

-SIMPLY-
♥
GOODFATS

BE GOOD & FEEL DELICIOUS

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california omelet



INGREDIENTS

- 2 eggs
- 1 tablespoon SGF coconut oil
- 2 slices bacon, cooked and crumbled
- 1/4 avocado, pit and skin removed
- 1 ounce cheddar cheese, shredded

Nutritional analysis per serving (1 omelet):
fat 41g, protein 24g, carbohydrate 6g,
fiber: 2g, net carbs 4g

Crumble the bacon into small pieces and slice the avocado into slices ¼ inch thick. Set aside. Crack the eggs and egg whites into a bowl and whisk to combine. Heat the coconut oil in a non-stick pan over medium heat. Once the oil is melted, tilt the pan to make sure the oil coats the entire bottom of the pan. Pour the eggs into the pan, and again, tilt the pan to make sure the eggs coat the entire bottom of the pan. Cook for about 1 minute without stirring. Using a flexible spatula, lift one side of the cooked egg to allow some of the raw egg to flow underneath and cook. Repeat this in multiple areas so there is little to no raw egg left on the top. Cook for another minute. Add the crumbled bacon, avocado, and cheddar cheese to the center of the egg and using the spatula, flip half of the egg over the fillings to line up with the far side of the eggs. Allow to cook for about 30 seconds and then flip the omelet over and cook for another 30 seconds. Transfer the omelet to a plate and season with salt and pepper to taste.

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caramelized onion yogurt dip





caramelized onion yogurt dip

INGREDIENTS

- 1 tablespoon grass-fed butter
- 1 tablespoon olive oil
- 1 onion, thinly sliced
- ¼ teaspoon salt
- 2 tablespoons SGF coconut oil
- 1 ½ cups full-fat sour cream
- ¾ cup smooth almond butter
- ¼ teaspoon garlic powder
- ¼ teaspoon ground white pepper
- ½ teaspoon salt
- ½ tsp dried dill

On medium heat, add the butter and olive oil to a sauté pan. Add the onions and caramelize slowly, stirring occasionally and being careful not to burn. Season with salt. Once caramelized, allow to cool. Combine all other ingredients in a food processor and pulse until smooth. Place the dip in a serving bowl and top with caramelized onions. Serve and enjoy with sliced vegetables. Store leftovers in a glass container in the refrigerator up to three days.

Nutritional analysis per serving (2 tablespoons):
fat 14g, protein 3g, carbohydrate 5g,
fiber: 2g, net carbs 3g

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keto garlic naan





keto garlic naan

INGREDIENTS

GARLIC GHEE

¼ cup grass-fed ghee

2 garlic cloves, minced

¾ cup coconut flour, plus more for flouring

1 ½ tablespoons ground flax seed

1 teaspoon salt

½ teaspoon baking powder

½ tablespoon reishi mushroom powder

⅓ cup SGF coconut oil, plus more for frying

2 cups boiling water

2 tablespoons fresh parsley leaves,
chopped (garnish)

Nutritional analysis per serving (1 piece naan with garlic ghee):

fat 15g, protein 2g, carbohydrate 6g,
fiber: 4g, net carbs 2g

Start by making the garlic ghee. Melt the ghee in a small saucepan. Once melted, add in the garlic and turn off the heat. This can be made in advance and reheated when you are ready to coat the naan.

To make the naan, combine all the dry ingredients into a clean, medium-sized bowl. Add the Simply Goodfats (SGF) coconut oil and then the boiling water to the dry ingredients and mix thoroughly to combine. Once combined, let dough stand for five minutes. After five minutes the dough should be firm, but flexible. If too runny, add more flax seed until a good consistency is reached. On a lightly floured (coconut floured) surface, divide the dough into 12 equal pieces and form into balls. Flatten each dough into rounds approximately ¼ inch thick. Fry each flattened round in coconut oil until golden. Cover the finished naan with foil to keep warm, or keep them in the oven set to 200°F.

Once all of the naan are finished, brush the garlic ghee over the top of each. Garnish with chopped parsley.

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keto bread



-SIMPLY-
GOODFATS keto bread

INGREDIENTS

- 6 large eggs (ideally from pastured hens), separated
- ¼ cup organic, grass-fed butter or ghee, melted
- 1 tablespoon SGF MCT oil, plus extra for coating the pan
- 1 ½ cups almond flour
- ¼ cup coconut flour
- 3 teaspoons baking powder (must be aluminum free)
- 1 pinch sea salt
- 1 tablespoon monk fruit sweetener

Nutritional analysis per serving (1/20 of bread):
fat 9g, protein 4g, carbohydrate 4g,
fiber: 2g, net carbs 2g

Preheat oven to 375.

