

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Paleo-Style Sawmill Gravy

From *Paleo Comfort Foods* by Julie and Charles Mayfield

1 pound ground pork or turkey sausage
1 Tbsp almond flour
1 Tbsp arrowroot powder
1 can coconut milk
2 tsp ground sage
1 tsp paprika
½ cup chicken stock (if needed)

1. Sauté sausage in a large skillet until completely cooked. Remove sausage from pan, saving about 2 Tbsp of the drippings from the sausage. Keep these drippings in the pan.
2. Add the almond flour and arrowroot powder to the skillet, and whisk with the sausage fat over medium-low heat, until a paste is formed, working to scrape up some of the sausage drippings.
3. Pour in about ¼ of the coconut milk, the sage, and paprika, and bring to medium heat, stirring often and scraping up the browned sausage bits.
4. Add remaining coconut milk, stirring as you go, and bring to light simmer. Add sausage back in, and simmer until gravy reaches desired thickness.
5. If gravy becomes too thick, thin out with some of the chicken stock.

*Try this gravy over biscuits, scrambled eggs, or steak.