

A hand is holding a spoon over a stainless steel pot on a black induction cooktop. The pot contains several round, brown, sugar-free treats. In the background, there are glass bowls containing white powders, a white bowl, and a vase of yellow flowers.

HONEY & NECTAR CO.

THE NATURAL DIET PT 1: CUTTING OUT SUGAR

- VICTORY DIET MEANING
- SUGAR'S MANY NAMES
- STORE BOUGHT STAPLES
- SUGAR FREE RECIPES
- & MORE

honeyandnectareo.com

TABLE OF CONTENTS

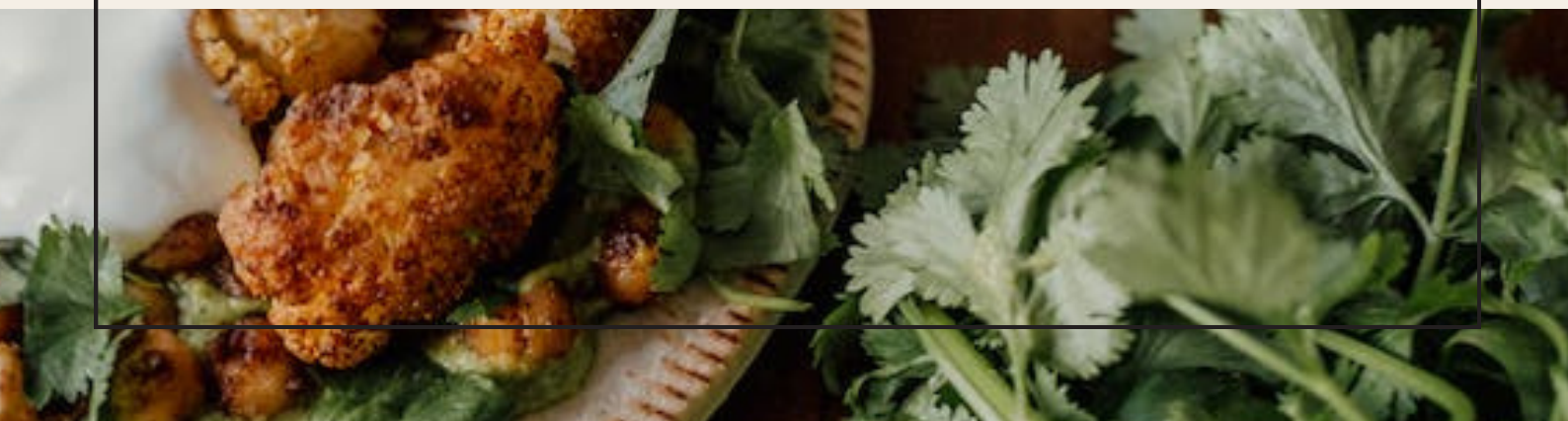
Victory Diet

Sugar & It's Alter Egos

Sugar Substitutes

Meal Ideas, Sugar Free Grocery list
& more

Contact Page



VICTORY DIET & NATURAL DIET

What does that include and exclude?

Victory diet, I bet rings a bell to your mind, especially to the history buffs. The phrase “Victory Diet” may remind you of the famous “Victory Gardens” that the United States government encouraged Americans to plant in their backyards during the world wars. This was to encourage Americans to rely less on the government, less on the supply chain and more on providing for themselves during extremely uncertain times where shortages and lack of adequate supplies was extremely high. There was tyranny tendencies in the government at this same time, by way of rations. The governments intervention in food supply and the food chain, also encouraged citizens to grow their own food since it wasn’t promised to them, the ways it was before.

The encouragement towards self reliance today is minimizing exponentially by the same groups of people who encouraged our ancestors to grow gardens, raise a cow and own chickens not even 100 years ago. Though rationing foods, the government encouraged citizens to care for themselves. We don’t see these same people encouraging us to rely more on ourselves, but to continue to rely on resources outside of ourselves when there has been a rise in breaks within the food chain, illnesses borne from factories, chemical sprays to our food, laboratory food products and fake ingredients.

So many people are taking back the victory garden, Americans are ready to fend for themselves again, grow their own food, forage, eat real and whole foods, to hunt and fish. What is the sudden urge towards this lifestyle? No one is telling us to do this, this time, more so, the opposite. Which is a large reason for the shift.

