

Be Inspired

Delicious Everyday Recipes Made Easy

**Gluten Free
Grain Free
Dairy Free
Refined
Sugar Free
Recipes**



Ros Rees

**The Kitchen is the
Heart and Soul of a Home.
Good Food,
Laughter and Love are all
the
Ingredients You Need.**

Ros Rees

Grain Free Recipes



My cooking is simple but it must be delicious and look appetising.

My Cooking Philosophy

My cooking philosophy is simple: good, wholesome food that is good for you and simple to prepare. It's also about making food people can enjoy without any autoimmune issues being triggered. It's being 100% dairy free and 100% grain free which also means 100% gluten free. It means less sugars and no processed sugars. It's about including the right fats and proteins. It's about healthy eating, made easy.

This Book

This book is a collection of day-to-day recipes that I have designed to be easy, without too many ingredients, with simple methods and measurements that you can do without needing a set of scales! I recommend using the best quality produce available, including, grass fed meat and wild caught fish where possible.

For those who are new to eating grain and dairy free, you may find some ingredients are new to you (e.g. banana flour); but once you start using them, you'll find that they become part of your regular pantry and palate.

I have included a shopping list, which will give you a list of all the main ingredients used in this book. My hope for you, is to build a pantry of ingredients that ensures you can take any recipe in this book and cook it successfully.

I have also put together a section called, Pantry Basics giving you an outline of some of the typical ingredients and how to use them in your cooking.

What I Hope People Get From Using This Book

My hope is that you are inspired to embrace this way of cooking and to nourish your body with good food. This book is for you, so make it your own, and enjoy!

To your continued health and happiness,

Ros Rees

Always Taste and Taste Again for Flavour.

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I want you to “Be Inspired” to cook healthy home cooked meals every day.

The full recipe book has 243 pages in full colour with 100 delicious everyday meals.

I have taken 1 recipe from each section of the book, so you can sample and enjoy the variety of recipes from the book.

All recipes are

- Gluten Free
- Grain Free
- Dairy Free
- Refined Sugar Free

Enjoy and Be Inspired !

Ros Rees

START THE DAY WITH ..

Toasted Crunchy Muesli

LITE AND SIMPLE MEALS

Chicken & Vege Quiche with Sweet Potato Base

SALADS

Roasted Sweet Potato & Beetroot Salad

VEGGIES

Cabbage & Apple Stir-Fry

MAINS

Slow Roasted Marinated Lamb Shoulder

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Roasted Pumpkin Soup

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LITTLE DELIGHTS

Apricot & Almond Energy Balls

GOOD FOR YOUR SOUL BROTHS

Chicken Broth

BREADS, SAUCES, DIPS AND DRESSINGS

Paleo Almond & Seed Bread

Toasted Crunchy Muesli

Ingredients

3 cups of mixed nuts (almonds, hazelnuts or macadamias)

1 cup of sultanas (keep separate)

3 cups of coconut, shredded or flaked

1 cup of sunflower seeds

1 cup of pepitas (pumpkin seeds)

1 tbsp of coconut oil

2 tbsp of maple syrup

Method

Preheat oven to 160°C.

Blend the nuts in a food processor until lightly chopped.

Add all other dry ingredients together, except sultanas.

Pour melted coconut oil and maple syrup into the nut mixture and stir well.

Arrange mixture on 2 trays and place in oven.

Stir the nuts after about 5 minutes, then add the sultanas and cook for another 5 minutes or until golden brown.

At this stage the muesli can burn very quickly.

Remove from the oven and let cool.

Store in an air tight container.

You can use a variety of nuts; cashews, walnuts, Brazil nuts or what ever you have in the pantry. Also, you can add a teaspoon of cinnamon to add flavour. Substitute the sultanas with dried apricots or apple - just be aware that many dried fruits have sulphur in them as a preservative.



