

# Bell Pepper Egg Cups

3 ingredients · 20 minutes · 1 serving



## Directions

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1. Preheat oven to 425°F (218°C).
2. Slice pepper in half and carve out the seeds.
3. Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

## Ingredients

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- 1 Red Bell Pepper
- 2 Egg
- Sea Salt & Black Pepper (to taste)

# Smoked Salmon Egg Cups

6 ingredients · 25 minutes · 3 servings



## Directions

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1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
2. In a small bowl, whisk together the eggs, chives, salt and pepper.
3. Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

## Ingredients

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- 1 1/2 **tsps** Avocado Oil
- 6 Egg
- 1 **tbsp** Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Baby Spinach (chopped)
- 4 **ozs** Smoked Salmon (roughly chopped)

# Strawberry Coconut Collagen Smoothie

7 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Ingredients

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- 1/2 cup** Organic Coconut Milk (full-fat, from the can)
- 1/2 cup** Water
- 1** Banana (frozen)
- 1 cup** Frozen Strawberries
- 1/3 oz** Collagen Powder
- 1 tbsp** Unsweetened Shredded Coconut
- 1/4 tsp** Vanilla Extract

# High Fat Chocolate Smoothie

9 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Ingredients

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- 1 cup** Water
- 3 leaves** Romaine (roughly chopped)
- 1/2** Zucchini (chopped, frozen)
- 1/2** Avocado (frozen)
- 1/2** Banana (frozen)
- 1/4 cup** Chocolate Protein Powder
- 1 tbsp** Cacao Powder
- 1 tbsp** All Natural Peanut Butter
- 1 tsp** Cacao Nibs (optional, for topping)

# High Fat Green Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Ingredients

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- 1 cup** Water (cold)
- 2 tbsps** Lemon Juice
- 1 cup** Baby Spinach
- 1/2** Avocado (frozen)
- 1/4 cup** Mint Leaves (fresh, roughly chopped)
- 1 tsp** Ginger (fresh, roughly chopped)

# Berry Avocado Smoothie

7 ingredients · 5 minutes · 1 serving



## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Ingredients

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- 1 cup** Plain Coconut Milk (unsweetened, from the box)
- 1/2** Zucchini (chopped, frozen)
- 1/4 cup** Frozen Cauliflower
- 1/2 cup** Frozen Berries
- 1/4** Avocado
- 1 tbsp** Chia Seeds
- 1/4 cup** Vanilla Protein Powder

# White Bean Burgers

13 ingredients · 30 minutes · 4 servings



## Directions

1. In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and egg. Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
2. Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
3. In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patties for 6 - 7 minutes per side or until golden brown.
4. Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

## Ingredients

- 2 cups** White Navy Beans (cooked, drained and rinsed)
- 1** Garlic (clove, minced)
- 1/4 cup** Basil Leaves (chopped)
- 1** Egg (whisked)
- 1/2 cup** Almond Flour
- 2** Tomato (diced)
- 1/2 cup** Green Olives (pits removed and chopped)
- 1/4 cup** Red Onion (finely diced)
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 4 cups** Baby Spinach
- 1** Lemon (cut into wedges)

# Chocolate Cupcakes

15 ingredients · 3 hours · 12 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a muffin pan with liners. Brush the liners with coconut oil to prevent the cupcakes from sticking.
2. Peel the sweet potato and dice into small cubes. Fill a saucepan with two inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl. Mash with a fork to make a smooth puree. Divide the sweet potato puree. For 12 cupcakes 1 cup will be used for the batter and 1.5 cups for the frosting.
3. In a large mixing bowl, combine the portioned out sweet potato for the batter, ground flax, water, almond milk, apple cider vinegar and baking soda. Whisk and let stand for 5 minutes to thicken slightly. Add the maple syrup, coconut sugar, sea salt, coconut oil, almond flour, oat flour, all-purpose gluten-free flour, and half of the cocoa powder. Mix the batter until thoroughly combined.
4. Divide the batter between cupcake liners and bake for 35 to 40 minutes or until a toothpick comes out clean. Remove from the oven. Let sit in the pan for 20 minutes before transferring to a rack to cool completely.
5. Make the frosting by adding the remaining sweet potato puree to a small saucepan with the chocolate chips. Heat over medium heat until the chocolate chips are completely melted. Transfer to a food processor, add the remaining cocoa powder and process until very smooth.
6. Let the frosting and cupcakes completely cool to room temperature before frosting. Frost using a piping bag or a spatula then let chill for an hour in the fridge. Enjoy!

## Ingredients

- 2 Sweet Potato (large)
- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 3/4 cup Unsweetened Almond Milk
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Baking Soda
- 1/4 cup Maple Syrup
- 1/4 cup Coconut Sugar
- 1/2 tsp Sea Salt
- 1/4 cup Coconut Oil (melted)
- 1/2 cup Almond Flour
- 1/2 cup Oat Flour
- 3/4 cup All Purpose Gluten-Free Flour
- 1 cup Cocoa Powder (divided)
- 1 1/2 cups Organic Dark Chocolate Chips