

5 Favorite Paleo Diet Recipes

Paleo Pancakes

Breakfast foods do not get more classic than pancakes. If you're eating Paleo, but are missing the old days when you would put away a tall stack of pancakes at breakfast, let this perfect recipe bring you back.

Ingredients:

Bananas – 3

Eggs – 3

Cooking oil of your choice

Almond butter – 1/4 cup

Whatever toppings you want

Preparation:

- 1) Place bananas and eggs in bowl and mash until smooth
- 2) Add almond butter to mixture and mix again
- 3) Heat coconut oil in pan on low and place batter in pan in whatever shape you like
- 4) Cook until the pancakes are browned to your liking
- 5) Add toppings and enjoy!

Green Smoothie

Ingredients:

Almond milk – 1/2 cup

Berries – 1/2 cup of whatever you like

Spinach – as much as looks good, typically a couple small handfuls

Banana – 1

Avocado – 1/2 of a regular sized avocado

Honey – 2 tablespoons

Ice – a couple handfuls of ice cubes works well, you can eyeball it a bit

Preparation:

- 1) Add all ingredients to blender
- 2) Blend until the mixture is of the consistency that you want
- 3) Enjoy!

If you'd like more information on getting started with green smoothies, [check out our ultimate guide to green smoothies.](#)

Eggs Over Easy Salad

This recipe is from our friend & [expert paleo chef Marla Sarris.](#)

1. Melt some grass-fed butter or coconut oil in a small frying pan over medium high heat.

2. Crack two eggs and cover then prepare your salad on a plate.
3. Combine fresh baby spinach, peppers, onion, carrots, tomato, celery, avocado, broccoli or any of your favorite vegetables.
4. Cook the eggs to your preferred doneness; I like mine over easy (the juices from the egg create a delicious dressing as you eat and run over the veggies).
5. Season your salad with some sea salt and pepper, maybe a touch of avocado or olive oil and any other seasonings. Top it off with your two eggs and enjoy.

Paleo Chili

[*via Robb Wolf*](#)

Ingredients:

2lbs lean ground beef (good) or grass-fed ground beef (best)
2 medium onions, chopped
1 large green bell pepper, chopped
1 large yellow bell pepper, chopped
3-5 cloves garlic, minced
1 – 28oz can tomato pureé
1 – 14oz can tomato sauce
1 1/2 cups coffee (substitute with broth if you prefer)
3T chili powder
2T cumin
1T oregano
1 tsp garlic powder
1 tsp onion powder
2 tsp pumpkin pie seasoning (substitute with 1 tsp cinnamon + 1 tsp nutmeg)
1/2 tsp cayenne (optional)
1 tsp sea salt + sprinkle

1 tsp pepper + sprinkle
1 T coconut oil

Instructions:

Sauté onions and bell peppers in coconut oil over med-high heat in a large dutch oven or soup pot. Sprinkle with salt and pepper. About 5 minutes.

Add beef and garlic and cook until brown. About 7 minutes.

Add tomato pureé, tomato sauce, coffee and spices. Bring to a bowl, then reduce heat and simmer 1-2 hours.

Avocado Deviled Eggs

Ingredients

Eggs
Avocado
Garlic
Pepper
Sea Salt
Honey
Mustard
Cayenne Pepper
Paprika

Preparation

Boil Eggs

Slide the eggs in half and remove the yolk.

Cut the avocados open and scoop them out into a bowl

Mash the avocado up so it's broken up.

Add the garlic, pepper, sea salt, honey, mustard and the rest of the ingredients and mix it up together. Mix the flavors to your liking and taste.

Use your spoon to add the filling back to the egg whites.

Top with paprika