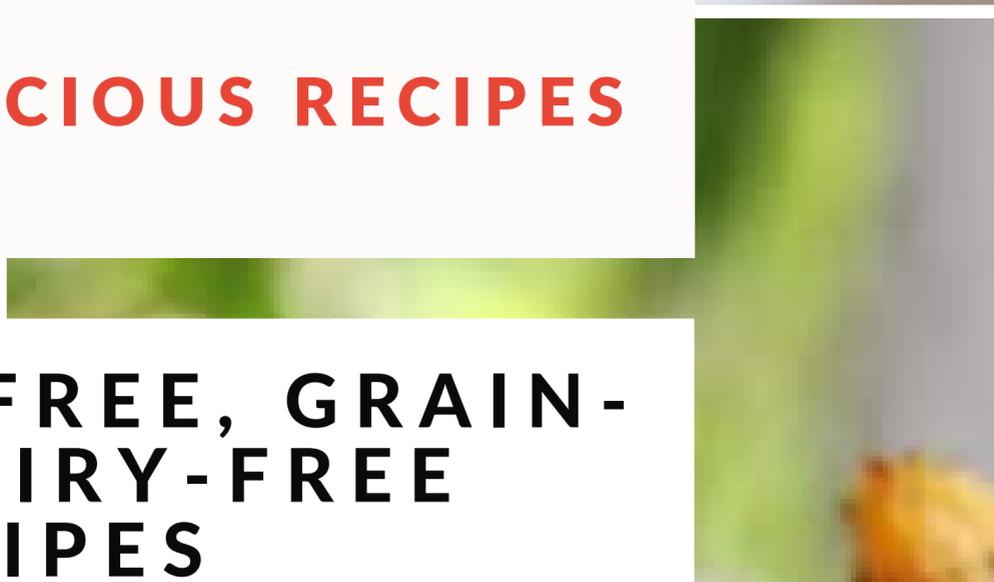




PALEO COOKING

FROM DIVALICIOUS RECIPES

60 GLUTEN-FREE, GRAIN-FREE, DAIRY-FREE RECIPES



ANGELA COLEBY



Hi there! I'm Angela,
the cook behind
Divalicious Recipes
blog.

Hi

Welcome to my Paleo collection of recipes. Whether you are looking to eliminate gluten, dairy or grains due to allergies or generally to improve your health this collection will have something for you.

There are 60 satisfying recipes packed with great flavours, variety, and nutrition to help you enjoy the benefits of healthy eating.

Eating healthier has never been easier! Even the husband could make these recipes. He could but doesn't want to as he's married to me!

I hope you enjoy these recipes as much as we do!

Angela

For more recipes, please visit Divalicious Recipes
www.divaliciousrecipes.com

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SNACKS &
APPETIZERS



Butternut Squash Fries

Delicious vegetable fries made from butternut squash and seasoned with herbs.



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Instructions

1. Preheat the oven to 220C/425F degrees.
2. Peel the butternut squash and remove the seeds.
3. Cut into long strips, I cut the squash in half, then quarter and cut again into strips.
4. Mix the oil, herbs and seasoning in a bowl.
5. Place the butternut squash fries into the bowl and cover thoroughly.
6. Line a tin with parchment paper and place the fries on the paper.
7. Roast in the oven for 40 minutes, turning after 20 minutes.
8. Eat and enjoy!

Ingredients

- 1 butternut squash
- 2 tablespoons coconut oil
- 2 tablespoons fresh rosemary
- 2 tablespoons fresh thyme
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt



Coconut Chicken Nuggets

A healthier version of chicken nuggets with no trans fats and coconut for the coating.



Ingredients

1lb minced chicken

1 egg yolk

1/4 teaspoon garlic powder

1/4 cup AND 1/2 cup almond flour

1/2 cup unsweetened desiccated coconut

1 tablespoon dried onion

salt and pepper

2 -3 tablespoons coconut oil

Instructions

1. In a shallow bowl, mix the 1/4 cup almond flour and desiccated coconut. Season to taste.
2. In another bowl, mix the chicken, 1/2 cup almond flour, dried onion, garlic powder, egg yolk and mix thoroughly.
3. Make small balls from the chicken mixture and then coat them in the almond/coconut mixture.
4. Heat the oil in a frying pan on a medium heat.
5. Place the chicken nuggets in the frying pan and cook until golden brown on all sides.
6. Eat and enjoy!

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Flaxseed Crackers

Simple and healthy flaxseed crackers. A great way to add extra fibre to your diet.

Ingredients

1 cup ground golden flaxseed

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon cayenne pepper

1/2 cup water



Instructions

1. Pre-heat the oven to 200C/400F degrees.
2. Mix all the ingredients together and mix thoroughly into a dough.
3. Let the dough sit for 10 minutes.
4. Take a teaspoon of the mixture, roll into a ball and place onto a parchment lined baking tin.
5. Using a small piece of parchment, place it on top of the ball and press down until you have a thin circle. Repeat.
6. Bake for 20 minutes until crisp and firm.
7. Eat and enjoy!

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Fried Pumpkin with Sage

A pumpkin snack flavoured with sage and garlic. Best eaten warm.

Ingredients

600g pumpkin

4 garlic cloves, peeled

3-4 tablespoons olive oil

1/2 teaspoon salt

12 sprigs of fresh sage

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Instructions

1. Heat the oil in a frying pan and fry the sage. Shallow fry for 1-2 minutes until they are crunchy. Drain on kitchen paper and put aside.
2. Peel the skin from the pumpkin and remove the seeds. Cut the flesh into long, thin pieces.
3. Crush the garlic to a paste and add some salt. Smear this paste thinly on each side of the pumpkin slices.
4. Heat the oil in a frying pan and fry the pumpkin slices for about 3 minutes on each side, until lightly brown and crisp.
5. Remove from the pan, serve and garnish with the fried sage.
6. Eat and enjoy!

Stuffed Eggs with Lemon & Capers

These can be prepared in advance and make a great appetizer, picnic snack, addition to your lunch box or are delicious with a salad.



Ingredients

- 8-10 hard boiled eggs, peeled
- 1 clove garlic, finely chopped
- 2 tablespoons capers, finely chopped
- 1 lemon – zest and rind
- 4 tablespoons mayonnaise
- 1 teaspoon black pepper
- 3 tablespoons fresh parsley

Instructions

1. Cut the top of the bottom and top of the eggs, so that they can be stood upright.
2. Gently, with a small spoon or a knife, scoop the egg yolks out.
3. Add the egg yolks, trimmed egg whites, garlic, capers, lemon juice, lemon zest to a bowl and mix well.
4. Stir in the mayonnaise and season with the black pepper.
5. With a small spoon, fill the hollowed out eggs with the mixture.
6. Sprinkle the parsley over the eggs.
7. Eat and enjoy!

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Zucchini Crackers

These are a delightful grain free cracker made with zucchini, almond flour and coconut flour.

Ingredients

- 1/2 cup grated zucchini
- 2 eggs
- 3 tablespoon coconut oil
- 2 tablespoon coconut flour
- 2 tablespoon almond meal/flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda



Instructions

1. Preheat oven to 180c/350f degrees.
2. Process all ingredients together in a food processor or blender until smooth.
3. Spread the batter on a parchment paper lined baking sheet to about 1/4 inch thick.
4. Bake the crackers for 15 minutes then cut into small squares and flip over. Return to the oven and bake for another 15-20 minutes until golden (or the desired crunchiness you want).
5. Eat and enjoy!

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Nut & Seed Crispbread

A delicious crispbread recipe that is full of nuts and seeds. A much healthier alternative to store bought ones too!



Ingredients

- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/3 cup ground flaxseed
- 2 tablespoons chia seeds
- 2 tablespoons psyllium husk powder
- 1/3 cup almond slices
- 1/3 cup olive/coconut oil
- 1/3 cup water
- 1 teaspoon onion powder
- 1 teaspoon salt

Instructions

1. Preheat the oven to 180C/350F degrees.
2. Line a baking tin with parchment paper.
3. In a bowl add all the dry ingredients and mix well.
4. Add the oil and combine thoroughly until the mixture looks a bit like breadcrumbs.
5. Add the water and mix until you have a slight dough mixture.
6. Spread the mixture out evenly onto the parchment lined baking tray (I used a long brownie tray).
7. Bake for 15 minutes.
8. Remove from the oven and lightly cut the mixture into squares (it makes it easier to remove when fully baked).
9. Place bake in the oven and bake for a further 30 minutes until crisp and firm.



