



Wellbeings

COOKING INFUSED WITH COACHING

SERVINGS :

4

TOTAL TIME :

20 min

INGREDIENTS :

- 1 lb organic chicken breast
- 1 organic egg
- 1 cup cassava flour
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp dried dill
- 1 tsp paprika
- 1 tsp Sumac (optional)
- 1 tsp garlic
- avocado oil spray

Popcorn Nuggets

DIRECTIONS :

Preheat oven to 400F and line a baking sheet with parchment paper.

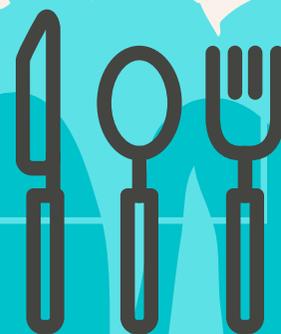
Cut chicken into bite size nuggets about 1" in size.

In a small bowl beat 1 egg and set aside.

In another small bowl add cassava flour and spices. Dip chicken pieces into egg mixture, then into flour mixture and then on baking sheet.

Spray with avocado oil and bake for 20-25 min and flip half way. With air fryer it will bake in 10-15 min.

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SERVINGS :

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TOTAL TIME :

15 min

INGREDIENTS :

1 1/2 lbs carrots
washed & peeled

1 Tbsp Ghee or
grass fed butter

1/2 tsp fresh
rosemary

salt & pepper to taste

Braised Carrots

DIRECTIONS :

Cut carrots into 1/2" rounds or into 2" matchsticks.

Place carrots with 6 Tbsp water in a large sauté pan or pot and bring to a boil.

Cover pan and cook for 7 to 8 minutes, until carrots are just cooked through.

While carrots are braising, destem and finely chop rosemary.

Add butter or ghee.

Sauté for another 1 to 2 minute until water evaporates and carrots are glazed.

Turn off heat and toss in rosemary.

Sprinkle with salt and pepper and serve..

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COOKING INFUSED WITH COACHING

Irresistible Chocolate Pudding

SERVINGS :

5 min

TOTAL TIME :

7 min

INGREDIENTS :

2 ripe avocados pitted
1/4 cup of unsweetened
cacao powder
1/3 cup maple syrup
1/4 cup nut or coconut
milk
1 tsp vanilla extract
1/8 tsp almond extract

DIRECTIONS :

Using a high speed blender, add all ingredients in and mix on high until smooth and creamy. Pudding will keep for 2 days in fridge

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