



Dairy-Free *Recipes*

No Bake Peanut Butter and Chocolate Brownie Bites

11 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Cocoa Powder
1/4 cup De Fatted Peanut Flour
1/4 cup Gentle Sweet
1 tbsps Coconut Flour
2 tbsps Unsweetened Shredded Coconut
1/2 cup Natural Peanut Butter
1 tsp Vanilla Extract
1/4 cup Water
1/4 cup Lily's Chocolate Chips

DIRECTIONS

- 01 Add cocoa powder, peanut flour, Gentle Sweet, coconut flour, and unsweetened coconut to a medium mixing bowl.
- 02 Mix well.
- 03 Add remaining ingredients and mix well with a sturdy spoon (or hand mixer).
- 04 If desired, place bowl in fridge for 15-20 minutes to firm up the mixture. This makes rolling it into balls much easier. (Or get your hands a little messy and roll them right away!)
- 05 Roll into 1" balls and roll in cocoa powder, if desired. Store in an airtight container in the fridge.

2 Ingredient Dairy Free Sweetened Condensed Milk {THM-S, Sugar Free, Low Carb}

8 SERVINGS 30 MINUTES



INGREDIENTS

1 can Full Fat Coconut Milk (13.5 oz)
1/3 cup Gentle Sweet (or the equivalent of
your favorite powdered sweetener)

DIRECTIONS

- 01 In a large skillet/frying pan, combine coconut milk and Gentle Sweet.
- 02 Bring to a boil, and turn down heat to a simmer.
- 03 Simmer, stirring occasionally, for 20-25 minutes, or until the liquid has reduced by about half.

3 Ingredient Coconut Macaroons

20 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Low Carb Sugar Free 2 Ingredient Sweetened Condensed Milk
1 1/2 Cups Unsweetened Finely Shredded Coconut
1/2 Cup Lily's Chocolate Chips
1 tsp Coconut Oil (Optional)

DIRECTIONS

- 01 In a large mixing bowl, combine 1 cup Sweetened Condensed Milk and 1 1/2 Cups unsweetened coconut.
- 02 You should have a firm mixture (if not, add a bit more coconut).
- 03 Using a Small Cookie Scoop, scoop balls of the mixture onto a parchment-paper-lined cookie sheet.
- 04 Place the macaroons in the freezer until they are firm.
- 05 In a microwaveable container, melt the chocolate chips. (Using the optional coconut oil will help it melt more smoothly.)
- 06 Drizzle on top of the macaroons.
- 07 Store macaroons in the refrigerator.

5 Ingredient Coconut Custard Bars

9 SERVINGS 55 MINUTES



INGREDIENTS

1 cup Low Carb Sugar Free 2 Ingredient Sweetened Condensed Milk
3 Eggs
1 cup Canned Coconut Milk
1/3 cup Gentle Sweet
2 cups Unsweetened Shredded Coconut

DIRECTIONS

- 01 Preheat oven to 350.
- 02 In a mixing bowl, combine condensed milk, eggs, and sweetener and mix well.
- 03 Add coconut milk and shredded coconut and mix again.
- 04 Pour into an 8x8 glass pan.
- 05 Bake for 30-45 minutes, or until top is golden brown and center is no longer jiggly.

Peanut Butter Cookie Dough Bites

1 SERVING 3 MINUTES



INGREDIENTS

2 tbsps Defatted Peanut Flour
1 tbsp Natural Peanut Butter
1 tbsp Gentle Sweet
1 tsp Vanilla Extract
1 tbsp Coconut Oil
Mineral Salt

DIRECTIONS

- 01 In a small bowl, mix all ingredients together until a soft “dough” forms. (It may take 10-15 seconds.)
- 02 Shape into small balls and roll in granulated erythritol or xylitol, if desired.

2 Minute Chocolate Truffles Recipe

1 SERVING 2 MINUTES



INGREDIENTS

2 tbsps Peanut Flour
1 1/2 tsps Gentle Sweet
1 1/2 tsps Cocoa Powder
1 1/2 tsps Lily's Chocolate Chips (optional)
1 dash Of Vanilla
1 dash Of Salt
1 tbsp Coconut Oil (Refined has no coconut flavor)
1 tsp Water

DIRECTIONS

- 01 Place all ingredients in a dish, and stir to mix.
- 02 Shape into balls for truffles, or just eat with a spoon!

