

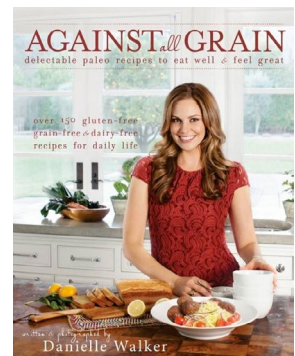
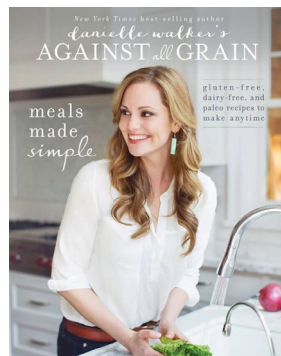
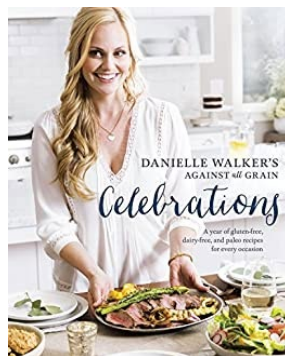
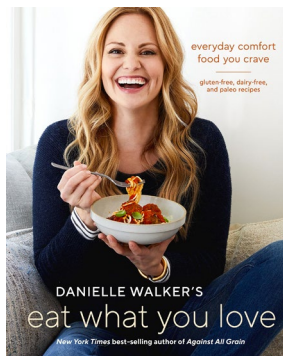
# danielle walker

## delectable paleo recipes to eat well and feel great

8 gluten-free, grain-free, and  
dairy-free recipes for daily life

from

---



# Banana Bread

NF • NSF

**MAKES** 1 loaf  
**CATEGORY** Breakfast



## INGREDIENTS

6 eggs, at room temperature  
3 tablespoons [light-colored raw honey](#)  
2 tablespoons [coconut sugar](#)  
¼ cup [palm shortening](#) or [ghee](#)  
1½ teaspoons [pure vanilla extract](#)  
½ cup +  
2 tablespoons [coconut flour](#)  
½ cup [arrowroot powder](#)  
1½ teaspoons [Grain-Free Baking Powder](#) PG 312  
¾ teaspoon [baking soda](#)  
¼ teaspoon [fine sea salt](#)  
1½ cups mashed overripe banana  
(about 4 bananas)

## INSTRUCTIONS

Preheat the oven to 350°F. Lightly grease the short sides of a 10 by 4½-inch [loaf pan](#) with [ghee](#) or [coconut oil](#). Line the bottom and long sides of the pan with [parchment paper](#) so the ends hang over the sides.

In a [stand mixer](#) fitted with the beater attachment, or using an [electric handheld mixer](#), beat the eggs, honey, coconut sugar, palm shortening, and vanilla on medium speed for 30 seconds. Scrape down the sides of the bowl, then add the coconut flour, arrowroot, baking powder, baking soda, and salt. Beat on high for 30 seconds, until smooth. Add the mashed banana and beat on medium-low speed until just incorporated.

Pour the batter into the prepared loaf pan and gently smooth the top with a [spatula](#). Place the pan in the oven and bake for 50 to 55 minutes, until a toothpick inserted into the center of the loaf comes out clean. Cool in the pan for 20 minutes, then gently lift the parchment flaps to remove the loaf from the pan. Cool completely on a wire rack, about 4 hours.

To store, once the loaf is fully cooled, wrap it in a piece of parchment paper and seal it in a resealable plastic bag or wrap it again tightly in plastic wrap. It will keep in the refrigerator for 10 days. To serve, cut the loaf into ¼-inch-thick slices.

Freeze slices of bread in a single layer on a rimmed baking sheet, tightly covered with plastic wrap, for 4 hours. Transfer the frozen slices to an airtight container and store in the freezer for 3 months. Defrost in the refrigerator overnight, or defrost from frozen in a 300°F oven for 10 minutes.



BUY  
HERE!

