Seasoning (i.e.

Old Bay™)
Ground Black Pepper to taste
1 lb fresh lump Crabmeat
1/4 Cup Almond Flour
1 Tbsp finely Diced Red Pepper
2 tsp sliced Green Onion
1 Tbsp chopped fresh Parsley
1/3 Cup Almond Flour

Instructions:

Grease baking sheet.

Whisk together in a bowl to blend completely the first eight ingredients.

Set in a separate bowl the fresh crab meat. Gently mixing in everything with your hands, add the egg and mayonnaise mixture to the crab meat.

Once combined, add the 1/4 cup almond flour, peppers, green onions, and parsley to mix in.

Form six patties. In a separate and shallow bowl, set the 1/3 cup of almond flour inside. Completely cover all patties.

Place on baking sheet and put into the refrigerator to set for approximately an hour.

Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius)

Bake for 15-20 minutes or until golden brown.

Fruit Gazpacho

Try to get creative with this one, there are lots of alternative recipes available or try unique combinations with your own favourite fruits.



Ingredients:

5 peeled kiwis

1 tsp lime juice

10 oz. thawed frozen raspberries

2 tablespoons honey

12 oz unsweetened lemon-lime sparkling water

1 C roughly chopped cantaloupe

4 kiwi slices, for garnish

Instructions:

Combine the kiwi and lime juice in a food processor and puree. Set aside.

Place raspberries and honey into a clean food processor and puree. Strain through a fine mesh sieve to discard seeds. Add in sparkling water, mix and set aside.

Add the cantaloupe in the clean food processor and puree. Set aside.

To layer gazpacho, gently spoon equal amounts of kiwi puree into each of four bowls or glasses. Repeat with raspberry puree and cantaloupe puree. Top with fruit slices.

Serves 4

Paleo Hamburger Patty



Hamburgers are definitely approved paleo food. Aside from not eating them on buns, you need not change most of the ingredients. It's an opportunity to experiment with some new taste combinations.

Ingredients

1 lb. ground meat
1 sweet onion, sliced thin
1-2 tomatoes, sliced
1-2 bell peppers, sliced in strips
8 oz. mushrooms, any kind, sliced
Spices and seasonings, your preference
Fresh cilantro or parsley sprigs

Directions

Mix seasonings into meat before frying or grilling. For a slightly unusual spicy taste, try a bit of powdered ginger. Fry burgers with onions, peppers and mushrooms in avocado, olive or unflavored coconut oil. Use homemade paleo-ingredient mayonnaise, ketchup and mustard if desired. Garnish with cilantro or parsley, or wrap burgers in leaves of spinach and enjoy.

For a true paleo-burger, use locally raised and grass-fed pastured meat. Bison is preferable. Turkey, chicken or lamb are also good choices.

Is cheese acceptable? Many people in the Paleolithic era had milk from sheep, goats or cows. Try taking an "eat like your ancestors" approach. To make an informed decision, discontinue dairy for a month to six weeks, then resume and see how you feel.

Roast Chicken and Vegetables



Roast chicken is pretty much paleo without even trying. Just make sure you season with paleo friendly options.

Try this recipe below for a particularly tasty Sunday roast!

Ingredients:

Whole Chicken (Preferably Organic)

Approx 2 Fluid ounces (50 mls) olive oil

One Sprig of fresh Thyme

One fresh lemon

Three cloves of garlic

Freshly ground black pepper

Sea salt

Your favourite paleo vegetables (no potatoes!)

Directions:

Take out giblets and rinse chicken, allow to dry or dry with kitchen towel. Add crushed garlic cloves with a little thyme and all of olive oil to a blender and blend thoroughly. Massage this mixture into the chicken until it is well coated then add salt and pepper for some extra seasoning. Slice the lemon in two and place most of whole sprig of thyme in its centre (ie what's remaining after previous step), then put lemon into cavity of chicken.

