

Your Life For A Recipe!



Why I Wrote This Book: In my adventures as a Holistic Eye Doctor, 10 years ago, I created software to help screen patients for arterial hardening (known as nicking). This was done by digital photography known as Digital retina Imaging ([DRI](#)). This is important because, [as current research seems to indicate](#), if you have nicking you are much more likely to suffer a stroke, heart attack or other health issues than people with normal vessels. In fact changing your diet, it is likely one of the best ways of preventing these huge health disasters!

Current dietary research by creative physicians in both [clinical environments](#) and [research settings](#), indicates that the best way to deal with nicking and the frequently associated high blood pressure, diabetes and likely cancer is to cut back on carbohydrates as well as packaged processed foods. With this in mind, I will share with you some of the recipes I have created for myself or was given by my patients and friends, to accomplish this goal without deprivation.

Nothing I offer you will be an exact replacement for those “*scrumptious*” store bought chocolate chip cookies or those fries from [McDonald’s with 19 ingredients](#) most of which your mom never added to fries. However, the **addictive** processed foods that you “think you love” are addictive because they are full of toxic things like sugar, high fructose corn syrup, hydrogenated fats and a list of chemicals derived from petroleum that you burn in your car on the way to the food store. Eating them tricks your body into cravings for them (yes, just like cigarettes and drugs) and later may destroy your health.

Alternatives: The following recipes are some of those I have found of value in staying on a low carb natural food lifestyle for life. It is not a diet, it is a lifestyle. Many of these recipes have been contributed by patients over many years. I had a nice collection at home, most of which I tried,

liked and used. Then it occurred to me, why not put it in an E-book and share it with my friends and patients. So here they are, in no special order. However it is an e-book and you can search it or just scan the table of contents, click a link and see the recipe! I hope you find this helpful in a start on your way to long term good health and vitality!

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This E-Book copyright by Janr ssor at Smashwords.com and thanks to their superb e-book publication and distribution service is available for free permanently from Smashwords and all their distribution outlet centers. It is written and published by Dr Joe Ross for patients and friends of [Holistic Vision Care](#). It is created under my pen name, [Janr Ssor at Janr Ssor Publications](#).

Though a lot of these recipes were created by me, the majority come from patients over many years (at least 20). Some excellent ones are created by [Dawn Ross, who is a Life Coach](#) and incredible artist with food. I encourage you to look at her publications for other superb recipes that are low carb and meet many allergy needs.

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Low Carb Hamburger Buns



Makes about 6 large buns (ideally bake in large muffin or burger roll pan)

Ingredients:

1/2 cup Coconut Flour
1/2 cup Ground Flaxseed
1/4 tsp Salt
1 tsp Baking Soda
2-3 Eggs
1/4 cup Coconut Oil, Melted
1/4 cup Water
3/4 tsp Xanthum Gum
1 tsp Apple Cider Vinegar
1 pinch stevia concentrate (small)

Preparation:

1. Preheat oven to 325 degrees. Grease a baking sheet
2. Mix all the dry ingredients together. Combine all the wet ingredients. Add the dry ingredients to the wet and blend well in food processor. Batter will be thick.
3. Ideally place in muffin pan and bake for 40 minutes or until a toothpick comes out clean. Cool completely before slicing.

NOTE: In this recipe, I substituted xanthum gum for eggs and added extra water to compensate for this (1/4 cup instead of 1/8 cup). This produced a very springy well composed baked bun that does not fall apart.

Dawn's Raw Carrot Cake Balls (no cooking)



Ingredients

160 g grated carrot
2 tbsp flax seeds (ground)
1 tsp allspice
1/2 tsp cinnamon
1/2 tsp vanilla extract
1/3 cup coconut flakes (plus a little more for rolling the balls in)
3 Tbs baking Stevia and 3 Tbs Monk Fruit
2 Tbs chopped walnuts
2 Tbs Coconut Flour
1 tsp ginger

Preparation:

Mix all ingredients and roll into 18 equal size balls. Roll balls in coconut shreds and place in fridge. 18 balls = 18 carbs and 510 calories

Dawn's Rum -Raisin Balls (no cooking)



Ingredients.

1 cup ground walnuts

½ cup flax flour

80 g unsweetened cocoa powder

2 Tablespoons coconut oil

3 Tablespoons powdered (baking) stevia

3 tablespoons monk fruit

1/2 teaspoon vanilla

2 Tablespoons rum, brandy, whiskey, etc -- vary according to taste

Preparation

Roll in shredded coconut

Add water as needed to make stick

Cool in fridge and serve.

Chia Milkshake



Ingredients:

6 drops vanilla Stevia

1 teasp Vanilla

$\frac{1}{8}$ teasp Nutmeg (or less)

$\frac{1}{2}$ teasp Cinnamon

1 cup almond or coconut milk (if you have a high speed blender, a handful of fresh coconut or a dozen cashews work too!)

$\frac{1}{8}$ of a fresh apple

1 tbsp of Navitas Maca Powder (optional but good!)

1 tbsp of Chia Seeds

Optional: a small slice of avocado to richer taste and thicker texture.

