

## Phase 1 to Phase 4

HCG Plus has you covered with these great, easy recipes!

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**Drop** sizes  
**Lose** inches

## MAIN COURSE CHOICES WITH HCG PLUS

### **Balsamic Chicken Wraps**

3.5 ounces chicken  
2 med green cabbage leaf  
2 med Napa cabbage leaf  
1 garlic clove  
3 T. balsamic vinegar  
1/4 t onion powder  
1/4 T. sea salt  
1/4 T. pepper  
1 T. fresh ginger

Mix together finely grated ginger, garlic, onion powder, balsamic vinegar, salt, pepper and chicken pieces. Cook until chicken is cooked thoroughly and then add the Napa cabbage and cook until cabbage is slightly cooked. Take the 2 green cabbage leaf and split the chicken mixture and place in cabbage leaf's and roll into a wrap.

### **Balsamic Mustard Crusted Steak**

3.5 ounces filet or London broil  
1 t. mustard powder  
2 t. balsamic  
1/4 t salt  
1/2 t freshly ground black pepper  
2 garlic cloves (minced)

Mix all seasoning in a mixing bowl. Line a broiler pan with foil and place steak on top. Coat evenly with mustard mixture and let stand 10 minutes. Broil steak to desired doneness. 3 to 4 minutes per side for medium-rare. Let stand 5 minutes before slicing and serving.

### **Bun-less Chicken Burger**

3.5 ounces of ground chicken breast

1/4 t. pepper  
1/4 t onion salt  
1/4 t. onion powder  
1t. garlic powder  
1/4 t dry mustard  
2T. balsamic vinegar  
2 cups spinach

Mix all ingredients into the ground chicken breast and mold into a small patty. Grill or broil and serve with spinach and balsamic vinaigrette.

#### **Chilean Sea Bass**

3.5 ounces of sea bass fillets  
2 cloves garlic, minced  
1/2 of lemon  
1/2 t. salt  
1/2 t. lemon pepper  
2 T. finely chopped cilantro  
1/2 t. paprika

Arrange Sea bass fillets in a single layer on foil-lined broiler pan. Spread garlic and cilantro on and around fish. Squeeze lemon juice on fillets, sprinkle salt and lemon pepper to taste, and add paprika for color. Cover with foil and crimp edges to form a seal.

Bake at 450 for 20 minutes.

#### **Citrus Mahi Mahi**

3.5 ounces mahi mahi  
1 T. fresh lemon juice  
1 T. fresh lime juice  
1 garlic clove, minced  
1/2 teaspoon dried thyme  
1/2 teaspoon dried dill  
1/4 t pepper  
1/4 t salt  
1/2 citrus dressing

Mix together lemon juice, lime juice, garlic, thyme, and salt and pepper to taste. Place in a shallow dish, drizzle with citrus dressing mixture, turn to coat and marinate at room temperature for 10 minutes. Heat grill pan or grill over medium heat. Cook for 3 to 4 minutes per side.

#### **Curry Chicken and Spinach**

3.5 ounces chicken  
2 cups spinach  
2 t. onion powder  
1 garlic clove (minced)  
1/2 cup chicken broth  
1/4 t salt  
1/4 t pepper  
1 lime  
1 T. curry powder

Mix chicken and all seasonings and 1/2 the lime and cook chicken through. Throw the spinach in for 1 minute and serve in a bowl and squeeze the other 1/2 of the lime.

#### **Ginger Steamed Red Snapper**

3.5 ounces red snapper  
2T. fresh grated ginger  
1/4 cup balsamic vinegar  
1/4 t. salt  
1/4 t. pepper  
1 lemon wedge

Finely grate 1 T of fresh ginger in small skillet. Add the balsamic vinegar and cover with water to reach 2

inches and bring to a simmer. Season red snapper with grated ginger, lemon, salt and pepper. Place in steamer and cook for about 10 minutes.

#### **Lemon Garlic Chard**

2c. roughly chopped Swiss chard

1 large or 2 small garlic cloves

4 T. water

Fresh lemon juice

Sea salt

Pepper

Put 1 T. water in non stick pan. Sauté garlic until tender and set aside. Pour remaining water into pan and add chard. Cook over medium heat for about 5 minutes, tossing occasionally. Drain off excess juice and return to pan adding in sauteed garlic. Before serving, give a squirt of lemon juice and a shake of salt and pepper.

