

Grain Free Enchiladas

Have the dieting blues? Does eating healthy seem like a never ending tasteless concoction after another? I got you. The same thing happened to me when I first learned my daily ice cream habit might not be as good for me as I hoped it was. I switched completely over to “healthy” food and found myself missing classic dishes like enchiladas, [chicken pot pie](#) and [waffles](#). I thought to myself, “This is what life is now. Grilled chicken and steamed veggies for the rest of my days...”



Hold up. That can't be true. There's got to be a way to incorporate healthy eating with delicious food. Say no to

gulping down power greens mixed in the blender each morning and try REAL food. I'm talking about bringing all of your favorites back in a nutritious way. That's why I started Sweetest Lemonade. I want you to know that eating better is still insanely flavorful, and so good your whole family will eat these dishes! Take these grain free enchiladas for example.



They are full of veggies, protein and use my [grain free tortillas](#). I worked on this one multiple times to make sure

they tasted as good as they should. I mean, enchiladas have a reputation, ya know? My kids think these are a gift from heaven and my husband just about lost his mind when I made these for dinner the first time.



If you're not into dairy, try goat cheese or another dairy free cheese. I personally love a good raw white cheddar

whenever I can get my hands on it.

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