

Bacon Wrapped Wings

Ingredients

A dozen wings

A dozen slices of nitrate-free bacon or pancetta.

1 tbsp salt

1 tbsp pepper

1 tbsp cayenne pepper

optional: fresh rosemary to garnish

Directions

Apply cayenne pepper, salt and pepper to the wings and place them in the fridge for 30 minutes to one hour.

Preheat the oven to 420 F.

Now take the wings out of the fridge and start wrapping each one with bacon/pancetta, making sure the entire wing is wrapped evenly. You can use half a slice of bacon if you'd like, but why would you? You can also use toothpicks to make sure the bacon doesn't unwrap on the baking sheet.

Place the wings in the oven and set the timer for 15 minutes. Now flip the wings over and bake for another 15 minutes.

Your kitchen should smell like heaven right about now.

Take the wings out, plate them up and crush them like you mean it. You may also want to save a couple for your friends.

BLT Dip

Ingredients:

1-1/2 pound bacon, cooked, drained, crumbled, and divided
2 cups shredded mozzarella cheese
2 (8-ounce) packages cream cheese, softened
1/2 cup sour cream
1/4 cup mayonnaise
1 cup cheddar cheese (shredded) or to taste
1/2 teaspoon Italian seasoning
1/2 teaspoon garlic powder (or to taste)
1 tablespoons mustard
2 cups chopped seeded tomatoes
1-1/2 cup shredded Iceberg lettuce
pepper and salt to taste

Great with Gluten Free crackers or chips.

Directions:

Preheat oven to 350°. Spray a 1 1/2-quart baking dish with nonstick cooking spray.

Set aside 3/4 cup crumbled bacon.

In a large bowl, combine remaining bacon, cream cheese, shredded cheeses, sour cream, mayonnaise, Italian seasoning, garlic powder, salt, pepper, and mustard. Spoon mixture into prepared baking dish. Bake for 25 to 30 minutes or until hot and bubbly. Sprinkle chopped tomatoes, remaining 3/4 cup crumbled bacon and lettuce over hot dip. Serve immediately with gluten free toasted bread rounds, crackers, or nacho chips.

Chicken-Salad Lettuce Wraps

Ingredients:

- 2 cups cooked chicken
- 1 cup celery, chopped
- ½ cup grapes, sliced
- 1 TBSP lemon juice
- 1/3 cup Mayonnaise
- ¼ cup walnuts, chopped
- Sea salt and ground pepper to taste

Instructions:

Place all ingredients in a medium bowl and mix together. Scoop into lettuce bowls

Cinnamon Spiced Nuts

Ingredients:

- 1 pound dry roasted almonds, pecans or walnuts
- ½ Tbls butter
- 2-3 Tbls Cinnamon
- ½ tsp nutmeg
- 2-3 Tbls Pumpkin pie spice seasoning
- Sweeten with stevia to taste
- 1 pinch sea salt
- ½ tsp pure vanilla extract
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Instructions:

1. Melt butter in saucepan
2. Add nuts, cinnamon, nutmeg, pumpkin pie spice, vanilla and salt
3. Stir everything until nuts are thoroughly coated with the spices.
4. If nuts are raw, then cover and keep the saucepan cooking on low heat for 15-20 minutes.
5. If nuts are roasted, cover and cook on low heat for 10 minutes
6. When nuts are done cooking in spices, remove pan from burner, add sweetener and stir every 2-3 minutes until mixture begins to thicken up.
7. Stir one more time making sure nuts are coated.
8. Put nuts in fridge and cool for 20-30 minutes.

Crisp Cucumber Salsa:

Note: 1/4 cup is only 16 calories! YES ONLY 16 Calories!!!

2 cups finely chopped seeded peeled cucumber

1/2 cup finely chopped seeded tomato

1/4 cup chopped red onion

2 Tbsp minced fresh parsley

1 jalapeno pepper, seeded and chopped

4-1/2 tsp minced fresh cilantro

1 garlic clove, minced or pressed

1/4 c reduced-fat sour cream

1-1/2 tsp lemon juice

1-1/2 tsp lime juice

1/4 tsp ground cumin

1/4 tsp seasoned salt

Tortilla chips

In a small bowl, combine the first seven ingredients. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.