#### **Lemon Lime Tilapia**

3.5 ounces tilapia or any white fish

1/2 lemon slice

1/2 lime slice

1 garlic clove (minced)

1/4 T. sea salt

1/4 T. black pepper

1/2 t. dry dill

1/2 cup water

Mix together lemon juice, lime juice, garlic, salt, pepper, and dill. Marinate fish in seasonings for 10 minutes and place in non-stick pan with water and cover and steam for 10 minutes.

#### **Lemon Zest Crab cakes**

3.5 ounces crab

1 garlic clove (minced)

1 T. onion powder

1/2 t. lemon zest

1/4 t salt

1/4 t. pepper

1 t. dry mustard

2 lemon wedges

1 T. parsley

1 t. lemon zest

Mix everything together and put into 2 small patties. Place in a baking dish and bake for 15 minutes and place on serving dish.

#### **Marinated London Broil Steak & Salsa**

3.5 ounces London broil

1/3 cup balsamic vinegar

2T. dried Oregano

3T. garlic powder

1/4 t salt

1/4 t pepper

2 cups diced tomatoes

Marinate London broil with all seasons for 1 hour. Season diced tomatoes and place 1/2 in the middle of the plate. Broil or grill steak to your temperature. Place on top of salsa and add the remainder salsa.

#### **Mock Egg Roll**

3.5 ounces of Chicken

2-3 big cabbage leaves

1c. shredded cabbage

1/8 t. onion salt

1/8 t. garlic powder

1/8 asian spices

Steam big cabbage leaves for 5 minutes. Move leaves over to side of steamer to make room for shredded cabbage. Steam both for 5 minutes. Remove shredded cabbage to a mixing bowl. Add chopped chicken or shrimp and spices. Mix and then wrap in a big cabbage leaf.

### **Oven Chicken Salad**

1 chicken breast

1/2 t. cayenne pepper (optional)

1/4 t. onion powder

1/4 t. salt

1/4 t. pepper

1/4 t. garlic powder

1/2 t. poultry season

2 cups spinach or lettuce

Vinaigrette Dressing

1/4 cup apple cider vinegar

1/2 cup water

1 t celery salt

1 t. onion salt

1 t. pepper

Mix all seasonings together and roll chicken in mixture so it is smothered and place on a foil sheet and wrap up nice and tight. Put on a cooking sheet and bake at 375 degrees and bake for 20 to 30 minutes. Cut up in small pieces and measure 3.5 ounces of chicken and put on a bed of spinach or lettuce and drizzle the vinaigrette dressing. Save the remainder of the chicken breast for another meal.

### **Rosemary Fish & Lemon Garlic Chard**

3.5 ounces of halibut or tilapia

Italian Herb Seasoning

1 t. Rosemary grinded

1 t. Ground pepper

1 t. Sea Salt

2 slices of Fresh lemon juice

2c. broccoli

1 t. garlic salt

Sprinkle both sides of fish with spices. Place fish on a nonstick frying pan with 1/3 cup of water and lemon juice. Place a lid on the pan to keep the steam within the pan. Cook for 3 to 4 min. Fish is done when flakes easily with a fork.

### **Spicy Cajun Scallops**

3.5 ounces scallops or shrimp

1 lemon

1/2 dry mustard

1 t. pepper flakes

2 garlic clove (minced)

1/4 salts

1/4 pepper

1/2 cup water

Mix together lemon juice, dry mustard, cayenne, garlic, salt, pepper and scallops. Fill a non-stick frying pan with water and place scallops and cover with lid for 10 minutes.

### **Spicy Taco Salad**

2 cups Romaine Lettuce

3.5 ounces London broil or filet

1/4 t. garlic salt

1/4 t. chili seasoning

Prepare the beef on the grill. Crumble beef and mix in garlic, salt, and chili seasoning. Top lettuce with ground beef mixture. Serve with Vinaigrette Dressing on the side.

**HCG "Chili" (one serving)****Ingredients**

100 grams lean ground beef (less than 7% fat)

1 cup chopped tomatoes

Cup water

1 tablespoons minced onion

2 cloves garlic crushed and minced

Pinch of garlic powder

Pinch of onion powder

1 teaspoon chili powder

Pinch of oregano

Cayenne pepper to taste (optional)

Salt and pepper to taste

**Directions**

Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks the more tender and flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste.

