



EML

SUPERBOWL MENU





EAT CLEAN WITHOUT ANYBODY KNOWING IT!

There is a misconception that healthy food is boring and flavorless. NOT TRUE!

If you learn to choose the right recipes and choose the best ingredients, you (and your guests) will never feel like you're missing out on flavor.

In fact, quality ingredients and using the things nature provides, is actually the way to enjoy the most delicious flavors! Processed foods and oils taste like chemical dumps and provide nothing in terms of flavor!

Enjoy these clean eating snacks and don't make substitutions.

ABOUT QUALITY

ORGANIC

LOW-SUGAR

GLUTEN-FREE

NO GRAINS

DAIRY OPTIONAL

NON-INFLAMMATORY

Choosing quality ingredients is the key to keeping these recipes non-inflammatory and ensuring the best finished product.

These recipes are already designed to keep sugar low, gut upset out and all the flavor IN!

Nobody likes to spend the day in the kitchen and miss the game so all dishes can be made ahead and cooked as your guests arrive!

If you have an air-fryer, use it where directed. If you don't, all recipes calling for one can be done in a 400 degree oven on a sheet pan instead.

Enjoy!

~Evie

JALAPENO POPPERS



INGREDIENTS

10 JALAPENO PEPPERS HALVED
AND DESEEDED
8 OZ SOFT GOAT CHEESE
4 STRIPS BACON-COOKED & DICED
1/4 C FRESH CHIVES
3/4 C GLUTEN-FREE BREAD
CRUMBS

Instructions

- Mix together 1/2 of crumbs, bacon and goat cheese. Once combined add in the chives.
- Stuff each pepper with this mixture.
- Gently press the tops of the peppers into the remaining 1/4 c of crumbs to create the top coating.
- Cook in an air fryer at 390 degrees F for 6-8 minutes OR in a conventional oven at 400 degrees F for 18-20 minutes.
- Let cool and ENJOY!



SAUCY OR SOBER!

SPICY MANDARIN MARGARITA MANDARIN MINT SPRITZ

INGREDIENTS per cocktail

2 ounces of reposado tequila
1 ounce of lime juice
1 ounce of mandarin juice
1/2 oz. cane sugar syrup – Mix equal parts cane sugar and boiling water to make the syrup.
1 Serrano pepper, chopped
1 cup of ice
Tajin seasoning to rim the glass
Garnish: Serrano pepper

DIRECTIONS

Fill cocktail shaker with tequila, lime juice, mandarin juice, cane syrup, chopped Serrano pepper, and ice.
Shake mixture for at least 30 seconds to combine.
Rim a margarita glass with Tajin seasoning or sea salt & serve.

*10x ingredients for a pitcher

INGREDIENTS per pitcher

2 cups freshly squeezed mandarin juice
1/4 cup freshly squeezed lime juice
handful of fresh mint leaves
1 1/2 cups sparkling water or club soda
ice and mandarin segments for serving

6 ounces tequila or vodka (optional)

DIRECTIONS

Gently crush or tear the mint leaves and place in the bottom of pitcher.
Juice the mandarins and limes and pour pitcher, stir to combine.
If adding alcohol, add it at this point and stir to combine.
Add a handful of ice and some segmented mandarins. Fill with the sparkling water and mix gently.
Keep cold and serve over ice for each glass.

DIG IN DIP

INGREDIENTS

16 OUNCES LACTOSE FREE
SOUR CREAM

1/4 CUP HOMEMADE RANCH
DRESSING MIX

2 SLICES BACON, COOKED &
CHOPPED, PLUS MORE FOR
GARNISH

1 CUP SHREDDED GOAT
CHEDDAR CHEESE

1/2 CUP DICED CHIVES

Instructions

- Mix the sour cream, ranch dressing mix, bacon bits and cheese together in a medium bowl. Cover and refrigerate 24 hours.
- Top with chives and extra bacon. Serve with cauliflower chips and fresh veggies.

Ranch Dressing Mix

Combine and store in air-tight container: ½ cup buttermilk powder, 2 tablespoons parsley, 1 teaspoon dill, 1 tablespoon onion powder, 2 teaspoons onion flakes, 1 ½ teaspoons garlic powder, ¾ teaspoon sea salt, ½ teaspoon pepper, 2 teaspoons chives

CREAMY CHICKEN OR BEEF ENCHILADAS

INGREDIENTS

3-4 LBS. CHICKEN, BEEF OR
COMBO
16 CASAVA FLOUR TORTILLAS
3 CUPS SHREDDED GOAT
CHEDDAR
2 TBSP. GRASSFED BUTTER
2 TBSP. GF OR COCONUT
FLOUR
1 CUP WHOLE GRASS-FED
MILK OR COCONUT MILK
1 CAN DICED JALAPENOS
1 CAN SLICED OLIVES
2 LARGE VINE TOMATOES-
CHOPPED
1 CUP ROMAINE LETTUCE-
THINLY SLICED





Instructions

Makes 2 pans with 8 enchiladas each (I like to make one pan of each beef and chicken)

- Stew chicken in a crockpot for 2-3 hours on low with 1 cup chicken broth, chili powder, garlic, salt and pepper and shred OR to cut down on prep work, buy a free-range rotisserie chicken and shred meat.
- For steak, purchase pre-sliced grassfed sirloin (Costco carries this) or grill and thinly slice sirloin.
- Heat cassava flour shells for 5-10 sec. per side, just to warm and soften. As you heat them, top with chicken or beef and a sprinkling of shredded cheese.
- Roll and line them in a 13x9 baking dish, lightly sprayed with avocado oil spray.
- Meanwhile, to prepare cheese sauce melt butter and stir in flour. Stir over medium heat until well combined (do not brown).
- Add in 1 cup milk or coconut milk and stir until slightly thickened (1-2 mins.) Remove from heat and mix in jalapenos and 2 cups of the cheese. Stir well until smooth.
- Pour sauce over enchiladas. Bake at 350 for 15-20 mins. or until hot and bubbly.
- Top with sliced olives, sliced lettuce and tomatoes.

MEYER LEMON BARS

INGREDIENTS

1 C. GLUTEN FREE FLOUR
1/2 C. GRASS-FED BUTTER,
SOFTENED
4 TBSP. POWDERED CANE
SUGAR
2 LARGE EGGS, ROOM
TEMPERATURE
3/4 C. ORGANIC CANE SUGAR
2 TBSP. GLUTEN FREE FLOUR
1/2 TSP. BAKING POWDER
2 TBSP. MEYER LEMON JUICE
1 TSP. GRATED LEMON ZEST

Instructions

- In a bowl, combine the flour, butter and confectioners' sugar.
- Pat into an ungreased 8-in. square baking pan. Bake at 350° for 20 minutes.
- For filling, in a small bowl, beat eggs. Add the sugar, flour, baking powder, lemon juice and zest; beat until frothy.
- Pour over the crust. Bake 25 minutes longer or until light golden brown.
- Cool on a wire rack. Dust with confectioners' sugar. Cut into bars.

