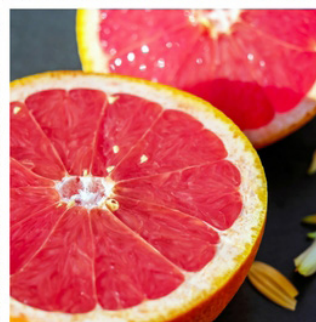


Dr. Kellyann's

20 LOW-CARB *Soups, Salads* & TREATS!

20 EASY AND DELICIOUS RECIPES FOR OPTIMAL FAT BURNING

Includes: 2 Broth-Loading Soup Recipes, 10+ SLIM Plate Meals, and 7 80/20 SLIM Forever Treats



SOUPS

Simple Bone Broth

10-Day Belly Slimdown Approved – Broth-Loading Soup (add leafy greens)

Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep Time: 15 min Cook Time: 6 to 8 hours for chicken or turkey and 8 to 12 hours for beef Yield: 10-12 cups

Ingredients:

- 2 unpeeled carrots, scrubbed and roughly chopped
- 2 stalks celery, including leafy part, roughly chopped
- 1 medium onion, roughly chopped
- 3 cloves garlic, peeled and smashed (optional)
- 3½ pounds grass-fed beef bones (preferably joints and knuckles)
- –OR– 2 or more pounds raw chicken bones/carcasses and additional wings, thighs or feet
- –OR– 1 turkey carcass
- 2 teaspoons kosher salt
- 2 tablespoons apple cider vinegar

Directions:

Place the vegetables, garlic, bones, and bay leaves into a stockpot. Sprinkle on the salt, drizzle with vinegar, and add enough water to cover everything by 1 inch. Cover the pot.

Cook on low for 8 to 12 hours for beef or about 6 to 8 hours for chicken or turkey, skimming the broth occasionally.

Pour the broth through a fine strainer and discard the solids. Taste the broth and add more salt if needed.

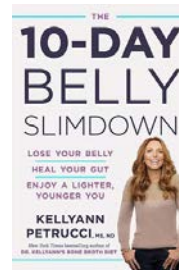
Chill the broth. It will keep for 3 days in the fridge and 3 months in your freezer.



SOUPS

Cauliflower Vichyssoise

10-Day Belly Slimdown Approved – Broth-Loading Soup
Bone Broth Diet Approved | 80/20 SLIM Forever Approved
Prep Time: 15 min • Cook Time: 25 min • Yield: 4 to 6 servings



Ingredients:

- 2 tablespoons ghee
- 1 clove garlic, minced
- 2 leeks, cut into thin rounds, use only the white and pale green parts
- 4 cups (1 quart) Chicken Bone Broth, page 1
- ½ cup canned full-fat coconut milk
- 3 cups cauliflower florets
- ½ teaspoon thyme
- 1 teaspoon Celtic or Pink Himalayan salt
- ½ teaspoon black pepper
- ½ teaspoon arrowroot blended with 1 tablespoon water

Directions:

Melt ghee in a large kettle over medium-high heat. Add garlic and leeks and reduce heat to medium-low. Sauté for 6 to 8 minutes to soften.

Raise heat to medium-high and add broth, coconut milk, cauliflower, thyme, salt, and pepper. When soup begins to simmer, reduce heat to medium-low and simmer for 15 to 20 minutes until cauliflower is cooked through.

Puree with a hand-held immersion blender, blender, or food processor until smooth and creamy. Return to kettle and add arrowroot. Simmer until soup thickens, adding more arrowroot if a thicker soup is desired.

Serve warm with freshly grated black pepper.



SOUPS

Spicy Meatball Soup

10-Day Belly Slimdown Approved – SLIM Plate Meal

Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep Time: 15 minutes - Cook Time: 25 minutes - Yield: 4 servings

Smoked paprika and cayenne pepper give this soup an extra kick. You can make the meatballs ahead of time on your batch cooking day and freeze them.

