

SuperCharged

Holiday Recipe Guide



Table of Contents

Introduction

Chapter 1: Use Natural Sweeteners for Your Sweet Tooth 5

Chapter 2: Bark & Bars

SuperCharged Chocolate Goji Bark 11

SuperCharged Vanilla Almond Bars 12

Chocolate Coconut Bars 13

Grain-Free Pumpkin Bars 14

Cinnamon Almond Butter Fudge Bars 15

Chapter 3: All Things Chocolate

SuperCharged Chocolate Fudge Brownies 17

SuperCharged Chocolate Truffles 18

SuperCharged Fudge Cups 19

SuperCharged SnowBalls 20

Super Fat Burning Fudge 21

Chapter 4: Cookies, Cake & Breads:

SuperCharged Snickerdoodle Cookies 23

SuperCharged Chocolate Chip Cookies 24

SuperCharged Coconut Cookie Balls 25

SuperCharged Carrot Cake 26

SuperCharged Banana Bread 27

Chapter 5: Pie & Ice Cream:

Raw Grain-Less Key Lime Pie 29

Grain-Free Apple Pie 30

Dairy-Free Peach Ice Cream 31

Chapter 6: Glaze & Toffee:

SuperCharged Toffee 33

SuperCharged Maple Glaze 34

Chapter 7: The SuperCharged Lifestyle xxxv

Chapter 8: Author Biographies 36

Section 2

Introduction

You have been there before, staring at all the holiday sweets and delicacies at your office party. You wanted to stay on track with your nutrition plan but everyone around you is having fun grabbing up pastries and cakes.

They label you the “health nut” and tell you to relax and have fun with them. Besides, it’s “the holidays.” So you have a few pastries here and there, maybe a bowl of ice cream and some chocolate candy.

It is fun at first, you enjoy the holiday treats and social interaction. You get an awesome sugar rush that gets you wired and you laugh your socks off. You wake up the very next day after a holiday party and don’t feel so bad so it must have been ok. Perhaps you can do this more often.

Then you find some little treats around the office the next day and go out to eat with a friend and you guys split a dessert. You go to a party a few days later and have some pizza and ice cream.

But within a week your energy is all over the place, you find yourself more stressed, tired all the time but having a hard time sleeping. You get on the scale and you have put on a few pounds and you feel like your gut is bloated all the time.

Worse thing is, you haven’t even gotten to Christmas or New Years...it is only the middle of December. You still have to navigate 2 more weeks and several more social parties and family outings.

The Holiday Trap:

The holiday season is notorious for high stress, and lots of high sugar, high fat comfort foods. The inevitable result of this late season binge is a huge energy drop, and lots of illness, trouble and more stress to start the new year.

There are so many natural foods, herbs, & spices that are exploding with the tastes and textures we love, why do we buy into the “traditional holiday season” and submit to the man-made death trap of processed foods.

Most health conscious people I know don’t really want to indulge in a lot of sugar and unhealthy foods during the holidays. They do it because of the social expectations that make it unpopular not to indulge in the dainties of the season.

The social expectations are that you will enjoy social time at various parties and take part in the food served. Unfortunately, the food served is loaded with sugar, artificial flavorings, GMO's and trans-fats. It is poison to the human body.

But what do you do? Do you just not eat the food or do you go about bringing your own?

What if you could bring a great party favorite dish that happened to use healthy ingredients than this would be a win-win!

People would enjoy the dish and you would have the satisfaction of knowing you were able to enjoy your time and stick to the nutrition plan. You will be able to sleep better, have more stable energy levels and not fall into the holiday funk of fever and flu.

Failure to Plan is Planning to Fail:

In order to stay on track during the holidays, it is going to take a commitment to planning. This means making sure you have food prepared and planned to bring to various parties and outings. It will not always be easy but it can be done!

This book is designed to give you some fantastic holiday friendly foods that are grain-free and use natural sweetening agents. We hope this book empowers you to be your best this holiday season and beyond!