Chicken and Vegetable Quiche with Sweet Potato Base

Ingredients

2 medium sweet potatoes
8 eggs
3 cups of chicken, cooked
1 capsicum, de-seeded and finely chopped
1 medium onion, finely chopped
2 zucchinis, finely chopped
2 cups of baby spinach or kale
1/3 cup of almond or coconut milk
1/2 tsp of salt
2 tsp of garlic, crushed
Oil for frying
Tomatoes for garnish

Method

Preheat oven to 180°C.

Wash the sweet potatoes to save peeling and slice into 2mm thick circles.

Place sweet potatoes in a 23 x 30cm pie or baking dish until the bottom and sides are covered, then sprinkle with a little olive oil.

Place in a hot oven at 200°C and cook until soft and slightly brown, then remove from oven (this will take about 15-20 minutes).

While the sweet potato is cooking, place onion into the frying pan with a little oil and cook until the onion is soft, then add the garlic.

Place the chicken, zucchini, kale and capsicum into the onion mix and heat through.

Place the mixture evenly over the cooked sweet potato.

In a separate bowl, beat eggs, milk and salt until light and frothy, then pour over the vegetables, chicken and sweet potato.

Place in oven and cook for 15-20 minutes until firm to touch.

Remove from oven and serve either hot or cold.

*If you don't have chicken then substitute with ham, bacon or fish (fresh, cooked or tinned salmon or tuna).
Swap vegetables for what is available in your fridge.*

This will serve 6-8 good size pieces.



Roasted Sweet Potato and Beetroot Salad

Ingredientss

1 large sweet potato, diced into small cubes

2-3 medium beetroots, peeled and diced into small cubes

4 cups of baby spinach or mixed lettuce leaves

1/3 cup of pine nuts (or almonds, slivered)

2 tbsp of olive oil

2 tsp of lemon juice

Pinch of salt

Method

Preheat oven to 200°C.

Place sweet potato and beetroot on baking tray with a sprinkling of oil and roast for 30 minutes until cooked.

When cooked, let it sit to cool.

Place greens in the bowl, add the roasted veggies and pine nuts.

Mix the oil and lemon juice together, then pour over the salad and gently toss.



Cabbage and Apple Stir-Fry

Ingredients

1/4 of a medium red or green cabbage

Oil for frying (olive, coconut or macadamia)

3 apples

1/3 cup of walnuts

2 tbsp of tamari (or coconut aminos)

Pinch of salt

1/4 cup of stock (or water)

Handful of fresh herbs (either parsley, coriander or thyme)

Method

Thinly slice the cabbage.

Wash apples and thinly slice into wedges (no need to peel).

Add the cabbage to frying pan with the oil and stir.

Pour in the stock (or water) along with the tamari (or coconut aminos) and mix well.

When the cabbage is nearly soft, combine the apple and cook for 3-4 minutes (the apple will still have a little crunch to it).

Remove from pan, fold through choice of herbs and the walnuts.

This is lovely and simple but looks and tastes great. You can also use Chinese cabbage and if you don't have walnuts, substitute with sunflower seeds, pine nuts or pumpkin seeds.

This dish goes really well with pork.



Slow Roasted Marinated Lamb Shoulder

Ingredients

2kg shoulder of lamb

1 cup of stock
(or water)

1/2 tsp of salt

Marinade

1/3 cup of tomato puree

2 tsp of garlic, minced

1 tsp of ginger, minced

1 large lemon, juiced

2 tbsp of tamari or coconut
aminos

1/3 cup of honey, warmed up

Pinch of salt

Method

Preheat oven at 150°C.

Mix all the marinade ingredients together.

Use one third of the marinade to coat the lamb all over.
Sprinkle with salt and place in the baking dish.

Pour the stock around the roast and cover with foil.

Place in the oven and slow cook for 4 hours, continually blasting with the remaining marinade; and with the juices that have mixed with stock every hour.

If the liquid in the bottom of the baking dish has reduced, top up with a little bit of water.

When cooked, remove from oven and place on a serving plate.

To make a lovely rich sauce, add a little more stock (or water) to the roasting pan to mix with the marinade.

Simmer on the stove until hot, then serve with the roast.

This marinade works equally well with beef, venison, pork and other cuts of meat. Serve with a medley of colourful roasted vegetables.



