



MUSCLE-CENTRIC MEALS

Delicious protein-rich recipes to help you transform your health and
feel amazing

BETH LIPTON

INDEX

BEEF & LAMB

Herbed burgers with roasted garlic mayo	04
Rib eye with black pepper butter	05
Taco stuffed peppers with cilantro-lime crema	06
Greek lamb meatballs with tzatziki	07
Lamb chops with mint pesto	08
Chipotle bison chili	09

PORK, POULTRY & EGGS

Green goddess Cobb salad	11
Sausage & peppers frittata	12
Garlic-rosemary pork tenderloin	13
Pork adobo	14

FISH

Deconstructed tuna sushi bowls	16
Ginger salmon cakes with wasabi mayo	17
Seared scallops with broccoli puree	18
Roasted cod with lemon-caper sauce	19

TREATS

Lemon-coconut panna cotta	21
Crunchy almond butter & jam cups	22

A photograph of a white plate containing a cooked beef and lamb patty topped with a dollop of white sauce, served alongside a fresh salad of green and red leafy vegetables, cherry tomatoes, and sliced onions. A semi-transparent text box is overlaid on the upper right portion of the image.

BEEF & LAMB

“Diets rich in lean red meat improve muscle strength,” says Dr. Gabrielle Lyon. “Stronger muscles also keep our minds sharp.”

HERBED BURGERS WITH ROASTED GARLIC MAYO



PREP TIME

20 MINUTES



COOK TIME

1 HOUR



SERVES

4

INGREDIENTS

Mayo:

- 1 small head garlic
- ½ tsp avocado oil
- Fine sea salt
- ½ cup avocado oil mayonnaise
- Freshly ground black pepper
- [List ingredients here](#)
- [List ingredients here](#)

Burgers:

- 1 1/3 lbs grass-fed ground beef
- ¼ cup chopped fresh flat-leaf parsley
- 3 tbsp chopped fresh basil
- 1 ½ tsp dried oregano
- 1 ½ tsp fine sea salt
- ½ tsp freshly ground black pepper
- Avocado oil, for cooking
- Chopped romaine or other lettuce for serving, optional

INSTRUCTIONS

1. Make mayo: Preheat oven to 425°F. Slice top off head of garlic, just enough to expose cloves. Drizzle with ½ teaspoon oil; sprinkle lightly with salt. Wrap up in a sheet of foil and bake until fragrant and garlic cloves are deep golden and very soft, about 40 to 50 minutes. Remove from foil and let cool. In a medium bowl, combine mayonnaise and lemon juice. When garlic is cool enough to handle, squeeze cloves into bowl with mayo and whisk or mash with a fork until well combined. Taste and season with pepper and additional salt, if needed. (You can make mayo up to 2 days ahead; cover and refrigerate)
2. Make burgers: In a large bowl, combine beef, parsley, basil, oregano, salt and pepper; mix gently but thoroughly with your hands to distribute herbs. Divide into 4 portions; form into patties (hint: Press the meat between two yogurt container lids to form patties without overworking the meat).
3. Warm a large skillet over medium-high heat; add oil. Cook burgers to desired doneness, about 2 to 4 minutes per side for medium rare (an instant read thermometer inserted into a burger should read 130°F). Serve burgers with garlic mayo on top of lettuce, if desired.



RIB EYE WITH BLACK PEPPER BUTTER



SERVES 4

- 4 tbsp (2 oz) unsalted butter, softened
- ½ tsp freshly ground black pepper
- Fine sea salt
- 1½ lbs grass-fed rib eye, pat dry
- 1 tbsp avocado oil

INSTRUCTIONS

1. Make compound butter: In a bowl, combine butter, pepper and ¼ teaspoon salt. Mash together with the back of a spoon until well combined. Serve, or form into a log, wrap in plastic wrap and refrigerate for up to 3 days.
2. Let steak sit at room temperature for 20 minutes. Preheat oven to 450°F; place a large cast iron skillet in the oven as it preheats. When oven reaches temperature, carefully remove skillet and place on the stove over high heat. Season steak all over generously with salt.
3. Pour oil into skillet; quickly swirl. Place steak in skillet; cook undisturbed until it releases easily and is seared, 2 minutes. Flip; cook 2 minutes longer. Place skillet back in oven; cook until an instant read thermometer stuck into thickest part reads 120 to 125°F (for medium rare), about 5 to 8 minutes.
4. Transfer steak to a cutting board; cover and let rest for 5 to 10 minutes. Slice against the grain, top with slices of butter and serve.

