

THE LOW TESTOSTERONE REMEDY!

Paleo Style Recipes For Men Following The Sexual Fitness Diet



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BREAKFAST

Eggs Benedict Over Savory Waffles

Servings: 4

Prep Time: 15 Minutes

Cook Time: Varies

Tools Needed:



Ingredients (Waffles):

- 3 Eggs
- 3/4 Cup Raw Cashew Butter
- 3 Tbsp Almond Milk
- 2 Tsp Bacon Fat, melted
- 1/4 Tsp Minced Garlic
- 1/4 Tsp Salt
- 3/4 Tsp Baking Soda
- 3 Tbsp Coconut Flour
- 1 Piece of bacon and chopped rough
- 2 Chives chopped



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Ingredients (Benedict):

- 4 Savory Waffles
- 4 Slices cooked ham
- 4 Eggs poached
- 1/4 Cup Hollandaise Sauce, recipe follows
- Chives to garnish

Ingredients (Hollandaise Sauce):

- 2 Eggs Yolks
- 1/4 Cup melted grassfed butter or Ghee, unsalted (for dairy-free, follow my recipe for Coconut Oil Hollandaise)
- 2 Tsp Lemon Juice
- 1/4 Tsp Salt
- 1/8 Tsp Paprika or Cayenne if you want some heat



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Process (Waffles and Benedict):

1. Preheat your waffle iron
2. In a stand mixer, or using a handheld electric mixer, beat the eggs with the cashew butter, almond milk, bacon fat, and garlic.
3. Mix the salt, baking soda and coconut flour in a small bowl, then pour the dry ingredients into the wet mixture.
4. Beat for 30 seconds until the batter is fully incorporated, scraping the bottom of the bowl to make sure you get all of the sticky cashew butter.
5. Fold the chopped bacon and chives into the batter by hand.
6. Cook your waffles according to the instructions on your waffle iron, then keep them in a warm oven until you're ready to assemble the benedict.
7. Layer each waffle with a slice of ham, poached egg, drizzle of hollandaise, and a few chives.

***** Every machine is different, so watch the waffles really carefully to ensure they don't burn. This batter will not take as long to cook as a regular waffles and will probably be done before your indicator light turns green. Once the steam stops, they are likely done. Mine takes about 30-45 seconds for each batch.*****



Process (Hollandaise Sauce):

1. Pour boiling water into a blender, then cover and let sit for 10 minutes. Dump out the water and dry the container thoroughly.
2. Blend the egg yolks with the lemon juice, salt, and paprika.
3. With the blender running on low, slowly pour in the hot melted butter.
4. Blend for about 30 seconds until the sauce has thickened and the butter is well incorporated. The sauce will continue to thicken as it cools.

***** If it gets too thick, warm it over very low heat until it becomes runny again (about 10 seconds in a microwave and a minute on a low burner). Be careful not to use too high of heat or your eggs will scramble and your butter will curdle.*****

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Breakfast Sausage

Servings: 4 - 6

Prep Time: 10 Minutes

Cook Time: 10 – 20 Minutes

Tools Needed:



Ingredients

- 1 Lb Grass-fed Ground Beef
- 1 Lb Ground Pork
- 1 Lb Ground Bison
- 2 Tsp Fresh Thyme, chopped
- 2 Tsp Fresh Sage, chopped
- 1 Tsp Fresh Rosemary, chopped
- 2 Tsp Salt
- 1.5 Tsp Black Pepper
- 1 Tsp Fresh grated Nutmeg
- 1/2 Tsp Cayenne

Process :

1. You can make these with all your own fresh ground meat like I did. I ground pork shoulder, top sirloin, and bison tenderloin
2. Combine all of your ingredients in a large mixing bowl

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3. Form into 1-2 inch rounds
4. You can refrigerate those rounds for up to 1 week to use and/or freeze for up to 3 months
5. For eating immediately, heat a skillet over medium-low heat
6. Saute until brown and cooked through, ~10-15 minutes
7. Serve with any other food you can imagine, breakfast, lunch or dinner like I did
8. Enjoy



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Apple Pie Caveman Bars

Servings: ~8 Bars

Prep Time: 5 Minutes

Cook Time: 0 Minutes

Tools Needed:



Ingredients

- 2 Cups Dates, pitted
- 1/2 Cup Raw Macadamia Nuts
- 1/2 Cup Dried Apples
- 1/4 Cup Raw Almonds
- 2 Tbsp Coconut Oil, melted
- 2 Tbsp Cinnamon

Process :

1. Place your dates, macadamia nuts, apples, and almonds in a food processor or really strong blender. I have a Ninja 1100 and it makes short work of this one
2. Pulse until your dates, macadamia nuts, and almonds are in small chunks and transfer to a mixing bowl
3. Add in all remaining ingredients. Using your hands mix well to ensure an even coating of everything
4. Once mixed, using parchment paper, flatten out your mixture to the size of bars your want or you can use individual ziploc bags and form them inside the bag
5. Place in refrigerator and let cool, then enjoy

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6. If these don't taste like apple pie to you, then play with the spices, you can add some nutmeg or cloves and mix the flavors around.

******If you have a macadamia nut allergy, replace them with any nut of your choice. You can just up the almonds. You can also roast all the nuts prior for a different flavor******



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Caveman Crunch Cereal

Servings: 6 - 8

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Tools Needed:



Ingredients

- 1/2 Cup Raw Sunflower Seeds Caveman Crunch
- 1/2 Cup Raw Pumpkin Seeds Caveman Crunch
- 1 Cup Almond Meal Caveman Crunch
- 1 Cup Shredded Unsweetened Coconut Caveman Crunch
- 2 Cups Almonds chopped or slivered
- 1/2 Cup Grapeseed oil (Or any oil of your choice, you can try coconut) Caveman Crunch
- 1/2 Cup 100% Raw Organic Honey Caveman Crunch
- 1 Tsp Vanilla
- 2 Tbsp Unsweetened Cacao Powder
- Cinnamon to taste, the more the stronger the taste will be

Process :

1. Preheat oven to 325 Degrees
2. In a large mixing bowl, combine all the dry ingredients and mix well
3. In a separate bowl, combine all of your wet ingredients
4. Microwave on high for 20-30 seconds to help it mix better

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5. Once warm, pour your wet ingredients over your dry seed and nut mixture and mix well with a fork to ensure you coat everything
6. Place your mixture on a foil lined baking sheet and spread thin and evenly
7. Bake in the oven for 25 minutes
8. Remove from the oven and stir around to ensure nothing burns, I put it back in the bowl and then respread it on the baking sheet
9. Place back in the oven for 5 minutes
10. Remove and let cool, it tastes better cold and also develops its crunchiness as it cools
11. Serve in a bowl with some almond milk or coconut milk and enjoy

******If you have a macadamia nut allergy, replace them with any nut of your choice. You can just up the almonds. You can also roast all the nuts prior for a different flavor******



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Zucchini Breakfast Casserole

Servings: 10

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Tools Needed:



Ingredients

- 2 Cups Cooked Meat, diced, I used leftover Chicken from this Recipe
- 1 Zucchini, peeled using your Julienne Peeler
- 1 Red Onion, Diced
- 4 Cloves of Garlic, minced
- 8 Eggs
- 2 Tbsp Basil
- Salt and Pepper to Taste
- 4-6 Pieces of Nitrate Free Bacon

Process :

1. Preheat your oven to 350 Degrees Fahrenheit
2. Saute your onions and garlic until your onions start to caramelize and then turn off the heat
3. In your mixing bowl, combine eggs, cooked meat, shredded zucchini, basil, and salt and pepper and mix well
4. Once mixed add in your sauteed onions and garlic and mix well
5. Grease your 9×13 Inch baking dish using oil of your choice, I used olive oil

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6. Pour your mixture into your baking dish and place in the preheated oven and cook for 30 minutes or until cooked through and passes the toothpick test. I baked mine for 30 minutes and then finished it for 3 minutes under the broiler on high to brown the top
7. Once you place your casserole in the oven, start your bacon on the stove top and cook to your liking
8. Cut casserole and serve with a slice of amazing bacon on top
9. Enjoy



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LUNCH & DINNER ITEMS

Avocado Stuffed Burger

Servings: 3 - 4

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Tools Needed:



Ingredients

- 2 Lbs Grass Fed Ground Beef from the Awesome US Wellness Meats
- 2 Avocados
- 1 Cup Sun dried tomatoes, chopped NO OIL
- Juice of 1/2 Lemon
- Zest of 1 Lemon
- 2 Tbsp Black Pepper
- 2 Tbsp Sea Salt
- Bacon Fat (Optional)

