**“Bailey’s” Frosting (S)**

Ingredients:

* ⅔ cup [gentle](https://www.lakanto.com/collections/sales-title/products/lakanto-classic-sugar-free-sweetener-family-size-800g?rfsn=2644654.bf15c4ec8) sweet
* ½ teaspoon [instant espresso powder](https://www.amazon.com/Medaglia-DOro-Espresso-Instant-Coffee/dp/B002BTI9B0?tag=sugfrelowca0c-20)
* 1 tablespoon cocoa powder
* 2 cups coconut cream
* 1 teaspoon almond extract
* ½ teaspoon vanilla extract
* 1/2 cup Irish whiskey
* 2 Tbsp hot tap water
* 2 tsp. gelatin

Instructions:

Heat heavy whipping cream and whiskey in a saucepan.

Once warm, add sugar, espresso, and cocoa. Bring to a slow boil, reduce heat and allow to simmer for 10-15 minutes.

Remove from heat, add extracts and allow to cool in fridge.

Whisk gelatin into the hot water until just dissolved and add to the cooled mixture.

Place into a stand mixer and start beating immediately. Beat into a stiff whipped cream texture.

**Pork and Broccoli Stir Fry (S or XO)**

**Ingredients:**

* 3 - 4 pork chops
* 1 Tbsp. coconut oil
* 1 tsp minced garlic
* 1 small bag of frozen broccoli

**Sauce:**

* ¼ cup Bragg’s Liquid Aminos
* ½ cup water
* 2 tsp Super Sweet
* 1 tsp powdered ginger
* ¼ tsp red pepper

**Instructions:**

Slice up pork chops into small pieces. Place in skillet with coconut oil and cook until slightly pink. Add in the garlic.

Mix sauce ingredients in a small bowl and add to the pork chops.

Add in the frozen broccoli and cook until steamed.

NOTE: be wary that the broccoli can go from being cooked to mush in minutes.

Serve with brown rice for an XO or Dreamfields linguini for an S.

**Lentil Burgers ( E )**

Recipe by Oh Sweet Mercy

**Ingredients:**

* 1 cup oats
* 1 small onion
* 2 garlic cloves
* 1 cup shredded carrots
* 4 baby bellas
* 6 Tbsp. egg whites
* 2 cups cooked, cooled brown lentils (1 cup dry = 2 cups cooked)
* 2 Tbsp. nutiritional yeast
* 1 tsp. mineral salt
* 1 tsp. Bragg’s Liquid Aminos
* 1 tsp. miso paste
* 1 tsp. paprika
* ½ tsp. black pepper

**Instructions:**

Preheat oven to 350F and line baking sheets with parchment paper.

Process the oats in a food processor into small pieces, NOT a powder. Move to a mixing bowl.

Process remaining veggies individually and moving to the mixing bowl.

Add entire mixture plus egg whites, lentils, and seasonings to the food processor. Plus to mix but don’t make a paste.

Form into patties (approx. 1/4cup.) and bake for 40 minutes, flipping halfway through.

NOTE: forming the patties is easiest with a mold.

**Pork Carnitas (S or XO)**

Recipe by Fit Mom Journey

**Ingredients:**

* 2.5lb Pork Butt Roast
* ½ Tbsp. Mineral Salt
* ½ tsp. Chili Powder
* ½ tsp. Oregano
* ½ tsp Black Pepper
* ½ tsp Cayenne Pepper
* ½ tsp. Cumin
* 3 Tbsp. Garlic Cloves
* 1 cup salsa
* ½ cup chicken stock
* ¼ cup lemon juice
* 1/8 cup lime juice

**Instructions:**

Rinse the roast and place into crock pot, rub with spices on all sides.

Spoon the garlic over the top of the roast.

Mix salsa, chicken stock, lemon juice, and lime juice and pour over the roast.

Cook on low for 8 – 10 hours.

Remove from slow cooker, trim remaining fat while shredding the pork. Place shredded pieces back into slow cooker. Allow to sit in the juices on warm while you pull out the toppings or warm tortillas (or while you bake my cheat for crunchy corn tortillas!)

Remove pork and place shredded pieces on baking sheet.

Broil in oven for approximately 8 minutes, until pieces are golden brown.

Serve with your favorite toppings or throw onto a salad!

