



# SIV 2016

FRIDAY AND SUNDAY DEMOS

**CHEF KAREN O.**

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# Low Glycemic Protein Brownies

1/2 cup Sunwarrior Vanilla Blend Protein Powder 1/2 cup flax seeds, ground 1/2 cup coconut flour 2 tablespoons raw carob powder 2 tablespoons cacao powder 1/2 cup non-GMO erythritol, powdered in a coffee grinder

1/4 teaspoon salt 3/4 cup water, plus 2 tablespoons berries for garnish (optional) 1. Process the dry ingredients in a food processor until thoroughly combined. 2. With the food processor running, slowly pour the water into the dry mixture and process just until the mixture holds together. 3. Line an 8X8 pan with parchment paper to make removal easier. (optional)

4. Press the mixture into the pan. 5. Frost with Chocolate Frosting (recipe to follow). 6. Chill for at least 2 hours before slicing to allow the frosting to thicken.

Yield: 8X8 25 brownies depending on preferred size.

Optional: Garnish with berries. Note 4 tablespoons of carob powder or 4 tablespoons of cacao powder may be used instead of 2 of each if desired. The magnesium in the cacao powder helps your body use the calcium in the carob powder, and the calcium in the carob powder helps your body use the magnesium in the cacao powder. They work synergistically for your health, but if you are allergic to chocolate, carob works just fine. Just make sure it is raw carob for the best flavor. Carob is sweeter than cacao, so adjust the sweetness according to what you use.

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# Low Glycemic Chocolate Frosting

1 large avocado 1/4 cup coconut butter (I like Artisana because it is smoother than some of the others) 1/4 cup non-GMO erythritol, powdered 1 smidgen of salt 2 tablespoons cacao powder, or carob powder

1. Process all of the ingredients in a food processor until smooth.

2. Spread on the brownies, and chill for 2 hours before slicing. 3. Store in the refrigerator.

Notes Add 3 drops of food grade peppermint essential oil for a chocolate mint frosting. Add 3 – 4 drops of food grade orange essential oil for a chocolate orange frosting.

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# Low Glycemic Mini Crepes

1/2 cup water 2/3 cup cashews 1/8 teaspoon salt 1 tablespoon non-GMO erythritol 1 teaspoon vanilla extract 8 drops stevia 2 drops food grade orange essential oil 1 teaspoon psyllium husk flakes 2 tablespoons unsweetened finely shredded coconut 1 heaping tablespoons cacao nibs 2 Paleo coconut wraps, pictured below (can be found at local health food stores and on amazon) 1 recipe chocolate sauce

1. Combine first 7 ingredients in a blender until smooth.
2. Add the psyllium husk flakes, and blend again until the mixture thickens.
3. Place the cream in a bowl and stir in the shredded dried coconut and the cacao nibs.
4. Cut each wrap in half.
5. Place 2 tablespoons of the mixture in the center of one end of each of the 4 halves of coconut wraps.

6. Roll the wraps starting from the end where you placed the filling.

7. Top with chocolate sauce and serve.

Servings: 4 Yield: 4 mini crepes

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## Low Glycemic Chocolate Sauce

2 tablespoons filtered water 1 tablespoon cacao powder 1 tablespoon coconut butter 2  
teaspoons non-GMO erythritol, powdered in a coffee grinder

1. Whisk the water and the cacao powder together in a small bowl until smooth. 2. Add the coconut butter and whisk until smooth. 3. Add the erythritol, and whisk again until smooth. 4. Pour into a plastic sandwich bag with the corner cut off and drizzle or spoon over crepes (recipe appears in section 2) or use on fruit, ice cream or as desired. Yield: 1/4 cup © 2015 Karen O Raw Chef, LLC

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# Low Glycemic Peach Shake

## Ingredients

1 cup filtered water  
4 drops peach extract, medicine flower  
1 ½ teaspoons apple cider vinegar  
1 pinch green stevia powder, or to taste  
1 scoop sunwarrior vanilla blend  
1 cup frozen sliced zucchini, 1/4 inch rounds

## Method

1. Blend all ingredients except the zucchini until smooth.
2. Add the zucchini and blend just until smooth.

## Source

Karen Osborne

## Servings/Yield

Servings: 1

Yield: 2 cups

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# Cashew Yogurt

## INGREDIENTS

1 cup water  
1 cup raw cashews, Heaping Cup  
1 teaspoon probiotic powder, Healthforce Nutritionals

## INSTRUCTIONS

1. Blend the cashews and water in a high speed blender until smooth.
2. Add the probiotic powder and blend at low speed just until it is incorporated.
3. Pour mixture into a clean glass jar and just rest the lid on top to keep mixture clean but to allow air in.
4. Let mixture sit at room temperature loosely covered in a warm location for 24 hours.
5. Refrigerate

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# Smoky Cheddar Cashew Cheeze Block

## Ingredients

1 cup cashews  
1 cup orange bell pepper, diced  
½ teaspoon probiotic powder  
⅛ teaspoon chipotle powder, more or less to taste  
½ teaspoon onion powder  
¼ teaspoon garlic granules  
½ teaspoon salt  
½ cup irish moss paste  
2 teaspoons psyllium flakes  
Method

1. Blend the bell pepper and the cashews in a high speed blender until smooth.
2. Add the probiotic powder, and blend on low speed until incorporated.
3. Pour the mixture into a glass jar and let the lid sit loosely or cover with a mesh screen and let this sit in a warm place for 24 hours.
4. Put the mixture back in the blender with the irish moss gel and the salt and the seasonings and blend until smooth.
5. Add the psyllium powder, and blend until incorporated.
6. Line molds with plastic wrap if desired or use ring molds and pour the mixture into the molds and let sit at room temperature for about 5 minutes.
7. Remove from molds onto a plate and refrigerate for at least 4 hours.
8. Slice and enjoy!

Source Karen Osborne

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# Natto Dressing

## Ingredients

1.5 oz. natto  
¼ cup water  
2 tablespoon apple cider vinegar  
¼ teaspoon salt  
¼ teaspoon garlic granules  
½ teaspoon onion powder  
½ teaspoon dried dill  
½ teaspoon fresh basil, about 1 large leaf

## Method

Blend all ingredients until smooth.

## Source

Karen Osborne

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# Sauerkraut Using An Air Lock

## Ingredients

1 whole cabbage

up to 1 tablespoon Himalayan pink or sea salt

## Method

1. Cut a thick circle the size of the jar opening from just above the core. Cut the circle in half and set aside.
2. Cut the cabbage into quarters and remove the core.
3. Finely shred the cabbage in a food processor or with a mandolin or knife.
4. Place the shredded cabbage in a large bowl and add the salt.
5. Massage the cabbage until the liquid is released.
6. Add a teaspoon of probiotic powder (this is optional but will speed up the fermentation time),  
and continue to massage until there is a lot of liquid in the bowl and the probiotic is thoroughly mixed in.
7. Press the cabbage mixture into a glass jar so that the liquid covers the cabbage.
8. Place the saved slices of cabbage around the top of the jar to cover the shredded cabbage.
9. Place a weight on top of the cabbage to keep the cabbage under the liquid.
10. Place the lid with the airlock on the jar and add water to the valve up to the fill line.
11. Place the jar in a bowl to catch any liquid that escapes, and let the jar sit in a dark place, such as the back of a pantry or closet, for about a week (more or less depending on the temperature and how tart you would like your kraut).

## Notes

Visit [www.culturesforhealth.com](http://www.culturesforhealth.com) or [www.perfectpickler.com](http://www.perfectpickler.com) for an air lock.