TACO STUFFED PEPPERS WITH CILANTRO-LIME CREMA



INGREDIENTS

Crema:

- 1 cup raw cashews
- $\frac{3}{4}$ cup cilantro leaves
- Zest of 1 lime
- 3 tbsp lime juice
- Fine sea salt and freshly ground black pepper

Peppers:

- 4 medium bell peppers, any color
- 1 tbsp avocado oil
- 5 scallions, white and light green parts chopped ($\frac{1}{2}$ cup)
- Fine sea salt
- 3 cloves garlic, minced (1 tbsp)
- 1 tbsp chili powder
- 1 tsp ground cumin
- $\frac{1}{4}$ tsp smoked paprika
- Freshly ground black pepper
- 1 lb grass-fed ground beef
- 2 cups cauliflower rice
- 1 14.5-oz can fire roasted tomatoes with chilies, drained

INSTRUCTIONS

1. Make crema: Cover cashews with cool water. Cover and refrigerate for 4 hours. Drain and rinse cashews; transfer to a blender. Add cilantro, lime juice and $\frac{1}{2}$ cup water; blend. Blend in more water as needed to reach sauce consistency. Taste and season with salt and pepper. (Yield: $1\frac{1}{2}$ cups)
2. Make peppers: Preheat oven to 350°F. Grease a 9-by-13-inch baking dish. Halve peppers lengthwise. Remove seeds and membranes; place peppers cut sides up in baking dish. Warm oil in a large skillet over medium heat. Add scallions, sprinkle with salt; sauté until tender, 2 minutes. Add garlic; sauté 1 minute. Add chili powder, cumin, paprika and a few turns of pepper; sauté 1 minute. Add beef, season with salt and cook, stirring, until nearly cooked through, 3 minutes. Add rice; sauté until warm, 2 minutes. Stir in tomatoes; remove from heat. Taste and season with salt and pepper.
3. Spoon beef mixture into peppers, dividing evenly. Cover; bake until peppers are tender, 35 to 40 minutes. Let cool slightly. Drizzle with crema, top with any desired taco toppings and serve.



SERVES 4

GREEK LAMB MEATBALLS WITH TZATZIKI



INGREDIENTS

Meatballs:

1 lb ground lamb
3 tbsp cassava flour
2 tbsp extra virgin olive oil
2 tsp chopped fresh mint
1 tbsp zaatar
1 tsp garlic powder
1 tsp dried oregano
½ tsp fine sea salt
¼ tsp freshly ground black pepper

Tzatziki:

1 tbsp extra virgin olive oil
2 cloves garlic, minced (2 tsp)
¾ cup plain, unsweetened non-dairy Greek yogurt
½ cup grated English cucumber
1 tbsp lemon juice
Fine sea salt and freshly grated black pepper

INSTRUCTIONS

1. Preheat oven to 350°F; line a large baking sheet with parchment. In a large bowl, combine lamb, cassava, olive oil, mint, zaatar, garlic powder, oregano, salt and pepper. Use your hands to combine well. Use a cookie scoop to portion into 18 TK-sized pieces, then form into balls and place on baking sheet, not touching. Bake 15 minutes, then turn meatballs over and bake until cooked through, 5 to 7 minutes longer.
2. While meatballs are baking, make sauce: Combine oil and garlic in a small, unheated skillet. Place over low heat and cook until it sizzles. Let it sizzle for 30 seconds, then transfer to a bowl. Let cool. When cool, stir in yogurt, cucumber and lemon juice. Taste and season with salt and pepper. (Yield: 1 scant cup. You can make sauce up to 1 day ahead; cover and refrigerate. Stir before serving.)
3. Serve meatballs with sauce.