**Slow Cooker Whole Chicken (S)**

**Ingredients:**

* 1 whole chicken (neck and giblets removed)
* 1 Tbsp. gentle sweet
* 1 tsp. black strap molasses
* 2 tsp. mineral salt
* 2 tsp. black pepper
* 1 tsp minced garlic
* ½ tsp onion powder
* 1 Tbsp. paprika

**Instructions:**

Coat a large slow cooker with coconut oil (spray is easiest). Roll a piece of aluminum foil into a ring and place at the bottom of the crockpot.

Mix spices together in a small bowl.

Place chicken on top of the aluminum foil ring and rub with spice mix.

Cook on HIGH for 3 – 4 hours or until thermometer reads 165F or higher. (optional: cook on HIGH for 1 hour then low for 6 – 8 hours).

Once cooked, place whole chicken on a baking sheet and broil in over until skin is crisp.

**Baked Chicken Tenders (S)**

Recipe by JoyFilled Eats

**Ingredients:**

* 2lbs chicken breast
* 5oz ground up pork rinds
* 1 tsp garlic powder
* 1 tsp onion powder
* 2 eggs
* ½ cup almond milk
* ½ tsp mineral salt
* ½ tsp pepper
* Coconut oil spray

**Instructions:**

Cut the fat off of the chicken breast and slice into tenderloins.

Mix ground pork rinds, garlic, onion, salt, and pepper in a large bowl.

Whisk together eggs and almond milk in a separate large bowl.

Batter the tenderloins by first placing in egg mixture then rolling in pork rind topping, then place on a greased baking sheet.

Bake at 400F for 20 minutes, flipping halfway through baking time.

**Pork Chops in “Butter” Sauce (S)**

**Ingredients:**

* 4 pork chops
* Salt
* Pepper
* Italian Seasoning
* Onion Powder
* 2 Tbsp. vegan butter (or coconut oil)
* Asparagus (or other vegetable)
* 4 Tbsp. minced garlic
* ½ cup chicken broth
* ½ cup almond milk
* 1 tsp glucomannan
* 1 Tbsp. lemon juice

**Instructions:**

Season pork chops with salt, pepper, Italian seasoning, and onion powder on both sides.

Melt vegan butter or coconut oil in skillet on high, add minced garlic and saute for a few seconds.

Add pork chops and sear on both sides.

Add chicken broth, lemon juice, almond milk, and glucomannan to the skillet with the pork chops. Bring to a boil then reduce to a medium heat.

Add asperagus (or whatever vegetable you have chosen) to the pan and allow the sauce to thicken.

Serve!

**French Dip Soup (S or XO)**

**Ingredients:**

* 3 – 4 pound chuck or rump roast
* Salt and pepper
* 3 cups beef broth
* ½ tsp crushed bay leaves
* ¼ tsp dried thyme
* 1 sliced onion
* 1.5 cups chicken broth
* 1 tsp. caraway seeds
* 3 Tbsp. minced garlic
* 1 tsp. Worcestershire sauce
* Optional 2 tsp glucomannan (to thicken up the soup)

**Instructions:**

Season the roast with salt and pepper, place into a slow cooker. Top with sliced onion.

Mix remaining ingredients in a separate bowl and pour over the roast.

Cook on LOW for 8 hours or HIGH for 4 hours (or until beef is tender)

Once cooked, remove from juice and allow to rest for 15 minutes. Shred the beef.

Serve as a soup for an S or ontop of sprouted rolls (with the broth for dipping) for an XO.

OPTIONAL: For those who are not DF, you can enjoy some swiss cheese as a garnish.

**Lovin’ Tex Mex Skillet ( E )**

Recipe by Darcies Dish

**Ingredients:**

* 1 c. brown rice, uncooked
* green bell pepper, diced
* medium onion, diced
* (3) cloves of garlic, minced
* 1lb of lean ground meat
* juice from half of a lime
* 2 T. taco seasoning
* 1/4 c. water
* 15 oz. can of tomato sauce
* 2 T. cilantro, optional for garnish
* green onions, optional for garnish

**Instructions:**

Bring 2 c. of water to a boil. Add the brown rice and a pinch of salt, return to a boil, place the lid on and turn down to a simmer. Cook until rice is done, about 40-45 minutes.

