



**SFuels™**



**Life  
Guide.**

**FALL  
2021**



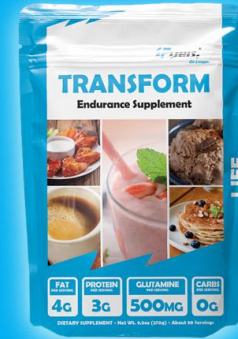
# All-Day, Every-Day Fat-Oxidation

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# Whats Needed

TRANSFORM REVIVAL

Keto **3**



TRAIN



## Zach Bitter

100 Mile World Record Holder  
12Hr World Record Holders

*Training alone, will not trigger the most potent metabolic physiology. My recent world records proves everyday low-carb high-fat living, puts your metabolism on a whole new level.*



## Dave Scott

6 Time Ironman® World Champion  
Coach and Teacher

*“Athletes consuming sugar for training and racing are risking their ultimate potential. The goal is to optimize nutritional intake and to be confident in your energy delivery. Low - carb, high fat athletes are setting the new gold standards for performance. “*



## Dan Plews

Dr Performance Physiology and Ironman Age Group Kona Course Record Holder

*Research consistently shows that a low-carb diet is an effective way to trigger the bodies innate efficiency of utilizing fat as a fuel source, to the enable heightened ultra endurance performance.*



## Matt Kerr

Ironman® New Zealand AG Record Holder  
Ironman® 70.3 Cairns AG Record Holder

*From 2018, through to 2021, I shifted my fat-oxidation numbers by over 250%, to now 1.8Gr/min. Such dramatic change in my metabolism and performance comes from consistent everyday low-carb living, not just low-carb training.*



## Lewis Ryan

Xterra World Tour Taiwan Champion  
ITU Cross-Tri Junior World Champion

*From the age of 16 I've been a low carb, high fat athlete. 7 years on, not only have I consistently improved in training and racing. But, more importantly I'm living a healthier lifestyle. Because you know what they say... a healthy athlete is a happy athlete, and a happy athlete is a fast athlete!"*



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## Hayden Wilde


Olympic Medalist - Triathlon  
3 Times U23 World Champion Triathlete

# Morning Starts



# Low-Carb High-Fat Chocolate Shake

## Ingredients

- 1 tablespoon SFuels TRANSFORM 
- 1 heaping tablespoon un-dutched Cacao or Cocoa.
- 1/3 cup whipping cream
- 16 oz water
- Ice

**Go Make:** Put all ingredients into food-processor or Nutri-bullet mix and drink.

## Repurpose:


- If you prefer Vanilla to Chocolate. Remove Cacao, and replace with 1 teaspoon of vanilla extract or 1 raw vanilla pod



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# Low-Carb High-Fat Resilience Smoothies

## Ingredients

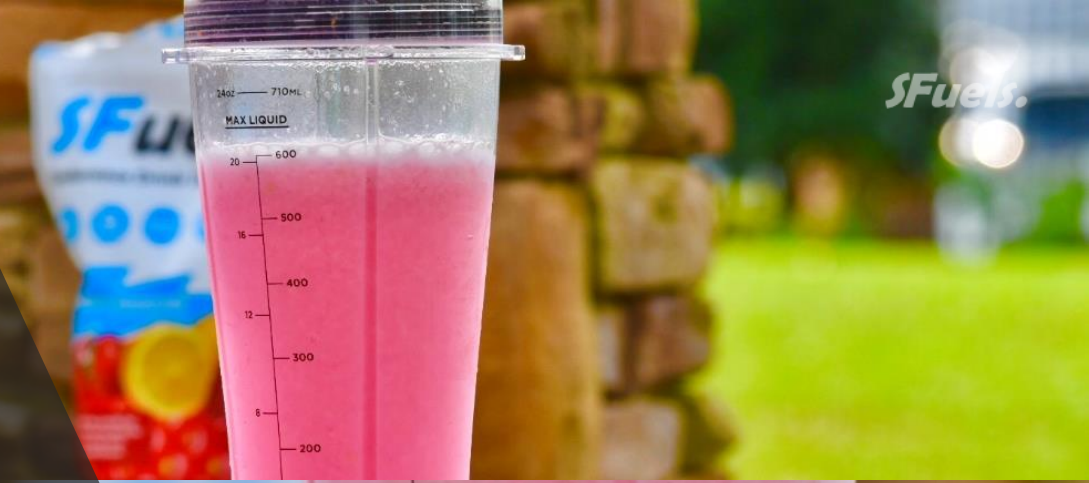
- 1 scoop Strawberry Lemonade SFuels TRAIN 
- Hand-full of raspberries
- Ice and Water
  
