

The **GO NAKED** *Cookbook*

real FOOD. real FAST. real RESULTS.



DR. JOSH AXE



CYNTHIA PASQUELLA, CCN

Meet the Authors:

CYNTHIA PASQUELLA, CCN

Cynthia Pasquella is known as The Transformational Nutritionist®. She helps women who struggle with their weight and self-worth by using a method that combines nutrition, psychology and spirituality so they can finally experience permanent change and radical fulfillment!

Cynthia is a clinical nutritionist, spiritual leader, media personality and best-selling author. She is the founder and director of the [Institute of Transformational Nutrition](#) – the only nutrition certification program where students receive an in-depth understanding of holistic health through science, psychology and spirituality to help people create permanent change in their health and life. She's also the co-founder of [SoCal Cleanse](#), an award-winning cleansing and detoxification company, and the best-selling author of [The Hungry Hottie Cookbook](#) and [PINK Method](#).

She is a nutrition expert for The Doctors, The Dr. Phil Show and The Today Show, and has been featured in popular media outlets such as Access Hollywood, E! News Live, Harper's Bazaar, Fitness Magazine, Shape Magazine and Marie Claire. You can find out more about Cynthia and grab her free toolkits for fast weight-loss and spring-out-of-bed energy at www.cynthiapasquella.com.



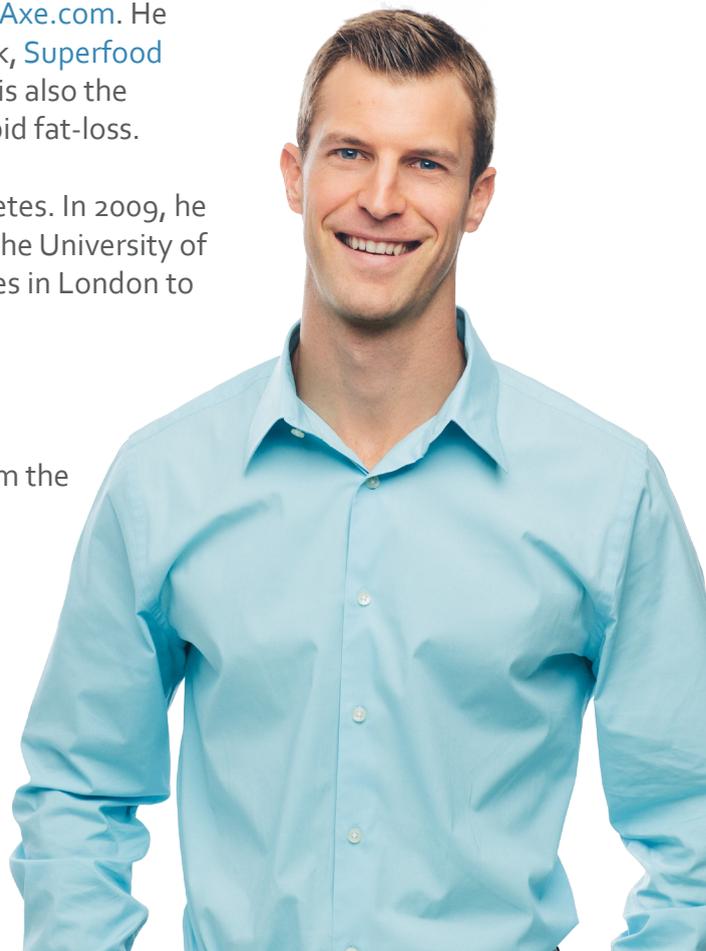
Meet the Authors:

DR. JOSH AXE

Dr. Axe is an expert in nutrition and natural medicine, and operates one of the largest natural health websites in the world at DrAxe.com. He has authored three books: The Real Food Diet Cookbook, [Superfood Super You](#), and most recently, The Secret Detox. Dr. Axe is also the founder of the [BurstFIT](#) interval training workout for rapid fat-loss.

Dr. Axe has been a physician for many professional athletes. In 2009, he began working with the Wellness Advisory Council and the University of Michigan Swim Team, and he traveled to the 2012 Games in London to work with USA athletes.

Dr. Axe has been featured on CBS and NBC, and hosts a nationally syndicated radio program. Dr. Axe is a Board Certified clinical nutritionist and has earned his CNS from the American College of Nutrition and his doctorate in chiropractic from Palmer College.



IT'S TIME TO **Go Naked!**

What does it mean to Go Naked? First, we aren't talking about literally cooking with your clothes off or eating your food in the nude. We are talking about eating foods that are free from chemicals and additives and that are in their natural state.

Think about it. Most of the food you eat has been "dressed up" with all kinds of stuff, and it's all of those extras added to our food supply that is making the world sick and overweight.

In this cookbook you are going to find over 100 real recipes that can help you get real results, real fast.

So, over the next 30 days we challenge you to Go Naked in these 8 ways:

8 Great Ways To Go Naked

- No Processed Sugar
- No Pesticides
- No Hormones
- No Gluten
- No Fast Foods
- No Packaged Foods
- No Hydrogenated Oils
- No Artificial Sweeteners

Let's strip off all of the extras and bare it all by eating **REAL FOOD**, that tastes **REAL AMAZING**, that you can make **REAL FAST** to get the **REAL RESULTS** you've always wanted.

JOIN THE THOUSANDS WHO ARE HELPING OTHERS

Go Naked!

Give your friends and family the gift of delicious meals that are ready in 30 minutes or less, and show them how easy it is to burn fat, have all-day energy, and finally feel good in their own bodies again!

[Share this awesome resource on Facebook.](#)

How many people do you know who need to change their diet and improve their health? If you're like me, it's almost everyone you know!

We have an opportunity to be on mission together and change the health of this world by giving simple, healthy recipes to those around us.

By [sharing this eBook](#), you may just save someone's life.

Just imagine if the whole world went naked! No GMOs, no processed sugar, no hydrogenated oils! We would eliminate 90% of chronic illness today.

Our goal is to help one million people Go Naked and change the health of the world!

Thanks for your support in sharing this message, and we hope you enjoy the real recipes in the Go Naked Cookbook.





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Smoothies



8



CHERRY Chill

CHERRY Chill

Serves 1



9

Ingredients

- 1/4 c frozen cherries
- 1 banana
- 1 handful spinach
- 1 c unsweetened almond milk
- 2 tbsp raw cacao powder
- 1 tsp vanilla extract
- 4-5 ice cubes

Directions

- Place all ingredients into your Vitamix or high speed blender.
- Blend until smooth and enjoy!



10

SPICED HOT *Apple Cider*

SPICED HOT *Apple Cider*



11

Ingredients

- 2 quarts organic 100% apple juice, divided
- 2 cinnamon sticks
- 1 tbsp whole cloves
- 1/2 tsp whole allspice
- 1 lemon, thinly sliced
- 1 orange, thinly sliced

Directions

- Juice apples for 2 quarts of juice.
- Combine 1 c apple juice and spices in a large dutch oven. Bring to a boil, then simmer 10 minutes.
- Strain spices, returning liquid to dutch oven.
- Add remaining apple juice, lemon and orange.
- Cook over low heat until heated.



12

GO BANANAS! *Smoothie*

GO BANANAS! Smoothie

Serves 1



13

Ingredients

- 2 bananas
- 1 apple, cored and sliced
- 1 cucumber, peeled and chopped
- 1 tbsp chia seeds
- 1/2 c water
- 5 ice cubes

Directions

- Place all ingredients into your Vitamix or high speed blender.
- Blend until smooth, and enjoy!



14

REFRESHING CELERY *Smoothie*

REFRESHING CELERY *Smoothie*



15

Ingredients

- 1 apple, cored and sliced
- 1-2 stalks celery
- 4-8 strawberries (fresh or frozen)
- Juice of 1/2 lemon
- 4 oz water
- 4-6 ice cubes (if not using frozen strawberries)
- Stevia to taste

Directions

- Place all ingredients into your Vitamix or high speed blender.
- Blend until smooth, and enjoy!



16

JAZZY APPLE Smoothie

JAZZY APPLE *Smoothie*

Serves 1

17



Ingredients

- 2 small apples, unpeeled, cored and sliced in half
- 1/2 medium cucumber, quartered
- 1 c coconut milk
- 1 tbsp plant-based protein powder

Directions

- Place all ingredients into your Vitamix or high speed blender.
- Blend until smooth, and enjoy!



18

PEACH PROBIOTIC *Smoothie*

PEACH PROBIOTIC *Smoothie*



19

Ingredients

- 1 c frozen peaches
- 1/2 banana
- 8 oz cultured dairy
(amasai, yogurt, or kefir)
- 1 tsp cinnamon
- 1 scoop vanilla
protein powder

Directions

- Place all ingredients into your Vitamix or high speed blender.
- Blend until smooth, and enjoy!



20

IT'S GREEN, GORGEOUS *Smoothie*

IT'S GREEN, GORGEOUS *Smoothie*

Serves 1



21

Ingredients

- 1 handful kale
- 1 handful spinach
- 1 frozen peeled banana, in chunks
- 1 c coconut milk
- 2 tbsp almond butter
- 1 tbsp hemp or flax oil
- 1/8 tsp cinnamon

Directions

- Place all ingredients into your Vitamix or high speed blender.
- Blend until smooth, and enjoy!