You may be wondering how effective your space can be, big or small! In the 1940’s victory garden’s were responsible for 40% or more of the vegetables grown in the United States. I would consider this effective. Concerns with space it a major reason people opt out of growing their own food, but this wasn’t something that stopped the original Victory Garden Participants. The encouragement was to use what you DO have, not to focus on what you do NOT have.

With all this in mind, knowing what a Victory Garden is, what then would a Victory Diet be? It isn’t just a way to be healthier, but it has a mission statement behind it. A large reason for my desire to homestead, to eat healthier and grow my own food, is from my heart and the God given convictions I have.

If the Lord didn’t make it, I don’t want it. If it causes health problems I don’t want it. If it is something whole, that I can grow myself, that I can shape on my counter with my own hands, eat fresh off the vine- I want it. The Victory diet of today has a mission behind it, like the first, but in many ways it is going back to what we have strayed so far from, and a way to protect and restore out health.

VICTORY DIET & NATURAL DIET

What about this diet excludes sugar?

Sugar has always been sold in smaller quantities than what we see today. Sugar was nearly always accessible to our ancestors, but nowhere near the quantity of today. This means we see less of an effect from sugar throughout history as we see happening today. A major part of following a self-reliant diet is to exclude even the natural products from our diet that can put us in poor health conditions, put us on medication, and begin to slowly hurt and harm our brains and bodies.

Our rations of today are a lack of whole foods in **COMPARISON** to the fake foods we see for cheap on our grocery store shelves. Our need to return to a self-reliant lifestyle is the same: what is being provided to us.

The original audience was a lack of provisions

For us, as the secondhand audience is a lack of real food, affordable food, healthy food.

Artificial Sweeteners

Artificial sweeteners are of course, a major emphasizing point towards the need to move towards whole foods again. And though we will still make many purchases from the store, our motive is to shop healthy and whole, and in the ways we can, that looks like growing things for ourselves.

Without further ado, the Victory Diet PT. 1, on Sugar:

SUGAR & ARTIFICIAL SWEETENERS

& IS THERE A REASON TO STOP CONSUMING THEM?

Sugar consumption and consumption of artificial sweeteners are linked to a multitude of health issues. This includes higher risk of cancer, depression, anxiety, worry, gut microbe disruption, migraines, headaches, weight gain, risk of diabetes, memory loss, metabolic issues, insulin resistance, higher risk of getting autoimmune diseases, stroke, heart attack, and so much more.

BUT, let's look at what life can look like once removing sugar,

Why Remove Sugars and Artificial Sweeteners?

Your skin will begin to slow aging, acne breakouts diminish, weight loss, a stronger immune system, decreased chances of developing diabetes, your mind will clear, decreases in depression, anxiety, worry, and panic. You will more than likely have a major change in your appetite, and a large increase in energy. This can help restore proper blood levels, gut microbes, and decrease your chances of each disease and illness mentioned above. Life can be so different.

We want this to be your stepping stone, but let's get better informed first.

WHAT SUGARS ARE HEALTHIEST TO CONSUME?

As we can see looking at the list to the right of this page, that there appears to be a lot of natural sugars listed as well. A major turnoff for these natural sugars is how they affect the body. If they affect the body and your body levels similarly to natural cane sugar staying away from the sugar is your best option. Coconut sugar, for example does tend to raise your levels similarly to cane sugar. Monk fruit is good, though many people say they have reactions to it. Stevia is natural but has a list of negative side effects as well. Still to sweeteners that are primarily praised. You will not see honey, dates, unsweetened cocoa or maple syrup on this list.

These four substitutions tend to raise blood sugar and other levels slowly within the body, and have many health benefits as well. When looking for sweeteners, always land on one of these four. All four are natural, and have beautiful health benefits, are but of really nutritious, antimicrobial, anti-inflammatory, no antioxidant properties. You cannot say the same thing for most all the names listed to the side. Upon looking up the four sweeteners we do recommend you will find positive side effects immediately. You cannot say the same for sugar, dextrose, corn syrup and any other name for sugar.

There are sugars to the right that have been pegged as healthier, such as coconut sugar, though if you look up a comparison of

natural cane sugar, and coconut sugar, you will notice very similar tendencies between the both of them. When eliminating sugar you can to make sure your body isn't feeding off of one of the substitutes you see in the bullet points or you won't properly detox or withdraw from the dependence you may have on sugar, and you won't have the same health results.

