



Grain-Free Goodies

*Favorite grain-free & sugar-free
recipes from our kitchen to yours*

By Trisha Gilkerson

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We encourage you to share these recipes with your friends, but ask that you please refer them to our website (<http://intoxicatedonlife.com>) for the full download.

SPECIAL THANKS

Thank you to my wonderful husband and kids for being brutally honest taste-testers. :)

Special thanks to all the ladies who helped by taking some pictures for me: Angela from [Grass Fed Mama](#), Anjanette from [Raising the Barrs](#), Jennifer from [Growing up Triplets](#), and Shannon from [Simply Smiles](#). I hope to be as talented as you some day when it comes to photography!

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INTRODUCTION

As far as our health goes, [going gluten-free](#) has been a great move for our family. As our family has made the move towards eliminating all grains, we've noticed even more health benefits.

But learning to bake and cook without grains has been a learning curve.

Gluten molecules aren't the best for you health-wise, but they are the primary reason why wheat breads and pastries have their firm but fluffy quality. If you've ever tried to replace wheat flour with some kind of substitute, you've probably learned that things just don't work the same way without some tweaking.

This book will give you some great recipe ideas that are tried and tested. I think you'll agree that going grain-free never tasted so good.

Shopping List & Supplies

When you begin cooking grain-free, you'll notice that a lot of the supplies are unfamiliar and often more expensive than their grain-filled alternatives. I've [compiled a shopping list on our website](#) for your convenience. I purchase most of these speciality items online, as that's where I can get the best price and because it's convenient when you're a mom of four kids.

More Grain-Free Resources

For more information on gluten-free and grain-free living, I encourage you to check out more resources from Intoxicated On Life.

- Read our book, [*Weeding Out Wheat: A Simple, Scientific, Faith-Based Guide*](#).
- Join our Facebook support group: [Weeding Out Wheat](#)
- Follow our grain-free and gluten-free boards on Pinterest.
 - [Gluten Free Snack Ideas](#)
 - [Sugar-Free & Gluten-Free Desserts](#)
 - [Healthy Grain Free Breakfasts](#)
 - [Healthy Recipes](#)
 - [Weeding out Wheat](#): informational posts

SAVORY PARMESAN WAFFLES

INGREDIENTS

- 2 Tablespoons coconut flour
- 2 Tablespoons parmesan cheese
- 1/4 teaspoon basil
- 1/4 teaspoon oregano
- 1/4 teaspoon garlic salt
- 1/4 teaspoon baking soda
- 1/4 cup heavy cream
- 1/4 cup melted butter
- 2 large eggs



DIRECTIONS

1. Plug in your waffle iron so it can heat up while you're preparing the waffle batter.
2. Mix the coconut flour, parmesan cheese, basil, oregano, garlic salt, and baking soda together.
3. Beat together the heavy cream, melted butter, and eggs. Then combine with above mixture.
4. Grease your waffle iron well, so the batter does not stick.
5. Place enough batter on your waffle iron so that it will make a full waffle (this can vary a lot from one waffle iron to the next).
6. When the waffle is browned on both sides, remove from waffle iron.
7. Serve your waffle topped with butter, an over easy egg, and crumbled bacon!

THE INCREDIBLE EDIBLE EGG

Eggs are a healthy, inexpensive source of protein and healthy fats. Not all eggs are created equal. There is a difference in the quality of eggs. Learn more about [why you should ditch grocery store eggs](#) and [where you can find nutrient dense farm-fresh eggs](#).

APPLE CINNAMON PANCAKES

INGREDIENTS

1/4 cup coconut flour
1 cup blanched almond flour
1 Tablespoon cinnamon
1/4 teaspoon baking soda
1/2 teaspoon cream of tartar
1/4 teaspoon (or to taste) pure stevia extract
1/2 teaspoon sea salt
1 cup milk or unsweetened almond milk
2 Tablespoons melted coconut oil or butter
5 large eggs
1 teaspoon vanilla
1 large apple shredded
butter or coconut oil for greasing your skillet



DIRECTIONS

1. Mix all of the dry ingredients together.
2. Add the wet ingredients to the dry ingredients.
3. Fold in the apple.
4. Heat the skillet on medium-high heat and grease liberally with butter or coconut oil.
5. Place small rounds of batter on hot skillet and cook until done on one side. Flip and finish cooking. (Note: if you make these very large, they will easily fall apart)
6. Serve with liberal amounts of butter from grass-fed cows!

Photo by Anjanette from [Raising the Barrs](#)

CHEESY SAUSAGE BREAKFAST BISCUITS

INGREDIENTS

6 large eggs
6 Tablespoons butter, melted
1/2 teaspoon salt
1/2 teaspoon baking powder
1 teaspoon garlic powder
1/2 cup coconut flour
8 ounces sharp cheddar
cheese
1 pound cooked ground
sausage

VARIATION: BREAKFAST CASSEROLE

Instead of baking in mini-muffin tins, bake in a greased 9-inch pie pan. Bake at 400 degrees for 30-35 minutes. This makes a great Saturday morning family breakfast!



DIRECTIONS

1. Preheat oven to 400 degrees and grease 32 mini-muffin tins.
2. Combine the coconut flour, garlic powder, baking powder, and salt.
3. Add the eggs and melted butter. Mix thoroughly.
4. Fold in the cheddar cheese and ground sausage.
5. Fill the mini-muffin tins to the top. Bake at 400 degrees for 12-14 minutes.
6. Eat right away or freeze. You can pop them out of the freezer and warm them up for an easy breakfast.