22

CHOCOLATE COCONUT PROTEIN *Shake*

CHOCOLATE COCONUT PROTEIN *Shake*



23

Ingredients

- 1 banana
- 1/2 c coconut milk
- 1 tbsp chia seeds or flaxmeal
- 1 1/2 scoops chocolate protein powder
- 4 oz water
- 1 c ice

Directions

- Place all ingredients into your Vitamix or high speed blender.
- Blend until smooth, and enjoy!



24

PASSIONATELY PEANUT BUTTER & BANANA *Smoothie*

PASSIONATELY PEANUT BUTTER & BANANA *Smoothie*

Serves 1



25

Ingredients

- 1 frozen banana, in chunks (fresh is ok, too)
- 3 tbsp natural peanut butter
- 1/4 tsp cinnamon
- Pinch nutmeg
- 2 tbsp chia seeds
- 1 1/2 c almond milk (cold)

Directions

- Place all ingredients into your Vitamix or high speed blender.
- Blend until smooth, and enjoy!



26

CHERRY VANILLA PROTEIN *Shake*

CHERRY VANILLA PROTEIN *Shake*



27

Ingredients

- 1 c frozen cherries
- 1/2 c coconut milk
- 1 scoop vanilla protein powder
- 1 tsp pure vanilla extract
- Stevia to taste

Directions

- Place all ingredients into your Vitamix or high speed blender.
- Blend until smooth, and enjoy!



28

PEACHES GALORE Smoothie

PEACHES GALORE *Smoothie*

Serves 1



29

Ingredients

- 2 c peaches
- 1 c spinach
- 1 c coconut milk

Directions

- Place all ingredients into your Vitamix or high speed blender.
- Blend until smooth, and enjoy!

WANT SIMPLE MEAL PLANS TO HELP YOU **Go Naked?**

Grab your FREE 7 Day Done-For-You Meal Plans at
www.GoNakedCookbook.com/mealplans

These simple-to-follow meal plans use recipes from The Go Naked Cookbook to help you slim down, boost your energy, and thrive!



Meal Plans

2 Block Men

Lunch

F



Soups



31

WEST AFRICAN CASHEW Soup

WEST AFRICAN CASHEW Soup



32

Ingredients

- 1 tbsp toasted sesame oil
- 2/3 c onion, diced
- 1 1/2 tsp garlic, minced
- 1 1/2 tsp curry powder
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 1/2 tsp crushed red pepper flakes
- 1 c cooked, diced free range chicken breast
- 3 c free range chicken broth
- 1 (6 oz) can tomato paste
- 1 (15 oz) can stewed tomatoes
- 1/2 c cashew butter

Directions

- Heat sesame oil in a large stock pot over medium heat. Sauté onion until translucent.
- Add seasonings and cook 1 minute more.
- Add chicken, broth, tomato paste, stewed tomatoes and cashew butter. Stir until well combined. Continue cooking until heated through.



33



HERBALICIOUS POTATO Soup

HERBALICIOUS POTATO Soup



34

Ingredients

- 1/2 sweet onion, chopped
- 1 tbsp olive oil
- 3-4 c russet potatoes, unpeeled and chopped
Pinch of sea salt
- 3/4 c loosely chopped herbs of your choice (parsley, basil, dill)
- 2 tbsp dijon mustard
- 1 tsp ground black pepper
- 2 garlic cloves
- 1/4 c apple cider vinegar
- 2-3 dashes of cayenne (optional)

Directions

- Sauté onion with olive oil in a large pot until tender.
- Boil potatoes in water with a pinch of salt until tender.
- Add all ingredients to a Vitamix or high-speed blender, or use an immersion blender to puree until smooth.



35

BROCCOLI CHEDDAR Soup

BROCCOLI CHEDDAR Soup



36

Ingredients

- 1 t²sp grapeseed oil
- 1 bunch of broccoli, chopped
- 1 small onion, chopped fine
- 1/4 c gluten-free flour
- 3 c organic chicken broth
- 1/4 tsp ground nutmeg
- 1 c grated raw cheddar
- 1 c raw milk or almond milk
- Sea salt and ground black pepper to taste

Directions

- Coat a pot with grapeseed oil and cook broccoli and onion over medium heat for 7-10 minutes.
- Add flour, stirring until it begins to brown, then add broth and bring to a boil.
- Reduce heat and simmer until thick.
- Stir in nutmeg, cheddar and milk. Season with salt and pepper.



37

CREAMY SPINACH *Dream*

CREAMY SPINACH *Dream*



38

Ingredients

- 1 tbsp olive oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 5 c low-sodium vegetable stock
- 2 russet potatoes, peeled and chopped
- 2 c spinach
- 1 zucchini, chopped
- Sea salt and ground black pepper to taste

Directions

- Place olive oil in a large pot and sauté onions until translucent.
- Add garlic and cook 3 more minutes.
- Add vegetable stock and bring to a boil.
- Add potatoes and cook until tender.
- Add spinach and cook until wilted.
- Add all ingredients to a Vitamix or high-speed blender, or use an immersion blender to puree until smooth.
- Pour back into pot, add the coconut milk and lemon juice, and cook over medium heat for 15 minutes.
- Add salt and pepper to taste and serve.



39

CHICKEN QUINOA Soup

CHICKEN QUINOA *Soup*



40

Ingredients

- 3/4 c quinoa
- 2 quarts organic chicken broth
- 2 chicken breasts, chopped into pieces
- 1/4 c diced onion
- 1/4 c pimento drained
- 1/4 c diced celery
- 6 tbsp raw butter
- 4 tbsp gluten-free flour

Directions

- Cook quinoa according to directions on packaging.
Bring chicken broth to a boil and whisk in gluten-free flour. Reduce heat, then add chicken and cook until chicken is done (20 minutes).
- Cook onion, pimento and celery in a skillet with butter, then add to chicken mixture.
- Stir in quinoa.
- Serve hot.



41

ACORN SQUASH Goodness

ACORN SQUASH Goodness



42

Ingredients

- 1 medium acorn squash
- 2 c water
- 2 c celery, chopped
- 1 c walnuts (soaked overnight)
- 1/2 medium red onion, chopped
- 2 tbsp coconut oil
- 1 tsp sea salt
- 1 tsp dill
- 1/4 tsp curry
- 1/4 tsp ground black pepper

Directions

- Peel squash and remove seeds, then shred and add to 3 c boiling water. Boil for about 20 minutes, or until tender. Strain.
- Remove from heat.
- Add all ingredients to a Vitamix or high-speed blender, or use an immersion blender to puree until smooth.



43

EGGPLANT SWEET ONION **Soup**

EGGPLANT SWEET ONION Soup



44

Ingredients

- 2 tbsp grapeseed oil
- 2 large sweet onions, chopped
- 1 large eggplant, diced and skin on
- 1 bell pepper, seeded and chopped
- 2 cloves chopped garlic,
- 1 (14 oz) can organic tomatoes, undrained
- 1/2 c chopped cauliflower
- 1/4 tbsp salt, or to taste
- 1 dash red pepper flakes
- 2 (14 oz) cans organic vegetable broth
- 1 tsp dried thyme
- 1 tsp ground black pepper
- 1 tbsp cocoa powder
- Juice of 1 lemon

Directions

- Preheat a pan over medium heat with 2 tbsp oil.
- Sauté onions, eggplants and bell pepper until softened, about 5 minutes.
- Add garlic and saute an additional 2 minutes.
- Add all ingredients except cocoa powder and lemon juice.
- Reduce heat and simmer 30 minutes.
- Add cocoa powder and cook an additional 5 to 10 minutes. Stir in lemon juice.
- Optional: Puree in a blender until smooth.



45

CRAZY DELICIOUS ROASTED MUSHROOM Soup

CRAZY DELICIOUS ROASTED MUSHROOM Soup



46

Ingredients

- 1 medium white cauliflower, cut into florets
- 2 c mushrooms, sliced
- 2 tbsp olive oil
- 1-2 tbsp apple cider vinegar
- 3 sprigs of rosemary, de-stemmed and chopped
- 4 c low-sodium vegetable broth
- Sea salt and ground black pepper to taste

Directions

- Preheat oven to 400°F.
- Toss the mushrooms and cauliflower with the oil, vinegar and rosemary.
- Pour on a baking sheet and roast for about 20 minutes.
- Add half the veggies and about 2 c of vegetable broth to a Vitamix or high-speed blender. Blend on low until the cauliflower is smooth.
- Add in the rest of the veggies and slowly add broth until you reach desired texture.



47

VEGETABLE Soup

VEGETABLE Soup



48

Ingredients

- 2 tbsp raw or organic butter
- 2 medium garlic cloves, smashed
- 1/2 c chopped red onion
- 1 c celery, chopped
- 2 zucchinis, chopped
- 1/2 c tomato, diced
- 1 large carrot, diced
- 1 lb mushrooms, chopped
- 2 tsp dried thyme leaves
- 8 c vegetable or chicken stock
- 1 tbsp Bragg's liquid aminos
- 10 oz green beans
- 1/2 c chopped parsley
- Sea salt and ground black pepper to taste

Directions

- In a large pot over medium heat, melt butter. Add garlic and onions and sauté, stirring occasionally, for 3-5 minutes.
- Add celery, zucchini, tomatoes, carrots, mushrooms, thyme and salt and pepper. Cover and cook, stirring occasionally, for 7-8 minutes.
- Add stock, cover and let simmer for an additional 10-20 minutes or longer. Stir in Bragg's liquid aminos, green beans and parsley and simmer for a few more minutes.



