



20 FABULOUS FREEZER RECIPES

Healthy Gut = Healthy Child

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KIDS HEALTH REVOLUTION

20 Fabulous Freezer Meals

Having food ready to go in the freezer can be a life saver on those inevitable crazy, stressed out and time crunched days. We ALL have them. Knowing that you have a healthy and Kids Health Revolution approved meal in the freezer makes it so much easier to stay on track. And you don't have to sabotage your child's health progress with a phone call for take out on those crazy days.

There are a couple of ways to approach making your freezer meals. Some people really like to do a big cooking day where they make 5 or 6 or more dishes for the freezer all in one go. Usually they block of a couple of hours on a weekend afternoon to power through and make sure they are well prepared for the week ahead. I've done it and it can work really well when you know that most of your nights during the week would count as hell nights!

Other people, including myself prefer to batch cook. I can usually count on having 3-4 nights including weekends that I am able to be in the kitchen and make dinner. For me then, batch cooking is kind of killing two birds with one stone. I make a meal for tonight AND I work my way up to having a few meals in the freezer. So on the days when I am in the kitchen making dinner I take advantage of that time and make extra for the week ahead or for storing in the freezer. If you make 3 dinners a week and double the recipe each time you have 3 more dinners in your freezer without investing any extra time. Ok...maybe it takes about 10-15 extra minutes of your hands on prep time to make a bigger batch! Not a really big deal in the grand scheme of things.

You choose the method that fits best for your schedule and how you roll.

A note on using mason jars to freeze food. I love mason jars and use them for all kinds of stuff...but if you fill them too full they will crack as the food expands while it's freezing. Make sure to leave a good two inches at the top of your mason jars when filling with your tasty meals for freezing.



Guide to making the most of this resource

- Use it to meal plan a few of your meals for the week.
- Once you've chosen your meals check the recipes and make a list of ingredients you will need to pick up when you grocery shop.
- Plan how you will approach it....one big cooking day or batch cooking throughout the week.



20 Fabulous Freezer Meals

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Mustard Tarragon Chicken

Serves 4-5 (two thighs each)

Prep time 10-15 minutes

Cook time 40-45

10 Skinless Chicken Thighs
½ Small onion finely diced
2 small cloves garlic finely chopped
1Tsp honey
1 heaping Tbsp yellow mustard
1 Tbsp Tarragon
1 Tsp Thyme

Pre-heat oven to 375

Place chicken thighs in a Pyrex baking dish or other casserole pan and sprinkle with a pinch or two of salt and pepper.

In a small mixing bowl combine all of the above ingredients. Beginning with the mustard and onion. Mix to combine well and then add remaining ingredients. Spread evenly all over the chicken thighs making sure to coat both sides. The easiest way to do this is to get your hands dirty...get right in there!

Place on the middle rack of your oven and bake for 40-45 minutes

Serve with cauliflower rice and just about any veggie you like!

If freezing allow the chicken to cool completely. I often let mine cool in the fridge overnight before I put it in the freezer to prevent condensation and frost on my delicious chicken thighs. Label a Ziploc bag with the recipe and date. If you are like me and are concerned with the toxins in these plastics you can wrap the thighs in parchment paper before placing them in the baggie. This provides for somewhat of a barrier between the plastic and your food.

Will keep well in the freezer for 1-2 months as long as you have cooled them well before freezing.



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Tomato Olive & Basil Chicken Thighs

Serves 4 (approx. 2 thighs each)

Prep time 10 minutes

Cook time 40-45 minutes

I often prepare this dish at the same time as the tarragon chicken recipe. The first few ingredients are the same and the recipes are simple enough that it only takes about 5 more minutes to do the extra work. Then I have two different varieties in my freezer for the weeks ahead.

10 Skinless Chicken Thighs

½ Small onion finely diced

3 small cloves garlic finely chopped

2 cups of organic strained tomatoes (I use Bioitalia -no preservatives or anything added just tomatoes!)