Photo by Angela from [Grass Fed Mama](#)

GRAIN-FREE GINGER SNAP GRANOLA

INGREDIENTS

2 cups slivered almonds
2 cups coconut
2 cups very finely chopped pecans
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon ginger
1/4 teaspoon cloves
1/2 cup melted coconut oil
1 teaspoon vanilla
1/4 cup black strap molasses
1/4 cup maple syrup



DIRECTIONS

1. Preheat oven to 325 and grease a large baking sheet.
2. Mix together almonds, coconut, chopped pecans, salt, cinnamon, ginger, and cloves.
3. In a separate bowl, mix together the remaining ingredients.
4. Pour the liquid ingredients over the dry ingredients and stir well.
5. Pour onto the large greased baking sheet.
6. Bake for approximately 10-15 minutes, remove pan from oven and stir.
7. Continue to bake, but remove every 10-15 minutes to stir the granola. The granola should bake approximately 1 hour or until it begins to brown. Be careful towards the end because it can go from "browned" to "burned" easily!
8. Let the granola sit and cool completely before eating.

CINNAMON SWIRL BREAD

BREAD INGREDIENTS

2 cups almond flour
1 teaspoon baking soda
1/2 teaspoon salt
1/4 cup xylitol
1/8 teaspoon (or to taste) pure stevia extract stevia
2 large eggs
1/3 cup milk
1/2 cup melted butter
2 teaspoons vanilla

CINNAMON FILLING INGREDIENTS

1/4 cup melted butter
3 Tablespoon cinnamon
3 Tablespoon xylitol

SUBSTITUTING ERYTHRITOL FOR XYLITOL

Xylitol and stevia are my sweeteners of choice, but some individuals do not tolerate xylitol well. It's important to start off slowly with xylitol to see how it effects you.

If you find xylitol causes a problem, erythritol is a good substitute. To substitute erythritol for xylitol use 1 1/4 cups of erythritol for each 1 cup of xylitol



DIRECTIONS

1. Preheat the oven to 350 degrees and grease an 8.5 x 4.5 loaf pan.
2. Mix almond flour, baking soda, and salt together in a large bowl.
3. Beat eggs, milk, butter, and vanilla together. Add stevia and xylitol to this mixture.
4. Combine the two mixtures until well combined.
5. Mix the cinnamon filling ingredients together in a small bowl.
6. Pour half of the bread batter into the loaf pan and smooth out. Pour half of the cinnamon filling over the batter. Pour the remaining bread batter on the cinnamon filling and then cover with the last of the cinnamon filling.
7. Using a butter knife, swirl the batter to make a marbled effect.
8. Bake 350 degrees for 35-40 minutes.

CRANBERRY LEMON MUFFINS

INGREDIENTS

2 large eggs
1/4 cups yogurt (or cream off the top of a can of coconut milk)
2 Tablespoons melted butter or coconut oil
1/8 teaspoon (or to taste) pure stevia extract
1 Tablespoon lemon juice
1/4 teaspoon vanilla
1/4 teaspoon baking soda
1 teaspoon apple cider vinegar
2 Tablespoons xylitol
1/2 cup cranberries chopped
1/4 cup coconut flour
pinch of salt



DIRECTIONS

1. Preheat oven to 400 degrees and grease a mini-muffin pan really well.
2. Mix together all ingredients except cranberries and coconut flour.
3. Thoroughly mix in coconut flour.
4. Chop the cranberries (I used my Magic Bullet®) and then fold them into the above mixture.
5. Bake at 400 degrees for approximately 15 minutes.
6. Let the muffins cool off. I'm always tempted to eat things as soon as they pop out of the oven, but resist the urge. These muffins don't taste quite right until they cool off. After they've cooled off, they're oh so tasty!
7. These muffins freeze well. Pop whatever muffins you're not going to use into the freezer after they've cooled and just pull a couple out a half hour before you want a snack.

Photo by Angela from [Grass Fed Mama](#)

APPLESAUCE MUFFINS

MUFFINS INGREDIENTS

1/2 cup coconut flour
1/2 teaspoon baking soda
1/2 teaspoon (or to taste) pure stevia extract
2 Tablespoons cinnamon
1/8 teaspoon ground cloves
4 large eggs
1 cup homemade applesauce (or no-sugar added store-bought organic applesauce)
1/2 cup full fat coconut milk

STREUSEL INGREDIENTS

1/4 cup xylitol
2 Tablespoons coconut flour
1 Tablespoon + 1 teaspoon coconut oil
1 teaspoon ground cinnamon



DIRECTIONS

1. Preheat your oven to 400 degrees and grease 10 muffin tins.
2. Combine all of the dry ingredients together in a medium mixing bowl.
3. Add the wet ingredients to the dry ingredients and stir well until well combined.
4. Fill muffin tins 1/2 - 2/3 full with batter.
5. Make the streusel by combining the dry ingredients. Then add solid (not too warm) coconut oil and smash with fork until tiny crumbled pieces.
6. Sprinkle the streusel over top the muffins
7. Bake 400 degrees for 15 - 18 minutes or until browned on top and not too jiggly. Enjoy!

BASIC GRAIN-FREE MEATBALLS

INGREDIENTS

1 pound of ground beef or a mixture of pork and beef
1/2 cup almond flour
1/3 cup finely chopped onion
1/4 cup milk or almond milk
1/4 teaspoon pepper
1 teaspoon salt
1 egg
1/2 teaspoon coconut aminos



DIRECTIONS

1. Preheat oven to 375 degrees.
2. Mix all ingredients until well combined.
3. Form into balls and place on a baking sheet. Do not stack meatballs.
4. Bake for 35 - 40 minutes or until browned through.
5. Top with your favorite sauce. Enjoy!