49



RADICALLY ROASTED ASPARAGUS **Soup**

RADICALLY ROASTED ASPARAGUS Soup

Serves 2



50

Ingredients

- 2 pounds asparagus, ends removed
- 2 cloves garlic, minced
- 2 c vegetable broth
- 2 tbsp cashews
- Sea salt to taste
- 1/2 medium onion, diced

Directions

- Preheat oven to 450°F.
- Roast asparagus on a lined baking sheet for 10 minutes. Turn asparagus and sprinkle the onion and garlic over it. Roast for about 5-10 more minutes, until asparagus is very tender.
- While the asparagus is roasting, blend 1/2 c of the broth with the cashews until smooth. Leave it in the blender.
- When the asparagus is done, cut into pieces and place it into the blender with the onion, garlic, and remaining broth. Cover the blender and blend on high until perfectly smooth.
- Pour the soup into a saucepan and heat until hot, stirring frequently. Add salt to taste.



51

APPLE BUTTERNUT SQUASH *Soup*

APPLE BUTTERNUT SQUASH Soup



52

Ingredients

- 1 large butternut squash
- 1 large yellow onion, chopped
- 2 tbsp grapeseed oil
- 4 large apples, peeled, cored and quartered
- 4 c vegetable or chicken stock
- 1 c rice milk
- 1/4 c coconut milk
- 1/2 tsp nutmeg
- Sea salt to taste

Directions

- Peel squash, cut in half and remove seeds. Cut into 2-inch pieces.
- In a large pot over medium heat, sauté onion in grapeseed oil until soft (about 5 minutes). Add squash, apples, stock, rice milk, coconut milk and nutmeg. Cover, bring to a boil, then reduce heat and simmer for 20 minutes, or until squash is tender.
- Pour soup into blender and puree until smooth. Season with sea salt and serve immediately.



53



COZY CURRIED Soup

COZY CURRIED Soup

Serves 2



54

Ingredients

- 1 1/2 c garbanzo beans, cooked (or one 15 oz can, drained and rinsed)
 - 1 tbsp olive oil
 - 1 c onion, chopped
 - 2 tsp curry powder
 - 1/2 lb Yukon gold potatoes, cut into 1/2-inch cubes
 - 1 3/4 c low-sodium vegetable broth
 - 1/2 c canned, unsweetened coconut milk
 - 1 c baby spinach, packed
- Sea salt and ground black pepper to taste

Directions

- Transfer 1/3 c garbanzo beans to small plate. Using a fork, mash beans to a paste.
- Heat oil in a heavy medium saucepan over medium-high heat. Add onion and sauté until beginning to brown, about 6 minutes.
- Add curry powder and stir 10 seconds. Add potatoes and stir to coat. Add broth, coconut milk, whole garbanzo beans and mashed garbanzo beans. Bring soup to boil.
- Reduce heat to medium-low and simmer uncovered until potatoes are tender, about 18 minutes.
- Add spinach and stir until spinach wilts, about 2 minutes. Season with salt and pepper.



55

SPICY LENTIL Soup

SPICY LENTIL Soup



56

Ingredients

- 1 tbsp grapeseed oil
- 1 1/2 c chopped red onion
- 1 (28 oz) can diced tomatoes
- 1 1/2 c frozen chopped spinach
- 2 c dry red lentils
- 2 c water
- 1 1/2 tsp ground cardamom
- 1 tsp ground cumin
- Sea salt and ground black pepper to taste

Directions

- In a large pot over medium heat, cook onion in olive oil until golden brown. Season with sea salt and pepper.
- Mix in tomatoes, spinach, lentils and water. Add spices and bring to a boil. Reduce heat to low and simmer for 25 minutes, stirring occasionally, until lentils are tender.
- Optional: Transfer soup to a blender and blend until desired consistency.

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- The Best Natural Sweeteners: Which sweetener is best: Honey, Maple Syrup, or Stevia?
- Food Tips for Healing Your Hormones: Foods you're probably consuming that are causing thyroid problems AND the foods that can actually help heal your thyroid and adrenals.
- The Best Foods and Nutrients to Banish Cellulite for Good
- And much, much more...

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Salads



58

BLAZIN' BUFFALO CAULIFLOWER Salad

BLAZIN' BUFFALO CAULIFLOWER Salad

Serves 4-6



59

Ingredients

- 1 c coconut milk
- 1 c gluten-free flour
- 2 tsp garlic powder
- 1 head of cauliflower, cut into florets
- 1-2 sprays of extra light olive oil
- 4 c romaine lettuce, chopped
- 3 stalks celery
- 1/2-1 c hot sauce (or to taste)

Directions

- Preheat the oven to 450°F.
- Combine coconut milk, flour and garlic powder in a bowl and stir until mixed well.
- Spray baking pan with olive oil. Coat each cauliflower piece with the coconut milk mixture and place in the baking pan. Bake for 16-20 minutes or until slightly golden brown.
- In a large bowl, place cauliflower, lettuce, celery and hot sauce.
- Mix well and enjoy!!



60



SUPERFOOD Salad

SUPERFOOD Salad



61

Ingredients

- 4 oz salmon or chicken, cooked
- 1 c spinach
- 1/2 c blueberries and strawberries
- 1/4 sliced cucumber
- 1/4 c sliced almonds
- 1/4 c sliced orange/yellow/red peppers

Directions

- Combine all ingredients in a bowl and toss.



62

WARM SPINACH AND LENTIL Salad

WARM SPINACH AND LENTIL *Salad*

Serves 2



63

Ingredients

- 1 clove garlic, minced
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 1/2 c lentils, cooked
- 3 c spinach, fresh
- 1/4 walnuts, chopped
- Sea salt and ground black pepper to taste

Directions

- Sauté garlic in medium saucepan with olive oil until golden brown.
- Add balsamic vinegar and bring to a light boil.
- Add lentils and heat until warm.
- Meanwhile, place spinach and walnuts in a bowl.
- Add lentils and toss.
- Add salt and pepper to taste, and enjoy!



64

CHERRY QUINOA & WILD RICE Salad

CHERRY QUINOA & WILD RICE Salad



65

Ingredients

- 1 c uncooked wild rice
- 1 c uncooked quinoa
- 2 c organic vegetable broth
- 1 c toasted pecans, rough chopped
- 1/2 c green onions, sliced thin (white and about 2 inches of green tops)
- 1/4 c chopped fresh Italian parsley
- 1/2 c dried cherries

Directions

- Cook wild rice in water according to the directions on the package.
- Rinse quinoa in cool water in a very fine sieve. Cook quinoa in vegetable broth in medium saucepan over medium/high heat. When it comes to a boil, cover pan and reduce heat to simmer. Cook for 10-15 minutes or until liquid is absorbed and quinoa is cooked. Fluff with fork.
- Toast pecans in a small dry skillet over medium/high heat for about 3 minutes until pecans are toasted. Let cool.
- Add cooked wild rice, quinoa, green onions, parsley, cherries and cooled pecans and mix. Serve warm or cold.



66

BEET THAT BLOAT Salad!

BEET THAT BLOAT *Salad!*



67

Ingredients

- Toasted walnuts (optional)
- 2 tsp tahini
- Juice of 1/2 lemon
- 1 tbsp olive oil
- 8 small beets, cooked
- 1 clove of garlic, minced
- Dash turmeric
- Sea salt and ground black pepper to taste
- 1/3 c parsley, chopped

Directions

- Toast walnuts over medium heat. Remove from heat and transfer to a bowl.
- In a small bowl, combine tahini, lemon juice and olive oil and mix together.
- In a large bowl, dice the cooked beets and drizzle the tahini mixture on top.
- Add garlic, turmeric and salt and pepper to taste. Mix well until the beets are completely covered.
- Sprinkle toasted walnuts and chopped parsley over the top, and enjoy!



68

RAW AVOCADO Salad

RAW AVOCADO Salad



69

Ingredients

- 2 c spring mix
- 1 tbsp stone ground mustard
- 1 tbsp balsamic vinegar
- 1 avocado, sliced
- 1 tsp sea salt
- 3 tbsp grapeseed oil

Directions

- Combine all ingredients in a bowl and toss.



70

FALL KALE Salad

FALL KALE Salad



71

Ingredients

- 4 c kale, stems removed
- 1 large red apple, chopped
- 1 c celery, chopped
- 1/2 c walnuts, toasted and chopped
- 1/4 c raisins plus 2 tbsp, divided
- 4 tbsp Dijon mustard
- 4 tbsp water
- 2 tbsp red wine vinegar
- Dash of sea salt

Directions

- Place kale in a large bowl.
- Add half the chopped apple to kale, along with the celery and 1/4 c walnuts and raisins.
- Place the remaining chopped apple in a Vitamix or high speed blender with the remaining walnuts, mustard, water, vinegar and 2 tbsp of raisins. Puree until well combined and slightly thick. (Add more water if you want a thinner consistency).
- Pour apple mixture over kale salad and toss to combine.



72

CURRY TURKEY Salad

CURRY TURKEY Salad



73

Ingredients

- 4 turkey or chicken breasts, cooked and diced
- 1 stalk celery, diced
- 4 green onions, chopped
- 1 apple, peeled and diced
- 2/3 c golden raisins
- 1/2 c chopped pecans
- 1/8 tsp ground black pepper
- 1/2 tsp curry powder
- 3/4 c mayonnaise alternative, such as Vegenaïse with grapeseed oil

Directions

- Mix all ingredients in a large bowl.



74



BROCCOLI Salad

BROCCOLI Salad



75

Ingredients

- 6 c broccoli, chopped into bite-size pieces
- 1/2 c red onion, chopped
- 1/4 c raisins
- 1 c raw sunflower seeds
- *Cashew Dressing (page 158)*

Directions

- Combine broccoli, red onion, raisins, and sunflower seeds.
- Top with Cashew Dressing and mix well until ingredients are covered.