- Maltodextrin
- Muscovado sugar
- Panela sugar
- Raw sugar
- Sugar (granulated or table)
- Sucanat
- Turbinado sugar
- Yellow sugar
- Barley malt
- Blackstrap molasses
- Brown rice syrup
- Buttered sugar/buttercream
- Caramel
- Carob syrup
- Corn syrup
- Evaporated cane juice
- Fruit juice
- Fruit juice concentrate
- Golden syrup
- High-Fructose Corn Syrup (HFCS)
- Invert sugar
- Malt syrup
- Molasses
- Rice syrup
- Refiner's syrup
- Sorghum syrup
- Treacle
- Dextrose
- Fructose
- Galactose
- Glucose
- Lactose
- Maltose
- Sucrose
- Beet sugar
- Brown sugar
- Cane juice crystals
- Cane sugar
- Castor sugar
- Coconut sugar
- Confectioner's sugar (aka, powdered sugar)
- Corn syrup solids
- Crystalline fructose
- Date sugar
- Demerara sugar
- Dextrin
- Diastatic malt
- Ethyl maltol
- Florida crystals
- Golden sugar
- Glucose syrup solids
- Grape sugar
- Icing sugar

HEALTHY SUGARS

Sugar Substitutes-five takes on the healthier options for sugar and it's many synonyms

Deep Dive into five healthier sugar substitutes



Healthy Sugar and Sweetener Alternatives

- Honey
- PURE Maple Syrup (monk fruit and coconut sugar?)
- Dates
- Sugar in Single Ingredients
- Unsweetened Cocoa/Cocoa Powder

Let's dive into the benefits of each, while we discuss sweeteners you may have expected to be on this list but are not.

Insta: @thehoneyandnectarco



HONEY AS A SUGAR ALTERNATIVE

Honey is,

- rich in vitamins
- has high levels of antioxidants
- has a lower glycemic index than sugar
- is antimicrobial, antibacterial, and anti-inflammatory
- supports cellular growth and regeneration
- natural antiseptic
- heals illness and aides in curing colds and flus
- mold resistant
- heals burns and cuts

Honey is a superfood and full of nutrients

Sugar Substitution Ratio: for every cup of regular white cane sugar replace with 1/2-3/4 cup of honey. Honey is sweeter than sugar.

** WHAT ABOUT AGAVE? OVERALL HONEY IS HEALTHIER THAN MOST OTHER SUBSTITUTES. AGAVE HAS SOME NEGATIVE EFFECTS. IT ISN'T IN THE PREVIOUS LIST BECAUSE IT ISN'T TECHNICALLY THE SAME SUGARS THAT WE ARE TRYING TO AVOID. BUT I PERSONALLY DO NOT CONSUME AGAVE, STEVIA, COCONUT SUGAR OR MONK FRUIT FOR THEIR ADVERSE EFFECTS AS WELL.

GREAT ALTERNATIVE



SUGAR IN WHOLE INGREDIENTS

Fruits & Vegetables give,

- Immune support
- Cancer prevention
- Healthy skin
- Healthy heart
- Supports eyesight
- Supports healthy aging
- Improves gut health
- Lowers cholesterol

Fruits and Vegetables are the best for you.

Sugar Substitution Ratio: fruits and vegetables are going to be used to replace foods and baked goods that require sugar or a sugar substitute.

THE BEST ALTERNATIVE





Sugar Free Meal Plan

honeyandnectarco.com

Grocery List

Start by looking over our Amazon Storefront List of sugar free ingredients, foods and equipment you may need for making your own foods at home. This will be an extremely helpful guide when you are in a pinch, or struggling to make everything from scratch.

**[CLICK HERE FOR SOME SUGAR FREE GROCERY
RELIEF & INSPIRATION](#)**

***We may get a small commission at no extra cost to you for purchasing an item with our links or from our storefront.*

Foods That Have Sugar & it's alternatives

Awareness of the foods that contain sugar is super important to cutting it out. Most of the food we purchase from the store, including meat products and grains have sugar in them.

