



Menu Plan - Week 3

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Menu Plan - Week 3

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Breakfast	<ol style="list-style-type: none"> 1. Eggs Over Easy 2. Toast with Real Butter 3. Fresh Fruit (No recipe included) 	<ol style="list-style-type: none"> 1. Oatmeal, Blueberry Breakfast Cake 	<ol style="list-style-type: none"> 1. Mixed Berry Super Smoothie 	<ol style="list-style-type: none"> 1. Toasted Apple Cinnamon Oatmeal 2. Mixed Fruit 	<ol style="list-style-type: none"> 1. Pancakes from Scratch (Whole Wheat or G.F.) 	
Lunch	<ol style="list-style-type: none"> 1. Chicago Style Hot Dog with Fermented Kraut 2. Carrots and Fresh Fruit 	<ol style="list-style-type: none"> 1. Spanish Tortillitas 2. Green Salad 	<ol style="list-style-type: none"> 1. Chicken Fried Rice 	<ol style="list-style-type: none"> 1. Bean and Leftover Rice Tostada's 	<ol style="list-style-type: none"> 1. Leftover Chili 	
Dinner	<ol style="list-style-type: none"> 1. Slow Cooked Pork or Lamb Chops with Fennel and Cabbage 2. Green Salad 	<ol style="list-style-type: none"> 1. Midwestern Minute Steak 2. Mashed Potatoes 	<ol style="list-style-type: none"> 1. Black Bean, Sweet Potato, and Kale Tacos 2. White Cilantro Post 	<ol style="list-style-type: none"> 1. Beef Chili 2. Green Salad 	<ol style="list-style-type: none"> 1. Tortilla Espanola 2. Green Salad 	



Overnight/Morning/Weekend Prep

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ol style="list-style-type: none"> 2. Cook Black Beans and Pinto Beans for Wednesday's and Thursday's meals. Freeze the rest. 						<ol style="list-style-type: none"> 1. Soak Black Beans 2. Soak Pinto Beans

Tuesday - Breakfast

Oatmeal Blueberry Breakfast Cake Using Jovial Einkorn Flour



Ingredients:

Oatmeal Blueberry Breakfast Cake

- 1 1/2 cups Jovial einkorn flour
- 3/4 cups rolled oats
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup honey
- 1/3 cup coconut oil, melted
- 1 cup milk
- 1 egg
- 1 cup frozen blueberries

Topping

- 1/4 cup Jovial einkorn flour
- 3 tbs coconut palm sugar
- 1 tsp cinnamon
- 4 tbs cold butter, cut into pieces

Directions

Oatmeal Blueberry Breakfast Cake

- Preheat oven to 375F.
- In a large bowl, mix together the flour, rolled oats, baking powder, and salt.
- In a separate bowl, mix whisk together the honey, coconut oil, milk, and egg.
- Using a mixing spoon gently mix in the wet ingredients into the dry ingredients until just mixed through. Do not overmix.
- Once mixed together, mix in the blueberries until just mixed in.
- In an 11 x 7 parchment lined baking sheet, add the batter and spread it around to fill the baking sheet.

Topping

- With a fork, quickly mash together the flour, coconut palm sugar, cinnamon, and butter into small pieces.
- Sprinkle the topping over the batter and bake the breakfast cake at 375F for 20-25 minutes rotating the baking sheet half way through the baking time.

Serve

Serve the oatmeal blueberry breakfast cake sprinkled with cinnamon and frozen blueberries.

Serves: 5-6

Total Prep Time: 10 minutes

Total Cook Time: 25 minutes



This is a favorite in my home. It's pretty much a blueberry muffin made into a cake made completely nourishing by using Jovial's einkorn flour, rolled oats, coconut oil, and natural sweeteners to make it oh so tasty! I hope you enjoy it as much as my family does.

Wednesday - Breakfast

Mixed Berry Super Smoothie



Directions

Mixed Berry Super Smoothie

1. In a blender, add all ingredients and blend until smooth.

Ingredients:

Mixed Berry Super Smoothie

- 2 bananas
- 2 oranges
- 6oz, 1/2 bag, frozen, organic mixed berry blend from Trader Joe's
- 1/2 cup frozen mango's
- 1 cup kefir (sub whole, plain yogurt)
- 1 cup whole, plain yogurt
- 4 pasture raised egg yolks
- 2 tbsl virgin coconut oil
- 2 tbsl chia seeds

Serves: 4

Total Prep Time: 10 minutes

Total Cook Time: 0 minutes



Cooking Tip:

1. This is my favorite smoothie that I make often at home. It's full of potassium, vitamin c, b vitamins, magnesium, omega 3, vitamin d, folate, and more! It's a super way to start your morning right!