76

QUICK QUINOA BROCCOLI Salad

QUICK QUINOA BROCCOLI Salad

Serves 2



77

Ingredients

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp fresh tarragon, diced
- 1 tsp mustard
- 1 tsp honey
- 2 c quinoa, cooked
- 2 c broccoli, chopped
- 1/2 c red pepper, chopped
- Sea salt and ground black pepper to taste

Directions

- In a small bowl, combine olive oil, lemon juice, tarragon, mustard and honey.
- In a large bowl, add quinoa, broccoli and red pepper.
- Top with olive oil mixture and mix well.
- Add salt and pepper to taste and enjoy!



78

APPLE QUINOA & KALE Salad

APPLE QUINOA & KALE *Salad*



79

Ingredients

- 4 tbsp olive oil
- Juice of 1/2 lemon
- 2 tbsp hot English mustard (or stone ground)
- 1 1/2 c quinoa, cooked
- Sea salt and ground black pepper to taste
- 4 large leaves of kale, chopped
- 2 red apples, chopped
- 1 handful sprouts
- 1/2 c goat feta cheese

Directions

- Mix olive oil, lemon and mustard in a small bowl.
- Mix all the remaining ingredients, toss with olive oil mixture and top with goat cheese.



80

WARM AUTUMN *Salad*

WARM AUTUMN Salad



81

Ingredients

- 1 small butternut squash
- 2 apples, chopped
- 1 c brussel sprouts, chopped
- 1/2 red onion, chopped
- 2 tbsp grapeseed oil
- 1/4 tsp cardamom
- Sea salt and ground black pepper to taste
- 1/4 c crumbled goat cheese
- Chopped parsley as garnish

Directions

- Preheat oven to 400°F.
- In a bowl, mix squash, apples, brussel sprouts, onion, oil, cardamom and salt and pepper.
- Lay out on a baking sheet.
- Roast for 45-50 minutes, tossing every 15 minutes.
- Remove and let cool for 5 minutes.
- Salt and pepper to taste, serve on plate, and top with goat cheese and parsley garnish.

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Meal Plans

2 Block Men

Lunch

F



Main Dishes



83



GRAINLESS Granola

GRAINLESS *Granola*



84

Ingredients

- 1/2 c fresh blueberries
- 1/4 c sliced sprouted almonds
- 1 c raisins
- 1/4 c sprouted walnuts
- 1 tsp cinnamon
- 4 oz cultured dairy, such as yogurt or amasai

Directions

- Mix blueberries, almonds, raisins, walnuts and cinnamon in a bowl.
- Top with cultured dairy.



85

MIND-BLOWING BANANA BREAD *Muffins*

MIND-BLOWING BANANA BREAD *Muffins*



86

Ingredients

- 2 c gluten-free flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp fine sea salt
- 1 tsp cinnamon
- 3 large, very ripe bananas
- 1/3 c coconut oil, melted
- 1 tsp vanilla extract
- 1 c almond milk

Directions

- Preheat oven to 350°F.
- Lightly grease muffin tins with coconut oil or line with muffin liners.
- In a large bowl, whisk together flour, baking powder, baking soda, salt and cinnamon.
- Add bananas, coconut oil, vanilla extract and almond milk, and mix well.
- Bake for 20 minutes, or until a toothpick inserted comes out clean, and enjoy!



87



QUINOA AND SPINACH *Baked Eggs*

QUINOA AND SPINACH *Baked Eggs*



88

Ingredients

- 1 tsp coconut oil
- 8 free range eggs
- 1 1/4 c milk
- 1 tbsp chopped garlic
- 1 tsp chopped thyme
- 2 c packed baby spinach, chopped
- Sea salt and ground black pepper to taste
- 1/2 c uncooked quinoa
- 1/4 c raw sheep cheese for topping

Directions

- Preheat oven to 350° F. Grease an 8-inch x 8-inch glass or metal baking dish with coconut oil. Set aside.
- In a large bowl, whisk together eggs, milk, garlic, thyme, spinach, salt and pepper and quinoa.
- Pour mixture into baking dish.
- Cover tightly with foil, then shake dish gently from side to side so that the quinoa settles on the bottom in an even layer.
- Bake 40-45 minutes, until set.
- Remove foil and add the sheep cheese topping. Return to the oven and bake, uncovered, until golden brown and crisp, about 10-12 minutes.



89



BROCCOLI ZUCCHINI *Frittata*

BROCCOLI ZUCCHINI *Frittata*



90

Ingredients

- 1 tbsp grapeseed oil
- 1/2 red onion, thinly sliced
- 1 c broccoli, chopped
- 1/2 medium zucchini, thinly sliced
- 8-10 grape tomatoes, sliced in half
- 2 free range eggs
- Sea salt and ground black pepper to taste
- 1 ounce raw cheese
- 1 c of red or yellow bell pepper, chopped
- Handful chopped fresh herbs, such as parsley and chives

Directions

- Heat oil in cast iron or oven safe pan.
- Cook onion, broccoli, and zucchini 3-4 minutes.
- Beat eggs and season with salt and pepper.
- Add eggs and tomatoes to pan and cook until the eggs begin to set up.
- Sprinkle cheese, red pepper and herbs on top.
- Broil in oven for 3-4 minutes, or until brown on top.



91



BALSAMIC MAPLE *Salmon Steaks*

BALSAMIC MAPLE *Salmon Steaks*



92

Ingredients

- 1/4 c grade B maple syrup
- 1/4 c balsamic vinegar
- 1 clove garlic, minced
- 4 salmon steaks
- 2 tbsp green onions, sliced
- Sea salt and ground black pepper to taste

Directions

- Preheat oven to 450°F.
- Line a baking sheet with parchment paper.
- Mix together syrup, vinegar and garlic in a bowl.
- Place salmon steaks skin-down on the baking sheet and brush on half of the glaze.
- Bake for 10 minutes, then brush on remaining glaze and bake for 5 more minutes.
- Serve with onions on top, salt and pepper to taste.



93



EASY PEASY Zucchini Pasta

EASY PEASY *Zucchini Pasta*



94

Ingredients

- 1 tsp olive oil
- 2 cloves of garlic, minced
- 1 c peas, frozen
- 2 medium zucchini, spiralized or peeled into noodle strips
- Sea salt and ground black pepper to taste

Directions

- Sauté garlic in a medium saucepan with olive oil until golden brown.
- Add peas and sauté for 2 minutes.
- Meanwhile, bring a large pot of water to a boil. Add zucchini and oil for 1 -2 minutes or until slightly tender.
- Drain in a colander and transfer to a bowl.
- Add garlic and pea mixture to zucchini and mix well.
- Add salt and pepper to taste and enjoy!



95

LETTUCE Fajita Wraps

LETTUCE *Fajita Wraps*



96

Ingredients

- 4-6 deer steak medallions (beef or chicken work too)
- 1 Red bell pepper, sliced into spears
- 1 Yellow bell pepper, sliced into spears
- 1 Medium/large onion, sliced into large pieces
- 1-2 tbsp *Taco Seasoning* (page 173)
- Sea salt and ground black pepper to taste
- 1 head of romaine lettuce

Directions

- In a skillet over medium heat, cook meat to desired doneness.
- Add veggies to skillet and allow to heat up and cook.
- Turn off heat and add taco seasoning, salt and pepper.
- Pull the full Romaine leaves off the head and place with curved side facing up (like a bowl).
- Fill with meat and veggies.



97

ZUCCHINI AND BLACK BEAN Veggie Burgers

ZUCCHINI AND BLACK BEAN *Veggie Burgers*

Serves 4



98

Ingredients

- 1 c black beans, cooked
- 1 c zucchini, shredded
- 6 tbsp ground flax
- 1/2 tsp gluten-free steak seasoning
- 1 tsp olive oil

Directions

- Add beans to a bowl and mash with a fork.
- Add remaining ingredients and mix well.
- Let mixture sit for 3-4 minutes.
- Place olive oil in a pan and heat over medium heat until hot.
- Form mixture into patties, place into the hot oil, and heat until golden brown on each side.
- Wrap in a lettuce leaf, add your favorite condiments and enjoy!



99

BEEF VEGETABLE *Stir Fry*

BEEF VEGETABLE *Stir Fry*



100

Ingredients

- 3 tbsp cold water
- 2 tbsp Bragg's liquid aminos
- 1 tsp sesame oil
- 2 tbsp grapeseed oil
- 8 oz grass-fed beef, cut into strips
- 4 c fresh broccoli florets
- 1 large sweet red pepper, cut into 1-inch chunks
- 1 small onion, cut into thin wedges
- 2 garlic cloves, minced
- 1 tbsp minced fresh ginger root
- 1/4 c slivered almonds

Directions

- Mix water, Bragg's liquid aminos and sesame oil in bowl and set aside.
- Heat grapeseed oil in a pan over medium/hot heat.
- Cook beef for 5 minutes, add broccoli and cook for 3 more minutes
- Add pepper, onion, garlic and ginger.
- Reduce heat, add liquid mixture and sprinkle with nuts.



