

RVelicious

Free Mini Cookbook

7 Easy Grain-Free Recipes for RVs & Small Kitchens



Simple, wholesome recipes for small-space cooking

RVelicious.com



Free Mini Cookbook

7 Easy Grain-Free Recipes for RVs & Small Kitchens

Created by Will Barton of RVelicious

RVelicious.com

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Readers are responsible for using their own judgment when preparing recipes and determining whether ingredients or methods are appropriate for their individual dietary needs, preferences, and kitchen equipment. Always practice proper food safety.

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WELCOME

Welcome, and thank you for downloading this free mini cookbook!

I'm Will, the creator behind RVelicious, and I'm so glad you're here. At RVelicious, I create easy, flavorful recipes for RV living, small kitchens, and anyone who loves wholesome homemade food. These recipes are designed to be practical for compact spaces while still feeling special, satisfying, and full of flavor.

Inside, you'll find 7 easy grain-free recipes to help you cook confidently wherever you are. I hope they bring inspiration to your table and show that delicious small-space cooking can be simple and enjoyable.

Thank you for being here, and I'm excited to share even more recipes with you soon.

Creamy Scrambled Eggs with Crisp Bacon

Creamy scrambled eggs are folded with crisp-edged onion and crunchy bacon for a simple breakfast with rich flavor and plenty of texture.

Gluten-Free

Grain-Free

Dairy-Free

Low-Carb

High-Protein

Paleo



Creamy Scrambled Eggs with Crisp Bacon

Ingredients

- 8 slices uncured bacon (about 8 oz / 225 g uncooked), cooked until crisp and chopped, 28 g (2 Tbsp) fat reserved
- 14 large eggs
- 90 g (1/4 cup + 2 Tbsp) unsweetened full-fat coconut milk, melted if solid
- 1/2 tsp (2.5 mL) fine grain salt
- 1/4 tsp (1 mL) ground black pepper
- 1 medium yellow onion, peeled and chopped
- 1–2 tsp (5–10 mL) minced fresh chives, parsley, or tarragon (optional)

Makes:	5–6 servings
Difficulty:	Easy
Prep Time:	15–20 minutes
Cook Time:	15–20 minutes (includes bacon cooking time)
Total Time:	30–40 minutes

Instructions

1. Warm 5–6 serving plates and keep warm. In a medium mixing bowl, beat the eggs, coconut milk, salt, and pepper with a fork until combined.
2. Heat 1 tablespoon of the bacon fat in a 12-inch nonstick skillet over medium-high heat until shimmering. Add the onion and cook until lightly browned on the edges, stirring occasionally, 4–7 minutes. Reduce the heat to medium, transfer the onion to a large plate, and set aside.
3. With the burner on medium heat, add the remaining 1 tablespoon bacon fat to the now-empty skillet and swirl to coat evenly. Pour in the egg mixture. Using a heatproof silicone spatula, stir the eggs constantly but gently, scraping the bottom and sides of the skillet. Lift and fold the eggs as curds form. Cook until no liquid egg mixture remains in the bottom of the skillet but the curds are still moist, 3–4 minutes.
4. Remove from the heat and gently fold in the cooked onion and about 2/3 of the bacon until evenly distributed. If the eggs are underdone, cook over medium heat for up to 2 minutes more.
5. Portion the eggs onto the warm serving plates and sprinkle with the remaining bacon and fresh herbs, if using. Serve immediately.

Tips

- Cook the bacon until very crisp for the best contrast with the soft eggs.
- Beat the eggs just until combined for a tender texture.
- Remove the eggs from the heat while they still look slightly glossy, since they will continue to cook from residual heat.
- Fresh chives or parsley add brightness, while tarragon gives the dish a more distinctive flavor.

Equipment

- medium mixing bowl
- 12-inch nonstick skillet
- heatproof silicone spatula

Juicy Garlic Mushroom Burgers

Peppery, juicy, and deeply savory, these garlic mushroom burgers are flavorful enough to need little more than your favorite toppings.

Gluten-Free Grain-Free Dairy-Free Egg-Free Low-Carb High-Protein Paleo

Gluten-Free, Grain-Free, and Paleo when using a compliant sauce. Low-Carb with an appropriate sauce and served without bread.