5-Ingredient Low Carb Chocolate Pudding

4 SERVINGS 2 HOURS 8 MINUTES



INGREDIENTS

1 can Coconut Milk
1/4 cup Cocoa Powder
1/3 cup Gentle Sweet
1 tsp Vanilla Extract
1/4 cup Water
1 3/4 tsps Gelatin

DIRECTIONS

- 01 Combine canned coconut milk, cocoa powder, Gentle Sweet, and vanilla in a medium saucepan.
- 02 Heat over medium heat, until warm and all ingredients are combined. (Whisk well with a whisk to prevent clumps.)
- 03 Remove from heat.
- 04 Sprinkle 1 3/4 Teaspoon of Gelatin over 1/4 cup cool water and let sit for about 1 minute. Stir, then add to pudding mixture and mix well.
- 05 Pour pudding into a 4 small serving ramekins.
- 06 Place plastic wrap (Saran wrap) on top of each pudding, (touching the pudding), to prevent any "skin" from forming on top.
- 07 Place in the refrigerator to cool and set.

Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Apple (medium, peeled and chopped)
1/2 Banana (frozen)
4 Ice Cubes
2 tbsps Vanilla Protein Powder
2 tbsps Oats
3/4 tsp Cinnamon (ground)
1 cup Unsweetened Almond Milk

DIRECTIONS

01 Add all ingredients to a high-speed blender and blend until smooth. Pour into a glass and enjoy!

Berry Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Coconut Milk (unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

DIRECTIONS

01 Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Pumpkin Spice Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/4 cup Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Pureed Pumpkin
- 1/2 tsp Pumpkin Pie Spice

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the almond milk, pumpkin and pumpkin pie spice. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.

Chocolate Coconut Fat Bombs

8 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Coconut Oil
1/3 cup Cacao Powder
2 tbsps Monk Fruit Sweetener
1/8 tsp Sea Salt

DIRECTIONS

- 01** Melt the coconut oil in a pot over low heat. Add the cacao powder and sweetener. Stir very well to combine or mix in a blender.
- 02** Ladle the mix into a mini square silicone mold and sprinkle sea salt on top. Place in the freezer to set for about 30 minutes. Remove from the mold and enjoy!

Low Carb Peanut Butter Cookies

15 SERVINGS 16 MINUTES



INGREDIENTS

3/4 cup Adams No Stir Natural Peanut Butter (or your favorite brand)
1 Egg
1/2 cup Gentle Sweet (or 1/4 Cup Pyure)
1/4 cup Trim Healthy Mama Baking Blend
2 tsps Vanilla

DIRECTIONS

- 01 Preheat oven to 350.
- 02 In a medium mixing bowl, cream peanut butter and egg.
- 03 Add Gentle Sweet, Baking Blend and Vanilla and mix well.
- 04 Using a small cookie scoop, scoop dough into your hand and roll into a ball.
- 05 Place balls on prepared cookie sheet (sprayed with coconut oil or use a silicone mat).
- 06 Using a fork, press cookie dough down, making a criss-cross pattern on top.
- 07 Bake for 8 minutes, and allow to cool completely.

Lightened Up Deviled Eggs

4 SERVINGS 30 MINUTES



INGREDIENTS

4 Egg
1 1/2 tbsps Water
1 1/2 tbsps Extra Virgin Olive Oil
2 tsps Lemon Juice
1/4 tsp Gentle Sweet
1/8 tsp Sea Salt
1/4 tsp Paprika
1/2 stalk Green Onion (finely chopped;
green parts only)

DIRECTIONS

- 01 Hard boil the eggs by bringing a small pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place eggs in a bowl of ice water for 10 minutes or until cool.
- 02 Peel the eggs. Cut each one in half lengthwise and separate the yolks from the egg whites. Add the yolks to a small mixing bowl and mash with a fork until a fine crumb forms. Stir in water, olive oil, lemon juice, gentle sweet, salt and paprika. Season with additional salt if needed.
- 03 Spoon the egg yolk mixture into the egg whites and garnish with green onions. Chill and enjoy!