Preparation:

Blend all but chia seeds at high speed. When well blended add chia and blend at low to moderate to not spray chia seeds all over blender walls. When well blended turn off and add a big handful of ice cubes. Blend on high till noise abates.

Eric's fantastic sardine spread



Ingredients:

3 containers of sardines (Trader Joe's Pink Can sardines in olive oil (drain off the oil) are great!

1 middle sized onion finely chopped **

2 tbsp Trader Joe's [Sambal Matah](#) (or Cayenne) to taste

paprika powder - 1 tbsp or more

2 large dill pickles chopped finely

Mustard (about 1/3 of a small container) but you can add as much as you like according to taste

Mayonaise (add to the consistency that you want, as a spread to keep it wet but not be watery!)

If you like you can add a couple hard boiled eggs, finely chopped and mix in, at the end of preparation, with a fork. Do not blend this with the other ingredients. Alternatively half a block of tofu finely chopped (optional)

Preparation:

Blend all the ingredients to a smooth thick but not liquid texture. Now mix in the eggs or tofu.

Serve on low carb crackers or use as a dip for sliced veggies like, cucumbers, peppers, bok choy, carrots, etc.

Dawn's Kale & Spinach breakfast shake



Ingredients:

160 g frozen kale 4 carbs and 60 cal

70 g mixed frozen berries 5 carbs and 35 cal

85g frozen spinach 0 carbs and 25 cal

240g tofu 6 carbs and 240 cal

vanilla, cinnamon, allspice and cloves and cardamom

3 TBS baking stevia

Preparation:

Blend all the ingredients to a smooth texture.

15 carbs and 360 cal - makes enough for 4 servings

Vegetarian Cream Cheese (unknown author)



Ingredients

- $\frac{3}{4}$ cup (3.75 oz. by weight) whole raw cashews
- $\frac{1}{2}$ block (about 7 oz. before pressing) firm or extra-firm tofu (not silken tofu)
- $\frac{1}{4}$ cup refined coconut oil
- 2 tbsp raw apple cider vinegar
- 1 tsp fine sea salt or kosher salt

Preparation:

process cashews on high in a powerful food processor to create cashew butter, then add the rest of the ingredients and process till smooth and creamy. Add vinegar or lemon to taste.

Great meat loaf



Ingredients

1½ lbs organic grass fed ground beef
1/2 cup red onions, chopped
2 medium cloves of minced garlic
1 tablespoon Worcestershire sauce (optional)
½ teaspoons ground mustard
1½ teaspoons chili powder
4 oz tomato sauce
2 eggs
1 teaspoon salt
¾ cup almond flour

Preparation:

Mix all place in a greased loaf pan and bake at 350 degrees for about 45 minutes

Coconut Flour Flax Bread (or rolls) - unknown author -



Ingredients:

1/2 cup coconut flour, sifted
1/2 cup flax seeds, ground [or chia seeds, unground]
1/2 teaspoon salt [or less]
1 teaspoon baking soda
5 eggs
1/4 cup coconut oil, melted
1/8 cup water (or coconut milk for a moister bread)
1 teaspoon apple cider vinegar

Preparation:

Preheat oven to 325F. Grease a small loaf pan (7 3/4" × 4 1/2" × 3" H).
Mix all the dry ingredients together. Combine all the wet ingredients.
Add the dry ingredients to the wet and beat well. Batter will be thick.
Pour into loaf pan and bake for 40 minutes or until toothpick comes out clean. Cool completely before slicing.

Dawn's Low Carb Rolls



Ingredients:

1 cup flax
1/5 cup coconut flour
2 eggs (my addition not Dawn's)
1 tbs baking powder
1tsp baking soda
water until dough consistency
pinch of salt
garlic powder
onion powder
dash of fennel seeds
handful of sunflower seeds
a splash of vinegar is good too makes it more like a sourdough flavor
sprinkle caraway seeds on top !!

Preparation:

Mix all ingredients and bake at 350 until toothpick comes out dry and clean

Lemon Coconut Pudding

unknown Author



Ingredients

2 cups young coconut (or coconut mixed with coconut cream and blended)

½ teaspoon lemon extract

1 teaspoon vanilla

½ teaspoon almond extract

1½ tablespoons lemon juice

2 drops stevia

½ teaspoon honey, to balance

1 pinch sea salt

¾ cup water, in increments

1 cup ice cubes

Preparation:

In a high-speed blender, blend all ingredients, except ice, until smooth. Taste and adjust the sweetness, if necessary.

Add the ice and blend again until cool and creamy.

Serve in small ramekin dishes and garnish with lemon zest.

This recipe makes 6 servings.

Dr Joe's Sunflower Seed Cheese (almost)



A thick, spreadable tasty almost cheese

Ingredients

½ cup fresh lemon juice

1/4 cup Tamari (Or Soy if you are not gluten intolerant)

4-5 garlic cloves, peeled

2 ¾ cups very finely ground sunflower seeds (ground to seed butter)

Cayenne pepper (to taste)

Preparation:

In a high-speed blender, combine all of the ingredients (other than sunflower seed butter).