Thursday - Breakfast

Toasted Apple Cinnamon Oatmeal



Ingredients:

Oatmeal

- 1 tbl butter
- 1 cup steel cut oats
- 2 1/2 cups boiling water
- 1/2 cups unsweetened apple sauce
- 2 apples, diced
- 2 tsp ground cinnamon
- 1 cup fresh whole milk
- 1/4 cup real maple syrup

Mixed Fruit

- 4 bananas, cut in half
- 2 mangos, diced
- 3 kiwis, diced
- 3 oranges, divided

Directions

Casserole

1. In a small pot, heat 1 tbs butter. Add the steel cut oats and toast for 2 -3 minutes or until they start to brown and set off a nutty aroma. Add the boiling water, apple sauce, and apples. Mix thoroughly, set your temperature to low and simmer for 10-12 minutes.
2. After 10-12 minutes add the cinnamon, milk, and maple syrup; mix thoroughly and simmer for an additional 10-12 minutes or until the oats are cooked through.

Serve

Serve the oatmeal sprinkled with cinnamon and a splash of cold milk.

Serves: 4-5

Total Prep Time: 5 minutes

Total Cook Time: 25 minutes



Cooking Tip

This is another favorite nourishing breakfast that my children enjoy. I use steel cut oats that have been chopped from Paul's Grains. A local family farmer. If you have regular steel cut oats, you may have to cook them down for a bit longer.

Friday - Breakfast

Pancakes from Scratch!



Ingredients:

Pancakes from Scratch

- 2 1/2 cups flour
- 1 tbs organic sugar or honey
- 2 tsp baking powder
- 2 eggs
- 1/2 tsp salt
- 2 1/4 cups milk
- 1 tsp pure vanilla extract

Gluten Free? Substitute flour for ground oat flour (I grind my own rolled oats)

Directions

Pancakes from Scratch

1. In a large bowl, mix together all ingredients to a nice batter. In order to get nice, fluffy pancakes, you want a batter that is not too thick yet not too thin, yet; tilting more to the thicker side ;)
2. In a cast iron pan, melt one tablespoon of butter. Once the butter starts to bubble, drop spoonfuls of batter to the pan. Feel free to add any extras such as blueberries, bananas, or even chocolate chips.
3. Once the pancakes starts to rise and the sides lift themselves from the pan, flip and cook for an additional minute or so.
4. Continue working in batches making sure to add more butter before each new set of pancakes is poured into the skillet or pan.

Serve

Serve pancakes with crispy bacon, fresh fruit, and yogurt.

Serves: 4

Total Prep Time: 3 minutes

Total Cook Time: 15 minutes



Cooking Tip:

1. Butter... lots of it, is the secret to amazing pancakes!

Monday - Lunch

Chicago Style Hot Dog with Fermented Kraut



Ingredients:

Hot Dogs

- Applegate Farms, Organic, Grassfed Beef Hot Dogs
- 1/2 onion, diced
- Homemade fermented kraut or Bubbies brand fermented saurkraut
- Mustard
- Hot Dog Buns

Directions

Chicago Style Hot Dog with Fermented Kraut

1. In a heavy bottomed saucepan, bring water to a boil.
2. Add the hotdogs and cook for 5 minutes or until warmed through.

Serve

Serve the hot dog topped with onions, lacto-fermented kraut, and mustard.

You can buy great hot dog buns, preservative free at Trader Joes, or you can make your own.

You can find my recipe here -- > <http://www.myhumblekitchen.com/2012/07/homemade-whole-wheat-hamburger-and-hot-dog-buns/>

Serves: 4-5

Total Prep Time: 5 minutes

Total Cook Time: 5 minutes



Cooking Tip

1. Chicago Dogs are my absolute favorite, especially when topped with homemade fermented kraut.

Tuesday - Lunch

Spanish Tortillitas



Ingredients:

Spanish Tortillitas

- 16 large sized shrimp, de-skinned, and chopped into small pieces, about a scant cup (If you do not eat shrimp, substitute with cod, cut into small 1/4" pieces)
- 1/2 cup onion, finely diced
- 1 garlic clove, pressed or finely minced
- 2 tbs parsley, finely diced
- pinch of saffron threads (optional)
- 1/2 cup flour
- 1 tsp baking powder
- 1/4 cup plus 2 tbs water
- 1 tsp salt
- Dash of pepper