Separate the egg whites from the yolks. In a food processor blend the egg yolks, half of the egg white mixture, melted butter, and MCT oil until smooth. Pulse in the almond flour, coconut flour, baking powder and salt until combined. The mixture will be thick. Add the remaining egg whites and pulse until fully combined. Do not over-mix or bread texture will be tough. Pour mixture into an oiled 8x4 loaf pan. Bake for about 30 minutes. Test with a fork to see if the bread is cooked through. Cool on a wire rack for 5 to 10 minutes before slicing.

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grilled cheese



-SIMPLY-
GOODFATS **grilled cheese**

INGREDIENTS

- 1 teaspoon grass-fed butter
- 2 slices Keto Bread
- 1 slice Gouda cheese
- 1 slice Monterey Jack cheese
- 1 tablespoon chopped fresh basil
- 1 to 2 tablespoons broccoli sprouts

Heat a pan over medium heat. Butter one side of each slice of bread. Place one slice of bread on heated pan, buttered side down. Lay the cheese slices, basil and broccoli sprouts and top with the remaining slice of bread, buttered side up. Slightly lower heat and cook for a few minutes until golden brown, flip and repeat.

Nutritional analysis per serving

(1 Grilled Cheese):

fat 37g, protein 18g, carbohydrate 8g,
fiber: 3g, net carbs 5g

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poke avocado cups



-SIMPLY-
GOODFATS **poke avocado cups**

INGREDIENTS

- 8 ounces ahi tuna
- 2 tablespoons coconut aminos
- 1 tablespoon SGF MCT oil
- 1 tablespoon sesame oil
- ½ teaspoon fresh grated ginger
- 2 scallions (with both the white and green parts) chopped
- 2 teaspoons sesame seeds
- 1 teaspoon dried arame, rehydrated according to directions
- 2 avocado, cut in half and pit removed

Cut the ahi into bite sized pieces and set aside. In a small bowl, combine the coconut aminos, SGF MCT oil, sesame oil, ginger and scallions. Add the ahi into the sauce mixture and gently toss to coat. Mix in the sesame seeds and rehydrated arame and scoop the tuna into the halved avocados.

Nutritional analysis per serving (1 cup):
fat 38g, protein 30g, carbohydrate 17g,
fiber: 10g, net carbs 7g

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cauliflower pizza crust

with creamed pesto, mozzarella and kalamata olives





cauliflower pizza crust

with creamed pesto, mozzarella and kalamata olives

INGREDIENTS

- 1 pound cauliflower, riced
- ¼ cup coconut flour
- ¼ cup parmesan cheese, grated
- 1 tablespoon SGF MCT oil, plus extra for baking
- 1 egg
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- 1 recipe Creamed Pesto
- 1 cup organic full-fat shredded mozzarella cheese
- 12 to 15 chopped Kalamata olives

Nutritional analysis per serving (1/6 pizza):

fat 24g, protein 12g, carbohydrate 9g,
fiber: 4g, net carbs 5g

Preheat the oven to 350°F and line a baking sheet with parchment paper. Set aside. In the bowl of a food processor, combine all ingredients and puree until smooth. Remove the mixture from the food processor and form into a thin round onto the prepared baking sheet. Brush the top of the crust with MCT oil and bake at 350°F for 25 minutes, until golden brown. Remove the prepared crust from the oven and layer with the Creamed Pesto, shredded mozzarella and olives. Bake for another 10 minutes, or until cheese is melted.

creamed pesto

Makes about ¾ cup

- 1 cup basil
- 1 cup spinach
- ¼ cup SGF MCT oil
- 2 tablespoons pili nuts (or pine nuts)
- ¼ cup full-fat ricotta cheese
- salt and pepper to taste

Nutritional analysis per serving (1/4 cup):
fat 19 g, protein 2g, carbohydrate 1g,
fiber: 0g, net carbs 1g

Place basil, spinach, SGF MCT oil and pili nuts in the bowl of a food processor and blend until evenly combined. Add ricotta cheese and a little salt and pepper, pulse a few times until combined. Taste and adjust seasoning depending on desired preference.

