

# Easy, healthy Paleo recipes

## No-Oat Oatmeal

### Ingredients:

- 1 cup of raw pumpkin seeds
- ½ cup of milled flax seeds
- ½ cup of macadamia nuts
- 8 pitted dates
- ½ Teaspoon of sea salt
- ½ Teaspoon vanilla organic unsweetened coconut milk



Optional:  
coconut cream;  
cinnamon;  
fresh berries,  
sliced banana

### Directions:

- Place the seeds, nuts, dates, sea salt and vanilla in food processor and process for 2 minutes until you have a rough chopped mixture.
- Place mixture in a glass jar to store in fridge.
- Take ½ cup of the mixture and 1 cup of coconut milk and place in a medium-size pan on stove.
- Bring to a boil and let simmer for 10 minutes.
- Optional: add coconut cream and/or fruit and/or cinnamon if desired

## Plantain Pancakes

### Ingredients:

- 2 large green plantains (about 2 cups pureed)
- 4 free-range eggs
- 4 Teaspoons of vanilla
- 3 Tablespoons of extra virgin coconut oil
- 1/4 Teaspoon of sea salt
- 1/2 Teaspoon of baking soda
- Additional coconut oil for cooking



### Directions:

- Peel plantains. (It is easier to cut them lengthwise and then cut each section in half; then separate the peel from the meat of the plantain with your fingers.)
- Place plantain pieces into your food processor or powerful blender. (A good blender is the Vitamix®.)
- Add the rest of the ingredients to the food processor or blender and process until it forms a smooth batter (about 1-2 minutes).
- Heat 1 Tablespoon of coconut oil in frying pan over medium-high heat. Pour the batter into the frying pan until your pancake is the desired size.
- Cook like a regular pancake. After 2-3 minutes, the top will form little bubbles just like a regular pancake. Flip it and cook the other side for another minute or so until done.
- Repeat until the batter runs out. Add a little coconut oil to the pan as needed.
- Top with butter, fruit or honey, grade B maple syrup, or whatever makes you happy!