Add chicken to oven tray and place in a preheated oven (400 degrees Fahrenheit / 200 degrees Celsius), cover loosely with foil and allow to roast for 30 mins.

Remove foil , reduce oven temp to 330 degrees Fahrenheit (170 degrees Celsius) and finish roasting until cooked (If you pierce chicken with a skewer juices should run clear). Full cooking time will vary dependant on size of bird , (this is generally displayed on the packaging

of most purchased whole chickens). Add vegetables to roasting pan and roast until cooked (time varies depending on the vegies chosen – estimate the ideal time to add these dependant on expected time to cook chicken).

Once chicken is cooked, and oven is switched off, allow it to soften a little, by leaving in still warm oven for 10 or 15 mins before carving. Juices from the roasting tray can be used for a tasty gravy or simply pour over carved chicken for flavour. Enjoy!

Tuna Salad (with chilli)



Ingredients:

2 lemons, juice only

Drizzle of olive oil

2 cans tuna, your choice of oil-packed or water-packed cans

1 C olives, green or black, chopped

2 green onions, chopped

1 hot pepper, seeds removed if you do not like the extra heat, finely chopped

1/2 tsp red chili flakes

1 head butter lettuce or mixed greens

1 avocado, sliced

Instructions:

Combine the lemon juice, oil, tuna, olives, onions and chili flakes. Mix well. Serve the spicy tuna salad on a crisp lettuce leaf or a bed of mixed greens and top with avocado slices.

This salad can be stored in the fridge for a day or two to maximize the flavors or served immediately. Do not add the avocado slices until serving as they will brown if left open to the air for too long.

DINNER RECIPES

Beef and broccoli stir fry

Quick easy stir-fries are a wonderful way to experience paleo food. Broccoli is a nutrient-rich vegetable, first cultivated in Biblical times. Here is one of many possibilities for a paleo beef-broccoli stir-fry.

Marinade:



Ingredients:

- 1/4 cup lemon juice
- 1/2 cup olive or coconut oil
- 1/4 cup crushed garlic
- 1/4 cup chopped sweet onion
- 1-2 tsp powdered ginger
- 1/8 tsp cayenne pepper
- Dash cinnamon

Directions:

Warm oil in a saucepan. Stir in spices and lemon juice. Heat thoroughly. Pour into a Pyrex or other non-reactive baking dish. Put meat in and refrigerate 6-8 hours.

Stir Fry:

Ingredients:

- 1 to 1 1/2 lbs. grass-fed pastured beef (sirloin preferred)
- 1 head fresh broccoli, cut small
- 3 tbsp minced ginger and garlic
- 1-2 parsnips, peeled, sliced thin
- 1 cup sliced sweet or chopped green onion
- 8 oz. baby portobello mushrooms, sliced
- Cilantro, a few sprigs, cut fine
- 1/2 cup olive or coconut oil

Directions:

Cut meat into strips. Heat the oil and brown the meat. Add all other ingredients and cook on high, stirring constantly until tender. Serve over coconut flour noodles or the old reliable "cauliflower rice".

Chipotle Salmon with Lime



Ingredients:

1 lb salmon
1-2 T olive oil
2 limes, halved
1 tsp chipotle powder

1 tsp salt

½ tsp pepper

Instructions:

Preheat oven to 500°F

Cut the salmon into 4 equal-sized filets

Pat each piece of salmon dry to remove as much moisture as possible and place on a metal baking pan such as a cookie sheet

Rub each fillet with olive oil and sprinkle with salt and pepper

Add juice from one-half lime onto each fillet

Season fillets with salt and chipotle and top each fillet with half of a lime

Reduce oven temperature to 275°F

Cook salmon for 8-12 minutes (vary based on personal preference).

Garlic Chicken and Sweet Potatoes

A Paleo Diet does not have to lack flavor! The following is a recipe for garlic spiced chicken and sweet potatoes—all Paleo-friendly! Enjoy your protein and veggie intake with just a handful of ingredients and simple cooking instructions.