# Sloppy Joes

EF • NF

SERVES 4 to 6  
CATEGORY Dinner



## INGREDIENTS

2 cups [tomato puree](#)  
3 tablespoons [coconut aminos](#)  
2 tablespoons [tomato paste](#)  
2 tablespoons [coconut sugar](#)  
2 tablespoons [white wine vinegar](#)  
1 tablespoon Dijon mustard  
1 tablespoon [light-colored raw honey](#)  
1¼ teaspoons [fine sea salt](#)  
1 teaspoon [fish sauce](#)  
1 teaspoon [chili powder](#)  
½ teaspoon [sweet paprika](#)  
⅛ teaspoon ground cloves  
2 tablespoons beef tallow or [avocado oil](#)  
1½ pounds ground beef  
¾ cup diced yellow onion  
½ cup diced carrot  
½ cup diced celery  
1 red bell pepper, seeded and diced  
3 cloves of garlic, minced  
Serve with Savory Sweet Potato Mash [PG 130](#)

## INSTRUCTIONS

To make the sauce, combine all of the ingredients in a bowl and stir to mix well. Set aside.

Heat the tallow in a [Dutch oven](#) or deep skillet over medium-high heat. Add the ground beef and cook, stirring only occasionally, until the beef is well browned, 6 to 8 minutes. Drain off all but 1 tablespoon of the fat from the pan and return the pan to the heat. Add the onion, carrot, celery, bell pepper, and garlic and sauté for 3 to 5 minutes, until the vegetables have softened and the onion is translucent.

Pour in the sauce and stir well to combine. Simmer for 15 minutes. Spoon the beef mixture over the sweet potato mash and serve warm.





# Whoopie Pies

NF • NSF

**MAKES** 10 pies  
**CATEGORY** Dessert



## INGREDIENTS

$\frac{1}{3}$  cup [palm shortening](#)  
 $\frac{1}{2}$  cup [coconut sugar](#)  
2 tablespoons [light-colored raw honey](#)  
2 eggs, at room temperature  
1 teaspoon [pure vanilla extract](#)  
1 teaspoon [freshly squeezed lemon juice](#)  
2 tablespoons [arrowroot powder](#)  
 $\frac{1}{2}$  cup [Dutch-processed cocoa powder](#)  
 $\frac{1}{2}$  cup [coconut flour](#)  
 $\frac{1}{2}$  teaspoon [Grain-Free Baking Powder](#) PG 326  
 $\frac{1}{2}$  teaspoon [baking soda](#)  
 $\frac{1}{4}$  teaspoon [fine sea salt](#)  
 $\frac{3}{4}$  cup [full-fat coconut milk](#)  
  
2 cups [Vanilla Buttercream](#) PG 160

## INSTRUCTIONS

Preheat the oven to 350°F. Cut two sheets of [parchment paper](#) to fit two rimmed [baking sheets](#). Using a pencil, trace 10 football shapes each  $\frac{1}{2}$  inches in diameter on each sheet, spacing them evenly. Turn the sheets over and place on the pans.

To make the cookies, in the bowl of a [stand mixer](#) fitted with the beater attachment, or using an [electric handheld beater](#), cream together the palm shortening, coconut sugar, and honey for 1 minute on medium-high speed. Add the eggs, vanilla, and lemon juice and beat again until combined. Combine the arrowroot, cocoa powder, coconut flour, baking powder, baking soda, and salt in a bowl. Slowly beat in the flour mixture, alternating with the coconut milk, until blended.

Using a [cookie scoop](#), drop batter onto the prepared baking sheets. Using a toothpick or [offset spatula](#), gently draw the batter out to fill in the traced shapes. Alternatively, pipe the batter to fill the traced shapes.

Bake for 15 to 18 minutes, until cookies are slightly crisp on the outside. Cool completely on a wire rack.

To assemble, fill a piping bag fitted with a plain tip with the buttercream. Turn one cookie over so the bottom is facing up. Starting from the perimeter, pipe the buttercream onto the bottom, covering it completely. Gently press the bottom side of another cookie on top. Repeat to make ten filled cookies. Use the remaining buttercream to pipe football laces onto the top of each whoopie pie.