SERVES 4



LAMB CHOPS WITH MINT PESTO



SERVES 4

Pesto:

½ cup extra virgin olive oil
2 cloves garlic, minced
(2 tsp)
1 cup fresh mint leaves
1 cup fresh basil leaves
½ cup chopped walnuts
1 tsp lemon zest
1 tbsp lemon juice
Fine sea salt and freshly
grated black pepper

Lamb:

2 tbsp avocado oil
12 lamb rib chops (not
Frenched, if possible),
pat dry
Fine sea salt and freshly
ground black pepper

INSTRUCTIONS

1. Make pesto: Combine 1 tablespoon oil and garlic in a small unheated skillet. Place over low heat and cook until mixture sizzles. Let sizzle for 30 seconds, then transfer to a cup to cool. In a food processor, combine mint, basil, walnuts, and lemon zest and juice; pulse to mix and chop. Add garlic and oil mixture; pulse in. With machine running, drizzle in remaining oil and blend until mixture is well combined and finely minced. (blend in more oil 1 tablespoon at a time if the pesto is too thick.) Taste and season with salt and pepper. (Yield: About ¾ cup. You can make pesto up to 1 day ahead; cover and refrigerate.)
2. Make lamb: Take the chops out of the fridge and let stand at room temperature for 20 minutes. Warm a large heavy bottom or cast iron skillet over medium-high heat until very hot. Add 1 tablespoon oil; swirl to coat bottom or skillet. Generously season half of the chops with salt and pepper. Place in skillet; sear without disturbing until browned on one side, about 3 to 4 minutes. Flip and cook until seared on other side, about 3 to 4 minutes longer. This will give you medium-rare chops; add 1 minute per side for medium. Transfer chops to a cutting board; cover with foil and allow to rest while you repeat with remaining chops. Serve lamb with mint pesto.

CHIPOTLE BISON CHILI



INGREDIENTS

- 1 tbsp avocado oil
- 1½ lbs ground bison
- Fine sea salt and freshly ground black pepper
- 1 onion, diced (1 ½ cups)
- 2 ribs celery, diced (2/3 cup)
- 2 carrots, diced (¾ cup)
- 3 cloves garlic, minced
- 1½ tsp chipotle chili powder
- 1 tsp chili powder
- 1 tsp ground cumin
- 2 tsp dried oregano
- 1 15-oz can diced fire-roasted tomatoes
- 2 tbsp tomato paste
- 1 ½ cups bone broth
- 2 tsp cider vinegar
- Raw honey, optional



SERVES 4 to 6

INSTRUCTIONS

1. In a large saucepan over medium heat, warm 1 tablespoon oil. Add bison, season with salt and pepper and cook, breaking up meat, until cooked through, 5 to 7 minutes. Transfer meat to a bowl. Add onion, celery and carrots to pan; season with salt. Cook, stirring occasionally, until tender, 5 to 7 minutes. Stir in garlic, both chili powders, cumin and oregano; sauté until fragrant, 1 to 2 minutes.
2. Stir bison and any accumulated juices back into pan. Add tomatoes, tomato paste and broth. Stir, raise heat to high, bring to a boil, reduce heat and simmer for 20 minutes. Remove from heat and stir in vinegar. Taste and season with additional salt and pepper, if desired. Stir in honey ¼ teaspoon at a time if needed to balance flavor. (Note: The vinegar taste will mellow if the chili has time to rest, so don't go overboard on the honey.) Yield: About 7 cups (You can make chili up to 3 days ahead; keep covered and refrigerated.)
3. Divide chili among 4 bowls. Top with any desired toppings and serve.



PORK, POULTRY & EGGS

“Protein is the key nutrient to feed and repair your muscle, which is largely responsible for maintaining a healthy metabolism, as well as optimal body composition.”