1 Tbsp organic tomato paste (Bioitalia has a nice one in a glass bottle to avoid the aluminum can)

¾ cup of black olives

2 Tbsp of olive brine (juice from the jar)

¾ cup of fresh basil leaves – if using dried use 1 tablespoon

Few leaves of fresh oregano – if using dried use a small pinch

Preheat oven to 375

Place chicken thighs in a Pyrex baking dish or other casserole pan and sprinkle with a pinch or two of salt and pepper.

In a small mixing bowl combine all of the above ingredients well. Spread evenly all over the chicken thighs making sure to coat both sides. The easiest way to do this is to get your hands dirty...get right in there!

Place on the middle rack of your oven and bake for 40-45 minutes

Serve with zucchini noodles (zoodles) or spaghetti squash and a salad.

If freezing allow the chicken to cool completely. I often let mine cool in the fridge overnight before I put it in the freezer to prevent condensation and frost on my delicious chicken thighs. Label a Ziploc bag with the recipe and date. If you are like me and are concerned with the toxins in these plastics you can wrap the thighs in parchment paper before placing them in the baggie. This provides for somewhat of a barrier between the plastic and your food.

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Sweet and Sour Meatballs

Serves 4 – with 4 meatballs each

Prep time 20-20 minutes

Cook time 30 minutes

Meatballs are a kid friendly kind of food and these ones are equally as pleasing to the grown up palate. They are pretty easy to batch cook by simply doubling or tripling the recipe. You can freezer the balls with the sauce or separately.

Meatballs- for 4 servings of 4 meatballs.

2 pounds of ground chuck or pork

2 tsp sea salt

1 tsp dried basil

½ tsp dried oregano

1 tsp dried thyme

freshly ground pepper to taste

1 egg (this is optional if you have extra lean meat you will need the egg)

Tbsp duck fat, lard or coconut oil

Sauce - For 4 servings

¼ cup finely diced onions

¼ cup grated fresh ginger root

¾ cup frozen or fresh pineapple

1 Tbsp honey

2 tsp apple cider vinegar

2 cups of organic strained tomatoes (I use Bioitalia -no preservatives or anything added just tomatoes!)

1 cup filtered water

Preheat oven to 400

Place ground meat in a large mixing bowl or on a large plate or platter. Being short I've come to prefer mixing my ground meat on a plate to save me hunching up my shoulders to reach over the sides of the bowl with my high counters! These little things add up over time! Sprinkle meat with all the above ingredients and then get in there with your hands. Combine well and begin to form 2 inch balls.

Melt 2 tsps. of your fat of choice in a Dutch oven or oven proof pan. Place the meat balls into the pan and brown on a medium high heat. Remove the browned meatballs from pan and set aside. Do this with all of the meatballs taking care not to crowd the pan to much or you will end up boiling rather than browning the meatballs. Once all the meatballs are browned, you begin making the sauce.



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Sweet and Sour Meatballs

Reduce the heat to a medium low and in the same pan add the onion and grated ginger and Sautee for 2-3 minutes. Add the remaining ingredients and stir to scrape any of the yummy bits off the bottom of the pan. Return the meatballs to the pan. Now it doesn't matter if they are crowded. Place in the pre-heated oven and bake for 10-15 minutes. This finishes the cooking of the meatballs in the sauce and allows all the flavors to combine and marry perfectly.

Serve with zucchini zoodles or cauliflower rice. Top with diced fermented pickles and a splash of the pickle juice for some extra tanginess and a nice helping of gut friendly bacteria.

If freezing allow the meatballs and sauce to cool completely. I often let mine cool in the fridge overnight before I put it in the freezer to prevent condensation and frost.

Label a Ziploc bag with the recipe and date. If you are like me and are concerned with the toxins in these plastics you can insert a parchment paper bag (the ones used for steaming food) into the plastic bag and pour or spoon your meatballs and sauce into the lined baggie. This provides for somewhat of a barrier between the plastic and your food.

Will keep well in the freezer for 1-2 months as long as you have cooled them well before freezing.