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DIPS &
SAUCES



Avocado & Mustard Dip

Although the colour of this avocado dip can look a bit off-putting due to the mustard, try some as it is delicious. Make this an hour before serving for the flavours to develop. It is also great as a sandwich spread as well as a dip.



Ingredients

1 avocado

1/2 small onion, peeled and roughly chopped

1 tomato, roughly chopped

2 teaspoon Dijon mustard

Instructions

1. Place all the ingredients in a food processor or hand blender and blitz until smooth.
2. Eat and enjoy!



Avocado Pesto

Avocado is used in this pesto recipe instead of a hard cheese which gives way to a very creamy pesto sauce that is great slathered over veggies, meat, fish, vegetable noodles, a piece of bread, in a sandwich...oh the list goes on.



Ingredients

1 avocado, ripe

1 cup fresh basil leaves

1/3 cup pine nuts

3 cloves garlic, peeled and chopped

Juice of 1 lemon

2 tablespoons olive oil

salt and pepper to taste

Instructions

1. Peel the avocado, remove the stone and cut into chunks.
2. Place all the ingredients into a food processor or a blender and blitz until smooth.
3. Season with salt and pepper to taste.
4. Eat and enjoy!

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Beetroot Hummus

A bright colourful hummus dish made out of beetroots. Great as a dip or a sandwich spread.



Ingredients

2 beetroot, cooked and peeled

1/2 cup tahini

3 cloves of garlic, peeled and chopped

1 tablespoon olive oil

1/2 cup lemon juice 1 teaspoon salt

1 1/2 teaspoon ground cumin

Instructions

1. Place all ingredients into a food processor or blend and blitz until smooth. Add more oil if you want a thinner consistency.
2. Eat and enjoy! It's just that simple!



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Broad Bean Pate

Broad beans are also known as fava beans which are often found in Middle Eastern dishes. I like the green colour of this and food should be pretty to the eye, as well as delicious to the tongue.



Ingredients

500g broad beans

1 garlic clove, chopped

2-3 tablespoons olive oil

Juice of half a lemon

2 teaspoons Zatar

Instructions

1. Place the broad beans in a saucepan of water, bring to the boil and simmer for 7 minutes. Drain and leave to cool.
2. Once cool, pop the beans out of their shells.
3. Place in a processor with all of the other ingredients.
4. Blend and season to taste.
5. Eat and enjoy!
6. Serves 2-4

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Cajun Eggplant & Chia Seed Dip

Chia seeds make a great dip and this eggplant dip is flavoured with Cajun spices.



Ingredients

- 1 small eggplant, peeled and cut into cubes
- 1 tomato, diced
- 2 tablespoons chia seeds
- 2 tablespoons water
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried oregano
- 4 tablespoons olive oil

Instructions

1. Heat the oil in a saucepan on a medium heat.
2. Add the eggplant and gently fry until golden.
3. Add the tomato and spices and cook for 3 minutes until soft.
4. Add the water and chia seeds, cover and cook for 10 minutes.
5. Remove from the heat, let cool. Then blend using a hand blender or food processor until smooth.
6. Eat and enjoy!

Lemon Kale Pesto

This is a delicious Paleo and vegan version of pesto that uses Kale.



Ingredients

1 bag Kale

3/4 cup cashew nuts (or almonds)

1/2 teaspoon sea salt

Zest and juice of 1 lemon

1 clove garlic, crushed

1/4 cup olive oil

Instructions

1. Place all the ingredients except the olive oil and blend until chopped.
2. Gradually add the olive oil and blend until smooth.
3. Season to taste.
4. Eat and enjoy!

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SOUPS



Beetroot, Ginger and Coconut Soup

A tasty soup made with beetroot, ginger and coconut that will lift your taste buds, along with your spirits!



Ingredients

1 onion, peeled and chopped
3 cloves garlic, peeled and chopped
3 tablespoons fresh ginger, peeled and chopped
3 large beetroots
3 cups stock
1/2 can coconut milk
1 tablespoon coconut oil (or olive oil)
1/2 teaspoon salt
1/4 teaspoon black pepper

Instructions

1. Heat the oil in a saucepan on a medium heat and cook the onion until golden brown.
2. Add the garlic and ginger and cook for 3 minutes.
3. Add the beetroots and stock. Bring to the boil, cover and simmer for 20 minutes until the beetroot is soft.
4. Remove from the heat and add the coconut milk. Puree (either with a hand blender or put into a large blender and blitz).
5. Season with the salt and pepper.
6. Eat, slurp and enjoy!

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Broccoli & Kale Soup

A healthy broccoli and kale soup that is full of spicy flavour as well as being very nutritious.



Ingredients

- 1 onion, peeled and chopped
- 2 cloves of garlic, peeled and chopped
- 3 sticks celery, chopped
- 350g Broccoli, cut into florets
- 400g Kale
- 2 carrots, peeled and chopped
- 1/2 cup coconut cream (or milk)
- 4 cups vegetable stock
- 2 tablespoons fresh ginger
- 1 teaspoon chilli powder
- 1 teaspoon cayenne pepper
- 1 teaspoon cumin
- 1 teaspoon nutmeg
- 3 tablespoons fresh coriander, chopped
- 2 tablespoons coconut oil

Instructions

1. Heat the coconut oil in a large saucepan.
2. Add the onion, garlic and celery and saute for 5 minutes on a low heat until soft.
3. Add the ginger and dried spices and cook for a further 2 minutes.
4. Add the broccoli, carrots and vegetable stock. Bring to the boil, cover and simmer for 12 minutes.
5. Add the kale, coriander and coconut cream and cook for a further 5 minutes until the kale is tender.
6. Remove from the heat and blend until smooth.
7. Eat, slurp and enjoy!

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Broccoli & Tomato Soup

A broccoli and tomato soup that is thick, creamy and delicious. The bright colour should perk your winter up too!

Ingredients

1 large head of broccoli, trimmed and cut into florets

1 onion, peeled and chopped

1 clove garlic, peeled and chopped

4 Plum tomatoes, chopped

1 cup vegetable stock

1 tablespoon coconut oil

salt and pepper to taste



Instructions

1. Heat the oil in a large saucepan.
2. Add the onion and garlic and saute gently for 3 minutes.
3. Add the broccoli and cook for a further 2 minutes.
4. Add the tomatoes and stock, bring to the boil, cover and cook for 15 minutes until the broccoli is tender.
5. Blend with either a hand blender or food processor. Season to taste.
6. Eat and enjoy!!

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Carrot & Spinach Soup with Lime, Coriander and Coconut

A thick and tasty carrot and spinach soup that is hearty and healthy.



Ingredients

900g carrots, peeled and chopped
1 onion, peeled and chopped
1 garlic clove, peeled and chopped
250g spinach (fresh or frozen)
750ml stock
25g creamed coconut
1.5 limes (juice)
1 bunch fresh coriander
1 tablespoon coconut oil

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Instructions

1. Heat the coconut oil in a large saucepan.
2. Add the onion and garlic and gently cook for 5 minutes until soft
3. Add the carrots and gently cook for 2 minutes.
4. Add the stock and bring to the boil. Cover and cook on a gentle heat for about 15 minutes until the carrots are soft.
5. Add the spinach, coriander, lime juice and coconut cream and cook for a further 5 minutes.
6. Remove from the heat and blend.
7. Eat, slurp and enjoy!

Chicken, Turmeric, Ginger and Coconut Soup

A healthy and healing chicken soup perfect for when you are laid up with a cold.



Ingredients

- 2 chicken breasts (or other parts), cut into strips or chunks
- 4 cups chicken stock
- 1 tin coconut milk
- 1 onion, peeled and chopped
- 3 cloves garlic, peeled and chopped
- 1 teaspoon ground turmeric
- 2 inch fresh ginger, peeled and grated
- 1 carrot, peeled and chopped
- 2 tablespoons coconut oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Instructions

1. Heat the coconut oil in a large saucepan on a medium heat.
2. Add the garlic and onion and saute for 3 minutes until soft.
3. Add the ginger, chicken and carrot and cook for about 10 minutes until the chicken is cooked.
4. Add the turmeric and saute for 1 minutes.
5. Add the chicken stock and coconut milk, bring to the boil and then simmer for 30-40 minutes.
6. Season with the salt and pepper.
7. Eat, slurp and enjoy!

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Fennel & Zucchini Soup

A creamy soup made with fennel and zucchini.. A great combination of flavours!



Ingredients

2 fennel bulbs, trimmed and chopped
2 zucchinis (courgettes), chopped
1 onion, peeled and chopped
1/4 teaspoon fennel seeds
2 cups vegetable stock
1 teaspoon coconut oil (or oil of your choice)
salt and pepper

Instructions

1. Heat the oil in a large saucepan on a medium heat.
2. Add the onion and fennel seed and cook for 3 minutes.
3. Add the fennel and zucchini and cook for a further 5 minutes.
4. Add the stock, bring to the boil then cover and simmer for 15 minutes.
5. Blend the mixture until smooth and season to taste.
6. Serve, slurp and enjoy!

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SALADS



Asian Chicken Salad

A crunchy and colourful chicken salad with lots of flavour. Quick and easy to make too!



Ingredients

3 cups poached chicken breast strips (shredded chicken can be used too)
1/2 red cabbage, thinly sliced
2 carrots, peeled and grated
6 spring onions, chopped
2 jalapeno chilli's, chopped
1/4 cup lime juice
2 tablespoons Tamari sauce
2 tablespoons erythritol (or other sugar substitute)
1 tablespoon grated fresh ginger
1/4 cup olive oil
1/2 teaspoon salt
1/3 cup chopped fresh basil (or coriander/cilantro)
1/4 cup chopped cashews

Instructions

1. Whisk the oil, ginger, lime juice, Tamari sauce, erythritol and salt together in a bowl.
2. In another bowl mix the chicken, cabbage, carrots, onions, basil and chilli's.
3. Pour the dressing over the cabbage mixture and mix thoroughly.
4. Place in a serving bowl and scatter the cashews over the salad.
5. Eat and enjoy!

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Avocado, Palm Hearts & Coriander Salad

This is a delicious, filling and healthy salad with a great dressing. Make a change from a lettuce, tomato and cucumber salad and up your game!.



Ingredients

- 1 14oz can palm hearts, cut into cubes
- 2 avocados, peeled, stone removed and cut into cubes
- 1 small red onion, finely chopped
- 1 small head of lettuce

Dressing

- 1 clove garlic, peeled and roughly cut
- 1 bunch fresh coriander/cilantro
- 3 tablespoon lemon juice
- 1/2 cup olive oil
- 1/4 teaspoon salt
- 1/2 teaspoon erythritol

Instructions

1. Line a serving dish with the lettuce
2. Place all of the dressing ingredients into a blender or use a hand blender and blitz until combined.
3. In a bowl, place the palm hearts and avocado. Pour the dressing over and mix well, ensuring that all pieces are coated.
4. Place the palm hearts and avocado over the lettuce.
5. Serve immediately.
6. Eat and enjoy!



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Cuban Salad

This Cuban salad combines avocado, radishes, tomatoes and onion together to make a very refreshing salad. It's easy to make and is very refreshing.



Instructions

1. Mix the dressing ingredients.
2. Shred the lettuce and place on a serving dish or plate.
3. Arrange the avocado on the centre.
4. Place the onion around the avocado.
5. Place the radish slices over the onion.
6. Finish with the tomatoes around the outside edge of the plate.
7. Drizzle the dressing over the salad.
8. Eat and enjoy!

Ingredients

1 head of lettuce (I used Romaine)

2 tomatoes, sliced

1 Avocado, sliced

1/2 red onion, peeled and finely sliced

6 radishes, sliced

Dressing

1/4 cup lime juice

1/4 cup apple cider vinegar

1/2 cup olive oil

3 cloves garlic, finely chopped

Salt

pepper

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Curried Cabbage & Coconut Salad

This curried cabbage and coconut salad recipe is a great alternative to coleslaw and is packed full of flavour.



Ingredients

- 1/2 head medium white cabbage, shredded
- 1/3 cup dried coconut
- Juice of 1 lemon
- 1/4 cup coconut oil
- 1/4 cup tamari sauce
- 3 tablespoons sesame seeds
- 1/2 teaspoon ground ginger
- 1/2 teaspoon curry powder
- 1/2 teaspoon cumin

Instructions

1. Toss all of the ingredients in a bowl and mix well.
2. Chill for at least an hour.
3. Eat and enjoy!

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Eggplant & Zucchini Agrodolce

Agrodolce is an Italian sweet and sour dressing, which is flavoured with herbs and garlic.



Ingredients

2 eggplants

4 zucchinis

4 tablespoons olive oil

2 cloves garlic, peeled and sliced

1 tablespoon erythritol

4 tablespoons red wine vinegar

2 tablespoons fresh mint, chopped

2 tablespoons fresh flat leafed parsley, chopped

salt and pepper

Instructions

1. Trim the ends of the eggplants and zucchini, then cut into 1cm thick slices lengthways.
2. Brush both sides of the slices with half of the olive oil. Season with the salt and pepper.
3. Fire up the bbq or a griddle pan and cook the eggplant and zucchini, turning once until they are golden on each side.
4. Place the slices in a serving dish.
5. Heat the remaining olive oil in a small pan and add the garlic. Fry until it is golden.
6. Add the erythritol and red wine vinegar, bring to the boil, then pour over the vegetables.
7. Scatter the mint and parsley over the vegetables.
8. Eat and enjoy!

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Garlic Zucchini Salad

For lovers of garlic only! This is a dish I had in Beirut and simply adored it.

Ingredients

1 head of garlic, all peeled and thinly sliced
4 zucchinis (courgettes), sliced
2 tablespoons balsamic vinegar
¼ teaspoon cayenne pepper
2 spring onions, finely chopped
2 tablespoons chopped fresh parsley
salt and pepper
2 tablespoons olive oil

Instructions

1. Heat the olive oil in a frying pan and cook the garlic until a golden brown colour.
2. Remove and then fry the zucchini (courgette) until golden brown on both sides.
3. Mix the balsamic vinegar with the cayenne and season.
4. Mix the courgettes with the onions and parsley then pour the balsamic vinegar over it.
5. Scatter the garlic slices on top and leave for at least 4 hours.
6. Eat and enjoy!



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Roasted Tomato Salad

A roasted tomato salad that is bright, vibrant and full of flavour. The roasting brings out the sweetness of the tomatoes.

Ingredients

1 small red onion, very thinly sliced

6 plum tomatoes, halved

2 cloves garlic, crushed

2 tablespoon balsamic vinegar

2 teaspoon olive oil

1 handful of basil, roughly torn

salt and pepper



Instructions

1. Preheat the oven to 200C/400F degrees.
2. Place the onions in the base of an ovenproof dish and arrange the tomatoes, cut side up, on top of the onions.
3. Mix the garlic, balsamic vinegar, oil and seasoning and pour over the tomatoes. Roast for 25-30 minutes. Stir halfway through cooking, spooning over the juices.
4. Remove from the oven and transfer to a serving dish. Scatter over the basil and pour any juices on top.
5. Eat and enjoy!

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Spanish Cauliflower Salad

A refreshing way to eat cauliflower as a salad or as a tapas dish. The dish has a tangy sharp taste but is still light.



Ingredients

1 cauliflower, cut into small florets
3 boiled eggs
juice of 1 lemon
fresh parsley

Dressing

1/4 cup olive oil
2 tablespoon red wine vinegar
1 clove garlic, peeled and finely chopped
1 tablespoon capers
1 teaspoon paprika
1/4 teaspoon cayenne pepper
1/4 teaspoon salt

Instructions

1. Place the florets into a saucepan of water, with the lemon juice added. Bring to the boil, cover and simmer for 10-12 minutes until the cauliflower is tender.
2. Remove from the heat and drain. Leave aside to cool
3. Make the dressing by gently beating the olive oil with the other ingredients.
4. Pour the dressing over the cauliflower and mix well. Marinate overnight.
5. Serve with the boiled egg and parsley.
6. Eat and enjoy

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BREADS



Almond Butter Bread

This is a simple bread from just a few ingredients which is easy to make. It gives a nice soft bread that could be used for sandwiches, toasted or a topping spread all over it.

Ingredients

1 cup almond butter

4 eggs

1/4 teaspoon salt

1 teaspoon baking soda

Instructions

1. Preheat the oven to 150C/325F degrees.
2. Whisk the almond butter and eggs together.
3. Add the salt and baking soda and mix well.
4. Put the mixture into a lined loaf tin.
5. Bake for 30 minutes.
6. Remove from the oven and cool.
7. Eat and enjoy!

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Broccoli & Basil Flatbread

A flatbread made with broccoli and coconut flour. Bright, colourful and delicious.