Gluten Free? Substitute flour for oat flour or Bob's Red Mill all purpose gf baking flour

Directions

Tortillitas

1. In a large bowl, add the shrimp, onion, garlic, parsley, saffron, flour, baking powder, salt, pepper, and water; mix into a batter. Like a pancake batter, it should not be too thin nor too thick.
2. In a non skillet or cast iron pan, gradually bring a 1/2" of extra virgin olive oil or lard to medium heat.
3. Using a large tablespoon, drop enough batter into the hot oil to make about 2" diameter shrimp/cod cakes. Once you drop them into the oil, using your spoon, spread the batter around just a bit to form the round.
4. Working in batches, fry until cooked through on each side; about 1-2 minutes per side.
5. Once cooked through, remove from pan and place on a towel to soak up any oil that's left lingering behind.

Serve

Serve 3-4 tortillitas per person with a side green salad.

Makes 16-18 tortillitas

Total Prep Time: 15 minutes

Total Cook Time: 25 minutes



Cooking Tip:

Sourcing sustainably raised shrimp can be difficult. To lend you some understanding, here is a great article from Mark's Daily Apple, <http://www.marksdailyapple.com/a-quick-guide-to-shrimp/#axzz2NRfoLjBa>.



Economical Tip:

The great thing about tortillitas is that you do not need a large quantity of shrimp making this meal more economical.

Wednesday - Lunch

Chicken Fried Rice in the Rice Cooker



Ingredients:

Chicken Fried Rice

- 2 cups white Basmati rice
- 4-5 chicken thighs, roughly chopped
- 2 carrot sticks, shredded
- 1/2 cup peas
- 1/4 cup soy sauce
- 2 teaspoons fresh ginger, grated
- 2 garlic cloves, pressed or minced
- 4 spring onions
- 1 3/4 cups chicken broth
- 2 tsp peanut oil
- 1/2 cup cilantro
- 2 eggs, whisked and scrambled

Directions

Chicken Fried Rice in the Rice Cooker

1. In a large bowl, mix the chicken carrots, peas, soy sauce, ginger, garlic, the white part of the green onions, chicken broth, and peanut oil. (Reserve the green tops, for after the rice is done.)
2. Add the rice to the rice cooker.
3. Pour in the mixture from the bowl but **DO NOT MIX**.
4. Cook the rice following the rice cooker's instructions.
5. When the rice is done cooking, add the rest of the spring onions, the cilantro, and the cooked scrambled eggs.
6. Stir the rice to mix the ingredients.

Serve

Serve a large bowl of chicken fried rice garnished with fresh cut cilantro.

Serves: 4-5

Total Prep Time: 15 min

Total Cook Time: 45 min



Cooking Tip

1. I love to make chicken fried rice in the rice cooker because I can set it and forget it... and then it's ready for lunch! My Zoji Rushi rice cooker will cook the meal and keep it warm until we're ready to eat lunch. It's fantastic! You can find it on amazon here -- > <http://amzn.to/Lmolgj>

Thursday - Lunch

Beans and Leftover Cilantro Rice Tostada's



Ingredients:

Tostadas

- 3 cups pinto beans
- Leftover cilantro rice
- 8 corn tortillas

Directions

Mexican Refried Beans

1. In a skillet or cast iron pan, add the beans and 1/2 cup water over medium low heat. Using a potato masher, mash the beans in the pan, while you are cooking them, until they are a rough purée. If the beans seem too dry, add more cooking liquid a tablespoon at a time.

Tostada

1. In a small skillet or cast iron pan, gently heat 1/2" of extra virgin olive oil or lard.
2. One at a time, add a corn tortilla and fry on each side until crisp. About 2 minutes per side.

Serve

Topp each tostada (fried corn tortilla) with refried beans, rice, and any additional toppings to your liking – I added guacamole and homemade canned salsa. Serve with a side of fresh cut mango's.

Serves 4

Total Prep Time: 5 minutes

Total Cook Time: 15 minutes



Cooking Tip

This is a simple lunch idea that comes together quickly using beans that I've frozen and leftover rice. The picture above is using leftover Mexican rice but this will taste just as good with the leftover white cilantro rice from Wednesday's supper.

