

## Pecan Pie

### Ingredients:

#### CRUST

- 2 handfuls of almonds
- 4-5 Medjool dates (soak in water for 30 minutes)
- 1 tbsp organic coconut oil

### Instructions:

Pulverize almonds until they turn into a fine meal (watch carefully as to not make almond butter).

Add dates and a little of their liquid from their soak. Continue to puree.

Add the coconut oil and pulse for another few seconds.

Spread the mixture using your hands on a non-stick small pie plate.

Bake at 375 degrees Fahrenheit for 7 minutes (watch not to burn) to crisp up. Remove. As crust is cooling, make filling.

### FILLING:

- 1 ripe avocado
- 5 dates or dried figs (soaked and pureed)
- 2 tbsp of coconut oil or all natural almond butter
- Halved pecans or walnuts for topping
- Drizzle of all natural maple syrup
- All spice or cinnamon

### Instructions:

Mash avocado with fork.

Add pureed dates, coconut oil or nut butter and all spice. Mash together.

Transfer this mixture to the pie cooled pie crust.

Place pecan halves on top and drizzle with maple syrup.

Broil in oven for a few minutes to caramelize top.

Enjoy a slice (1/8 of pie) as a perfect pre workout meal or a special indulgence!



## Cauliflower Mash

### Ingredients:

1 whole head of cauliflower  
1/4 cup coconut oil  
1/4 cup Silk unsweetened almond milk  
Salt and pepper to taste  
2-3 cloves of roasted garlic, optional

### Instructions:

Slice the cauliflower florets from the stalks with a sharp knife. Slice each floret into bite-sized chunks for a faster cooking time.

Bring the water to a boil over high heat and add the cauliflower.

Pour the contents of the pan through a colander in the sink and allow it to drain.

Place cauliflower in a bowl or in the same pot and with a hand blender mash the cauliflower with the other ingredients. Add more or less almond milk until you achieve your desired consistency.

## Spanish Tortilla

### Ingredients:

4-5 medium sweet potatoes  
2 medium onions (I used red sweet here, but white look nicer when cooked)  
3 eggs and 1 cup egg whites  
olive oil (for cooking)  
salt and pepper

### Instructions:

Sautee peeled and sliced sweet potatoes and onion together with some olive oil in a non-stick skillet. Add some salt and pepper and continue on med/low heat, stirring every so often for approx. 20-30 minutes until mixture looks like picture.

In a separate bowl whisk together egg whites and eggs (picture here is done with 7 full eggs which is fine- just higher fat content).  
Add some salt and pepper to taste.

When sweet potato mixture is ready, add immediately to egg mixture and stir quickly. You want to slowly “cook” or temper the eggs without scrambling them. Keep stirring for a minute and return to pan. I like to use a smaller, higher lip pan for this part to make a more condensed “cake” looking omelet).

Cook on medium to low heat until the sides start to cook. There are two options here, you can either flip the omelette on a plate and cook the other side and finish cooking on the stove top, or insert the oven-safe-skillet in the oven under the broiler until done. I have done both ways depending on the size of the tortilla.

Turn on plate and enjoy!!! I like mine a little more “wet” in the middle. If you like it more dry, make sure you cook a little longer, or use a bigger pan to make it thinner.  
Let cool slightly and serve!



## Jingle Balls

### Ingredients:

2 cups soaked, pitted Medjool dates  
2 cups of nuts (pecan, walnut, almond, brasil nut, or a mix)  
½ cup unsweetened natural coconut  
organic 72% chocolate (for coating)

### Instructions:

Place all ingredients in food processor and process until a thick paste forms, not too smooth but almost like chunky nut butter. With a heaping teaspoon amount, form balls in between your palms. You can keep them like this, or you can roll some in coconut, nut pieces, or dip in melted chocolate. Keep in airtight container or freeze until needed. They get chewier in the freezer, not rock hard.



## Roasted Beets

Twice a week when I am prepping my meals for the next few days, I like to take advantage of the oven being on. So if I am cooking my meatloaf muffins, I take a few sweet potatoes, beets (with the skin on), a head of garlic, and carrots and wrap them in aluminum paper, and they go in the oven to cook slowly until I can pierce them with a fork.

In terms of the beets, I remove them from the oven, let them cool slightly and take off the aluminum paper. They are easy to peel off when the skin is slightly warm; it just slides off. I thinly slice the beets for a great addition to any meal. Keep in the fridge for up to 4 days. Add salt and pepper and a drizzle of balsamic vinegar.

## Beet Carpaccio

For the beet carpaccio, let the whole beet get cold and slice them paper thin. Drizzle with white balsamic vinegar, top with orange rind and the juice of 1/2 orange.



## Apple Loaf

### Ingredients:

½ cup coconut flour  
optional scoop of protein powder  
1 cup organic apple sauce  
¼ cup pure organic coconut flakes (optional)  
3 large eggs (free range) or 2 large eggs or ¼  
cup egg whites  
1 tsp baking powder  
2 tbsp coconut oil  
cinnamon to taste  
pure vanilla extract  
¼ tsp baking powder

### Instructions:

Preheat oven to 375 degrees Fahrenheit.  
Mash coconut oil and apple sauce in bowl.  
In a separate bowl whisk eggs and add to  
apple sauce mixture with vanilla and cinna-  
mon. Mix together.  
Mix in coconut flour and baking powder.  
Add optional coconut flakes.  
Spoon into loaf pan. Decorate top of loaf  
with sliced apples.  
Bake for approximately 20-25 minutes until  
edges are golden and toothpick comes out  
clean.

