

Dr. Berg's Healthy Fat Burning Recipes

Amazingly Delicious Meals That Will Keep You In Fat Burning 24/7!

v5

By: Dr. Eric Berg

Co-authored by: Cynthia & Ralph Rayner

Be sure to also see:

“The Healthy Keto Plan”* at the link below:

<https://shop.drberg.com/drbergs-new-body-type-guide>

*Published by Dr. Berg and also available on Amazon Kindle at the link below:

[“The Healthy Keto Plan”](#)

If you have purchased this “Dr. Berg’s Healthy Fat Burning Recipes” ebook and the cover does not show V5 (Version 5), please see: [Obtaining an Updated Version](#)

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Introduction

Are you tired of diets that don't work? In recent years there has been a plethora of 'revolutionary' diet plans. Most of these fad diets disappeared as fast as they came and leaving in their wake a trail of frustrated and disappointed dieters still struggling with their weight - which begs the question, 'What is the best diet plan to lose weight?'

Well you have come to the right place. Dr. Berg has spent innumerable hours finding new ways of making diets a bit more effective. Berg's groundbreaking nutritional advice has been working for quite some time too, but he has now discovered a way to help you shed pounds even more effectively and with a considerable amount of ease too. This involves finding innovative ways to add fat burning foods to your diet and you will see the pounds shedding in no time! In fact, you can lose up to 10 pounds in just two weeks by sticking to this diet. Best of all, you will feel far more energized throughout the day and thus ready to jump right into your regular exercise routine. There is really no need to lament that losing weight is hard if you have taken the time to learn from Dr. Berg. So for the next few minutes, do not hesitate to help yourself to his recipes. Dr. Berg is so meticulous about helping you lose weight that he has partnered with culinary experts, in order to create a whole book full of recipes that will make it even simpler for you to stick to your diet and eat as many fat burning foods as possible.

A recent review pointed out that milk appeared in some of the recipes. All of Dr. Berg's patients know that they are free to use their favorite milk substitute in recipes including milk. Even so, the v5 issue has been updated to address this complaint. And Dr. Berg has approved all recipes, including the recipes using beans.

Feel free to mix and match and try any combination of recipes. Being healthy never has to be boring and this book will help you see that losing weight can also be delicious.

Copyright and Publishing Info:

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Publisher's Notes

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Dedication

This book is dedicated to you! You are ready to take control of your weight and take control of your life. High five!

Featured Recipe Classic Chef Salad

New in v5



Ingredients for Each Serving:

- 1.5 oz / 43 g - No Additives Cooked Ham, cubed
- 1.5 oz / 43 g - Cooked Turkey, cubed
- 1 oz / 28 g - Sharp Cheddar Cheese, shredded
- 1 oz / 28 g - Swiss Cheese, shredded
- 1 - Hard Cooked Egg, sliced
- 4 oz / 113 g - Mixed Salad Greens
- 1/2 Cup / 2 oz / 57 g - Celery, chopped
- 1/2 Cup / 2 oz / 57 g - Cucumber, chopped
- 1 Cup / 4 oz / 113 g - Tomato, chopped
- 2 oz / 57 g - One of Our Dressings or Your Favorite (Low-Carb)
- 1/2 TSP / 1 g - Black Pepper, if desired
- Green &/or Black Olives, if desired

Prepare the Salad Greens, Celery, Cucumber, and Tomato. Top each serving of Salad Greens with Dressing, Meat, Cheese, and Cooked Egg. Makes 1 serving. Enjoy!

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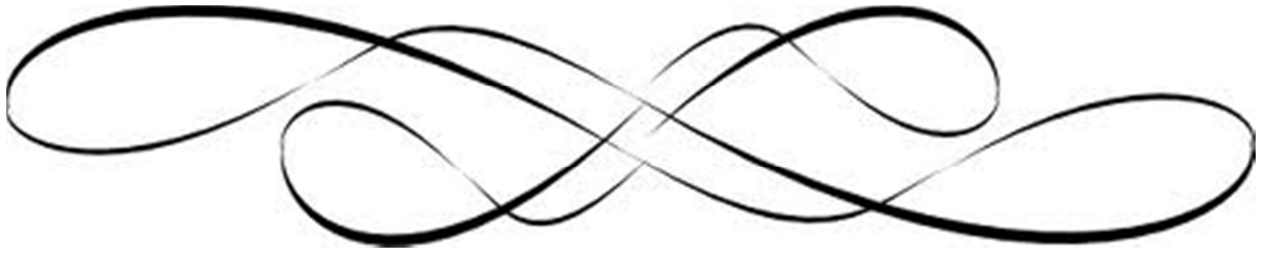
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Kale Smoothies and Other Beverages



Kale, Banana, & Berry Smoothie

Updated & Re-added in v5



Ingredients:

2 Cups / 2 oz / 57 g - Kale

4 - 6 Drops - [Banana-Flavored Liquid Stevia](#), or to taste (available on Amazon)

or

1 TSP / 5 g - [McCormick Natural Banana Flavored Extract](#) (available on Amazon)

1 TSP / 4 g - Truvia Sweetener (2 packets), or to taste (omit if using Stevia Drops)

6 oz / 170 g - Berries (blueberries, raspberries, or strawberries)

2 TBS / 15 g - Milled Flaxseed

1 Cup / 8 oz / 227 g - Filtered Water

Take the Kale and chop it real fine in a blender (you will need to add most of the Water). Add the Berries, rinse the berry container with some of the water and add it to the blender and process thoroughly. Add the Natural Banana Flavored Extract, Truvia, and Flaxseed to the Kale in the blender and add the rest of the Water. Blend for 1 minute.

Note: This delicious smoothie makes a wonderful lunch when served along with some carrots, celery, and radishes. By using flavored stevia or extract, we get all the flavor of the bananas without any of the carbs.

Makes 1 - 16 oz Serving

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Kale & Berry Accelerated Diet Smoothie



Ingredients:

2 Cups / 2 oz / 57 g - Kale

8 Drops Stevia Glycerite or 1-2 Packet(s) Truvia (depending on your taste)

6 oz / 170 g - Berries (blueberries, raspberries, or strawberries)

2 TBS / 15 g - Milled Flaxseed

1-1/2 Cups / 12 oz / 340 g - Filtered Water

Take the Kale and chop it very fine in a blender along with about 1 cup / 8 oz / 227 g of the Water. Add the Stevia Glycerite or Truvia, and the Flaxseed, to the Kale in the blender and blend for 1 minute. Add the Berries, rinse the container with the rest of the Water and add it to the blender, and process thoroughly.

Note: Dr. Berg found that for his diabetic and adrenal patients, the bananas in his original smoothie needed to be replaced with Stevia to reduce the fruit sugar content. The resulting accelerated diet smoothie is wonderful. We usually drink this smoothie at lunch three days a week.

Makes 1 - 22 oz Serving

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BaMango or BluNana or RazNana Spinach Smoothie

New in v5



Ingredients:

- 1 Cup / 1 oz / 28 g - Organic Baby Spinach or Baby Kale
- 2 TBS / 1/2 oz / 14 g - Organic Raw Cashews (about 8 large)
- 1/2 Cup / 4 oz / 113 g - Frozen Organic Mango, Blueberries, or Raspberries, thawed
- 4 - 6 Drops - [Banana-Flavored Liquid Stevia](#), or to taste (available on Amazon)
- or
- 1 TSP / 5 g - [McCormick Natural Banana Flavored Extract](#) (available on Amazon)
- 1 TSP / 4 g - Truvia Sweetener (2 packets), or to taste
- 1 TBS / 8 g - Milled Flaxseed
- 6 oz / 170 g - Organic Milk (or your favorite unsweetened substitute)
- 2 oz / 57 g - Filtered Water (use after pouring off smoothie)

Combine all of the ingredients in a blender and blend until smooth. Pour the smoothie and use the water to clean out the blender and add to the smoothie. Serve immediately or refrigerate.

Note: This delicious smoothie makes a wonderful lunch when served along with some carrots, celery, and radishes. By using extract, we enjoy all of the flavor of bananas without adding any carbs.

Makes 1 - 16 oz Serving

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Healthy Cranberry Fiber Drink

New in v2.2



Ingredients:

24 oz / 680 g - Filtered Water

7 oz / 198 g or 8 oz / 227 g - Unsweetened Cranberry Juice * (directions below)

4 oz / 113 g - Apple Juice (optional) **

2 TBS / 1 oz / 28 g - Lemon Juice (ReaLemon or True Lemon)

1 TBS / 14 g - Apple Cider Vinegar

1/2 TBS / 3g - Cinnamon (helps balance blood glucose levels)

1 Scoop - Super Seed Beyond Fiber (available online at Amazon)

Combine ingredients and allow beverage to hydrate in the refrigerator overnight. Tastes best cold.

* Use 1oz + 1 TSP / 33 g of Cranberry Concentrate and add Water to make the correct amount of Unsweetened Cranberry Juice. (If you are using the Apple Juice, add enough water to make 7 oz / 198 g of Unsweetened Cranberry Juice. If you are not using the Apple Juice, add enough water to make 8 oz / 227 g of Unsweetened Cranberry Juice.)

** Dr. Berg says if you are diabetic, do not add the Apple Juice, because Apple Juice is naturally very sweet and can raise blood glucose levels.

Makes 3 - 12 oz Servings (approximately)

Note: Many Health Food stores sell Unsweetened Cranberry Juice Concentrate. We use Lakewood Organic Cranberry Concentrate (also available online).

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Healthy Lemon Fiber Diet Drink

New in v2.2



Ingredients:

32 oz / 907 g - Filtered Water

3 oz / 85 g - Lemon Juice (or True Lemon with 3 oz Filtered Water)

2 TBS / 1 oz / 28 g - Apple Cider Vinegar

1/2 TBS / 3 g - Cinnamon (helps balance blood glucose levels)

1 Scoop - Super Seed Beyond Fiber (available online at Amazon)

Combine ingredients, shake well, and allow the beverage to hydrate in the refrigerator overnight. This lemon fiber beverage tastes best at room temperature and it is meant especially for adrenal patients who are having difficulty losing those last few pounds, which can be blocked by the natural sugar in the cranberry juice contained in Dr. Berg's regular fiber drink.

Makes 3 - 12 oz Servings (approximately)

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Hot Cocoa with Truvia

New in v4



Per Serving:

1 Cup / 8 oz / 227 g - Organic Milk (or your favorite unsweetened substitute)

2 TBS / 1 oz / 28 g - Filtered Water (or more Milk)

1 TBS / 5 g - Unsweetened Cocoa Powder

1 TSP / 4 g - Truvia Sweetener, or to taste (2 packets)

1/16 TSP / Pinch - Sea Salt

1/ 4 TSP - Vanilla

1/2 oz / 14 g - Real Sugar-free [Whipped Cream](#), if desired

Heat the first five ingredients (four if not using Water) in sauce pan over medium heat and reduce heat to low when milk starts to steam. When ready to serve, remove from the heat and stir in the vanilla. Additional Truvia can be added, if sweeter cocoa is desired. Ladle Hot Cocoa into mug(s) and top with our delicious real sugar-free whipped cream, if desired. This hot Cocoa is just perfect for warming up on a cold winter day.

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Strawberry or Pineapple Spinach Smoothie

New in v5



Ingredients:

- 3 oz / 85 g - Unsweetened Coconut Milk (NOT Coconut Water or Cream)
- 1 oz / 28 g - Unsweetened Strawberries or Pineapple (Yum! Piña Colada!)
- 1/4 Cup / 7 g - Organic Baby Spinach or Baby Kale
- 3 oz / 85 g - Filtered Water
- 1/2 TBS / 4 g - Milled Flaxseed

Combine all of the ingredients in a blender and blend until smooth. Serve immediately or refrigerate.

Note: This delicious smoothie contains key nutrients that are widely reported to support eye health (Vitamins A, B, and C, and Antioxidants Lutein, Omega-3, Zeaxanthin, and Zinc) and can be consumed up to three times per day. We lovingly refer to this yummy treat as a Greeña Colada.

Makes 1 - 8 oz Serving

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Travel Drink with Cranberry & Cinnamon



Ingredients for Each Serving:

1-1/2 Cup / 12 oz / 340 g - Filtered Water

2 TSP / 10 g - Unsweetened Cranberry Juice Concentrate

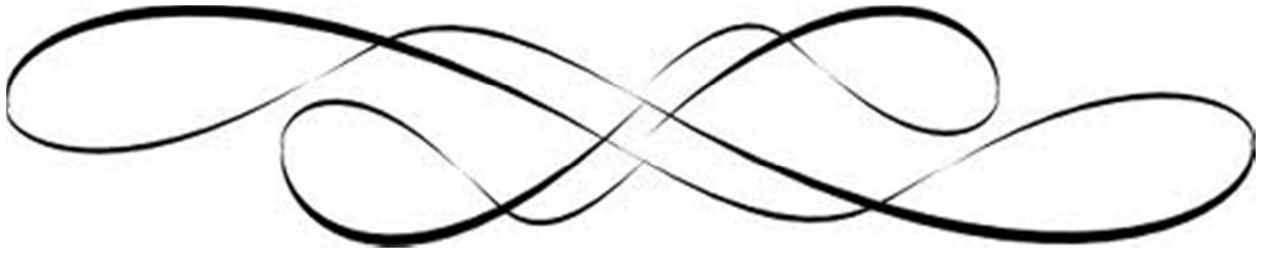
1/2 TSP / 1 g - Cinnamon

When making Dr. Berg's Cranberry Drink is not possible, this Travel Drink with Cranberry and Cinnamon makes a nice legal substitute. When traveling, we drink it three times a day, as the first part of each meal. It is amazing how easy it is to drink this beverage, when drinking the same amount of plain water always seems to be such a chore. The cinnamon helps to maintain healthy blood sugar levels, so I also add a teaspoon of it when mixing a full day's worth of Dr. Berg's Cranberry Drink recipe. Mix at least one hour before drinking and shake well, to allow time for the cinnamon to hydrate. Using a drinking straw helps to stir and keep the cinnamon from settling; otherwise, some of it ends up in the bottom of the glass. Store the drink in the refrigerator or a cooler, and shake well before serving.

Note: Many Health Food stores sell Unsweetened Cranberry Juice Concentrate. We use Lakewood Organic Cranberry Concentrate (also available online).

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Delectable Entrées and Snacks



Alfredo Sauce

New in v2.3



Ingredients:

- 4 oz / 113 g - Cream Cheese, cubed
- 1/4 Cup / 2 oz / 57 g - Organic Milk (or your favorite unsweetened substitute)
- 4 TBS / 1 oz / 28 g - Romano or Parmesan Cheese, grated
- 1 TSP / 5 g - Garlic, minced
- 1 TSP - Parsley, optional
- 1/8 TSP / Dash - Black Pepper (or to taste)
- 2 TBS / 1 oz / 28 g - Butter or Olive Oil (see Note below)
- 1/4 TSP / 2 g - Sea Salt (or to taste)
- 16 oz / 454 g [Foodles \(Faux Noodles\)](#)
- or
- 16 oz / 454 g - Sautéed Zucchini, Steamed Sugar Snap Peas, or Mixed Veggies

In a small sauce pan, heat the Cream Cheese and Milk; stir over low heat until the Cream Cheese has melted. Add all of the remaining ingredients (including Butter and Sea Salt if not using to cook Vegetables), except the [Foodles \(Faux Noodles\)](#), cooked Sugar Snap Peas, Mixed Vegetables, or Zucchini. Continue to cook until sauce thickens. Additional Milk may be added to the sauce if it gets too thick. Serve over 4 ounces of [Foodles \(Faux Noodles\)](#) or 6 ounces of cooked Vegetables, for each portion.

Note: The Alfredo Sauce is pictured served over Zucchini that was cooked for 3 minutes in the Butter and Sea Salt listed in the ingredients. The resulting broth was stirred into the sauce before serving. The Zucchini was shredded using a wonderful tool called a Veggetti™ Spiral Vegetable Cutter, which has razor sharp blades that create amazingly long vegetable strands. I had to break the strands occasionally, or they would have gotten too long!

Makes 2 - 8 oz servings of Alfredo sauce.

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Mouth Melting Bacon

New in v4



Do you want to learn how to make mouth melting bacon? Follow the easy steps below.

When cooking bacon, you want to render out all of the fat. If you apply bacon to direct heat, the fat gets chewy. Think of a pork chop or steak that you have eaten that has had chewy fat on it. That fat is chewy because it was cooked on a high heat and cooked fast. If you slowly render out the fat in an oven rather than on a stovetop, the bacon will melt in your mouth when finished. Total time: 30 minutes.

Ingredients:

Bacon

Directions:

Preheat oven to 350°F. Lay out bacon on parchment paper on a baking tray; try not to overlap the pieces. Place the tray in the preheated oven and cook the bacon for 15-25 minutes or until crispy.

Serves: Depends on you.



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Cocktail Sauce

New in v2.3



Ingredients:

3 TBS / 51 g - [Ketchup](#) (sugar-free)

1 TBS / 15 g - Prepared Horseradish (sugar-free)

1/4 TSP / 2 g - [Tabasco Sauce](#) (or more to taste)

Combine the Ketchup and Prepared Horseradish. Stir in Tabasco Sauce to taste. This sauce is delicious served with wild-caught shrimp steamed according to package instructions in water containing 1 TBS Seafood Boiling Spices that do not contain sugar or MSG.

Makes 2 servings.

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Crockpot Spicy Barbecue Pork Ribs



Ingredients:

- 6 oz / 170 g Can - Organic Tomato Paste
- 9 oz / 255 g - Filtered Water
- 4 TBS / 2 oz / 57 g - Butter
- 2 TBS / 1 oz / 28 g - Broth * (Pork or Chicken)
- 1/4 Cup / 2 oz / 57 g - Apple Cider Vinegar
- 2 Drops - Stevia Glycerite (or more to taste)
- 1 TBS / 6 g - Paprika
- 1 Cup / 4 oz / 113 g - Onion, Finely Chopped
- 1/2 Cup / 2 oz / 57 g - Celery, Chopped
- 1 TBS / 1/2 oz / 14 g - Garlic, minced
- 1-1/2 TSP / 9 g - Sea Salt
- 2 TSP / 5 g - Chili Powder
- 1-1/2 TSP / 8 g - Worcestershire Sauce
- 1/4 TSP / 2 g - Tabasco Sauce (or more to taste)
- 1 TSP / 2 g - Black Pepper
- 3 LB / 1361 g - Pork Picnic Ribs (we like the boneless picnic ribs - less waste)
- 1 TSP / 5 g - Olive Oil (for browning meat)

Begin assembling Barbecue Sauce in a Crockpot while it is preheating on High. Heat Olive Oil in a large sauté pan on medium-high and brown Pork Ribs for about 2 minutes on each side, adjusting heat as necessary. Add browned Meat to Crockpot. Deglaze pan with a little Filtered Water and add these Browned Bits and Juice to Crockpot. Cook on High for 2 hours, and then on Low for 4 hours. If you are leaving the house, simply cook on Low while you are away.

Serve with [Spicy Cole Slaw](#) for a taste treat.

* This is a great use for the Pork Gelatin reserved from cooking [Hawaiian Kalua Pork](#).
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Meat with Spicy BBQ Sauce



Ingredients:

- 6 oz / 170 g Can - Organic Tomato Paste
- 9 oz / 255 g - Filtered Water
- 4 TBS / 2 oz / 57 g - Butter
- 2 TBS / 1 oz / 28 g - Broth * (Beef, Pork, or Chicken depending on meat being used)
- 1/4 Cup / 2 oz / 57 g Cup - Apple Cider Vinegar
- 2 Drops - Stevia Glycerite (or more to taste)
- 1 TBS / 6 g - Paprika
- 1 Cup / 4 oz / 113 g - Onion, finely chopped
- 1/2 Cup / 2 oz / 57 g - Celery, chopped
- 1 TBS / 1/2 oz / 14 g - Garlic, minced
- 1-1/2 TSP / 9 g - Sea Salt
- 2 TSP / 5 g - Chili Powder
- 1-1/2 TSP / 8 g - Worcestershire Sauce
- 1/4 TSP / 2 g - Tabasco Sauce (or more to taste)
- 1 TSP / 2g - Black Pepper
- 16 oz / 454 g - Organic Beef **, cut in 1/2" cubes
- 16 oz [Foodles \(Faux Noodles\)](#)
or
- 16 oz Bag / 454 g - Mixed Frozen Vegetables or Sugar Snap Peas

Combine all ingredients in medium saucepan. Simmer over low heat, stirring often to avoid sticking/scorching, until meat is cooked through and the sauce thickens, for at least an hour, to allow the flavors to meld. Serve over [Foodles \(Faux Noodles\)](#), Mixed Vegetables steamed with 1 oz butter or Sugar Snap Peas.

* This is a great use for the Pork Gelatin reserved from cooking the [Hawaiian Kalua Pork](#) recipe.

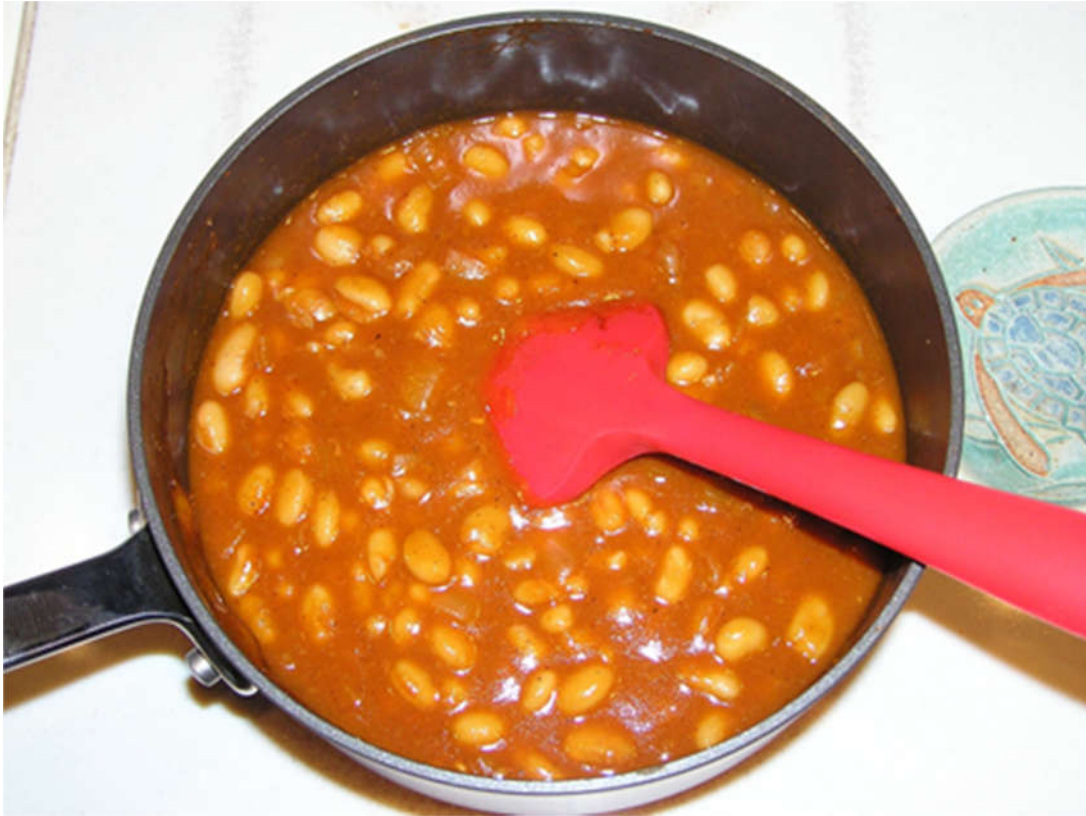
** Pre-cooked and shredded Beef, Pork, or Chicken, or raw cubed Venison, can be used in place of the raw Beef. If using pre-cooked meat, it should be added toward the end of the cooking time.

Serving Suggestion: This Sauce is delicious served over shredded/pulled [Hawaiian Kalua Pork](#), sprinkled with 1 TSP / 5 g of Sesame Seeds, along with a serving of [Spicy Cole Slaw](#) (omit the Foodles/Mixed Veggies/Sugar Snap Peas). We usually serve Kalua Pork and Cole Slaw alone, but occasionally add this Sauce and Sesame Seeds for a different taste treat.

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Sugar-free Baked Beans

New in v2.1



Ingredients:

2 - 15 oz Cans / 3 Cups - Cooked Great Northern Beans, undrained

3/4 Cup / 12 TBS / 204 g - [Ketchup](#) (sugar-free)

2 TBS / 24 g - Xylitol Sweetener

or

4 TSP / 16 g - Truvia

2 TSP / 10 g - Worcestershire Sauce

1/2 TSP / 3 g - Sea Salt

1/4 TSP - Black Pepper

1/4 TSP - Chili Powder

1/2 Cup / 2 oz / 57 g - Onion, chopped

1 TBS / 14 g - Oil

1/4 Cup / 2 oz - Filtered Water

1/2 oz / 14 g - Organic No Nitrate/No Nitrite Bacon, diced (optional)

Preheat oven to 375°F. Combine all ingredients, except for the bacon, in a medium non-stick sauce pan. Bring the bean mixture to a simmer over medium heat. Reduce heat to low and continue to simmer for 30 minutes. Transfer bean mixture to a 2 quart casserole. Top beans with diced bacon (if using) and bake until sauce has thickened and bacon is cooked, about 50

minutes. Stir in a little filtered water, if beans get too thick before the bacon is thoroughly cooked.

Note: 1 TBS [Ketchup](#) = 17 g.



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Cowboy Beans

New in v2.1



Cowboy Beans are a delicious and spicy alternative to Baked Beans for cookouts.

Ingredients:

16 oz / 454 g - Dried Pinto Beans (1 bag)

6 Cups / 1361 g - Filtered Water

4 oz / 113 g - Onion, chopped

1 TSP / 5 g - Garlic Cloves, 2 minced

2 oz / 57 g - Organic No Nitrate/No Nitrite Bacon, diced (optional)

2 TSP / 12 g - Sea Salt

1/2 TSP / 1 g - Black Pepper

1 TSP / 2 g - Dried Crushed Hot Red Pepper

or

1 oz / 28 g - Pickled Jalapeños, chopped

1 14.5 oz / 411 g - Organic Canned Tomatoes & Juice, diced

Place Dried Pinto Beans in a large non-stick pot and cover with Filtered Water until the water is 2 inches above the Beans. Soak the Beans for several hours, preferably overnight. Drain the soaked Beans, and then cover the Beans with 6 cups of Filtered Water or until the Filtered Water is 2 inches above the Beans. Simmer until tender, adding additional Filtered Water as

necessary. Add all other ingredients, except for the Tomatoes and Juice, to the pot. Bring the Bean mixture to a simmer over medium heat. Reduce heat to low, cover, and continue to simmer for 1 hour and 30 minutes, or until Beans are very tender, stirring occasionally. Add the Tomatoes and Juice to the pot and simmer for about another 30 minutes. Stir in a little Filtered Water, if the beans get too thick before being thoroughly cooked.

Note: Substitute 4 TBS / 2 oz of Organic Butter or Olive Oil if not using Bacon. Also, to make this a quick dish, 4 Cans of Organic Pinto Beans can be substituted for the dried Pinto Beans.

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Beef Stroganoff



Ingredients:

16 oz / 454 g - Organic Beef, sliced thin & diced

1 TBS / 1/2 oz / 14 g - Butter

1 TBS / 1/2 oz / 14 g - Olive Oil

1 Cup / 4 oz / 113 g - Onion, chopped

16 oz / 454 g - Fresh Mushrooms, sliced

1 Cup / 8 oz / 227 g - Sour Cream

4 TSP - Dried Parsley (or 4 TBS Fresh Parsley)

1/2 TSP / 3 g - Sea Salt

1/2 TSP / 3 g - Vege-Sal

1/4 TSP - Dry Mustard

1/4 TSP - Black Pepper

16 oz / 454 g [Foodles \(Faux Noodles\)](#)

or

16 oz / 454 g - Steamed Sugar Snap Peas, Mixed Veggies, or Zucchini sautéed in Olive Oil

Brown the Beef in Butter and Olive Oil; remove from the pan and keep warm. Add Onions and Mushrooms to the skillet; sauté 10 minutes or until tender, covering the pan when not stirring. Add Beef, Sour Cream, Parsley, and Seasonings; stir over low heat until heated thoroughly (if the sauce gets too thick, thin it with a little water or milk). Serve over 4 ounces of Hot Buttered [Foodles \(Faux Noodles\)](#) or 4 ounces of cooked Vegetables, for each portion.

Makes 4 - 8 oz servings of Beef and Sauce.

Note: Freezing the Beef for about 30 minutes makes it a breeze to cut into strips.



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Sourdough Bread

New in v5

The Healthiest & Most Delicious Bread in the World



INGREDIENTS:

Dry Ingredients:

- 1 Cup Almond Flour
- 1 Cup Arrowroot Flour
- 1/3 Cup Coconut Flour
- 1 TSP Sea Salt

- 2 TSP active dry yeast
- 1-1/2 TBS very finely ground Chia Seed
- 2 TBS organic Psyllium Husk Powder

Wet Ingredients:

- 1-1/4 Cup filtered Water
- 2 TSP Maple Syrup (This is consumed by the Yeast, which lowers the Glycemic Index)
- 1 Egg

Directions:

1. In a large bowl, whisk together the Almond Flour, Arrowroot Flour, Coconut Flour and Sea Salt.
2. Heat water to 105-110°F. Add 2 TSP of Maple Syrup and stir. Add the Yeast and let stand for 10 minutes. The Yeast should bubble or foam – if it doesn't – start over.
3. Stir the finely ground Chia and Psyllium Powder into the yeast mixture. Let stand 1 minute to thicken, then whisk.
4. Pour thickened yeast-chia mixture into the dry ingredients and mix with a wooden spoon until thick and fully combined. The dough will be slightly sticky, but workable. Knead for 1 minute.
5. Put kneaded dough back into the bowl, cover with a damp cloth and place in a warm spot to rise for one hour.
6. Preheat the oven to 425°F. Place a pizza stone (or cooking sheet) in oven to preheat.
7. Divide dough into two balls. Place dough balls on a square of parchment paper or a cutting board. Dip your hands in water and shape into nice rounded shapes. Brush with egg wash, if desired. Use a serrated knife to cut a tic-tac-toe pattern on the top.
8. Slide the prepared dough onto the preheated stone or cooking sheet. Bake 35-40 minutes. PLEASE NOTE – baking time can vary – the measure of doneness is an internal temperature of 205-210°F.
9. Let cool completely on a wire rack. Note: allowing the loaf to fully cool before cutting may result in a gummy interior. When the loaf is completely cool, slice and serve or store in an airtight container. To re-crisp crust, toast or reheat in a 375°F oven for 5-10 minutes.

Enjoy!



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Burrito & Chili Seasoning



Ingredients:

- 2 TBS / 16 g - Chili powder
- 5 TSP / 10 g - Paprika
- 4-1/2 TSP / 9 g - Cumin
- 2-1/2 TSP / 8 g - Onion Powder
- 1/2 TSP / 3 g - Garlic Powder
- 1/8 TSP - Cayenne Pepper (not measureable in grams)

Note: This seasoning mix is used in the [Chili](#), [Burritos \(Tortilla-less\)](#), and [Fajita](#) recipes.
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Burritos (Tortilla-less)



Ingredients for Cooking the Ground Meat (Beef, Pork, Poultry, Game):

- 16 oz / 454 g - Organic Lean Ground Meat (weight after cooking)
- 1/2 Cup / 2 oz / 57 g - Onion, chopped
- 2 TBS / 16 g [Burrito & Chili Seasoning](#)
- or
- 2 TBS / 16 g - Taco Seasoning (or other packaged mix with no MSG)
- 1/2 TSP / 3 g - Sea Salt
- 1/8 TSP - Black Pepper
- 1 TSP / 5 g - Olive Oil
- 2/3 Cup / 150 g - Filtered Water

Directions for Cooking the Ground Meat:

Sauté the Onions in Olive Oil; add the Ground Meat, brown and break apart, and drain off excess grease (if necessary); add [Burrito & Chili Seasoning](#) or Taco Seasoning, Sea Salt, Black Pepper, and Water; simmer for 5 minutes. Preheat oven to 350°F.



Ingredients for Preparing the Pureed Pinto Bean Mixture (Refried Beans):

15 oz / 425 g Can - Organic Pinto Beans and their juice

1 TBS / 14 g - Olive Oil

2 TBS / 28 g - Filtered Water, if needed or more to make a smooth puree

Directions for Preparing the Beans:

Using a food processor or blender, puree the Pinto Beans and Liquid with the Olive Oil and enough Filtered Water to form a smooth paste.



Ingredients for Making the Burrito(s):

- 3 oz / 85 g - Ground Meat Mixture (prepared above)
- 3 oz / 85 g - [Pureed Pinto Bean Mixture](#) (prepared above)
- 1 oz / 28 g - Sour Cream
- 3 oz / 85 g - Organic Salsa (your favorite level of heat)
- 2 oz / 57 g - Shredded Cheddar Cheese (1 oz / 28 g if using [Wonder Wraps](#))
- 1 TBS / 1/2 oz / 14 g - Green or Black Olives &/or Jalapeños, chopped

Directions for Making the Burrito(s):

Per Serving use 8.5" Corelle (or other) Oven-proof Plate for Faux Tortilla or [Wonder Wraps](#): Place each plate in 9" a cake pan and build the Burrito(s) in layers - Beans and Meat make the base; then Sour Cream and Salsa; top with shredded Cheddar Cheese and chopped Green or Black Olives &/or Jalapeños, if using. Bake Burrito(s) for about 10 minutes, or until Cheese has melted and Filling is heated through. Turn off oven and open door a little to keep the Burrito(s) hot until served with a nice side salad.

Note 1: On Dr. Berg's diet, Corelle (or other) Oven-proof Plates can be your best friend.

Note 2: The Meat and Bean Mixtures freeze beautifully for easy future meals.

Note 3: See recipes for [Salsa Verde](#) or [Tomato Salsa](#).



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Chicken Broth with Egg



Ingredients:

- 2 Cups / 16 oz / 454 g - Organic Chicken Broth
- 2 oz / 57 g - Filtered Water (to allow for evaporation when heating broth)
- 1 TSP / 5 g - Garlic Cloves, 2 minced
- 1 TSP - Parsley
- 2 - Eggs (large), lightly beaten

Heat the Chicken Broth, Water, Garlic, and Parsley to a simmer; add the Eggs and stir with a fork to make threads; return Broth to a simmer; serve immediately with a side of raw veggies. This makes a wonderful lunch on a cold day. [Foodles](#) are a nice addition to this soup.

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Chicken Liver & Bacon Rollups (Rumaki)

New in v3



Dr. Berg says one of the best proteins to eat is organ meat - these are very popular at parties!

Ingredients:

16 oz / 454 g - Organic Chicken Livers (or your favorite)

8 oz / 227 g - Organic No Nitrate/No Nitrite Bacon, slices cut in half (may need more or less)

1/2 TSP / 3 g - Sea Salt, or to taste

1 TSP / 2 g - Black Pepper, or to taste

1/2 TSP - Garlic Powder, or to taste

1 TBS - Lemon Juice, or to taste

Preheat the oven to 375°F. Cut any overly large Chicken Livers in half where the lobes join together. Place each piece of Liver at the end of one half slice of Bacon, roll it up, and hold each bundle together with a toothpick through the center. Place each Rollup on a non-stick baking tray. When all of the Rollups are completed, sprinkle the tops with Lemon Juice, and then season them with Sea Salt, Garlic, and half of the Black Pepper. Cook for 20 minutes; turn over each Rollup and then sprinkle them with the rest of the Black Pepper. Cook for another 10 minutes, or until the Chicken Livers and Bacon are golden brown. These Rollups, or Rumaki, are a wonderful party food or appetizer. Rollups are best when served hot. Place the Rollups on a warming tray if you are serving them as a party food. People who have never liked Liver eat them up. They also go well with salad greens dressed with our [Olive Oil Vinaigrette Dressing](#).

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Oven-Fried Chicken Livers - Spicy

New in v3



Dr. Berg says one of the best proteins to eat is organ meat - here is a yummy one!

Ingredients:

- 16 oz / 454 g - Organic Chicken Livers (or your favorite)
- 1 Cup / 4 oz / 113 g - Almond Flour
- 1 TBS / 6 g - Paprika
- 1/2 TSP - Garlic Powder
- 1 TSP - Ground Red Pepper (Cayenne), optional, if you do not like spicy food
- 1 TSP / 2 g - Black Pepper
- 1 TSP / 6 g - Sea Salt
- 1 - Egg, lightly beaten
- 1 TSP / 5 g - Apple Cider Vinegar
- 4 TBS / 2 oz / 57 g - Light Olive Oil

Preheat the oven to 375° F. In a shallow bowl, stir Egg and Vinegar together. Cut large Chicken Livers into two pieces and place in the bowl of Egg mixture to soak. Combine Almond Flour and Seasonings in a gallon plastic bag or a shallow bowl (trust me, using the bag is MUCH neater). Drain excess Egg mixture from each piece of Chicken Liver and then dredge it in the Almond Flour mixture, shaking the bag to coat the Chicken pieces thoroughly. Pour Olive Oil into a shallow baking dish large enough to hold Chicken without crowding (I use two 9-inch metal

cake pans and divide the Oil between them). Place each coated piece of Chicken in pan(s). Bake Chicken for 15 minutes, then turn Chicken over and cook 5 more minutes. (No wheat flour, just lots of flavor!).

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Sautéed Chicken Livers

New in v3



Dr. Berg says one of the best proteins to eat is organ meat - this family recipe tastes great even if you're not a big fan (it got me started eating liver many years ago)!

Ingredients:

- 16 oz / 454 g - Organic Chicken Livers (or your favorite)
- 16 oz / 454 g - Fresh Mushrooms, sliced
- 4 oz / 113 g - Onion, diced
- 4 oz / 113 g - Bell Pepper, diced
- 1 TSP / 6 g - Sea Salt
- 1 TSP / 2 g - Black Pepper
- 1 TSP - Dried Parsley
- 1/2 TSP - Garlic Powder
- 1 TSP / 5g - Lemon Juice
- 1 oz / 28 g - Organic No Nitrate/No Nitrite Bacon, diced (optional)
or
- 1 oz / 28 g - Butter or Olive Oil

Cook Bacon until crisp or heat Butter/Olive Oil in a large non-stick skillet. Remove Bacon, if using, and crumble it to add back to the drippings in the pan. Add Mushrooms, Onion, and Bell Pepper to the skillet; sauté 10 minutes or until tender, covering the pan when not stirring. Cut

Chicken Livers into bite-sized pieces and add them to the skillet. Cook covered for 15 minutes, stirring often, until the Chicken Livers are cooked through. This dish goes well with salad greens dressed with our [Olive Oil Vinaigrette Dressing](#)

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Chicken Paprikash

New in v2.1



Ingredients:

16 oz / 454 g - Organic Skinless Boneless Chicken Breasts, cut into bite-sized pieces

16 oz / 454 g - Organic Mushrooms, sliced

1 oz / 28 g - Butter

1 oz / 28 g - Light Olive Oil

2 TSP / 10 g - Garlic Cloves, 4 minced

8 oz / 227 g - Organic Sour Cream

1/4 Cup / 2 oz / 57 g - Organic Milk (or your favorite unsweetened substitute)

4 TSP / 8 g - Paprika

1 TBS / 1 g - Dried Parsley

1/2 TSP / 3 g - Sea Salt

1/4 TSP - Black Pepper

1/4 TSP - Ground Red Pepper (Cayenne)

In a non-stick skillet over medium heat, melt 1 TBS / 14 g of Butter in 1 TBS / 14 g Olive Oil. Sauté the Chicken; remove from the pan and keep warm. Add the rest of the Butter and the Olive Oil to the skillet to melt. Add Mushrooms and Garlic; sauté 10 minutes or until tender, covering the pan when not stirring. Add Sour Cream, Milk, Parsley, and Seasonings; stir over low heat until heated thoroughly (if the sauce gets too thick, thin it with a little water or milk).

Add the Chicken and stir over low heat until heated thoroughly (again, if the sauce gets too thick, thin it with a little water or milk - do not allow the sauce to boil). Serve over 4 ounces of Hot Buttered [Foodles](#) or Sugar Snap Peas.

Makes about 27 oz.

Note: This recipe is a wonderful use for leftover roast chicken.

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Oven-Fried Chicken Strips - Extra Spicy

New in v2.2



Ingredients:

- 16 oz / 454 g - Organic Skinless Boneless Chicken Breasts
- 1 Cup / 4 oz / 113 g - Almond Flour
- 1 TSP / 2 g - Paprika
- 1/8 TSP - Garlic Powder
- 2 TSP / 4g - Ground Red Pepper (Cayenne), or to taste
- 1 TSP / 2 g - Black Pepper
- 1 TSP / 6 g - Sea Salt
- 1 - Egg, lightly beaten
- 1 TSP / 5 g - Tabasco
- 1 TSP / 5 g - Apple Cider Vinegar
- 4 TBS / 2 oz / 57 g - Light Olive Oil

Preheat oven to 375°F. In a shallow bowl, stir Egg, Tabasco, and Vinegar together. Slice Chicken into strips approximately 1"x2" and place in the bowl of Egg mixture to soak. Combine Almond Flour and Seasonings in a gallon plastic bag or a shallow bowl (trust me, using the bag is MUCH neater). Drain excess Egg mixture from each piece of Chicken and then dredge it in the Almond Flour mixture, shaking the bag to coat the Chicken pieces thoroughly. Pour the Olive Oil into a shallow baking dish large enough to hold the Chicken without crowding (I use two 9-

inch metal cake pans and divide the Oil between them, but the pans aren't very pretty, hence the fancy ceramic pan in the photo below). Place each coated piece of Chicken in pan(s). Bake Chicken for 15 minutes, then turn Chicken over and bake 5 more minutes. (No wheat flour, but plenty of tongue-tickling heat - watch out, Spicy Chicken Places!). This recipe can be served over 4 oz / 113 g Salad Greens with 2 oz / 57 g Celery, 2 oz / 57 g Cucumber, 1/2 oz / 14 g Brocco Sprouts, 3 TBS / 1-1/2 oz / 43 g [Mayonnaise](#), 1 TSP / 5 g Sesame Seeds, & 1/2 TSP / 1 g Black Pepper for a Dinner Salad so good you won't miss the bun. The coated chicken strips also can be frozen raw for later quick meal preparation, by spreading them on a lightly oiled pan to freeze. Then bag the frozen chicken for storage. Cook as directed, without defrosting.



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Oven-Fried Chicken Strips - Spicy

New in v2.2



Ingredients:

- 16 oz / 454 g - Organic Skinless Boneless Chicken Breasts
- 1 Cup / 4 oz / 113 g - Almond Flour
- 1 TBS / 6 g - Paprika
- 1/2 TSP / 3 g - Garlic Powder
- 1 TSP - Ground Red Pepper (Cayenne), optional
- 1 TSP / 2 g - Black Pepper
- 1 TSP / 6 g - Sea Salt
- 1 - Egg, lightly beaten
- 1 TSP / 5 g - Apple Cider Vinegar
- 4 TBS / 2 oz / 57 g - Light Olive Oil

Preheat the oven to 375°F. In a shallow bowl, stir Egg and Vinegar together. Slice Chicken into strips approximately 1"x2" and place in the bowl of Egg mixture to soak. Combine Almond Flour and Seasonings in a gallon plastic bag or a shallow bowl (trust me, using the bag is MUCH neater). Drain excess Egg mixture from each piece of Chicken and then dredge it in the Almond Flour mixture, shaking the bag to coat the Chicken pieces thoroughly. Pour Olive Oil into a shallow baking dish large enough to hold Chicken without crowding (I use two 9-inch metal cake pans and divide the Oil between them, but the pans aren't very pretty, hence the fancy

ceramic pan in the photo below). Place each coated piece of Chicken in pan(s). Bake Chicken for 15 minutes, then turn Chicken over and cook 5 more minutes. (No wheat flour, just lots of flavor - umm, move over, Colonel!). This recipe can be served over 4 oz / 113 g Salad Greens with 2 oz / 57 g Celery, 2 oz / 57 g Cucumber, 1/2 oz / 14 g Brocco Sprouts, 3 TBS / 1-1/2 oz / 43 g [Mayonnaise](#), 1 TSP / 5 g Sesame Seeds, & 1/2 TSP / 1 g Black Pepper for a Dinner Salad so good you won't miss the bun. The coated chicken strips also can be frozen raw for later quick meal preparation, by spreading them on a lightly oiled pan to freeze. Then bag the frozen chicken for storage. Cook as directed, without defrosting.



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Chili



Ingredients for Cooking the Ground Meat (Beef, Pork, Poultry, Game):

16 oz / 454 g - Organic Lean Ground Meat (weight after cooking)

1/2 Cup / 2 oz / 57 g - Onion, chopped

2 TBS / 16 g [Burrito & Chili Seasoning](#)

or

2 TBS / 16 g - Taco Seasoning (or other packaged mix with no MSG)

1/2 TSP / 3 g - Sea Salt

1/8 TSP - Black Pepper

1 TSP / 5 g - Olive Oil

2/3 Cup / 150 g - Filtered Water

Ingredients for Making the Chili:

2 - 15 oz / 850 g Cans - Organic Pinto Beans and their juice

2 - 15 oz / 850 g Cans - Organic Stewed Tomatoes (or 1 Qt home canned) and their juice

2 - 6 oz / 170 g Cans - Organic Tomato Paste

18 oz / 510 g - Filtered Water

2 TSP / 5 g - Chili Powder

1 TSP / 2 g - Paprika

1 TSP / 2 g - Black Pepper

1/2 TSP / 3 g - Sea Salt (or to taste)

1/4 TSP / 2 g - Tabasco Sauce

1/4 TSP / 2 g - Worcestershire Sauce

Directions for Making the Chili:

Sauté the Onions in Olive Oil; add the Ground Meat, brown and break apart, and drain off excess grease (if necessary); add Taco Seasoning, Sea Salt, Black Pepper, and Water; simmer for 5 minutes. Transfer the Meat mixture, and the remaining ingredients, to a large pot (rinse each can with a little bit of filtered water to help rinse out the remaining contents, and add this water to the pot). Cook Chili over medium heat until bubbling. Continue to simmer over low heat, stirring often to avoid sticking/scorching, for at least an hour to allow the flavors to meld. If the Chili gets too thick, thin with additional Filtered Water to desired consistency.

Note: Recipe can be doubled for freezing

Makes 10 - 12 oz servings - (Approximately 1 Gallon / 3,629 g)



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Crab Imperial



Ingredients:

- 2 Cups / 8 oz / 227 g - Crab Meat, cooked & checked for shell/cartilage
- 2/3 Cup / 5-1/2 oz / 156 g - [Mayonnaise](#)
- 1/2 Cup / 2 oz / 57 g - Grated Romano or Parmesan Cheese
- 2 TBS / 1 oz / 28 g - Minced Onion
- 4 TSP / 20 g - Lemon Juice
- 1/4 TSP / 2 g - Tabasco Sauce
- 8 oz / 227 g Can - Sliced Mushrooms, cut-up large pieces
- 1/4 TSP - Vege-Sal, Sea Salt, or Herbamare
- 1/4 TSP - Black Pepper
- 2 TSP - Dried Parsley
- 24 oz / 680 g - Steamed Sugar Snap Peas, Mixed Veggies, or Sautéed Zucchini

Combine all ingredients in a medium bowl. Place mixture in four buttered or oiled individual serving casserole dishes, and broil for a few minutes, until hot and lightly browned (check often!). May be heated in microwave oven prior to browning under broiler, if preferred. Serve over 6 oz of cooked Vegetables, for each portion. Makes 4 - 6-oz servings of Crab Imperial and Sauce.

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Almond & Chia Flour Crackers

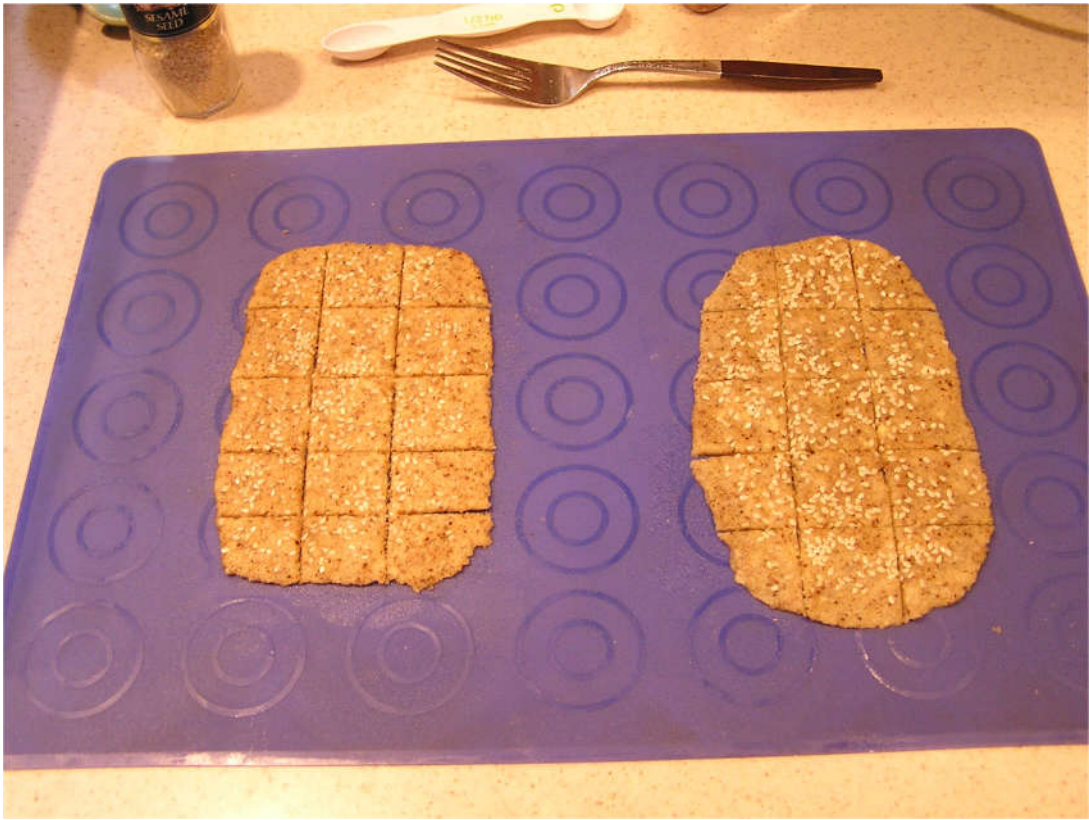


Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 1 TBS - Chia Flour (if desired - not necessary)
- 1/2 TSP / 3 g - Sea Salt
- 1/2 TSP - Chili Powder
- 1 TBS / 14 g - Raw Sesame Seeds
- 2 TSP / 10 g - Olive Oil
- 2 TBS - Filtered Water (this varies based on consistency of Almond Flour)

Preheat the oven to 350°F. Using a food processor, combine the Almond Flour, Chia Flour (if using), Sea Salt, Chili Powder, and Sesame Seeds. With the food processor running and the plunger removed, add the Olive Oil in a steady stream. Add the Filtered Water slowly, until stiff dough is formed. Scrape the dough onto a baking sheet lined with a non-stick silicone baking mat (highly recommended!) or parchment paper. Knead the dough with a spatula, if it is not thoroughly mixed. Press the dough together into a ball and cover it with a second silicone mat and flatten the dough with a rolling pin, or your hands, until it is very thin, squaring the sides of the dough, if desired. The dough should measure about 14 x 8 inches. Carefully remove the top silicone mat and repair any damage. Cut the dough into squares or rectangles of desired size, using the edge of a metal spatula, or a pizza cutter. Prick each cracker with a fork to help them crisp. Bake for 18 minutes, or until crackers become dry and golden in appearance. Remove and cool with the pan placed on a wire baking rack. Store the crackers in an air-tight container, and refrigerate or freeze, if not eating right away.

Makes about 4 Dozen Small Fragile Crackers.



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Almond Flour & Romano Cheese Crackers



Ingredients:

1 Cup / 4 oz / 113 g - Almond Flour

1/2 TSP / 2 g - Baking Soda

1/2 Cup / 2 oz / 57 g - Romano Cheese, finely grated (or Parmesan Cheese)

1 TBS - Italian Seasoning, or to taste *

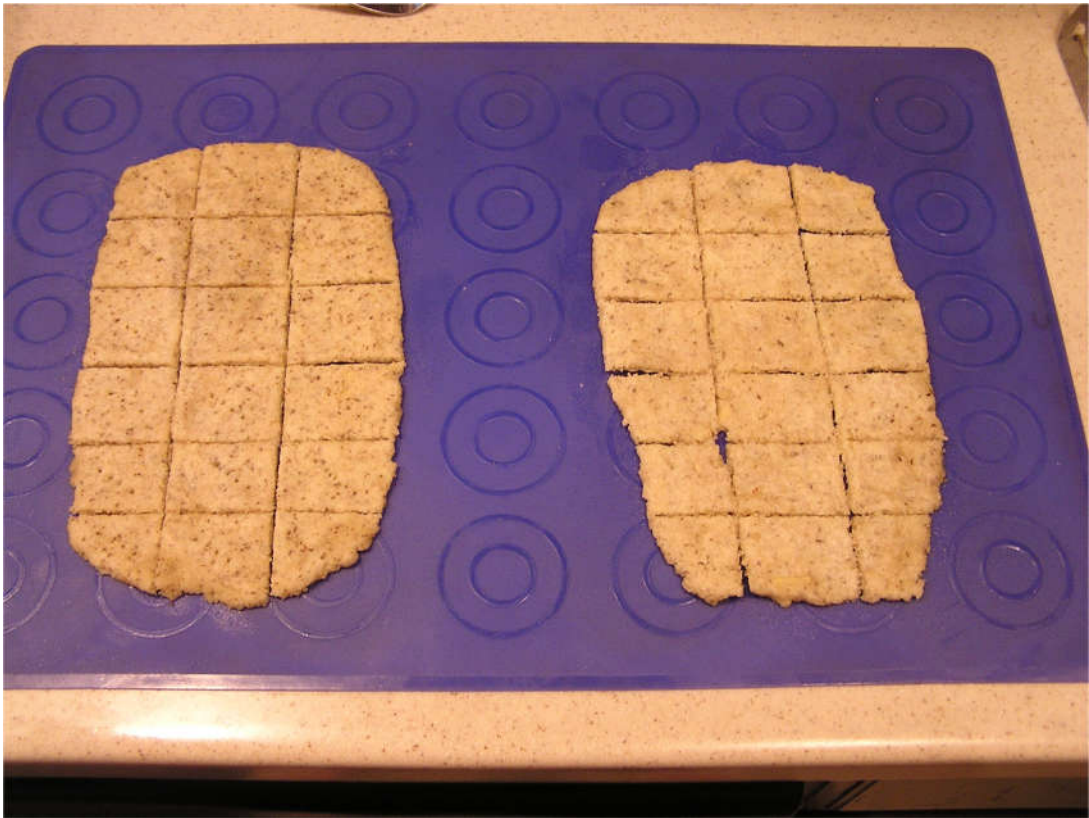
1 TBS / 14 g - Olive Oil

1-1/2 TBS / 21 g - Filtered Water

Preheat the oven to 350°F. Using a food processor, combine the Almond Flour, Romano Cheese, Baking Soda, and Italian Seasoning. With food processor running and plunger removed, add Olive Oil, and then Filtered Water, in a steady stream. Moist dough should form. Add a little more water if needed. Scrape dough onto a baking sheet lined with a non-stick silicone baking mat (highly recommended!) or parchment paper. Knead dough with a spatula, if it is not thoroughly mixed. Press dough together into a ball and cover it with a second silicone mat and flatten dough with a rolling pin, or your hands, until it is very thin, squaring the sides of the dough, if desired. The dough should measure about 14 x 8 inches. Carefully remove top silicone mat and repair any damage. Cut dough into squares or rectangles of desired size, using the edge of a metal spatula, or a pizza cutter. Prick each cracker with a fork to help them crisp. Bake for 15 minutes, or until crackers become dry and golden in appearance. Remove from the oven and cool on the pan, with the pan placed on a wire baking rack. Store crackers in an air-tight container, and refrigerate or freeze, if not eating right away.

* Can substitute 1/4 TSP each Sea Salt & Pepper for the Italian Seasoning

Makes about 4 Dozen Small Crackers.



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Onion Crackers



Ingredients:

3 - Onions, large

3/4 Cup - Flax Seeds, ground in a high speed blender

3/4 Cup / 93 g - Raw Sunflower Seeds, ground in food processor

1/2 Cup - Bragg's Liquid Aminos

1/3 Cup / 80 g - Olive Oil

Peel and halve the Onions. In a food processor, cut the Onions with the blade attachment. Transfer the cut Onions into a large mixing bowl, and add the remaining ingredients. Mix until the ingredients are thoroughly combined.





Spread 2 cups of the mixture on a dehydrator tray lined with a Teflex sheet. Repeat until all mixture is used. Dehydrate at 100°F for 24 hours. Flip tray over onto a work surface and gently peel the Teflex sheet off the Cracker dough. Return to dehydrator for another 12 hours. Once dehydrated, cut into 9 equal pieces.



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Deviled Eggs



Ingredients for Each 4* Large, Hard-cooked Eggs:

2 TBS / 1 oz / 28 g - [Mayonnaise](#)

1 TSP / 5 g - Yellow Mustard

1/8 TSP / 1 g - Tabasco

1/8 TSP - Vege-Sal or Herbamare

1/4 TSP / 2 g - Sea Salt

Paprika for sprinkling, if desired

Halve the Eggs and remove Yolks. Mash Yolks and any extra Eggs, and combine with all ingredients. Scrape the Egg Yolk mixture into one corner of a strong 1-gallon food storage bag and snip off a small portion of the corner. Twist the bag closed right above the mixture, and fill the halved Egg Whites with the Egg Yolk mixture, using the disposable food piping bag that you just made. Top the Deviled Eggs with Paprika, if desired.

* For each 12 Eggs, cook 1 or 2 extra and mash the entire egg(s) and add to the filling to make nice fully stuffed Deviled Eggs.

Note: 1 Serving = 4 Stuffed Egg Halves

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Egg & Kale Omelet with Cheese



Ingredients:

- 4-6 - Eggs (depending on size)
- 2 Cups / 2 oz / 57 g - Kale
- 1 TBS / 1/2 oz / 14 g - Coconut Oil
- 1 TBS / 1/2 oz / 14 g - Butter
- 1/4 TSP / 2 g - Sea Salt
- 1/4 TSP - Black Pepper
- 1 TSP / 5 g - Crystal Hot Sauce (or your favorite)
- 3 oz / 85 g- Sharp Cheddar Cheese, Shredded

For every 4 Eggs in the omelet, sauté 2 Cups / 2 oz / 57 g) Kale in 1 TBS Coconut Oil and 1 TBS Butter over medium heat - some of the Kale will get little crispy. Add a splash of water and a dash of Sea Salt. Reduce the heat, and cover the pan. Stir the Kale occasionally. Prep the Eggs with Sea Salt, Black Pepper, and Crystal Hot Sauce. Whisk thoroughly and pour mixture over the Kale. Stir to distribute evenly and reduce the heat slightly. Lift the edges of the omelet and tilt the pan to allow uncooked Egg to flow under. Add 2 oz / 57 g of the Cheese to half of the omelet and cook until fairly set. Fold the omelet over and cut into two portions, and sprinkle the remaining 1 oz / 28 g of Cheese on top of the omelet portions. Cover the pan to complete cooking the Eggs and melt the Cheese. The heat can be turned off at this point to hold the omelet until serving.

Makes 2 servings.

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Egg & Zucchini Scramble



Ingredients:

- 16 oz / 454 g - Zucchini, Shredded or Diced (about 2 Cups)
- 4-6 - Eggs (depending on size)
- 2 TBS / 1 oz / 28 g - Olive Oil
- 1 TBS / 1/2 oz / 14 g - Butter
- 2 TSP / 10 g - Green Onions or Regular Onions, Chopped
- 1/2 Cup / 2 oz - Romano Cheese, Grated (or Parmesan)
- 1/2 TSP / 3 g - Sea Salt, divided (add 1/4 TSP to cooking Zucchini)
- 1/2 Cup / 2 oz / 57 g - Chopped Tomato (optional)
- 1/2 TSP / 1 g - Pepper
- 1 TSP - Parsley

In a large sauté pan, heat Olive Oil and melt Butter. Add Onions, Zucchini, and 1/4 TSP Salt. Cover and steam for 5 minutes. Beat Eggs with seasonings and add to pan. Scramble until firm and then stir in Cheese to melt.

Please note: Cook the Zucchini to your taste, but the less it is cooked, the more nutrients it retains.

Makes 2 ample servings.

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English Muffins with Almond Flour

New in v2.4



Ingredients for Each Muffin:

1/4 Cup / 1 oz / 28 g - Almond Flour

1 - Egg, beaten

1 TBS / 1/2 oz / 14 g - Butter, melted & cooled so it does not cook the egg

1/8 TSP - Baking Powder

1/16 TSP - Sea Salt, or to taste

Preheat oven to 350°F. In a bowl, stir together all ingredients until thoroughly mixed. Grease one muffin ring for each English muffin being made. Place the rings on a cookie sheet lined with parchment paper or a silicone baking mat. Sprinkle a little almond flour on the mat inside of each ring. Fill each ring with muffin batter. Bake the muffins for 20 minutes, or until they are set and lightly browned on the top, watching carefully so they do not burn (you will smell them). Allow the muffins to cool for several minutes on the sheet. Once firmed, use a thin spatula to move the muffins to a cooling cloth or rack and remove the rings. When ready to prepare for serving, fork-split muffin(s), butter and lightly brown the inside in a sauté pan or toast in a toaster oven and then butter, if desired. These English muffins are excellent for making sandwiches. Enjoy!

Note: A muffin-top pan, large round metal cookie cutters, or even small tuna cans with both

ends removed can be substituted for the muffin rings. That is if you are lucky enough to find tuna cans that have bottoms that are removable.



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Baked Fish with Almond Flour Topping



Ingredients for Each Serving:

2 TBS / 1 oz / 28 g - Butter

4 oz / 113 g - Mushrooms, sliced (drained if using canned or sautéed if using fresh)

1/2 Cup / 2 oz / 57 g - Onion, diced

2 TSP - Parsley (dried, or 2 TBS fresh)

5 oz / 142 g - Raw White Fish Fillet (wild-caught Cod or Haddock)

2 TBS / 1/2 oz / 14 g - Almond Flour

1/8 TSP / 1 g - Sea Salt, or to taste (may need more if substituting Oil for Butter)

1/8 TSP - Pepper

Lemon Wedges, if desired

Pre-heat oven to 375°F. Grease a shallow baking dish; put in sliced mushrooms, onions, and half of the parsley; dot with half the butter; sprinkle with half of the salt and pepper (and spritz with some lemon, if desired). Melt the remaining butter to coat the fish. Place fish fillets over the mushroom and onion bed, and coat the tops of the fillets with melted butter. Sprinkle fish with the remaining salt and pepper, remaining parsley, and all of the Almond Flour. Drizzle with any remaining butter. Bake in a moderately hot oven (375°F) for 20 to 25 minutes, or until fish is tender and crumbs are slightly browned, but be careful not to burn the Almond Flour. Serve with lemon wedges.

Makes 1 serving.

This recipe can be multiplied to make as many servings as desired.



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Oven-Fried Fish

New in v2.4



Ingredients:

8 oz / 227 g - Wild-Caught Boneless White Fish Fillets (cod, haddock, or your favorite)

1/2 Cup / 2 oz / 57 g - Almond Flour

1/2 TSP / 1 g - Paprika

1/4 TSP / 1g - Baking Soda

1/4 TSP - Baking Powder

1/4 TSP / 2 g -Sea Salt, or to taste

1 - Egg, lightly beaten

1 TSP / 5 g - Apple Cider Vinegar

2 TBS / 1 oz / 28 g - Light Olive Oil

Preheat the oven to 375° F. In a shallow bowl, stir Egg and Vinegar together. Cut Fish into pieces approximately 2"x3", place all of the pieces into the bowl of Egg mixture to soak, and then store in the refrigerator until ready to cook. Combine Almond Flour and Seasonings in a gallon plastic bag or a shallow bowl (trust me, using the bag is MUCH neater). Drain excess Egg mixture from each piece of Fish and then dredge it in the Almond Flour mixture, shaking the bag to coat the Fish pieces thoroughly. Pour Olive Oil into a shallow baking dish large enough to hold Fish without crowding (a non-stick pan is helpful). Place each coated piece of Fish in the pan. Sprinkle/drizzle any leftover Almond Flour or Egg mixture over the Fish. Bake Fish for 15

minutes, then turn Fish over and cook 5 more minutes. Sprinkle with a little cayenne pepper, if desired. Best served piping hot with lemon wedges or cider vinegar on the side!

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Foodles (Faux Noodles)

New in v2.0



Ingredients:

- 1 Cup / 120 g - Garbanzo Bean Flour (aka Chickpea Flour)
- 1 TSP / 6 g - Sea Salt, finely ground
- 1/8 TSP / 1 Dash - Pepper, finely ground
- 2 - Eggs (large), beaten
- 1 TBS / 14 g - Light Olive Oil

Combine dry ingredients in a large bowl. Beat the Eggs in a small bowl. Add Eggs to the dry ingredients and stir with a fork to combine. Add oil and stir until a ball of dough forms. If the dough is sticky, add a little more Garbanzo Bean Flour, until the dough comes to the desired consistency. While making the dough, heat filtered water with 1 TBS / 18 g of Sea Salt (or to taste) to boiling in a large pot. Press dough through a Ricer into the boiling water. Reduce heat to a simmer. Stir occasionally to prevent sticking and boiling over. Cook until the Foodles are tender, for about 8 minutes, but start checking for doneness after 5 minutes. Remove the Foodles from boiling water with a large slotted spoon, and drain them in a colander that has been placed in a larger shallow bowl. Top with melted butter or olive oil, if desired; or, serve in any dish that would traditionally include pasta.

Makes 4 - 4 oz servings.



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Foodle & Egg Salad

New in v2.1



Ingredients:

- 1 LB / 454 g - [Foodles](#) (Faux Noodles - one batch), chopped
- 2 - Eggs (large), hard-cooked & diced
- 2 oz / 57 g - Celery, chopped
- 2 oz / 57 g - Cucumber, chopped
- 2 TSP / 10 g - Green Onions or regular Onions, chopped
- 4 oz / 113 g - [Cooked Salad Dressing](#) (1/3 batch)
- 1 TBS / 1/2 oz / 14 g - [Mayonnaise](#), or to taste
- 1/2 TSP / 3 g - Sea Salt, or to taste
- 1/4 TSP - Black Pepper, finely ground, or to taste
- 1/4 TSP - Celery Seed

Process all of the vegetables into a large bowl. Add Foodles to bowl. Gently stir in Dressing and Mayonnaise (the level of sweetness of the dressing can be adjusted by adding more or less mayonnaise). Sprinkle with Celery Seed and add Sea Salt and Pepper to taste. You can stir in any chopped vegetables that you like in traditional pasta salad. Refrigerate until ready to eat.

Makes about 28 oz / 794 g.

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Chocolate Coconut Keto Fat Bombs

New in v3



Ingredients:

1 Cup / 8 oz / 227 g - Coconut Oil

1/4 Cup / 1 oz / 28 g - Coconut Flour

4 TBS - Peanut Butter Powder (without sugar! Jiff makes one) Find at your local grocery store, like Harris Teeter

6 TBS - Hulled Hemp Seed

2 TBS / 30 g - Heavy Cream (use organic)

1 TSP / 5 g - Vanilla

28 drops Stevia - (this makes for a UNSweet treat. Add more Stevia, or substitute powdered sweetener to taste)

1/4 Cup / 1 oz / 28 g - Unsweetened Shredded Coconut

Mix all dry ingredients with Oil. Work it together with a fork until completely mixed into a thick paste. Add Cream and Vanilla, Stevia (if using Stevia), and mix again until well mixed. Roll into bite sized balls, then roll in the Coconut Flour. These can be stored in the fridge. If you freeze them, they will get really hard and you'll need to let them rest at room temperature before serving them.

Enjoy!

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Split Pea and Ham Soup

New in v5



Hot High Protein Goodness in a Bowl!

Ingredients:

- 1 LB / 16 oz / 454 g - Dried Split Peas
- 1 QT / 32 oz / 907 g - Filtered Water, or enough to cover the Peas by 1 inch
- 1 oz / 2 TBS / 57 g - Butter or Olive Oil
- 1/2 Cup / 2 oz / 57 g - Onion, finely diced
- 1/2 Cup / 2 oz / 57 g - Carrot, finely diced
- 1/4 Cup / 1 oz / 28 g - Celery, finely diced
- 1 Tetra Pak / 1 QT / 32 oz / 907 g - Organic Chicken Broth
- 2 TSP - Dried Parsley
- 1/8 TSP / Dash - Fine Black Pepper
- 1/4 TSP - Worcestershire Sauce
- 1/4 TSP - Tabasco Sauce
- 1 TSP / 6 g - Baking Soda (helps release gas)
- 8 oz / 227 g - No Nitrate/No Nitrite/No MSG Cooked Ham, diced (Deitz & Watson)

Rinse the Split Peas and put them to soak in Filtered Water in a large soup pot for several hours or overnight. Start heating the peas and water over medium heat. Sauté the diced Vegetables in Butter or Oil until soft. Add the Veggies to the soup pot and stir well to combine. Adjust

heat to maintain a simmer, as necessary. Add the Chicken Broth. Cook until Peas are soft. Add all Seasonings and the Baking Soda to the pot. Continue to cook until flavors have blended. Add the diced Ham to the pot. Continue to cook until Ham is heated through. Add additional Filtered Water, as necessary, to achieve the desired consistency. Serve hot with a side salad.

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Legal Lasagna

New in v4



Ingredients for Building Lasagna:

16 oz / 454 g - [Organic Tomato Sauce](#) (make 1/2 batch of ours or other no sugar added sauce)
8 oz / 227 g - Organic Mozzarella Cheese, divided in 3 parts (4 oz / 113 g, 2 oz / 57 g, 2 oz / 57 g)
8 oz / 227 g - Organic Hamburger, cooked
1/4 TSP / 2 g - Sea Salt (for cooking the Hamburger)
Legal Lasagna Noodles (recipe below)
Cheese Filling (recipe below)

Ingredients for Legal Lasagna Noodles:

1 Cup / 4 oz / 113 g - Cauliflower, grated (pre-grated weight)
1 Cup / 4 oz / 113 g - Organic Mozzarella Cheese, shredded
1 - Egg, beaten

Ingredients for Cheese Filling:

15 - 16 oz / 425 - 454 g - Organic Ricotta Cheese (container contents vary)
1/2 Cup / 2 oz / 57 g - Organic Mozzarella Cheese, shredded
1/4 Cup / 1 oz / 28 g - Organic Romano Cheese, grated
1 - Egg, beaten
1/2 TSP - Parsley

1/4 TSP - Sea Salt

Directions:

Preheat oven to 450°F. Mix the Noodle ingredients thoroughly. Scrape the batter onto a baking sheet lined with a non-stick silicone baking mat (highly recommended!) or parchment paper. Spread the batter as thinly as possible, approximately 12" x 8". Bake for 10 minutes, just until the cheese is set and starts to brown. Reduce the oven temperature to 350°F. Set Noodles aside to cool on the pan. Cut Noodles in half each direction as shown in the photo below (edges can be cut and pieced to fit into Lasagna baking dish. While the Noodles are baking, cook and season the Hamburger. Make the [Organic Tomato Sauce](#) and add the cooked Hamburger. Mix the Cheese Filling ingredients and set aside. To assemble the Lasagna, butter a 2-quart casserole dish with 4" sides and start with a thin layer of sauce on the bottom of the dish. Then the layering order is as follows:

Noodles, Sauce, Cheese Filling,
Noodles, Sauce, Cheese Filling,
Noodles, Sauce, Cheese Filling,
Noodles, Sauce, and final 2 oz / 57 g Mozzarella Cheese for the top.

Cover the casserole with a lid or foil and place in the preheated oven (350°F). Bake for 30 minutes. Uncover and bake for another 10 minutes or until top starts to brown in places. Allow the Lasagna to setup for several minutes before cutting and serving.

Makes 4 - 12 oz Servings (approximately).

Note: This recipe uses an 8 ounce package of shredded organic Mozzarella Cheese to make the various components. The recipe doubles beautifully and is an excellent entree for entertaining while staying on Dr. Berg's diet. Your guests will never guess that they are eating healthy when they taste how delicious our Legal Lasagna is.

Time Saver: The Noodles and Sauce can be made ahead and refrigerated or frozen until ready to use. Enjoy!



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Magical Manicotti

New in v4



Why Magical? Because the Yummy Noodles Contain Zero Flour

Ingredients for Building Lasagna:

16 oz / 454 g - [Organic Tomato Sauce](#) (make 1/2 batch of ours or other no sugar added sauce)
8 oz / 227 g - Organic Mozzarella Cheese, divided (4 oz / 2 oz / 2 oz)
Legal Manicotti Noodles (recipe below)
Cheese Filling (recipe below)

Ingredients for Legal Manicotti Noodles:

1 Cup / 4 oz / 113 g - Cauliflower, grated (pre-grated weight)
1 Cup / 4 oz / 113 g - Organic Mozzarella Cheese, shredded
1 - Egg, beaten

Ingredients for Cheese Filling:

15 - 16 oz - Organic Ricotta Cheese (container contents vary)
1/2 Cup / 2 oz / 57 g - Organic Mozzarella Cheese, shredded
1/4 Cup / 1 oz / 28 g - Organic Romano Cheese, grated
1 - Egg, beaten
1/2 TSP - Parsley
1/4 TSP - Sea Salt

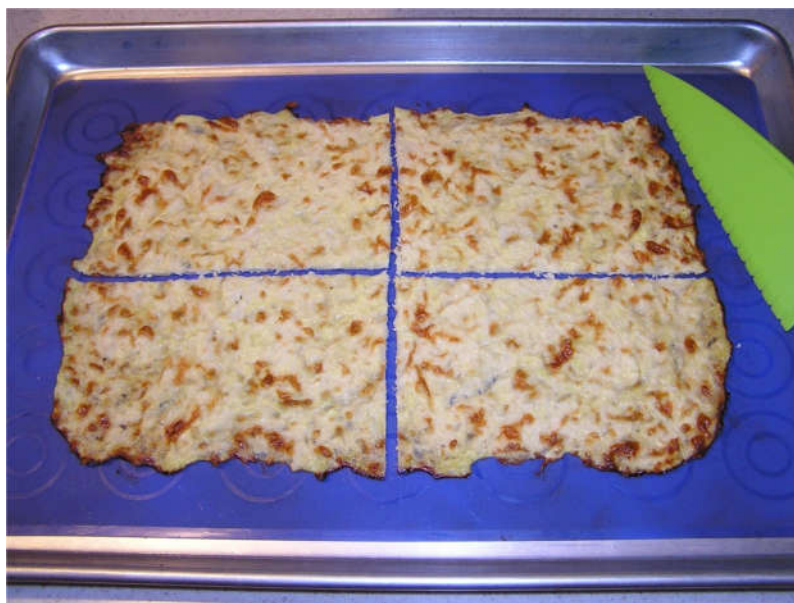
Preheat oven to 450°F. Mix the Noodle ingredients thoroughly. Scrape the batter onto a baking sheet lined with a non-stick silicone baking mat (highly recommended!) or parchment paper. Spread the batter as thinly as possible, approximately 12" x 8". Bake for 10 minutes, just until the cheese is set and starts to brown. Reduce the oven temperature to 350°F. Set Noodles aside to cool on the pan. Cut Noodles in half each direction as shown in the photo below. While the Noodles are baking, make the Tomato Sauce. Mix the Cheese Filling ingredients and set aside. To assemble the Manicotti, butter 4 individual small casserole dishes or a 2-quart casserole dish with 4" sides and start with a thin layer of Sauce on the bottom of the dish(es). Place the narrow end of a Manicotti Noodle in the dish and spoon 1/4 of the filling onto the Noodle and tuck the end of the Noodle underneath, making a stuffed tube. Cover the stuffed Noodles with the rest of the Tomato Sauce and then sprinkle the final 2 oz / 57 g Mozzarella Cheese over the top.

Cover the casserole with a lid or foil and place in the preheated oven (350°F). Bake for 30 minutes. Uncover and bake for another 10 minutes or until top starts to brown in places. Allow the Manicotti to setup for several minutes before serving.

Makes 4 - 10 oz Servings (approximately).

Note: This recipe uses an 8 ounce package of shredded organic Mozzarella Cheese to make the various components. If you enjoy your pasta casseroles with lots of cheese and without meat, then you will LOVE this yummy dish. The recipe doubles beautifully and is an excellent entree for entertaining while staying on Dr. Berg's diet. Your guests will never guess that they are eating healthy when they taste how delicious our Legal Manicotti is.

Time Saver: The Noodles and Sauce can be made ahead and refrigerated or frozen until ready to use. Enjoy!



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Nacho Bites

New in v4



Ingredients for Each Nacho Bite:

1/2 oz / 14 g -Sharp Cheddar Cheese, shredded or sliced

1/2 TBS / 7 g - [Refried Beans](#) or [Cowboy Beans](#)

1 TSP / 5 g - Organic Sour Cream

1/2 TBS / 7 g - [Tomato Salsa](#)

Pickled Jalapeños, diced & added to taste
and / or

Green Olives, diced & added to taste

Preheat oven to 350°F or warm a non-stick fry pan over medium heat. Place the desired number of Cheese mounds on a pan lined with a silicone mat or in the heated pan. Cook the Cheese for 5 minutes, or until melted, and remove from the oven, or from the heat, to allow the Cheese to firm up. Layer [Refried Beans](#) or [Cowboy Beans](#), Sour Cream, [Tomato Salsa](#), Pickled Jalapeños Slices and/or Green Olives, if using. Serve them up, pass the forks, and dig in. These are so yummy.

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Pancakes with Almond Flour & Xylitol

New in v2.3



Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 1 TBS / 12 g - Xylitol Sweetener
- 1/2 TSP - Baking Powder
- 1/4 TSP / 1 g - Baking Soda
- 1/8 TSP / 1 g - Sea Salt, finely ground
- 1/2 Cup / 4 oz / 113 g - Organic Milk (or Organic Buttermilk, or your favorite unsweetened substitute)
- 2 TSP / 10 g - Vinegar (omit if using Buttermilk)
- 1 - Egg, well beaten
- 1 TBS / 14 g - Light Olive Oil

Mix Apple Cider Vinegar with Milk to make 1/2+ cup and let sit for five minutes to make sour or “buttermilk” (or buy some Organic Buttermilk). Preheat a griddle to 350°F. Combine dry ingredients in a large bowl. In a small bowl whisk Egg, then add Olive Oil, and beat well. Add Buttermilk to the Egg mixture and stir to combine. Add this mixture to the dry ingredients and whisk until smooth. Allow batter to sit for at least two minutes to rise. Pour four medium or eight small pancakes onto the griddle (silver dollar-size are MUCH easier to flip, especially if you are a novice). Cook until edges are done and bottoms are golden. Turn pancakes and cook

about one minute longer or until done. Serve hot, topped with Butter and [Yacon Syrup](#) and/or Fresh Fruit or make your own keto-friendly syrup with [VitaFiber](#) and Maple Extract. Enjoy!

Makes 4 Regular or 8 Silver Dollar Pancakes.

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Pancakes with Oat Flour & Xylitol

New in v2.3



Ingredients:

- 1/2 Cup / 2 oz / 57 g - Oatmeal (Old-Fashioned / 5 minute)
- 1 TBS / 12 g - Xylitol Sweetener
- 1/2 TSP - Baking Powder
- 1/4 TSP - / 1 g Baking Soda
- 1/8 TSP / 1 g - Sea Salt, finely ground
- 1/2 Cup / 4 oz / 113 g - Organic Milk (or Buttermilk, or your favorite unsweetened substitute)
- 2 TSP / 10 g - Vinegar (omit if using Buttermilk)
- 1 - Egg, well beaten
- 1 TBS / 14 g - Light Olive Oil

Mix Apple Cider Vinegar with Milk to make 1/2+ cup and let sit for five minutes to make sour or “buttermilk” (or buy some buttermilk). Preheat a griddle to 375°F. Process the Oatmeal in a blender to grind it into flour. Combine dry ingredients in a large bowl. In a small bowl whisk Egg, then add Olive Oil, and beat well. Add Buttermilk to the Egg mixture and stir to combine. Add this mixture to the dry ingredients and whisk until smooth. Allow batter to sit for at least two minutes to rise. Pour four medium or eight small pancakes onto the griddle (silver dollar-size are MUCH easier to flip, especially if you are a novice). Cook until edges are done and bottoms are golden. Turn pancakes and cook about one minute longer or until done. Serve

hot, topped with softened Butter and [Yacon Syrup](#) and/or Fresh Fruit or make your own keto-friendly syrup with [VitaFiber](#) and Maple Extract. Enjoy!

Makes 4 Regular or 8 Silver Dollar Pancakes.

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Arugula Pesto

New in v2.1



Ingredients:

2-1/2 Cups / 2-1/2 oz / 71 g - fresh mature or baby Arugula

1 Cup / 1 oz / 28 g - fresh Parsley

1 Cup / 1 oz / 28 g - fresh Basil

1 TBS / 1/2 oz / 14 g - Garlic, minced

1/2 TSP / 3 g - Sea Salt, or to taste

Freshly ground Black Pepper to taste

1 Cup / 7-1/2 oz / 215 g - Extra-Virgin Olive Oil

3/4 Cup / 3 oz / 85 g - Walnuts or Pine Nuts

1/2 Cup / 2 oz / 57 g - freshly grated Parmesan Cheese

In a blender, place the Arugula, Basil, Parsley, Garlic, Sea Salt, Black Pepper and half of the Olive Oil. Process in short bursts until roughly chopped. Turn the blender on and slowly add the remaining Oil. Process until almost smooth - about one minute. Remove the resulting pesto from the blender and place in a bowl. Season with Pepper and stir in the Parmesan Cheese.

Please note: If you make the Pesto to be used later in the week, do NOT add the grated Parmesan Cheese. Add the Cheese just before you use the Pesto--the same for the freshly ground Black Pepper.

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Basil Pesto

New in v2.1



Ingredients:

- 2 Cups / 2 oz / 57 g- fresh Basil Leaves
- 1 TSP / 5 g - Garlic, minced
- 3/4 Cup / 3 oz / 85 g - Walnuts or Pine Nuts
- 1 Cup / 7-1/2 oz / 215 g - Extra-Virgin Olive Oil
- 1/2 TSP / 3 g - Sea Salt, or to taste
- Freshly ground Black Pepper to taste
- 1/2 Cup / 2 oz / 57 g - freshly grated Parmesan Cheese

Combine Basil, Garlic, Sea Salt, and Nuts in a food processor and pulse until coarsely chopped. Run the processor and add the Oil slowly until fully mixed in and smooth. Season with Pepper and stir in the Parmesan Cheese.

Please note: If you make the Pesto to be used later in the week, do NOT add the grated Parmesan Cheese. Add the Cheese just before you use the Pesto--the same for the freshly ground Black Pepper.

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Mixed Herb Pesto

New in v2.1



Ingredients:

- 1/2 Cup / 1/2 oz / 14 g - freshly picked Mint Leaves
- 1 Cup / 1 oz / 28 g - freshly picked Basil Leaves
- 1 Cup / 1 oz / 28 g - freshly picked Parsley
- 1 TSP / 5 g - Garlic, minced
- 3/4 Cup / 3 oz / 85 g - Walnuts
- 3 - medium Plum Tomatoes, roughly chopped
- 1/2 TSP / 3 g - Sea Salt, or to taste
- 1/2 TSP - freshly ground Black Pepper or to taste
- 1 Cup / 7-1/2 oz / 215 g - Extra-Virgin Olive Oil
- 1/2 Cup / 2 oz / 57 g - freshly grated Parmesan Cheese

Place Mint, Basil, Parsley, Garlic, Sea Salt, Tomatoes and Walnuts in the food processor and pulse until roughly chopped. Turn on the food processor and slowly add the Olive Oil. Process until almost smooth--about one minute. Remove the resulting Pesto from the blender and place in a bowl. Season with Pepper and stir in Parmesan Cheese.

Please note: If you make the Pesto to be used later in the week, do NOT add the grated Parmesan Cheese. Add the Cheese just before you use the Pesto--the same for the freshly ground Black Pepper.

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Red Pepper Pesto

New in v2.1



Ingredients:

3 - large red Bell Peppers, washed and cut into medium pieces with stem and seeds removed
1 TSP / 5 g - Garlic, minced
3/4 Cup / 6 oz / 170 g - Walnuts or Pine Nuts
1 Cup - Extra-Virgin Olive Oil
1/2 Cup / 4 oz 57 g - grated Parmesan Cheese
Freshly ground Black Pepper
Lemon Juice - Juice from 1 medium Lemon

Put Peppers and Nuts into the food processor and pulse until diced. Remove two-thirds of it into a bowl and leave the rest in the food processor. Add the Garlic, turn on the food processor and slowly add the Oil. Process until almost smooth—about one minute. Mix all ingredients together in the bowl. Season with Pepper and stir in the Parmesan Cheese.

Please note: If you make the Pesto to be used later in the week, do NOT add the grated Parmesan Cheese. Add the Cheese just before you use the Pesto--the same for the freshly ground Black Pepper.

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Crustless Pizza



Ingredients:

15 oz / 425 g - [Organic Tomato Sauce](#) (our recipe or your favorite)

16 oz / 454 g - Mushrooms, sliced (when sautéed they will lose about 1/2 their weight)

1 TBS / 14 g - Olive Oil, for sautéing

Sauté Mushrooms in Olive Oil and add to 15 oz [Organic Tomato Sauce](#) (15 oz of sauce and the sautéed mushrooms will make 4 Pizzas). Preheat oven to 450°F.

Per Serving use 8-1/2" Corelle (or other) Oven-proof Plate for Faux Pizza Crust:

5 - 6 oz / 170 g - [Organic Tomato Sauce](#) with Mushrooms

4 TBS / 1 oz / 28 g - Romano Cheese, grated

2 oz / 57 g - Mozzarella Cheese, shredded

Place plates in 9" cake pans and build Pizzas (or use [Almond Flour Pizza Crusts](#)) - the Tomato Sauce, with so many Mushrooms, makes the base; sprinkle Sauce with Romano Cheese and top with shredded Mozzarella Cheese. Bake Pizzas for 6 minutes, or until Cheeses are melted and turning golden. Turn off oven and open door a little to keep Pizzas hot until served.

Note: On Dr. Berg's diet, Corelle (or other) Oven-proof Plates can be your best friend.

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Almond Flour Pizza Crust



Ingredients:

- 1/2 Cup / 2 oz / 57 g - Almond Flour
- 1/4 TSP / 2 g - Sea Salt
- 1/4 TSP / 1 g - Baking Soda
- 1 TSP / 5 g - Olive Oil
- 1 - Egg (large), beaten

Preheat oven to 350°F. Blend together all dry ingredients. Whisk together the Oil and Egg in a small bowl, and then add it to the dry ingredients and stir until combined. Dough should be the consistency of thick batter. Grease a non-stick 13x9 cake pan or cookie sheet. Add the dough in two mounds and spread it out on the pan with a rubber spatula until 2-1/4-inch thick circles are formed. Bake crust for 10 minutes, or until lightly golden brown. Do NOT overcook, because the crust will be baked again once the toppings are added. Top with anything you like on your [pizza](#) and bake until the tops are cooked and cheese is melted.

Makes 2 - 6-Inch Round Pizza Crusts.

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Healthy Pizza

New in v2.2



Ingredients:

CRUST

2 Cups / 8 oz / 227 g of grated Cauliflower (pre-grated weight)

2 Cups / 8 oz / 227 g shredded Mozzarella Cheese (organic)

2 Eggs

OPTIONAL: 1/2 Cup / 2oz / 57 g - Onions, sautéed

TOPPINGS (add what you like)

1/4 Cup / 2 oz / 57 g - [Pizza Sauce](#) or [Pasta Sauce](#) (find the one with the least amount of sugar or make ours)

1 Cup / 8 oz / 227 g - Mozzarella Cheese (sprinkle on top)

Sliced Mushrooms (optional)

Basil Leaves (optional)

Pepperoni slices (optional)

Sliced Tomatoes (optional)

Olives (optional)

Preheat oven to 450°F.

Grate 2 cups of cauliflower.



Add 2 cups of shredded Mozzarella Cheese (organic).



Mix in 2 Eggs.



Cut parchment paper to fit pizza tray. (I was given the following hint to make this easy: Fold the parchment paper in half, then in half again, and then fold it on the diagonal. You should have a triangle. Put the paper's middle tip in the center of the pan and measure to where the pan ends. Then just cut off the edges that hang over. This works for any kind of circular pan.) Or, if you have a SilPat (silicone baking mat), use it, because this crust WILL stick to the pan.



Mix crust thoroughly and spread on the parchment paper as thinly as possible.



Cook crust for 15 minutes.



Let cool down for 5 minutes. Apply toppings of your choosing.



Cook for 10 additional minutes. Let cool for 5 minutes.



Here's one with only mushrooms and olives.



Enjoy!

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Hawaiian Kalua Pork



It is not a true Luau without Hawaiian Kalua Pork slow roasted in an imu pit. Traditionally, a whole pig is wrapped in banana leaves (aka Hawaiian tin foil) before being buried in the ground for hours, with hot rocks and burning embers. Since this method is not easily done locally, here is the next best thing:

Ingredients:

1 Organic Pork Shoulder Roast (aka Boston Butt or Picnic Roast), about 5 - 7 LB / 2268 to 3175 g

1 TBS / 18 g - Coarse Sea Salt

Heavy-duty Aluminum Foil

Remove the Pork from the refrigerator and let it come to room temperature before proceeding. Preheat the oven to 300°F.

Double-line a roasting pan with heavy-duty aluminum foil. Season the Pork on all sides with the Coarse Sea Salt. Place the Pork in the pan, fat side up. Cover the pan tightly with more aluminum foil and bake for 4-5 hours. Do not open the foil during this time.

After 4-5 hours (depending on size) remove the top foil covering from the Pork and continue to bake until the Roast is very tender and pulls apart easily, at least 2 hours longer. Remove the Pork from the oven, carefully transfer the Meat to a platter, and set it aside until cool enough to handle. Using two forks (or your hands), shred the Pork into bite-sized pieces. Remove any excess fat from the Meat. Store leftover Pork, in usable portions, in the freezer. Four ounce servings are delicious over Salad Greens and [Olive Oil Vinaigrette Dressing](#), or served with [Spicy Cole Slaw](#).

Pour the liquid from the roasting pan into a shallow covered metal container, and place it in the refrigerator, to allow the fat to surface and harden. Remove the fat from the Pork Gelatin (some chefs call meat gel/jelly “Liquid Love”, because of its many delicious uses). Some Pork Gelatin can be added to the Pulled Pork when reheating, and the rest can be used to flavor vegetables when cooking, if desired.

Serving Suggestion: Hawaiian Kalua Pork is delicious topped with [Spicy BBQ Sauce](#) and 1 TSP / 5 g of Sesame Seeds, along with a serving of [Spicy Cole Slaw](#). We usually serve Kalua Pork and Cole Slaw alone, but occasionally add the Sauce and Sesame Seeds for a different taste treat.

Note: Your feathered friends will love you this winter, if you freeze the pork fat and scraps, to save them for serving in a wire fat feeder (during cold weather ONLY).



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Primavera Sauce

New in v2.3



Ingredients:

- 1 Cup / 4 oz / 113 g - Onion, chopped
- 1/4 Cup / 1 oz / 28 g - Celery, chopped
- 1/4 Cup / 1 oz / 28 g - Green Pepper, chopped
- 8 oz / 227 g - Mushrooms, sliced (or 4 oz / 113 g canned)
- 1/3 Cup / 5-1/3 TBS / 75 g - Butter (or a mix of Butter &/or Olive Oil)
- 1 Cup / 8 oz / 227 g - Organic Milk (or your favorite unsweetened substitute)
- 8 oz / 227 g - Package Cream Cheese, cubed
- 1 Cup / 8 oz / 227 g - Cooked No Nitrate/No Nitrite Ham, chopped (or other meat)
- 2 TBS / 1 oz / 28 g - Pimiento, chopped
- 4 TBS / 1 oz / 28 g - Romano or Parmesan Cheese, grated
- 1 TSP - Parsley
- 1/4 TSP - Black Pepper (or to taste)
- 16 oz / 454 g [Foodles \(Faux Noodles\)](#)
or
- 16 oz / 454 g - Steamed Sugar Snap Peas, Mixed Veggies, or Zucchini sautéed in Olive Oil

Sauté Onions, Celery, Green Pepper, and Mushrooms in Butter (or Butter &/or Olive Oil). Add Milk and Cream Cheese; stir over low heat until Cream Cheese has melted. Add all of the

remaining ingredients except the [Foodles \(Faux Noodles\)](#), cooked Sugar Snap Peas, Mixed Vegetables, or Zucchini. Continue to cook until sauce thickens. Additional Milk may be added to the sauce if it gets too thick. Serve over 4 ounces of [Foodles \(Faux Noodles\)](#) or 6 ounces of cooked Vegetables, for each portion.

Makes 4 - 8 oz servings of Primavera sauce.



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Salmon with Pecan Butter Sauce



Ingredients:

2 5-6 oz 170 g- Raw Salmon Fillets, Defrosted (or Tilapia, or Other)

2 TBS / 1 oz / 28 g - Butter

2 TBS / 1 oz / 28 g - Olive Oil

2 oz / 57 g - Raw Pecans, Chopped

Salt & Pepper, if desired (Salted Butter usually is enough)

Heat 1 oz Olive Oil in hot non-stick pan. Season both sides of Fish Fillets with Sea Salt and Black Pepper to taste (if desired). Place in pan and sauté for 2-3 minutes per side, or until done.

Remove Fish to warmed plates and cover. When ready to serve, melt 1 oz Butter in pan and turn off heat. Stir in Pecans to coat with Butter, but do NOT cook the Nuts. Spoon Sauce over Fish and serve.

Note: Recipe works well with wild-caught foil packets of salmon.

Makes 2 - 4-5 / 142 g oz Servings (Cooked Weight).



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Seed and Nut Fat Bombs

New in v5



These little fat bombs are filled with healthy fats from nuts and seeds. If you need a quick breakfast, eat one of these with a kale shake!

290 Calories | 31 g Fat | 5 g net carbs | 5 g Protein

Ingredients:

- 1-1/2 Cups / 6 oz / 170 g - Macadamia Nuts (whole)
- 1/4 Cup / 4 TBS / 30 g - Flax/Chia/Hemp seed (ground)
- 1/2 Cup / 8 TBS / 4 oz / 113 g - Peanut Butter
- 1/4 Cup / 4 TBS / 2 oz / 57 g - Coconut Oil
- 1/2 Cup / 8 TBS / 4 oz / 113 g - Shredded Unsweetened Coconut
- 5 - 10 Drops - Stevia

Directions: In a food processor, pulse macadamia nuts, flax/chia/hemp seeds, peanut butter, and coconut oil. You want the mixture to be a little lumpy. Place mixture into a bowl, add Stevia to taste (about 5 - 10 drops). Gently fold in shredded coconut. Place in refrigerator for about 30-45 mins until it's firm enough that you can shape it. Shape mixture into 10 balls (about a tablespoon each). Refrigerate for another 15 - 20 mins. Coat with more shredded coconut! Store in airtight container in refrigerator.



Total Time: 25 minutes

Serves: 10

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Tomato Sauce



Ingredients:

- 2 - 6 oz / 170 g Cans - Organic Tomato Paste
- 18 oz / 510 g - Filtered Water
- 1 Bay Leaf
- 3/4 TSP - Basil
- 1/2 TSP / 1 g - Black Pepper
- 1/4 TSP - Celery Seed
- 1 TBS / 1/2 oz / 14 g - Garlic, minced (about 6 cloves)
- 1/4 TSP - Marjoram (or increase Oregano to 3/4 TSP)
- 2 TBS / 28 g - Olive Oil (or 1/2 Olive Oil & 1/2 Butter)
- 1/2 TSP - Oregano
- 1 TSP - Parsley
- 1/2 TSP / 3 g - Vege-Sal (or Herbamare or Sea Salt to taste)

Combine all ingredients in medium sauce pan. Cook for about 20 minutes, stirring frequently. Near the end of cooking, remove bay leaf.

Note 1: Use Tomato Sauce to make the [Crustless Pizzas](#), [Healthy Pizza](#) or [Legal Lasagna](#) recipe - this yields enough to make 8 individual pizza servings.

Note 2: Can also be served over [Foodles \(Faux Noodles\)](#), Steamed Sugar Snap Peas, Mixed Veggies, or Zucchini sautéed in Olive Oil.

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Turkey Tetrazzini (or Chicken, or Tuna Fish, or Salmon)



Ingredients:

- 1 Cup / 4 oz / 113 g - Onion, chopped
- 1 Cup / 4 oz / 113 g - Celery, chopped
- 8 oz / 227 g - Mushrooms, sliced (or 4 oz / 113 g canned)
- 4 TBS / 2 oz / 57 g - Butter (or a mix of Butter &/or Olive Oil)
- 1 Cup / 8 oz / 227 g - Organic Chicken Broth
- 8 oz / 227 g - Package Cream Cheese, cubed
- 1 Cup / 8 oz / 227 g - Cooked Turkey, chopped
- 2 TBS / 1 oz / 28 g - Pimiento, chopped
- 4 TBS / 1 oz / 28 g - Romano or Parmesan Cheese, grated
- 1 TSP - Parsley
- 1/4 TSP - Black Pepper (or to taste)
- 16 oz / 454 g [Foodles \(Faux Noodles\)](#)
- or
- 16 oz / 454 g - Steamed Sugar Snap Peas, Mixed Veggies, or Zucchini sautéed in Olive Oil

Sauté Onions, Celery, and Mushrooms in Butter (or Butter &/or Olive Oil). Add Broth and Cream Cheese; stir over low heat until Cream Cheese is melted. Add all of the remaining ingredients except the [Foodles \(Faux Noodles\)](#), cooked Sugar Snap Peas, Mixed Vegetables, or Zucchini. Continue to cook until sauce thickens. Additional Chicken Broth may be added to the sauce if it gets too thick (or little bit of Milk). Serve over 4 ounces of [Foodles \(Faux Noodles\)](#) or 6 ounces of cooked Vegetables, for each portion.

Makes 4 - 8 oz servings of Tetrazzini sauce.

VARIATIONS:

- Substitute chopped cooked Chicken, Tuna Fish, or Salmon for the Turkey.
- Dissolve Chicken Bouillon in 8 oz boiling water and substitute for Chicken Broth.



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Vegetable Beef Soup



Ingredients:

2 QT / 1814 g - Filtered Water
1 TBS / 18 g - Sea Salt
1 TSP / 2 g - Black Pepper
16 oz / 454 g - Organic Stewing Beef (or a little more)
2 LB / 907 g - Cabbage (or a little more)
1 Cup / 4 oz / 113 g - Onion, diced
1/2 Cup / 2 oz / 57 g - Celery, diced
16 oz / 454 g - Potatoes, diced
1 QT / 907 g - Tomatoes, canned
16 oz / 454 g - Mixed Vegetables, frozen
8 oz / 227 g - Large Lima Beans, frozen

Cut meat in cubes, if necessary, add to the pot. Start heating the water in a very large soup pot. Add seasonings to water. Rough chop the cabbage and add to the pot. Add the rest of the ingredients in the order listed, peeling and chopping as necessary. Cook until vegetables are soft and flavors have blended.

Note 1: Use Organic Vegetables, if possible.

Note 2: Doubling this basic recipe will fill a very large soup pot.



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Roasted Vegetables

New in v2.2



Ingredients:

- 4 Carrots
- 3 Beets
- 1 Turnip
- About 10 Brussels Sprouts
- 1 Large Onion, peeled
- 2 Sweet Potatoes
- 1/2 Butternut Squash
- 2 TSP - Italian Seasoning
- 4 TBS / 2 oz / 57 g - Olive Oil
- 1/2 TSP / 3 g - Sea Salt

Preheat oven to 375°F. Wash the vegetables (you can leave the skins on -- just scrub them very well). Trim tough ends and quarter Brussels sprouts. Chop all other vegetables into 1" chunks, except beets, which should be in 1/2" chunks. Mix all vegetables in a large bowl (or two bowls if necessary), drizzle them with olive oil, and stir to coat. Sprinkle with seasonings and stir to coat. Spread vegetables on a large baking sheet and scrape any remaining oil mixture onto them -- try to keep the vegetables in a single layer. Bake for 20 minutes. Check for doneness,

stir well, and continue to bake another 10-25 minutes, until vegetables are lightly browned and fork-tender. Cool 10 minutes before serving.

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Veggie Sandwich



Ingredients for Each Sandwich:

- 2 Slices - Ezekial Bread (Sprouted Grain)
- 2 TBS / 1 oz / 28 g - [Mayonnaise](#)
- 2.5 oz / 71 g - Havarti Cheese, sliced to fit bread
- 2 oz / 57 g - Cucumber, sliced very thin into 9 rounds
- 1 oz / 28 g - Romaine Lettuce, large leaves
- 3 oz / 85 g - Tomato, sliced thick to fit bread
- 1 oz / 28 g - Broccoli Sprouts
- Sea Salt to taste
- Black Pepper to taste
- Pickled Jalapeños, diced, to taste, if desired
- Pickled Jalapeño Juice, for sprinkling, if desired

Spread both slices of bread with mayonnaise; arrange the sliced cheese to fit on bottom slice of bread; arrange cucumber rounds on top of the cheese, overlapping the slices as necessary; layer with lettuce leaves; arrange tomato slices on top of the lettuce, season tomato with sea salt and sprinkle with Jalapeño juice, if desired; cover tomatoes with the broccoli sprouts; pepper the mayonnaise on the top slice of bread, to taste; arrange diced Jalapeños on the top slice of bread, if desired; close sandwich and gently press together before slicing in half; serve with additional sliced tomatoes on the side, lightly seasoned with sea salt, if desired; ENJOY!

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Tasty Treats

Some Nutritious and Delicious Food Pairings (use organic products if possible):

- **Apple**, diced into 4 oz Cottage Cheese, sprinkle with Cinnamon, if desired.



- **Avocado** 1/2 with 1 oz / 28 g Tzatziki Sauce (Plain Yogurt, Cucumber, & Garlic).

- **Baby Carrots with Walnuts** taste great together and they travel well.



- **Baked Sweet Potato** –This is an excellent side dish that does not raise diabetics' blood sugar. A small portion (4 - 6 oz) is a delicious accompaniment to our [Salmon with Pecan Butter Sauce](#) recipe.

New in v3



- **Banana Slices Topped with Walnuts** are a yummy snack.
- **Cheddar Cheese with Walnuts** are a delicious combination that is easy to pack for travel.

- **Dates** - Split, Pit, & Flatten & Top with Walnuts (add Cream Cheese, if desired) NOTE: one 20 g Date, which contains over 130 g of Potassium, is very satisfying, helps curb cravings for other sweets, and helps keep you on your diet.



- **Fried Queso Blanco (White Cheese)** -This is an excellent high protein snack, or meal, when served with a salad. It is a yummy, easy to make, substitute for a grilled cheese sandwich, with all of the flavor and only 1 carb per 1 ounce / 28 grams of cheese. Cut the pieces of cheese 1/2 inch thick and cook in a lightly oiled non-stick pan, over medium heat, until golden brown and slightly crisp on both sides.

New in v4



- **Pickled Eggs and Beets** -For a yummy, easy to make, colorful Easter treat, put 12 boiled and peeled Eggs into a large sealable container, add 3 15 oz cans of Plain Cooked Sliced Beets along with all of their juice and 1 full 15 oz can of Apple Cider Vinegar. Do NOT add any salt to the pickling juice. Stir well, then put into the refrigerator and allow to steep for several hours. The longer they steep, the deeper the color of the eggs will get and the better their taste will be. These delicious and beautiful "Purple" Eggs and Beets are an old Easter tradition in our family, but they are great any time of the year. Serve with a sprinkle of Sea Salt and/or Pepper, if desired. These eggs are as pretty as they are yummy.

New in v5



- **Pine Nuts with Romano Cheese** -Two soup spoons on a small plate, each topped with 1 TSP / 2 g of Pine Nuts and 1 TSP / 2 g grated Romano Cheese makes a delicious appetizer. We refer to this as the Perfect Bite.

New in v2.1



- **Salami and Hot Pepper Cheese** - Cubed Salami (No Nitrite/No Nitrate) and Organic Hot Pepper Cheese served on toothpicks makes a delicious appetizer. This spicy little nibble is always a big hit at parties and get-togethers!

New in v2.3



- For **Spicy Chicken** (sandwich) lovers - sauté 4 oz / 113 g of Chicken cubes in Butter &/or Olive Oil, and a pinch of Cayenne Pepper, and serve it over 4 oz / 113 g Salad Greens with 2 oz / 57 g Celery, 2 oz / 57 g Cucumber, 1/2 oz / 14 g Brocco Sprouts, 3 TBS / 1-1/2 oz / 43 g [Mayonnaise](#), 1 TSP / 5 g Sesame Seeds, & 1/2 TSP / 1 g Black Pepper for a Dinner Salad so good you won't miss the bun.

- **Side Salad** - 2 oz / 57 g Greens, 2 oz / 57 g Celery, 2 oz / 57 g Cucumber, 1 oz / 28 g Grated Romano Cheese, 1 TBS / 14 g Pine Nuts, 1/2 oz / 14 g Brocco Sprouts, & Olive Oil Vinaigrette.
Note: Add 4 oz / 113 g of Meat pieces to 4 oz / 113 g Greens, plus the items above, for a

satisfying Dinner Salad.

- Serve **Sauces** ([Tomato](#), Pesto, [Tetrazzini](#), [Stroganoff](#)) over Lightly Steamed Sugar Snap Peas, Mixed Vegetables, or Sautéed Zucchini (instead of Pasta/Noodles/Rice).

- **Travel Lunch** - Celery, Baby Carrots, & Radishes - we eat this trio every day for lunch, no matter what else we are having - add Cherry Tomatoes & Cheddar Cheese with Walnuts for a perfectly portable, easily baggable, go-anywhere meal.

Celery Preparation and Storage



FINAL NOTE: Be wary when using Pickled Jalapeños and Juice for the first time. All of my recipes are gauged to using jars of Old El Paso Pickled Jalapeños, because the heat level is a known factor. I literally lit us up with Ortega Pickled Jalapeños, as they are a much hotter product. We have also rejected some other brands, due to their having a higher salt content.

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Wonder Wraps (Crepes/Pita/Tortillas)

New in v4



Ingredients for Wonder Wraps:

- 1 Cup / 4 oz / 113 g - Cauliflower, grated (pre-grated weight)
- 1 Cup / 4 oz / 113 g - Organic Cheese, shredded (Sharp Cheddar, Mozzarella, Swiss...)
- 1 - Egg, beaten

Preheat oven to 450°F. Mix the Wrap ingredients thoroughly. Scrape the batter onto a baking sheet lined with a non-stick silicone baking mat (highly recommended!) or parchment paper. Spread the batter as smoothly as possible, approximately 6" x 12". Bake 10-15 minutes, until the cheese is set and starts to brown. Set Wraps aside to cool on the pan. Cut baked Wraps in half as shown in the photo above.

Makes 2 - 6" x 6" Servings.

Note: Let the style of food that you are making be your guide to what shredded cheese to use when making these yummy Wraps. They are wonderful for making sandwiches, [burritos](#), or any time that you would normally want to use crepes, pita, or tortillas. All of the goodness, without the flour carbs. Creating these Wraps has been a wonderful trip down memory lane for me. Early in treatment with Dr. Berg, many years ago, I started making my burritos without tortillas. Later, we included them in the first version this recipe eBook. Getting to roll up those burritos

in these Wraps was a happy trip in the way-back machine for me. My husband Ralph (our faithful Editor, Publisher, and Taste Tester) has frequently teased that my yummy burritos are one of the main reasons that he married me. Enjoy!

Time Saver: The Wraps can be made ahead and refrigerated or frozen until ready to use.



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Zucchini Pasta

A pasta alternative that will blow you away!

New in v2.4



Ingredients:

2 - medium raw Zucchini, washed, dried, and trimmed at both ends

1 Cup / 8 oz / 227 g - [Spaghetti Sauce](#) - low sugar (5g or less)

2 TBS / 1 oz / 28 g - freshly squeezed Lemon Juice

Parmesan Cheese

Boil the Spaghetti Sauce. Shred the Zucchini with a peeler. Using a julienne peeler or a spiral vegetable slicer, slice Zucchini lengthwise into long, thin strands. Slice the Zucchini just until you reach the seeds in the middle and then stop (the seeds will cause the noodles to fall apart). NOTE: If you don't have a peeler or a spiral slicer, you can use a vegetable peeler. Separate the Zucchini strands. Transfer Zucchini strands to a plate without cooking. Pour Lemon Juice over Zucchini strands. Add Spaghetti Sauce and sprinkle with Parmesan Cheese.



Additional Ideas:

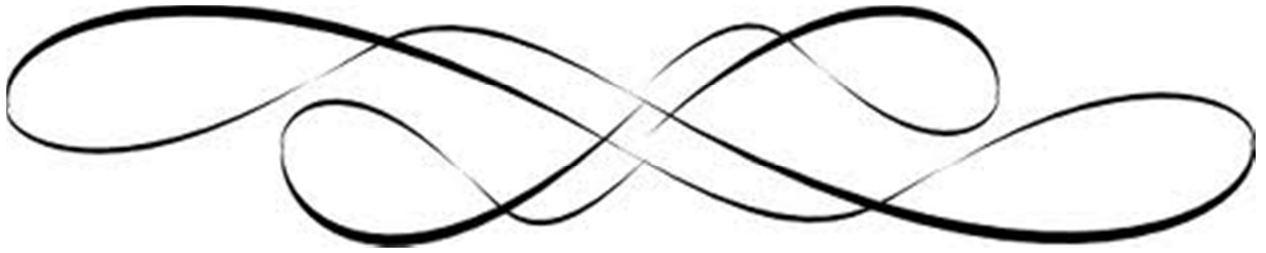
Top with pesto or guacamole.

Top with grilled shrimp or chicken.

Also, the [Veggetti™ Spiral Vegetable Cutter](#) is great for creating pasta-like strands of Zucchini.

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Scrumptious Salads and Fiery Coleslaw



Classic Chef Salad

New in v5



Ingredients for Each Serving:

- 1.5 oz / 43 g - No Additives Cooked Ham, cubed
- 1.5 oz / 43 g - Cooked Turkey, cubed
- 1 oz / 28 g - Sharp Cheddar Cheese, shredded
- 1 oz / 28 g - Swiss Cheese, shredded
- 1 - Hard Cooked Egg, sliced
- 4 oz / 113 g - Mixed Salad Greens
- 1/2 Cup / 2 oz / 57 g - Celery, chopped
- 1/2 Cup / 2 oz / 57 g - Cucumber, chopped
- 1 Cup / 4 oz / 113 g - Tomato, chopped
- 2 oz / 57 g - One of Our Dressings or Your Favorite (Low-Carb)
- 1/2 TSP / 1 g - Black Pepper, if desired
- Green &/or Black Olives, if desired

Prepare the Salad Greens, Celery, Cucumber, and Tomato. Top each serving of Salad Greens with Dressing, Meat, Cheese, and Cooked Egg. Enjoy!

Makes 1 serving.

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Creamy Roast Beef Salad



Ingredients per Serving:

4 oz / 113 g - Rare Roast Beef
4 oz / 113 g - Salad Greens
2 oz / 57 g - Celery
2 oz / 57 g - Cucumber
6 oz / 170 g - Tomato
1/2 oz / 14 g - Brocco Sprouts
1-1/2 oz / 43 g - [Mayonnaise](#)
1/8 TSP / 1 g - Sea Salt
1/2 TSP / 1 g - Black Pepper

Tear-up Rare Roast Beef and serve it over the Salad Greens with Celery, Cucumber, Tomato, Brocco Sprouts, 1-1/2 oz / 43 g Mayonnaise, 1/8 TSP Sea Salt, and 1/2 TSP / 1 g Black Pepper for very satisfying Dinner Salad, minus the sub roll.

Makes 1 serving.

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Cheeseburger Salad



Ingredients for Each Serving:

4 oz / 113 g - Organic Hamburger (3 oz after sautéing)

1/8 TSP / 1 g - Sea Salt

4 oz / 113 g - Mixed Salad Greens

1/2 Cup / 2 oz / 57 g - Celery, chopped

1/2 Cup / 2 oz / 57 g - Cucumber, chopped

1 Cup / 4 oz / 113 g - Tomato, chopped

2 oz / 57 g - Sharp Cheddar Cheese, Shredded

1 TSP / 5 g - Sesame Seeds

Omit the next four ingredients, if using our [Spicy Thousand Island Dressing](#) recipe!

1-1/2 oz / 43 g - Your Favorite Organic Dressing

2 TSP / 10 g - Pickled Jalapeños, chopped (or to taste)

2 TSP / 10 g - Pickled Jalapeño Juice (or to taste)

1/2 TSP / 1 g - Black Pepper

Break up and sauté the Hamburger Meat and season with 1/8 TSP Sea Salt per 4 oz of Meat. Prepare the Salad Greens, Celery, Cucumber, and Tomato. Mix Dressing with Black Pepper, Pickled Jalapeños and Juice, if using. Top each serving of Salad Greens with Dressing, Meat with Pan Juices, Cheese, and Sesame Seeds.

Note 1: By paying attention to the details, like adding Sesame Seeds, we don't miss the buns since converting this sandwich to a big delicious salad. When first working on this recipe, hamburger patties were seasoned, shaped, cooked, and tediously diced up. Breaking up and sautéing the meat not only ended up tasting better, it was also much easier, and got dinner on the table faster.

Note 2: If you do not like spicy food, chopped Dill Pickles and Juice can be substituted for the Pickled Jalapeño Peppers and Juice, to your taste.

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Creamy & Spicy Chicken or Turkey Salad



Ingredients:

8 oz / 227 g Roasted Chicken or Turkey, diced (4oz / 113 g per salad)
1/8 & 1/16 TSP - Celery Seed
1/4 & 1/8 TSP - Vege-Sal, Sea Salt, or Herbamare, if desired
1/2 & 1/4 TSP - Parsley
1/4 & 1/8 TSP - Black Pepper
4 TBS / 2 oz / 57 g - [Mayonnaise](#)
1 TBS / 1/2 oz / 14g - Pickled Jalapeño Peppers, finely chopped
1 TBS / 1/2 oz / 14 g - Pickled Jalapeño Pepper Juice
4 oz / 113 g - Celery, chopped
4 oz / 113 g - Cucumber, chopped & divided
2 TBS / 1 oz / 28 g - Brocco Sprouts, divided for topping
8 oz / 227 g - Salad Greens (Romaine or Mixed - 4oz / 113 g per salad)

Mix the ingredients listed, down through the Celery. Divide Meat mixture in half and serve over the cucumber and Greens of your choice for each portion. Top with Brocco Sprouts.

Note: If you do not like spicy food, chopped Dill Pickles and Juice can be substituted for the Pickled Jalapeño Peppers and Juice, to your taste.

Makes 2 servings.

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Greek Chicken Salad



Ingredients:

For Each Serving:

4 oz / 113 g - Organic Roasted Chicken, Diced

1/2 TSP / 1 g - Ground Black Pepper

4 oz / 113 g - Organic Salad Greens (Romaine or Mixed)

1/2 Cup / 2 oz / 57 g - Celery, Chopped

1/2 Cup / 2 oz / 57 g - Cucumber, Chopped

1-1/2 oz / 43 g - [Olive Oil Vinaigrette Dressing](#)

4 TBS / 1 oz / 28 g - Romano or Parmesan Cheese, Grated

1/2 oz / 14 g - Brocco Sprouts

1 TBS / 1/2 oz / 14 g - Pine Nuts

Warm the Chicken; toss the Greens of your choice with the Vinaigrette; and top each Salad with Chicken, Cheese, Pine Nuts, and Brocco Sprouts.

Makes 1 serving.

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Spicy Cole Slaw



Ingredients:

- 1/8 & 1/16 TSP - Celery Seed
- 1/2 & 1/8 TSP - Vege-Sal (or Herbamare or Sea Salt to taste)
- 1/2 & 1/4 TSP - Parsley
- 1/4 & 1/8 TSP - Black Pepper
- 3 TBS / 1-1/2 oz / 43 g - [Mayonnaise](#)
- 1 TBS / 1/2 oz / 14 g - Jalapeño Peppers, chopped (or less)
- 1 TBS / 1/2 oz / 14 g - Jalapeño Pepper Juice (or less)
- 2 Drops Clear Liquid Stevia (we use Now Brand Stevia Glycerite)
- 8 oz / 227 g - Shredded Cabbage

Mix dressing and then fold in Shredded Cabbage (we use the bagged Cole Slaw with shredded carrots and red cabbage mixed in). Allow to sit for about ten minutes for the flavors to meld. This Cole Slaw is delicious served with [Hawaiian Kalua Pork](#) with or without [Spicy BBQ Sauce](#) topped with Sesame Seeds.

Note 1: Be wary when using Pickled Jalapeños and Juice for the first time. All of my recipes are gauged to using jars of Old El Paso Pickled Jalapeños, because the heat level is a known factor. I literally lit us up with Ortega Pickled Jalapeños, as they are a much hotter product. We have also rejected some other brands, due to their having a higher salt content. Using the full amounts listed above will produce a very spicy slaw, and should be adjusted to your taste.

Note 2: If you do not like spicy food, chopped Dill Pickles and Juice can be substituted for the Pickled Jalapeño Peppers and Juice, to your taste.

Note 3: Dr. Berg's wife thinks that this Spicy Dressing makes an excellent Dip for Vegetables. She and their children ate all of the first sample batch, before he got a chance to taste it!

Makes 2 - 5 oz / 142 g servings.

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Deli Salad

New in v2.3



Ingredients:

For Each Serving:

2 & 1/2 oz / 72 g - Hard Salami, diced (No Nitrite/No Nitrate)

1/2 oz / 14 oz - Pepperoni, diced (No Nitrite/No Nitrate)

2 oz / 57 g - Mozzarella Cheese (Organic), shredded

1/2 TSP / 1 g - Ground Black Pepper

4 oz / 113 g - Organic Salad Greens (Romaine or Mixed)

5 oz / 142 g - Cherry Tomatoes, chopped

1/2 Cup / 2 oz / 57 g - Celery, chopped

1/2 Cup / 2 oz / 57 g - Cucumber, chopped

1-1/2 oz / 43 g - [Olive Oil Vinaigrette Dressing](#)

1 TBS / 14 g - Wine Vinegar (Optional)

1/2 oz / 14 g - Brocco Sprouts

1/2 oz / 14 g - Crushed Hot Cherry Peppers (Optional)

Toss the Greens of your choice with the Vinaigrette; and top each Salad with Meats, Cheese, Black Pepper, Crushed Hot Cherry Peppers (if using), and Brocco Sprouts.

Note: This delicious salad is made with the ingredients from one of our all-time favorite sub sandwiches and it makes staying on Dr. Berg's diet a pleasure.

Makes 1 serving.

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Egg Salad



Ingredients:

6-8 - Eggs, hard-cooked & diced (depending on size)
2 oz / 4 TBS / 57 g - [Mayonnaise](#)
2 TSP / 10 g - Yellow Mustard
1/4 TSP / 2 g - Tabasco
1 TSP - Parsley
1/2 TSP / 3 g - Sea Salt
1/2 TSP / 1 g - Black Pepper
1/4 TSP - Celery Seed
1/4 TSP - Vege-Sal or Herbamare
1 Cup / 4 oz / 113 g - Celery, chopped
8 oz / 227 g - Salad Greens (Romaine or Mixed)
1 Cup / 4 oz / 113 g - Cucumber, chopped
1 oz / 28 g - Brocco Sprouts, for Topping

Dice the eggs and mix with the ingredients listed, down through the Celery. Divide the mixture in half and serve it over 2 oz / 57 g Cucumber and 4 oz / 113 g Greens of your choice for each portion. Top with Brocco Sprouts.

Makes 2 servings.

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Greek Egg & Spinach Salad



Ingredients:

For Each Serving:

- 2 - Eggs (large), hard-cooked & diced
- 1/2 TSP / 1 g - Ground Black Pepper
- 3 oz / 85 g - Organic Baby Spinach
- 1/2 Cup / 2 oz / 57 g - Celery, Chopped
- 2 oz / 57 g - Cucumber, Chopped
- 1-1/2 oz / 43 g - [Olive Oil Vinaigrette Dressing](#)
- 4 TBS / 1 oz / 28 g - Romano Cheese, Grated
- 1/2 oz / 14 g - Brocco Sprouts
- 1 TBS / 1/2 oz / 14 g - Pine Nuts

Toss Spinach with the Vinaigrette; and top each Salad with Eggs, Cheese, Pine Nuts, and Brocco Sprouts.

Makes 1 serving.

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Fajita Salad for Two

New in v2.3



Ingredients:

- 8 oz / 227 g - Raw Organic Meat, thinly sliced (Beef, Chicken, Pork, or Fish)
- 1 Cup / 4 oz / 113 g - Onion, thinly sliced
- 1 Cup / 4 oz / 113 g - Green Pepper, thinly sliced
- 1 TBS / 1/2 oz / 14 g - Olive Oil
- 1 TBS / 8 g [Burrito & Chili Seasoning](#)
or
- 1 TBS / 8 g - Taco Seasoning (or other packaged mix with no MSG)
- 1/4 TSP / 2 g - Sea Salt, or to taste
- 1/4 TSP - Ground Black Pepper, or to taste
- 8 oz / 227 g - Salad Greens (Romaine or Mixed), divided
- 1 Cup / 4 oz / 113 g - Celery, chopped & divided
- 1 Cup / 4 oz / 113 g - Cucumber, chopped & divided
- 4 oz / 113 g - [Pureed Pinto Bean Mixture](#), divided (from the Burritos recipe)
- 4 oz / 113 g - Organic Salsa, divided (your favorite level of heat)
- 4 oz / 113 g - Sour Cream, divided
- 1 - Avocado, mashed and divided
- 6 oz / 170 g - Organic Cheddar Cheese, shredded & divided

Sauté Onion and Green Pepper with a dash of Sea Salt in 1 TBS / 14 g Olive Oil for 3 minutes in a non-stick pan. Add Meat, Sea Salt, and Black Pepper, and Sauté until Meat is cooked to desired doneness. Prepare the Salad Greens, Celery, and Cucumber. Top each serving of Salad Greens with heated Bean Mixture, Meat, cooked Vegetables, Salsa, Sour Cream, Avocado, and Cheese, or as desired. Enjoy!

Note: See recipes for [Salsa Verde](#) or [Tomato Salsa](#)

Makes 2 servings.



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Potato Salad

New in v2.1



Due to potatoes being a high carbohydrate vegetable, this sugar-free potato salad should be considered an occasional treat, if you are doing well on Dr. Berg's diet plan.

Ingredients:

- 3 LB / 1361 g - Red-Skinned Potatoes, boiled & diced
- 3 - Eggs (large), hard-cooked & diced
- 3 oz / 85 g - Celery, chopped
- 3 oz / 85 g - Cucumber, chopped
- 1-1/2 oz / 43 g - Onion, chopped
- 12 oz / 340 g - [Cooked Salad Dressing](#) (one batch)
- 1-1/2 oz / 43 g - [Mayonnaise](#), or to taste
- 1-1/2 TSP / 9 g - Sea Salt, or to taste
- 1/2 & 1/4 TSP - Black Pepper, finely ground, or to taste
- 1/4 TSP - Celery Seed

Scrub the Potato skins clean. Place clean Potatoes in a large pot and cover by about two inches with filtered water and 1 TBS / 18 g of Sea Salt (or to taste). Bring water to a boil, reduce heat, and simmer Potatoes, with the lid mostly covering the pot, until they are fork tender (about 40 - 50 minutes). Process all of the vegetables into a large bowl. Gently stir in Dressing and

Mayonnaise (the level of sweetness of the dressing can be adjusted by adding more or less mayonnaise). Sprinkle with Celery Seed and add Sea Salt and Pepper to taste. Refrigerate until ready to eat.

Makes about 4 LB / 1,814 g.

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Reuben Salad

New in v4



At LAST - One of our Favorite Sandwiches Becomes a Salad!

Ingredients for Each Salad:

3 oz / 85 g - Shredded Cole Slaw Mix

3 oz / 85 g - Sauerkraut, including some juice if desired

2 oz / 57 g - Organic No Nitrate/No Nitrite Corned Beef, sliced very thin & torn-up

2 oz / 57 g - Swiss Cheese, sliced thin & torn-up

1/4 TSP - Caraway Seeds

Omit the next four ingredients, if using our [Spicy Thousand Island Dressing](#) recipe!

1-1/2 oz / 43 g - Your Favorite Organic Thousand Island Dressing

2 TSP / 10 g - Pickled Jalapeños, chopped (or to taste)

2 TSP / 10 g - Pickled Jalapeño Juice (or to taste)

1/2 TSP / 1 g - Black Pepper

Mix the Cole Slaw and dressing ingredients of your choice in a large dinner salad bowl. Sprinkle the Cole Slaw with Sauerkraut Juice and then spread the Sauerkraut over the top. Place the Corned Beef in a non-stick pan and cover it with the Swiss Cheese. Cover the pan and warm over medium heat to slightly melt Cheese. Top the prepared the Cole Slaw with the heated

Meat and Cheese and sprinkle with Caraway Seeds. With the crunch of the Cole Slaw and the sprinkling of Caraway Seeds in this yummy salad, you'll never even miss the grilled rye bread.

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Salmon Salad with Dill

New in v2.4



Ingredients:

2 - 5 oz / 142 g - 2 Foil Packets Wild-Caught Salmon
4 TBS / 2 oz / 57 g - [Mayonnaise](#)
1/2 TBP / 8g - Green Onions, chopped
1/2 TSP / 3 g - Lemon Juice
1/2 TSP - Dried Dill, or to taste
1/8 TSP - Celery Seed
1/4 TSP - Vege-Sal, Sea Salt, or Herbamare, if desired
1 TSP - Parsley
1/4 TSP - Black Pepper
4 oz / 113 g - Celery, chopped
4 oz / 113 g - Cucumber, chopped & divided
2 TBS / 1 oz / 28 g - Brocco Sprouts, divided for topping
8 oz / 227 g - Salad Greens (Romaine or Mixed), divided

Mix the ingredients listed, down through the Celery. Divide Salmon mixture in half and serve over the Cucumber and Salad Greens for each portion. Top with Brocco Sprouts.

Makes 2 servings.

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Souvlaki Greek Salad



Ingredients for Each Serving:

5 oz / 142 g - Organic Raw Lean Pork, cut into small cubes (or Lamb or Chicken)
1-1/2 oz / 43 g - [Olive Oil Vinaigrette Dressing](#), for Marinade

Ingredients for Each Salad:

4 oz / 113 g - Organic Salad Greens (Romaine or Mixed)
1/2 Cup / 2 oz / 57 g - Celery, chopped
1/2 Cup / 2 oz / 57 g - Cucumber, chopped
1-1/2 Cup / 6 oz / 170 g - Tomato, diced
2 TBS / 1 oz / 28 g - [Olive Oil Vinaigrette Dressing](#), if needed
1/2 TSP / 1 g - Ground Black Pepper
2 oz / 57 g - Feta Cheese, crumbled
1/2 oz / 14 g - Brocco Sprouts

Combine Marinade and Pork in a covered dish large enough to hold all of the meat in a single layer. Marinate for 30 minutes, stirring two or three times to turn the meat cubes and coat them evenly. Remove the meat cubes from the marinade with a slotted spatula and sauté them until cooked through and browned. Transfer the marinade to a small sauce pan and bring to a boil. Reduce heat and simmer for 4 minutes, stirring occasionally. Return the cooked meat cubes to the marinade to keep warm. Prepare the Salad Greens, Celery, Cucumber, and Tomato. Top with hot Meat, Marinade, and additional Vinaigrette, if desired. Add Black Pepper, Feta Cheese, and top with Brocco Sprouts.

Note: We honestly do not miss the pita bread, since converting this sandwich to a big, beautiful salad.

Makes 1 serving.

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Steak & Cheese Salad for Two



Ingredients:

6 oz / 170 g - Raw Organic Steak, sliced thin & diced
1 Cup / 4 oz / 113 g - Onion, chopped
8 oz / 227 g - Mushrooms, sliced
1 TBS / 1/2 oz / 1/2 oz / 14 g - Olive Oil
1 oz / 2 TBS / 28 g - Pickled Jalapeño Peppers, chopped, or Crushed Red Cherry Peppers
1/2 oz / 1 TBS / 14 g - Pickled Jalapeño Pepper Juice
1/2 TSP / 3 g - Sea Salt
1/2 TSP / 1 g - Ground Black Pepper
8 oz / 227 g - Salad Greens (Romaine or Mixed), divided
8 oz / 227 g - Cherry Tomatoes, chopped & divided
1 Cup / 4 oz / 113 g - Celery, chopped & divided
1 Cup / 4 oz / 113 g - Cucumber, chopped & divided
3 oz / 85 g - [Mayonnaise](#), divided
6 oz / 170 g - Mozzarella Cheese, shredded & divided

Sauté Onion with a dash of Sea Salt in 1 TBS / 14 g Olive Oil for 3 minutes in a non-stick pan. Add Mushrooms, Meat, Sea Salt, and Black Pepper, and Sauté until Meat is cooked through. Divide between plates and top each with 2 oz / 57 g Cheese and place in oven, or microwave, to melt Cheese. Mix 1-1/2 oz / 43 g Mayonnaise, Peppers, Pepper Juice, and remaining 1 oz / 28 g Cheese into each bowl of Salad and top with heated Meat and Cheese.

Note: Sautéed Banana Peppers or Bell Peppers can also be added.

Makes 2 servings.

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Trail Mix (aka Gorp)

New in v3



Ingredients:

1 & 1/4 Cup / 6oz / 170 g - Roasted Salted Cashews, broken up after measuring

1/3 Cup / 2oz / 57 g - Raisins

1/3 Cup / 2oz / 57 g - Raw Unsalted Pumpkin Seeds

1/3 Cup / 2oz / 57 g - Raw Unsalted Sunflower Seeds

1/3 Cup / 2oz / 57 g - [Lily's Dark Chocolate Premium Baking Chips](#) (no sugar added)

or

2oz - Sugar-free Chocolate, chopped (sweetened with stevia or a sugar alcohol like mannitol) -- the **Simply Lite** brand is great.

Mix all ingredients in a resealable bag. One to two ounces of this delicious trail mix makes the perfect protein snack.

Note: A longtime favorite of hikers, trail mix, or Gorp, traditionally contains M&M candies. One source says that Gorp stands for Good Old Raisins and Peanuts. The chocolate that we use to make this a yummy legal treat is low-carb. Using the Lily's chocolate, or another chocolate sweetened with stevia and/or erythritol, is best for diabetics. I came up with this recipe during a very stressful months-long family crisis that kept us constantly surrounded by unhealthy food options. We needed a healthy snack that was portable and satisfying. This Trail Mix enabled us

to stay on Dr. Berg's wonderful diet and maintain all of the years of hard work that we have put in.

Makes 14 oz.

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Creamy & Spicy Tuna Salad



Ingredients:

- 2 - 6 oz / 170 g Cans - Tuna, drained (we suggest half Albacore & half Light Tuna)
- 2 - Eggs (large), hard-cooked & diced
- 1/8 & 1/16 TSP - Celery Seed
- 1/4 & 1/8 TSP - Vege-Sal, Sea Salt, or Herbamare, if desired
- 1/2 & 1/4 TSP - Parsley
- 1/4 & 1/8 TSP - Black Pepper
- 4 TBS / 2 oz / 57 g - [Mayonnaise](#)
- 1/2 TBP / 8g - Green Onions, chopped
- 1 TBS / 1/2 oz / 14g - Pickled Jalapeño Peppers, finely chopped
- 1 TBS / 1/2 oz / 14 g - Pickled Jalapeño Pepper Juice
- 4 oz / 113 g - Celery, chopped
- 4 oz / 113 g - Cucumber, chopped & divided
- 2 TBS / 1 oz / 28 g - Brocco Sprouts, divided for topping
- 4 oz / 113 g - Kale - 2 oz / 57 g per salad

Mix the ingredients listed, down through the Celery. Divide Tuna mixture in half and serve over the Cucumber and Kale for each portion. Top with Brocco Sprouts.

Makes 2 servings.

Note: Tuna is the only Protein that we have found with a strong enough taste to actually stand up to, and compliment, the taste of Kale. Once you've tried it, the taste of Tuna with Kale grows on you. For a less spicy taste, substitute chopped Dill Pickles and Juice for the Peppers.

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Greek Tuna Salad



Ingredients for Each Serving:

- 5 oz - / 142 g Canned Tuna, drained & broken-up
- 1/2 TSP / 1 g - Ground Black Pepper
- 4 oz / 113 g - Organic Salad Greens (Romaine or Mixed)
- 1/2 Cup / 2 oz / 57 g - Celery, Chopped
- 1/2 Cup / 2 oz / 57 g - Cucumber, Chopped
- 1-1/2 oz / 43 g - [Olive Oil Vinaigrette Dressing](#)
- 1/2 oz / 14 g - Brocco Sprouts

Toss Spinach with the Vinaigrette; and top each Salad with Tuna and Brocco Sprouts.

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Turkey & Spinach Salad



Ingredients for Each Serving:

3 oz / 85 g - Roasted Turkey Breast, diced

1/2 TSP / 1 g - Ground Black Pepper

3 oz / 85 g - Organic Baby Spinach

1/2 Cup / 2 oz / 57 g - Celery, Chopped

1/2 Cup / 2 oz / 57 g - Cucumber, Chopped

1-1/2 oz / 43 g - [Olive Oil Vinaigrette Dressing](#)

1/4 Cup / 4 TBS / 1 oz / 28 g - Romano Cheese, Grated

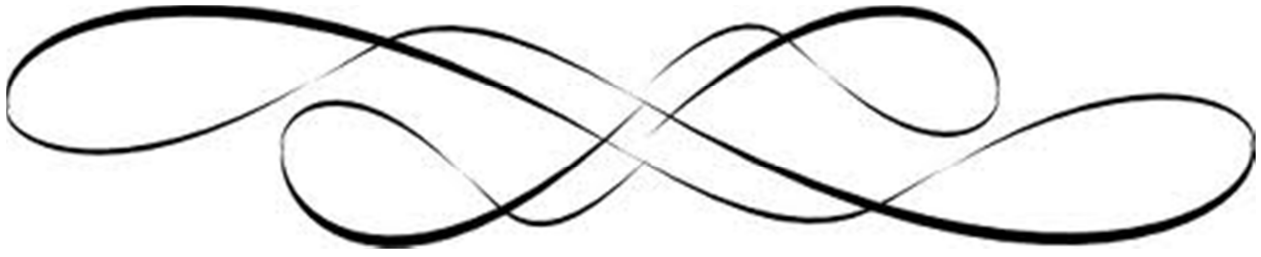
1/2 oz / 14 g - Brocco Sprouts

Toss Spinach with the Vinaigrette; and top each Salad with Eggs, Cheese, and Brocco Sprouts.

Makes 1 serving.

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Dips, Dressings and Salsas



Cajun Dip

New in v2.1



Ingredients:

- 2 Cups / 16 oz / 454 g - Sour Cream, Yogurt or Mayo
- 2 TBS / 1/2 oz / 14 g - finely chopped red Onions
- 2 TBS / 28 g - Safflower Oil
- 3 TBS / 54 g - Cajun Seasoning
- 1/2 Cup / 4 oz / 113 g - Apple Sauce (do not add if made with Mayo)
- 1 TSP / 5 g - Worcestershire Sauce

Put the Sour Cream into a bowl and add Worcestershire Sauce. Heat up the Oil in a small skillet and sauté the Onions until they look glassy, then add the Cajun Seasoning; stir with wooden spoon for about 30 seconds or until the fragrant smell of the Cajun Seasoning is released. Remove from heat and stir in Apple Sauce. Mix into the other ingredients and add Salt to taste.

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Curry Dip

New in v2.1



Ingredients:

- 2 Cups / 16 oz / 454 g - Sour Cream, Yogurt or Mayo
- 2 TBS / 28 g - Safflower Oil
- 2 TBS / 1/2 oz / 14 g - chopped sweet Onions
- 1/2 Cup / 4 oz / 113 g - Apple Sauce (do not add if made with Mayo)
- 3 TBS / 24 g - Curry Powder (mild, unless you like it more spicy)
- 2 TBS / 1 oz / 28 g - Lemon Juice
- 1 TBS / 14 g - Worcestershire Sauce
- Sea Salt to taste

Put the Sour Cream into a bowl and add Lemon Juice and Worcestershire Sauce. Heat up the Safflower Oil in a small skillet and add chopped Onions; sauté until Onions look glassy, then add Curry Powder; stir with wooden spoon for another 20 seconds or until the fragrant smell of the Curry is released. Remove from heat and stir in the Apple Sauce. Mix into the other ingredients and add Salt to taste.

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Herb Dip

New in v2.1



Ingredients:

2 Cups / 16 oz / 454 g - Sour Cream, Yogurt or Mayo

2 TBS / 4 g - chopped fresh Parsley

2 TBS / 4 g - chopped fresh Chives

2 TBS / 1/2 oz / 14 g - chopped red Onion

2 TBS / 1 oz / 28 g - Apple Sauce (do not add if made with Mayo)

1/4 TSP of Cayenne Pepper

Sea Salt to taste

The Parsley and red Onions can be chopped in the food processor.

Add all ingredients in a bowl and blend together.

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Strawberry/Mango Dip

New in v2.1



Ingredients:

2 Cups - Strawberries (or an 8 oz pack of frozen Strawberries) cleaned and quartered

1 - medium Mango / 8 oz (peeled, cut from the pit, and cut into smaller pieces)

1 TSP / 5 g - chopped fresh Ginger

3 TBS / 3 oz / 85 g - Balsamic Vinegar

1 Cup / 7-1/2 oz / 215 g - Olive Oil

1 TSP - Hot Sauce or 1/2 TSP Cayenne Pepper

Sea Salt to taste

Put the cut Strawberries and Mango into the blender and run until pureed. While running the blender, add the Ginger and slowly drizzle in the Olive Oil and add the Balsamic Vinegar. Finally, add the Hot Sauce and Sea Salt to taste

Combine all ingredients in a blender and process until smooth.

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Tzatziki Dip

New in v2.1



Ingredients:

- 1 - medium-size Cucumber, seeded and diced (not peeled)
- 1/4 - red Onion, diced (about 2 TBS)
- 2 TBS / 4 g - chopped Parsley
- 2 TSP / 10 g - Garlic, minced
- 2 Cups - plain low-fat Greek Yogurt
- 1 TSP - Lemon Zest
- 1 TBS / 1/2 oz / 14 g - Lemon Juice
- 1/2 TSP / 3 g - Sea Salt
- Freshly ground Black Pepper

Either dice the Cucumber, Onion and Parsley by hand or cut them into medium pieces. In the latter case, put the Cucumber, Onion and Garlic in the food processor and pulse until minced. (Please note: If minced in the food processor, drain off some of the liquid, otherwise it becomes too watery.) Put the Yogurt into a mixing bowl. Add diced Cucumber and Onion, chopped Parsley and Garlic, Lemon Zest, Lemon Juice and Sea Salt and blend together.

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Cooked Salad Dressing

New in v2.1



Ingredients:

- 3 - Eggs (large)
- 5 TBS / 60 g - Xylitol
- 1/3 Cup / 75 g - Cider Vinegar
- 1/3 Cup / 75 g - Filtered Water
- 1 TSP / 5 g - Butter
- 1/2 TSP / 3 g- Sea Salt
- 1/ 4 TSP - Black Pepper, finely ground

Combine all ingredients in a small sauce pan over low heat. Increase heat to medium, stirring constantly. Once mixture begins to warm, reduce heat to low so that the eggs do not scramble. Cook and stir until dressing steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this), about 20 minutes. Cool dressing 20 minutes in the pan, stirring occasionally. The dressing will continue to thicken as it cools. Pour dressing into a storage container, and refrigerate until ready to use. This cooling process can be accelerated by placing the cooking saucepan in a shallow pan of ice water (take care that no water gets splashed or spilled into the custard). This dressing is delicious on Cole Slaw, [Foodle and Egg Salad](#), and [Potato Salad](#). The level of sweetness can be adjusted by adding regular mayonnaise.

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Kefir Herb Dressing

New in v2.1



Ingredients:

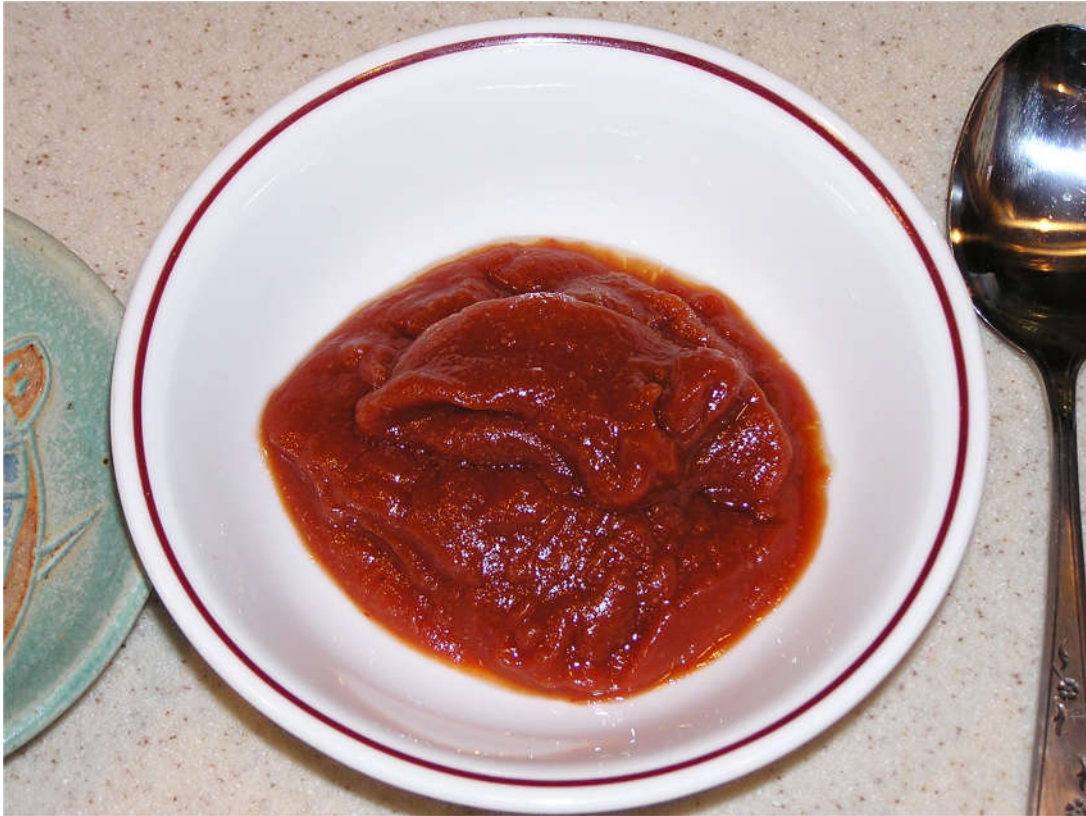
- 2 Cups / 16 oz / 454 g - plain Low-Fat Kefir
- 2 TBS / 1 oz / 28 g - Apple Sauce
- 2 TBS / 4 g - chopped Chives
- 2 TBS - chopped Parsley
- 1 /2 TSP - chopped Dill
- 1/2 TSP / 3 g- Garlic, minced
- 1 TSP / 5 g - Worcestershire Sauce
- 1 TSP / 5 g - Hot Sauce
- Sea Salt to taste

Combine all the ingredients and stir.

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Ketchup

New in v2.1



Ingredients:

1 6 oz / 170 g Can Organic Tomato Paste

1/4 Cup / 2 oz Cider Vinegar

2 TBS & 1 TSP / 28 g Xylitol

or

1 TBS & 2 TSP / 20 g Truvia

1/2 TBS / 3 g Garlic Powder

1/2 TBS / 3 g Onion Powder

1/8 TSP Allspice

1 TSP / 6 g Sea Salt

1 Cup / 8 oz Filtered Water

Place Tomato Paste in a small bowl. Stir in Cider Vinegar, Sweetener of choice, and all of the spices until thoroughly mixed. Stir in the water until the mixture is smooth. Store ketchup in a jar in the refrigerator until ready to use.

Makes about 16 oz.

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Olive Oil Vinaigrette Dressing



Ingredients:

- 2/3 Cup / 144 g - Olive Oil (or a bit more, for a less sour taste)
- 1 Cup / 8 oz / 227 g - Red Wine Vinegar
- 2 TBS / 1 oz / 28 g - Lemon Juice
- 1 TBS / 1/2 oz / 14 g - Garlic, minced
- 2 TSP - Basil
- 2 TSP - Oregano
- 2 TSP - Parsley
- 2 TSP / 12 g - Vege-Sal (or Herbamare or Sea Salt to taste)
- 1 TSP / 2 g - Ground Black Pepper
- 1/2 TSP - Celery Seed

Combine Olive Oil Vinaigrette Dressing ingredients using a shaker bottle or jar with a tight fitting lid. Allow dressing to steep/infuse while preparing the salad. Makes ample dressing for several large salads. Serve with Pine Nuts and grated Romano Cheese, and Brocco Sprouts if desired. When accompanying Souvlaki, serve with crumbled Feta Cheese. Store in the refrigerator, but bring to room temperature before serving.

Makes about 2 cups (8 - 2 oz servings).

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Ranch Dressing

New in v2.1



Ingredients:

1 Cup / 8 oz / 227 g- prepared or homemade [Mayonnaise](#)

1 Cup / 8 oz / 227 g - Yogurt or Buttermilk

2 TBS - minced flat-leaf Parsley leaves

2 TBS - minced fresh Chives

1/2 TSP / 3 g - Garlic, minced

1 TBS / 1 oz / 28 g - Apple Cider Vinegar

1/2 TSP - Black Pepper

Sea Salt to taste

Combine all the ingredients and stir.

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Hummus

New in v2.1



Ingredients:

1/2 TSP / 3 g - Garlic Clove, peeled and chopped

15 oz can - Chickpeas

Water, as needed

1/4 Cup - Tahini (raw Sesame Seed Butter)

Lemon Juice - Juice from 1 medium Lemon

1 TSP - Cumin

1/4 TSP - Cayenne Pepper

Sea Salt and crushed Black Pepper to taste

Combine all ingredients in a blender and process until smooth. Consume with sliced cucumbers, cut carrots, and other raw veggies!

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Mayonnaise

New in v2.1



Ingredients:

6 - Egg Yolks

1 TSP - Mustard

1 TSP - Worcestershire Sauce

Lemon Juice - Juice from 1 medium Lemon

1 TSP / 6 g - Sea Salt

10 fl oz / 269 g - Safflower Oil (1 fl oz = ~27 g)

Put the Egg Yolks, Mustard, Worcestershire Sauce, Lemon Juice and Salt in a blender and turn it on slow speed until all mixed together (20 seconds). Turn on high, take out the centerpiece of the cover and slowly add the Safflower Oil. If the mixture gets too thick, turn off the blender and add a little water (2 - 3 tablespoons), mixing it under with a spatula. Then turn the blender back on and add the remaining Safflower Oil.

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Salsa Verde

New in v2.1



Ingredients:

- 1/4 Cup / 1 oz / 28 g - Onion, chopped
- 1 TBS / 1/2 oz / 14 g - Garlic, minced
- 1/2 Cup / 2 oz / 57 g - chopped Scallions
- 1/4 Cup / 2 oz / 57 g - Water
- 2 Cups / 90 g - fresh Cilantro
- 2 Cups / 2 oz / 57 g - fresh Parsley
- 1/3 Cup / 80 g - Olive Oil
- Sea salt and pepper

In a food processor, combine Onion, Garlic, Scallions, Cilantro, and Parsley. Pulse until coarsely chopped. Add 1/3 cup Olive Oil and run for another 10 seconds. Season with Sea Salt and Pepper to taste.

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Spicy Thousand Island Dressing

New in v2.3



Ingredients:

- 1 & 1/2 TBS / 22 g - [Mayonnaise](#)
- 1 & 1/2 TBS / 22 g - [Ketchup](#) (sugar-free)
- 1/2 TSP - Parsley
- 1/2 TSP / 1 g - Ground Black Pepper
- 1/8 TSP - Celery Seed
- 2 TSP / 10 g - Pickled Jalapeños, chopped (or to taste)
- 2 TSP / 10 g - Pickled Jalapeño Juice (or to taste)

Combine the Mayonnaise, Ketchup, Spices, and chopped Jalapeños. Stirring in the Jalapeño Juice last, makes it much easier to mix in the other ingredients. This dressing is delicious on our [Cheeseburger Salad](#) and [Reuben Salad](#) (for the Reuben, you will need to increase the amount of [Mayonnaise](#) and [Ketchup](#) to 2 TBS / 30g)!

Note: If you do not like spicy food, chopped Dill Pickles and Juice can be substituted for the Pickled Jalapeño Peppers and Juice, to your taste.

Makes 1 serving.

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Tomato Salsa

New in v2.1



Ingredients:

5 - medium vine-ripened red Tomatoes

1/2 - medium sweet Onion cut up in medium-size pieces

1 Cup / 45 g - fresh Cilantro sprigs

1 - fresh Jalapeño Pepper, seeded and chopped (or more, depending on how spicy you like it)

2 TSP / 10 g - Garlic, minced (4 cloves)

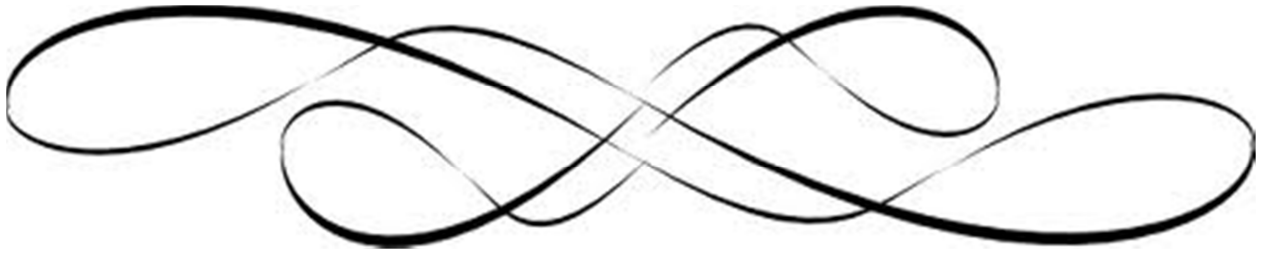
3 TBS / 1-1/2 oz / 43 g - fresh Lime Juice

Sea salt

Quarter and de-seed Tomatoes. Cut Tomatoes into medium pieces and put into the food processor; add Onion, Cilantro, Jalapeño Pepper, Garlic and Lime Juice. Pulse until finely chopped. Season with Sea Salt to taste.

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Mouthwatering Desserts



Amazing Homemade Whipped Cream with No Sugar

New in v3



Ingredients:

3 TBS / 36 g- Non-GMO Xylitol (ground to fine powder in coffee grinder)

2 Cups / 454 g - Organic Heavy Whipping Cream

1 TBS / 15 g - Vanilla, Caramel, or Maple Flavoring, optional

Grind Xylitol to a fine powder in a coffee grinder (or a blender works almost as well). Add all ingredients to a medium mixing bowl. Whip with a hand mixer for 5 minutes, or until stiff peaks form. Refrigerate until ready to use. Enjoy a teaspoon or two for dessert. This Whipped Cream also tastes delicious on top of many of our sugar-free [Muffins](#), [Hot Cocoa](#) and [Ice Cream](#) recipes.



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Ambrosia Fruit Salad



Ingredients:

3 - 11 oz / 312 g Cans - Mandarin Oranges (canned in juice), drained

1 - 20 oz / 567 g Can - Crushed Pineapple (canned in juice), drained

16 oz / 454 g - Strawberries (fresh or frozen), drained & diced

3 TBS / 36 g - Xylitol, or to taste - add slowly!

or

2 TBS / 24 g - Truvia, or to taste - add slowly!

1 Cup / 4 oz / 113 g - Grated Unsweetened Coconut

4 TBS / 2 oz / 57 g - Coconut Oil, melted

2 Cups / 16 oz / 454 g - Sour Cream

Gently melt the Coconut Oil and add Coconut to start it rehydrating. Drain all of the fruit in a colander over a large bowl, and keep the juice for drinking, if desired (it is yummy!). Transfer fruit to a large bowl. Add the Coconut Oil/Coconut mixture, Sour Cream, and Sweetener of choice. Gently fold to combine. Place in a covered container and refrigerate until ready to serve. Recipe can be made days in advance and will improve as the Coconut rehydrates.

Ambrosia Fruit Salad can also be frozen.

Note: Ambrosia Fruit Salad is traditionally sweetened with Mini-Marshmallows and Shredded Sweetened Coconut.

Makes about 64 oz / 1,814 g (16 - 4 oz / 113 g servings).

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Apple Crisp with Almond Flour and Walnuts



Ingredients:

Filling:

- 4 Cups / 16 oz / 454 g - Cooking Apples, peeled & sliced (about 4 medium apples - do not skimp)
- 2 TBS / 24 g - Xylitol Sweetener
- 2 TBS / 28 g - Filtered Water
- 1 TBS / 14 g - Lemon Juice
- 1 TSP / 2 g - Cinnamon
- 1 Cup / 4 oz / 114 g - Organic Sharp Cheddar Cheese, crumbled - Optional

Topping:

- 2/3 Cup / 76 g - Almond Flour
- 2/3 Cup / 76 g - Chopped Walnuts
- 6 TBS / 72 g - Xylitol
- 4 oz / 8 TBS / 114 g / 1 Stick - Butter, melted

Preheat oven to 350°F. In a large bowl, combine sliced Apples, Xylitol, Water, Lemon, and Cinnamon. Add shredded Cheddar Cheese, if using, and stir to combine. Spoon apple mixture into a buttered 9x9x2" casserole dish and set aside. In a small bowl, stir together Almond Flour, Chopped Walnuts, and Xylitol. Add melted Butter and stir to combine. Spread topping over the apple mixture. Bake at 350°F, for 40 minutes, or until the topping is lightly browned.

Makes 10 - 4 oz servings.

Note: If you are diabetic or having adrenal issues and want to limit your fruit intake, cut the

filling portion of this recipe in half and keep the high protein nut topping at the full amount. This apple crisp is still delicious and very satisfying, even with the smaller amount of filling.

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Baked Cinnamon Apples with Cream



Core 9 apples.



Sprinkle Cinnamon.



Bake for 50 minutes at 350°F degrees.



Add organic cream.



Enjoy!



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Chocolate Brownies with Xylitol and Almond Flour



Ingredients:

6 TBS / 3 oz / 85 g - Butter
1/2 Cup / 96 g - Xylitol Sweetener
1-1/2 TBS / 21 g - Filtered Water
9 TBS / 45 g - Unsweetened Cocoa Powder
3 TBS / 1-1/2 oz / 43 g - Oil
5 - Eggs (large)
1 TSP / 5 g - Vanilla
1/2 Cup / 2 oz / 57 g - Almond Flour
1/4 TSP / 2 g - Sea Salt
1/8 TSP - Baking Soda

Preheat the oven to 350°F. Grease 8"x8" baking pan. Melt Butter in a medium sauce pan over low heat. Add Xylitol and stir until mostly dissolved. Stir in Water. Add Cocoa Powder and stir until completely combined. Add Oil and stir until combined. Remove from the heat and cool mixture slightly. Add Eggs, one at a time, mixing well after each. Stir in Vanilla Extract. Add Almond Flour, Salt, and Baking Soda, and stir until completely blended and smooth (do NOT use a mixer to do this). Pour into prepared pan. Bake for 20 minutes (22 minutes if using a loaf pan for thicker brownies), or until a toothpick inserted into the center of the Brownies comes out slightly moist with crumbs. Remove from the oven and cool in the pan, with the pan placed on a wire baking rack.

Makes 9 - 3" Squares.

1 Serving: 1 Brownie.

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Chocolate Cheesecake Swirl Brownies with Xylitol and Almond Flour



Ingredients For the Brownies:

6 TBS / 3 oz / 85 g - Butter
1/2 Cup / 96 g - Xylitol Sweetener
1-1/2 TBS / 21 g - Filtered Water
9 TBS / 45 g - Unsweetened Cocoa Powder
3 TBS / 1-1/2 oz / 43 g - Oil
4 - Eggs (large)
1 TSP / 5 g - Vanilla
1/2 Cup / 2 oz / 57 g - Almond Flour
1/4 TSP / 2 g - Sea Salt
1/8 TSP - Baking Soda

Ingredients For the Cheesecake Swirl Filling:

8 oz / 227 g - Cream Cheese, softened
2 -Eggs (large)
1 TSP / 5 g - Vanilla
1/2 Cup / 96 g - Xylitol Sweetener
Preheat the oven to 350°F. Grease 8"x8" baking pan.

Prepare Cheesecake Swirl Filling: Place Cream Cheese in a small bowl and beat with an electric mixer until smooth. Add the Xylitol and beat until smooth. Add Eggs and beat to combine. Add the Vanilla and beat until thoroughly incorporated.

Prepare Brownie Batter: Melt Butter in a medium sauce pan over low heat. Add Xylitol and stir until mostly dissolved. Stir in Water. Add Cocoa Powder and stir until completely combined. Add Oil and stir until combined. Remove from the heat and cool mixture slightly. Add Eggs, one at a time, mixing well after each. Stir in Vanilla Extract. Add Almond Flour, Salt, and Baking

Soda, and stir until completely blended and smooth (do NOT use a mixer to do this). Pour 2/3 of the Brownie Batter into prepared pan. Gently pour the Cheesecake Swirl Filling over the Batter. Drizzle the remaining Brownie Batter over the top and run a knife back and forth to swirl the batters together slightly being careful not to over-mix.

Bake for 47 minutes (27 minutes for a half batch in a loaf pan), or until a toothpick inserted into the center of the Brownies comes out slightly moist with crumbs. Remove from the oven and cool in the pan, with the pan placed on a wire baking rack.

Makes 16 - 2" Squares.

Serving: 1 Brownie.

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Healthy *No-Sugar* Brownies

Updated in v2.2



These are incredible and you'll be amazed at the taste and without any sugar or flour - amazing!

Ingredients:

1/2 Cup / 8 TBS / 40 g - Unsweetened Cocoa Powder

1 Cup / 4 oz / 113 g - Chopped Walnuts

2 sticks - Butter (melted), or 1 stick Butter and 1/2 Cup Coconut Butter

2/3 Cup / 128 g or 3/4 Cup / 144 g - Xylitol sweetener (depending how sweet you like it)

4 - Eggs (whole)

1 TSP - Vanilla Extract

Preheat oven to 375°F. Melt the butter (or Coconut Butter, if using). On low speed, mix Butter, Cocoa Powder, Xylitol, Vanilla, Walnuts and Eggs until batter is smooth and fluffy; this can take a few minutes. Grease a glass or metal 8" x 8" square cake pan with Butter or Coconut Butter. Pour in mixture evenly in the baking pan.

Bake for 20-25 minutes – put toothpick in center to see if brownie mix sticks. If the toothpick comes out clean, the brownies are fully cooked.

Remove and let cool for 15 min. These brownies must be kept in the refrigerator because they contain butter, which tends to melt at room temperature.

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Homemade Health Bars

Incredibly delicious & healthy at the same time!
New in v2.4



Ingredients:

4 Cups / about 23 oz / 640 g - Dried Figs

2 Cups / 8 oz / 227 g - Almonds

1 Cup / 8 oz (or 2-1/4 chocolate bars) - Sugar-free Chocolate (sweetened with stevia or sugar alcohol like mannitol) -- the **Simply Lite** brand is great.

or

1-1/2 Cup / 8 oz / 227 g - [Lily's Dark Chocolate Premium Baking Chips](#) (no sugar added)

2 TSP / 10 g - Organic Peanut Butter

1/4 Cup / 2 oz / 57 g - Coconut Butter (use 1/2 Cup / 4 oz / 113 g if using Lily's Chocolate Chips)

Blend the 2 cups of Almonds and Chocolate in food processor, and place in a separate mixing bowl. Blend the Figs in food processor and add to the mixing bowl. Mix both materials together thoroughly with your hand or a large spoon, adding the Peanut Butter and Coconut Butter. Place mixture in a pan (9 x 13) with parchment paper spread evenly. Place in refrigerator for 10 minutes and serve!

If you are on Dr. Berg's Ketosis Eating Plan, avoid this recipe. To all others, consume sparingly, due to the natural sweetness of the Figs and a small amount of caffeine in Chocolate.



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Chocolate Coconut Macaroon Muffins with Almond Flour

New in v3



Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 1/2 Cup / 2 oz / 57 g - Dried & Grated Unsweetened Coconut
- 6 TBS / 72 g - Xylitol Sweetener
- 3 TBS / 15 g - Unsweetened Cocoa Powder
- 1/4 TSP / 1 g - Baking Soda
- 1/4 TSP / 2 g - Sea Salt
- 1/2 TSP / 3 g - Apple Cider Vinegar
- 4 TBS / 57 g - Coconut Oil, melted and cooled
- 1 TSP / 5 g - Vanilla
- 2 - Eggs (large), beaten (at room temperature or Oil could harden)

Preheat the oven to 350°F. In a medium bowl, beat the Eggs, then add the Vinegar, Coconut Oil, and Vanilla, and beat until well combined. Stir the Coconut into the wet ingredients, and allow them to sit for 20 minutes, so that the Coconut can hydrate. Place paper liners in the muffin pan cups. Mix all dry ingredients in a medium bowl. Add wet ingredients to dry ingredients and stir until just mixed. Fill muffin cups almost all of the way to the top. Bake regular-size muffins for 20 minutes, or mini-muffins for 12 minutes, or until a toothpick stuck in

the center of a muffin comes out clean. Remove muffins from the oven and cool in the pan, with the pan placed on a wire baking rack.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes about 6 Regular-Size or 12 Mini-Muffins.

1 Serving: 1 Large Muffin or 2 Mini-Muffins.

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Chocolate Covered Butter Pecan Candy

New in v3



These yummy candies are the perfect snack to quell cravings and made with legal chocolate!

Ingredients for the Butter Pecan Filling:

1/2 Stick / 2 oz / 57 g - Butter, softened to room temperature (do NOT melt)

1 TBS / 12 g - Xylitol

1/2 TSP / 3 g - Vanilla

1/2 Cup / 2 oz / 57 g - Almond Flour

1/2 Cup / 2 oz / 57 g - Pecans, chopped (or Macadamia Nuts)

In a medium bowl, combine (cream) Butter, Vanilla, and Xylitol with a mixer until very smooth. Add Almond Flour and use the mixer to combine thoroughly. Using a large spoon, stir in the Pecan pieces until well combined. Cut the dough in half and scrape each half onto two 14" long pieces of plastic wrap. Use the scraper and then the plastic wrap to shape each piece of dough into an 8" long log (I REALLY enjoy doing this). Wrap each log in the plastic wrap and chill the dough in the refrigerator (or freezer if you are in a hurry) until it is firm enough to handle.

Once you have made the filling, if you have access to Lily's Semi-Sweet Chocolate Baking Chips, use 4 oz of them to make our [Milk Chocolate with Truvia](#) recipe to coat the Butter Pecan filling.

If not, use the Ganache directions below. Line two 8"x4" loaf pans with wax paper, allowing the paper to extend up the sides. Evenly divide the Chocolate of your choice between the pans. Once the Chocolate rectangles have firmed up enough to handle, remove them from the pans using the sides of the wax paper. Place one log of filling on the long edge of each Chocolate rectangle. Using the wax paper to help you, roll the Chocolate around the filling. Place the Chocolate-coated candy logs in the freezer until firm and then cut each log into 6 1-ounce pieces. Chocolate made with Lily's will stay solid at room temperature, once it has set, but to keep the filling solid, store the candy in the refrigerator. If using the Ganache below, candy will need to be kept in the refrigerator or freezer until it's time to devour them. Enjoy!

Ingredients for the Chocolate Ganache (about 5.0 oz / 142 g):

1-1/2 TBS / 22 g - Butter

3 TBS / 36 g - Xylitol Sweetener

or

2 TBS / 24 g - Truvia

4 TBS / 20 g - Unsweetened Cocoa Powder

1/16 TSP - Sea Salt

2 - Eggs

1/4 TSP / 2 g Vanilla

1-1/2 TSP / 3 g - Edible Beeswax

4 TBS / 36 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder), optional

Directions for Chocolate Ganache:

Melt Butter and Beeswax, if using, in a small sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder and stir until completely combined. Remove from the heat and cool mixture slightly. Add Eggs, one at a time, mixing well after each. Add Milk Powder, if using, and stir until smooth. Return pan to the stove and increase the heat to medium, stirring constantly. Once the mixture begins to warm, reduce the heat to low. Cook and stir until the custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this). Cool custard 20 minutes in the pan, stirring occasionally, and then stir in Vanilla Extract. Once cooled, proceed as directed above.

Store the candy wrapped in plastic in an air-tight container, and refrigerate or freeze, if not eating right away.

Note: If NOT using Beeswax in the Ganache, REDUCE Xylitol by 1 TBS / 12 g or Truvia by 2 TSP / 8 g and Cocoa by 1 TBS / 5 g. Please be aware that the resulting Ganache will be less firm.

Makes about 12 - 1 oz Candies.



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Chocolate Covered Chocolate Pecan Candy

New in v3



Chocolate fans get a double treat with these candies made with cocoa and legal chocolate!

Ingredients for the Chocolate Butter Pecan Filling:

1/2 Stick / 2 oz / 57 g - Butter, softened to room temperature (do NOT melt)

2 TBS / 24 g - Xylitol

1 & 1/2 TBS / 8 g - Cocoa

1/2 TSP / 3 g - Vanilla

1/2 Cup / 2 oz / 57 g - Almond Flour

1/2 Cup / 2 oz / 57 g - Pecans, chopped (or Macadamia Nuts)

In a medium bowl, combine (cream) Butter, Vanilla, Xylitol, and Cocoa with a mixer until very smooth. Add Almond Flour and use the mixer to combine thoroughly. Using a large spoon, stir in the Pecan pieces until well combined. Cut the dough in half and scrape each half onto two 14" long pieces of plastic wrap. Use the scraper and then the plastic wrap to shape each piece of dough into an 8" long log (I REALLY enjoy doing this). Wrap each log in the plastic wrap and chill the dough in the refrigerator (or freezer if you are in a hurry) until it is firm enough to handle.

Once you have made the filling, if you have access to Lily's Semi-Sweet Chocolate Baking Chips, use 4 oz of them to make our [Milk Chocolate with Truvia](#) recipe to coat the Butter Pecan filling. If not, use the Ganache directions below. Line two 8"x4" loaf pans with wax paper, allowing the paper to extend up the sides. Evenly divide the Chocolate of your choice between the pans. Once the Chocolate rectangles have firmed up enough to handle, remove them from the pans using the sides of the wax paper. Place one log of filling on the long edge of each Chocolate rectangle. Using the wax paper to help you, roll the Chocolate around the filling. Place the Chocolate-coated candy logs in the freezer until firm and then cut each log into 6 1-ounce pieces. Chocolate made with Lily's will stay solid at room temperature, once it has set, but to keep the filling solid, store the candy in the refrigerator. If using the Ganache below, candy will need to be kept in the refrigerator or freezer until it's time to devour them. Enjoy!

Ingredients for the Chocolate Ganache (about 5.0 oz / 142 g):

1-1/2 TBS / 22 g - Butter

3 TBS / 36 g - Xylitol Sweetener

or

2 TBS / 24 g - Truvia

4 TBS / 20 g - Unsweetened Cocoa Powder

1/16 TSP - Sea Salt

2 - Eggs

1/4 TSP / 2 g Vanilla

1-1/2 TSP / 3 g - Edible Beeswax

4 TBS / 36 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder), optional

Directions for Chocolate Ganache:

Melt Butter and Beeswax, if using, in a small sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder and stir until completely combined. Remove from the heat and cool mixture slightly. Add Eggs, one at a time, mixing well after each. Add Milk Powder, if using, and stir until smooth. Return pan to the stove and increase the heat to medium, stirring constantly. Once the mixture begins to warm, reduce the heat to low. Cook and stir until the custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this). Cool custard 20 minutes in the pan, stirring occasionally, and then stir in Vanilla Extract. Once cooled, proceed as directed above.

Store the candy wrapped in plastic in an air-tight container, and refrigerate or freeze, if not eating right away.

Note: If NOT using Beeswax in the Ganache, REDUCE Xylitol by 1 TBS / 12 g or Truvia by 2 TSP / 8 g and Cocoa by 1 TBS / 5 g. Please be aware that the resulting Ganache will be less firm.

Makes about 12 - 1 oz Candies.



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Chocolate Covered Chocolate Pecan “Super Kandy”

New in v3



What makes this candy so super? It's filled with Dr. Berg's Instant Chocolate Kale Shake!

Ingredients for the Chocolate Butter Pecan Filling:

1/2 Stick / 2 oz / 57 g - Butter, softened to room temperature (do NOT melt)

3 Level Scoops - [Dr. Berg's Instant Chocolate Kale Shake Powder](#)

1/2 TSP / 3 g - Vanilla

1/2 Cup / 2 oz / 57 g - Almond Flour

1/2 Cup / 2 oz / 57 g - Pecans, chopped (or Macadamia Nuts)

In a medium bowl, combine (cream) Butter, Vanilla, and Instant Chocolate Kale Shake Powder with a mixer until very smooth. Add Almond Flour and use the mixer to combine thoroughly. Using a large spoon, stir in the Pecan pieces until well combined. Cut the dough in half and scrape each half onto two 14" long pieces of plastic wrap. Use the scraper and then the plastic wrap to shape each piece of dough into an 8" long log (I REALLY enjoy doing this). Wrap each log in the plastic wrap and chill the dough in the refrigerator (or freezer if you are in a hurry) until it is firm enough to handle.

Once you have made the filling, if you have access to Lily's Semi-Sweet Chocolate Baking Chips, use 4 oz of them to make our [Milk Chocolate with Truvia](#) recipe to coat the Butter Pecan filling.

If not, use the Ganache directions below. Line two 8"x4" loaf pans with wax paper, allowing the paper to extend up the sides. Evenly divide the Chocolate of your choice between the pans. Once the Chocolate rectangles have firmed up enough to handle, remove them from the pans using the sides of the wax paper. Place one log of filling on the long edge of each Chocolate rectangle. Using the wax paper to help you, roll the Chocolate around the filling. Place the Chocolate-coated candy logs in the freezer until firm and then cut each log into 6 1-ounce pieces. Chocolate made with Lily's will stay solid at room temperature, once it has set, but to keep the filling solid, store the candy in the refrigerator. If using the Ganache below, candy will need to be kept in the refrigerator or freezer until it's time to devour them. Enjoy!

Ingredients for the Chocolate Ganache (about 5.0 oz / 142 g):

1-1/2 TBS / 22 g - Butter

3 TBS / 36 g - Xylitol Sweetener

or

2 TBS / 24 g - Truvia

4 TBS / 20 g - Unsweetened Cocoa Powder

1/16 TSP - Sea Salt

2 - Eggs

1/4 TSP / 2 g Vanilla

1-1/2 TSP / 3 g - Edible Beeswax

4 TBS / 36 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder), optional

Directions for Chocolate Ganache:

Melt Butter and Beeswax, if using, in a small sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder and stir until completely combined. Remove from the heat and cool mixture slightly. Add Eggs, one at a time, mixing well after each. Add Milk Powder, if using, and stir until smooth. Return pan to the stove and increase the heat to medium, stirring constantly. Once the mixture begins to warm, reduce the heat to low. Cook and stir until the custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this). Cool custard 20 minutes in the pan, stirring occasionally, and then stir in Vanilla Extract. Once cooled, proceed as directed above.

Store the candy wrapped in plastic in an air-tight container, and refrigerate or freeze, if not eating right away.

Note: If NOT using Beeswax in the Ganache, REDUCE Xylitol by 1 TBS / 12 g or Truvia by 2 TSP / 8 g and Cocoa by 1 TBS / 5 g. Please be aware that the resulting Ganache will be less firm.

Makes about 12 - 1 oz Candies.



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Chocolate Mint Candy

New in v2.4



Ingredients for the Mint Filling/Bottom Layer:

- 1 - Egg
- 1 TBS / 14 g - Butter, at room temperature
- 4 TBS / 48 g - Xylitol Sweetener
- or
- 8 TSP / 32 g - Truvia Sweetener
- 4 oz / 113 g - Cream Cheese, softened
- 1/2 Cup / 2 oz / 57 g - Almond Flour
- 1 TSP / 5 g - Peppermint Extract (or your favorite)

If you have access to Lily's Semi-Sweet Chocolate Baking Chips, cover the filling/bottom layer with our [Milk Chocolate with Truvia](#) recipe. If not, use the topping directions below.

Ingredients for the Chocolate Ganache Topping (about 5.0 oz / 142 g):

- 1-1/2 TBS / 22 g - Butter
- 3 TBS / 36 g - Xylitol Sweetener
- or
- 2 TBS / 24 g - Truvia
- 4 TBS / 20 g - Unsweetened Cocoa Powder

1/16 TSP - Sea Salt

2 - Eggs

1/4 TSP / 2 g Vanilla

1-1/2 TSP / 3 g - Edible Beeswax

4 TBS / 36 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder), optional

Directions for Mint Filling/Bottom Layer:

Combine Egg, Butter, and Sweetener of choice in a small sauce pan over low to medium heat (reduce heat if necessary, so that the egg does not scramble). Cook and stir until custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this), about 20 minutes. Remove custard from heat, and then stir in Cream Cheese and Almond Flour until smooth. Cool for 20 minutes, and then stir in Mint Extract until thoroughly mixed. Scrape custard into a loaf pan lined with plastic wrap, wax paper, or parchment paper. Spread custard evenly to the walls of the pan and cover it with plastic wrap. Place the pan into the freezer to speed the hardening of this layer.

Directions for Chocolate Ganache Topping:

Melt Butter and Beeswax, if using, in a small sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder and stir until completely combined. Remove from the heat and cool mixture slightly. Add Eggs, one at a time, mixing well after each. Add Milk Powder, if using, and stir until smooth. Return pan to the stove and increase the heat to medium, stirring constantly. Once the mixture begins to warm, reduce the heat to low. Cook and stir until the custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this). Cool custard 20 minutes in the pan, stirring occasionally, and then stir in Vanilla Extract. Spread the Chocolate topping over the Mint layer, return the candy to the refrigerator to solidify, and enjoy!

Store the candy wrapped in plastic in an air-tight container, and refrigerate or freeze, if not eating right away.

Note: If NOT using Beeswax in the Ganache Topping, REDUCE Xylitol by 1 TBS / 12 g or Truvia by 2 TSP / 8 g and Cocoa by 1 TBS / 5 g. Please be aware that the resulting topping will be less firm.

Makes about 12 - 2 oz Candy Bars.



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Chocolate Peanut Butter Candy

New in v2.1



This candy's peanut butter base has a slightly crispy texture due to the Xylitol.

Ingredients for the Peanut Butter Filling/Bottom Layer (about 7 oz/ 198 g):

8 TBS / 4 oz / 113 g - Organic Unsweetened Peanut Butter with Sea Salt

4 TBS / 2 oz / 57 g - Butter, at room temperature

2 TBS / 1 oz / 28 g - Almond Flour

4 TBS / 48 g - Xylitol Sweetener

or

8 TSP / 32 g - Truvia Sweetener

If you have access to Lily's Semi-Sweet Chocolate Baking Chips, cover the filling/bottom layer with our [Milk Chocolate with Truvia](#) recipe. If not, use the topping directions below.

Ingredients for the Chocolate Ganache Topping (about 5.0 oz / 142 g):

1-1/2 TBS / 22 g - Butter

3 TBS / 36 g - Xylitol Sweetener

or

2 TBS / 24 g - Truvia

4 TBS / 20 g - Unsweetened Cocoa Powder

1/16 TSP - Sea Salt

2 - Eggs (large)

1/4 TSP / 2 g - Vanilla

1-1/2 TSP / 3 g - Edible Beeswax

4 TBS / 36 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder), optional

Directions for Peanut Butter Filling/Bottom Layer:

Using a food processor, combine Peanut Butter, Butter, Almond Flour, and Sweetener of choice. Process until thoroughly mixed (should resemble a ball of dough). If not using a food processor, then combine all dry ingredients in a small covered container and shake until combined. Place Peanut Butter and Butter in a medium mixing bowl and stir until well combined. Add mixed dry ingredients and fold/stir/knead until thoroughly mixed. Scrape dough into a loaf pan lined with plastic wrap, wax paper, or parchment paper. Cover dough with plastic wrap and press dough evenly to the walls of the pan. Place pan into freezer to speed the hardening of this layer.

Directions for Chocolate Ganache Topping:

Melt Butter and Beeswax, if using, in a small sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder and stir until completely combined. Remove from heat and cool mixture slightly. This cooling process can be accelerated by placing the cooking saucepan in a shallow pan of ice water (take care that no water gets splashed or spilled into the custard). Add Eggs, one at a time, mixing well after each. Add Milk Powder, if using, and stir until smooth. Return pan to stove and increase heat to medium, stirring constantly. Once mixture begins to warm, reduce heat to low so that the eggs do not scramble. Cook and stir until custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this). Cool custard 20 minutes in the pan, stirring occasionally, and then stir in Vanilla Extract (again, the ice water bath technique will speed the cooling process). Spread the Chocolate topping over the Peanut Butter layer, return the candy to the refrigerator to solidify, and enjoy!

Store the candy wrapped in plastic in an air-tight container, and refrigerate or freeze, if not eating right away.

Note: If NOT using Beeswax in the Ganache Topping, REDUCE Xylitol by 1 TBS / 12 g or Truvia by 2 TSP / 8 g and Cocoa by 1 TBS / 5 g. Please be aware that the resulting topping will be less firm.

Makes about 12 - 2 oz Candy Bars.



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Chocolate Peanut Butter Delight Candy

New in v2.1



This candy is a bit more time-intensive, but the creamy texture is well worth the effort!

Ingredients for the Peanut Butter Filling/Bottom Layer (about 7 oz/ 198 g):

1 - Egg (large)

1 TBS / 14 g - Butter, at room temperature

4 TBS / 48 g - Xylitol Sweetener

or

8 TSP / 32 g - Truvia Sweetener

4 oz / 8 TBS / 113 g - Organic Unsweetened Peanut Butter with Sea Salt

If you have access to Lily's Semi-Sweet Chocolate Baking Chips, cover the filling/bottom layer with our [Milk Chocolate with Truvia](#) recipe. If not, use the topping directions below.

Ingredients for the Chocolate Ganache Topping (about 5.0 oz / 142 g):

1-1/2 TBS / 22 g - Butter

3 TBS / 36 g - Xylitol Sweetener

or

2 TBS / 24 g - Truvia

4 TBS / 20 g - Unsweetened Cocoa Powder

1/16 TSP - Sea Salt

2 - Eggs (large)

1/4 TSP / 2 g - Vanilla

1-1/2 TSP / 3 g - Edible Beeswax

4 TBS / 36 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder), optional

Directions for Peanut Butter Filling/Bottom Layer:

Combine Eggs, Butter, and Sweetener of choice in a small sauce pan over low to medium heat (reduce heat if necessary, so that the eggs do not scramble). Cook and stir until custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this), about 20 minutes. Remove custard from heat, and then stir in Peanut Butter until thoroughly mixed (as it cools, it should resemble a soft ball of dough). Scrape dough into a loaf pan lined with plastic wrap, wax paper, or parchment paper. Cover dough with plastic wrap and press dough evenly to the walls of the pan. Place pan into the freezer to speed the hardening of this layer.

Directions for Chocolate Ganache Topping:

Melt Butter and Beeswax, if using, in a small sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder and stir until completely combined. Remove from the heat and cool mixture slightly. This cooling process can be accelerated by placing the cooking saucepan in a shallow pan of ice water (take care that no water gets splashed or spilled into the custard). Add Eggs, one at a time, mixing well after each. Add Milk Powder, if using, and stir until smooth. Return pan to the stove and increase the heat to medium, stirring constantly. Once the mixture begins to warm, reduce the heat to low so that the eggs do not scramble. Cook and stir until the custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this). Cool custard 20 minutes in the pan, stirring occasionally, and then stir in Vanilla Extract (again, the ice water bath technique will speed the cooling process). Spread the Chocolate topping over the Peanut Butter layer, return the candy to the refrigerator to solidify, and enjoy!

Store the candy wrapped in plastic in an air-tight container, and refrigerate or freeze, if not eating right away.

Note: If NOT using Beeswax in the Ganache Topping, REDUCE Xylitol by 1 TBS / 12 g or Truvia by 2 TSP / 8 g and Cocoa by 1 TBS / 5 g. Please be aware that the resulting topping will be less firm.

Makes about 12 - 2 oz Candy Bars.



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Chocolate Vanilla Cream Candy

New in v2.4



Ingredients for the Vanilla Cream Filling/Bottom Layer:

- 1 - Egg
- 1 TBS / 14 g - Butter, at room temperature
- 4 TBS / 48 g - Xylitol Sweetener
- or
- 8 TSP / 32 g - Truvia Sweetener
- 4 oz / 113 g - Cream Cheese, softened
- 1/2 Cup / 2 oz / 57 g - Almond Flour
- 1 TSP / 5 g - Vanilla

If you have access to Lily's Semi-Sweet Chocolate Baking Chips, cover the filling/bottom layer with our [Milk Chocolate with Truvia](#) recipe. If not, use the topping directions below.

Ingredients for the Chocolate Ganache Topping (about 5.0 oz / 142 g):

- 1-1/2 TBS / 22 g - Butter
- 3 TBS / 36 g - Xylitol Sweetener
- or
- 2 TBS / 24 g - Truvia
- 4 TBS / 20 g - Unsweetened Cocoa Powder

1/16 TSP - Sea Salt

2 - Eggs

1/4 TSP / 2 g Vanilla

1-1/2 TSP / 3 g - Edible Beeswax

4 TBS / 36 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder), optional

Directions for Vanilla Cream Filling/Bottom Layer:

Combine Egg, Butter, and Sweetener of choice in a small sauce pan over low to medium heat (reduce heat if necessary, so that the egg does not scramble). Cook and stir until custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this), about 20 minutes. Remove custard from heat, and then stir in Cream Cheese and Almond Flour until smooth. Cool for 20 minutes, and then stir in Vanilla until thoroughly mixed. Scrape custard into a loaf pan lined with plastic wrap, wax paper, or parchment paper. Spread custard evenly to the walls of the pan and cover it with plastic wrap. Place pan into the freezer to speed the hardening of this layer.

Directions for Chocolate Ganache Topping:

Melt Butter and Beeswax, if using, in a small sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder and stir until completely combined. Remove from the heat and cool mixture slightly. Add Eggs, one at a time, mixing well after each. Add Milk Powder, if using, and stir until smooth. Return pan to the stove and increase the heat to medium, stirring constantly. Once the mixture begins to warm, reduce the heat to low. Cook and stir until the custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this). Cool custard 20 minutes in the pan, stirring occasionally, and then stir in Vanilla Extract. Spread the Chocolate topping over the Vanilla Cream layer, return the candy to the refrigerator to solidify, and enjoy!

Store the candy wrapped in plastic in an air-tight container, and refrigerate or freeze, if not eating right away.

Note: If NOT using Beeswax in the Ganache Topping, REDUCE Xylitol by 1 TBS / 12 g or Truvia by 2 TSP / 8 g and Cocoa by 1 TBS / 5 g. Please be aware that the resulting topping will be less firm.

Makes about 12 - 2 oz Candy Bars.



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Cinnamon Rolls

New in v4



Ingredients:

For the Dough:

2 Cups / 8 oz / 227 g - Almond Flour
1/2 TSP - Baking Soda
1/2 TSP / 3 g - Salt
4 TBS / 48 g - Xylitol
4 TBS / 2 oz / 57 g - Organic Butter, melted
2 - Eggs, well beaten

Ingredients:

For the Filling:

4 TBS / 2 oz / 57 g - Butter, softened but not melted
1 TBS / 6 g - Cinnamon, ground

Preheat oven to 350° F. Mix the first four ingredients in a medium bowl. Add melted butter and mix well. Add the beaten Eggs and mix, kneading the mixture with a spatula or your hands until a firm dough forms. Spread the dough on a silicone baking mat (or parchment paper) on a flat surface. Knead the dough a bit and pat it down into a rectangle 8" x 12" using your hands or a second silicone baking mat and a rolling pin.

In a small bowl, mix together the softened Butter and Cinnamon into a smooth paste. Spread this paste thinly on the dough. Leave 1/2" of the narrow end of the dough plain to seal the roll. Use the bottom silicone baking mat to help roll the dough into an 8" log. The assistance of the silicone baking mat is needed to roll the dough because almond flour dough is not as flexible as wheat flour dough. Use the bare edge of dough to seal the roll closed. Wrap the roll up in the silicone baking mat and place it in the freezer for 10 minutes. While the dough chills, make the [Butter Pecan Cream Cheese Frosting](#) or [Vanilla Cream Cheese Frosting](#), if using. Set the Frosting aside (a double batch of Frosting will cover 8 rolls).

Retrieve the log from the freezer. Unroll the silicone baking mat onto a cookie sheet. Take the chilled log and cut it in half, and then cut those two pieces in half, and repeat until the roll is cut into 8 1" inch sections. Place the rolls 2" apart on the silicone baking mat, turning the rolls so the spiral is facing up. Bake for 15 minutes, or until a toothpick stuck in the center of a roll comes out clean. Remove rolls from the oven and cool on the pan, with the pan placed on a wire baking rack. The tops and sides of the rolls should be lightly golden and the middle should be tender and not doughy. It is best to frost or butter the rolls right before serving, to keep them from getting soggy. Enjoy!

Note: We add chopped pecans to these cinnamon rolls by putting the nuts in the Frosting. Raw nuts are healthier and they are just as yummy as when the nuts are baked in the rolls.



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Fruit Cobbler

New in v4



Ingredients - Filling:

2 Cups / 8 oz / 227 g - Fruit, drain & reserve juice (Berries, Sour Cherries, or Peaches)

1 TBS / 12 g - Xylitol Sweetener

1 TBS / 14 g - Reserved Fruit Juice or Filtered Water

1/2 TBS / 7 g - Lemon Juice

Ingredients - Topping:

2/3 Cup / 76 g - Almond Flour

2/3 Cup / 76 g - Chopped Pecans (or Walnuts if desired)

6 TBS / 72 g - Xylitol

4 oz / 8 TBS / 114 g / 1 Stick - Butter, melted

Preheat oven to 350°F. In a large bowl, combine Fruit (slice if necessary), Xylitol, Water, and Lemon, and stir to combine. Spoon fruit mixture into a buttered 9x9x2" casserole dish and set aside. In a small bowl, stir together Almond Flour, Chopped Pecans, and Xylitol. Add melted Butter and stir to combine. Spread topping over the fruit mixture. Bake at 350°F, for 40 minutes, or until the topping is lightly browned.

Makes 4 - 4 oz servings.

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Coconut Almond Chocolate Ganache Candy

New in v2.1



Ingredients for the Coconut Filling/Bottom Layer (about 7-1/2 oz / 188 g):

- 2 oz / 57 g - Cream Cheese, softened
- 1/2 Cup / 2 oz / 57 g - Dried & Grated Unsweetened Coconut
- 4 TBS / 1 oz / 28 g - Almond Flour
- 1 oz / 2 TBS / 28 g - Coconut Oil, softened or melted
- 2 TBS / 24 g - Xylitol Sweetener
- or
- 4 TSP / 16 g - Truvia Sweetener
- 1/4 Cup / 1 oz / 28 g - Slivered Blanched Almonds

If you have access to Lily's Semi-Sweet Chocolate Baking Chips, cover the filling/bottom layer with our [Milk Chocolate with Truvia](#) recipe. If not, use the topping directions below.

Ingredients for the Chocolate Ganache Topping (about 5.0 oz / 142 g):

- 1-1/2 TBS / 22 g - Coconut Oil
- 3 TBS / 36 g - Xylitol Sweetener
- or
- 2 TBS / 24 g - Truvia
- 4 TBS / 20 g - Unsweetened Cocoa Powder

1/16 TSP - Sea Salt

2 - Eggs (large)

1/4 TSP / 2 g - Vanilla

1-1/2 TSP / 3 g - Edible Beeswax

4 TBS / 36 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder), optional

Directions for Coconut Filling/Bottom Layer:

Using a food processor, combine Cream Cheese, Coconut, Almond Flour, Coconut Oil, and Sweetener of choice. Process until thoroughly mixed (should resemble a ball of dough). If not using a food processor, then combine all dry ingredients in a small covered container and shake until combined. Place Cream Cheese and Coconut Oil in a medium mixing bowl and stir until well combined. Add mixed dry ingredients and fold/stir/knead until thoroughly mixed. Scrape dough into a loaf pan lined with plastic wrap, wax paper, or parchment paper. Cover dough with plastic wrap and press dough evenly to the walls of the pan. Place pan into the freezer to speed hardening of this layer.

Directions for Chocolate Ganache Topping:

Melt Butter and Beeswax, if using, in a small sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder; stir until completely combined. Remove from heat and cool mixture slightly. This cooling process can be accelerated by placing the cooking saucepan in a shallow pan of ice water (take care that no water gets splashed or spilled into the custard). Add Eggs, one at a time, mixing well after each. Add Milk Powder, if using; stir until smooth. Return pan to stove and increase heat to medium, stirring constantly. Once the mixture begins to warm, reduce heat to low so that the eggs do not scramble. Cook and stir until the custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this). Cool custard 20 minutes in pan, stirring occasionally; stir in Vanilla Extract (again, the ice water bath technique will speed the cooling process). Spread Chocolate topping over Peanut Butter layer, return candy to refrigerator to solidify, and enjoy!

Store candy wrapped in plastic in an air-tight container, and refrigerate or freeze, if not eating right away.

Note: If NOT using Beeswax in the Ganache Topping, REDUCE Xylitol by 1 TBS / 12 g or Truvia by 2 TSP / 8 g and Cocoa by 1 TBS / 5 g. Please be aware that the resulting topping will be less firm.

Makes about 12 - 2 oz Candy Bars.



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Healthy *No-Sugar* Candy Bars



Ingredients:

4 Cups / 16 oz / 454 g - Coconut (grated, dried unsweetened)

1/2 Cup / 4 oz / 113 g - Coconut Oil (softened or melted)

10 drops - Clear Stevia Liquid

Slivered Almonds (optional)

Coating:

1-1/2 Cup - Dark Chocolate pieces (unsweetened)

1 TBS / 14 g - Coconut Oil

Directions:



In a food processor, blend the filling ingredients and blend 1-2 minutes until smooth. Taste for sweetness and adjust stevia drops to your taste. It is necessary that the Coconut Oil be soft or melted so the mixture blends.



Line an 8"x8" or similar sized pan with wax paper or parchment. Pour the mixture in and spread around evenly. Spread Almonds over coconut mixture. Press them in. Place pan in the

refrigerator or freezer to speed the solidifying process.

Meanwhile, melt the chocolate with the coconut oil (use a metal bowl in some boiling water to create a double boiler). Pour the Chocolate on the top of the Coconut and spread evenly. Then put the tray in the refrigerator for 10 minutes.



Once done, cut into pieces and EAT! Store in your refrigerator and enjoy!

Servings: 10 large bars.

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Milk Chocolate Coconut Almond Candy



Ingredients for the Coconut Filling/Bottom Layer (about 7-1/2 oz / 188 g):

2 oz / 57 g - Cream Cheese, softened
1/2 Cup / 2 oz / 57 g - Dried & Grated Unsweetened Coconut
4 TBS / 1 oz / 28 g - Almond Flour
2 TBS / 1 oz / 28 g - Coconut Oil, softened or melted
2 TBS / 24 g - Xylitol Sweetener
or
4 TSP / 16 g - Truvia Sweetener
1/4 Cup / 1 oz / 28 g - Slivered Blanched Almonds

Ingredients for the Milk Chocolate Topping (about 6 oz / 170 g):

4 TBS / 2 oz / 57 g - Cream Cheese, at room temperature
4 TBS / 2 oz / 57 g - Butter, at room temperature
1 TBS / 14 g - Coconut Oil, softened or melted
4 TBS / 48 g - Xylitol Sweetener
or
3 TBS / 36 g - Truvia Sweetener
3 TBS / 15 g - Unsweetened Cocoa Powder
1/2 TSP / 3 g - Vanilla

Directions for Coconut Filling/Bottom Layer:

Using a food processor, combine Cream Cheese, Coconut, Almond Flour, Coconut Oil, and Sweetener of choice. Process until thoroughly mixed (should resemble a ball of dough). If not using a food processor, then combine all dry ingredients in a small covered container and shake until combined. Place Cream Cheese and Coconut Oil in a medium mixing bowl and stir until well combined. Add mixed dry ingredients and fold/stir/knead until thoroughly mixed. Scrape the dough into a loaf pan lined with plastic wrap, wax paper, or parchment paper. Cover the

dough with plastic wrap and press dough evenly to the walls of the pan. Place the pan into the freezer to speed the hardening of this layer.

Directions for Milk Chocolate Topping:

Place Cream Cheese, Butter, and Oil in a small bowl and beat with an electric mixer until smooth and fluffy. Add the Sweetener of choice and the Cocoa and beat until smooth. Add Vanilla and beat until thoroughly incorporated. Spread the Chocolate topping over the Coconut layer, return the candy to the refrigerator to solidify, and enjoy!

Store the candy wrapped in plastic in an air-tight container, and refrigerate or freeze, if not eating right away.

Makes about 12 - 2 oz Candy Bars.

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Cheesecake



Ingredients:

Butter for 8-inch Spring-Form Pan

2 TBS / 14 g - Almond Flour

2 - 8 oz / 227 g - Philadelphia Cream Cheese, Softened

4 TBS / 48 g - Xylitol

4 - Eggs (large)

1/2 TSP / 3 g - Vanilla

Lemon Custard or Crushed Berries Sweetened with Xylitol for Topping

Preheat oven to 325°F. Generously butter the bottom and sides of a 8-inch Spring-Form Cake Pan. Sprinkle bottom of pan evenly with Almond Flour. Combine Cream Cheese and Xylitol, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in vanilla; pour over Almond Flour crust. Bake for 50 minutes. Top of cake may crack. Loosen cake from rim of pan; cool before removing rim of pan. Chill the cake. Top the Cheesecake with Lemon Custard or Crushed Berries Sweetened with Xylitol, if desired, just before serving.

8 - 2-1/2 oz servings.

Serving Suggestion:



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Pumpkin Cheesecake

New in v5



Make this creamy pumpkin cheesecake in less than 30 minutes!
250 Calories | 23g Fat | 3g net carbs | 6g Protein

Ingredients:

- 4 oz / 8 TBS / 112 g - Cream Cheese
- 1/3 Cup / 75g - Pumpkin puree
- 1/2 TSP / 1g - Pumpkin spice
- 1-1/2 TBS / 18 g - Xylitol
- 1 - Egg (large)
- 3 TBS / 8 g - [Whipped Cream](#) (Optional)



Directions:

Preheat oven to 350°F.

Mix together cream cheese, pumpkin puree, xylitol, and egg in a blender.

Pour into 3 equal parts.



Bake in oven until done, about 15-20 minutes. Let set in refrigerator overnight. Top with whipped cream, if desired.



Total Time: 30 minutes

Serves: 3

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Strawberry Cheesecake

New in v4



A keto-friendly cheesecake! Top with some berries, if your macros allow it.
290 Calories | 21g Fat | 7g net carbs | 8g Protein

Ingredients:

- 4 oz / 112 g - Cream Cheese
- 1 - Egg (large)
- 1-1/2 TBS / 18 g - Xylitol
- 1/4 Cup / 1 oz / 28 g - Almond Flour
- 1 TBS / 1/2 oz / 14 g - Butter
- 1/ 16 TSP - Lemon juice (a pinch)



DIRECTIONS:

Preheat oven to 350°F.

Melt butter.

Add almond flour. Mix together until crumbly.



Divide mixture into 3 parts and place into a mold and press down, so that it is packed tightly.



Bake in oven for 10 mins until crispy.



Mix together cream cheese, egg, xylitol, and a pinch of lemon juice.



Pour into molds with crusts still at the bottom.



Bake at 350°F for 15-20 mins or until done (if you poke it with a fork and nothing sticks to the fork, then it is done). Place in refrigerator overnight to set. Or if you are in a hurry, place in freezer.



Tip: If your macros allow, cut up some strawberries, place them in a saucepot and cook with a little bit of additional xylitol sweetener for a sweet fruit topping.

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Milk Chocolate with Truvia

New in v2.3



Ingredients:

For each 1 oz / 28 g - Lily's Semi-Sweet Chocolate Baking Chips, add:

1 TBS / 7 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder)

1/2 TSP / 2 g - Truvia Sweetener

2 TSP / 10 g - Butter, optional (this will make the chocolate creamier)

In a small non-stick sauce pan, start to melt the Chocolate. Sprinkle the Truvia over the melting Chocolate and stir until smooth. SLOWLY, start adding the Milk Powder -- be patient! It really will come together. If you have a sticky mess, don't panic! Just stir in more Milk Powder, a little bit at a time. Depending on the brand of Milk Powder being used, up to an additional half tablespoon per ounce of Chocolate may be needed. Humidity also affects Chocolate making, so sometimes LESS Milk Powder will be needed. If the Chocolate starts to get grainy looking, stop adding Milk Powder. You may have to add another 1 oz / 28 g Lily's, 1/2 TSP / 2 g Truvia, and 1 TSP / 5 g Butter, if using, to smooth things out (making Milk Chocolate is more of an art than a science). Drop or roll the Chocolate into small balls or disks, or spread it on plastic wrap or a non-stick surface and cool until hardened in the refrigerator. The Milk Chocolate should be the consistency of soft dough if butter is not used, and thinner if butter is added. Use 4 oz / 113 g of Lily's Semi-Sweet Chocolate Baking Chips to make enough Milk Chocolate for the recipes in this eBook (4 oz / 113 g Chocolate Chips & 4 TBS / 32 g Milk Powder & 2 TSP / 8 g Truvia & 8 TSP / 40 g Butter if using). For the candies pictured above, we used one part peanut butter filling to one part chocolate coating and two parts coconut-almond filling to one part chocolate coating.

Note: This Chocolate also tastes wonderful and sets up great with only the additional Truvia. Be aware that the resulting Dark Chocolate will be messier to handle without adding the Milk Powder. It will need to be drizzled or dipped, rather than hand-shaped. Enjoy!







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Chocolate Clusters

New in v2.4



These candies are the perfect protein snack, made with legal chocolate! What could be better?

Ingredients for the Cluster Mix-ins*:

Scant 1/4 Cup / 1 oz / 28 g - Dried & Grated Unsweetened Coconut

Scant 1/4 Cup / 1 oz / 28 g - Raw Unsalted Pumpkin Seeds (Pepitas)

Scant 1/4 Cup / 1 oz / 28 g - Raw Walnuts, chopped (or your favorite nuts)

* This recipe uses ounces and grams for accuracy and does not match perfectly with US measuring cups. A full quarter cup of the various mix-ins weighs more than one ounce / 28 grams, so please use a scant (slightly less than full) amount if using measuring cups.

If you have access to Lily's Semi-Sweet Chocolate Baking Chips, use 4 oz of them to make our [Milk Chocolate with Truvia](#) recipe to combine with the Cluster Mix-ins. If not, use the Ganache directions below. Once you have made the Chocolate of your choice, thoroughly stir in all of the Cluster Mix-ins. Drop spoonful (about 1/2 oz each) of the candy onto a tray lined with waxed paper. Place in the freezer until firm. Chocolate made with Lily's will stay solid at room temperature, once it has set. If using the Ganache below, candy will need to be kept in the refrigerator or freezer until it's time to devour them. Enjoy!

Ingredients for the Chocolate Ganache (about 5.0 oz / 142 g):

1-1/2 TBS / 22 g - Butter

3 TBS / 36 g - Xylitol Sweetener

or

2 TBS / 24 g - Truvia

4 TBS / 20 g - Unsweetened Cocoa Powder

1/16 TSP - Sea Salt

2 - Eggs

1/4 TSP / 2 g Vanilla

1-1/2 TSP / 3 g - Edible Beeswax

4 TBS / 36 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder), optional

Directions for Chocolate Ganache:

Melt Butter and Beeswax, if using, in a small sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder and stir until completely combined. Remove from the heat and cool mixture slightly. Add Eggs, one at a time, mixing well after each. Add Milk Powder, if using, and stir until smooth. Return pan to the stove and increase the heat to medium, stirring constantly. Once the mixture begins to warm, reduce the heat to low. Cook and stir until the custard steams and has thickened (custard will coat the back of a spoon - nappe is the French cooking term for this). Cool custard 20 minutes in the pan, stirring occasionally, and then stir in Vanilla Extract. Once cooled, proceed as directed above.

Store the candy wrapped in plastic in an air-tight container, and refrigerate or freeze, if not eating right away.

Note: If NOT using Beeswax in the Ganache, REDUCE Xylitol by 1 TBS / 12 g or Truvia by 2 TSP / 8 g and Cocoa by 1 TBS / 5 g. Please be aware that the resulting Ganache will be less firm.

Makes about 16 - 1/2 oz Candies.



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Almond Cookies



These taste like corn bread – delicious!

Ingredients:

2-1/2 Cups / 10 oz / 283 g - Almond Flour (most grocery stores carry this; or go to the health food store)

1-1/2 Cups / 12 oz / 340 g - Butter (softened or melted)

1 TSP / 5 g - Vanilla Extract

1 - Egg (whole)

1/3 - Cup / 68 g - Xylitol sweetener

1-1/2 TSP / 10 g - Baking Soda

1/4 TSP / 2 g - Sea Salt

Preparation:

Preheat oven to 375°F. Blend all ingredients on low speed mixer. Drop dough by rounded spoonful onto an ungreased cookie sheet (you'll need 2). Bake about 9-10 minutes, until top is just browning. Cool completely before eating really, they are so much better after they cool – keep in refrigerator or even freezer.

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Apricot Cookies

New in v2.4



Ingredients:

1 cup / 4 oz / 113 g - Dried Unsweetened Apricots (see substitution note below)

1 & 1/2 cups / 6 oz / 170 g - Almond Flour

4 TBS / 2 oz / 57 g - Butter, softened to room temperature (do NOT melt)

6 TBS / 72 g - Xylitol

1 TBS / 22 g - [Yacon Syrup](#)

1/2 TSP - Vanilla Extract

1 - Egg

1/4 TSP - Sea Salt

1/4 TSP - Baking Soda

Preheat the oven to 350° F. Place 1/4 cup / 1 oz / 28 g of the Almond Flour in the bowl of a food processor or in a blender. Add all of the Apricots and 1 TBS / 12 g of the Xylitol, and pulse the machine until the Apricots are coarsely chopped (the added Almond Flour will keep the Apricots from sticking together and the Xylitol will sweeten them before being added to the cookie dough). In a medium bowl, combine (cream) Butter, the remaining Xylitol, Yacon Syrup, and Vanilla with a mixer until very smooth. Add the Egg and mix well. Add the remaining Almond Flour, Sea Salt, and Baking Soda and use the mixer to combine thoroughly. Using a large spoon, stir in the chopped Apricot mixture until well combined. Spoon mounds of the

cookie dough about 2 inches apart on a cookie sheet lined with parchment paper or a silicone baking mat. Bake the cookies for 15 minutes, or until they are set and lightly browned on the edges, watching carefully so they do not burn (you will smell them). The cookies will be VERY soft when removed from the oven, so allow them to cool for several minutes on the sheet. Once firmed, use a thin spatula to move them to a cooling cloth or rack. Enjoy!

Makes 12 large or 18 small soft cookies. Recipe can be halved or doubled.

Note: If you are a little short on Apricots, or if you want to reduce the amount of fruit in these cookies, 1 oz / 28 g of Walnut Pieces can be substituted for 1 oz / 28 g of the Apricots, with excellent results.



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Chocolate Chip Cookies

New in v2.3



Ingredients:

1 & 1/2 cups / 6 oz / 170 g - Almond Flour

4 TBS / 2 oz / 57 g - Butter, softened to room temperature (do NOT melt)

6 TBS / 72 g - Xylitol

1 TBS / 22 g - [Yacon Syrup](#)

1/2 TSP - Vanilla Extract

2 - Eggs (or 1 Egg for thicker more cake-like cookies, pictured above on right)

1/4 TSP / 2 g - Sea Salt

1/4 TSP / 1 g - Baking Soda

1/4 Cup / 2 oz / 57 g - Lily's Dark Chocolate Premium Baking Chips (no sugar added)

1/4 Cup / 2 oz / 57 g - Nuts, chopped (optional)

Preheat the oven to 350°F. In a medium bowl, combine (cream) Butter, Xylitol, Yacon Syrup, and Vanilla with a mixer until very smooth. Add Egg(s), one at a time, mixing well after each one. Add Almond Flour, Sea Salt, and Baking Soda and use the mixer to combine thoroughly. Using a large spoon, stir in the Chocolate Chips and Nut pieces (if using) until well combined. Spoon mounds of the cookie dough about 2 inches apart on a cookie sheet lined with parchment paper or a silicone baking mat. Bake the cookies for 13 minutes, or until they are set and lightly browned on the edges, watching carefully so they do not burn (you will smell them). The cookies will be VERY soft when removed from the oven, so allow them to cool for several minutes on the sheet. Once firmed, use a thin spatula to move them to a cooling cloth or rack. Enjoy!

Makes 12 large or 18 small soft cookies. Recipe can be halved or doubled.

Note: Lily's Dark Chocolate Chips are sweetened with Stevia and Erythritol (they are basically making their own Truvia), so they do not contain any sugar.

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Chocolate Kale Shake Cookies

New in v2.2



Ingredients:

1/2 Cup / 40 g - Old Fashioned Rolled Oats

1/2 Cup / 2 oz / 57 g - Almond Flour

1/2 Cup / 2 oz / 57 g - Coconut Flour (or Grated Unsweetened Coconut ground in the blender)

3 TBS / 21 g - [Instant Kale Shake](#) (Chocolate)

1/8 TSP / 1 g - Sea Salt

1 TSP / 5 g - Vanilla

3 TBS / 43 g - Coconut Oil, melted

2 TBS / 44 g - [Yacon Syrup](#) (this has a glycemic index of 1, which will not affect your blood sugar -- if you can't find it online or at the health food store, add an additional 3 TBS Coconut Oil.)

1/2 Cup / 2 oz / 57 g - Crushed Walnuts (taken for a short spin in the blender)

4 TBS / 2 oz / 57 g - Cream Cheese, softened

Step 1: Add Ingredients in large bowl.



Step 2: Mix ingredients thoroughly until it looks pasty.



Step 3: Either form cookies on a greased cookie sheet OR in a mini cupcake tray. I like to sprinkle additional almond flour on top.

Note: I use a soup spoon to put the dough into the mini-muffin cups and then press the dough down slightly with the lid of a vitamin bottle that is slightly smaller than the tops of the muffin cups. After sprinkling the tops of the cookies with additional almond flour, tamp them down more firmly. Keeping the lid on the empty bottle makes a very nice handle for the tamper.



Step 4: Put in freezer for 10 minutes. These are raw cookies and are not meant to be baked. Leaving them out of the refrigerator for more than 20 minutes can cause them to become too soft, so it is recommended that you store them in your refrigerator in between eating.

Enjoy!

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Fig Nuttin Cookies

New in v3



There's "nuttin" but good things in these yummy cookies!

Ingredients:

- 1 cup / 4 oz / 113 g - Dried Unsweetened Figs, hard stems removed
- 1/2 cup / 2 oz / 57g - Raw Walnuts, coarsely chopped
- 1 & 1/2 cups / 6 oz / 170 g - Almond Flour
- 4 TBS / 2 oz / 57 g - Butter, softened to room temperature (do NOT melt)
- 6 TBS / 72 g - Xylitol
- 1 TBS / 22 g - [Yacon Syrup](#)
- 1/2 TSP - Vanilla Extract
- 1 - Egg
- 1/4 TSP - Sea Salt
- 1/4 TSP - Baking Soda

Preheat the oven to 350° F. Place 1/4 cup / 1 oz / 28 g of the Almond Flour in the bowl of a food processor or in a blender. Add all of the Figs and pulse the machine until the Figs are coarsely chopped (the added Almond Flour will keep the Figs from sticking together while being chopped - more Almond Flour can be added, if necessary). In a medium bowl, combine (cream) the Butter, Xylitol, Yacon Syrup, and Vanilla with a mixer until very smooth. Add the Egg and mix well. Add the remaining Almond Flour, Sea Salt, and Baking Soda and use the mixer to

combine thoroughly. Using a large spoon, stir in the chopped Fig mixture and Walnuts until well combined. Spoon mounds of the cookie dough about 2 inches apart on a cookie sheet lined with parchment paper or a silicone baking mat. Bake the cookies for 15 minutes, or until they are set and lightly browned on the edges, watching carefully so they do not burn (you will smell them). The cookies will be VERY soft when removed from the oven, so allow them to cool for several minutes on the sheet. Once firmed, use a thin spatula to move them to a cooling cloth or rack. Enjoy!

Makes 12 large or 18 small soft cookies. Recipe can be halved or doubled.

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The Healthiest Cookies in the World

Totally Legal (No Sugar, No Wheat Flour, No Bad Stuff)
New in v2.3



Ingredients:

- 8 oz (2 sticks) / 227 g - Butter (Organic – or my favorite; Kerrygold Irish Butter)
- 4 TBS / 48 g - Xylitol (sweetener - get on amazon.com or at the health food store)
- 2 Cups / 8 oz / 227 g - Almond Flour
- 2 Cups / 8 oz / 227 g - Crushed Pecans
- 1 - Chocolate Bar (3.5 oz / 100 g) - must be diabetic chocolate (I like Simply Lite – from Trader Joes)
- 1/16 TSP / 1 Pinch - Sea Salt
- 2 TSP / 10 g - Vanilla Extract

Leave butter out of the refrigerator overnight – must be soft. Preheat the oven to 325°F.



Mix the Butter (8 oz) with the Xylitol (4 TBS) by hand until very smooth.



Crush the Pecans (in grinder, food processor or in a bag with a rolling pin). Make sure it's 2 Cups in the final product.



Breakdown (or grind) the Chocolate Bar (3.5 oz) in a food processor or other means.



Mix thoroughly the now sweetened Butter, Almond Flour (2 Cups), crushed Pecans (2 Cups), crushed Chocolate Bar, pinch of Sea Salt, 2 TSP of Vanilla Extract in a bowl. As an option, you could mix it in your food processor.



Form little balls with your hands and roll them in some Almond Flour (to coat them), putting them on a cookie sheet with parchment paper.



Cook for 13 minutes, then let sit cooling for 10 minutes, then stick in the freezer until frozen. Enjoy these guilt-free cookies!!!!!!!



Mistakes: I tried several versions and made lots of mistakes.

- The reason these cookies are balls instead of flat is because they do not have the normal gluten in wheat to provide the glue--no glue, they can easily fall apart. This is why I had to let them completely cool down or they will crumble and disintegrate. I also put them in the freezer, to make them solid and we're good to go. Consuming them cold and slightly frozen is much tastier than consuming them warm or even in the refrigerator.
- I also found that using no-sugar-added diabetic Chocolate works very well.
- Almond flour works better than almond meal.
- I also found that you can substitute crushed Pecans with crushed Macadamia Nuts (same amounts). This adds a different flavor -- very rich and also crazy delicious. If you do this and your Macadamia Nuts are already salted, make sure you do not add the pinch of salt.
- Break up or blend the Chocolate Bar in the food processor separately. It doesn't break down well with all the ingredients together. Leaving them in chunks also works, because it gives a more interesting sensation when you bite into them.
- Using Vanilla Extract tastes better than Almond Extract.

- The other mistake I made was to melt the butter on the stove and try to make this. You should take the butter out of the refrigerator and let it soften naturally -- do not melt.

- I also tried them raw, instead of baking and it did taste like cookie dough, but it's much better when baked -- I think because the heat roasts the nuts and make them more amazing.

- I like this recipe, because it's another way to consume healthy Butter (grass-fed). And because it's so rich, you will not be able to eat many at a time. But it will give you something very satisfying to snack on to avoid junk foods.

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Shortbread Cookies

New in v5



This is a delicious, easy keto-friendly shortbread. For an extra treat, melt some keto-friendly dark chocolate and dip 1/2 of the cookie in it.

95 Calories (per cookie) | 9 g Fat | 2 g net carbs | 2 g Protein

Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 3 TBS / 1-1/2 oz / 43 g - Butter, at room temperature
- 3 1/2 TBS - Powdered Erythritol (use coffee grinder to powder)
- 1/8 TSP - Salt
- 1/2 TSP / 3 g - Vanilla

Directions: In a medium bowl, mix almond flour, salt, and sugar. Add chunks of butter and mix well.



Use your hands to mix and pinch the butter until well blended. Add vanilla. Knead into a ball.

Pinch off chunks and roll into balls about 1 inch diameter and place on a parchment or silicone mat lined pan. Press the balls slightly with the palm of your hand or a fork so they are 1/2 - 1/4 inch thick.



Bake 350 degrees for 8-10 minutes. Be sure to pull them out before they brown. Melt some keto-friendly dark chocolate and dip half the cookie in it for an extra treat! Eat only one of these at the end of your meal to help satisfy your sweet tooth.



Tip: This recipe does not make a lot of cookies, so you may want to double or triple it! Enjoy!

Total Time: 20 minutes

Serves: 10

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Pecan Shortbread Cookies with Almond Flour

New in v2.2



Ingredients:

- 1 Stick / 4 oz / 113 g - Butter, softened to room temperature (do NOT melt)
- 2 TBS / 24 g - Xylitol
- 2 TSP / 10 g - Vanilla
- 1 Cup / 4 oz / 113 g - Almond Flour
- 1 Cup / 4 oz / 113 g - Pecans, chopped

Preheat the oven to 325°F. In a medium bowl, combine (cream) Butter, Vanilla, and Xylitol with a mixer until very smooth. Add Almond Flour and use the mixer to combine thoroughly. Using a large spoon, stir in the Pecan pieces until well combined. Gently pat the dough down evenly in the bowl and cut it into quarters like a pie (this will make working the dough much easier once it is cold). Chill the dough in the refrigerator (or freezer if you are in a hurry) until it is firm enough to handle. If it gets too hard, just let it warm a little. Cut each quarter of the dough into 6 pieces and quickly roll each piece into a firm ball - do NOT handle the dough very long or the butter will melt from your body heat. Place the balls about 2 inches apart on a cookie sheet lined with parchment paper or a silicone baking mat. Bake the cookies for 16 minutes, watching carefully so they do not burn (you will smell them). They will be VERY soft when removed from the oven, so allow them to cool for several minutes on the sheet. Once firmed, use a thin spatula to move them to a cooling cloth or rack. Enjoy!

Note: These cookies are also known as Pecan Snowballs, which are rolled in powdered sugar. Since this recipe replaces powdered sugar with xylitol, there is no "snow", but we don't think that you will miss it when eating these yummy cookies that won't make you feel guilty.

Makes 24 Cookies.



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Chocolate Pecan Shortbread Cookies with Almond Flour

New in v2.2



Ingredients:

- 1 Stick / 4 oz / 113 g - Butter, softened to room temperature (do NOT melt)
- 4 TBS / 48 g - Xylitol
- 3 TBS / 15 g - Cocoa
- 1 TSP / 5 g - Vanilla
- 1 Cup / 4 oz / 113 g - Almond Flour
- 1 Cup / 4 oz / 113 g - Pecans, chopped (or Macadamia Nuts)

Preheat the oven to 325°F. In a medium bowl, stir together the Xylitol and Cocoa. Add the Butter and Vanilla to the bowl and beat (cream) with a mixer until very smooth. Add Almond Flour and use the mixer to combine thoroughly. Using a large spoon, stir in the Pecan pieces until well combined. Gently pat the dough down evenly in the bowl and cut it into quarters like a pie (this will make working the dough much easier once it is cold). Chill the dough in the refrigerator (or freezer if you are in a hurry) until it is firm enough to handle. If it gets too hard, just let it warm a little. Cut each quarter of the dough into 6 pieces and quickly roll each piece into a firm ball - do NOT handle the dough very long or the butter will melt from your body heat. Place the balls about 2 inches apart on a cookie sheet lined with parchment paper or a silicone baking mat. Bake the cookies for 16 minutes, watching carefully so they do not burn (you will smell them). They will be VERY soft when removed from the oven, so allow them to

cool for several minutes on the sheet. Once firmed, use a thin spatula to move them to a cooling cloth or rack. Enjoy!

Note: While experimenting with converting Pecan Snowballs, we got to thinking, how could adding a little chocolate not also taste wonderful? AND, if you substitute Macadamia nuts for the pecans, you will have a legal version of the “Welcome to Hawaii” cookies that the Hualalai Four Seasons Resort hands out to greet guests on the Kona Coast of the Big Island. Eating these yummy cookies, you can experience all of the Aloha Spirit with none of the guilt, and still look great in your swimsuit!

Makes 24 Cookies.



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Walnut Raisin Faux Oatmeal (Foatmeal) Cookies

New in v4



A Delicious Cookie for my fellow Diabetics - High Protein & No Oat Carbs!

Ingredients:

3/4 cup / 3 oz / 85 g - Walnuts, broken-up

3/4 cup / 3 oz / 85 g - Almond Flour

4 TBS / 2 oz / 57 g - Butter, softened to room temperature (do NOT melt)

6 TBS / 72 g - Xylitol

1 TBS / 22 g - [Yacon Syrup](#)

1/2 TSP - Vanilla Extract

1 - Egg

1/4 TSP - Cinnamon

1/4 TSP - Sea Salt

1/4 TSP - Baking Soda

1/4 Cup (scant) / 1 oz / 28 g - Raisins

Preheat the oven to 350° F. In a medium bowl, combine (cream) Butter, Xylitol, Yacon Syrup, and Vanilla with a mixer until very smooth. Add Egg and mix well. Using a large spoon, stir in Walnuts, Almond Flour, Raisins, Cinnamon, Sea Salt, and Baking Soda until well combined. Spoon mounds of the cookie dough about 2 inches apart on a cookie sheet lined with parchment paper or a silicone baking mat. Bake the cookies for 12 minutes, or until they are

set and lightly browned on the edges, watching carefully so they do not burn (you will smell them). The cookies will be VERY soft when removed from the oven, so allow them to cool for several minutes on the sheet. Once firmed, use a thin spatula to move them to a cooling cloth or rack. Enjoy!

Makes 12 large or 18 small soft cookies. Recipe can be halved or doubled.

Note: Taste testers actually preferred this cookie even though it contains No Oatmeal.

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Baked Egg Custard with Stevia



Ingredients:

4 - Eggs (large)

1/2 TSP - Clear Liquid Stevia Glycerite

1/2 TSP / 3 g - Sea Salt

1 TSP / 5 g - Vanilla Extract

2-1/2 Cups / 20 oz / 567 g - Organic Milk (or your favorite unsweetened substitute)

Preheat oven to 350°F. Combine Eggs, Stevia, Sea Salt, and Vanilla Extract in a large bowl. Slowly whisk in the Milk; beat until well mixed. Mixture will yield about 30 oz / 850 g. Ladle 5 oz / 142 g of custard mixture into 6 buttered 6-ounce custard cups. Place filled cups into a baking pan with at least 2 inch sides; fill the pan with hot water to 1-inch in depth. Carefully place baking pan into the preheated oven and bake for 35 to 40 minutes or until a steel knife inserted near the center of custard comes out clean. CAREFULLY remove cups to a rack to cool completely - it is very easy to scald/burn yourself while doing this (I use a pair of tongs and a metal spatula, and then leave the pan of hot water in the oven to cool before removing).

Makes approximately 6 - 4 oz servings.

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Baked Egg Custard with Xylitol



Ingredients:

4 - Eggs (large)

1/4 Cup / 48 g - Xylitol

1/2 TSP / 3 g - Sea Salt

1 TSP / 5 g - Vanilla Extract

2-1/2 Cups / 20 oz / 567 g - Organic Milk (or your favorite unsweetened substitute)

Preheat oven to 350°F. Combine Eggs, Xylitol, Sea Salt, and Vanilla Extract in a large bowl. Slowly whisk in the Milk; beat until well mixed. Mixture will yield about 30 oz / 850 g. Ladle 5 oz / 142 g of custard mixture into 6 buttered 6-ounce custard cups. Place filled cups into a baking pan with at least 2 inch sides; fill the pan with hot water to 1-inch in depth. Carefully place baking pan into the preheated oven and bake for 35 to 40 minutes or until a steel knife inserted near the center of custard comes out clean. CAREFULLY remove cups to a rack to cool completely - it is very easy to scald/burn yourself while doing this (I use a pair of tongs and a metal spatula, and then leave the pan of hot water in the oven to cool before removing).

Makes approximately 6 - 4 oz servings.

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Chocolate Custard



Ingredients:

3 TBS / 1-1/2 oz / 43 g - Butter
1/4 Cup / 48 g - Xylitol Sweetener
6 TBS / 30 g - Unsweetened Cocoa Powder
1/8 TSP / 1 g - Sea Salt
6 - Eggs (large)
1/2 TSP / 3 g - Vanilla

Melt Butter in a medium sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder and stir until completely combined. Remove from the heat and cool mixture slightly. This cooling process can be accelerated by placing the cooking saucepan in a shallow pan of ice water (take care that no water gets splashed or spilled into the custard). Add Eggs, one at a time, mixing well after each. Return pan to the stove and increase the heat to medium, stirring constantly. Once the mixture begins to warm, reduce the heat to low so that the eggs do not scramble. Cook and stir until the custard steams and has thickened (custard will coat the back of a spoon - *nappe* is the French cooking term for this), about 20 minutes. Cool custard 20 minutes in the pan, stirring occasionally, and then stir in Vanilla Extract. Pour the Chocolate Custard into individual serving bowls, or storage container, and refrigerate until ready to use. The custard will continue to thicken as it cools (again, the ice water bath technique will speed the cooling process).

Notes: 1/2 Cup of Organic Milk can be substituted for two (2) of the Eggs, if a creamier texture is desired. This will result in a slightly less firm custard.

Makes 4 - 3 oz Servings.

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Lemon Custard



Ingredients:

- 4 - Eggs, (large) beaten
- 1/2 Cup / 4 oz / 113g - Lemon Juice, fresh or frozen (defrosted)
- 10 TBS / 120 g - Xylitol
- 4 TBS / 2 oz / 57 g - Butter, melted & cooled

In a medium sauce pan, stir together Eggs, Lemon Juice, and Xylitol until well blended. Add the cooled melted butter and stir to combine. Place pan over medium heat on the stove. Once the mixture begins to warm, reduce the heat to low so that the eggs do not scramble. Cook until thickened (custard will coat the back of a spoon - nappé is the French cooking term for this), about 20 minutes. Cool custard 20 minutes in the pan, stirring occasionally, and then spoon the Lemon Custard into individual serving bowls, or storage container if using as a topping, and refrigerate until ready to use. This cooling process can be accelerated by placing the cooking saucepan in a shallow pan of ice water (take care that no water gets splashed or spilled into the custard).

Makes 4 - 3-1/2 oz servings or enough topping for 1 [Cheesecake](#) (8 servings).

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Pumpkin Custard with Xylitol

New in v2.2



Ingredients:

29 oz / 822 g Can - Pumpkin

8 - Eggs (large), beaten

1 Cup / 192 g - Xylitol

2 TSP / 4 g - Cinnamon (or Pumpkin Pie Spice to taste)

1 TSP / 6 g - Sea Salt

1/2 Cup / 2 oz / 57 g - Almond Flour

1 Cup / 8 oz / 227 g - Organic Milk (or your favorite unsweetened substitute)

Preheat oven to 350°F. Combine Pumpkin, Eggs, Xylitol, Cinnamon (or Pumpkin Pie Spice), Sea Salt, and Almond Flour in a large bowl. Slowly whisk in the Milk; beat until well mixed. Mixture will yield about 48 oz / 1361 g. Ladle 6 oz / 170 g of custard mixture into 8 buttered 6-ounce custard cups. Place filled cups into a baking pan with at least 2 inch sides; fill the pan with hot water to 1-inch in depth. Carefully place baking pan into the preheated oven and bake for 35 to 40 minutes or until a steel knife inserted near the center of custard comes out clean.

CAREFULLY remove cups to a rack to cool completely - it is very easy to scald/burn yourself while doing this (I use a pair of tongs and a metal spatula, and then leave the pan of hot water in the oven to cool before removing). This recipe can be reduced by a half, or even a quarter, with excellent results. Eight eggs may sound like a lot, but the full recipe makes eight servings,

so that is only one egg per serving.

Makes approximately 8 - 6 oz servings.

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Chocolate Cream Cheese Frosting



Ingredients:

2 TBS / 1 oz / 28 g - Cream Cheese, at room temperature

2 TBS / 1 oz / 28 g - Butter, at room temperature

1/2 TBS / 7 g - Oil

2 TBS / 24 g - Xylitol *

or

4 TSP / 16 g - Truvia *

1-1/2 TBS / 8 g - Unsweetened Cocoa Powder

1/4 TSP / 2 g - Vanilla

Place the Cream Cheese, Butter, and Oil in a small bowl and beat with an electric mixer until smooth and fluffy. Add the Sweetener of choice and the Cocoa and beat until smooth. Add the Vanilla and beat until thoroughly incorporated.

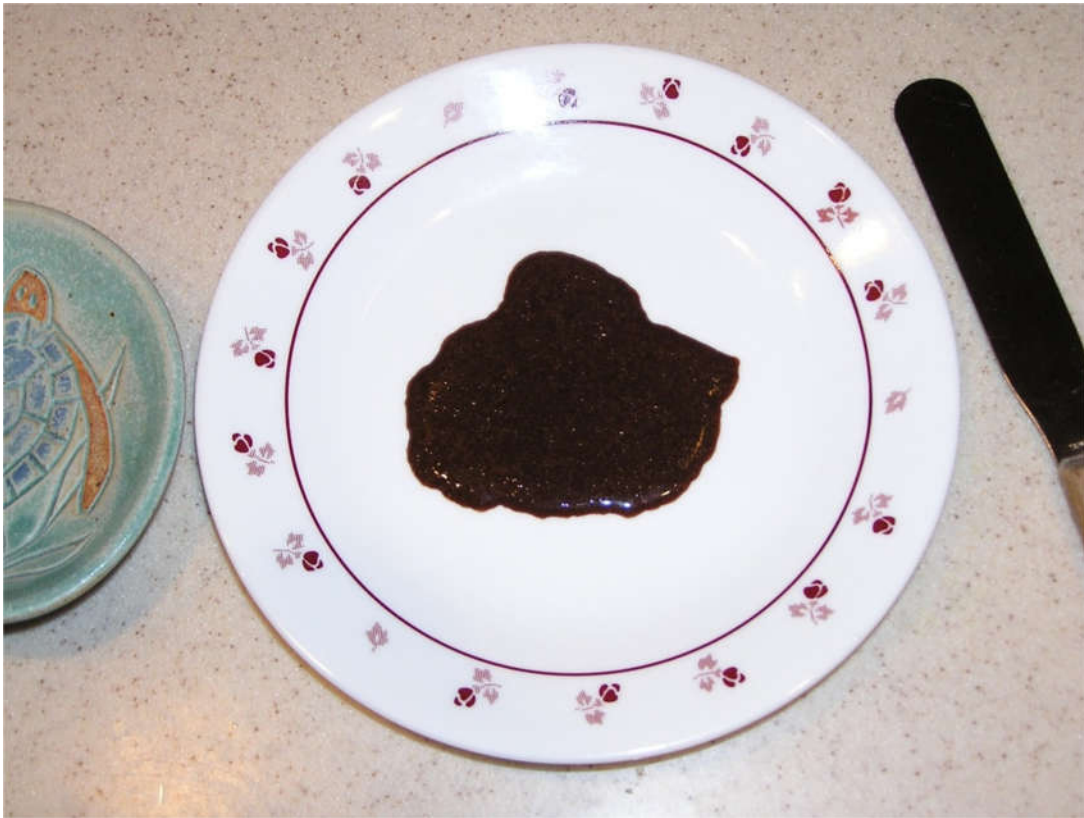
* The texture of this frosting is very soft and the volume is less, due to Xylitol or Truvia replacing Powdered Sugar. Recipes for regular Cream Cheese Frosting would use from 1/2 to 1 cup of Powdered Sugar to make this amount of Frosting, depending on stiffness and sweetness desired - that is a lot of sugar.

Makes about 3 oz. This recipe can be multiplied to make as much Frosting as needed.

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Chocolate Ganache Frosting

New in v2.1



Ingredients:

1-1/2 TBS / 22 g - Butter

2 TBS / 24 g - Xylitol Sweetener

or

4 TSP / 16 g - Truvia

4 TBS / 20 g - Unsweetened Cocoa Powder

1/16 TSP - Sea Salt

2 - Eggs (large)

1/4 TSP / 2 g - Vanilla

4 TBS / 36 g - Non-Instant Non Fat Milk Powder (NOT instant milk powder), optional

Melt Butter in a small sauce pan over low heat. Add Xylitol and Salt, and stir until mostly dissolved. Add Cocoa Powder and stir until completely combined. Remove from heat and cool mixture slightly. This cooling process can be accelerated by placing the cooking saucepan in a shallow pan of ice water (take care that no water gets splashed or spilled into the custard). Add Eggs, one at a time, mixing well after each. Add Milk Powder, if using, and stir until smooth. Return pan to stove and increase heat to medium, stirring constantly. Once mixture begins to warm, reduce heat to low so that the eggs do not scramble. Cook and stir until frosting steams and has thickened (frosting will coat the back of a spoon - *nappe* is the French cooking term for

this). Cool frosting 20 minutes in the pan, stirring occasionally, and then stir in Vanilla Extract (again, the ice water bath technique will speed the cooling process). Store in the refrigerator until ready to dip muffin tops into the frosting.

Makes about about 5.0 oz / 142 g

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Butter Pecan Cream Cheese Frosting

New in v4



Ingredients:

2 TBS / 1 oz / 28 g - Cream Cheese, at room temperature

2 TBS / 1 oz / 28 g - Butter, at room temperature

1/4 Cup / 1 oz / 28 g - Raw Pecans, finely chopped (or Walnuts)

1-1/2 TBS / 18 g - Xylitol *

or

1 TBS / 12 g - Truvia *

1/4 TSP / 2 g - Vanilla

Place Cream Cheese and Butter in a small bowl and beat with an electric mixer until smooth and fluffy. Add the Sweetener of choice and beat until smooth. Mix in the chopped Pecans. Add the Vanilla and beat until thoroughly incorporated.

* The texture of this frosting is very soft and the volume is less, due to Xylitol or Truvia replacing Powdered Sugar. Recipes for regular Cream Cheese Frosting would use from 1/2 to 1 cup of Powdered Sugar to make this amount of Frosting, depending on stiffness and sweetness desired – that is a lot of sugar.

Makes about 3 oz. A single batch will frost 4 [Cinnamon Rolls](#). This recipe can be multiplied to make as much Frosting as needed.

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Macadamia Coconut Fudge

New in v5



This is a keto version of chocolate coconut fudge. Add macadamia nuts for crunch and extra fat.

330 Calories | 34g Fat | 2g net carbs | 2g Protein

Ingredients:

- 1/4 Cup / 2 oz / 57 g - Coconut Butter
- 1/4 Cup / 2 oz / 4 TBS / 57 g - Coconut Oil
- 2 TBS / 10 g - Unsweetened Cocoa Powder
- 2 TBS / 24 g - Xylitol (powdered in a blender)
- 1/4 Cup / 57 g - Organic Heavy Whipping Cream
- 1 oz / 10 - 12 - Macadamia Nuts, chopped



Directions: In a double boiler, melt down coconut butter and coconut oil. Once the mixture is melted, add unsweetened cocoa powder and xylitol.



Add melted mixture to blender, add heavy whipping cream. Pulse mixture until completely mixed together and distribute mixture evenly between Silicone Molds. Chop macadamia nuts. Distribute evenly into silicone molds. Place in refrigerator for 2-3 hours to set.

Tip: You need to powder the Xylitol to ensure that all the crystals melt down, avoiding a granular consistency.

Make your fat bombs bigger and limit yourself to only one to avoid overeating.

Total Time: 20 minutes

Serves: 4

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Coconut Cream Cheese Frosting

New in v2.0



Ingredients:

2 TBS / 1 oz / 28 g - Cream Cheese, at room temperature

2 TBS / 1 oz / 28 g - Butter, at room temperature

1-1/2 TBS / 18 g - Xylitol *

or

1 TBS / 12 g - Truvia *

1/4 TSP / 2 g - Vanilla

1/4 Cup / 1 oz / 28 g - Dried & Grated Unsweetened Coconut

1 TBS / 14 g - Coconut Oil, softened or melted

Place Cream Cheese and Butter in a small bowl and beat with an electric mixer until smooth and fluffy. Add the Sweetener of choice and beat until smooth. Add the Vanilla and beat until thoroughly incorporated. Add Coconut and Coconut Oil and beat until smooth and creamy. Allow the frosting to sit for several hours, or overnight, so that the Coconut can rehydrate.

* The texture of this frosting is very soft and the volume is less, due to Xylitol or Truvia replacing Powdered Sugar. Recipes for regular Cream Cheese Frosting would use from 1/2 to 1 cup of Powdered Sugar to make this amount of Frosting, depending on stiffness and sweetness desired – that is a lot of sugar.

Makes about 4 oz. This recipe can be multiplied to make as much Frosting as needed.

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Vanilla Cream Cheese Frosting



Ingredients:

2 TBS / 1 oz / 28 g - Cream Cheese, at room temperature

2 TBS / 1 oz / 28 g - Butter, at room temperature

1-1/2 TBS / 18 g - Xylitol *

or

1 TBS / 12 g - Truvia *

1/4 TSP / 2 g - Vanilla

Place Cream Cheese and Butter in a small bowl and beat with an electric mixer until smooth and fluffy. Add the Sweetener of choice and beat until smooth. Add the Vanilla and beat until thoroughly incorporated.

* The texture of this frosting is very soft and the volume is less, due to Xylitol or Truvia replacing Powdered Sugar. Recipes for regular Cream Cheese Frosting would use from 1/2 to 1 cup of Powdered Sugar to make this amount of Frosting, depending on stiffness and sweetness desired – that is a lot of sugar.

Makes about 3 oz. This recipe can be multiplied to make as much Frosting as needed.

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Chocolate Ice Cream

New in v3



Ingredients:

2 Cups / 454 g - Organic Heavy (whipping) Cream

5 TBS / 60 g - Xylitol Sweetener

5 TBS / 25 g - Unsweetened Cocoa Powder

2 TBS / 1 oz / 28 g - Filtered Water

1 Pkg (7 g) - Unflavored & Unsweetened Gelatin

1 TSP / 5 g - Vanilla

1/4 Cup / 1 oz / 28 g - Raw Macadamia Nuts, chopped (or your favorite, optional)

Stir together Cocoa and Xylitol in a small bowl until well mixed. Place Water in a small sauce pan and sprinkle the Gelatin over it. Warm the water, and stir over low heat, until the Gelatin dissolves. Add a small amount (1/4 Cup) of the Cream to the Gelatin and stir until combined. Add the mixed Cocoa and Xylitol and stir to combine (the mixture will look like chocolate jelly). Add the remaining Cream a little at a time, stirring over low heat, to ensure that the Gelatin stays dissolved, until all of the Cream is incorporated. Only warm the mixture enough to ensure that it is completely smooth. Remove from the heat and stir in the Vanilla. Cover and refrigerate until cooled, but do not allow the Gelatin to set-up. Pour mixture into ice cream maker and process according to the unit's instructions. Adding your favorite chopped nuts

during processing will further boost the protein in this wonderful sugar-free treat. Move finished Ice Cream to a storage container, cover and freeze.

Note: Organic Half & Half can be substituted for the Cream if desired, depending on how rich you like your ice cream.

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Chocolate Super Ice Cream

New in v3



What makes this Ice Cream so super? It's made with Dr. Berg's Instant Chocolate Kale Shake!

