

# Ishbel WELL



## Sprouted & Roasted Almonds

**Yields:** 10 servings | **Prep Time:** 5 minutes | **Cook Time:** 12-24 hours

### **Ingredients**

2 cups plain raw almonds  
1/2 T sea salt  
1T smoked paprika  
1T ras el hanout  
1T sea salt  
1T black pepper

### **Instructions**

- 1) Place almonds, salt and water in a bowl. Stir well. Let sit on a counter for 7 hours.
- 2) Drain the almonds and place on a dehydrator tray or cookie sheet.
- 3) Dehydrate at approximately 95 degrees for 12-24 hours. Test every few hours.
- 4) To dry in the oven, set the oven to no warmer than 150 degrees and dry for 12-24 hours. Test every few hours.

### **Notes**

*Sprouting deactivates phytic acid which improves mineral absorption.*

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## Pumpkin Coconut Fat Bomb

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

### **Ingredients**

- 1 cup coconut butter
- 1/2 cup coconut oil
- 1/4 cup pumpkin puree
- 1/4 cup maple syrup
- 1 t cinnamon
- 1/2 t nutmeg
- 1/2 t ground ginger

### **Instructions**

- 1) Place all ingredients in a saucepan on low heat.
- 2) Stir constantly until well mixed.
- 3) Place muffin tins in a muffin pan.
- 4) Pour mixture into each muffin tin.

### **Notes**

*These freeze well and are a great snack.*

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## Keto Cacao Tahini Fat Bomb

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

### **Ingredients**

- 2 ounces coconut butter
- 1 ounce baking chocolate
- 1/4 cup coconut oil
- 1/2 cup tahini
- 1/4 cup cacao powder
- 1/4 cup monk fruit

### **Instructions**

- 1) Place all ingredients in a saucepan on low heat.
- 2) Stir constantly until well mixed.
- 3) Place muffin tins in a muffin pan.
- 4) Pour mixture into each muffin tin.

### **Notes**

*These freeze well and are a great snack.*

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## Berry Kale Avocado Smoothie

*Yields:* 1 serving | *Prep Time:* 2  
minutes

### ***Ingredients***

- 1 cup frozen berries
- 2 cups kale
- 1 t vanilla extract
- 1/2 avocado
- 1/4 cup monk fruit
- 2 cups coconut water / water
- 1/4 cup grassfed hydrolyzed collagen

### ***Instructions***

- 1) Place all ingredients in a blender.
- 2) Blend well and enjoy!

### ***Notes***

***Sub monk fruit with dates. Dates are an excellent source of fiber and vitamins. Dates will raise your blood sugar more than monk fruit, but that is counteracted by the vitamins and fiber. Coconut water is an excellent source of electrolytes.***