

# JESS KELLEY'S RECIPES TO TRY

## **AVOCADO CHOCOLATE PUDDING**

*(serves 1)*

- 1/2 avocado
- 1 TBL organic raw cacao powder
- 1 tsp cinnamon
- splash alcohol free vanilla extract
- pinch cayenne pepper (optional)
- collagen powder (optional, if looking for added protein)
- coconut milk to desired consistency
- 1/2 serving monk fruit extract or other sweetener of choice

Blend all ingredients in cuisinart and serve. Top with organic berries and/or mint sprigs if desired.

## **CUTE LITTLE COOKIES**

*(makes 6-8)*

- 1 cup almond flour
- 3 tablespoons softened grass fed butter or ghee
- 1/2 tsp organic vanilla
- 3 tbsp monk fruit granulated "sugar"

Roll into balls and flatten with a fork. Bake at 350 for about 10 minutes and let cool.

## **ALMOND CUPS**

*(makes 3-5)*

- Melt equal parts 100 percent cacao bar, cocoa butter, coconut oil (1/2 amount)
- 1 TSP Himalayan sea salt
- 2 TSP monk fruit sweetener.

Whisk until melted. Pour into cupcake pan lined with unbleached paper cups. Fill each evenly about 1/3 inch and drop two almonds on top. Put in refrigerator to set up



**Believe Big**  
Helping Families Navigate the Cancer Journey

**Volunteer. Donate. Learn More.**

4821 Butler Road, Suite 1D | Glyndon, MD 21136  
888-317-5850 | [BelieveBig.org](https://www.believebig.org)

Medical Disclaimer: Information received from this page is not to be taken as medical advice or other health advice pertaining to your specific health and medical condition. Always consult a physician or health professional before beginning any protocol.