

Baton Rouge, LA 70810

Navy Bean Banana Breakfast Muffins

Ingredients:

2.5 cups King Arthur Gluten Free Banana Bread Mix
1 cup Navy Bean Flour
½ cup butter (melted)
3 large eggs
¾ cup milk
1.5 cups water

Directions:

1. Heat oven to 350 and line muffin pans with butter or muffin cups
2. In large bowl, whisk together banana bread mix and navy bean flour
3. In a separate bowl, whisk together butter, eggs, milk and water
4. Stir wet ingredients into dry ingredients until fully combined
5. Spoon into muffin cups until almost full
6. Bake at 350 for 25-28 minutes
7. Turn broiler on and broil 2-3 minutes to brown tops
8. Cool 5 minutes in tins, then finish cooling on racks

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Adaina Watson

Blue Vase Health

Integrative Nutrition Health Coach

Recipe for Navy Bean flour gluten free waffles:

Dry Ingredients

¾ cup Navy Bean Flour
¾ cup Bob's red mill 1 to 1 flour
1 tsp baking powder
½ tsp baking soda
¼ cup sugar

Wet Ingredients

1/2 cup coconut milk
1/2 cup water
4 eggs
2 tbsp canola or veg oil
1 tsp vanilla

1. Heat waffle iron and spray with cooking spray.
2. Whisk wet ingredients together in a large bowl.
3. In a separate bowl, combine dry ingredients.
4. Add dry ingredients to wet ingredients and stir until thoroughly combined.
5. Pour into waffle iron and cook 5-7 minutes (depending on your waffle iron).

This recipe can also be used to make pancakes.

Yields 4-6 depending on size.

Chocolate muffins with Navy Bean Flour

1 cup Gluten Free chocolate cake mix (Bob's Red Mill)

½ cup navy bean flour

2 eggs

½ cup coconut milk

¼ cup vegetable oil

½ cup boiling water

Preheat oven to 350F

Line muffin tin with paper cups and spray with non-stick cooking spray

Put cake mix and navy bean flour into a mixing bowl. Whisk together.

Combine eggs, milk and vegetable oil and beat together slightly.

Stir wet mixture into dry mixture until well combined.

Add boiling water and stir to mix.

Fill baking cups ¾ full with batter.

Bake for 22 - 25 minutes or until a toothpick inserted in the center of the cupcake comes out clean.

Makes 10 muffins



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Navy Bean Jambalaya Pasta Casserole

Ingredients:

2 links Teton Water sausage, sliced thin
2 chopped green onions
2 tbsp Navy Bean Flour
2 tbsp butter
1 cup half & half
½ cup shredded parmesan
½ cup petite green peas
1 bag (8oz) Navy Bean Pasta

Directions:

1. Put a pot of water on to boil
2. Preheat oven to 375
3. In a separate skillet, brown sausage
4. In main skillet, melt butter and stir in navy bean flour until creamy.
5. Add half & half to main skillet and stir until creamy
6. Add parmesan and stir until melted and creamy
7. Boil pasta in boiling water for 2-3 minutes (leave it chewy because you're going to bake it)
8. Add sausage and peas to cream sauce and stir together.
9. Add garlic powder, salt and pepper to taste
10. After pasta is cooked and drained, stir together with the cream sauce mix
11. Pour contents into a greased baking dish and sprinkle mozzarella cheese on top.
12. Bake for 10-15 minutes or until cheese melts.

Navy Bean Flour Pepperoni Pizza

Ingredients for crust:

1 cup Bob's Red Mill Gluten Free Pizza Crust Mix
½ cup Navy Bean Flour
¾ cup warm water
1 ¼ tsp yeast
1 egg
1 tbsp vegetable oil or olive oil

Toppings (I used):

½ cup Paul Newman's organic marinara sauce
1 cup Shredded mozzarella
14 Slices pepperoni

Directions:

1. Preheat oven to 425 degrees and oil pizza pan.
2. In a large bowl, combine water and yeast. Let stand 5 minutes.
3. While waiting for yeast to dissolve, in a separate bowl, whisk together the pizza crust mix and the navy bean flour.
4. When the five minutes is up, stir egg and oil into the yeast/water mix.
5. Add the dry mixture to the wet ingredients and combine thoroughly.
6. Leave the dough in the bowl and cover the bowl with plastic wrap and wait 20 minutes for dough to rise.
7. Place dough in the prepared pan, roll or press dough to fit pan.
8. Bake without toppings for 7 minutes.
9. Remove from oven and cover with sauce and toppings.
10. Bake for an additional 15-18 minutes, until crust is golden brown.

