



KALMÁR ERZSÉBET

PALEO IS GOOD FOR YOU

COOKBOOK WITH 115 PALEO RECIPES

 Publio

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Minden jog fenntartva!

Introduction

Hello to everyone that reads my first published cookbook.

I'm a Hungarian woman, I have lived in Norway for a few years with my Scottish partner and my three kids, many people may recognize me as trollanyu (troll mum), I am the author of the blog Troll a konyhámban (Troll in my kitchen) that is written in the Hungarian language.

I have had an autoimmune disease for years and last summer I was diagnosed with several allergies, after research on the internet for medical recommendations I came across the Paleo diet. For the first few weeks it was very difficult to stay on the Paleo diet as I always loved cow milk and milk products in general. But this was an exciting challenge, my love and passion for cooking helped me through this very difficult time.

My experiment with Paleo cooking had begun, I found that Paleo was not as boring as I thought it was going to be, and that you can make a variety of delicious dishes to most peoples tastes, even my family has become enthusiastic consumers of this type of food. These Paleo recipes reflect my Hungarian background tastes combined with international flavours and experimentation.

One more very important thing in my life that came together with this new diet, was the need for regular exercise ,because being healthy means not only just eating healthy foods but living healthy to including sport that you can build into a routine. Maybe running is not for you but no matter what just start something, everyone can find a sport that will work for them that they can enjoy.

You will find some simple recipes and some that are more advanced, including drinks, main dishes and desserts. Most of the recipes are a selection from my published recipes on my blog, but there are also new ones, I hope everyone can find their favourite dishes and enjoy them.

Good luck and don't forget Paleo is good for you!

Drinks (Smoothie, shake, lassi)

Banana protein shake



Ingredients: (1-2 servings)

1 large frozen banana

1 heaped tbsp. almond butter

150 ml almond milk

50 ml coconut cream

1 tbsp. flaxseed

½ tsp. ground cinnamon

Put all the ingredients into a blender and mix until smooth. If it's too thick add some more milk.. If you are using fresh bananas, you can add a couple of pieces of ice cubes into it.

Tips: Try hazelnut milk instead of almond milk and hazelnut butter, easy to make it home and very tasty.

Green power detox smoothie



Ingredients: (2 servings)

1 banana

1 avocado

1 handful of fresh spinach

1 handful of fresh nettle leaves

few sprig of mint

1 apple

1 piece fresh ginger, peeled

½ lime juice

100 ml almond milk

+ water if necessary

Blend all the ingredients with the almond milk and pour enough water to be drinkable density. The fruits sweet enough, but you can add extra sweetener for your own taste to taste. If the banana is not frozen, you can add a few pieces of ice cubes to it. Use the young nettle sprouts, if it not available just omit it.

Tips: You can try it with other nut milk or coconut milk.

Cucumber mint and cantaloupe smoothie



Ingredients: (3-4 servings)

1 cantaloupe

1 banana

¼ cucumber

½ lime juice

1-2 tbsp. mint leaves

150 ml almond milk

½ tsp. ground ginger

Peel the melon, cut it into cubes, cube the cucumber as well, and then blend it with the other ingredients. Sweeten to your own taste. If the banana is not frozen, you can add in a couple of ice cubes. Very refreshing summer drink, very tasty, but because of the cucumber flavour is not really a children's favourite.

Tips: Other nut milk or coconut milk can be used instead of almond milk, or water.

Popeye's favourite smoothie



Ingredients: (2 servings)

100 ml coconut milk

1 cup diced pineapple

half a banana

1 handful of fresh spinach leaves

1 tbsp. lemon juice

a few ice cubes

Put all the ingredients in a blender and mix it until creamy. If it is very thick, add water or more milk. Plus sweetening is not required, but of course it depends on personal preference.

Tips: you can use almond milk instead of coconut milk, lime instead of lemon juice.

Blackberry avocado smoothie



Ingredients: (2 servings)

1 large avocado

150 grams frozen blackberries

5 pieces of dried apricots

200 ml almond milk

Put all ingredients into a blender and mix it until creamy, you can add ice cubes too. If it's too thick, add water, plus sweetening is not required, but it depends on your own taste.

