

50 BEST PALEO DESSERTS



BERAN PARRY

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BY BERAN PARRY WITH GREG PARRY PHD



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IMPORTANT INFORMATION

The information provided in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. For diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in this book may change.

WHAT THIS BOOK IS NOT!

Whilst I have referred where appropriate to important medically based studies, books and medical papers, this book has not been written as a medical research paper, designed to cover dozens of scientific subjects.

I have deliberately avoided the current trend in many diet books to constantly cherry pick medical and scientific studies to support the book's conclusions. This book is not intended as a reference item to satisfy those readers that might be looking for useful research material.

This book is mainly about additional recipes relating to a real life journey and the real life testing processes that have been identified in the Skinny Delicious Diet Book as the most effective ways to develop great eating behaviours and incorporating those behaviours into our daily food choices.

The Recipes in this book are mainly Paleo based or Vegan based and they are truly delicious!....go to Beran Parry's Blog www.skinnydeliciouslife.com to find out more about how these recipes taste!

There will be a detailed bibliography attached to this book. This is a truly exciting and rapidly evolving science and there is a vast amount of material to read and study about Epigenetics and Functional Medicine in general, especially in the way that these insights apply to intelligent weight management. If you require further information, I suggest you contact me for specific recommendations at

beranparry@gmail.com

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(olw21032017)

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PALEO Diet

50 Best Paleo Desserts

By

BERAN PARRY

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Acknowledgements for the Skinny Delicious Programs.

The inspiration to write this book began more than thirty years ago when I embarked on my first nutritional science courses under the tutelage of Dr Boris Chaitow in South Africa. During the past three decades, I have been most fortunate to receive the guidance, teachings and encouragement of some immensely talented and dedicated doctors and professors. It has been a fascinating journey of exploration, the pathway lit by the giants of natural medicine and naturopathic nutrition. More recently, my studies in the field of Functional Medicine have proved immensely helpful and I would like to pay tribute to the genius, courage and dedication of the following specialists who have assisted me enormously in my quest to share the life-changing knowledge contained in this book.

Among them are Dr Boris Chaitow, Debra Waterhouse, Dr Christiane Northrup, Dr Carlyne Dean, Dr Vasant Lad, Dr Mona Lisa Shulz, Dr Loren Cordain, Dr Patrick Vercammen and Dr Ron Grisanti.

I would particularly like to acknowledge the shining inspiration of a truly remarkable doctor who has been a constant source of knowledge, encouragement and inspiration. Dr Ann Lannoye, a Functional Medicine Specialist and member of the Institute of Functional Medicine, has been a most generous and tireless source of knowledge and enthusiasm for the benefits of Functional Medicine. She provided the inspiration to link my nutritional and eating behaviour work with the Functional Diagnostic Medicine and the analysis of Epigenetic Expression. Dr Lannoye's extensive knowledge and scientific rigour have been one of the major cornerstones of our next book about Functional Medicine in which I hope to have Dr Lannoye join me as a contributor and authority.

My functional medicine research and its conclusions have been so fundamental to my understanding of intelligent nutrition, that I undertook studies at the Functional Medicine University in South Carolina. Dr Ron Grisanti has been a most generous provider of case study information in these vitally important subjects.

I am also delighted to announce a series of further projects with Dr Ann Lannoye and Greg Parry PhD, also based in the field of Functional Medicine. We are scheduling a series of international seminars, professional training courses and wellbeing conventions. If you would like to know more go to...

www.skinnydeliciouslife.com

www.parrywellness.eu

Preface

The amazing Skinny Delicious Diet did not appear magically overnight or out of thin air. It's the result of many years of research, trial, tribulation and intensive investigation. Despite studying nutrition intensively for over 30 years, I found that I never really reached the permanent weight loss that I wanted. No matter how much weight I lost, I was never really where I wanted to be with my weight.

That has got to be one of the greatest frustrations you can experience when you're trying to get your weight under control. There was usually some initial success but then there'd be some unexpected relapse and this made me realise that there had to be a lot more to real, sustainable weight loss than just following the latest fad or fashion in dieting.

But I never gave up.

If permanent weight loss and becoming a skinnier, healthier version of myself was really possible, I was going to find out how to do it. Safely, scientifically and effectively. And that meant more studying, more learning, more experiments, more trials, more creativity, inventing, developing. I approached the problem from every possible angle.

I researched countless scientific studies, the psychological aspects of food choice, the psychology of eating disorders, genetic analysis, functional medicine, naturopathic principles and ayurvedic medicine until a clear picture finally emerged of how to really manage weight issues.

I slowly refined and toned and developed the entire system that has become the Skinny Delicious Diet. It's what you're holding in your hands right now. It's been a long journey but the effort was totally worthwhile. Finally, we've got the smart way for your body to function the way that Nature intended.

My final personal skinnier more delicious transformation began seven years ago. After 3 decades of never quite getting there from a weight loss point of view, I decided that enough was enough! It was now or never reaching my real weight loss goals. I knew there was a skinner, more energised, healthier version of me just waiting to get out! With my family's history of weight problems and issues with eating behaviour, plus my own experience of yo-yo dieting and a penchant for delicious food, this was the moment to put my twenty five years of knowledge to the toughest test.

The guinea pig for this extraordinary experiment? You guessed it. Me! I decided it was time to get really serious about my weight loss programme and finally unleash the skinnier new me. I used everything I'd learned, applied the methods I'd been investigating and the pounds slipped away.

And they stayed away. Forever.

I'd finally made all the connections between the different functions of the body and discovered how to eliminate the garbage and toxins from our cells. I'd identified the worst toxins that poison our food. I knew how to create a natural, healthy environment in the gut. I'd discovered how to feed the body with the essential nutrients that would promote natural weight loss and all-round health. In the final phase of my experiment, I learned about the epigenetics revolution from some incredible Doctors of Functional Medicine like Dr Ann Lannoye.

Then I devised a program and over 200 recipes based on using this scientific feedback. During this process of creating a completely effective formula for sustainable weight control a skinnier new me emerged. Finally!

It was a long journey but I learned so much in every moment of it, and now I am going to share the recipes with YOU.

The Skinny Delicious Recipes have already helped countless numbers of people just like you who were looking for a real alternative to all the crazy ideas about weight management.

The Skinny Delicious way of eating enables me to look you in the eye and say I KNOW this WORKS. And now you can enjoy the benefits yourself and become your best body weight and realise your own skinnier potential. And keep it forever!

Let's Start



BEFORE



AFTER

CHAPTER 1

My Story

Welcome to the start of a whole new way of life! We're about to embark on an adventure together and my job is to help and guide you on your new pathway to the health, weight and wellbeing of your dreams. My name is Beran Parry and for the past thirty-five years I've been studying, practising and advising thousands of people about truly effective nutrition and weight loss. A lot of this passion comes from my family background. Growing up in a family with major health and weight problems, I realised at a very early age that body shape, weight and health are all deeply connected. To complicate matters, I became pregnant at the tender age of 18 and I experienced all the dismay and daily disappointment of significant weight gain plus the frustration of struggling to get rid of the extra pounds after giving birth to my lovely son Christopher.

By the time I was twenty-two, more than thirty years ago, I began studying nutrition, exercise physiology, integrative medicine and holistic health. I was immensely fortunate to find myself studying at one of the early pioneering centres of Integrative Alternative Medicine. This was the world renowned High Rustenberg Hydro, set in the beautiful countryside around Stellenbosch University, not far from my birthplace, Cape Town, in South Africa.

I studied very intensively for four years under the guidance of various medical and homeopathic doctors whilst also studying banking and finance. My studies continued right up until 1986 when I moved from South Africa to Europe.

The happy story takes a tougher turn when I went through the trauma of divorce and promptly acquired an extra 20 kilos of weight! I really piled on the pounds in record time and battled so hard to lose every single ounce. I really do understand the challenges of effective and enduring, healthy weight loss!

Beran Moves to Europe!

As you might imagine, leaving my beautiful home in warm, sunny Cape Town and relocating to the cold and damp of northern Europe was not an easy process. The stress levels went off the chart and, well, I bet you can guess what happened. That's right. Those 20 kilos I'd worked so hard to lose came back with a vengeance. It was a fat-fuelled action replay of those dark days after my divorce. But it really made me wonder about the real connections between stress and unhealthy weight gain.

But life rarely follows a straight line and in 2000, my path took an unexpected detour when I was diagnosed with a serious health problem. It was my thyroid gland. This incredibly important little gland had produced a 6cm tumour that was growing and gradually blocking my windpipe. Not a happy discovery!

It was a turning point in my life and I realised in my heart that this time I really had to apply all my energies to the issues of health, weight control and wellbeing. This became my focal point. It grew into a passionate quest to share my knowledge and experience with as many people as possible. What started as a search for answers to my own health problems all those years ago became a quest to find universal principles that would apply to everyone. We made many changes from that point onwards and, as my health completely recovered, we discovered more insights into what really constitutes great health and profound wellbeing.

The range of interests broadened, encompassing naturopathic medicine, eating behaviours and disorders, orthomolecular medicine and the ancient Ayurvedic traditions that are witnessing a global revival after thousands of years of practise.

My studies and passions about wellbeing have now developed further into the incredible and exciting area of Functional Medicine and I am studying a Degree with the Functional Medicine University at present.

All these years of training, study, practise and experience are distilled and crystalised right here in your personal weight loss transformation workbook.

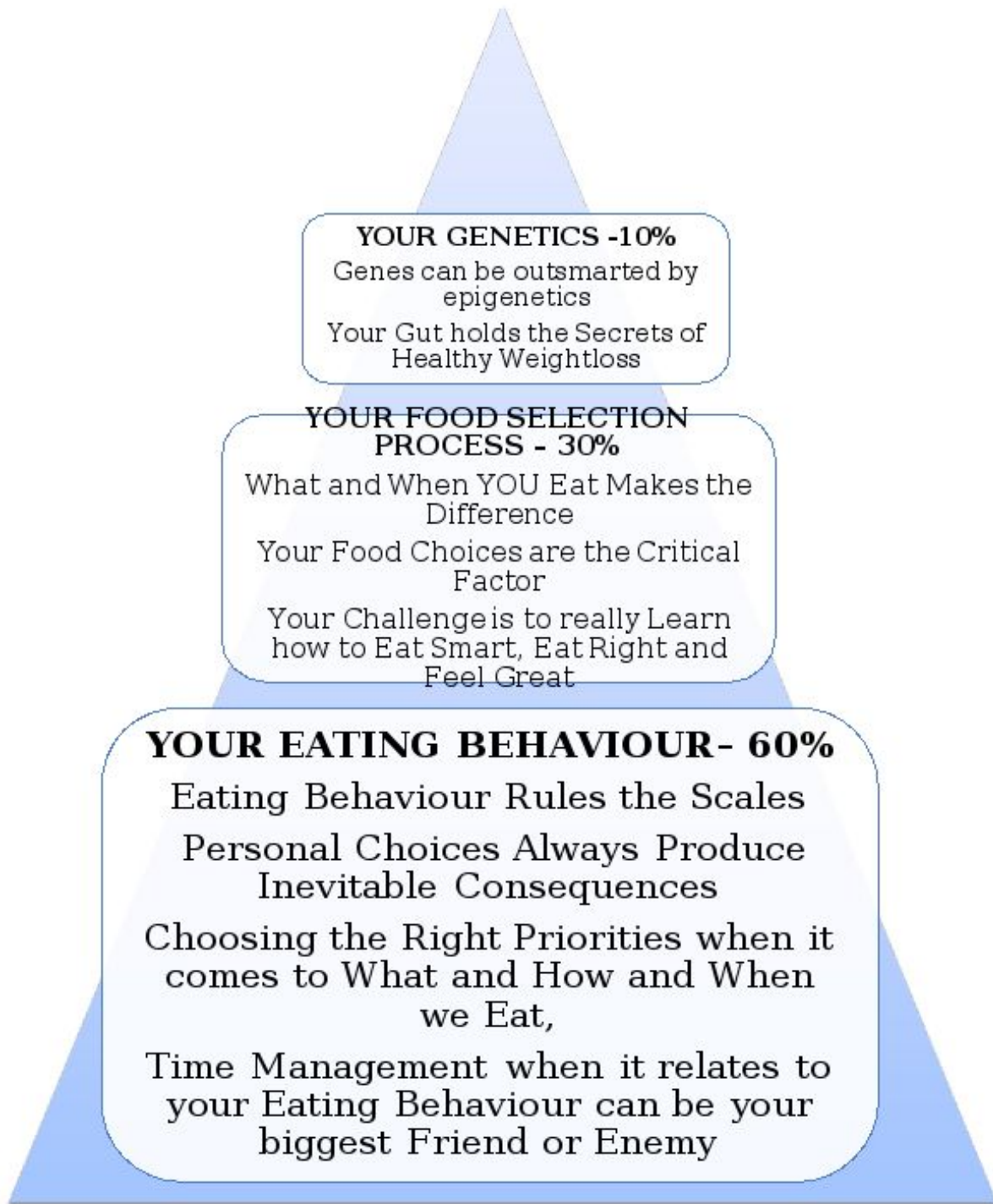
The reality is that I'm fitter and healthier today than at any other time in my life. Despite all the negative expectations surrounding the subjects of ageing and weight control, I can show you how to tame your body-fat problems and turn back the clock, helping you to find a younger, fitter, skinnier, stronger, healthier you. So let's get started!