Process the sunflower seeds separately in your blender to make the nut butter and then mix the spices with the seed butter in a separate bowl. The reason for adding the sunflower seeds last and mixing it in a bowl is that it may thicken and often be too heavy for the blender. The first time I did this it almost stopped my blender's blades from turning! Thoroughly blend, by hand, until the resulting cheese is smooth and uniform. Note too that using roasted sunflower seeds creates a soft spread while using raw seeds creates a thick heavy cheese.

For a more cheddar like flavor leave out or minimize the soy or tamari and substitute a small amount of sea salt.

I like to add a pinch or two of Cayenne pepper which is optional.

Almond Rolls



Ingredients

¾ Cup Bob's Red Mill Almond Flour

2 Large Eggs

5 Tbsp Coconut Oil

1.5 tsp Baking Stevia (optional)

1.5 tsp Baking Powder

Preparation:

Combine the dry ingredients in a bowl

Blend in the eggs

Add coconut oil

Roll dough into 6 equal parts

consider baking in roll pan or muffin pan

Bake at 325 degrees for about 15 minutes

Crunchy Kobucha Squash Slices

Author - Unknown



Ingredients:

1 medium kobucha squash
2 tablespoons coconut oil, melted
sea salt
Freshly ground black pepper

Preparation:

Do not peel the squash. Wash well or ideally purchase an organic one. Slice the Squash with a strong sharp chopping knife (it is very hard to cut when raw). Remove all the seeds. Cover the squash slices with the coconut oil and season the slices with salt and a little pepper.

Bake the squash for about 30 minutes at 400 degrees. The wedges are ready to eat when they're slightly crunchy on the outside and soft on the inside.

GadoGado



From my friend, Karen Carter

GadoGado is a fabulous recipe, also known as lotek (Sundanese and Javanese), is an Indonesian salad of slightly boiled, blanched or steamed vegetables, covered with a delightful spicy sauce made of seasoned warm peanut butter sauce. I often make it with all raw vegetables, other than the chickpeas, of course. Many recipes include hard boiled egg slices or tofu. This is reasonably low in carbs though it is not a diet recipe by any means.

Preparation:

Sauce:

- 2 med-lg cloves of Garlic (crushed)
- 1 cup peanut butter
- 1 tbsp honey
- 1 - 2 Tbsp of fresh ginger (or one powder but this is not ideal)
- 2 Tbsp of Cider Vinegar
- 1/4 tsp cayenne Pepper (or less if you do not tolerate spice)
- 1 lemon juiced
- 2- 4 tbsp soy sauce
- 1 cup warm water
- Blend all in processor till well mixed

Salad:

mixed chopped veggies (carrots, green peas, corn)

String beans

Shredded red cabbage (small amount)

finely sliced scallions (small amount)

shredded lettuce

cucumber strips (cut like noodles)

Chick peas

Optional: Tofu, hard boiled eggs or chicken

Optional: sliced cooked potatoes (adds too many carbs for most of us)

Garnish: 1/3 cup toasted sunflower seeds

Recommendations: warm the sauce without cooking and pour over veggies before serving.

Hummus



Ingredients:

1 Can chickpeas (drained)

3 cloves garlic (small)

2 small lemons or one medium juiced (can use limes)

2 - 3 Tbsp of Tahini (to taste)

1/8 teaspoon Cayenne Pepper (or more to taste)

Dash of cumin

Parsley

2 Tbsp of Bragg's Liquid Aminos or for a milder taste use sea salt.

For a creamier richer Hummus, consider adding extra virgin olive oil to the blending process.

Preparation:

Blend thoroughly in food processor and let ingredients blend overnight if possible. Serve with slices of: cucumber, carrots, bok choy, sweet peppers, sugar snap peas etc. Note: Hummus is not a low carb or low calorie but when used as a dip for veggies it can become a balanced part of a healthy diet. Sprinkle parsley on top before serving. For variation serve with finely chopped onions, tomatoes and parsley on top covered with a spoon of fresh olive oil.

Low Carb Matzo Balls



Ingredients:

4 eggs
2 teaspoons sea salt
¼ teaspoon pepper
2 cups almond flour

Preparation:

In a medium bowl, beat eggs, (1 teaspoon) salt and pepper for 2 minutes
Stir in the almond flour
Refrigerate the mixture 2-4 hours minimum (if you don't do this they will fall apart!)
Remove from refrigerator
Heat a large pot of water (with 1 teaspoon salt) and bring to a boil
Roll the batter into 1-inch balls then drop into the pot of boiling water
Reduce heat, cover and simmer for 20 minutes

Aloo Gobhi (with less potatoes)



Ingredients:

¼ cup veg oil
1 tsp brown mustard seed
1 large baking potato
1 inch piece ginger root
4 chopped medium garlic cloves
2 chopped green chilies
1 med onion chopped
1 rounded tsp turmeric
1 rounded tsp ground cumin
1 rounded tsp salt
1 medium head cauliflower cut in 1 - 1½ inch pieces
¼ tsp Garam Masala
small bunch chopped fresh cilantro

Preparation:

Heat oil in deep saucepan and add mustard seed. cook until aroma begins -about 30 seconds
chop potato and process in food processor until it is about to become all a heavy liquid

Meanwhile boil 1 ½ cups water in a separate pot.