– Dr. Gabrielle Lyon

GREEN GODDESS COBB SALAD



PREP TIME

30 MINUTES



COOK TIME

30 MINUTES



SERVES

4

INGREDIENTS

Dressing:

- 2 tbsp extra virgin olive oil
- 1 clove garlic, minced (1 tsp)
- 1 small ripe avocado
- 3 tbsp snipped chives
- 2 tbsp chopped fresh tarragon
- ¼ cup fresh parsley leaves
- ¼ cup chopped fresh basil
- 2 tbsp lemon juice
- 2 tbsp avocado-oil mayonnaise
- 2 tsp coconut aminos
- Fine sea salt and freshly ground black pepper

Salad:

- 6 cups chopped romaine
- 6 slices bacon, cooked until crisp, crumbled
- 4 large eggs, hard cooked to desired doneness, quartered
- 12 oz boneless, skinless chicken breast or thighs, cooked, cut into cubes
- 2 cups halved cherry tomatoes
- 2/3 cup sliced ripe black olives

INSTRUCTIONS

1. Make dressing: Combine oil and garlic in a small unheated skillet. Place over low heat and cook until mixture sizzles. Let sizzle for 30 seconds, then transfer to a cup to cool. Combine remaining ingredients except salt and pepper in a high-speed blender or small food processor. Add cooled garlic mixture and process until smooth. Thin with water if needed to reach desired consistency. Taste and season with salt and pepper. (Yield: 1 ¼ cups. You can make dressing up to 2 days ahead; cover and refrigerate.)
2. Make salad: Toss lettuce with ¼ cup dressing. (Toss again with more dressing if you like.) Divide among 4 bowls. Make rows on top of lettuce with bacon, eggs, chicken, tomatoes and olives, dividing ingredients evenly. Drizzle with more dressing, if desired, and serve.

TIP: My favorite way to hard-cook eggs is to steam them--they come out perfect every time and peeling is a breeze. Pour 1 inch of water into a saucepan and add a steamer basket. Bring to a boil over high heat. Add eggs to steamer basket, cover and cook, 8 to 9 minutes for jammy eggs (like the ones in the picture); up to 12 minutes for hard cooked.



SAUSAGE & PEPPERS FRITTATA



SERVES 4

- 8 oz hot Italian sausage, casings removed
- 1 small onion, chopped (1 cup)
- Fine sea salt
- 2 medium bell peppers (any colors), seeded and chopped (2 cups)
- 1 tsp dried oregano
- Freshly ground black pepper
- 8 large pastured eggs, beaten

INSTRUCTIONS

1. Preheat oven to 400°F. Warm an 8-inch cast iron skillet over medium heat until hot. Add sausage and cook, breaking up meat into crumbles and stirring, until sausage is cooked through and browned in spots, about 5 to 6 minutes. Remove sausage to a bowl. If there's more than 1 tablespoon fat in skillet, remove excess (if there's less, add avocado oil to reach 1 tablespoon fat in skillet). Add onion to skillet, sprinkle with salt and cook, stirring often, until tender, about 5 to 6 minutes.
2. Add peppers to skillet, season lightly with salt and cook, stirring often, until peppers are very tender and onions have lightly caramelized, about 6 to 8 minutes. Whisk oregano and ¼ teaspoon each salt and pepper into eggs. Add sausage back to skillet; stir to distribute sausage and peppers evenly around skillet. Pour in egg mixture. Cook undisturbed until edges begin to firm up, about 3 to 5 minutes.
3. Carefully transfer skillet to oven and bake until frittata is cooked through, about 8 to 10 minutes longer. Let stand for 1 minute before slicing into wedges and serving.