Monday - Dinner

Slow Cooked Pork or Lamb Chops with Fennel and Cabbage



Ingredients:

- Four 1” Pork Chops or Lamb Chops
- Salt and pepper to season chops
- 4 tbs extra virgin olive oil
- 2 medium onions, cut into 1/4” slices
- 1 3/4 cups chicken broth
- 1/4 cup cream
- 2 tbs flour
- 1 tsp salt
- 1/2 large cabbage, cut into four pieces
- 1 fennel bulb, quartered
- 2 sprigs fennel tops

Lemon Vinaigrette

- 1/4 cup fresh lemon juice
- 1 tsp dijon mustard
- 1 tsp salt
- 1/4 tsp fresh ground pepper
- 1/2 cup olive oil

Directions

- With a towel, lightly pat the chops dry, then season the chops on both sides with salt and pepper.
- Heat 3 tbs extra virgin olive oil in a skillet or cast iron pan. Add the chops, and brown on both sides. About 3 minutes per side.
- Transfer the chops to the crock of a 6 quart slow cooker.
- In the same skillet or cast iron pan that you browned your chops, add 1 more tablespoon of extra virgin olive oil and the onions. Saute over medium heat until they just start to soften, about 3 - 4 minutes. Not to the point of transparency. Add the onions to the crockpot.
- In the same pan that you just sauteed your onions, add 1 3/4 cups of chicken stock and bring to a simmer over medium heat, scraping the bottom of the pan to pick up any pieces of browned bits. Add 1/4 cup of cream, 1 tsp salt, and slowly whisk in 2 tbs of flour. Continue to simmer until the sauce thickens; about 3-4 minutes. Pour the sauce over the onions and chops in the crock.
- To the crock, add the quartered fennel bulb and cabbage.
- Layer 2 stalks of fennel leaves on top of the cabbage. This will infuse it with its flavor during the cooking time.
- Cover the crock and cook on low for 8 hours.



Serve

Serve the chop topped with onions and its gravy with a side of slow cooked fennel, and cabbage, drizzled with a dash of lemon juice and garnished with fresh fennel sprigs. To satisfy the soul, serve with a fresh green salad in a lemon vinaigrette and crusty bread.

Serves: 4

Total Prep Time: 15 min

Total Cook Time: 8 hours 20 minutes

Cooking Tip

1. To save you time in the kitchen, you can brown your pork or lamb chops, saute the onions, and make your thickened sauce the night before. Store in the crock in the refrigerator and in the morning add the fennel, cabbage, and fennel sprigs to the crock.
2. Fennel is used for its root either raw in salads or cooked in stews. Its leaves, or sprigs are also edible and used as herbs. The fennel sprigs taste of licorice and can be used in many dishes to brighten them up. In this meal we'll use both the bulb in the stew and its sprigs cooked over the cabbage to infuse it with its flavor and garnished on top of our meal upon serving.

Tuesday - Dinner

Mid-Western Minute Steak with Mashed Potatoes



Ingredients:

Minute Steak

- 1 1/2 lb - 4 cuts of minute steak (sub cubed steak or sirloin steak pounded to 1/4" thick)
- 2 eggs, mixed
- flour to coat
- 1/2 cup extra virgin olive oil
- 1 onion, sliced thinly
- 2 cups beef broth, preferably homemade
- 2 tbsl flour
- salt and pepper

Mashed Potatoes

- 5-6 medium potatoes, skinned and roughly chopped
- 1/2 cup whole milk
- 3 tbsl butter
- 1 tsp salt

Gluten Free? Substitute flour for rice flour or Bob's Red Mill all purpose gf baking flour

Directions

Minute Steak

1. Sprinkle salt and pepper on each minute steak.
2. Douse each minute steak in eggs then flour and pan fry in the olive oil until browned on each side. 3-4 minutes per side.
3. Once fried, set aside in a baking dish.
4. In the same cast iron pan or skillet that you used to fry the minute steak, saute the onions for 5 minutes or so picking up all of the wonderful bits and pieces left from the steak. Saute until the onions begin to cook through but do not allow to go completely transparent. Add 2 cups beef broth and 2 tbsl of flour, stir well. Simmer for 8-10 minutes or until the sauce has thickened. Add salt and pepper to taste.
5. Pour the onion mixture over the fried minute steak and bake at 375F for 30 minutes or until cooked through.