Ingredients:

- **1/2 pound ground meat (turkey, chicken, or beef)**
- **1 large egg**
- **1 tablespoon chopped fresh flat-leaf parsley**
- **Celtic or pink Himalayan salt and freshly ground black pepper**
- **Pinch of cayenne pepper**
- **1 tablespoon olive oil**
- **1 medium onion, diced**
- **1 green bell pepper, diced**
- **6 cups Beef Bone Broth**
- **1 can (14.5 ounces) fire-roasted diced tomatoes**
- **1/2 teaspoon smoked paprika**

Directions:

In a medium bowl, mix together the meat, egg, parsley, 1/4 teaspoon salt, 1/4 teaspoon black pepper, and the cayenne.

Form into 18 one-inch balls and set aside.

In a large pot, heat the oil over medium heat. Add the onion and bell pepper and cook until softened, about 5 minutes.

Add the broth, tomatoes and their juice, and smoked paprika and bring to a simmer. Add the meatballs, stir gently, and cook until no longer pink inside, about 20 minutes. Season to taste with salt and black pepper.



SOUPS

Greek Style Lemony Chicken Soup

10-Day Belly Slimdown Approved – SLIM Plate Meal

Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep Time: 15 minutes - Cook Time: 30 minutes - Yield: 4 servings

Ingredients:

- 3 cloves garlic, minced
- 1 large onion, chopped
- 2 carrots, chopped
- 2 leeks, white part only, chopped
- 1 tablespoon chopped fresh parsley
- 1 teaspoon fresh thyme or 1/2 teaspoon dried
- 1 teaspoon lemon peel
- 1 bay leaf
- 9 cups Chicken Bone Broth (page 1)
- 1 pound cooked chicken, chopped
- 4 eggs
- 1/2 cup fresh lemon juice
- 1 teaspoon Celtic or pink Himalayan salt
- 1/4 teaspoon ground black pepper

Directions:

Brush or spray a large, heavy pot with coconut oil. Add the garlic, onion, carrots, and leeks and cook over medium-high heat until the vegetables are softened and starting to brown. Add the parsley, thyme, lemon peel, and bay leaf and cook for a minute or two. Add the broth and bring to a boil. Immediately reduce the heat to medium-low and simmer for 20 to 25 minutes. Add the chicken. Reduce the heat to the lowest possible setting and cook for about 5 minutes more.

Remove and discard the bay leaf.

In a small bowl, beat the eggs with a whisk until they are starting to get frothy, then whisk in the lemon juice. Remove 1 cup of hot broth from the soup, let the broth cool slightly, and then whisk in 1/2 cup broth and then another 1/2 cup into the egg mixture, beating well between each addition.

Whisk this mixture into the soup (be sure the temperature is very low) and let the soup heat gently. Do not boil after the egg mixture has been added. This soup cannot be frozen and must be reheated carefully or the eggs will curdle the broth. It will keep in the fridge for a few days, but is best freshly made.



SOUPS

Cream of Wild Mushroom Soup

10-Day Belly Slimdown Approved – SLIM Plate Meal

Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep Time: 10 minutes - Cook Time: 45 minutes - Yield: 8 servings

Ingredients:

- 2 teaspoons ghee
- 1 cup finely chopped yellow onion
- 1/2 cup chopped celery
- 1/4 teaspoon ground red pepper
- 1 large clove garlic
- 6 ounces shiitake mushrooms, wiped clean (about 2 cups)
- 9 ounces cremini mushrooms, wiped clean (about 3 cups), divided
- 6 ounces white mushrooms, wiped clean (about 2 cups)
- 2 teaspoons fresh thyme or 1 teaspoon dried
- 1 teaspoon Celtic or pink Himalayan salt
- 1/2 teaspoon ground black pepper
- 6 cups Chicken Bone Broth or Beef Bone Broth
- 2/3 cup coconut milk

Directions:

Melt the ghee in a large pot over medium-high heat. Add the onion, celery, and red pepper and cook, stirring frequently, for about 4 minutes, or until the vegetables are soft. Add the garlic and cook for 30 seconds. Add the shiitakes, 6 ounces (about 2 cups) of the cremini, the white mushrooms, thyme, salt, and black pepper. Continue to cook, stirring, for 7 to 10 minutes, or until the mushrooms give off their liquid and start to brown.