GARLIC-ROSEMARY PORK TENDERLOIN



INGREDIENTS

- 6 tbsp kosher salt
- 2 dried bay leaves
- 1 1¼-lb pork tenderloin, trimmed of excess fat and silver skin, pat dry
- 1 tsp lemon zest
- 1 tsp minced fresh rosemary
- 2 cloves garlic, minced (2 tsp)
- ½ tsp plus 1 tbsp avocado oil
- ⅛ tsp freshly ground black pepper



SERVES 4

INSTRUCTIONS

1. In a large bowl, dissolve kosher salt in 2 cups hot water. Stir in 2 cups cool water and bay leaves. Add pork; push to submerge in brine. Cover and refrigerate for at least 1 hour and up to 4 hours..
2. Preheat oven to 400°F; place a large cast-iron skillet in oven as it preheats. Place zest, rosemary, garlic, ½ teaspoon oil and pepper on a cutting board. Chop together with a sharp chef's knife, turning mixture over and chopping until it becomes nearly a paste consistency. Remove pork from brine; pat dry.
3. Carefully remove hot skillet from oven; place over medium-high heat. Add remaining 1 tablespoon oil. Cook pork until seared, 2 to 3 minutes per side. Remove from heat; top pork with rub. Transfer skillet to oven and roast until an instant read thermometer stuck into thickest part reads 135 to 140°F, 14 to 17 minutes. Transfer to a cutting board, cover with foil and let rest for 10 minutes (internal temperature will continue to rise as meat rests). Slice and serve.

PORK ADOBO



INGREDIENTS

- ½ cup cider vinegar
- 2 tbsp sherry vinegar (or additional cider vinegar)
- ⅓ cup coconut aminos
- 1 ¼ tsp fine sea salt
- 8 cloves garlic, chopped
- 1 ½ tbsp black peppercorns
- 4 dried bay leaves
- 3 lbs boneless pork shoulder, excess fat trimmed, cut into 2-inch chunks, pat dry
- Cooked rice or cauliflower rice, for serving, optional
- 2 scallions, thinly sliced, for garnish, optional



SERVES 6

INSTRUCTIONS

1. In a large bowl, combine both vinegars, coconut aminos, salt, garlic, peppercorns and bay leaves; stir until well combined. Add pork; toss to coat. Cover and marinate for at least 6 hours or up to overnight, stirring occasionally.
2. Preheat oven to 275°F. Spread pork and marinade in a 9-by-13-inch baking dish. Cover with foil and bake for 1 hour. Raise oven temperature to 425°F, uncover dish and continue to bake until pork pieces have browned and crisped in spots and sauce has reduced and thickened, about 55 to 65 minutes, turning pork and basting with sauce every 20 minutes.
3. Spoon pork and sauce over rice and garnish with sliced scallions, if desired.

A top-down view of a white plate containing a meal. The meal consists of several slices of pink salmon, a large wedge of green avocado, sliced cucumbers, and dark green seaweed. A light-colored dressing is drizzled over the ingredients. A semi-transparent white box is overlaid on the upper right portion of the plate, containing the word 'FISH' in a bold serif font, followed by a quote in italics and the name 'Dr. Gabrielle Lyon' in a smaller serif font.

FISH

“Protein is responsible for nearly all of the work that is carried out in every cell. It is also needed for the structure, function, and regulation of all tissues and organs.”

– Dr. Gabrielle Lyon

DECONSTRUCTED TUNA SUSHI BOWLS



PREP TIME

20 MINUTES



COOK TIME

15 MINUTES



SERVES

4

INGREDIENTS

Dressing:

- 1 tsp wasabi powder
- ⅓ cup avocado oil mayonnaise
- 2 tsp coconut aminos
- 1 tsp toasted sesame oil
- ½ to 1 tsp sriracha, optional

Bowls:

- 2 tbsp avocado oil
- 1 10- to 12-oz package frozen cauliflower rice
- Fine sea salt
- 1 tsp unseasoned rice vinegar
- 1 lb fresh (or thawed) tuna steak, pat dry
- Freshly ground black pepper
- ½ cup sesame seeds
- ½ English cucumber, halved lengthwise, sliced (about 2 cups)
- 1 ripe avocado, sliced
- ½ .18-oz. package roasted seaweed (choose a brand cooked in olive oil such as SeaSnax), torn into pieces

