

Ishbel WELL



Blueberry, Fig & Apricot Crumble

Yields: 6 servings | **Prep Time:** 15 minutes |
Cook Time: 40 minutes

Ingredients

Crumble:

1 1/2C coconut oil, cold
1C coconut flour
1C arrowroot powder
1/2C maple syrup
1t cinnamon
1/4t cloves
1/2t sea salt

Filling:

6C blueberries
1/4C dried figs
1/4C dried apricots
1/4C coconut oil
1t cinnamon

Instructions

- 1) Preheat the oven to 350 degrees F.
- 2) Remove coconut oil from the fridge (should be firm).
- 3) In a large bowl, combine the coconut flour, the arrowroot flour, cinnamon, cloves and salt. Mix well.
- 4) Using a pastry cutter cut in the coconut oil until there are pea-sized lumps. Sprinkle in the maple syrup and gently mix until the crumble topping is chunky but not dough-like. Set aside.
- 5) In another large bowl, combine all of the ingredients for the filling. Mix well. Place in a baking dish and cover with the crumble topping.
- 6) Bake for 40 minutes, until lightly browned on top. Remove from the oven and let cool slightly before serving.

Notes: Top this crumble with a coconut cream. Whip 1/2 cup coconut cream with 1 teaspoon vanilla and 1 tablespoon maple syrup.

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Beef Sweet Fried Rice

Yields: 6 servings | **Prep Time:** 10 minutes | **Cook Time:** 15 minutes

Ingredients

1C chopped onion
2lbs grassfed ground beef
2T avocado oil
2 bunches bok choy
1/4C coconut aminos
3T monk fruit
1T pepper
1T sea salt
1T onion powder
5 cloves garlic
2 carrots chopped into pea-sized pieces
2C "riced" cauliflower
1C peas
1 chopped bell pepper
1T sea salt
1T pepper
2T Chinese five spice
1T fresh ginger

Instructions

- 1) Brown 1 cup onion with 2lbs beef and 2T avocado oil.
- 2) Add 2 heads chopped bok choy, coconut aminos, monk fruit, pepper, sea salt and onion powder and fresh ginger.
- 3) Add garlic, carrots, cauliflower, peas, bell pepper, sea salt, pepper, Chinese 5 spice. Saute until veggies are slightly soft but still have some crisp to them.
- 4) Combine all ingredients together. Enjoy!

Notes: "Riced" cauliflower can be purchased "riced", or you can rice it yourself with the food processor.