# Christmas Fudge

EF • NSF

MAKES 24 fudge squares  
CATEGORY Dessert



## INGREDIENTS

1 cup [pure maple syrup](#)  
½ cup [coconut sugar](#)  
¼ cup [expeller-pressed coconut oil](#)  
or ghee  
1 cup [raw cashew butter](#)  
6 tablespoons [arrowroot powder](#)  
2 teaspoons [pure vanilla extract](#)  
½ teaspoon [fine sea salt](#)  
12 ounces [unsweetened baking chocolate](#)  
(100 percent cacao), chopped

## INSTRUCTIONS

Line a 9 by 13-inch baking dish with [parchment paper](#) and leave flaps hanging over the side of the dish for easy removal.

In a [saucepan](#) over medium-low heat, combine the maple syrup, coconut sugar, and coconut oil. Stir until the coconut sugar melts and the mixture is liquid, about 5 minutes. [Whisk](#) in the cashew butter, arrowroot powder, vanilla, salt, and chocolate and continue stirring over low heat until the chocolate melts and everything is well blended, about 5 minutes more.

Pour the fudge into the prepared baking dish and smooth the top with a [rubber spatula](#). Chill in the refrigerator until set, about 6 hours. Cut into squares and serve.



# Ginger Chicken and Broccoli

NF • NSF

SERVES 6  
CATEGORY Dinner



## INGREDIENTS

- 3 tablespoons [expeller-pressed coconut oil](#) or [ghee](#), divided
- 6 cloves of garlic, minced
- 1½ tablespoons fresh ginger, peeled and minced
- 6 scallions, white parts only, chopped
- 2 heads broccoli, cut into florets
- 3 pounds boneless, skinless chicken thighs, trimmed of fat and cubed
- 1 cup [coconut aminos](#)
- 2 tablespoons toasted (or dark) sesame oil
- 1 teaspoon [sea salt](#)
- 2 large egg yolks

## INSTRUCTIONS

- Heat 2 tablespoons of the coconut oil in a [wok](#) or deep skillet over medium-high heat.
- Add the garlic, ginger, and scallions. Stir constantly for 30 seconds.
- Add the broccoli florets and continue cooking and stirring for 5 minutes, until the broccoli is bright green.
- Transfer the vegetables to a plate and return the pan to the burner with the remaining 1 tablespoon of coconut oil.
- Add the chicken and cook, stirring frequently, for 8 to 10 minutes, until the chicken is browned and cooked through.
- Using a slotted spoon, transfer the chicken to the plate with the broccoli and return the pan and juices to the burner. If there is less than ¼ cup of liquid in the pan, add water or chicken broth to make ¼ cup.
- Pour in the coconut aminos, sesame oil, and salt. Bring to a simmer.
- Beat the egg yolks in a bowl. Temper the yolks by slowly pouring in ½ cup of the hot sauce while whisking constantly.
- Pour the egg yolk mixture into the hot pan, then stir constantly for 3 minutes to thicken.
- Add the chicken and vegetables back into the pan and stir to coat. Cook for an additional 7 to 10 minutes, until the chicken and broccoli are fully cooked.



# Beef Stroganoff

EF • NSF • SCD

SERVES 6  
CATEGORY Dinner

## INGREDIENTS

3½ cups water, divided  
3 ounces [raw cashew pieces](#) (about ¾ cup)  
2 tablespoons [ghee](#) or [extra-virgin olive oil](#), divided  
2 pounds ground chuck  
1¼ teaspoons [sea salt](#), divided  
¼ teaspoon [cracked black pepper](#)  
½ large yellow onion, diced  
2 pounds yellow squash  
8 ounces cremini mushrooms, sliced  
½ cup dry sherry (or dry white wine for SCD)  
1 cup low-sodium beef stock  
2¼ teaspoons [fresh lemon juice](#)  
1¾ teaspoons [apple cider vinegar](#)  
¼ cup fresh parsley, packed

## INSTRUCTIONS

Boil 3 cups of the water, then remove from heat. Pour the cashew pieces into the hot water and set aside.

