



Cooking God's Way

*...cooking with God
foods for better health*



© **DAILY RECIPES**

Cooking God's Way - Daily Recipes

by Shannon M. Pearce & Jeff A. Pearce

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Front cover and back cover art, photography and other images by Shannon Pearce.

Pictured on the front cover, from left to right:

Egg Muffins (page 17), Creamy Lemon & Dill Baked Salmon (page 48), "German Chocolate" Date Snack Bars (page 31), Creamy White-Bean Chicken Chili (page 46), Sweet-Potato Shepherd's Pie (page 41)

Pictured on the back cover, from left to right:

Baked Cod with Roasted Vegetables & Alfredo Sauce (page 49), Ambrosia Coconut Fruit Salad (page 32), Cocoa-Coated Almonds (page 30), Chicken Mozzarella (page 44), Spicy Southwest Fajita Stew (page 38)

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ISBN: 978-0-9794665-1-9

Published & Printed in the
United States of America


Cooking God's Way
Fort Worth, TX USA

www.CookingGodsWay.com





To my wonderful family
Cooking for you everyday is a Joy.

P.S.– Thank you for putting up with all of
my experiments in the kitchen.



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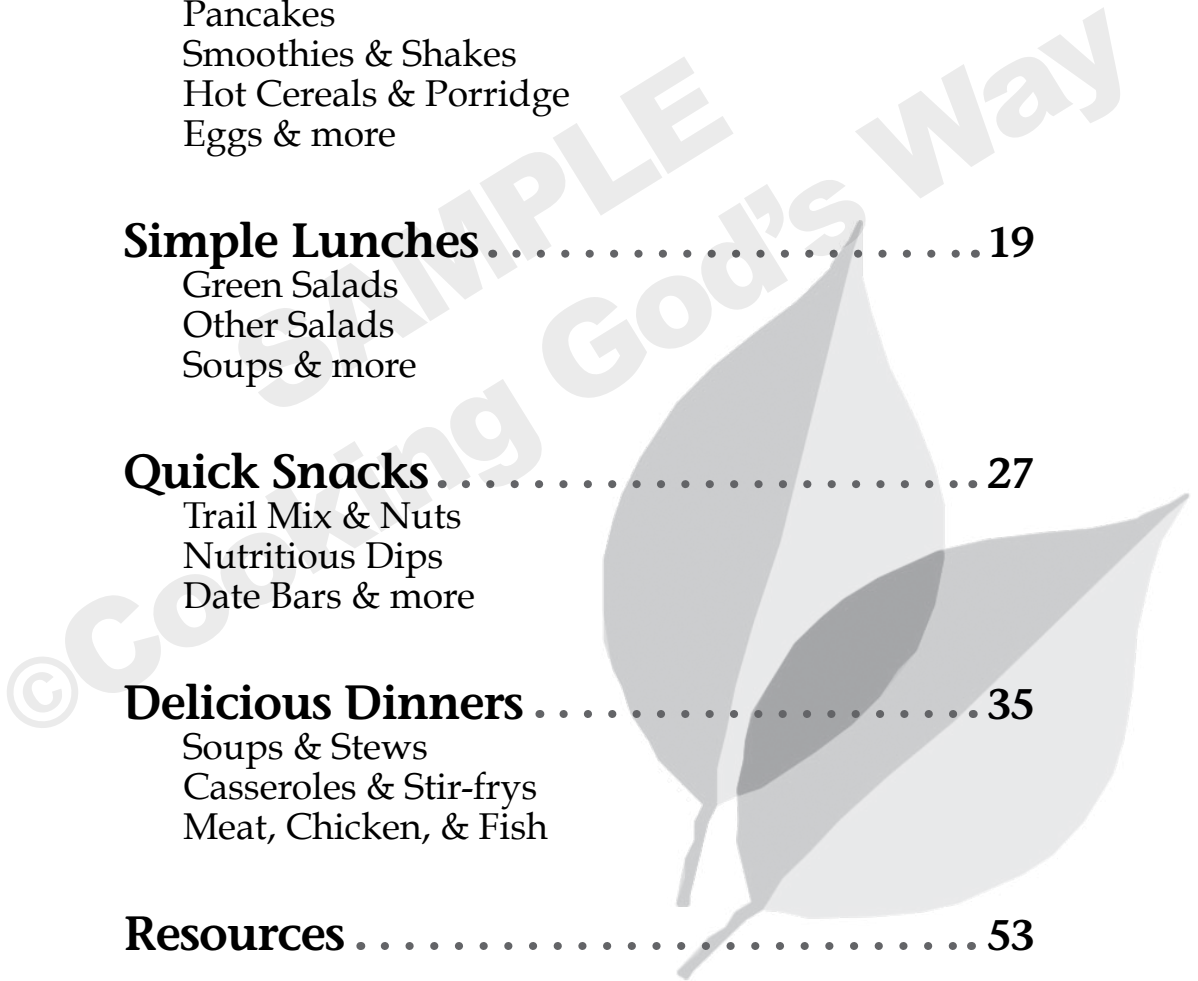
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Introduction