- or -
- Slices of lime (with SFuels Train Coconut Lime),
  
- Handfull of blueberries (with SFuels Train Strawberry Lemonade)

**Go Make:** Put all ingredients into food-processor or Nutri-bullet, mix and then drink.

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**Morning Starts**

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SFuels.

# SFuels Keto3 Cereal Berry Yoghurt Muesli

## Ingredients

- 3 Tablespoons of Plain Greek Yoghurt
- Handful of blueberries, or raspberries
- 1 Serve SFuels Keto3 Breakfast Cereal

## Go Make:

- Layer in the Yoghurt, then berries
- Add SFuels Keto3 Cereal on top
- Ready to Serve





# SFuels Keto3 Cereal

## Hot Porridge with Berries & Nuts

### Ingredients

- 1 Serve of SFuels Keto 3 Cereal
- 2 x ½ Cup of Whole Milk
- Water if needed
- Handful of Blueberries
- Handful of Almonds, or Walnuts

### Go Make:

- Add Cereal and ½ cup of milk to saucepan, on slow/low heat
- Stir until Cereal thickens to your liking
- Once ready, mix in blueberries, nuts
- Pour into Bowl – add milk, sprinkle with more Cinnamon
- OPTIONAL: Add SFuels TRANSFORM for sweeter taste
- Ready to Serve Warm



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# Keto3 Cereal High-Energy Granola (10 Servings)

## Ingredients

- 1 bag of SFuels Keto3 Cereal 
- 1 cup of Coconut Oil

## Go Make:

- Pour/mix the Coconut oil , Sfuels Keto 3 cereal until cereal is wet throughout
- Spread the wet granola batter out on a baking sheet-tray
- Pack/press the batter tight together and flat onto the tray
- Pop in oven 380F for 10 mins. – then remove and flip the granola to bake the other side for another 10mins
- Remove tray from oven and let cool on the bench
- OPTIONAL: Add other nuts, or more desiccated coconut
- Once cool, pour into container, and store in refrigerator
- Serve (3 Tablespoons) with Yoghurt/Milk and berries



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# Low-Carb High-Fat Yoghurt, Strawberry and Mint

## Ingredients

- 1 Scoop of [SFuels TRAIN](#) Strawberry Lemonade
- 4-5 Tablespoons of Plain Greek Yoghurt
- Handful of Strawberries, (or blueberries, raspberries)
- ½ teaspoon of Chia Seeds
- Small handful of walnuts
- ~10 Mint leaves

## Go Make:


- Mix the yoghurt with the SFuels.Life or SFuels TRAIN.
- Throw the Berries, Chia Seeds, Nuts and Mint leaves on top
- OPTIONAL: Add tablespoon of liquid coconut oil
- Ready to Serve



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# Low-Carb High-Fat Breakfast Pancakes (8 pancakes)

## Ingredients

- 2 tablespoons SFuels TRANSFORM 
- 1 cup almond flour
- 4 whole eggs
- 1/4 cup whole milk (or cream)
- 1 teaspoon of vanilla extract
- 1/2 teaspoon baking powder
- Cook using butter, olive, or coconut oil

## Go Make:

- Combine all ingredients together in a bowl and whisk by hand.
- Heat pan and add oil/butter.
- Pour 1/4 cup of pancake mix and flip to cook both sides.
- Serve with cream, butter, and berries.