Meanwhile, in a large skillet over medium heat add 1 t. of oil to the pan. Add the bell pepper and onion to the pan. Sauté until the onion is translucent. Add the garlic and sauté for one minute. Add the ground beef or turkey to the pan and cook until done. \*\*\*If you are using ground beef, make sure you rinse it under hot water once you are done. The easiest way to do this is to put it in a strainer and rinse under hot water for about two minutes.

Put the beef back in the skillet and add the lime juice, taco seasoning, and water and stir to combine. Let simmer about 5 minutes.

Add the tomato sauce and simmer for 10 minutes. Serve immediately and top with cilantro and green onion.

**Venison Sausage Pasta (S)**

**Ingredients:**

* 4 large venison sausages
* 3 tbsp extra virgin olive oil
* 1 onion, diced
* 1 Tbsp. minced garlic
* 2 (14oz) cans of diced tomatos
* 1 tbsp balsamic vinegar
* pinch of red pepper flakes (or more if you’re a spicy mama)
* ½ cup kalamata olives, seeded and chopped
* 1 Tbsp. basil
* 1 Tbsp oregano
* salt and pepper to taste
* 1 package of Dreamfields or 6 cups of zucchini noodles

**Instructions:**

Heat olive oil in a skillet, add sausages and brown evenly (approx. 6 minutes).

Add diced onion and cook until translucent.

Add remaining ingredients (minus the noodles) and cook until sausages reach an internal temperature of 152F (or higher).

Serve sausage and sauce over a bed of delicious noodles. Enjoy!

**Zucchini Fries (FP)**

**Ingredients:**

* 1 large zucchini
* 1/2 tsp salt
* 1/2 tsp pepper
* 1/2 tsp garlic
* 1/2 tsp onion
* 1 tsp creole
* 1/2 cup baking blend (or coconut flour for an S)
* 1/4 cup egg whites

**Instructions:**

Chop zucchini into desired fry shapes (I prefer wedges).

Mix seasonings and baking blend in a large bowl, set aside.

Batter the zucchini by mixing in egg whites then rolling in coating.

Bake at 400F for 20 minutes, flipping half way through baking time.

**Strawberry Banana Ginormous Boy**

**Ingredients:**

* 3 cups water
* 1 cup frozen okra
* 1 cup frozen strawberries
* ½ large banana
* Handful frozen spinach
* 1.5 Tbsp collagen
* 1 doonk pure stevia
* ½ tsp sunflower lecithin
* 1 Tbsp. baobob powder
* ½ tsp gluccie
* 20 large ice cubes
* 1/8 cup whey protein

**Instructions:**

Place water, okra, strawberries, banana, and spinach in a blender and blend until smooth.

Add remaining ingredients (minus the ice cubes and the whey) and blend until mixed.

Add ice cubes and blend until smooth.

Add whey and blend until just combined.

**Goat Cheese Salad (S)**

**Ingredients:**

* Romaine
* Crumbled goat cheese
* Fresh berries
* Nuts
* Balsamic vinaigrette
* Apple Cider Vinegar
* Super Sweet

**Instructions:**

Chop romaine and place into a bowl.

Top with goat cheese, berries, nuts, balsamic, ACV, and Super Sweet.

**Chevre Berry Crunch (S)**

**Ingredients:**

* Chevre goat cheese
* Frozen berries
* Whey protein
* Baobob
* Nuts
* Chocolate chips

**Instructions:**

Half thaw the berries in a bowl. Add lemon juice, whey, and baobob. Mix well.

Add goat cheese, mix well.

Top with nuts and chocolate chips.

**Chocolate Glazed Donuts (FP)**

**Ingredients:**

**Donuts;**

* 2.5 Tbsps Super Sweet
* 2 Tbsps egg whites
* 4 tsp MCT oil
* ¾ cup Baking Blend
* 2 tsp baking powder
* 4 pinch mineral salt
* 5 Tbsps water

**Icing:**

* ½ cup cocoa powder
* ¼ tsp mineral salt
* 2.5 Tbsp gentle sweet
* 1 tsp vanilla extract
* 1/2 cup almond milk
* ½ tsp espresso powder

**Instructions:**

Preheat oven to 375F.

Slightly beat the egg in a bowl. Add all the remaining donut ingredients and mix well to combine.

Spoon batter into silicone donut molds. Bake for 25 minutes, or until brown.

