

Wellness Wednesday



We've teamed up with personal chef, Elizabeth Roper, to provide fun, healthy dessert recipes for all your quarantine baking needs! She provided her two most popular dessert recipes, a nut butter (Great for making with kids!) and a quick preserve that are excellent toppings for these or any healthy dessert or breakfast. Both desserts are keto, grain and sugar free. She included tips for making these paleo or vegan as well.

Chef Elizabeth attended culinary school in England. She is a personal chef and teacher. She specializes in meal prep, personal chef services and small parties. She teaches in-home one-on-one cooking lessons and provides cooking demonstrations for groups. Many of her clients have restricted diets such as keto, paleo, gluten free and low fodmap.

To contact Elizabeth Roper for all of your personal chef needs, you can reach her at 817.443.4019 or ropereliz@aol.com



Volcano Cakes (Keto)

This recipe serves 2 and multiplies out perfectly to make as many servings as you'd like.

- Fill 2 mini muffin cups with your favorite nut butter and freeze them for at least 4 hours or overnight.
- Preheat oven to 400.
- Combine dry ingredients and mix:
2t coconut flour

2T Swerve or other sugar alcohol blend such as Lakanto monk fruit. You can substitute 50 drops of stevia for this. Add the drops to the wet ingredients instead.

1/4t baking powder

1/8t salt. When multiplying for more than 2, don't add more than 1/4t to your recipe.

1T cocoa powder

-Prepare wet ingredients:

In a double boiler, melt -

2T butter or coconut oil

1oz unsweetened chocolate

5 to 7 drops of stevia. If you are only using stevia, add the total amount here.

1/2t vanilla extract

-When melted stir in 1T heavy whipping cream. You can substitute 1T coconut cream from the top of a can of coconut milk.

-Temper and then combine this mixture into

1 egg. If vegan, use a slurry of 2t tapioca starch in 1T water or your preferred substitute.

-Stir in dry ingredients and mix well.

-Grease two cups of a muffin tin or 2 small oven safe ramekins. You can also use cupcake cups and serve that way. I suggest using them or the ramekins for easy serving.

-Remove the frozen nut butter from the cups.

-Fill the cups or ramekins with half the mixture.

-Place a nut butter chunk in the center. (Sometimes, I don't have the time to freeze them. If you just put a dollop of nut butter on the batter, it will be pretty good...just not the most fabulous result!)

-Top with remaining batter.

-Bake at 400 for 7-9 minutes...no longer!

-Serve plain or topped with your favorite whipped topping or berries.

-If you use a muffin tin with or without cups, you can choose to turn them onto a plate and remove the cup or serve like a cupcake to eat with a spoon.

Keto Lemon Pound Cake

-Preheat oven to 350.

-Mix together and set aside

1 1/2 c fine almond flour or meal

1/2 c coconut flour

2t baking powder

1/4t salt

-Cream together

1/4 c butter or ghee

4 oz cream cheese

1/4 c Swerve or other sugar alcohol blend. If paleo, you could subside

1/2 c coconut sugar for all the sweeteners in the recipe, creaming it into these ingredients.

-Mix well into creamed mixture

1/4 sour cream

2t vanilla extract

1/4t almond extract. Optional

50 drops liquid stevia

4eggs

Zest and juice of one lemon

1t lemon extract. This is optional but good if you want extra lemony flavor.

-Stir in the dry mixture in 3 batches.

-Line a greased loaf pan with parchment paper.

-Fill with the batter and smooth the top.

-Bake at 350 for 50 to 60 minutes until a toothpick poked in comes out clean.

-Serve with your favorite toppings or plain. I suggest the following quick preserve recipe.

This recipe makes great cupcakes! Fill cups 3/4 full and bake at 350. Start checking for done-ness after 20 minutes.

Quick Berry "Preserves"

-2c frozen or fresh berries of your choice.

-1t vanilla extract.

-1 1/2T chia seeds.

-Stevia drops or other sweetener to your taste. I usually start with 30 drops or 2T of a powdered or crystal type sweetener.

-pinch of salt.

-2T water.

Combine all in a saucepan and simmer uncovered for 20 minutes. Taste for sweetness.

You can add citrus zest or your favorite spices or use any fruit you like! Just put it all together in the pan and simmer.

Keeps in fridge for 2 weeks.

Simple Nut Butter

For a simple butter that is better than any at the store, make your own cooking high fat nuts such as pecan, macadamia or Brazil nuts.

Unsweetened coconut is excellent for this. Make your own version of coconut mana at a far lower price! If using coconut, you don't need to toast it. Toasted coconut will yield a very nice, complex flavor but will not be like what Nutiva makes. Combine nuts with or without coconut.

Add flavors you like. Make it your own custom treat! This recipe is for pecans but you can use any nuts you like. Just remember that higher fat content is easier to break down.

-Add to a food processor bowl

2c pecans that have been toasted for 7-8 minutes at 350, still warm.

Salt, if desired. I use about 2 pinches.

-Process until as smooth as you like. Every 30 seconds or so, scrape down the sides.

Voila...nut butter!

Makes a great ingredient, spread or topping.

Keeps for about 10 days in the fridge.