

KETO FRIENDLY

Honey Deviled Eggs

Ingredients

- 1 dozen eggs
- 6 tbs. mayo
- 1 teas. honey
- 1 teas. Dijon mustard
- ¼ teas. sea salt
- 1 teas. apple cider vinegar
- ½ teas. garlic powder
- ½ teas. onion powder
- smoked paprika

Hard boiled eggs

Preparation: if you are using farm fresh eggs, let the eggs sit out overnight on the counter to "age" them. They will not spoil and this step will help with peeling later.

Easy boiling

Cover eggs with one inch cold water & bring to a boil uncovered. Once the water is boiling, cover pan and shut off burner. Set the timer for following times:

Chicken eggs - 12 min.

Duck eggs - 19 min.

Immediately drain and put in cold water. Cool thoroughly, peel and rinse.

**Instructions:**

Follow the instructions to prepare eggs. Once peeled and rinsed, drain boiled eggs and let dry thoroughly. Slice each egg in half and remove yolks into a mixing bowl.

Add remaining ingredients except smoked paprika and blend until smooth and creamy. A small mixer on slow speed works well.

Spoon or pipe egg filling into egg whites on a plate and sprinkle smoked paprika over the top as a garnish. Chill in refrigerator and serve cold. Best served on same day- cover if keeping overnight in refrigerator.

12 servings: 1 egg (2 halves)

Fat: 7.3g, Cholesterol: 188mg, Sodium 123mg, Carbs: 2.6g, Protein: 6.4g

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Sunbutter coconut cups

Ingredients

- 2 cups unsweetened shredded coconut
- 4 tbsp hemp seeds
- 9 oz Lily dark chocolate chip
- 1 cup sunbutter
- $\frac{3}{4}$ cup coconut oil
- $\frac{3}{4}$ cup solid coconut cream
- 1 tsp vanilla

Variations

Pumpkin seeds, chopped almonds, pecans or walnuts are also delicious in place of hemp seeds.

Tips & tricks

Set out coconut oil and coconut cream to warm before mixing with sunbutter.

Use silicone muffin cups for super easy release from the tins. You can store the cups in a Tupperware or bag for easy access once they are hardened.

**Instructions:**

In a large mixing bowl combine: shredded coconut, hemp seeds, Lily chocolate chips and vanilla. Set aside.

In a small saucepan, combine sunbutter, coconut oil and the solids from coconut cream. Melt together on med-low heat until coconut oil and cream are melted and well combined with sunbutter. Do NOT over cook.

Add contents of saucepan to the dry ingredients and mix until Lily's chips are melted and all is well combined. Use a tablespoon scoop to place in mini muffin tins and cool in freezer. Store in freezer or refrigerator for snacking.

28 servings: 1 mini cup (~1tbsp)

Fat: 22.3g, Cholesterol: 0mg, Sodium 44mg, Carbs: 10g, Fiber 4g, (Net Carbs: 6 g), Sugars 1.8g, Protein: 4.2g