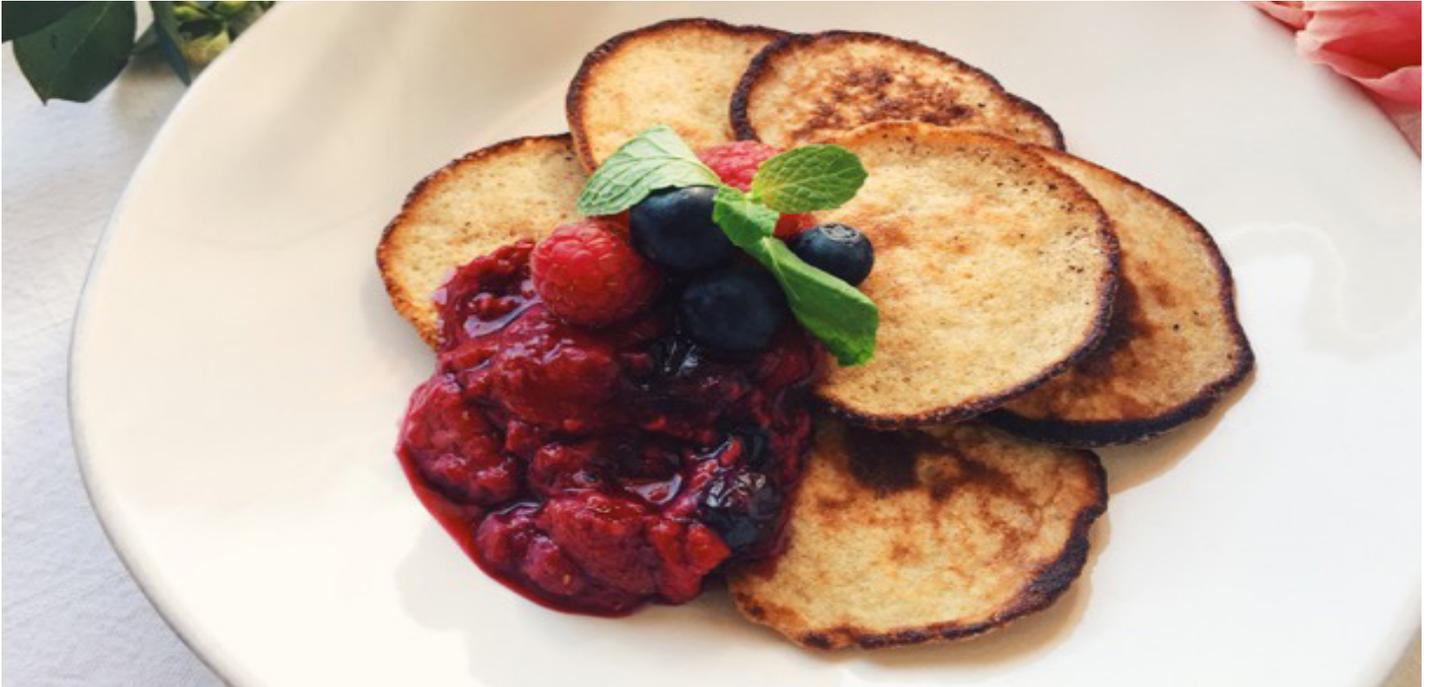


GRAIN-FREE PANCAKES

By Kat Turner



15 mins



Ingredients (1 serving)

½ ripe banana, mashed well

1 egg

1 tablespoon of almond butter

1 tablespoon of coconut flour OR garbanzo flour

¼ teaspoon baking soda

¼ teaspoon sea salt

¼ teaspoon vanilla

These lil babies are a protein-rich way to start your day & a great alternative to traditional pancakes; super delicious topped with homemade fruit compote or a spoonful of sugar-free all-fruit jam.

In a small mixing bowl mash the banana into oblivion & whisk in the egg & almond butter, then mix in the flour, baking soda, sea salt & vanilla.

Place a nonstick skillet over medium heat & toss in your fat of choice, once the pan is hot pour in your batter creating small “silver-dollar” pancakes, do not crowd the pancakes or they’ll be a pain to flip. When they appear cooked along the edges & small bubbles form on the tops, gently flip them over.

Serve immediately with the topping of your choice.

A stylized signature in black cursive script that reads "Sam Castwood". A small red and white circular logo is placed above the letter "a" in "Sam".

APPLE COMPOTE By Kat Turner



10 minutes

Ingredients (2 servings)

1 cup of fresh or frozen apples.
Juice of 1/4 a lemon
2 tspns of water or orange juice
Tiny pinch of sea salt



This antioxidant-rich apple compote is fantastic on top of your pork loin, warm quinoa porridge, yogurt, grain-free pancakes, or in a smoothie. I like to always have a little on hand in my fridge.

Place all ingredients into a small pot & place over medium high heat. Bring to a boil, then reduce the heat to medium simmer until the compote slightly thickens & large bubbles form, being careful not to scorch.

Serve warm on top of your pork loin or quinoa porridge or cool & serve with yogurt or chia pudding.

Freeze or keep in the fridge for up to 5 days.

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ROASTED BEETS & ARUGULA SALAD

By Kat Turner



Ingredients (1 serving)

Leftover roasted red beets at room temperature

Olive oil

Sea salt

Fresh cracked pepper

2 cups of arugula leaves

2 tablespoon tahini dressing

Pinch of fresh minced chives

Crumbled goat cheese

For the dressing:

¼ cup tahini

Juice of 1 lemon

2 tablespoons olive oil

1 minced & smashed garlic clove

Pinch of sea salt to taste

Lots of fresh ground pepper

Mix together in a jar.