Juicy Garlic Mushroom Burgers

Ingredients

- 113 g (4 oz) fresh mushrooms, finely chopped
- 1/4 cup (60 mL) unsweetened milk (dairy or non-dairy)
- 34 g (2 Tbsp) barbecue sauce or steak sauce
- 1 tsp (5 mL) extra-virgin olive oil
- 1 1/2 tsp (7.5 mL) fine grain salt
- 1 1/2 tsp (7.5 mL) ground black pepper
- 1/2 tsp (2.5 mL) cayenne pepper or chipotle powder
- 6 garlic cloves, peeled and minced
- 2 Tbsp (30 mL) minced fresh basil leaves, or 2 tsp (10 mL) dried basil
- 1 Tbsp (15 mL) minced fresh thyme or tarragon leaves, or 1 tsp (5 mL) dried thyme or tarragon
- 3 lbs (1,360 g) 80–85% lean ground beef chuck

Instructions

1. In a large mixing bowl, stir together the chopped mushrooms and milk. Stir in the barbecue sauce or steak sauce, oil, salt, black pepper, cayenne pepper, garlic, basil, and thyme.

2. Gently break up the ground beef over the mushroom mixture and mix lightly to combine. Divide the mixture into 8 portions. Gently shape each portion into a ball, then flatten into a 3/4-inch thick patty. With your fingertips, press a shallow depression in the center of each patty, about 1/8 inch deep and 2 inches wide.

3. Prepare the Grill

FOR CHARCOAL GRILL: Fully open the bottom vent. Fill a large chimney starter with charcoal (6 quarts) and light it. When the top coals are partly ashed over, pour the coals evenly over the charcoal grate. Install the cooking grate. Open the lid vent completely, close the lid, and heat the grill for 5 minutes.

FOR GAS GRILL: Set all the burners to high, close the lid, and heat the grill until hot (500°F / 260°C), about 15 minutes.

4. Clean the cooking grate with a wire brush. Oil the grate with a folded paper towel dipped in oil and held with tongs. Place the burgers on the grill and cook until well browned on the first side, 4–5 minutes. Flip carefully and continue cooking until the internal temperature registers 160°F / 70°C, 4–5 minutes more.

5. Transfer the burgers to a platter, tent loosely with parchment paper, and let rest for 5–10 minutes. Serve on lettuce or [Fluffy Grain-Free Sandwich Rolls](#) with your favorite condiments, such as sliced tomato, sliced onion, pickles, or ketchup, if desired.

Turkey Burgers

This recipe works great for turkey burgers too! Use fresh ground turkey instead of beef. Avoid frozen ground turkey in roll-style packaging, since it tends to be too wet once thawed.

Tips

- Pressing a shallow dent into the center of each patty helps the burgers cook more evenly and keeps them from puffing up too much on the grill.
- Chill the shaped patties briefly if they feel very soft before grilling.

Makes:	8 burgers
Difficulty:	Easy
Burger Prep Time:	15–20 minutes
Grill Prep Time:	15–20 minutes
Cook Time:	8–10 minutes
Rest Time:	5–10 minutes
Total Time:	55–70 minutes

Equipment

- large mixing bowl
- charcoal grill or gas grill
- large chimney starter (for charcoal grill)
- metal spatula for grill
- instant read thermometer
- large platter
- parchment paper

Roasted Salsa Chicken with Avocado

This simple skillet chicken delivers big flavor fast, with taco seasoning, salsa, and cool avocado creating a delicious contrast of spicy and creamy.

