

ALMOND FLOUR CHOCOLATE CHIP PROTEIN COOKIES

Ingredients:

- 1 ¼ cup almond flour
- 1 tbsp coconut flour
- 1/2 tsp baking soda
- 1/8 tsp sea salt, * optional
- 1/2 cup sweetener of choice: Monk fruit, coconut sugar, maple syrup, or honey
- 5 ½ tbsp butter, cold or room temp, or coconut oil to make it dairy free
- ½ tsp vanilla extract
- 2 T almond butter
- ½ cup Lily's Extremely Dark chocolate bar chopped up
- ¼ cup chopped walnuts

Directions:

1. Preheat oven to 325 F, and line 2 baking sheets with parchment paper.
2. Combine all dry ingredients.
3. Combine all wet ingredients.
4. Mix well.

5. Mold the dough into balls. Place the balls on the cookie sheet. Press down gently with a fork or the back of a spoon. (Remember that these dough balls are also great frozen.)
6. Bake at 325 degrees for 12-15 minutes, or until cookies are slightly browned around the edges.
7. Remove and cool for 25 minutes or longer until cookies have firmed up and set.

RECIPE CREDIT: Ishbel Cavaleri

KALE CHIPS

Ingredients:

- 2 tablespoons olive oil
- 4 cups loosely packed kale - stemmed
- 1 t onion powder
- 1 t garlic powder
- 1 t sea salt
- 1 t pepper
- 1 T nutritional yeast

Directions:

1. Toss the oil, kale pieces, spices and nutritional yeast together in a medium-sized bowl, then dump the coated kale into the basket of the air fryer.

2. Cook on 325F for 7-10 minutes (do not preheat), shaking after 2 minutes. Keep an eye on these. You don't want to overcook them! Eat immediately.
3. If you don't have an air fryer, you can use your oven. Set the oven to 325 and bake for 8-10 minutes or until slightly brown. Be careful! They burn.

RECIPE CREDIT: Ishbel Cavaleri

SWEET POTATO CHIPS

Ingredients:

- 1 1/2 cups sweet potatoes (about 2 medium sweet potatoes)
- 1 T avocado oil
- 2 T dried parsley
- 1 T harissa seasoning
- 1/2 t salt
- 1/2 t pepper

Directions:

1. Thinly slice sweet potatoes with a mandolin or food processor. You can also just use an old fashioned knife!
2. Toss with avocado oil until lightly coated.
3. Add spices and mix well.
4. Place sweet potatoes in the air fryer basket.

5. Air fry at 375 for 5-10 minutes. Keep a close eye on them as they can burn easily. Shake the basket after a few minutes of cooking. Depending on how thick your chips are, they may require a longer bake time. Remove and cool.
6. If you don't have an air fryer, you can use your oven. Set the oven to 375 and bake for 8-10 minutes or until slightly brown. Be careful! They burn easily.

RECIPE CREDIT: Ishbel Cavaleri

CAULIFLOWER COCONUT PROTEIN CUPS

Ingredients:

- 4 cups "riced" cauliflower
- 1 inch chopped fresh ginger
- 1 T cinnamon
- 2 cinnamon sticks
- 1 t ginger powder
- 1 t cardamom
- 1 t nutmeg
- 1 t cloves
- 4 T grass-fed butter
- 1/3 cup monk fruit, coconut sugar, maple syrup or honey
- 1/4 cup water

- 1 scoop Bone Broth Protein Powder
- 1/2 cup coconut cream

Directions:

1. Place all ingredients in the Instant Pot. Turn on Manual and set for 15 minutes.
2. If using a stovetop, bring mixture to a boil and then cook for 30 - 45 minutes with top on until soft.
3. Place in individual small mason jars for a quick snack!

RECIPE CREDIT: Ishbel Cavaleri