**Tomato basil chicken (one serving)****Ingredients**

100 grams cubed chicken

1 cup chopped tomato

1 cup water or chicken broth

2 tablespoons lemon juice

2 tablespoons chopped onion

1-2 cloves garlic sliced

3 leaves basil rolled and sliced

1/8 teaspoon oregano fresh or dried

1/4 teaspoon garlic powder

1/8 teaspoon onion powder

Cayenne to taste

Salt and pepper to taste

**Directions**

Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices and water. After chicken is cooked add

fresh tomatoes and

basil. Continue cooking for 5-10 minutes. Salt and pepper to taste, garnish with fresh basil.

**Citrus Fish (one serving)****Ingredients**

100 grams white fish

1 tablespoon minced onion

2 tablespoons lemon juice

Lemon and orange zest to taste

Lemon and orange slices

Chopped parsley

Salt and pepper to taste

**Directions**

Mix lemon juice with zest. Baste fish with mixture and top with salt, pepper, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley.

**Crunchy sweet apple chicken salad (one serving)****Ingredients**

100 grams chicken cooked and diced

1 apple diced

3 stalks celery diced

3 tablespoons lemon juice

1/8 teaspoon cinnamon

Dash of nutmeg

Dash of cardamom

Dash of salt

Wedge of lemon

Directions

Mix ingredients together, sprinkle with cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy.

## DESSERTS, DRINKS, SNACKS FOR HCG PLUS

### Strawberry Sorbet

When off the diet protocol I'll add banana or fresh pineapple, but it's just as good without. The kids love this one, too!  
Allotted amount of strawberries Juice of 1 lemon - sugar substitute (as needed) water (if needed) Freeze fresh strawberries about 1 hour. Blend fresh frozen strawberries, lemon juice & sugar substitute in blender until very well blended. You can serve immediately or place in freezer to allow it to firm up even further.

### Candied Apples

4 apples - 1 tsp. of cinnamon - 2 cups of water 1 tsp of vanilla

□ Place 4 apples in a baking dish. Pour the water over top. Sprinkle sweetener and cinnamon over apples. Bake at 350 degrees for an hour. Take out of oven and add vanilla to the liquid and stir. Take apples out and pour sweetened water mixture over apple and enjoy!

### Strawberry Shortcake

Plain melba toast . Top with sliced strawberry

### Chips and Salsa

Prepare pico de gallo mixture with diced tomatoes, onions, fresh cilantro. Use melba toast as chips

### Strawberry-Orange Smoothie

1 cup of frozen or fresh strawberries ½ orange or 1/3 cup of real orange juice (not from concentrate) ¾ cup of crushed ice  
1 handful of frozen spinach leaves (you won't even be able to taste these) Blend in blender till smooth

### Soda

Carbonated or not sparkling water add non-sugar citrus mixes to taste

### Lemonade

1 cup water 2 Tbsp of lemon juice

### Orange Julius

1 orange - ice 5-10 drops vanilla creme liquid Water (as needed) Peel orange and place orange sections in blender. Add about a handful of ice. Blend to desired consistency. Add water as needed.

### Frozen Strawberry Lemonade

1 cup of frozen strawberries ¼ cup lemon juice 1 cup of ice 10 drops of Lemon concentrate (if available) add sugarless sweetner to taste

### Crushed Ice Smoothie

1 cup (partially defrosted Strawberries) or 1 med Orange  
Blend until smooth

### Frozen Cappuccino

1 c. crushed ice

5 drops of Valencia orange

1 c. of coffee

Mix in blender until smooth. Pour into glass and serve.

### Lemon Drop Slushy

1/2 t. squeezed lemon juice

1/2 c. water

1/2 c. ice

## FRUITS

### Apple Sauce

Bake an apple and peel off skin and mash and add cinnamon and mix all together and serve on plate.

Baked apple

Any apple you like

1 T. cinnamon

1 T. water

1 t. cinnamon

Cut apple core almost through and mix together add cinnamon with 1 T. water. Place apple on a sheet of foil and mold foil to cup the apple. Pour cinnamon mixture in the apple core and tighten foil securely around apple. Bake 350 for 45 minutes. Serve in a shallow dish and sprinkle cinnamon over the apple.