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almond butter frozen yogurt



almond butter frozen yogurt

INGREDIENTS

- ½ cup heavy cream
- 1 tablespoon monk fruit sweetener
- 4 cups full-fat coconut cream
- 2 tablespoon SGF vanilla creamer
- ½ cup natural almond butter

Heat the heavy cream and monk fruit sweetener in a small pan until the sweetener is completely dissolved. In a medium bowl, combine the coconut cream, almond butter and creamer until smooth. Slowly add in the warm cream and mix again until smooth. Process in a home ice cream maker according to the manufacturer's instructions.

Nutritional analysis per serving (about 3/4):

fat 22g, protein 13g, carbohydrate 9g,
fiber: 2g, net carbs 7g

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(low carb) berry good smoothie





(low carb) berry good smoothie

INGREDIENTS

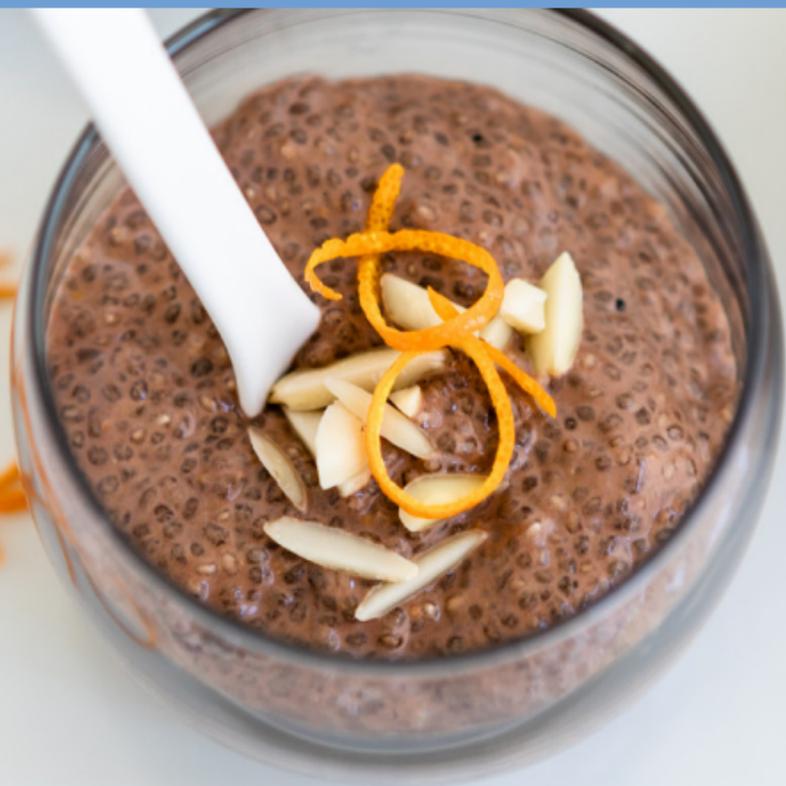
- 8 ounces almond milk
- 1 tablespoon SGF Vanilla Creamer
- 1 scoop vanilla collagen peptides
- 1 tablespoon chia seeds
- ½ avocado
- ½ cup mixed berries, frozen

Place almond milk and SGF creamer in the blender.
Add the rest of the ingredients and blend until smooth.
Enjoy immediately.

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chocolate coconut pudding

with chia seeds and orange zest





chocolate coconut pudding

with chia seeds and orange zest

INGREDIENTS

- 6 tablespoons chia seeds
- 2 cups unsweetened almond milk
- 2 tablespoons coconut milk
- 2 tablespoons SGF Coconut Creamer
- 1 tablespoon cacao powder
- 1 teaspoon orange zest
- ¼ cup slivered almonds (optional)

In a bowl, combine the chia seeds, almond milk, coconut milk, SGF creamer, cacao and orange zest. Stir to combine and set aside for 5 to 10 minutes. Stir the ingredients together one last time to break up any clumps of chia seeds you see (this will also help prevent all the chia seeds from sinking to the bottom). Place the mixture into individual bowls or mason jars then move to the fridge to “set” for at least two hours, but preferably overnight. Top with slivered almonds, if desired, before serving.

Nutritional analysis per serving
(½ pudding recipe and 1 tablespoon almonds):
fat 39g, protein 11g, carbohydrate 22g,
fiber: 12g, net carbs 10g