Melt 1 tablespoon of the ghee in a [large pot](#) over medium-high heat. Brown the ground chuck with ½ teaspoon of the salt and the pepper for 8 minutes, until cooked through. Remove the browned meat with a slotted spoon, set aside, and return the pot to the stove.

Add the remaining 1 tablespoon of ghee, onion, and ½ teaspoon of the salt. Sauté for 5 to 7 minutes, until the onion is translucent.

Meanwhile, make the squash noodles. Cut off the ends, then use a vegetable peeler to create long



ribbons. Stop at the middle when the seeds are visible and switch to the other side. Discard the seeded portion.

Add the mushrooms to the pot with the onion and continue cooking until the mushrooms are soft, 3 to 5 minutes.

Pour the sherry into the pot and stir constantly to remove the browned bits from the bottom. Simmer for 5 minutes.

Add the beef stock and meat to the pot and reduce the heat to medium-low. Allow to simmer while making the cashew cream.

Drain the cashews and place them in a [blender](#) with ¼ cup of the water, the lemon juice, and the apple cider vinegar. Blend until very smooth and creamy.

Spoon cashew cream into the pot and add parsley. Stir to combine, then let simmer for 10 minutes.

Bring the remaining ¼ cup of water to a boil in a shallow skillet. Add the squash ribbons and the remaining ¼ teaspoon of sea salt. Cover and steam for 8 minutes, until tender. Drain the noodles.

Season the sauce to taste with salt and pepper, then serve atop the squash noodles.





# Pulled Barbecue Chicken Sandwiches with Coleslaw

EF • NF • GF • DF • SCD

MAKES 6  
CATEGORY Lunch/Dinner

## INGREDIENTS

Hamburger Buns [PG 242](#)

**CHICKEN**

1 pound	boneless, skinless chicken breasts
1½ pounds	boneless, skinless chicken thighs
¾ cup	diced yellow onion
½ cup +	
2 tablespoons	white vinegar
½ cup	<a href="#">honey</a>
¼ cup	<a href="#">tomato paste</a>
2 tablespoons	<a href="#">coconut aminos</a>
1½ tablespoons	<a href="#">all-natural liquid smoke</a>
2 teaspoons	garlic, minced
2 teaspoons	<a href="#">fish sauce</a>
1½ teaspoons	<a href="#">chili powder</a>
1½ teaspoons	<a href="#">sea salt</a>
1 teaspoon	<a href="#">paprika</a>
1 teaspoon	Dijon mustard
¾ teaspoon	<a href="#">cayenne pepper</a>
½ teaspoon	allspice
¼ teaspoon	<a href="#">cracked black pepper</a>

**COLESLAW**

1 cup	shredded green cabbage
1 cup	shredded red cabbage
½ cup	shredded carrots
¼ cup	Mayonnaise <a href="#">PG 308</a>
1 tablespoon	finely chopped red onion
1 tablespoon	<a href="#">apple cider vinegar</a>
1 teaspoon	Dijon mustard
½ teaspoon	<a href="#">honey</a>
¼ sea salt	<a href="#">sea salt</a>
Dash	<a href="#">cracked black pepper</a>



## INSTRUCTIONS

Place all the chicken ingredients in a [slow cooker](#) and cook on high for 3 hours. Remove the chicken, shred with two forks, then return to the pot and continue cooking for 1 hour.

Meanwhile, make the coleslaw. Place all the coleslaw ingredients in a bowl and stir to combine. Refrigerate for at least 30 minutes before serving.

Serve the chicken on grain-free Hamburger Buns with the coleslaw on top or alongside.