Burger Patties

If you are making burger patties it only takes a couple more minutes to crank out a double or triple batch and throw them in the freezer for quick and easy barbeque on a busy night. Burgers on the Kids Health Revolution are wrapped with lettuce for a bun or you can make plantain buns if you have time.

Serves 4-6 with 1 burger each. Depends on the size you like to make your burger patties.

Prep time 10-15 minutes

Cook time 10-15 minutes

1 lb ground chuck (preferably not lean)
1 lb ground pork (optional you could just use 2 lbs of beef)
2 teaspoons organic garlic powder
1 teaspoon organic onion powder
1 teaspoon dried basil
2 tsp sea salt
Black pepper to taste

In a mixing bowl or on a large plate combine the two types of ground meat with the garlic, onion powder, basil and $\frac{1}{2}$ the sea salt. Take care not to over work the meat or your burgers will be tough! Form into balls and then flatten with your hands into patties.

If freezing any patties cut squares of parchment paper to go underneath the first burger, between each layer and on top of the last burger in the pile. Then place it in a Ziploc bag and freeze. Do your best to squeeze out all the air from the bag. Sometimes I will freeze the patties and then open the bag to squeeze out the last bit of air I couldn't manage before without squishing the patties! This will ensure they keep better in the freezer.

Will keep in the freezer for 1-2 months.



Basic Chicken Stock

Meat stocks are a nutritional powerhouse when it comes to gut health. They provide nutrients like collagen and amino acids essential for repair of the intestinal cells. These nutrients are also great support for the immune system. Every Kids Revolution kitchen should have some meat stock on hand!

It is super easy to make and keep in the freezer when you need it for a recipe. I highly recommend cooking your veggies in stock to give them a boost of these important nutrients without any extra effort!

Most butchers and farmers markets carry chicken carcasses. For meat stock you need a carcass with meat on the bone. You will also add some wings for some extra jointy tissue which makes a better stock.

Recipe

2 chicken carcass
1 lb chicken wings
1-2 garlic cloves whole
1 small onion
1 carrot whole
2-3 pieces of celery whole
pinch of dried thyme, oregano and basil
1 tsp sea salt

Place all ingredients in a large stock pot and cover with water. Bring to a boil and then turn to a low heat to simmer for 4-6 hours. This can also be done in the crockpot/slow cooker. Remove the stock from heat. Use a slotted spoon or tongs to remove bones and meaty bits. Pass the stock through a fine sieve and pour into mason jars. Allow to cool completely in the fridge before freezing.

Remember if you freeze the mason jars be sure you have left space at the top of the jar or you will end up with cracked jars and wasted stock! Another easy trick is to freeze the stock in ice cube trays and then put into baggies for storage. This way you can use a couple of cubes when cooking veggies. Finished stock will keep in the fridge for about 4-5 days.



Birria de Puerco (Mexican pork stew with mild chilies)

This recipe is thanks to my lovely mother in law who is willing to share her secret recipes with me! It is a warm and tasty Mexican dish with only a very mild spice.

Serves 6 – 8

Prep time 10 minutes

Cook time 5-6 hours

6 lb pork shoulder or leg

1/3 cup of apple cider vinegar

3 Guajon chiles (you should be able to find these in a Latin food market)

1 pasilla chile (optional will add a bit of spice)

2 cloves of garlic

½ teaspoon or generous pinch of dried oregano

½ teaspoon of cumin

5 cloves

1 inch piece of fresh ginger

3 cups of water

Sea salt to your taste

1 teaspoon saturated cooking fat

Pre-heat oven to 425

Place the pork shoulder or leg in a large stew pot that has a cover. You can also do this in the slow cooker. Sprinkle with sea salt and pepper and place uncovered in the oven to brown while you prepare the sauce.

Rinse the both chilies types under cold running water. Gently break open the chiles and remove the seeds. Trust me you'll want the water cold or soon you will be coughing and crying from the chile seed vapours!

In a fry pan melt 1 teaspoon of saturated cooking fat like duck fat or coconut oil over a medium low heat. Place the chiles in the pan and turning them from side to side to prevent scorching just allow them to soften somewhat. Remove from heat once they have soften slightly. Place the chiles and all remaining ingredients including the water into a blender and liquefy.