Ingredients

1 large head of Broccoli, trimmed into florets
(should make about 4 cups of riced broccoli)

1/4 cup fresh basil (can be optional)

2 tablespoons coconut flour

1 tablespoon psyllium husk powder (OR 2
tablespoons ground flaxseed)

2 eggs

1/2 teaspoon baking powder

1/2 teaspoon salt

Instructions

1. Pre-heat the oven to 180C/375F degrees.
2. Place the broccoli and basil into a food processor and blitz until "rice like".
3. Add the remaining ingredients and blitz until combined well.
4. Line a tin with grease proof paper and pour the mixture into the tin, smoothing evenly.
5. Bake for 30 minutes until firm and golden at the edges.
6. Eat and enjoy!

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Coconut Bread

This coconut bread recipe is simple to make and only has 4 ingredients.



Ingredients

2 cups desiccated coconut

1 cup almond flour

1 teaspoon baking soda

6 eggs

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Instructions

1. Preheat the oven to 140C/275F degrees.
2. Line the bottom of a loaf tin with baking paper.
3. Place the desiccated coconut in a blender and blitz until fine.
4. In a bowl, mix the dry ingredients together.
5. Add the eggs and mix well.
6. Pour into the loaf tin and bake for 45 minutes, until firm.
7. Eat and enjoy!

Flaxseed Bread Rolls

A healthy bread roll made from ground flaxseed and psyllium husk powder.



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Ingredients

- 2 cups (330g) ground golden flaxseed
- 5 egg whites
- 2 egg yolks
- 4 tablespoons olive or coconut oil
- 1 tablespoon baking powder
- 2 tablespoons apple cider vinegar
- 2 tablespoons psyllium husk powder
- 1/2 cup boiling water
- 1 teaspoon salt



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Instructions

1. Preheat the oven to 180C/350F degrees.
2. Place the flaxseed, baking powder, salt and psyllium husk powder in a bowl and whisk the ingredients together.
3. Add the egg whites and egg yolk and whisk well.
4. Add the oil and apple cider vinegar and whisk until the mixture is combined.
5. Pour the boiling water into the mixture and whisk to combine. The mixture will be slightly sticky.
6. Using wet hands, roll the dough into 6 balls and place on a parchment lined baking tin.
7. Bake for 30 minutes.
8. Eat and enjoy!

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Flaxseed Sandwich Wrap

You could also use this in place of tortillas and even use this as a quick pizza snack by making a thick base and smother it with tomato sauce, toppings, and throwing it under the grill.



Ingredients

2 tablespoons ground flaxseed

1 egg

1 tablespoon melted butter

1 tablespoon water

1/4 teaspoon baking powder

1 -2 tablespoon oil (for frying)

Instructions

1. Mix all ingredients well. I used a whisk.
2. Heat the oil in a frying pan.
3. Pour the batter in the pan and cook until firm on one side. Flip and cook on the other side.



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Paleo Tortilla Wraps

This tortilla dough recipe makes great tortillas, nachos or even breadsticks.



Ingredients

- 1 cup almond flour
- 1/4 cup coconut flour
- 1/4 cup ground flaxseed
- 2 tablespoons psyllium husk powder
- 1 teaspoon salt
- 1/2 teaspoon onion powder (optional)
- 1/2 teaspoon garlic powder (optional)
- 1 cup boiling water

Instructions

1. Place all the dry ingredients into a bowl and mix well.
2. Gradually add the water and work the mixture into a dough.
3. Let the dough rest in the fridge for 30 minutes.
4. Cut into quarters and roll the dough in between two layers of parchment paper. Roll it as thin as you can.
5. Use a 20 cm / 8 inch lid or bowl to cut out the wrap.
6. Repeat until you have used all the mixture and have a pile of tortillas.
7. Heat a frying pan on a medium heat and place the tortilla in. You can add oil or butter at this point if you wish. (try both ways to see what works best for you).
8. Cook for about 2 minutes on each side until golden.
9. Eat and enjoy!

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Cauliflower Bread

A bread made from cauliflower and coconut flour. Great sliced and toasted.



Ingredients

- 1 head of cauliflower, trimmed into florets (should yield about 4 cups riced cauliflower)
- 5 tablespoon coconut flour
- 4 eggs
- 1 tablespoon psyllium husk powder
- 2 tablespoon garlic powder
- 2 tablespoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon baking powder

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Instructions

1. Pre-heat the oven to 200C/400F degrees.
2. Place the cauliflower florets into a food processor and blitz gently until the cauliflower is riced.
3. In a bowl, combine all the ingredients and mix gently until combined.
4. Grease and line a bread tin with grease proof paper.
5. Spoon the mixture into the bread tin and press down gently with a spoon.
6. Bake for 45 minutes.
7. Eat and enjoy!



MAINS –
CHICKEN



Chicken, Lemon and Tarragon Burgers

A tasty chicken burger full of flavour and can be cooked on the grill or BBQ.



Ingredients

- 1 lb chicken
- 1 small onion, cut in quarters
- 4 tablespoon lemon juice
- 1 tablespoon tarragon (fresh or dried)
- 1 teaspoon grated lemon peel
- 1 teaspoon salt
- 1 teaspoon black pepper

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Instructions

1. Place half the lemon juice and the remaining ingredients in a food processor and blitz until combined.
2. Form patties from the meat with your hands. (They can be covered and left in the fridge until required)
3. Heat 2 tablespoons of oil in a frying pan on a medium heat and cook the burgers for about two and a half minutes each side.
4. Remove the burgers from the pan and add the lemon juice. Cook on a high heat for one minute. Pour the sauce over the burgers.
5. Eat and enjoy!

Gingered Chicken Dumplings

Chicken dumplings flavoured with ginger and chilli. An easy chicken supper dish to make.



Ingredients

300g chicken breast, cut into chunks (with no skin)

5 spring onions

2cm fresh ginger, peeled and grated

1 chilli, deseeded and finely chopped

2-3 tablespoons fresh coriander, roughly chopped



Instructions

1. Place all ingredients into a food processor and blitz until combined.
2. Put the mixture into a bowl and using wet hands, shape into balls, about the size of a large walnut.
3. Cover and chill for at least 20 minutes (can be made up to 8 hours ahead of cooking).
4. Steam the dumplings in a steamer or on a heatproof plate covered with foil placed over a large pan of simmering water for 20 minutes until the chicken is tender and cooked with no pink meat.
5. Eat and enjoy!

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Moroccan Chicken with Artichokes and Olives

A chicken dish full of flavour and inspired by Moroccan spices.



Ingredients

- 4 chicken breasts (no bone and no skin)
- 1 onion, peeled and diced
- 3 garlic cloves, peeled and thinly sliced
- 8 artichoke hearts (I used a tin)
- 1/2 cup pitted green olives
- 1 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon ground cinnamon
- 1 bay leaf
- zest and juice from 1 lemon
- 2 cups chicken stock
- 1 teaspoon salt
- 3 tablespoons olive oil
- 2 tablespoons fresh mint, chopped

Instructions

1. Heat the oil in a large saucepan on a medium heat and add the chicken. Cook each side for about 3 minutes each side, until lightly browned. Remove from the pan.
2. Add the onion and saute for 5 minutes until soft. Add the garlic and cook for a further minute.
3. Add the spices and bay leaf and cook for 1 minute, stirring constantly.
4. Pour 1/4 cup of the stock into the spices and add the salt. Cook for 3 minutes.
5. Add the remaining stock, lemon zest and juice. Cover and simmer on a low heat for 15 minutes.
6. Add the chicken, artichokes and olives and mix well. Cook for a further 5 minutes. Remove the bay leaf.
7. Serve with the mint over the dish.
8. Eat and enjoy!

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Thai Grilled Chicken

A Thai grilled chicken dish that is so easy to make.

Ingredients

4 boneless chicken breasts
400ml tin coconut cream
3-4 gloves garlic, peeled and chopped
2-3 green chillies, deseeded and chopped
1-2 teaspoon fresh ginger (you could use ground ginger)
Grated zest and juice of 1-2 limes
1 tablespoon erythritol
1 bunch fresh coriander



Instructions

1. Place the coconut cream in a blender with all the other ingredients (except the chicken) and blend the mixture for a few seconds until well mixed.
2. Make 3 diagonal cuts across the chicken breasts, arrange in a dish and pour over the coconut marinade. Cover and marinate in the fridge for a minimum of 30 minutes.
3. Preheat the grill to a medium setting. Arrange the chicken, skin side down in a grill pan and spread over some of the marinade.
4. Grill for 10-15 minutes, turning and basting. Allow slightly longer to cook the skin side of the chicken.
5. While the chicken is cooking, gently heat the remaining marinade in a saucepan. Do not boil as it may start to separate.
6. Serve the chicken with the sauce.
7. Eat and enjoy!