Add the broth and bring to a boil. Immediately reduce the heat to medium-low and simmer uncovered, stirring occasionally, for about 15 minutes, or until the mushrooms are soft.



Remove from the heat. Add the coconut milk and the remaining 3 ounces cremini.

Puree with a handheld immersion blender or in batches in a food processor or blender. Return to the pot and simmer for 10 minutes. Adjust the seasoning to taste and serve.

NOTE: Substitute additional cremini if shiitakes are not available.

SOUPS

Bone Broth Egg Drop Soup

10-Day Belly Slimdown Approved – SLIM Plate Meal

Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep Time: 15 minutes - Cook Time: 25 minutes - Yield: 4 servings

Ingredients:

- 12 cups Chicken Bone Broth
- 6 or more cups fresh baby spinach
- 8 eggs
- 1 teaspoon Celtic or pink Himalayan salt
- 1/8 teaspoon ground white pepper
- 2–3 scallions, white and green parts, minced
- 1 tablespoon ghee
- 4–6 drops chili oil (optional; see Notes)

Directions:

In a large pot, bring the broth to a simmer over medium-high heat. Reduce the heat to medium, add the spinach, and cook for 1 to 2 minutes.

In a medium bowl, whisk the eggs, salt, and pepper. Pour the eggs into the broth in a very slow, steady stream, whisking constantly.

Remove the pan from the heat and toss in the scallions, ghee, and chili oil, if using.

Cover the pan and wait for 1 to 2 minutes, or until the eggs have set.

NOTES: If you use chili oil, be sure the only ingredients are olive oil, chile peppers, and seasonings.

You can add a few drops of coconut aminos if you like the flavor of soy sauce.

This can be made ahead and refrigerated.



SOUPS

Slow Cooker: White Chicken Chili

10-Day Belly Slimdown Approved – SLIM Plate Meal

Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep Time: 15 minutes - Cook Time: 8 hrs on low or 4 hrs on high

Yield: 4 servings

A refreshing change and a lighter dish than tomato-based chili with beef, white chicken chili gets its kick from poblano peppers and green chilies. You'll make this recipe again and again because it's so easy, and the long simmering enhances the complex flavors of the chilies and aromatic spices.

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 boneless skinless chicken thighs
- 4 cups chicken bone broth
- 2 cloves garlic, minced
- 1 medium onion, diced
- 2 medium poblano peppers, diced
- 1 (4-ounce) can diced green chilies, with liquids
- 1 teaspoon ground cumin
- 1 teaspoons ground coriander
- ½ teaspoon chili powder
- ½ teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- Lime wedges
- ½ cup cilantro, coarsely chopped

Directions:

Combine all ingredients in a 4- to 6-quart slow cooker. Cover and cook on low for 8 hours or on high for 4 hours. When done, remove chicken with a slotted spoon, shred with two forks, and return to the pot. Serve with lime wedges and cilantro.

Optionally serve with cauliflower "rice", or ½ cup white rice if you are on the maintenance plan.