Coconut Ranch Dressing

8 SERVINGS 5 MINUTES



INGREDIENTS

- 1 cup Organic Coconut Milk (canned, full-fat, refrigerated overnight)
- 1/4 cup Avocado Oil
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Dried Chives
- 1/2 tsp Onion Powder
- 1 tsp Sea Salt

DIRECTIONS

- 01 Add all ingredients to a jar and shake until well combined. Refrigerate until ready to serve.

Peanut Butter Cookie Oatmeal

1 SERVING 11 MINUTES



INGREDIENTS

1/2 cup Old Fashioned Rolled Oats
1/2 cup Unsweetened Almond Milk
1/2 cup Water
2 tsp Vanilla Extract (or more to taste)
2 tbsps Gentle Sweet
3 tbsps Defatted Peanut Flour
Of Mineral Salt

DIRECTIONS

- 01 In a medium saucepan, over medium heat, combine all ingredients and bring to a simmer.
- 02 Let boil for 2-3 minutes, or until oatmeal begins to thicken.

Cauliflower Rice Breakfast Bowl

2 SERVINGS 25 MINUTES



INGREDIENTS

4 slices Organic Bacon
8 White Button Mushrooms (sliced)
1 tbsp Coconut Aminos
3 cups Cauliflower Rice
2 Egg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the bacon and cook for 15 to 18 minutes or until the bacon is cooked to your preference. Remove and set aside.
- 02 Meanwhile, in a pan over medium heat, add the mushrooms and cook for 3 to 4 minutes. Add the coconut aminos to the pan and stir. Then add the cauliflower rice and cook for 2 to 3 minutes. Remove and set aside.
- 03 Crack the eggs into the pan and cook until the whites are set and the yolk is done to your preference. Place the egg on top of the cauliflower rice and add the bacon on the side. Serve and enjoy!

Bacon & Heirloom Tomato Frittata

2 SERVINGS 30 MINUTES



INGREDIENTS

- 5 Egg
- 1 tbsp Basil Leaves (chopped)
- 1/8 tsp Sea Salt
- 4 slices Organic Bacon (chopped)
- 3/4 cup Red Onion (thinly sliced)
- 2 Tomato (heirloom, sliced)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 In a small bowl, whisk the eggs together and add the basil and sea salt. Set aside.
- 03 Heat a small cast iron pan over medium heat and add the bacon. Cook until the fat renders off, about 5 minutes. Remove the bacon and set aside. Add the onion and cook for 2 to 3 minutes.
- 04 Add the bacon back to the pan along with the eggs. Cook over medium heat for about 4 to 5 minutes, careful not to disturb the setting egg. Add the tomato slices on top and place in the oven to cook for 20 minutes.
- 05 Remove from the oven and garnish with extra basil if desired. Let it cool slightly, serve and enjoy!

Chicken & Apple Sausage Patties

8 SERVINGS 30 MINUTES



INGREDIENTS

1 **1/16 lbs** Extra Lean Ground Chicken
1 Apple (medium, cored, finely chopped or grated)
1 **tsp** Ground Sage
1/2 **tsp** Cinnamon
1/2 **tsp** Sea Salt
2 **tbsps** Coconut Oil

DIRECTIONS

- 01** In a mixing bowl, combine the ground chicken, apple, sage, cinnamon and salt.
- 02** Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
- 03** Heat coconut oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
- 04** Set aside to cool slightly. Enjoy!

Coconut Yogurt Parfait

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Unsweetened Coconut Yogurt (divided)
- 2 tbsps Walnuts (roughly chopped, divided)
- 1/2 cup Strawberries (chopped, divided)

DIRECTIONS

- 01 Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

Homemade Coconut Yogurt

4 SERVINGS 24 HOURS



INGREDIENTS

- 1 1/16 lbs Coconut Meat (thawed)
- 1/2 cup Water
- 2 tbsps Lemon Juice
- 2 Probiotic Capsules

DIRECTIONS

- 01 In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
- 02 Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
- 03 Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

Zucchini, Mushroom & Egg Breakfast

1 SERVING 20 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
1/2 Zucchini (medium, sliced)
6 White Button Mushrooms (sliced)
2 Egg
1/2 cup Arugula
1/2 tsp Lemon Juice
1/8 tsp Sea Salt

DIRECTIONS

- 01 Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 02 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 03 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!