### Jamaican Grapefruit

1/2 grapefruit

Cinnamon

Using a serrated edge knife, cut grapefruit in half as normally would and place on an oven safe dish and bake for 2 minutes. Cut around center core, rind, and partitions. Sprinkle with cinnamon

Strawberry flower

4 Large strawberries or 6 small

1 T. cinnamon

Slice strawberries and place on a plate shaped like a flower. Add cinnamon and sprinkle over the strawberries.

## DRESSINGS AND BROTHS

### Balsamic Vinaigrette

1/3 cup balsamic vinegar

2 T. water

2 T. dried thyme

1/4 t. salt

1/4 t. pepper

1 T. dried basil

1/4 t. garlic powder

Add all ingredients in a blender and mix well.

### Chicken Broth

1 chicken breast

8 cups water

4 cups water

5 t. poultry season

5 t. onion powder

4 garlic cloves

4 t. black pepper

3 t. sea salt

3 T. celery salt

1 cheese cloth

1 string

Mix all herbs and place in the cheese cloth wrap string around cloth to secure all herbs and place it in the stock pot with 8 cups of water and the chicken breast and boil for 35 minutes or until chicken breast is cooked. Place a strainer on top of a bowl with a coffee filter to strain broth to extract any fat from chicken breast and use the chicken for other recipes. Keep the cheese cloth to see if you need to continue to add more flavors to the stock for the additional 4 cups of water and bring to a boil for additional 30 minutes. Set aside and chill. Use the broth for recipes for flavor and for a cup of broth before lunch and dinner.

### Citrus Dressing

1/4 cup apple cider vinegar



1 cup water  
1 T lemon  
1/4 t garlic powder

#### **Dill Dressing**

1/3 cup apple cider vinegar  
2 T. water  
2 T. dried basil  
2 T. dried dill  
1 t. garlic powder  
1 t. dry mustard  
1 t. onion powder  
Mix all ingredients in a blender and mix well.

#### **Vinaigrette Dressing**

1/4 c. apple cider vinegar  
1/2 c. water  
2 shakes celery salt  
2 shakes onion salt  
Ground pepper to taste

### **SALADS AND SOUPS FOR HCG PLUS**

#### **Beet Greens or Asparagus**

2 T. chicken bouillon base  
2 c. chopped beet greens or Asparagus  
Dash of onion salt  
Heat bouillon base on medium to just prior to boiling, Reduce heat, add greens and saute a few minutes until tender. Sprinkle with onion salt.

#### **Citrus Shrimp & Greens**

3.5 ounces of shrimp  
2 T. lemon juice  
1T. lime juice  
3T. apple cider vinegar  
1t. garlic powder  
1t. pepper  
1/2 t. onion salt  
Place fish in a bowl and mix together all ingredients and let it stand and marinate for 1/2 hour. You can either grill the shrimp on a grill or in a non-stick frying pan. Serve over your favorite salad greens.

#### **French onion soup**

1 Vidalia onion  
2 c. beef broth  
3.5 ounces lean steak  
1t. garlic powder  
1t. onion salt  
1t. pepper  
2 Melba toast  
Slice onion with an apple slice to make wedges and to open up the onion. Season the onion and place it on top of a foil sheet. Add 1/4 c beef broth, and wrap it up tightly, and place in a baking dish and bake at 350 degrees for 1 hour. You want to make sure the onion is not too soft you want it a little firm. Serve in a bowl with 2 cups of beef broth and 2 Melba toast.

### **DESSERTS FOR HCG PLUS**

#### **Apple Cobbler**

1 sliced apple  
1/8 t. cinnamon  
Toss the above ingredients and arrange on oven safe dish

Topping 1t. cinnamon

### **Apples with Strawberry Sauce**

1/2 of a Jonathan apple

3 strawberries

Slice apple and arrange on a plate. Mash the strawberries with a fork and add vanilla Creme to make a sauce. Pour over the apple slices

### **Phase 3 Recipes (can also be used in Phase 4)**

#### **Cream Cheese Muffins**

2 8oz. pks. philadelphia cream cheese

1/2 cup sweetener (I use spenda)

2 eggs

1/2 tsp. vanilla

Soften cream cheese about 40 seconds in microwave. Add other ingredients. Beat with mixer till smooth. Pour into 12 muffin pans lined with the papers. Bake at 350 for 20 min. Can add 2tbs of mascarpone cheese and one of sour cream which makes it richer in texture. Use as a bun replacement

#### **Oopsie Rolls**

3 large eggs

pinch of cream of tartar (1/8 tsp)

3 ounces cream cheese (Do not soften)

Xanthan Gum (optional - 1/8 tsp for double batch - add to egg whites & cream of tartar)

Preheat oven to 300 degrees F.