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Process :

1. Preheat your grill to medium-medium high heat
2. Put your ground beef in a large mixing bowl with your black pepper, 1 Tbsp of your sea salt, and your zest of one lemon
3. Mix well and then using your hands form into thin patties all the same size, you need them thin because you will be using two of them to make one patty
4. In another mixing bowl combine your avocados, sun dried tomatoes, lemon juice, and the remaining tbsp of sea salt and mash and mix well to get as smooth as you like
5. Place your avocado mixture on the bottoms of half of the burgers ensuring you leave room to seal the burgers without it leaking out
6. Put your other patty over the top of your mixture and pinch the edges of your burgers together to seal all the way around
7. Now go out and grill to your liking. I normally do about 6-8 Minutes per side on my grill but yours may be different. Ensure you cook evenly on both sides of the burger or you will end up with an undercooked and an overcooked side
8. While grilling, I drizzle my burgers with bacon grease and it adds an amazing flavor
9. When done grilling, allow your burgers to rest for 10 minutes and then serve. You can use the rest of your avocado mixture to top your burgers with and go to town
10. Enjoy



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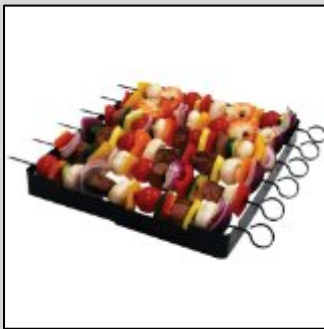
Top Sirloin Kabobs

Servings: 4 - 10

Prep Time: 10 Minutes

Cook Time: 10 - 20 Minutes

Tools Needed:



Ingredients

- 2 Grass Fed Top Sirloins or steak of your choice, chunked
- 1 Large onion sliced
- 3 Bell Peppers, color of your choice
- 16 Ounces of Cherry Tomatoes
- 3 Garlic cloves, minced
- 2 Tbsp Italian Seasoning
- Salt and Pepper to taste
- Kasandrino's Olive Oil (10% off using coupon code COOKINGCAVEMAN)

Process :

1. If using wood skewers, soak for 20 Minutes in water prior to cooking with
2. Preheat your grill for a medium-high heat
3. Place all of your ingredients in a mixing bowl and ensure you get a nice even coating. Use enough Olive oil to lightly coat everything

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4. Once your skewers are soaked, start alternately threading your ingredients onto your skewers, steak, pepper, onion, tomato and so on
5. Once done, grill for 8-10 minutes uncovered turning occasionally for medium-rare to medium steaks
6. Once done serve with a side dish of your choice, I recommend my Sweet Potato Mash or Grilled Broccoli with Almond Dressing.
7. Alternately you can include any fruits of your liking that you like grilled as well
8. Enjoy



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Hickory Smoked Beef Brisket

Servings:10

Prep Time: 15 Minutes

Cook Time: 15 Hours smoked, 9 hours in the oven

Tools Needed:



Ingredients

- Grass Fed Beef Brisket, mine was 10 Lbs
- 1/2 Cup Grass Fed Butter
- 1/2 Cup Melted Raw Organic Honey
- Yellow mustard to coat
- Liberal amount of Caveman Blend
- 100% Pure apple juice if smoking

Process :

1. To prep the brisket whether you are smoking it or cooking it in the oven you need to rinse it under cold water and pat dry
2. Use your yellow mustard and spread it evenly over your entire brisket and then rub in a liberal amount of the caveman blend making a nice crust over the whole brisket
3. If you can, wrap the whole brisket in plastic wrap and just let sit in the refrigerator from a few hours to overnight to let those flavors meld

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4. When your ready to cook your brisket, ensure you pull it out of the refrigerator at least an hour prior to your starting to cook it
5. Once it has come to room temperature, melt together the butter and honey in the microwave
6. If you are smoking your brisket, get your smoker to around 200 degrees F
7. If you are cooking it in the oven, preheat your oven to 220 degrees F
8. Using a marinade injector inject that brisket as full as you can get it and this is where the steps split
9. If you are smoking it, now is the time to go put that brisket fat side up on the smoker and get ready to sit on your hands for close to 16 hours. That brisket needs to smoke for a LONG TIME and the more you open the lid the longer it will take. After 5 hours I sprayed apple juice on the brisket every hour until the internal temperature reached 190 degrees F
10. If you are using your oven, wrap your seasoned and injected brisket tightly in heavy duty aluminum foil ensuring the fat side is up. Place in the oven and then leave it alone for like 8-9 hours. You are shooting for the same internal temperature of 190 Degrees here. I recommend prepping the brisket the day before and starting in the morning for dinner. It is almost a must to have a leave in meat thermometer as well so you never have to open your oven.
11. Once your meats are done let rest for about 10 minutes and then slice AGAINST the grain.