Roasted Pumpkin Soup

Ingredients

1 kg of pumpkin (or 1 medium butternut)
2 medium onions
2 medium potatoes
3 cloves of garlic
6 cups of chicken or vegetable stock
1 tsp of ginger, grated or crushed
1 tsp of salt
Oil for roasting

Method

Preheat oven to 180°C.
Chop up pumpkin, potatoes, onions and sprinkle with oil.
Place in oven and cook for 45 minutes until just roasted.
Add the garlic half way through so it doesn't brown too much.
Once cooked, place in saucepan and add the stock, ginger and salt (you can use a hand blender to mix all together or blend batches in food processor).
Bring to boil, then simmer for 20 minutes.
Serve with a dollop of coconut cream, some coriander or parsley and cracked pepper or nutmeg.



Apple Crumble

Ingredients

6 apples

3/4 cup of shredded coconut

1 cup of almond meal

1/2 cup of coconut oil, firm

1/2 cup of almonds, flaked
(or mixed chopped nuts of
choice)

1/4 cup of coconut or rapadura
sugar

1 tsp of cinnamon

1/4 cup of water

Method

Preheat oven to 180°C.

Chop the peeled and cored apples into small cubes.

Add apples to a saucepan with water and cook until tender.

Mix all dry ingredients together and rub in coconut oil until crumbly.

Place cooked apples into a cooking dish and place the
crumble mixture on top.

Cook in oven for 30 minutes or until brown on top.

*A warm and hearty dessert. Serve with a dollop of whipped coconut
cream (see page 146) or home made ice cream (see page 148).*



Pumpkin and Walnut Loaf

Ingredients

3 cups of pumpkin, finely
grated

1 cup of walnuts, chopped

1 cup of sultanas

1/4 cup of honey
(or maple syrup)

4 eggs

1 cup of banana or
buckwheat flour

1/3 cup of coconut or
macadamia oil

1 tsp of cinnamon

1 tsp of baking soda

1 tbsp of water

Method

Preheat oven to 180°C.

Line a tin loaf with baking paper.

Place all dry ingredients together, then add the grated pumpkin and stir through.

Add water to the baking soda and combine with eggs, oil and sweetener.

Combine the wet and dry ingredients and stir in well.

Spoon mixture into the loaf tin.

Place in oven and bake for 40-45 minutes or until firm to touch.

Remove from oven and let cool slightly.

Remove from tin and let cool on a cooling rack.

Great for morning and afternoon teas.



Lemon Poppy Seed Muffins

Ingredients

2 1/2 cups of almond meal

4 eggs

1/3 cup of coconut or macadamia oil, melted

1/3 cup of maple syrup (or honey)

2 tbsp of poppy seeds

1/3 cup of lemon juice

Zest of 1 large lemon

1 tsp of vanilla essence

1 tsp of baking powder

Method

Preheat oven to 180°C.

Place almond meal into mixing bowl and make a well in the centre, then add all other ingredients and mix well.

The mixture will be of a pourable consistency, if it's a little dense then add more water.

Place muffin paper cups in the muffin tray and pour in mixture. I use the 1/3 size measuring cup for consistency.

Place in oven and cook for 20-25 minutes until firm to touch.

Remove from oven and let cool on a wire rack.

This mixture makes about 10 muffins.



Apricot and Almond Energy Balls

Ingredients

1 cup of almond meal
2 tbsp of coconut cream or milk
3 tbsp of coconut oil, melted
2 tbsp of maple syrup
(or honey)
1/3 cup of almonds, slivered or flaked
1/4 cup of sunflower kernels
1/2 cup of desiccated coconut
1/2 cup of dried apricots,
chopped

Method

Combine all ingredients into a food processor and process until mixed through.

If mixture is a little firm, add some extra milk. If it's a bit sticky, add some more almond meal.

Roll into 2cm balls and drop into a little desiccated coconut to coat them.

Place in a container and keep in the fridge.



