

Paleo/Primal Adaptations for the Family Camping Handbook

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The primal or Paleo lifestyle includes healthy exercise, connecting with nature, and eating age-old foods – all perfect for a trip to the woods! Although eating Paleo is certainly not a religion, there are some general guidelines that most follow:

- No Grains or Legumes
- Many Cut Dairy
- Nuts can be a problem if not properly soaked and dehydrated

The Family Camping Handbook includes many grain-ful recipes, but I offer substitutions below for each one that doesn't fit the primal/Paleo lifestyle. Many of these adaptations are also a good fit for GAPS, SCD and other gut-healing elimination diets. Any recipes that don't include links are provided below on recipe cards.

- **Baked beans** – Just cut out and eat more of the other foods!
- **Steakhouse burgers** – Skip the bread, use either flax or an egg or nothing, but don't skip the garlic and bacon grease – nom! Burgers are awesome wrapped in a big ol' lettuce leaf, and bacon on top never hurt anyone's feelings either.
- **Skip the bun recipe** – If starches aren't your friend, substitute for corn on the cob, Farmer's Market veggie foil packet or grill basket – toss veggies with your favorite fat or oil plus some Italian seasoning or chives.
- **Paleo Pancakes** – try one of these recipes:
 - Grain Free Pumpkin or Squash <http://bit.ly/Ug3jyL>
 - Grain Free Banana Cinnamon <http://bit.ly/TwN7IC>
 - Grain Free Almond Apple <http://bit.ly/TyoJsl>
 - You won't be able to soak the batter at room temp like with the grain-based pancakes, but you could either:
 - mix up the batter before you leave, omitting the leavening, then store in the cooler until the first morning. Mix in the leavening and cook on a griddle.
 - Bring the pancakes already made – they can be gently heated on a griddle OR made into simple sandwiches with nut butter
- **Substitute salads:** If you need a potato salad substitution because of the starches, try one of my cold beet salads, or just egg salad. You could also use cooked turnips in place of the potatoes. For a refreshing cold spelt salad, just toss veggies in the dressing, maybe with cooked, shredded chicken and sunflower seeds, or use one of the beet salad options or another cold veggie salad.
- **Sausage and egg breakfast sandwiches** – Sausage and eggs on a plate, or try the amazing grain-free granola recipe from Healthy Snacks to Go.

Did you know there are other eBooks available from Kitchen Stewardship? The Butternut Spice Bars shared here are originally from Healthy Snacks to Go, where you'll find about 2/3 of the recipes are grain-free and all but 4 have dairy-free options. Check it out here: <http://bit.ly/cijhxd> You can use the code FB10OFF for 10% off, anytime!

Almond Apple Pancakes

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These Almond Apple Pancakes are thick and hearty. The coconut milk does a nice job making them thinner; water will work but really dilutes the flavor.

Ingredients:

1 c. almonds
1/2 large apple or 1 small OR
1/3-1/2 c. applesauce
2 eggs
2-3 Tbs oil (melted coconut oil)
1/4 tsp. salt
1 tsp. baking powder
2+ tsp. cinnamon
1 tsp. vanilla extract

optional: add up to 3 Tbs. coconut milk or whole milk

Instructions:

1. In a food processor, grind the almonds into a fine meal, stopping before almond butter.
2. Add the apple, cored, if using a whole apple and food process until finely chopped.
3. Add the rest of the ingredients either in your food processor or in a mixing bowl. Mix well.
4. Add milk if needed for thinner batter.
5. Cook over medium to medium-high heat in butter or coconut oil until bubbly and slightly dry on the edges, and flip once.
6. Serve with butter and maple syrup. Leftovers will refrigerate or freeze just fine and reheat in the toaster oven.

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Paleo Pumpkin Pancakes

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Works with any squash. I recommend a sweeter squash like buttercup for these pancakes, and butternut works very well also. Cooked sweet potatoes or pumpkin puree, even from a can, is also delicious and still gets excellent super food veggie nutrition into your breakfast.

Ingredients:

1 c. cooked, pureed squash*
4-5 eggs**
2 Tbs. coconut flour OR
almond flour
1/2 tsp. cinnamon
1/4 tsp. cloves
1/4 tsp. ginger
1/4 tsp. nutmeg
1/2 tsp. salt
1-2 Tbs. maple syrup (optional)
1 tsp. vanilla (optional)

****Go quicker: don't separate the eggs, just mix everything at once!**

Instructions:

1. Separate eggs. In one bowl, whip egg whites a few minutes until frothy/foamy.
2. In a separate bowl, combine yolks with squash, flour, sweetener, vanilla and spices. Fold in egg whites.
3. Fry slowly in lots of fat in a cast iron skillet over medium-low heat OR on a griddle with a bit of butter at about 300-350F. Watch for the bottoms to begin browning when the edges look dry and flip once. If you find the pancakes are very thin and breaking apart, add a bit more flour to the batter.

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Butternut Spice Bars

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Dairy and gluten free spice bars - perfect for breakfast or a quick snack! For full recipe with timesaving cheats and other adaptations check out Healthy Snacks to Go.

Ingredients:

- 4 eggs
- 1 c. pureed butternut (or similar) squash, pumpkin, or sweet potato
- 2 tsp. cinnamon
- 1 Tbs. melted butter or coconut oil
- 2 Tbs. real maple syrup

Instructions:

1. Separate eggs. Whip egg whites until fluffy.
2. In a separate bowl, combine egg yolks, squash, cinnamon, butter/oil and maple syrup. Mix well.
3. Fold in egg whites.
4. Pour into a well-buttered 8x8-inch pan.
5. Bake 35-40 minutes in a preheated 350°F oven, uncovered.
6. Let cool completely. Slice into small squares.
7. Store in the refrigerator; lasts 1-2 weeks.

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Two Cold Beet Salads

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Greek Beet Salad:

cooked beet chunks*
chopped red onion
baby spinach
feta cheese
Balsamic vinaigrette dressing**
walnuts
garbanzo beans

Cucumber Dill Beet Salad:

cooked beets, chunked or sliced
cubed cucumber
sprinkle dill
shake on red wine vinegar
(next time I'm going to try adding a hard-boiled egg)

**Leave the skins on and roast in a covered dish with a little water at 350-400 degrees for 30-45 minutes until soft. Once cooled a bit, the skins come right off! You can also boil them with skins on, then peel. OR you can peel first, slice and steam.*

***Whisk 1 Tbs Dijon mustard with 2 Tbs balsamic vinegar. Stream 1/2 cup extra virgin olive oil in while whisking. Add a tsp of thyme if you like.*

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