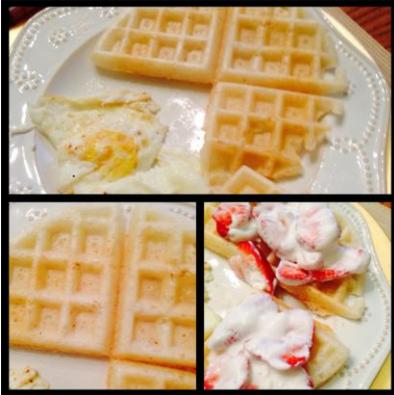


# Manna From Heaven

Recently I found a Paleo Bread that is totally amazingly delicious. Yes, it definitely is. I made my first batch last Wednesday and have made it almost everyday since then. The first day I made them, our little 2 year old, Caris, was here for the day. We had such a hard time saving any for Papa, who was at the Ice House. The next day she told her mom, Brennon, that she could not eat her avocado without Mimi's tortillas.



Use this recipe to make Bread Replacement, Tortillas, Waffles, Turnovers and even Pizza Crust

John and I made a batch on Sunday and served them with frozen (thawed) cherries on the top, which made wonderful crepes.

## INGREDIENTS

These have only three ingredients:

1/2 cup Almond Flour

1/2 cup Tapioca Flour

1 Cup from a can of Full Fat Coconut Milk

I did add some Sea Salt and some (1/4 Cup) coconut Milk to make them a little thinner.



Here is the website: <http://myheartbeets.com/paleo-naan-indian-bread/>

I plan to make an adapted version for Pizza Crust (not loving this yet), and can't wait to try her Apple Turnovers, once the Crossfit 30 Day Challenge is over.

# Easy Paleo Mayonnaise

I had just rediscovered my old, old good mayonnaise recipe that I used when the children were growing up; and then Erin brought her homemade chicken salad with Paleo Mayonnaise to CrossFit. Her recipe looked a bit easier than mine, but I didn't have all of the needed ingredients, so I improvised and adjusted. And it is so good.

## Ingredients

- 1 Egg
- 1/2 tsp Sea Salt
- 1/4 tsp Black or Cayenne Pepper (I didn't have Cayenne)
- 2 TBL Raw Honey
- 4 tsp Apple Cider Vinegar
- 7 tsp Lemon Juice
- 1 and 1/4 cup Olive Oil



## How to Make

Put all ingredients into a blender, except the oil. When well blended, slowly pour in the oil.

Erin's recipe looked so much easier: "Just put all ingredients into blender and hit it with that hand blender."

I tried to pour in the Olive Oil slowly, but I didn't do well. So I followed Erin's directions. I actually used a little blender called an Emersion Blender. This was the first thing I had gotten it to work on. So happy for this victory.

## Ideas

Combine a can of Chicken with some of this Mayo, a few grapes and walnuts. Serve it over a bed of Organic Lettuce. It is so very good. Next time I have a Rotisserie Chicken, I will save some for this instead of using the Canned. I may also add some chopped apples and celery.

# Non Oatmeal for a Cold Morning

March 16, 2015 by [Dani](#) [Leave a Comment](#) ([Edit](#))

## [Cinnamon Raisin N'Oatmeal \(No Oats!\)](#)



Honestly, it was really good. I only made 1 serving my first time around, not knowing what to expect and wished I had made more. The next few times I have certainly made more. Be sure to double this recipe for two.

We had a couple of pieces of Manna Bread (Indian Bread from [myheartbeets.com](#)) left over that I heated on a baking sheet to go with the hot oatmeal. I also had a cup of herbal tea with some coconut milk in it.

Click the link to go right to [myheartbeets.com](#) for this recipe. This is a wonderful website. There are many many treasures here.

## My Tips

I added some coconut oil to stir fry the:

- ¼ cup Walnut or Pecan pieces
- 1 tablespoon Golder Flaxseed Meal (I only found flaxseeds whole. They tried to hop out of my pan as I stir fried the mixture, so I had to go slowly and probably lessen my cooking time.)
- 1 tablespoon Coconut Flour [Next](#)
- Add Coconut milk, cranberries and chi seeds plus spices:  
1 teaspoon Chia Seeds - ([I am so glad to finally figure out how to use these.](#))
- ¼ teaspoon Cinnamon
- Pinch of freshly grated Nutmeg ([I've never used freshly grated and so I used regular Nutmeg Spice.](#))
- 1-2 tablespoons Raisins ([I used Cranberries, but will buy some Yellow Raisins.](#))
- Sweetener if desired – ([I used a little organic Stevia Powder](#))

## Instructions

1. Add the flaxseed meal, nuts and coconut flour to a medium saucepan and stir-fry for 4-5 minutes, or until toasted.
2. Next, add the milk, chia seeds and spices and cook for 5 minutes, stirring occasionally.
3. Turn off the heat, stir in raisins and sweetener if using any, and serve 1. [I put a dollop of coconut cream on top of my portion. John put honey on his.](#)

# PALEO EASY TORTILAS



These are still my favorite, although for certain occasions I select the 3 Ingredient Indian Bread from [myheartbeets.com](http://myheartbeets.com). I call this Manna from Heaven. This surely was what Manna tasted like in Biblical days. Here is a [link to the post for the recipe on this one](#).

*All credit for the Wonderful Tortillas talked about below goes to the amazing lady who created the original recipe at [stupideasypaleo.com](http://stupideasypaleo.com). <http://stupideasypaleo.com/2013/08/23/simple-paleo-tortillas/>*

**I have adapted the process as I have made them over and over and over.**

- Mix all together. I use a hand mixer or even better to be sure the dry ingredients combine well. You will become faster at making these each time you make them.
- Use a small nonstick pan. I recently purchased a Cuisinart 8" Ceramic Pan to make them even easier to cook. USING a BLENDTECH or other powerful blender makes them even better and thinner.
- You need a medium heat, but they will cook really quick. Once you flip them, they are basically done.

*We use these for lunch with chicken salad, for breakfast tacos made with spinach, egg, avocado and cherry tomatoes (even turkey bacon). I make them and heat them slightly before eating. Place in refrigerator after about 2 days. Freeze any left after day 2. I freeze in sets of 4 placing a piece of wax paper between each. Oh my goodness, these are good .*

# PALEO EASY TORTILAS 2

## Ingredients

- Organic Cage Free Eggs
- Coconut Oil or Ghee (Start by using Coconut Oil)
- Pure water
- Baking Soda
- Arrowroot Powder
- Coconut Flour
- Sea Salt

*Using my new Blendtech to mix all together made them extra light.*

## How to Make

I always make this recipe times 10 for our family as we use these almost daily. This recipe shows the ingredient for making four tortillas in first column and for making about 40 in the second column. Making more at once and freezing is easier.

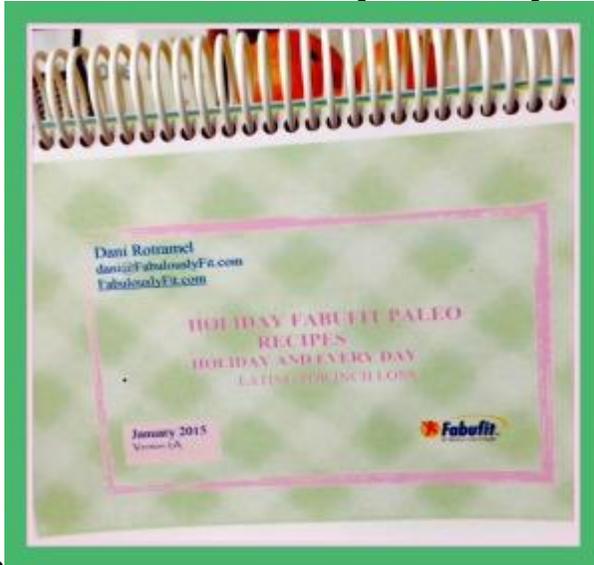
- 2 Eggs x 10 = 20 Eggs
- 1 tsp melted Ghee or Coconut Oil x 10 = 10 tsp Ghee (the ghee makes them thinner and lighter)
- 1 tsp water x 10 = 10 tsp water
- 1/8 tsp Baking Soda x 10 = 2 1/4 tsp bake soda
- 1/4 cup Arrowroot Powder x 10 = 2 1/4 Cup Arrowroot Powder
- 1 tsp Coconut Flour x 10 = 10 tsp Coconut Flour
- Pinch of Sea Salt x 10 = 10 Pinches of Sea Salt

