

THE PRIMAL BLUEPRINT

READER-CREATED COCONUT RECIPE COOKBOOK



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WELCOME

Welcome to the Reader-Created Coconut Recipe eBook! Each of the 62 recipes in this eBook were submitted to MarksDailyApple.com as part of an "Iron Chef" contest held in September 2010 in search of the best coconut recipe. There could only be one winner, but many, many delicious Primal recipes were entered. Instead of the recipes being lost forever in the void of an email inbox we've decided to publish, with permission, a selection of these recipes. It's a hodgepodge of coconut delight; dishes from the kitchens of Primal Grok Stars from all over the world. You'll find appetizers and breakfast recipes, soups, entrées and more, all with at least a touch of coconut.

Note that the contents of this eBook have been edited very little. We haven't photoshopped the pictures and have done minimal editing for grammar and spelling. We've done this intentionally, so that the essence and spirit of each personal contribution isn't lost. Some recipes have multiple photos, others don't. Some come with added commentary, others just the ingredients and directions. This eBook may not be ready for bookstores, but each recipe and voice is unique. And that's the way we like it! Additionally, not all recipes have been created and vetted by Primal staff. Only recipe ingredients and the general quality of each submission have been filtered. I hope you'll explore this free eBook, experiment in the kitchen, and discover some real treasures that you can add to your Primal Blueprint eating strategy.

Many thanks to everyone that submitted a recipe! Grok on!

Submitted by Laura Phelps

PARSNIP FRIES



INGREDIENTS

- 3 medium parsnips
- 3 tablespoons almond butter
- 2 tablespoons coconut oil
- ½ teaspoon sea salt
- ½ cup grated coconut

DIRECTIONS

Preheat oven to 400°F. Peel and slice parsnips into “French Fry” shape. In a large bowl mix together the almond butter, coconut oil and sea salt. Toss parsnip slices in the almond butter mixture. Put grated coconut on a plate and roll each parsnip slice in the coconut. Place coated parsnip slices on a baking sheet in a single layer. Bake 40-50 minutes, until parsnips cooked and coating is golden brown and crispy.



TRIPLE COCONUT CRAB CAKES

Submitted by Alec and Caroline Chevalier



INGREDIENTS

- 1 lb crab clawmeat, well drained
- 1 egg
- 1 scallion, green and white parts, finely chopped
- 2 cherry bomb (hot) peppers, minced (or more if you like spicy food)
- 2 T chopped fresh cilantro, plus more for garnish
- 2 tsp lemon juice
- 1 tsp Worcestershire Sauce
- 1 tsp dijon mustard
- ¼ cup plus 2 T unsweetened flaked coconut, plus more for “breading”
- Coconut Oil or Coconut Spray for sauteeing or baking (see cooking instructions below)
- 14.5 oz can diced tomatoes w/garlic & onion, drained
- ½ cup coconut milk
- 1 tsp Garam Masala
- 1 tsp curry powder
- 1 tsp wheat free soy sauce
- Salt & Pepper to taste

DIRECTIONS

To make the crab cakes, combine beaten egg, scallion, hot peppers, cilantro, lemon juice, Worcestershire Sauce and mustard in a mixing bowl. Mix well, then gently fold in crab and ¼ cup plus 2 T unsweetened flaked coconut.

Pour a pile of coconut flakes on a plate. To form the crab cakes, take approximately ⅓ cup of the crab mixture in your hands, form into a cake and then gently coat with the remaining coconut flakes.

Place the completed cakes on a clean plate. This recipe will yield between 6-8 cakes, depending on the size of your ⅓ cup measure. Refrigerate the cakes for 20-30 minutes (or more, if you want to make the cakes in advance) to set.

While the crab cakes are setting in the refrigerator, begin the Indian Coconut Sauce. In an ancient blender that you found sophomore year in college (or a Vitamix, if you are lucky enough to have one - wink, wink), blend all of the sauce ingredients together. Note: Depending on the weather and your mood, you can either serve the sauce at room temperature or heat the sauce in a sauce pan over low heat before serving.

To cook the cakes, you have two options:

Option 1: Saute the cakes in coconut oil over medium heat approximately 5-7 minutes per side

Option 2: Bake the cakes on a baking sheet coated with coconut oil cooking spray in a 375°F oven for 20 minutes, flipping them halfway through the baking time

To serve, spoon some sauce on the bottom of a shallow bowl and place one or two cakes on top. One cake would make a nice appetizer size portion, two cakes with a side of veggies makes a great main course. If you want to get fancy, garnish with some chopped cilantro.

SOUTHWESTERN FISH CAKES WITH CHIPOTLE SAUCE

Submitted by Christine Griffin



INGREDIENTS

- 1 and ½ cups salmon
- 1 small to medium bell pepper
- ½ small red onion
- ½ jalapeno pepper
- 1 lemon- zested and juiced
- 2 large eggs
- ½ tsp ground cumin
- ½ tsp chili powder
- ¼ tsp dried oregano
- 1 chipotle pepper in adobo sauce
- ½ cup unsweetened coconut flakes
- Coconut flour for dredging
- Coconut oil for sautéing
- 1 cup unsweetened coconut milk

These fish cakes are as versatile as they are delicious. They make a satisfying lunch/dinner and if you make them a smidge smaller, they work well as an appetizer. I used canned wild salmon but you could easily substitute canned tuna or crabmeat. Even though they contain four, that's right folks, four forms of coconut, they don't taste particularly *coconutty*.

DIRECTIONS

Very coarsely chop bell pepper, onion, jalapeno pepper. Throw into a food processor until finely minced. In a large bowl combine the minced peppers and onions, shredded coconut, salmon, eggs, cumin, chili powder, oregano, lemon zest. Mix with ingredients well with hands. Shape mixture into patties and dredge in coconut flour. Then place the patties in the refrigerator for a least an hour. This step is important as it helps the fish cakes firm up.

While the fish cakes rest in the fridge, go ahead and make the sauce. Into the dirty food processor bowl that you previously used (why do extra dishes? plus the remaining bits of peppers and onions that stick to the inside of the bowl will flavor the sauce), add the chipotle pepper in adobo sauce, coconut milk, lemon juice, salt and pepper. Turn the machine on and process until the sauce is smooth. Pour sauce in small bowl and set aside until ready to eat.

When the cakes have rested for an hour sauté in coconut oil. Press down with a spatula if they fall apart. When nicely browned on the outside and warmed throughout plate the fish cakes and serve with the sauce. Happy eating, primal style!



COCONUT TUNA TARTARE

Submitted by Todd Roberts



INGREDIENTS

- 2 cups fine grated coconut (unsweetened)
- 7 oz. block of creamed coconut (unsweetened)
- 2 cups boiling water
- ½ cups toasted coconut
- 1 tbsp gram masala
- 1 cup toasted coconut
- ¼ tsp salt
- 2 egg whites
- ¼ cups finely minced onion
- ¼ cups finely minced cucumber
- ¼ cups finely minced fresh chili (use whichever kind suits your capsaicin receptors)
- 1 tbsp. coconut oil
- 1 tbsp. rice vinegar (unseasoned)
- 1 tsp salt
- 1 tbsp fresh grated ginger (use a Microplane to get it paste-like)
- ½ cups toasted coconut
- 12 oz. fresh sushi-grade tuna steak

Don't be scared off by the strange composition and long list of steps. It tastes awesome, looks impressive and is not that hard to do. If you have an assistant it will come together in under an hour. Even without one it doesn't take much longer. It's perfect for any dinner party, primal or not. Or just during the week when you are in the mood for something jazzy. This recipe makes 2 dinner-sized servings. If you want to use it as an appetizer it will make at least 4, just cut back on the size of the cones. The only problem scaling up for a bigger party will be the ice cream. The recipe makes about 4 servings worth. You can probably double the quantity, but if you need even more you will have to do multiple batches unless you have a giant ice cream maker.

DIRECTIONS

Toast the coconut in a 350°F oven for 8 minutes or until golden. Let it cool for a few minutes. You will use this coconut in all three components of the dish. You may want to make a little extra so you can sneak some pinches to snack on while you work.

Put the block of creamed coconut in a medium sized mixing bowl and pour the 2 cups of boiling water over it. Let sit for about 5 mins, poking the coconut with a mixing spoon once in a while to break it up as it softens. Once it's completely softened, whisk it for a few seconds to make sure all the lumps dissolve. Add the garam masala (whichever brand you like, I am lucky enough to have a friend whose mom sends it from India) and toasted coconut and whisk it until it's well blended. If you want it a little bit sweeter (as is, it just has the sweetness from the coconut) you could add some honey, but I don't think it needs it in this context. Stash the bowl in the fridge to cool down and thicken for a half hour or so.

Once the mixture has cooled down, dump it into your ice cream maker and process according to your model's instructions. The mix will set up much faster than normal ice cream due to the lack of sugar and super high proportion of coconut fat (your skin will be glowing in the morning after you eat it) so keep an eye on it after

COCONUT TUNA TARTARE, CONT'D



10 minutes. Be sure to scoop it into a separate container ASAP if you are not using it immediately or it will freeze to the side of the ice cream maker. Stash the ice cream in the freezer until you are ready to serve. There will be some left over, so feel free to sample it. I suggest adding a few grains of coarse salt to your taste testing spoon before you stick it in your mouth, it really enhances the flavor nicely.

Put the egg whites in a small mixing bowl. Add the salt and whisk with a fork for a few seconds just to break up the whites a little bit and dissolve the salt. Add the coconut and stir it until well coated with the egg whites. The texture will be pretty much like wet sand.

Divide the mixture in half. Take one portion and smooch it into a ball in your hands, approximately the size of a racquetball. It should ooze a little when you squeeze it, but you shouldn't be able to wring moisture out of it. Adjust the texture with a little more coconut or some water

if needed. Put the ball on a Silpat-lined baking sheet and flatten it into a circle about 1/8 inch thick and 6 or so inches across. It needs to be thin enough to be bendable when it comes out of the oven, but not so thin that it breaks apart. Use your best judgment. Repeat the process with the remaining half of the mixture. You'll be able to fit two tuiles per baking sheet so if you are cooking for a crowd, take that into consideration.

Bake at 250°F (yes, that cool) for about 25 minutes. Start checking after 20, and if the tuiles seems to be getting too crunchy go ahead and pull them out. Once out of the oven you have to work fast before they set up. Cut a slit from the edge to the middle of the tuile and overlap the cut ends into a cone shape. Place the cone into a martini glass (preferably one without a martini in it). If you want to be extra fancy, you can trim the excess off the cone so the edges align instead of overlap, but that just means you get less of the tasty cone to eat. Repeat the process with the second cone. Let the cones sit for a few minutes to crisp up.

Put the minced onion in a cup of cold water for 5 minutes to mellow out the aroma and heat. In the meantime, put the oil, vinegar, salt and ginger in a medium mixing bowl and stir to combine. Drain the onions and add to the bowl along with the cucumber and chili. Stir to coat the vegetables and let sit for a few minutes to marinate.

Dice the tuna into 1/4 inch cubes (or 1/2 inch if you run out of patience like I do). Remove any cartilage/silverskin you find in the tuna since it makes it harder to dice and chew (toss it to the dogs, they will be your BFF for at least the next 5 minutes). Add to the vegetable mixture along with the toasted coconut and stir to combine. You probably want to do this right before you serve it. There's not a lot of vinegar in the dressing, but it's probably enough to discolor the tuna if it sits for too long.

Assembly

Scoop half the tuna into each cone, mounding it up so it looks nice. Top with a scoop of the ice cream, and sprinkle with a pinch of coarse sea salt. Serve immediately while the cones are still crisp. Be sure to get a little of each thing in each bite!

If you are serving this to friends, I suggest wearing a helmet because they will try to Grok-club you over the head and drag you home to be their personal cave-chef.

Submitted by September Mihaly

GRASS FARMER'S PIE



INGREDIENTS

- 1 pound ground beef (grass-fed)
- 1½ c chopped onion
- 1 pint grape tomatoes, halved
- 3 small dill pickles
- ¼ c mayonnaise
- 2 T spicy mustard
- 6 large eggs (pastured, organic)
- ½ c coconut flour (organic)
- ½ t baking powder

Perhaps there is a more eloquent way to say it, but Shalon perfectly describes the flavor of the meatballs she entered in the Primal Blueprint Cookbook Contest with this quote: “They satisfy my mmm, goodness requirement.” It’s true. “Mmm” is likely to be the first thing out of your mouth when you take a bite, thanks to a flavorful combination of ground beef (or bison) and sweet Italian sausage. You can also do what Shalon does and keep your freezer well-stocked; whenever hunger hits, defrost a few for a convenient protein-packed snack. Makes 20 large or 30 medium meatballs.

DIRECTIONS

1. Preheat oven to 350°F.
2. Brown the ground beef.
3. Mix all of the other stuff up in a bowl. Sifting the coconut flour is not absolutely essential, but it helps get the lumps out and distributes the flour evenly.
4. Oil the muffin tins (I use spray coconut oil, which is the best non-stick oil in the universe).
5. This part is kind of fun. Take half of the egg mixture and divide it among the 12 muffin cups. Then add ground beef to each cup, until you’ve used all of it. Top each with the remaining egg mixture. They will be overfull and look kind of fluffy on top when you’re done.
6. Bake 25 minutes. Let rest 10 minutes so egg/coconut mixture finishes cooking.

GROK, WOK, AND ROLL COCONUT SHRIMP

Submitted by Rob O'Berry



INGREDIENTS

- 1 egg
- $\frac{3}{4}$ cup almond flour (or crushed almonds)
- $\frac{1}{3}$ cup beer (or coconut juice)
- 2 cups flaked coconut
- 1 lb uncooked, peeled, and deveined shrimp
- 3 cups coconut oil for frying (olive oil works in a pinch, like if trying to beat a deadline)

DIRECTIONS

Step 1: Prepare $\frac{1}{2}$ cup of almond flour. If you don't have almond flour, you can prepare your own with some raw almonds and a food processor. Because I don't yet own a food processor. I had to improvise. Just place the almonds in a Ziplock bag and beat them into as fine of a powder as you've got the patience for.

Step 2: Mix $\frac{1}{2}$ cup of almond flour, egg, and beer in a bowl. Whisk until you have a thick and sticky mixture. Place the shredded coconut in a separate bowl.