101



SCRUMPTIOUS Stuffed Mushrooms

SCRUMPTIOUS *Stuffed Mushrooms*



102

Ingredients

- 20 large cremini (baby bella) mushrooms
- 2 tbsp olive oil (divided)
- 1 1/2 c baby spinach (packed)
- 1 clove garlic
- 1/4 c walnuts
- 4 tbsp nutritional yeast
- 1 tbsp lemon juice
- 1 ripe avocado
- Sea salt and ground black pepper to taste
- Sliced almonds

Directions

- Preheat oven to 450°F.
- Gently wipe mushrooms with damp cloth and remove stems. Brush edges and caps of mushrooms with 1 tbsp of the olive oil and place cap-side down on a lined baking sheet. Sprinkle with salt.
- Bake for 7 minutes or until edges start to get wrinkly and dry.
- Pour water out of caps and put back onto the baking sheet.
- For the filling, combine all ingredients except the avocado in a food processor. Blend until smooth, with some chunks.
- Peel avocado and remove pit, then mash until slightly chunky. Pour filling over mashed avocado and stir together.
- Add salt and pepper to taste.
- Spoon filling into mushrooms and top with sliced almonds.
- Serve raw, or warm in the oven for another 3-5 minutes, and enjoy!



103



TACO Chicken

TACO Chicken



104

Ingredients

- 1 tsp ground cumin
- 1 tsp sea salt
- 1 tsp ground black pepper
- 3/4 tsp chili powder
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp dried oregano
- 4 chicken breasts
- 1 tbsp grapeseed oil

Directions

- Mix all dry ingredients in a resealable bag. Add chicken and toss to coat.
- Cook chicken in grapeseed oil over medium heat until done.



105

BEET & AVOCADO Stack

BEET & AVOCADO Stack

Serves 2



106

Ingredients

Stack:

- 4 small red beets
- Sea salt and ground black pepper to taste
- 1 ripe avocado
- 1 c micro greens

Reduction:

- 1 c balsamic vinegar

Directions

- Preheat oven to 400°F.
- Wash beets, remove tops and tails, and slice in half.
- Place in a lined baking pan and roast for 20-25 minutes, or until soft to the touch.
- While beets are cooking, heat vinegar in a small saucepan and bring to a boil.
- Once vinegar is boiling, reduce heat and simmer for 10 minutes. It will be done when it coats the back of a spoon. Remove from heat.
- Remove beets from oven and rub off the skins. Slice beets into 1/4-inch slices.
- Slice avocado and stack alternately with beets. Sprinkle with salt and pepper.
- Drizzle with balsamic reduction, top with micro greens, and enjoy!



107



CARIBBEAN CHICKEN FRIED *Quinoa*

CARIBBEAN CHICKEN FRIED *Quinoa*



108

Ingredients

- 3/4 c quinoa
- 1 3/4 c organic chicken broth
- 1 tbsp gluten-free flour
- 3/4 tsp ground allspice
- 1/2 tsp garlic powder
- 1 tbsp grapeseed oil
- 2 chicken breasts, cut in half
- 6 medium green onions, chopped (keep tops)
- 1 15 oz can pineapple drained

Directions

- Cook quinoa in broth according to directions on packaging.
- In a large resealable bag, mix flour, allspice, garlic powder and chicken. Shake to coat evenly.
- Heat oil over medium heat in a pan. Cook chicken and onions until chicken is done and no longer pink in center.
- Add pineapple and quinoa to pan and cook for 1 minute.
- Serve hot.



109

NOT SO Sloppy Joes

NOT SO Sloppy Joes

Serves 4



110

Ingredients

- 1 c uncooked green lentils
- 4 c water
- 1 tbsp olive oil
- 1 medium yellow onion, diced small
- 1 green bell pepper, diced small
- 1 (6 oz) can tomato paste
- 1 tbsp mustard
- 1 tbsp raw apple cider vinegar
- 1 tbsp maple syrup

Directions

- Put the lentils in a small saucepan and pour in 4 c water. Cover and bring to a boil. Once boiling, lower heat and simmer for about 20 minutes, until lentils are soft. Drain and set aside.
- Meanwhile, in a medium saucepan, sauté the onion and pepper in olive oil for about 7 minutes, until softened.
- Add the cooked lentils, tomato paste, mustard, raw apple cider vinegar, and maple syrup. Cook for about 10 minutes.
- Turn the heat off and let sit for about 10 minutes, so that the flavors can meld, then enjoy!



111



BEEF AND SWEET POTATO Skillet

BEEF AND SWEET POTATO *Skillet*



112

Ingredients

- 1 (7 oz) jar of roasted red peppers, drained
- 1/2 c kefir or raw yogurt
- 4 tsp grapeseed oil, divided
- 2 sweet potatoes, diced
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1 lb grass-fed beef, cut into strips
- 1 c broccoli, roughly chopped

Directions

- In a blender, blend peppers and kefir until smooth.
- Heat 2 tsp of the grapeseed oil in a pan over medium heat, then add potatoes. Cover and cook for 10-12 minutes until tender.
- Add remaining oil, salt, pepper and beef. Cook until the beef is browned.
- Reduce heat to low, add broccoli and pour blended red peppers in pan. Simmer for 2 to 3 minutes.



113

LOVE ME SOME Quinoa Cakes

LOVE ME SOME *Quinoa Cakes*

Serves 4



114

Ingredients

- 1 tbsp ground flax seeds
- 3 tbsp water
- 1 c cooked quinoa
- 1/4 c oat flour
- 1/4 red onion, diced
- 1 stalk celery, diced
- 1/2 bell pepper, seeded and diced
- 3 garlic cloves, minced
- Sea salt and ground black pepper to taste

Directions

- Preheat oven to 400°F.
- Mix the ground flax seed with 3 tbsp water in a small bowl and set aside to thicken.
- In a medium bowl, combine the quinoa, flax mixture, flour, onion, celery, bell pepper and garlic. The mixture should be moist enough to stick together, remaining slightly tacky.
- Add additional flour or water, 1-2 tbsp at a time, if needed to adjust consistency. Season with salt and cracked pepper and form into patties about 1/2-inch thick.
- Place patties on a lined or lightly oiled baking sheet and bake for 25 minutes.



115

DR. AXE Flatbread Pizza

DR. AXE *Flatbread Pizza*



116

Ingredients

- 6 oz organic chicken
- 1 tbsp grapeseed oil
- 6 cloves garlic, sliced
- 1/8 c onions, sliced
- 1 gluten free-tortilla or Ezekiel wrap
- 1/2 c organic pizza sauce
- 1 c raw spinach
- 1/2 c raw fresh basil leaves
- Sliced tomatoes
- 1 c raw cheddar cheese (shredded)

Directions

- Cook chicken and shred.
- Cook garlic and onions for 3 minutes in grapeseed oil.
- Put tortilla on baking pan, add pizza sauce.
- Place all other ingredients on top.
- Top off with shredded raw cheddar.
- Bake in oven at 350°F for 10-12 minutes.



117



WALNUTS, CHICKPEAS, AND CRANBERRIES *Oh My!*

WALNUTS, CHICKPEAS, AND CRANBERRIES *Oh My!*



118

Ingredients

- 3 c garbanzo beans, cooked (or two 15 oz cans, rinsed and drained)
- 1/4 c celery, diced
- 1/3 c walnuts, chopped
- 1/2 c dried cranberries, chopped
- Sea salt and ground black pepper to taste
- Romaine lettuce

Dressing:

- 5 tbsp tahini
- 2 tbsp grade B maple syrup
- 3 tbsp lemon juice
- 2 tbsp water

Directions

- Combine all ingredients for dressing in a small bowl and set aside.
- Add garbanzo beans to a large bowl and mash with a fork until they reach desired consistency.
- Add remaining ingredients, including dressing, and mix well.
- Place mixture in romaine lettuce leaves, add salt and pepper to taste, and enjoy!



119

SAVORY BAKED *Fish*

SAVORY BAKED *Fish*



120

Ingredients

- Sea salt and ground black pepper to taste
- 3 tbsp olive oil
- 1/2 c finely minced onion
- 3 large cloves garlic, finely minced
- 1 (8 oz can) organic fire-roasted tomatoes
- 1 tsp herbemere spice (in health food stores)
- 1 tsp lemon pepper seasoning
- 1/2 tsp celery salt
- 1/2 tsp smoked paprika
- 1 tsp lemon zest
- 4 tbsp finely chopped Italian parsley
- 1 tbsp Bragg's vinegar
- 6 firm flesh white fish, such as mahi mahi, grouper, snapper or orange roughy
- 3 tbsp Beyond Organics 7 seed flour or bread crumbs (from toasted Ezekiel bread)
- 3 tbsp grated parmesan cheese
- 1 tbsp hemp seeds

Directions

- Salt and pepper both sides of the fish and set aside.
- Sauté the onions in the olive oil in a small skillet over medium-low until onion is transparent and soft. Add garlic and sauté for only 2 minutes more. Puree fire-roasted tomatoes in a blender. Add garlic/onion mix to blender with tomatoes. Add herbamare, lemon pepper, celery salt, paprika, lemon zest, parsley and vinegar and pulse for about 30 seconds or until everything is just blended.
- Place fish in a 9x13 baking pan that has been lightly brushed with olive oil. Generously brush fish with tomato sauce mixture.
- In a small bowl, mix the 7 seed flour (or bread crumbs), hemp seeds and grated cheese together. Sprinkle cheese mixture over fish and bake at 350°F for about 30 minutes or until fish flakes easily.
- After fish flakes easily, you can increase your oven temperature to broil for the last 2-3 minutes and broil the fish to lightly brown it, but be sure and watch carefully to see that it doesn't burn.