Chapter 1

Use Natural Sweeteners for Your Sweet Tooth



Section 1

Use Natural Sweeteners for Your Sweet Tooth Sweet foods



Sweet foods were a rare delicacy for our ancient ancestors. Today, we have an unlimited supply of sugary foods and beverages at our disposal.

In the year 1700, the average individual consumed about 4 pounds of sugar each year. In 1800, it was about 18 pounds of sugar per year. In 1900, the average person ate 90 pounds of sugar per year. In 2009, the average individual consumes 150 pounds of sugar per year. Half of our society consumes ½ pound of sugar per day. Most of this is in unnatural, man-made forms such as sucrose and high fructose corn syrup.

Fructose is another simple sugar that is found in nature within fruits, honey and plant/tree nectar. This is metabolized differently than glucose and can cause even more hazardous effects

when consumed in excess. Most plant based sweeteners such as agave nectar are extremely high in **fructose**. Agave was thought to be a good sweetener until health researchers found out the dangers of it's nearly 80% fructose content.

Sugar and Insulin:

Every living creature is designed to run off of a simple sugar called glucose. It is the primary unit in the study of metabolism. However, there are dangers involved with consuming too much glucose. Those dangers mostly involve elevated blood sugar and surges in the hormone insulin.

Insulin is the hormone that helps to bring sugar into the cells. Without healthy insulin signaling blood sugar remains elevated. Elevated blood sugar is poisonous to the body. Just look at what happens to someone with uncontrolled diabetes – they lose their vision, they have peripheral neuropathy, heart disease, etc.

When we consume a dose of higher glycemic food we have an insulin surge. The insulin comes out in order to buffer blood sugar. The insulin pulls the sugar out of the blood stream and into the various cells of the body.

Insulin is good, but insulin surges are destructive. When the body produces heavy amounts of insulin it fires up inflammatory pathways in the body. Insulin surges trigger fat accumulation, cellular inflammation and insulin resistance.

More Sugar = More Insulin = More Inflammation



The Major Problems with Elevated Sugar & Insulin Include:

1. Mal-coordinates the **immune** system and reduces its functional ability to destroy bacteria, parasites, viruses and abnormal cell growths.
2. Dehydrates the cells and depletes the body of critical electrolytes such as potassium, magnesium, calcium, & sodium leading to cell death and chronic muscle spasms.
3. Depletes the body of chromium, copper, & zinc and other trace minerals that help sensitize cells to insulin. This further accelerates cell membrane insulin resistance
4. Induces **cancer** cell division and proliferation and inhibits mechanisms that slow down tumor growth and inhibit cancer cell apoptosis (programed cell death)
5. Creates tissue damaging Advanced Glycolytic Enzymes (AGE's)
6. Depletes the body of anti-oxidants such as **glutathione**, vitamin C & vitamin E.
7. Inhibits Human Growth Hormone (**HGH**) and elevates cortisol levels

8. Inhibits cellular protein synthesis which results in dysfunctional bone, muscle, and joint chemistry. This accelerates the risk of osteoporosis, osteoarthritis, and chronic muscle and joint pain.

9. Promotes the growth of pathogenic bacteria and parasites such as **Candida** and other yeast like organisms. This also depletes the body of good bacteria and can lead to chronic infections in the gut, respiratory tissue and sinuses.

10. Leads to obesity, elevated triglycerides, abnormal LDL:HDL **cholesterol** levels, elevated arterial inflammatory risk factors.

11. Opens up the blood brain barrier, depletes the brain of trace mineral stores and allows toxins and other heavy metals to accumulate in brain tissue

12. Destroys nerves leading to chronic pain, neuropathies, vision disorders, and accelerated organ dysfunction

Safe Natural Sweeteners in Order

Natural sweeteners can be used effectively in moderation to provide the sweetness that most people crave. Here are the best natural sweeteners ranked in order based on low glycemic index and additional health benefits.

Stevia:

Processed from the leaf of the stevia plant which is native to South America. This herb derivative has no effect on blood sugar, insulin signaling and triglyceride formation. It develops most of its sweetness from glycosides called stevioside and rebaudioside. These compounds are 250-300 times sweeter than sucrose and they have the ability to withstand heat and have a long shelf life.