Garlic Chicken

Ingredients:

1 boneless, skinless chicken breast
(feeds one)
salt and pepper
1 small lemon
1 clove of garlic
cooking oil

Directions:

- 1) Warm about 1 tablespoon of cooking oil in a pan on medium heat. Mince your garlic and add to the pan.
- 2) Slice your small lemon. Lay half of the slices in the pan over the garlic. Season your chicken to taste with salt and pepper, then lay the chicken on top of your lemon slices.
- 3) Lay the second half of your lemon slices on top of the chicken. Cover the pan with a lid. Let the chicken cook for 8-12 minutes (or more if needed - timing will vary), turning to cook each side thoroughly. You will know your chicken is done when it's no longer pink and the juices are clear.

Sweet Potatoes

Ingredients:

1 medium sweet potato
Green onion (1 stalk is plenty for one serving)
1/4 cup of your preferred milk
2 tablespoons of grated Parmesan cheese

Directions:

- 1) Steam your sweet potato on the stove. It should be soft enough after 20 minutes.
- 2) Mince your onion stalk.
- 3) Mash your cooked potato while heating your milk (until it's steaming). Pour the milk into a bowl of your mashed potato, then add your onion and cheese, mixing together.

In just a few short steps, you have your Paleo-friendly chicken and sweet potatoes. Enjoy!

Pepper steak with vegetables



Ingredients:

New York cut steak
Fresh red, green and yellow bell peppers
Sweet onion
Portobello mushrooms
1/2 cup fresh chopped cilantro
1/4 cup olive oil or alternate for the marinade:

1/2 cup each lemon juice and oil
1/2 cup each tomato and onion, chopped fine
1 tablespoon crushed garlic
1/8 to 1/4 teaspoon cayenne pepper

Directions:

Marinate steak for 6 to 10 hours or overnight. Cut meat, peppers, mushrooms and onions in strips. Heat pan and add oil, then put meat and vegetables in when oil is hot. Stir fry until well done. Serve topped with fresh cilantro or parsley. Side dishes might be sweet potato or yam.

True paleo steak is usually grass-fed pastured beef or, better yet, buffalo. As always, the best vegetables are those grown in your own garden and harvested just before cooking.

Many people dislike olive oil or find it hard to digest. Acceptable substitutes are sesame, coconut, walnut, macadamia and avocado oils. Choose an oil that is high in omega-3 fatty acids if possible.

Spaghetti with a meat sauce



Going paleo doesn't mean giving up your favorite pasta sauces — just use a little creativity! The most common paleo “spaghetti” is spaghetti squash. Noodles can also be made from buckwheat flour. A peeler or spiral slicer on a fine setting can create noodles from zucchini and other vegetables. This sauce is also great poured over sautéed portobello mushrooms or

eggplant.

To use spaghetti squash, slice in half lengthwise. Remove seeds and set aside. Season the inside with Italian seasonings, salt and pepper. Steam or bake thoroughly. Strands should be very soft. Seeds can be roasted in the oven with salt as a snack.

Ingredients

- 1 lb. ground beef (pastured and grass-fed preferred)
- 1 small sweet onion, chopped fine
- 1-2 tbsp. crushed garlic
- 1-2 tbsp. olive oil (coconut or sesame oil can substitute)
- 32 oz. crushed tomatoes
- 1 tsp. each basil, marjoram, oregano, rosemary and thyme
- 1/8 tsp. cayenne pepper

Directions:

Heat oil, stir in onions and garlic. Cook for 5-10 minutes, add meat and brown thoroughly. Add other ingredients, stir well and cover. Cook on lowest heat setting for 40-45 minutes, stirring occasionally.

