

GLUTEN-FREE

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With appreciation and warm wishes,

Lilly Towns





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Breakfast



Cauliflower Hash Browns with Eggs

Ingredients

2 cups grated cauliflower
(about ½ medium head)

2 large eggs

½ cup shredded cheddar
cheese

½ cup finely chopped green
onions

½ tsp garlic powder

½ tsp sea salt

1 tbsp olive oil (for frying)

Instructions

1. Grate cauliflower and squeeze out excess moisture using a clean towel.
2. In a bowl, mix cauliflower, eggs, cheese, green onions, garlic powder, and salt.
3. Heat olive oil in a skillet over medium heat.
4. Drop ¼ cup of the mix into the pan, flatten, and cook 3–4 minutes per side until golden.
5. Serve warm, optionally with a fried or poached egg.

per Serving:

268 kcal, 15 g protein, 9 g carbs,
1 g sugars, 21 g fat



20 MIN



2 SERVINGS

Breakfast

5



Sweet Potato Rounds with Goat Cheese

Ingredients

1 large sweet potato, sliced
into ½-inch rounds

1 tbsp olive oil

¼ tsp salt

¼ tsp black pepper

60 g goat cheese, crumbled

1 tbsp chopped walnuts or
pecans

1 tsp fresh thyme leaves or
chopped parsley (optional)

per Serving:

190 kcal, 4 g protein, 15 g carb,
5 g sugars, 13 g fat

Instructions

1. Preheat oven to 400°F.
2. Arrange sweet potato slices on a baking sheet lined with parchment paper.
3. Brush both sides with olive oil and season with salt and pepper.
4. Bake for 20 minutes, flip, and bake 10 more minutes until tender and lightly golden.
5. Let cool slightly, then top each round with goat cheese, nuts, and herbs.
6. Serve warm or at room temperature.



40 MIN



4 SERVINGS



Breakfast 7



Quinoa Porridge with Apple and Cinnamon

Ingredients

½ cup quinoa
1 cup water
1 cup almond milk
1 small apple, diced
½ tsp ground cinnamon
1 tbsp maple syrup (or
honey/coconut sugar/date
syrup)
Pinch of salt

Instructions

1. Rinse quinoa under cold water for 30 seconds to remove bitterness.
2. In a saucepan, combine quinoa, water, almond milk, and salt.
3. Bring to a boil, then reduce heat to low and cover.
4. Simmer for 15 minutes, stirring occasionally.
5. Add diced apple and cinnamon. Cook uncovered for another 5 minutes until quinoa is soft and apples are tender.
6. Stir in maple syrup just before serving.
7. Let it sit 2–3 minutes to thicken before serving warm.

per Serving:
238 kcal, 6 g protein, 44 g
carbs, 17 g sugars, 4 g fat



28 MIN



2 SERVINGS





Chia Coconut Pudding with Mango

Ingredients

400 ml canned coconut milk

3 tablespoons chia seeds

1 tablespoon maple syrup (or honey/coconut sugar/date syrup)

½ teaspoon vanilla extract

1 ripe mango, peeled and diced

Pinch of sea salt

Optional: 1 tablespoon shredded coconut

Instructions

1. In a bowl, whisk together the coconut milk, chia seeds, maple syrup, vanilla extract, and sea salt.
2. Let the mixture sit for 5 minutes, then whisk again to prevent clumping.
3. Cover and refrigerate for at least 2 hours, or overnight, until thickened.
4. Before serving, stir the pudding and divide into cups.
5. Top with diced mango and shredded coconut if using.

per Serving:

250 kcal, 3 g protein, 19 g carbs,
13 g sugars, 20 g fat



2 H 5 MIN



4 SERVINGS



Zucchini Fritters with Feta

Ingredients

2 medium zucchinis, grated
½ teaspoon sea salt
½ cup rice flour
½ cup crumbled feta
1 egg
2 tablespoons chopped fresh parsley
2 tablespoons olive oil

per Serving:
284 kcal, 8 g protein, 26 g carbs,
3 g sugars, 17 g fat

Instructions

1. Grate the zucchinis and place them in a clean towel. Sprinkle with sea salt and let sit for 10 minutes.
2. Squeeze out as much liquid as possible using the towel.
3. In a bowl, combine zucchini, rice flour, feta, egg, and parsley. Mix well.
4. Heat olive oil in a skillet over medium heat.
5. Scoop 2 tablespoons of the mixture per fritter into the skillet, flatten, and cook for 3–4 minutes per side until golden and firm.
6. Transfer to a plate lined with paper towels and serve warm.



35 MIN



3 SERVINGS



Soup



Classic Tomato Basil Soup with a Twist

Ingredients

2 cups chopped ripe tomatoes
1 small carrot, chopped
1 small onion, chopped
2 garlic cloves, minced
2 cups vegetable broth
1 tbsp olive oil
6 fresh basil leaves

Instructions

1. Heat olive oil in a pot and sauté onion, garlic, and carrot for 5 minutes.
2. Add tomatoes and cook for 5 more minutes.
3. Pour in the vegetable broth and bring to a boil.
4. Reduce heat and simmer for 15 minutes.
5. Blend until smooth, then stir in chopped basil.
6. Simmer 1 more minute and serve.

per Serving:
152 kcal, 3 g protein, 16 g carbs, 9
g sugars, 8 g fat



35 MIN



2 SERVINGS





Zesty Lemon Chickpea Soup

Ingredients

1 can (15 oz) chickpeas,
drained
1 small onion, chopped
1 garlic clove, minced
2 cups vegetable broth
1 tbsp olive oil
1 tbsp lemon juice
Salt and pepper to taste

Instructions

1. Heat olive oil in a pot and sauté onion and garlic for 3–4 minutes.
2. Add chickpeas and broth. Simmer for 10–15 minutes.
3. Partially blend to thicken while leaving some chickpeas whole.
4. Stir in lemon juice and season with salt and pepper.
5. Heat through and serve warm.

per Serving:
251 kcal, 9 g protein, 26 g carbs,
5 g sugars, 11 g fat



30 MIN



2 SERVINGS





Mexican Black Bean & Corn Soup

Ingredients

1 can (15 oz) black beans,
drained
1 cup corn kernels (fresh or
frozen)
1 small onion, chopped
1 garlic clove, minced
2 cups vegetable broth
1 tbsp olive oil
1 tsp ground cumin
Salt and pepper to taste

Instructions

1. Heat olive oil in a pot and sauté onion and garlic for 3–4 minutes.
2. Add black beans, corn, cumin, and broth.
3. Bring to a boil, then reduce heat and simmer for 15 minutes.
4. Blend partially if desired, or leave chunky.
5. Season with salt and pepper and serve hot.

per Serving:
263 kcal, 10 g protein, 30 g carbs,
5 g sugars, 10 g fat



30 MIN



2 SERVINGS





Creamy Mushroom Soup with Herbs

Ingredients

3 cups sliced mushrooms

1 small onion, chopped

1 garlic clove, minced

1¾ cups vegetable broth

⅓ cup coconut milk

1 tbsp olive oil

½ tsp dried thyme

Salt and pepper to taste

Instructions

1. Heat olive oil in a pot and sauté onion and garlic for 3–4 minutes.
2. Add mushrooms and thyme, cook for 5 minutes.
3. Pour in broth and simmer for 10 minutes.
4. Blend partially for a creamy texture, then stir in coconut milk.
5. Heat through, season with salt and pepper, and serve.

per Serving:

203 kcal, 5 g protein, 10 g carbs,

5 g sugars, 15 g fat



30 MIN



2 SERVINGS





Broccoli Cheddar Soup with a Nutty Crunch

Ingredients

2 cups broccoli florets
1 small onion, chopped
1 garlic clove, minced
1 $\frac{2}{3}$ cups vegetable broth
 $\frac{1}{2}$ cup shredded cheddar cheese
1 tbsp olive oil
1 tbsp chopped almonds or walnuts
Salt and pepper to taste

Instructions

1. Heat olive oil in a pot and sauté onion and garlic for 4 minutes.
2. Add broccoli and broth. Simmer for 10–12 minutes until tender.
3. Blend partially, leaving small broccoli chunks.
4. Stir in cheddar and cook on low until melted.
5. Season with salt and pepper. Top with chopped nuts just before serving.

per Serving:
267 kcal, 11 g protein, 12 g
carbs, 3 g sugars, 19 g fat



30 MIN



2 SERVINGS



Warm Salad



Grilled Zucchini & Tomato Salad

Ingredients

2 cups sliced zucchini
1 cup cherry tomatoes, halved
1 tbsp olive oil
1 garlic clove, minced
10 fresh basil leaves, torn
1 tbsp lemon juice
Salt to taste

Instructions

1. Heat grill pan over medium heat.
2. Brush zucchini slices with olive oil and grill for 2–3 minutes per side.
3. Sauté cherry tomatoes with garlic in a pan until just softened.
4. In a bowl, combine grilled zucchini, sautéed tomatoes, and basil.
5. Drizzle with lemon juice and season with salt. Serve warm.

per Serving:

177 kcal, 5 g protein, 14 g carbs,
5 g sugars, 9 g fat



20 MIN



2 SERVINGS

Warm Salad

25



Roasted Pumpkin & Goat Cheese Salad

Ingredients

1½ cups peeled and cubed
pumpkin
2 oz goat cheese, crumbled
1 tbsp olive oil
3 tbsp chopped walnuts
1 tsp honey
1 cup fresh spinach
Pinch of salt

Instructions

1. Preheat oven to 390°F.
2. Toss pumpkin cubes in olive oil and a pinch of salt.
3. Roast for 25 minutes or until tender and slightly caramelized.
4. In a bowl, combine roasted pumpkin, spinach, and crumbled goat cheese.
5. Drizzle with honey and top with walnuts. Serve warm.

per Serving:
342 kcal, 13 g protein, 18 g carbs,
5 g sugars, 12 g fat



35 MIN



2 SERVINGS





Beef & Bell Pepper Bowl

Ingredients

5 oz beef strips
1 red bell pepper, sliced
1 small red onion, sliced
1 tbsp olive oil
1 tbsp tamari (gluten-free soy sauce)
1 tsp sesame seeds
Salt to taste

Instructions

1. Heat olive oil in a pan over medium-high heat.
2. Add beef strips and cook for 5–6 minutes until browned.
3. Add onion and bell pepper; sauté until tender.
4. Stir in tamari and cook for 1 more minute.
5. Sprinkle with sesame seeds and serve warm.

per Serving:

320 kcal, 25 g protein, 12 g carbs, 5 g sugars, 18 g fat



25 MIN



2 SERVINGS



Garlic Mushroom & Green Bean Salad

Ingredients

3 cups sliced mushrooms
1½ cups trimmed green beans
1 small red onion, thinly sliced
1 garlic clove, minced
1 tbsp olive oil
1 tbsp balsamic vinegar
Salt to taste

Instructions

1. Steam green beans for 5–6 minutes until just tender.
2. In a skillet, heat olive oil and sauté garlic and onions for 2–3 minutes.
3. Add mushrooms and cook until browned and tender.
4. Combine green beans and mushrooms in a bowl.
5. Drizzle with balsamic vinegar and season with salt. Serve warm.

per Serving:

300 kcal, 6 g protein, 22 g carbs,
9 g sugars, 16 g fat



20 MIN



2 SERVINGS





Warm Quinoa & Broccoli Bowl

Ingredients

½ cup quinoa
1 cup broccoli florets
1 tbsp olive oil
2 tbsp lemon juice
2 tbsp chopped almonds
Salt to taste
Black pepper to taste

Instructions

1. Cook quinoa according to package Instructions:.
2. Steam broccoli until tender but still vibrant green (about 5 minutes).
3. Toast almonds in a dry pan until lightly browned.
4. In a bowl, mix quinoa, broccoli, and almonds.
5. Drizzle with olive oil and lemon juice, season with salt and pepper. Serve warm.

per Serving:

300 kcal, 24 g protein, 35 g carb,
4 g sugars, 9 g fat



30 MIN



2 SERVINGS



Tandoori Chicken Rice Salad

Ingredients

1 cup cooked basmati rice
1 cup cooked chicken breast,
cut into grilled chunks
½ cup plain Greek yogurt
1 tbsp lemon juice
1 tsp tandoori spice mix
1 small cucumber, diced
2 tbsp chopped fresh cilantro
(plus extra for garnish)
1 tbsp fresh mint, chopped
Salt to taste

Instructions

1. In a small bowl, mix yogurt, lemon juice, tandoori spice, and a pinch of salt.
2. Add chicken pieces, stir well to coat, and marinate for at least 15 minutes.
3. Heat a skillet or grill pan and cook the chicken until golden brown and slightly charred on the edges.
4. Place rice in serving bowls. Top with grilled chicken, cucumber, and fresh herbs.
5. Add a generous spoonful of yogurt sauce on the side and garnish with extra cilantro and mint.

per Serving:

380 kcal, 33 g protein, 32 g
carbs, 4 g sugars, 12 g fat



30 MIN



2 SERVINGS

Meat & Poultry



Liver Stroganoff with Coconut Cream

Ingredients

- 10 oz chicken liver
- 1 medium onion, thinly sliced
- $\frac{2}{3}$ cup coconut cream
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp sea salt
- $\frac{1}{2}$ tsp ground black pepper
- 1 tsp Dijon mustard

Instructions

1. Rinse the chicken liver, trim off any connective tissue, and pat dry.
2. Slice the onion thinly.
3. In a large pan, heat olive oil over medium heat.
4. Add onions and sauté for 5–7 minutes until soft and slightly golden.
5. Add the chicken liver and cook for 5–6 minutes, turning occasionally, until no longer pink inside.
6. Reduce heat to low, stir in coconut cream and Dijon mustard.
7. Simmer for 3–5 minutes until the sauce thickens slightly.
8. Season with salt and pepper to taste. Serve warm.

per Serving:

281 kcal, 22 g protein, 5 g carbs,
2 g sugars, 19 g fat



20 MIN



2 SERVINGS



Turkey Zucchini Meatballs

Ingredients

1 lb ground turkey
1 small zucchini, grated
(about 1 cup packed)
1 egg
½ cup rolled oats
1 tsp salt
½ tsp ground black pepper
1 tbsp olive oil (for baking or
frying)

per Serving:
305 kcal, 33 g protein, 10 g carbs,
1 g sugars, 14 g fat

Instructions

1. Preheat the oven to 350°F, or heat a non-stick pan on medium heat with olive oil.
2. Place grated zucchini in a clean kitchen towel and squeeze out excess moisture.
3. In a large bowl, combine ground turkey, zucchini, egg, oats, salt, and pepper.
4. Mix until well combined. Do not overwork the meat.
5. Form small meatballs using your hands (about 2 tbsp per ball).
6. Place on a baking sheet lined with parchment paper or add to the hot pan.
7. Bake for 20–25 minutes or cook in the pan, turning occasionally, until golden and fully cooked.