Step 3: Dip the shrimp in the beer/batter mixture. If you're having trouble getting it to coat completely, try tossing the shrimp in some flour before hand.

Step 4: Roll the batter coated shrimp in the shredded coconut, then place them on a plate and refrigerate for 15 to 30 minutes. Meanwhile, preheat the oil in a Wok, frying pan, deep fryer, or whatever you have to 350 degrees. You want it to be nice and hot when you drop in the shrimp.

Step 5: Let them fry for 2 to 3 minutes or until they're golden brown. Using tongs, remove your finished product from the oil, place on a paper towel to dry, and Grok on!



COCONUT SQUASH PANCAKES

Submitted by Jeff and Tricia Babinski



INGREDIENTS

- 1½ c cooked and mashed butternut squash
- 2 c almond flour
- 2 eggs
- 2 teaspoon baking soda
- 2 cups toasted coconut
- 1 cup crumbled cooked bacon
- 2 tsp of cinnamon (sweeter variation)

DIRECTIONS

Mix the cooked butternut squash, almond flour, eggs, baking soda, toasted coconut, and crumbled bacon. The mixture will be thick and lumpy. (Those that have issue with lumpy pancakes could thin the batter down with coconut milk).

Here comes the tough part: Heat coconut oil on skillet on Medium heat. Cook the pancakes until golden on each side (2 to 3 minutes) and cooked in the middle. Be careful — they edges will cook quickly with the coconut oil.

Serve warm, of course, with a little extra crumbled bacon on top and a tiny drizzle of honey over the pancakes.

Sweeter Variation: Simply omit the bacon and add 2 teaspoons of cinnamon. Serve with honey.

Submitted by Adam Tar

COCONUT MUFFINS



INGREDIENTS

- 4 eggs
- ½ cup of coconut flour (more if the batter is runny)
- 1 tsp baking soda
- ½ tsp of lemon juice
- Dash of cinnamon (on each muffin before it bakes)
- 1 can of coconut milk (14 fl oz. or 1¾ cups)
- ¼ cup of coconut oil (Or European Style butter I used Kerry Gold)
- ¼ cup of honey (optional but, recommended)
- 1½ cup of chopped cashews
- ½ cup of raisin cranberry mix

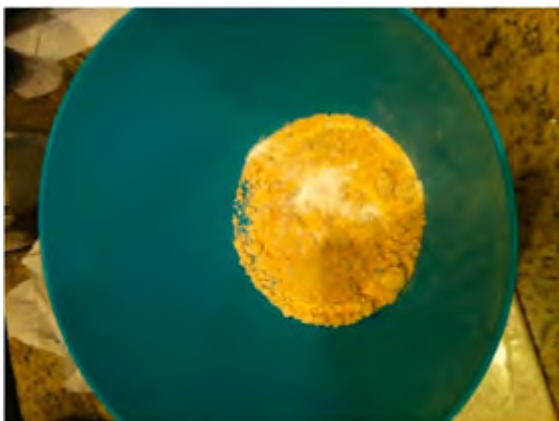
This cake is simply fabulous, and really hits the spot when you are looking for something sweet but, trying to stay Paleo, or when you're looking for a healthy snack to feed the kids. The flavors combined are out of this world. Roll your selves up, and let's get started with this delectable treat that will keep you coming back for more!

DIRECTIONS

Preheat the oven to 400 degrees. Gather all of your dry ingredients in mix them together in a small mixing bowl. If desired the dry ingredients can be sifted.

Melt the coconut oil (or butter) in a small bowl. Begin to add one egg at a time to the butter mixture. When all the eggs are mixed in, add the honey, lemon juice, and coconut milk to the mixture and stir.

At this point you should start to feel a tingling sensation, because your delectable goodies are half way done! Slowly begin to add the dry ingredients mix to the wet ingredients while stirring. Depending on the size of the coconut milk can, the mixture may be a little runny. If this is the case, don't be afraid to add a little more coconut flower.



COCONUT MUFFINS, CONT'D



When the ingredients are fully mixed together without lumps, it is now time fold in the chopped cashews and cranberry/raisin mix.

When fully blended, begin to pour the batter into your pan or muffin tray (fill a little over half of the way full). Be sure that you have oiled your pan or muffin tray to avoid sticking. At this point, sprinkle the cinnamon on top of the raw batter.

Place in the oven for 18-22 minutes. To test if they are done, take a tooth pick and insert it in the middle of the muffin. If it comes out of the muffin clean, they are done!

Let them cool for about 5 minutes, and enjoy this delicious treat!!

Submitted by Alexa Tang

THAI PANCAKES



INGREDIENTS

- 2 eggs
- ¼ c. almond meal
- 1 carrot, peeled and shredded
- 1 tbsp + 1 tsp. unsweetened shredded coconut
- 5 leaves Thai or sweet basil, julienned
- ½ tsp. salt
- A few grinds of freshly ground black pepper
- Unrefined extra virgin coconut oil

DIRECTIONS

Prep the carrots and the basil. Break the eggs into a bowl and beat them. Then dump all of your ingredients into the bowl with the eggs. Yep, just dump them in. Now, swirl it all around into a happy sludge. No need to worry about over-stirring because this is a primal pancake, aka gluten free!

Turn on your stove to medium high heat and heat up 2 tsp. of the coconut oil. When the oil is shimmery and moves about easily in the pan, the pan is hot and ready. Pour in your happy sludge and spread it out into a pancake shape. Wait until the pancake looks dry around the edges, about 2 minutes, to give it a flip.

The other side will only need to cook for about 30 seconds. Transfer it to a plate, cut it up as you wish, and enjoy! It's great topped with kimchi and some extra basil.



Submitted by Justin D. Powers

HOT CHOCOLATE



INGREDIENTS

- 120 mL coconut milk or cream
- 1.35 oz. chocolate
- 2 tablespoons shredded coconut

DIRECTIONS

First, measure out your coconut milk into a heavy saucepan set over low heat. Chop or grate your chocolate so it will melt easier. (I use Taza Chocolate because it is truly minimally processed, which creates a very fruity but still very chocolatey taste that doesn't overpower the coconut milk.)

Add your chocolate to the milk. This is the time to add a spice (or two), something like cinnamon, cayenne, cardamon, or maybe some orange zest, whatever you're in the mood for.

Turn the heat up to medium and whisk around to melt the chocolate, turn off the heat just before the coconut milk comes to a boil. Pour into your two double espresso cups.

Put a small saute pan over medium high heat and drop in your shredded coconut to toast it. Move it around frequently or else it will burn! Once it's nice and golden brown, drop one tablespoon each onto your filled cups and enjoy the sizzling sound it makes! Serve!

Alternately, don't serve, but cover and refrigerate until completely chilled, then serve with a spoon. Thanks to the addition of the chocolate, the coconut milk won't separate or harden in the fridge, though it will become a bit thicker. The toasted coconut will sink to the bottom, and damn, digging that out with your spoon is a fine, fine thing!



COCONUT STRAWBERRY SMOOTHIE

Submitted by Hanna Nikolausson



INGREDIENTS

- 1 cup plain frozen strawberries
- ½ cup plain frozen mango, in cubes
- 1 cup coconut milk
- ½ cup water
- Tiny pinch of sea salt
- Generous pinch of pure vanilla powder (or from ½ vanilla bean)
- 1 tbsp extra virgin coconut oil
- 1 freerange organic raw egg (or more if you want to go for extra proteins)

This stuff is way better than a milkshake! If you still want to improve the carb count, you could go for 1.5 cups of strawberries instead of the half cup of mango and cut 8.2 grams of carbs.

DIRECTIONS

Put all ingredients except the coconut oil and egg in a blender. Blend all ingredients well. The thing is, you don't want to add the coconut oil until you have a creamy consistency. If the mixture is too cold, you will get icy coconut lumps from the oil, so blend until it looks creamy rather than slushy. With my terrible blender I had to stop it a couple of times and stir with a spatula in order to keep the blades moving.

When mixture is looking creamy enough, add coconut oil and blend well.

Add the egg(s) and pulse a few times.

Pour in glass(es)/mason jar and enjoy with a straw. If you want even more coconut flavour, sprinkle grated coconut on top.



COCONUT SMOOTHIE PLUS

Submitted by JB and Jenn Reynolds



INGREDIENTS

- 1 14.5 oz can of coconut cream or coconut milk
- 1 heaping cup of strawberries (fresh are better but you can use frozen)
- 2 cups of blueberries (ditto)

DIRECTIONS

Place strawberries and blueberries in the blender with coconut cream (cleaning them first or just go Grok style and throw them in leaves and all.) Blend until smooth. This will make about two 12 oz servings.

Optional Variations (the possibilities are endless):

- If you would like it to be a little crunching you can add 1-2 cups of ice.
- Adding 1-2 tablespoons of cocoa powder
- Adding 1-2 teaspoons of vanilla
- Adding 1-2 teaspoons of cinnamon



Submitted by Halcyone Vadeboncoeur

THAI ICED TEA



INGREDIENTS

- 2 T Thai tea
- ½ can condensed coconut milk
- 1½ T maple syrup (used as sweetner)
- French press (any number of the various loose tea containment options available)
- Ice cubes

Traditional Thai Iced Tea (at least as it is popularized here in the USA these days) is basically the special Thai tea and sweetened condensed milk. I think that there are a few variations on this, but those are the basics. I use a French Press to brew it (other options include using a coffee filter or any number of the various loose tea containment options available - i am particularly partial to the t-sac). I brew strong, so even with a lot of ice you still can taste the distinct Thai tea flavor. I poured the hot tea over the ice and then topped the whole thing off with close to a half a cup of cm/ms concoc-

tion. There is a pouring technique that I am currently lacking, so I did not get the lovely layer of coconut milk/maple syrup at the top of the glass with the bottom showing the distinctive burnt orange color of Thai tea, but I did get very yummy and happily primal Thai iced tea.

DIRECTIONS

Heat water just until boiling point and brew the tea in French press. Let stand until room temperature or refrigerate until cool.

Pour maple syrup into a half can of coconut milk and stir. (Remember to shake can of coconut milk before opening).

Fill two glasses about ¾ full with ice. Pour tea over ice followed with coconut milk/maple syrup mixture.



COCONUT ALMOND GRANOLA

Submitted by Anika Poli



INGREDIENTS

- 2 Tablespoons coconut oil liquefied
- 1 Tablespoon vanilla extract
- ¼ tsp almond extract
- ¼ teaspoon stevia extract, you could also use 1-2 Table spoons honey if you don't like the taste of stevia
- 1 teaspoon honey (if using stevia)
- 1 cup of coconut flakes (unsweetened)
- ¼ cup of each (raw) sliced almonds and pecan pieces, (if you have other types of nuts lying around feel free to sub them in).
- 1 tablespoon of ground up flax seeds
- 1 pinch of cinnamon
- 1 pinch of nutmeg

Devour your primal creation! You know those fresh-picked wild raspberries? They could be a sweet tasty topping for this granola, just pour a little coconut milk on top and enjoy. This granola makes a great breakfast or snack for those days when I'm away from home, and want a primal munchy. One recipe will make about 1½ cups of toasty primal goodness. Feel free to play around with the nuts, spices and flavorings you won't be disappointed. I hope that you will enjoy creating and devouring your own version of my coconut-almond granola and that it will satisfy any of your future crunchy primal cravings.

DIRECTIONS

Get ready to make your delicious primal granola, preheat your oven to 300°F.

Whisk all the liquid ingredients together.

Then mix in all the other ingredients in the order listed, making sure to coat coconut and nuts.

Bake for about 7 minutes, stir and then bake for another 7 minutes or until it's toasty and golden brown, watch to make sure it doesn't burn; it can go from beautiful toasty brown to black in just a few minutes.



SUPER ROASTED GARLIC SPREAD

Submitted by Hope Malott



INGREDIENTS

- ½ cup extra virgin coconut oil
- 4-5 heads garlic
- 1 tsp Redmonds sea salt
- 1 tsp dry oregano
- Medium Le Creuset dutch oven

DIRECTIONS

Whack the cloves of 4-5 heads of garlic with the pot. Peel cloves and set aside. Heat ¼ cup extra virgin coconut oil in pot, medium heat. Add peeled smashed garlic to heated oil. Lower heat to low and simmer uncovered for 20-30 minutes.

Garlic should slowly begin to turn golden brown. If browning too early, lower the heat and continue simmering for another 10 minutes.

Remove pot from heat and mash with 1 tsp Redmonds Sea Salt and a tsp dry oregano. Pour roasted garlic paste into a clean canning jar and refrigerate for 1 hour. Add remaining ¼ cup extra virgin olive oil and mix well.



Submitted by John & Esther Atwell

COPROLITE DELIGHT



INGREDIENTS

- 1 Cup almond butter (fresh ground, organic preferred)
- $\frac{1}{8}$ Cup cocoa powder (special dark or Dutched preferred)
- $\frac{1}{4}$ Cup coconut (dried, shredded)
- $\frac{1}{4}$ Cup ground flax seed
- 2 Heaping teaspoons honey

This no-cooking, 10-minute, finger-food recipe is open to interpretation; the amount of each ingredient can be modified to taste and there is plenty of room for substitution. If your taste runs to the sweet side, add more honey. If you love chocolate and do not mind some bitter undertones, add more cocoa. If you do not have ground flax seed, use chia seeds. If you want to experiment, add cocoa nibs, dried berries, mashed banana, walnuts or whatever suites your fancy.

DIRECTIONS

Add all ingredients together in large bowl. Mix into a thick paste. Roll into small balls, about $\frac{1}{2}$ inch to 1 inch in diameter. Lay out on wax paper or a plate. May be eaten straight away or covered and chilled or frozen. Makes about two dozen balls.

Note: The almond butter is the “base” and could be substituted with cashew or other nut butters. While the cocoa, coconut, and flax add flavor, they also play an important role in absorbing the almond oil and in giving the end product the right consistency; something to keep in mind if you decide to experiment with substitutions. Nuts, dried fruits, and whole seeds will add texture and flavor. Whole coconut butter (which solidifies at room temperature) can also be added for variation in flavor and texture.



