

PROTEIN BITES

- 2 lbs. ground turkey, chicken, beef, bison, fish, beans, legumes or combination of
- 3 egg whites or flax egg substitute
- 1/2 tsp ground cumin
- 1/2 tsp dried thyme
- 2 tsp dry yellow mustard
- 2 tsp black pepper
- ¼ tsp salt
- 2 cloves minced garlic
- 1 small onion (finely chopped)

Preheat oven to 375 degrees. Prepare muffin pan by lightly oiling with coconut oil. Mix the ingredients together in a big bowl. Roll balls into a size that fills the muffin cup. Bake uncovered in the oven for approximately 40 minutes.

OPTION: Use a muffin tin with smaller cups for a meatball size.

OPTION: Use whole eggs or 1 whole egg and egg whites to replace the meat.

CRISPY PASTA NESTS

- 1 tbsp extra virgin olive oil
- 1 large organic egg or flax substitute
- Cooked/leftover gluten free noodles. You may opt for sweet potatoes, yams, or root vegetables

Preheat oven to 375 degrees. Prepare muffin pan by lightly oiling with coconut oil. In a large bowl, beat egg; add cooked gluten-free noodles, sweet potatoes, yams, or any root vegetable. Pack into muffin tin cups as tightly as you can, creating gentle wells (nests) in centers. Sprinkle with fresh herbs and spices as your wish. Bake for 15 to 20 minutes or until crispy around the edges. Serve warm or chilled.

OPTION: Prepare the nests as indicated above. Fill the nests with one whole egg per muffin cup.

FLAX EGG SUBSTITUTE

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- 1 tbsp flaxseed meal (ground raw flaxseed)
- 2.5 tbsp water

Add flaxseed meal and water to a dish and stir. Let sit for 5 minutes to thicken. Add to recipes in place of 1 egg.

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