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# Anytime Staples



# Low-Carb High-Fat LIFE Latte

## Ingredients

- 1 teaspoon SFuels TRANSFORM 
- 1 espresso coffee
- Whole Milk Steamed

## Go Make:

- Add teaspoon SFuels TRANSFORM to espresso cup
- Run espresso over the SFuels TRANSFORM – and stir together
- Add steam/foamed Milk above the coffee



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# Low-Carb High-Fat REVIVAL Mocha Macchiato

## Ingredients

- 1 teaspoon [SFuels Chocolate Revival](#)
- 1 espresso coffee
- Whole Milk Foam




## Go Make:

- Add teaspoon SFuels Revival to espresso cup
- Run espresso over the SFuels TRANSFORM – and stir together
- Add steam/foamed Milk above the coffee



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### Ingredients

- 1 heaped tablespoon SFuels TRANSFORM 
- 1 whole egg
- 2 teaspoons of vanilla extract
- 1 tablespoon of peanut-butter powder
- 16oz water
- Ice

**Go Make:** Mix all ingredients into food-processor or Nutri-bullet mix and drink.

### Repurpose:

- If you prefer Chocolate remove the vanilla and add 1 heaped teaspoon of Cacao.

# Low-Carb High-Fat Vanilla-Peanut Recovery Shake

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**Anytime Staples**

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### • Ingredients

- 1 tbs SFuels Chocolate Revival
- 10 fresh/frozen Cranberries
- 1 small chilli (birdseye)
- 1 tbs Cacao Powder
- 1 sprinkle monk fruit powder
- 1 sprinkle Himalayan Salt
- 3 tbs Cream
- 14-18oz cold water



**Go Make:** Put all ingredients into food-processor or Nutri-bullet mix and drink.

## Revival Thermo Choc-Chilli Recovery Shake

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# Low-Carb High Fat Revival Chocolate Yoghurt

## Ingredients

- 1 Scoop of [SFuels Chocolate Revival](#)
- 5 Tablespoons Greek Yoghurt, PLAIN, Whole Fat
- Handful of blueberries

## Go Make:

- Add SFuels Chocolate Revival and Greek Yoghurt into your serving bowl – and stir until fully mixed together
- Throw blueberries on top
- Ready to Serve



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# LIFE High-Fat Yoghurt Strawberry Lemonade

## Ingredients

- 1 Scoop of [SFuels TRAIN Strawberry Lemonade](#)
- 5 Tablespoons Greek Yoghurt – PLAIN, Whole-Fat
- 2 large strawberries

## Go Make:

- Add SFuels TRAIN and reek Yoghurt into your serving bowl – and stir until fully mixed together
- Slice or dice your strawberries, and add to the yoghurt mix
- Ready to Serve