Check on your meat. If it has not browned give it another 5-10 minutes. Remove from the oven and pour the chile sauce over the meat passing it through fine mesh strainer or cheese cloth. This step is very important or the sauce will take on a bitter quality. The liquid should come about half way or more up your shoulder roast. This will of course depend somewhat on the size of roasting pan you are using. Essentially you want to have the meat almost covered with liquid. If it needs more you can add a few cups of water or stock to the pan.



Birria de Puerco

Cover and return the roast to the oven. Reduce the heat to 300 and allow to cook slow and low for 5-6 hours.

This is a great recipe to make on a power cooking day on a weekend. If you make this dish for freezing be sure to allow it to cool completely before you freeze. Because there is so much liquid with this one I prefer to freeze it in an airtight glass container or you could store the liquid in mason jars and the meat in a Ziploc.

Personally, I will often pop this in the oven on a Sunday evening while I'm making dinner and then I have all this deliciousness on hand for a meal or two during the week. It doesn't even need to go in the freezer.

Serve with cauliflower rice, roasted butternut squash and if you are feeling adventurous you can make some scrumptious plantain tortillas to go with it. They are really super easy to make. This is the best recipe I have found. <http://www.primalpalate.com/paleo-recipe/plantain-tortillas/> **Note:** I don't bother cutting up the plantain into pieces to boil it. I just wash and boil the whole thing. I find it quicker and easier to peel afterward.



Emmy's Marrakesh Bowl

This recipe is adapted from one of my favorite pre Kids Health Revolution cookbooks called White Water Cooks. Don't be afraid to do this yourself. Many traditional cookbook recipes can be made with just a few tweaks or omissions and still have great flavour. I left out the flour for dredging and browning the meat. But you don't miss it at all. I usually cheat and brown my meat in a high heat oven....that way I can get other things done while the meat is browning and it doesn't make as much of a mess of my stove and backsplash!

I also swapped out sherry for a balsamic vinegar. I will sometimes still cook with wine but only if cooking time is 2-3 hours to be sure all the alcohol has been cooked away and will not affect my little man's gut bugs.

Serves 8-10

Prep time

Cook time 45 minutes – 1 hour

3 lbs cubed beef or lamb
2 large onions diced
2 garlic cloves minced
1 - 28 OZ can of diced tomatoes (organic and preservative free ideal)
2 Tbsp balsamic vinegar – organic and naturally occurring sulphites only is preferred.
½ cup of raisins
1 tsp turmeric
1 tsp hot chili flakes (optional)
1 tsp salt
½ tsp Tarragon
½ tsp Cinnamon
½ tsp thyme
½ tsp allspice
½ tsp coriander
½ tsp ground cloves
½ tsp nutmeg
1 lb carrots, diced
2 large red peppers, diced
2 large tomatoes, diced.

Pre-heat oven to 425 for oven browning.

If you have time and gumption and are more particular about your browning you can stove top brown instead. Melt 2 tablespoons of saturated cooking fat and brown the meat in batches being sure not to over crowd the pan.



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Emmy's Marrakesh Bowl

If oven browning place meat in the hot oven for 15-20 minutes. Go fold laundry, help with homework or catch up on you emails.

Once meat has browned remove from the oven. If you have a cast iron Dutch oven or other oven and stove top pot you can continue with the same pot. If not you will need to transfer it to a stove top pan.

Now, the recipe says to remove the meat and then sauté the onions and garlic until translucent. This is the ideal method. Sometimes I don't have time so I basically put the onions, garlic, tomatoes, vinegar, raisins and all of the spices in the pot at once. Both methods produce a very tasty end result. If you are into saving time throw it all in together. If you want to be precise then sauté your onions and garlic first and then add the tomatoes, vinegar, raisins and all of the spices to the pot.

Simmer for 45 minutes to 1 hour

Add the diced carrots, red pepper and fresh tomatoes and cook for 10 more minutes or until the carrots are just tender.

