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Cooking for Health and Performance

Gluten and Dairy-Free recipes

By Scott Hagnas

Apple Cinnamon

Paleo Pancakes

Scott Hagnas – Issue 7

Time: 20 min

- ☐ Coconut butter
- ☐ 1 egg
- ☐ 1/4 C of ground walnuts or almonds
- ☐ 1/4 C coconut milk
- ☐ 1/2 small apple, or 1/4 large apple
- ☐ 1/2 - 1 tsp cinnamon
- ☐ 1/2 C blueberries

I think that I used to live for breakfast with pancakes. I gave them up several years ago, but now I've found a way to make them that turn out every bit as good as the ones that I used to love. These pancakes make a great part of a 5X fat meal.

Coat two non stick skillet with coconut butter.

Grind the nuts in a coffee grinder or food processor, or do as I do and just buy the preground nut meal packets at Trader Joe's. Place all of the ingredients except the blueberries in a blender and mix well. Pour the mixture evenly into a skillet, then heat on the range at medium heat. Several minutes per side is usually enough. Don't burn them!

These pancakes are difficult to flip, so I just turn the skillet upside down, flipping the pancake into the other skillet to cook the other side. No messy, torn pancakes! Serve topped with the blueberries. I like to heat the blueberries a bit first. Enjoy!

Nutty Hot Cereal

Robb Wolf – Issue 1

Time: 10 mins

- ☐ 1 C almonds or pecans
- ☐ 1 medium sized apple, quartered
- ☐ 1 Tbsp cinnamon (This will help increase insulin sensitivity)
- ☐ 1 C water

Makes 2 cups

Place all ingredients in blender and puree.

Pour into medium sized saucepan. You may need to rinse the blender with an additional 1/4 cup of water to get all the cereal. Bring to a boil. Reduce temperature immediately and allow to simmer for 5 minutes covered. If thicker consistency is desired, allow to simmer longer.