While the donuts are cooling, mix icing ingredients until smooth. (NOTE: you want an almost liquid texture.)

Dip the tops of the donuts in the icing and place to the side.

Feel free to decorate with SF sprinkles!

**Animal Cookies (S)**

**Ingredients:**

* 1.5 cups almond flour
* ¼ cup coconut flour
* ¼ tsp mineral salt
* ¼ cup gentle sweet
* ¾ cup softened butter
* 1 tsp vanilla

**Instructions:**

Sift together almond flour, coconut flour, and salt in a small bowl.

In a medium bowl, cream together butter, sweetener, and vanilla.

Slowly add the dry ingredients to the butter mixture. Mix well.

Move cookie dough to a sheet of plastic wrap. Mold into a flat disc shape and cover with plastic wrap. Refrigerate for 30 minutes or overnight.

Once stiff, place cookie dough between two pieces of parchment paper. Roll until ¼ inch thick. Cut out shapes and place about 1 inch apart on a parchment paper lined cookie sheet. Return to fridge to cool for additional 10-15 minutes.

Preheat oven to 350F.

Bake cookies for 6 minutes, until edges turn golden brown. Allow to cool on baking tray for 3 minutes before transferring to a wire rack.

NOTE: you can also coat the cookies in melted chocolate chips for Frosted Animal Cookies.

**Cinnamon Baking Chips (S)**

**Recipe by Wonderfully Made and Dearly Loved**

**Ingredients:**

* 1 cup coconut mana (coconut butter)
* ¼ cup coconut oil
* 1 TBS ground cinnamon
* 3 TBS THM Super Sweet Blend, ground into powder (1/4 cup THM Gentle Sweet)

**Instructions:**

Melt coconut mana and coconut oil over low heat until fluid. Remove from heat.

Stir in cinnamon and THM Super Sweet.

Pour into silicone chip mold and freeze until hard.

Remove chips from silicone mold by rolling it row by row breaking chips out as needed.

Store chips in freezer until needed.

**Soft Sugar Cookies (THM S)**

**Sugar Cookie:**

* 1 ½ cups THM Baking Blend
* ¼ tsp mineral salt
* 1 tsp baking powder
* ½ cup softened butter (or vegan butter for DF)
* 1/2 cup powdered THM Gentle Sweet (or Pyrure)
* 2 eggs
* 2 tsp vanilla extract

**Frosting:**

* 1 cup powdered THM Gentle Sweet (or Pyure)
* ½ cup softened butter (or vegan butter for DF)
* Pinch of mineral salt
* 1 tsp vanilla extract
* 1 Tbsp heavy whipping cream (or coconut cream for DF)
* All natural food coloring (optional)

**Instructions:**

Preheat oven to 350F. Grease an 8x8 pan with coconut oil spray.

In a medium bowl, whisk together Baking Blend, salt, and baking powder.

Cream together butter and THM Gentle Sweet until light and fluffy. Beat in the egg and vanilla extract.

Combine dry and wet ingredients, mix well.

Press cookie batter into the bottom of the pan until evenly spread and flat. Bake for 22 minutes (or until golden brown).

Cool on a wire rack, making sure they are cooled completely before applying the frosting.

In a large mixing bowl, beat together butter, THM Gentle Sweet, and salt on low. Increase to medium and beat for 3 minutes. Add vanilla, heavy whipping cream (or coconut cream) and food coloring (if using).

Evenly spread the frosting over the cooled cookie bars and top with optional sprinkles!

**Pina Colada Roll (S)**

**Cake:**

* ¾ cup THM Baking Blend
* 1 cup almond milk yogurt
* 4 large eggs
* 4 Tbsp melted coconut oil
* ¾ cup THM Gentle Sweet
* 1 tsp baking powder
* 1 tsp baking soda
* 2 pinches mineral salt
* 2 tsp rum extract

**Filling:**

* 1 and 2/3 cup coconut cream
* ½ tsp vanilla extract

**Frosting:**

* 8 Tbsp butter, softened (or softened vegan butter)
* 2 tsp Pineapple extract
* 1 Tbsp cream of coconut
* 1 tsp vanilla extract
* 1 ¼ cup powdered erythritol

**Instructions:**

Preheat the oven to 375F. Line a cookie sheet with parchment paper, spritz with coconut oil spray.