Cooking God's Way-Daily Recipes is birthed out of our web site CookingGodsWay.com, which, originated from our desire to help others find the healthy lifestyle that we searched for over the past 10 years. The web site has been a great success and is viewed monthly in over 50+ countries around the world.

So, with all the hoopla out of the way let's talk about how Cooking God's Way-Daily Recipes is setup to help on your journey to a healthier lifestyle. What healthy lifestyle are we talking about? We believe that if we eat the way our Ancestors did before the advent of processed quick-food items, a lot of the modern health concerns can be avoided.

These recipes are designed to taste good and be healthy too. The level of cooking skill needed is just the "want" to give it a try. To make things as easy as possible we have grouped recipes by meals of the day (breakfast, lunch, snacks, and dinner). After all, we eat by the time of day...not a recipe.

To continue with the easy mindset we give you some handy resources. Such as shopping tips/sources, a handy pantry-refrigerator stocking guide, general emergency substitutions, and more. Consider yourself armed with some basic tools needed in your fight for good health.

Enjoy these recipes, each one has been tested and prepared in a real life kitchen like yours. Take hold of your health and step forward on your path of healthy living. Only you can take the first step...

To good health.

Shannon + Jeff

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Nourishing Breakfasts

“Breakfast is the most important meal of the day.”—Mom

We all have most likely heard this a time or two. So why do we tend to skip this all to important meal? Maybe...because it is not lively enough. Here are some fun ideas for breakfast that can add life to your day.

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Coconut Flour Berry Crepes

These crepes are made with coconut flour, which is high in fiber and protein, low in carbs, and gluten-free. Serve these crepes for breakfast, brunch, or even dessert. Be sure to top with some homemade whipped cream.

- 2 large farm fresh, free-range eggs**
- 2 Tablespoons virgin coconut oil, melted**
- Liquid stevia, to taste (a few drops)**
- 1/4 teaspoon vanilla extract**
OR almond extract
- 1/8 teaspoon sea salt**
- 2 Tablespoons coconut flour, sifted**
- Smidgen of nutmeg**
- Pinch of cinnamon**
- 1/3 cup real milk OR coconut milk**
- 1 1/2 cups fresh blueberries**
OR other fresh berries
- Homemade whipped cream***

In a medium bowl with a wire whisk, beat together the eggs, oil, stevia, vanilla, and salt. Mix in sifted coconut flour, the nutmeg, and cinnamon; stir in milk.

Heat an 8-inch skillet over medium heat, when hot, melt a tiny pat of butter or coconut oil in the pan. Pour 1/8 cup of batter in skillet, swirl around in pan until a thin layer of batter covers the bottom. The crepe should be 6-inches in diameter. Cook 1-2 minutes, or until batter is bubbly and cooked around the edges. Flip the crepe and cook the other side for 1-2 minutes more, or until done.

Fill the crepes with the berries, top with a little homemade whipped cream (see recipe below), and if you wish a light dusting of coconut flour.