Studies have even shown the stevia leaf to have beneficial effects at improving cellular insulin sensitivity and reduce the risk of type II **diabetes** and high blood pressure.



Lo Han Extract:

A fruit plant that grows native in Southern China/Northern Thailand. Lo Han has a very low glycemic index and low sugar content. It gets the majority of its sweetness from a glycoside nutrient called mogrosides. These mogrosides are 300 times sweeter than sugar and act as anti-oxidants that have shown abilities to inhibit cancer cell formation. This is a wonderful sweetener but it can be hard to find and expensive.

Coconut Nectar:

This is a very low glycemic liquid sweetener derived from the liquid sap of the coconut **blossoms**. The glycemic index is 35 making it one of the lowest of natural sweeteners. Also, the fructose levels are very low at 10% and it contains a wide variety of anti-oxidants, minerals and other nutrients that enhance blood sugar stability. It can be found in health food stores but is somewhat pricey.

Health Benefits of Coconut Sugar

- contains over 16 amino acids and four different B vitamins
- source of iron, potassium, magnesium and zinc
- low glycemic index food
- relieve the symptoms of diabetic neuropathy
- treatment for anxiety, depression and bipolar mood disorder
- helpful in treating high blood pressure
- treatment of wounds, traumas and burns



Organic, Raw Honey:

This superfood does have an effect on blood sugar and contains approximately 53% fructose so one should only consume this in moderation. Honey contains a wide array of trace minerals such as calcium, iron, zinc, potassium, phosphorous, magnesium, copper, chromium, manganese and selenium. These nutrients are critical for healthy cellular insulin sensitivity and blood sugar balance.

Raw honey is also extremely rich in **anti-oxidants** and natural enzymes. Honey contains flavonoid anti-oxidants such as pinocembrin and pinostrobin that help reduce oxidative stress in the body and promote better enzyme activity.

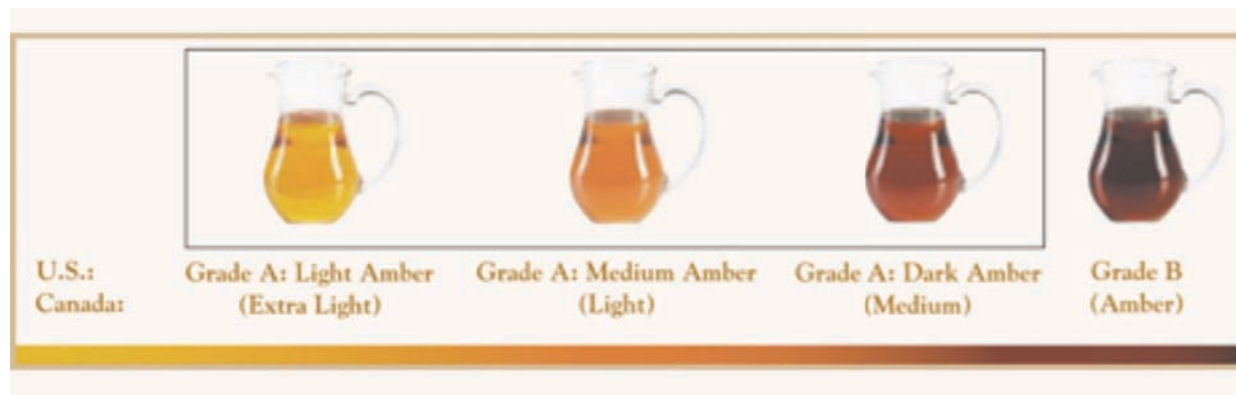


Organic Blackstrap Molasses:

Molasses is a byproduct of the processing of sugar. It does have an effect on glycemic index and must only be consumed in moderation. Blackstrap molasses is a very rich source of iron, copper, manganese, potassium, magnesium and **selenium**.

Organic Grade B Maple Syrup:

This syrup is a dark sap from the xylem of maple trees. It does contain sucrose, glucose & fructose and therefore has an effect on blood sugar and insulin levels. Please use in moderation. Maple syrup contains significant amounts of zinc, calcium, manganese and anti-oxidant phenol vanillin.



Sugar Alcohols:

These include xylitol, glycerol, sorbitol, maltitol, mannitol, and erythritol. Sugar alcohol is supposed to just pass through the body unrecognized and unmetabolized. This causes no blood sugar imbalances and is considered a safe sweetener. However, many individuals have reported significant gastrointestinal distress that includes cramping, **bloating**, gas & diarrhea. Some individuals have no digestive complaints and tolerate it quite well.

Chapter 2

Bark & Bars



SuperCharged Chocolate Goji Bark



SuperCharged Chocolate Goji Bark

Ingredients:

2 cups 75% organic raw dark chocolate

1/4 cup organic raw coconut oil

1/2 cup raw organic goji berries

1/2 cup raw sprouted nuts of your choice (pecans, almonds, macadamia, cashews or pistachios)

Sprinkle of coarse pink Himalayan salt

SuperCharged Chocolate Goji Bark Instructions:

Melt chocolate and coconut oil together in small pot over low heat until completely melted down. Spread parchment paper over cookie sheet. Pour chocolaté onto parchment. Sprinkle nuts, berries and salt over. Freeze for 30 minutes.

SuperCharged Vanilla Almond Bars



SuperCharged Vanilla Almond Cookies Ingredients:

3 cups blanched almond flour

1/2 cup coconut flour

10 tbsp. melted grass-fed butter/ghee/coconut oil

2 tbsp. vanilla extract

1 tsp. almond extract

1 pastured egg

1/2 cup honey

15 drops vanilla cream stevia

1 tsp. baking soda

SuperCharged Vanilla Almond Cookies Instructions:

Mix flours and baking soda together. Whisk, egg, melted butter/oil, vanilla extract, almond extract, honey and stevia together. Pour wet ingredients into bowl with dry ingredients. Mix everything together. Let cookie dough sit on counter for 10 minutes. Form into balls and slightly flatten on baking sheet lined with parchment paper. Bake at 350 for 10-15 minutes.

Chocolate Coconut Bars



Chocolate Coconut Bars

Ingredients:

1 cup of shredded coconut flakes

¼ cup of raw honey

2 tbsps of coconut oil

½ tsp of pure vanilla

Pinch of pink salt

For the Chocolate Drizzle:

¼ cup of coconut oil

2 tbsps of honey

¼ cup of raw cacao powder

¼ tsp vanilla extract

Pinch of pink salt

Chocolate Coconut Bars Instructions:

1. Blend all of the coconut bar ingredients and squish into any small container and freeze for 15 minutes.
2. In small saucepan, melt coconut oil and honey over low heat. Remove from heat and stir in remaining ingredients.
3. Pour over chilled bottom layer and return to the freezer for about 15 minutes, or until the chocolate layer is hardened.

Grain-Free Pumpkin Bars



Grain-Free Pumpkin Bars

Ingredients:

1/2 cup of almond butter

1/2 cup of pumpkin puree

1/2 cup of raw **honey**

2 pasture-raised eggs

1 tbsp of pumpkin spice

Pinch of pink salt

Grain-Free Pumpkin Bars Instructions:

1. Preheat oven to 350F and grease an 8" x 8" pan generously with **coconut** oil or grass-fed butter.
2. Combine all of the ingredients in a medium bowl, and mix well until a smooth batter forms.
3. Transfer the batter to the greased pan, and bake at 350F for 20-25 minutes, or until the edges are golden brown and the center is firm.
4. Allow to cool completely in the pan, then cut and serve!
5. These bars are delicious on their own, but if you're aiming to impress, glaze these bars with my **Maple Pecan Glaze**. (recipe posted separately)

Cinnamon Almond Butter Fudge Bars



Cinnamon Almond Butter Fudge Bars

Ingredients:

1 ½ cups of almond butter

¼ cup of coconut oil

1 tsp of cinnamon

1 large tbsp. raw honey

Pinch of pink salt

2 tbsp of chia seeds

Cinnamon Almond Butter Fudge Bars Instructions:

1. Simply mix all the ingredients together in a bowl, until smooth and creamy. (note: It helps if everything is at room temperature, to keep the coconut oil soft!)
2. Transfer the mixture to a square baking dish, lined with plastic wrap, then smooth with a spatula, and freeze until solid, about an hour.
3. Remove the fudge by lifting the plastic wrap out of the pan, then cut into squares.
4. Return the fudge squares to a sealed container, and store in the freezer until ready to eat

Chapter 3

All Things Chocolate



SuperCharged Chocolate Fudge Brownies



SuperCharged Chocolate Fudge Brownies

Ingredients:

This is my FAVORITE RECIPE OF ALL TIME. It has the PERFECT fudge texture and the flavor is amazing.

1 cup coconut oil

1 cup **coconut** butter

2/3 cup RAW coconut water (Whole Foods is where I get mine)

2/3 cup raw cacao

1 tsp. vanilla extract

2 tbsp. raw honey or 15 drops vanilla cream
stevia

Sprinkle of pink salt

SuperCharged Chocolate Fudge Brownies Instructions:

Mix coconut water and coconut butter together in a bowl. Coconut butter will absorb the water, become smooth and will be easier to stir. Add coconut oil, raw cacao, honey/stevia and vanilla. Line muffin tin with muffin liners. Spoon fudge mixture into muffin liners. Sprinkle with salt and freeze for 30 minutes in the freezer. EAT THE WHOLE BATCH LIKE ME!

SuperCharged Chocolate Truffles



SuperCharged Chocolate Truffles

Ingredients:

1/2 cup softened **coconut** oil

1 cup raw crushed sunflower seeds

1 cup raw crushed pumpkin seeds

1 cup ground chia seeds

2/3 cup raw cacao powder

1 tbsp. vanilla

15 drops vanilla stevia

3 tbsp. raw honey

1 tsp. pink **salt**

1 cup coconut shreds

SuperCharged Chocolate Truffles Instructions:

Mix all ingredients together.

Form into balls and freeze.

SuperCharged Fudge Cups



SuperCharged Fudge Cups Ingredients:

1 cup coconut oil (soft, not melted)

2/3 cup raw almond butter

1/4 cup raw honey

1/4 cup raw cacao powder

1 tbsp. organic vanilla extract

Ground **chia seed**

Sprinkle of pink salt (for on top)

SuperCharged Fudge Cups Directions:

Mix coconut oil, almond butter, raw honey, raw **cacao** and vanilla.

Spoon into muffin tin lined with muffin cups.

Sprinkle pink salt and chia seeds on top and freeze.

SuperCharged Snowballs



SuperCharged Snowballs Ingredients:

4 tbsp. chia seeds (ground in coffee bean grinder)

2 tbsp. coconut flour

1/4 cup raw cacao powder

1 tbsp. raw honey

1/3-1/2 cup coconut oil

1 tsp. vanilla extract

1/2 cup raw coconut shreds

1/2 tsp. pink salt

SuperCharged Snowballs Instructions:

Mix ground chia, raw cacao and coconut flour together.

Add honey, coconut oil, vanilla and salt.

Form into balls and roll in coconut shreds.

Freeze or place in the fridge for an hour.

Super Fat Burning Fudge



Super Fat Burning Fudge

Ingredients:

- 1 cup coconut oil
- 1 cup softened coconut butter
- ½ cup raw cacao powder
- 1 tsp. organic vanilla
- 1 tsp pink salt
- 1 tbsp raw honey
- 10 drops vanilla stevia
- 1 cup of goji berries

Super Fat Burning Fudge Instructions:

Mix together all ingredients

Spoon into candy molds or muffin tin lined with cupcake liners

Sprinkle goji berries on top and freeze

Chapter 4

Cookies, Cake & Breads



SuperCharged Snickerdoodle Cookies



SuperCharged Snickerdoodle Cookie Ingredients

4 pasture-raised eggs

2/3 cup of melted pasture-raised butter (or coconut oil, but butter is more flavorful)