GRASS-FED & PASTURED MEAT

When shopping for your meat, it's important to look for quality meat—meat that has been grass-fed and allowed to pasture. Animals allowed to pasture are healthier, richer in important fatty acids, and a better source of vitamins and minerals. They also have much less chance of being infected with e. coli and other pathogens. [Read more about why you should eat grass-fed beef and what to look for when purchasing your meat.](#)

Photo by Anjanette from [Raising the Barrs](#)

PARMESAN FRIED VEGGIES

INGREDIENTS

1/3 cup almond flour
1/3 cup grated parmesan cheese
1/2 teaspoon salt (or to taste)
1/4 teaspoon pepper
1 large egg
Lard, tallow, or coconut oil for frying
Veggies you'd like to fry (this works well with yellow squash, zucchini, or green tomatoes)



DIRECTIONS

1. Mix almond flour, parmesan cheese, salt, and pepper together.
2. Whisk egg until well blended.
3. Slice vegetables to approximately 1/4 inch thickness.
4. Warm grease in a skillet over medium heat.
5. Dunk veggies in the egg, then coat with the almond flour/parmesan cheese mixture.
6. Fry the veggies until browned on one side, then flip and brown the other side until finished cooking.

A WORD ON FATS

Sometimes it seems like the world is turned upside down. That's what I've done with the fats that have been used in recent years. I've thrown out the often touted "healthy fats" (canola and vegetable oil) and replaced them with natural, nourishing fats (coconut oil, grass-fed butter, and yes, even lard). Here's a [list of healthy fats and fats to stay away from](#). Find out how to render your own [tallow](#) or [lard](#), and [learn why you don't have to fear animal fats!](#)

CHEESY GARLIC BISCUITS

INGREDIENTS

6 eggs
6 Tablespoons butter, melted
1/2 teaspoon salt
1/2 teaspoon baking powder
1 teaspoon garlic powder
1/2 cup coconut flour
8 ounces sharp cheddar
cheese, shredded



COCONUT FLOUR

You'll notice many of the gluten-free flours often seen in cookbooks are not found in this cookbook. From a nutritional stand point, one of my favorite flours to use in gluten-free cooking is coconut flour. Unlike many other gluten-free flours, coconut flour is low on the glycemic index and won't cause blood sugar spikes. Coconut flour is also high in protein, fiber, manganese, and lauric acid (a saturated fat that is essential for your immune function). Be sure to check out our [beginners guide to using coconut flour](#).

DIRECTIONS

1. Preheat the oven to 400 degrees. Line a cookie sheet with parchment paper.
2. Whisk eggs, melted butter, salt, baking powder, and garlic together in a large bowl.
3. Blend coconut flour into mixture until no lumps remain.
4. Fold cheddar cheese into the mixture until well combined.
5. Place rounds of dough about 3 inches apart on prepared cookie sheet.
6. Bake 12 - 15 minutes or until lightly browned.

Photo by Jennifer from [Growing up Triplets](#)

HOMESTYLE BUTTERY BISCUITS

INGREDIENTS

2 cups blanched almond flour*
3 Tablespoons arrowroot powder
1/2 cup butter or lard
1/2 teaspoon salt
1/2 teaspoon baking soda
2 large eggs
1 teaspoon apple cider vinegar or lemon juice



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine flour, powder, soda, and salt.
3. Cut butter into the above mixture until pea sized pieces.
4. Whisk egg and vinegar together in a separate bowl.
5. Mix the flour and egg mixture just until the dough comes together.
6. Dust your counter with additional arrowroot powder to avoid sticking. Pat the biscuit dough into a **round** about 1 inch thick and cut into biscuits. This recipe makes approximately 10 biscuits.
7. Bake at 350 on a parchment lined pan for 18 - 20 minutes.

*NOTE ON ALMOND FLOUR

I have tried this recipe with with Honeyville brand almond flour and another brand. The biscuits turned out *much* better with the Honeyville brand. When baking the biscuits with the other brand, the texture was more cornbread like.

CHEESY “CORN” BREAD

INGREDIENTS

1/2 cup almond flour
1/4 cup coconut flour
1/4 teaspoon salt
1/4 teaspoon baking soda
1/2 teaspoon baking powder
1/8 teaspoon (or to taste) pure stevia extract
3 large eggs
1/4 cup melted butter, lard, or bacon grease
1/2 cup milk or almond milk
3 oz chopped green chilis
1 cup shredded sharp cheddar cheese

**for a dairy free option, simply omit the cheese*



DIRECTIONS

1. Preheat the oven to 350 degrees. Liberally grease an 8-inch cast iron skillet or 8x8 glass baking dish.
2. Mix all dry ingredients together.
3. Add the eggs, melted butter, and milk to the dry ingredients. Mix well.
4. Fold in the green chilis.
5. Pour half of the batter into the baking dish and smooth over. Spread cheese evenly on top of the batter. Place small dollops of the remaining batter on top of the cheese and smooth over top of the cheese.
5. Bake for 20 - 25 minutes.

PEANUT BUTTER CHOCOLATE BARS

FIRST LAYER INGREDIENTS

3/4 cup butter
1 ounce unsweetened
chocolate
2 cup ground pecans
(measure after ground)
3 Tablespoons powdered
xylitol

SECOND LAYER INGREDIENTS

2 Tablespoons butter
8 ounce cream cheese
1 cup heavy whipping cream
1/2 cup peanut butter
2 Tablespoons xylitol
1/4 teaspoon (or to taste) pure
stevia extract



DIRECTIONS

1. Melt 3/4 cup butter and unsweetened chocolate in a small pan over medium-low heat.
2. Remove from heat and mix in ground pecans and 3 Tablespoons xylitol.
3. Press mixture in an 8x8 glass baking dish and place in the refrigerator to harden while working on the second layer.
4. Place all filling ingredients in a medium saucepan and melt over medium-low heat. Be sure to stir frequently.
5. When the mixture is smooth, pour over the first layer. Place back into the refrigerator.
6. When the top layer has set up and hardened, it's ready to eat! Keep leftovers refrigerated.