CREAMY COCONUT SOUP WITH CHICKEN

Submitted by Megan Walburger



INGREDIENTS

- 2 lbs chicken (or beef, pork, fish, shrimp, and so on...)
- 2 cups coconut milk
- Dash of salt
- 1½ cups cubed butternut squash (or sweet potato, cauliflower, turnips, parsnips, and so on...)
- 1 onion
- 1-2 stalks celery
- 2 cups chicken broth
- 1½ t salt (adjust this if you used store-bought chicken stock)
- 1 t ground pepper
- 1 ½ teaspoon curry powder
- ½ teaspoon minced garlic
- Pinch of nutmeg
- Coconut oil for the pan

This is more than just a recipe, it's a template to help you design any type of creamy coconut soup you'd like. If I were an artist, I think I'd like soup to be my medium. Soup is quick, easy, healthy, and delicious and everyone should know how to make it well.

DIRECTIONS

Get the meat cooking... I used bone-in chicken thighs, but really you could get creative here and used a beef roast, sliced beef, cubed pork, a pork roast... whatever you have in your freezer really. (If you're using fish or shellfish, it will cook quite a bit quicker.) Bring the chicken and coconut milk (with a dash of salt over it) to a boil over medium heat, then turn to low and simmer with a lid on for about 30-40 minutes. This is going to give your meat a great flavor and create a creamy coconut stock.



CREAMY COCONUT SOUP WITH CHICKEN, CONT'D



Dice the onion and celery. Sauté them in coconut oil until translucent and just starting to turn golden. Meanwhile, cut open the butternut squash, scrape out the seeds, and cut into one inch cubes. This is where you can get creative with vegetables. This soup would be delicious with any type of winter veggie, try roots and/or squash. Pour in two cups of chicken broth and the cubed squash when the onions and celery are ready. Simmer with the lid on until the squash is soft, about 15 minutes.

Now the fun part! This is really much easier if you have an immersion stick blender, but if not, a regular blender will work as long as you leave the lid partially off and cover with a towel. (You don't want an explosion!) Blend the cooked squash with the broth and veggies until creamy and smooth.

Season! Here is where you can get artistic. I'll give you the seasonings I used, but really, it's all about tasting and correcting. Feel free to experiment and add whatever sounds good to you in the moment. I loved the creaminess and bright color of my soup and I thought it would go great with curry, but I think you could go a different direction if you'd like. I added 1½ teaspoon salt, 1 teaspoon ground pepper, 1½ teaspoon curry powder, ½ teaspoon minced garlic, and a pinch of nutmeg. Now taste it and change it up if you need to.

Simmer the seasoned soup for 5-20 minutes more, until you're ready to eat. I like to drizzle a bit more coconut milk in my bowl and sprinkle with herbs, cilantro is divine! Now dig in, you must be hungry! Enjoy!



COCONUT PUMPKIN SOUP WITH SEA SCALLOPS

Submitted by Leah Goldstein



INGREDIENTS

- 1 can of organic pumpkin puree
- $\frac{3}{4}$ cup coconut milk
- $\frac{1}{2}$ lb wild caught sea scallops
- 3 garlic cloves, chopped
- 1 Tablespoon (or more) fresh chopped ginger
- Handful of slivered, blanched almonds
- Salt
- Pepper
- Coconut oil or any primal oil of choice
- Fresh basil, chiffonade (for garnish)

Out here in Texas, the fall doesn't come around till late in the year! This past weekend though, we had a beautiful cool front move in and it gave us our very first taste of the season! Now for most people lows in the 60's and highs in the 80's doesn't really constitute as fall but in Texas, we'll take what we can get! That little hint of the fall season is what inspired me to make this delicious soup as pumpkins always remind me of fall. I hope you enjoy!

DIRECTIONS

First grab your best Iron Chef Attitude to get this party started. Many people are intimidated by unusual seafood like scallops, but I know you can do this! Bonus points for actually owning and wearing a chef hat or orange Crocs ala Mario Batali!

Next, place Scallops on a plate and drizzle with Primal oil of choice, garlic, ginger, a pinch of salt, and a sprinkle of pepper. I find that my seafood is much happier marinating and comes out much tastier when I put on my favorite tunes so they can listen to the music as they marinate.

In a saucepan on low, mix the pumpkin puree with the coconut milk. If I had a Vitamix blender (hint hint!), I could probably roast my own pumpkin and blend it up for the base of the soup, but until then, the canned variety will have to do. Be sure not to let this mixture boil or the coconut milk has a tendency to separate. Simmer gently and add salt and pepper to taste.



COCONUT PUMPKIN SOUP WITH SEA SCALLOPS, CONT'D



Place your chopped almonds on a cookie sheet and toast in the oven while cooking the scallops. Be careful to watch them or they might burn.

In a small frying pan on med-high, add a little more primal oil and place the sea scallops in along with the marinade (you don't want to lose any of those delicious bits of garlic and ginger!) Sauté on medium for about 2-3 minutes per side. It's easy to overcook scallops and when you do they become rubbery!

To assemble just put a little soup in a bowl and place 3 or 4 scallops in each bowl. Sprinkle the top with the toasted almonds and a little basil chiffonade and enjoy!



WILD SALMON WITH TARRAGON AND COCONUT MILK

Submitted by Erin Brennan



INGREDIENTS

- 2 lbs of wild salmon
- 4 TBSP butter
- 1 large lemon
- 1 large onion
- Fresh red peppers
- 3 cups of chicken stock
- Sea salt & pepper to taste
- 1 can of coconut milk
- 1 teaspoon dried tarragon
- 1 teaspoon dried thyme

This meal serves my family of 5 (soon to be 6) and we always have leftovers (and we're big eaters!) It would be tasty with brown rice pasta (but wouldn't be very primal...) and I bet it would be amazing served over roasted spaghetti squash! This is also one of those meals where you can use a variety of different vegetables; greens work especially well.

DIRECTIONS

Sauté salmon in butter in sauté pan until cooked through. While salmon is cooking, slice onion and pepper into medium sized slices. Add chicken stock and coconut milk to sauté pan. Add onions, tarragon and thyme. Add salt and pepper to taste. Squeeze juice from one lemon into pan. Add red peppers. Cook until peppers are lightly cooked, but not mushy. Serve in bowls with soup spoons as this dish is more of a hearty soup.



COCONUT SHRIMP BISQUE

Submitted by Heather Boyd



INGREDIENTS

- 3 Tbsp butter
- ½ chopped onion
- 1 Tbsp garlic powder
- 1 cup chicken broth
- 2 Tbsp tomato paste
- 2 cups unsweetened coconut milk
- 1 can butternut squash
- ½ bag shrimp (approx. 30)
- ½ tsp cinnamon
- 1 Tbsp shredded coconut
- Salt and Pepper to taste

DIRECTIONS

If you got unprepared shrimp like I did, the first thing you'll need to do is de-shell them. Meanwhile, sauté the onions in a small saucepan with 1 Tbsp of the butter. When they become clear, add the shrimp.

As the shrimp and onions gather delicious buttery flavor, mix the chicken broth, unsweetened coconut milk, butternut squash, tomato paste, 2 Tbsp butter, garlic powder, cinnamon, salt and pepper in a large pot and bring to a boil. Add in the shrimp and onions. If you're fortunate enough to have a vitamix *cough*, this is the point when you'd puree half of the shrimp and onions to add to the broth, then leave the others chunky. In my case, we had a lot of shrimp and onions in our bisque.

Bay leaves! A last minute decision, but a great addition to any soup. The best way to add bay leaves would be to put them in a spice ball and let them soak in the soup then remove them, or to mix them in the vitamix *cough* with the other ingredients so that you don't have unchewable bayleaf chunks in your soup.

Reduce the heat and simmer for about ten minutes, then serve into bowls with a ladle. Sprinkle a little shredded coconut on top of a floating shrimp.

Enjoy! It's a super-filling soup all by itself, but I love the way it tastes with a sliced avocado with a little lemon juice on top.



SHRIMP AND FISH COCONUT CURRY STEW

Submitted by Tara Anacker



INGREDIENTS

- 1 T coconut oil
- ½ tsp brown mustard seeds
- ½ tsp coriander seeds
- 1 medium chopped sweet white onion
- 1 C broccoli florets
- 1 C snowpeas
- ½ C chopped carrots
- 1 small can sliced water chestnuts
- 14 oz coconut milk
- 3-4 cloves minced garlic
- 1 tsp curry powder
- ½ tsp salt
- 8 oz (about 15-16) shelled and cleaned jumbo shrimp
- 8 oz Cod (or any firm fish) fillet chopped into chunks
- 1 T fish sauce
- ¼ tsp (or more) chili/hot sauce if desired
- lime wedges

DIRECTIONS

Put coconut oil in a large saucepan on low heat to melt. Add brown mustard coriander seeds to the melted oil. Heat on low, stirring occasionally until the seeds start popping and are fragrant. Add roughly chopped sweet white onion and cook until it is pearly and translucent. Add veggies. Stir and then cook for about five minutes. Add coconut milk. There are, of course, two ways to obtain coconut milk. One (The Easy Way): Use canned coconut milk. Two (The Better Way): Make your own coconut milk in a Vitamix blender... if you are lucky enough to have one. Since I'm not so lucky (and my blender is currently, um, let's just say, "uncooperative" and "non-responsive"), I use canned coconut. Add minced garlic. Add high quality curry powder. Make sure it has at least 7 different spices listed. I use a high quality organic brand. Lower quality curry powders will not taste as good, so don't be tempted to use them! Add ½ tsp salt (Or to taste). Stir and bring to a simmer for about 10 –15 minutes.

Add shrimp and fish. Simmer for about 15 minutes until the shrimp are pink and the fish chunks are flaky. Add fish sauce and stir. Also, if a spicier flavor is desired, add chili/hot sauce. Stir.

Serve in bowls with lime wedges. Lime juice from wedges is to be added to the stew according to individual taste.



Submitted by Gillian Fritzsche

TRIPLE C SOUP



INGREDIENTS

- 4 cups chicken broth
- 2 cups filtered water
- 6 medium carrots, chopped
- cinnamon, to taste
- oregano, to taste
- pepper, to taste
- 2 cups cauliflower, chopped
- 14 oz can coconut milk

Do you love the boxed vegetable soups but hate all the preservatives and the fact that the chicken broth is made from CAFO chickens? Make your own! Now presenting: *Triple C Primal Soup (Coconut, Carrot & Cauliflower)*! It's easy to make and very yummy. All three flavors complement each other – not one of them overpowering another – in this simple recipe.

DIRECTIONS

Bring the chicken broth to a boil in a large soup pot, and then add the carrots and spices. After a few minutes, add the cauliflower. Boil the whole mess together until the carrots and cauliflower are soft – so soft that a carrot comes apart when you stick a fork in it. Then, pour in the can of coconut milk.

Using a hand blender, puree the soup mix right in the pot! If you don't have a hand mixer, pour the soup in a blender and blend on high speed until smooth. If you have a VitaMix, puree the soup in the VitaMix.

If you're using the hand blender, you might need to use a slotted spoon to find any carrot chunks that haven't yet been pureed.



COCONUT TURKEY STEW

Submitted by Gillian Fritzsche



INGREDIENTS

- 1 tbsp coconut oil, for frying
- 1 lb ground turkey or beef (or flap meat, or chicken breast)
- 1 medium onion
- 4 cups spinach, or chard or collard greens
- 7 oz coconut milk
- dash pepper
- dash salt (optional)
- 3 tbsp gorgonzola (optional)

DIRECTIONS

Put the skillet and the frying pan on the stove on medium heat. If your cookware needs to start at low heat first, then follow the appropriate instructions so you don't ruin anything.

Brown the turkey in a cast iron skillet (with a little coconut oil if necessary). If you're using beef or chicken, you won't need any oil.

At the same time as you're browning the beef, heat some coconut oil in the frying pan. When it's ready, add the onions and brown them until slightly soft.

When the onions are slightly brown and soft, add the spinach and fry until just barely wilted. Spinach will wilt rather quickly. If you're using collard greens or chard, they take about twice as long to wilt.

Once turkey is browned and spinach is wilted, add the spinach and onions to the turkey. Stir well.

Reduce the heat to medium-low and pour in the coconut milk., stirring quickly. Mix well. This would be the time to add the gorgonzola (if you're using it), mixing while it melts into the coconut milk. Also, if you like, add a whole lot of pepper at this stage. Yum!



COCONUT SHRIMP SOUP WITH BOK CHOY

Submitted by Aubrey Fleszar



INGREDIENTS

- Olive oil
- Dash red pepper flakes
- 4 cloves garlic, chopped
- 2 inches ginger root, peeled and chopped
- 1 leek, sliced into half moons
- 3-4 small bunches of bok choy, chopped into thin pieces
- 2 14 oz cans of coconut milk
- 2 cups water
- 1 pound shrimp, raw and peeled
- Bunch cilantro, chopped
- 1 lime, zested and juiced
- ¼ cup cashews
- Salt and pepper

DIRECTIONS

To a heated soup pot on medium heat, add olive oil. Stir in garlic, ginger, red pepper flakes, salt and pepper. Cook for 3 minutes. Sauté the leek for 2 minutes. Add bok choy, coconut milk and water, bringing it to a near boil. Add the shrimp and cook until pink, less than 3 minutes. Remove from heat and add lime zest, lime juice, cilantro and cashews. Serve.



COCONUT CURRY CHICKEN STEW

Submitted by Kim and Chris Schult



INGREDIENTS

- 5 lbs Chicken Thighs
- 1 bunch fresh Thyme or 2 tsp dried
- 8 oz sliced mushrooms
- 3 medium carrots
- 2 celery stalks
- 1 medium onion
- 1 head cauliflower
- 1 Tbsp Curry Powder
- ¼ cup dry Sherry or dry white wine
- 32 oz chicken broth
- 15 oz can coconut milk
- Salt and Pepper to taste

DIRECTIONS

Place the chicken thighs skin-side down in a medium high heat pan and cook until skin has rendered most of it's fat and is nicely browned. This is the first place where you should do as I say not as I did. Remove the (skinless! do as I say not as I did...) browned chicken thighs from the frying pan and add to a stock pot. Also add in the thyme. You can pick off all the little leaves, but I'm lazy and find it easier to pull out the stems later.

