

Ishbel WELL



Kale Chips

Yields: 4 servings | **Prep Time:** 5 minutes |

Cook Time: 10 minutes

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

Instructions

- 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) Set the oven to 325 and bake for 8-10 minutes or until slightly brown. Be careful! They burn.

Notes: This recipe can also be made with an air fryer or dehydrator.

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Sweet Potato Chips

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

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

Instructions

- 1) Thinly slice sweet potatoes with a mandolin or food processor. You can also just use a knife.
- 2) Toss with avocado oil until lightly coated.
- 3) Add spices and mix well.
- 4) Set the oven to 375 and bake for 8-10 minutes or until slightly brown. Be careful! They burn easily.

Notes: Switch out the spices with whatever sounds good to you - Italian spices, paprika, onion/garlic powder, etc. Serve with salsa, guacamole or another nutrient-dense dip. Be aware that a lot of salsa has added sugar, so check your ingredients before purchasing.

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Cauliflower Coconut Protein Cups

Yields: 4 servings | **Prep:** 15 minutes |
Cook Time: 15-45 minutes

Notes: *Protein powder could be eliminated*

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 Protein Powder
1/2 cup coconut cream

Instructions

- 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!

entirely or replaced with nut butter. Instant pots are a great way to make cooking easy, save on space in your kitchen and conserve energy.