SOUPS

Thai Coconut Tomato Bisque

10-Day Belly Slimdown Approved – Broth-Loading Soup
Bone Broth Diet Approved | 80/20 SLIM Forever Approved
Prep time: 10 minutes - Cook time: 20 minutes - Yield: 4 servings

Ingredients:

- 1 tablespoon coconut oil
- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons ginger, grated
- 1 teaspoon lemongrass, crushed
- 2 (14 ounce) cans of diced tomatoes
- 1 (14 ounce) can of tomato sauce
- 2 1/2 cups bone broth
- 1 (14 ounce) can unsweetened full fat coconut milk
- 1 teaspoon garam masala seasoning
- 1/2 teaspoon turmeric
- 1/4 teaspoon nutmeg
- Sea salt and freshly ground black pepper to taste

Directions:

Heat coconut oil in a large pot over medium high heat. Add onion, garlic, ginger, and lemongrass to melted oil. Sauté for 1 to 2 minutes or until onion has become tender and translucent.

Add diced tomatoes, tomato sauce, and broth. Once mixture boils, turn heat down to low. Add remaining ingredients, stir, cover, and simmer for 15 minutes.

Transfer contents into a food processor and blend until a nice smooth bisque. Serve hot.

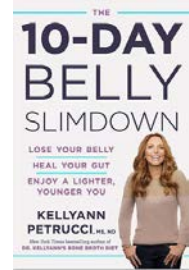


SALADS

Chicken with Creamy Cilantro Sauce

10-Day Belly Slimdown Approved – SLIM Plate Meal
Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep time: 10 minutes - Yield: 2 servings



Ingredients:

- ½ avocado
- 1 tablespoon avocado oil mayonnaise
- ¼ to ⅓ cup packed fresh cilantro, stems removed
- 1 tablespoon fresh lime juice
- Small clove garlic, minced
- Dash cayenne
- Celtic or pink Himalayan salt to taste
- Black pepper to taste
- 8 ounces cooked chicken, cubes or shredded from a rotisserie chicken or a roast chicken
- 2 ribs celery, diced
- 2 tablespoons onion, minced
- 4 to 6 cups lettuce, your choice OR 1 head large leaf lettuce such as bibb if you choose to make wraps
- 8 or more radishes, thinly sliced

Directions:

Place first six dressing ingredients in a blender or food processor and blend until smooth and creamy. If you want a thinner dressing, add a teaspoon or more of water or lime juice until desired consistency is reached. Taste and season with salt and pepper.

Combine chicken, celery, and onion in a small bowl. Toss with dressing. Serve over lettuce with sliced radishes or as lettuce wraps.

Variation: Blend about 2 to 3 teaspoons chipotle in adobo or smoked paprika in the cilantro sauce for a smoky hit of spice! Chili in adobe is sold in small cans found in the Hispanic food section of most grocers.



SALADS

Greek Cucumber, Tomato, and Red Onion Salad with Red Wine-Oregano Vinaigrette

10-Day Belly Slimdown Approved – SLIM Plate Meal

(add 3-4 oz of added protein—grilled chicken breasts or white fish are good options)

Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep Time: 10 minutes - Cook Time: 5 minutes - Yield: 4 servings

Ingredients:

- 1/4 cup red wine vinegar
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon dried oregano
- 1 1/2 pounds cucumbers (about 3 medium), peeled, halved lengthwise, seeded, and thickly sliced
- 1 pint cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 2 tablespoons chopped fresh dill
- Celtic or pink Himalayan salt and freshly ground black pepper

Directions:

In a large bowl, whisk together the red wine vinegar, oil, oregano, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Add the cucumbers, tomatoes, onion, and dill and toss to coat. Just before serving, adjust the seasoning to taste with more salt and pepper.



SALADS

Turkey Taco Salad with Rich Hearty Turkey Chili

10-Day Belly Slimdown Approved – SLIM Plate Meal
Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Turkey Taco Salad Ingredients:

Prep Time: 5 minutes - Yield: 4 servings

- 6 cups Rich and Hearty Turkey Chili (1-1/2 cups per person)
- 1 large or 2 small heads romaine lettuce, torn or cut into bite-size pieces (about 8 cups)
- 1 small bell pepper, cut into thin strips
- 1 small red onion, thinly sliced
- 2 tablespoons fresh lime juice
- 1 avocado, pitted and quartered
- Celtic or pink Himalayan salt
- Ground black pepper
- Lime wedges (optional)

Directions:

In a small saucepan, heat the chili. In a bowl, toss the lettuce, bell pepper, and onion with the lime juice. Top each salad serving with 1-1/2 cups chili and 1 avocado quarter. Season with salt and black pepper. Garnish with the lime wedges, if using.