Mashed Potatoes

1. Bring a large pot of water to a boil. Add the potatoes and simmer for 20 minutes or until softened.
2. Drain and place the potatoes in a large bowl. Add the milk, butter, and salt.
3. With a potato masher, mash all the ingredients together.
4. Add more milk to the consistency you desire.

Serve

Serve the steak drenched in its gravy with a side of mashed potatoes and a large glass of cold milk.

Serves: 4

Total Prep Time: 20 minutes

Total Cook Time: 50 minutes

Cooking Tip:

While the steak is cooking in the oven, make your mashed potatoes.



Economical Tip

By using meat that's been pounded thin, you are able to stretch one pound of meat to serve four people. The addition of dredging the meat in egg adds additional protein and fat allowing our bodies to be filled on less food. The added bonus of broth, makes this a completely nourishing and comforting meal!

Wednesday - Dinner

Black Bean, Sweet Potato, and Kale Tacos



Ingredients:

Tacos

- 2 sweet potatoes, chopped into 1/4" cubes
- 2 cups cooked black beans
- 2 large handfuls of chopped kale
- 1/4 cup coconut oil
- corn tortillas

Chimichurri Salsa

- 3 shallots
- 1 clove garlic
- 2/3 cup extra virgin olive oil
- a big handful of flat leaf Italian parsley
- a big handful of cilantro
- 1tbls jalapeno, finely chopped
- 2 tablespoons lemon juice
- 1/2 tsp salt

White Cilantro Rice

- 1 cup white Basmati rice
- 2 cups water
- 2 tsp coconut oil
- 1/2 tsp salt
- 1/3 cup packed cilantro, chopped
- Splash of lemon juice

Directions

White Cilantro Rice

1. In a heavy bottomed sauce pan, bring 2 cups water and 2 tsp coconut oil to a boil.
2. Add the rice and salt. Bring to a boil, lower the heat to low and simmer covered for 25 minutes.
3. Once the rice is done, allow to sit for 5 minutes or so, then fluff with a fork and add the cilantro and a splash of lemon juice. Mix through.

Tacos

4. In a skillet or cast iron pan heat 1/4 cup coconut oil.
5. Add the sweet potatoes and saute until browned and softened. 10 minutes.
6. Add 1/2 cup black beans per person and kale. Saute until the kale just begins to wilt. 4 minutes or so.

Chimichurri Salsa

1. Combine all ingredients in a food processor and process until finely chopped. If you don't have a food processor finely chop all ingredients by hand and mix in a bowl.

Serve

Garnish the tacos with chimichurri salsa and fresh chopped avocado. Serve the tacos with a side of white cilantro rice.

Serves 4

Total Prep Time: 10 minutes

Total Cook Time: 25 minutes



Cooking Tip

1. Start your rice first. After you've added the cilantro and lemon juice keep the lid on which will keep your rice warm.



Economical Tip

1. Cook an entire bag (2 cups) of organic black beans and freeze the extra beans you will not be using.

Thursday - Dinner

Beef Chili



Ingredients:

Beef Chili

- 1/2 large yellow onion, roughly chopped
- 1/2 green pepper, roughly chopped
- 3 cloves garlic, minced or pressed
- 1 lb ground beef
- 4 tbsl Muir Glen tomato paste
- 2 cans Muir Glen fire roasted diced tomatoes
- 2 cups beef broth
- 1 1/2 cups pinto beans
- 1 1/2 cups black beans
- 2 tsp salt
- 1/2 tsp cumin
- 1/2 tsp cayenne pepper

Ranch Dressing

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1/2 cup buttermilk
- 1/2 tsp dried chives
- 1/2 tsp dried parsley
- 1/2 tsp garlic powder
- 1/4 teaspoon onion powder

Directions

Beef Chili

1. In a dutch oven, heat 2 tbsl extra virgin olive oil. Add the onions, peppers, and garlic. Saute for 3-5 minutes or until the vegetables start to soften.
2. Add the ground beef and brown with the peppers and onions.
3. Once the meat has browned, add the tomato paste and mix through.
4. To the pot, add the diced tomatoes, broth, beans, salt, cumin, and cayenne pepper.
5. Bring to a boil, lower the heat then simmer for 15-20 minutes or until the chili has thickened.

Ranch Dressing

1. Mix all ingredients together and chill for at least 15 minutes before serving.

Serve

Serve the bowl of chili garnished with cheddar cheese and stale bread or crackers. Serve with a side salad drizzled with ranch dressing.