- SLICED MEAT
- SUMMER SAUSAGE
- MAPLE FLAVORED MEAT PRODUCTS
- MOST SAUSAGE LINKS
- CRACKERS
- CONDIMENTS: KETCHUP, MAYONNAISE
- ALL CEREALS
- GRANOLA
- BREADS: SANDWICH, HAMBURGER, HOTDOG & MOST OTHER
- MOST MILK ALTERNATIVES UNLESS MARKED UNSWEETENED
- YOGURT
- MOST DEHYDRATED AND FREEZE DRIED FRUITS
- SODAS
- JUICE
- MOST DRINKS (EVEN MARKETING AS SUPER FOODS & HEALTHY)
- MANY NUTS
- PEANUT BUTTER
- BREAKFAST BARS
- MOST PREPACKAGED FOODS:
- SOME TEA BAGS
- DARK CHOCOLATE & HEALTHY CHOCOLATES
- SUGAR FREE CANDY ALTERNATIVES
- BEEF JERKY
- & OF COURSE WE KNOW THAT CANDY, BAKED GOODS AND CHOCOLATE ALL CONTAIN SUGAR & SUGAR ALTERNATIVES

What Should You Focus on Eating

Oftentimes we are simply looking for alternatives, before learning why to eat-how to build the foundation of a natural and healthy diet. Before we simply add a sugar substitute to recipes let's get straight what our meals and days should look like as it relates to our eating.

Something to work on, immediately or with time, is to work on eating full meals and to eat natural, healthy, real and singular foods. This means less baked and overly elaborate meals and **NO** more snacking. This is a place to have grace in and choose to, at least with time, begin to cut back on.

So what does this look like practically?

BREAKFAST:

- *BACON, SAUSAGE, STEAKS*
- *EGGS*
- *PIECE OF HOMEMADE BREAD, WITH PEANUT BUTTER*
- *A FRUIT OR SMOOTHIE*

LUNCH:

- *HAMBURGER, STEAK, CHICKEN, SALMON*
- *SPAGHETTI WITH RED SAUCE, MEATBALLS AND NOODLES*
- *A LETTUCE SALAD WITH FRESH VEGETABLES*
- *A FEW BERRIES*
- *WATER*

DINNER:

- *STEAK, HOMEMADE MEATLOAF, GROUND BEEF (IN A TORTILLA FOR TACOS WITH LETTUCE AND CHEESE)*
- *ROASTED VEGETABLES*
- *A DINNER ROLL*

See how simple this is? So simplified, compared to most of our current diets! The roll will be homemade which mean generally three or four ingredients. No condiments, no snacking, nothing super fancy. You can of course use condiments and absolutely use seasonings, but I do want to emphasize the quality this diet can be. Instead of simply replacing sugar but even the often unnecessary additions and ways of preparing foods!

Sugar Free Foods & Meals & drinks

Breakfast:

- EGGS (IN ANY FORM)
- FRUIT SMOOTHIES
- ACAI BOWLS
- BREAKFAST SALAD
- SAUSAGE, BACON, STEAK BITES
- SUGAR FREE TORTILLAS- BREAKFAST BURRITO
- SUGAR FREE PANCAKES & WAFFLES
- FRESH FRUIT
- SUGAR FREE TOAST
- MAPLE SYRUP
- YOGURT
- GRANOLA
- SWEET POTATO TOAST
- NUTS
- OATS, NUTS & GRANOLA COOKIES
- SUGAR FREE POP TARTS
- BREAKFAST COOKIES
- PLAIN OATMEAL
- KETO CEREAL
- BREAD RECIPES (SANDWICH, ARTISAN, CARROT, BANANA, ZUCCHINI WITH SUGAR SUBSTITUTE)
- QUESADILLA (CHEESE WRAP)
- SUGAR FREE MUFFINS
- SUGAR FREE BREAKFAST BARS
- SUGAR FREE BAGELS
- BREAKFAST STIR FRY
- LETTUCE WRAPPED TACOS
- KETO BISCUITS AND GRAVY
- 100% FRUIT JUICE
- WATER
- COFFEE WITH SUGAR FREE CREAMER (CREAM/HALF AND HALF & HONEY)
- CASSEROLE
- BREAKFAST SANDWICH
- SUGAR FREE CREPES
- HOMEMADE WHIPPED CREAM
- HASH BROWNS

****SUGAR FREE PRO TIP, LOOK UP KETO RECIPES ONLINE TO FIND
GUARENTEED SUGAR FREE OPTIONS**

Sugar Free Foods & Meals

& drinks

Lunch & Dinner:

- SALADS
- HOMEMADE PIZZA
- VEGETABLE RAW OR ROASTED
- SUGAR FREE SEASONINGS
- WRAPS
- HOMEMADE TORTILLAS
- HAMBURGERS
- STEAK, PORK, SEAFOOD, LAMB, CHICKEN
- BOILED EGGS
- FRIED RICE/ STIR FRY
- POTATOES & SWEET POTATOES (BAKED POTATOES, FRIES, MASHED, HASH BROWNS)
- SUGAR FREE BREADED CHICKEN
- CANNED TUNA
- SOUPS
- HOMEMADE BREAD RECIPES (ROLLS, SANDWICH, BAGELS, ARTISAN, FRENCH)
- MEATBALLS (HOMEMADE FROM GROUND BEEF)
- BURGER BOWL
- SAUSAGE
- ANYTHING NOODLE RELATED THAT IS SUGAR FREE
- GARLIC BREAD
- HOMEMADE ONION RINGS
- NACHOS /& CHIP DIPS
- SUGAR FREE JAM
- SANDWICHES W/ SUGAR FREE BREAD
- STUFFED PEPPERS & STUFFED SQUASH
- PICKLES
- WATER
- 100% JUICE
- LETTUC WRAPS
- & SO MANY MORE

** Find bread crumbs, seasonings, alternative options to sugar, healthier food options on our Amazon Storefront "Sugar Free" List by clicking here.

****WHEN IT COMES TO MEALS LIKE LUNCH AND DINNER, THE KEY IS TO NOT ALWAYS RELEARN OUR FAVORITE RECIPES THAT MAY HAVE INCLUDED SUGAR PREVIOUSLY BUT INSTEAD TO LEARN TO EAT SINGULAR FOODS. THIS WOULD BE, FOR EXAMPLE, A STEAK WITH ROASTED VEGETABLES, SOME MASHED POTSTOES , A HOMEMADE ROLL AND A FEW STRAWBERRIES.**

Sugar Free Foods & Meals

Snacks:

- *FRUIT*
- *VEGETABLES*
- *HUMAS*
- *NO BAKE COOKIES*
- *GREEK YOGURT PLAIN*
- *DEHYDRATED FRUIT LEATHER (SUGAR FREE)*
- *FREEZE DRIED FRUIT*
- *DATES*
- *SUGAR FREE BEEF STICKS*
- *SMOOTHIES*
- *100% FRUIT SAUCES (APPLESAUCE)*
- *100% JUICE*
- *SUGAR FREE OAT BARS*
- *NUTS*
- *HOMEMADE WHIPPED CREAM*
- *HOMEMADE GUMMY BEARS*
- *PICKLES*
- *DOLE WHIP*
- *HOMEMADE POPSICLES*
- *BAGELS & CREAM CHEESE*
- *SALAMI, SUGAR FREE CRACKERS & CHEESE*
- *DARK CHOCOLATE BARS (NO ADDED SUGAR)*
- *HOMEMADE GRANOLA*
- *POP TARTS*
- *NATURAL POWDERED FOOD DYES*

**** MOVING TOWARDS A VICTORY DIET OFTEN LOOKS LIKE CHANGING HOW OFTEN WE EAT. THIS MEANS MORE QUALITY MEALS AND LESS SNACKING. BUT SINCE WE LOVE TO SNACK, AND OFTEN NEED ONE EVERY ONCE IN A WHILE IT IS KEY TO HAVE IDEAS ON HAND FOR WHEN YOU NEED A SNACK. THIS KEEPS US FROM CAVING TO SUGAR OR OVERLY PROCESSED FOODS.**

All the Different Ways to Cook & serve Eggs

- *HARD BOILED OR SOFT BOILED*
- *SUNNY-SIDE-UP*
- *SCRAMBLED*
- *POACHED*
- *DEVILED EGGS*
- *OMLET*
- *BAKED OR MICROWAVED*
- *CRACK INTO HASH BROWNS*
- *CRACK INTO STIR FRY*
- *CRACK INTO TOAST*

- *EAT ALONE*
- *EAT IN A SALAD*
- *EAT IN A SANDWICH (FRIED EGG OR EGG SALAD SANDWICH)*
- *ENJOY AS A TORTILLA BY MAKING AN EGG OMELET*

BAGEL RECIPE

Honey & Everything

INGREDIENTS

- **3 tsp yeast (active/instant)**
- **1 cups Warm water**
- **2 1/2 cups All purpose flour**
- **1 tsp Kosher salt**
- **1 1/2 tbsp Honey**
- **1/4 cup**
- **Honey**
- **1 pot Water around 2 quarts**
- **Egg Wash: One egg white whisked**

Seasoning: Everything but the Bagel

MAKING DIFFERENT TYPES OF BAGELS:

If you are going completely sugar free consider leaving out the honey from the recipe and the water bath. Instead add 1/4 cup of sliced jalepeno slices and top with cheese instead of EBTB seasoning. If you want a sweeter bagel keep the honey, and add 1/4 fresh or dried fruit to the mix and top with maple syrup. This is a very forgiving recipe and so getting creative is easy. You can make whatever bagel type you want.