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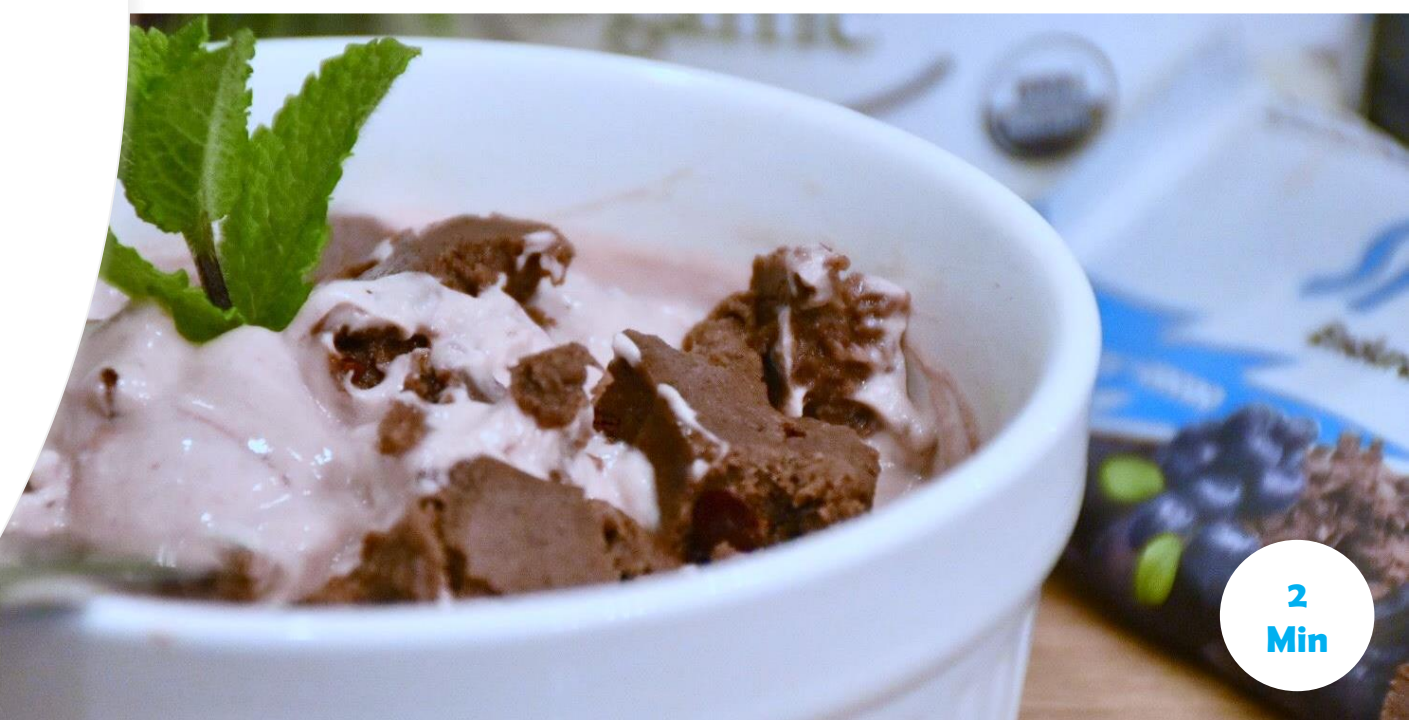
# Low-Carb High-Fat Greek Yoghurt and SFuels TRANSFORM Bar

## Ingredients

- 1 Scoop of SFuels TRANSFORM
- 4 Tablespoons of Plain Greek Yoghurt
- 1 SFuels TRANSFORM Bar separated into 12 chunks
- 1 teaspoon of cocoa powder
- Add tablespoon of liquid coconut oil

## Go Make:


- Mix the yoghurt with the SFuels TRANSFORM
- Throw the SFuels TRANSFORM Bar chunks and serve



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# Low-Carb High-Fat Broccoli-Chicken Warm Salad

## Ingredients

- 1 scoop SFuels TRANSFORM 
- 2-3 handfuls of broccoli sprigs
- 2 chicken breast, fat on. chopped
- 1 avocado chopped
- Handful of chopped Cilantro
- 1 tablespoon of Soy Sauce
- 1 tablespoon of peanut (or olive) oil
- 1 tablespoon of sesame seeds
- ½ teaspoon of honey


## Go Make:

- Stir SFuels TRANSFORM, peanut oil, soy sauce, and honey into a sauce.
- In a saucepan, brown the chicken, medium heat with olive oil
- Add the broccoli, and pour in the SFuels TRANSFORM sauce. Cook until Broccoli slightly softened, yet still crunchy
- Move the cooked chicken-broccoli onto a plate
- Toss Cilantro over broccoli the broccoli-chicken, and finish with sesame seeds over the top
- Ready to serve.