Cucumber Cups Stuffed with Spicy Crab

INGREDIENTS

3 long cucumbers
1/4 cup sour cream (use reduced fat for lower-cal version)
1/4 cup cream cheese, softened (use reduced fat for lower-cal version)
3/4 cup crab meat, excess water removed
1 tsp hot pepper sauce (Tabasco or tapito)
1 tsp brown mustard
Salt and pepper to taste
1 tbs minced green onion
Garnish with chili powder or paprika if desired

INSTRUCTIONS

Remove the peel from the cucumbers using a vegetable peeler.

Cut the cucumber into 2 inch slices.

Using a small melon baller, scoop out most of the inside.

You want to leave the walls and a thick portion of the bottom intact.

In a bowl, combine the sour cream and the cream cheese with a fork until well combined.

Add the remaining ingredients and stir until combined.

Fill each of the cucumber cups with the crab dip. Refrigerate until ready to serve. Serve within 2 hours of making.

Experiment with different dips in the cucumber cups like hummus or a Greek yogurt spread. Enjoy!

Flax Seed Crackers

Ingredients

Serves 4

- 1 cup ground flax seed
- 1/4 cup sesame seeds
- 1/4 cup buckwheat
- 1 or 2 hand full dried fruit (raisins, goji berries, cut of figs)
- 1/2 tablespoon sea salt
- 1 cup water

Instructions

1. Mix all dry ingredients in a bowl.
2. Add the water. Mix again.
3. Let stand for at least 2 hours so that the sugar from the fruit can be infused and soaked by the seeds. You may want to stir occasionally to see if there is enough water. You may want to add a little bit more. It's not absolutely necessary to soak when you used ground flax seeds (as opposed to whole flax seeds) but I find the crackers taste much better if you do.
4. Spread the batter evenly on a tray. I use oven trays with teflon or silicon sheets, dehydrator trays with teflon sheets, you can even use a large ceramic plate (but put some coconut oil on the bottom so it will come off easily. You can spread the batter with the back of a spoon, a spatula or with your hands.
5. Now, let's dehydrate. You can do this in a dehydrator, conventional oven at lowest setting and preferably one that can be put on dry air, direct sunlight, on top of a radiator. The key is that the temperature of the *food* should not be raised above 40 degrees Celsius or 115 Fahrenheit. A food thermometer (used for beef!) may help you determine this.
6. Wait until the top is dried well. In the sun and conventional oven it is about 2 hours. In the dehydrator about 4 hours, depending on how much water was added to the batter. Then flip and let dehydrate for another hour.
7. You can eat the crackers warm or cold. If dried well, you can store the crackers in a container that will keep any moisture out. (check if it is dry - if there won't be any condense in the closed container.

Tips

1. These crackers are great for lunch with avocado, pesto and tomato. You can add any other spread of course, such as almond butter or guacamole.
2. Also great as a snack, or as chips. Just alter this basic recipe.

Fresh Artichoke & Kale Dip

- 1 Artichoke - steamed & cleaned
 - 1/4 cup of Fresh Kale - cleaned and chopped
 - 2 oz of softened cream cheese
 - 1 TB of Greek yogurt
 - Parmesan cheese - for sprinkling on top
1. Preheat oven to 350 degrees.
 2. a bowl, chop up your fresh artichoke heart pieces and all chopped kale.
 3. Mix together with softened cream cheese and Greek yogurt. You can also add a bit of chili flakes & garlic to spice it up!
 4. Using a single serving size baking dish or ramekin, fill with your dip mixture and top with parmesan cheese.
 5. Bake for about 10 minutes then switch oven to broil. Remove from oven once cheese is toasty and starts to brown.

4 Ingredient Peanut Butter Granola Bars

Ingredients

- 4 cups old fashioned oats (Gluten-Free if needed)
- 1 cup honey
- 3/4 cup natural peanut butter
- 1/2 cup peanuts
- *optional, 3 T TriMix (1 T Wheat Germ, 1 T Wheat Bran, 1 T Oat Bran) omit for G-F*
- *optional, 1 T ground flax seed*

Instructions

1. Grease the bottom and sides 9x13 pan well.
2. Preheat oven to 350 degrees.
3. Combine all ingredients VERY well in a bowl. Use an electric mixer if possible like a Kitchen Aid Mixer.
4. Mash the granola bars into the pan well. This is the most important step!! If you don't mash it, they won't hold together well. We use a potato masher to solidify this peanut butter goodness.
5. Bake for 18 minutes or until the edges barely start browning.
6. Cool for 10 minutes, and cut into bars.
7. Store in a cool dry place for up to a month.