CHAPTER 2

So Why Can't I Lose Weight? And why can't I keep the weight off?

These are good questions because even champion weight losers often put the weight back on, suffering the seemingly inevitable see-saw effect of cyclical weight loss followed by weight gain. Can we do something to correct this problem? Of course we can! That's exactly what this book is for.

SKINNY PARADIGM PYRAMID 1 – YOUR BIGGEST WEIGHT INFLUENCER



As you might recall from my life story, over the years of battling with weight issues, I tried many, many different methods and diets to lose weight and keep the pounds off. In those early years, with very little useful help or advice, I experienced most of the recurring problems that I bet you're familiar with. Every "weight loss program" was slow and the weight certainly didn't come off very quickly. This was always frustrating and de-motivating. With the SPS weight loss protocol this problem is solved. I lost a total of fifty pounds over the course of eighteen months. When you are losing weight gradually but consistently every day, this keeps your motivation at a very high level.

The next problem with every other weight loss system I tried is that I was always hungry and that made me feel pretty miserable most of the time. Does that sound familiar to you? Clearly a better way is needed!

1. Create Good Habits

Willpower - the mantra of the naturally thin. Why willpower alone is overrated

In my Skinny Delicious Diet Book you will learn about how willpower influences your weight!. This is really amazing info and you need it if you want to lose weight permanently.

Managing your Environment

Before we take a closer look at the mechanics of smart weight loss, we need to think about how we can boost our chances of success by monitoring our environment. The longer you stay on the right track, the more your body will detox and the easier it will feel for you to do the right thing effortlessly all the time. Read more in the Skinny Delicious Diet Book

2. Cravings

Intense hunger. Thin people can never understand this. It's a hard but inescapable fact. An overweight person is physically hungry more often than a naturally thin person.

Eating when your body doesn't need the fuel.

Overweight people are also prone to problems with “emotional eating” or cravings. This hunger might be emotional in origin but it feels exactly like real physical hunger when you experience it. Read more in the Skinny Delicious Diet Book

Addictions. Are you a food junkie?

During the 1980s when the arrival of highly processed, cheap cocaine in the form of crack produced an epidemic in drug addiction, researchers were convinced that of all the substances that could cause addiction in humans, food simply could not be classed as addictive. Scientists absolutely refused to consider the possibility that an individual could become addicted to any kind of food. It just wasn't possible. Read more in the Skinny Delicious Diet Book

3. Your Internal Digestion Clock

Eating too late in the evening is a disaster for good digestion and for good sleep. Food and alcohol can disrupt the body's natural digestive cycles and encourage the body to store the food as fat. There's a great deal of interesting modern research on this fascinating topic but the concept is hardly new. Learn more about this in the Skinny Delicious Diet Book!

4. Genetics.

There are thousands of diet books, countless weight-loss articles and hundreds of weight loss organisations but we all know about the real problem of losing weight; the fat begins to slip away, we post the good news on Facebook, celebrating the success - and then we see all the good work undone as we put the pounds back on in a very short period of time. Now that is just too frustrating!

Excited? Read the Skinny Delicious Diet Book....We're just getting started!

SUMMARY

Metabolism is the key

Recognising intense hunger and cravings

Creating good habits

Managing your environment

Building support from friends, family and colleagues

Eliminating the villains from the weight loss narrative



BEFORE



AFTER

CHAPTER 3

Epigenetics + Long Term Eating Behaviours = Your Present Weight Level

We really believe that knowledge is power and we want you to understand as much about this important subject as possible. Being armed with the best information will strengthen your understanding of how to master your weight issues, take away all that ridiculous and unnecessary guilt about being overweight and prepare you for a newer, happier, skinnier you.

The kind of food we consume every single day, the quality of the food we eat, the eating choices we make all contribute far more to our total health and wellbeing than was ever appreciated before. It's not a question of being pre-programmed by our DNA. We've been bombarded by articles and news items for decades telling us every day that everything in our lives is caused by our genes.

So when we consult the latest reference works in this exciting new area of scientific research, we find that Epigenetics demonstrates the importance of influences which are firmly outside the traditional genetic system. This is the conclusion of Lyle Armstrong, whose research programme is widely respected at the Institute of Genetic Medicine at Newcastle University in the United Kingdom.

Read much more about this in the new Skinny Delicious Diet Book!

The Skinny Delicious Three Golden Food Rules!...read more about WHY these rules are so important in the Skinny Delicious Diet Book

- 1. Weight loss is all about insulin**
- 2. Eating lean..... protein but plenty good quality fat**
- 3. Eat Clean...pure non processed food!**

The Paleo Diet

The theory is that many of our current health problems are a result of our modern eating habits. There's been a great deal of publicity surrounding the growing view that we simply haven't evolved to the point where we can safely consume a grain-rich diet. Our distant ancestors in the Old Stone Age or Paleolithic Era consumed a very different diet compared to modern humans because they simply didn't have access to agriculture. That's because agriculture didn't exist. It hadn't been invented. The typical caveman's food was natural, unprocessed, varied, seasonal and a result of labour-intensive, hunter-gathering activities.

The Skinny Delicious Take on the Paleo Diet

You might recognise some aspects of the Paleo Diet in our advice in the Skinny Delicious Diet Book. It certainly has some interesting and relevant merits in terms of getting the body into great shape and the emphasis on pure protein and natural, unprocessed vegetables is a key to restoring the intestinal flora to its healthiest and most effective condition.

The Vegan Option

In a world of unhealthy and even toxic food choices, we shouldn't be surprised that the Vegan diet is associated with lots of positive health benefits. Vegans typically experience lower cholesterol levels, lower blood pressure and less body fat than their meat-eating counterparts. And this might be an important clue about the Vegan success story. If we've been consuming garbage consistently for years and our bodies are suffering from toxic overload, the Vegan diet is a great way to cleanse, heal and restore the digestive system to its natural condition and give our bodies a welcome break from the daily diet of tasty toxins.

The Skinny Delicious Take on the Vegan system

You might have recognised some aspects of the Vegan Diet in our advice in this book and our Skinny Delicious Diet Book. It certainly has some interesting and relevant merits in terms of getting the body into great shape. The emphasis on natural, unprocessed vegetables is a key to restoring the intestinal flora to its healthiest and most effective condition. Read more about this in our Skinny Delicious Diet Book.

Intermittent Fasting

There is a long-established tradition in many cultures that we can live longer and certainly experience better health by fasting on a regular basis.

The Skinny Delicious Take on Intermittent Fasting

Intermittent fasting is a safe and effective method for re-setting the body's metabolic system and for re-balancing those critical insulin levels. All from simple fasting. The best approach is to try it for one meal three or four times a week

Our Skinny Delicious Detox Program introduces a gentle, easy but effective way to employ Intermittent Fasting to help you lose weight effectively and safely!

CHAPTER 4

You are now Managing Director of Your Skinny Delicious Life. Inc.

Welcome to Your brand new and exciting career! You are now Managing Director of Your Skinny Delicious Life. Inc. Congratulations. It's simply the Best Job in the Whole World and now it's yours.

There is much more info about how you can be a successful CEO of your own weightloss project in the Skinny Delicious Diet Book....but....here's what NOT to eat. Cutting out all of these foods and drinks will help you regain your natural, healthy metabolism, reduce systemic inflammation and help you to realise exactly how these foods are truly affecting your weight, fat percentage, health, fitness and every aspect of your life.

- Sugar. It's out. It's that simple. Do not consume added sugar of any kind whether it's real or artificial. No maple syrup, honey, agave nectar, coconut sugar, Splenda, Equal, Nutrasweet, Xylitol. The only exception is Stevia, the natural sweetener that avoids the toxicity of all the other sweeteners. Start reading the labels because food companies love to use sugar in their products to cater for your sugar addiction and they use it in ways you might not recognise. Great way to sell more products. Disastrous for your health.
- Do not consume beer in any form, not even for cooking. And let's be brutal about that other global addiction - tobacco. Absolutely no tobacco products of any sort. Ever. Wine though, in moderation, is fine. Ideally you'll opt for dry wines and a small amount of spirits but NO liqueurs ever!
- Do not eat grains. This includes wheat, rye, barley, oats, corn, rice, millet, bulgur, or sprouted grains
- The very occasional exceptions are buckwheat and quinoa which are not technically grains but, unfortunately, they have many grain like qualities. The answer is to limit your consumption and always exercise moderation. Cutting out grains also includes all the ways we add wheat, corn, rice and other starches to our foods in the form of bran, wheat germ, modified starch and so on. Again, read the labels.
- Do not eat legumes, except for some occasional sprouted legumes. This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils, and peanuts. No peanut butter, either. This also includes all forms of soy, soy sauce, miso, tofu, tempeh, edamame and all the many ways we sneak soy into foods (like lecithin).
- Do not eat dairy. This includes cow, goat or sheep's milk and milk products such as cream, cheese (hard or soft), kefir, yogurt (even Greek), and sour cream. Use coconut milk, coconut yoghurt and coconut cream. It's the Delicious in Skinny Delicious!
- Do not consume carrageenan, MSG, sulphites or any additives whatsoever. If these ingredients or any E numbers appear in any form on the label of your processed food or beverage, don't even touch it!.

The Fine Print

These foods are the exceptions to the rule and the good news is they are all allowed in your new super healthy eating plan

- Certain legumes. Green beans and peas. While they're technically a legume, these are generally good for you.
- Vinegar. Most forms of vinegar, including white, apple cider, red wine, and rice, are allowed. The only exceptions are balsamic, vinegars with added sugar, or malt vinegar, which generally contains gluten.

- Salt but only low sodium or sodium-free salt. Did you know that all iodised table salt contains sugar? Sugar (often in the form of dextrose) is chemically essential to keep the potassium iodide from oxidising and being lost.

Limitation Foods – be careful 5%

High sugar fruits – watermelon, grapes, mangoes.

Buckwheat and quinoa – it behaves like a starchy carbohydrate to a certain extent!