# Chocolate Cream Pie with Chocolate-Cookie Crust

GF • DF • NSF

MAKES 19-inch pie  
CATEGORY Dessert

## INGREDIENTS

CRUST	2 cups	<a href="#">blanched almond flour</a>
	2 tablespoons	<a href="#">coconut flour</a>
	½ cup	<a href="#">cocoa powder</a>
	½ teaspoon	<a href="#">baking soda</a>
	¼ teaspoon	<a href="#">sea salt</a>
	½ cup	<a href="#">honey</a>
	¼ cup	<a href="#">coconut oil</a>
2 ounces	<a href="#">unsweetened chocolate</a>	
2 teaspoons	<a href="#">pure vanilla extract</a>	
FILLING	2 tablespoons	water
	2¾ teaspoons	<a href="#">unflavored gelatin</a>
	2½ cups	<a href="#">coconut milk</a>
	4	egg yolks
	¾ cup	<a href="#">grade B maple syrup</a>
	¼ teaspoon	<a href="#">sea salt</a>
	4 ounces	<a href="#">unsweetened chocolate</a> , roughly chopped
	1½ teaspoons	<a href="#">pure vanilla extract</a>
1 cup	Coconut Milk Whipped Cream <a href="#">PG 292</a>	
Topping	Dark chocolate shavings, optional	

## INSTRUCTIONS

Preheat the oven to 350°F.

Make the crust. Sift the dry ingredients into the bowl of a [stand mixer](#) or [food processor](#).

Place the remaining ingredients in a [saucepan](#) set over low heat until melted. Then, add the melted chocolate mixture to the dry ingredients. Beat in a stand mixer or food processor until fully combined.



Press the dough into a 9-inch pie pan, being sure to spread it evenly along the bottom and up the sides. Bake for 12 minutes, then let cool.

Meanwhile, make the filling. Place the water in a small bowl and sprinkle the gelatin over it. Place the coconut milk in a saucepan set over medium-high heat to warm. Place the egg yolks, maple syrup, and salt in a mixing bowl and whisk to combine. Temper the eggs by adding half of the heated milk into the bowl, whisking continuously.

Pour the mixture back into the saucepan and cook over medium heat for 6 minutes, stirring frequently. Do not let it boil or the yolks will curdle.

Whisk in the gelatin, then continue to cook for 2 minutes, whisking vigorously until the gelatin has dissolved entirely. The mixture should be thick enough to coat the back of a spoon.

Pour the custard through a mesh sieve into a bowl. Add the chocolate pieces and vanilla, whisking until smooth. Pour the custard into the cooled piecrust and cover with plastic wrap. Place in the refrigerator for 6 hours, until firm.

Let sit at room temperature for 20 minutes before serving. Top with whipped cream and sprinkle with chocolate shavings, if desired.







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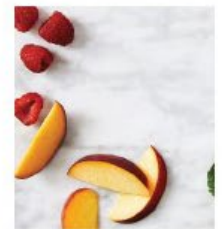
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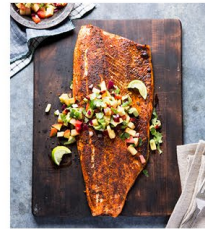
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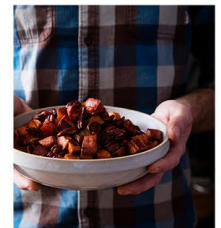
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christmas



