

The Healthy Fats

RECIPE BOOK

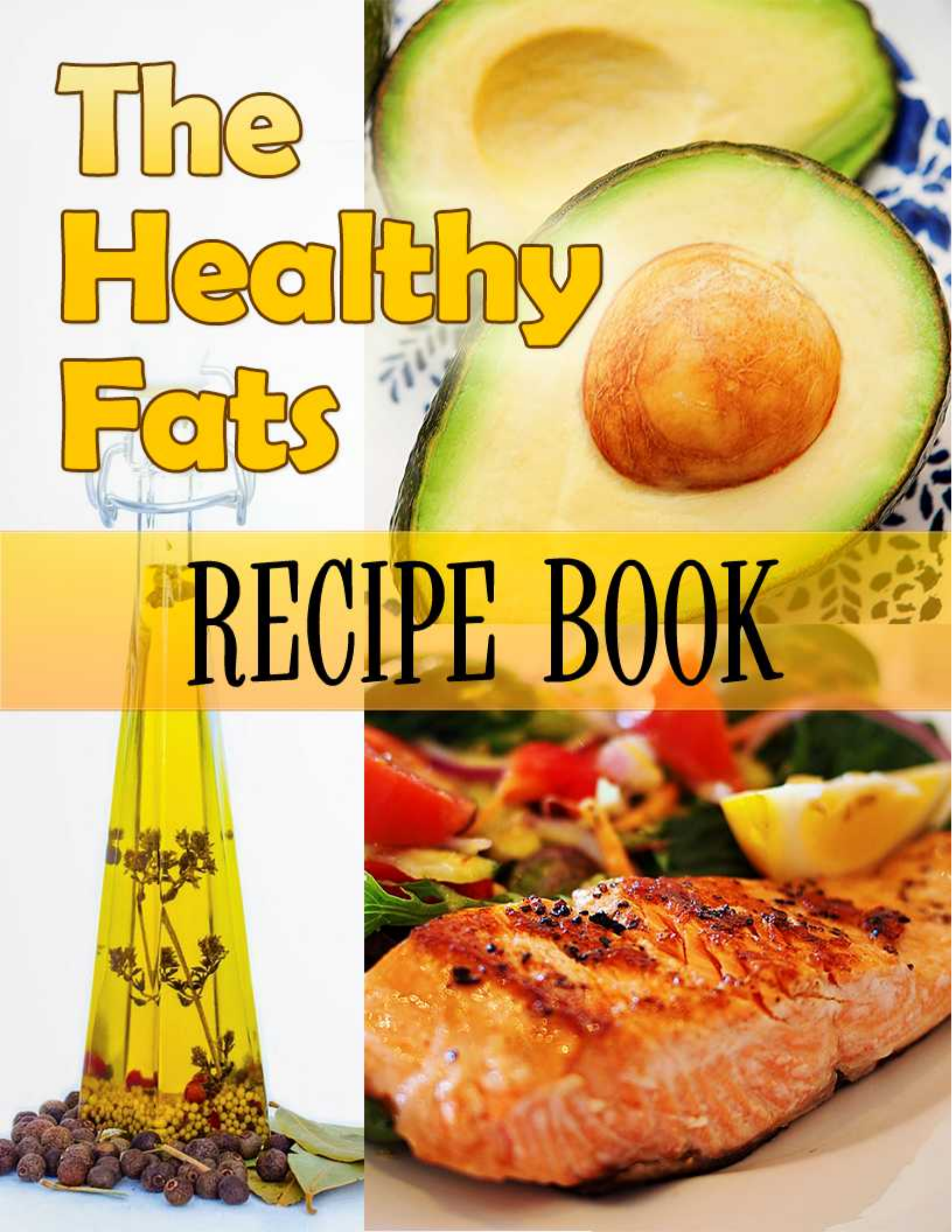


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Healthy Fat Recipes

Did you know that coconut oil has benefits in it that could only be found in mother's milk? That's right, the medium chain fatty acids, like Lauric Acid, in coconut oil most resemble those found in breast milk. They are the most easily digestible fats known to humans and carry a lot of benefits such as boosting immunity, reducing the risks associated with heart disease and improved energy.