Serve in a bowl over some spinach or with a side salad and you have a complete and scrumptious meal.

You can freeze this in mason jars. I like to split mine up into two batches of about 4 serving sizes rather than freezing it all together. Make sure to label your mason jar with the date and name of the dish! Otherwise you will be telling the kids it is mystery meat for dinner when you take it out a few weeks down the road. I have been there many, many times!



Shrimp and Chorizo Spanish Rice

I make a double batch of this and have it on hand in the fridge for quick meals on busy nights and for lunches. If you are going to make this for the freezer I suggest not cooking the cauliflower. Follow all the steps and simply stir in the uncooked cauliflower rice at the end. This way when you re-heat the dish from the freezer you will not have over-cooked soggy rice.

*** For optimal gut healing during your Kids Health Revolution Program skip the white wine. In later weeks or months when substantial gut healing has taken place you may decide you'd like to try it.

[Get the recipe here](#)

Coconut Lamb Curry

This is such a delicious curry dish from one of my favorite food bloggers, Irena at Eat Drink Paleo. Double the recipe to have two family meals during the week or freeze the second batch for the upcoming weeks.

To prepare for freezing be sure as always to allow the dish to cool completely. You may even cool it in the fridge over night and then package it for freezing. I feel that this freezes best in mason jars but you could use Ziploc baggies if you prefer. If you are using mason jars make sure to leave a good 2 inches of space in the jar for expansion as the food freezes or you will have cracked jars!

Note: on the Kids Health Revolution program you will definitely want to use cauliflower rice and not plain white rice.

[Get the recipe here.](#)



Butternut Squash Soup

This soup is so super easy to make and I have used this as a base recipe many times. Make sure that you can get truly nitrate free bacon from a local farm or butcher...not the fake nitrate free the big food guys try to con us with. It freezes well in mason jars. With the usual caution on not overfilling the jars. We even enjoy this soup as a warming breakfast on cold days!

[Get the recipe here.](#) There is a long preamble and if you are into it great...if not the recipe is at the bottom of the page!

Carrot Ginger Soup

Another really tasty and aromatic soup. The ginger gives it a really nice zing. I suggest always using meat stock v.s veggie stock for healing the gut lining. Your own homemade stock is best but you can get some good quality stocks now from farmers markets and small producers. Have a look at your local natural foods store. Try and stay away for the canned or tetra pack stocks. This will also freeze well in mason jars with the usual precautions. It can also make a really nice breakfast if we are thinking outside the box! For dinner or lunch you can serve it with a chicken salad or just dice some chicken and almonds on top.

[Get the recipe here.](#)



Italian Meatball Minestrone Soup

This is a great way to use some of those meatballs you have in the freezer! You can also make it from scratch and freeze in mason jars. Taking the usual precaution not to overfill the jars. Are you getting tired of me saying that yet?

*****An important swap note** – I want you to **use meat stock versus bone broth** during our Kids Health Revolution. Both have health benefits but when it comes to the health of the gut and “healing and sealing” of the intestinal lining, meat stock is the one we want. It has a higher profile of the specific nutrients that are so vital for our intestinal cells. It is also much lower in histamine, which can be an issue for some sensitive kids. There is a recipe for simple chicken meat stock at the beginning of the soups and stews section.

[Get the recipe here](#)



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Raichini Muffins

Yup, the name is a little weird but these are actually really tasty little raisin and zucchini muffins. You can easily make a double batch to have in the freezer for quick breakfasts or even a snack on the go.

These muffins have some nice healthy fats from the almonds but still pack a fair bit of sugar from the honey, applesauce and raisins. Even though they are healthier sugars and Kids Health Revolution Approved...it is still sugar... so make sure to keep serving size to one portion and to serve with some more healthy fats and protein to balance blood sugar. Don't be afraid to tinker with the recipe either to find your perfect sweet spot. I find that we like them just fine with about ½ the honey.

Serve with your favorite nut butter spread and eggs or breakfast patty.