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Turkey, Apple & Thyme Balls

These turkey, apple and thyme balls are easy and delicious either plain as a snack or as a main with a sauce



Ingredients

1 onion, peeled and grated

1 apple, peeled and grated

500g turkey mince

1/2 teaspoon garlic powder

1 tablespoon Thyme

2 -3 tablespoons coconut flour

Instructions

1. Preheat the oven to 180C/350F degrees.
2. Place all ingredients in a bowl and mix well.
3. Mould into ball shapes and place upon a greased tray or oven dish.
4. Bake in the oven for 30-35 minutes until slightly golden on top.
5. Eat and enjoy!

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MAINS –
FISH



Blackened Salmon

This blackened salmon dish is a mix of spices that give the black appearance yet packs a spicy taste.



Ingredients

4 salmon fillets, skin and bones removed
2 tablespoons ground paprika
1 tablespoon ground cayenne pepper
1 tablespoon onion powder
2 teaspoon salt
1/2 teaspoon ground white pepper
1/2 teaspoon ground black pepper
1/2 teaspoon ground cumin
1/2 teaspoon garlic powder
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
1/2 cup butter (unsalted), melted

Instructions

1. Mix all the spices in a bowl.
2. Brush the salmon fillets on each side with butter and sprinkle the spice mixture on each side of the fillet.
3. Drizzle the remaining butter on one side of the fillet.
4. Cook the salmon, butter side down, in large pan for 2-5 minutes on a high heat until it is blackened. Turn and cook the other side for 2-5 minutes until that is blackened.
5. Eat and enjoy!

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Coconut Fish with Spicy Sauce

Use dried coconut instead of breadcrumbs to keep it healthy.

Ingredients

450g white fish, skinned, boned and cut into strips
2 tablespoons coconut flour
1 egg, beaten
60g desiccated coconut

SAUCE

1 teaspoon grated fresh ginger
1 teaspoon coconut oil (or oil of choice)
1/4 teaspoon chilli powder
1 red chilli, deseeded and finely chopped
1 teaspoon ground coriander
1/2 teaspoon ground nutmeg
1 clove garlic, peeled and finely chopped
2 tablespoons tomato puree
1 tomato, grated
2 tablespoons Tamari sauce
2 tablespoons lemon juice
2 tablespoons water
1 teaspoon sugar substitute
Oil for frying

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Instructions

1. Make the sauce first by heating up the coconut oil in a frying pan and frying the ginger, red chillies, spices and garlic for about 2 minutes.
2. Add the remaining sauce ingredients and simmer for 3 minutes. Keep warm until ready to serve with the fish.
3. Toss the fish strips in the coconut flour, dip them in the egg then into the desiccated coconut until evenly covered.
4. Heat the oil in a frying pan and fry the coconut covered fish until golden on each side.
5. Serve with a side of the spicy sauce.
6. Eat and enjoy!

Fish Baked in a Walnut Crust

A white fish dish baked with the crust made of walnuts giving it a crunchy and tasty texture.



Ingredients

- 2 large white fish fillets
- 1 egg, beaten
- 1/2 cup walnuts, ground
- 2-3 tablespoons almond flour
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1/2 teaspoon pepper
- pinch of salt
- 2 cloves of garlic, peeled and thinly sliced
- 2 tablespoons olive oil

Instructions

1. Heat the oven to 180C/350F degrees.
2. Mix the walnuts, almond flour and herbs together in a bowl.
3. Dip the fish fillets into the beaten egg, then press into the bowl with the nut and herb mixture. Make sure that the fish is entirely covered and press any mixture onto the fish if needed.
4. Place the fish onto a baking parchment lined tray.
5. Scatter the garlic slices on top of the fish.
6. Drizzle the olive oil over the fish.
7. Cover the fish with silver foil and bake for 30 minutes.
8. Remove the silver foil and bake for a further 5 minutes.
9. Eat and enjoy!

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Prawns in a Spicy Coconut Sauce



Ingredients

10 - 15 large prawns, peeled OR a packet of fresh prawns
2 tablespoons coconut oil
1 tablespoon lime juice
1 teaspoon red chilli pepper
1/4 cup fresh coriander (cilantro)
5 tablespoons unsweetened desiccated coconut
1/2 cup coconut milk
1 tomato
6 red chilli peppers
1/2 teaspoon cumin powder
4 cloves garlic, peeled and chopped
1/2 inch fresh ginger, peeled and chopped

Instructions

1. Marinate the prawns with the lime juice.
2. Put the coriander, tomato, coconut, garlic, ginger, cumin, coconut milk and chilli peppers in a blender and blitz to a paste.
3. Heat the oil in a pan and gently cook the prawns for 2-3 minutes until they curl up.
4. Add the paste and simmer on a medium heat for about 20-25 minutes.
5. Eat and enjoy!

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Prawn and Vegetable Foo Yung

This prawn and vegetable Foo Yung recipe is a protein packed Chinese style dish made of vegetables, prawns and omelette.

Ingredients

- 8 eggs
- 1 teaspoon sesame oil
- 1 tablespoon Tamari sauce
- 2 tablespoon coconut oil
- 1/2 head broccoli, cut into small florets
- 1 red pepper, deseeded and thinly sliced
- 2 inch fresh ginger, peeled and cut into thin strip
- 2 garlic cloves, peeled and chopped
- 3 spring onions, sliced
- 200g raw prawns (or shrimps)

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Instructions

1. Beat the eggs with the sesame oil and set aside.
2. Heat half the oil in a frying pan and add the broccoli, ginger, pepper, garlic and spring onions and cook for 5 minutes.
3. Add the prawns and Tamari sauce, and cook for a further 2 -3 minutes, until the prawns are pink and cooked through.
4. Transfer to a bowl and keep warm.
5. Heat the remaining oil and pour in half of the egg mixture, making sure the mixture is spread all over the pan. Cook for about 3 minutes until the egg is set. Flip over and cook for another 1 minute. Remove the omelette and transfer to a plate.
6. Add the remaining egg mixture to the pan, repeating the above. Remove the omelette, place on a cutting board and cut into ribbons.
7. To assemble, spoon the vegetables over the omelette, then scatter the omelette ribbons all over.
8. Eat and enjoy!





MAINS -
VEGETARIAN



Artichoke and Lemon Frittata

A delicious combination of lemon and artichoke in a frittata. A taste of summer on your plate!

Ingredients

- 1 onion, peeled and chopped
- 1 tin artichokes, drained and chopped
- 2 cloves garlic, peeled and finely chopped
- 1 tablespoon parsley, chopped
- Grated rind and juice of 1 lemon
- 6 eggs
- 1 tablespoon olive oil
- salt and pepper



Instructions

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1. Preheat the oven to 180C/350F degrees.
2. Heat the olive oil in a frying pan and cook the onion for 3-4 minutes until tender. Add the garlic and artichokes cook for a further minute.
3. In a bowl mix the parsley lemon rind and juice together. Add to the frying pan and stir.
4. Beat the eggs until well blended, season to taste and pour over the artichoke mixture in the frying pan.
5. Cook on the stove for 2-3 minutes until the frittata is slightly set.
6. Place the frying pan in the oven and cook for about 15 - 20 minutes until the frittata is firm.
7. Eat and enjoy!

Beetroot & Carrot Spicy Fritter

Spicy beetroot and carrot fritters that are a delicious and healthy option.



Ingredients

- 1 large carrot, peeled and grated
- 1 medium beetroot, peeled and grated
- 1/2 onion, finely grated
- 1 clove garlic, finely chopped
- 2 eggs
- 2 teaspoon ground cumin
- 2 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoon coconut flour OR 2 tablespoon ground chia seeds
- 2 tablespoon coconut oil (for frying)

Instructions

1. Mix all the ingredients together in a bowl (best to wear gloves as the beetroot will stain).
2. Combine well and shape into walnut shaped balls, then slightly flatten into fritter shapes. Squeeze out any excess water.
3. Cover and place in the fridge for at least an hour for the fritters to maintain their shape.
4. Heat the oil in a frying pan on a medium heat and gently fry the fritters for about 2-3 minutes each side.
5. Eat and enjoy!