Clever but slightly naughty indulgences – 10%

Chocolate – organic cocoa powder,

Fried potatoes – use sweet potatoes or lots of vinegar to help with digestion,

Muffins cakes and cookies with almond and coconut flour and stevia

Nut and Seed Butters..its ok but its still slightly processed

Fats to help you burn fat – 20--%

Coconut oil, extra virgin olive oil, walnuts, macadamias and their oils, coconut products, avocados

Vegetables to fuel your system 30%

Really go to town and enjoy as many servings in as many formats as you can...raw is best, but steamed and stir fried work wonderfully well

Proteins for weight loss 35%

Fish, Turkey (chicken if you must), eggs, game and hemp seed protein are the best forms for weight loss

The Skinny Delicious Epigenetic Shopping Guide

Being overweight is expensive in every possible way. And it costs far too much in terms of your quality of life. So it's vitally important to make healthy eating your absolute top priority and there are many of ways for you to maximize your food budget. We'll start with the top priority foods in the Skinny Delicious Diet

The next three items ALL SHARE EQUAL PRIORITY

Priority #1: Protein

Always start at the game, poultry, fish, and eggs section first because the majority of your budget should be spent on high quality animal protein.

- Prime choice:

Always look for organic and/or raised in the wild. Buy whatever's available, and learn how to cook it, if necessary. If you have room in your budget, buy extra and freeze it for later. Go for organic, free-range eggs – they're still one of the cheapest sources of good protein.

- Alternative choice:

If you can't afford organic meat, go for game (ostrich and venison are best), fish and eggs. Chicken is still controversial because we don't know how many hormones and GMO grains are added to chickenfeed these days. Avoid beef and pork since they are too high in fat and usually contain antibiotics and hormones.

- Never:

Bypass all commercially-raised and/or processed meats (like bacon, sausage and deli meats).

- If you are against consuming animal protein for any reason, you have a great alternative in Hemp Protein Powder

Hemp protein, made from the hemp seed, is a high-fibre protein supplement that can be used to enhance total protein intake for vegans and non-vegans alike. Hemp can be considered a superior protein source due to its above-average digestibility, which also makes it ideal for athletes. When a protein is efficiently digested, it can be deployed more effectively by the body. The digestibility of any given protein is related to the concentrations of its amino acids. A study published in 2010 in the "Journal of Agricultural and Food Chemistry" tested the protein digestibility-corrected amino acid score (PDAAS) -- a rating that determines the bioavailability of a protein -- for various proteins derived from the hemp seed. The results showed that hemp seed proteins have PDAAS values greater than or equal to a variety of grains, nuts and legumes. We're big fans of hemp seed protein because it enhances the immune system and boosts energy levels as well as protecting the kidneys.

Hemp Background

Hemp is a remarkably diverse crop that can be grown for both food and non-food purposes. Hemp seed, which is used to manufacture hemp protein, is composed of approximately 45 percent oil, 35 percent protein and 10 percent carbohydrates. The hemp seed possesses many nutritional benefits, according to Agriculture and Agri-food Canada. In addition to its health benefits, hemp is very environmentally friendly, as it can be grown without the use of fungicides, herbicides and pesticides and it efficiently absorbs carbon dioxide. How many more good reasons do you need to fall in love with hemp seed protein?

Priority #2: Vegetables

Now that you've organised your essential protein supplies, it's time to move on to the vegetables. These are the second tier of your super new plan for effective weight loss and new levels of wellbeing.

- Vegetables are very important in the epigenetic diet plan because they help the body to eliminate toxins and re-balance the microbiome. (By this we mean your gut bacteria). Local produce is the first choice and aim to eat whatever's in season as these veggies are going to be the least expensive and the most nutritious. Choose veggies that are super dense with nutrients. If you have to peel it before eating (or if you don't eat the skin), organic isn't as important. Frozen vegetables can also be an excellent budget-friendly option.
- Fruits: Buy what you can locally (and organically, if possible). If you can't get it locally then it's probably not in season, which means it's not as fresh, not as tasty, and more expensive. Frozen fruits (like berries) are superb, inexpensive alternatives. Add berries and low sugar apples to your shopping list. Bananas, peaches and pineapple should always be consumed in small quantities and we recommend that you eat sparingly grapes, mango, tropical and dried fruit especially during the three week detox phase.

Priority #3: Healthy Fats

Healthy fats make up the last items on your shopping list. Some of the healthiest fats are also the least expensive and it's always a good idea to keep a good supply of oils, nuts, and seeds at home to help in preparing your super, new skinny delicious meals.

- Canned coconut milk is delicious and provides 72 grams of fat per can. Avocados are a great, all year-round choice too when it comes to sourcing healthy fat.
- Almond milk and other nut-based milks are also recommended but always make sure there is no sugar or salt in the list of ingredients

- Almond or coconut flour make an ideal alternative for baking or for thickening sauces.
- Stock up on coconut oil, extra virgin olive oil, walnut, avocado and hazelnut oil.
- Nuts are a great source of healthy fats but you need to consume them in moderation. Nut butters often contain unnecessary additives so be careful to read the labels. Too many cheaper nuts are salted and roasted in seed or vegetable oils – a less healthy option – so always opt for the raw, natural varieties.

Additional Items

Low Sodium Salt – An Absolute Essential

Let's start with the fact that sodium is an essential part of your daily diet. But, as many of us now know, too much sodium can be downright harmful to the body. Lower levels of sodium in the diet can really help your heart, kidneys, and all of your body systems. The 2010 Dietary Guidelines for Americans recorded by the MayoClinic.com recommends that adults who are healthy should limit sodium to no more than 2,300 mg/day.

Sodium and Your Health

Cut down your salt intake.

The American Heart Association states that "Sodium is an element that's needed for good health. However, too much salt or too much water in your system will upset the balance." There are many benefits to following a low sodium diet. Reducing your intake of sodium, or salt, helps to reduce blood pressure and helps to prevent swelling of the extremities, such as your legs.

People who reduce their salt intake may experience an initial weight loss that is rapid, but limited. Sodium causes a person to retain water, which adds to body weight, according to Diets In Review, an online resource about healthy eating. Though someone who begins a low-sodium diet may be pleasantly surprised to see a seemingly large weight loss at first, these results typically end once the dieter returns to adding the more usual amounts of salt to their daily eating habits.

Important Considerations

Not all stevia is the same. Do try several different brands but always ensure that there are no other additives whatsoever. Stevia liquid in glycerite tends to be the best tasting!

Ways to Reduce Sodium

Salt often disguises the more subtle flavours in our food so it can be a very pleasant surprise to banish salt and discover what real food tastes like! Checking food labels will soon reveal how many daily products contain added salt. It's everywhere,. Frozen dinners, for example, can have low fat content but very high sodium levels. Using fresh or frozen vegetables can help reduce the sodium content of foods, and rinsing canned vegetables can rid them of the salt that is used in the preservation process. Using fresh or dried herbs can give meat, fish and vegetables a fabulous flavour without adding salt, fat or calories. Once you get used to less salt in your food, your taste buds come alive and reward you with a whole new sensory experience with layers of delightful subtlety that can revolutionise the eating experience forever.

The only safe sweetener for Weight Loss

Using the highly refined extracts from the stevia leaf as a zero-calorie, 100 percent natural sweetener can help reduce your intake of sugar. Stevia is actually 300 times sweeter than regular sugar with a minimal aftertaste, yet it is suitable for sugar-sensitive people, such as diabetics. Stevia will not cause cavities and is heat-resistant enough for use in baking and cooking, according to the 2005 book by ;Dr. Gillian McKeith called Living Food for Health. Refined, simple sugars are a leading cause of

obesity in the U.S., according to KidsHealth, and substituting other non-caloric sweeteners for table sugar can promote weight loss and maintenance.

The Skinny Delicious Shopping List

Items in italics – limit choice

PROTEIN

Seafood		Poultry	
Not Good:	Farm-raised	Not Good:	Factory farmed
Better:	Organic	Better:	Corn-fed
Best:	Wild-caught & sustainably fished	Best:	Organic

Game	
Not Good:	
Better:	Wild-caught
Best:	100% grass-fed & organic

Eggs	
Not Good:	Factory farmed
Better:	Organic (omega-3 enriched optional)
Best:	Pastured & organic

VEGETABLES

Acorn Squash	Butternut Squash
Fennel Root	Cabbage
Artichoke	Carrots
Arugula	Cauliflower
Asparagus	Celery
Beets	Cucumber
Bell Peppers	Eggplant
Bok Choy	Garlic
Broccoli/baby broccoli	Green Beans
Brussels Sprouts	Greens (beet, mustard, turnip)

Kale	Rhubarb
Leeks	Snow/Sugar Snap Peas
Lettuce (bibb, butter, red)	Spaghetti Squash
Mushrooms (all)	Spinach
Okra	Sprouts
Onion/Shallots	Summer Squash
Parsnips	Sweet Potato/Yams
<i>Potatoes – smaller</i>	Swiss Chard
Pumpkin	Tomato
Radish	Turnip
	Watercress

Zucchini - Courgettes

FRUITS

Apples Apricots <i>Bananas</i> Blackberries Blueberries Cherries <i>Figs</i>	<i>Exotic Fruit (star fruit, quince)</i> Grapefruit <i>Grapes (green/red)</i> Kiwi Lemon/Lime <i>Mango</i> <i>Melon</i>
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Nectarines <i>Oranges</i> Papaya Peaches <i>Pears (all varieties)</i> Pineapple Plum	Pomegranate Raspberries Strawberries Tangerines <i>Watermelon</i> NO DRIED FRUIT
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FATS

Best: Cooking Fats	Best: Eating Fats	Sometimes: Nuts and Seeds
Coconut oil Extra-Virgin Olive Oil	Avocado Cashews Coconut Butter Coconut Meat/Flakes Coconut Milk (canned) Hazelnuts/Filberts Macadamia Nuts Macadamia Butter	Almonds Almond Butter Brazil Nuts Pecans Pistachio Flax Seeds Pine Nuts Pumpkin Seeds Sesame Seeds Sunflower Seeds Seed Butters Walnuts

Fall in love with the best weight-loss foods

Eliminate sugars, grains and dairy products from your diet

Eat real, natural, unprocessed food

Eliminate additives

Eliminate legumes

Take charge of your body, your weight and your well being

CHAPTER 5

Paleo Delicious Desserts

1. Cheeky Cherry Crisp



Ingredients:

3 cups cherries, pitted and sliced
2 tsp almond extract
1/3 cup unsweetened coconut milk
A few drops stevia to taste

For the topping:

1/4 cup hemp seeds
1/4 cup almond flour
1/4 cup coconut flour
2 Tbl coconut oil
1 Tbl water
1 tsp cinnamon
pinch of low sodium salt

Instructions:

In a medium bowl, combine the cherries, almond extract, coconut milk and sweetener if using. Make sure there are no pits!

In another bowl combine all of the topping ingredients and mix well until crumbly.

Pour the cherry filling into one large, 4 medium, or 8 small greased ramekins or oven proof dishes.

Top with the crumble mixture and bake for 20 minutes in a preheated 375 degree (F) oven. Remove from the oven and let cool before serving. Yum!

2. Stunning Key Lime Pie



Ingredients:

Filling:

6 avocados
3-4 drops stevia
1 cup coconut oil
2/3 cup lime juice

Crust :

1 1/2 cups almond flour/meal
2 TBSP almond butter
3-4 drops stevia
1/4 cup unsweetened coconut, shredded
1/4 cup coconut flour

Instructions:

Place all crust ingredients in food processor and pulse until grainy. It should stick together when you press on it, but not form a ball by itself. If it does, add more almond flour.