[Get the recipe here](#)

Mini Egg Pizzas

If pizza was a favorite in your house before you decided to embark on this revolution and improve your child's diet and health then these are sure to be a hit! They work very well for a quick breakfast but can of course be sent in school lunch kits or serve as a quick dinner on sports night.

****A note about pepperoni-** if you are unable to find "clean" pepperoni, meaning free of sugars, preservatives and nitrates then it is best to skip this ingredient while on the Kids Health Revolution. Check with local producers and butchers to see if you can find a good quality one that won't derail your health goals.

[Get the recipe here](#)



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Banana Nut Muffins (Eggless)

These are a dense and moist muffin with a great banana flavour. The dates are optional. They add a familiar sweetness to the muffins that is good when transitioning from the standard American diet into this new lifestyle. I now often make these without the dates as our tastes have evolved and they are every bit as good. The Chia seeds and bananas are binders in this recipe which make it great for anyone trying to avoid eggs.

Ingredients

2 cups walnuts

1 cup Brazil nuts

½ teaspoon baking soda

1 ½ ripe bananas

½ ripe pear

3 dates (optional)

¼ cup ground white chia seeds

pinch of sea salt

Pre-heat oven to 250.

Line a cupcake tin with parchment muffin papers. Grind nuts, chia seeds, baking soda and sea salt in the food processor until the nuts form a coarse flour.

Set nut flour to the side in a separate bowl. Next combine the dates, pear and bananas and mix until smooth. Return nut mixture to the food processor and mix until well combined. Your batter should be thick and moist.

Spoon a heaping tablespoon of batter into each cup of the baking tin. If you have extra batter you can make each one a little bigger or make drop cookies with the extra.

Bake at 250 for 1.5 hours. The long and low bake time gives the center of the muffins a chance to cook and dry out more than cooking faster at a higher heat. At this point they will still be a bit moist/wet inside. If you desire a drier texture you can return them to the oven at 250 for another 20-30 minutes checking to be sure they are not becoming too brown on the bottom. Alternatively if your oven allows it, you can turn it down to 150 and leave for another 30 minutes to hour without having to worry about over browning.

Makes 12 muffins



Yam Frittata

I love that this recipe provides an option for you if you can't find "clean" sausage. In many places it is not easy to find sausage that is free from sugar and preservatives. The homemade sausage patty link in the recipe works great in this frittata if you can't get your hands on good chorizo.

[Get the recipe here](#)

Breakfast Patties

Makes 10-12 small patties

These little patties make a great breakfast and can be used to replace sausage in any recipe if you are unable to find good quality, clean sausage. You can experiment and use different types of ground meat. Our favorite is pork but it also tastes very nice with lamb. These freeze nicely and I often cook a double or triple batch and have some on hand in the freezer.

1 lb ground pork
½ teaspoon ground nutmeg
1 tsp ground ginger
1 tsp powdered garlic
1 tsp paprika
1 Tbsp honey
Pinch of sea salt and pepper to taste
Pre-heat oven to 375

Line a cookie sheet with parchment paper or grease a large Pyrex dish. In a mixing bowl or on a large plate combine all above ingredients. Form into small patties 1 to 2 inches in diameter or the size you would prefer. Place patties on the lined cookie sheet and sprinkle with salt and pepper.

Cook on middle rack of the oven for 35 minutes or until no longer pink in the center. If freezing the patties make sure to allow them to cool completely. I like to freeze them in layers in a large Ziploc bag with parchment paper between the layers to keep them from sticking together.



Chocolate Chia Banana Breakfast Pudding

Makes 8 - ½ cup servings

This yummy pudding packs a nutrient dense punch and who doesn't love a little chocolate for breakfast now and again! Making them the night before really makes for an effortless morning. Make a double recipe and slip these little mason jars of goodness into the freezer for quick weekend breakfast treats on your way out the door to soccer or ballet practice.

4 cups of coconut milk (Natural value is a good brand with no additives what so ever)

1 cup of whole chia seeds

½ cup or less of raw honey

2 Tbsp raw cacao powder

1 tsp vanilla powder (optional)

¼ tsp nutmeg (optional)

pinch sea salt

4 Tbsp collagen powder (optional and now available at most natural food markets)

3-4 bananas

In a large mixing bowl whisk together the coconut milk, honey, cacao powder, vanilla powder, nutmeg, sea salt and collagen powder. Mix until the honey is well combined with the milk. Stir in the chia seeds and combine well.