# Low-Carb High-Fat Heirloom Tomato Salad

## Ingredients

- 1 scoop SFuels TRANSFORM 
- 1 package (5oz) spring mixed salad greens
- 3 tablespoons olive oil. 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1/4 teaspoon dried oregano
- 3 large heirloom tomatoes, sliced
- 1/2 cup fresh basil leaves
- 1/3 cup pine nuts, toasted
- 3 tablespoons chopped red onion
- 2 ounces fresh goat cheese, crumbled

## Go Make:

- Whisk oil, vinegar, mustard, garlic, SFuels TRANSFORM and oregano.
- Pour over/toss into salad greens.
- Arrange on plate, and place Tomato slices over the greens
- Top with cheese, onions, pine nuts and basil.
- Ready to serve.




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Anytime Staples  
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# Low-Carb High-Fat Bacon-Spinach Salad

## Ingredients

- 1 scoop SFuels TRANSFORM 
- 1 cup bay spinach
- 1 cup chopped diced red pepper
- 1 cup chopped celery
- 3 strips bacon, fried then diced.
- 1 handful broken walnuts (or Almonds)
- Tablespoon of dried cranberries, finely diced
- 2 tablespoons of olive oil
- 1 teaspoon mustard
- 1/2 teaspoon sea salt

## Go Make:

- Mix SFuels TRANSFORM, olive oil, mustard and sea salt together
- Chop and mix all other salad ingredients into a salad bowl
- Pour the the SFuels TRANSFORM, oil, mustard over the salad and mix
- OPTIONAL: add fried/poached egg, and/or sliced Avocado
- Ready to serve.



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Anytime Staples  
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# Low-Carb High-Fat Asian Broccoli Ginger Salad

Wholesome Meals




## Ingredients: Salad

- 1 large head of broccoli
- 1 cup grated matchstick
- 1/2 red bell pepper chopped
- 1/2 cup radishes chopped
- 1/4 cup green onion chopped
- 1/2 cup slivered almonds

MIX ingredients and dressing below – and serve

## For the Dressing:

- ½ Scoop of **SFuels TRANSFORM** 
- 3 tbsp olive oil. 1 tbsp rice vinegar
- 2 tbsp coconut aminos or Tamari Soy Sauce
- 1 inch piece fresh ginger grated
- 1 clove garlic.




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# Low-Carb High-Fat Salad Mayo-Dressing (3/4 cup)

## Ingredients

- 1 scoop SFuels TRANSFORM 
- 1 egg yolk
- 1 tsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp water
- ¾ cup avocado oil
- 1 tablespoon olive oil
- Pinch salt

## Go Make:


- Add egg yolk, SFuels, lemon juice, mustard, and water to a large bowl and whisk using hand whisk until combined.
- Add avocado oil and olive oil to a measuring cup. Start whisking constantly while drizzle in a few drops of oil at a time. Once the mixture is thickened, you can pour a little more than just drop by drop. The key is do not stop whisking until mixture is thicken.



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# Low-Carb High-Fat Almond Bread

## Ingredients

- 2 scoops SFuels TRANSFORM 
- 2 eggs
- 1 cup almond butter, unsalted
- 3/4 cup almond flour
- 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon baking soda
- 1 teaspoon liquid Stevia
- 1/2 teaspoon sea salt
- 1/4 cup warm water
- **Serve with grass-fed Butter**

## Go Make:

- Preheat oven to 340 F degrees.
- In a deep bowl whisk eggs, almond butter, SFuels TRANSFORM, Stevia, and vanilla.
- Add in salt, cinnamon, water and baking soda. Stir until all ingredients are well combined.
- Pour dough into a greased baking pan. Bake for 12-15 minutes.
- Once ready, let cool on a wire rack. Slice and serve.