Oven Roasted Ratatouille



Ingredients

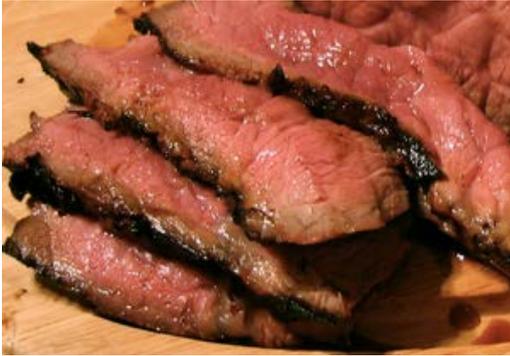
1 baby eggplant
1 zucchini (4-5 inches long)
2 Roma tomatoes
1/2 cup diced white onion
2 tbsp. clarified butter
1 garlic clove, finely minced
3/4 tsp. salt
1/2 tsp. dried marjoram or 1 tsp.

fresh marjoram
1/2 tsp. black pepper

Directions

Preheat the oven to 400°F. Dice the eggplant, zucchini, and tomatoes into 1/2-inch cubes. Pour the clarified butter, marjoram, garlic, salt, and pepper into a large mixing bowl. Stir to combine. Add the eggplant, zucchini, tomatoes, and onions. Toss well to evenly coat the vegetables. Spread all ingredients out on a baking sheet lined with foil, making sure not to overcrowd it; nothing should be overlapping. Place the sheet in the oven for about 20 minutes or until the vegetables are lightly browned on top. Dish out into bowls with a spatula and serve.

Strip Steak with Chimichurri



Ingredients:

2 C cilantro leaves and sprigs, finely chopped

2 C parsley leaves and sprigs, finely chopped

2 tsp minced garlic

1 tsp red pepper chili flakes

3 T fresh lime juice

1 T red-wine vinegar

3 T dry red wine

1/2 C extra-virgin olive oil, plus more for brushing

Salt and freshly ground black pepper

2 lbs strip steak

Instructions:

Prepare a grill or grill pan over high heat.

In a food processor, combine the cilantro, parsley, garlic, lime juice, red wine, olive oil, and a pinch of salt and pepper. Pulse until the mixture is a coarse puree. Taste, adjust seasoning and pulse again.

Rub the steaks with salt, pepper and olive oil. Grill steak roughly 2 to 4 minutes on each side, depending upon thickness, or until it is medium rare. The center of steaks should read 125°F on a meat thermometer. Remove the steak to a plate and to rest for a minimum of 5 minutes.

Slice steak across the grain at a 45 degree angle. Spoon a partial amount of the chimichurri over the steak on a serving plate. Serve the remaining sauce alongside the dish.

Serves 4

SNACKS

Apple Cinnamon Muffins



Warning: You may want to double the recipe! They really are that good!

Ingredients:

1 Cup Almond Flour
3 Tbsp Coconut Flour
1 Tbsp Cinnamon
1/2 tsp Baking Soda
Pinch of Salt
3 whisked Eggs
1/4 Cup melted Coconut Oil

2 Tbsp Raw Honey
1 cored and diced Apple

Instructions:

Prepare muffin tin by inserting nine silicone liners.

Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius)

In a large bowl, mix together the dry ingredients: almond flour, coconut flour, cinnamon, baking soda and the salt.

Add the wet ingredients: eggs, coconut oil, raw honey and the cored and diced apples. Combine thoroughly.

Place mixture in muffin liners filling 2/3 to the top.

Bake for 25-30 minutes with a nice golden brown top.

Serves: 9 muffins

Crab Salad-Stuffed Eggs



Ingredients

12 hard-boiled eggs
8 ounces crab meat
Green onions, carrot and/or celery,
chopped very fine
Fresh dill and/or cilantro, cut very fine
Salt and pepper to taste

For the dressing:

If non-dairy, mashed avocado

If dairy is okay, Greek yogurt

Coconut milk is okay if you like the taste. Use full fat milk or coconut cream.

Dash lemon and/or lime juice. Stir well.

A paleo “mayonnaise” can be made with nut oil or light olive oil, an egg and lemon juice. Don’t be afraid to experiment.