40 MIN



4 SERVINGS



Lemon & Rosemary Roasted Chicken Thighs

Ingredients

6 bone-in, skin-on chicken thighs
2 tbsp olive oil
1 medium lemon, sliced
1 tbsp fresh rosemary leaves
(or 1 tsp dried rosemary)
1 tsp sea salt
½ tsp ground black pepper
2 tsp honey

per Serving:

336 kcal, 26 g protein, 5 g carbs, 3 g sugars, 24 g fat

Instructions

1. Preheat oven to 390°F.
2. Pat chicken thighs dry with paper towels.
3. Place chicken in a baking dish, skin side up.
4. Drizzle with olive oil and honey.
5. Season with salt, pepper, and rosemary.
6. Tuck lemon slices between and under the chicken pieces.
7. Bake uncovered for 40 minutes, or until the skin is golden and crisp.
8. Let rest 5 minutes before serving.



50 MIN



3 SERVINGS





Chicken Drumsticks in Honey Mustard Sauce

Ingredients

6 chicken drumsticks
2 tbsp honey
1 tbsp Dijon mustard
1 tbsp olive oil
½ tsp salt
½ tsp black pepper
1 tsp dried thyme

Instructions

1. Preheat oven to 390°F.
2. In a small bowl, mix honey, Dijon mustard, olive oil, salt, pepper, and thyme.
3. Pat the drumsticks dry with paper towels.
4. Place the drumsticks in a baking dish and coat evenly with the sauce.
5. Bake uncovered for 35–40 minutes, turning once halfway through, until golden and cooked through.
6. Let rest for 5 minutes before serving.

per Serving:

312 kcal, 24 g protein, 10 g carbs, 8 g sugars, 19 g fat



50 MIN



3 SERVINGS



Cheesy Pork and Potato Casserole

Ingredients

1 lb thin boneless pork slices
4 medium potatoes, peeled
and sliced into thin rounds
1 medium onion, sliced into
rings
1 cup shredded cheddar
cheese
1 tbsp oil or butter (for
greasing)
½ tsp salt
¼ tsp black pepper

per Serving:

410 kcal, 25 g protein, 18 g carbs, 2 g
sugars, 27 g fat

Instructions

1. Preheat oven to 375°F.
2. Grease a medium casserole dish with oil or butter.
3. Lightly pound pork slices with a meat mallet. Season both sides with salt and pepper.
4. Arrange a single, even layer of potato slices on the bottom of the dish.
5. Place pork slices in a single layer over the potatoes.
6. Spread onion rings evenly over the meat.
7. Cover the dish with foil and bake for 40–45 minutes.
8. Remove foil, sprinkle cheese evenly on top, and return to the oven for 5–10 minutes until melted and golden



60 MIN



4 SERVINGS

Fish & Seafood



Honey Lime Glazed Shrimp Skewers

Ingredients

1 lb large shrimp, peeled and deveined

2 tbsp honey

2 tbsp freshly squeezed lime juice

1 tbsp olive oil

1 garlic clove, minced

½ tsp chili flakes (optional)

Salt to taste

Instructions

1. In a bowl, whisk together honey, lime juice, olive oil, garlic, chili flakes, and a pinch of salt.
2. Add shrimp to the marinade and toss to coat well. Cover and refrigerate for 15–20 minutes.
3. While marinating, soak wooden skewers in water to prevent burning.
4. Thread shrimp onto skewers.
5. Heat a grill or grill pan over medium-high heat.
6. Grill shrimp skewers for 2–3 minutes per side until opaque and slightly charred.
7. Brush with remaining marinade during cooking if desired.

per Serving:

230 kcal, 26 g protein, 9 g carbs, 7 g sugars, 10 g fat



21 MIN



2 SERVINGS



Baked Cod with Garlic Herb Crust

Ingredients

4 cod fillets (about 5.3 oz each)
2 tbsp olive oil
3 garlic cloves, minced
2 tbsp finely chopped fresh parsley
½ tsp dried thyme
¼ tsp salt
½ cup almond flour

per Serving:

285 kcal, 30 g protein, 4 g carbs,
1 g sugars, 17 g fat

Instructions

1. Preheat oven to 400°F.
2. Line a baking dish with parchment paper or lightly grease with olive oil.
3. In a small bowl, mix almond flour, garlic, parsley, thyme, and salt.
4. Brush each cod fillet with olive oil on all sides.
5. Press the herb-almond mixture onto the top of each fillet to form a crust.
6. Place the cod fillets in the baking dish, crust side up.
7. Bake for 18–20 minutes or until fish flakes easily with a fork and crust is golden.
8. Let rest for 2 minutes before serving.