Dump blended ingredients into spring form pan and press down to form crust.

Wipe out food processor and place all filling ingredients within. Blend for several minutes (4-5) until completely smooth.

Pour over crust and smooth out.

Place pie in freezer for 1-2 hours. Serve chilled.

3. Mouthwatering Dark Chocolate Cherry Scones



Ingredients:

3 cups blanched almond flour

1½ teaspoons baking soda

½ teaspoon fine low sodium salt

4 tablespoons olive oil

2 large pastured eggs

2 tablespoons apple cider vinegar

3-4 drops stevia

1 teaspoon vanilla extract

3 ounces of 80+% cacao dark chocolate, cut into bite-size chunks

⅓ cup dried cherries

Instructions:

Preheat the oven to 350°F with the rack in the middle position, and line a baking sheet with parchment paper. In a large bowl, combine the almond flour, baking soda, and fine low sodium salt.

Use your hands or a pastry cutter to work the pieces of cold butter into the dry ingredients until a crumbly mixture is produced.

In a separate bowl, thoroughly whisk together the eggs, apple cider vinegar, stevia, and vanilla extract.

Make a well in the middle of the dry ingredients, and pour the egg mixture into it.

Gently mix with a spatula until a wet, chunky dough forms, and then throw in the chocolate chunks and cherries.

Combine the ingredients with your hands, and form two small balls of dough.

On a sheet of parchment paper or a nonstick surface, gently flatten the balls with your hands. The rounds of dough should be about $\frac{3}{4}$ -inch thick. (If the dough's a little too sticky to handle, refrigerate it for a half hour to firm it up before proceeding.)

Using a pastry cutter or a sharp knife, cut each round of dough into 4 equal-sized wedges, and arrange all 8 pieces on the parchment-lined baking sheet.

Bake for 20 to 25 minutes, rotating the tray halfway through. The scones are ready when they're golden brown, and an inserted toothpick comes out clean. Transfer the scones onto a wire rack to cool before serving.

4. Delectable Cocoa-Nut Apples



Ingredients:

- 1 ½ cups coconut flakes
- 2 tablespoons cacao powder
- 1 tablespoon cacao nibs
- 1 ½ teaspoons cinnamon
- 1/8 teaspoon nutmeg
- 3-4 drops stevia
- 1 organic green apple
- 2 tablespoons heated coconut oil
- A half tablespoon of water if consistency is too dry

Instructions:

In a medium sized mixing bowl add coconut flakes, cacao powder, cacao nibs, cinnamon, nutmeg and coconut oil. Stir well, for 2-3 minutes, Clean and dry the apple. Thinly slice the apple starting from the outside and working your way toward the center. Repeat on the other side. Then lay the apple flat on one of the cut sides and chop thin slices of the remaining sides of the apple core

Transfer the sliced apple to a serving tray.

Pour the cocoa-nut mixture on top of each apple.

Now you can serve them right away or let them sit for an hour or longer to let the coconut flake mixture soften, totally up to you.

5. Fruity Fruit Salad



Ingredients:

4 cups chopped watermelon

1lb strawberries, chopped

6oz raspberries

6oz blueberries

1/4 cup packed mint, chopped (NOT 1/4 cup chopped mint)

1/4 cup fresh lime juice (about 3 limes)

3-4 drops stevia

Instructions:

Add watermelon, strawberries, raspberries, blueberries, and mint in a large bowl. Stir together lime juice and stevia in a small bowl then pour over fruit and berries.

Gently toss with a spatula then let sit in the refrigerator for at least 15 minutes before serving to allow the natural juices in the fruit to start coming out.

6. Delicious Almond Butter Banana



Ingredients:

1 Medium-Sized Banana

1 Tbl Almond Butter

½ tsp Cinnamon

Instructions:

Preheat your oven to 375 degrees.

Using a butter knife, cut about ½” deep down the length of your banana.

With the back of a spoon, widen the cut to make room for the almond butter.

Spoon the almond butter throughout the opening in the banana.

Sprinkle with cinnamon.

Wrap completely in aluminum foil.

Bake for 15 minutes at 375 degrees.

Remove from oven and let cool for 1-2 minutes (or until it’s cool enough to handle).

Unwrap and either eat directly from the foil or move to a plate.

7. Outstanding Hazelnut Banana



Ingredients:

1 banana, sliced

1 tablespoon hazelnut butter

Cinnamon

Olive oil or coconut oil

Instructions:

Lightly drizzle oil in a skillet over medium heat.

Arrange banana slices in pan and cook for 1-2 minutes on each side.

Remove pan from heat and place bits of hazelnut butter over banana.

Allow to cool and sprinkle with cinnamon.

8. Cookies with Dark Chocolate



Ingredients:

2.5 cups unsweetened dark chocolate, in 1 oz chunks
3 large eggs
1/3 C coconut oil
3/4 drops stevia
1 T vanilla
3/4-1 C almond flour (sunflower seed flour for nut-free)
1/4 C organic cocoa powder
1/4 teaspoon low sodium salt
1/4 teaspoon baking powder
coarse low sodium sea salt or pink low sodium salt for sprinkling

Instructions:

Melt chocolate together into a smooth consistency (double boiler or microwave in blasts of 30-60 seconds), stirring constantly and making sure that one does not over cook or seize before they both come together.

Sift dry ingredients and set aside. Combine wet ingredients, except chocolate, by whisking until combined.

Temper in melted chocolate by adding in about 1/4 C and whisking. Then add another 1/4 C of the warm chocolate and whisk again. Then add the remaining melted chocolate to the remaining wet batter.

Slowly add in the dry ingredients, stirring on low until just incorporated together - final batter will be smooth and pliable.

If you used 3/4 C flour you'll want to set your dough aside to chill for a little while, only 10 minutes or so. This will allow the chocolate to cool a bit and make the dough more pliable. If you used 1 C flour, the dough should be firm enough to shape into balls right away.

Form tablespoon sized balls, sprinkle with low sodium salt then press semi-flat onto a parchment-lined baking sheet. Bake at 350 degrees for 9 minutes, or until the center of the cookie begins to firm - will further harden as it rests.

9. Lemon Almond Delight



Ingredients:

6 Tbl coconut oil
2 cups almond flour
3-4 drops stevia
1 tsp freshly grated lemon zest

Instructions:

Melt the butter in the microwave or a small saucepan. Add the almond flour, stevia, and lemon zest, stirring until fully combined.

To make a tart or pie crust:

No need to pre-chill, just press dough into tart or pie tins. Bake in a preheated oven at 350 degrees (F) for 15 mins until firm and golden brown.

To make the cookies:

Form dough (it will be crumbly, this is normal) into a cylinder and wrap tightly with plastic wrap to compress. Chill in freezer for 30 minutes or until firm, or in the refrigerator for 2 hours. With a sharp knife, slice into 1/2 inch thick cookies (if they crumble apart your dough isn't cold enough). Bake in a preheated oven @ 350 degrees (F) on a greased or parchment lined cookie sheet for 15 minutes, or until firm and golden brown. Allow to cool before removing.

10. Ginger Vanilla Extravaganza



Ingredients:

3-4 drops stevia

3 Tbsp Organic Coconut Oil

2.5 cup Blanched Almond Flour

1/2 tsp low sodium Salt

1/2 tsp Baking Soda

1/2 tsp ground Cloves

1/2 tsp ground Cinnamon

1/2 tsp ground Nutmeg

1/2 tsp ground Ginger

More stevia to taste – administer the drops slowly

Instructions:

Preheat oven to 350 degrees.

In a large mixing bowl, combine blanched almond flour, low sodium salt, baking soda, cloves, cinnamon, nutmeg, ginger, and stevia. Stir ingredients with a wooden spoon to combine.

In a small sauce pan, bring molasses to a boil over medium heat.

Add coconut oil to the sauce pan, and stir until combined with the molasses.

Remove sauce pan from heat and pour into the dry ingredients.

Mix batter with a wooden spoon until you have formed a dark golden cookie dough, and all the dry ingredients are combined with the molasses and coconut oil.

Place a sheet of parchment paper onto a flat cooking surface, and dust parchment with arrowroot flour.

Form dough into a ball, and place on the parchment paper. Lightly press dough down to flatten, and sprinkle with a small amount of arrowroot flour. Place another sheet of parchment paper on top of the dough, and roll into a thin sheet with a rolling pin (about 1/4 inch thick).

Sprinkle almond flour on a small plate, and place cookie cutters into the arrowroot to coat the bottom for cutting. This will keep the cookie dough from sticking to the batter for an easy release after cutting.

Once you have made cuts throughout the entire sheet of cookie dough, carefully peel away the excess dough, and lightly transfer the cut out cookies to a parchment lined baking sheet. Form dough into another ball, and roll out again to repeat until all the dough is used.

Bake gingerbread people at 350 degrees for 10 minutes. Remove from oven and cool on a cookie rack before frosting.

11. Cute Cupcakes Recipe



Ingredients:

2/3 Cup coconut flour
1/4 Cup almond flour
1/2 tsp cinnamon
1 tsp baking powder
1/2 tsp low sodium salt
6 eggs
2 egg whites
304 drops stevia
1 Tbsp vanilla
1/2 Cup coconut milk (canned)

Buttercream Frosting Recipe

1 1/4 Cup Grass-fed Butter softened (20 T. or 2 1/4 sticks)
3-4 drops stevia
1/2 tsp cinnamon
2 1/2 Tbsp coconut flour
5 Tbsp coconut cream (the thick coconut cream skimmed off the top of canned coconut milk)
1/4 tsp cinnamon

Instructions:

Preheat the oven to 350 degrees.

Line 2 muffin tins with a total of 16 cupcake liners.

Place the coconut flour, almond flour, cinnamon, baking powder, and low sodium salt in a small bowl and mix together with a whisk.

In another bowl, combine the eggs, egg whites, stevia, vanilla, and coconut milk, beating together well with a whisk.

Add the dry ingredients to the wet ingredients, whisking until well combined.

Add the melted butter to the batter and mix in well.

Let the batter sit for 5 minutes to allow the coconut flour time to absorb the liquids.

Divide batter evenly between cupcake liners and bake for 20-22 minutes, or until tops of cake are firm to the touch and spring back.

Remove and cool completely on a wire rack.

Buttercream Frosting Instructions

Place the butter, stevia, cinnamon, and coconut flour in a bowl and beat with a mixer until well combined.

Beat in the coconut cream, 1 t. at a time, until fully incorporated.

Mixture should be thick and glossy.

Scoop into a piping bag and pipe on top of cooled cupcakes.

Mix more stevia and $\frac{1}{4}$ t. cinnamon together and sprinkle desired amount on top of cupcakes.

12. Strawberry Cheesecakes Delight



Ingredients:

1 cup almonds course ground
1 heaping cup soaked raw cashews (soaked overnight or at least 4 hours)
1/2 cup peeled and diced zucchini
1/4 cup coconut oil, melted
2 tablespoons canned coconut milk, full fat, room temperature
4-5 drops stevia
1/2 tablespoon vanilla extract
1/8 teaspoon low sodium salt
juice of one and a half lemons, separated
1 cup fresh organic strawberries, hulled and diced

Instructions:

Divide the cup of almond crumbs into the bottom of 4 (8-ounce) wide mouth mason jars and set them aside.

In a high-powered blender, process the raw cashews until they are blended. Add the zucchini, coconut oil, coconut milk, stevia, vanilla extract, low sodium salt, and the juice of one lemon. For the lemon juice go by taste as not to overdo it with lemon flavor. I started by juicing half of the lemon, mixing and tasting, and adding the rest. Add lemon juice as needed to your preference. Then blend again until a super smooth and creamy batter is formed.