Add garlic, onions, chile and salt to oil and cook until onions are transparent

Add turmeric and cumin and cauliflower and continue to heat for several minutes

Add boiling water and potatoes slurry to cauliflower mixture stir and cover.

cook at very slow boil until cauliflower is softened.

Add garam masala, mix and allow to cool slightly

Taste the mixture and add salt as needed.

Sprinkle with fresh chopped cilantro and serve.

NOTE: if the potato slurry makes the mixture thicken too much stir and add water as needed.
The final product should NOT be watery but thick and heavy.

Chickpea Chocolate Chip Cookies (Blondies)

(recipe found all over the Internet, modified to make them lower calorie)



Ingredients

1 can (15 oz) chickpeas (or 1.5 cups cooked chickpeas)

½ cup all natural creamy peanut butter

4 oz of organic apple sauce

⅔ baby teaspoon stevia

1 tablespoon pure vanilla extract

¼ teaspoon fine sea salt

¼ teaspoon baking powder

¼ teaspoon baking soda

½ cup sugar free chocolate chips

Preparation

Preheat oven to 350 degrees, line 2 cookie sheets with parchment paper and set aside.

Add all ingredients except for the chocolate chips into a food processor. Blend for a few minutes or until well combined. Cookie dough should smooth and creamy.

Transfer cookie dough to a bowl and fold in chocolate chips.

Use a tablespoon and scoop dough into balls and drop onto cookie sheet evenly spaced.

Bake for 20-25 minutes.

Note: These cookies are NEVER crunchy. They are soft and moist! If you overcook them they will taste miserable.

Eric's Less Potato salad



Ingredients:

2 heads of cauliflower

1 - 2 potatoes (adds carbs)

1 onion

Half cup of frozen peas

Carrots depending on the size, I use the baby carrots around 8-10 pieces.

Mustard half of a small bottle (good mustard) you can use less. (about 6 oz)

Mayonnaise ½ bottle, about 8 oz – add more if it is too dry

Dill pickles 2 or 3 when you like it more sour

2 Hardboiled eggs

Fresh Dill

Optional half of shredded apple for sweeter taste.

Preparation:

Shred the onion in small pieces, cut the pickle in smaller pieces, wash the frozen peas in hot water from sink and let dry. Then mix it all together in a bowl. The cauliflower and carrots should be cooked in light salty water, just till slightly tender not soft. Drain them and let them cool down. Cut them in pieces and mix with the other ingredients. Add the chopped egg in smaller pieces.

Now you can add the mayonnaise and mix it all together. Taste it and you will see if needs more mayonnaise or not. Then add the mustard. When you like the taste put on the top shredded dill and mix it, let it sit in the refrigerator for few hours, up to next day is great.

The salad in refrigerator is good for a whole week.

Hot & Sour Vietnamese Soup



Ingredients:

½ medium onion chopped fine

2 small cloves garlic crushed

1 inch knob of ginger grated

1 - 12 inch zucchini - spiraled into endless pasta

½ box white mushrooms

4 cherry tomatoes cut in half

Fresh Cilantro

Tomato Paste - 5 rounded tablespoons

Fresh Pineapple - 6 inch round x ¾ inch thick

Better than Bouillon Beef (or Vegetable) depending on meat added to soup.

Sriracha Sauce 6 - 8 tbsp (Trader Joe's)

stevia ⅓ baby teaspoon of stevia concentrate

Tamari sauce 2 tbsp

Mahi Mahi frozen pieces, silken cooked chicken, beef, or chunks of tofu, your choice

Bean Sprouts

3 tbsp of apple cider vinegar

4 cups water

Preparation:

Stir fry garlic and onions in coconut oil add ginger when onions are transparent. Mix 6 cups water with enough bouillon to make 4 cups soup. Add 6 tbsp of tomato paste. Begin cooking at low simmer. Finely slice the mushrooms and add to soup. spiral slice the zucchini to use as a replacement for rice noodles. Finely chop a handful of cilantro. Chop one 6 inch round slice of pineapple into small ½ inch cubes. Chop a cup or more of Mahi Mahi (or other meat) into 2 inch pieces. Add all these ingredients to the cooking soup when mushrooms are shrinking slightly. Add Tamari sauce. Add ⅓ baby teaspoon of stevia concentrate (may add more to taste). Add 4 - 6 Tbsp of Sriracha sauce (to taste) and vinegar. Lastly when all is ready, after about 5 minutes of cooking, take the soup off the heat and added the zucchini and tomatoes.

Don't overcook as the zucchini and and pineapple will get too soft. Alternatively they may be added later. The zucchini looks like nice long Vietnam noodles if not over cooked. Toss in bean sprouts just before serving.