32 MIN



4 SERVINGS



Lemon Garlic Butter Tilapia

Ingredients

4 tilapia fillets (about 150g each)
2 tablespoons unsalted butter (or dairy-free butter if needed)
2 cloves garlic, minced
1 tablespoon fresh lemon juice
1 teaspoon lemon zest
½ teaspoon salt
¼ teaspoon black pepper

per Serving:
210 kcal, 23 g pro, 1 g carb, 0 g sugars, 12 g fat

Instructions

1. Pat tilapia fillets dry with paper towels.
2. Season both sides with salt and pepper.
3. In a large skillet, melt butter over medium heat.
4. Add garlic and sauté for 30 seconds until fragrant.
5. Place tilapia fillets in the pan and cook for 3–4 minutes per side, or until opaque and easily flaked with a fork.
6. Drizzle lemon juice and sprinkle lemon zest over the fish during the last minute of cooking.
7. Serve immediately while warm.



15 MIN



4 SERVINGS



Tuna Patties

Ingredients

- 1 can (5 oz) tuna in water, drained
- 1 large egg
- ½ cup mashed potato (from cooked potatoes)
- 2 tbsp finely chopped green onions
- ¼ tsp chili flakes (optional)
- ¼ cup plain yogurt
- ½ tsp hot sauce

per Serving:

180 kcal, 17 g protein, 6 g carbs, 2 g sugars, 9 g fat

Instructions

1. In a bowl, combine the drained tuna, mashed potato, egg, green onions, and chili flakes.
2. Mix well until the mixture holds together.
3. Form 4 small patties with your hands.
4. Heat a non-stick skillet over medium heat (add 1 tsp olive oil if desired).
5. Cook the patties for 3–4 minutes per side until golden brown.
6. Meanwhile, stir together yogurt and hot sauce in a small bowl to make the dip.
7. Serve patties warm with the spicy yogurt dip.



20 MIN



2 SERVINGS



Thai Coconut Fish Curry

Ingredients

$\frac{3}{4}$ cup canned coconut milk
 $\frac{1}{2}$ lb white fish fillets (e.g., cod or tilapia), cut into chunks
1 tbsp red Thai curry paste
1 tbsp fish sauce
1 tsp coconut sugar (or maple syrup)
1 red bell pepper, sliced
1 cup cooked jasmine rice (for serving)

per Serving:

390 kcal, 28 g protein, 18 g carbs, 4 g sugars, 24 g fat

Instructions

1. In a pan over medium heat, warm the coconut milk until it starts to simmer.
2. Stir in the red Thai curry paste and cook for 2 minutes.
3. Add the fish sauce and coconut sugar. Stir to combine.
4. Add the red bell pepper and fish chunks. Simmer gently for 8–10 minutes, or until the fish is cooked through and flakes easily.
5. Serve hot over cooked jasmine rice.