Pour all the rendered chicken fat and delicious brown bits through a wire mesh strainer. Put the brown bits into the stockpot with the chicken and thyme. Save the chicken fat for frying veggies. If there are brown bits stuck in your pan, use chicken stock to deglaze the pan and add the resulting liquid to the stockpot.

Pan fry the mushrooms in a tablespoon of the chicken fat, then into the stockpot they go. Coarsely chop the celery, cauliflower, carrot and onion. Pan fry them all in a couple more tablespoons of chicken fat. They also go into the stock pot. If you're short on time you could skip this step, but the more things that get browned, the better the final stock tastes! Dry roast the curry powder until fragrant, maybe a minute, then you guessed it, into the stock pot.



COCONUT CURRY CHICKEN STEW, CONT'D



Add in one 15 oz can of coconut milk. Then stir to combine. Cook until veggies are soft and chicken is completely cooked.

I like to do all this work one day and pick the chicken off the bones after it's cooled the next day. You could also serve the stew with the meat still on the bones as I did and make the recipients of your work do a little of their own to help out.

While the stew is fabulous and you could do multiple variations on how to serve it, such as straight up, but with extra veggie content. In a bowl over zucchini ribbon noodles, over cauli-rice... you get the idea. Back to this particular recipe and onward to the part that makes this meal seem like sinful comfort food...!



THAI CHILI COCONUT CHICKEN

Submitted by Ben Kreps



INGREDIENTS

- 2 chicken breasts
- 2 eggs
- fish sauce (or flavor of your choice)
- 1 cup coconut flour
- ½ cup coconut oil
- 2 tbsp sweet Thai chili sauce
- 1 tbsp coconut aminos
- 1 tbsp coconut vinegar
- steamed veggies of your choice

DIRECTIONS

Get whatever type of chicken you desire and cube it up. I'm a breast man personally so two breasts for this go around. Crack eggs and whisk them thoroughly. You can take this opportunity to add fish sauce or a flavor of your choice to the eggs. Add 1 cup (depending on how much chicken you use) of coconut flour to a plastic bag. If you choose a lighter flavored sauce to go with this chicken you can add seasoning to the coconut flour.

I dump handfuls of chicken at a time into the egg mixture and then into the bag for a good shaking session. If you really like a thick breading you can do two rounds of this. Once I have all the chicken breaded I melt about ½ cup of coconut oil in a pan. I place the individual pieces of chicken into the oil by hand and cover the entire bottom of the pan. I fry each side for about one minute at medium heat (every oven is different). While I was frying I took the time to steam some veggies.

After you've pulled your chicken and steamed your veggies its time for some sauce. For this go round I combined sweet the Thai chile sauce, coconut aminoes, and some coconut vinegar. This recipe should satisfy even the toughest critics. The incredible edible coconut.



Submitted by Amy Coles

AUSSIE LAMB



INGREDIENTS

- 2 brown onions, sliced
- ½ to ¾ cup of crushed peanuts
- ¾ cup coconut milk
- 1-2 chili pepper
- ½ lemon
- 1 kilo lamb chops
- ¾ cup water
- steamed veggies of choice

G'day mate, you're gonna love this tucker. It doesn't matter what you do for a crust, or how many ankle biters you've got hangin round, this is so quick and easy to make you'll be laughin. So if the oldies (or any other rellies) are coming for dinner give it a burl. They'll be gobsmacked! Now I'm just a banana bender, and I don't know what an Iron Chef is, but I don't care if I'm going up against the Queen of Sheba, once you get some of this in your cakehole it'll be all over red rover. And yes, I know it sounds like I've got tickets on myself, but it really is bloody beaut.

DIRECTIONS

You'll need a kilo of lamb chops. Chuck 'em in a pan over highish heat till they're brown. Probably not the barbie, as it gets a bit soupy later on. Take out the chops and stick in the onions. Fry them a bit till they're browned, then drop the heat down low and add your peanut and coconut slurry, your hot fillies, your hem and spruce, and ¾c up of water. Beauty mate, nearly done! Stir for a bit till it starts to thicken - i reckon it won't take more than 2 minutes, then back in with the chops, bang a lid on it so the cockies can't have a feed, and simmer for half an hour. Serve it up with whatever veggies are lying around and she'll be apples. I've made this for some pretty tall poppies and no one's ever knocked it.

GLOSSARY OF TERMS:

tucker: food
what you do for a crust: how you earn your living
ankle biter: children
oldies: parents
rellies: relatives
give it a burl: have a go
gobsmacked: so impressed as to be left speechless
arvo: afternoon
a good handful: 1/2 to 3/4 of a cup
whinge: complain
kilo: one kilogram, 2.2 pounds
barbie: Barbecue

hot fillies: chillies
hem and spruce: lemon juice
Beauty mate: looking good my friend
cockies: cockroaches
veggies: vegetables
she'll be apples: it'll be good
tall poppies: successful people
knocked it: criticised
banana bender: someone who lives in Queensland, Australia
cakehole: mouth
got tickets on myself: think I'm great
bloody beaut: supremely awesome

HAZELNUT CRUSTED CHICKEN WITH STEALTH COCONUT

Submitted by Greg Reeves



INGREDIENTS, Chicken

- 8 oz. hazelnuts
- chicken breasts
- $\frac{3}{4}$ cup almond flour
- $\frac{1}{2}$ cup coconut flour
- 1 tsp salt
- 1 tsp pepper
- 3-4 whisked eggs
- $\frac{1}{4}$ cup coconut flakes
- $\frac{3}{4}$ cup clarified butter

DIRECTIONS

As some of you smart cookies may have already deduced, this dish will include coconut, hazelnuts and chicken. You can either forage for the hazelnuts, or go lazy daisy like me and forage off the store shelf. Either way, after securing your hazelnuts, place them on a baking sheet at 350°F for 10-12 mins. Set timer, go outside and run some sprints.

Remove the skins from the hazelnuts and set aside. For best results, think back to Jr High and purple nurple (twist and squeeze). Chop the nuts in the processor.

Skinny Minny the Chicken — It's time to pound the chicken (no smirking kids). Choose your weapons, just end up with slabs of meat $\frac{1}{4}$ - $\frac{1}{2}$ " thick.

Crusty Crusty (Hold the Clown). Combine $\frac{1}{2}$ cup almond flour, $\frac{1}{4}$ cup coconut flour, salt and pepper. For the casual Grokster, feel free to substitute potato starch for the flours.

Prepare your egg bath in a shallow, wide dish. In another dish, mix hazelnut particles with $\frac{1}{4}$ cup of almond flour and $\frac{1}{4}$ cup of coconut flour, plus $\frac{1}{4}$ cup of pulverized shredded coconut (these are regular coconut flakes that are given a "beat down", ground/chopped/pounded, just to make them harder to detect). Dust your flat-



HAZELNUT CRUSTED CHICKEN WITH STEALTH COCONUT, CONT'D



INGREDIENTS, Artisan Mojo

- 1 cup chicken stock
- 1 cup white wine
- ¼ cup diced shallots (I like to double this)
- ½ cup crème fraîche
- 1 Tbl each: Dijon mustard, Italian parsley, thyme, salt and pepper
- ¼ cup coconut milk (optional)

tened chicken breast with the mix on the left, dunk in the egg wash and finally, sprinkle lovingly with the last mixture. Press the mix into the chicken breast.

Fire in the Hole! Take ¾ cup clarified butter to medium heat, add chicken breasts. You want to brown the nuts and cook the flour a bit without drying out the chicken, about four minutes a side.

Artisan Mojo — Heat the stock, wine & shallots, reduce in half, then add the crème fraîche and mustard, simmer some to thicken up a bit and finally, toss in the herbs and salt and pepper to taste.

If you want to go all coo-koo for coconut, add ¼ cup coconut milk with the crème fraîche.



Submitted by Martin Nash

COCONUT CURRY PORK



INGREDIENTS

- 1 pork tenderloin
- 2 onions
- 4 tomatoes
- 3 big handfuls of chopped spinach
- 1 bulb of garlic
- 2 T garam masala
- 2 T allspice
- 2 T turmeric
- 2 T ground cinnamon
- 60 g butter
- 1 can coconut milk

PREPARATION

Peel and chop tomatoes. Peel these guys by making small X incision in the bottom of each. Set, douse, submerge or inundate in boiling water for 30 seconds. Remove from hot water and shock them in an ice water bath. Chop or rip up spinach. Peel and chop onions. Peel and crush garlic. Chop off the base where the bulbs stick together. Individually crush cloves with side of knife (or a garlic crusher if you happen to be one of 'those' people). Cut meat into chunks small enough to fit into pressure cooker. This is the last thing you'll, so you don't have to worry about cross contaminating plant matter with raw pork juice.

DIRECTION

Add butter, pork, $\frac{1}{2}$ of all spices, $\frac{1}{2}$ of the garlic, $\frac{1}{3}$ onions to pot over medium heat. All the spices thrown in at once will make a sticky mess likely to burn on the bottom. Simmer.

While simmering, in a blender process; 2 tomatoes, $\frac{1}{2}$ spinach, $\frac{1}{3}$ onions, remainder of spices and garlic, $\frac{1}{2}$ coconut milk over top. Add blended goodness when contents' liquidity trumps solidity.

In a pressure cooker with the lid on, cook for 15 minutes in heaven (let the meat spices and veggies 'get to



COCONUT CURRY PORK, CONT'D



know each other'). Use high heat until pressure cooker starts to hiss, then back off to medium or low heat. The pressure makes the meat super tender and speeds up cooking time (reason enough to invest in one). After turning off, let sit for 15 minutes to depressurize. Remove lid. Knock before you enter, and make sure pressure is completely relieved.

Add remainder of tomatoes, onions, spinach, and coconut milk. Let these simmer until your desired texture and level of cooking is achieved.

Serve over a bed of spinach or your choice of vegetables. It is also nice as just a soup to which you can add some scrambled eggs for good times.



COCONUT LEMON STIR-FRY WITH BROILED SALMON

Submitted by Shaleah Poster



INGREDIENTS, Salmon & Sauce

- ¼ cup coconut aminos
- ½ cup coconut milk
- 1 tsp coriander
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp grated ginger
- 1 tsp grated garlic
- salmon (cut into 1 inch cubes, set skin aside)
- 1 tsp sesame oil
- 1 tb sunbutter
- ⅛ cup coconut water

DIRECTIONS

Add half of coconut aminos, coconut milk, coriander, tumeric, cumin, and ginger into a ziplock baggie. Gently pour in sesame oil and salmon cubes. Chill.

Meanwhile, prep all vegetables for the stir fry (as listed on next page).

Now for the sauce. On the stove, in a determined fashion, begin to sauté grated ginger and minced garlic in coconut oil. Add almost all of the remaining spices. Any reserve is just for dusting at the end. As they begin to froth aromatically and excite you, as they so expertly do, pour in the decadent nectar that we call coconut milk. Stir, increase the stakes by adding coconut aminos, and further heighten the experience by adding smooth, creamy sunflower seed butter. As you stir this, the concoction will thicken, and just when you thought it could not improve, you stir in just enough coconut water to thin it. The viscosity that you're looking for is roughly 5W-30. Remove from the fire, place in a bowl, and sprinkle with a green bit of scallion. (I place it in the oven to keep warm, but my broiler is separate so I can do that.)

Use skewers to spear the salmon cubes, brush with coconut oil, and adorn with shredded coconut. Place under the broiler. This will be intense — you're watching salmon and stir-frying at once.



COCONUT LEMON STIR-FRY WITH BROILED SALMON, CONT'D



INGREDIENTS, Stir Fry

- 1 TB minced garlic
- 1 TB fresh ginger cut into matchstick size
- 3 stalks sliced green onions
- 1 cup sliced carrots
- 1 cup sliced mu (Korean turnip)
- ½ large purple onion, sliced vertically
- lemon rind
- ½ cup sugar snaps
- ½ cup string beans
- ½ fresh coconut cut into cubes
- coconut oil

I believe that the most important of a stir-fry is the order of ingredients. I try. In coconut oil (adding lard as needed), it goes like this: Garlic, Ginger, Onion, Coconut, Lemon, Carrot and Mu, Coconut Aminos, Both Peas — it should be nearly done by now. Check on Salmon. Then, to the stir fry, Scallions — but leave a pinch of the green.

Remove Salmon when he is lightly browned. Serve with sauce drizzled over the top, and in a side dish for the stir fry. Dust everything with remaining spices and sliced scallion. Enjoy this, love it, and feed it to those you love.



COCONUT PECAN CHICKEN STRIPS

Submitted by Laurie Underhill



INGREDIENTS

3 Organic Chicken Breast
2 Large Eggs
2 tbsp Coconut Oil
3-5 tbsp Butter (Unsalted or Salted)
1 cup Unsweetened Coconut Flakes
1 cup Chopped or Finely Diced Pecans
1½ tsp Cinnamon
½ tsp Nutmeg
2 tsp Vanilla Extract (The real stuff)
Salt & Pepper to taste

DIRECTIONS

Cut the chicken breasts into strips, about ¼ inch thick. I've found this to be the ideal thickness to get the chicken to cook evenly on a skillet over medium heat (4-6 out of 10 on electric stove top). Sprinkle salt and pepper on the chicken to season (toss the chicken to get each strip coated). I use 4-6 turns of the salt grinder and the cracked-pepper grinder. Sometimes I dance while I do this too...just to keep it interesting. Use a few more turns if needed.

Prepare the Coating — Crack the eggs into a bowl and mix with a fork, like you are going to make scrambled eggs. Yum scrambled eggs...and bacon... but let's not get distracted. Add the 2 tsp of vanilla extract to the eggs. And forget about the bacon... for now. In a separate bowl, mix the unsweetened coconut flakes with the finely diced pecans. I use a nut chopper to get the pecans to a finer consistency than I can find in the store. You can use a blender, but try to stay on a lower setting or else you will end up with pecan flour instead of small chunks of pecans. Add the cinnamon and nutmeg to the mixture to spice it up a little.

Put the coconut oil and 3 tbsp of butter in the frying pan over medium heat, stirring together as they melt. Take a chicken strip and dunk it in the egg-vanilla mixture. Allow most of the egg to run off of the strip, and then toss it into the coconut-pecan bowl to crust the chicken. Place the coated strip in the frying pan. Repeat for the remaining chicken strips. You may want to prepare two separate frying pans to cook all of the chicken at one time. (I have an enormous cast iron frying pan that makes this a little easier for 1½ lbs of chicken.