Tip: Coconut milk can be used instead of almond milk and natural apricot compote can be used instead of dried apricots.

Raspberry orange beetroot smoothie



Ingredients: (2 servings)

2 oranges

100 grams frozen raspberries

¼ of a raw beetroot

200 ml coconut milk

1 tbsp. flaxseed

Peel the oranges, peel the beets and then put all the other ingredients into a blender and mix it until creamy. If too thick add water, but you can add ice cubes too. You can sweeten to your own taste, but not required.

Tip: Instead of coconut milk use almond milk or other nut milk. Raw beets are healthy and gives beautiful colour to the smoothie.

Mint chocolate milkshake



Ingredients: (2 servings)

125 ml cold water

125 ml coconut milk

1 frozen banana

5 dried dates

3 large tablespoons of almond butter

3 tbsp. unsweetened cocoa powder

few sprig of mint

½ tsp. vanilla essence

Put all the ingredients in a blender, first just with a little liquid and mix it until creamy, then add the remaining liquid and blend it again. If it's too thick can be diluted with water, it has a pleasant bitter chocolate flavour but sweeten according to your taste,

Tip: If the banana is not frozen, you can add ice cubes. Instead of the almond butter you can use cashew butter, sunflower seed butter or hazelnut butter.

Wild blueberry lassi



Ingredients: (2 servings)

150 grams frozen wild blueberry

300 ml coconut yoghurt

100 ml water

2-3 tbsp. lemon juice

3 tbsp. erythritol

Put all the ingredients in a blender and mix until the texture homogeneous and creamy. If it is too thick dilute with some more water. If you use fresh blueberries, not frozen ones, then a few pieces of ice cubes can be added into.

Tip: Instead of a forest blueberries you can use blueberries from the shop or from your garden.

Frappuccino, refreshing summer ice coffee



Ingredients: (2 servings)

1 portion of good strong espresso coffee

3 tbsp. erythritol

150 ml coconut milk / almond milk / cashew milk

½ tsp. ground cinnamon

½ vanilla bean, seeds scraped out

1 cup ice cubes

Topping:

coconut whipped cream

unsweetened cocoa powder

Use a nice strong cooled espresso coffee. Put all the ingredients in blender, mix until the ice is crushed and drink is smooth. Pour into 2 glasses and serve with coconut whipped cream and sprinkle it with cocoa powder. Perfect cold drink on a hot summer day.

Tip: You can experiment with other spices, such as ginger, cloves, turmeric, etc.

Breakfasts, appetizers, salads

Waldorf salad with cold roast beef



Ingredients: (2 servings)

2 small apples

3-4 celery stalks

2 slices fresh pineapple (optional)

1 small bunch of red grapes

50 grams toasted walnuts

100 ml mayonnaise (homemade)

2-3 tbsp. coconut cream

2 tsp. lemon juice

little salt and white pepper

150-200 grams of cold roast beef, thinly sliced

salad leaves to serve

The mayonnaise:

1 large egg yolk

¼ tsp. salt

¼ tsp. mustard

1 tsp. lemon juice

180 ml walnut oil or avocado oil

Slice the celery thin, cut out the apple cores, then cut into small cubes, cube the pineapple slices also. Toast the nuts in a dry pan, cut the grapes in half. For making the mayonnaise should be all the ingredients at room temperature. Expect the oil put the ingredients in a bowl hand whisk, mix about half a minute. Very slowly add the oil and whisk it continuously, until it thickens. Stir in the coconut cream and season with lemon juice, little salt and white pepper, then make the salad and sprinkle it with the mayonnaise.

Tips: To roast beef slices can be placed next to the salad, or cut into strips and mix into the salad. For making the mayonnaise you can use other oils, but avocado oil and nut oil taste best.