INSTRUCTIONS

1. Make dressing: Combine wasabi powder with 1 teaspoon water; stir until a paste forms. Whisk in remaining ingredients. (Yield: Scant ½ cup. You can make dressing up to 1 day ahead; cover and refrigerate.)
2. Warm 1 tablespoon oil in a large skillet over medium heat. Add rice, season with salt and cook, stirring occasionally, until heated through and excess water has cooked off, about 5 to 7 minutes. Stir in vinegar; cook until it evaporates, about 1 minute. Transfer to a bowl; cover to keep warm.
3. Wipe out skillet; warm oil in skillet over medium-high heat. Season tuna all over with salt and pepper. Place sesame seeds in a shallow bowl and dredge tuna on both sides. Place in skillet and cook for about 1 minute, until seeds are toasted and fish is seared. Carefully turn and cook on other side until seeds are toasted, about 1 minute longer. (Tuna will be seared on the outside but very rare in the middle.) Transfer to a cutting board.
4. Divide rice among 4 bowls. Top each with cucumber and avocado. Slice tuna and divide among bowls. Drizzle with sauce, top with seaweed and serve.

GINGER SALMON CAKES WITH WASABI MAYO



INGREDIENTS

- 2 tbsp avocado oil, plus more for frying
- 1 lb wild salmon, skin removed, fish pat dry
- Fine sea salt and freshly ground black pepper
- 4 scallions, white and light green parts minced ($\frac{1}{2}$ cup)
- 3 tbsp minced fresh ginger
- $\frac{3}{4}$ cup (84g) blanched almond flour
- 2 tbsp (18g) arrowroot
- 1 large egg
- 2 tbsp coconut aminos
- 1 tsp wasabi powder
- $\frac{1}{4}$ cup avocado oil mayonnaise
- $\frac{1}{2}$ tsp unseasoned rice vinegar or cider vinegar



SERVES 4

INSTRUCTIONS

1. Preheat oven to 425°F; line a baking sheet with parchment. Rub salmon all over with 1 tablespoon oil; season with salt and pepper. Place on baking sheet and roast until just cooked through, 12 to 14 minutes. Flake into a large bowl and let cool.
2. Warm remaining 1 tablespoon oil in a small skillet over medium heat. Add scallions and ginger, season lightly with salt and sauté, until tender, about 3 minutes. Let cool. Add flour, arrowroot, egg and coconut aminos to bowl with salmon, then fold in scallion mixture. Mix gently but thoroughly. Season with salt and pepper.
3. Form $\frac{1}{4}$ cupfuls of mixture into patties. Warm $\frac{1}{4}$ inch avocado oil in a large skillet over medium heat. Fry patties until cooked through and golden, 2 to 3 minutes per side, replenishing oil between batches as needed. Keep warm in oven while cooking remaining patties, or let cool, cover and refrigerate.
4. In a small bowl, mix wasabi powder with 1 teaspoon hot water. Let stand for 5 minutes, then whisk in mayonnaise and vinegar. Taste and season with salt and pepper, if needed. Serve salmon patties with wasabi mayo.



SEARED SCALLOPS WITH BROCCOLI PUREE



SERVES 4

Broccoli:

- 1 tbsp avocado oil
- 1 small onion, chopped (1 cup)
- Fine sea salt
- 2 cloves garlic, minced
- 1½ lbs broccoli, chopped (5 cups)
- 1 cup bone broth
- 2 tbsp ghee
- 1 tbsp lemon juice
- Freshly ground black pepper

Scallops:

- 2 slices bacon, finely chopped
- 1 tbsp avocado oil
- 1 lb sea scallops, side muscle removed, thoroughly pat dry
- 2 tbsp micro greens, for serving, optional