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Broccoli Crust Quiche

A flourless and low carb quiche made with broccoli. A great way to sneak vegetables in your diet.

Ingredients

- 1 large head of broccoli, cut into florets
- 1 cup ground almonds
- 2 eggs
- 1 tablespoon onion powder (optional)
- 1 tablespoon garlic powder (optional)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Filling

- 6 -8 large eggs
- 10 cherry tomatoes
- 1 tin artichokes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



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Instructions

1. Pre-heat the oven to 375F/190C.
2. Place the broccoli in a food processor and blitz for a "rice like" texture.
3. In a bowl, combine the broccoli, almond flour, eggs and any seasonings. Season with the salt and pepper. Mix well.
4. Line a tin/dish with greaseproof paper.
5. Using a spoon, press the broccoli mixture into the tin and around the edges. I simply place the mixture into the tin, then spread it out with a spoon until even.
6. Bake in the oven for 20 minutes until firm and slightly golden. Remove from the oven and keep the oven on at the same temperature.
7. Beat the eggs for your filling in a bowl. Season with the salt and pepper.
8. Place the vegetable fillings over your Quiche case and pour the egg mixture over.
9. Bake in the oven for 35 minutes until the egg mixture is golden and firm.
10. Eat and enjoy!

Cauliflower Jollof Rice

My cauliflower rice dish based on the West African jollof rice dish. You could add fish or chicken to this.



Ingredients

- 1 cauliflower
- 2 tablespoon tomato puree/paste
- 1 onion, peeled and chopped
- 1 tomato, finely chopped
- 2 cloves garlic, peeled and chopped
- 2 chilli's, finely chopped
- 1 tablespoon dried thyme
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon white pepper
- 1-2 tablespoons olive oil

Instructions

1. Pre-heat the oven to 200C/400F degrees,
2. Cut the cauliflower into florets and place in a food processor.
3. Blitz until the cauliflower resembles breadcrumbs.
4. Stir in the tomatoes, tomato paste and spices and combine well.
5. Place the cauliflower on a baking tray and drizzle with the olive oil.
6. Bake for 15 minutes, stirring through half way.
7. Eat and enjoy!



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Cauliflower & Leek Topped Vegetable Pie

This is my take on the British dish, cottage pie, but has no potato and meat. Cauliflower is used as the mashed topping.



Ingredients

- 1 cauliflower, trimmed and cut into florets
- 2 large leeks, washed and thinly sliced
- 1 eggplant, cut into 2 cm pieces
- 3 red peppers, de-seeded and chopped
- 1 onion, peeled and chopped
- 1 clove garlic, peeled and chopped
- 2 tablespoons butter
- 6 plum tomatoes, chopped
- 1 tablespoon thyme
- 1 tablespoon oregano
- 1 tablespoon dried parsley
- 1 teaspoon chilli powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 -3 tablespoon coconut oil

Instructions

1. Place the cauliflower into a saucepan of water. Bring to the boil and simmer for 15 minutes until cooked. Drain.
2. Place the leeks into another saucepan of water. Bring to the boil and simmer for 10-12 minutes until soft. Drain.
3. Heat the oil in a large saucepan and add the onion and garlic. Cook for 3 minutes on a medium heat until soft.
4. Add the eggplant, stirring until it is brown and cooked through. You may need to add more oil as eggplant soaks up the oil like a dry sponge!
5. Add the peppers and cook for a further 5 minutes.
6. Add the chilli powder and tomatoes. Bring to the boil, cover and simmer for 15 minutes.
7. Mash drained cauliflower and add in the butter. Add the salt, pepper, thyme and oregano and mix thoroughly.
8. Add in the leeks and mix well.
9. Pre-heat the oven to 180C/350F degrees.
10. Place the tomato and vegetable mixture in a casserole dish. Spread over evenly.
11. Spread the cauliflower mixture on top of the vegetable mixture with a fork.
12. Bake in the oven for 30 minutes.
13. Eat and enjoy!

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Curried Twice Baked Sweet Potato

Sweet potatoes baked twice and flavoured with delicious curry spices. A heart warming dish for a cold evening.

Ingredients

2 large sweet potatoes

150g spinach

1 small red onion, peeled and finely chopped

1 clove garlic, finely chopped

1 teaspoon ginger, grated

1 teaspoon fresh green chilli, finely chopped

2 teaspoon curry powder

1/4 cup coconut milk

1/2 teaspoon red chilli flakes

1 tablespoon olive oil



Instructions

1. Preheat the oven to 200C/400F degrees.
2. Wash the sweet potatoes, pat dry and prick with a fork/knife. Place on a baking tray and bake for about an hour (or until the potatoes are cooked).
3. Heat the olive oil in a frying pan and add the onion and garlic. Cook for 2 – 3 minutes until soft.
4. Add the fresh green chilli and ginger. Cook for a further two minutes.
5. Add the spinach and cook until it is slightly wilted. Remove the pan from the heat and set aside.
6. When the potatoes are cool, cut them in half and scoop out the flesh, leaving about 1/4 inch flesh around the side.
7. Mash the potato flesh and add the curry powder and coconut milk. Mix well.
8. Add the spinach and onion mixture to the potato and combine.
9. Spoon the mixture back into the potato shells and bake in the oven for 10-15 minutes.
10. Eat and enjoy!

Roasted Cauliflower Rice with Lemon, Artichokes & Olives

A cauliflower rice dish that is roasted in the oven to give an almost couscous like texture.



Ingredients

- 1 head of cauliflower
- 14oz artichoke hearts
- 1 clove garlic, peeled and finely chopped
- 16-20 black olives
- Juice and rind of 1 lemon
- 1/4 cup fresh parsley, finely chopped
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons olive oil

Instructions

1. Pre-heat the oven to 200C/400F degrees,
2. Cut the cauliflower into florets and place in a food processor.
3. Blitz until the cauliflower resembles breadcrumbs.
4. Place on a baking tray and drizzle with the olive oil.
5. Bake for 12 minutes, stirring through half way.
6. In a bowl, add the garlic, olives, parsley, artichokes, lemon juice and rind.
7. Add the cauliflower to the bowl and stir through.
8. Season to taste.
9. Eat and enjoy!!

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Turkish Stuffed Eggplant

This is loosely based upon a traditional Turkish recipe called Imam Bayildi, which translated means “the Imam fainted” (the Imam is an Islamic religious leader). It was called this because the Imam found the recipe so delicious he fainted.

Ingredients

- 2 eggplants
- 2 onions, peeled and sliced
- 2 cloves garlic, peeled and chopped
- 6 tomatoes
- 1 teaspoon ground allspice
- 3 tablespoons fresh parsley, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons olive oil



Instructions

1. Halve the eggplant lengthwise and scoop out the flesh, leaving a shell so that they are firm enough to fill. Chop the flesh into small pieces.
2. Heat the olive oil in a large saucepan on a medium heat and add the onions and garlic. Cook gently for about 10 minutes until soft.
3. Peel and chop the tomatoes. I used a sharp small knife to peel the tomatoes, but you could blanch them in hot water and remove the skins this way too.
4. Add the chopped tomatoes, eggplant, parsley, allspice, salt and pepper to the onions. Simmer for 20 minutes.
5. Pre-heat the oven to 150C/300F degrees.
6. Spoon the mixture into the eggplant halves and place in a shallow ovenproof dish. Cover with silver foil.
7. Cook for about 1 hour.
8. Cool for at least 2 hours. Sprinkle with chopped parsley.
9. Eat and enjoy!

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DESSERTS



Almond Butter Coconut Truffles

This is a good use of almond butter and a healthier truffle. Sometimes I make a huge batch of it, and any leftovers are rolled into these balls of goodness!

Ingredients

- 1 cup almond butter
- 1/2 cup coconut oil
- 1/3 cup shredded coconut
- 1 tablespoon cocoa powder
- 1 teaspoon vanilla extract



Instructions

1. Mix all the ingredients together and put into the refrigerator for 15-20 minutes to firm up the mixture.
2. Remove and roll the mixture into small balls. Place them on a piece of parchment paper.
3. Dip the balls into shredded coconut or cocoa powder if you wish.
4. Eat and enjoy!

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Key Lime Pie

A raw key lime pie made with a nut crust.

