### Paleo Cornbread Muffins

**Ingredients**
- 1/4 cup coconut flour
- 1/4 cup coconut oil, butter or real lard, liquified
- 2 eggs, at room temperature
- 1 Tbs. unsweetened applesauce or, and this is really yummy, 100% pure apple butter
- 1 Tbs. raw honey
- 1/4 tsp. baking soda
- 1 tsp. apple cider vinegar

**Directions**
1. Preheat the oven to 350. Line 6 muffin cups with unbleached liners. Mix together the coconut flour and oil until smooth, then beat in the eggs until smooth. Add the remaining ingredients and stir well.
2. Divide between the prepared cups and bake about 20 minutes, until a toothpick comes out clean and the top springs back when lightly pressed.

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### White Bean Turkey Chili

**Ingredients**
- 1 tablespoon canola oil
- 2 cups diced yellow onion (about 2 medium)
- 1 1/2 TBS chili powder
- 1 TBS minced garlic
- 1 1/2 tsp ground cumin
- 1 tsp dried oregano
- 3 (15.8-ounce) cans Great Northern beans, rinsed and drained
- 4 cups chicken broth
- 3 cups ground cooked turkey
- 1/2 cup diced seeded plum tomato (about 1)
- 1/3 cup chopped fresh cilantro
- 2 TBS fresh lime juice
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 8 lime wedges (optional)

**Directions**
1. Heat oil in a large pot over medium-high heat. Add onion; sauté 10 minutes or until tender and golden.
2. Add chili powder, garlic, and cumin; sauté for 2 minutes.
3. Add oregano and beans; cook for 30 seconds.
4. Add broth; bring to a simmer. Cook 20 minutes.
5. Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan.
6. Add turkey, and cook 5 minutes or until thoroughly heated.
7. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired.