



Ann Louise's

25 Recipes for a Radical Metabolism

Ann Louise Gittleman, PhD, CNS



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Greetings everyone!

If you are excited about *Radical Metabolism*, then you've come to the right place! I am ready to help you take your first step in getting past those digestive obstacles and toxic foods that can derail fat burning and shut down your metabolism.

Do you have an over-40 metabolism? Is your thyroid performing at a snail's pace? Do you have persisting digestive problems such as reflux, gas or bloating? Then you're in for a treat! *Radical Metabolism* connects the dots in a completely new way. It's an innovative approach that combines time-tested principals with new, cutting edge cellular science to not only achieve a healthy weight but also resolve numerous health challenges such as autoimmune conditions, gallbladder problems and type II diabetes.

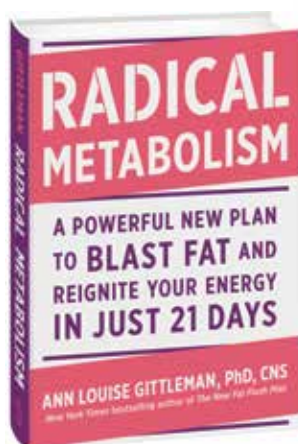
The 25 recipes in this booklet will give you a jumpstart. These recipes utilize combinations of *Radical Metabolism* foods to tantalize your taste buds and provide your body with the healthy fats and proteins it needs to flip on those fabulous fat-burning engines. They are also loaded with oodles of delicious bitters and probiotic foods for optimal gut health.

These recipes are so tasty, it's hard to believe they're legal! Who knew getting healthy could taste this good?

The *Radical Metabolism* plan gives you the tools you need to outsmart your sluggish metabolism once and for all. Getting started right away is important because we all know what happens when we put things off...life gets in the way. Let's strike while the iron is hot! Don't let this opportunity slip away—let's dive right in.

In love and good health,

-Ann Louise



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Beverages and Breakfasts

GREEN BOOSTER JUICE

One 8-ounce serving

Ingredients

- 1/4 cup fresh pineapple
- 1/2 kiwi
- 1 large cucumber
- 1/4 inch piece of fresh ginger
- Handful of romaine leaves
- Handful of mint leaves and stems
- 1/2 lemon with rind
- 1 tablespoon hempseed oil

Instructions

Wash fruits and veggies. Process through a juicer. Stir in hempseed oil. Drink immediately for maximum nutritional benefits.

NOTE: If using a high-power blender, add enough water for blendable consistency.



MOCHA-CHIA BREAKFAST PUDDING

Two servings

Ingredients

- 10 ounces freshly brewed coffee
- 2 ounces coconut cream or coconut milk
- 1/2 cup hemp milk
- 2 scoops Fat Flush Whey Protein powder, chocolate or vanilla
- 1/2 cup chia seeds
- 1 tablespoon cacao powder
- 2 teaspoons ground Ceylon cinnamon
- 1/2-1 teaspoon orange zest
- 1-2 teaspoons Just Like Sugar (to taste)
- Toppings: Grated coconut and/or sprinkle of grated dark chocolate

Instructions

Combine all ingredients (except toppings) in medium sized mixing bowl and whisk until well combined. Chill 4-6 hours or overnight.

GARLICKY ROASTED BREAKFAST HASH

Serves 4

Ingredients

- 1 pound ground turkey sausage
- 4 cloves garlic, chopped
- 2 cups Brussels sprouts, chopped
- 1 large carrot, chopped
- 2 cups cauliflower florets
- 1 tablespoon bone broth
- Sea salt
- Pepper to taste
- 1 teaspoon minced thyme
- 1 teaspoon minced oregano

Instructions

Preheat oven to 375 degrees. Cook sausage in a large skillet until brown and cooked through. Stir in garlic and cook until softened, about 3 minutes. In a large bowl, toss together the remaining ingredients with the sausage mixture and pour into a large baking dish. Bake for 20 minutes, until edges of vegetables are brown and tender. Serve warm.

COCONUT GRANOLA

Makes about 6 cups

This mocha-granola is so good! It's rich in omega-6 fats, fiber, polyphenols and even prebiotics. The Siberian pine nut oil gives it an additional nutty boost and big infusion of omega-6s. The yacón syrup is super low glycemic and rich in prebiotic fiber for the gut. A single recipe is enough for one small to medium sized cookie sheet.

Ingredients

- 3 cups nuts (macadamia, cashew, pecan, walnut, or a mix of whatever you like)
- 1/2 cup coconut flakes
- 1/2 cup raw sunflower seeds
- 1/2 cup raw pumpkin seeds
- 1/2 cup ground flaxseed or super-seed blend
- 2 teaspoons freshly ground coffee beans
- 2 tablespoons cacao
- 1 tablespoon Ceylon cinnamon
- 2 teaspoons ground ginger
- 3/4 teaspoon cardamom
- 3/4 teaspoon salt
- 3 tablespoons melted coconut oil
- 1 tablespoon Siberian pine nut oil (see notes)
- 3 tablespoons yacón syrup (see notes)
- 1 teaspoon vanilla
- 1 tablespoon tahini
- 1/2 cup dried goji berries



Coconut Granola

Instructions

Combine nuts, coconut flakes, seeds, spices and salt in medium bowl and toss thoroughly. Whisk together the oils, yacón syrup, vanilla and tahini in a separate bowl. Combine dry ingredients with the wet and mix until well coated. Spread onto cookie sheet and compress into a flat layer with the back side of a spatula. Bake for about 2 hours at 170 degrees. Remove from oven and scatter dried goji berries on top. When cool, break up into desired size chunks and store in glass jar.

Notes: Siberian Pine Nut Oil <http://www.siberiantigernaturals.com/extravirginpinenutoil.htm>
Yacon Syrup <https://www.amazon.com/Pure-Yacon-Syrup-Gold-Substitute/dp/B00GOFSEGC>

Dressings, Dips & Relishes

PINE NUT LEMON VINAIGRETTE

Makes 1 cup

Ingredients

- 1/4 cup pine nuts, toasted
- 2/3 cup pine nut oil
- 2 tablespoons apple cider vinegar
- 1/4 cup fresh lemon juice
- 1/2 teaspoon grated orange peel
- Sea salt to taste

Instructions

Whisk all ingredients together until thoroughly combined.



Pine Nut Lemon Vinaigrette

BEAUTIFUL BEET VINAIGRETTE

Makes 2 cups

This gorgeous red dressing is not only delicious, it adds a touch of drama to your salad presentation.

Ingredients

- 1 cup roasted beets, chopped
- 2 tablespoons apple cider vinegar
- 1 tablespoon lemon juice
- 1 teaspoon mustard powder
- 1/2 cup hempseed oil

Instructions

Add first four ingredients to a blender and combine until smooth. With blender running, slowly add hempseed oil until well incorporated.

BEET HORSERADISH RELISH

Makes about 2 cups

Ingredients

- 1 cup finely grated horseradish
- 1 cup finely grated raw beet
- 1/2 teaspoon sea salt
- 2-3 tablespoons white wine vinegar or apple cider vinegar

Instructions

Mix all ingredients together in a bowl.

CRANBERRY PINE NUT CHUTNEY

Makes about 1/2 cup

Ingredients

- 6 tablespoons cranberry juice
- 1 tablespoon pine nuts, toasted
- 1 tablespoon pine nut oil
- 1 tablespoon red wine vinegar
- 1/8 teaspoon sea salt



Cranberry Pine Nut Chutney

Instructions

Combine all ingredients in a blender or food processor and pulse gently until all ingredients are incorporated but retaining a bit of chunky texture.

CURRY-MUSTARD MAYONNAISE

Makes 1 1/2 cups

Ingredients

- 1 cup Avocado Mayonnaise
- 1/2 cup Dijon mustard
- 2 teaspoons coconut aminos
- 2 teaspoons curry powder
- 1 teaspoon cumin powder

Instructions

In a medium bowl, whisk all of the ingredients together until smooth.

Note: Can be refrigerated up to 1 week.

Entrees

PARCHMENT-BAKED HALIBUT WITH LEMONGRASS

Serves 4

Ingredients

- 2 stalks fresh lemongrass, trimmed, smashed and minced (1/4 cup)
- 1 tablespoon fresh ginger, minced
- 1 clove garlic, minced
- 1 cup bitter greens, such as arugula and Swiss chard, chopped
- Sriracha sauce
- 4 halibut filets
- 1 lime, halved
- Sea salt
- Fresh cilantro sprigs

Instructions

Preheat oven to 400 degrees. In a small bowl combine lemongrass, garlic and ginger; set aside. Cut four 15 inch long pieces of parchment paper. Fold each sheet in half, creasing the center. Open papers and spread an even amount of the lemongrass mixture across the middle of one side of each paper. Top lemongrass mixture evenly with greens. Drizzle lightly with sriracha. Place fish on vegetables; add a squeeze of lime juice. Season with salt. Top with cilantro. Fold parchment over food. Seal packets like you're wrapping a present, and tuck loose ends underneath. Place filled packets on a baking sheet.

Tip: Make a narrow slit and check if fish flakes easily when tested with a fork. (Bake 1 to 2 minutes more, if needed.) Open packets carefully to serve.

Tip: If fish fillets are 3/4 to 1 inch thick, increase baking time to 20 to 25 minutes.



Parchment Baked Halibut with Lemongrass

SWEET AND SOUR CHICKEN SKEWERS WITH BROCCOLI SALAD

Serves 4

Ingredients

- 1 pound boneless chicken thighs
- 1/4 cup coconut aminos
- 1/4 cup lemon juice
- 1/2 teaspoon lemon zest
- 1/4 teaspoon sea salt
- 3 cups broccoli slaw (can buy pre-prepared bag at grocery store)
- 2 tablespoons lime juice

Instructions

Place chicken in a large re-sealable bag. In a large bowl, whisk together the coconut aminos, lemon and sea salt and pour the mixture into the bag. Seal bag and place chicken in the fridge for at least 2 hours. Heat grill to medium heat. Thread chicken onto large skewers. Place skewers on the grill and cook for 5-10 minutes on each side until chicken is no longer pink inside. In a large bowl, toss the broccoli slaw with lime juice and a little extra coconut aminos, to taste. Serve chicken with salad.

CHICKEN MOLE

Serves 4

Great served over cauliflower rice or braised greens.

Ingredients

- 4 boneless, skinless chicken breasts
- 4 ancho chilies
- 4 tablespoons avocado oil
- 1/4 cup raw sesame seeds
- 1 cup scallions, chopped
- 2 cloves garlic, chopped
- 1 14 1/2-ounce can fire roasted diced tomatoes, drained
- 1/2 cup fresh cilantro, chopped
- 1 bay leaf, crushed
- 1/2 teaspoon Ceylon cinnamon
- 1/2 teaspoon cayenne
- 1/2 teaspoon sea salt
- 1/4 teaspoon cloves
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 4 ounces dark chocolate
- 3 1/2 cups chicken broth
- 1/2 cup pine nuts, roasted

Instructions

Brush both sides of chicken breasts with avocado oil and sprinkle lightly with sea salt. Grill or bake chicken at 350 degrees for appropriately 35 minutes, or until done all the way through. Cool. Shred the chicken and set it aside. Cover the ancho chilies with hot water and soak for 30 minutes. Save 1/3 cup of the soaking water and set aside. Cut stems off chilies, slice them down the middle and remove the seeds. Heat 1 tablespoon of the avocado oil on medium heat in a large sauce pan and cook the chilies for about 30 seconds on each side. Remove chilies and set aside. Add the sesame seeds to the pan and stir until lightly toasted, about one minute. Place the chilies, sesame seeds and reserved soaking water in a blender and puree to make a paste. Set aside. Heat remaining avocado oil in a large skillet on medium to medium high heat. Add scallions and garlic and sautee until translucent. Stir in tomatoes and cilantro and cook for about 2 minutes. Add the bay leaf, cinnamon, cayenne, sea salt, cloves, cumin, oregano and chocolate. Continue to cook and stir for about 2 minutes until the chocolate is melted. Add the chicken broth and pine nuts and bring the mixture to a boil. Add the pureed chili mixture from the blender and stir really well. Reduce heat and simmer, stirring occasionally for 15-20 minutes or until thickened. Stir in the shredded chicken and simmer for another 15-20 minutes.



Chicken Mole

LEMONY LOBSTER ROLLS

Serves 4

Ingredients

- 4 (1 1/2-pound) cooked lobsters or 4 lobster tails or 1 1/2 pounds lobster meat
- 1/2 cup Greek yogurt
- 1/2 cup lemon juice
- 1 teaspoon lemon zest
- 2 celery stalks and leaves, finely chopped
- 2 tablespoons fresh parsley, chopped
- Sea salt
- 4 large Boston Bibb lettuce leaves

Instructions

Remove the meat from the lobsters, chopping any large chunks into bite-size pieces. In a bowl, combine the lobster meat, yogurt, lemon, celery, parsley and salt to taste. Let cool in the refrigerator for about 10 minutes so the flavors can develop. Fill each lettuce leaf with the lobster mixture and fold the sides over to make each roll.

ZESTY STEAK MARINADE

Makes enough marinade for two steaks.

Ingredients

- 2 tablespoons spent coffee grounds (see note)
- 2 shallots, finely chopped
- 2 cloves garlic, finely chopped
- 2 teaspoons rosemary, dried or freshly chopped
- Pinch cayenne pepper
- 1/2 cup water
- 5 tablespoons ume plum vinegar

Instructions

Combine spent coffee grounds with other ingredients in a glass pan. Add steak and marinate for 3-6 hours in the refrigerator. Cook as usual on stovetop, grill or in oven. This is a wonderful marinade for flank steak. It also works for chicken, but you should decrease the marinating time to 2 hours.

Note: Make sure not to use fresh ground coffee beans because your marinade will be overly strong in coffee flavor. Save 2 tablespoons of coffee grounds from making your morning brew.



Zesty Steak Marinade

COZY CITRUSY BEEF STEW (SLOW COOKER)

Makes 6 Servings

Ingredients

- 1 1/2 pounds beef stew meat
- 3 1/2 cups bone broth
- 1/2 cup lemon juice
- 1/2 teaspoon lemon zest
- 2 cloves garlic, sliced
- 1 bay leaf
- 1/2 teaspoon dried thyme leaves
- 1 cup baby carrots

Instructions

Combine 1 1/2 cup bone broth, lemon juice and zest, garlic and bay leaf in a bowl or plastic bag. Add beef and marinate in the fridge for at least two hours or overnight. Place beef mixture, remaining broth, thyme and carrots in slow cooker and cook on low for 6 to 8 hours. Remove bay leaf before serving.

PEPPY COWBOY CHILI

Makes 6-8 servings

Ingredients

- 2 teaspoons avocado oil
- 2 onions
- 3 cloves garlic, minced
- 2 pounds ground sirloin
- 1 14 1/2-ounce can fire roasted diced tomatoes
- 1 cup strong organic brewed coffee
- 2 6-ounce cans tomato paste
- 2 cups beef bone broth
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon cacao powder
- 1 teaspoon dried oregano
- 1 teaspoon cayenne
- 1 teaspoon sea salt
- 2 cups mushroom, chopped
- 1 can diced chilies
- 1 bunch fresh cilantro

Instructions

Heat oil on medium heat in large pan or Dutch oven. Sauté beef, onions and garlic until browned. Mix in tomatoes, coffee, tomato paste and beef broth. Stir in spices, mushrooms and chilies. Reduce heat to low and simmer on stove top for 1 1/2 hours, or place in slow cooker and cook on low for 6-8 hours. Top with cilantro. Freezes nicely.



Peppy Cowboy Chili

RADICAL BURGER RUB

Makes enough for 4 hamburger patties.

Ingredients

- 1 tablespoon ground coffee
- 1 teaspoon oregano
- 1/2 teaspoon coriander
- 1/8 teaspoon cayenne pepper
- 1/2 teaspoon sea salt
- 1/2 teaspoon Just Like Sugar

Instructions

Measure ingredients in a small mixing bowl or measuring cup and mix well. Rub about one teaspoon of dry rub onto each hamburger patty. Cook as usual on stovetop, grill or in the oven.

CHICKEN BREASTS WITH ARUGULA AND PLUM VINEGAR REDUCTION

Serves 4

Ingredients

- 1 tablespoon ghee
- 1 pound chopped chicken breast
- 1 teaspoon sea salt
- 1 cup kale, chopped
- 1 cup arugula, chopped
- 1/3 cup ume plum vinegar
- 2 teaspoons fresh rosemary, chopped

Instructions

Heat ghee in a large skillet over medium heat. Add the chicken, kale and arugula and stir. Cook for 10 minutes, until chicken is cooked through and vegetables are tender. Transfer chicken mixture to a bowl and set aside. To the skillet, add the vinegar and rosemary and turn heat up to high. Bring vinegar mixture to a boil then reduce to low and whisk periodically for 10 minutes, until the liquid has reduced to half. Add the chicken and vegetables to the vinegar reduction in the skillet and combine.

Vegetables & Sides

LEMONY BRUSSELS SPROUTS BITES

Makes 2 cups

Ingredients

- 2 cups Brussels sprouts leaves (trimmed from about 2 pounds of Brussels sprouts.)
- 2 tablespoons ghee
- 2 tablespoons lemon juice
- 1/2 teaspoon lemon zest
- 1 teaspoon sea salt or to taste



Lemony Brussels Sprouts Bites

Instructions

Preheat oven to 350 degrees. Line 2 baking sheets with parchment paper. Pull the leaves apart from the Brussels sprouts and place in a large mixing bowl. Pour in the melted ghee, lemon juice and lemon zest and mix until leaves are thoroughly coated. Spread the leaves in a single layer on the baking sheets and sprinkle with sea salt. Bake each pan for 8-10 minutes or until crispy and brown around the edges.

ROASTED CARROT WITH SWISS CHARD AND LIME

Serves 4

Ingredients

- 1 tablespoon ghee
- 1 pound medium whole carrots, scrubbed well
- 3/4 teaspoon sea salt
- 1/2 lime
- 2 tablespoons bone broth
- 2 cups Swiss chard

Instructions

Preheat the oven to 375 degrees. In a large oven-proof skillet, melt the ghee over moderately high heat. Add the whole carrots and cook until browned all over, turning occasionally, 3-4 minutes. Transfer the skillet to the oven and roast the carrots for 6-8 minutes, until they are just tender but still crisp in the center. Meanwhile, in a separate skillet, heat bone broth over medium heat. Add Swiss Chard and stir just until wilted. Remove from heat. Sprinkle with sea salt. Transfer the Swiss Chard to a platter. Top with carrots. Squeeze the lime over the carrots and serve.

GARLICKY LENTIL AND KALE STEW

Makes 4 Servings

Ingredients

- 1 cup dried lentils
- 2 tablespoons butter or ghee
- 4 cloves garlic, chopped
- 2 stalks of celery, sliced
- 2 carrots, diced
- 2 cups kale, chopped
- 6 cups bone broth
- 1/2 teaspoon marjoram
- 1/4 teaspoon sea salt

Instructions

Rinse lentils thoroughly in colander under cold water and pick out any debris or blemished lentils; set aside. Heat butter or ghee in a large saucepan over medium heat. Add garlic, celery and carrots, and cook until tender. Stir in lentils, kale, broth, marjoram and sea salt. Bring to a boil over high heat. Reduce heat to medium-low; simmer, uncovered, about 45 minutes or until lentils are tender, stirring occasionally. Add additional broth or water if needed. Great as is or served over a bed of cooked quinoa.

Desserts

GERMAN CHOCOLATE CAKE

Serves 6

This classic cake is updated to fit a healthy, radical lifestyle.

Ingredients

- 1/2 cup coconut flour, sifted
- 1/4 cup hemp seeds
- 1/2 cup unsweetened organic cacao or carob powder
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- 10 eggs
- 1 cup organic pastured butter, softened
- 1-2 scoops Pure Monk sweetener, or to taste
- 1 tablespoon vanilla extract

Instructions

Preheat oven to 350 degrees. In a small bowl combine flour, hempseed, cacao, salt and baking soda. In a large bowl using an electric hand mixer, blend eggs, Pure Monk sweetener, butter and vanilla. Add dry ingredients into large bowl and blend until fully incorporated. Butter two 9-inch round cake pans and dust with coconut flour. Pour batter into pans and bake at 350 degrees for 35-45 minutes. Remove from oven, allow to cool completely then remove from pans. Frost (see recipe on pg. 13) and serve.



German Chocolate Cake

NUTTY CHOCOLATE CANDY

Makes 12 squares of candy

Ingredients

- 4 cups nuts or seeds, unroasted, unsalted (almonds, walnuts, hazelnuts, sunflower seeds, pumpkin seeds, sesame seeds, etc.)
- 1 bar organic, unsweetened dark cooking chocolate (like Dagoba)
- 1-2 scoops Pure Monk sweetener, or to taste
- 1 teaspoon pure vanilla extract

Instructions

Pour nuts or seeds into a blender and just barely cover them with water. Blend until milky white and small bits of nuts are left in the liquid. Place a small pot down inside a larger pot of boiling water (creating a double boiler) Pour the nutmilk/seedmilk into the pot. Stir in the Pure Monk sweetener until dissolved. Break the chocolate into small pieces and add to the nutmilk, stirring constantly until melted and fully incorporated into the milk. Remove from heat and stir in vanilla. Pour the liquid chocolate mixture into a flat glass cooking dish that will fit flat into the freezer. Put the dish of chocolate into the freezer for 45 minutes then take out to cut the candy. Cut into 12 squares, placing each square on a piece of wax-paper that will completely wrap it. Place the wax-paper-wrapped chocolate squares into pieces of aluminum foil that will completely enclose. Place the foil-wrapped squares into a large zip-locked plastic bag, press all the air out of the bag and store it in the freezer. Whenever a candy craving strikes, grab a piece of candy, let it sit out for a couple of minutes to thaw slightly and enjoy!

Note: For a fun variation, try substituting 1 teaspoon pure almond, peppermint or orange extract for the vanilla.

JAMMY THUMBPRINT COOKIES

Makes about 2 dozen cookies

These delightful cookies are a healthy take on an old Scandinavian favorite.

Ingredients

- 1/2 cup organic pastured butter, softened
- 1-2 scoops Pure Monk sweetener, or to taste
- 1/2 cup unsweetened applesauce
- 2 tablespoons chia seed meal, grind seeds in coffee grinder or Nutra Bullet (1/2 tablespoon chia seeds is equal to about 1 tablespoon meal)
- 1 teaspoon vanilla extract
- 2/3 cup tapioca flour
- 2/3 cup almond flour
- 2/3 cup coconut flour
- 2/3 cup pure fruit, unsweetened raspberry or blueberry jam

Instructions

Preheat oven to 350 degrees. Mix tapioca flour, almond flour and coconut flour together in a large bowl. With an electric mixer, beat in butter, Pure Monk, applesauce, chia seed meal and vanilla until combined. Scoop dough, one tablespoon at a time, and roll into little balls. Place on a parchment lined cookie sheet. Using your thumb, create an indentation on the top of each cookie. Fill each thumbprint with 1 teaspoon jam. Bake for about 15 minutes.

RADICAL FROSTING

Makes enough to frost one cake

This delicious frosting with all of its variations makes the perfect topping for cakes or cupcakes.

Ingredients

- 4 sticks organic pastured butter, softened
- 1/4 cup organic heavy cream
- 1 teaspoon SweetLeaf Sweet Drops Liquid Stevia Sweetener, Chocolate or 1/2 scoop Pure Monk sweetener
- 1 teaspoon vanilla extract
- 1 organic unsweetened baking chocolate bar, melted

Instructions

Using an electric mixer, whip butter, cream, stevia or Pure Monk sweetener and vanilla in a medium bowl until light and fluffy. Mix in melted chocolate until smooth.

RASPBERRY FROSTING

Prepare Radical Frosting recipe as directed.

Instructions

Blend in 1 small basket of fresh raspberries. Spread pure, unsweetened raspberry jam between layers of cake, frost cake with frosting.