NUT BUTTER COOKIES

INGREDIENTS

1/4 cup butter or palm shortening
1 large egg
2 teaspoon vanilla
1/2 teaspoon salt
3/4 cup almond flour
2 Tablespoon coconut flour
1/2 cup xylitol
1/4 teaspoon stevia
1/2 cup peanut butter or other nut butter



DIRECTIONS

1. Mix cream butter, xylitol, and stevia together.
2. Add the egg, vanilla, nut butter, and salt to the creamed mixture and beat until thoroughly combined.
3. Combine with almond and coconut flour and mix well.
4. Place your cookie dough in the refrigerator until hardened.
5. Cover a cookie sheet with parchment paper. After the dough is hardened, form into balls and press the cookie dough with a fork.
6. Bake 12 - 15 minutes or until slightly browned on top.
7. Place into freezer. Once fully chilled, enjoy. The freezer will enhance the texture of these cookies. Store cookies in the freezer.

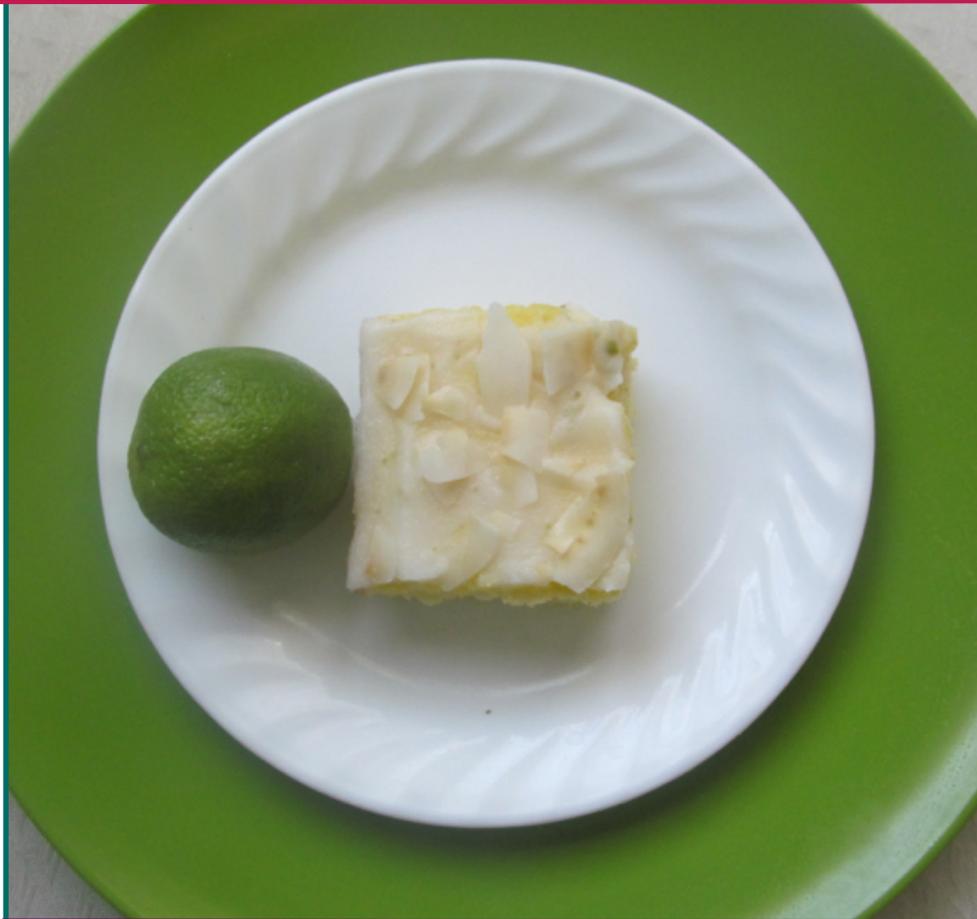
COCONUT KEY-LIME CAKE

CAKE INGREDIENTS

6 large eggs
1/4 cup coconut milk
1/4 cup xylitol
1/8 teaspoon stevia
1/2 teaspoon lime zest
3 Tablespoons key lime juice
(approximately 3 limes)
1/2 teaspoon baking powder
1/2 teaspoon sea salt
1/2 cup coconut flour
1/2 cup coconut flakes
1/4 cup coconut oil

ICING INGREDIENTS

3/4 cup coconut oil
1/4 cup powdered xylitol
1 teaspoons lime zest
1 teaspoon vanilla
pinch of salt
1/4 cup toasted coconut flakes



CAKE DIRECTIONS

1. Preheat your oven to 350 degrees. Grease a 9x9 square pan with coconut oil.
2. Melt 1/4 cup of coconut oil and let it cool while preparing your other ingredients.
3. Beat eggs, coconut milk, xylitol, stevia, and key lime juice until well combined.
4. Mix baking powder, salt, lime zest, coconut flour, and coconut flakes together in a separate bowl.

Directions continued on next page...

CAKE DIRECTIONS CONT.

5. Beat the two mixtures together and then add the coconut oil.
6. Pour the cake batter in the 9x9 pan and bake at 350 degrees for 35 - 40 minutes.
7. Allow the cake to thoroughly cool before making icing.

ICING DIRECTIONS

1. Melt coconut oil and xylitol over medium heat.
2. When xylitol is melted into the coconut oil, remove from heat and add lime zest, vanilla, and salt.
3. Let cool in the refrigerator for just a few minutes. When the mixture begins to just slightly whiten, pull it from the refrigerator and pour into your blender and whip. The goal is to whip air into the icing.
4. Pour icing on your cake and top with toasted coconut flakes.

SUBSTITUTING HONEY FOR XYLITOL

I use xylitol and stevia as sweeteners because they have little to no impact on blood sugar. If you'd prefer to use a sweetener that hasn't undergone any processing, I'd suggest honey. There are number of [health benefits associated with honey](#).

Use the following guidelines:

- Use 3/4 cup of honey for every 1 cup of sugar.
- Decrease your liquids by 1/2 cup for every 1 cup of honey you use.
- Reduce your baking temperature by 25 degrees.