That's why you want to avoid cutting healthy fats out of your diet. A diet comprised of 30 percent of your calories in healthy fats is healthy, beneficial and what's more, you'll even lose weight. You'll lose weight because you'll be more satisfied with your meals, stay full longer, and avoid eating empty calories.

You can enjoy delicious food that is satisfying by not cutting all fats. The true way to health is to cut out only unhealthy fats, like Trans fats found in margarine and vegetable shortenings. Then add in healthy fats and you'll see a huge difference in your health. Tread lightly with the saturated fats like those found in red meat, whole milk, and cheese, and freely enjoy the healthy monounsaturated and polyunsaturated fats found in peanut oil, olive oil, flax seeds, walnuts, and fish like salmon.

If you've been eating a low fat diet for some time, it will be a treat to add some of these fats back into your diet. Wouldn't it be great if you could enjoy your meals on a whole new level due to being able to add fat again? You can. You'll soon learn that you don't have to be afraid to eat healthy fats because you're going to feel so good. Your hair is going to get shiny, your skin will become softer, and you'll have fewer stomach issues. Plus, due to being more satiated, you'll eat less and likely lose weight.

The recipes in this book will break all the rules you thought you knew. You're going to be using healthy fats to create savory appetizers main dishes, snacks, and desserts. These dishes are great for guests or just your family. They're not difficult to make and don't have strange ingredients that you cannot find easily either at your local grocery or ethnic store. When in doubt you can order from Amazon.com too.

Just think, instead of avoiding fat we'll be cutting down on processed foods and sugars setting up your body to burn fat, fight off disease, and simply feel better. With these recipes, you won't miss anything and in fact, they'll seem downright decadent at first. It's okay, you're going to love the recipes, which are easy to make, and you're going to feel so much better too. Let's get started.

Appetizers

Sweet Potato Pancakes

4 Servings



Pretty much everyone grew up eating potato pancakes made from leftover mashed potatoes but this take on potato pancakes add a big burst of flavor and health with the use of sweet potatoes which have far more vitamins, minerals, and flavor than white potatoes. Cooked in coconut oil, they have a slightly sweet yet also savory flavor that you will want to have again and again.

Ingredients:

2 medium sweet potatoes, peeled and shredded
1/4 medium onion, shredded
2 large eggs, beaten lightly
1 teaspoon pink Himalayan sea salt
2 tablespoons refined coconut oil

Instructions:

Place the first four ingredients in a large mixing bowl. Mix until combined. Meanwhile heat the coconut oil in a large iron skillet over medium heat so that the pan is fully coated. You might find you need more coconut oil; it is okay to use more, just ensure that the pan is covered. Once the oil is hot, use a 1/4 cup measurer to drop the potato mixture into the pan. Press each mound down a little with your spatula. It should look like round pancakes. Fry each pancake until each side is brown and crispy. This should take about four minutes for each side. Avoid turning the pancakes so that they do not come apart. Remove to drain on a paper towel keeping warm as you keep frying the remaining cakes.

Tip: Refined coconut oil can take higher temperatures. You want the cakes to sizzle when you put them into the pan for best results.

Adapted From: [Paleo Plan Sweet Potato Latkes](#)

Shrimp and Sausage Kabobs

8 Servings



No, you're not in New Orleans (unless you are) but this smoky dish is one for the record books. It's super delicious and due to the healthy olive oil, good for you too. You'll feel satisfied due to the rich flavors and energized from the shrimp while your taste buds dance in delight from the touch of sausage on these kabobs.

Ingredients:

2 pounds frozen, raw, deveined jumbo shrimp (40 shrimp)
1/4 cup extra-virgin olive oil
2 tablespoons ground ancho chile pepper
1 teaspoon pink Himalayan sea salt
1/8 teaspoon ground, chipotle chile pepper
3 cloves garlic, minced
12 ounces cooked smoked spicy sausage, cut into 1/2 inch cubes (40 cubes)

Instructions:

Rinse shrimp in a large colander to thaw, once thawed pat dry with a paper towel. Combine olive oil, both types of chile pepper, salt, and garlic into a bowl, mixing well. Fold in shrimp to coat. Place covered bowl into the refrigerator for about 30 minutes to marinate. After 30 minutes, drain shrimp and discard marinade. Dividing ingredients among 8, 12 inch skewers, place shrimp, and sausage onto a skewer alternating between sausage and shrimp. Turn on your gas grill, or prepare your charcoal grill. Grill the skewers for 2 to 3 minutes on each side.

Tip: Do not marinate over night, do not marinate shrimp for more than 30 minutes.

Adapted From: [Better Homes & Gardens Shrimp and Chorizo Kabobs](#)

Low Carb Crab Cakes

8 Servings



Friday night fish night can't be topped, once you cook this low carb crab cake. They are easy to make and has very few ingredients. Other than the crab, you probably have it all on hand. You can also make this into salmon patties by using salmon instead of crab if you want. Both will be super delicious and healthy.

Ingredients:

- 1 cup lump crab meat, cleaned of shells and cartilage
- 1 large egg, beaten
- 2 teaspoons, Dijon mustard
- 1 tablespoon fresh squeezed lemon juice
- 2 teaspoon Old Bay seasoning
- 2 tablespoons chopped parsley
- 1 1/2 tablespoons coconut flour
- 2 tablespoons refined coconut oil

Instructions:

In a medium sized bowl, combine egg, lemon juice, and mustard. Mix until smooth. Add the crab, folding in carefully. Combine dry ingredients in a separate small bowl, mixing completely, then fold into the crab mixture. In a nonstick sauté pan, heat the oil over medium heat. Meanwhile form 8 small cakes with your hands. Place cakes in hot oil, cook for 2 to 3 minutes on each side, avoiding turning until ready. You want them to be golden brown on each side. Place cooked cakes on a paper towel lined plate to drain and keep warm. Sprinkle with a pinch of pink Himalayan sea salt, and about 1/2 of fresh lemon juice right before serving.

Adapted From: Low [Carb Crab Cakes with Red Pepper Sauce](#)

Bacon Wrapped Asian Chicken Wings

16 servings



Yes, you can have bacon. Everything is better with bacon on it, and these wings are no exception. In fact, you'll probably want to make more than this one recipe because everyone is going to want more. If you don't want bacon, (banish the thought) a little tip is that it tastes good without too the sauce is that good.

Ingredients:

16 chicken wing drumettes, raw
1 tablespoon hoisin sauce
1 teaspoon Asian 5 spice powder
1 tablespoon tamari
2 tablespoons Splenda
1 teaspoon sesame oil
1/2 teaspoon red pepper flakes
1 tablespoon refined coconut oil
8 ounces bacon

Instructions:

Combine everything except the drumettes and bacon in a large bowl mixing to combine. Add the drumettes, tossing to coat. Cover and marinate for at least one hour. After the chicken has marinated, cut the bacon strips in half, wrap one piece around each drumette, securing with a tooth pick. Put back in the marinade tossing to coat, marinate overnight.

Place chicken wings about 1 inch apart on a baking sheet covered with parchment paper to prevent sticking. Bake chicken in a 400 degree Fahrenheit oven for 45 minutes, turning half way. Serve wings hot.

Tip: Make extra sauce with the mixture above, cooking on the stove until it starts to bubble and thicken. Serve with wings on the side for dipping.

Adapted From: Low [Carb Bacon Wrapped Asian chicken Wings](#)

Side Dishes

Butternut Squash with Peas & Parmesan

4 Servings



This is kind of a take on risotto, with all the creamy goodness, but without the carbs. But you won't miss the carbs; in fact, you'll wish you made more of this side dish because your family is going to devour it quickly.

Ingredients:

- 1 butternut squash, peeled and cubed
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, pressed in a garlic press
- 1/4 teaspoon red pepper flakes
- 1/4 yellow onion, chopped
- 2 tablespoons vegetable broth
- 1 cup vegetable broth
- 1/4 cup peas, cooked, drained
- 1/4 cup parmesan cheese, grated
- salt & pepper, to taste

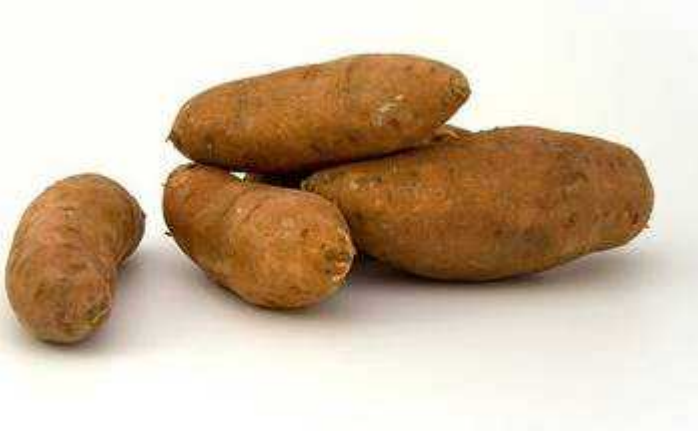
Instructions:

Rice the squash in a food processor and then save for later. In a small pan over medium heat, warm 1 cup of the vegetable broth, keep ready. Meanwhile, in a large skillet heat the olive oil, add the onion to the pan cooking to sweat the onions for about 2 minutes, then add the garlic and red pepper flakes cooking another 30 seconds. Add the 2 tablespoons broth, let cook for an additional 2 minutes. Toss in the riced butternut squash, salt and pepper stirring gently to combine. Add in half the remaining warm broth, cooking for another few minutes watching for it to get dry, and then add in the rest of the broth, allowing it to reduce again. Start tasting the squash and if it's not done you can keep adding in a little broth at a time until the squash is tender. When squash is tender add in the peas, stir carefully to combine and heat through. Add the cheese and stir to melt.

Adapted From: [Cherry Blossom Kitchen's Butternut Squash Riced Risotto](#)

Sweet Potato & Cabbage Slaw

6 Servings



You may not have realized you can eat raw sweet potato, but it's a lot like carrot only better. This version of slaw will awaken your taste buds and the added spice will make you super happy and wide-awake.

Ingredients:

- 2 tablespoons canola oil
- 1 tablespoon limejuice
- 1 1/2 teaspoons toasted sesame oil
- 1/2 pink Himalayan sea salt
- 3 cups sweet potato, grated
- 3 cups Napa cabbage, shredded
- 4 scallions, trimmed, sliced thin
- 1 teaspoon jalapeno peppers, minced finely

Instructions:

In a large bowl, whisk oils, limejuice, and salt. Toss in the potato, cabbage, scallions, and peppers. Serve.

Tip: If you want to serve later, don't mix in the sauce until time to serve.

Adapted From: [Eating Well's Sweet Potato Cabbage Slaw](#)

Seared Tomatoes with Gruyere

4 Servings



You know your mouth is watering just from the name of the recipe. What's great is that this recipe is simple to make and fast. Your family will think you slaved for hours making this delightful treat.

Ingredients:

2 tablespoons olive oil
4 large plum tomatoes, sliced in half lengthwise
2 tablespoons flat leaf parsley, chopped finely
1 medium clove garlic, minced finely
1/2 teaspoon pink Himalayan sea salt
fresh ground pepper
3/4 cup Gruyere cheese, shredded

Instructions:

Mix garlic and parsley in a small bowl and set aside. Heat up a large iron skillet and then add in the oil. Immediately add the tomatoes, cut side down, into the pan and cook until they are tender and darkened on the cut side, approximately 15 minutes. Turn the tomatoes over and reduce the heat. Sprinkle them with salt, pepper and the garlic-parsley mixture. Top with cheese. Cover and cook until cheese is completely melted about 1 to 2 minutes. Serve while warm.

Adapted From: [Eating Well's Skillet seared Tomatoes with Melted Gruyere](#)

Gingered Brussels sprouts with Almonds

4 Servings



If you need a new way to cook Brussels sprouts, this is so tasty that you'll convert even hard-core Brussels sprouts haters. Yes, sadly, they exist. But they won't anymore after eating this take on the vegetable.