Ingredients

- 1 1/4 cup walnuts
- 1/4 cup cashews
- 2 tablespoons coconut oil, melted
- 1 tablespoons ground erythritol
- 4 avocados
- 1/4 cup ground erythritol
- 1/2 cup coconut oil, melted
- 1/4 cup lime juice
- 1 tablespoon lime zest



Instructions

1. Process the nuts in a food processor until finely ground.
2. Add the 2 tablespoons coconut oil and tablespoon of erythritol and blend well.
3. Press into a pie dish (or individual bowls) and place into the freezer.
4. Place the avocados into a food processor and add the lime juice, 1/2 cup erythritol, lime zest and coconut oil and blitz until smooth.
5. Pour into the nut crust and either place in the freezer for 1-2 hours or in the fridge overnight to set.
6. Eat and enjoy!

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Rhubarb & Strawberry Crumble with Coconut Topping

A healthier rhubarb and strawberry crumble with the addition of coconut to add something sweet. A great dessert for summer. Try some with some coconut cream.



Ingredients

- 2 cups of strawberries, halved
- 8 oz rhubarb, cut into 1/2 inch pieces
- 1 cup erythritol
- 1 cup almond flour
- 1/2 cup coconut flour
- 3/4 cup desiccated coconut
- 4 tablespoon butter, cut into pieces

Instructions

1. Preheat the oven to 170C/325F degrees.
2. Place the rhubarb and strawberries in a bowl. Add 1/2 of the erythritol and toss to coat well.
3. Place the fruit into a baking dish.
4. Mix the almond flour, coconut flour, desiccated coconut, butter and remaining erythritol with your hands until the mixture looks like fine breadcrumbs.
5. Sprinkle the topping over the fruit mixture and cook for 30 minutes, until the topping starts to become golden.
6. Eat and enjoy!
7. Serves 4 decent portions.



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Strawberry & Avocado Mousse

A healthy paleo and vegan strawberry and avocado dessert. Easy to make in minutes and ready to eat. Something to make when you are in a hurry for dessert! Or even breakfast?



Ingredients

1 cup avocado (Peeled and stone removed)
1 cup strawberries
Dash of Stevia taste (optional.- depends upon your sweet tooth!)
1 teaspoon lime
Pinch of salt

Instructions

1. Place all ingredients in a blender and blitz until smooth.
2. Eat and enjoy!

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Strawberry and Blueberry Tarts with Ginger Nut Crust

Ginger nut crusted tarts topped with strawberry and blueberries make a bright and tasty treat.



Ingredients

2 tablespoon coconut oil, melted
1 cup walnuts
1 cup almonds
3 tablespoons ground erythritol
1 teaspoon ground ginger
1/2 teaspoon salt
1 - 2 tablespoon coconut flour
12 strawberries, sliced
1/4 cup blueberries
1 teaspoon lemon juice

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Instructions

1. Grease a muffin tray with a bit of the coconut oil.
2. Place the nuts in a food processor and blitz until ground.
3. Add the erythritol, ginger, salt and coconut oil.
4. Process then add the coconut flour 1 tablespoon at a time until the mixture becomes like a dough.
5. Take a large tablespoon of the dough and press down into the cupcake tray, adding more mixture if required, to form the tart shells.
6. Chill in the fridge for 1 hour (or longer if you want to keep this recipe raw).
7. Preheat the oven to 180C/350F degrees.
8. Bake the tarts for 8-10 minutes and let cool in the tin for 15 minutes to keep their shape.
9. Put the strawberries and blueberries in a bowl and sprinkle with the lemon juice.
10. Fill the tart shells with the fruit. Eat and enjoy!



Strawberry and Coconut Butter Bars

An easy dessert made with coconut butter and strawberries. You could use other berries or even nuts if you wish.

Ingredients

16oz coconut butter
1 tablespoon coconut oil
1 cup strawberries, chopped
1 teaspoon stevia
1/4 cup dried coconut



Instructions

1. Gently melt the coconut butter in a Bain Marie/bowl above warm water, until it softens.
2. Add the coconut oil and stevia, and stir well.
3. Pour into a greaseproof lined tin or dish. Add the strawberries (I pushed them into the mixture).
4. Sprinkle with the dried coconut.
5. Place in the refrigerator for 2-4 hours.
6. Cut into squares, eat and enjoy
7. Serves about 8-10 squares.

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Strawberry & Coconut Chia Pudding

A great version of strawberries and cream for breakfast! Or a dessert.



Ingredients

- 2 tablespoons chia seeds
- 1 cup coconut milk
- 1/4 cup chopped strawberries
- 1/2 teaspoon vanilla essence
- dash of Stevia

Instructions

1. Place all ingredients into a jar with a lid (or any Tupperware with a lid).
2. Shake well until mixed.
3. Place in the fridge and leave overnight.
4. Eat and enjoy!

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Walnut & Pumpkin Pie

A pumpkin pie baked with a crust of walnut and a dash of coconut.



Ingredients

Pie Crust

- 2 cups ground walnuts
- 1/4 cup desiccated coconut (unsweetened)
- 2 tablespoons erythritol
- 1/4 cup butter, unsalted

Filling

- 2 cups (15oz) Pumpkin puree/pie filling
- 1 cup coconut milk
- 1/2 cup erythritol
- 2 eggs
- 1/2 teaspoon salt
- 1 teaspoon vanilla essence
- 2 teaspoons ground cinnamon
- 1 teaspoon ground all spice
- 2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg

Instructions

1. Preheat the oven to 180C/350F degrees
2. Melt the butter in a saucepan.
3. Add the walnuts, coconut and tablespoons of erythritol (or sugar substitute) to the melted butter and stir until the mixture looks like breadcrumbs.
4. Press the mixture into a pie tin. I used a foil one but if you are using another type, you should probably grease it and maybe line the bottom with parchment paper.
5. Bake in the oven for 15 minutes. Remove and set aside.
6. Place the pumpkin and coconut milk in a bowl and blend/whisk thoroughly.
7. Add the spices, vanilla, eggs, salt and erythritol. Blend until smooth.
8. Pour the pumpkin mixture into the pie case and bake for 50 minutes until firm.
9. Eat and enjoy!



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Nutritional Information

Recipe Name	Page	No of serving	Serving Size	Calories	Fat	Protein	Total Carbs	Fibre	Net Carbs
Almond Butter Bread	34	8 Slices	Slice	229	21g	7g	7g	1g	6g
Almond Butter Coconut Truffles	63	10-12	Per Truffle	272	28g	4g	6g	2g	4g
Artichoke & Lemon Frittata	54	2	Per Quarter	167	7g	12g	17g	9g	8g
Asian Chicken Salad	25	4	Serving	348	19g	30g	16g	5g	9g
Avocado & Mustard Dip	11	Total Recipe	Whole Recipe	262	21g	4g	17g	11g	6g
Avocado Pesto	12	Total Recipe	Whole Recipe	769	76g	10g	25g	12g	13g
Avocado, Palm Hearts & Coriander Salad	26	2	Serving	417	39g	6g	18g	11g	7g
Beetroot & Carrot Spicy Fritter	55	8 Fritters	Per Fritter	38	2g	2g	4g	1g	3g
Beetroot Hummus	13	1 Cup	1/4 Cup	193	17g	5g	9g	3g	6g
Beetroot, Ginger and Coconut Soup	18	2	Serving	132	12g	2g	6g	1g	5g
Blackened Salmon	48	2	Fillet	1050	77g	82g	4g	2g	2g
Broad Bean Pate	14	1 Cup	1/4 Recipe	230	11g	10g	25g	7g	18g
Broccoli & Basil Flatbread	35	4 Squares	Serving	117	5g	7g	13g	7g	6g
Broccoli & Kale Soup	19	2	Serving	236	14g	7g	26g	7g	19g

