NO SUGAR & NO GRAINS!

Amazing & Delicious Comfort Foods

Dr. Berg’s
HEALTHY SUBSTITUTE PLEASURE FOODS

$9.95
by Dr. Eric Berg, DC
Legal Brownies

Amazing brownies that have no flour or sugar

INGREDIENTS:
• 1/2 cup cocoa powder (unsweetened)
• 1 cup chopped walnuts
• 2 sticks butter (melted) or 1 stick butter and ½ cup coconut butter
• 2/3 cup or 3/4 cup xylitol sweetener (depending on how sweet you like it)
• 4 eggs (whole)
• 1 tsp. vanilla extract

DIRECTIONS:
• Preheat oven to 375°F.
• Melt the butter (or coconut butter).
• On low speed, mix butter, cocoa powder, xylitol, vanilla, walnuts, and eggs until batter is smooth and fluffy; this can take a few minutes.
• Grease a glass or metal 8” x 8” square pan with butter or coconut butter.
• Pour mixture evenly in the baking pan.
• Bake for 20-25 minutes – put toothpick in center to see if brownie mix sticks. If the toothpick comes out clean, the brownies are fully cooked.
• Remove and let cool for 15 min.
• These brownies must be kept in the refrigerator because they contain butter, which tends to melt at room temperature.
**Baked Deep-Fried Chicken**

Baked chicken that tastes deep fried

**INGREDIENTS:**
- 1 lb / 454 g - chicken cut up (breasts, wings, legs, thighs – whatever you enjoy)
- 1 cup / 4 oz / 113 g - pork rinds (the secret ingredient to make it taste fried)
- 2 eggs (large)
- 1/2 cup / 2 oz / 57 g - almond flour or coconut flour
- 1 tsp. / 2g black pepper
- 1/2 tsp. / 3 g sea salt
- 1/2 tsp. / 3 g garlic powder
- OPTIONAL: 1/2 tsp chipotle powder, 1/2 tsp paprika

**DIRECTIONS:**
- Pre-heat oven to 400°F.
- Place the pork rinds in a plastic bag and crush with rolling pin (see image below).
- Beat 2 eggs in a bowl and dip the chicken into the beaten eggs (i keep the skin on the chicken).
- Combine the mixture of pork rinds, flour (almond or coconut), and spices in a bowl.
- Dip the now egg-coated chicken into the dry mixture until completely coated.
- Place the chicken on a baking sheet and bake in the oven for 45 minutes.
- Enjoy!
Cauliflower Hot Wings

If you like hot wings, you’ll love these!

INGREDIENTS:
• 1 head / 2 to 3 lb / 8 to 12 cups cauliflower
• 1 cup / 8 oz / 227 g organic milk
• 3/4 cups / 3 oz / 85 g almond flour
• 2 tsp. / 14 g - garlic powder
• 1 Tbsp. / 1/2 oz / 14 g butter
• 1 cup / 8 oz / 227 g Frank’s Red Hot Sauce

DIRECTIONS:
• Preheat oven to 425°f.
• Cut the cauliflower into bite-sized pieces.
• In a shallow bowl, stir together milk, almond flour, and garlic powder.
• Dip each piece of cauliflower in the batter and allow the extra batter to drip off.
• Place on a greased baking sheet.
• Bake for 20 minutes.
• Melt the butter in a saucepan over low heat.
• Mix together the melted butter and Frank’s Hot Sauce.
• Toss cooked cauliflower pieces with the butter & sauce.
• Serve with a side of blue cheese or ranch dressing.
Cauliflower Mashed

This is your new alternative to mashed potatoes!

INGREDIENTS:
• 1 head / 2 to 3 lb / 8 to 12 cups cauliflower
• 2 oz / 4 tsp. / 57 g / 1/2 stick butter
• 1/2 tsp. / 3 g - sea salt
• 1/2 tsp. / 1 g - pepper
• OPTIONAL: 1/2 cup / 2 oz / 57 g - organic sharp cheddar cheese

DIRECTIONS:
• Use only the florets. Cut the stems off the florets of the cauliflower.
• Bring water to a boil and add the florets, cook for 20 minutes over medium heat.
• Mash the cooked cauliflower with the butter and salt and pepper (and cheese if you choose).
• Serve and enjoy!
Cauliflower Rice

A rice alternative that is totally healthy!