Pesto pancake



Ingredients: (.Approximately 5 pancakes)

1 egg

3 tbsp. homemade pesto

100 ml almond milk

50 grams arrowroot powder

The homemade pesto **ingredients:**

1 large bunch of basil

80 grams of pine nuts

approx. 80 ml olive oil

little salt

1 tsp. lemon juice

2 cloves of garlic

Put the basil, pine nuts, salt, garlic, lemon juice and a little oil in a blender and purée. Add the remaining olive oil and mix it with full speed for a few seconds. The pesto can be stored in a closed jar, in the refrigerator, for several foods can be used. All the ingredients for the pancakes put into a blender and mix until smooth. Grease a non-stick pan with a few drops of coconut oil and over medium heat fry the pancakes on both sides, 2-3 minutes per side. Gently turn it over, these are a little fragile.

Tip: You can fill them with vegetables, sausage, ham, egg cream, etc. ...

Egg and smoked salmon sandwich cream



Ingredients:

2 hard boiled eggs

100 grams smoked salmon

2 spring onion

a little bunch of finely chopped parsley

salt and pepper to taste

1 tbsp. coconut cream

2 tsp. lemon juice

Smash the hard-boiled eggs with a fork and season with salt and pepper, add the coconut cream and lemon juice and mix together. Cut into small pieces the spring onions, salmon and parsley, then mix everything together with the smashed egg. Best to refrigerate it for a couple of hours, but can be

eaten immediately as well.

Tip: If you want a completely smooth cream, then purée it with a hand blender. The spread can be kept for several days in the refrigerator if stored in a closed box.

Autumn vitamin salad



Ingredients:

1 handful of mixed salad leaves

3 apples

3 beetroots

1 orange

1 small bunch of grapes

1 handful of walnuts

2 hard-boiled eggs

For the dressing:

150 ml coconut cream

¼ tsp. salt (to taste)

2-3 tsp. lemon juice

Cut the core out from the apple, slice it thinly. Cook the beetroot, when cool, peel it and cube it. Peel the orange, make sure to remove the white pith and cut out the sections from the membrane, cube it. Hard-boil the eggs, then peel them and chop them up. Cut in half the bigger grapes, chop coarsely the nuts. Mix the coconut cream with the salt and lemon juice. Put the salad together in a bowl, then sprinkle the topping and mix it thoroughly and refrigerate for 1-2 hours.

Tip: You can also use raw beetroot, finely chopped or grated.

Chilli and avocado tuna sandwich cream



Ingredients:

1 can of tuna drained (in water)

1 ½ avocado

juice of ½ lime

little salt and white pepper to taste

chilli without seeds

few pieces of black olives

1 tsp. olive oil

Scrape out the avocados meat, season with salt, white pepper and sprinkle the lime juice and purée it with a hand blender. Drain the canned tuna, pour into the avocado cream and mix it with a fork. Cut the chillies lengthwise and remove the seeds, cut into small pieces, chop up a few olives and mix it into the tuna cream too. Sprinkle with olive oil, mix and refrigerate it for a couple of hours. It can be stored for 2-3 days in refrigerator.

Tip: To enrich the cream you can add boiled egg too, serve it in empty avocado shells, looks cool. Goes well with any paleo bread, but also nice to eat wrapped in lettuce.

Smoked mackerel cream



Ingredients:

200 grams smoked mackerel

4 hard boiled egg yolks

1 whole hard boiled egg

salt and pepper to taste

1 tsp. lime juice / lemon juice

2 spring onions finely chopped

2 tsp. grated horseradish (optional)

2 tbsp. coconut cream

Smash the whole egg and 4 egg yolks with a fork, keep the hard boiled egg whites, you fill them with the cream and serve it with a salad. Pull the skin off the mackerel, then smash it with a fork and mix it with the eggs. Slice the spring onions, mix it in too. Mix the coconut cream, lime juice and grated horseradish if you use it and pour over the cream and mix it thoroughly. Fill egg whites with the cream, refrigerate it for a couple of hours and serve it with salad.

Tip: If you do not want to serve it filled in the egg whites, then you can make the cream with 3 whole eggs.

Soups

Prune cream soup with nuts

