

Panko Crusted Stuffed Meatballs



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If you have any questions, or you'd
like to share your variation on this
recipe, Feel free to e-mail me.
iam@tonylantz.com

All Recipes Are Dairy Free

Breakfast Pizza



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Spinach Dip



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Spinach Dip

Round loaf of bread

(I find Sourdough works best)

1 bottle of beer (I swear by Stella)

1 pkg Daiya Mozzarella Style Shreds

1/2 yellow pepper

4-6 mushrooms

1/2 medium sized onion

roughly 4 cups of chopped spinach

2 tablespoons flour

Salt

Pepper

Sea Salt & Herbs (Rumtoph Farms 543-6391)

Put Cheese in a bowl with the Flour, make sure its coated • Taking a bread knife, cut an inch or two off the top of the loaf and, with a paring knife, cut out the inside of the Bread, leaving an inch the whole way around • Scoop out the bread as you would a pumpkin at Halloween • Chop the removed bread, including the top into cubes • Spread on baking sheet, toss with Olive Oil Salt, Pepper + Sea Salt & Herbs, place Bread Bowl on pan as well & Bake @ 350 for 5 mins • Fry all the Veggies (except Spinach) keep at a low heat • In a pot, heat Beer but do not boil & add Cheese • While it melts add in any seasonings you wish • Once melted, slowly mix in the Spinach, then the other Veggies • Pour contents into Bread bowl and return to oven @ 350 for 15 mins Enjoy!

Breakfast Pizza

Mushrooms

Chicken Bacon

Garlic

Sea Salt & Herbs (Rumtoph Farms 543-6391)

Daiya Dairy Free Cheese

Green Onions

Eggs

This is a very simple breakfast recipe, the amounts depend entirely on preference. Consider this a jumping off point for your creativity.

Fry all your Veggies and/or Breakfast Meats in a pan with some Olive Oil on a medium heat • Beat the eggs in a bowl with whichever seasonings you wish (Sea Salt & Herbs) When the contents of your pan are nearly cooked, set the oven to 350 • Pour Eggs into pan, sprinkle/coat with Cheese • When it reaches 350, transfer your pan to the oven for 15 minutes • With an oven mitt, remove your pan and slide your Breakfast Pizza onto a cutting board and slice just as you would any other pizza • Garnish as you wish, Enjoy!

I tend to finish this off with some diced green onion.

Panko Crusted Stuffed Meatballs

Extra Lean Ground Chicken/Turkey

Sea Salt & Herbs (Rumtoph Farms 543-6391)

1 Shallot or small Onion

Daiya Dairy Free Cheese

Panko Bread Crumbs

Several handfuls of Flour

2-3 Eggs

Provides a great crunch without the added grease of pan frying!

Finely dice Onion/Shallot and mix in a bowl with Ground Chicken/Turkey with any seasoning you wish • In one dish, place several handfuls of Flour, in a bowl beat the Eggs & in another dish spread some of the Panko • Take Cheese, and form a meatball around it • Coat in the Flour, then Egg, and finally the Panko Crumbs • Place on a baking sheet and repeat until you've run out of ingredients • Bake in oven at 350 for 25-30 minutes.

Makes 10-12