



***Video***  
***Reference***  
***Material***



## **Bone Broth**

### **Ingredients:**

1kg/2.5lbs Marrow Bones

1 Brown Onion

4 Stalks Celery

3 Cloves Garlic

2-3 Tablespoons Apple Cider Vinegar

Water

Olive Oil

### **Method:**

On a lined roasting tray, layout your bones. Sprinkle over the diced onion and celery. Peel the garlic, dice and sprinkle. Drizzle with olive oil and roast for 45 minutes at 180C/350F.

Add the roasted bones and vegetables to a slow cooker and cover with water, add the apple cider vinegar and cover. Turn on low for 12-24 hours

Strain the liquid out and dispose of the bones and vegetables as they are now virtually nutritionally worthless! Although any meat on your bones may taste nice! Store in the fridge for up to 2 weeks.

### **\*Tips:**

Have a warm shot glass worth of this every morning to get your system a real head start. Try it for a week and notice the difference in your energy levels.

Add this to stews, soups, mince dishes etc. for a huge flavour and richness boost. Even a hot glass of this on a cold day is perfect.



## **Almond Milk**

### **Ingredients:**

1 Cup Natural Almonds

Water

1 Teaspoon Vanilla Essence (Optional)

### **Method:**

Place the almonds in a bowl and cover with water, leave to sit for 8 hours.

Strain the almonds and discard the soaking water. Add the almonds to a smoothie machine or high powered food processor. Add 3 ½ Cups water to the almonds and blitz on high for 1 minute.

Strain the liquid from the almond pulp and you're all done.

Add vanilla essence here if you want.

### **\*Tips:**

Like in the video, you can use a simple sieve to strain the milk out, but easier options are cheese cloths, or even an old stocking works well!

Other options for flavouring other than vanilla can be cinnamon, nutmeg, honey or maple syrup. I've even seen cacao powder added with honey!



## Wraps

### **Ingredients:**

5 Eggs

3 Tablespoons Ground Almonds

1 ½ Tablespoons Tapioca Flour

½ Teaspoon Garlic Powder

Olive or Coconut Oil

### **Method:**

Whisk the eggs, ground almonds, tapioca flour and garlic powder in a large bowl until well combined.

Heat a pan to a medium heat and add a layer of oil. Spread the oil around so the wraps don't catch.

Add in about ¼ Cup of mixture to the pan, and using the handle, roll the mixture around until you cover all the pan. Cook on the first side for about 1 minute, flip and cook for one more minute. Place aside and continue until you run out of mix.

### **\*Tips:**

Fill these with meat and a salad for a perfect lunch or dinner, or even try a Mexican mince mix for enchilada night!

Replace the garlic powder with vanilla essence for a sweet option. Serve with berries, fruit and honey!



## **Coriander and Parsley Pesto**

### **Ingredients:**

300g/12oz Herbs

½ Cup Cashews

1 Clove Garlic

½ Teaspoon Salt and Pepper

4 Tablespoons Olive Oil

### **Method:**

Add herbs to a food processor and blitz to get them roughly chopped.

Toast the nuts in a medium heat pan for 2-3 minutes until fragrant or just starting to brown. Cool.

Add the cooled nuts, peeled garlic, salt, pepper and olive oil to the processor and blitz until all one consistency. You may need to scrape down the sides halfway through. Add more olive oil if needed to reach desired consistency.

### **\*Tips:**

Change up the herbs for whatever's available to you, or just for flavour change. Try basil and rocket. Or even add a red chilli to this one if you're feeling adventurous!

Add a bit more oil to this recipe if using to toss through salads. This recipe is thick as best for spreading and dipping.



## **Cashew Cheese**

### **Ingredients:**

1 Cup Cashews

1 Garlic Clove

Salt and Pepper

Water

### **Method:**

Soak the cashews for 8 hours in water.

Strain the water away after soaking and place the cashews into a processor.

Add the coconut oil, ½ cup water, garlic and the salt and pepper.

Blitz until smooth, scraping down the sides halfway through. Taste and season again if needed.

### **\*Tips:**

This is great as a spread, especially on paleo bread, but if you want to use it like a sauce, then thin it out with some more water or even almond or coconut milk to keep it rich and creamy.



## **Mayonnaise**

### **Ingredients:**

1 Teaspoon Lemon Juice

1 Teaspoon Mustard

2 Egg Yolks

1 Cup Olive Oil

Salt and Pepper

### **Method:**

In a food processor, add the lemon juice, mustard and egg yolks and blitz until smooth. As slowly as you can, start pouring in the olive oil as the processor is running. Once you have noticed the mayonnaise has started to thicken, you may start to slowly increase speed, but not too much. Once you have finished pouring the oil in and the mayo is thick, you can add seasoning to your desired taste.

### **\*Tips:**

Make sure the blades on the processor are mixing well before adding your oil, if your blades are too high to mix the lemon, mustard and yolk mixture, then maybe try to double the batch until it does, the oil needs to be blending straight away, or your mix will split.

Try adding a clove of garlic and a little more mustard to make an amazing aioli!



## **Chia Pudding**

### **Ingredients:**

1 400ml/14oz Can Coconut Cream

1 Cup Shredded Coconut

1/3 Cup Chia Seeds

¼ Cup Honey

1 Teaspoon Vanilla Essence

1 Teaspoon Cinnamon

½ Teaspoon Nutmeg

### **Method:**

In a large bowl, mix all ingredients with a whisk well until everything is mixed evenly. Make sure you heat your honey slightly before mixing or it will be very hard on your hand. Set in the fridge for a minimum of 2 hours, but preferably overnight.

### **\*Tips:**

Serve this with fruit or berries to make a sweet breakfast or that late night sweet craving!

If you prefer it to be less firm and a little creamier, try just using ¼ cup chia seeds.

This pudding and a paleo granola are a match made in Heaven.



## **Cauliflower Rice**

### **Ingredients:**

Cauliflower

### **Method:**

Add roughly chopped cauliflower to a food processor and blitz until they reach a rice granule size. This can also be done using a cheese grater, but is more time consuming. 1 cup of the cauliflower rice should be a good portion for an adult, and half a cup for a child. Unlike rice, the cauliflower rice won't expand while cooking. Either boil, steam or stir-fry for 2-4 minutes until desired texture, or it's also great raw in a salad.

### **\*Tips:**

Don't just use the florets of the cauliflower, use as much stem as you can. I notice a lot of people throw away the stem of the cauliflower, but this is a great way to use it all up, it gets blitzed up and tastes the same and has great nutritional value. So, save yourself some money and use it!

This is great one for the kids, even if you are the only one in the family going paleo, try this out with them and I'm sure it'll be a winner.



*Paleo Revolution*

## **Seed and Nut Bread**

### **Ingredients:**

100g Walnuts

100g Almonds

100g Sesame Seeds

100g Pumpkin Seeds

100g Sunflower Seeds

100g Chia Seeds

100g Linseeds (Flax)

5 Eggs

½ Cup Olive Oil

½ Teaspoon salt

### **Method:**

Add all the seeds and nut to a food processor and blitz until you get course mixture, resembling a granola. Add to a large bowl and add in the eggs, oil and salt. Mix extremely well as to not have any clumps of egg. Pour the mix into a lined loaf tin and bake for 40-45 minutes. Cool slightly before taking your first slice.

### **\*Tips:**

Try this savoury with some cashew cheese and pesto or;

Try it sweet with berry jam or honey!



Written by Jevon Quirk

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