In a large bowl, combine yogurt, eggs, and coconut oil until well combined.

In a medium mixing bowl, combine baking blend, gentle sweet, baking powder, baking soda, and mineral salt. Once mixed, add to the wet ingredients.

Pour batter onto the cookie sheet, spreading evenly across. Bake for 14-15 minutes, or until the cake springs when pressed. While the cake is baking, prepare a dampened tea towel on your counter.

Once the cake is fully baked, quickly flip onto the tea towel and remove the parchment paper. Roll the cake, with the towel, from the shorter end to create several rolls. Place onto a cooling rack until fully cool.

**Make the whipped cream filling.** Place into the fridge (with the beater) for 5 minutes. Remove, add coconut cream and beat on high until stiff peaks form. Add vanilla extract and gently stir to combine.

**Make the frosting.** Beat together softened butter, pineapple extract, cream of coconut, and vanilla until fluffy. Slowly beat in the sweetener.

**Assemble the cake roll.** Unroll the fully cooled cake roll and evenly spread the coconut whipped cream. Reroll the cake as tight as you can, place onto a serving tray. Spread the icing over the top and the sides, leaving the end open to show your beautiful rolls.

NOTES:

This cake roll does like to melt, so it is in your best interest to refrigerate until serving.

**Trim Mamarita (THM FP)**

Makes 4 servings

**Ingredients:**

* 6 fl oz Tequila
* 1/3 cup lime juice
* 1.5 tsp orange bitters
* 2 doonks THM Stevia
* 5 cups ice cubes (or 3 cups water for on the rocks)

**Instructions:**

In a large measuring cup, combine Tequila, lime juice, orange bitters, and Stevia.

If enjoying a frozen margarita, throw into a blender with ice until smooth.

If enjoying on the rocks, add water and mix well. Pour into glasses over ice.

NOTES:

You can use rub a lime over the lip of your glasses and roll through Erythritol to enjoy a “sugared” rim, or mineral salt for a salted rim.

If you’re making this on the rocks, taste and see if it’s too strong/ If so, just add more water!

**Trim Mama “Bailey’s” (S)**

**Ingredients:**

* 1/3 cup of THM Gentle Sweet
* ¼ tsp instant espresso powder
* 1/2 Tbsp cocoa powder
* 1 cup of Heavy Cream
* ½ tsp almond extract
* ¼ tsp vanilla extract
* ¾ cup Irish Whiskey

**Instructions:**

Add gentle sweet, espresso powder, cocoa powder, and heavy cream to a saucepan and bring to a boil. Allow to simmer for 10-15 minutes.

Remove from heat, add whiskey and extracts. Allow to cool.

Enjoy!

NOTE: for DF, you can use Silk Heavy Whipping Cream or use 1 cup of almond milk, 1/3 cup of coconut oil.

**Almond Milk Yogurt (FP)**

**Ingredients:**

* 2 quarts of almond milk (I made my own to make this extra budget friendly)
* 5tsp gluccie
* 5tsp baobob
* 1tsp raw local honey (this provides food for the cultures to feed on)
* Vegan yogurt cultures (I bought the brand Cultures For Health)

**Instructions:**

Take your crock pot and place it on top of a large towel, place lid on top and turn on low.\*

Place almond milk in a pot and SLOWLY heat up to 180F, whisking occasionally. (Do not boil!)

Add gluccie and baobab, whisk.

Remove from burner, allow to cool to 100F, whisking occasionally.

Add honey and 1 packet of cultures, place into mason jars. (do not tighten the lids.)

Wrap the jars in cloth and place inside crock pot.\*

Turn off and unplug crockpot, wrap it all in the large towel. \*

Incubate for 24 hours.

Remove from crockpot, tighten lids, and place in fridge for 6 hours.

Your yogurt is now ready! If the consistency is not to your liking, you can add more baobab and/or gluccie to thicken.

**NOTES:**

* This yogurt is unsweetened, so if you want to enjoy a bowl, I suggest you sweeten to your liking.
* If you end up with gluccie clumps after it cools, just use your immersion blender (or throw it in your regular blender) to break them up.
* When making your next batch, leave 1/4c of your yogurt and use that instead of the cultures. This can be done 7 times. Helps your budget!

\*if you have an Instapot, just place jars in there and hit the yogurt setting, set for 24hours.