Chicken Alfredo

Ingredients:

Chopped cooked chicken

4 tbsp butter

2 green onions - chopped

6 teaspoons navy bean flour

1 cup half & half

$\frac{2}{3}$ cup shredded parmesan

Garlic powder

Salt

Pepper

Directions:

1. Saute green onions in butter until soft
2. Whisk in navy bean flour
3. Whisk in half & half
4. Bring to a boil then reduce heat and add parmesan. Stir until melted
5. Add garlic powder, salt and pepper to taste
6. Stir in chicken

Serve over Navy Bean Pasta

Recipe by Andrew Biggs

Recipe for Navy Bean flour mashed potatoes:

Ingredients:

2lbs potatoes (which will equal about 2 cups mashed potatoes)

½ cup navy bean flour

¼ cup earth balance organic margarine

¼ cup coconut milk

1 tsp garlic powder

1. Peel and rough chop potatoes.
2. Boil approximately 10 minutes until easily separated with a fork.
3. Drain water and mash/mix potatoes with remaining ingredients.

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Meatballs

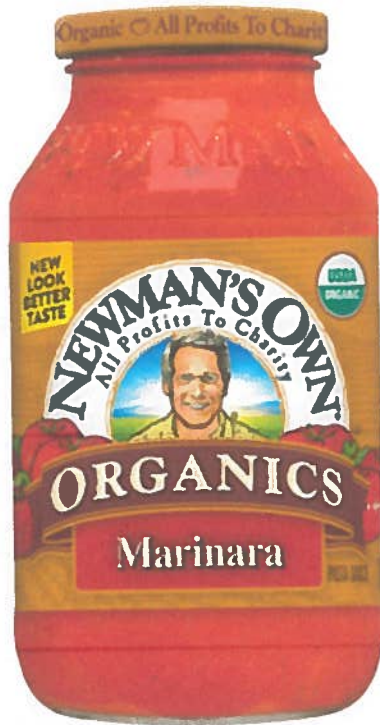
Ingredients: flour

1 lb lean ground beef
1 cup navy bean flour
¼ cup water
½ tsp salt
½ tsp pepper
1 egg

Directions:

1. Heat oven to 400F
2. Line 13x9 inch pan with foil, spray with cooking spray
3. In a large bowl, mix all ingredients. Shape mixture into 20-24 meatballs. Place 1 inch apart in pan.
4. Bake uncovered 18-22 minutes or until no longer pink in center

Add to Marinara sauce and simmer 5-7 minutes.
Serve over gluten free pasta.



All Natural Ingredients

Organic Tomato Puree (Water, Organic Tomato Paste, Citric Acid), Organic Diced Tomatoes, Organic Extra Virgin Olive Oil, Organic Carrot Puree, Organic Basil, Sea Salt, Organic Garlic, Organic Onion*, Organic Black Pepper*, Organic Fennel

*Dried

Kosher



Nutrition Facts

Serv. Size 1/2 Cup (125g)

Calories 80

Calories from fat 35

Total fat 4g (6% DV)

Saturated fat .5g (3% DV)

Trans fat 0g

Cholesterol 0mg (0% DV)

Sodium 380mg (16% DV)

Total Carbohydrate 9g (3% DV)

Dietary Fiber 2g (8% DV)

Sugars 6g

Protein 2g



Nutrition Facts

Serving Size 56 G

Servings Per Container 8

Amount Per Serving

Calories	5
Calories From Fat	5

% Daily Value

Total Fat 0.5 G	1
Saturated Fat 0 G	0
Trans Fat 0 G	
Polyunsaturated Fat 0 G	
Monounsaturated Fat 0 G	
Cholesterol 0 Mg	0
Sodium 0 Mg	0
Potassium 0 Mg	0
Total Carbohydrate 45 G	15
Dietary Fiber 0 G	0
Sugars <1 G	
Protein 3 G	

Breakfast:

- a) Two frozen gluten free waffles with syrup, coffee with creamer & sugar and a banana or other fruit.
- b) Two pieces of gluten free toast with jam, coffee with creamer & sugar and a banana or other fruit.
- c) 1 cup of Cocoa Krispies, almond milk, coffee with creamer & sugar

Lunch:

- a) Turkey sandwich, 2 pieces of gluten free bread, turkey. No mayo. Chips and a piece of fruit
- b) 1 cup of leftover gluten free pasta with meat sauce, ½ cup left over heated up veggies
- c) Quesadilla – two tortillas, cheese and black beans

Dinners:

- a) 1 cup GF pasta with meatsauce, ¾ cup steamed broccoli, salad
- b) Roasted porkchop (1/3 pound), ½ cup white rice, ¾ cup zucchini (stir fried)
- c) Pot Roast (1/3 pound), ¾ cup of potatoes, ¼ cup carrots, 1/3 cup green beans
- d) Baked chicken (1/3 pound), ½ cup gf pasta, salad (lettuce, carrots, cucumbers, olive oil)
- e) Stir fry veggies & shrimp (1 and ½ cups) served over white rice: red peppers, broccoli, onions, garlic, water chestnuts, carrots
- f) ¾ cup chicken alfredo served over gf pasta, salad
- g) ¾ pound chicken shwarma, ¾ cup of rice, salad, tiny bit of hummus (this was Take Out)

Snacks:

¾ cup of cherries

1 banana

1 apple

1 cup of grapes

Small bowl of chips or popcorn

Mini carrots (about 20)

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Al Dente Pasta:

Nutrition Facts

Serving Size 1/2 cup (2 oz/56g) dry

Servings Per Container about 4

Amount Per Serving

Calories 205 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 41g **14%**

Dietary Fiber 6g **24%**

Sugars 0g

Protein 7g

Vitamin A 0% • **Vitamin C** 0%

Calcium 2% • **Iron** 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

84 calories
from Navy Bean flour
(41%)

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Artisanal pasta makers since 1981.

al dente[®]
PASTA COMPANY

GARLIC PARSLEY

GLUTEN FREE
— pasta spirals —

**MADE IN SMALL BATCHES WITH
PROTEIN-PACKED MICHIGAN WHITE BEANS**

cooks in
3
minutes

- 7 GRAMS OF PROTEIN
- EXCELLENT SOURCE OF FIBER
- VEGAN, KOSHER & GLUTEN FREE

NET WT 8 OZ. (227g)



TEXONWATERSRANCH.COM
FULLY COOKED

NET WT 24 OZ (1.5 LBS)

NO HORMONES | ANTIBIOTICS | FEEDLOT

GLUTEN
FREE

BEF USED RAISED WITH ABSOLUTELY
-EXCEPT FOR THOSE NATURALLY OCCURRING IN CHERRY POWDER, CELERY POWDER & SEA SALT
KEEP REFRIGERATED BELOW 40°F AT ALL TIMES
NO NITRITES OR NITRATES ADDED* - NOT PRESERVED

**COOKED UNCURED
BEEF POLISH SAUSAGE**
100% GRASS-FED BEEF

MADE WITH
TETON WATERS
RANCH



MADE WITH 100% GRASS-FED BEEF

**COOKED UNCURED
BEEF POLISH SAUSAGE**

BEF USED RAISED WITH ABSOLUTELY

NO HORMONES | ANTIBIOTICS | FEEDLOT

GLUTEN
FREE

Teton Waters Ranch is a purveyor of delicious foods made with 100% grass-fed beef. Starting small, on a ranch in Idaho's secluded Teton Valley, we've grown to include other ranchers who share the same passion for the land, the soil, and raising cattle with care on open pastures. We invite you to taste the difference.

Just the facts about the cattle:

- are never fed grain
- spend their entire lives on open pastures
- are never given hormones
- are never given antibiotics
- are treated with care and allowed to behave naturally

Heating Instructions: Brown in a pan or grill for approximately 5-7 minutes.

Ingredients: Grass-Fed Beef, Water, Sea Salt, Vinegar, Celery Powder, Cherry Powder, Garlic Powder, Black Pepper, Paprika, White Pepper, Coriander, Ginger, Marjoram.

Beef used is raised without the use of antibiotics or hormones.

*No nitrites or nitrates added except for those naturally occurring in cherry powder, celery powder and sea salt.

Item# 733858



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135200

NO
MSG

Nutrition Facts

Serving Size 1 sausage (85g)
Servings Per Container 8

Amount Per Serving

Calories 210 Calories from Fat 180

% Daily Value*

Total Fat 18g 28%

Saturated Fat 7g 35%

Cholesterol 50mg 17%

Sodium 530mg 22%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 12g

Vitamin A 2% • Vitamin C 45%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

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Denver, CO 80216

tetonwatersranch.com