INSTRUCTIONS

1. Make puree: Warm oil in a saucepan over medium heat. Add onion, sprinkle with salt and cook, stirring occasionally, until tender, about 5 minutes. Add garlic; sauté until fragrant, 1 minute. Add broccoli; sauté until bright green and beginning to get tender, about 2 minutes. Pour in broth, bring to a boil, reduce to a simmer, cover and cook until vegetables are very tender, about 10 to 15 minutes. Transfer to a high-speed blender or food processor, add ghee and lemon juice; blend until smooth. Taste and season with salt and pepper. Return to saucepan and keep warm. (Yield: About 3 cups. You can make puree 1 day ahead; let cool, cover and refrigerate. Rewarm gently on the stove, adding more broth if needed.)
2. Make scallops: Cook bacon in a large heavy-bottomed or cast iron skillet over medium-low heat, stirring occasionally, until golden, about 4 to 6 minutes. Transfer to a bowl. Pour out all but 1 tablespoon bacon fat, add oil to it and raise heat to medium-high. When oil is very hot and shimmering, quickly season scallops with salt and pepper and place in skillet. Cook undisturbed until seared on one side, about 1 to 1½ minutes. Flip and cook just until scallops are seared on the other side, about 1 minute longer.
3. Divide puree among 4 plates. Top with scallops, bacon and micro greens, if using, and serve.

ROASTED COD WITH LEMON-CAPER SAUCE



INGREDIENTS

- 1½ lbs cod, pat dry
- 2 tbsp extra virgin olive oil
- Fine sea salt and freshly ground black pepper
- 2 tbsp unsalted butter
- 1 small shallot, minced (¼ cup)
- 1 clove garlic, minced (1 tsp)
- 1 tbsp drained capers, roughly chopped
- 1 tsp lemon zest
- 2 tbsp lemon juice
- 1 tbsp chopped fresh flat-leaf parsley



SERVES 4

INSTRUCTIONS

1. Preheat oven to 400°F; line a large baking sheet with parchment. Rub fish all over with 1 tablespoon oil; season with salt and pepper. Roast fish until cooked through and flakes easily with a fork, 12 to 15 minutes, depending on thickness.
2. Make sauce: Melt 1 tablespoon butter with remaining 1 tablespoon oil in a small skillet over medium heat. (Put the other tablespoon of butter back in the fridge.) Add shallot and a pinch of salt; sauté until shallot is tender, 2 to 3 minutes. Add garlic and capers; sauté until fragrant, 1 minute. Whisk in lemon zest and juice. Remove from heat and whisk in remaining 1 tablespoon butter 1 piece at a time until sauce is well incorporated. Whisk in parsley, then taste and season with salt and pepper.
3. Plate fish, spoon sauce over it and serve.

TIP: The sauce is more like a relish than a traditional sauce. If you'd like it thinner, add about ¼ cup white wine and reduce it by half before adding the cold butter.

A top-down photograph of a glass bowl filled with white yogurt, topped with several fresh blueberries and shredded cheddar cheese. The bowl sits on a wooden surface, and a silver spoon is visible to the left. A semi-transparent text box is overlaid on the upper right portion of the bowl.

TREATS

“Life’s too short not to enjoy a treat sometimes—but dessert shouldn’t make you feel terrible. Enjoy delicious indulgences that use healthy, whole-food ingredients.”

— Ashleigh VanHouten

LEMON-COCONUT PANNA COTTA WITH BLUEBERRIES



PREP TIME

5 MINUTES



COOK TIME

10 MINUTES



SERVES

4

INGREDIENTS

- 1 13.5-oz can full-fat coconut milk
- 2 tsp grass-fed gelatin (such as Vital Proteins)
- 2 tbsp raw honey
- 1 tsp lemon zest
- 1 tsp vanilla extract
- Pinch fine sea salt
- ¼ cup unsweetened coconut flakes
- ¼ cup fresh blueberries

INSTRUCTIONS

1. Pour coconut milk into a medium bowl; whisk to combine. Transfer 1 cup milk to a small saucepan; sprinkle gelatin over. Let stand until gelatin blooms (turns firm and wavy), about 5 minutes. Place saucepan over medium-low heat and cook, stirring, until gelatin dissolves (do not allow mixture to boil), about 1 minute. Pour back into bowl with remaining coconut milk; gently whisk in honey, lemon zest, vanilla and salt. Pour into 4 cups or small dishes, cover and refrigerate until set, at least 4 hours or up to overnight.
2. Preheat oven to 350°F. Spread coconut on a baking sheet and toast, stirring often, until golden, about 4 to 6 minutes (watch it carefully to prevent burning). Transfer to a bowl to cool. Cover and keep at room temperature.
3. Uncover panna cottas. Top with blueberries, sprinkle with toasted coconut and serve.