RICH FUDGEY BROWNIES

INGREDIENTS

1 cup melted butter, coconut oil, or palm shortening
1 1/4 cup xylitol
3/4 teaspoon pure stevia extract
5 eggs
1 Tablespoon vanilla
2/3 cup cocoa
1 1/2 cup almond flour
3/4 cup heavy whipping cream or cream off the top of a can of coconut milk



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Grease a 9x13 pan with butter or coconut oil.
3. Beat melted butter, stevia, and xylitol together until well combined.
4. Add eggs and vanilla to mixture and beat for 2-3 minutes on medium-high speed. This mixture should be nice and fluffy.
5. Add cocoa, almond flour, and cream. Mix until combined.
6. Bake for approximately 35 minutes.
7. Top with homemade whipped cream made with stevia for extra yumminess!

PUMPKIN PIE CAKE & CREAM CHEESE FROSTING

CAKE INGREDIENTS

1/4 cup melted butter or palm shortening
2 cups pureed pumpkin
1 cup granulated xylitol
1/2 teaspoon pure stevia extract
8 eggs
1 teaspoon vanilla
1 teaspoon sea salt
2 teaspoons baking soda
2 teaspoons cinnamon
1/2 teaspoon ginger
1/4 teaspoon nutmeg
1/4 teaspoon cloves
1/2 cup coconut flour
1 1/2 cup almond flour

FROSTING INGREDIENTS

12 ounces cream cheese (softened)
1 stick butter
1 teaspoon vanilla
1/4 teaspoon pure stevia
1 cup powdered xylitol (you can easily use a coffee grinder or food processor to powder your granulated xylitol)

**omit frosting for a dairy free option*



DIRECTIONS

1. Preheat the oven to 350 and grease a 9x13 pan with butter.
2. Beat together butter, pumpkin, xylitol, stevia, eggs, and vanilla.
3. In a separate bowl, mix together the remaining dry ingredients.
4. Add the dry ingredients to the wet ingredients and mix thoroughly.
5. Pour batter into your greased 9x13 pan and bake for 40 - 50 minutes.

Directions continued on next page...

DIRECTIONS CONT.

6. While cake is baking, beat together the softened cream cheese and butter. Add the vanilla, stevia, and xylitol and beat until creamy.
7. After the cake has cooled, frost with cream cheese frosting. If you don't devour all of it the day you make it, be sure to store in in the refrigerator.

A WORD ON SUGAR & SWEETENERS

When I first began to [explore the health implications of sugar](#), I was astounded at what I found. Not only does sugar contribute to weight gain and cause chronic inflammation in your body, but it's [associated with a whole host of diseases](#) you may not have realized: Alzheimer's disease, cancer, heart disease, mental disorders, and more!

Below are a list of common sugar alternatives individuals use. Be sure to read the linked posts which talks about the pro's and con's of each of these option along with how to substitute these sweeteners in your favorite recipes.

- [Xylitol](#)
- [Splenda](#)
- [Agave Nectar](#)
- [High Fructose Corn Syrup](#)
- [Honey](#)
- [Stevia](#)

SAVORY PARMESAN WAFFLES

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

2 Tablespoons Coconut flour
2 Tablespoons parmesan cheese
1/4 teaspoon basil
1/4 teaspoon oregano
1/4 teaspoon garlic salt
1/4 teaspoon baking soda
1/4 cup heavy cream
1/4 cup melted butter
2 large eggs

DIRECTIONS

1. Plug in your waffle iron so it can heat up while you're preparing the waffle batter.
2. Mix the coconut flour, parmesan cheese, basil, oregano, garlic salt, and baking soda together.
3. Beat together the heavy cream, melted butter, and eggs. Then combine with above mixture.
4. Grease your waffle iron well, so the batter does not stick.
5. Place enough batter on your waffle iron so that it will make a full waffle (this can vary a lot from one waffle iron to the next).
6. When the waffle is browned on both sides, remove from waffle iron.
7. Serve your waffle topped with butter, an over easy egg and crumbled bacon!

APPLE CINNAMON PANCAKES

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

1/4 cup coconut flour
1 cup blanched almond flour
1 Tablespoon cinnamon
1/4 teaspoon baking soda
1/2 teaspoon cream of tartar
1/4 teaspoon (or to taste) pure stevia extract
1/2 teaspoon sea salt
1 cup milk or unsweetened almond milk
2 Tablespoons melted coconut oil or butter
5 large eggs
1 teaspoon vanilla
1 large apple shredded
butter or coconut oil to grease your skillet

DIRECTIONS

1. Mix all of the dry ingredients together.
2. Add the wet ingredients to the dry ingredients.
3. Fold in the apple.
4. Heat the skillet on medium-high heat and grease liberally with butter or coconut oil.
5. Place small rounds of batter on hot skillet and cook until done on one side. Flip and finish cooking. (Note: if you make these very large, they will easily fall apart)
6. Serve with liberal amounts of butter from grass-fed cows.

CHEESY SAUSAGE BREAKFAST BISCUITS

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

6 large eggs
6 Tablespoons butter,
melted
1/2 teaspoon salt
1/2 teaspoon baking
powder
1 teaspoon garlic
powder
1/2 cup coconut flour
8 ounces sharp cheddar
cheese
1 pound cooked ground
sausage

DIRECTIONS

1. Preheat oven to 400 degrees and grease 32 mini-muffin tins.
2. Combine the coconut flour, garlic powder, baking powder, and salt.
3. Add the eggs and melted butter. Mix thoroughly.
4. Fold in the cheddar cheese and ground sausage.
5. Fill the mini-muffin tins to the top. Bake at 400 degrees for 12 - 14 minutes.
6. Eat right away or freeze. You can pop them out of the freezer and warm them up for an easy breakfast.