Ingredients:

1 pound Brussels sprouts
1/2 cup slivered almonds
4 tablespoons extra-virgin olive oil
1 teaspoon fresh ginger, grated
2 teaspoons fresh squeezed lemon juice
2 teaspoons coconut aminos

Instructions:

Toast the almonds in a non-stick skillet over low heat. In a sheet pan covered with parchment paper, roast the Brussels in a 400 degree Fahrenheit oven for about 30 to 45 minutes, carefully tossing every 15 minutes to roast evenly. In a small bowl, combine the rest of the ingredients. Toss with the cooked sprouts, topping with toasted almonds to serve.

Adapted From: [Paleo Plan Brussels sprouts with Almonds and Ginger](#)

Main Courses / Meats

Coconut Chicken Curry Stew

8 Servings



You really can't go wrong with this curry stew. You're going to love it all year long, because it's not weighed down and heavy. Using coconut milk and filling it out with veggies like zucchini make it super healthy brain food. Your family will thank you.

Ingredients:

2 tablespoons refined coconut oil
8 boneless, skinless, chicken thighs cut into 1 inch pieces
1 large yellow onion, roughly chopped into large chunks
3 small zucchini, sliced thickly
1 teaspoon garlic, minced
1 tablespoon curry powder
1/2 teaspoon paprika
2 teaspoons course pink Himalayan sea salt
30 ounces unsweetened coconut milk
1 cup red grape tomatoes
cilantro, optional garnish

Instructions:

In a large pot with oil, set on high heat, brown the chicken on both sides. Remove the chicken from the pan and set aside. In the same pan add the onion, sweat the onion for about two minutes, and then add in the zucchini. Sauté both until slightly browned, then add in the garlic, curry, paprika, salt and sauté an additional 30 seconds. Put the chicken back in the pot with the ingredients, add in the coconut milk, and bring to a boil. Reduce and simmer covered for about

20 minutes or until chicken is tender and cooked through, add in tomatoes and cook and additional five or ten minutes. Serve like stew with cilantro as garnish if desired.

Adapted From: My [Natural Family's Paleo Recipes Chicken Curry](#)

Chicken Patties with Coconut Crust

4 Servings



Who loves crusty, slightly salty, and tasty goodness? We all do. That's why this take on chicken is out of the box and delicious. Don't be worried about the coconut; it tastes delicious cooked like this. This will become a weeknight family favorite.

Ingredients:

- 1 pound ground chicken
- 1 egg yolk, lightly beaten
- 1 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 teaspoon pink Himalayan sea salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoons course pink Himalayan sea salt
- 3/4 cup almond flour
- 1/2 cup refined coconut oil
- Salt & pepper to taste

Instructions:

Combine all ingredients except the coconut oil in a large bowl mixing until well combined. In a non-stick sauté pan, heat the coconut oil over medium / high heat until hot. Make 12 patties with the chicken mixture, and flatten into pan cooking small batches until browned on both sides. Transfer patties to a large pan lined with parchment paper and cook in a 375 degree Fahrenheit oven for about 10 more minutes turning half way through until chicken is cooked through.

Adapted From: [Cherry Blossom Kitchen's Coconut Crusted Chicken Patties](#)

Tex-Mex Low Carb Burrito Bowl

4 Servings



Who doesn't like tex-mex night? No one, right? Of course, it can be hard on the waistline and belly but this paired down version is low carb and full of goodness with lots of flavor. Eat it in a bowl, top with extra salsa and you'll be so happy you did.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 3 cups broccoli slaw
- 1/3 cup yellow onion, chopped
- 1/3 cup red bell pepper, chopped
- 1/3 cup celery, chopped
- 2 cloves garlic, pressed
- 1 pound ground beef
- 15 ounces can diced green chilies
- 1 1/2 tablespoons chili powder
- 2 teaspoons ground cumin
- salt & pepper, to taste
- cilantro
- avocado, sliced

Instructions:

In a large non-stick, sauté pan heat up the olive oil, add onion, sweat for one minute, stirring continuously. Add bell pepper, stir for another minute, add celery and broccoli slaw and sauté for another two minutes, finally add in garlic. Cook, stirring the entire time, until the broccoli slaw is of desired doneness. In another non-stick pan, brown ground beef, drain off, and then add tomatoes, green chilies and the rest of the spices except for the salt & pepper, cilantro and avocado. To prepare your burrito bowl, layer the veggies with the meat in a bowl. Top with cilantro and avocado.