SALADS

Rich and Hearty Turkey Chili

10-Day Belly Slimdown Approved – SLIM Plate Meal

Prep Time: 15 minutes - Cook Time: 60 minutes - Yield: 8-10 cups

Ingredients:

- 1 tablespoon + 1 teaspoon coconut oil
- 1 red bell pepper, finely chopped
- 1 green bell pepper, finely chopped
- 1 small jalapeño chile pepper, seeded and finely chopped
- 3 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 1 large sweet onion, finely chopped
- 2 1/4 pounds coarsely ground turkey
- 2-3 tablespoons chili powder
- 1 tablespoon smoked paprika
- 2 teaspoons ground cumin
- 1 can (28 ounces) diced tomatoes, drained
- 1 can (6 ounces) tomato paste
- 1 cup Chicken Bone Broth or Beef Bone Broth
- 1-1/2 teaspoons Celtic or pink Himalayan salt
- 1/4 teaspoon ground black pepper

Directions:

Warm the oil in a large pot over medium-high heat. Add the bell peppers, jalapeño pepper (if using), garlic, and onion. Reduce the heat to medium-low and cook for about 10 minutes, or until tender. Add the turkey, chili powder, paprika, and cumin and gently stir, trying not to break up the meat. Cover and cook for about 10 minutes, or until the meat is no longer pink. Add the tomatoes, tomato paste, broth, salt, and pepper. Stir to combine. Cover and bring to a simmer. Reduce the heat to low and simmer, partially covered, for at least 1 hour, stirring occasionally.

NOTES:

This can be prepared ahead and refrigerated or frozen; the recipe is doubled to save cooking time.

You can also make this in a slow cooker. Put everything together and cook for about 4 hours on high or 6 hours on low.

Serve with sliced limes, chopped onions, coarsely chopped cilantro, and hot sauce, if desired.



SALADS

Kale with a Kick

10-Day Belly Slimdown Approved – SLIM Plate Meal
Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep time: 10 min • Cook time: 5 min • Yield: 2 servings

Ingredients:

- 1 head of Kale (any variety works; red kale is a personal favorite)
- 1 avocado chopped
- 2 ½ tablespoons of olive oil
- 1 ½ tablespoons of lemon juice
- 1 teaspoons of Celtic sea salt (or healthy salt)
- ½ teaspoon of cayenne
- ½ cup chopped red onions
- 4 to 6 strips of bacon OR 4 to 6 ounces of luncheon meat (no nitrites, casein, gluten or antibiotics)

Directions:

Pan fry the bacon until it's nice and crisp (about 2 minutes). Chop up the Kale removing the tough spine along the edges. Chop the avocado, onions and bacon.

In a mixing bowl toss all ingredients together, squeezing and massaging the kale to soften the leaves and cream the avocado.

If you can let it sit for about 30 minutes, the best flavor pop out. Otherwise, serve straight away.



SALADS

Tuscan Spinach Salad

10-Day Belly Slimdown Approved – SLIM Plate Meal
Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep time: 10 min • Cook time: 10 min • Yield: 1 serving

Ingredients:

- 2 eggs (or 3 ounces of a protein you love)
- 2 cups baby spinach
- 1 cup chopped fresh basil
- 3 tablespoons olive oil
- 1 red onion, chopped
- 1 tablespoon chopped fresh oregano
- 1/3 cup lemon juice
- 2 tablespoons chopped black olives
- 1/4 of an avocado, diced

Directions:

Place the eggs in a saucepan and cover with cold water. Bring to a gentle boil and then turn off the heat and cover the pot with a lid. Let the eggs sit for 10-minutes.

