

GAPS

Butternut Squash Soup



Serves 6-8

I discovered a version of this soup in Jessica Prentice's *Full Moon Feast*. After I made it, I felt like I had become a gourmet chef. Easy, delicious, and a crowd pleaser.

2 quarts chicken stock (page 10)

2 tablespoons animal fat, coconut oil, or ghee

3 leeks, sliced in half, and sliced again into half-moons (or 2 onions, chopped)

1 butternut squash, peeled, seeded, and cut into chunks

1 bouquet garni

Sea Salt

Optional Garnishes

Yogurt or cultured cream

Chopped fresh herbs (Stage 2)

Soaked and sprouted pumpkin seeds

(Full GAPS)

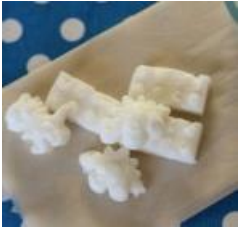
Add the stock and fat to a pot. Add the vegetables and bring to a boil. Reduce the heat to a simmer, add the bouquet garni, and cook, covered, for 30 minutes or until the vegetables are soft and the squash is easily pierced with a fork. Take out the bouquet garni and remove the soup from the heat. Carefully puree the

soup with an immersion blender until smooth. Add salt to taste and serve.

Note: *You can substitute filtered water for stock if you don't have enough stock.*

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Coconut Creams



Serves 12-20

½ cup honey

½ cup coconut oil, at room temperature

Whip together the honey and coconut oil with a fork and put into silicone ice cube molds. Place in the freezer for an hour or until solid. Remove from the freezer and pop out as needed, or place them all in a container in the freezer for easy access. You can get creative with the shapes of the molds, which is fun for kids. For added pizzazz, I add freshly grated gingerroot, making it easy to pop into my hot water for an on-the-go ginger tea. These are also a treat eaten as is right out of the freezer. They will satisfy any sweet craving or whiny child.

Note: *If you do not like the taste of coconut oil, you can purchase expeller-pressed oil, which is flavorless. See resources for suppliers.*

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Halibut in Lemon Thyme Stock



Serves 4-8

When I started the GAPS Diet, I was looking for a nice, simple fish soup to enjoy in the beginning months. This is a variation on an elegant Martha Stewart recipe, tweaked to make it a bit more substantial, and now “Just for the Halibutt”, as my kids call it, has become a staple in our family.

Despite having now moved beyond the Intro, we still serve this regularly. The kids add extras to their bowls like avocado and chopped tomato. Some even take the halibut out of the soup and enjoy it with homemade mayonnaise, fermented salsa, or pesto, and drink the stock in a mug on the side. If you have kids who don't love stock, be sure to try this, since it will make a stock lover out of anyone! Let them smash the lemongrass, which adds amazing flavor to the dish; once they smell it, they will surely want to try it!

1 stalk fresh lemongrass, or 3 lemons, zested and juiced
4 cups chicken or fish stock
3-5 cloves garlic, smashed
1 bunch fresh thyme sprigs

Sea Salt
2-4 halibut fillets
1 tablespoon homemade ghee (if tolerated) or animal fat
2 scallions, chopped

10 peppercorns

**Cauliflower rice (optional,
page 87)**

Smash the lemongrass with a rolling pin or mallet. Cut it into thirds and add to a large pot. Place the stock, garlic, thyme, and peppercorns into the large pot, and bring to a boil. Salt the halibut and add it to the boiling stock. Cover and turn off the heat. Let stand for 6-8 minutes. Strain the broth and divide among bowls: serve each with a beautiful chunk of fish, a drizzle of ghee, chopped scallions, and scoop of cauliflower rice, if desired.

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Mashed Cauliflower



Serves 6-8

After getting the hang of Basic Stew, you can create casseroles by transferring the stew to an ovenproof dish, adding Mashed Cauliflower on top, and cooking in the oven at 360° for about 30 minutes. This is similar to a shepherd's pie.

1 head cauliflower	Sea salt
3-4 cups filtered water or stock	1-2 tablespoons cultured
3-4 tablespoons ghee, coconut	cream and/or ghee
oil, lard, or tallow	

Break up the cauliflower into little florets. Steam it or bring it to a boil in the filtered water or stock, then reduce the heat to a simmer for 10-15 minutes. Strain and place back into the hot pot. Add the fat of your choice and blend with a handheld blender, or transfer to a food processor and blend until soft and smooth. Add cultured cream and/or ghee and salt to taste.

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Salted Caramels



These were another of my family's favorites while we were on the Intro Diet. Use equal parts honey and ghee, adding a pinch of sea salt. Place in silicone ice cube trays or chocolate molds. For additional ideas, see Coconut Creams (page 51). Enjoy right out of the freezer or in a cup of tea!

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Scrumptious Chicken in a Crock Pot



Serves 6-8

Spices are a wonderful addition to Stage 5. Feel free to use any chicken parts on the bone. If you don't have time for the spices, just add onions, salt, pepper, and fat and turn it on! This is a great way to enjoy a tougher chicken. Often the soy-free pastured chickens you get from your farmer are not as plump as what you might find in the grocery store. This meat will just fall off the bone!