Tip: Chop jalapenos to add to toppings. Also you may use salsa for a topping too.

Adapted From: [Cherry blossom Kitchen's Whole 30 Paleo Burrito Bowl](#)

Roasted Salmon with Walnut Sherry Vinaigrette

4 Servings



A lot of home cooks avoid cooking Salmon thinking that it's hard. But the truth is if you go to a good market to get your salmon it practically flavors itself. It also cooks fast so if you need dinner on the table within 30 minutes, try having a Salmon night once a week and take the pressure off.

Ingredients:

1 1/4 pounds boneless, skin-on salmon fillet
1 tablespoon olive oil
1/3 cup shallots, finely chopped
1 teaspoon sugar
3 1/2 tablespoon Sherry vinegar
1/3 cup extra-virgin olive oil
1/2 cup chopped and toasted walnuts

Instructions:

Heat a large shallow roasting pan in a 475 degrees Fahrenheit oven until hot. Meanwhile, season the flesh side of the salmon with salt and pepper, cutting into four even pieces. Place in hot roasting pan skin side down and roast just until the fish is flaky. This usually takes about 8 to 12 minutes. Check at 7 minutes. It's done when the flesh is pink, and flakes off easily.

While salmon is cooking heat 1 tablespoon of the olive oil in a small iron skillet over medium heat. Add shallots, stir and cook for two minutes until soft and start to turn a golden color. Add sugar. Keep cooking and stirring until sugar dissolves, now add vinegar salt and pepper, and keep stirring and cooking for about 1 minute. Put ingredients in a small glass or metal bowl, whisk in 1/3 cup of olive oil and sherry vinegar until combined. Finally, stir in walnuts.

Transfer salmon to serving plates and spoon vinaigrette mixture over each fillet before serving.

Tip: Cover pan with parchment to prevent skin from sticking to pan.

Adapted From: [She Knows Roasted Salmon with Walnut Sherry Vinaigrette](#)

Shrimp Sausage Mock Fried Rice

4 Servings



I bet you didn't realize cauliflower was so adaptable. But, it is. Not only can it make a delicious mock mashed potatoes and mock wings you can also make rice with it. That's right, rice. This mock fried rice gets most of its flavor from the sausage. It's simple to make and you can't really go wrong. You'll be tempted to eat it all yourself.

Ingredients:

- 1/2 head cauliflower
- 1/2 cup spiced pork sausage, cubed
- 4 large green onions, chopped (including green part)
- 1/4 cup green peas, frozen
- 1 egg, beaten
- 1 teaspoon soy sauce
- 2 tablespoons toasted sesame oil
- 2 tablespoons sweet chili sauce
- 1/4 pound raw shrimp, peeled and deveined
- 3/4 cup chopped coriander
- sesame seeds for garnish

Instructions:

In a small bowl mix the sesame oil, soy sauce, and sweet chili, set aside for later.

Separate your cauliflower into chunks, and then place in your food processor with the S blade. Blend in short bursts for a total of about 1 minute until the cauliflower looks like rice. Set aside.

Heat a large non-stick skillet or wok until a drop of water sizzles, then add the sausage, cook for a couple of minutes until sausage starts to brown and release oil, throw in the green onion, stir for about a minute, throw in the garlic, stirring fast for another minute, and finally your peas for another minute or so.

Keep stirring fast over high heat, add in the riced cauliflower and the sesame oil mixture, and stir until you're sure it's all coated and the cauliflower is hot. Now add in your shrimp, cook until they become pink.