121



CHICKEN BREAST *Florentine*

CHICKEN BREAST *Florentine*



122

Ingredients

- 2 tbsp grapeseed oil
- 8 skinless, boneless chicken breasts
- 2 c fresh spinach, chopped
- 1/2 c organic chicken broth
- 1/8 c coconut vinegar
- 1/4 c lemon juice
- Sea salt and ground black pepper to taste

Directions

- Preheat the oven to 325°F.
- In a large skillet, heat the oil and sauté chicken breasts 5 minutes on each side.
- Sauté spinach, then place on top of chicken.
- Add chicken broth to the same pan used to sauté chicken. Add coconut vinegar and lemon juice.
- Stir until heated.
- Pour sauce over chicken.
- Bake for 20 minutes.

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Sides



124

GARLICKY Greens

GARLICKY *Greens*



125

Ingredients

- 1 tbsp coconut oil
- 3 cloves garlic
- 1/2 onion
- 2 c kale, chopped
- Sea salt and black pepper to taste

Directions

- Add coconut oil to preheated pan. Sauté garlic and onions for 2 minutes, then add kale and cook until slightly tender.
- Salt and pepper to taste.



126

CURRIED Sweet Potatoes and Spinach

CURRIED Sweet Potatoes and Spinach

Serves 4



127

Ingredients

- 1 tbsp extra-virgin olive oil
- 3 cloves garlic, minced
- 1/2 medium onion, chopped
- 3 large sweet potatoes, diced
- 1/2 c vegetable broth
- 1 tsp curry
- 1 c spinach
- 1/2 c sliced almonds
- Sea salt and ground black pepper to taste

Directions

- Sauté garlic and onion in medium saucepan with olive oil until golden brown.
- Add sweet potatoes, vegetable broth and curry, cover, and turn heat to high.
- Cook 12-15 minutes, or until potatoes are tender.
- Cook off any excess water by uncovering pot.
- Add spinach to pot and mix well until slightly wilted.
- Place in dishes, top with sliced almonds and enjoy!



128



TURNIP *Fries*

TURNIP *Fries*



129

Ingredients

- 4 turnips, cut into steak fries
- 1 tbsp grapeseed oil
- 1/2 tsp garlic powder
- Sea salt and ground black pepper to taste

Directions

- Preheat oven to 425°F.
- In a large bowl, toss all ingredients until turnip fries are well coated. Place in a single layer on a cookie sheet and bake 15-20 minutes.
- Flip fries and bake for an additional 15-20 minutes.



130

BAKED Mashed Potato Balls

BAKED Mashed Potato Balls

Serves 4



131

Ingredients

- 3 large russet potatoes
- 3 c spinach
- 2 tbsp chives
- 1 clove of garlic, minced
- 2 tbsp nutritional yeast
- 3 tbsp water
- 1 tsp sea salt

Directions

- Preheat oven to 450°F.
- Chop potatoes and boil in lightly salted water until done but slightly firm (about 6 minutes).
- Roughly chop spinach and chives.
- Drain potatoes and mix with all other ingredients in a large bowl. Allow to cool slightly.
- Mash together until slightly lumpy, then roll into small balls.
- Place on a lined or lightly oiled baking sheet, bake for 15 minutes, and enjoy!



132



YAM Cakes

YAM Cakes



133

Ingredients

- 1-2 yams or sweet potatoes
- Cinnamon to taste
- 1 c almond or coconut milk
- 1 tbsp coconut oil
- Berries (optional)
- Maple syrup (optional)

Directions

- Poke holes in the yam or sweet potato with a fork and place on a baking sheet. Cook at 400°F for 45-50 minutes or until soft.
- Use food processor or blender to mix cooked yams or sweet potatoes with cinnamon and any additional seasonings.
- Place yam mixture in a large bowl and add milk until desired consistency is reached (as with any pancake mix).
- Heat coconut oil in skillet over medium heat. Drop batter into skillet and cook 2-3 minutes on each side, or until golden brown.
- Top with cinnamon, berries or a small amount of maple syrup.



134



DELICIOUS DILL CARROT AND BEAN Salad

DELICIOUS DILL CARROT AND BEAN *Salad*



135

Ingredients

- 1 tsp red wine vinegar
- 2 tsp lemon juice
- Sea salt and ground black pepper to taste
- 2 tbsp olive oil
- 1/2 lb carrots, peeled and grated
- 2 c white beans, cooked
- 2 tsp fresh dill, minced

Directions

- Combine vinegar, lemon juice and salt and pepper in a medium bowl. Whisk in the olive oil.
- Toss carrots and white beans with the vinegar mixture and add dill on top.
- Let sit for at least 10 minutes before serving.



136



MINT BAKED *Veggies*

MINT BAKED *Veggies*



137

Ingredients

- 3 tbsp grapeseed oil
- 1 tsp sea salt
- 1 tsp ground black pepper
- 2-3 tbsp mint leaves
- 8 radishes, ends removed and quartered
- 4 small cauliflower florets, sliced from top to bottom
- 1 carrot, chopped into rounds

Directions

- Pre-heat oven to 400°F.
- Mix oil, salt, pepper and mint in a large mixing bowl.
- Toss vegetables in bowl with mixture until coated.
- Bake for 15-20 minutes.



138



COCONUT CASHEW *Brown Rice*

COCONUT CASHEW *Brown Rice*



139

Ingredients

- 1 c veggie broth plus 2 tbsp, divided
- 2/3 c onion, chopped
- 1 1/2 c brown rice, cooked
- 1 tsp curry powder
- 2 c coconut milk
- 1/4 c cashews, toasted

Directions

- Add 2 tbsp of veggie broth to a medium size skillet. Add onion and cook until translucent.
- Add rice and curry powder and cook for 1 minute.
- Add coconut milk and remaining veggie broth, and cook on high, uncovered, for about 5 minutes, or until liquid is just above rice.
- Cover immediately, reduce heat to low and simmer for 15 minutes.
- Remove from heat and let stand for 10 minutes.
- Add cashews and enjoy!



140



LEMON ROASTED *Cauliflower*

LEMON ROASTED *Cauliflower*



141

Ingredients

- 2 tbsp grapeseed oil
- 1 large head cauliflower, broken into bite-sized pieces
- 1 clove garlic, minced
- 1/2 tsp sea salt
- Juice of 1/2 lemon
- Parsley as garnish (optional)

Directions

- Grease baking sheet with oil.
- In a mixing bowl, combine cauliflower, garlic and sea salt.
- Spread on baking sheet.
- Bake for 20-30 minutes at 425°F.
- Sprinkle lemon juice over top and garnish.



142

GREEN BEAN *Casserole*

GREEN BEAN Casserole



143

Ingredients

- 2 1/4 tbsp grapeseed oil, divided
- 1 tbsp sea salt
- 1 pound green beans, ends snapped
- 8 ounces baby portabella mushrooms
- 1 tbsp minced garlic
- White pepper to taste
- 2 tbsp gluten free baking flour
- 1 c organic goat milk
- 2/3 c raw pumpkin seeds
- 1/4 c Mary's Gone Crackers

Directions

- Preheat oven to 425°F. Lightly oil a 9 x 13-inch glass baking dish. Set aside.
- Prepare an ice bath by filling a large bowl with cold ice water and ice. Set aside.
- Fill a large pot with water and add 1 tbsp of salt. Bring water to a boil. Add green beans to boiling water and cook for 5 to 6 minutes, or until fork-tender. Drain the beans in a colander and immediately plunge them into an ice bath. Drain the beans again in a colander. Dry the beans with a kitchen towel or paper towels. (Don't skip this part!) Set aside.
- Cut mushrooms into small pieces.
- In a large skillet over medium-high heat, heat 1 tbsp oil. Add the garlic and sauté for 1 minute. Add the mushrooms and sauté until soft, about 5 minutes. Season with salt and white pepper to taste. Remove skillet from heat.

GREEN BEAN Casserole

(cont.)



144

- Add the cooked green beans to the skillet with the mushrooms and gently toss. Transfer the green bean-mushroom mixture to the prepared baking dish.
- To the same skillet used to cook the mushrooms, add 1 tbsp oil and 2 tbsp flour.  eat over medium-high heat and whisk constantly for 1 minute. Slowly add the milk and continue whisking until all of the milk is used and the mixture is creamy and smooth, about 2 minutes. Season with salt and white pepper to taste. Add this roux to the green bean-mushroom mixture and gently toss to coat.
- Add the pumpkin seeds and Mary's Gone Crackers to a blender or food processor and process by pulsing about 10 quick times. Season with salt and pulse again. Top green bean-mushroom mixture with the pulsed pumpkin seed mixture. Bake, uncovered, for 10 minutes. Garnish with whole pumpkin seeds before serving.



145

CHEESY VEGETABLE Casserole

CHEESY VEGETABLE Casserole



146

Ingredients

- 2 tbsp raw butter
- 5 green onions, cut into 1/2-inch pieces
- 2 tbsp almond flour
- 1/4 tsp sea salt
- 1/4 tsp ground black pepper
- 1 1/2 c raw milk or almond milk
- 1 c raw sheep cheese (or raw goat cheese)
- 1 1/2-2 c of fresh veggies, cooked (broccoli, carrots, cauliflower, kale)
- 1/4 c gluten-free crackers, crumbled

Directions

- Preheat oven to 350°F. Coat a casserole dish with a thin layer of butter.
- Melt butter in a pan over medium heat, then add onions and cook until tender (2-3 minutes).
- Stir in flour, salt, pepper and milk. Cook and stir until it begins to thicken, then remove from heat and add cheese.
- Stir in the cooked vegetables until coated, then transfer to casserole dish.
- Bake for 25-35 minutes, adding cracker crumbs in the last 10 minutes.
- Serve hot.