Slice a few banana slices into the bottom of 8 mini mason jars. Spoon chia pudding mixture into each jar leaving enough room for it to expand (an inch or two at the top) especially if you are going to freeze them! Place jars in the fridge and allow to set for at least 20 - 30 minutes or overnight.

You can top these jars with goji berries, blueberries, raspberries, strawberries....just about anything you like. I like to sprinkle some raw cacao nibs on top for a bit of crunch.



Paleo Granola Crunch

Serves 4 - ½ cup bowls

Feel free to play with the ingredients in your granola. Think of this recipe as a jumping off point for your own creativity and imagination. Great one to get the kids involved with too. I also invite you to experiment with the sweetness. You may start out using all the sweetener suggested but as taste buds change and develop you will find you don't need as much.

2 dates
1 cup sunflower seeds
1 cup pumpkin seeds
2 cups coconut flakes (unsweetened and un-sulphured)
1 cup walnuts
1 cup pecans
2 tsp cinnamon
Pinch of sea salt
½ cup freeze dried blueberries (optional)
½ cup raisins

Pulse dates in the food processor a few times to break into small pieces. Add all of the remaining ingredients except the coconut, raisins and blueberries and pulse to chop and combine. Add the coconut flakes blueberries and raisins last and pulse a couple more times. You can make your granola as fine or as chunky as you prefer.

Serve topped with coconut cream and strawberries and bananas. We sometimes make a breakfast parfait with the granola and the Pumpkin pudding square recipe below.

Make a double batch or more and keep in a freezer bag. Will keep for 1-2 months.



Pumpkin Pudding Squares

Makes 8 squares

- 1 can pumpkin puree
- 1 can natural coconut milk
- ½ cup honey or less to taste
- 1 tsp grated fresh ginger
- ¼ tsp ground clove
- 2 tsp cinnamon
- 3 Tbsp organic grass fed gelatin
- ½ cup filtered water

Combine the water and gelatin in a small mixing bowl and fluff with a fork. Allow the gelatin to bloom while you prepare the rest of the recipe.

In a large sauce pan combine the pumpkin, coconut milk, honey, ginger and spices. Stir to combine and allow to simmer over a medium heat for about 5 minutes.

Fluff the gelatin with a fork again and then whisk into the pumpkin puree mixture. Whisk until completely combined and no grainy bits of gelatin remain. Pour the mixture into a parchment lined 9 ½ by 13 pan. Place the pudding in the fridge to set for 2-4 hours. Once it is set you can cut the pudding into squares or I sometimes use cookie cutters to make fun shapes.

These freeze well and even taste quite good frozen. I have on occasion placed a Popsicle stick on the shapes before freezing and then I have some fun and nutritious frozen treats on hand. Place a square of parchment paper between pudding squares to prevent from sticking and store in a Ziploc bag.



Freezer Smoothie Packs

These little freezer packs make smoothies a no brainer. They are great for quick and easy breakfasts on the go or can be used for snacks. With these little guys in the fridge kids can even whip up their own smoothie with little fuss and mess! I use frozen fruit for my smoothie packs as it cuts out the chopping step and mess but you can use fresh if you prefer.

4 cups frozen mango chunks
4 cups frozen strawberries
8 small handfuls of spinach
4 avocados
½ cup almond butter or coconut oil (optional)
8 small freezer baggies

Into each baggie put ½ cup of mangos, ½ cup strawberries one small handful of spinach, ½ avocado and 1 tablespoon of almond butter or coconut oil. Seal and store in the fridge until ready to use.

When you are ready for a smoothie treat simply dump ingredients into blender with liquid of choice. I like to use 1 cup of coconut milk or 1 cup of coconut water or just plain water. Add a tablespoon of grass fed collagen powder for protein to make it a complete meal.