Gluten-Free

Grain-Free

Dairy-Free

Egg-Free

Nut-Free

Low-Carb

High-Protein

Paleo

Gluten-Free and Paleo if using a compliant taco seasoning and salsa



Roasted Salsa Chicken with Avocado

Ingredients

- 4–5 boneless, skinless chicken breast halves, trimmed (about 2 lbs / 905 g)
- 2 Tbsp (30 mL) Taco Seasoning (recipe below)
- 28 g (2 Tbsp) coconut oil (or avocado oil, tallow, lard, etc.)
- 1 cup (240 mL) tomato salsa
- 1–2 ripe avocados, halved and pitted

Instructions

1. Adjust the oven rack to the middle position and heat the oven to 450°F / 230°C. Pat the chicken dry with paper towels. Rub the taco seasoning evenly over all sides of the chicken.
2. Heat the oil in an oven-safe 12-inch pan over medium-high heat until just smoking. Carefully lay the chicken pieces in the pan, cover with the splatter screen, if using, and cook until deeply browned, 3–5 minutes. Flip the chicken and cook until lightly browned on the second side, about 2 minutes. Reduce the heat if the fond begins to darken too quickly.
3. Remove from the heat, remove the splatter screen, and pour the salsa over the chicken. Place the pan in the oven and roast until the chicken registers 160°F / 70°C, 10–15 minutes.
4. Using a potholder, remove the pan from the oven, leaving the potholder on the handle. Transfer the chicken to a platter, tent loosely with parchment paper, and let rest for 10 minutes. Meanwhile, scrape the bottom of the pan with a wooden spoon to release the fond and stir the salsa sauce.
5. Use a small ice cream scoop to scoop the avocado into curls or rounded scoops. Spoon the salsa sauce over the chicken and top with the avocado. Serve.

Taco Seasoning

Make this taco seasoning in advance and keep it on hand for other dishes. This recipe makes 2 Tbsp + 2 tsp (40 mL), more than enough for this chicken. Place all the ingredients in a bowl and stir until thoroughly blended.

- | | |
|---|---|
| <ul style="list-style-type: none">• 1 Tbsp (15 mL) mild ground chili pepper• 2 tsp (10 mL) ground cumin• 1 tsp (5 mL) ground black pepper• 1/2 tsp (2.5 mL) fine grain salt• 1/2 tsp (2.5 mL) paprika | <ul style="list-style-type: none">• 1/4 tsp (1 mL) onion powder• 1/4 tsp (1 mL) garlic powder• 1/4 tsp (1 mL) ground oregano• 1/4 tsp (1 mL) crushed red pepper flakes |
|---|---|

Tips

- A 12-inch everyday pan with two short side handles works especially well in small RV ovens where a long-handled skillet may not fit.
- If the chicken breasts are very thick, pound or butterfly them slightly for more even cooking.
- Watch the fond in the pan during searing and reduce the heat if it begins to darken too quickly.
- Use an instant-read thermometer and remove the chicken at about 160°F / 70°C, then let it rest so it finishes juicy.
- Leave the potholder on the pan handle after it comes out of the oven as a visual reminder that the handle is hot.
- For the best presentation, add the avocado just before serving so it stays fresh and vibrant.

Makes:	4–5 servings
Difficulty:	Easy
Prep Time:	10–15 minutes
Cook Time:	15–22 minutes
Rest Time:	10 minutes
Total Time:	35–45 minutes

Equipment

- oven-safe 12-inch everyday pan or skillet
- splatter screen (optional, but recommended)
- instant-read thermometer
- platter
- parchment paper
- small ice cream scoop

Buttery Roasted Broccoli with Cashews

Crisp-tender roasted broccoli with golden edges, buttery flavor, and roasted cashews for the perfect savory crunch.

Gluten-Free

Grain-Free

Dairy-Free

Low-Carb

Paleo

Vegetarian

Vegan

Vegetarian and Vegan if made with olive oil or avocado oil



Buttery Roasted Broccoli with Cashews

Ingredients

- 1 1/2 lbs (680 g) broccoli crowns with stalks (about 3 crowns)
- 3 Tbsp (45 mL / 42 g) extra-virgin olive oil, avocado oil, or melted bacon fat
- 3/4 tsp (3.5 mL) garlic powder
- 1/2 tsp (2.5 mL) fine grain salt (omit if using bacon fat)
- 1/4 tsp (1 mL) ground cumin
- 34 g (1/4 cup) whole or halved raw cashews

Makes:	4–5 servings
Difficulty:	Easy
Prep Time:	15–20 minutes
Cook Time:	15–20 minutes per sheet
Total Time:	45–60 minutes