Make a hole in the middle of the patty pushing the mixture to the sides. Put the beaten egg in the middle, and let it cook until soft scrambled. Finally mix into the rest of the mixture. Cook for another minute. Remove from heat and toss in the coriander and some sesame seeds for garnish.

Tip: Make extra sauce by combining the sauce ingredients and cooking in a small sauce pan for adding on the side.

Adapted From: [Made by Margie Skinny Prawn and Chorizo Magic Fried Rice](#)

Pork Cutlets with Fruit Relish

4 Servings



If you want a simple dinner to make, this is it. It's fast due to the thin cutlets, which take minutes to cook but will taste as if you took hours to make the relish. We'll keep your secret. Double this recipe and make this for company and wow them.

Ingredients:

- 2 teaspoons extra-virgin olive oil
- 4 thin boneless pork chops, trimmed
- 1/2 teaspoon coarse pink Himalayan sea salt
- 1/2 teaspoon ground black pepper
- 2 small shallots, finely minced
- 1 cup dry red wine

1 teaspoon cornstarch
1 tablespoon red wine vinegar
2 tablespoons red currant jelly
1 teaspoon brown sugar
1 teaspoon Dijon mustard

Instructions:

In a large iron skillet, heat 2 teaspoons olive oil until hot, brown salted and peppered pork chops on each side 1 to 2 minutes on each side and no longer pink in the middle. Remove from pan cover with foil to keep warm.

In the same pan, add shallots, stirring and cooking about 1 minute, until softened. Add wine, bring to a boil, and stir constantly. Reduce to about 2 tablespoons. In a small bowl whisk vinegar and cornstarch, then pour into the reduced wine mixture. Keep whisking until thick and shiny about 30 seconds. Remove from heat, grab the pan drippings from the pork, and whisk in with the jelly, sugar, mustard.

Spoon sauce over pork chops before serving.

Adapted From: [Eating Well Pork Cutlets with Cumberland Sauce](#)

Desserts

Chocolate Coconut Bars

8 Servings



I know you like almond joy bars, and this is a better version without all the sugar, and without the fats. You can make these for your kids for a healthy after school, before homework snack to up the brainpower and tide them over until dinner.

Ingredients:

Bottom Layer

2 cups shredded coconut, unsweetened

1/3 cup virgin coconut oil, melted
2 droppers of liquid stevia

Top Layer

3 squares unsweetened baker's chocolate
1 tablespoon coconut oil
2 droppers liquid stevia

Instructions:

To prepare the bottom layer, place all ingredients into a food processor with the S blade and blend ingredients until it forms dough. Scape sides as needed. Press into a cold 8 x 8 silicon cake pan, and place in the freezer.

To prepare the top layer, using a medium to small glass bowl, warm the coconut oil and baker's chocolate in the microwave on half power. When melted, stir in the sweetener. Remove the bottom layer from freezer and spread chocolate evenly over bottom layer. Freeze for 30 minutes.

Tip: Spread toasted almond slivers between layers for an added kick of protein and flavor.

Adapted From: [Yummly Low Carb Chocolate Coconut Bars](#)

Coconut Fudge Bars

8 Servings



If you want something that really melts in your mouth, full of healthy fats from the delicious coconut, you can't go wrong with these coconut fudge bars. They're quite sweet and decadent and rich so you'll probably only eat one so yes, go ahead and share.

Ingredients:

4 ounces cacao butter
15 ounces coconut milk
1/2 cup coconut oil
1 cup coconut butter
1/2 cup protein powder, vanilla
1 teaspoon vanilla extract
1 teaspoon stevia liquid
1 tablespoon red wine vinegar
1 pinch fine sea salt
coconut flakes

Instructions

Line an 8x8 pan with parchment or use a silicone pan.

In a sauce pan, melt the cacao butter over low heat, stir in the coconut milk, coconut oil, and coconut butter. Keep stirring until there are no lumps and everything is smooth. Turn the heat off and stir in the protein powder, vanilla, stevia, and salt.

Pour mixture into lined pan, sprinkle with coconut flakes, and refrigerate overnight. Serve.