**INGREDIENTS:**
- 1 head / 2 to 3 lb / 8 to 12 cups cauliflower
- 1/2 cup / 2 oz / 57 g - small onion, chopped
- 1 Tbsp. / 14 g - butter
- 1 tsp. / 6 g - sea salt
- 1 tsp. / 2 g - black pepper

**DIRECTIONS:**
- Cut the cauliflower into large chunks for grating.
- Shred the cauliflower with a grater.
- Chop the onion into small pieces.
- Sauté the chopped onion until slightly brown.
- Mix the cauliflower, onion, butter, salt, and pepper together.
- Cook the now-shredded cauliflower mixture in a covered skillet for 10 minutes over low heat until soft.
- Serve and enjoy!
No-Flour Amazing Pizza

Finally, a delicious pizza you can consume, but without the flour crust!

INGREDIENTS:

CRUST
- 2 cups / 8 oz / 227 g of grated cauliflower (pre-grated weight)
- 2 cups / 8 oz / 227 g shredded mozzarella cheese (organic)
- 2 eggs
- OPTIONAL: 1/2 Cup / 2oz / 57 g - onions, sautéed

TOPPINGS (add what you like)
- 1/4 cup / 2 oz / 57 g - pizza sauce or pasta sauce (choose the one with the least amount of sugar)
- 1 cup / 8 oz / 227 g - mozzarella cheese (sprinkle on top)
- Sliced mushrooms (optional)
- Basil leaves (optional) or sausage
- Pepperoni slices (optional)
- Sliced tomatoes (optional)
- Olives (optional)
**DIRECTIONS:**

- Pre-heat oven to 450 degrees.
- Grate 2 cups cauliflower.
- Combine and mix 2 cups grated cauliflower, 2 eggs, and 2 cups shredded mozzarella cheese in a mixing bowl. This will be the crust of your pizza.
- Cut parchment paper to fit pizza pan.

**PARCHMENT PAPER TRICK:**

- To cut a circle of the right size, first tear off a square of parchment roughly the size of the pan. Fold it in half and then fold it in half again.
- Next fold the square into a triangle. Find the corner of the triangle where the center of the paper will be once it’s unfolded. This is your center point.
- Hold the triangle up to the pan with the center point of the triangle at the middle of the pan. Approximate the distance from the middle of the pan to the outer edge and trim off the excess paper following the curve of the pan.
- Unfold the paper and lay it flat in the pan. Trim any rough edges if it doesn’t fit quite right.

- Mix crust mixture thoroughly and spread on the parchment paper as thinly as possible.
- Cook the crust for 15 minutes. Let cool down for 5 minutes.
- Apply cheese and topping.
- Cook for an additional 10 minutes and enjoy!
Zucchini Pasta
A pasta alternative that will blow you away!

INGREDIENTS:
• 2 medium-sized raw zucchinis, washed, dried, and trimmed at both ends
• 1 cup / 8 oz / 227 g - spaghetti sauce - low sugar (5g or less)
• 2 Tbsp. / 1 oz / 28 g - freshly squeezed lemon juice
• Parmesan cheese

DIRECTIONS:
• Boil the spaghetti sauce.
• Shred the zucchini with a peeler.
  - Using a julienne peeler or a spiral vegetable slicer, slice zucchini lengthwise into long, thin strands. Slice the zucchini just until you reach the seeds in the middle and then stop (the seeds will cause the noodles to fall apart). NOTE: if you don’t have a peeler or a spiral slicer, you can use a vegetable peeler.
• Separate the zucchini strands. Transfer zucchini strands to a plate without cooking. Pour lemon juice over zucchini strands.
• Add spaghetti sauce and sprinkle with parmesan cheese.

ADDITIONAL IDEAS:
• Top with pesto or guacamole.
• Top with grilled shrimp or chicken.
• The Veggetti™ spiral vegetable cutter is great for creating pasta-like strands of zucchini.
Healthy Pancakes

INGREDIENTS:
- 1 cup - almond flour
- 1 tbsp. - xylitol sweetener
- 1/2 tsp. - baking powder
- 1/4 tsp. - baking soda
- 1/8 tsp. - sea salt, finely ground
- 1/2 cup - organic buttermilk
- 1 egg, well beaten
- 1 tbsp. - light olive oil
- softened butter & sugar free maple syrup and/or fresh fruit, for serving

DIRECTIONS:
- Preheat a griddle to 375°F.
- Combine dry ingredients in a large bowl.
- Lightly whisk egg then add olive oil and beat well.
- Add the buttermilk and stir to combine.

