

Ishbel WELL



Low Carb Chocolate Cake

Yields: 40 servings | **Prep Time:** 5 minutes |
Cook Time: 15 minutes

Ingredients

5 T almond flour
3 T cacao powder
3 T monk fruit
1/2 t baking soda
3 T Lily's 85% Dark Chocolate Bar
3 T water
2 T Grassfed butter
1 large pasture-raised egg
1/4 t vanilla extract

Instructions

- 1) Preheat the oven to 325 degrees F and slightly grease dish with butter.
- 2) Beat the egg well.
- 3) Combine all other ingredients with egg.
- 4) Bake for 15 minutes. The cake will jiggle a little bit in the center when shaken.

Notes

Honey or maple syrup are a good substitute for the monk fruit. Honey and maple syrup will raise blood sugar levels more than monk fruit. Monk fruit (and other sugar alcohols) still raise blood sugar levels, but just not as much as other sugars.

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Strawberry GingerJello

Yields: 10 servings | **Prep Time:**
10 minutes | **Set Time:** 2 hours

Ingredients

2 pounds strawberries
2 cup coconut water
1/4 cup monk fruit
2 inches fresh ginger
8 T grassfed gelatin
1 t MCT oil

Instructions

- 1) Place strawberries, coconut water and ginger in blender.
- 2) Pour liquid into a saucepan and warm on low heat.
- 3) Return liquid to blender. Slowly add in gelatin until well-blended.
- 4) Grease baking dish with MCT oil.
- 5) Pour liquid into baking dish. Place in the fridge and let solidify for 2 hours.

Notes

Honey or maple syrup are a good substitute for the monk fruit. Honey and maple syrup will raise blood sugar levels more than monk fruit. Monk fruit (and other sugar alcohols) still raise blood sugar levels, but just not as much as other sugars. This jello is an excellent balance of protein, fat and carbohydrates with an extra kick of the gut-healing nourishment of gelatin and MCT oil.

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Banana Pudding

Yields: 4 servings | **Prep Time:** 10 minutes | **Set Time:** 1 hour

Ingredients

4 pasture-raised egg yolks

1/4 cup honey

1/4 cup arrowroot powder

2 ripe bananas, mashed

1/2 t salt

2 cups full-fat coconut milk

1 t vanilla extract

Instructions

- 1) Warm coconut milk in a saucepan
- 2) Beat egg yolks.
- 3) Combine all remaining ingredients except for coconut milk into a blender with egg yolks. Blend well.
- 4) Slowly add warm coconut milk to blender.
- 5) Pour into individual serving cups.
- 6) Place in the fridge and let set for 1 hour.

Notes

Remember that there's a huge nutritional difference between free-range eggs and pasture-raised eggs. To reduce blood sugar load, replace honey with monk fruit.

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Apple Pancake

Yields: 4 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients

3 apples
3 pasture-raised eggs
1 T coconut oil
1 t cinnamon
1/2 t cardamom
1/2 t nutmeg
1/2 t cloves

Instructions

- 1) Preheat the oven to 350 degrees.
- 2) Thinly slice apples.
- 3) Beat eggs with spices.
- 4) Warm coconut oil in cast iron pan.
- 5) Place apples in pan and stir in eggs.
- 6) Place in the oven and bake for 15 minutes.

Notes

Apples are an excellent source of probiotics - they feed the good bacteria in the gut. This recipe saves very well, and is a great option for batch cooking. To eat as a leftover, slice this pancake into 4 sections. Place one slice in the oven for a few minutes. Enjoy!