Adapted From: [Yummly's Low Carb White Chocolate Coconut Fudge](#)

Coffee Cheesecake with Kahlua

16 Servings



Who doesn't like cheesecake? Everyone does but it's loaded with sugar and additional calories that you don't need. This version of cheese cake uses sugar substitute like Splenda to cut down on the sugar, and plenty of nuts so you can get the benefits if those healthy fats. Plus it tastes like a dream. This is a party cake, so take it to your next family reunion or holiday party to impress the crowd.

Ingredients:

The Crust

1/3 cup macadamia nuts
1/3 cup cashews
1/3 cup almonds
4 tablespoons Splenda
4 tablespoons butter, melted
2 tablespoons cocoa, unsweetened

The Filling

4 8 ounce packages cream cheese, softened
1 1/4 cups Splenda
4 eggs, beaten
1/2 cup sour cream
2 tablespoons Kahlua
1 tablespoon vanilla extract
1 tablespoon lemon juice

The Topping

1 teaspoon gelatin, unflavored
1 tablespoon cold water
1/2 cup Splenda
1 cup heavy whipping cream
2 tablespoons boiling water
1/3 cup cocoa, unsweetened
2 teaspoons vanilla extract
2 teaspoons espresso coffee grounds

Instructions

The Crust

Line a 10 inch spring form pan with parchment paper.

In a food processor using the S blade, combine nuts together until they are coarse crumbs. Mix with sugar, cocoa, and Splenda until fully combined. Press into the bottom the spring form pan. Place in the refrigerator while you prepare the filling.

The Filling

In a large mixing bowl, stir all the ingredients together until incorporated. Pour over crust, spreading to even out. Place spring form pan in the oven on top rack over a water bath on bottom rack. Bake at 325 degrees Fahrenheit for 70 to 80 minutes. Refrigerate.

The Topping

Combine cold water and gelatin in a small bowl until gelatin is completely dissolved. Add boiling water to mixture. Stir and then set aside for later. Mix sweetener, cream, cocoa, vanilla, and espresso, on high speed until soft peaks form. Add in the gelatin mixture and whip longer until completely mixed, about a minute. Refrigerate.

Smooth the topping on top of the cake, refrigerate for about four hours before removing from the spring form pan for serving.

Tip: Serve with chocolate shavings or chocolate covered coffee beans.

Adapted From: [Your Lighter Side's Kahlua Coffee Cheesecake](#)

Vanilla Pound Cake

12 Servings



This pound cake is a take on quick breads and simple to make. It makes your house smell delicious and is a nice treat to have after a meal. Add fresh cut strawberries over the top for a super delicious and healthy dessert.

Ingredients:

2 cups almond flour
1/2 cup coconut flour
1/4 teaspoon fine sea salt
1 teaspoon baking soda
4 large eggs
2/3 cup natural maple syrup
2/3 cup solid coconut oil
1/2 cup full-fat coconut milk
2 tablespoons vanilla extract
3 tablespoons full-fat coconut milk

Instructions

Prepare a 9x5 inch loaf pan with coconut oil and preheat the oven to 350 degrees Fahrenheit. Sift flours with sea salt and baking soda into a medium bowl. In a large mixing bowl, beat eggs lightly adding maple syrup, coconut oil, coconut milk, and vanilla. Stir carefully until combined. Add the dry ingredients just until combined don't beat or mix hard. Pour the batter into the prepared pan and bake for 35 to 50 minutes until it passes the toothpick test. Let cool on a wire rack for 10 minutes and then remove from pan to cool completely before serving.

Adapted From: [The Paleo Plan's Vanilla Pound Cake](#)

Now that you've gotten a glimpse of what healthy meals (and snacks) can look like when you are able to incorporate healthy fats like coconut oil, butter and olive oil, you probably have come up with a lot of ideas in your own head for new recipes or adaptations of old recipes that you have. You can always switch out unhealthy fats for healthy ones and the recipe will likely even taste better. After all, banana bread made with coconut oil instead of shortening can't be beat, try it, you'll like it.



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