COCONUT PECAN CHICKEN STRIPS, CONT'D



*N.B. - While the chicken is cooking, you can prepare the sauce and the broccoli to make sure everything is nice and hot when you are ready to eat! Cook for about 5-6 minutes on low-medium heat (about 4-5 out of 10 on an electric stove), then flip each strip using tongs or a fork. Add more butter to pan, about 2 tbsp, to keep the chicken from drying up if needed. Hell, put another stick in if you are feeling moved. Continue cooking the chicken until the strips are white throughout and the crust has browned, about 6-8 minutes.

The Broccoli — I'm sure almost everyone knows how to cook broccoli, but this is more about the timing. If you start to heat the water as you begin to cook the chicken, everything will be ready on time, and will be nice and hot when it's time to eat. Bring a pot of water (2-3 cups) and a few sprinkles of salt to a boil and then add broccoli. Cook for about 5-6 minutes, until tender. Allow more time (and possibly water) if cooking more than two heads of broccoli.

The Sauce — Stir the coconut milk, butter, maple syrup, almond oil, vanilla, cinnamon, and nutmeg together in a pot over medium heat on the stove. Add lemon zest if wanted (I usually don't, but some people may like it). Bring to a rolling boil, and then lower heat (about 2-3 out of 10 on an electric stove). Keep on low heat until chicken is done. Resist the urge to drink. Other people may want some sauce too.

Once chicken is done cooking, place the strips onto plates and pour sauce over each helping. Sprinkle with coconut-pecan scraps left in the chicken frying pan. Serve with broccoli and your beverage of choice. Enjoy!



COCONUT SHRIMP CREOLE STUFFED CHICKEN

Submitted by Josh Stuart



INGREDIENTS

- 2 chicken breasts, boneless/skinless
- ½ lb shrimp
- 6 oz coconut milk (1/2 a can)
- 3 oz tomato paste
- 3-6 oz coconut oil or olive oil
- ½ cup almond flour
- ½ medium onion
- ½ medium tomato
- ¼ green bell pepper
- ¼ cup parsley, chopped
- 2 cloves of garlic
- ½ tsp cayenne red pepper
- ½ tsp oregano
- 1 tsp paprika
- 2 tsp arrow root powder
- pinch of salt
- black pepper (to taste, at the end)

DIRECTIONS

Throw the green bell pepper, tomato, onion, garlic and parsley into a food processor and chop into small bits.

Lightly coat a pan with coconut oil or olive oil and set to low/med heat. While the pan is warming, peel and de-vein your shrimp. Toss the shrimp into the pan and cook for 3 minutes a side, until they start to turn pink. Once done, remove them and set aside for later. Turn your fire down to low on the same pan, and pour in the coconut milk and add tomato paste. Stir gently for about 3 minutes until well blended. Add your veggies and spices and continue to stir; let simmer for 5 to 10 minutes. (You can use more or less arrow root powder to control the thickness of the base). Take the cooked shrimp and chop into smaller pieces using a food processor. Toss shrimp into the pan and stir until well blended. Let it simmer while you prep the chicken.

Set your oven to 350° F and let it preheat. Lightly grease a cooking pan or glassware dish with coconut oil or olive oil and set aside. With the chicken breasts bottom side down, use a sharp knife and slice into the thick side of the breast making a pocket along its length. Think kangaroo. Place the chicken breasts into your pan and prepare to stuff them.



COCONUT SHRIMP CREOLE STUFFED CHICKEN, CONT'D



Open the pocket on each chicken and spoon in the shrimp creole, as much or as little as you like. Don't worry if some of it spills out the side. Keep the left over creole for use later if you want to top the chickens off when they come out of the oven. Close the pockets and lightly coat the top of the chickens with coconut oil or olive oil to help maintain moisture while in the oven. Sprinkle almond flour on top of the chicken breasts and top off with black pepper to preference.

Throw the chicken in the oven and bake for 30 minutes. While you're waiting, steam some green veggies of your choice.

Submitted by Katie Reed

COCONUT LIME STEAK SALAD



INGREDIENTS

- 1½ lbs grass-fed flank steak
- 1 Tbs coconut oil
- 2 Tbs lime juice
- 1 tsp diced garlic
- 1 cup unsweetened coconut flakes
- ½ cup slivered almonds
- spinach leaves
- raisins for garnish
- chives for garnish
- salt and pepper to taste
- extra virgin olive oil
- apple vinegar
- lime juice

DIRECTIONS

In a large skillet heat coconut oil. While it is heating, cut the flank steak in to tasty bite sized pieces. Add steak, lime juice, and diced garlic to skillet. Stir until the steak is almost browned. Without draining, add coconut flakes and almonds. These will add their own flavor and soak up some of that lime-beefy goodness. Finish browning the meat. While still warm add contents of skillet to the top of a bed of spinach leaves for a great tropical treat. A garnish of raisins and chives adds just a little kick, and a good dose of color, but more strict primal types can go without. It is still a nice dish either way. It doesn't have to be a salad. I just serve it that way because it's easy. It makes a perfect main dish with any veggies.

To make dressing:

You can eat it now or add a bit of EVOO/vinegar dressing. Combine extra virgin olive oil, apple vinegar, and lime juice. I suggest adding another bit of lime juice in the dressing. It gives the dish a fresh crisp taste.

CHICKEN IN COCONUT HALF SHELLS

Submitted by Kirsten M.



INGREDIENTS

- 1 coconut
- 2 boneless chicken breasts
- ½ red pepper, sliced
- 1 small red onion, sliced
- 2 cloves garlic, minced
- 2 limes
- Cilantro
- Salt to taste

DIRECTIONS

Start the grill. I used charcoal and kept the coals piled on the back ½ of the grill, so that I could move the food around to adjust cooking temperature if needed. (You could also do this recipe in the oven, I suppose, but that's a lot less primal. Try maybe 375° F.) While the coals are catching, pierce the coconut eyes and drain out the water. Save it for something else. Crack the coconut in half. I used a hatchet, tapping the coconut along its equator until it split in two.

Assuming your coals are now red and glowing, put the coconut on your grill grate, cut side up. You want the coconut meat to roast, but you don't want the shell to burn. So adjust its location accordingly. This is a slow cook rather than a "seared on the outside raw on the inside" technique. So what I did was prop the grill lid so that it trapped heat inside, but permitted enough air to keep the coals going. The idea is to let the coconut start to heat up while you're prepping the rest of the ingredients.

Speaking of which. First pound the chicken breasts with a meat pounder until they are about ½ inch thick. Yes, you can skip this step, but if you do it your chicken will be tender even if you mess up and overcook it. Cut the flattened breasts into 1 inch chunks. Toss them in a bowl with the pepper, onion, garlic, juice from one lime, and ¼ cup chopped cilantro.



CHICKEN IN COCONUT HALF SHELLS, CONT'D



By now your coconut should be hot. If not, wait a bit. Do the Primal Blueprint Fitness: Pre-meal Workout to kill time. When the coconut meat is hot to the touch, divide the chicken mixture into two portions and spoon it into the coconut halves. Lower the grill lid again and let the chicken bake until done. Time will vary depending on how hot your grill is. Figure it will take at least a half hour, and possibly as long as an hour. If you crave the assurance of an authority, use a thermometer and look for an internal temp of... whatever the latest government guideline is for chicken.

You have a couple options for serving. You can dump out the chicken mixture, pry some coconut loose, and serve pieces of coconut on the side drizzled with lime juice. Or you could shave pieces of coconut on top of the chicken. Or you could just serve the dish right in the coconut bowl and eat it with your fingers. Or better yet, carve yourself a fork from a deer antler and eat it with that. Either way, this dish is delicious. The flavor of the coconut and the smoke from the charcoal permeates the entire dish.

You could substitute any protein for the chicken as well. Scallops and shrimp would be nice. So would chunks of beef or pork tenderloin.



Submitted by Theresa Balintfy

CHICKEN KELAGUEN



INGREDIENTS

- 1 Large Onion
- 10-14 Thai peppers
- 1 Cup Tamari
- Juice of 5-6 Lemons (approximately 1 Cup)
- 5 lbs of Chicken Breast (or 1 whole chicken)
- 1 Bunch of Green Onions
- Meat and Milk of 1 Coconut (or 2-3 cups of unsweetened coconut flakes and 1 cup coconut milk)

This is my take on a traditional Chamorro dish. Eaten at room temperature or chilled, it makes tons of leftovers that taste even better when the ingredients have the chance to sit and intensify in the fridge. It has a light, delicious, and complex flavor. You can make yours as spicy, tangy, or creamy as you like by adding extra peppers, lemon juice, or coconut milk.

DIRECTIONS

Finely chop onion and 8-10 thai peppers (or pulse in food processor). Combine onion and peppers with Tamari and juice 4-5 lemons. Marinate chicken for 1 hour.

Boil chicken in the marinade. When chicken is cooked, set aside to cool, then shred it into a large bowl. Continue boiling marinade and cook down by about half. Finely chop 2-4 peppers and green onions. Prepare coconut meat (or coconut milk and 2-3 cups of shredded coconut). Add coconut, coconut milk, remaining peppers, remaining lemon juice, and green onions to chicken. Mix well and add 1-2 cups of reduced marinade (to taste). Mix well and serve. Traditionally served over rice or wrapped in tortillas, we eat our Kelaguen plain. Try yours in a lettuce wrap or on some MDA Sunflower Sesame crackers!



BOURBON-COCONUT CRUSTED CHICKEN

Submitted by John Leslie



INGREDIENTS

- 1 red bell pepper, roasted and skinned
- 2 garlic cloves (mash one of them to a paste using $\frac{1}{4}$ tsp salt)
- Juice of one lime
- Cayenne pepper to taste
- 1 tbsp extra virgin olive oil
- $\frac{1}{2}$ tbsp ground fresh ginger
- 1 tbsp Bourbon
- 1 tbsp Dijon-style mustard
- 4 chicken thighs, skin on
- 1 (12 oz) can coconut water, divided for several uses
- 1 cup macaroon coconut (or finely shredded coconut)
- 1 tbsp unsalted butter, melted
- 1 large egg
- Cilantro or parsley sprigs for garnish

DIRECTIONS

Preheat your oven to 350° F. Roast the red bell pepper over a gas burner or under your broiler, turning to blacken and blister the skin. Put the pepper in small paper bag to let it steam for 5 minutes, then slip the skin off the pepper and remove the stem and seeds. In a blender, puree the pepper along with the juice of the lime, olive oil and one clove of garlic. Add cayenne pepper (to taste) and salt and freshly ground black pepper (to taste). Blend until smooth.

In a small bowl, mix together garlic paste, ginger, mustard, bourbon and 1 tbsp coconut water and spread this mixture on both sides of your chicken pieces. Let them marinate while you prep.

Make an egg wash in a small bowl by beating your egg, melted butter and one tbsp of coconut water together. Put your macaroon coconut into another small bowl and get ready to get your fingers messy. Take a piece of chicken and dip it into the egg wash and then into the bowl of coconut, making sure to coat it thoroughly. Repeat for the remaining chicken pieces.

Put the chicken on a sheet pan and bake it at 350° F for approximately 40 minutes or until the chicken reaches an internal temperature of 165° F.

To plate, spread your roasted red pepper sauce and arrange chicken on top of sauce. I served my chicken with some tomato and avocado slices and a medley of wild rice (remember, it's not rice... it's grass seeds) mushrooms and red pepper slices cooked in butter and coconut water. Garnish with cilantro. Enjoy!



CREAMY TOMATO BAKED SCALLOP

Submitted by Lisa Smalheiser



INGREDIENTS (SERVES 2)

- 12 ounces scallops
- ¼ cup coconut milk (full fat)
- ½ cup tomato sauce
- 1 TBSP olive oil
- ½ - 1 cup chopped/diced tomatoes
- 1 cup chopped onions
- 3 cloves garlic, minced/chopped
- Dried oregano

DIRECTIONS

Preheat oven to 475° F.

In a baking dish (small to medium size, just large enough to fit all scallops in without overcrowding) place scallops. Set aside.

Sauté onions over medium-high heat in olive oil until opaque. Turn down heat to medium-low. Add garlic and mix. Add tomato sauce and coconut milk. Sprinkle some oregano in there too. Stir to combine well. Pour mixture over scallops in baking dish. Cover with chopped tomatoes.

Place in oven and bake until tomatoes start browning and sauce is bubbling. Should take approximately 10 minutes for scallops to bake through.



SURF AND TURF COCONUT CURRY

Submitted by Audry Barber



INGREDIENTS

- ½ lb steak, cut into bite-sized pieces
- ½ lb shrimp, with tails
- 1-2 bell peppers (any color)
- ½ lb mushrooms
- 1 can coconut milk
- 3-4 Tbsp almond butter
- 1-3 Tbsp thai curry paste (brand without “spices” (MSG) or sugar
- ¼ tsp each: chili powder, garlic powder, cumin, ground cloves, ground cinnamon, ground coriander, sea salt, black pepper
- coconut oil
- handful of basil

Curries are usually served over rice, so you could do that low-carb cauli-rice thing. But I’ve never tried that, so I can’t recommend it. It’s really good just on its own. You can eat any leftover sauce with a spoon.

DIRECTIONS

Mix the spices together in a small bowl, then toss in the meat, a few pieces at a time. Don’t coat them completely, just get some on each piece... then put them in another bowl and kind of mix them all up with your hands.

Now would be a good time to slice up your peppers. Once I sliced up the orange pepper, it didn’t look like enough, so I threw in a yellow one too. I bought pre-sliced mushrooms, cause I’m lazy. If your mushrooms are whole, slice them up now too.

Now get a good-sized skillet hot and put a couple teaspoons of coconut oil in it – enough to coat the bottom. Put the meat in and let it sear on one side then flip it around to brown the other sides. It will start smelling amazing at this point. Try not to eat it right out of the pan. Put it back in the bowl instead.