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# breakfast



southwestern frittata



autumn breakfast skillet



breakfast burritos



biscuits



quiche with bacon, zucchini, and chard



nut-free granola



overnight breakfast casserole



pumpkin bread



freezer waffles



fluffy pancakes



shirred eggs with ham



blueberry muffins



sausage breakfast sandwiches



quick smoothies



simple scrambles

# soups and hearty salads



italian wedding soup



minestrone soup



roasted chicken and vegetable soup



mexican chicken soup



white pork chili



roasted beet and bacon salad



spa salad



buffalo chicken salad



roasted chicken, butternut, and apple salad



chicken waldorf salad



warm taco salad with creamy avocado-cilantro vinaigrette



BLT salad



grilled greek summer squash salad



barbecue chicken chopped salad



greek salad with garlic-oregano lamb



tuna salad





*poultry*



peruvian-style chicken



roasted chickens with thyme gravy



garlic-herb chicken thighs



pesto-stuffed prosciutto chicken



hawaiian chicken burgers



ginger chicken and broccoli



california chicken wraps



chicken tikka masala



chicken curry



barbecue chicken



chicken verde



lemon-oregano chicken kabobs



chicken and rice casserole

*beef, pork,  
and lamb*



barbecue beef short ribs



beef tacos



meatloaf meatballs



beef stroganoff



enchilada stuffed peppers



chipotle barbacoa



sausage and peppers arrabiata



ropa vieja



slow cooker thai beef stew



pineapple beef kabobs



mexican burgers



pepperoni pizza pasta



shortcut spaghetti with meat sauce



barbecue tri-tip with grilled watermelon salad



balsamic steak pizza



rosemary-lemon pork chops



mediterranean braised lamb



greek lamb burgers with tzatziki sauce



maple-dijon pork tenderloin



pork stir-fry



slow cooker braised pork shoulder



pork ragu



cuban pork panini





seafood



fish tacos



pesto pasta with scallops



summer shrimp rolls



creamy dill salmon



crab and asparagus linguine



poached cod with butternut squash and carrot puree



roasted tomato and shrimp pasta



pesto orange roughy



barbecue salmon with grilled peach salsa

sides



green beans almondine



creamy mashed root vegetables



vegetable biryani



cauliflower rice three ways



grilled sesame asparagus and scallions



smoky roasted sweet potatoes



lemon-roasted asparagus and brussels sprouts



catalan-style spinach



thyme-roasted fennel and carrots



jicama apple bacon slaw



roasted basil eggplant



roasted squash and beets in tahini sauce



cumin-garlic summer squash



*basics*



almond milk



chicken stock



barbecue dry rub



taco seasoning



champagne  
vinaigrette



herb ranch dressing



greek dressing



mayonnaise



barbecue sauce



hollandaise sauce



ketchup



pesto sauce



mango-pineapple  
salsa



roasted tomatillo  
salsa



guacamole



pancake mix



wraps



sandwich rolls

*simply sweets*



no-cook chocolate  
pudding



mint chocolate  
milkshake



strawberry  
shortcake



tarragon-vanilla  
stone fruits



meyer lemon curd  
cakes



strawberry-rhubarb  
crisp



real deal chocolate  
chip cookies 2.0



fudgy brownies



dark chocolate  
almond clusters



carrot cake  
cupcakes





smoked salmon  
eggs benedict



maple sage  
sausage with  
cinnamon apples



spanish frittata  
with chorizo



blueberry waffles

to start off  
your  
morning



sausage quiche  
with sweet potato  
crust



sausage and  
tomato baked  
eggs



asparagus, leek,  
and prosciutto  
quiche



pear-berry crisp



coconut milk  
yogurt



french toast  
casserole



banana porridge



celeriac and  
sausage hash



allergy-free  
breakfast cookies



vanilla-almond  
granola



chocolate berry  
granola



berries and cream

small bites



ahi mango poke  
stack



carne asada beef  
jerky



chicken satay with  
"peanut" sauce



soaked trail mix



fried brussels  
sprouts and  
cauliflower



korean beef-  
wrapped  
asparagus



marinated  
artichoke hearts



rosemary-raisin  
crackers



chips and salsa



crispy sweet  
potato fries with  
wasabi aioli



rosemary roasted  
almonds



sweet potato  
chips with creamy  
cilantro-serrano  
dipping sauce





soups,  
salads,  
and sides



clam chowder



mexican chicken chowder



roasted butternut squash soup with sausage



slow-cooker beef chuck chili



thai coconut soup (tom kha gai)