Pour the cheesecake batter evenly into the 4 (8-ounce) wide mouth mason jars leaving some room for the strawberry sauce. Place them in the freezer and allow them to set for at least an hour or longer. While the cheesecake is setting go ahead and make your strawberry sauce.

In a heavy bottomed sauce pot over medium-high heat, add the juice of half a lemon, the strawberries, and honey. Mash the strawberries together until they are combined with the rest of the ingredients. Let the mixture boil and reduce, stirring intermittently, for about 10-12 minutes or so. Once the mixture has reduced and thickened remove from heat and set aside.

When your cheesecake is ready, remove mason jars from the freezer, let thaw for about 15 minutes before serving. Top with strawberry sauce. Garnish with fresh strawberry slices and a sprinkle of almond crumbs. Enjoy!

13. Creative Cardamom Cupcakes



Ingredients:

1/2 cup coconut flour

6 eggs, at room temperature (that's important)

3-4 drops. stevia

6 Tbs. coconut oil or butter

2 Tbs. coconut milk, room temp. (this one doesn't have any icky additives or BPA)

1 tsp. vanilla extract

1/2 tsp. ground cardamom

1/4 tsp. baking soda

1/2 tsp. apple cider vinegar

Instructions:

Preheat the oven to 350 degrees and prepare a muffin tin with 8 liners (I like unbleached parchment paper baking cups).

Combine the coconut flour and eggs until smooth. Add the remaining ingredients and stir well.

Divide evenly between the muffin tins. Bake until golden and a toothpick comes out clean, about 20 minutes.

Cool completely and frost with the lemon mousse.

Makes 8 cupcakes. Feel free to double the recipe if you want more cupcakes! These last in an airtight container for a few days at room temperature. They also freeze really well!

14. Apple, almond & blackberry Bonanza



Ingredients:

Filling:

3 sweet apples
100 g blackberries, frozen are fine
3-4 drops stevia
1 knob of coconut oil
1/2 tsp cinnamon
1/4 tsp cardamom
1/8 tsp cloves/all spice
1/8 tsp ground ginger

Batter:

3/4 cup ground almonds (100 g)
2 Tbsp stevia
1/2 tsp ground vanilla
1/2 tsp baking powder
a pinch of low sodium salt
1 Tbsp melted coconut oil or butter
1 egg, whisked
Around 1/5 cup full fat coconut milk (50 ml)

Instructions:

Preheat oven to 200 °C/ 400 °F. Cut apples on bite-sized chunks. You need to use an oven proof skillet* about 20 cm in diameter. Melt coconut oil and stevia on high heat and add the apples and spices. Sauté for 5 min until the apples are caramelized and slightly tender.

Meanwhile make the batter. Mix almond flour with vanilla, stevia, baking powder and low sodium salt. Stir in the egg, coconut oil and coconut milk.

Place the blackberries among the apples in the skillet. Pour the batter on top of the fruit until it covers the surface. It is okay if there are small cracks where the fruit can release some moist.

Bake in the oven for 15-20 min. depending on your oven. The cake should be golden brown on the entire surface and the batter just set.

Serve the cake while it is still a little warm with a dollop of yoghurt, whipped cream or splash of coconut milk – and maybe a few fresh blackberries on top.. Enjoy.

15. Almond Happiness Bars



Ingredients:

First Layer:

3/4 cup raw almond butter (I make my own from this recipe: Almond Butter)
1/4 cup coconut oil, melted
1/3 cup cacao powder
3-4 drops stevia
1/4 teaspoon vanilla bean paste
pinch low sodium salt

Second Layer:

2 cups of dried, unsweetened, raw coconut
2/3 cup coconut butter, softened
3-4 drops stevia
1-2 teaspoons organic almond flavoring (not raw)

Third Layer:

1/3 cup almonds, coarsely chopped

Ganache:

1/2 cup cacao powder
3-4 drops stevia
1/4 cup coconut oil, melted

Instructions:

First Layer:

Whisk all ingredients together and pour into oiled, parchment lined 8 x 8-inch glass pan. Set in refrigerator aside making topping. The bottom layer should be set up (but not completely hard) before adding the next layer.

Second Layer:

Place coconut in medium bowl.

Whisk coconut butter (not the same as coconut oil), agave and almond flavor. Pour over coconut and mix well.

Pat over first layer, top with chopped almonds and ganache.

Refrigerate to set.

Ganache:

Whisk all ingredients together.

16. Sexy Coconut Crack Bars



Ingredients:

1 cup unsweetened shredded coconut (80g)

1/4 cup water and 2-3 drops stevia

2 tbsp virgin coconut oil (For all substitutions in this recipe, see nutrition link below)

1/2 tsp pure vanilla extract

1/8 tsp low sodium salt

Instructions:

Combine all ingredients in a food processor....and fridge for an hour before trying to cut. (Or freeze for 15 minutes.) Can be stored in the fridge or freezer, for at least a few weeks.

17. Best Banana Nut Bread



Ingredients:

3 bananas, mashed, or 1 cup
3 eggs
1/2 cup almond butter
1/4 cup coconut oil, melted
1 tsp vanilla extract
1/2 cup almond flour
1/2 cup coconut flour
2 tsp cinnamon
1 tsp baking soda
1/4 tsp low sodium salt
1/2 cup chopped walnuts
1-2 drops stevia

Instructions:

Preheat the oven to 350 degrees F. Line a loaf pan with parchment paper. In a large bowl, add the mashed bananas, eggs, almond butter, coconut oil, and vanilla. Use a hand blender to combine.

In a separate bowl, mix together the almond flour, coconut flour, cinnamon, baking soda, and low sodium salt. Blend the dry ingredients into the wet mixture, scraping down the sides with a spatula. Fold in the walnuts.

Pour the batter into the loaf pan in an even layer. Bake for 50-60 minutes, until a toothpick inserted into the center comes out clean. Place the bread on a cooling rack and allow to cool before slicing.

18. Lemmony Lemon Delights



Ingredients:

Crust:

1 cup almond flour
1/4 cup almond butter
Stevia to taste
1 tbsp coconut butter
1 tsp vanilla
1/2 tsp baking powder
1/4 tsp low sodium salt

Filling:

3 eggs
A few drops Stevia to taste
1/4 cup lemon juice
2 1/2 tbsp coconut flour
1 tbsp lemon zest, finely grated
Pinch of low sodium salt

Instructions:

Preheat oven to 350.
Coat 9×9 baking dish with coconut oil or butter.
Combine all crust ingredients in food processor until a “crumble” forms.
Press crust evenly into the bottom of pan.
Using a fork, prick a few holes into crust.
Bake for 10 minutes.

While crust is baking, combine all filling ingredients in a food processor until well incorporated.

When done, remove crust from oven and pour filling evenly over top.

Continue to bake for 15-20 minutes, or until filling is set, but still has a little jiggle.

Cool completely on wire rack. (You can also chill in the fridge if desired, to further set the filling).

19. Macadamia Pineapple Bonanza



Ingredients:

Crust:

- ½ cup almond flour
- 4 tablespoons raw cacao powder
- ⅓ cup macadamia nuts
- ½ teaspoon vanilla extract
- Stevia to taste
- 1½ teaspoons coconut oil, melted

Filling:

- 2 eggs
- 1 cup fresh pineapple, chopped
- 1 ⅓ cup shredded coconut, unsweetened
- 1 tablespoon fresh lime juice
- 1 tablespoon vanilla extract
- Stevia to taste
- ½ cup almond flour
- pinch of low sodium salt

Instructions:

Crust:

In a large bowl, mix the almond flour and cacao powder.

Chop the macadamia nuts in a food processor and add it to the bowl.

Add vanilla extract and coconut oil to the dry mixture and using your hands, mix to combine ingredients.

Spread the mixture evenly on the bottom of an 8x8-inch pan lined with parchment paper. Be sure to use one large piece of paper covering the entire

pan that overlaps on all four sides.

Filing:

In a large bowl beat the 2 eggs

Mix in the pineapple, 1 cup of shredded coconut (reserve the remaining $\frac{1}{3}$ cup for the top), lime juice, vanilla and stevia.

Gently mix in the almond flour and low sodium salt with rubber spatula.

Pour mixture over the crust and sprinkle top with remaining shredded coconut.

Bake at 350°F for approximately 20 minutes or until the top starts to brown and the pineapple/coconut layer is firm.

Set pan on a wire rack and allow it to cool before cutting into squares. Store in the refrigerator.

20. Pretty Pumpkin Delights



Ingredients:

For Crust:

- 1 cup hazelnuts (preferably soaked and dehydrated for better digestion)
- 1/2 cup raw pumpkin seeds (preferably soaked and dehydrated for better digestion)
- 1 TBS coconut oil
- 2 pinches of low sodium salt
- Stevia to taste

For Filling:

- 1 cup cooked pumpkin puree
- 1/2 cup coconut
- 2 TBS coconut oil
- Stevia to taste
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon powder
- 1/4 tsp ginger powder
- 1/8 tsp allspice
- 1/8 tsp clove powder

For Chocolate Drizzle:

- 2 TBS coconut butter
- 2 TBS coconut oil
- 2 TBS raw cacao (or unsweetened cocoa)
- Stevia to taste
- a pinch or 2 of low sodium salt

Instructions:

To Make the crust: Line mini muffin tins with unbleached mini paper liners. Process all crust ingredients in a food processor until well combined and resembles a coarse flour. Spoon 1 and 1/2 tsp of mixture into each of the 24 mini cups. Use your thumb to press down mixture firmly to create a solid bottom layer for these cute little yummys. Place in freezer to harden.

To make filling: Melt coconut butter and coconut oil in a double boiler. Remove from heat and add rest of filling ingredients. Go ahead and mix it up real good here until creamy smooth. Remove crusts from freezer and spoon about 3/4 TBS of filling over your prepared crusts. Return to freezer to harden, at least 2 hours.

To make chocolate drizzle: Once mini bites have hardened, gently melt coconut butter and coconut oil in a double boiler. Remove from heat and add rest of drizzle ingredients. Allow to cool slightly to thicken. Pour into small plastic bag, cut a TINY hole in the corner, and drizzle over treats in any fashion that you want.

Now it's time to enjoy these amazing delights. Store leftovers in freezer as they are best cold. (That is, if there are any leftovers. Ours got dusted off in one day.)

21. Sexy Dessert Pan



Ingredients:

Crust:

1 1/2 cups pecans
3/4 cup dates
4 tbsp coconut oil

Second Layer:

2/3 cup cashew butter
1/3 cup palm shortening
2 tsp apple cider vinegar
1/2 tsp lemon juice
Pinch low sodium salt

Third Layer:

1 cup coconut flour
1 cup coconut milk
Stevia to taste
1 tsp vanilla extract

Fourth Layer:

1/2 cup coconut milk
1/2 cup coconut butter
1/2 cup cacao powder
2 tbsp honey

Fifth Layer:

1/2 cup coconut butter

1/4 cup coconut milk
Stevia to taste

Sixth Layer:

Grated dark sugar free chocolate, at least 80% cacao

Instructions:

To make the crust, roughly chop the pecans then pit and chop the dates. Load both into a food processor and pulse until ground but still crumbly. Transfer to a bowl and work in the coconut oil, then press the sticky mixture into a single smooth layer at the bottom of a square 8x8 cake pan.

Transfer to the refrigerator to chill while you begin the second layer. To make the second layer, combine its ingredients very well in a medium mixing bowl. Spoon over the chilled crust, smoothing as much as possible with the back of a spoon. Place the pan back in the fridge.

To make the third layer, mix its ingredients together in a mixing bowl and then spoon over the chilled, hardened second layer. Smooth as much as possible, then chill.

