



**REAL FOOD
MADE SIMPLE**

TOP 10 RECIPES

WELCOME TO REAL

In today's world, eating healthy can be downright overwhelming. With countless names for artificial sugars, flavors, colors, chemicals, and other synthetic ingredients, it would appear that most of our grocery store shelves are filled with more "food-like products" than actual food. No wonder our stomachs are full, but our bodies are starving for nutrition.

Every new fad diet claims to be the true way to health while contradicting others that claim the same. If you're looking for a typical diet book, this is not the cookbook for you. In the following pages, we take food back to the basics: plants and animals. That's it. Inside, you'll find tried and true, flavor-packed recipes that are easy to make with ingredients you can feel good about eating.

We're on a mission to change as many lives as possible with the power of real, nutritious food. We hope you find joy in cooking each of our recipes and restored health as you learn to nourish your body with real food made simple.

Simply Yours,

Amanda & Nadia

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REAL FOOD MADE SIMPLE

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★ *Featured Content!*

KEY: 🍳 Quick & Easy 🍳 Slow Cooker
 ⚡ Spicy 🍳 Freezes Well 🍳 Reheats Well



CHOCOLATE BANANA FLAXSEED PANCAKES

Servings:

2-3

Prep time:

10 minutes

Cook time:

10-15 minutes

Wait time:

None

What You'll Need:

- ½ cup flaxseed meal
- 1-2 tablespoons unsweetened cocoa powder
- ¾ teaspoon aluminum free baking powder
- ½ teaspoon ground cinnamon
- ⅛ teaspoon sea salt
- 1 large ripe banana*
- 2 eggs
- ¼ cup milk
- 1 teaspoon vanilla extract
- 1 tablespoon cooking oil

Optional Toppings:

butter, fresh fruit, nut butter, maple syrup, raw honey

What To Do:

1. Mix all dry ingredients together in a large bowl.
2. Add banana, eggs, milk, and vanilla. Use a fork to mash banana and beat eggs, slowly combining with dry ingredients until the texture is consistent throughout.
3. Heat a large skillet over medium heat. When the skillet is hot, add oil.
4. Spoon about 2 tablespoons of batter onto the skillet for each pancake, and gently spread the mixture for more even cooking.
5. Cook each pancake for 2-3 minutes or until bubbles appear and begin to pop and the sides begin to firm.
6. Carefully flip and cook for 2-3 additional minutes, or until each pancake is firm.
7. Transfer to a plate, top with optional toppings, and serve immediately.

TIP: If making a larger batch, heat the oven to the lowest baking temperature and store cooked pancakes on a sheet pan inside until ready to eat!

***TIP:** Riper bananas have a sweeter taste. If you have an under-ripened banana, preheat the oven to 350°F. Place a banana (peel on) on a sheet pan, and bake for 7 minutes or until the peel is mostly brown. Remove from the oven and allow to cool 2-3 minutes before peeling. The banana will be soft and perfectly sweet!



MISSISSIPPI POT ROAST

Servings:

3-4

Prep time:

5-10 minutes

Cook time:

8 hours

Wait time:

None

What You'll Need:

- 2-3 pounds chuck roast*
- 8-10 whole or 1/3-1/2 cup sliced pepperoncini peppers**, with juice***
- 3-5 cloves garlic
- 1-2 tablespoons onion powder
- 2 tablespoons dried parsley
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 2 tablespoons butter or ghee

What To Do:

1. For a milder spice level, remove seeds from pepperoncini peppers.
2. Place all ingredients into a slow cooker.
3. Set the slow cooker to low and cook for 8 hours.
4. Dice finished roast into small pieces or pull apart into shreds using forks.
5. Serve with juices poured on top.

*You can use a frozen or defrosted chuck roast for this recipe. If defrosted, double the amount of butter/ghee.

**Look for pepperoncini peppers with no dyes or preservatives. If you prefer less spice, we recommend using sliced peppers. If you prefer more spice, you can add additional peppers!

***Leave just enough juice to cover the peppers remaining in the jar.





GARLIC PARMESAN CHICKEN TENDERS

Servings:

2-4

Prep time:

18 minutes

Cook time:

15-20 minutes

Wait time:

10 minutes

What You'll Need:

- 1 pound chicken breasts
- 1 egg
- ¼ cup almond flour
- ⅓ cup cassava flour
- ½ cup finely grated parmesan cheese
- ½-¾ teaspoon garlic powder
- ½-¾ teaspoon smoked paprika
- ½ tablespoon dried parsley
- ½ teaspoon sea salt, or to taste
- ½ teaspoon black pepper
- ½ teaspoon chili powder

What To Do:

1. For even baking, remove chicken from the refrigerator 10 minutes prior to cooking.
2. Preheat the oven to 375°F.
3. Cut breasts into slices roughly ½ inch thick and 3-4 inches long.
4. Use paper towels to pat the chicken dry.
5. Combine both flours, cheese, herbs, and spices in a large bowl.
6. In a separate bowl, beat the egg.
7. Dip each chicken breast into the egg, then immediately toss in the flour mixture until thoroughly coated.
8. Place onto a lightly oiled sheet pan. Make sure pieces are at least one inch apart for best cooking results.
9. Bake for 15 minutes or until chicken is cooked through.