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Anytime Staples  
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# Low-Carb High-Fat

## Almond Chocolate Brownies (16)

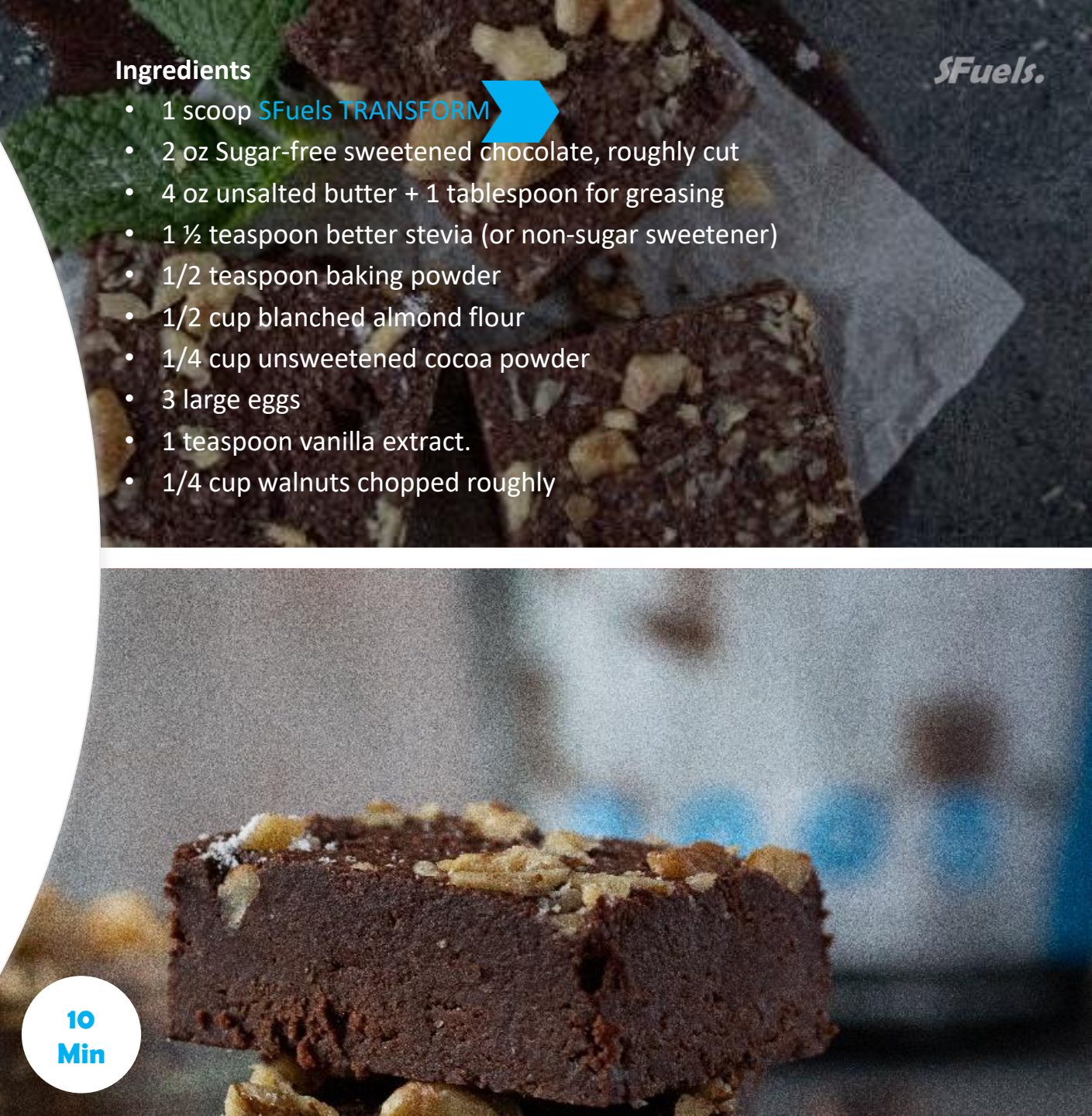
### Go Make:

- Preheat oven to 325F. Grease pan with butter and line with parchment paper to the sides.
- In a medium sized bowl, melt butter in a microwave. Once melted, remove from microwave and quickly add in dark chocolate. Let sit for 1 minute, then using rubber spatula stir until butter and chocolate is well-combined.
- In a separate bowl, mix the rest of the ingredients (except the walnuts) until just combined, do not overmix the batter. Mix in chocolate mixture and continue mixing using hand whisk or hand mixer until the batter is smooth and shiny.
- Transfer to the baking pan, spread evenly, and sprinkle on top with chopped walnuts.
- Bake in the oven for 15-17 minutes or until the toothpick comes out almost clean, with a few moist crumbs. Start checking after 15 minutes. Remove from oven.
- Cool at room temperature for 20 minutes or until brownies is not hot anymore, cut to 16 pieces and serve. These brownies taste even better the next day.

### Ingredients

- 1 scoop SFuels TRANSFORM
- 2 oz Sugar-free sweetened chocolate, roughly cut
- 4 oz unsalted butter + 1 tablespoon for greasing
- 1 ½ teaspoon better stevia (or non-sugar sweetener)
- 1/2 teaspoon baking powder
- 1/2 cup blanched almond flour
- 1/4 cup unsweetened cocoa powder
- 3 large eggs
- 1 teaspoon vanilla extract.
- 1/4 cup walnuts chopped roughly

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# Wholesome Meals



# Low-Carb High-Fat Asian Short Ribs

## Go Make:

- Boil short ribs over medium high heat in a large pot until tender, for about 40 minutes. If it's not tender enough, add more water and continue cooking. Remove from heat, drain water, and set aside.
- Add soy sauce, fish sauce, and rice vinegar in a large sized bowl. Add in ribs and let sit to marinate at least 1 hour.
- Transfer ribs into a baking dish. Combined spice rub and coat ribs all over.
- Prepare grill and cook for 3-7 minutes each side, or until you see grill marks. Enjoy while it's warm!

## Ingredients: Rib Marinade

- 1/4 cup soy sauce
- 1 tablespoon fish sauce
- 1 ½ pounds short ribs
- 2 tablespoon rice vinegar

## Ingredients: Rib Spice Rub

- 1 scoop **SFuels TRANSFORM**
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika powder
- 1/4 teaspoon cardamom
- 1/2 teaspoon ginger
- 1/2 teaspoon sesame seeds.
- Pinch of salt or pepper.