20 MIN



2 SERVINGS



Rustic Baked Octopus with Jacket Potatoes

Ingredients

1 lb fresh or frozen octopus, cleaned
4 medium potatoes, whole with skin (about 1.3 lb total)
2 tbsp extra virgin olive oil
2 garlic cloves, minced
1 tsp smoked paprika
½ tsp sea salt
1 tbsp lemon juice (freshly squeezed)

per Serving:

370 kcal, 30 g protein, 38 g carbs, 2 g sugars, 13 g fat

Instructions

1. Rinse the octopus under cold water. If frozen, thaw completely.
2. Bring a pot of water to a boil. Add the octopus and cook over low heat for 40 minutes until tender.
3. In a separate pot, boil the potatoes in their skins for about 20–25 minutes until fork-tender.
4. Preheat the oven to 390°F.
5. Drain the octopus, pat dry, and cut into large pieces.
6. Drain the potatoes and gently press each one with a potato masher or spoon until slightly flattened.
7. Place the octopus and flattened potatoes on a baking tray. Add minced garlic, drizzle with olive oil, sprinkle paprika and salt.
8. Bake for 10–15 minutes until slightly crisped.
9. Drizzle with lemon juice and let cool for 10 minutes before serving.



80 MIN



2 SERVINGS

Sweet Treats



Blueberry Muffins

Ingredients

1 cup oat flour
2 tablespoons cornstarch
1 teaspoon baking powder
2 tablespoons maple syrup
½ cup almond milk
1 large egg
¾ cup fresh or frozen
blueberries

per Serving:
135 kcal, 3 g protein, 21 g
carbs, 6 g sugars, 4 g fat

Instructions

1. Preheat oven to 350°F. Line a muffin tin with 6 paper liners or grease lightly with oil.
2. In a mixing bowl, whisk together oat flour, cornstarch, and baking powder.
3. In a separate bowl, beat the egg, then mix in almond milk and maple syrup.
4. Combine wet and dry Ingredients:. Stir just until the batter forms. Don't overmix.
5. Gently fold in the blueberries using a spatula.
6. Divide the batter evenly into the 6 muffin cups.
7. Bake for 22–25 minutes or until the tops are golden and a toothpick inserted in the center comes out clean.
8. Let muffins cool for 5 minutes in the tin, then transfer to a wire rack.



35 MIN



6 SERVINGS



Chocolate Almond Cake

Ingredients

3 large eggs
½ cup coconut sugar (or
maple syrup)
1 cup almond flour
½ cup cocoa powder
½ teaspoon baking powder
¼ teaspoon salt
¼ cup olive oil

Instructions

1. Preheat oven to 350°F. Line an 8-inch round cake pan with parchment paper and lightly grease.
2. In a mixing bowl, whisk the eggs and coconut sugar until well combined and slightly frothy.
3. Add almond flour, cocoa powder, baking powder, and salt. Mix until a smooth batter forms.
4. Stir in olive oil until fully incorporated.
5. Pour the batter into the prepared pan and smooth the top.
6. Bake for 30 minutes or until a toothpick inserted in the center comes out with moist crumbs.

per Serving:

210 kcal, 5 g protein, 15 g carbs,
10 g sugars, 15 g fat



75 MIN



8 SERVINGS



Almond Butter Brownies

Ingredients

½ cup almond butter
½ cup maple syrup (or honey
or coconut sugar)
1 large egg
½ cup unsweetened cocoa
powder
½ tsp baking soda
½ tsp vanilla extract
⅛ tsp salt

per Serving:

130 kcal, 3 g protein, 10 g
carbs, 7 g sugars, 9 g fat

Instructions

1. Preheat the oven to 350°F.
2. Line an 8×8-inch baking pan with parchment paper.
3. In a bowl, mix almond butter and maple syrup until smooth.
4. Add the egg and vanilla extract, and stir well.
5. Sprinkle in cocoa powder, baking soda, and salt. Mix until just combined.
6. Pour the batter into the pan and spread evenly.
7. Bake for 18–22 minutes, or until the center is just set.
8. Cool for at least 15 minutes before slicing.