Now, shake up your coconut milk and then open the can. You want it right next to the stove, waiting. Put a little more coconut oil in the pan, and drop in some curry paste. About a tablespoon or so minimum, or up to



SURF AND TURF COCONUT CURRY, CONT'D



3 tbsp if you like things really spicy. I've got about 2 tbsp in — cook the curry paste till it starts to kill you with how good it smells. Then smother it with about 3-4 tbsp of creamy almond butter. Cook and stir till it forms a fairly uniform paste. Then add your coconut milk and whisk it. Add mushrooms and peppers. stir it all together and let it simmer for a few minutes. Maybe 5 or so. Once the mushrooms and peppers have gotten soft and released their liquid, add the beef and the shrimp. Let it simmer for about 2-3 minutes, till the shrimps are cooked. Sprinkle chopped basil and serve.



COCONUT MANGO HALIBUT WITH BOK CHOY

Submitted by Diane Capps



INGREDIENTS

- 6-8 oz. per serving halibut filet (or other firm fleshed white fish, sustainably harvested, please)
- salt and pepper to taste
- a few T virgin coconut oil
- 1 medium onion, quartered and sliced
- 3 cloves of garlic, minced
- 2 t minced ginger
- 1 t lime zest
- 1 minced Serrano chili
- 3 green cardamom pods
- 1 3-inch cinnamon stick
- 1 ripe mango
- ¼ C fresh lime juice
- 1 can coconut milk
- 1 baby bok choy per serving, halved lengthwise
- 2 more garlic cloves, thinly sliced
- lime wedges for serving

DIRECTIONS

Season your fish with salt and pepper on the flesh side. It's also easier to flip the fish if you cut it into serving pieces before you start cooking. I cut my chunk of fish into 2 pieces. I was cooking for 2, but the amount of sauce would easily accommodate up to 6 servings of fish.

Heat about a tablespoon of coconut oil over medium-high heat in a dutch oven or heavy, deep skillet with a lid. Once the oil is hot, add fish skin side down first, and sear on both sides, about 3 minutes per side. Work in batches if necessary to prevent crowding. Fish should not be cooked through at this point. Set the fish aside, on a plate, in a warm spot (I used the warming drawer of my oven that I preheated and then turned off).

Add the sliced onion to the pot, adding a little more coconut oil if the pan seems dry, and cook over medium heat until it softens, about 5 minutes. Stir often to avoid browning – you just want to release the moisture from the onion. Add garlic, ginger, lime zest, chili, cardamom, and cinnamon and stir until fragrant, about 1 minute. Add the lime juice, and scrape up any brown bits stuck to the bottom of the pan with your spoon, then add the mango and coconut milk. Stir it up and adjust the heat so that it simmers quietly. Put the lid on the pot and let it simmer for 30-40 minutes, stirring once or twice, until the mango is cooked and starts to melt into the sauce when mashed with the back of a spoon.



COCONUT MANGO HALIBUT WITH BOK CHOY, CONT'D



Once the sauce is almost cooked, get your fish back out and add it to the pot, skin side up, and continue to cook, covered, another 20 minutes or until the fish is cooked through and nice and tender. Spoon those fishies and some sauce onto a plate and get ready to eat! (But don't forget your veggies!)

For a super-easy side of bok choy just halve the baby bok choy lengthwise, rinse and dry, and brown on both sides in hot coconut oil in a skillet, then add thinly sliced garlic, salt and pepper, and a healthy squeeze of lime juice, reduce the heat to low and cover to steam for a minute or two until the green leaves are slightly wilted.



COCONUT CURRY MEATLOAF

Submitted by Dawes Strickler



INGREDIENTS, MEATLOAF

- 1½ pounds ground beef (grass-fed, if possible)
- 2 eggs
- ¾ cup desiccated coconut
- 2 carrots, grated
- 1 onion, cut to a small dice
- 1 medium apple, cut to a small dice
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- 2 tablespoons curry (more or less, depending on your taste for spicy food)
- 1 teaspoon ginger
- 1 teaspoon salt
- 1 teaspoon coconut oil

Apples and lemon are optional. I use them when apples are in season since we have an apple tree and we are always looking to use up the apples. They do add a nice surprising sweet tartness, though. This recipe also works well with ground turkey. This is a great toddler food — my 18 month old son loves it!

DIRECTIONS

Preheat oven to 350 degrees. Grease a 9 x 5 loaf pan with coconut oil. Use any excess to moisturize your elbows. Combine all the loaf ingredients in a large pan and go to it! Mush and mash together with your hands until the meat, coconut, egg, vegetable matter, and spices are well blended. This is also a good finger workout for rock climbers.

Whisk sauce ingredients together in a medium bowl. Pour half the sauce into the bottom of the loaf pan. Form meat mixture into a loaf and place in pan, on top of sauce. Pour the remaining sauce on top of the loaf. Bake, covered in an aluminum foil tent for 1 hour. Remove tent and bake for an additional 30 minutes.

Serve with your choice of side veggies. (Kale shown in picture.)



CAULIFLOWER COCONUT PITTU

Submitted by Luke Crowe



INGREDIENTS

- 1 cauliflower head
- 1 brown onion (or any onion really — we used brown)
- 2 cups of desiccated coconut
- 1 sprig of Indian curry leaf
- 1-4 chili peppers

The dish is in fact a fusion of cauliflower rice and a Sri Lankan dish that utilizes coconut and a similar Indian dish that incorporates coconut as well as some spice to liven the flavor a little. The Sri Lankan influence for this recipe is what is known as Coconut Pittu. This is a dish traditionally made with fresh or desiccated coconut with plain flour, rice flour and salt. It is then cooked by steam in a tubular/log shape and served with curries, stews or casseroles.

DIRECTIONS

Cut Cauliflower into florets and wash. Prepare the other ingredients by chopping the onion, chilli (you can substitute this for ¼ red bell pepper — chillies are HOT so use as much or as little as you can handle) and curry leaves (curry leaves are not hot, just a mild flavor. If you don't have access to Indian curry leaves, three bay leaves are a substitute to provide flavor — of course you can use both if you like, I did). If using bay leaves do not chop, keep whole.

Whiz cauliflower in food processor to desired texture. Add all ingredients together in a glass or ceramic bowl. Add desiccated coconut and season to taste with salt and pepper and MIX WELL.

Microwave in the bowl, covered for 5 minutes. Remove and stir well. Microwave for another 5-8 minutes uncovered (If microwaving for another 8 minutes you may wish to stir again after 5 minutes to release some of the moisture and ensure your result is as fluffy as possible). Serve with ANY dish that goes well with rice.



COCONUT FRIED TILAPIA

Submitted by Kristine Rasmussen



INGREDIENTS

- 1 Tilapia fillet
- 1 tbs coconut flour
- 1 egg white
- Sprinkle of sea salt
- Sprinkle of ground pepper
- ½ tbsp coconut oil

DIRECTIONS

Separate egg white into a dish, and spread coconut flour on a separate plate. Roll the tilapia around in the egg white until covered, and then drop it into the coconut flour, turning it until coated. Sprinkle with salt and pepper. Add coconut oil to frying pan and heat to medium-high. Add tilapia and cook for approximately 2 minutes on each side, or until cooked through. Enjoy!



Submitted by Jacqueline Joy

BROCCOLI BAKE



INGREDIENTS

- 12 oz Broccoli florets
- 4 Eggs
- $\frac{3}{4}$ Cup Grated Romano cheese
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{2}$ tsp Nutmeg
- $\frac{1}{2}$ tsp Mrs. Dash extra spicy
- 1 Tbl. Coconut oil
- 2 Cup Coconut Milk, unsweetened

DIRECTIONS

Preheat oven to 350°F. Get out a square baking pan, and liberally grease with coconut oil. Microwave or steam the broccoli till just tender. Pour coconut milk, eggs, Romano cheese, salt, nutmeg, and Mrs. Dash into blender for about 20 seconds until well blended. Pour the egg mixture into the greased pan, and then put the broccoli into the blender. Then pour the egg mixture back into the blender, over the unprocessed broccoli. Flip the switch again, for another 15 seconds, or until the broccoli is chopped just the way you like it. Now, feeling triumphant, pour it all back into the baking pan, and gently place into the heated oven. Bake until a knife/toothpick comes out clean, and cool slightly before serving. Refrigerate any leftovers for breakfast in the morning.

Now, you may want to add other goodies (salmon/bacon/tuna) to this, or adapt the seasoning to your taste. Because of the high sodium in the Romano cheese, I deliberately under salted this, as adding salt is easy for those who need it. As is, it doesn't taste strongly of broccoli, is mild, and kids shouldn't hold their noses and make unpleasant gagging sounds, or so I hope!



COCONUT RASPBERRY CREAM PIE

Submitted by Taylor Robichaud



INGREDIENTS, Filling

- 2 cups heavy whipping cream
- 1 cup unsweetened, shredded coconut
- ½ cup coconut milk
- ¼-½ cup honey, depending on your taste
- 1 12 oz bag of frozen raspberries, thawed

DIRECTIONS

Preheat oven to 350°F. Whip your cream into very stiff peaks. You don't want this runny, because your coconut milk will give it the creamy texture you want. Once you've whipped the cream, fold in your coconut flakes, coconut milk, and honey. (It is very important to mix these in after, otherwise the oil from the coconut milk will separate and you'll end up with a cottage cheese-jello looking blob). Set this in the fridge while you start on the crust.

Whip your cream into very stiff peaks. You don't want this runny, because your coconut milk will give it the creamy texture you want. Once you've whipped the cream, fold in your coconut flakes, coconut milk, and honey. (It is very important to mix these in after, otherwise the oil from the coconut milk will separate and you'll end up with a cottage cheese-jello looking blob) Set this in the fridge while you start on the crust.

Cream butter and honey together, add the eggs and vanilla, and then add to the dry ingredients.

Now, go grab a pie plate. I used a stone ware plate, because I thought it would make this more primal. Butter the plate down to get everything nice and slippery. Scoop your crust filling into the center of the bowl. (you may have a little extra depending on how big your plate is) Now comes the fun part. Get about ¼ a cup of coconut oil (or melted butter) and grease up your hands. The filling is really sticky, and you're going to get really



COCONUT RASPBERRY CREAM PIE, CONT'D



INGREDIENTS, Crust

DRY

- ½ cup coconut flour
- ½ cup almond flour
- 1 ½ tbsp carob powder
- 1 square 85% chocolate, chopped up finely

WET

- ½ cup room temperature butter
- ¼ cup honey
- 1 tsp vanilla extract
- 2 eggs

frustrated if you skip this step. Smooth the batter all around, forming it into a nice pie crust. Rinse your hands and recoat with oil if things start sticking again.

Bake for 12-15 minutes. Take it out and let it cool completely. Once it's cool, scoop half of your whipped cream mixture into the pie crust and smooth it out evenly.

Next, take your thawed berries (leave out about half a cup for decorating) and mash them, mix them, beat them with a club - whatever you want to get them pureed. Pour the puree on top of the whipped cream layer, and spread it out evenly. Cover that layer with the rest of the whipped cream. I chopped up another square of chocolate, and put raspberries around the edge for funsies. You can eat it now, or stick it in the fridge for an hour to let the coconut milk stiffen up a little bit.

Submitted by Melisa Aguilar-Rehm

COCONUT CUPCAKES



INGREDIENTS

- 3 eggs
- ½ cup Virgin Coconut Oil
- ½ cup Grade A Maple Syrup
- ½ cup coconut flour
- ½ teaspoon Celtic Sea Salt
- ½ teaspoon baking soda
- ½ cup unsweetened shredded coconut

The only problem with these cupcakes is saving them for the bread pudding (see next recipe) because they are so good! The coconut flour used in this recipe didn't lend an overwhelming flavor as I expected. The taste is so neutral that used in their original intent, could be frosted with either a sweet or savory icing depending one's palate and the occasion. There are variations to the recipe that can be used. Almond flour can be used to replace the coconut flour. I found that in comparison to almond flour, coconut flour is less filling and gave the baked product a lighter texture.

DIRECTIONS

In a small bowl blend eggs, coconut oil and maple syrup with a hand mixer over a warm water bath to help break down the coconut oil. Stir in coconut flour, salt, baking soda and shredded coconut. Allow batter to sit and thicken just a bit. Line a cupcake tin with unbleached baking cups. Spoon ¼ cup cupcake batter into each cupcake liner. Bake at 350°F for 20-25 minutes. Remove cupcakes from oven and allow to cool for 20 minutes. Store cupcakes in a sealed container to achieve the "day old" effect as seen in traditional bread pudding recipes.



COCONUTTY BREAD PUDDING

Submitted by Melisa Aguilar-Rehm



INGREDIENTS

- 3 eggs
- 1½ c. organic half and half
- ½ c. unsweetened organic coconut milk
- ½ c. chopped toasted walnuts
- ¼ c. organic raisins
- ½ medium Gala apple (chopped)
- 1 tsp. cinnamon
- ½ tsp. nutmeg

Traditional bread pudding is a Fall favorite among many. In the South, it is generally served with a Bourbon infused glaze and topped with vanilla ice cream. I chose to skip the glaze and ice cream to keep the recipe as Primal-friendly as possible. However, no hunter or gatherer will notice the difference; as it is plenty sweet and satisfying. There are also many variations that can be used in a bread pudding recipe. I have seen some use bananas, dried cherries, and even dark chocolate chips. Others keep it plain and simple, sticking to the basics of bread, eggs, milks, vanilla, and cinnamon. I chose to add walnuts, raisins, and apples because that is how I prefer my bread pudding; sweet and nutty.

DIRECTIONS

Preheat oven to 350°F. Prepare an 8" x 8" clear baking dish with Organic Pam Spray. Cut Coconut Cupcakes (see above recipe) into fourths and line in bottom of baking dish. Combine wet ingredients (liquid and eggs). Stir in vanilla and baking spices. Sprinkle raisins, apples, and toasted walnuts (to toast walnuts preheat oven to 350°F, spread walnuts over an ungreased cookie sheet, toast for 7-8 minutes) over Coconut Cupcake pieces. Pour liquid mixture over the cupcake mix. Bake for 35-40 minutes. Allow bread pudding to cool and set before serving.