2 teaspoons paprika

1 teaspoon sea salt

1 teaspoon onion powder

1 teaspoon dried thyme

½ teaspoon garlic powder

1 teaspoon curry powder

1 teaspoon dried basil

1 teaspoon dried sage

¼ teaspoon black pepper

2 onions, sliced

1 whole chicken

Animal fat or ghee

Combine the dried spices in a small bowl. Place the onions in the bottom of the slow cooker. Remove any giblets from the chicken, wash it, and pat it dry. Rub the spice mixture all over it. You can even put some of the spices inside the cavity and under the skin covering the breasts. Rub some fat over the chicken. Put the

prepared chicken on top of the onions in the slow cooker, breast-side down, cover it, and turn it on to high. There is no need to add any liquid. Cook for 3-4 hours on high or 6-8 on low (for a 3-4 pound chicken), or until the meat is falling off the bone. Don't forget to make your homemade broth to freeze for Full GAPS right in the Crock-Pot with leftover bones, a few feet, a head, celery, carrot, and onion.

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Squash Pancakes



Makes 6-8 small pancakes

My kids love these with a little butter or ghee and a tiny bit of honey on top. They are fairly sweet without the honey, so only add if your kids are demanding it!

**1 cup cooked squash, pureed
(recipe follows)**

3 pastured eggs

1 teaspoon cinnamon (Stage 5)

**1 teaspoon vanilla extract
(homemade only; see recipe,
page 96)**

Pinch of sea salt

**2 tablespoons animal fat,
coconut oil, or ghee (for
cooking)**

Blend the first five ingredients in a bowl. Pour about $\frac{1}{4}$ cup of batter for each pancake into a pan with lots of melted fat. Let cook for a minute or two on the first side, then flip. It takes a little bit to get the hang of it since they are small, but just don't flip too soon or they will fall apart.

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Stocking the Larder (Pantry)

When you start stocking your larder, be sure to get the best ingredients you can find. Organic, pastured, and farm-fresh is always best. It may take a little investigating to find all your sources for good reliable food, but once you do it will be easy to stock up on supplies that will last for months. An extra fridge and/or freezer can be helpful, especially if you are trying to be economical and buy in bulk. A local Weston A. Price Foundation chapter leader can help source the best ingredients in your area.

Unrefined sea salt

Organic spices

Raw nuts, seeds, and nut and seed butters

Organic pastured eggs

Organic pastured chicken and pork

100 percent grass-fed beef and lamb

Chicken heads and feet

Sugar-free bacon

Organic coconut oil

Red palm oil

Ghee

Sesame oil

Cold-pressed olive oil

Coconut vinegar

Whey

Sauerkraut or pickle juice

Fresh fruits and vegetables

Whole raw milk to make yogurt and kefir

Whole raw cream to culture and make butter

Raw cultured butter

Coconut aminos (a soy-free seasoning sauce)

Shredded coconut flakes, large and small

Dried fruit

Unprocessed homemade condiments

**Pastured lard, beef tallow,
lamb tallow, duck fat
Herbal teas
Coffee substitute (I like Dandy
Blend)
Kefir grains
Bone broth and meat stock:
chicken, beef, and fish
Great Lakes Gelatin
Raw honey
Fermented vegetables
Bragg's Apple Cider Vinegar**

**Almond and homemade
coconut flour
Roasted carob or raw
unsweetened cacao powder
Full-fat coconut milk
Pure vanilla extract
Onions
Garlic
Squash
Fresh ginger and turmeric**

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Tomato Soup



Serves 6-8

2 quarts chicken stock
2-4 tablespoons animal fat, coconut oil, or ghee
8 fresh tomatoes (3-4 cups), chopped or 2 jars or cans (28 ounces each) crushed tomatoes

2 onions, diced
2 cloves garlic, pressed
1 pound ground pork sausage, crumbled (optional)
Sea salt
Handful of fresh basil, shredded (Stage 2)

Bring the stock to a boil. Skim and discard the scum. Add the fat to the pot and bring to a boil. Add the tomatoes, onions, and garlic; turn the heat down to a simmer. Simmer for 20-30 minutes, until the onions are soft. Puree with an immersion blender. Add the ground sausage and simmer another 10 minutes. Add salt to taste. Add fresh basil as a garnish in Stage 2.

Variation (Stage 4 or later): Sauté the sausage in the fat until it's nicely browned, about 15 minutes. Remove to a plate. Add the onions to the pan and sauté until translucent. Add the garlic and stir for another minute. Transfer the onions and garlic to the soup pot. Add the stock to the pot, bring to a boil, skim, and discard the scum. Add the tomatoes and simmer for 15 minutes. Puree the

soup with an immersion blender –or leave it chunky if you prefer. Add the sausage and stir to incorporate. Let the ingredients simmer together for another 15 minutes. Season with sea salt to taste. Sprinkle with fresh chopped basil to garnish and serve.