Instructions

1. Line the baking sheets with parchment paper. Adjust the oven rack to the middle position and heat the oven to 450°F / 230°C.
2. Cut the broccoli florets from the stalks. Peel the stalks and cut them into 1/2-inch cubes. Spread the broccoli evenly on the baking sheets.
3. In a small liquid measuring cup, stir together the oil, garlic powder, salt, and cumin. Drizzle the mixture evenly over the broccoli, then use your hands to coat the broccoli thoroughly. Sprinkle the cashews evenly over broccoli.
4. Roast one sheet at a time, stirring every 5–7 minutes, until the florets are lightly browned and the stalks are crisp-tender, 15–20 minutes. Serve immediately.

Equipment

- 15 x 10-inch rimmed baking sheets (2)
- parchment paper
- small liquid measuring cup

Large Ovens

For larger household ovens, you can use one 18 x 13-inch rimmed baking sheet (half sheet). Use convection roast mode, if available, and reduce the oven temperature to 425°F / 220°C.

Tips

- Cut the broccoli florets into fairly even pieces so they roast at a similar rate.
- Do not overcrowd the pan, or the broccoli will steam instead of roast.
- Be sure the broccoli is well coated with oil and seasonings, especially the stalk pieces, for the best flavor.
- Stir during roasting so the broccoli browns evenly and the cashews don't get too dark.
- If your cashews are already roasted, simply add them later by stirring them into the broccoli after roasting for 12 minutes.
- For extra browning, make sure the broccoli is dry before oiling and roasting.

Maple Cinnamon Grain-Free Granola

Crisp, crunchy clusters of nuts, coconut, seeds, and dried fruit make this grain-free granola deeply satisfying and full of warm maple-cinnamon flavor.

Gluten-Free

Grain-Free

Dairy-Free

Paleo

Vegetarian

Vegan

Refined Sugar-Free

Paleo and Refined Sugar-Free when dried fruit is free of refined sugar



Maple Cinnamon Grain-Free Granola

Ingredients

- 42 g (3 Tbsp) virgin coconut oil
- 4 tsp (20 mL) ground cinnamon
- 1/2 tsp (2.5 mL) ground nutmeg
- 107 g (1/3 cup) pure maple syrup
- 1 1/2 Tbsp (22.5 mL) pure vanilla extract
- 1/2 tsp (2.5 mL) fine grain salt
- 520 g (4 cups) raw unsalted nuts, coarsely chopped
- 180 g (2 cups) unsweetened shredded coconut
- 150 g (1 cup) shelled raw pumpkin seeds (pepitas)
- 87 g (1/2 cup) chia seeds
- 1 cup chopped dried apricots, mango, apple, pineapple, or other dried fruit
- 73 g (1/2 cup) raisins
- 65 g (1/2 cup) dried cranberries

Instructions

1. Adjust the oven rack to the upper-middle position and heat the oven to 275°F / 135°C. Line the baking sheets with parchment paper.
2. In a small saucepan, heat the coconut oil with the cinnamon and nutmeg until warmed and fragrant. Remove from the heat. Whisk in the maple syrup, vanilla, and salt until smooth.
3. In a large mixing bowl, combine the nuts, coconut, pumpkin seeds, and chia seeds. Stir in the oil mixture until evenly coated. Scoop the granola mixture onto the prepared baking sheets and spread evenly. Press the mixture down with a greased stiff metal spatula until tightly compacted.
4. Bake the granola one sheet at a time, without stirring, until golden brown, 40–50 minutes, rotating the sheet halfway through baking. Transfer the sheet to a wire rack and let the granola cool, about 1 hour.
5. Break the granola into clusters and stir in the dried fruit. Store the granola in an airtight container at room temperature. Granola is always best after a day of storage. Serve with your favorite milk, either dairy or non-dairy. The granola is also delicious for munching out of hand and is great for the trail.

Large Ovens

For larger household ovens, you can use one 18 x 13-inch rimmed baking sheet (half sheet).