GRAIN-FREE GINGER SNAP GRANOLA

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

2 cups slivered almonds
2 cups coconut
2 cups very finely
chopped pecans
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon ginger
1/4 teaspoon cloves
1/2 cup melted coconut
oil
1 teaspoon vanilla
1/4 cup black strap
molasses
1/4 cup maple syrup

DIRECTIONS

1. Preheat oven to 325 and grease a large baking sheet.
2. Mix together almonds, coconut, chopped pecans, salt, cinnamon, ginger, and cloves.
3. In a separate bowl, mix together the remaining ingredients.
4. Pour the liquid ingredients over the dry ingredients and stir well.
5. Pour onto a large greased baking sheet.
6. Bake for approximately 10-15 minutes, remove pan from oven, and stir.
7. Continue to bake, but remove every 10-15 minutes to stir the granola. The granola should bake approximately 1 hour or until it begins to brown. Be careful towards the end because it can go from "browned" to "burned" easily!
8. Let the granola sit and cool completely before eating!

CINNAMON SWIRL BREAD (Part 1)

By: Trisha Gilkerson, IntoxicatedOnLife.com

BREAD INGREDIENTS

2 cups almond flour
1 teaspoon soda
1/2 teaspoon salt
1/4 cup xylitol
1/8 teaspoon (or to taste) pure stevia extract
stevia
2 large eggs
1/3 cup milk
1/2 cup melted butter
2 teaspoons vanilla

DIRECTIONS

1. Preheat the oven to 350 degrees and grease an 8.5 x 4.5 loaf pan.
2. Mix almond flour, baking soda, and salt together in a large bowl.
3. Beat eggs, milk, butter, and vanilla together. Add stevia and xylitol to this mixture.
4. Combine the two mixtures until well combined.
5. Mix the cinnamon filling ingredients together in a small bowl.

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CINNAMON SWIRL BREAD (Part 2)

By: Trisha Gilkerson, IntoxicatedOnLife.com

CINNAMON FILLING INGREDIENTS

1/4 cups melted butter
3 Tablespoons cinnamon
3 Tablespoons xylitol

DIRECTIONS CONT.

6. Pour half of the bread batter into the loaf pan and smooth out. Pour half of the cinnamon filling over the batter. Pour the remaining bread batter on the cinnamon filling and then cover with the last of the cinnamon filling.
7. Using a butter knife, swirl the batter to make a marbled effect.
8. Bake 350 degrees for 35 - 40 minutes.

CRANBERRY LEMON MUFFINS (part 1)

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

| | |
|---|--------------------------------|
| 2 large eggs | 1/4 teaspoon vanilla |
| 1/4 cups yogurt (or cream off the top of a can of coconut milk) | 1/4 teaspoon baking soda |
| 2 Tablespoons melted butter or coconut oil | 1 teaspoon apple cider vinegar |
| 1/8 teaspoon or to taste pure stevia extract | 2 Tablespoons xylitol |
| 1 Tablespoon lemon juice | 1/2 cup cranberries chopped |
| | 1/4 cup coconut flour |
| | pinch of salt |

DIRECTIONS

1. Preheat oven to 400 degrees and grease a mini-muffin pan well.
2. Mix together all ingredients except cranberries and coconut flour.
3. Thoroughly mix in coconut flour.
4. Chop the cranberries (I used my Magic Bullet®) and then fold them into the above mixture.
5. Bake at 400 degrees for approximately 15 minutes.

directions continued on second card...

CRANBERRY LEMON MUFFINS (part 2)

By: Trisha Gilkerson, IntoxicatedOnLife.com

DIRECTIONS CONT...

6. Let the muffins cool off. I'm always tempted to eat things as soon as they pop out of the oven, but resist the urge. These muffins don't taste quite right until they cool off. After they've cooled off, they're oh so tasty!
7. These muffins freeze well. Pop whatever muffins you're not going to use into the freezer after they've cooled and just pull a couple out a half hour before you want a snack.

APPLESAUCE MUFFINS

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

1/2 cup coconut flour
1/2 teaspoon baking soda
1/2 teaspoon (or to taste) pure stevia extract
2 Tablespoons cinnamon
1/8 teaspoon ground cloves
4 large eggs
1 cup homemade applesauce
1/2 cup full fat coconut milk

STREUSEL

INGREDIENTS
1/4 cup xylitol
2 Tablespoons coconut flour
1 tablespoon + 1 teaspoon coconut oil
1 teaspoon ground cinnamon

DIRECTIONS

1. Preheat your oven to 400 degrees and grease 10 muffin tins.
2. Combine all of the dry ingredients together in a medium mixing bowl.
3. Add the wet ingredients to the dry and stir well until well combined.
4. Fill muffin tins 1/2 - 2/3 full with batter.
5. Make the streusel by combining the dry ingredients. Then add solid (not too warm) coconut oil and smash with fork until tiny crumbled pieces.
6. Sprinkle the streusel over top the muffins
7. Bake 400 degrees for 15 - 18 minutes or until browned on top and not too jiggly. Enjoy!

BASIC GRAIN FREE MEATBALLS

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

1 pound of ground beef or a mixture of pork and beef
1/2 cup almond flour
1/3 cup finely chopped onion
1/4 cup milk or almond milk
1/4 teaspoon pepper
1 teaspoon salt
1 egg
1/2 teaspoon coconut aminos

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Mix all ingredients until well combined.
3. Form into balls and place on a baking sheet. Do not stack meatballs.
4. Bake for 35 - 40 minutes or until browned through.
5. Top with your favorite sauce. Enjoy!

PARMESAN FRIED VEGGIES

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

1/3 cup almond flour
1/3 cup grated
parmesan cheese
1/2 teaspoon salt (or to
taste)
1/4 teaspoon pepper
1 large egg
Lard, tallow, or coconut
oil for frying
Veggies you'd like to fry
(this works well with
yellow squash, zucchini,
or green tomatoes)

DIRECTIONS

1. Mix almond flour, parmesan cheese, salt, and pepper together.
2. Whisk your egg until well blended.
3. Slice your vegetables to approximately 1/4 inch thickness.
4. Warm your grease in a skillet over medium heat.
5. Dunk your veggies in the egg, then coat with the almond flour/parmesan cheese mixture.
6. Fry the veggies until browned on one side, then flip and brown the other side until finished cooking.