Makes 4 Regular or 8 Silver Dollar Pancakes.

- Add the egg/buttermilk mixture to the dry ingredients and whisk until smooth.
- Allow batter to sit for at least two minutes to rise.
- Pour 4 medium or 8 small pancakes onto the griddle (silver dollar-size are MUCH easier to flip, especially if you are a novice).
- Cook until edges are done and bottoms are golden.
- Turn pancakes and cook about one minute longer or until done.
- Serve hot, topped with butter and Joseph's Sugar-Free Maple Syrup and Enjoy!
**Guilt-Free Cookies**

**INGREDIENTS:**
- 8 oz (2 sticks) / 227 g butter (organic – or my favorite; Kerrygold Irish butter)
- 4 Tbsp. / 48 g xylitol (sweetener - get on amazon.com or at the health food store)
- 2 cups / 8 oz / 227 g almond flour
- 1 - chocolate bar (3.5 oz / 100 g) - must be diabetic chocolate (I like Simply Lite – from Trader Joe’s)
- 1/16 tsp. / 1 pinch - sea salt

**DIRECTIONS:**
- Leave butter out of the refrigerator overnight – must be soft.
- Preheat the oven to 325°f.
- Mix the butter with the xylitol (4 Tbsp) by hand until very smooth.
- Crush the pecans (in grinder, food processor or in a bag with a rolling pin).
- Make sure it’s 2 cups of crushed pecans in the final product.
- Breakdown (or grind) the chocolate bar (3.5 oz) in a food processor or by other means.
- Mix thoroughly the sweetened butter, almond flour (2 cups), crushed pecans (2 cups), crushed chocolate bar, pinch of sea salt, 2 tsp. of vanilla extract in a bowl.
- As an option, you could mix it in your food processor.
- Form little balls with your hands and roll them in some almond flour (to coat them), putting them on a cookie sheet lined with parchment paper.
- Cook for 13 minutes, then let them cool for 10 minutes, then place in the freezer until frozen.
- Enjoy!!!!!!!!
Almond Coconut Chocolates

This is a healthy Almond Joy™ bar substitute that is totally legal!

INGREDIENTS:
- 4 cups shredded, unsweetened, coconut
- 1 ½ cups of sugar-free chocolate chips (we use Lily’s)
- 1/2 cup to 2/3 cup coconut oil
- Whole raw almonds (can use slivered)
- Stevia extract (we use coconut flavored)
- Salt to taste
- Candy molds (purchased at any craft store) – We use bars or bud-shaped molds

This candy can be made in any order. Coconut on the bottom or on top of the chocolate. Nuts inside or on the top. This is totally up to you. Basically you will prepare one layer, freeze until hard, then the other layer, and freeze. Below is how I like to do it. But you are the artist in your own kitchen. Varying it up makes a really pretty display.
DIRECTIONS:

- **Melt the chocolate** chips and 1 tablespoon of coconut oil in a double boiler. This will melt fast, so stir often. When completely melted, I add about a ½ tsp of salt. You don't have to do this, but I LOVE a little saltiness to my chocolate. If you don't, just leave out the salt.

- **Pour.** Once the chocolate is smooth as silk, move over to your molds. Use a spoon and pour a thick layer covering the bottom of your mold. (Be very aware of the depth of your mold, no more than 1/3 deep of chocolate). Do each section of the mold until all the chocolate is used.

- **Almonds** are then placed into the chocolate. Don't skimp. The fun is in getting a nice crunch of almonds in every bite!

- **Freeze** for about 10 minutes. The candy will be completely hard.

- **Put coconut** in a food processor with the coconut oil. Mix until very smooth and almost runny. (If too dry, it is harder to work with). Add more coconut oil if necessary. Then add stevia to taste. I add about 7-8 drops. It doesn't have to have stevia added since the chocolate chips are sweet enough. This is really up to your taste. But I do like to add a little sweetness to the coconut. Blend again until all smooth.

- **Pour/spread coconut** mixture on top of the frozen chocolate/nuts. Be sure to fill in all areas and cover chocolate.

- **Freeze** again until coconut is hard. About 10 min.

