

Grain Free Sardine Fish Cakes

Recipe Adapted from: ditchthewheat.com

Serves 2

Ingredients

- 1 can of sardines (around 84 grams when drained)
- 1 egg
- 1 ½ Tbsp of coconut flour
- 1 Tbsp of Dijon mustard
- 2 Tbsp fresh parsley
- ¼ cup chopped green onion
- ⅛ tsp of salt
- ¼ cup almond flour for coating the cakes
- 1 Tbsp olive oil



Directions

1. Place the drained sardines, egg, coconut flour, Dijon mustard, parsley, green onion, and salt in a food processor. Pulse until all combined. Roll into small or medium sized balls (about 4-6) and flatten with the palm of your hands. Dip the fish cakes in a small bowl of almond flour. Evenly coat both sides.
2. Heat olive oil in a medium-sized skillet over low to medium heat. Cook the fish cakes, turning once.
3. The cakes are done when both sides are golden and crispy.

Nutrition Information per Serving: Calories: 310, Total Fat: 23gm, Saturated Fat: 4gm, Cholesterol: 140mg, Carbs: 7gm, Fiber: 4gm, Protein: 17gm

Beef Liver and Onion Meatballs

Recipe Adapted from: primalpalate.com

Serves 4

Ingredients

- 1 lb grass fed ground beef
- ¼ lb pastured beef liver finely diced, or ground in a food processor
- ½ cup onion, diced
- 2 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp cinnamon
- 1 tsp black pepper
- ½ tsp salt



Directions

1. Preheat oven to 350° F.
2. In a medium-sized mixing bowl, combine ground beef and beef liver.
3. Season with smoked paprika, garlic powder, cinnamon, black pepper, and salt. Continue to mix with hands until meat is equally seasoned.
4. Mix in the diced onion.
5. Form meat mixture into balls, slightly larger than an ounce, and place in a baking dish. Bake meat balls for about 25 minutes.

Note: you can increase the amount of liver to increase the nutrient content to about 50% beef/liver ratio.

Nutrition Information per Serving: Calories: 210, Total Fat: 7gm, Saturated Fat: 3gm, Cholesterol: 150mg, Carbs: 5gm, Fiber: 1gm, Protein: 31gm, Sodium: 390mg