



## Vanilla Coconut Bars

- 1 cup shredded coconut (unsweetened)
- 1/4 c water & 2-3 Stevia packets
- 2 tbsp virgin coconut oil
- 1/2 tsp pure vanilla extract
- 1/8 tsp salt

Combine all ingredients in a food processor. Squish into any small container (I used a 7 × 5.) and refrigerate for an hour before slicing. (Or freeze for 15 minutes.)

May be stored in the fridge or freezer, for a few weeks.

**72% Fat** - Makes 6-8 bars.

**Per Bar:** Cal: 100, Fat: 8g, Net Carbs: 5.5, Pro: 1.5g



## Keto Chocolate Mousse

- 2 oz unsalted butter
- 2 oz cream cheese
- 3 oz heavy cream, whipped
- 1 tbsp unsweetened cocoa powder
- 1 tbsp Truvia, or another sweetener to taste

Soften butter and combine with sweetener, mixing until completely blended. Add cream cheese; blend until smooth. Add cocoa powder and blend completely.

Whip heavy cream and gradually add to the mixture, mixing well. Spoon into small glasses and refrigerate for 30 minutes .

**98% Fat** - Makes 3 servings.

**Tot Recipe:** Cal: 1010, Fat: 110g, Net Carbs: 4.5, Pro: 7g

**Per Serving:** Cal: 335, Fat: 37g, Net Carbs: 1.5, Pro: 2g



## Savory Avocado Butter

- 6 oz ripe avocado meat (approximately 2 small avocados)
- 1 tbsp lemon juice
- 2 oz unsalted butter, softened
- 1 garlic clove, minced
- 1 tbsp freshly chopped cilantro leaves
- 2 tbsp ground cumin
- Kosher salt and freshly ground black pepper

Peel and pit the avocados. Place all ingredients into a food processor, and process until well combined. Refrigerate in a container for 3 to 4 hours. Whip with a fork and serve.

Place mixture onto a sheet of parchment paper, and shape into a log. Place in the refrigerator for 3 to 4 hours. Slice and serve with grilled fish, steak or chicken.

**98.5% Fat**

**Tot Recipe:** Cal: 585, Fat: 64g, Net Carbs: 1.9, Pro: 2.5g