Joe's Cauliflower fried rice



Ingredients:

1 medium cauliflower
1 med onion 2 -3 scallions
1 inch ginger
frozen peas
1 carrot
1 zucchini
1 box white mushrooms
Soy Sauce (or similar)
fish sauce (or similar)
2 eggs
cayenne pepper
rice vinegar
salt

Preparation:

spiral slice the onion and chop the spirals into pieces. Toss the onions in a med high wok until starting to turn translucent. Add the white mushrooms finely sliced, and cook till browning a bit. Turn the wok off.

Grate or finely chop the carrots and zucchini and add to the wok. Toss in a ½ cup of frozen green peas. Finely chop the scallions and toss in with the cauliflower. Blend 6 tbsp of soy sauce with a dash of cayenne, ginger, tablespoon fish sauce and tbsp of vinegar. Pour this into

wok and mix all together. Now put the wok on medium and cover to cook for about 5 minutes. Meanwhile whisk and pan fry the eggs as a flat omelet. When all is done, finely chop the egg and toss it into the cooked veggies. Add salt as needed

Dr J's Butternut Squash With Pineapple

(side dish or dessert)



Ingredients:

1 med to large butternut squash

8 tbsp of coconut oil

½ teasp cinnamon

¼ tsp ginger

⅛ tsp Stevia Extract powder (not baking stevia it is too diluted!)

pinch nutmeg

pinch cloves

2 tbsp honey

½ cup raisins

1 cup diced pineapple (fresh, finely diced or use food processor on pulse)

Preparation:

steam butternut squash (w/o seeds) but with well washed skin. When soft blend it in a food processor with all the above spices other than raisins and pineapple. Stir in raisins and top with crushed or diced pineapple (or mix together). Best served warm.

Chocolate Avocado Mousse



This is one of my favorite recipes. Originally given to me by Andrea Candee, a master herbalist in S. Salem NY

Ingredients

3 Medium Avocados, peeled and diced

1/2 cup of cocoa powder (or carob powder)

Stevia with a little Xylitol (some people like Agave Syrup, I think it is too high in carbs)..... add to taste (about 1/2 teaspoon of Stevia concentrate)

1 Teaspoon vanilla extract (Trader Joe's Bourbon Vanilla is excellent)

12 – 15 ice cubes

1/4 cup almond milk (or similar)

Zest of one orange (Optional)

1/16 teaspoon salt (optional)

1 pint of Raspberries or fresh cantaloupe cut into small cubes

Preparation:

In a food processor puree avocados, cocoa powder and sweetener of choice. Add vanilla extract, orange and salt. Place in container in the refrigerator until ready to serve. Serve in dessert glasses and garnish with banana slices. Add berries or cantaloupe balls to the mousse before serving. Here is the fun part. Never tell your guests what it is made of and they will never guess!

Vegan & Gluten Free Mac and Cheese



Ingredients

1 Large spiral sliced Zucchini

1 and ½ cup cauliflower

1 and ½ cup sweet potato

1 cup nutritional yeast**

¾ cup almond milk (or less)

¼ cup extra virgin olive oil

1 clove garlic

1 tsp salt

1 tsp onion powder

1 tbsp dijon mustard

½ tsp paprika

parsley

** a nutritional yeast alternative is: 1 cup raw sunflower seeds processed at very high speed into a seed butter to which you add lemon juice (about one small lemon) and sea salt to taste. It should form a very heavy gooey mass.

Preparation:

Dice cauliflower and sweet potatoes. Roast.

Mix remaining ingredients in blender or food processor (other than zucchini spirals). Add veggies when done roasting, blend again. Cut the zucchini pasta into 1 inch strips and cover

with the sauce. Place mixture under broiler for about 5-8 mn and serve with parsley, sprinkled on top.

Veggie Cheese (with Spring Onion)



Ingredients:

- 2 cups of Sunflower Seeds (soaked)
- 1 cup of Pine Nuts
- 1 tablespoon Salt
- Juice from 2 Lemons
- 1/3 cup raw Olive Oil
- 1 tbsp of paprika (optional)
- 1 bunch of Green Onion, all except roots (diced)

Preparation:

In your Food Processor, process the sunflower seeds, pine nuts and the salt until mix becomes as fine as it will blend. If it sticks to sides stop processing, open processor and scrape from sides back into centre.

Then add lemon juice and the olive oil. Process again to make smooth. Scrape from sides if needed. Mixture should begin to “roll” into a ball as it moves around processor.

Add a little water if needed to keep the mixture moving and rolling. Process until smooth, yet very thick.

Then add the green onion.

Process briefly to mix in and slightly break down the Green Onion.

Allow to stand 30 minutes, then enjoy! – note: If you taste it early the lemon taste should stand out. The lemon taste will die down after it sits a bit.

Butternut Squash Soup



Ingredients

1 (2 to 3 pound) butternut squash, peeled and seeded
2 tablespoons coconut oil
1 medium onion, chopped
6 cups chicken stock
Coconut cream (trader Joes)
Nutmeg (optional)

Preparation:

Cut squash into 1-inch chunks. In large pot melt coconut oil. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender, with $\frac{1}{2}$ cup coconut cream, or more to taste, and puree. Return blended squash to pot. Stir and season with optional salt, and pepper. Serves 4 - 6 people.