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Fire Roasted Bacon Meatloaf

Servings:6

Prep Time: 15 Minutes

Cook Time: 1 Hours

Tools Needed:



Ingredients

- 1 Lb Grass Fed Ground Beef
- 1 Lb Bacon, minced
- 14 Ounce Can of Fire Roasted Tomatoes
- 1 Red Onion, minced
- 1 Bell Pepper, minced
- 3 Cloves garlic, minced
- 2 Eggs
- 1 Cup Almond flour
- 2 Tbsp Oregano
- 1/2 Tbsp Sea Salt
- Pepper to taste

Process :

1. Preheat oven to 400 Degrees Farenheit
2. If you have a meat grinder, use it to grind your bacon and beef together, if not mince your bacon as fine as possible and combine in a mixing bowl with your beef

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3. Add all remaining ingredients to the bowl, and using your hands mix well to ensure an even distribution of ingredients
4. You can now form it into a loaf and put it in a pyrex dish, put it in a loaf pan, or form into meatballs and put in the pan
5. Bake for an hour or until the meat is cooked through, internal temperature needs to be at least 165 Degrees F because of the bacon
6. Remove from oven and let sit for 10-15 minutes before slicing and serving
7. Serve drizzled with some Beasty BBQ Sauce
8. Enjoy



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Jalapeño Dijon Grilled Chicken

Servings: 4 - 6

Prep Time: 10 Minutes

Cook Time: 15 – 20 Minutes

Ingredients

- 3 Lbs Chicken Thighs, skin optional
- 4 Jalapenos, diced (I kept my seeds in)
- 2 Garlic Cloves, pressed
- 2 Tbsp Kasandrios Olive Oil
- 4 Tbsp Dijon Mustard
- 2 Tbsp Raw Organic Honey (optional if Whole 30)
- 2 Tsp Salt
- 1 Tbsp Fresh Rosemary, chopped
- 1 Tsp Pepper
- 1 Lemon



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Process :

1. Combine all of your ingredients, EXCEPT YOUR LEMON, in a bowl or dish to marinate your chicken
2. Marinade for at least a few hours but 24 hours in the refrigerator is ideal
3. Once your ready to cook, preheat your grill to a medium/medium high heat or about 400-450 degrees F
4. Once your grill is ready, place your chicken thighs on the grill and cook between 7-10 minutes per side
5. Use a meat thermometer to ensure your chicken is cooked and at least 175 Degrees F
6. Once done place all your chicken thighs in aluminum foil, squeeze all your lemon juice over the chicken, and close the aluminum foil and let it steam with the lemon juice for about 10-15 minutes
7. Serve and enjoy

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Grilled Buffalo Shrimp

Servings: 2 - 4

Prep Time: 5 Minutes

Cook Time: 6 - 8 Minutes

Ingredients

- 24 Medium Shrimp, cleaned, deveined, and butterflied
- 1 Clove Garlic, minced
- 1/4 Cup Franks Original Hot Sauce
- 1 Tbsp Coconut Oil, Melted
- 1 Tsp Crushed Red Pepper
- 1 Tsp Italian Seasoning
- 1/4 Tsp Cayenne Pepper
- Salt and Pepper to taste

Process :

1. Combine all the ingredients above except the shrimp in a bowl and mix well
2. Add the shrimp and mix well ensuring an even coating. If you have time, let the shrimp marinate for 30 minutes or so
3. Preheat your grill to a medium heat, about 400 Degrees Fahrenheit
4. I recommend you using a grill rack if you have it so your shrimp don't fall through the grates, if you don't you can use skewers as well. If using a grill rack ensure you preheat it on your grill
5. Once your grill is ready, put your shrimp on the grill and close the lid
6. Allow to cook for 2-3 minutes and then flip and finish cooking on the other side
7. Once done, plate and enjoy