Serves: 4-5

Total Prep Time: 15 minutes

Total Cook Time: 25 minutes

Cooking Tip

1. A chili can be made with a variety of spices. Feel free to add any additional spices. If you don't have cayenne pepper, use about 1 tbsl of chili powder. If you like it spicy, add some extra heat. Jalapeno's, extra chili powder, or cayenne... make it yours!



Economical Tip

2. I always save my leftover chili to make chili mac later in the week. It's a favorite lunchtime meal in our home!

Friday - Dinner

Tortilla Española With a Side Green Salad



Ingredients:

- 4-5 medium potatoes, sliced in rounds
- 5 eggs, whisked
- 1 small white onion, roughly chopped
- 1/2 cup extra virgin olive oil
- 1 tsp salt

Red Wine Vinaigrette

- 3 tbs extra virgin olive oil
- 2 tbs red wine vinegar
- 1/2 tsp salt

Directions

- In a non-stick skillet or **well seasoned** cast iron pan, gradually bring to heat 1/2 cup of extra virgin olive oil. Add the sliced potatoes and onion and saute for 5 minutes. Cover and sweat the vegetables for 15 minutes. You'll want the potatoes and onions to just be softened.
- In a large bowl, whisk 5 large eggs. Add the potatoes and onion mixture ; mix thoroughly.
- Once all of the ingredients have been mixed through, add the mixture back into the non-stick skillet and cook over medium heat for four minutes or until the sides of the tortilla start to puff. You can tell by pulling one side away from the pan to make sure the egg mixture has browned.

It's time to flip!

- Flip the entire tortilla onto another surface to be able to cook the other side. I use my pizza stone or cutting board. I carefully put the skillet on my counter and while wearing oven mitts, I put the stone pizza pan on top of the skillet and... flip!
- Once the tortilla has been flipped, slide it back into the skillet to cook the other side.
- Once it's been flipped, cook the other side over medium heat for an additional 4 to 5 minutes.

Serve

Serve with a side green salad tossed in a red wine vinaigrette.

Serves: 4-5

Total Prep Time: 10 minutes

Total Cook Time: 30 minutes



Cooking Tip

This is one of my families favorite meals. It's quick to make and tastes wonderful warm, at room temperature, or even cold. Since it does require flipping, I own a non-stick skillet specifically for this dish. If you have a cast iron skillet, make sure it's well seasoned. Once you mix your ingredients in the bowl, make sure you add another 1/4 cup of olive oil to the pan before adding the egg and potato mixture to it.

Sweet Dessert

Gluten Free Coconut Pecan Pie



Ingredients:

Coconut Crust

- 3 1/3 cups dried, shredded coconut, divided
- 5 tbs coconut milk
- 2 tbs coconut oil

Filling

- 3.5 oz organic dark chocolate bar, broken to pieces
- 2 eggs
- 5 tbs butter
- 1/2 cup honey
- 1/2 cup coconut palm sugar (substitute whole cane sugar or organic brown sugar)
- 1 cup dried, shredded coconut
- 7oz bag, raw sliced pecans

Directions

Coconut Crust

- Preheat the oven to 350F.
- In a food processor, combine 2 cups dried shredded coconut, coconut milk, and coconut oil. Blend for 3-5 minutes or until the mixture turns sticky and holds together.
- In a medium sized bowl, combine the coconut mixture plus an additional 1 1/3 cups dried coconut.
- Place the coconut mixture in a 10" pie dish. Gently, spread the coconut mixture so that it covers the pie dish.
- Starting at the top, by the crust, press the coconut crust down into the pie dish so that it holds together well.
- Cover with a piece of parchment paper that's been cut with a large hole in the center to show the inner pie crust while covering the edge.
- Bake at 350F for 10-12 minutes.

Filling

1. Preheat oven to 375F
2. Once the crust has been par-baked, add the chopped up chocolate bar to the bottom of the pie crust.
3. In a medium sized bowl, whisk the 2 eggs together; set aside.
4. In a heavy bottomed sauce pan, over medium-low heat, melt the butter. Add the honey and coconut palm sugar, and then whisk it all together for 2-3 minutes; remove from heat and allow to cool for 5 minutes.
5. Once cooled, slowly whisk the mixture into the eggs in the bowl.
6. Mix in the coconut and pecans.
7. Pour the filling into the pie crust over the chocolate, and then bake at 375 for 22-25 minutes or until set.

A gluten free german chocolate pecan pie made in a coconut crust. Rich and decadent; yet, not overly sweet - just perfect!