CHEESY GARLIC BISCUITS

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

6 eggs
6 Tablespoons butter,
melted
1/2 teaspoon salt
1/2 teaspoon baking
powder
1 teaspoon garlic
powder
1/2 cup coconut flour
8 ounces sharp
cheddar cheese,
shredded

DIRECTIONS

1. Preheat the oven to 400 degrees. Line a cookie sheet with parchment paper.
2. Whisk eggs, melted butter, salt, baking powder, and garlic together in a large bowl.
3. Blend coconut flour into mixture until no lumps remain.
4. Fold cheddar cheese into the mixture until well combined.
5. Place rounds of dough about 3 inches apart on prepared cookie sheet.
6. Bake 12 - 15 minutes or until lightly browned.

HOMESTYLE BUTTERY BISCUITS

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

2 cups Honeyville
blanched almond flour
3 Tablespoons
arrowroot powder
1/2 cup butter or lard
1/2 teaspoon salt
1/2 teaspoon baking
soda
2 large eggs
1 teaspoon apple cider
vinegar or lemon juice

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine flour, powder, soda, and salt.
3. Cut butter into the above mixture until pea sized pieces.
4. Whisk egg and vinegar together in a separate bowl.
5. Mix the flour and egg mixture just until the dough comes together.
6. Dust your counter with additional arrowroot powder to avoid sticking. Pat the biscuit dough into a round about 1 inch thick and cut into biscuits. This recipe makes approximately 10 biscuits.
7. Bake at 350 on a parchment lined pan for 18 - 20 minutes.

CHEESY "CORN" BREAD

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

1/2 cup almond flour
1/4 cup coconut flour
1/4 teaspoon salt
1/4 teaspoon baking soda
1/2 teaspoon baking powder
1/8 teaspoon (or to taste)
pure stevia extract
3 large eggs
1/4 cup melted butter, lard,
or bacon grease
1/2 cup milk or almond milk
3 oz chopped green chilis
1 cup shredded sharp
cheddar cheese, shredded

DIRECTIONS

1. Preheat the oven to 400 degrees. Line a cookie sheet with parchment paper.
2. Whisk eggs, melted butter, salt, baking powder, and garlic together in a large bowl.
3. Blend coconut flour into mixture until no lumps remain.
4. Fold cheddar cheese into the mixture until well combined.
5. Place rounds of dough about 3 inches apart on prepared cookie sheet.
6. Bake 12 - 15 minutes or until lightly browned.

PEANUT BUTTER CHOCOLATE BARS

By: Trisha Gilkerson, IntoxicatedOnLife.com

FIRST LAYER INGREDIENTS

3/4 cups butter
1 ounces unsweetened chocolate
2 cups ground pecans (measure after ground)
3 Tablespoons powdered xylitol

SECOND LAYER INGREDIENTS

2 Tablespoons butter
8 ounces cream cheese
1 cup heavy whipping cream
1/2 cup peanut butter
2 Tablespoons xylitol
1/4 teaspoon pure stevia extract (or to taste)

DIRECTIONS

1. Melt 3/4 cup butter and unsweetened chocolate in a small pan over medium-low heat.
2. Remove from heat and mix in ground pecans and 3 Tablespoons xylitol.
3. Press mixture in an 8x8 glass baking dish and place in the refrigerator to harden while working on the second layer.
4. Place all filling ingredients in a medium saucepan and melt over medium-low heat. Be sure to stir frequently.
5. When the mixture is smooth, pour over the first layer. Place back into the refrigerator.
6. When the top layer has set up and hardened, it's ready to eat! Keep leftovers refrigerated.

NUT BUTTER COOKIES

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

1/4 cup butter or palm shortening
1 large egg
2 teaspoon vanilla
1/2 teaspoon salt
3/4 cup almond flour
2 Tablespoons coconut flour
1/2 cup xylitol
1/4 teaspoon stevia
1/2 cup peanut butter or other nut butter

DIRECTIONS

1. Cream butter, xylitol, and stevia together.
2. Add the egg, vanilla, nut butter, and salt to the creamed mixture and beat until thoroughly combined.
3. Combine with almond and coconut flour and mix well.
4. Place your cookie dough in the refrigerator until hardened.
5. Cover a cookie sheet with parchment paper. After the dough is hardened, form into balls and press the cookie dough with a fork.
6. Bake 12 - 15 minutes or until slightly browned on top.
7. Place into freezer. Once fully chilled, enjoy. The freezer will enhance the texture of these cookies. Store cookies in the freezer.

COCONUT KEY-LIME CAKE (part 1)

By: Trisha Gilkerson, IntoxicatedOnLife.com

CAKE INGREDIENTS

6 large eggs
1/4 cup coconut milk
1/4 cup xylitol
1/8 teaspoon stevia
1/2 teaspoon lime zest
3 Tablespoons key lime juice (approximately 3 limes)
1/2 teaspoon baking powder
1/2 teaspoon sea salt
1/2 cup coconut flour
1/2 cup coconut flakes
1/4 cup coconut oil

CAKE DIRECTIONS

1. Preheat oven to 350 degrees. Grease a 9x9 square pan with coconut oil.
2. Melt 1/4 cup of coconut oil and let it cool while preparing your other ingredients.
3. Beat eggs, coconut milk, xylitol, stevia, and key lime juice until well combined.
4. Mix baking powder, salt, lime zest, coconut flour, and coconut flakes together in a separate bowl.
5. Beat the two mixtures together and then add the coconut oil.
6. Pour the cake batter in the 9x9 pan and bake at 350 degrees for 35 - 40 minutes.
7. Allow the cake to thoroughly cool before making icing.