Add the fourth layer by combining its ingredients and then layering it into the pan in the same way as the previous layers.

For the fifth layer, mix the coconut shortening, coconut milk and stevia with a hand mixer until very smooth and spoon over the chilled fourth layer.

Before placing the pan back into the refrigerator after adding the fifth layer, grate very dark chocolate over the top to the depth of your preference. Chill the pan for an additional half hour or more, then slice with a sharp knife and serve.

Notes:

The layers may seem fiddly but the technique is so simple once you're in the thick of it: just mix the ingredients, spoon into the pan and chill!

22. Spiced Apple Bake



Ingredients:

2 apples of your choice

1/4 cup walnuts

1/4 tablespoon nutmeg

1/4 tablespoon cinnamon

1/4 tablespoon ground cloves

Instructions:

Preheat oven to 350 degrees Fahrenheit.

Slice the very top and very bottom off each apple. (The top allows for more room to stuff with goodies, the bottom allows the apples to soak up all the nice sauce).

Core both apples to the bottom, but not all the way through.

Mix spices, walnuts, and raisins in a small bowl.

Pour half of the spice mixture into each apple.

Place on baking sheet and bake 20-25 minutes, or until apples are soft. I like to pour any remaining sauce mixture into the bottom of the pan so the apples can soak up the flavors.

23. Peachy Creamy Peaches



Ingredients:

3 medium ripe peaches, cut in half with pit removed
1 tsp vanilla
1 can coconut milk, refrigerated
1/4 cup chopped walnuts
Cinnamon (to taste)

Instructions:

Place peaches on the grill with the cut side down first. Grill on medium-low heat until soft, about 3-5 minutes on each side.

Scoop cream off the top of the can of chilled coconut milk. Whip together coconut cream and vanilla with handheld mixer. Drizzle over each peach. Top with cinnamon and chopped walnuts to garnish.

24. Creamy Berrie Pie



Ingredients:

Crust:

3 cups almonds
½ Teaspoon cinnamon
½ cup honey
2 Tablespoons coconut oil
1 Tablespoon lemon zest
1 Teaspoon almond extract
pinch of low sodium salt

Filling:

2 Teaspoons plant-based gelatin, dissolved in 2 Tablespoons hot water
⅓ cup freshly squeezed lemon juice
Stevia to taste
1 can coconut milk, chilled
4 cups blueberries for serving

Instructions:

Place the almonds and cinnamon in a food processor and pulse until your desired texture is reached. I like to leave some bigger pieces for texture. Add the rest of the crust ingredients and pulse until a sticky dough forms. Pat the crust into a pie plate, (use water to keep your hands from sticking to the crust).

For the filling, mix the gelatin and water together. Stir to dissolve and immediately add the lemon juice. If the gelatin gets clumpy, place the mixture over hot water until it melts again. Pour the coconut milk into an electric mixer, add the stevia and whip on high until peaks form, about 15

minutes. Add the gelatin mixture to the whipped cream. Pour the filling into the crust. The filling will seem thin, but don't worry it will set up in the refrigerator.

Chill for at least 4 hours until set, and serve with lots of berries!

25. Choco - Coconut Berry Ice



Ingredients:

Follow recipe of berry ice cream and almond delight for the ice cream only
4 ounces sugar free dark chocolate - 75% cacao content
¼ cup coconut milk
2 cups fresh berries (I used raspberries)

Instructions:

Make the Homemade Coconut Ice Cream,

While the ice cream is freezing in the machine, break the chocolate into pieces and place in a small saucepan.

Add the coconut milk and melt the two together, stirring over low heat.

When the chocolate mixture is completely smooth, pour the chocolate over the ice cream and stir to create 'ripples'. If your ice cream is thoroughly frozen, soften in the fridge for 20 minutes before stirring in the chocolate.

Serve immediately with the fresh berries, or freeze for an additional 3-4 hours for a firmer texture.

26. Cheeky Cherry Ice



Ingredients:

14oz. cans 365 Coconut Milk (Full Fat)

Stevia to taste

1 ½ tsp. vanilla extract

2 cups fresh cherries, pitted and diced

Instructions:

In a large bowl, combine coconut milk, stevia and vanilla and stir well.

Chill for 1-2 hours.

Transfer to ice-cream maker and process according to manufacturer directions.

Add diced cherries to the mixture during the last 5-10 minutes of processing.

27. Creamy Caramelly Ice Cream



Ingredients:

Delicious Instant Caramel Topping:

2 heaped tablespoons of hulled tahini

Stevia to taste

2 tablespoons of coconut milk

1/2 teaspoon of vanilla

Delicious Instant Ice Cream:

4 frozen bananas, chopped

4 tablespoons coconut milk

1 teaspoon of vanilla

Instructions:

Spoon the tahini and stevia into a cup and stir with a fork to combine. Mix in the coconut milk and vanilla. Refrain from eating it while you make your ice cream.

Place the ingredients into food processor or blender, blend until the mixture is an ice cream consistency.

Spoon the ice cream into bowls, drizzle generously with the caramel topping, sprinkle with low sodium salt if you desire. Enjoy!

28. Berry Ice Cream and Almond Delight



Ingredients:

For the Ice Cream:

- 1 can full fat coconut milk
- Stevia to taste
- 2 tbsp vanilla
- 1 cup fresh strawberries, cut into fourths

For the crisp:

- 1/3 cup almond flour
- 3 tbsp sunflower seed butter (or almond butter)
- 1/2 tsp vanilla
- 1 tbsp honey
- low sodium salt to taste

Instructions:

For the ice cream:

Combine coconut milk and vanilla together in a small saucepan over medium heat and stir until ingredients are well combined (just a few minutes).

Transfer milk mixture to a small bowl and place in the freezer for two hours.

Next, add strawberries to a small saucepan and bring to a low boil.

Turn heat to medium-low and allow to cook until they start breaking down into a sauce-like mixture, leaving small chunks.

Place strawberries in refrigerator while the ice cream hardens.

For the crisp:

Combine all ingredients and mix until you get a “crumble” consistency.

Place crisp in refrigerator until ready to use.

After two hours, place milk mixture into your ice cream maker along with the strawberries and use as directed.

When ice cream is ready, scoop and serve with crisp sprinkled on top.

29. Eastern Spice Delights



Ingredients:

1 3/4 cups + 4 tbsp almond meal
1/8 tsp low sodium salt
3/4 tsp ground ginger
3/4 tsp cinnamon
1/4 tsp ground cloves
1/4 tsp cardamom
1/8 tsp nutmeg
1/2 cup coconut oil (in solid form)
Stevia to taste
1 tsp vanilla extract

Instructions:

Preheat oven to 350F.

Combine all the dry ingredients in a large bowl. In a small bowl, mix together the oil, maple syrup, and vanilla until completely blended. Pour the wet ingredients over the dry ingredients and mix well.

Drop the cookie dough on a cookie sheet. It will spread a bit as it cooks (and thus flatten), but not an awful lot.

Bake for 10-12 minutes. These cookies will not look golden when they're done. Makes two dozen.

30. Absolute Almond Bites



Ingredients:

- 1 1/2 cups almond flour
- 1/4 teaspoon low sodium salt
- 1/4 teaspoon baking soda (gluten-free, if necessary)
- 1/8 teaspoon cinnamon
- 2 tablespoons melted coconut oil
- Stevia to taste
- 1 1/4 teaspoon vanilla extract
- 1/4 teaspoon almond extract or almond flavoring
- 12 to 15 whole almonds; sprouted or soaked and dehydrated

Instructions:

Preheat oven to 325°F. Line a baking sheet with parchment paper.

In a medium bowl combine almond flour, low sodium salt, baking soda, and cinnamon. Mix well, breaking up any lumps.

In a small bowl, place coconut oil, vanilla, almond extract or flavoring. Whisk until well combined.

Add wet ingredients to dry ingredients and stir until combined...add stevia

Roll level-tablespoon-sized (using a measuring spoon) portions of dough into balls and place on baking sheet. Flatten slightly with the heel of your hand and press one almond into the center of each cookie.

Bake 15 to 17 minutes or until light golden brown. Allow to cool on baking sheet for a few minutes before transferring to cooling rack.

Store in an airtight container. Can be frozen.

31. Apple Spice Spectacular



Ingredients:

1 cup unsweetened almond butter
Stevia to taste
1 egg
1 tsp baking soda
1/2 tsp low sodium salt
half an apple, diced 1 tsp cinnamon
1/4 tsp ground cloves
1/8 tsp nutmeg
1 tsp fresh ginger, grated on a microplane

Instructions:

Pre-heat oven to 350 degrees F.

In a large bowl, combine almond butter, stevia, egg, baking soda, and low sodium salt until well incorporated. Add apple, spices, and ginger and stir to combine.

Spoon batter onto a baking sheet (you may have to spread the batter a little to get it into a round shape) about 1-2 inches apart from each other--they'll spread a bit.

Bake about 10 minutes, or until slightly set.

Remove cookies and allow to cool on pan for about 5-10 minutes. Then finish cooling on a cooling rack.

32. Choco Coco Cookies



Ingredients:

Stevia powder – 1 teaspoon

1 cup coconut flour

½ cup coconut oil

½ cup coconut milk, (from the can)

2 Teaspoons vanilla extract

¼ Teaspoon low sodium salt

2½ cups finely shredded coconut

1 cup big flake coconut

⅔ cup dark sugar free chocolate chunks or chocolate chips (I used 80% dark

chocolate)

Optional: ½ cup almond or cashew butter

Instructions:

In a large saucepan, combine the, coconut oil, and coconut milk. Bring the mixture to a boil, and boil for 2-3 minutes.

Remove from the heat and add the vanilla, low sodium salt, and coconut flour and coconut. Stir to combine. If you're using the almond or cashew butter, mix it in thoroughly. Finally, add the chocolate chunks and combine, stirring as little as possible to keep the chunks intact.

Portion the cookie on a parchment lined baking sheet and let cool. This version of no-bakes takes a full 3-4 hours to fully set up, but you don't have to wait that long because they're really good warm and gooey.

33. Chococups



Ingredients:

4 eggs

Stevia to taste

1/3 cup coconut flour

1/4 cup cacao powder

1/2 teaspoon baking soda

1/4 cup coconut oil (melted in microwave)

1/4 cup cacao butter (melted in microwave)

For topping:

1 can coconut cream (chilled in fridge overnight)

Cacao nibs to decorate.

Instructions:

Heat oven to 170 degrees Celsius (338F)

Grease 10 muffin pans with coconut oil.

Beat eggs with electric beaters.

Add coconut flour, baking soda and cacao powder.

Beat well and add stevia

Add melted coconut oil, cacao butter and mix.

Spoon mixture into 10 greased muffin pans.

Bake for 12-15 minutes until risen and top springs back.

Cool in pans.

Beat the solid coconut cream with electric beaters until creamy. Add honey to taste if you wish.

Pipe coconut cream onto top of cakes.

34. Choco – Almond Delights



Ingredients:

- 1 c. toasted hazelnuts
- 1 c. raw almonds
- 2/3 c. raw almond butter
- 5 Tbs. raw cacao powder (or unsweetened cocoa powder)
- 1/2 tsp. vanilla extract
- 1/4 c. unsweetened, shredded coconut

Instructions:

Combine all the ingredients, except for the coconut, in the food processor. Whir until smooth. This will take a few minutes and may require scraping down the sides of the bowl one or more times.

Line a mini muffin tin with plastic wrap. Spoon dollops of the sweet mixture into the lined tin cups and form into “mounds.” Freeze until well formed. Remove mounds from plastic and tin and flip for presentation. Sprinkle with shredded coconut.