Ingredients:

- 2 Cups / 454 g - Organic Heavy (whipping) Cream
- 4 Level Scoops - Dr. Berg's Instant Chocolate Kale Shake Powder
- 2 TBS / 1 oz / 28 g - Filtered Water
- 1 Pkg (7 g) - Unflavored & Unsweetened Gelatin
- 1 TSP / 10 g - Vanilla
- 1/4 Cup / 1 oz / 28 g - Raw Macadamia Nuts, chopped (or your favorite, optional)

Place Water in a small sauce pan and sprinkle the Gelatin over it. Warm the water, and stir over low heat, until the Gelatin dissolves. Add the Cream a little at a time, stirring over low heat, to ensure that the Gelatin stays dissolved, until all of the Cream is incorporated. Only warm the mixture enough to ensure that it is completely smooth. Remove from the heat and stir in the Vanilla. Add the Instant Chocolate Kale Shake Powder and mix until completely dissolved. Cover and refrigerate until cooled, but do not allow the Gelatin to set-up. Pour mixture into ice cream maker and process according to the unit's instructions. Adding your favorite chopped nuts during processing will further boost the protein in this wonderful sugar-free treat. Move finished Ice Cream to a storage container, cover and freeze. This Ice Cream is

a delicious way to add Dr. Berg's healthy Instant Chocolate Kale Shake to your diet.

Note: Organic Half & Half can be substituted for the Cream if desired, depending on how rich you like your ice cream.

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Organic Ice Cream

New in v2.1



Ingredients:

1/2 Cup / 4 oz / 113 g - frozen organic Banana (1 medium, peeled)

1/2 Cup / 4 oz / 113 g - frozen organic Blueberries

Put through the Champion juicer (sorbet/nut butter attachment) or meat grinder.

Makes 1 serving.



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Vanilla Ice Cream

New in v3



Ingredients:

2 Cups / 454 g - Organic Heavy (whipping) Cream

4 TBS / 48 g - Xylitol Sweetener

2 TBS / 1 oz / 28 g - Filtered Water

1 Pkg (7 g) - Unflavored & Unsweetened Gelatin

4 TSP / 20 g - Vanilla

1/4 Cup / 1 oz / 28 g - Raw Macadamia Nuts, chopped (or your favorite, optional)

Place Water in a small sauce pan and sprinkle the Gelatin over it. Warm the water, and stir over low heat, until the Gelatin dissolves. Add the Xylitol and stir to combine (the mixture will look like jelly). Add the Cream a little at a time, stirring over low heat, to ensure that the Gelatin stays dissolved, until all of the Cream is incorporated. Only warm the mixture enough to ensure that it is completely smooth. Remove from the heat and stir in the Vanilla. Cover and refrigerate until cooled, but do not allow the Gelatin to set-up. Pour mixture into ice cream maker and process according to the unit's instructions. Adding your favorite chopped nuts during processing will further boost the protein in this wonderful sugar-free treat. Move finished Ice Cream to a storage container, cover and freeze.

Note: Organic Half & Half can be substituted for the Cream if desired, depending on how rich you like your ice cream.

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Vanilla Peanut Butter Chunk Ice Cream

New in v4



Ingredients:

- 1/2 Batch - [Chocolate Peanut Butter Delight Candy](#) Filling/Bottom Layer
- 2 Cups / 454 g - Organic Heavy (whipping) Cream
- 4 TBS / 48 g - Xylitol Sweetener
- 2 TBS / 1 oz / 28 g - Filtered Water
- 1 Pkg (7 g) - Unflavored & Unsweetened Gelatin
- 4 TSP / 20 g - Vanilla

Make [Chocolate Peanut Butter Delight Candy](#) Filling/Bottom Layer and divide it in half and freeze. Once frozen, chop the Filling into 1/4" chunks and return to the freezer until ready to use. Reserve the other half in the freezer for another use (eat as penuche fudge, finish making the candy, or make another batch of this yummy ice cream). Place Water in a small sauce pan and sprinkle the Gelatin over it. Warm the water, and stir over low heat, until the Gelatin dissolves. Add the Xylitol and stir to combine (the mixture will look like jelly). Add the Cream a little at a time, stirring over low heat, to ensure that the Gelatin stays dissolved, until all of the Cream is incorporated. Only warm the mixture enough to ensure that it is completely smooth. Remove from the heat and stir in the Vanilla. Cover and refrigerate until cooled, but do not allow the Gelatin to set-up. Pour mixture into ice cream maker and process according to the

unit's instructions. Add the chopped Peanut Butter Filling/Bottom Layer during processing. Move finished Ice Cream to a storage container, cover and freeze. Enjoy!

Variation: If you are a fan of Vanilla Moose Tracks Ice Cream (which contains tiny Chocolate Peanut Butter Cups), make 2 ounces of our [Milk Chocolate with Truvia](#) and chop it up to add it along with the [Chocolate Peanut Butter Delight Candy](#) Filling/Bottom Layer; or, if you prefer Dark Chocolate, simply add 2 ounces of Lily's Semi-Sweet Chocolate Baking Chips instead.

Note: Organic Half & Half can be substituted for the Cream if desired, depending on how rich you like your ice cream.

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Jello™ with Fruit

New in v2.1



Ingredients:

- 4 packets - Knox Gelatin
- 1 - 10 oz pack - frozen organic Fruit
- 8 TBS / 1/2 Cup / 96 g - Xylitol, or to taste
- or
- 4 TSP / 16 g - Truvia, or to taste
- 2 - organic Bananas, sliced
- 4 Cups / 32 oz - filtered Water

Bring water to a boil; put in a glass dish. Mix in Gelatin until fully dissolved. Add sweetener of choice and stir until dissolved. Add fruit and put in refrigerator for 30 minutes.

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Almond Keto Bombs

New in v2.4



This is a great satisfying zero sugar snack to fall back on!

Ingredients

1/2 Cup / 4 oz / 8 TBS / 113 g - Almond Butter
1/2 Cup / 4 oz / 8 TBS / 113 g - KerryGold Butter
1/2 Cup / 4 oz / 8 TBS / 113 g - Coconut Oil
1/3 Cup / 34 g - Chopped Walnuts or Pecans

Sweeter Options

2 Scoops - Chocolate Instant Kale Shake
or
TSP / 2g - Unsweetened Cocoa Powder with 4-5 drops - Liquid Splenda

Instructions

Warm and melt the Butter and Coconut Oil over low heat on the stove. Add and mix the Almond Butter, Butter, Coconut Butter, Chopped Nuts and Sweetener into a mixing bowl and blend thoroughly. Pour into any mold, ice cube tray or even small drops on a cookie sheet. Put into the freezer for 30 minutes. Remove and enjoy!

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Chocolate Mousse



Ingredients:

2 Cups / 454 g - Organic Heavy (whipping) Cream
1/4 Cup / 4 TBS / 48 g - Xylitol Sweetener
1/4 Cup / 4 TBS / 20 g - Unsweetened Cocoa Powder
1 TSP / 5 g - Vanilla

Stir together Cocoa and Xylitol in a large bowl until well mixed. Add the Cream and stir until completely blended. Add and stir in the Vanilla. Cover and refrigerate.

Up to 1 hour before serving: Beat chilled mousse mixture with mixer on high speed until soft peaks form when beaters are lifted. Spoon or pipe mousse into individual serving bowls. Cover and refrigerate. Makes 6 - 3-ounce servings.

Note: Chocolate Mousse makes a yummy frosting.

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Apple Walnut Muffins or Bread with Almond Flour



Ingredients:

- 1-1/2 Cups / 6oz / 170 g - Almond Flour
- 1/2 Cup / 96 g - Xylitol Sweetener
- 1/2 TBS / 3 g - Cinnamon
- 1/2 TSP / 3 g - Sea Salt
- 1/2 TSP / 2 g - Baking Soda
- 3 - Eggs, (large) lightly beaten
- 1/2 Cup / 4 oz / 113 g - Oil
- 1/2 TBS / 7 g - Vanilla
- 1/2 Cup / 2 oz / 57 g - Chopped Walnuts
- 1-1/2 Cups / 6 oz / 170 g - Cooking Apples, Peeled & Diced

Preheat oven to 300°F. Put muffin papers in a standard 12-cup muffin pan or oil the bottom and sides a 9x5x3" loaf pan.

In a large bowl, stir together Flour, Xylitol, Cinnamon, Sea Salt, and Baking Soda. In a small bowl, stir together lightly beaten Eggs, Oil, and Vanilla, mixing well. Add wet ingredients to dry ingredients and stir to combine. Add Walnuts and Apples, and lightly stir. Spoon batter into prepared muffin cups or loaf pan. Bake muffins for 40 minutes, or bread for an hour, or until a toothpick stuck in the center comes out clean. Remove from oven and cool in pan, with pan placed on a wire baking rack. If making bread, use a knife to loosen sides from pan. Due to the tender texture, it is much easier serve the first few slices from the pan, then loosen bread from bottom of the pan with a spatula and gently remove bread from pan.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes 12 - 2-1/2 oz muffins or a 2 LB loaf.

1 Serving: 2-1/2 oz muffin or slice.

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Banana Walnut Muffins with Truvia and Almond Flour



Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 4 oz / 113 g - Banana, organic & very ripe, mashed (1 small banana)
- 2 oz / 57 g - Walnuts, broken into 1/4 inch pieces
- 4 TSP / 16 g - Truvia Sweetener
- 1/4 TSP / 1 g - Baking Soda
- 1/4 TSP / 2 g - Sea Salt
- 1/2 TSP / 3 g - Apple Cider Vinegar
- 2 TBS / 14 g - Oil
- 2 - Eggs, (large) beaten

Preheat the oven to 350°F. Place paper liners in the muffin pan cups. Mix all dry ingredients in a medium bowl. In a small bowl, beat the Eggs, then add the Vinegar and Oil, and beat until well combined. Add wet ingredients to dry and stir until just mixed. Fill muffin cups almost all of the way to the top. Bake regular-size muffins for 20 minutes, or mini-muffins for 12 minutes, or until a toothpick stuck in the center of a muffin comes out clean. Remove muffins from the oven and cool in the pan, with the pan placed on a wire baking rack.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes about 6 Regular-Size or 12 Mini-Muffins.

1 Serving: 1 Large Muffin or 2 Mini-Muffins.

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Banana Walnut Muffins with Xylitol and Almond Flour



Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 4 oz / 113 g - Banana, organic & very ripe, mashed (1 small banana)
- 2 oz / 57 g - Walnuts, broken into 1/4 inch pieces
- 2 TBS / 24 g - Xylitol Sweetener
- 1/4 TSP / 1 g - Baking Soda
- 1/4 TSP / 2 g - Sea Salt
- 1/2 TSP / 3 g - Apple Cider Vinegar
- 2 - Eggs (large), beaten

Preheat the oven to 350°F. Place paper liners in the muffin pan cups. Mix all dry ingredients in a medium bowl. In a small bowl, beat the Eggs, then add the Vinegar, and beat until well combined. Add wet ingredients to dry and stir until just mixed. Fill muffin cups almost all of the way to the top. Bake regular-size muffins for 20 minutes, or mini-muffins for 12 minutes, or until a toothpick stuck in the center of a muffin comes out clean. Remove muffins from the oven and cool in the pan, with the pan placed on a wire baking rack.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes about 6 Regular-Size or 12 Mini-Muffins.

1 Serving: 1 Large Muffin or 2 Mini-Muffins.

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Blueberry Muffins with Almond Flour

New in v4



Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 2 TBS / 24 g - Xylitol Sweetener
- 1/4 TSP / 1 g - Baking Soda
- 1/4 TSP / 2 g - Sea Salt
- 1/2 TSP / 3 g - Apple Cider Vinegar
- 2 - Eggs (large), beaten
- 4 oz / 113 g - Blueberries (can be added while frozen to try to reduce color bleeding)

Preheat the oven to 350°F. Place paper liners in the muffin pan cups. Mix all dry ingredients in a medium bowl. In a small bowl, beat the Eggs, then add the Vinegar and beat until well combined. Add wet ingredients to dry and stir until just mixed. Add the Blueberries last and fold them in very gently. Fill muffin cups almost all of the way to the top. Bake regular-size muffins for 25 minutes, or mini-muffins for 15 minutes, or until a toothpick stuck in the center of a muffin comes out clean. Remove muffins from the oven and cool in the pan, with the pan placed on a wire baking rack. Okay, we admit that these muffins have a bit of an image problem (they turn out kind of GREEN), but once you see how delicious they taste, you won't care what color they are!

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes about 6 Regular-Size or 12 Mini-Muffins.

1 Serving: 1 Large Muffin or 2 Mini-Muffins.

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Carrot Walnut Muffins with Almond Flour



Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 2 TBS / 24 g - Xylitol Sweetener
- 4 oz - Carrots, organic, grated very fine
- 2 oz / 57 g - Walnuts, broken into 1/4 inch pieces
- 1 TSP / 2 g - Cinnamon
- 1/4 TSP / 1 g - Baking Soda
- 1/4 TSP / 2 g - Sea Salt
- 1/2 TSP / 3 g - Apple Cider Vinegar
- 2 - Eggs (large), beaten

Preheat the oven to 350°F. Place paper liners in the muffin pan cups. Mix all dry ingredients in a medium bowl. In a small bowl, beat the Eggs, then add the Vinegar, and beat until well combined. Add wet ingredients to dry and stir until just mixed. Fill muffin cups almost all of the way to the top. Bake regular-size muffins for 20 minutes, or mini-muffins for 12 minutes, or until a toothpick stuck in the center of a muffin comes out clean. Remove muffins from the oven and cool in the pan, with the pan placed on a wire baking rack.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes about 6 Regular-Size or 12 Mini-Muffins.

1 Serving: 1 Large Muffin or 2 Mini-Muffins.

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Chocolate Muffins with Truvia and Almond Flour



Ingredients:

1 Cup / 4 oz / 113 g - Almond Flour
3 TBS / 15 g - Unsweetened Cocoa Powder
2 TBS & 2 TSP / 32 g - Truvia Sweetener
1/4 TSP / 1 g - Baking Soda
1/4 TSP / 2 g - Sea Salt
1/2 TSP / 3 g - Apple Cider Vinegar
3 TBS / 43 g - Oil
2 - Eggs (large), beaten

Preheat oven to 350°F. Place paper liners in muffin pan cups. Mix all dry ingredients in a medium bowl. In a small bowl, beat Eggs, then add Vinegar and Oil, and beat until well combined. Add wet ingredients to dry and stir until just mixed. Fill muffin cups almost to the top. Bake regular-size muffins for 20 minutes, or mini-muffins for 12 minutes, or until a toothpick stuck in the center of a muffin comes out clean. Remove muffins from oven and cool in pan, with pan placed on a wire baking rack.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes about 6 Regular-Size or 12 Mini-Muffins.

1 Serving: 1 Large Muffin or 2 Mini-Muffins.

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Chocolate Muffins with Xylitol and Almond Flour



Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 3 TBS / 15 g - Unsweetened Cocoa Powder
- 4 TBS / 48 g - Xylitol Sweetener
- 1/4 TSP / 1 g - Baking Soda
- 1/4 TSP / 2 g - Sea Salt
- 1/2 TSP / 3 g - Apple Cider Vinegar
- 1 TBS / 14 g - Oil
- 2 - Eggs (large), beaten

Preheat the oven to 350°F. Place paper liners in the muffin pan cups. Mix all dry ingredients in a medium bowl. In a small bowl, beat the Eggs, then add the Vinegar and Oil, and beat until well combined. Add wet ingredients to dry and stir until just mixed. Fill muffin cups almost all of the way to the top. Bake regular-size muffins for 20 minutes, or mini-muffins for 12 minutes, or until a toothpick stuck in the center of a muffin comes out clean. Remove muffins from the oven and cool in the pan, with the pan placed on a wire baking rack.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes about 6 Regular-Size or 12 Mini-Muffins.

1 Serving: 1 Large Muffin or 2 Mini-Muffins.

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Cinnamon Pecan Muffins with Almond Flour



Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 2 TBS / 24 g - Xylitol Sweetener
- 2 oz / 57 g - Pecans, broken into 1/4 inch pieces
- 2 TSP / 4 g - Cinnamon
- 1/4 TSP / 1 g - Baking Soda
- 1/4 TSP / 2 g - Sea Salt
- 1/2 TSP / 3 g - Apple Cider Vinegar
- 2 TBS / 1 oz / 28 g - Butter, melted
- 2 - Eggs (large), beaten

Preheat the oven to 350°F. Place paper liners in the muffin pan cups. Mix all dry ingredients in a medium bowl. In a small bowl, beat the Eggs, then add the Vinegar and melted Butter, and beat until well combined. Add wet ingredients to dry and stir until just mixed. Fill muffin cups almost all of the way to the top. Bake regular-size muffins for 20 minutes, or mini-muffins for 12 minutes, or until a toothpick stuck in the center of a muffin comes out clean. Remove muffins from the oven and cool in the pan, with the pan placed on a wire baking rack.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes about 6 Regular-Size or 12 Mini-Muffins.

1 Serving: 1 Large Muffin or 2 Mini-Muffins.

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Coconut Macaroon Muffins with Almond Flour

New in v2.2



Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 1/2 Cup / 2 oz / 57 g - Dried & Grated Unsweetened Coconut
- 4 TBS / 48 g - Xylitol Sweetener
- 1/4 TSP / 1 g - Baking Soda
- 1/4 TSP / 2 g - Sea Salt
- 1/2 TSP / 3 g - Apple Cider Vinegar
- 3 TBS / 42 g - Coconut Oil, melted and cooled
- 1 TSP / 5 g - Vanilla
- 2 - Eggs (large), beaten (at room temperature or Oil could harden)

Preheat the oven to 350°F. In a medium bowl, beat the Eggs, then add the Vinegar, Coconut Oil, and Vanilla, and beat until well combined. Stir the Coconut into the wet ingredients, and allow them to sit for 20 minutes, so that the Coconut can hydrate. Place paper liners in the muffin pan cups. Mix all dry ingredients in a medium bowl. Add wet ingredients to dry ingredients and stir until just mixed. Fill muffin cups almost all of the way to the top. Bake regular-size muffins for 20 minutes, or mini-muffins for 12 minutes, or until a toothpick stuck in the center of a muffin comes out clean. Remove muffins from the oven and cool in the pan, with the pan placed on a wire baking rack.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes about 6 Regular-Size or 12 Mini-Muffins.

1 Serving: 1 Large Muffin or 2 Mini-Muffins.

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Pumpkin Muffins



Ingredients:

1-1/2 Cups / 6 oz / 170 g - Almond Flour
1-1/4 TSP / 8 g - Baking Powder
29 oz / 822 g Can - Organic Pumpkin
1/3 Cup / 80 g - Sunflower Oil (Coconut Oil works as well)
2 - Eggs (large)
1-1/2 TSP - Pumpkin Pie Spice
1 Cup / 192 g - Xylitol sweetener
1/2 TSP / 2 g - Baking Soda
1/2 TSP / 3 g - Sea Salt
1/2 Cup / 113 g - Chopped Walnuts

Preparation:

Preheat oven to 350°F Degrees. Put paper muffin cups in a 12 muffin pan. Whisk together Almond Flour and Baking Powder in a small bowl. Mix together Pumpkin, Oil, Eggs, Pumpkin Pie Spice, Xylitol sweetener, Baking Soda, and Sea Salt in a large bowl until smooth. Fold in flour mixture until just combined. Divide batter among muffin cups and sprinkle with Walnuts. Bake until a toothpick inserted into a muffin comes out clean, 25-30 minutes. Cool in pan on a rack for 5 minutes, then remove muffins from the pan and cool on the rack.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

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Vanilla Muffins with Almond Flour



Ingredients:

- 1 Cup / 4 oz / 113 g - Almond Flour
- 1 TSP / 5 g - Vanilla
- 2 TBS / 24 g - Xylitol Sweetener
- 1/4 TSP / 1 g - Baking Soda
- 1/4 TSP / 2 g - Sea Salt
- 1/2 TSP / 3 g - Apple Cider Vinegar
- 2 - Eggs (large), beaten

Preheat the oven to 350°F. Place paper liners in the muffin pan cups. Mix all dry ingredients in a medium bowl. In a small bowl, beat the Eggs, then add the Vinegar and beat until well combined. Add wet ingredients to dry and stir until just mixed. Fill muffin cups almost all of the way to the top. Bake regular-size muffins for 20 minutes, or mini-muffins for 12 minutes, or until a toothpick stuck in the center of a muffin comes out clean. Remove muffins from the oven and cool in the pan, with the pan placed on a wire baking rack.

Note 1: Lightly oil muffin papers, to prevent sticking, if desired.

Note 2: Serve with Butter or [Frosting](#), if desired.

Makes about 6 Regular-Size or 12 Mini-Muffins.

1 Serving: 1 Large Muffin or 2 Mini-Muffins.

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Chocolate Chia Pudding

New in v5



Easy, No-Cook, Low-Carb, No-Sugar Snack with Plenty of Protein and Omega-3 - YUM!

Ingredients for Each Serving:

- 2 TBS / 24 g - Organic Raw Chia Seeds
- 1/2 TBP / 2 g - Unsweetened Cocoa Powder, or to taste
- 1/2 TSP / 2 g / 1 Pkt - Truvia Sweetener, or to taste
- 1/2 Cup / 113 g - Organic Milk, or your favorite unsweetened substitute
- 1/4 TSP - Vanilla

Mix together Chia Seeds, Cocoa Powder, and Truvia with a fork until completely combined with no lumps. Add about one third of the Milk and stir with a fork until a smooth paste is formed. Stir in Vanilla and the rest of the Milk. Store the Pudding in the refrigerator for about an hour, until set or until you are ready to serve. Top this yummy Pudding with our No-sugar [Whipped Cream](#), if desired. Enjoy!



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Chocolate Tapioca Pudding

New in v2.4



How do you make yummy Tapioca Pudding even better? Mmmm, add Chocolate!

Ingredients:

1/4 Cup / 40 g - Small Pearl Tapioca

2 Cups / 16 oz / 454g - Organic Milk (or your favorite unsweetened substitute)

2 - Eggs, beaten

5 TBS / 60 g - Xylitol

1/8 TSP - Sea Salt

3 TBP / 15 g - Unsweetened Cocoa Powder

2 TSP / 10 g - Vanilla

Place the Tapioca and Milk in a resealable container. Stir to combine, cover, and store in the refrigerator to soak overnight. Pour the hydrated Tapioca and Milk mixture into a non-stick medium sauce pan. Add Eggs, Xylitol, and Sea Salt and mix well. Start cooking over medium heat, stirring constantly. Once mixture begins to warm, reduce heat to low, so the eggs do not scramble. Cook and stir until custard comes to a boil and has thickened (custard will coat the

back of a spoon - nappe is the French cooking term for this), about 20 minutes. Remove from the heat. Sprinkle the Cocoa over the custard and stir until well combined. Cool custard 20 minutes in the pan, stirring occasionally. The custard will continue to thicken as it cools. Stir Vanilla into the cooled custard. Pour custard individual bowls or into a storage container, and refrigerate until ready to use.

Makes 6 - 4 oz Servings.

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Vanilla Tapioca Pudding

New in v2.4



Ingredients:

- 1/4 Cup / 40 g - Small Pearl Tapioca
- 2 Cups / 16 oz / 454 g - Organic Milk (or your favorite unsweetened)
- 2 - Eggs, beaten
- 4 TBS / 48 g - Xylitol
- 1/8 TSP - Sea Salt
- 2 TSP / 10 g - Vanilla

Place the Tapioca and Milk in a resealable container. Stir to combine, cover, and store in the refrigerator to soak overnight. Pour the hydrated Tapioca and Milk mixture into a non-stick medium sauce pan. Add Eggs, Xylitol, and Sea Salt and mix well. Start cooking over medium heat, stirring constantly. Once mixture begins to warm, reduce heat to low, so the eggs do not scramble. Cook and stir until custard comes to a boil and has thickened (custard will coat the back of a spoon - *nappe* is the French cooking term for this), about 20 minutes. Cool custard 20 minutes in the pan, stirring occasionally. The custard will continue to thicken as it cools. Stir Vanilla into the cooled custard. Pour custard individual bowls or into a storage container, and

refrigerate until ready to use.

Makes 6 - 3 oz Servings.

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Who is Eric Berg?



Eric Berg, DC, 53 years of age, is a chiropractor who specializes in Healthy Ketosis weight loss and Intermittent Fasting . His private clients include senior officials in the U.S. government and the Justice Department, ambassadors, medical doctors, high-level executives of prominent corporations, scientists, engineers, professors, and other clients from all walks of life.

Dr. Berg is a nationally recognized expert in healthy ketosis and intermittent fasting as well as the science behind body types. His bestselling amazon.com book, "[The 7 Principles of Fat Burning](#)" was his first book. His most recent upgraded book, called "[The Healthy Keto Plan](#)" goes beyond body types and goes into healthy ketosis and intermittent fasting. He regularly spreads his knowledge on YouTube, which now has over 160 million views and over 1 million subscribers. His information has been taught in over 5,500 seminars over the past 29 years of practice. He has taught as a past associate professor at Howard University. Dr. Eric Berg has appeared on many media channels including Fox & Friends, radio and television news shows, including ABC, CBS and as a monthly host on Channel 8's Sports Talk with Glenn Harris. Dr. Berg's philosophy states that you don't lose weight and get healthy; instead you must get healthy in order to lose weight. And unless you focus on creating a healthy metabolism, dieting will not work for any period of time.

www.DrBerg.com

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Editor's Note

Dr. Berg is the real deal. Cynthia and I have benefited from being on Dr. Berg's diet in many ways. Cynthia has lost over 35 pounds and is maintaining the weight loss, which is 1 - 5 pounds below her target, using the recipes developed for this book. That is less than she weighed when I met her over 34 years ago. I am also maintaining an average of 160 pounds on my 5'8" frame. Thanks to Dr. Berg's diet and treatment, Cynthia has been off of all diabetes medications for over ten years, as of the release date of this version. She had been on these medications for many years. Cynthia's hormonal migraine headaches and night sweats/hot flashes are also gone, all without the prescription drugs that she was taking. Our joint and muscle aches and pains are gone, and we both sleep much better. This diet allows us to eat REAL food: Meat, cheese, eggs, nuts, butter, fruit, and lots of fresh vegetables. We both have cholesterol levels that are well within the recommended range, again, without medication. Our diets are mostly grain-free and sugar-free, except for occasional treats and when some social occasions make it too awkward to avoid. We have so much more energy that we are able to participate in Dr. Berg's intense interval training exercise regimen. At our respective ages, that is saying a great deal. We are living testimonials to Dr. Berg's mantra of getting healthy in order to lose weight. If we can do it, you can too. Here's to your great eating and return to good health.

Ralph R. Rayner

NOTE: Processed sugar is not used in any of the recipes in this book. The Dr. Berg-approved sweeteners are Stevia Glycerite, Truvia, Xylitol, and Yacon Syrup. While Xylitol is a wonderful sweetener for humans, **items made with Xylitol should not be fed to dogs**, as it can be harmful to them.

Navigating the [Table of Contents](#) (TOC)

At first look, the Table of Contents may appear to be in random sequence, but there is a pattern to the sequence -- the primary ingredient. Adjectives are not considered for the sorting sequence. For instance, in [Delectable Entrées and Snacks](#), the sequence starts out as BBQ; Beans; Beef; Burritos; Chicken; Chili, etc. The [Index](#) is sorted by main ingredient within categories, and it may provide a faster path for your search (Ed.)

Obtaining an Updated Version

This recipe book is considered a "living" document. We will periodically add additional recipes to the book. At this point in time, Amazon Kindle does not have an automated procedure in place to let you know when this occurs, but Amazon has said that you would be informed by email when we publish a new version. If you want to check to see if you have the current version, you will have to follow the procedures shown below:

1. Periodically, login to your Amazon account
2. Link directly to this ebook's home page at:
<http://www.amazon.com/Dr-Bergs-Healthy-Burning-Recipes-ebook/dp/B00BQ4X7E0/>
or copy and paste the following line into the Amazon Search area at the top of the page
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3. Left click on the Book's cover -- this will open a more detailed view of the book's contents - if the cover isn't immediately displayed, click on "Cover" in the left-hand sidebar
4. The Version number is shown on the bottom left of the cover page -- if this number is the same as the version you currently have, then there are no updates at this time
5. If the Version number is not the same as the version you currently have, then you will have to ask Amazon Kindle for an update

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4. Click on the Contact us link under **Talk to an associate**
5. Click on Start chatting now
6. Chat with an Amazon Kindle representative about updating your copy of **Dr. Berg's Healthy Fat Burning Recipes** - tell the representative that you do not have the current version of this ebook
7. Amazon's very helpful representative will help you download the current version (Ed.)

Changes in v5 - 11/29/2019

- [Featured Recipe](#) for v5 is [Classic Chef Salad](#)
- 10 new recipes and 1 new Tasty Treats
- amended the directions for making the peanut butter filling/bottom layer of the [Chocolate Peanut Butter Candy](#) for making it without a food processor
- amended the directions for making the coconut filling/bottom layer of the [Coconut Almond Chocolate Ganache Candy](#) for making it without a food processor
- amended the directions for making the coconut filling/bottom layer of [Milk Chocolate Coconut Almond Candy](#) for making it without a food processor
- amended all references to Organic Milk to add the phrase "(or your favorite unsweetened substitute)"
- in the Table of Contents, moved [Chocolate Coconut Keto Fat Bombs](#) to the Mouthwatering Desserts section

- changed index category Muffins to Breads & Muffins
- corrected error in [Walnut Raisin Faux Oatmeal \(Foatmeal\) Cookies](#) recipe. The quantity in cups for Almond Flour was missing the 3 in 3/4 cup
- corrected the ounce and gram figures for milk in [Chocolate Tapioca Pudding](#)
- changed directions in [Vanilla Tapioca Pudding](#) to say makes 6 - 3 oz Servings, instead of 4 oz servings and corrected the ounce and gram figures for milk
- increased Sea Salt and removed Vege-Sal (or Herbamare) reference in [Vegetable Beef Soup](#) and moved the Table of Contents entry to the proper location
- corrected error in the [Fruit Cobbler](#) recipe - the water amount should be 14g

Changes in v4 - 04/10/2018

- updated the bio and the picture in [Who is Eric Berg?](#)
- [Featured Recipe](#) for v4 is [Reuben Salad](#)
- 14 new recipes and 1 new Tasty Treats
- added a new shortcut link to the [Update Procedure](#)
- added note to [Spicy Thousand Island Dressing](#) regarding use on a [Reuben Salad](#)
- moved TOC entry for [Trail Mix \(aka GORP\)](#) from [Scrumptious Salads and Fiery Coleslaw](#) to [Delectable Entrées & Snacks](#)
- modified cooking instructions for [Cowboy Beans](#)
- updated three Pesto recipes (Arugula, Basil & Mixed Herb) with more detail for Salt
- removed Kale, Banana, & Berry Smoothie, per Dr. Berg's request
- updated the hypertext link to [Dr. Berg's Instant Chocolate Kale Shake Powder](#) in the [Chocolate Covered Chocolate Pecan "Super Kandy"](#) recipe

Changes in v3 - 01/27/2017

- [Featured Recipe](#) for v3 is [Chocolate Ice Cream](#)
- 14 new recipes and 1 new Tasty Treat
- added a clarifying note to the [Chocolate Clusters](#) recipe
- corrected directions in [Milk Chocolate with Truvia](#) - changed to 8 TSP / 40 g Butter if using
- added instructions for reducing amount of fruit in [Apple Crisp with Almond Flour and Walnuts](#)
- added optional Chopped Tomatoes to [Egg & Zucchini Scramble](#)

Changes in v2.4 - 08/22/2015

- [Featured Recipe](#) for v2.4 is [English Muffins with Almond Flour](#)
- Added optional butter to [Milk Chocolate with Truvia](#)
- Updated [Hawaiian Kalua Pork](#) directions for clarity
- Corrected grams for Mayonnaise in [Crab Imperial](#)
- 12 new recipes

Changes in v2.3 - 08/25/2014

- **Featured Recipe** for v2.3 is [Pancakes with Almond Flour & Xylitol](#)
- Added **Featured Recipe**, to be changed with each new version of the publication
- Corrected ounces and grams for 1-1/2 Cups of Apples in the [Apple Walnut Muffins](#) recipe
- Doubled the amount of Vanilla in the [Pecan Shortbread Cookies with Almond Flour](#) recipe
- Doubled the amount of Vinegar in the [Healthy Lemon Fiber Diet Drink](#) recipe
- Clarified [Healthy Cranberry Fiber Drink](#) and [Healthy Lemon Fiber Diet Drink](#) mixing instructions
- Added [Yacon Syrup](#) to the Dr. Berg-approved sweeteners list
- Added [Salami and Hot Pepper Cheese](#) to [Tasty Treats](#)
- Corrected minor cosmetic errors as they were discovered

Changes in v2.2 - 02/15/2014

- Added 11 new recipes and updated several old recipes
- Modified the [Healthy No-Sugar Brownies](#) recipe for optional Coconut Butter
- Corrected the amounts for Garlic Powder, Onion Powder and Allspice in the [Ketchup](#) recipe
- Changed the baking time in the [Apple Crisp](#) recipe from 20 minutes to 40 minutes
- Changed a number of recipe names that originally began with “Almond Flour” -- placed “Almond Flour” at the end of the name for visual clarity
- Relocated some items of information about this book
- Made minor corrections

Changes in v2.1 - 08/02/2013

- Added 29 new recipes including Pine Nuts with Romano Cheese in [Tasty Treats](#) - see [TOC](#)
- Added a new category and a new section in the Table of Contents for [Dips, Dressings and Salsas](#)
- Moved [Olive Oil Vinaigrette Dressing](#) to the [Dips, Dressings and Salsas](#) section
- Added additional pictures to several existing recipes
- Removed the word Xylitol from the titles of a number of recipes for clarity
- Changed a number of recipe names, moving Truvia and Xylitol to the right end for clarity
- Fixed minor formatting problems and added helpful hints to several recipes

Changes in v2.0 - 04/29/2013

- Revised [Table of Contents](#)
- Added [Index of Recipes](#)
- Added 2 new recipes

- Updated tablespoons/grams in all recipes that use Unsweetened Cocoa Powder
- Added a number of cross-referencing links in recipes that refer to other recipes
[TOC](#) or [INDEX](#)