## More Tips

Check out detail of tips I have learned making these: <http://fabulouslyfit.com/tips-for-making-the-best-paleo-tortillas-on-the-planet/>

# PALEO EASY TORTILAS 3

These are included in my **Holiday FabuFit Paleo Recipe**



**Cards.**

You can order them at with this link

<https://gumroad.com/l/recipecardsprinted>

- Tax is included in the \$27 pricing
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# Easy Meal

January 15, 2014 by [Dani](#) [Leave a Comment](#) ([Edit](#))



## EASY MEAL

This is perfect for a quick meal. If you have these ingredients on hand, this can be whipped up in about five or ten minutes. You don't need to bake it. Serve this with a big toss salad.

- 1. Brown in a pan the following four ingredients:**
  - 1 pound ground organic beef or ground turkey**
  - ½ minced onion (I speed cook with minced dried onion.)
  - ½ chopped green pepper
  - 1 jalapeno pepper chopped

### Add in:

½ TBL garlic powder

1-2 TBL hot sauce as desired. We use Jalepeno Tabasco sauce and makes it really good.

1 can of diced tomatoes  
Salt and pepper to taste

### Add to top after browned (if desired):

One mashed avocado with 1 TBL lime juice and some salt, pepper on top.

**This is also delicious  
served on an [Easy  
Paleo Tortilla](#)**

# Honey Mustard Salad Dressing – so easy

You will need an easy salad dressing so you do not sabotage your efforts.



A dear friend sent me this recipe saying it was her favorite. Now it is my favorite too! She did not send the source, but looks like a cookbook. Will try to find that out too.

## Ingredients

- **6 TBL Apple Cider Vinegar**
- **4 TBL Olive or Coconut Oil**
- **4 TBL Honey or Agave Nectar**
- **2 tsp Dijon Mustard**
- **1/4 tsp Sea Salt**
- **1/8 + tsp Black Pepper**

### Instructions:

- 
- **Whisk first four ingredients to combine well**
- **Season to taste with sea salt and pepper**
- **Store in a tightly covered jar in refrigerator up to 3 days**

# Greta's Paleo Pancakes

January 5, 2015 by [Dani](#) [Leave a Comment](#) ([Edit](#))

## Team Member Greta Slaton

Greta has changed a favorite pancake recipe over to Paleo guidelines. These are absolutely the best pancakes I have ever eaten. They are so very light and fluffy. They contain actually no flour or sweetener at all. John and I have prepared them now about 5 times. Each time, I wish I had doubled the recipe. New Year's Eve we made them for our little two year old, Caris. She loved them and ate most of our portion too!

### Ingredients

2 Eggs

1/3 C. Coconut Cream from can of full fat coconut milk

1/4 C. Protein

1 tsp Baking Powder

2 Tbls melted Coconut Oil

### How to Make

Mix all together until smooth

Place on hot griddle in small amounts. They spread

### Crepes

Make them into Crepes by adding more of the coconut milk and spreading thinner.

Top with thawed Frozen Cherries mixed with a little coconut milk/vanilla flavoring and stevia.

Thank you Greta!

Watch for Greta's 2014 Inch Loss Report