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Macadamia Nut Crusted Mahi Mahi

Servings: 2

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Ingredients

- Enough coconut milk to marinate your Mahi Mahi in, approximately 1 cup
- 2 Mahi Mahi filets, about 6-8 ounces a piece
- 3/4 Cups roasted macadamia nuts
- 1/8 Cup almond flour
- 1/8 Cup coconut flour
- 1/8 Cup coconut oil, melted
- Salt and pepper to taste
- Shredded Unsweetened coconut to taste
- Oil for brushing foil

Process :

1. Place your 2 Mahi Mahi filets in a ziploc bag with the coconut milk and let sit at room temperature for 30-60 minutes
2. Preheat your oven to 425 Degrees F
3. Place your macadamia nuts in a food processor and grind until they are coarsely ground
4. Add in the coconut flour and almond flour and mix well, transfer macadamia nut mixture to a bowl
5. Line a baking sheet with aluminum foil and brush oil on the sheet so your fish doesnt stick
6. Place your Mahi Mahi filets on the baking sheet and salt and pepper each side of the fish to your taste liking
7. Place in oven and bake for 5 minutes
8. Add your melted coconut oil to your macadamia nut mixture and mix well
9. After the 5 minutes remove your mahi from the oven
10. Flip the Mahi over and spread your macadamia mixture over the top of the filets and press it down so it sticks. Then add your shredded coconut on top of the mixture, as much as you like
11. Place your baking sheet back in the oven and cook for an additional 8-10 minutes or until your coconut and macadamia nuts have browned nicely.
12. Remove from the oven and let sit for 10 minutes

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13. Serve with anything of your choice, I just had mine with some freshly diced pineapple and it was amazing

14. Enjoy



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Crock Pot Rump Roast

Servings: 4 - 8

Prep Time: 10 Minutes

Cook Time: 10 Hours

Ingredients

- 1 Grass Fed Rump Roast 3-6 lbs (Or what you can fit in your crockpot)
- 1 Onion, diced
- 1 Tbsp Black Pepper
- 1 Tbsp Paprika
- 2 Tsp Chili Powder
- 1/2 Tsp Cayenne
- 1/2 Tsp Garlic
- 1/4 Tsp Mustard Powder
- 1/2 Cup Beef Stock

Process :

1. Combine all the spices above together and mix well.
2. Generously rub this spice mixture all over your rump roast to your taste liking. If you don't like too many spices just lightly coat it.
3. Line the bottom of your crock pot with your diced onions.
4. Place your seasoned roast on top.
5. Pour in your beef stock.
6. Cover and cook on low for 10 Hours.



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Pumpkin Chicken Chili

Servings: 8 - 10

Prep Time: 20 Minutes

Cook Time: 40 Minutes

Ingredients

- 3 Lbs of Chicken, cubed (any cut you want, I used breasts)
- 3 Cups Organic Pumpkin Puree
- 2 Cups Bell Pepper, Diced (Color of your choice)
- 2 Cups of Red Onion, Diced
- 3 Jalapenos, diced and seeds removed (if you want)
- 1 Cup Chicken Stock
- 1 Cup White Wine (Optional)
- 28 Ounces Organic tomatoes with their juice, diced
- 6 Ounces Organic Tomato paste
- 1 Cloves of Garlic, minced
- 3 Tbsp Chili Powder
- 2 Tbsp Pumpkin Pie Spice
- 2 Tbsp Fresh Cilantro, diced
- 1 Tbsp Cocoa Powder
- 1 Tsp Ground Coriander
- 1/2 Tsp Sea Salt
- 1 Whole Cinnamon Stick
- 2 Tbsp Coconut Oil for Dutch Oven

Process :

1. Heat your coconut oil in a Dutch Oven over medium heat
2. Saute your onions until lightly browned, then add your bell peppers, jalapenos, and garlic and saute for another 5 minutes
3. Add in your chicken, chicken stock, white wine, organic tomatoes, organic tomato paste, chili powder, pumpkin pie spice, coriander, salt, and cinnamon stick and simmer for 20 minutes
4. Stir in your pumpkin, cilantro, and cocoa powder and cook for an additional 5 minutes