Homemade KIND Inspired Bars

Ingredients

- 2 cups mixed nuts, coarsely chopped
- 1/3 cup honey
- 1/4 cup unsweetened shredded coconut
- 1/4 cup ground flax seeds
- 1/2 to 1 t chia seeds
- *optional, 1/4 cup dark chocolate chips & 1 t coconut oil*

Instructions

1. Line an 8x8 pan with parchment paper, or grease the pan. I have done both.
2. Preheat the oven to 350 degrees.
3. Combine all ingredients, minus the chocolate. If you combine the ingredients in a mixer, like a Kitchen Aid, the nuts will grind up more. So if you like be chunks of nuts, mix this by hand.
4. Press nut mixture into your pan. I like to use a damp potato masher to make the process easier.
5. Bake for 18-22 minutes, or until the edges are lightly brown.
6. If you are drizzling on chocolate, do it now. (I like to melt 1 t coconut oil mixed in with the chocolate chips to smooth it more. I melt both together for 30 seconds in the microwave; mix and heat for another 30 seconds, and then drizzle.)
7. Cool for 15 minutes, and cut into bars.
8. Store in a cool, airtight container.

Honey Roasted Mixed Nuts

Ingredients:

2 cups Almonds

1 cup Pecans

1 cup Walnuts

2-3 Tbsp Honey

1 Tbsp Cinnamon

1-2 tsp Cayenne Pepper (optional)

Directions:

Preheat oven to 300 degrees.

Put nuts into a bowl and coat with cinnamon and cayenne pepper.

Slowly add the honey and mix until evenly coated.

Lightly grease a baking tray and bake for 30 minutes, until the nuts are shiny.

Allow to cool for 20-30 minutes before removing from baking sheet.

Hummus

Ingredients:

- 2 cups cooked and chilled garbanzo beans
- 2 Tbls tahini
- 1 tsp sea salt
- 4-5 Tbls cold-pressed olive oil
- ½ Tbls garlic powder
- 1 Tbls fresh squeezed lemon juice

Instructions:

Combine all ingredients into a blender and blend together until creamy. Refrigerate for 15-20 minutes. Serve with GF Crackers.

Kale Chips Recipe

Ingredients:

1 bunch fresh kale leaves, well-washed and dried (you can use a salad spinner, or pat dry with towels, or just let air dry!)

2 Tbsp. olive oil

coarse sea salt (or whatever salt you prefer)

Preparation:

Preheat oven to 350 degrees.

On a cutting board, use a kitchen knife to chop the kale into bite-sized (about 1") pieces. (You can also tear it apart with your hands.) Place pieces in a large bowl, and drizzle with olive oil. Then using your hands, toss the kale until the leaves are evenly coated with the oil.

Lay the kale pieces out evenly on a parchment-lined baking sheet, and then sprinkle with sea salt. Bake for about 12 minutes, or until kale is dark green and crunchy. Remove from oven, let cool, and then serve.

You can also make cheesy kale chips, simply sprinkle parmesan or asiago cheese on the kale before you bake it. Enjoy!

Zucchini Parmesan Crisps

Ingredients:

- 1 lb. zucchini or squash (about 2 medium-sized)
- 1/4 cup shredded parmesan (heaping)
- 1/4 cup breadcrumbs (heaping)—use gluten free
- 1 tablespoon olive oil
- 1/4 teaspoon sea salt
- freshly ground pepper, to taste

Instructions:

1. Preheat oven to 400 degrees. Line two baking sheets with foil and spray lightly with vegetable spray.
2. Slice zucchini or squash into 1/4 inch-thick rounds. Toss rounds with oil, coating well.
3. In a wide bowl or plate, combine breadcrumbs, parmesan, salt and pepper.
4. Place rounds in parmesan-breadcrumb mixture, coating both sides of each round, pressing to adhere. The mixture will not completely cover each round, but provides a light coating on each side.
5. Place rounds in a single layer on baking sheets. Sprinkle any remaining breadcrumb mixture over the rounds.
6. Bake for about 22 to 27 minutes, until golden brown. (There is no need to flip them during baking -- they crisp up on both sides as is.)