Lower Carb Protein Bar

No-Bake Cookie Dough Protein Bars - recipe author unknown.



Ingredients

8-inch square baking pan, lined with foil or parchment and then sprayed with nonstick cooking spray

1 cup old-fashioned or quick-cooking rolled oats

1-1/3 cups plain non-dairy milk (e.g. almond, rice, soy, hemp) or low-fat milk

½ cup natural, unsweetened nut or seed butter (e.g., peanut, cashew, sunflower)

2 teaspoons vanilla extract (GF, if needed)

1-1/3 cups packed all-natural Unsweetened pea protein (or other protein powder)

Stevia powder to taste.

Preparation:

Place the oats in a food processor and process into a fine powder.

Add the milk, nut or seed butter and vanilla to the processor bowl. Process, using on/off pulses, until the mixture is blended and smooth, stopping to scrape the sides and bottom of the bowl once or twice with a rubber spatula.

Add the protein powder to bowl; process using on/off pulses until all of the protein powder is incorporated, stopping to scrape the sides and bottom of the bowl once or twice with a rubber spatula.

Transfer the mixture to the prepared pan. Place a large piece of parchment paper, wax paper or plastic wrap (coated with nonstick cooking spray) atop bar mixture and use it to spread and flatten the bars evenly in the pan. Cover and refrigerate overnight until very firm.

Using the liner, lift the mixture from the pan and transfer to a cutting board. Peel off the foil or parchment and cut into 10 bars.

NOTE: these are not low carb but lower carb. Not for a weight loss diet.

RELLENOS DE CAULIFLOWER



Note: This can be prepared traditionally as balls of dough stuffed with seasoned meat or more simply baked in a loaf pan with dough on the bottom and top but stuffed with the seasoned meat as a middle layer.

Ingredients For Dough:

- 1 large Cauliflower
- Large bag of Almond flour (1 lb)
- 4 Tablespoons of ground flax seed

Preparation:

Steam a large head of Cauliflower and mash till like mashed potatoes. Add a 4 tablespoons of well ground flax seeds soaked in a small quantity of water. This will act as a binder and thickener. Mix in Almond Flour until the consistency is like pizza dough.

FORM balls of the dough and punch them in to make a hollow shell. Stuff with the Relleno mix (see below) and pinch together to seal the ball. Dip the ball in a beaten egg wash and then bake at 350 degrees until lightly browned or if they spring back to the touch.

Ingredients For Relleno (filling)

- 1 lb. ground meat
- Olive Oil for sautéing
- 1 tsp. dried oregano
- 1 large garlic clove crushed
- 1/2 med - lg onion finely chopped
- 1/4 tsp. vinegar

1 tsp. salt
12-15 chopped olives
1 tsp capers (if large chop)
6 oz. can tomato paste
1 - 2 tbsps of sazón *see below
2- 4 tsp. sofrito *See below

Preparation: saute onions and garlic in olive oil then when slightly browned add the rest of the ingredients other than tomato paste and cook until meat is browned. Finally add tomato paste and cook for 1-2 minutes more.

Homemade Sofrito: sofrito consists of fresh garlic, onion, red and green peppers, tomatoes and parsley finely chopped and mixed in olive oil.

2 medium green peppers, seeds removed
1 red sweet pepper, seeds removed
2 large tomatoes
2 medium onions, peeled
1 small head of garlic, peeled
1 bunch cilantro leaves
1/2 bunch parsley leaves

Homemade Sazon:

1 tbsp Salt
1 tbsp Black peppercorns, toasted and ground
1 tbsp Garlic powder or granulated garlic
1 tbsp Cilantro dried and ground
1 tbsp Dried or toasted
1 tbsp ground coriander seed
1 tbsp Cumin seed, toasted and ground
1 tbsp Oregano, dried
1 tbsp Annatto (achiote) seeds

Lower Carb Dark Chocolate Chunkys



I do believe in mystical mushrooms and more (one of those more is chocolate). Unlike my favorite herb for depression and insomnia, Valerian, which smells like “don’t go near it,” chocolate smells good and makes you feel good like “do go near it!” Well chocolate usually has lots of sugar, which is incredibly bad for you so here is my favorite recipe... skip the raisins and it is even lower carb.

Ingredients:

- 1 bar of baker’s sugar free chocolate
- 4 rounded tablespoons of Trader Joe’s Organic peanut butter
- 3 tablespoons of coconut oil (more for softer chocolate)
- 2 heaping tablespoons of Cacao Powder (Navitas brand)
- 1 full baby teaspoon of Pure Stevia concentrate (no fillers) ... to taste
- 1 tablespoon of Bourbon Vanilla (Trader Joe’s)
- 2 handfuls of organic raisins
- 2 handfuls of almonds (raw)
- 1 handful of salted roasted peanuts

Preparation: melt the chocolate in a Pyrex dish at low to medium heat. Add the peanut butter and the coconut oil. When melted lower the heat and add the Vanilla and Stevia stirring well. Then add the Cacao powder and mix again. Finally add the almonds, raisins and peanuts, mixing it all well. Put this in the fridge until it gets hard and keep it there. Cut and serve when desired

Dawn's Italian crackers.



