Dessert

4

Healthy Snacks

6

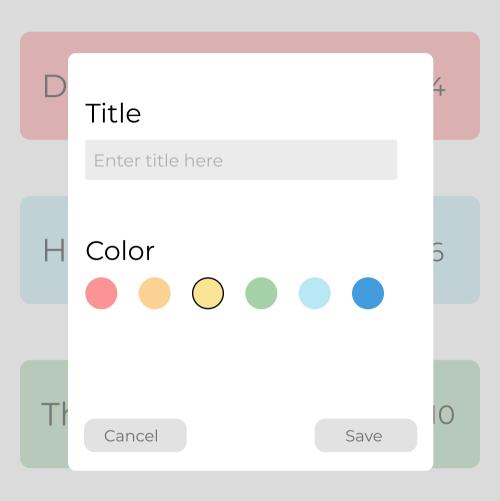
Thanksgiving

10

Keto Diet

7





Keto Diet

1



Healthy Snacks 6 recipes

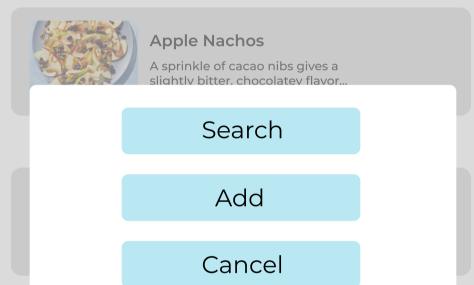


Apple Nachos

A sprinkle of cacao nibs gives a slightly bitter, chocolatey flavor...



Healthy Snacks 6 recipes



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New Recipe

Title

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Description

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Ingredients

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Apple Nachos

A sprinkle of cacao nibs gives a slightly bitter, chocolatey flavor without added sugar, along with a boost of magnesium, which supports muscle and nerve function.

Ingredients

2 apples

2 tbsp. almond butter

1 tbsp. coconut oil

1 tbsp. maple syrup

1/4 c. toasted coconut flakes

2 tbsp. pepitas

1 tbsp. cacao nibs

1 tbsp. dried currants

Directions



Edit Recipe

Title

Apple Nachos

Description

A sprinkle of cacao nibs gives a slightly bitter, chocolatey flavor without added sugar, along with a boost of magnesium, which supports muscle and nerve function.

Ingredients

2 apples

2 tbsp. almond butter

1 tbsp. coconut oil

1 tbsp. maple syrup

Directions

Cut apples into thin wedges and arrange on a plate. In a bowl, whisk together almond butter, oil, and maple syrup.

Attach a photo