

## Coconut Flour Crepes

KS

### INGREDIENTS

12 eggs  
1/4 cup coconut flour  
1/8 tsp salt  
refined coconut oil, to fry

### METHOD

Whisk the eggs together well. Work clumps out of the coconut flour before pouring into the eggs, then whisk together thoroughly, along with the salt. Allow to sit for a few minutes.

Pre-heat a small frying pan over medium heat and melt coconut oil. Pour a scant 1/4 cup of crepe batter into the pan, immediately tipping side to side to swirl it around evenly. Allow to cook about 2-3 minutes or until the edges are no longer glossy on the top and a quick peek underneath shows browning. Use a thin spatula to flip the crepe all at once, then cook until just browning, maybe another minute or two, then remove to a plate. Store in the refrigerator for 3-5 days. Yields 18-20 6" crepes.

*Used with permission from Health, Home & Happiness's [Grain-free Meal Plan Cookbook](#), Vol. 1*

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)

## Potato Salad

KS

### INGREDIENTS

Equal Quantity Of:

- hard-boiled eggs
- whole potatoes
- dill pickle spears

Per Potato, Start With:

- 1/2 tbsp mayonnaise ([homemade version](#))
- 1/2 tsp mustard

salt and pepper

### METHOD

Cut raw potatoes into bite-sized pieces and boil for 15-20 minutes until just soft. Peel eggs and chop into bite-sized pieces. Dice pickles. Combine potatoes, eggs and pickles with mayonnaise and mustard, amount adjusted to your preferences. Salt and pepper to taste.

*Note: You can also start with baked potatoes, with or without the skins.*

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)

## Homemade Ranch Dressing

KS

### INGREDIENTS

1/2 cup mayonnaise ([homemade version](#))  
3/4 cup sour cream  
1 tbsp red wine vinegar  
2 cloves garlic, crushed  
1/2 tsp onion powder  
1/4 tsp (or to taste) each: dried parsley, dill weed, chives  
a few shakes cayenne pepper  
salt and pepper to taste

### METHOD

Combine all ingredients and store in fridge for up to two weeks, or as long as the mayonnaise and sour cream are good.

*Note: Use 100% sour cream, or any combination of sour cream, mayonnaise and plain yogurt.*

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)

## Homemade Caesar Dressing

KS

### INGREDIENTS

1 egg yolk, room temperature  
2 tsp apple cider vinegar  
1/2 tsp dry mustard  
1 tbsp (or a little less) fresh lemon juice  
2 cloves garlic, crushed  
1-2 tsp Worcheshire sauce (optional)  
2 tbsp (or more) Parmesan cheese  
3/4 cup extra virgin olive oil  
1/4 tsp salt  
1/4 tsp pepper

### METHOD

In a food processor or with an immersion blender, blend everything except Parmesan cheese and oil. As you are blending, stream in olive oil until dressing thickens into a creamy consistency. Stir in Parmesan cheese at the end. Salt and pepper to taste.

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)

## Black Bean Spread

KS

### INGREDIENTS

4 cloves garlic  
4 cups cooked black beans (or 2 cans)  
1/4 cup lime juice  
1/2 tsp coriander  
1/2 tsp cumin  
a pinch or up to 1/4 tsp cayenne pepper  
1 6 oz can tomato paste  
1/2 tsp salt, or to taste (omit if using canned beans)

### METHOD

In a food processor, whiz the peeled garlic cloves until they are minced. Add remaining ingredients and process until smooth. Taste and adjust cayenne and salt as needed.

*Used with permission from Real Food...Real Easy! by Debra of Sweet Kisses and Dirty Dishes*

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)

## Homemade Blender Hummus

KS

### INGREDIENTS

1/2 cup tahini paste	juice of 1-3 lemons
1/3 cup extra virgin olive oil	2-4 cloves of peeled garlic
1 1/2 - 2 tsp salt	2 tsp ground cumin
cayenne pepper, to taste (optional)	
black pepper, to taste (optional)	
3 cups of cooked chickpeas or garbanzo beans (or 2 - 15oz cans), drained	
1/3 - 2/3 cup water drained from beans (use more or less depending on desired consistency)	

### METHOD

Add all ingredients except the chickpeas to a blender and puree until garlic is minced and liquid is combined. Add half of the beans and blend until smooth. Add remaining beans and blend until smooth. Add more bean water to thin out hummus as needed, scraping the sides and bottom to ensure all the beans are pureed. Taste and adjust seasoning as needed. Store in the fridge for a week or freeze for up to three months in an airtight container.

*Note: Can make in a food processor too, usually all at once without splitting up the beans.*

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)

## Apple Flax Muffins

KS

### INGREDIENTS

1 1/4 cup flax seed meal OR whole flax seeds	4 eggs
2 tsp baking powder	1/2 cup applesauce
1 tbsp cinnamon	1 tsp vanilla
1/2 tsp salt	1 tsp nutmeg (optional)
1/3 cup sugar (or <a href="#">sucanat</a> )	1/4 cup melted unrefined coconut oil (or butter)
1 large apple, chopped	1/2 cup walnuts, chopped

### METHOD

*If using ground flax (meal):* Mix dry ingredients. Beat the eggs and add to dry mixture along with oil, applesauce and vanilla. Mix thoroughly. Add apple and nuts and stir to combine.