bibb lettuce with d'anjou pears, shaved fennel, avocado, and toasted walnuts



summer island salad with thai "peanut" vinaigrette



arugula, citrus, and bacon salad



winter salad with roasted beets and butternut squash with champagne vinaigrette



curried chicken salad



green papaya salad



asian mango slaw



warm spinach salad with bacon and mushrooms



roasted-garlic mashed faux-tatoes



ginger-garlic broccoli



grilled artichokes with rémoulade



stir-fried baby bok choy



basic cauli-rice



shaved brussels sprouts with bacon, leeks, and pomegranate seeds



mashed cauliflower



grilled lemon-garlic zucchini



coconut-lime rice





the main event



slow cooker sesame-orange chicken



braised chicken in artichoke-mushroom sauce



"fettuccine" alfredo with blackened chicken



chicken cobb salad



slow cooker chicken tacos



pulled barbecue chicken sandwiches with coleslaw



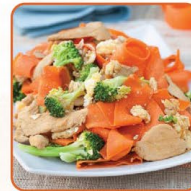
citrus-cumin chicken



club sandwich wraps



lemon herb-roasted chicken and vegetables



thai pad see ew



petrale sole with lemon-caper sauce



macadamia-coconut crusted ono with mango coulis



seafood, chorizo, and chicken paella



pan-seared salmon in red curry sauce



lemon-basil sea bass en papillote



prawn and pumpkin yellow curry



honey-lime salmon tostadas



sausage and butternut squash stuffed tomatoes



greek gyro pasta with lamb meatballs



spinach sausage lasagna



slow cooker pot roast



granny sarella's spaghetti sauce



curried short ribs



barbecue bacon burgers with rosemary-garlic mushrooms



indian-spiced pork roast with cumin-curry carrots



london broil with rosemary vegetables



carne asada burrito bowls



korean beef noodle bowls





for the kid  
in all  
of us



not-a-grain bars  
("cereal" breakfast bars)



banana mouse pancakes



spaghetti squash boats with mini-meatballs



hidden-veggie muffins



cutout cookies with frosting



chicken-zoodle soup



apple sandwiches



trail mix granola bars



fruit roll-ups



crispy chicken tenders with honey-mustard dipping sauce



cinnamon applesauce



mini-meatloaf muffins



chewy honey graham crackers



fruit juice gelatin shapes



toddler-approved vegetable curry



almond crisps

muffins, loaves, and morning cakes



cinnamon-raisin coffee cake



banana bread



world-famous sandwich bread



spiced pumpkin muffins



orange-cranberry muffins



currant scones



glazed lemon poppy seed pound cake



zucchini bread



sun-dried tomato rosemary scones



rosemary breadsticks



hamburger buns



peach streusel coffee cake





sweets  
and treats



chocolate layer cake



snickerdoodle cupcakes



strawberry cake with lemon cream filling



dark chocolate cake brownies



pumpkin donuts (with maple-bacon glaze or chocolate frosting)



real-deal chocolate-chip cookies



n' oatmeal raisin cookies



"peanut butter" cookies



double-chocolate macaroons



seven-layer bars



lemon vanilla bean macaroons



honey graham piecrust



black-bottom banana cream pie



chocolate cream pie with chocolate-cookie crust



meyer lemon meringue pie



double-chocolate frozen yogurt with "peanut" butter fudge swirl



french vanilla ice cream



mint-chip ice cream



ganache tart with toasted hazelnuts



lemon curd



chocolate fudge sauce



caramel sauce



coconut milk whipped cream



italian meringue frosting



chocolate swiss meringue buttercream



vanilla frosting





# basics



crepes



basic nut cheese



marinara sauce



mayonnaise



pastry crust



pizza crust



almond milk



chicken broth



thai 'peanut'  
vinaigrette



basil-thyme  
vinaigrette



asian pear chutney



fig jam



smoky barbecue  
sauce



tomato ketchup



blueberry  
preserves



pico de gallo



pineapple salsa



roasted-tomatillo  
salsa



guacamole

# sip on this



berry-basil  
spritzer



rosemary-  
blueberry smash



mango mule



cranberry limeade



mulled apple cider



vanilla bean hot  
cocoa



french vanilla  
coffee creamer



thai iced tea



chai latte



creamy chocolate  
shake