1/2 cup of coconut nectar or grade B maple syrup

1 tbsp of vanilla extract

20 drops of vanilla cream **stevia** extract

1 tsp of pink salt or celtic sea salt

2/3 cup of coconut flour

1/2 tsp baking soda

1/2 tsp of aluminum-free baking powder

1 tbsp cinnamon

1 tsp nutmeg

SuperCharged Snickerdoodle Cookie Instructions:

Whisk together the eggs, melted butter, vanilla, stevia and **coconut** nectar/maple syrup. Add in the coconut flour, baking soda, salt, baking powder, cinnamon and nutmeg. Form the mixture into balls and flatten slightly. Bake these at 350 degrees for 10-15 minutes

SuperCharged Chocolate Chip Cookies



SuperCharged Chocolate Chip Cookies

Ingredients:

3 cups blanched almond flour

3/4 cup melted ghee/grass-fed butter

2/3 cup raw coconut nectar/maple syrup

1 tbsp. vanilla

1 tbsp. pink salt

1 tsp. aluminum-free baking soda

1 cup organic dark chocolate chips

SuperCharged Chocolate Chip Cookies Instructions:

Whisk melted ghee/butter with coconut nectar/maple syrup, vanilla and salt.

Add in flour and baking soda.

Add chocolate chips.

Form into cookies (not balls) and bake at 350 for 10 minutes.

SuperCharged Coconut Cookie Balls



SuperCharged Coconut Cookie Balls

Ingredients:

2 cups of shredded coconut flakes

Additional 2 cups of shredded coconut flakes

$\frac{3}{4}$ cup of raw **honey** or grade B maple syrup

1 tsp of vanilla extract

$\frac{1}{2}$ tsp of pink salt

SuperCharged Coconut Cookie Balls Instructions:

1. Preheat the oven to 300F and grease a baking pan.
2. In a food processor or high speed blender (I used my blend tech), process the first 2 cups of shredded coconut until coconut butter forms. You will have to keep scraping down the sides of the bowl. It can still be a little flaky if you are short on time. You could also use 1 cup of store bought coconut butter instead.
3. Once you have made the coconut butter, throw the rest of the ingredients in and pulse till blended. Do not overblend, just enough so the ingredients are mixed together. Can also do this by hand.
4. Scoop about 1-2 tbsp of dough onto a baking sheet and form into a ball.
5. Bake for 22-27 minutes at 300F. The bottom and top of the cookies will turn golden in colour.
6. Allow the macaroons to sit for 25 minutes so they can firm up. If you move them too soon, they could crumble.

SuperCharged Carrot Cake



SuperCharged Carrot Cake

Instructions:

Whisk eggs, melted oil, honey, vanilla and salt together.

Whisk in coconut flour and let it thicken for 5 minutes.

While batter is thickening shred carrots.

Add baking powder to batter and whisk in well.

Stir in carrots, raisins and cinnamon.

Bake at 350 for 10 to 20 minutes in a small cake pan.

SuperCharged Carrot Cake Ingredients:

3 organic eggs

2/3 cup melted coconut oil or grass-fed butter

1/3 cup organic honey

1 tbsp. vanilla extract

1/2 tsp. pink real salt

1/3 cup + 2 tbsp. coconut flour

1/2 tsp. baking powder

1/2 cup shredded organic carrots

1/2 cup organic raisins

1 tsp. cinnamon

Cream Cheese Frosting:

1 cup of organic cream cheese (ideally grass-fed)

2/3 cup soften butter or ghee

1 tsp. pure vanilla extract

1/4 cup powdered xylitol (powdered in a coffee bean grinder)

Cream Cheese Frosting Instructions:

Mix ingredients together until a smooth cream is made and then apply it to the top of the cake.