*If using whole flax seeds:* Using a powerful blender, blend eggs, oil, flax seeds, applesauce and vanilla for about a minute, or as long as it takes to grind up the seeds completely. The mixture will get very gummy and thick very quickly. Combine dry ingredients separately. Add dry ingredients to the mixture in the blender and blend to combine, then stir in apples and walnuts.

*For either method:* Allow fully incorporated mixture to stand 10 minutes. Preheat oven to 350°F and prepare muffin tins with grease or papers. Spoon the very thick batter into the tins and bake for 18 minutes, or until a toothpick inserted in the center comes out clean. (12-14 minutes for mini muffins). Yields 18-24 muffins.

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)

## Guacamole

KS

### INGREDIENTS

1 avocado, pit removed  
1 tbsp (or less) lime juice  
1/2 tbsp, or to taste, adobo seasoning  
1/8 - 1/4 tsp salt, to taste

### METHOD

Mash all ingredients together until desired consistency.

An immersion blender works fine as well. Leave the pit in the guacamole to slow down the browning process while you're out in the woods.

*Note: If you can't find adobo seasoning, use 1/4 tsp oregano or Mexican oregano, 1/4 tsp garlic powder, 1/4 tsp onion powder, 1/4 tsp cumin, 1/4 salt, 1/8 tsp (or less) black pepper and a dash of cayenne.*

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)

## Soaked Buckwheat Pancakes

KS

### INGREDIENTS

4 tbsp brown sugar (or honey or sucanat)	2 cups buckwheat flour (freshly ground, if possible)
1 tsp salt	2 cups buttermilk (or plain yogurt)
1 tsp baking soda	3 tbsp applesauce
2 tsp baking powder	2 eggs
1/2 tsp cinnamon	3 tbsp melted butter (or coconut oil)
1/4 tsp nutmeg	

### METHOD

Mix the flour and buttermilk or yogurt in a jar the day you leave. Measure out the dry sweetener, salt, baking soda, baking powder, cinnamon and nutmeg into a baggie. Measure the applesauce into a small jar or tightly lidded container and plan to melt the fat on the griddle out in the woods (a metal measuring cup is an easy container for this task).

When you're ready to eat the next morning, add all the other ingredients and mix well. Be sure to sprinkle the dry products evenly over the batter to avoid clumps.

Cook on a well-greased griddle or pan until bubbles form, then flip and cook another 30 to 60 seconds. Serve with real maple syrup or cinnamon applesauce.

*I have found that freshly ground buckwheat flour and that which you can buy in a store are incredibly different from each other (more so than other grains, even). I much prefer freshly ground - it doesn't have the dark black specks in it.*

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)

## Granola Bars

KS

### INGREDIENTS

1/2 cup sucanat  
1/2 cup honey  
3/4 cup butter  
1 tsp vanilla  
4 cup rolled oats or [soaked and dried oats](#)  
1 cup chopped nuts  
1 cup add-ins (see Variations)

### METHOD

Cook the sucanat, honey and butter in a small pot over low to medium-low heat until slowly bubbling, stirring often. Leave on the heat for at least 10 minutes after boil. In a large bowl, mix the oats, nuts, and all add-ins except chocolate chips. When the liquid is finished on the stove, remove from heat and add vanilla (and peanut butter, if using – see variations). Stir until melty and thoroughly combined. Pour syrup over oat mixture and stir until uniform. Allow to cool slightly and add chocolate chips if using.

Press into a 9x13 pan lined with wax paper. Freeze for 30 minutes (or refrigerate a few hours) and cut into bars. Can be stored at room temperature but hold together *best* when cold. Yields approximately 2 dozen bars.

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)

## Granola Bars, cont. (print on back)

KS

### VARIATIONS

- Add-Ins: mini chocolate chips, chopped nuts, dried fruit, shredded coconut, ground flax seed, sunflower or pumpkin seeds
- Spices: 1 tsp cinnamon or other favorite spice
- Peanut Butter: Replace 1/2 cup butter with 1/2 cup creamy peanut butter
- Less Sweetener: Cut up to half the sucanat, but this may create granola instead of bars.
- Alternative Sweetener: Brown sugar can be used in place of sucanat, and maple syrup in place of honey.
- Avoid All Granulated Sweeteners: Use a whole cup of honey, no sucanat, and follow the directions as written. Bars may not hold together well if stored at room temperature, so "crispy" directions below are recommended for honey-only bars.

### CRISPIER BARS

After refrigerating or freezing, cut bars apart then spread individually on a baking sheet or stone and toast again for approximately 10-13 minutes in a pre-heated 325-350F oven. Watch closely for overbrowning. Remove from the oven and do not touch! Let everything cool completely on the cookie sheet and you will have sturdy, crunchy granola bars.

### SOAKED OPTION

Use soaked and dehydrated oats in this recipe with great success.

[www.KitchenStewardship.com](http://www.KitchenStewardship.com)