



Three Tasty Recipes to Help You Celebrate St. Patrick's Day

Celebrate St. Patrick's Day with traditional Irish-inspired foods - made the healthy way. Enjoy this hearty Guinness Beef Stew, paired with Irish Soda Bread and finished off with some delectable Mint Chocolate Brownie Bites for dessert. You will wow family and friends with this menu, and best of all, they will never guess how healthy it is.



*These recipes are too good to keep to yourself!
Make sure to enjoy them with family, friends and loved ones!*



Guinness Beef Stew

This Guinness Beef Stew is sure to fill that hunger for comfort food while warming you up from the inside out.

INGREDIENTS

2 pounds boneless chuck roast, cut into 1 inch cubes
2 tablespoons EVOO (can substitute plant based butter, grass-fed butter or ghee)
½ cup oat flour
½ onion, chopped
3 cloves garlic, minced
2 tablespoons organic tomato paste
2 tablespoons dark cocoa powder
3 cups low sodium organic beef broth
1 cup coffee, strong-brewed
1 ½ cans Guinness (total 22.35 ounces)
1 tablespoon Worcestershire Sauce
1 teaspoon thyme
Pinch of black pepper to taste
1 pound of carrots, peeled and sliced
1 head of cauliflower, cut into individual florets (the cauliflower replaces traditional white potatoes)

DIRECTIONS

1. Place ½ tablespoon butter or cooking oil in a cast iron or regular skillet and melt on medium-high heat.
2. Dredge ½ of the beef in flour and brown in prepared skillet. Remove and add another ½ tablespoon butter or oil and repeat with remaining beef. Remove and set aside.
3. In a large soup pot, place the last tablespoon of butter or oil and add in the onion and garlic. Sauté until the onion is soft. Add in the tomato paste and cocoa powder. Let bubble for one minute.
4. Slowly stir in the broth, beer, coffee and Worcestershire sauce. Carefully add in the beef.
5. Add the thyme and pepper, then bring the stew to a boil. Once boiling, cover the pot and reduce heat. Let the stew simmer for one hour.
6. Uncover and add in the carrots. Bring the stew back to a boil and keep it boiling for 50 minutes (this will help to evaporate some of the liquid).
7. Add cauliflower, cover, and simmer on low for 30 minutes.
8. Finally, uncover and bring to a boil for 10 minutes.

Serve now, or let it cool down a bit by cooking on low for another 10-15 minutes.



Irish Soda Bread

Almost every pub in Ireland has its own special way to make soda bread. This Irish soda bread recipe rises from the interaction of baking soda, cream of tartar and apple cider vinegar. It has just a hint of sweetness that will make it an excellent complement to your beef stew. Soda bread by nature is dense and dry, but will perfectly soak up the flavors of the Guinness beef stew you have prepared to go with it.

INGREDIENTS

- 1 cup almond flour
- 1 cup flour—tapioca, rice, or potato, or a blend of all 3
- 3 large organic eggs
- 2 ½ teaspoons baking soda
- 1 teaspoon cream of tartar
- ½ teaspoon sea salt
- 2 teaspoons organic apple cider vinegar or fresh lemon juice
- 1 ½ teaspoons raw honey
- 2 tablespoons tapioca, rice or potato flour (to sprinkle on top of the dough)

DIRECTIONS

1. Preheat oven to 350°F.
2. In a large mixing bowl, combine all the ingredients. If your dough is not forming, try letting it sit for 10-15 minutes for the flours to absorb the liquids. This is a great trick anytime you are baking with nut flours.
3. Line a baking sheet with parchment paper.
4. Shape the dough into a ball and place on the parchment.
5. Sprinkle 2 tablespoons of the tapioca flour over the top and place in the pre-heated oven.
6. Bake for 35 minutes or until the outside of the bread is hard and a knife inserted comes out clean. Let cool and serve warm or room temperature.



Mint Chocolate Brownie Bites

The best healthy Mint Chocolate brownie you NEED. There is no sugar, flour or butter in this dairy-free, gluten-free and paleo brownie recipe.

INGREDIENTS

1 cup mashed sweet potato
½ cup almond butter
2 eggs
½ teaspoon mint extract
¼ cup dark cocoa powder
¼ teaspoon baking soda
¼ cup pure maple syrup
¼ cup coconut flour
½ cup dark chocolate chips (I use sugar-free)
1 teaspoon sea salt

DIRECTIONS

Sweet Potato Puree:

1. Poke some holes in 3 or 4 whole sweet potatoes.
2. Bake the sweet potatoes at 350 degrees for about an hour or longer, until tender.
3. Let the sweet potatoes cool, then peel off skins. They should be fairly easy to peel once they are cool and soft.
4. In a mixing bowl, mash the sweet potatoes with a fork.

Brownie Batter:

1. In a medium mixing bowl combine the sweet potato puree, ½ cup almond butter, maple syrup, mint extract and eggs. Mix well until smooth.
2. Add ¼ cup of cocoa powder, coconut flour, sprinkle of sea salt and baking soda. Mix well.
3. Fold in 1/3 cup of the chocolate chips.

Baking:

1. Grease muffin pan or muffin cups. Pour brownie mixture into each, filling until about ¾ cup full.
2. Sprinkle the remainder of chocolate chips on top of the brownie mixture. Bake for 20 minutes or until a toothpick inserted in the center comes out clean. Allow to cool in the muffin pan completely before serving.