

# Apple Squares – gluten, casein and nut free



Apples, coconut and a hint of orange spice

Here's a yummy way to use those delicious apples that are in abundance this time of year. Coconut and coconut oil help add to the nutritional value of this tasty treat and the spices and orange peel give it a unique flavor that tickles the taste buds.

Mix wet ingredients in one bowl and dry in another, then blend together in whichever bowl is bigger.

## *Wet*

- 2 large eggs (farm raised are best)
- 1/3 cup coconut oil (liquified on the stove)
- 2 tsp. ghee (liquify with the coconut oil)
- 1 tsp. molasses
- 1/2 tsp. rehydrated orange peel\* in 2 tsp. pure water
- 1/2 tsp. vanilla
- 1/3 cup maple syrup
- 2 medium apples – peeled and finely chopped

## *Dry*

- 2 cups brown rice flour

1/4 tsp. cinnamon  
1 tsp. pumpkin pie spice  
1 tsp. baking soda  
3/4 tsp. sea salt  
1/2 cup shredded organic coconut

The batter is going to be pretty thick. Pour (or plop) it into a medium rectangle glass casserole (I used 9 x 13) that has been greased with coconut oil, red palm oil or high quality lard. To even out the batter, use your hands, a spatula, or just hold both sides of the pan and gently tap on the counter so batter settles.

Bake at 325 degrees for about 25 (check with toothpick at 20 minutes if your oven runs hot).

Wait until completely cool to cut into squares (1-2 inches suggested). I used a butter knife and got it wet every so often for ease of cutting.

Enjoy! As always, wishing you **real** food for **real** health so you can be **real** happy.

\* I used [Penzey's Orange Peel](#) (it's organic from what I was told). You could use a couple teaspoons of fresh orange zest if you prefer.

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## Yummy Good for You Casserole

Over time I created this recipe as a teaching tool because each of the ingredients is chosen very deliberately for it's health benefits (ok, the seasoned salt is just for simplicity).



1 pound [grass-fed](#) ground beef or breakfast sausage (sausage will make it have more "wow")

1 organic medium size [onion](#) – chopped to your liking

1 – 2 cloves organic [garlic](#) (crush and let sit 10 minutes before cooking to maximize the nutrient content)

1+ tsp sea [salt](#)

2+ dashes of [turmeric](#) (helps prevent cancer)

1+ tsp seasoned salt (I use Simply Organic All-seasons salt) or any herbs and spices that you like

1 big bunch [kale](#) or  $\frac{1}{2}$  small head of cabbage (or any mixture there-of and the more the better for you) – to clean kale, let soak in tepid water and 1T vinegar for 15-30 minutes then rinse each leaf

1+ T – Bacon grease (from grass fed bacon) or organic butter

2 cups organic rice (soak at room temperature 7 hours or overnight in enough water to cover it with 2 T apple cidar vinegar or whey – drain before cooking)

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Start cooking the rice according to the instructions minus about 1/3 of the water requirement (since the rice is soaked). [Bone broth](#) is a flavorful healthy liquid to cook your rice in. You could add a tablespoon of coconut oil to the water to keep it from sticking and add some luscious medium chain fatty acids.

Brown meat with onions in a stainless or cast iron skillet for which you have a lid. Don't drain the fat. Add garlic. Finely chop (or use kitchen scissors) the greens and put on top of the meat mixture. Sprinkle salt, turmeric and seasoned salt on greens. Put bacon grease or butter on top. Cover and simmer while the rice continues to cook. The greens need a good  $\frac{1}{2}$  hour or more.

If you have room, stir the rice together with the meat/green mixture and let simmer another 15 minutes. If you don't have room in the skillet pan, put all the ingredients in a casserole and bake covered for another 15-30 minutes at about 300.

Sample taste...you might want more salt or seasoning, or bacon grease. Be daring!

Would you like it to be even more of a superfood casserole?...add grass fed liver pieces. (I haven't been ready to do this just yet.)

Don't want to use rice? Finely chop potatoes (you can do this in the blender) and put them in the same time you add the greens. Want color? Add a finely chopped carrot when the meat is about halfway cooked. Mix and match! When you cook with bacon grease, butter and seasonings, it always comes out tasty!

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To get the full benefits of all the nutrients, consume a couple tablespoons of raw, fermented sauerkraut with the casserole.

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Special thanks to Nicole and Sarah – 2 of the world's most awesome Moms.

Until next time...wishing your **real food**, for **real health** so you can be **real happy**.