Separate the eggs and add cream cheese to the yolks. Use a mixer to combine the ingredients together. In a separate bowl, whip egg whites and cream of tartar until stiff (if you're using the same mixer, mix the whites first and then the yolk mixture). Using a spatula, gradually fold the egg yolk mixture into the white mixture, being careful not to break down the whites. Spray a cookie sheet with non-stick spray and spoon the mixture onto the sheet, making 6 mounds. Flatten each mound slightly. Bake about 30 minutes (You want them slightly softer, not crumbly). Let cool on the sheet for a few minutes, and then remove to a rack and allow them to cool. Store in a loosely open sack and allow to rest on the counter before use (otherwise they might be too moist). Can be frozen.

#### **Oopsie French toast:**

1 egg beaten w/ a bit of cream & vanilla.

Coat two oopsies w/ egg mixture and fry in butter like french toast. Top with sugar free syrup.

#### **Taco Shells**

Made out of cheese!

1.shredded cheese

2. Place cheese in a thin layer on a piece of parchment paper.

3. Microwave for 1 min. at a time, until cheese is bubbly and starts to slightly brown.

4. While the cheese is still flexible, use the parchment paper to bend the cheese to give it a taco shape.

5. Let the cheese cool while in this shape. (I use a small wrapped medicine bottle tucked inside the 'shell' to help it keep its shape while cooling.)

6. When cooled, peel away parchment paper.

If you would like to have a piece of cake when it is a special day or time to celebrate an event you may want to try this cake. It's rich and moist. Tried a super no stick silicone bundt pan and it was gorgeous

#### **Classic Almond Flour Pound Cake**

Ingredients:

- 1/2 cup butter (1 stick) softened at room temperature
- 1/2 cup full fat cream cheese
- 3/4 cup Splenda or splenda 'mix' - 1/3 c splenda, 2 T Xylitol, 2 T Erythritol (both powdered in coffee grinder), 2T

Diabetisweet (\*see note below)

- 5 large eggs, at room temperature
- 2 cups almond flour
- 1 teaspoon baking powder
- 1 teaspoon lemon extract
- 1 teaspoon vanilla extract

Cream butter, cream cheese and Splenda together, mixing well. Add eggs, one at a time, beating well after each. In a separate bowl, mix almond flour with baking powder. Add egg/butter mixture to flour a little at a time while beating. Add lemon and vanilla extracts. Pour into greased 9"-10" Springform pan, bundt pan, ring pan, (or 9" round cake pan) and bake at 350°F for 50-55 minutes. You can change flavors for this cake by using different extract flavors and even food color if you like! Makes 12 servings. 6.1 net grams of carbohydrate per serving. This is really Moist and really good.

\*This made 94 grams of powder = one cup sugar sweetness, and I just measure out what fraction of a cup I need.

## PHASE 4 RECIPES

### Dottie's Pumpkin Pound Cake with Cream Cheese Layer

Serving Size : 12

1 cup canned pumpkin

1 cup granulated Splenda or equivalent liquid -- Splenda

1 teaspoon baking powder

1 teaspoon vanilla

1/2 teaspoon pumpkin pie spice -- or 1 teaspoon cinnamon

1 Pinch to 1/8 teaspoon salt

5 eggs

6 ounces almond flour -- about 1 1/2 cups

**\*\*Cream Cheese Layer\*\***

8 ounces cream cheese -- softened

2 tablespoons granular or liquid Splenda

1 egg

1/2 teaspoon vanilla

Grease an 8x4" loaf pan well or line with foil and grease foil. In medium bowl, beat pumpkin, Splenda, baking powder, vanilla, spice and salt, if using, with electric mixer until well blended. Beat in eggs, then almonds. Add a little water, if needed, to make a thick, but pourable batter (I didn't need it). Set aside.

Beat cream cheese, Splenda, egg and vanilla in a medium bowl until well blended.