Chicken Broth

Ingredients

4 litres of cold water
1 kg of free range chicken
(either drumsticks, wings,
necks, carcasses or a mixture)
2 onions, chopped into halves
4 cloves of garlic, crushed
2 sticks of celery
1 lemon or lime, juiced
1 tsp salt

Method

Place chicken into a large saucepan or slow cooker and add 4 litres of cold water, depending on size of container.

For extra flavour, roast chicken in the oven for 10 -15 mins until it becomes brown.

Remove from oven and place in saucpan.

Add all other veggies, lemon juice and salt.

Let stand for an hour to let the lemon juice draw out the nutrients.

Set cooker or pan on high until broth begins to boil. As soon as it s tarts to boil, turn heat down and simmer for 12-24 hours.

If stock reduces to below bones, top up with water.

When done, pour broth through a strainer to remove bones and vegetables.

*Store broth in an airtight container in fridge, when chilled remove the fat that has set on top. This will keep for up to 4 days.
Can be frozen for 3 months and used when needed.*



Paleo Almond and Seed Bread

Ingredients

2 cups of almond meal
6 eggs
1/3 cup of coconut or olive oil
1/3 cup of psyllium husks
1/3 cup of sunflower kernels
1/3 cup of pepita seeds
(pumpkin kernels)
2 tbsp of lemon juice (or apple
cider vinegar)
1 tsp of bicarbonate soda
1/2 tsp of salt

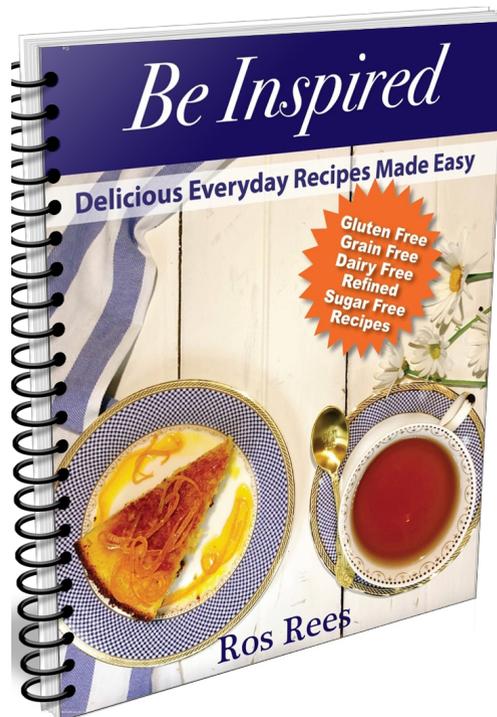
Method

Preheat oven to 180°C.
Grease and line a loaf tin 24 x 13cm with baking paper.
Place eggs in a mixing bowl and beat until thick and creamy.
When done, add in the almond meal, oil, seeds and psyllium husks.
Fold through.
Mix together the lemon juice or apple cider vinegar with the
baking soda.
Pour into the bread mixture and stir through.
Spread into the loaf tin and cook for 25-30 minutes until the top is
firm to touch.
Remove from the oven and tip onto a wire rack to cool.
Store in the fridge.

This is quite dense, so a little goes a long way.

*It's not like the normal bread but it is nice for those times that you need
that little extra with meals.*





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www.grainfreerecipes.com.au

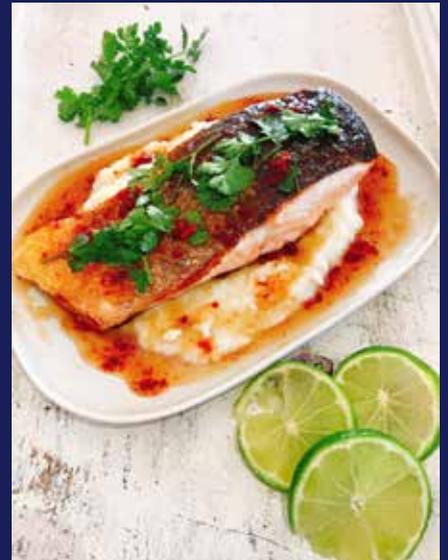
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