SuperCharged Banana Bread



SuperCharged Banana Bread

Ingredients:

3 ripe bananas

3 tbsps of almond butter

Juice of ½ lemon

½ cup of **coconut** flour

4 pasture-raised eggs

1 tsp of baking soda

2 tbsps of grass-fed **butter**, ghee
or coconut oil (melted)

1 tbsp of raw honey or grade B maple syrup

Can also try liquid stevia for a lower carb version

1 tsp of vanilla

Pinch of pink salt

SuperCharged Banana Bread Instructions:

1. Preheat your oven to 350 degrees. Grease and line your loaf tin.
2. Combine and mix coconut flour, baking soda, and salt in one bowl.
3. In another bowl, combine bananas, almond butter, lemon, eggs, butter, honey, and vanilla and blend until smooth.
4. Add wet ingredients to the dry and mix until well combined.
5. Pour mixture into the prepared tin. Bake for 45 minutes or until an inserted skewer comes out cleanly. Enjoy!

Chapter 5

Pie & Ice Cream:



Raw Grain-Less Key Lime Pie



Raw Grain-Less Key Lime Pie Crust

Ingredients:

- 1/2 cup raw sprouted sunflower seeds
- 1/2 cup raw sprouted pumpkin seeds
- 2 pitted raw dates
- 4 tbsp. raw organic coconut oil
- 1 tsp. pink salt

Raw Grain-Less Key Lime Pie Filling

Ingredients:

- Filling
- 1 avocado
- 1 young coconut
- 1/2 cup raw young coconut water
- 10 drops organic stevia extract
- Juice and zest from two limes

Raw Grain-Less Key Lime Pie Crust

Instructions:

Pulse all ingredients in a food processor until it reaches a dough like consistency.

Line muffin tin with unbleached muffin tin liner.

Form dough into a cup.

Pour filling into cup.

Freeze for 1 hour.

Raw Grain-Less Key Lime Pie

Filling Instructions:

Blend all ingredients in high powered blender or vita mix until creamy.

Pour into your crust.

Freeze.

Grain-Free Apple Pie



Grain-Free Apple Pie Filling Ingredients:

2 organic apples

1 ½ tsp of coconut oil or grass-fed **butter**

½ tsp of vanilla

Pinch of cinnamon

1 tbsp of raw honey

1 tbsp of almond butter

Handful of walnuts

Grain-Free Apple Pie Filling Instructions:

Cut apples into slices. Melt butter or coconut oil in pan and throw the apple slices in. Sate on medium to low heat for a couple minutes until soft.

Add the rest of the ingredients and mix to combine. Heat until the apples are as soft as you like and ingredients are fully mixed together.

Dairy-Free Peach Ice Cream



Dairy-Free Peach Ice Cream Ingredients:

2 cups organic and/or local peaches

½ cup almond butter

Pinch of **cinnamon**

1 tbsp of raw honey (optional)

20 drops of liquid stevia (optional)

Sweet Peach Ice Cream Instructions:

1. Slice peaches and freeze overnight.
2. Blend frozen peaches with nut butter in a high speed blender.
3. Blend until creamy. It will take a couple minutes and you may need to stop and keep pushing the batter around and down with a spatula.
4. Add in honey or stevia if desired and continue blending.
5. Scoop and eat!

Chapter 6

Glaze & Toffee:



SuperCharged Toffee



SuperCharged Toffee Ingredients:

1 block of Grass-fed Butter

1 cup of Coconut Sugar or Coconut Nectar

15 drops of English Toffee **Stevia**

1 tbsp of Vanilla Extract

Dark Chocolate Chips (72%)

Raw Pecans

SuperCharged Toffee Instructions:

Heat the skillet to low-medium heat and melt the butter. Once the butter is melted down turn off heat and add the sugar, vanilla and stevia. Stir in all the ingredients for 10-15 minutes until smooth and well combined. Pour the mixture into a cookie sheet with parchment paper. Add chocolate chips and nuts on the top and freeze for one hour.

SuperCharged Maple Glaze



SuperCharged Maple Glaze Ingredients:

$\frac{3}{4}$ cups of pecans, walnuts and/or cashews

$\frac{1}{4}$ cup of pure maple syrup (Grade B)

2 tbsps of **coconut** oil

1 tsp of vanilla

$\frac{1}{4}$ cup of water

SuperCharged Maple Glaze Instructions:

Combine all ingredients in blender and blend until smooth.