45 MIN



9 SERVINGS



Chocolate Chia Pudding

Ingredients

1 ½ cups almond milk
¼ cup chia seeds
2 tablespoons cocoa powder
2 tablespoons maple syrup (or
honey or date syrup)
½ teaspoon pure vanilla
extract
Pinch of sea salt
Shaved dark chocolate,
optional for topping

Instructions

1. In a medium bowl, whisk together the almond milk, cocoa powder, maple syrup, vanilla extract, and salt until smooth.
2. Stir in the chia seeds and mix thoroughly to avoid clumping.
3. Cover the bowl and refrigerate for at least 4 hours or overnight, until thickened.
4. Stir well before serving.
5. Optionally, top with a sprinkle of shaved dark chocolate.

per Serving:

180 kcal, 5 g protein, 18 g carbs,
8 g sugars, 9 g fat



4 H 5 MIN



2 SERVINGS



Blueberry Coconut Crumble

Ingredients

2 cups fresh or frozen
blueberries
2 tbsp maple syrup (or honey
or coconut sugar)
1 tbsp arrowroot starch (or
cornstarch)
½ cup rolled oats
½ cup unsweetened shredded
coconut
¼ cup coconut oil, melted
½ TL Zimt, gemahlen

per Serving:

210 kcal, 3 g protein, 26 g
carbs, 10 g sugars, 12 g fat

Instructions

1. Preheat oven to 350°F.
2. In a bowl, toss blueberries with maple syrup and arrowroot starch until evenly coated.
3. Spread the blueberry mixture into a small baking dish.
4. In another bowl, mix oats, shredded coconut, melted coconut oil, and cinnamon until crumbly.
5. Sprinkle the crumble topping evenly over the blueberries.
6. Bake for 30 minutes, until the top is golden and the blueberries are bubbling.
7. Let cool for at least 10 minutes before serving.



50 MIN



4 SERVINGS



Vanilla Bean Cashew Cheesecake

Ingredients

1½ cups raw cashews (soaked in water for 4 hours or overnight, then drained)
1 cup pitted Medjool dates
1 cup almond flour
¼ cup coconut oil, melted
¼ cup maple syrup (or honey)
1 tsp vanilla bean paste or pure vanilla extract
⅛ tsp sea salt

per Serving:
320 kcal, 6 g protein, 24 g
carbs, 14 g sugars, 24 g fat

Instructions

1. Line 6 silicone muffin molds or mini cheesecake rings with parchment paper (bottom only or use paper liners).
2. In a food processor, blend the dates and almond flour until the mixture is sticky and crumbly.
3. Divide the crust mixture evenly between the 6 molds and press down firmly. Chill while preparing filling.
4. Blend soaked cashews, coconut oil, maple syrup, vanilla, and sea salt until smooth and creamy. Scrape down sides as needed.
5. Divide the cashew filling mixture evenly over each crust. Smooth the tops with a spatula or spoon.
6. Freeze for at least 4 hours or until firm.
7. Let sit at room temperature for 10–15 minutes before removing from molds and serving.



4 H 15 MIN



6 SERVINGS



Chocolate Peanut Butter Bars

Ingredients

- 1 cup natural peanut butter (smooth or crunchy)
- ½ cup maple syrup (or honey)
- ¼ cup coconut oil
- 2 cups rolled oats
- ½ tsp vanilla extract
- ¼ tsp salt
- ½ cup dark chocolate chips

Instructions

1. In a saucepan over low heat, combine peanut butter, maple syrup, and coconut oil. Stir continuously until smooth and melted.
2. Remove from heat and stir in vanilla extract and salt.
3. Add rolled oats and mix until fully combined.
4. Line an 8×8-inch pan with parchment paper. Press the mixture evenly into the pan.
5. Melt chocolate chips gently (using a microwave in 20-second bursts or a double boiler).
6. Pour melted chocolate over the oat layer and spread evenly.
7. Chill in the refrigerator for at least 1 hour, or until firm.
8. Cut into bars and store in the fridge.

per Serving:

226 kcal, 5 g protein, 20 g carbs,
9 g sugars, 15 g fat



1 H 10 MIN



12 SERVINGS

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