147

SPICY ROASTED Cauliflower

SPICY ROASTED Cauliflower



148

Ingredients

- 1 head cauliflower, cut into stemmed florets
- 1 tbsp olive oil
- 1 tbsp parsley, chopped
- 1 tbsp lemon juice
- 1 tsp raw honey
- 1 tsp crushed red pepper flakes
- Sea salt and ground black pepper to taste

Directions

- Preheat oven to 400°F.
- In a large bowl, toss the florets in olive oil and season with salt and pepper.
- Place florets on lightly greased baking sheet and roast for 20 minutes, or until golden brown.
- Meanwhile, combine remaining ingredients in a bowl and set aside.
- Remove cauliflower from oven when done and place into a bowl.
- Add lemon mixture, toss, and enjoy!

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Meal Plans

2 Block Men

Lunch

F



Sauces & Dips



150

ROCKIN' RANCH *Dressing*

ROCKIN' RANCH *Dressing*

Serves 4



151

Ingredients

- 2 ripe avocados
- 1 tbsp apple cider vinegar
- 1 tsp fresh dill, chopped
- 1 tsp fresh parley, chopped
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- Sea salt and ground black pepper to taste

Directions

- Blend all ingredients in Vitamix or high speed blender until smooth, and enjoy!



152

CITRUS *Dressing*

CITRUS *Dressing*



153

Ingredients

- 1/3 c fresh grapefruit juice
- 2/3 c olive oil
- 2 tbsp raw honey
- 1 tsp stone ground mustard
- 3/4 tsp sea salt
- 1/4 tsp ground black pepper

Directions

- Blend all ingredients in a blender.
- Store in refrigerator.



154

OH SO **EASY** Salsa

OH SO EASY *Salsa*



155

Ingredients

- 2 c seeded, chopped tomatoes
- 1/2 red onion, chopped
- 1 jalapeno, chopped
- 3 cloves garlic, chopped
- 1 bunch of cilantro, chopped
- 1 tbsp lime juice
- 1/2 tsp sea salt

Directions

- Place all ingredients in a bowl and mix well.



156

SPICY LIME TAHINI *Dressing*

SPICY LIME TAHINI *Dressing*



157

Ingredients

- Juice of 1 lime
- 1/3 c olive oil
- 1/3 c tahini
- 2 cloves garlic, minced
- 1/2 tsp cayenne pepper
- 1 tsp sea salt
- 1 tsp ground black pepper

Directions

- Blend all ingredients in blender.
- Store in refrigerator.



158



CASHEW *Dressing*

CASHEW Dressing



159

Ingredients

- 1 c raw cashews, soaked at least 1-2 hours
- 1/3 c water
- 1 clove garlic, chopped
- 1 1/2 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tbsp raw honey
- 1 tbsp shallot, chopped (optional)
- 1/2 tsp salt
- 1/2 tsp Dijon mustard

Directions

- Blend all ingredients in Vitamix or high speed blender until smooth, and enjoy!



160

SUN DRIED TOMATO *Pesto*

SUN DRIED TOMATO *Pesto*



161

Ingredients

- 6 cloves garlic
- 3/4 c pine nuts
- 2 c sun dried tomatoes
- 4 tbsp olive oil
- 1 tbsp basil
- 1 tsp sea salt

Directions

- Place all ingredients in a powerful blender or food processor and mix until thoroughly combined.



162



RUBY RED PEPPER Sauce

RUBY RED PEPPER *Sauce*



163

Ingredients

- 1 1/2 medium red peppers, roasted
- 1 clove garlic, minced
- 1/2 c almonds
- 2-4 tbsp water, or more for a thinner consistency
- 1 1/2 tbsp red wine vinegar
- 1-2 tbsp olive oil
- 1/2 tsp salt
- 1/8 tsp smoked paprika

Directions

- Blend all ingredients in Vitamix or high speed blender until smooth, and enjoy!



164

A close-up photograph of a white ceramic bowl filled with a thick, white, creamy dressing. The dressing is speckled with small green herbs and orange bits. The bowl is placed on a white surface, and several carrot sticks and celery sticks are visible around it.

RAW RANCH Dressing

RAW RANCH *Dressing*



165

Ingredients

- 3/4 c cashews, soaked
2 hours
- 3 soaked dates
- 1/2 c water
- 1/4 c apple cider vinegar
- 3 tbsp olive oil
- 2 tbsp lemon juice
- 3 tsp garlic powder
- 3 tsp onion powder
- 1/2 tsp sea salt
- 3 tbsp fresh basil, minced
- 3 tbsp fresh dill, minced

Directions

- Place all ingredients (except the basil and dill) in a blender and blend until creamy.
- Add fresh basil and dill and stir by hand until combined.



166



BELIEVE IT BEET Hummus

BELIEVE IT BEET *Hummmus*



167

Ingredients

- 1 c beets, cooked
- 1 c chickpeas, cooked
- 1 tbsp lime juice
- 1 tbsp apple cider vinegar
- 1 tsp tahini
- 1 tsp Dijon mustard
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- Sea salt to taste

Directions

- Place all ingredients, except salt, in food processor and blend to desired consistency.
- Season with salt and enjoy!



168



KEFIR *Vinaigrette*

KEFIR *Vinaigrette*



169

Ingredients

- 1/4 c olive oil
- 1/4 c raw kefir
- 2 tbsp red wine vinegar
- 1 tbsp organic lemon juice
- 2 tsp Dijon mustard
- 1 tsp garlic, finely chopped

Directions

- Mix all ingredients in a bowl or blender until smooth.



170

PLEASING PIZZA Sauce

PLEASING PIZZA *Sauce*



171

Ingredients

- 4 roma tomatoes
(skins optional)
- 2 cloves garlic
- 6-7 leaves fresh basil,
chopped
- 3 tbsp fresh oregano,
chopped
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp ground black pepper

Directions

- Blend all ingredients in Vitamix or high speed blender until smooth, and enjoy!



172



TACO Seasoning

TACO Seasoning



173

Ingredients

- 4 tbsp chili powder
- 2 tbsp ground cumin
- 1 tbsp and 1 tsp sea salt
- 1 tbsp and 1 tsp ground black pepper
- 2 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp crushed red pepper flakes
- 1 tsp dried oregano

Directions

- Place all ingredients in a bowl and mix well.

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For Kids



175

BLUEBERRY MANGO Popsicles

BLUEBERRY MANGO *Popsicles*



176

Ingredients

- 2 c fresh mango
- 2 c raw yogurt or amasai
- 1/2 c fresh blueberries
- 1/2 tsp vanilla extract

Directions

- Blend all ingredients together, fill popsicle trays and freeze.



177



CRAZY-NANA *Ice Cream*

CRAZY-NANA *Ice Cream*



178

Ingredients

- 5 frozen, sliced bananas
- 1/2 c cashews (soaked in water overnight)
- 3-4 tbsp maple syrup (or to taste)
- 1/8 tsp salt

Directions

- Blend all ingredients in Vitamix or high speed blender until smooth and serve immediately!



179

A photograph of a glass bowl filled with applesauce. In the background, there are two whole apples (one red, one green) and a sliced apple. The bowl is on a dark wooden surface.

MAPLE Applesauce

MAPLE Applesauce



180

Ingredients

- 2 red apples, peeled and cored
- 2 tbsp lemon juice
- 2 tsp maple syrup
- 1/4 tsp cinnamon

Directions

- Blend all ingredients until smooth.



181

PIZ-ZUCCHINI **Boats**

PIZ-ZUCCHINI Boats

Serves 4



182

Ingredients

- 4 medium zucchini
- 1/2 c *Pleasing Pizza Sauce* (page 170)
- 1/4 c nutritional yeast and more for topping
- 1/4 red onion, sliced
- 1/4 c olives, chopped
- 1/4 c mushrooms, chopped
- 1/2 c cherry tomatoes, sliced

Directions

- Preheat oven to 400°F.
- Cut the zucchini in half lengthwise and scoop out inside.
- Combine pizza sauce with nutritional yeast.
- Spread a light layer of sauce inside each zucchini.
- Top with onions, olives, mushrooms and tomatoes.
- Bake for 20-25 minutes, until zucchini is slightly tender.
- Top with nutritional yeast and serve.



183



NO BAKE CASHEW BUTTER *Nuggets*

NO BAKE CASHEW BUTTER *Nuggets*



184

Ingredients

- 1/2 c raw cashew butter
- 1/4 c gluten-free flour
- 1/4 c unsweetened shredded coconut
- 1/3 c gluten-free oats
- 1/2 tsp cinnamon
- 1/4 c organic apple juice

Directions

- Combine cashew butter, flour and coconut in a mixing bowl. Stir in oats, cinnamon and apple juice until combined.
- Form into 1-inch balls and chill in refrigerator until firm.



185

BETTER THAN CHEESE *Broccoli*

BETTER THAN CHEESE *Broccoli*



186

Ingredients

- 1 bunch broccoli, cut into florets
- Juice of 1/2 lemon
- 1/3 c nutritional yeast
- 1/4 c water
- 1 tbsp tahini
- 1/4 tsp garlic powder
- Sea salt and ground black pepper to taste

Directions

- Steam broccoli until bright green.
- Meanwhile, mix together remaining ingredients to make “cheese” sauce.
- Pour sauce over broccoli, and enjoy!



187

PIZZA Quesadillas

PIZZA Quesadillas



188

Ingredients

- 4 Ezekiel bread or gluten-free tortillas
- 1 tbsp grapeseed oil
- 1/4 c organic ketchup
- 1/4 c organic mild salsa
- 1 c shredded raw mozzarella or raw goat cheese
- 1 c shredded raw cheddar cheese

Directions

- Heat oil in a pan over medium heat.
- Place one tortilla on pan and spread with ketchup and salsa.
- Sprinkle cheese on top and top with another tortilla.
- Allow to cook until bottom tortilla begins to brown, then flip.
- Cook the other side until it begins to brown.
- Repeat process for second quesadilla.



189

COOL AS A Cucumber

COOL AS A *Cucumber*

Serves 2



190

Ingredients

- 1 cucumber, sliced
- 2 tbsp Bragg's liquid aminos
- 1 tbsp sesame seeds
(toasted optional)

Directions

- Slice cucumbers and place on a plate.
- Drizzle with Bragg's liquid aminos.
- Sprinkle with sesame seeds and enjoy!



191

YOGURT *Parfait*

YOGURT *Parfait*



192

Ingredients

- 1 c raw yogurt
- 1 tbsp fresh cranberries
- 1 tbsp sunflower seeds
- 1/3 c strawberries
or blueberries

Directions

- Finely chop berries.
- Mix together in a bowl to serve.



193

NUM NUM Cakes

NUM NUM Cakes

Serves 12



194

Ingredients

- 1/2 c almond butter
- 3 tbsp raw honey
- 2 tsp vanilla extract
- 3 tbsp coconut oil
- 1/2 c dried fruit of choice
- 1/2 c chopped nuts of choice
- 1/3 c rolled oats
- 1/4 c unsweetened shredded coconut
- 1/2 tsp ground cinnamon
- Pinch nutmeg

Directions

- Combine almond butter, honey, vanilla and coconut oil in a small saucepan and heat on medium-low for 5 minutes, stirring constantly.
- Combine remaining ingredients in a large bowl.
- Pour almond butter mixture into dry mixture and stir until well blended.
- Place muffin liners in pan and pour in mixture.
- Press mixture firmly in pan and put in freezer for 30 minutes or until firm to touch, and enjoy!

A close-up photograph of a glass jar filled with thick, golden-brown apple butter. A wooden spoon is resting on the rim of the jar, with a dollop of the butter on it. In the foreground, a red apple with some green and yellow streaks is visible. The background is softly blurred, showing a red and white patterned cloth and a bowl of fruit.

BOBBIN' FOR Apple Butter

BOBBIN' FOR *Apple Butter*

Serves 4



196

Ingredients

- 4 apples, peeled and chopped
- 3/4 c water
- 1/2 tsp cinnamon
- 1/3 c almond butter
- 1 tbsp maple syrup
- 1 tbsp ground flax seed
- 1/4 tsp vanilla extract
- 1/8 tsp allspice

Directions

- Place apples, water and cinnamon in a saucepan and cook over medium heat for 15 minutes or until apples are tender.
- Blend apple mixture and remaining ingredients in Vitamix or high-powered blender until desired consistency is reached.

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Lunch

F



Sweets



198



RASPBERRY CHIA SEED *pudding*

RASPBERRY CHIA SEED *pudding*



Ingredients

- 1 c raw almonds, soaked for 4-5 hours
- 2 c raspberries
- 1/2 c raw honey
- 4 c water
- 2 tbsp coconut oil
- 2 tbsp vanilla extract
- Pinch of sea salt
- 1/2 c chia seeds

Directions

- In a Vitamix or high speed blender, blend together almonds, raspberries, honey, water, coconut oil, vanilla and salt until well blended.
- In a medium bowl, strain the mixture to remove raspberry seeds.
- Whisk in chia seeds, allow to sit for 20 minutes or until desired thickness and enjoy!



200

GOOEY FUDGE Goodness!

GOOEY FUDGE *Goodness!*



Ingredients

- 1 c walnuts
- 1 1/3 c dates, pitted
- 4 tbsp cocoa powder
- 1 tsp vanilla extract

Directions

- Blend all ingredients in a food processor.
- Form into bars and enjoy!



202



SPICY Hot Cocoa

SPICY Hot Cocoa



Ingredients

- 4 c raw milk or almond milk
- 2 tbsp cocoa powder
- 1/2 tsp chili powder
- 1/4 tsp nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract

Directions

- Bring milk to a simmer.
- Stir in cocoa powder, chili powder, nutmeg, cloves, cinnamon and vanilla.
- Serve hot.



204

SINFUL CHOCOLATE COCONUT *Truffles*

SINFUL CHOCOLATE COCONUT *Truffles*

Makes 16-18



Ingredients

- 1/2 c dark chocolate chips
- 1/2 c cashew butter
- 1/3 c maple syrup
- 3 tbsp cocoa powder
- 2 tsp vanilla extract
- 2 c unsweetened shredded coconut

Directions

- Melt chocolate, cashew butter, maple syrup, cocoa and vanilla in a large pot over low heat.
- Remove from heat and stir in coconut.
- Form mixture into small balls. Use additional coconut if needed.
- Place in the refrigerator for 25 minutes and enjoy! Store extras in the refrigerator.



206



BLUEBERRY LEMON GINGER Sorbet

BLUEBERRY LEMON GINGER Sorbet



Ingredients

- 4 c water
- 1/4 c stevia
- 1/2 c raw honey
- 1 c blueberries, mashed
- 1/4 c fresh ginger, sliced very thin
- 2 c lemon juice
- Pinch of sea salt

Directions

- Bring water, stevia, honey, blueberries and ginger in a saucepan and bring to a boil.
- Reduce to simmer for 5 minutes, then turn off heat for 15 minutes.
- Strain into a bowl with lemon juice and stir in salt.
- Fill ice trays and freeze.
- Once frozen, blend cubes until almost smooth.
- Serve immediately or freeze again until serving.



208



FROSTY CHOCOLATE *Banana* with Nuts

FROSTY CHOCOLATE *Banana with Nuts*

Serves 2



Ingredients

- 2 bananas, peeled and sliced in half
- 1 tsp raw honey
- 1/2 tsp sea salt
- 1/4 c dark chocolate chips
- 1/2 c nuts, your choice, chopped

Directions

- Place bananas on a dish and drizzle with honey.
- Lightly sprinkle with sea salt.
- Melt chocolate in a saucepan on very low heat, stirring constantly.
- Remove from heat and drizzle over banana slices.
- Sprinkle nuts over bananas.
- Place in the freezer for one hour, or until hard, and enjoy!



210



EASY CHIA *pudding*

EASY CHIA *pudding*



Ingredients

- 1 1/2 c almond milk
- 1/4 c chia seeds
- 1/2 tbsp raw honey
- 1/4 tsp vanilla extract
- Dash of cinnamon

Directions

- Place all ingredients in a jar and shake well.
- Refrigerate overnight. (Chia will soak up liquid.)
- Serve chilled.



212

FAUX RICE *pudding*

FAUX RICE *pudding*



Ingredients

- 1-2 cauliflower heads (to make 1 c cauliflower rice)
- 2 c raw honey
- 4 eggs
- 1/2 tsp salt
- 1/4 c gluten-free flour
- 1 c raisins
- 1 tsp vanilla extract
- 4 c coconut milk

Directions

- Preheat oven to 325°F.
- In a food processor, pulse the cauliflower until “rice” is made.
- Combine the rice, honey, eggs and salt in a bowl and mix well. Stir in flour, raisins and vanilla. When combined, stir in milk. Pour into a 9-inch x 13-inch baking pan.
- Bake for 25-30 minutes until lightly set.



214



CHOCOLATE CHIP COOKIE Bites

CHOCOLATE CHIP COOKIE *Bites*

Makes 16



Ingredients

- 1/2 c raw honey
- 4 tsp vanilla extract
- 2 (15 oz) cans garbanzo beans, rinsed well
- 1 c natural peanut butter
- 2 tsp baking powder
- 1 c cacao chips (chocolate chips are ok, too)

Directions

- Preheat oven to 375°F.
- Place honey, vanilla and garbanzo beans in a food processor or blender. Blend for about 2 minutes, until smooth.
- Add peanut butter and baking powder and blend until mixed well.
- Stir in cacao chips.
- Using wet hands, form into small balls.
- Place onto a baking sheet and press down lightly to flatten.
- Bake for 13-15 minutes or until golden brown around the edges.
- Cool on the baking sheet for 10 minutes and enjoy!



216

PUMPKIN SPICE CHOCOLATE *pudding*

PUMPKIN SPICE CHOCOLATE *pudding*

Serves 4



Ingredients

- 2 c (or one 15 oz can) pumpkin puree
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 3 tbsp maple syrup (or to taste)
- 2 oz cacao powder

Directions

- In a medium pot, add the pumpkin, cinnamon, nutmeg and maple syrup.
- Bring to a boil, stirring constantly.
- Remove from heat and whisk in cacao powder until smooth.
- Place in refrigerator for 3 hours, or until firm, and enjoy!



218



MINT CHOCOLATE STRAWBERRY *Ice Cream*

MINT CHOCOLATE STRAWBERRY *Ice Cream*



Ingredients

- 1 c chopped strawberries
- 1/2 c almond milk
- 1/2 c raw honey
- 1/4 c dark chocolate pieces
- 2-3 leaves of fresh mint

Directions

- Blend all ingredients.
- Place in container and freeze.

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