HONEY MUSTARD

Servings:
1.5 cups

Prep time:
5-10 minutes

Wait time:
None

What You'll Need:

- ½ cup oil
- ½ cup Dijon mustard
- 2-4 tablespoons raw honey
- 3 tablespoons apple cider vinegar
- 2 teaspoons lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

What To Do:

1. Combine ingredients in a jar or bottle and shake until combined.
2. Store in a sealed container in the refrigerator for up to 3 months.

HONEY CINNAMON COFFEE

Servings:
1

Prep time:
4 minutes

Cook time:
None

Wait time:
None

What You'll Need:

- 1 cup freshly brewed organic coffee, any roast
- ½ cup milk
- 2-3 teaspoons raw honey
- ¼ teaspoon ground cinnamon
- ½ tablespoon butter, optional
- Ice cubes, optional

What To Do:

1. Add coffee to a 12-16 oz glass or mug. Add honey and cinnamon, and stir or whisk until completely combined.
2. Add butter if desired. Do not use butter if adding ice.
3. Add ice if applicable.
4. Froth milk in a separate glass using a frothing whisk or blend in a blender for 10-15 seconds.
5. Pour frothed milk over coffee and serve immediately.





CREAMY PUMPKIN CHILI

Servings:

6-8

Prep time:

15 minutes

Cook time:

40 minutes

Wait time:

10 minutes

What You'll Need:

- 1 pound ground beef
- 1 medium butternut squash
- 1 can (15 oz) pumpkin puree
- 2 cans (15 oz) black beans, drained
- 1 can (15 oz) diced tomatoes, drained
- 16 oz chicken bone broth
- 16 oz tomato juice
- 2 teaspoons sea salt
- 1 ½ teaspoons black pepper
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons ground cumin
- 1 teaspoon curry powder
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon ground turmeric
- 1 tablespoon cooking oil

What To Do:

1. Peel and dice butternut squash into bite-sized pieces.
2. Heat a stock pot over medium heat. When the pot is hot, add oil.
3. Add ground beef and cook, stirring frequently, for 5 minutes or until meat is broken up and mostly cooked.
4. Add black beans, butternut squash, and spices. Stir to combine.
5. Add remaining ingredients and stir to combine.
6. Bring to a rolling boil over medium-high heat. Continue to boil for 15 minutes, stirring occasionally.
7. Reduce heat to medium-low and simmer for 10 minutes or until butternut squash is fork tender.
8. Remove pot from the heat, and allow the soup to rest for 10 minutes before serving.

Note: If using a slow cooker, break apart uncooked ground beef into small pieces before adding.



NUTTY APPLE CHICKEN SALAD

Servings:

4-6

Prep time:

15-20 minutes

Cook time:

15-20 minutes

Wait time:

10 minutes

What You'll Need:

- 1 pound chicken breasts
- ½ small onion
- 4 stalks celery
- 1 small apple
- 1 medium carrot
- ½-¾ cup raw unsalted cashews
- 1 cup avocado mayonnaise
- 1 teaspoon dried parsley
- ¾ teaspoon sea salt, or to taste
- ¼-½ teaspoon cayenne powder, optional

What To Do:

1. Add chicken breasts to a medium pot and cover with water. Bring water to a rolling boil over high heat.
2. Reduce heat to medium and simmer for 10 minutes or until chicken is cooked through.
3. While chicken is cooking, finely dice onion, celery, and apple. Grate or finely shred carrot. Crush or chop cashews.*
4. Remove pot from the heat. Remove chicken breasts from the water and allow them to cool for 10 minutes.
5. For a milder onion taste, cook onion over medium-high heat for 2-3 minutes before adding to mixture.
6. Dice chicken into small pieces or pull apart into shreds using two forks.*
7. Add all ingredients to a large bowl and mix until thoroughly combined.
8. Serve immediately or refrigerate and serve cold.
9. Leftovers can be stored in a sealed container in the refrigerator for up to 3 days.

*If you prefer a finer consistency, you can add all ingredients to a food processor and lightly pulse until desired texture is achieved.