Tips

- Chop the nuts coarsely so the granola has texture but still forms clusters.
- Press the mixture down firmly before baking to help create larger crunchy clusters.
- Do not stir while baking.
- Let the granola cool completely before breaking it apart, or it may crumble instead of forming clusters.
- Add the dried fruit only after baking and cooling so it stays chewy rather than hard.
- Granola always tastes better the next day after the flavors settle and the texture crisps fully.

Organic or Conventional?

Since apples and grapes are on EWG's 2026 Dirty Dozen list, it's a good idea to buy these organic.

Makes:	About 11 cups
Difficulty:	Easy
Prep Time:	20–25 minutes
Cook Time:	40–50 minutes per sheet
Cool Time:	About 1 hour
Total Time:	About 2 hours 40 minutes to 3 hours 5 minutes

Equipment

- 15 x 10-inch rimmed baking sheets (2)
- parchment paper
- small saucepan
- large mixing bowl
- stiff metal spatula

Fluffy Grain-Free Sandwich Rolls

Soft, fluffy grain-free rolls with great structure for sandwiches, burgers, or serving warm with your favorite meal. They work anywhere you would serve bread or bagels too. Spread them with your favorite butter, nut butter, coconut butter, jam, or jelly.

Gluten-Free

Grain-Free

Dairy-Free

Paleo

Vegetarian

Vegan



Fluffy Grain-Free Sandwich Rolls

Ingredients

- 224 g (1 3/4 cups) arrowroot flour
- 126 g (1 cup + 2 Tbsp) almond or cashew flour
- 126 g (1 cup + 2 Tbsp) ground golden flaxseed or flaxseed meal
- 56 g (1/2 cup) coconut flour
- 37 g (3 1/2 Tbsp) psyllium husk powder
- 1 Tbsp (15 mL) baking soda
- 3/4 tsp (3.75 mL) fine grain salt
- 3 cups (710 mL / 710 g) purified water
- 1 Tbsp (15 mL) apple cider vinegar or white vinegar

Instructions

1. Adjust the oven rack to the middle position and preheat the oven to 350°F / 175°C. Line the baking sheets with parchment paper.
2. Whisk together the dry ingredients in a large mixing bowl. Heat the water to 110°F / 43°C. Add the vinegar to the warm water and pour it into the dry ingredients, stirring until the mixture comes together and forms a cohesive ball of dough.
3. Divide the dough into 12 equally sized portions, using 1/2 cup of dough for each portion. With your hands, roll each portion into a ball and place it on the prepared baking sheets, spacing them 2–3 inches apart.
4. Place a greased 3 1/2-inch biscuit cutter over one dough ball. Flatten and spread the dough with the bottom of a greased dry measuring cup and/or your fingers until the dough is flush with the inside edge of the biscuit cutter. Repeat with the remaining dough balls.
5. Cover one baking sheet and set it aside. For the other sheet, spray the rolls generously with water and bake for 75 minutes, rotating the baking sheet halfway through baking. Repeat with the second sheet, uncovering the rolls and spraying them with water before baking. Cool the rolls completely on wire racks.
6. Serve, or store the rolls in an airtight container in the refrigerator; freeze for longer storage. The rolls are best served warmed or toasted.

Large Ovens

For larger household ovens, you can use 18 x 13-inch baking sheets (half sheets). Adjust the oven racks to the upper-middle and lower-middle positions and bake both sheets at once, switching and rotating the sheets halfway through baking.

Cassava Flour

This recipe works well with cassava flour too. There will be slightly more browning. Replace the arrowroot flour with **192 g (1 1/2 cups) cassava flour** and increase the water to **3 1/4 cups (770 mL)**.

Tips

- Measure the dough portions as evenly as possible so the rolls bake at the same rate.
- Work fairly quickly once the warm water is added, since psyllium and flax begin absorbing moisture right away.
- Let the rolls cool completely before slicing so the crumb can set properly.
- These rolls are especially good warmed or toasted after cooling.
- For longer storage, freeze the rolls and reheat as needed.