Pour 1/2 of batter into pan. Spoon cream cheese mixture evenly over batter. Cover with remaining pumpkin batter. Bake at 300°F 60-75 minutes, until cake pulls away from sides of pan a bit and toothpick comes out clean. Mine took about 65 minutes. The toothpick came out clean at 60 minutes, but it needed to brown a little more. This comes out so moist that the extra baking time will be ok. Let cool in pan on a rack for 10 minutes. Remove from pan and peel off foil; cool completely on rack before slicing. Store in refrigerator or freeze.

5.8 total carbs, 2.1 fiber so 3.7 carbs per serving

Makes 1 loaf or 12 servings

Can be frozen

### Pumpkin Bars

Mix:

1 cup almond flour

1 teaspoon cinnamon

1/2 teaspoon ground cloves -- (or 2 tsp Allspice instead of cinnamon or cloves)

1/4 teaspoon salt

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1 cup Splenda liquid -- or equiv.

3 tablespoons chopped walnuts

1 cup mashed pumpkin

2 eggs

1/2 cup oil

Mix dry into wet and pour into sprayed 9x13 inch pan. Bake 350 for 30-40 min. Let cool then frost. Really good next day!!! If they last that long!!!

Top with Cream Cheese Maple Walnut Icing -----

NOTES : 18 bars at roughly 3.5 carbs each and 2.5 if you use the Davinci and splenda.

### **Scharffenberger Chocolate Truffle Cheesecake**

This cheesecake is a rich, decadent, torte-like, truffle cheesecake.

Crust:

1/2 stick of butter  
1/2 cup almond flour  
1/2 cup unsweetened coconut  
4 Tbsp Splenda  
3 Tbsp Cocoa Powder

Filling

16 oz cream cheese  
1 cup whipping cream  
5 eggs  
2 shots of Espresso or Instant Coffee/espresso dissolved in 1 oz water  
2 Tbsp Mexican Vanilla  
1 cup diabetisweet  
1 cup erythritol powder  
12 oz Scharffenberger Chocolate (or other unsweetened baking chocolate)  
Preheat oven to 350 degrees.

For Crust: Melt butter in a bowl and mix all crust ingredients together. Press into bottom of spring form pan evenly and bake for 15 minutes. Take pan out and let cool. Take oven temp down to 325 degrees.

For Filling: In a bowl, microwave the chocolate until melted through. Set aside and let cool slightly while you make the rest of the filling. In a mixing bowl, whip cream cheese, whipping cream, and eggs until smooth and creamy. Add vanilla, espresso, and sweeteners\*, beating constantly until mixed. Spoon 1 Tbsp of the cream mixture into the melted chocolate and mix until smooth.

Repeat for about 5 Tbsp and then slowly mix the chocolate into the creamy mixture and whip until extremely smooth. Pour evenly into springform pan and bake for 35-40 minutes until toothpick test comes out either clean or tiny crumbles on it and remove. Let cool for 30 min, then use a knife to separate edges from pan and remove the spring form. Remaining cooling should happen in the fridge so it stays really moist and "packed down" ~ kinda torte like.

\*For erythritol, melt in a pan for 5 mins., mixing occasionally. If it is erythritol crystals, you need to grind first.

### **Healthy Chocolate Cake**

Adapted from a recipe at LowCarbFriends

Makes a single 9" layer cake, which can be halved and stacked for the taller cake you see here!

Preparation:

1-15 ounce can of unseasoned black beans  
OR 1 1/4 cup cooked beans, any color  
5 large eggs  
1 tablespoon pure vanilla extract  
1/2 teaspoon sea salt  
6 tablespoons unsalted organic butter OR extra virgin coconut oil  
3/4 cup erythritol plus 1/4-1/3 cup honey  
6 tablespoons unsweetened cocoa powder  
1 teaspoon aluminum-free baking powder  
1/2 teaspoon baking soda  
1 tablespoon water (omit if using honey)

Preparation:

Preheat oven to 325 degrees Fahrenheit. Spray a 9" cake pan with extra virgin olive oil cooking spray, or just grease it with a thin layer of butter. Dust cocoa all over the inside of the pan, tapping to evenly distribute. Cut a round of parchment paper and line the bottom of the pan, then spray the parchment lightly.

Drain and rinse beans in a strainer or colander. Shake off excess water. Place beans, 3 of the eggs, vanilla, and salt into blender. Blend on high until beans are completely liquefied. No lumps! Whisk together cocoa powder, baking soda, and baking powder. Beat butter with sweetener (erythritol or honey) until light and fluffy. Add remaining two eggs, beating for a minute after each addition. Pour bean batter into egg mixture and mix. Finally, stir in cocoa powder and water (if using), and beat the batter on high for one minute, until smooth. Scrape batter into pan and smooth the top. Grip pan firmly by the edges and rap it on the counter a few times to pop any air bubbles.