Ingredients:

2 egg whites, but you can use 1 whole egg

120 grams of ground flax seed

a little bit of roasted dried garlic

Italian seasoning

a quarter of a teaspoon of baking soda

a quarter of a teaspoon of baking powder

one quarter cup tomato sauce.

Preparation:

Beat the eggs and mix with all the above ingredients

You then spread it out as flatly as you can onto the parchment paper.

Put it in the oven for 40 minutes at 350.

When it is done cut it with a pizza cutter into cracker sizes and then leave in the oven overnight so that it will be crispy

Kung Jo Chicken



Ingredients:

2 Carrots
½ Green Pepper
1 medium onion
1 clove garlic
10 Sugar Snap Pea Pods
1 can baby corn
2 chicken breasts (optional)
1 head broccoli with stem
12 oz bag Cashews (or peanuts)
Cayenne pepper
soy sauce (or tamari)
Sesame oil
Coconut oil
Stevia
Balsamic Vinegar
Better than Bouillon Chicken stock (or vegetarian)
Corn Starch
Baking Soda
Salt
Water

Preparation:

Chicken: Mix 2 tbsp of cornstarch, $\frac{1}{2}$ tbs salt and 1 tbsp of baking soda in a cup and $\frac{1}{2}$ of water. Cut the chicken into $\frac{1}{8}$ inch pieces and soak the chicken strips in this mixture for about 20 min.

Veggie Base: Chop the onion and garlic and stir fry in a 300 degree wok with coconut oil until the onions are starting to brown. Put this aside.

Main Ingredients: Cut the carrots, green peppers into $\frac{1}{8}$ inch pieces and the sugar snap peas into about $\frac{1}{2}$ inch strips. Cut broccoli into small bite size pieces. Peel outer layer from large broccoli stem and chop middle into $\frac{1}{8}$ inch chunks. Stir fry them all in the wok until just warm and slightly tender.

Put them in a bowl with $\frac{1}{2}$ the amount of chopped drained baby corn.

Sauce: Mix 2 tbsps of Soy Sauce, 1 Tbs Balsamic Vinegar, $\frac{1}{8}$ tsp of sesame oil, 1 tablespoon better than bouillon and 1 $\frac{1}{2}$ cup water add about $\frac{1}{16}$ tsp of stevia (to taste) and Cayenne pepper to taste (3 - 4 pinches) and 2 tbs of cornstarch.

Before serving: Put the veggie base, main ingredients and chicken back in a 250 degree wok. Pour the sauce over the food and stir until it thickens. Serve with a handful of Peanuts or Cashews sprinkled on top.

SIMPLE QUICK TUNA



Ingredients

1/4 cup soy sauce
1 tablespoon mirin (Japanese sweet wine)
1 tablespoon honey
2 tablespoons sesame oil
1 tablespoon rice wine vinegar
4 (6 ounce) tuna steaks
1/2 cup sesame seeds
wasabi paste
1 tablespoon olive oil

Preparation:

In a small bowl, stir together the soy sauce, mirin, honey and sesame oil. Divide into two equal parts. Stir the rice vinegar into one part and set aside as a dipping sauce.

Spread the sesame seeds out on a plate. Coat the tuna steaks with the remaining soy sauce mixture, then press into the sesame seeds to coat.

Heat olive oil in a cast iron skillet over high heat until very hot. Place steaks in the pan, and sear for about 30 seconds on each side. Serve with the dipping sauce and wasabi paste.

Jicama, Cilantro and Lime Salad



Ingredients:

1 large jicama, peeled and cut into matchsticks

1 small cucumber, cut into matchsticks

4 stalks celery, cut into matchsticks

2 green onions chopped finely

Dressing:

1/2 cup chopped cilantro leaves (or parsley if you're not keen on cilantro)

2 limes, juiced

1/32 tsp of stevia concentrate (to taste, start with Less)

1/8 teaspoon cayenne pepper, or more to taste (optional)

Preparation:

Toss jicama, cucumber, celery and onions together in a large bowl. Set aside.

Stir finely chopped cilantro, lime juice, sweetener, cayenne pepper together in a bowl.

Pour the cilantro mixture over the jicama mixture and toss to coat.

Cover the bowl with plastic wrap and refrigerate for at least 15 minutes.

Joe's Hummus



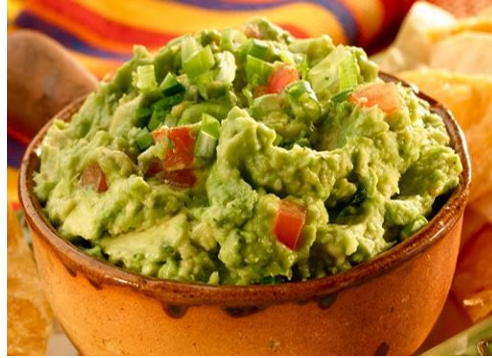
Ingredients:

- 1 Can chickpeas (drained)
- 3 cloves garlic (small)
- 2 small lemons or one medium juiced (can use limes)
- 2 - 3 Tbsp of Tahini (to taste)
- 1/8 teaspoon Cayenne Pepper (or more to taste)
- 2 Tbsp of Bragg's Liquid Aminos

For smoother creamier texture add extra virgin olive oil and blend

Preparation: Blend thoroughly in food processor and let ingredients blend overnight if possible

Guacamole



Ingredients

- 3 Haas avocados, halved, seeded and peeled
- 1 large lime, juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/8 teaspoon cayenne
- 1/2 medium onion, diced
- 1/2 jalapeno pepper, seeded and minced
- 2 Roma tomatoes diced
- 1 tablespoon chopped cilantro
- 1 clove garlic, finely chopped

Preparations:

Place the peeled seeded avocado in a blender bowl and add the lime juice, after all of the avocados have been coated. Using a potato masher add the salt, cumin, and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve

Dawn's Salmon Fish Cakes



Ingredients:

1 canned salmon (big can)
2 celery stalks chopped
4 egg whites (may use whole egg)
4TBS mustard
horseradish to taste
4 TBS ground flax
1sp baking powder
tumeric
pepper
poultry spice
herbs de provence

Preparation:

mix all with a mixer, then make 9 patties
bake in the oven at 350 for 40 min

BROCCOLI WITH SWEET GARLIC SAUCE



Ingredients:

1 cups vegetable broth
2 cloves garlic, minced
2 oz soy sauce
3/4 tsp ginger powder
14 tsp red pepper flakes
sweetener: 1/2 baby spoon stevia / 4 tbsp Xylitol / 1 tbs honey
1 bunch of broccoli, chopped - Peel stem and chop in 1/3 inch pieces too!
2 tbsp olive oil
2 tbsp cornstarch
cooked brown rice (very little)

Preparation:

Bring the vegetable broth to a boil. Add the garlic, soy sauce, ginger, red pepper and sugar, stirring to combine well. Add 1/2 cornstarch dissolved in cold water and stir until a slight thickening.

Now add the broccoli and cook until broccoli is just barely tender. Add the rest of the cornstarch mixture, stirring well to avoid any clumps.

Total cook time 6 to 8 minutes, or until sauce thickens.

Serve over rice or another whole grain (just keep in mind that grains add carbs and use sparingly!)

Chocolate Milk Less Shake (dairy and sugar free)



Ingredients:

- 1/2 large avocado (pitted)
- 1 heaping tablespoon of organic Peanut Butter (Trader Joe's)
- 2 heaping tablespoons of raw cocoa powder
- 2 large dropperfuls of NOW Brand French Vanilla Stevia
- 2 Cups of Coconut or Almond milk (unsweetened) (Trader Joe's)
- about 14 ice cubes (depending on size)

Preparation:

Mix all the ingredients in a high speed blender until thick and smooth. If it is too thick add some water or coconut milk. For variety, consider adding a few drops of Mint or Peppermint extract.

Cauliflower Flatbread



Ingredients:

1 medium cauliflower
1 medium onion, sliced
4 tbsp olive oil
sea salt to taste
 $\frac{3}{4}$ cup coconut flour
 $\frac{1}{4}$ cup flaxseed ground
1 cups unsweetened coconut milk or almond milk
1 tbsp curry powder*

Preparation:

Mix all but milk and curry powder in processor till well blended while adding milk as needed to create dough like texture. When well mixed and dough like, spread on greased baking pan and sprinkle with curry powder. Heat oven to 400 degrees. Bake for 45 min-1 hr, or until flatbread is well browned and crisp around edges.

RELLENOS DE CAULIFLOWER

(Cauliflower and ground meat)



Ingredients:

- 1 Large Cauliflower
- 1 lb. Grass fed ground beef
- 1 ½ Cups of Almond Flour (approximate)
- 1 Onion - finely chopped
- 4 Garlic Cloves
- ½ Green Bell Pepper
- 1 Handful of Cilantro - chopped
- ½ Teaspoon Himalayan Salt
- 1 Small Can of Tomato Sauce
- 1 Organic Egg - beaten well
- Olive Oil

Preparation:

Take the cauliflower and remove outside leaves. Cut into smaller sections and steam in pot until tender. Take the chopped onion and saute in olive oil until almost transparent. Add the other spices and tomato sauce and saute until cooked over low heat and cover the pan. Once done, add the ground beef and saute until browned.

When the cauliflower is cooked, drain the water and use a potato masher to mash the cauliflower. Once mashed, add almond flour about ½ cup at a time and mix well. When the consistency seems a little drier - it is ready.

Use a glass baking pan - 8"x11.5"x2" (2 Quarts) and coat with olive oil. Take a handful of cauliflower at a time and line the bottom of the baking pan and put a little up the side of the pan. Add the meat mixture on top of the cauliflower and spread it out. Layer the remaining cauliflower on top of the meat and make it flat. Take the egg and spread it on top of the cauliflower to help it brown nicely. Cook at 350 degrees for about 40 or so minutes - it is done when the top is a nice light brown. To serve - cut in serving size pieces. Freezes well too.

Delicious Recipe by Evelyn. Enjoy!

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