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5. Reduce heat to low and let sit until ready to serve or serve immediately
6. Enjoy and if there is too much, you can freeze it and eat later on in the week



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PALEO STYLE DESSERTS

Coconut Chocolate Cake

Servings: 12

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Tools Needed:

- Hand Mixer
- Mixing Bowls
- Pyrex Dish
- Sauce Pan

Ingredients

- 1 1/4 Cup Almond Flour
- 1 Cup Dark Chocolate Chips or Enjoy Life Chocolate Chips
- 1/2 Cup Coconut Milk
- 1/2 Cup Shredded Coconut
- 1/2 Slivered Almonds
- 2 Eggs
- 1/2 Tsp Sea Salt
- 1/2 Tsp Baking Powder
- Coconut Oil for Grease

Process :

1. Preheat your oven to 350 Degrees Farenheit
2. Melt your chocolate and coconut milk in a small sauce pan over low heat
3. Once the chocolate is melted, transfer to a mixing bowl or your stand mixer
4. Add in your eggs and mix well
5. Now add in your almond flour, shredded coconut, salt, and baking powder and mix well

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6. Grease an 8x8 baking dish with coconut oil
7. Transfer your batter to your baking dish and sprinkle with your slivered almonds and some coconut if you would like
8. Bake in the oven for 25-35 minutes or until a toothpick in the center of the cake comes out clean



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Chocolate Cherry Pie

Servings: 8

Prep Time: 15 Minutes

Cook Time: 20 Minutes

Ingredients (Crust):

- 1 1/2 Cups Almond Flour
- 3/4 Cup Coconut Flour
- 1/2 Cup Coconut Oil, melted
- 1 Tbsp Cocoa Powder
- 1/4 Tsp Salt
- 1 Egg
- Water
-

Ingredients (Filling):

- 4 Cups of cherries, pitted and sliced
- 1 Cup of Water
- 1/4 Raw Organic Honey
- 2 Tbsp Arrowroot Powder
- 1/4 Tsp Almond Extract (optional)

Process:

1. Preheat oven to 400 Degrees Fahrenheit
2. Combine all crust ingredients EXCEPT water in a bowl and mix well. You should have a crumbly mixture
3. Next slowly add water in 1 Tbsp increments and mix well to help you form a dough
4. Once you have a dough, grease your cake pan with coconut oil and using your hands spread your crust throughout your pan and up the sides ensuring it is even around the pan (you will have leftover which you can crumble on top)
5. Place your crust in the oven and bake for 8 minutes
6. While your crust is baking, place your water and honey in a saucepan over medium heat and stir until well combined
7. Slowly add in your arrowroot powder and continually stir until your sauce thickens

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8. Add in all your cherries and then continue to stir over the heat for 2-3 minutes
9. Remove from the heat and add your almond extract and stir well
10. You should have your crust out of the oven now, pour your cherry mixture into your crust and then put back in the oven
11. Bake for 15-20 minutes
12. Remove and let cool and Enjoy



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Chocolate Avocado Cake

Servings: 12 – 16 Pieces

Prep Time: 15 Minutes

Cook Time: 50 Minutes

Tools Needed:



Ingredients :

- 3 Ripe Avocados
- 3 Eggs
- 1 Cup Diced Strawberries
- 1/2 Cup Coconut Cream Concentrate (Also called butter or manna) FOR THE MIXTURE
- 1/2 Cup Raw organic honey
- 1/3 Cup Cocoa Powder
- 1 Tbsp Cinnamon
- 1 Tbsp Vanilla
- 1 Tsp Sea Salt
- 1 Tsp Baking Soda

Process:

1. Preheat oven to 350 Degrees F
2. Place all of your avocados in a food processor, and blend until smooth. Chunks are good in guacamole, not cake or brownies haha

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3. Transfer your avocado to a mixing bowl or mixer and combine with the rest of your ingredients including all of your coconut cream concentrate. You can use extra to drizzle on the end if you want
4. Mix well ensuring an even distribution of all ingredients
5. Grease a 13x9 baking dish with the method of your choice, I use grass fed butter
6. Place in your preheated oven and bake for 40-50 minutes or until a toothpick inserted in the middle comes out clean
7. Let cool, drizzle with coconut cream concentrate, cut and serve



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Strawberry Peach Cobbler

Servings: 8

Prep Time: 10 Minutes

Cook Time: 35 Minutes

Tools you may Need:

- Cake Pan
- Cutco Knives
- Cutting Board



Ingredients:

- 3 Cups of fruit, your choice diced (I used 1 1/2 Cups Strawberries and 1 1/2 Cups Peaches)
- 1 1/2 Cups Almond Flour
- 1/2 Cup Water
- 1/3 Cup Cinnamon Honey
- 1 Egg
- 2 Tbsp Coconut Oil, Melted
- 1 Tbsp Ghee

Process:

1. Preheat your oven to 350 Degrees F
2. Peel your peaches and dice them as well as dicing your strawberries
3. Place your fruit, water, and honey in a sauce pan on your stove and bring to a boil stirring often. Once boiling reduce the heat and simmer for 10-12 minutes
4. Melt your ghee in the bottom of your cake pan
5. Once your fruit is done, add your fruit to the cake pan and set aside
6. Combine your almond flour, coconut oil, and egg in a mixing bowl and mix well. It will stay chunky
7. Spoon your crumbled mixture over the top of all your fruit and then bake in the oven for 35 Minutes
8. Remove from the oven and let cool
9. Serve with a scoop of awesome Paleo Chocolate Ice Cream
10. Enjoy

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Cinnamon Swirl Banana Cake

Servings: 28 squares

Prep Time: 10 Minutes

Cook Time: 30-35 Minutes

Tools you may Need:

- Hand Mixer Cinnamon Swirl Banana Cake
- Mixing Bowls Cinnamon Swirl Banana Cake
- Pyrex Dish Cinnamon Swirl Banana Cake

Ingredients (Cake):

- 3 Mashed Bananas, spotted
- 1 Cup Almond Flour Cinnamon Swirl Banana Cake
- 1/4 Cup Coconut Flour
- 3 Eggs
- 1 Tsp Vanilla
- 1 Tsp Baking Soda
- 1 Tsp Baking Powder
- 1 Tbsp Cinnamon
- 1/8 Cup 100% Pure Maple Syrup
- 1/2 Cup Walnuts chopped

Ingredients (Swirl):

- 1 Banana
- 1 Tbsp Cinnamon
- 1 Tbsp Cinnamon Honey (If you don't have this, use organic raw honey and then have a total of 2 Tbsp cinnamon in the swirl)

Process:

1. Preheat your oven to 350
2. In a mixing bowl combine the first 8 ingredients of the cake and using your hand mixer combine all ingredients well, set aside

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3. In a separate mixing bowl, combine all your swirl ingredients and mix well by hand
4. Grease your 8×8 pyrex baking dish with oil of your choice, I used coconut oil
5. Fold in your cake batter and spread evenly
6. Now drop spoonfuls of your swirl mixture all over your batter and then using a knife cut in the swirl however your little heart desires
7. Place your cake in the oven and start the baking process, should bake for a total of about 30 minutes or until a toothpick comes out clean
8. As soon as you put your cake in the oven, make the candied walnuts following the directions here
9. As soon as they are done and cool, you should have about 15 minutes of baking time left, pull your cake out and sprinkle your walnuts all over your cake and place back in the oven
10. Finish your baking time, remove from the oven and let cool
11. Slice and enjoy



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Caveman Cookies

Servings: 12

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Ingredients:

- 2 Eggs
- 1 Cup Roasted Almonds
- 1/2 Cup dried blueberries
- 1/2 Cup dried apricots
- 1/2 Cup shredded coconut
- 1 Tbsp EVOO



Process:

1. First thing you need to do is roast your almonds so preheat your oven to 350 Degrees
2. Next spread out all your almonds on a baking sheet
3. Place in preheated oven and bake for 10 minutes, for your taste test they should taste roasted but not burnt
4. Leave the oven at 350 degrees
5. Place your roasted almonds, blueberries, apricots, and shredded coconut in a food processor and continually pulse until all of it is minced
6. Turn your food processor on low and let it run while you slow drizzle in your EVOO
7. Transfer this mixture to a mixing bowl and mix well with the 2 eggs
8. Using your hands, form thin patties or long bars or whatever shapes you want, just keep them about 1/4 inch thick
9. Place them on a parchment paper lined baking sheet or nonstick baking sheet
10. Bake for 20 minutes and transfer to a cooling rack so they don't continue to cook
11. Enjoy