Bake for 325 degrees for 45 minutes. You may need a little longer, as my oven runs hot. Cake is done with the top is rounded and firm to the touch. After 10 minutes, turn out cake from pan, and flip over again on to a cooling rack. Let cool

until cake reaches room temperature, then cover in plastic wrap or with cake dome (I use an overturned plastic chip bowl). For BEST flavor, let cake sit over night. I promise this cake will not have a hint of beaniness after letting it sit for eight hours! If you are stacking this cake, level the top with a long serrated knife, shaving off layers until it is flat and even. Frost immediately before serving.

#### **Healthy Chocolate Butter Cream Frosting**

Makes enough to thickly cover one layer, or fill and frost a halved stacked layer

Ingredients:

1/2 cup (1 stick) unsalted organic butter, softened, OR 7 tablespoons nonhydrogenated shortening

1/4 cup plus 1 tablespoon erythritol, OR 1/4 cup xylitol, powdered

5 tablespoons unsweetened cocoa powder

2 tablespoons half and half OR coconut milk Revised 01-25-2010

1 teaspoon pure vanilla extract  
Pinch of sea salt  
Optional addition for a glossy finish:  
1 fresh organic egg yolk

Preparation:

Cream the butter in a small bowl until fluffy. Powder erythritol or xylitol in a coffee grinder or Magic Bullet for a minute or two, until extremely fine. Let sweetener settle in grinder before opening the top. Stir sweetener into butter with a spatula, then beat until smooth. Slowly blend in the cocoa powder (unless you want to redecorate your kitchen), vanilla, and sea salt. Beat in the half and half and egg yolk, if using.

~7g net carbs for the frosting, using erythritol \_\_\_\_\_

### **NY Style Cheesecake**

CRUST

1+1/2 cups ground nuts--I used pecans, but any preferred nut would work

2tb butter, melted

2tb splenda or sugar substitute to equal same

Preheat oven to 325. Combine crust ingredients and press into the bottom of a 9" springform pan and approx. 1" up the sides-or

press into a 9" pie plate. Bake for 10 mins.

FILLING

1.5lbs cream cheese, softened

4 eggs, room temperature

1+1/3c splenda or sugar substitute to equal same

2tsp vanilla

2 tsp lemon juice

2 cups sour cream

beat cream cheese till smooth. Add eggs, one at a time, beating well after each addition. Add remaining ingredients in order given, beating after each addition. Pour into prepared crust and return to oven for 1hr 20 minutes. Turn oven OFF, prop door open (I use a wooden spoon wedged in the door) and leave cheesecake in the oven for an additional hour.

Remove from oven and allow to cool. Store in the fridge.

I highly suggest making this 24 hours in advance. It tasted SO much better the second day!

Nutrition information for ENTIRE cheesecake (based on using pourable Splenda; if you use another sweetener your carb count will be less):

Calories 5,508

Fat: 538.5gr 85%

Protein: 111.9gr 8%

Carbs: 99.2gr 7%

Fibre: 21.8gr

### **Chocolate Walnut Brownies**

Serves: 16

Carbs Per Serving: 5.3 g

Prep Time: 35 minutes

Skill Level: Easy

Ingredients:

1/2 cup butter, softened

2 eggs

1 teaspoon vanilla

2 tablespoons cream (or water or coffee)

1 cup almond flour

1 teaspoon xanthan gum

Pinch salt

1 teaspoon baking soda

4 ounces unsweetened chocolate, melted

1/4 cup chopped walnuts

Instructions:

Preheat oven to 350 degrees. Grease an 8x8 square pan.

In a mixer, cream together the butter and Steviva Brand Stevia Blend. Add the eggs, one at a time, incorporating well. Add the vanilla and cream, blending well. In a small bowl, mix together the almond flour, xanthan gum, salt and baking soda. Add the almond flour mixture to the butter mixture, alternating with the chocolate. Fold in the nuts. This makes a very stiff batter - almost dough-like. Spread the batter in the greased pan, and bake for about 15 minutes, or until a knife inserted comes out clean. Cut into 16 1-inch squares.