SERVES 2 to 3



SUGAR-FREE / GRAIN-FREE

*Homemade Whipped Cream

In a medium bowl, whip 1/2 cup of cream until stiff peaks are just about to form. (You can do this by hand with a wire whisk, or with an electric mixer; just make sure the beater and bowl are clean and cold for best results.) Beat in 1/2 teaspoon vanilla and a few drops of stevia until peaks form.

Do not over-beat, or the cream will become lumpy...and you will actually have butter instead of whipped cream.



Coconut Flour Pancakes

These coconut flour pancakes are very filling, and delicious too! Can be served with a number of toppings; such as plenty of butter, blueberries, homemade whipped cream (on previous page), toasted coconut, and nuts.

- 6 large farm fresh, free-range eggs
- 6 Tablespoons butter or coconut oil, melted PLUS extra for cooking
- 6 Tablespoons coconut flour
- Liquid Stevia, several drops to taste
- 1/2 teaspoon sea salt
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- Fresh blueberries, or other toppings

In a bowl, with wire whisk, beat together the eggs and melted butter (or coconut oil); followed by all remaining ingredients (except blueberries/toppings).

Heat a small amount of butter, or oil, in a skillet, over medium heat. Once pan is heated, pour 2 to 3 Tbsp. of batter into skillet. Allow to cook for several minutes, until top and edges are bubbly. Flip and allow to cook through.

Serve with desired toppings, such as examples mentioned above.

SERVES 4



SUGAR-FREE / GRAIN-FREE

Easy Blender Pancakes or Waffles

Using your blender is an easy way to make pancakes or waffles. Pour the finished batter straight from the blender container to your heated griddle or waffle-iron. Serve with butter, real maple syrup, and fresh berries.

- 2 cups whole spelt flour
- 1 1/2 to 1 3/4 cup buttermilk
- 2 Tablespoons virgin coconut oil, melted
- 1 teaspoon vanilla extract
- 1 large farm fresh, free-range egg
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt

12 hours, or the Night Before: Blend flour, oil and buttermilk in blender on high-speed. Add enough buttermilk until batter forms and there is a constant vortex churning in the middle. Cover with lid and let set overnight; for at least 8 hours.

To Cook: Preheat and grease griddle/skillet or waffle iron. Add the egg and vanilla to the blender, blending to combine; add any additional liquid as necessary to keep a vortex churning (water is fine). Next blend in the baking powder, baking soda, and salt briefly to combine. Pour batter directly from blender container onto hot griddle or waffle iron (cook according to manufacturer's instructions). Serve with your favorite toppings.

MAKES 2-DOZEN

Chocolate-Minty Green Shake

Greens are good for you in so many ways, more that can be mentioned here. This shake makes it a delight to get them down. The chocolate-mint flavor play well together.

1/2 cup coconut milk, full fat (not light)
1 to 2 Tablespoons Raw Cacao powder
1/2 teaspoon vanilla extract
1/8 teaspoon pure peppermint extract
1 scoop mint-flavored greens powder
see Product Sources page
1 cup ice
Filtered water, as needed
Liquid stevia, to taste

In the container of your blender, add the coconut milk, cacao powder, vanilla, and peppermint extract. Blend briefly to combine. Add in the greens powder, blending until just mixed in.

Add the crushed ice and blend again, until smooth; if needed add filtered water a little at a time until the desired consistency is achieved.

Sweeten with a few drops of liquid stevia to taste, if needed. Pour into a large glass and serve immediately.

SERVES 1



SUGAR-FREE / GRAIN-FREE

Coconut Sunrise Breakfast Smoothie

With a taste that is reminiscent of a piña colada, it's hard not to enjoy this super "berry" delicious breakfast drink!

1/2 cup coconut milk, full fat (not light)
6 to 8 frozen strawberries
1/2 cup fresh or canned pineapple
(well drained)
1/2 cup filtered water, plus more
as needed
Liquid stevia, to taste
2 Tablespoons ground flax seed

Add coconut milk, frozen strawberries, pineapple, and 1/2 cup filtered water to blender container; blend until combined, adding any additional water as necessary, a little at a time, until desired consistency is reached.

Sweeten with a several drops of liquid stevia, to taste. Add the ground flax and blend until completely mixed in. Pour into a large glass and serve immediately.

SERVES 1