DOUBLE NUTTY COCONUT SQUASH CUSTARD

Submitted by Kim and Chris Schult



INGREDIENTS

Custard

- 1 acorn squash
- 1 5.46 oz can coconut milk, I used a small one, but I think a larger one would work too.
- 10 egg yolks
- 1 Tbsp vanilla extract
- 1 tsp cinnamon
- ½ tsp salt

Topping

- 1 cup toasted chopped pecans
- ½ cup toasted shredded coconut
- 1 tsp cinnamon
- 1 tbsp coconut oil

DIRECTIONS

Cut squash in half and bake at 350°F for a little over one hour. Just cook it till you poke a fork in it and it's soft. Scoop out the seeds and put into a blender (best if you have a VitaMix). The fact that I used a regular blender became quite obvious when I really could have used that tamper, instead I opened the lid a bunch of times and pushed the squash pulp in until it was fairly mixed. I added one 5.46 oz. can of coconut milk. Still it was too thick for my blender to handle. Maybe I should have used the bigger can of coconut milk! I decided I could do it easier by hand so into a bowl the glop went. I added the egg yolks, vanilla extract, cinnamon, and salt. The mixture was poured into some custard cups, just leaving enough room for some yummy, crunchy topping! Bake at 200°F for 45 minutes.

On a separate baking sheet, lay out shredded coconut and chopped pecan to toast in the oven along with the custard. Remove after 20 minutes. Mix pecans and shredded coconut together along with a teaspoon of cinnamon. Spread the topping over the custards at the 45 minute baking mark and leave them in the oven for another 15 minutes.



STRAWBERRY CREAM & CHOCOLATE CASHEW SLICE

Submitted by Geoffrey Jonstone



INGREDIENTS

Cream

- 10 fresh strawberries
- 1/3 cup pure cream
- 250g mascarpone
- 1 cup desiccated coconut
- 1/4 cup whey protein powder
- Small handful of cashews, chopped

Chocoloate Truffle

- 50g dark chocolate (70% cocoa)
- 50mL coconut milk
- 50mL pure cream
- 1/2 tbsp coconut oil

DIRECTIONS

For the Cream:

Blend the strawberries and cream together in a blender until smooth, or slightly chunky if you prefer. Muscle up your mascarpone by mixing in the whey protein powder. Mix together the strawberry cream and pumped up mascarpone. Now here comes the not-so-secret ingredient, desiccated coconut. Try to resist eating it all as you thoroughly mix it through. Set the mixture in the fridge and let it harden.

For the Chocolate Truffle:

Add all ingredients except the chocolate into a saucepan on low-medium heat and bring to a boil. Remove the saucepan from the heat and add the chocolate, stirring until completely melted. Let the truffle sauce cool for a couple of minutes in a shallow bowl.

Transfer the strawberry cream mixture into a suitable dish. I didn't have the right sized dish, so mine is small in diameter, but quite thick. Now pour the truffle sauce over the strawberry cream mixture, top with the crushed cashews and leave it in the fridge to set.



COCONUT BUTTER BLONDIES WITH COCONUT BUTTERCREAM FROSTING

Submitted by Bill and Hayley



INGREDIENTS

Blondies

- 1 cup Artisana Coconut Butter
- 3 omega 3 eggs
- 6 Medjool dates
- ¼ tsp sea salt
- ½ tsp baking soda
- 1½ tsp all natural vanilla extract
- 3 drops liquid stevia extract
- ½ cup chopped walnuts

Date Mixture

- 6 Medjool dates, pitted
- ½ tsp all natural vanilla extract
- 1 tablespoon coconut oil

These blondies are a simple primal dessert recipe. Only sweetened with dates and stevia extract, they are a perfect option for a dessert that you don't have to feel too guilty about. Even though this recipe calls for a lot of coconut products, the flavor of coconut in the finished product was actually very mild. Like any dessert, this is still something to have in moderation. It is a great option for satisfying your sweet tooth, but should not be a daily indulgence.

DIRECTIONS

For the Date Mixture:

Cut dates in half and remove the pit. Place in a microwave safe bowl, and add 3 tablespoons water. Microwave for 30 seconds and mash with a fork. Add vanilla extract, coconut oil, and continue to mash with a fork. Add 1 more tablespoon of water and microwave for another 30 seconds and stir.

For the Blondies Mix:

Preheat oven to 325°F. In a medium sized mixing bowl, blend eggs, vanilla extract, salt, and baking soda together with a hand mixer. Add in one cup coconut butter and mix batter with a spatula until creamy. Add in date mixture. Add in three drops of liquid stevia. While stirring the batter, add in the chopped walnuts and continue to mix until evenly distributed. Lightly grease a 9x9 pyrex baking dish with coconut oil. Pour batter into baking dish and bake at 325°F for 20-25 minutes, test center with a tooth pick.



COCONUT BUTTER BLONDIES WITH COCONUT BUTTERCREAM FROSTING, CONT'D



INGREDIENTS

Frosting

- 1 cup organic palm shortening
- 1½ tsp all natural vanilla extract
- 3 tablespoons coconut milk
- 1 dropper full of liquid stevia
- ¼ cup shredded coconut

With a hand mixer, blend the palm shortening until light and fluffy. Add in the vanilla extract, liquid stevia, coconut milk, and continue to blend. Once all is evenly distributed, lightly mix in the shredded coconut with a spatula. Use this frosting immediately, or refrigerate for up to a week. Before spreading the frosting, allow it to soften at room temperature.

Allow the blondies to cool before frosting. Once frosted, cut into squares. Enjoy!



MINI COCONUT PUMPKIN PIE

Submitted by Megan Walburger



INGREDIENTS

- 1 egg
- 3 Tablespoons pumpkin puree
- 1 Tablespoon honey
- 3 Tablespoons coconut milk
- 1 Tablespoon shredded coconut
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- Pinch of nutmeg
- Dash of salt
- Coconut oil for the pans

We decided to make mini pies, because really, who doesn't love their own teeny little pie? You'll definitely want to make these, for a holiday or just for the heck of it! The recipe makes two small pies, about four inches diameter. (You can double, triple, or quadruple... feel free).

DIRECTIONS

Cut your pumpkin in half and scrape out the seeds and guts. Roast at 350°F for about an hour. Scoop the cooked pumpkin out of the skin and puree with a stick blender. (Or use a food processor, whatever you have will work). Beat together the egg, pumpkin puree, honey, coconut milk until smooth. Add the cinnamon, cloves, nutmeg, and salt.....and whatever other spices you like. (Maybe allspice, ginger, or cardamom).

Spread the inside of the pie pans with coconut oil and pour the pumpkin mixture in. Bake in a preheated oven at 325°F for 30-40 minutes, depending on the size of your pans. Top your baked pies with shredded coconut, it makes them pretty. Now if you can possibly wait, I think they're better cold, but feel free to dig right in! (I couldn't wait, I ate mine right away. My daughter had hers after it had been in the fridge for the day and it was YUMMY!) Enjoy!



CHOCOLATE ALMOND COCONUT PROTEIN FUDGE

Submitted by Amanda Rogers Mérida



INGREDIENTS

- $\frac{3}{4}$ - 1 cup organic coconut milk
- $\frac{1}{4}$ cup raw almond butter
- 4 oz. unsweetened baker's chocolate
- $\frac{1}{2}$ teaspoon vanilla extract
- maple syrup, honey, or stevia to taste
- $\frac{1}{2}$ cup chopped nuts
- $\frac{1}{2}$ cup dried fruit (your choice)
- optional protein boost: 1 scoop chocolate grass-fed whey protein powder

This creamy, mouth-watering fudge is chock full of Primal favorites – coconut milk for healthy fat, almond butter for protein, and dark chocolate for intense pleasure and sweet-tooth satisfaction (not to mention potent antioxidants!). If you can tolerate dairy, you can up the protein by adding some grass-fed chocolate whey protein powder. You can also mix it up by adding ingredients such as dried fruit, nuts, or shredded coconut to change the texture and flavor. Great as a dessert, snack, or even for a post-workout protein boost!

DIRECTIONS

Start by heating the coconut milk and broken chocolate pieces in a saucepan over medium-low heat until the chocolate melts completely, stirring constantly into creamy goodness. Enjoy the decadent aromas emitting from your stove top! Add the vanilla extract, almond butter, and sweetener of your choice and continue stirring until velvety and smooth. At this point, you can throw in any number of additional ingredients including nuts, dried fruit, protein powder, coconut flakes, or whatever strikes your fancy, stirring until fully incorporated into the simmering sweetness. Next, transfer the fudge into a baking dish and cool in your fridge for 2-3 hours until it hardens to a “fudge-like” consistency – no cheating and trying to eat it too soon, or it will be mushy! After cooling, cut your Primal fudge into small squares and enjoy!



COMPLETELY COCONUT CONICAL CANNOLI

Submitted by Erin Gaines



INGREDIENTS

- ½ cup young coconut meat
- ¼ cup coconut water
- ½ cup coconut cream
- 1 tablespoon or more 100% coconut sap syrup
- ¼ cup coconut flakes

*For both of these steps you may add other flavorings, spices (perhaps cinnamon?) or coconut sap syrup to your taste. I did one with blueberries and vanilla.

DIRECTIONS

Open a young coconut and scrape out the meat and reserve the water. Clean the coconut meat. *Blend coconut meat with coconut water until smooth. Make small rounds of coconut custard on a teflex dehydrator sheet and spread out until thin (about 1/8" thick or so) with a spatula or spoon. Dehydrate until dry but not crunchy... about 6-12 hours at 105-110°F. *Make coconut cream - or buy it! To make coconut cream- find an older coconut with hard meat. (The best coconut cream comes from coconuts that have hard meat with just a bit of light brown "bark" on the back of the meat when it is scooped out.) Run your coconut meat through a champion juicer with the smallest screen. This makes amazing whipped cream like coconut cream!! It also coincidentally makes coconut shreds to use in other recipes! Roast the coconut flakes. Put your flakes into a heavy bottomed pan and stir constantly over medium heat until browned. Roll the coconut leather up into a cone shape and fill with coconut cream. (You can use a dab of water as glue to make the leather stick to itself!) Drizzle coconut sap syrup and roasted coconut flakes over the top. Enjoy!



COCONUT PUMPKIN PUDDING

Submitted by Allison Lawhon



INGREDIENTS

- 1 cup coconut milk
- 1 – 15 oz can pure pumpkin
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp cardamom
- ½ tsp sea salt
- 2 eggs (free range and farm fresh!)
- ⅛ cup honey
- unsweetened coconut flakes
- baking pumpkin for serving

DIRECTIONS

Preheat the oven to 350°. Combine coconut milk, pumpkin, spices, salt and honey in bowl and hand mix. Add eggs and hand mix vigorously. Pour mixture onto a baking sheet and place in the oven. Bake for 15-20 minutes, until edges are brown and the center is somewhat “jiggly.”

While the pudding is baking, cut off the top of the baking pumpkin and scoop out the gunk and seeds with a large spoon. Scrape well. When the pudding is done, let cool and scoop it into the pumpkin for serving. Sprinkle with coconut flakes. Makes 2-4 servings.



SOFT COCONUT FLOUR PUMPKIN COOKIES

Submitted by Julie Miller



INGREDIENTS

Dry

- ½ c coconut flour
- ¼ tsp sea salt
- ¼ tsp baking soda
- 1½ tsp pumpkin pie spice

Wet

- ¼ c butter, softened or coconut oil
- ⅓ c canned pure pumpkin
- 3 eggs
- ¼ c honey
- ½ tsp vanilla

DIRECTIONS

Preheat oven to 350 degrees. Line a baking sheet with parchment. I find coconut flour products stick to my pans so I prefer the parchment but you can skip it and oil your pan instead. A scrape with a spatula is a bit more primal anyway.

Whisk together the dry ingredients in a small bowl. Whisk together the wet ingredients in a larger bowl (or use a hand mixer if you prefer). You may still see flecks of butter, this is okay. Flecks but not chunks. Whisk (or use mixer) dry ingredients into wet until dough is smooth and no lumps remain. Let dough stand a minute or two to thicken. Dough should be soft but still hold its shape when scooped. If it's too thin, add coconut flour no more than a teaspoon at a time. If it's too thick, add a bit more butter or coconut oil or pumpkin.

Drop cookie dough by spoonfuls onto parchment-lined baking sheet. They won't spread much while baking so spacing isn't too important if you have a small pan. I made this batch about 2" each and made 14 cookies. I've made them smaller and turned out 20 cookies per batch. Bake at 350° for 16 to 20 minutes (this size in my oven took 20). Cookies will be set and the edges will be slightly browned. Remove from oven, cool on the pan a minute or two then transfer to a cooling rack. If you use parchment, you can slide the parchment and cookies onto the rack to cool. These cookies are best stored loosely covered and eaten within a couple of days. You can extend their shelf life a bit by storing them in the fridge.



COCONUT PIZZELLES COOKIES

Submitted by Christine Holman



INGREDIENTS

- 1 cup coconut flour
- ½ cup walnut meal
- 3 eggs, room temperature
- ½ cup coconut oil, melted
- ¼ cup butter, melted and cooled
- ½ cup pure maple syrup
- 2 tsp baking powder
- 1 tsp vanilla
- 1 tsp anise

DIRECTIONS

Whisk eggs and maple syrup in large bowl. Stir in butter, coconut oil, vanilla and anise. Sift flour, walnut meal and baking powder, in small bowl. Add to egg mixture. Dough will be soft to touch. Here's the best part, if you don't have a pizzelle maker, no worries. On a cookie sheet, round dough into 1 inch balls and slightly press down with fingers. Bake at 325°F for 10 minutes or until lightly golden. If you have a pizzelle maker, drop by spoonful on maker. Cook for 1 minute. Delicious... waiting to be gobbled up!



COCONUT BANANA ALMOND ICE CREAM

Submitted by Laura Pappas



INGREDIENTS

- 1 can of coconut milk
- 2 bananas (preferably frozen)
- ¼ c unsweetened coconut flakes
- A handful of chopped almonds
- Cinnamon for garnish (optional)

DIRECTIONS

Turn the ice cream maker on, and immediately add the can of coconut milk already chilled if possible. Then add in the ¼ c of unsweetened coconut, it adds some additional texture to the ice cream and keeps the coconut flavor prominent. To freeze bananas, cut them into small pieces first and thread them on a wood skewer, put them in a baggie or container and stick them in the freezer. Take the banana off of the skewers and mash it up a little bit, to a consistency that you want in the ice cream. I like to mash them a bit so the flavor is incorporated throughout the ice cream instead of eating big chunks of banana mixed in. If your banana is fresh, you should mash it a little more since the banana isn't already cold.