*Pop the candy out of the mold, and break the bars into smaller pieces.*

*These can be stored in the fridge. Enjoy!*
No-Grain English Muffins

INGREDIENTS (6 Muffins):
• 1 ½ cups of almond flour
• 6 egg (beaten)
• 6 Tbsp. / 3 ounces melted butter (grass-fed)
• 1 Tbsp. of baking powder
• 1/2 Tbsp. of sea salt

DIRECTIONS:
• Preheat oven to 350 degrees F.
• In a bowl, stir together all ingredients until thoroughly mixed.
• Grease the muffin rings. Place the rings on a cooking sheet lined with parchment paper or use a silicone baking mat.
• Sprinkle a little almond flour on the mat inside of each ring. Fill each ring with muffin batter.
• Bake the muffins for 20 minutes or until they are lightly browned on the top, watching carefully so they do not burn.
• Allow the muffins to cool for several minutes on the sheet. Once they are firm, use a thin spatula to move the muffins onto a cooling cloth or rack and remove the rings.
• When ready to serve, fork-split the muffins, butter and lightly brown the inside in a sauté pan or toast in a toaster oven and then butter, if desired. These No-grain English muffins are excellent for making sandwiches – Enjoy!
Muffin Rings: go to amazon.com
No-Grain Sourdough Bread

INGREDIENTS:

Dry Ingredients:
• 1 cup almond flour
• 1 cup arrowroot flour
• 1/3 cup coconut flour
• 1 tsp. sea salt
• 2 tsp. active dry yeast
• 1 ½ Tbsp. very finely ground chia seed
• 2 Tbsp. organic psyllium husk powder

Wet Ingredients:
• 1 ¼ cup filtered water
• 2 tsp. maple syrup (This is consumed by the yeast, which lowers the glycemic index)
• 1 egg

DIRECTIONS:

• In a large bowl, whisk together the almond flour, arrowroot flour, coconut flour and sea salt.

• Heat water to 105-110°F. Add 2 tsp of maple syrup and stir. Add the yeast and let stand for 10 minutes. The yeast should bubble or foam – if it doesn't start over.

• Stir the finely ground chia and psyllium powder into the yeast mixture. Let stand 1 minute to thicken, then whisk.

• Pour thickened yeast-chia mixture into the dry ingredients and mix with a wooden spoon until thick and fully combined. The dough will be slightly sticky, but workable. Knead for 1 minute.

• Put kneaded dough back into the bowl, cover with a damp cloth and place in a warm spot to rise for one hour.

• Preheat the oven to 425°F. Place a pizza stone (or cooking sheet) in oven to preheat.

• Divide dough into two balls. Place dough balls on a square of parchment paper or a cutting board. Dip your hands in water and shape into nice rounded shapes. Brush with egg wash, if desired. Use a serrated knife to cut a tic-tac-toe pattern on the top.
• Slide the prepared dough onto the preheated stone or cooking sheet. Bake 35-40 minutes. PLEASE NOTE – baking time can vary – the measure of doneness is an internal temperature of 205-210°F.

• Let cool completely on a wire rack. (Not allowing the loaf to fully cool before cutting may result in a gummy interior.) When completely cool, slice and serve or store in an airtight container. To re-crisp crust, toast or reheat in a 375°F degree oven for 5-10 minutes.
Comfort Cookies

INGREDIENTS:
- 2 cups almond meal
- 1/2 cup flaxseed meal
- 1/2 cup unsweetened shredded coconut
- 1/2 cup raw sunflower seeds
- 1/2 cup raw pumpkin seeds
- 1 Tbsp. cinnamon
- 1 tsp. salt
- 1 tsp. baking soda
- 2 organic eggs (always, non-GMO, pasture-raised, grass-fed)
- 1/2 cup Joseph’s sugar-free maple syrup
- 1 tsp. vanilla
- 1/2 cup coconut oil, melted

These cookies have an amazing texture and flavor. You’ll love them. We can’t get enough of these. They are gluten/flour free, sugar free.