Directions

Make dressing first and have well chilled. Slice eggs lengthwise. Carefully remove yolks. Set whites aside. Mash yolks in a bowl, slowly adding other ingredients. Stir in dressing a bit at a time until mixture holds together. It should be a firm paste and not gooey. Mix well and spoon into egg whites. Cover and keep cold until ready.

Use eggs from pastured hens. Try tiny amounts of red pepper instead of black. Tiny amounts of powdered or finely crushed ginger or garlic. Use fresh herbs from your own garden whenever possible.

Eggplant Chips



Ingredients:

1 large, ripe eggplant

2 cups cheese

2 eggs

Instructions:

Preheat oven to 450 degrees and grease a cookie sheet.

Remove the ends from the eggplant and shred in a food processor. Mix eggplant with the egg and cheese. Lump mixture onto the prepared cookie sheet and smooth out to make 8" circles, roughly 6.

Bake for 12 minutes. Loosen and flip the discs. Bake for another 5 minutes. Once cooked thoroughly, remove from the oven and cut the discs into triangles with a pizza cutter. Let cool on a rack for 6-8 hours. This is an important part of the process to ensure the chips become crisp.

Once dried, sprinkle with seasoning such as popcorn seasoning, Old Bay, garlic salt or any other seasoning of your choice. Eat immediately as a healthy and light snack or store the eggplant chips for up to one week in an airtight container or resealable bag.

Hummus



Ingredients:

- 1 3/4 cup diced zucchini
- 1/2 cup raw macadamias
- 2 TBL SP Tahini and xtra vg ol oil.
- 2 1/4 tsp lem juice

1 tsp sea slt and cumin

2 Roasted peppers

1 garlic clove

Directions:

It's possible to enjoy hummus on the paleo diet too, but you need to be creative since chickpeas aren't allowed. To make paleo-hummus, start by dicing 1 3/4 cup of zucchini. Next place the zucchini, 1/2 cup of raw Macadamia nuts, 2 tablespoons each of tahini (store-bought is fine) and extra-virgin olive oil, 2 1/4 teaspoons of lemon juice, 1 teaspoon each of sea salt and cumin, 2 roasted red peppers, and a clove a garlic into a food processor. All you need to do now is blend the whole mixture until it's nice and creamy. Place it into a serving bowl and enjoy this dip with raw vegetables to your heart's content. If you plan to use store-bought tahini, then remember that it tends to settle and will need to be stirred before putting it in the food processor.

Spicy Sweet Potato Wedges

This is a simple paleo creation of mine which is great as a side with any meal or on its own as a snack, for sharing or just on your own!



Ingredients:

4 large sweet potatoes

Cayenne Pepper

Black Pepper

Mixed Herbs

Garlic Salt

Paprika

Olive Oil

Directions:

First note that apart from the sweet potatoes, I haven't listed quantities of the herbs, spices and oil. This is because you can either add a little or a lot dependant on how spicy you like them. Experiment with different quantities to find the perfect level just for you, or add some of your own herbs and spices to give a flavour all your own!

First, peel sweet potatoes and cut into thin wedges, place into a plastic bag (I usually use 2 bags to prevent the oil from leaking), add all herbs to bag, add sufficient olive oil to allow the herbs and spices to stick to the sweet potatoes (this is a judgement call and you can always add more to the bag or the pan if you're worried about the wedges drying out), close the bag and give a good shake until the wedges are all thoroughly coated. Remove wedges from bag and add to a preheated oven tray (I usually just empty the bag directly onto the oven tray – though be careful that the plastic doesn't touch the hot oven tray!) .

Place oven tray into the middle of a preheated oven and cook for 20 – 30 mins at 200 degrees Celsius (390 degrees Fahrenheit) , turning wedges regularly. They're ready when they look as crispy as you like them. Enjoy!

WHAT TO DO NEXT ??

1. Check out my [recipes page](#) for more great options.
2. Try out one of my recommended [paleo recipe books](#).