Drain the eggs and place in a bowl of ice water until they're cool enough to handle. Remove the shells and roughly chop the eggs.

Combine the eggs and the remaining ingredients in a large bowl and serve.



SALADS

BLT Salad

10-Day Belly Slimdown Approved – SLIM Plate Meal
Bone Broth Diet Approved | 80/20 SLIM Forever Approved

Prep time: 10 min • Cook time: 10 min • Yield: 4 servings

Ingredients:

- **12 oz. bacon fried, broken into small pieces**
- **2 large tomatoes, chopped into ¼-inch cubes**
- **2 avocados, chopped into ¼ inch cubes and salted**
- **2 pounds leaf lettuce, chopped**
- **¼ cup lemon juice**
- **Black pepper, to taste**

Directions:

Fry the bacon in a medium-hot skillet for 10 minutes or until it is crispy.

Drain the bacon strips on a paper towel; Move them to a cutting board and chop into small pieces.

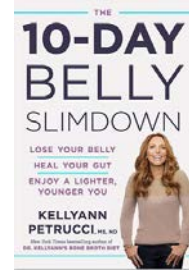
Chop the tomatoes and lay on a paper towel and sprinkle generously with black pepper.

Tear or chop the lettuce and place in a large salad bowl. Top with the tomatoes, salted avocado and the crumbled/chopped bacon.

Add the lemon juice and mix the ingredients together.



TREATS



Put the Lime in the Coconut Fat Bombs

80/20 SLIM Forever Approved

Prep: 10 mins - Yield: about 20 fat bombs

Ingredients:

- 1 cup coconut butter
- ¼ cup coconut oil
- Zest and juice of 2 small limes, use a very fine grater to avoid chunks
- ½ teaspoon pure vanilla extract
- Stevia or monk fruit sweetener to equal 2 to 3 tablespoons
- Pinch of Celtic or pink Himalayan salt
- Mini muffin paper liners

Directions:

Bring coconut butter and coconut oil to room temperature so they are soft enough to easily combine. You may need to warm for a few seconds in the microwave. Add lime zest and juice, vanilla, sweetener, and salt and stir well to insure ingredients are evenly distributed. Taste for sweetness and adjust as needed. Line mini muffin pan with paper liners and spoon about 1 tablespoon into each cup. Refrigerate for 60 minutes or more to harden. Store in refrigerator.

Notes: Coconut butter is different than coconut oil. It is jarred, ground coconut flesh. You can also use it as a spread much as you would almond butter.

Fat bombs will melt if not refrigerated.



TREATS

Iced Coffee Gelatin

80/20 SLIM Forever Approved

Prep Time: 5 minutes - Cook Time: 1 hour - Yield: 4 servings

Ingredients:

- **2 tablespoons unflavored pasture-raised beef gelatin (such as Great Lakes Gelatin)**
- **2 cups hot brewed coffee**
- **1 cup canned coconut milk, well stirred**
- **1 teaspoon vanilla extract**

Directions:

In a medium bowl, sprinkle the gelatin over the coconut milk and let rest for 1 minute, then whisk the gelatin into the coconut milk. Add the hot coffee and vanilla and whisk until the gelatin is completely dissolved, about 2 minutes. Pour into an 8 × 8-inch pan (or into four 1/2-cup ramekins), cover, and refrigerate until firm, 1 hour or more.