Icing ingredients and directions on second card...

COCONUT KEY-LIME CAKE (part 2)

By: Trisha Gilkerson, IntoxicatedOnLife.com

ICING INGREDIENTS

3/4 cup coconut oil
1/4 cup powdered xylitol
1 teaspoons lime zest
1 teaspoon vanilla
pinch of salt
1/4 cup toasted coconut flakes

ICING DIRECTIONS

1. Melt coconut oil and xylitol over medium heat.
2. When xylitol is melted into the coconut oil, remove from heat and add lime zest, vanilla, and salt.
3. Let cool in the refrigerator for just a few minutes.
4. When the mixture begins to just slightly white, pull it from the refrigerator and pour into your blender and whip. The goal is to whip air into the icing.
5. Pour icing on your cake and top with toasted coconut flakes.

RICH FUDGEY BROWNIES

By: Trisha Gilkerson, IntoxicatedOnLife.com

INGREDIENTS

1 cup melted butter, coconut oil, or palm shortening
1 1/4 cup xylitol
3/4 teaspoon pure stevia extract
5 eggs
1 Tablespoon vanilla
2/3 cup cocoa
1 1/2 cup almond flour
3/4 cup heavy whipping cream or cream off the top of a can of coconut milk

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Grease a 9x13 pan with butter or coconut oil.
3. Beat melted butter, stevia, and xylitol together until well combined.
4. Add eggs and vanilla to mixture and beat for 2 - 3 minutes on medium-high speed. This mixture should be nice and fluffy.
5. Add cocoa, almond flour, and cream. Mix until combined.
6. Bake for approximately 35 minutes.
7. Top with homemade whipped cream made with stevia for extra yumminess!

PUMPKIN PIE CAKE

By: Trisha Gilkerson, IntoxicatedOnLife.com

[Cream Cheese Frosting on Second Card](#)

CAKE INGREDIENTS

1/4 cup melted butter or palm shortening
2 cups pureed pumpkin
1 cup granulated xylitol
1/2 teaspoon pure stevia extract
8 eggs
1 teaspoon vanilla
1 teaspoon sea salt
2 teaspoons baking soda
2 teaspoons cinnamon
1/2 teaspoon ginger
1/4 teaspoon nutmeg
1/4 teaspoon cloves
1/2 cup coconut flour
1 1/2 cup almond flour

DIRECTIONS

1. Preheat the oven to 350 and grease a 9x13 pan with butter.
2. Beat together butter, pumpkin, xylitol, stevia, eggs, and vanilla.
3. In a separate bowl, mix together the remaining dry ingredients.
4. Add the dry ingredients to the wet ingredients and mix thoroughly.
5. Pour batter into your greased 9x13 pan and bake for 40 - 50 minutes.
6. Store cake in the refrigerator.

**omit frosting for a dairy free option*

CREAM CHEESE FROSTING

By: Trisha Gilkerson, IntoxicatedOnLife.com

Frosting for Pumpkin Pie Cake

FROSTING

INGREDIENTS

12 ounces cream
cheese (softened)
1 stick butter
1 teaspoon vanilla
1/4 teaspoon pure
stevia
1 cup powdered xylitol

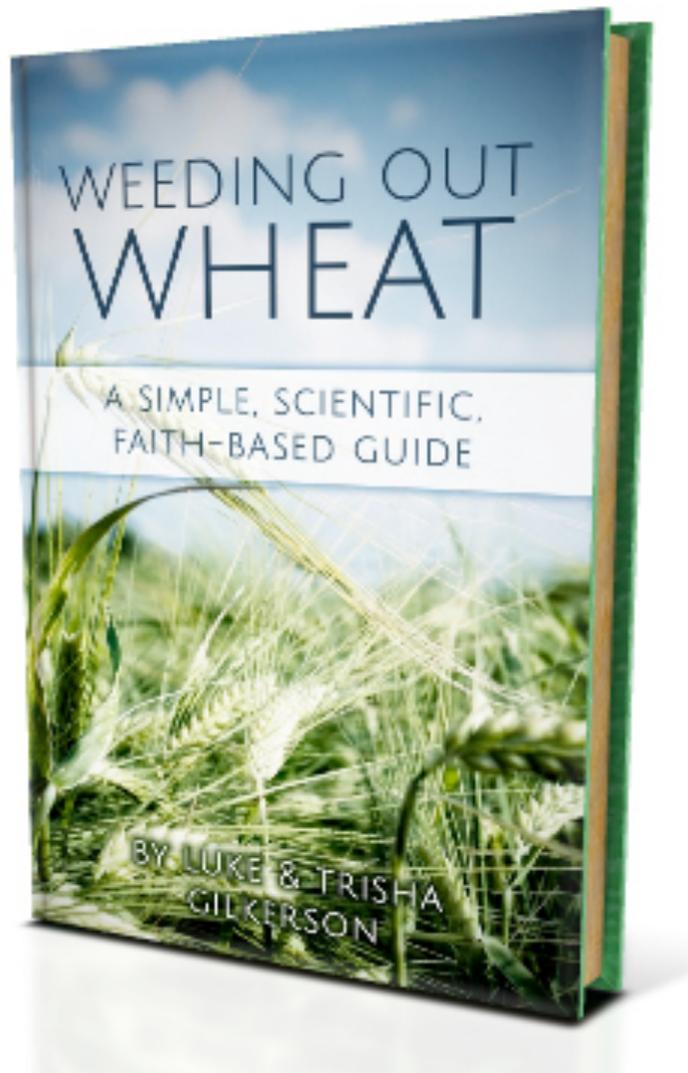
*You can easily use a
coffee grinder or food
processor to powder
your granulated xylitol.*

DIRECTIONS

1. While cake is baking, beat together the softened cream cheese and butter. Add the vanilla, stevia, and xylitol and beat until creamy.
2. After the cake has cooled, frost with cream cheese frosting.

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