Nutritional Information

Recipe Name	Page	No of serving	Serving Size	Calories	Fat	Protein	Total Carbs	Fibre	Net Carbs
Broccoli & Tomato Soup	20	2	Serving	212	14g	5g	21g	7g	14g
Broccoli Crust Quiche	56	Total Recipe	Whole Recipe	916	61g	47g	67g	31g	36g
Butternut Squash Fries	3	8 Fries	Per Frie	47	0g	0.75g	12g	2.25g	9.75g
Cajun Eggplant & Chia Seed Dip	15	Total Recipe	Whole Recipe	139	6g	5g	21g	10g	11g
Carrot & Spinach Soup with Lime, Coriander and Coconut	21	4	Serving	152	6g	4g	25g	9g	16g
Cauliflower & Leek Topped Vegetable Pie	58	2-4	Quarter recipe	113	1g	5g	25g	8g	17g
Cauliflower Bread	40	8 Slices	Slice	94	4g	5g	10g	6g	4g
Cauliflower Jollof Rice	57	2	Serving	45	1g	3g	10g	3g	7g
Chicken, Lemon & Tarragon burger	42	2	Burger	139	1g	26g	4g	1g	3g
Chicken, Turmeric, Ginger & Coconut Soup	22	2	Bowl	322	20g	29g	7g	1g	6g
Coconut Bread	36	8 Slices	Slice	286	26g	9g	9g	5g	4g
Coconut Chicken Nuggets	4	2-3	Nugget	82	5g	8g	0.9g	0.5g	0.4g
Coconut Fried Fish with Spicy Sauce	49	2	Serving (Fish)	500	26g	48g	19g	12g	7g
Coconut Fried Fish with Spicy Sauce	49	2	Serving (Sauce)	74	3g	4g	9g	2g	7g

Nutritional Information

Recipe Name	Page	No of serving	Serving Size	Calories	Fat	Protein	Total Carbs	Fibre	Net Carbs
Cuban Salad	27	4	Serving	223	19g	3g	12g	6g	6g
Curried Cabbage & Coconut Salad	28	4	Serving	309	29g	5g	12g	6g	6g
Curried Twice Baked Sweet Potato	59	4	Potato Half	146	7g	3g	20g	4g	16g
Eggplant & Zucchini Agrodolce	29	2	Serving	161	14g	2g	9g	3g	6g
Fennel & Zucchini Soup	23	2	Serving	92	4g	3g	14g	5g	9g
Fish Baked in a Walnut Crust	50	2	Serving	509	39g	33g	11g	5g	6g
Flaxseed Bread Rolls	37	6 Rolls	Roll	420	34g	14g	20g	18g	2g
Flaxseed Crackers	5	2	Cracker	77	6g	3g	4.4g	3.9g	0.5g
Flaxseed Sandwich Wrap	38	1	Wrap	223	19g	9g	5g	4g	1g
Fried Pumpkin with Sage	6	2	Serving	248	20g	3g	17g	3g	14g
Garlic Zucchini Salad	30	2	Serving	110	7g	3g	10g	3g	7g
Gingered Chicken Dumpling	43	Total Recipe	Whole Recipe	368	4g	71g	8g	3g	5g
Key Lime Pie	64	8 Slices	Serving	792	80g	9g	21g	12g	19g
Lemon Kale Pesto	16	Total Recipe	Whole Recipe	948	88g	17g	36g	5g	31g

Nutritional Information

Recipe Name	Page	No of serving	Serving Size	Calories	Fat	Protein	Total Carbs	Fibre	Net Carbs
Moroccan Chicken with Artichokes and Olives	44	4	Serving	473	16g	61g	21g	10g	11g
Nut & Seed Crispbread	9	8 Servings	Serving	230	19g	7g	11g	4g	7g
Paleo Tortilla Wraps	39	2-4	Wrap	152	14g	5g	7.3g	5.7g	1.5g
Prawn & Vegetable Foo Yung	52	2	Serving	546	35g	46g	13g	3g	10g
Prawns in a Spicy Coconut Sauce	51	2	Serving	673	63g	13g	24g	11g	13g
Rhubarb & Strawberry Crumble with Coconut Topping	65	4	Serving	489	39g	11g	29g	15g	14g
Roasted Cauliflower Rice with Lemon, Artichokes & Olives	60	4	Serving	163	9g	6g	20g	12g	8g
Roasted Tomato Salad	31	2	Serving	93	7g	1g	7g	1g	6g
Spanish Cauliflower Salad	32	2	Quarter recipe	190	17g	6g	5g	2g	3g
Strawberry & Avocado Mousse	66	Total Recipe	Whole Recipe	140	10g	2g	11g	6g	5g
Strawberry & Coconut Chia Pudding	69	Total Recipe	Whole Recipe	600	57g	9g	22g	11g	11g
Strawberry and Blueberry Tarts with Ginger Nut Crust	67	15 Tartlets	Tartlet	109	10g	3g	4g	2g	2g
Strawberry and coconut butter bars	68	2	Serving	294	28g	3g	12g	8g	4g
Stuffed Eggs with Lemon & Capers	7	10 Eggs	Egg	82	6g	6g	2g	0g	2g

Nutritional Information

Recipe Name	Page	No of serving	Serving Size	Calories	Fat	Protein	Total Carbs	Fibre	Net Carbs
Thai Grilled Chicken	45	4	Serving	382	15g	56g	5g	0g	5g
Turkey, Apple & Thyme Balls	46	2	Ball	82	4g	7g	5g	2g	3g
Turkish Stuffed Eggplant	61	4	Serving	187	11g	3g	23g	7g	16g
Walnut & Pumpkin Pie	70	8 Slices	Slice	353	34g	7g	9g	3g	6g
Zucchini Crackers	8	2	Cracker	68	6g	2g	2.6g	1.5g	1.1g

<u>Almond Butter Bread</u>	34	<u>Broccoli Crust Quiche</u>	56
<u>Almond Butter Coconut Truffles</u>	63	<u>Butternut Squash Fries</u>	3
<u>Artichoke & Lemon Frittata</u>	54	<u>Cajun Eggplant & Chia Seed Dip</u>	15
<u>Asian Chicken Salad</u>	25	<u>Carrot & Spinach Soup</u>	21
<u>Avocado & Mustard Dip</u>	11	<u>Cauliflower & Leek Topped Vegetable Pie</u>	58
<u>Avocado Pesto</u>	12	<u>Cauliflower Bread</u>	40
<u>Avocado, Palm Hearts, Coriander Salad</u>	26	<u>Cauliflower Jollof Rice</u>	57
<u>Beetroot & Carrot Spicy Fritter</u>	55	<u>Chicken, Lemon & Tarragon burger</u>	42
<u>Beetroot Hummus</u>	13	<u>Chicken, Turmeric, Ginger & Coconut Soup</u>	22
<u>Beetroot, Ginger and Coconut Soup</u>	18	<u>Coconut Bread</u>	36
<u>Blackened Salmon</u>	48	<u>Coconut Chicken Nuggets</u>	4
<u>Broad Bean Pate</u>	14	<u>Coconut Fried Fish with Spicy Sauce</u>	49
<u>Broccoli & Basil Flatbread</u>	35	<u>Cuban Salad</u>	27
<u>Broccoli & Kale Soup</u>	19	<u>Curried Cabbage & Coconut Salad</u>	28
<u>Broccoli & Tomato Soup</u>	20	<u>Curried Twice Baked Sweet Potato</u>	59

<u>Eggplant & Zucchini Agrodolce</u>	29	<u>Prawns in a Spicy Coconut Sauce</u>	51
<u>Fennel & Zucchini Soup</u>	23	<u>Rhubarb & Strawberry Crumble</u>	65
<u>Fish Baked in a Walnut Crust</u>	50	<u>Roasted Cauliflower Rice</u>	60
<u>Flaxseed Bread Rolls</u>	37	<u>Roasted Tomato Salad</u>	31
<u>Flaxseed Crackers</u>	5	<u>Spanish Cauliflower Salad</u>	32
<u>Flaxseed Sandwich Wrap</u>	38	<u>Strawberry & Avocado Mousse</u>	66
<u>Fried Pumpkin with Sage</u>	6	<u>Strawberry & Coconut Chia Pudding</u>	69
<u>Garlic Zucchini Salad</u>	30	<u>Strawberry and Blueberry Tarts</u>	67
<u>Gingered Chicken Dumpling</u>	43	<u>Strawberry and Coconut Butter Bars</u>	68
<u>Key Lime Pie</u>	64	<u>Stuffed Eggs with Lemon & Capers</u>	7
<u>Lemon Kale Pesto</u>	16	<u>Thai Grilled Chicken</u>	45
<u>Moroccan Chicken Artichokes & Olives</u>	44	<u>Turkey, Apple & Thyme Balls</u>	46
<u>Nut & Seed Crispbread</u>	9	<u>Turkish Stuffed Eggplant</u>	61
<u>Paleo Tortilla Wraps</u>	39	<u>Walnut & Pumpkin Pie</u>	70
<u>Prawn & Vegetable Foo Yung</u>	52	<u>Zucchini Crackers</u>	8

Disclaimer

The recommendations given in this book are intended solely as education and information. Always consult a medical practitioner before embarking on a diet.

The nutritional information has been calculated using the Self Nutritional Data website.

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