Stir the ice cream liquid to incorporate the banana if necessary, and then let the machine do the work for about 15 minutes. You can serve this dessert to a group of primal eaters or to a group you are trying to convert, it has a great flavor and consistency and will especially appeal primal kids in the middle of summer.

At the 15 minute mark take a look at the consistency, it should be thickening up now looking more like whipped cream than like the liquid you started with. At this point, add the chopped almonds if you're including them and then leave the ice cream in the maker for another 5 minutes (for a total of 20 minutes).

Turn off the ice cream maker, and scoop the fluffy coconut ice cream into 4 small bowls. Dust with cinnamon if you want to, and serve with a spoon and eat immediately. The final product looks and tastes delicious and is a special primal treat.



Submitted by Dana Schwartz

"COCOA" NUT PIE



INGREDIENTS

Crust

- 1½ cups dates
- 1 cup pecans
- ½ cup coconut, dehydrated and shredded

Filling

- 2 Tbs. coconut oil
- ½ cup unsweetened cocoa powder
- 2 large avocados
- 5 Tbs. coconut milk, chilled
- 5 Tbs. agave nectar
- 1 tsp. vanilla
- ¼ tsp. sea salt, fine

DIRECTIONS

To make the crust, mix the dates and pecans in a food processor until evenly blended with no big chunks. If you have a crappy food processor like I do, grind the dates first, then the nuts separately. In a medium bowl work the coconut into the date/pecan mixture thoroughly with your hands. Press the mixture into a 9" pie dish to form the crust. I like to coat my fingers in coconut oil before pressing the crust since the mixture is so sticky. Pop it in the oven at 325°F for 5 minutes, just to set it. Then let cool.

Now on to the filling. Melt the coconut oil and cocoa powder in a double broiler (I make a double broiler by placing a glass corning ware type bowl over a pot of boiling water). Stir until all the cocoa powder is completely dissolved into the coconut oil and the mixture looks like melted chocolate and remove from heat.

In a food processor, blend two large avocados until completely smooth with no lumps. In a separate bowl mix avocados with chocolate/oil mixture, coconut milk, agave nectar, vanilla and salt.

Pour the filling into the pie crust and refrigerate for about an hour. Serve chilled.

Note: The filling on its own makes a great chocolate mousse!



Submitted by Jaime L. Birch

PUMPKIN ICE CREAM



INGREDIENTS

- ¼ cup chopped pecans, toasted
- ¼ cup pulverized unsweetened coconut, toasted
- 1 cup loosely packed dates
- 1 tsp. vanilla paste + ½ tsp vanilla extract (or use 1 ½ tsp vanilla extract)
- 1 cup pumpkin puree
- 1¾ tsp. ground cinnamon
- ½ - ¾ tsp. ground ginger (to taste)
- ½ tsp. freshly ground nutmeg
- Pinch of sea salt
- 1 14 oz. can of unsweetened coconut milk
- ¼ - ½ cup small chunks of dark chocolate, melted and put in plastic bag for “flicking”

DIRECTIONS

Preheat oven to 350°F. Line an 8" x 8" baking pan with foil, place chopped pecans in pan and toast in oven for approximately five minutes. Keep an eye on them, and as soon as you get a whiff of toasty nuts it's time for them to come out. Put nuts into a bowl and set aside to cool.

Pulverize coconut using a mini chopper and put into same baking pan and toast. It takes only a few minutes to toast coconut. Peek in after 2 minutes, shake the pan a bit to mix it up, and put back another minute or two until brown. Add to bowl of nuts and set aside.

Put dates into a food processor and pulse a few times to rough chop. Then turn on your food processor and let it go for several minutes until the dates get totally smushed, scraping a few times along the way. You want the dates as pureed as possible.

Add vanilla paste/extract and puree a moment longer. Then add pumpkin, spices and pinch of salt, and pulse a few times until combined. Slowly add coconut milk, puree until smooth.

Pour into a bowl and chill in refrigerator, or put into an ice bath to hurry up the process. When cold, pour into your ice cream maker and start processing according to manufacturer's instructions.

Now comes the fun part! To add chocolate flecks, melt chocolate double boiler style (I use a small bowl over a saucepan of warm water) and pour into a plastic bag. A few minutes before the ice cream is done, snip a



PUMPKIN ICE CREAM, CONT'D



small hole in the corner of the plastic bag and as the ice cream swirls around, slowly “flick” the chocolate into the mixture. The warm chocolate going up against the ice cream instantly freezes, making little flecks... really! Have fun with it and don't worry about getting a little chocolate on your counter-top, it's just part of the creative process!

When you are happy with the amount of chocolate flecks you have “flicked” (ok, I couldn't resist!), toss in pecans and coconut and let them swirl together for a few minutes. By this time, your ice cream should be done. Spoon into containers and freeze.

This ice cream will freeze to a very hard state, so be sure to take it out and set in refrigerator for about 20 minutes or so before serving. This ice cream is yummy anytime, but makes a great healthy (and Primal!) dessert for your holiday meals.

Variation:

Pumpkin Ice Cream is great plain, or with just the chocolate flecks. You can also substitute walnuts, and try a bit of maple flavoring in place of the vanilla.



NUT BUTTER AND COCONUT COOKIES

Submitted by Kate Rowe



INGREDIENTS

- $\frac{3}{4}$ cup nuts (any kind)
- 2-3 tbsps melted coconut oil
- 2 eggs
- about $\frac{1}{2}$ cup dried coconut (processed more finely in the food processor)
- 10 drops stevia
- 1 tsp baking soda
- 1 tsp lemon juice

Additionally you can add $\frac{1}{2}$ cup dark chocolate chips, chopped dried fruit, nuts - whatever tickles your fancy.

DIRECTIONS

Chop the nuts in a food processor for about 1 minute or by hand for 5 hours. Then add 5 drops of stevia and one tbsp of coconut oil. Process for another minute and add one more tbsp of coconut oil. Repeat this process once more until the nuts get to a paste-like nut butter stage. Or you can be lazy, skip this step and buy some organic nut butter - just use half a cup.

Mix the nut butter with the 2 eggs and the remaining stevia. Then add in the coconut “flour”, and baking soda. Mix all the ingredients together. Here is where you can add your additional e.g. dried fruit or dark chocolate chips. Finally add in the lemon juice. Place dollops of the mixture on wax/parchment paper and bake for 10-12 minutes at 320°F. Squiggle some melted dark chocolate over the top to jazz them up a little - they need to look purty.



COCONUT TRAIL MIX COOKIES

Submitted by Deanna Eberlin



INGREDIENTS

- sunflower seeds
- raw pumpkin seeds
- chopped walnuts
- raisins
- slivered almonds
- dark chocolate chips
- ½ c coconut flour
- 1½ c unsweetened shredded coconut
- 1 stick of softened butter (or if you want to get really coco-nutty, ½ cup of coconut oil)
- ½ cup of honey
- ¼ tsp sea salt
- 4 eggs (pastured is best you know)
- ¾ teaspoon almond extract

DIRECTIONS

Preheat oven to 350°F. Mix equal parts of seeds, nuts, raisins, and dark chocolate chips in a bowl to equal ½ cup. Set it aside.

In a large bowl blend sifted coconut flour and shredded coconut. Blend them completely and mix in your trail mix. Use a fork to keep it fluffy.

In a separate bowl, combine butter (or coconut oil), honey, sea salt, eggs, and almond extract in a big mixing bowl and blend until nice n' smooth. It should only take a minute.

Ok, now here's where the magic begins. Combine the wet ingredients and the dry ingredients. Grab a big wooden spoon and mix, folding the flour mixture into the batter over and over. It'll get really sticky and clumpy. Make sure you get it all mixed. Now leave it alone. 5 minutes. Don't touch! Keep yourself busy while your dough is resting. Line cookie sheets with parchment paper.

Take 2 teaspoons- and scrape dough balls onto the parchment about an inch apart. They won't spread much, but you'll need a little space. Grab a fork and gently mash the cookies down. Lie the fork into the dough in one direction, and then the other, so you have a little checker pattern.

Pop the cookie sheet into the oven and bake for 10-12 minutes. Check them occasionally and take them out when they just start to brown on the tips. Be careful, they scorch quickly!

CRUSTLESS COCONUT CREAM PIE

Submitted by Lauren Seaver



INGREDIENTS, Crust

- 1 cup full fat coconut milk (well blended)
- 5 eggs
- ¼ cup maple syrup or honey
- 1 tsp vanilla extract
- ⅛ tsp sea salt (optional)
- ½ cup unsweetened shredded coconut

DIRECTIONS

Place rack in the center of the oven and preheat to 325°F. Combine the coconut milk, eggs, maple syrup or honey, vanilla extract and salt in a blender. Blend until frothy. Add the shredded coconut and pulse quickly to combine (you don't want to puree the shredded coconut.)

Grease an 8 inch pie plate with coconut oil. (Alternatively, use 6 ramekins for individual pie servings). Place pie plate or ramekins in a larger pan filled with hot water. Water should be halfway up the sides of the pie plate or ramekins.

Pour mixture into the pie plate or ramekins. Bake for approximately 40 minutes for a pie, 30 minutes for ramekins, or until a knife inserted in the center comes out clean. The edges will brown just slightly. Allow pie to cool, then refrigerate to set for 2 to 4 hours, or until firm. Add whipped coconut cream topping before serving. Store any leftover pie covered in the refrigerator.

Alternate sweetener variation:

In place of the ¼ cup sweetener, use 1 tbs maple syrup or honey and ¼ tsp powdered stevia extract.



CRUSTLESS COCONUT CREAM PIE, CON'T



INGREDIENTS, Whipped Coconut Cream Topping

- Cream from top of 1 chilled can of full fat coconut milk
- 1-2 TBS maple syrup
- ½ tsp vanilla extract
- ¼ cup unsweetened shredded and toasted coconut

DIRECTIONS

Open the can of chilled coconut milk, (needs to be kept in the refrigerator for a day prior to opening/using—you will clearly see the separation between the cream and the liquid—do not use the liquid.) transferring only the cream to a glass or metal bowl using a rubber spatula. (I prefer to use a chilled metal bowl straight from the freezer.)

Using a hand mixer, beat the coconut cream in the chilled bowl until thick and fluffy. (It will not thicken as much as regular whipping cream—but it will get thick enough.)

Gradually blend in the maple syrup using 1 TBS first, taste testing as you add the rest. Use up to 2 TBS to reach your desired level of sweetness. (Alternately, you can substitute ⅛ tsp stevia powder or to taste.) Blend in the vanilla extract as well.

Using a large spoon, top the pie with the whipped coconut cream (if you plan to serve all/most of the pie in one sitting) or top individual slices (if you will be eating the pie over multiple days.)

Sprinkle pie with the shredded, toasted coconut, and serve.

Store any extra whipped coconut cream in a covered container, and refrigerate until needed. Makes a delicious topping for berries, coconut flour pancakes, or eaten straight off the spoon.



COCONUT COFFEE HOBNOBS

Submitted by Devon Sharon



INGREDIENTS

Dusting Powder

- 4 tbs coconut finely processed
- 1 tsp cocoa powder
- 1 tsp coconut flour
- 1 handful organic chocolate chips

Hobnobs

- 12 large pitted dates
- 2 tbs coffee
- ¼ cup almond milk + 1 tbs
- 1½ tbs coconut oil
- ¾ cups whole almonds
- ¼ cup slivered
- ¼ tsp ground sea-salt
- 2 tsp coconut flour
- 1 1/2 tsp cocoa powder
- ¼ cup coconut flour set aside

DIRECTIONS

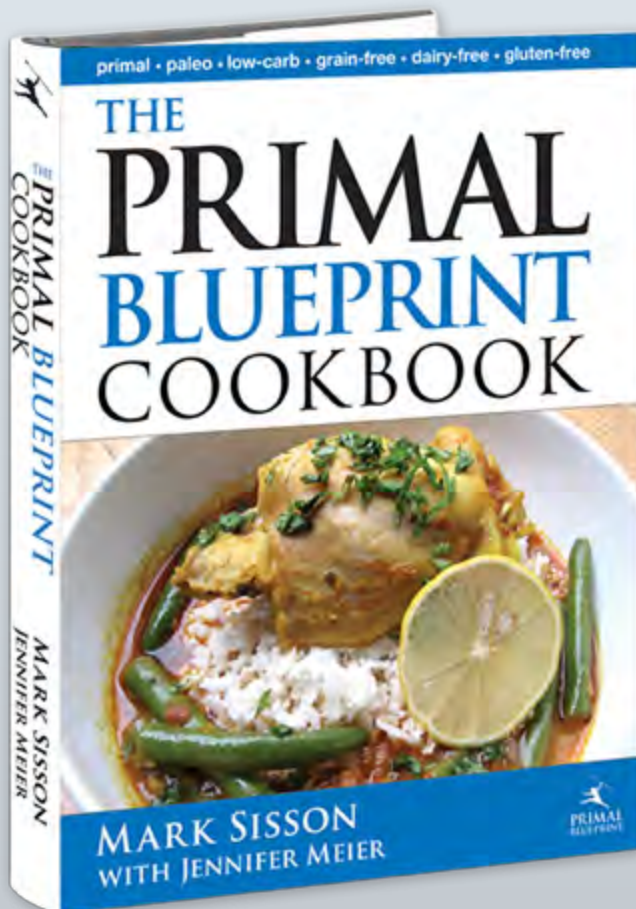
For the dusting powder, chop all of the ingredients in a food processor until desired consistency and mix together. Set this aside.

For the hobnobs you need to mix wet ingredients and dry ingredients, then combine the two. Blend the dates, coffee, almond milk and coconut oil in a food processor until it is smooth and buttery. Separately put the almonds (you can use another kind of nut, or several kinds), salt, coconut flour and coco powder in the processor to create the nut meal. After these two blends are mixed together, slowly add up to ¼ cup of coconut flour until the mixture has the consistency of sticky pizza dough. Once it can be rolled into a ball a little bigger than an inch in size, drop it into your dusting mix and cover it completely. Place all of the finished treats on a sheet and chill in the fridge until you just can't resist the temptation to eat one!

The recipe makes 12-15 hobnobs, depending on their size.



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