1. Add your yeast and warm water together in a bowl. Cover with a damp paper towel, and allow to sit for 10 minutes.
2. While your yeast is resting, add all of your flour, honey, and salt to a separate bowl and whisk together.
3. After 10 minutes, add your yeast mixture to the rest of your ingredients. •
4. Once your dough has shaped into a rough dough ball, take it out of your bowl and on to a lightly floured surface
5. Now, knead your dough for 5-8 minutes until smooth.
6. Next, separate your dough into 4 dough balls. Cover with a damp, clean towel and allow to rest for 15 minutes
7. After 15 minutes, take your index finger and thumb on either side of the dough balls, press a hole through the center of each dough ball and turn slightly in a circle to get a smooth shape and hole.
8. Cover your bagels once again with a clean, damp towel. Allow to rest for 30 minutes.
9. Preheat oven to 350° F (177° C).
10. Fill a large pot with water, about 2 quarts. Whisk in your 1/4c honey, and bring to a boil.
11. Boil your bagels for 1 minute on each side. About 2 bagels at a time, you don't want to overcrowd your pot.
12. Add your boiled bagels to a prepared baking sheet.
13. Using a pastry brush, brush the egg wash on top and around the sides of each bagel. Provides an extra chewy and slightly more golden crust. Lastly, sprinkle on your everything bagel seasoning. The amount is up to you.
14. Bake for 25-35 minutes. Every oven performs differently, keep a close eye on them. You want your bagels to be beautifully golden, but also not too deep in color.
15. Remove from the oven and allow bagels to cool on the baking sheet for 10-15 minutes, then transfer to a wire rack to cool.
16. Slice your bagel with a serrated knife, toast, and top with whatever you'd like!
17. Cover any left over bagels tightly, or store them in an airtight container. Store at room temperature for a few days or in the refrigerator for about a week.

CHEESE DIP

INGREDIENTS

- ***2 Tbsp unsalted butter***
- ***2 Tbsp all-purpose flour***
- ***1 cup whole milk (or 3/4 cup milk and 1/4 cup cream)***
- ***1 Cup of shredded sharp cheddar cheese***
- ***1/4 tsp salt***
- ***1/4 tsp chili powder***

1. Place all ingredients in a medium sized pot on the stove. Turn the stove on medium low and slowly allow it to heat. Stir frequently and turn down if it appears to be too hot. Melt the cheese mix melt down completely and mix thoroughly.
2. Serve immediately. Keep in the refrigerator for up to a week and reheat on the stove or in the microwave (in intervals of ten-fifteen seconds at a time).

**** Wht about chips? Most chips are sugar free, read labels to double check before purchasing.**

WHIPPED CREAM

INGREDIENTS

- ***1 Bottle of Heavy Whipping Cream (bottle size depends on your preference)***
- ***1-5 Teaspoons of Honey or Maple Syrup (depending on preference)***

- ***Instead of honey or maple syrup, you can add 1/4-1/2 of fruit if you want a fruit flavored whipped cream for breakfast pancakes or waffles.***

1. Pour all your heavy whipping cream into a standup mixer. Add your sweetener of choice. If you prefer a sweeter whipped cream add more honey or maple syrup. Forexample I generally use a large 32oz bottle and three to four teaspoons of maple syrup or honey. I use 1/4 cup frozen fruit, thawed, for a 16oz bottle.
2. Begin mixing on medium and mix until the heavy whipping cream thickens. This generally takes up to five minutes. Once it has began thickening watch closely. Make sure it doesnt begin to separate into butter and buttermilk. If this happens you can continue to mix for another five minutes to make sweetened butter.