DIRECTIONS:
- Heat oven to 325 F. In a large bowl mix all dry ingredients.
- In another bowl mix eggs, syrup, vanilla and coconut oil. Mix with a hand mixer to get all coconut really blended.
- Stir into dry ingredients, mix. Add raisins.
- Drop tablespoons of the mixture on parchment-lined cookie sheet or a silicone mat. They don’t spread so you can get a lot on one tray.
- Bake for 15 mins. Cool on a rack and Enjoy.
NO-GRAIN GRANOLA

INGREDIENTS:

• 2 cups blanched, sliced almonds*
• 1 cup pecans*
• 1 cup chopped walnuts*
• 1 cup sunflower seeds*
• 1 cup pepitas (shelled pumpkin seeds)*
• 1/4 cup sesame seeds*
• 1/4 cup ground flax seed or flax seed meal, you can also use almond meal in place of the flax
• 3/4 cup unsweetened coconut flakes
• 1/2 cup Joseph's sugar free maple syrup
• 6 Tbsp. coconut oil
• 1 tsp. vanilla
• 1 tsp. cinnamon*
• 1/2 tsp. cloves*
• 1/2 tsp. ground ginger*

DIRECTIONS:

• Preheat oven to 275 °F.
• Lightly grease a sheet pan or, for easy clean up, line a baking sheet with parchment paper or foil. If you use foil, lightly grease it.
• Combine all the nuts, seeds, and coconut in a large bowl.
• Over low heat, combine sweetener and coconut oil until heated through. (You can also heat the sweetener and coconut oil in the microwave on high heat for 90 seconds.) Remove from heat and stir in vanilla, cinnamon, cloves, ginger and salt.
• Pour the heated mixture over nut/seed mixture and mix well. Be sure to scrape all the good sweetener/oil mixture that’s left in the bowl.
• Spread mixture onto prepared baking sheet.
• Bake for about 45-60 minutes or until golden brown, stirring every 15 minutes to keep granola at the edges of the pan from burning. Watch carefully after 45 minutes as ovens vary.
• Once the granola is a nice golden brown, remove it from oven and allow it to cool**.
• Add dried (dehydrated) blueberries after granola has cooled.

*You can be quite flexible in the choice of spices. We really like this combination but you could also use nutmeg, allspice, pumpkin pie spice, or apple pie spice in amounts to suit your taste.

One last thing, if you like your granola to be in larger clumps, don’t stir it right after it comes out of the oven. Just let it cool on the sheet and then break it apart. If you like it more loose, give it a good stir when it comes out of the oven and again after about 10 minutes.
Healthy Peanut Butter Cups

**INGREDIENTS:**
- 3/4 cup creamy organic peanut butter
- 1/2 cup almond flour (more or less)
- 1/4 tsp. salt
- Drops of stevia extract to taste.
- 1 cup sugar-free chocolate chips (I use stevia sweetened)
- 1 Tbsp. coconut oil
- 12-cup muffin tin with paper liners

**DIRECTIONS:**
- **Mix** the peanut butter and almond flour until smooth and dry enough to make little balls. It can be a little tacky. If there is too much flour, they will be dry. I like to have them fairly wet and tacky and I just use two small spoons to work with it.
- **Add** stevia to taste and mix. The chocolate will be sweet so I don't add much to the peanut butter.
- **Melt** the chocolate chips in a double boiler with coconut oil until silky smooth. Stir frequently.
- **Fill** each paper cup less than half with chocolate using a small spoon. The paper cups have been used to line the muffin tin.
- Then make a ball of peanut butter mixture and drop into each cup.
- **Pour** chocolate on top of each to cover.
- **Freeze** for about 20 minutes.
- **Hide** them. Enjoy!

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This is a to-die-for twist on the peanut butter cup. It’s organic, sugar-free, and raw.

They are fast to make and STILL take longer to make than they last in the house!
Keto Bombs

**INGREDIENTS:**
- 2 sticks of grass-fed butter (Kerrygold™)
- 1 cup of raw organic coconut butter
- OPTIONS: You can either add 2 scoops of Instant Kale Shake
  - (or 1/4 cup of cocoa powder, 1/4 cup of xylitol)
- 1/2 cup of Lily’s chocolate chips (stevia sweetened)
- 1 cup of pecans (or similar nuts)
- 1/8 tsp. of sea salt
- 1/2 tsp. of vanilla
- OPTIONAL: 1 cup of peanut butter/almond butter (no added sugar)
- OPTIONAL: add 8 ounces of organic cream cheese

**DIRECTIONS:**
- 2 sticks of grass-fed butter or 8 ounces (Kerrygold™ butter) softened
- 1 cup of raw organic coconut butter
- 2 scoops of Instant Kale Shake (Chocolate) or substitute (cocoa powder and xylitol)
- 1/8 tsp. of sea salt
- 1/2 tsp. of vanilla
- 1 cup pecans or other nuts
- 1/2 cup of Lily’s chocolate chips.
- OPTIONAL: Add 1 cup of peanut or almond butter, 8 ounces of organic cream cheese.
- Combine all ingredients and mix thoroughly
- Drop teaspoons of the mixture onto cookie sheet lined with parchment paper and place in the freezer.