Makes:	12 large rolls
Difficulty:	Moderate
Prep Time:	25–35 minutes
Bake Time:	75 minutes per sheet
Cool Time:	1–2 hours
Total Time:	About 4–5 hours

Equipment

- 15 x 10-inch baking sheets (2)
- parchment paper
- large mixing bowl
- small saucepan
- kitchen thermometer
- 3 1/2-inch biscuit cutter
- spray bottle with purified water
- wire racks

Mango Mousse with Blueberries and Toasted Coconut

This dreamy mango mousse is fresh, fruity, and beautifully layered with blueberries and toasted coconut for a simple yet stunning dessert.

Gluten-Free

Grain-Free

Dairy-Free

Egg-Free

Nut-Free

Paleo

Refined Sugar-Free



Mango Mousse with Blueberries and Toasted Coconut

Ingredients

- 2–3 ripe red mangoes (1 1/2 to 2 lbs / 680–907 g)
- 3 Tbsp (45 mL) cold water
- 1 1/2 tsp (7.5 mL) unflavored gelatin
- 63 g (3 Tbsp) honey
- 2 cups (480 mL) fresh blueberries, refrigerated until needed
- 1 cup (240 mL) unsweetened shredded coconut, toasted

Whipped Coconut Cream

- About 240 g thick coconut cream from 1 chilled 13.5 fl oz (400-mL) can unsweetened coconut cream or full-fat coconut milk
- 21 g (1 Tbsp) honey, melted and cooled if solid
- 1/2 tsp (2.5 mL) pure vanilla extract

Instructions

1. Cut the two large “cheeks” from either side of each mango’s flat central pit. Score the flesh in a grid pattern without cutting through the skin, then scoop out the cubes with a spoon or push the skin inside out. Discard the pit and skin. Puree the mango flesh in a blender or food processor and set aside.
2. Place the cold water in a medium saucepan. Sprinkle the gelatin over the top and let it sit for 3 minutes. Place the saucepan over low heat and stir until the gelatin dissolves, 1–2 minutes. Remove from the heat and immediately stir in the mango puree and 3 tablespoons honey. Let cool to room temperature.
3. Prepare the whipped coconut cream (see below). Fold the cooled mango mixture into the whipped cream with a silicone spatula. Cover and refrigerate until the mixture mounds when spooned, 2–3 hours. Meanwhile, chill the serving dishes.
4. Divide about 1/3 of the mango mixture among the chilled serving dishes. Top with about 1/3 of the blueberries, then sprinkle with about 1/3 of the toasted coconut. Repeat 2 more times with the remaining mango mixture, blueberries, and coconut. Serve.

Whipped Coconut Cream

1. Place the mixer bowl and whisk attachment in the freezer before beginning. Open the chilled can of coconut cream or coconut milk and scoop the thick cream from the top into the cold mixer bowl, saving the clear liquid below for another use. If there is any hardened fat at the top of the can, scoop it out and save it for another use; if left in the cream it can produce a coarse texture.
2. Add the 1 tablespoon honey and vanilla to the cream and whip on high speed until smooth and fluffy, 2–3 minutes, scraping the bottom and sides of the bowl with a silicone spatula after 30 seconds.

Toasting Coconut

Toasting the coconut in the oven is super easy. Spread the shredded coconut on a rimmed baking sheet lined with parchment paper and bake in a 325°F / 165°C oven until lightly golden, about 5–10 minutes, stirring every 3 minutes.

Makes:	4–5 individual desserts
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Difficulty:	Easy
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Prep Time:	30 minutes
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Cook Time:	10 minutes
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Chill Time:	2–3 hours
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Total Time:	2 hours 40 minutes to 3 hours 40 minutes
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Equipment

- blender or food processor
- medium saucepan
- medium mixing bowl
- electric mixer with whisk attachment
- 4–5 chilled single-serving dishes, preferably 12–16 oz each

Mango Mousse with Blueberries and Toasted Coconut

Variations

Mix it up by swapping out the blueberries for:

- raspberries
- blackberries
- cherries (pitted)
- strawberries (sliced)
- 2–3 ripe bananas (chill bananas unpeeled; peel and slice just before serving)
- 4–5 ripe kiwi fruits (peel and cut into bite-sized pieces)

Tips

- Keep the can of coconut cream or coconut milk upright and refrigerate it as soon as possible; at least 2 days in advance is best. This gives the cream more time to separate from the liquid, making whipping more successful.
- Do not shake the can before opening, or the cream and liquid may recombine and make whipping less successful.
- Use ripe, sweet mangoes for the best flavor and smoothest texture.
- Let the mango-gelatin mixture cool to room temperature before folding it into the whipped coconut cream so the cream stays fluffy.
- Toast the coconut just until lightly golden and watch closely, since it can brown quickly.
- Chill the serving dishes for an extra-cold, refreshing dessert.
- A blender or food processor works better than an immersion blender here, since stringy mango fibers can get caught around the blade guard.