Earthy red beets & peppery arugula comprise this salad that is packed with flavor & loads of nutrients like calcium, fiber, vitamins A + C, & protein. I always make extra beets to use in other dishes throughout the week.

Toss the sliced beets with the arugula & 2 tablespoons of the tahini dressing; top with crumbled goat cheese & chives & serve as a side salad.

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SPICED LAMB MEATBALLS WITH MINTED YOGURT

By Kat Turner



30 mins



Ingredients (1 serving)

- 2 teaspoons of olive oil
- ½ yellow onion, minced
- 2 cloves of garlic, minced & smashed
- 1 carrot, grated
- 1 teaspoon of cumin
- ½ teaspoon of sea salt & freshly cracked pepper
- ¼ teaspoon of ground cinnamon
- 1/3 lb of ground lamb
- 1 egg
- ¼ + 2 tablespoons of cup finely chopped fresh mint
- ¼ cup of plain yogurt
- 1 clove of garlic, minced & smashed
- ½ teaspoon of lemon zest
- ¼ teaspoon of cumin
- ¼ teaspoon of freshly cracked pepper
- 1/8th teaspoon of cayenne pepper
- 1 pinch of sea salt

Lamb is an incredibly flavorful alternative to beef, & a perfect protein for meatballs. Grass fed lamb is naturally higher in omega 3's & vitamin B12, 6, & 3.

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SPICED LAMB MEATBALLS WITH MINTED YOGURT

By Kat Turner



continued...

Preheat the oven to 400 degrees.

Place a skillet over medium heat & add 2 teaspoons of olive oil, once the oil is hot toss in the onion, 2 cloves of garlic, carrot, cumin, sea salt & pepper, & cinnamon. Cook stirring often until the onions begin to turn transparent & the carrots soften, 3-4 minutes.

Meanwhile add the lamb, egg, & ¼ cup of fresh mint to a mixing bowl. Once the vegetable mixture is ready scrape it into the bowl with the lamb & stir well to combine (clean hands are the best tool for this).

Roll out about 5-6 golf-ball sized meatballs & lay them onto an oiled parchment-lined pan.

Roast for 12 minutes.

While the meatballs are roasting, make your yogurt sauce. Whisk together the additional 2 tablespoons of fresh mint, yogurt, garlic, lemon zest, cumin, pepper & sea salt & cayenne pepper.

Delicious served with roasted broccoli or broccolini.

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ROASTED BROCCOLI

By Kat Turner



20 mins



Ingredients (1 serving)

1 cups of broccoli florets or whole broccolini
1 teaspoons of olive oil

¼ teaspoon of sea salt + freshly cracked pepper
¼ teaspoon of chili flakes

Broccoli & broccolini (broccoli's thinner, sweeter asian cousin) are just as delicious roasted as they are sautéed or steamed (maybe even more so?). With tons of fiber & as much vitamin C as an orange these are a fab addition to your regular diet.

Preheat your oven to 450 degrees

Toss all the ingredients together & spread them out onto a parchment-lined sheet tray. Roast for 10-15 minutes, or until tender & just beginning to char on the edges.

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BASIC BONE BROTH

By Kat Turner



24+ hrs



Ingredients (makes about 1 ½ gallons)

2 pounds of beef shin, shank, marrow, &/or knuckle bones from a healthy source
1 chicken carcass leftover from roasting
½ lb of chicken feet if available
2 onions, chopped
3 carrots, chopped

3 stalks of celery, chopped
1 head of garlic sliced in half through the middle
¼ cup of Apple Cider Vinegar
1 tablespoon of sea salt
1 teaspoon of peppercorns
2 bay leaves
Enough filtered water to cover the contents of the pot
1 bunch of parsley, tiny pinch of pink salt

Bone broth is a comforting, nutrient dense addition to your diet; drink 8 ounces per day to benefit from this collagen & mineral-rich elixir.

Preheat the oven to 450 degrees

Place the beef bones onto a parchment-lined sheet pan & roast for 30 minutes.

Remove from the oven & place the bones & all remaining ingredients except the parsley into your biggest stockpot. Add enough filtered water to cover the bones & vegetables & bring up to a boil, then reduce to a low simmer & let this cook for 24 hours. Yes, you read that correctly... 24 hours (this is how all the amazing collagen gets leached out). If you're uncomfortable leaving the broth on the stovetop while you leave the house you can also place the entire pot into the oven, mostly covered at 300 degrees. Toss in the parsley for the last few hours of cooking time. After 24 hours turn off the heat & let the stock cool for 1 hour before straining. Strain through a mesh sieve, discard the solids & let cool to room temperature before transferring to storage ware & refrigerating. In the morning skim off any fat & freeze any extra portions that you don't intend on using within 5 days.

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EASY GREEN JUICE

By Kat Turner



15 mins



Ingredients (1 serving)

1 cup of sliced Persian or English cucumber

1 cup of filtered water

½ of your favorite apple, chopped (core, seeds, skin & all)

½" piece of ginger

Small handful of mint leaves

Small handful of baby spinach

Juice of ½ a lemon

2 ice cubes

You don't need a fancy juicer for this recipe! With a decent blender or a Nutribullet you can enjoy the benefits of refreshing alkalizing green juice too.

Place all ingredients into your blender & process on high for 1 minute. Strain this mixture through a mesh sieve & enjoy!

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