*These are rich and you are meant to have only 1 per day.*

This is a to-die-for twist on the peanut butter cup. It’s organic, sugar-free and raw. They are fast to make and STILL take longer to make than they last in the house!
No-Sugar Chocolate Ice Cream

INGREDIENTS:
- 2 cups of organic heavy cream
- 1 cup of coconut milk (organic)
- 2/3 cup of sweetener. I recommend xylitol (or erythritol)
- 6 large organic egg yolks
- 1/2 cup of unsweetened cocoa powder
- 1/4 tsp. of xanthan gum (this helps to prevent ice cream turning into ice in the freezer)
- 1/8 tsp. vanilla
- OPTIONAL: Chopped pecans (1 cup) and peanut butter (1/2 cup) swirled in.

DIRECTIONS:
- Grind xylitol in a coffee grinder to make into a powder.
- In a small pot, simmer (not quite at a boil) heavy cream, coconut milk, sweetener and salt until sugar completely dissolves, about 5 minutes. Remove pot from heat.
- In a separate bowl, whisk yolks.
- Whisking constantly, slowly whisk about 1/3 of the hot cream into the yolks, then whisk the yolk mixture back into the pot of cream.
- Return pot to medium-low heat and gently cook until mixture is thick enough to coat the back of a spoon (about 170 degrees on an instant-read thermometer).
- Cool mixture to room temperature. Cover and chill at least 4 hours or overnight or keep in refrigerator to speed things up.
- Churn liquid in an ice cream machine. Serve directly from the machine for soft serve, or store in freezer until needed.
Onion Crackers
Healthy salty cracker and chip alternative

INGREDIENTS:
• 3 large onions
• 3/4 cup flax seeds, ground in a high-speed blender
• 3/4 cup raw sunflower seeds, ground in food processor
• 1/2 cup Bragg’s Liquid Aminos
• 1/3 cup olive oil

DIRECTIONS:
• Peel and halve the onions. Chop the onions in a food processor. Transfer the cut onions to a large mixing bowl and add the remaining ingredients. Mix until the ingredients are thoroughly combined.
• Spread 2 cups of the mixture on a dehydrator tray lined with a Teflex sheet. Repeat until all the mixture is used. Dehydrate at 100˚F for 24 hours. Flip tray over onto a work surface and gently peel the Teflex sheet from the back of the bread. Return to dehydrator for another 12 hours. Once dehydrated, cut into 9 equal pieces.
Milk Shake Alternatives

Dr. Berg’s Instant Kale Shakes are made from dehydrated kale and pea protein and sweetened with acceptable, extremely low-glycemic sweeteners (xylitol, erythritol, and stevia). Just add water or cold almond milk, shake, and drink!

Go to [www.drberg.shop.com](http://www.drberg.shop.com) or call 703-354-7336 to order.
Soda Alternatives

Add 1 dropper full (only 10 drops) of flavored stevia to an 8-ounce bottle of carbonated water (or San Pellegrino® or Perrier®). It tastes almost like soda but is healthy. My favorite stevia flavors are root beer, cola, and lemon, but many flavors are available.
Ice Cream Alternative

For those people who love ice cream, SO Delicious® carries “No Sugar Added” ice cream. Clemmy’s is another great brand.

Alcohol, Wine, and Beer Alternative

Kombucha Tea

Kombucha tea is a great alternative to alcohol because the texture and carbonation mimic beer and wine. It even creates calmness and will help you wind down. The acids in Kombucha help absorb calcium and other minerals. Drink ½ to 1 glass in the evening in a wine glass.

www.synergydrinks.com

Acceptable Alternative Flours

Almond or coconut flour (find online or at your health food store).
Chocolate Alternatives

For those who love chocolate, look for brands sweetened with alternative sweeteners. The sweetener stevia is the best. However, other sweeteners are also acceptable such as diabetic chocolate with mannitol and sucrolose, which create low glycemic effects.

Acceptable Sweeteners

Xylitol or erythritol (order online at amazon.com or find it at your health food store)
Yacon syrup (has the lowest glycemic index of all the syrups; find online or at your health food store)

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