I CAN'T BELIEVE IT'S NUT CORNBREAD

Servings:

6-8

Prep time:

10-15 minutes

Cook time:

25 minutes

Wait time:

10 minutes

What You'll Need:

- 1 ½ cups almond flour
- ¼ cup cassava flour
- 5 eggs
- 2 teaspoons aluminum free baking powder
- 4 tablespoons melted butter
- ¼ cup milk (raw or almond)
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tablespoon dried parsley
- 1 teaspoon sea salt
- ½ teaspoon black pepper

What To Do:

1. Preheat the oven to 375°F.
2. Melt butter in a small saucepan over medium heat. Remove the saucepan from the heat and allow to cool for 5 minutes.
3. In a large bowl, beat eggs, milk, and butter together until thoroughly combined.
4. In a separate bowl, mix both flours, baking powder, herbs, and spices together.
5. Slowly mix dry and wet ingredients until thoroughly combined.
6. Pour mixture into an oiled 7x11 baking dish or small cast iron skillet and use a spatula to spread evenly.
7. Bake for 25 minutes or until mixture is cooked through and edges begin to crisp.
8. Remove from the oven and allow to rest 10 minutes prior to cutting.
9. Serve topped with sliced butter.

CHOCOLATE NUT BUTTER BANANA BITES

Servings:

8

Prep time:

20 minutes

Cook time:

10-15 minutes

Wait time:

2-3 hours

What You'll Need:

- 4 ripe bananas
- ½ cup nut butter, any variety*
- ¼ cup unsweetened cocoa powder
- ½ cup coconut oil
- ¼-½ cup maple syrup
- 1 teaspoon vanilla extract

What To Do:

1. Peel bananas and slice into ¼ inch thick rounds.**
2. Create mini sandwiches using 2 slices of banana with nut butter in the center and place onto a small, lightly oiled sheet pan. Stick a toothpick down through the center of each sandwich to prevent sliding.
3. Freeze 2 hours or until bananas are completely frozen.
4. When the sandwiches are almost frozen, prepare the chocolate sauce. In a small saucepan, heat coconut oil on medium-low heat until melted.

5. Add cocoa powder, maple syrup, and vanilla. Stir until mixture reaches a smooth consistency.

6. Remove the saucepan from the heat and allow to cool for 15-20 minutes or until mixture begins to thicken.

7. **TIP:** For more effective dipping, transfer chocolate mixture to a container with a small diameter such as a shot glass or 3-4 oz jar. This allows for better coverage and less waste.

8. Dip each banana sandwich into melted chocolate using the toothpick. Allow any excess chocolate to drip off, then transfer back to the sheet pan.

9. Freeze for 5-10 minutes to allow chocolate to harden.

10. If you have chocolate remaining, you can repeat the dip and freeze process.

11. Consume within 5 minutes of removing from the freezer.

12. Extra bites can be stored in a sealed container in the freezer for up to 1 month.

*We recommend using thicker, less oily nut butters. Our Mixed Nut Butter (pg 87) works great! If your nut butter is particularly oily or runny, you can add 1-2 tablespoons of flaxseed meal to create a thicker consistency that is easier to work with.

**IMPORTANT: Do not pre-freeze banana slices before adding nut butter. If you do, bananas will fall apart during the assembly process.





FRESH HOMEMADE SALSA

Servings:

1.5 quarts

Prep time:

20-25 minutes

Cook time:

20 minutes

Wait time:

None

What You'll Need:

- 5 Roma tomatoes
- 1 can (15 oz) diced tomatoes, drained
- 1 large poblano pepper*
- 1 medium-large bell pepper
- 1 small red onion
- 3-4 cloves garlic
- 2 tablespoons green onion
- ½ cup fresh cilantro
- 1 tablespoon lime juice
- 1 ½ teaspoons sea salt, or to taste
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon black pepper
- ½ teaspoon cayenne powder, optional
- 1 tablespoon cooking oil

What To Do:

1. Remove stems and seeds from poblano and bell peppers. Roughly chop both peppers, garlic, and red onion. Cut green onion into large pieces. Core and quarter Roma tomatoes and discard the more juicy parts.
2. Heat a large skillet over medium heat. When the skillet is hot, add oil.
3. Add peppers and red onion. Cook, occasionally stirring, for 10 minutes or until translucent.
4. Increase heat to medium-high and continue to cook 2-3 minutes without stirring or until a char begins to form.
5. Add Roma tomatoes, green onion and garlic. Stir to combine.
6. Reduce heat to medium-low and continue to cook for 4-5 minutes, stirring frequently.
7. Remove the skillet from the heat. Pour cooked veggies, diced tomatoes, cilantro, lime juice, herbs, and spices into a high-powered blender or food processor. Pulse in quick bursts until salsa is your desired texture.
9. Transfer salsa to a large bowl or jar and serve warm or refrigerate and serve cold.
10. Leftover salsa can be stored in a sealed container in the fridge for up to 3 days.

*For hotter salsa, use 2-3 jalapeños (with seeds for maximum spice) instead of poblano.

TIP: If you have an immersion blender, you can remove the skillet from the heat, add remaining ingredients and blend directly in the skillet.

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