

EATLIVETHRIVE DIET

A LIFESTYLE PLAN to REV UP YOUR
MIDLIFE METABOLISM

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Flourless Fudgy Brownies!

Robyn's been working on this recipe for a while trying to perfect it she thinks she finally has it how she likes it. Only 50 calories and 4 carbs per brownie! This uses Kabocha squash as its main ingredient. Kabocha is delicious Japanese pumpkin (different from regular pumpkin) and seems like a cross between a sweet potato and a pumpkin. It's high in fiber and very low in carbohydrate. There are studies done in Asia on this amazing squash that shows it may be beneficial in stabilizing blood sugar too. Enjoy!

Ingredients:

1 cup cooked kabocha squash
¼ cup sun butter (can sub peanut, almond, cashew or nut free alternative) Best if this is not rock hard but fairly soft.
1 egg
1/4 cup dark rich cocoa powder
1 Tablespoon maple syrup
¼ teaspoon monk
¼ teaspoon salt
¼ teaspoon baking powder

Directions:

Cook Kabocha squash in instant pot for 20 minutes or microwave for about 16 or roast in oven for 45 mini or until tender. Let cool and remove seeds and skin.

Preheat oven to 350 degrees.

In a food processor, combine all ingredients and blend until smooth.

Pour batter into a well-greased loaf pan.

Bake at 350 18-22 minutes until toothpick comes out clean.

Let cool for about an hour at room temperature then chill in fridge for at least 2 hours before slicing.

Serve cold

Or

rewarm in microwave for 15-20 seconds for ooey gooey and serve with Ice Cream! (haha just kidding)

Makes 12 brownies

Serving Size 1 Brownie

Nutrition Per Serving: 50 cal, 4g Carb, 2g Sugar, 3g Fat, 2g protein, 1.5g Fiber

Grain Free Granola

Ingredients:

1/4 tsp kosher or other coarse salt
1/2 cup raw sunflower seeds
3/4 cup chopped walnuts
3/4 cup chopped pecans
1/2 cup unsweetened shredded coconut
2 Tablespoons pure maple syrup or raw honey
1 Tablespoon avocado oil or melted coconut oil
1 tsp cinnamon
1 cup unsweetened coconut flakes
1/8 tsp monk fruit sweetener or too taste

Directions:

Pre-heat oven to 350°.

Mix all ingredients in a large bowl, then transfer to greased rimmed baking sheet or line baking sheet with parchment paper or silicone baking mat.

Bake for 22-25 minutes until golden brown.

Remove from oven and allow to cool on sheet, then store in an airtight container for up to 3 weeks.

Makes approx. 12 servings

Serving Size: 1/3 cup

Nutrition: 243 Calories, 3.5g sugar, 8g carbs, 4g fiber 4g protein, 22g fat