

Chocolate Chip Cookies

2 1/2 cups almond flour

1/2 teaspoon Fijian sea salt

1/2 teaspoon baking soda

1/2 cup healthy oil, melted (I use butter)

1 tablespoon vanilla

1/2 cup powdered erythritol (Swerve is my favorite brand)

1/2 cup chocolate chips (Lilly's brand chocolate chips)

1/4 cup chopped pecans or walnuts

1 egg

Preheat oven to 350. Mix all the wet ingredients together. In separate bowl mix the dry ingredients together (including chocolate chips and nuts). Mix wet into the dry, combine completely. Scoop into 1 tablespoon balls and place on parchment lined baking sheet; flatten slightly. Bake for about 7 minutes, or until light golden brown. Enjoy!!

Chicken Fritters

Ingredients:

- 1.5 pounds diced chicken (breasts or thighs)
- 2 large eggs
- 1/3 cup mayonnaise (homemade or store bought)
- 1/3 cup almond flour
- 1 1/3 cups shredded mozzarella cheese
- 1 1/2 Tablespoon chopped fresh dill
- 1/2 teaspoon salt Fijian sea salt
- 1/8 tsp black pepper
- Coconut oil

Ingredients for Garlic Aioli Dip

- 1/3 cup mayonnaise
- 1 garlic clove, pressed
- 1/2 Tablespoon lemon juice
- 1/4 tsp Fijian sea salt
- 1/8 tsp black pepper

Instructions

1. Place raw chicken in a large mixing bowl.
2. Add eggs, mayonnaise, almond flour, shredded mozzarella, dill, Fijian sea salt and black pepper. Stir the mixture until well combined, cover with plastic wrap and refrigerate for at least 2 hours.
3. Heat a large non-stick pan over medium heat and add about 2 Tablespoons coconut oil. When oil is hot, add the chicken mixture a heaping Tablespoon at a time. Slightly flatten out the tops with the back of your spoon and sauté uncovered 3-4 minutes on the first side, then flip and sauté 3 minutes on the second side or until outsides are golden brown and chicken is fully cooked through*
4. To make the aioli, combine all ingredients in a small bowl or measuring cup and stir together until smooth. I double the sauce!

Broccoli/Cauliflower Salad

1 bunch broccoli, cut into bite size pieces

1 head cauliflower, cut into bite size pieces

8 strips cooked bacon, crumbled

1 cup diced tomatoes, seeded

2 hard boiled eggs sliced

1/3 cup red onion, diced

Dressing:

1 cup mayonnaise (homemade or store bought)

1/2 cup granulated erythritol (I like Swerve brand the best)

2 T. rice vinegar or 1 T. apple cider vinegar

Just before serving mix salad with dressing.