TIP: Panna cotta is a creamy custard that's set with gelatin. Grass-fed gelatin contains collagen and the benefits it imparts--but it isn't the same thing as collagen peptides, and you can't swap the two. Note: If you feel extra fancy, you can turn the panna cottas out onto a plate and scatter the berries and coconut on top.

CRUNCHY ALMOND BUTTER & JAM CUPS



INGREDIENTS

- 1 cup raspberries
- ½ tsp orange or lemon juice
- Fine sea salt
- 2 ½ tbsp chia seeds
- Raw honey
- 1 ½ cups (9 oz) paleo chocolate chips (such as Hu Kitchen Gems)
- 1 tsp coconut oil
- 1/3 cup unsweetened almond butter
- 1 tbsp maple syrup
- 2 tbsp seeds (such as hemp, sunflower, or chopped pumpkin seeds), finely chopped nuts, or cacao nibs
- Flaky sea salt, such as Maldon, optional



YIELD: 1 2

INSTRUCTIONS

1. Make jam: Place berries, juice and a pinch of salt in a small pan over medium-low heat. Cook, stirring, until berries break down, 2 to 3 minutes. Remove from heat; mash with a spoon (I like it slightly chunky--if you want it smoother, blend in a small food processor). Transfer to a bowl; stir in 1 ½ tablespoons chia seeds. Let cool, stirring occasionally (jam with thicken as it cools). When cool, taste and add honey a little bit at a time, if needed. Cover and refrigerate until cold. (Yield: About ¾ cup)
2. Line 12 cups of a mini muffin tin with paper or foil liners, or have a silicone candy mold ready. Place chocolate chips and coconut oil in a medium heatproof bowl. Set over a pan of simmering water (do not let water boil). Let stand, stirring occasionally, until chocolate has melted and mixture is smooth. Spoon 1 to 2 teaspoons chocolate into each cup, spreading with the back of a spoon to line bottom and sides of each cup (be sure the sides are well covered). Freeze until chocolate is firm, 10 to 12 minutes. (Continued on next page)

CRUNCHY ALMOND BUTTER & JAM CUPS (continued)

3. In a small bowl, mix almond butter, maple syrup, remaining chia seeds, other seeds (or nuts) and a pinch of salt until well combined. Divide nut butter mixture among chocolate cups, spreading evenly. Place ½ to 1 teaspoon jam on top of nut butter, depending on how deep the cups are; spread evenly (the filling should come nearly to the top). Freeze until jam firms up, about 30 minutes. Top each with 1 to 2 teaspoons chocolate, swirling to cover jam. Sprinkle with flaky salt as you go, if desired. Freeze until firm, at least 1 hour. Remove from pan or pop cups out of candy mold; serve cold. Cover leftovers and keep refrigerated for up to 3 days.

TIPS:

- You will have some jam left over, spoon it on top of yogurt or spread on grain-free toast.
- A shortcut for the filling: Use a crunchy nut butter, or one with seeds already mixed in, like Nuttzo Crunchy Power Fuel (up the amount to ½ cup).



About the author

Beth Lipton is a recipe developer, food and wellness writer, and cookbook author. Her recipes and writing have appeared in *Clean Eating*, *Health*, *Paleo*, FoodNetwork.com, *Travel + Leisure*, Epicurious, Furthermore, Time.com, *Diabetic Living*, Clean Plates and others. She has written two cookbooks, *You Made That Dessert?* and *Peaches* (a Short Stacks book). She's a graduate of the Natural Gourmet Institute health-supportive culinary school and studied health coaching at the Institute for Integrative Nutrition. Beth also has a BA in journalism from the University of Southern California, and she "majored in dessert" in the pastry chef training program at The Restaurant School at Walnut Hill College. She lives in Brooklyn with her family.

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