TREATS

Triple “C” - Chocolate, Coffee, and Coconut Collagen Bombs

80/20 SLIM Forever Approved

Prep time: 5 mins - Cook time: 3 mins (optional)

Yield: About 12 tablespoon-size servings

Ingredients:

- ¼ cup coconut oil
- ½ cup canned full-fat coconut milk
- 1 scoop or 1 packet Chocolate SLIM Collagen Shake™
- 1 packet Instant Collagen Coffee™
- ⅓ cup shredded unsweetened coconut, and optionally more for sprinkling on top

Directions:

In a small saucepan heat coconut oil on low until melted. You can also microwave the coconut oil for about 30 seconds until melted. If you live in a warm climate, you may not need to melt the coconut oil if it is already liquefied. Stir together all ingredients. Pour into an 8" x 8" pan, mini muffin tins, or silicone/plastic candy molds. Top with additional coconut if desired. Freeze until firm. These bombs melt quickly out of the freezer, so take them out just before serving.



TREATS

Cinnamon Coffee Cake Collagen Bombs

80/20 SLIM Forever Approved

Prep time: 5 mins - Cook time: 3 mins (optional)

Yield: About 12 tablespoon-size servings

Ingredients:

- ½ cup coconut oil
- ¼ cup almond butter
- 1 scoop or 1 packet Vanilla SLIM Collagen Shake™
- 1 packet Instant Collagen Coffee™
- 1 teaspoon cinnamon

Directions:

In a small saucepan heat coconut oil and almond seed butter on low until melted. You can also microwave the coconut oil for about 30 seconds until melted. If you live in a warm climate, you may not need to melt the coconut oil if it is already liquefied. Stir together all ingredients. Pour into an 8" x 8" pan, mini muffin tins, or silicone/plastic candy molds. Freeze until firm. These bombs melt quickly out of the freezer, so take them out just before serving.



TREATS

Creamy Mocha Collagen Pudding

80/20 SLIM Forever Approved

Prep time: 3 min • Yield: 1 large serving or two ½ cup servings

Ingredients:

- ½ avocado
- 1 cup almond milk or coconut milk (not canned)
- 1 scoop or 1 packet Chocolate SLIM Collagen Shake™
- 1 packet Instant Collagen Coffee™
- 1 tablespoon cocoa or cacao powder
- 1 tablespoon chia seeds

Directions:

In a small bowl mash the avocado with a fork until creamy. Add the remaining ingredients and blend until fully combined. Pour into bowl(s) or dessert cup(s). Refrigerate for at least an hour to thicken into a pudding consistency.



TREATS

Salted Caramel Latte Collagen Bombs

80/20 SLIM Forever Approved

Prep time: 5 mins - Cook time: 3 mins (optional)

Yield: About 12 tablespoon-size servings

Ingredients:

- ¼ cup coconut oil
- ½ cup sunflower seed butter
- 1 scoop or 1 packet Vanilla SLIM Collagen Shake™
- 1 packet Instant Collagen Coffee™
- ½ teaspoon Celtic or pink Himalayan salt

Directions:

In a small saucepan heat coconut oil and sunflower seed butter on low until melted. You can also microwave the coconut oil for about 30 seconds until melted. If you live in a warm climate, you may not need to melt the coconut oil if it is already liquefied. Stir together all ingredients. Pour into an 8" x 8" pan, mini muffin tins, or silicone/plastic candy molds. Freeze until firm. These bombs melt quickly out of the freezer, so take them out just before serving.



TREATS

Pumpkin Pie Latte

80/20 SLIM Forever Approved
Prep Time: 3 min- Yield: 2 servings

Ingredients:

- 2 packets of Slim Collagen Coffee™
- 12 ounces of hot water
- 2 tablespoons coconut cream or coconut milk
- 2 tablespoons canned pumpkin
- 1/2 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon allspice
- 1/4 teaspoon ground clove
- Stevia, to taste (optional)
- Cinnamon & whipped coconut cream to garnish (optional)

Directions:

Dissolve the SLIM Collagen Coffee in the hot water, place all ingredients in a blender and blend until smooth and creamy. Heat in a saucepan to desired temperature.

Add-ins: You can swap the vanilla extract and stevia for a scoop of vanilla SLIM Bone Broth Protein Isolate or a packet of SLIM Vanilla Almond Collagen Shake To Go to up your protein and collagen!