Organic or Conventional?

Choose organic blueberries, strawberries, blackberries, and cherries when possible, since those fruits appear on EWG's 2026 Dirty Dozen list, while mangoes and kiwi appear on its 2026 Clean Fifteen list.

STAY CONNECTED

Thanks for cooking along with me!

I hope these recipes bring simplicity, inspiration, and plenty of delicious meals to your kitchen, whether you're cooking in an RV, a small kitchen, or a traditional home.

More recipes, cookbook collections, and small-space cooking inspiration are on the way.

Simple recipes. Small-space friendly. Full of flavor.

RVelicious is all about creating delicious, wholesome recipes that work beautifully in RVs, tiny kitchens, and everyday homes. From easy meals to special treats, you'll find recipes designed to be practical, satisfying, and enjoyable to make.

Visit RVelicious.com to stay updated on:

- new recipe releases
- upcoming cookbooks
- small-space cooking inspiration
- tips for delicious homemade meals

I'd love to stay connected with you and share more recipes soon.



MASTER SHOPPING LIST

Use this as a general guide for making all 7 recipes. Check each recipe for exact amounts, substitutions, and optional ingredients. Staples like salt, pepper, and common spices may already be in your pantry.

Produce

- 1 1/2 lbs broccoli crowns with stalks (about 3 crowns)
- 2–3 ripe red mangoes (1 1/2 to 2 lbs)
- 2 cups fresh blueberries (organic)
- 4 oz fresh mushrooms
- 6 garlic cloves
- 1 medium yellow onion
- 1–2 ripe avocados
- Fresh herbs, as desired:
 - basil
 - thyme or tarragon
 - chives, parsley, or tarragon

Meat, Eggs, and Refrigerated

- 3 lbs 80–85% lean ground beef chuck
- 4–5 boneless, skinless chicken breast halves (about 2 lbs)
- 8 slices uncured bacon (about 8 oz)
- 14 large eggs
- Unsweetened milk of choice for burgers

Nuts, Seeds, and Coconut

- 1 can unsweetened coconut cream or full-fat coconut milk, chilled, for whipped coconut cream
- Unsweetened full-fat coconut milk for scrambled eggs (found canned)
- 4 cups raw unsalted nuts, coarsely chopped
- 1/4 cup raw cashews
- 1 cup unsweetened shredded coconut, for mango mousse
- 2 cups unsweetened shredded coconut, for granola
- 1 cup shelled raw pumpkin seeds (pepitas)
- 1/2 cup chia seeds

Dried Fruit

- Raisins (organic)
- Dried cranberries
- 1 cup chopped dried fruit of choice, such as:
 - apricots
 - mango
 - apple (organic)
 - pineapple

Baking and Dry Goods

- Arrowroot flour
- Coconut flour
- Almond flour or cashew flour
- Ground golden flaxseed or flaxseed meal
- Psyllium husk powder
- Baking soda
- Unflavored gelatin

Oils, Vinegars, Sauces, and Condiments

- Extra-virgin olive oil or avocado oil
- Coconut oil
- Apple cider vinegar or white vinegar
- Pure maple syrup
- Honey
- Tomato salsa
- Barbecue sauce or steak sauce

Herbs and Spices

- Garlic powder
- Onion powder
- Ground cumin
- Ground black pepper
- Fine grain salt
- Ground cinnamon
- Ground nutmeg
- Cayenne pepper or chipotle powder
- Paprika
- Ground oregano
- Crushed red pepper flakes
- Mild ground chili pepper
- Pure vanilla extract