HOMEMADE FRUIT LEATHER

INGREDIENTS

- **5 Cups Fruit of Choice (Fresh)**

**** you can use frozen fruit, you will also need 1-2 cups of water to help the fruit blend.**

EQUIPMENT

- **Blender or Food Processor**
- **Dehydrator w/ Silicone Trays**

1. Begin by washing your fruit in the sink. If the fruit has seeds, a core, skin or leaves attached that remove those now.
2. Place the fruit in the blender and blend until entirely smooth. No chunks. This usually takes 1-2 minutes.
3. Pour the purée onto silicone trays and place in your dehydrator. If your dehydrator has a setting and timer for fruit, you can use that. If not- turn your dehydrator on and watch the fruit leather closely. After a few hours most dark spots should be gone. You know it is finished when it is no longer wet, has no dark spots, isn't tacky and can still easily bend.
4. Take the fruit leather out, cut into strips, use parchment paper to roll each piece up and store in a cool dry place. You can vacuum seal them to make them shelf stable, and place them in the fridge or freezer for longevity. At room temperature, or slightly cooler, eat within 2-4 weeks.

**** No Dehydrator: no problem. On your oven's lowest temperature place the purée on parchment paper spread evenly on a baking sheet. place in the oven for near 18 hours. Checking frequently to ensure you are not overcooking the leather.**

OAT BREAKFAST COOKIES

INGREDIENTS

- *1 large egg room temperature*
- *1/3 cup creamy peanut or almond butter*
- *1/2 cup coconut oil softened at room temperature*
- *1/2 cup maple syrup*
- *1 tsp pure vanilla extract*
- *1 tsp cinnamon*
- *1/4 tsp sea salt*
- *1/2 tsp baking powder*
- *1/2 cup all purpose flour*
- *1/2 cup unsweetened shredded coconut*
- *3 1/4 cups old fashioned rolled oats*

Add Ons:

- *1/2 cup dried fruit of choice*
- *1/3 cup chopped almonds*
- *1/2 shredded carrot (small/finely chopped and shredded)*
- *2-3 tbsp Pumpkin Puree*

1. Preheat oven to 350°F and line a large baking sheet with parchment paper. Set aside.
2. In a large bowl, whisk the egg, almond butter and coconut oil until creamy and smooth. Add the honey, vanilla, cinnamon, salt and baking powder. Beat until combined.
3. Stir in the flour, followed by the coconut and oats and mix until everything is just combined. Fold in chocolate chips and any other add-ins you're using.
4. Use a 1/4 cup to scoop out the dough and drop onto the parchment paper. Pat the tops down to flatten slightly.
5. Allow to cool on the cookie sheets completely. Cookies can be frozen in a large resealable bag up to 3 months.

STUFFED SQUASH

INGREDIENTS

- **3 Patty pan squash (or one large squash of any kind: acorn squash, winter squash, round zucchini, or a smaller pumpkin)**
- **3 Large tomatoes**
- **1/8 cup chopped chives 15 leaves of green basil 2 teaspoon of olive oil 1 tablespoon water**
- **8 cherry tomatoes**
- **9 Pieces of bacon chopped**
- **Spaghetti Noodles (using your index finger touching the tip of your thumb as a measure. Use the amount of noodles that fit in that space).**

1. On the stove begin to cook your noodles in a large pot and cook your bacon with a lid on or small amount of water in the pan to keep them from getting crunchy.
2. When the noodles and bacon are done preheat oven to 350°F.
3. In a food processor place the three large tomatoes, the basil leaves, the chopped chives, the olive oil and blend until fairly smooth.
4. In a large pan pour the sauce, the chopped bacon, cherry tomatoes and cooked noodles on medium-low. Cook until warmed and mixed well.
5. Wash your squash of choice (or squashes) and cut them open like you would a pumpkin. A circle around the stem. Take the cut section out by the stem and using a spoon scoop out all of the seeds, only the seeds though you may get some of the squash meat which is fine,
6. Once warm, pour the noodle and sauce mixture into each squash and place them on a baking sheet, covering them with tin foil or place the tops of the squash back on the squashes. If you pack them full you may opt for tin foil since the top won't fit as well.
7. Place in the oven for 40-50 minutes until the flesh of the squashes are extremely soft.
8. Serve warm and enjoy.

This is just the beginning

find more recipes and sugar free lifestyle tips on our social media accounts and website linked below.

Still need some extra help, email us unlimitedly
brianna@honeyandnectrco.com

www.honeyandnectarco.com

[@thehoneyandnectarco](#) (Instagram, Pinterest, Lemon8)