

# Ishbel WELL



## Carrot & Banana “Oatmeal”

**Yields:** 4 servings | **Prep Time:** 5 minutes | **Cook Time:** 15 minutes

### **Ingredients**

1 1/3 lbs shredded carrots  
1 can full-fat coconut milk (no guar gum)  
1/2 cup raisins  
1t alcohol-free vanilla extract  
2t cinnamon  
4T ground flax seeds  
4T chia seeds  
4T hemp seeds  
4T almond flour  
4T maple syrup  
1t sea salt  
1 cup mashed bananas

1t coconut oil  
1/4 cup chopped pecans  
1/4 cup chopped walnuts  
6 chopped Brazil nuts  
1/4 cup shredded coconut

### **Instructions**

- 1) Place carrots, coconut milk, vanilla, cinnamon and raisins in a saucepan and bring to a gentle simmer. Cook for 5 minutes.
- 2) Add flax seeds, chia seeds, hemp seeds and almond flour. Cook for 10 minutes, and then set aside.
- 3) Add coconut oil (if needed) to the pan along with bacon grease.
- 4) Add remaining nuts and lightly toast.
- 5) Add coconut flakes and lightly toast.
- 6) Chop the pecans, walnuts and Brazil nuts.
- 7) Top the carrot “oatmeal” with toasted nuts and coconut flakes.

**Notes:** This recipe will speed gut transit time and provide the body with a wide-array of healthy fats.

# Ishbel WELL



## Chicken Sweet Potato Patties

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

### **Ingredients**

1lb shredded sweet potatoes  
1lb ground chicken thighs  
3 cloves garlic, minced  
1t marjoram  
1T paprika  
1T curry powder  
1T cinnamon  
1T sea salt  
1T pepper  
1T ghee

1/4 chopped green onions  
1 poached egg

### **Instructions**

- 1) Combine all ingredients (except for the green onions and poached egg) in a bowl and mix well.
- 2) Heat ghee in a pan. Scoop 1/2 cup of the mixture into the pan and press down on the patty until it's about 1/2 inch thick. Cook for 2-3 minutes each side until golden brown.
- 3) Bring 1 cup of filtered water to a boil in a saucepan. Gently place egg in the water and turn the water down until it's softly simmering. Cook for 1-2 minutes.

**Notes:** To shred the sweet potatoes, use the shredder attachment on the food processor. To grind the chicken thighs, place chicken in the base of the food processor and grind using the blade.