35. Fetching Fudge



Ingredients:

1 cup coconut butter
1/4 cup coconut oil
1/4 cup cocoa
1/4 cup cocoa powder + 1 Tbsp
Stevia to taste
1 tsp vanilla

Instructions:

In the pot, gently melt the cocoa butter on low (number 2)

When it is half melted add the butter, the coconut oil and the coconut spread and gently mix with the whisk as it melts

Add vanilla, and stevia and whisk in well

Add the cocoa powder and whisk in well

Be sure to take the pot off the heat when the fat is melted and keep whisking until it is smooth and all the lumps are out — you don't want to overheat this

Pour into the 8 x 8 pan that is lined with parchment paper

Refrigerate for 1 – 2 hours

When solid, pull the parchment paper out of the pan, put the block of fudge on a flat surface and cut into small squares

Enjoy! This will melt rather quickly — but it won't last long!

36. Nut Butter Truffles



Ingredients:

5 tablespoons sunflower seed butter
1 tablespoon coconut oil
2 teaspoons vanilla extract
 $\frac{3}{4}$ cup almond flour
1 tablespoon flaxseed meal
pinch of low sodium salt
 $\frac{1}{4}$ cup sugar free dark chocolate chips
1 tablespoon cacao butter
chopped almonds (optional)

Instructions:

Add sunflower seed butter, coconut oil, vanilla, almond flour, flaxseed meal and low sodium salt to a large bowl. Please note that you may find a thin layer of oil in the sunflower seed butter jar that separates from the butter and rises to the top. Be sure to mix oil and butter together before scooping into bowl.

Using your hands mix until all ingredients are incorporated (I like using gloves when mixing so the oils from my skin do not get into the mixture)

Roll the dough into 1-inch balls and place them on a sheet of parchment paper and refrigerate for 30 minutes (using 2 teaspoons for each truffle will yield about 14 truffles)

Melt the chocolate chips in a double boiler along with the cacao butter

Dip each truffle in the melted chocolate, one at the time, and place them back on the pan with parchment paper

Top with chopped almonds and refrigerate until the chocolate is firm

37. Extra Dark Choco Delight



Ingredients:

1 egg
½ very ripe avocado
¼ cup full fat canned coconut milk
2 tbsp cacao powder
1 tbsp carob powder
pinch low sodium salt
pinch cinnamon
1 scoop vanilla flavored hemp protein powder
10g raw hazelnuts
2 tbsp unsweetened shredded coconut

Instructions:

Add the egg, avocado and coconut milk to a small food processor and process until very smooth and process until very smooth and creamy.

Add cacao powder, carob powder, low sodium salt, cinnamon and protein powder and process again until well combined and creamy.

Add hazelnuts and shredded coconut and give a few extra spins until the hazelnuts are reduced to tiny little pieces.

Serve immediately or refrigerate until ready to serve.

Garnish with a little dollop of coconut cream and cacao nibs or shredded coconut and crushed hazelnuts.

This will keep in the refrigerator for a few days in an airtight container.

38. Chestnut- Cacao Cake



Ingredients:

100g (1 cup + 1 heaping tablespoon) chestnut flour

50g (1/2 cup) ground almonds (almond flour)

3 eggs, separate

1/2 teaspoon cream of tartar

35g (1/2 cup) raw cacao powder

Stevia to taste

3/4 cup coconut milk

1/2 teaspoon baking soda

Crushed chestnuts

Instructions:

Preheat oven to 180C fan (350F).

Grease a pie/tart pan.

In a clean mixing bowl, beat the egg whites and cream of tartar until stiff peaks form. Set aside.

In another mixing bowl, cream the egg yolks, chestnut flour, ground almonds, stevia, raw cacao, baking soda and coconut milk.

Fold in the egg whites and blend until the white is no longer showing.

Pour into the pie/tart mold.

Sprinkle with crushed chestnuts, if desired.

Bake for 35-40 minutes on the middle rack.

39. Apple Cinnamon Walnut Bonanza



Ingredients:

For the cake:

- 1 cup almond flour
- 2 tablespoons coconut flour
- Stevia to taste
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 1/4 teaspoon low sodium salt
- 1 tablespoon coconut butter, plus more for greasing the pan
- 2 eggs
- 1/2 cup cream from a can of refrigerated coconut milk
- 1 teaspoon vanilla
- 1 cup grated apple (about 1 large apple)

For the topping:

- 1 1/2 cups walnuts (or pecans, if you prefer)
- 1/2 cup almond flour
- 4 tablespoons melted coconut butter
- Stevia to taste
- 1 tablespoon cinnamon pinch low sodium salt

Instructions:

Preheat your oven to 350° and grease a 8 x 8 baking dish.

Make the topping: pulse the walnuts in a food processor 10-12 times or until they are coarse crumbs. Add the remaining ingredients and pulse 2-3 more times until combined. Set aside.

Wipe out and dry the bowl of your food processor and add your dry **cake** ingredients. (almond flour through low sodium salt) Pulse a few times to

mix.

Cut the tablespoon of butter into smaller chunks and add it to the dry ingredients. Pulse 8-10 times or until it's cut in to the dry ingredients, like if you were making a pie crust.

In a small bowl, mix your wet cake ingredients (eggs through vanilla) and whisk until well combined. Stir in grated apple.

Add to the food processor and mix until combined. Scrape down the sides once or twice to make sure it's well mixed.

Pour into the prepared baking dish and sprinkle the topping over, as evenly as you can.

Bake for 30-35 minutes, or until a toothpick inserted into the center comes out clean.

Allow to cool, and enjoy!

40. Peach and Almond Cake



Ingredients:

2 whole peaches
300g almond meal
6 eggs
Stevia to taste
1 tsp baking soda

Instructions:

Cover the peaches in water in a saucepan and boil for about 2 hours.

Preheat the oven to 180 degrees Celsius and line the bottom of a 24cm pan with baking paper.

Lightly beat the eggs.

Blend the eggs and peaches (quarter them first) thoroughly in a food processor.

Add the rest of the ingredients to the food processor, again blending thoroughly.

Pour mixture into the lined tin and bake for roughly an hour.

41. Choco Triple Delight



Ingredients:

Cake:

- 1 cup almond flour (or 3 oz ground raw pumpkin seeds for nut-free version)
- 3 tbsp Raw Cacao Powder
- 1 tbsp coconut flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/8th tsp Stevia
- 3 tbsp melted Raw Cacao Butter or coconut oil)
- Pinch of low sodium salt
- 1 large pastured egg
- 2 tbsp coconut milk (or dairy of choice)
- 1 tsp pure vanilla extract
- 2 oz 80% cocoa bar, chopped
- Top with 2 tbsp chopped nut of choice,
- Optional: 1/8th tsp low sodium salt sprinkled on top of cake before baking

Chocolate Drizzle:

- 2 tbsp coconut cream concentrate, warmed
- 3 tbsp water (or coconut milk)
- 3 tbsp Cacao powder
- 1/2 tbsp pure vanilla extract
- Stevia to taste

Instructions:

Preheat oven to 350 degrees F.

Oil the sides and bottom of 8 inch cake pan.

Line the bottom of the pan with parchment paper and set aside.

In a medium bowl, add dry ingredients. Use a sifter to ensure that all ingredients are blended well and that there are no lumps.

Add remaining ingredients (except nuts and optional salt) to dry ingredients and mix. Taste for sweetness and adjust if necessary.

Press (or spread with angled spatula) into an 8 inch cake pan. Sprinkle with nuts. Bake for 11-14 minutes.

DO NOT OVER BAKE! Remove from oven and serve warm or allow to cool and top with Chocolate Drizzle.

Chocolate Drizzle:

In a small bowl, blend coconut cream concentrate and water until smooth.

Add cacao powder, vanilla and stevia. Whisk until creamy.

Taste for sweetness and adjust if necessary. Drizzle over the cake.

42. Choco Cookie Delight



Ingredients:

1/2 cup dark chocolate sugar free chips
1/2 cup coconut milk (thick fat from top of can)
2 eggs
1 cup almond flour
pinch of low sodium salt
1/2 teaspoon vanilla extract
1/4 teaspoon baking powder

Vanilla glaze:

1/2 cup coconut butter, liquid
Stevia to taste
1 /2 teaspoon vanilla extract

Chocolate Glaze:

1/2 cup chocolate chips
Stevia powder for decoration

Instructions:

Place a small sauce pan over low heat and melt your chocolate and coconut milk together (only keep the heat on long enough to melt them together)

While melting, place your 2 eggs in a stand mixer with the whisk, or use a hand mixer with the whisk and beat your eggs until they are fluffy, about 1 minute

Add your coconut milk and chocolate to your eggs and mix well

Stir in your almond flour, low sodium salt, vanilla extract and baking powder

Mix well ensuring everything is combined

Pipe your batter into the cookie wells ensuring you fill higher than the halfway point

Remove from the cookie maker, gently insert the sticks and place everything in the freezer for 30-45 minutes

Vanilla Glaze:

Combine your coconut butter, stevia, and vanilla extract in a small glass to make it easy to dip

You can keep this glass in hot water to keep the glaze more liquidy to make the dipping easier

Chocolate Glaze:

Melt your chocolate chips over a double boiler and keep the heat low and them liquid – then spread over cooled cookies!

43. Best Ever Banana Surprise Cake



Ingredients:

Bottom Fruit Layer:

2 tbsps coconut oil, melted

1 small banana, sliced, or ¼ cup blueberries for low carb version

2 tbsps walnut pieces * optional, can omit for nut free.

Stevia to taste

1 tsp ground cinnamon.

Top Cake Layer:

2 eggs, beaten.

Stevia to taste

¼ cup unsweetened coconut milk, or unsweetened almond milk.

1 tsp organic GF vanilla extract, or 1 tsp ground vanilla bean

½ tsp baking soda.

1 tsp apple cider vinegar.

1 small banana, mashed, or ¼ cup blueberries for lower carb version.

⅓ cup coconut flour

Instructions:

Preheat oven to 350 F, and lightly grease a 9 inch cake pan.

Place 2 tbsps coconut oil into cake pan, and put pan into preheating oven for a couple minutes to melt butter or oil. Once melted, make sure butter or oil is evenly distributed all over the bottom of the pan.

Sprinkle 2-4 drops stevia sweetener all over the melted oil.

Sprinkle 1 tsp cinnamon on top of sweetener layer.

Layer banana slices or blueberries on top of butter- sweetener layer, as seen in photo above. Add optional walnut pieces to fruit layer. Set aside.

In a large mixing bowl combine all the “top cake layer” ingredients except for the coconut flour. Mix thoroughly, then add the coconut flour and mix well, scraping sides of bowl, and breaking up any coconut flour clumps.

Spoon cake batter on top of fruit layer in cake pan

Spread cake batter evenly across entire pan.

Bake for 25 minutes or until top of cake is browned and center is set.

Remove from oven and let cool completely.

Use a butter knife between cake and edge of pan and slide around to loosen cake from pan. Turn cake pan upside down onto a large plate or serving platter.

Slice and serve.

Should be stored in fridge, if serving later.

44. **Coco – Walnut Brownie Bites**



Ingredients:

2/3 cup raw walnut halves and pieces
1/3 cup unsweetened cocoa powder
1 tablespoon vanilla extract
1 to 2 tablespoons coconut milk
2/3 cups shredded unsweetened coconut

Instructions:

Pulse coconut in food processor for 30 seconds to a minute to form coconut crumbs. Remove from food processor and set aside.

Add unsweetened cocoa powder and walnuts to food processor, blend until walnuts become fine crumbs, but do not over process or you will get some kind of chocolate walnut butter.

Place in the food processor the cocoa walnut crumbs. Add vanilla. Process until mixture starts to combine.

