



Lemony Mint Quinoa

1 cup quinoa, toasted
2 cups broth
juice of 1/2 lemon
15 mint leaves, coarsely torn
salt and pepper, to taste
2 cups halved grape tomatoes

Toast quinoa in a dry large skillet over medium heat until it starts smelling toasty and browning a bit (10-15 min). Note: this step can be done in advance or skipped altogether, but it does enhance the yum factor in a big way. Add broth to the pot, bring to a boil and simmer 10-15 minutes or until done. Stir halfway through and add in 1/2 the mint leaves. Squeeze in lemon juice, season with salt and pepper to taste. Add in tomatoes and the rest of the mint leaves when cooled.

Gluten free pancakes

Adapted from *The No-Grain Diet* by Joseph Mercola and Alison Rose Levy.

Makes 6-8

2 cups ground crispy almonds
1 teaspoon baking powder
1/2 tsp salt
1 cup cream or coconut cream
1 tablespoon honey
2 eggs, beaten
1 teaspoon vanilla extract
pinch of cinnamon
blueberries for mixing into batter

Combine all ingredients, stir in blueberries and cook on a hot cast iron griddle.