The SuperCharged Lifestyle:

Great job finishing this book and discovering the best holiday recipes for a SuperCharged Lifestyle. I hope this book was an inspiration to you and that it empowers your healthy lifestyle journey!

I also pray that you would share this message with others. Not just those who are already sick and diseased but those who are closest to you. Social support is a huge part of success in healthy lifestyle pursuits. If your spouse and family are not in agreement or if they are left in the dark about this, it will make the lifestyle changes ten times harder. Do everything you can to get them on board with you.

Keep a copy of this book for you to continually resource but share other copies with those closest to you and those you know who are looking to elevate their life. You never know how far reaching something you think, say or do today will impact the world days, weeks, years and decades from now. God bless you for being a world changer!

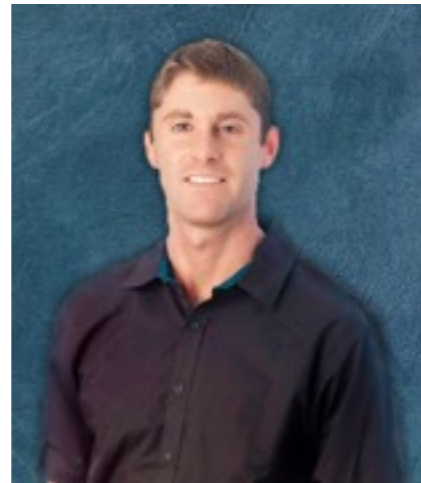
To a SuperCharged Life,

Dr. David Jockers

About Authors:

Dr. David Jockers DC, MS, CSCS:

Dr. David Jockers is a Maximized Living doctor, corrective care chiropractor, nutritionist, exercise physiologist, and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia.



His experience working with thousands of individuals has given him a level of expertise in the field. He is a member of the Performance Enhancement Team for the Maximized Living Wellness Advisory Council where had the privilege of traveling to London to help the USA athletes win the gold in 2012.

He is a leading writer for “NaturalNews,” “NaturalHealth 365,” “Organic Lifestyle Magazine” and “PrimalDocs” which are four of the top online health publications in the world.

He is also on the expert panel for the popular “South African Journal of Natural Medicine.”

He has well over 1000 professionally published natural health articles all over the internet and in-print magazines

Dr Jockers is the author of “SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset.” He is also a sought after speaker around the country on such topics as weight loss, brain health, functional exercise, natural detoxification and disease prevention.

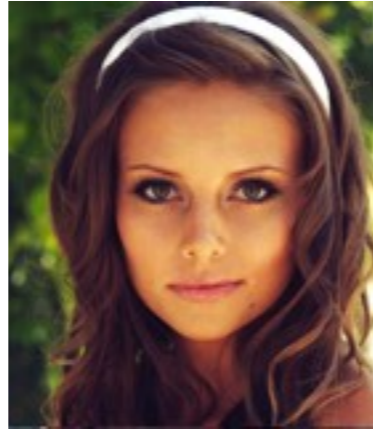
Dr Jockers also does local and long-distance consultations to help customize specific lifestyle plans to improve performance and beat chronic disease.

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Megan Kelly:

Megan is a Licensed Esthetician specializing in holistic nutrition, woman's hormones, and spiritual health. Her mission is empowering people to live a life of bliss through nourishing their mind, body, and spirit.



Megan blogs at renewingallthings.com where she explores the incredible healing power of real food, a balanced lifestyle, and how to get our bodies working exactly how our Creator intended them to. It is Megan's goal to see people restored and experience true health and joy like never before.

In her spare time, Megan loves hiking, wake boarding, cooking, and spending time in the beautiful mountains of Colorado.

Kelcie Yeo:

Kelcie is a born-again Christian, certified health coach who resides in the Chicago, Illinois area. She loves the Lord, her family and her country with all of her heart. She teaches others how to eat and prepare healthy foods that taste like the food she thought she could never have.



You can find more info on her blog at <http://kelcieskreations.blogspot.com/>