Add coconut milk. You will know the consistency is right when the dough combines into a ball in the middle of the food processor.

If dough is too runny add a tablespoon or more cocoa powder to bring it back to a dough like state.

Transfer dough to a bowl and cover with plastic wrap. Refrigerate for at least 2 hours. Cold dough is much easier to work with. I left my dough in the fridge over night. You could put it in the freezer if you need to speed the process up.

Roll the dough balls in coconut crumbs, pressing the crumbs gently into the ball. Continue until all dough is gone.

45. Choco-coco Brownies



Ingredients:

6 Tablespoons of coconut oil
6 ounces of Sugar free Chocolate
4 Tablespoons of Packed Coconut Flour (20g)
¼ cup of Unsweetened Cocoa Powder (30g)
2 Eggs
½ teaspoon of Baking Soda
¼ teaspoon of low sodium salt
Extra coconut oil for pan greasing
Stevia to taste

Instructions:

Preheat the oven to 350F. Grease an 8x8 baking pan and line with parchment paper.

Ensure eggs are at room temperature. You may run them under warm water for about 10 seconds while shelled.

Gently melt the semisweet chocolate and oil in a double boiler. You may use the microwave at 50% heat at 30 second intervals with intermittent stirring.

Stir in unsweetened cocoa powder.

Sift together the superfine coconut flour, baking soda, stevia and low sodium salt.

Beat the eggs and add the dry ingredients. Beat until combined

Add the rest of the wet ingredients and beat until incorporated.

Pour the batter into the lined 8x8 pan.

Bake for 25-30 minutes at 350F until a toothpick inserted into the center of the batter comes out clean.

When done, remove from the oven and let cool in the pan for at least 15 minutes.

46. Spectacular Spinach Brownies



Ingredients:

1 ¼ cups frozen chopped spinach
6 oz sugar free chocolate
½ cup extra virgin coconut oil
½ cup coconut oil
6 eggs
Stevia to taste
½ cup cocoa powder
1 Tspn vanilla pod
¼ tsp baking soda
½ tsp low sodium salt
½ tsp cream of tartar
pinch cinnamon

Instructions:

Preheat oven to 325F. Line a 9"x13" baking pan with wax paper or use a silicone baking pan.

Melt coconut oil and chocolate together over low heat on the stove top or medium power in the microwave. Add vanilla and stir to incorporate. Let cool.

Mix cocoa powder, baking soda, cream of tartar, low sodium salt and cinnamon.

Blend spinach, egg, together in a food processor or blender, until completely smooth (2-4 minutes).

Add coconut oil to food processor and process until full incorporated.

Add melted chocolate mixture and 3 or 4 drops stevia liquid to egg mixture slowly and processing/blending constantly.

Mix in dry ingredients and process/stir to fully incorporate.

Pour batter into prepared baking pan and spread out with a spatula.

Bake for 40 minutes. Cool completely in pan. Cut into squares. Enjoy!

47. Secret Brownies



Ingredients:

1 c. raw almonds
1/2 c. raw cashews
4-5 Tbs. cocoa powder
1 Tbs. cashew butter
Stevia to taste

Instructions:

Combine all ingredients in the food processor.
Whir until somewhat smooth.
Press into 8×8" glass baking dish.

48. Pristine Pumpkin Divine



Ingredients:

2 cups blanched almond flour
½ cup flaxseed meal
2 teaspoons ground cinnamon (optional)
Stevia to taste
½ teaspoon low sodium salt
1 egg
1 cup pumpkin puree
1 tablespoon vanilla extract

Instructions:

Mix together the almond flour, flaxseed meal, cinnamon, and low sodium salt

In a separate bowl, whisk the egg, pumpkin and vanilla extract using a rubber spatula.

Gently mix dry and wet ingredients to form a batter being careful not to over mix or the batter will get oily and dense.

Spoon the batter onto a 9-inch pan lined with parchment paper or grease the pan

bake at 350°F until a toothpick inserted into the center comes out clean, approximately 25 minutes.

49. Rose Banana Delicious Brownies



Ingredients:

2 red beets, cooked
2 bananas
2 eggs
1/2 cup unsweetened cacao powder
1/3 cup almond flour
1 tsp baking powder
3 tablespoons crushed mixed nuts
Stevia to taste

Instructions:

Combine all ingredients in a food processor, and blend until smooth.
Stir in the nut bits
Pour into a well-greased pan about 8x8 inches
Bake at 325 for about 40 minutes.

50. Fabulous Brownie Treats



Ingredients:

1 1/2 cups walnuts

Pinch of low sodium salt

1 tsp vanilla

1/3 cup unsweetened cocoa powder

Instructions:

Add walnuts and low sodium salt to a blender or food processor. Mix until the walnuts are finely ground.

Add the vanilla, and cocoa powder to the blender. Mix well until everything is combined.

With the blender still running, add a couple drops of water at a time to make the mixture stick together.

Using a spatula, transfer the mixture into a bowl. Using your hands, form small round balls, rolling in your palm.



About the Author

By the time I was twenty-two, more than thirty years ago, I began studying nutrition, integrative medicine and holistic health. I was immensely fortunate to find myself studying at one of the early pioneering centres of Integrative Alternative Medicine. This was the world renowned High Rustenberg Hydro, set in the beautiful countryside around Stellenbosch University, not far from my birthplace, Cape Town, in South Africa.

The Hydro at Stellenbosch, also known as the High Rustenberg Health Hydro, was founded by Sir Cleto Saporetti in 1972. The Hydro has become a world leader in holistic health and healing techniques, developing a range of methods to produce a balanced mind, healthy body and positive mental attitude. The original establishment comprised fourteen rooms and a staff of 25 under the supervision of Saporetti's co-visionary, Dr Boris Chaitow.

I studied very intensively for four years under the guidance of various medical and homeopathic doctors whilst also studying banking and finance. My studies continued right up until 1986 when I moved from South Africa to Europe.

The happy story takes a tougher turn when I went through the trauma of divorce and promptly acquired an extra 20 kilos of weight! I really piled on the pounds in record time and battled so hard to lose every single ounce. I really do understand the challenges of effective and enduring, healthy weight loss! In the meantime I was talking to colleagues about the practicalities of expanding my work experience and moving to Europe. Sometimes Fate takes a hand and, whilst attending a relative's funeral on my mother's behalf close to Europe, I applied for an interesting position offered in London by a financial institution that was well known to me in South Africa. One flight to London, a series of interviews, and I got the job.

Beran Moves to Europe!

As you might imagine, leaving my beautiful home in warm, sunny Cape Town and relocating to the cold and damp of northern Europe was not an easy process. The stress levels went off the chart and, well, I bet you can guess what happened. That's right. Those 20 kilos I'd worked so hard to lose came back with a vengeance. It was a fat-fuelled action replay of those dark days after my divorce. But it really made me wonder about the real connections between stress and unhealthy weight gain.

One of the more positive and completely unexpected blessings of moving to Europe was meeting and falling in love with Greg. This extraordinary man would become my husband and business partner, an inspiration and support that helped me through the challenges that the future held for us. We set up a commercial company in Brussels where I found myself managing and consulting in the field of pensions and finance, working in the areas that had become so familiar to me during my years in banking. But even during those incredibly busy years, my fascination with health and nutrition always encouraged me to follow more courses, to pursue intensive studies and then to discover the inspiration to apply all this accumulated knowledge to my own weight issues. And guess what? Right again! The pounds slipped away and this time they stayed away. I'd finally found the methods and formulas that really worked. But life rarely follows a straight line and in 2000, my path took an unexpected detour when I was diagnosed with a serious health problem. It was my thyroid gland. This incredibly important little gland had produced a 6cm tumour that was growing and gradually blocking my windpipe. Not a happy discovery!

It was a turning point in my life and I realised in my heart that this time I really had to apply all my energies to the issues of health, weight control and wellbeing. This became my focal point. It grew into a passionate quest to share my knowledge and experience with as many people as possible. What started as a search for answers to my own health problems all those years ago became a quest to find

universal principles that would apply to everyone. We made many changes from that point onwards and, as my health completely recovered, we discovered more insights into what really constitutes great health and profound wellbeing.

The range of interests broadened, encompassing naturopathic medicine, eating behaviours and disorders, orthomolecular medicine and the ancient Ayurvedic traditions that are witnessing a global revival after thousands of years of practise.

Those years of training, study, practise and experience are distilled and crystallised right here in your personal transformation workbook.

The reality is that I'm fitter and healthier today than at any other time in my life. Despite all the negative expectations surrounding the subjects of ageing and weight control, I can show you how to tame your body-fat problems and turn back the clock, helping you to find a younger, fitter, skinnier, stronger, healthier you. So let's get started!

A 3D graphic of the words "Thank YOU" in a bold, red, sans-serif font. The letters are thick and have a slight shadow underneath, giving them a three-dimensional appearance. The word "Thank" is positioned above "YOU".

I am so delighted that you have chosen this book and it's been a pleasure writing it for you. My mission is to help as many readers as possible to benefit from the content you have just been reading. So many of us are able to take new information and apply it to our lives with really positive and long lasting consequences and it is my wish that you have been able to take value from the information I have presented.

Thank you for staying with me during this book and for reading it through to the end. I really hope that you have enjoyed the contents and that's why I appreciate your feedback so much. If you could take a couple of minutes to review the book, your views will help me to create more material that you find beneficial.

I am always delighted to hear from my readers and you can email me personally at beranparry@gmail.com if you have any questions about this book or future books. Let us know how we can help you by sending a message to the same email address.

Thanks again for your support and encouragement. I really look forward to reading your review.

Stay Healthy!

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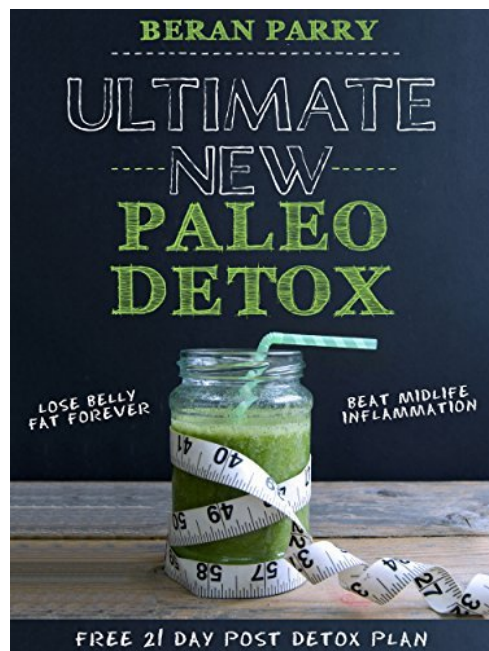
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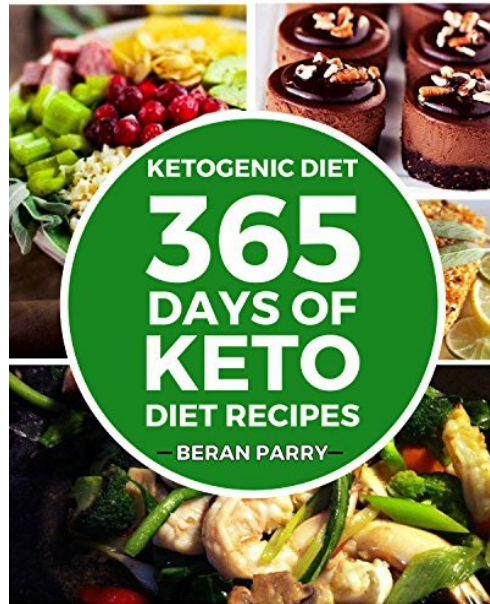
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