# Low-Carb High-Fat Kung Pau Chicken

## Ingredients (Sauce)

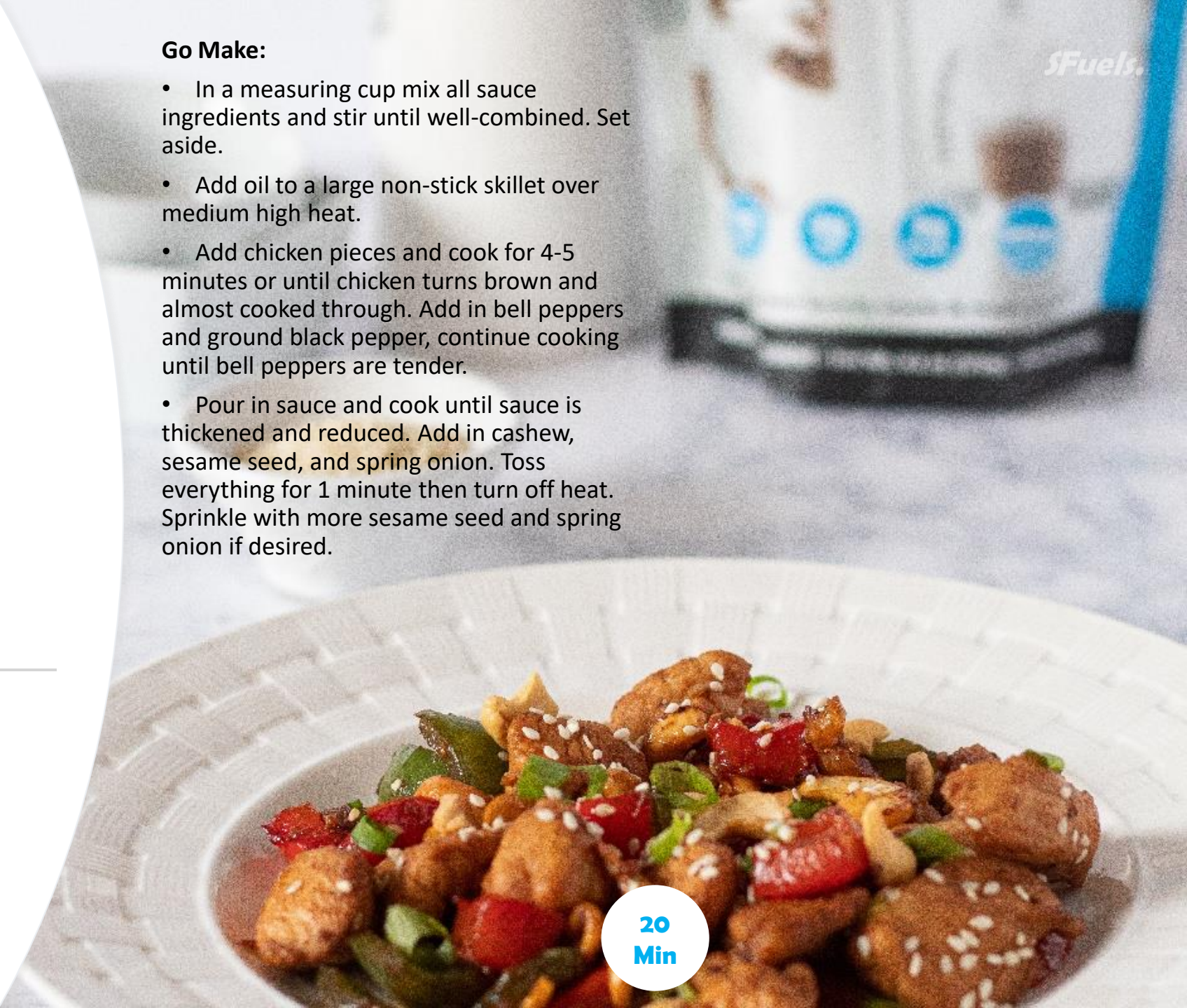
- 1 scoop **SFuels TRANSFORM**
- 3 tbsp low sodium soy sauce
- 2 tsp sesame oil
- 1 tsp rice wine vinegar
- 1 tsp fish sauce
- ½ tsp ginger, minced
- 1 clove garlic, minced
- 1/8 tsp monk fruit
- 3 tbsp water

## Ingredients (Stir Fry)

- 2 chicken breasts, diced
- ¼ cup red bell pepper, cut to bite size
- ¼ cup green bell pepper, cut to bite size
- ¼ cup cashew, roasted
- Pinch ground black pepper
- Sesame seed
- Spring onion, sliced
- 2 tbsp avocado oil (or any oil of your choice)

## Go Make:

- In a measuring cup mix all sauce ingredients and stir until well-combined. Set aside.
- Add oil to a large non-stick skillet over medium high heat.
- Add chicken pieces and cook for 4-5 minutes or until chicken turns brown and almost cooked through. Add in bell peppers and ground black pepper, continue cooking until bell peppers are tender.
- Pour in sauce and cook until sauce is thickened and reduced. Add in cashew, sesame seed, and spring onion. Toss everything for 1 minute then turn off heat. Sprinkle with more sesame seed and spring onion if desired.



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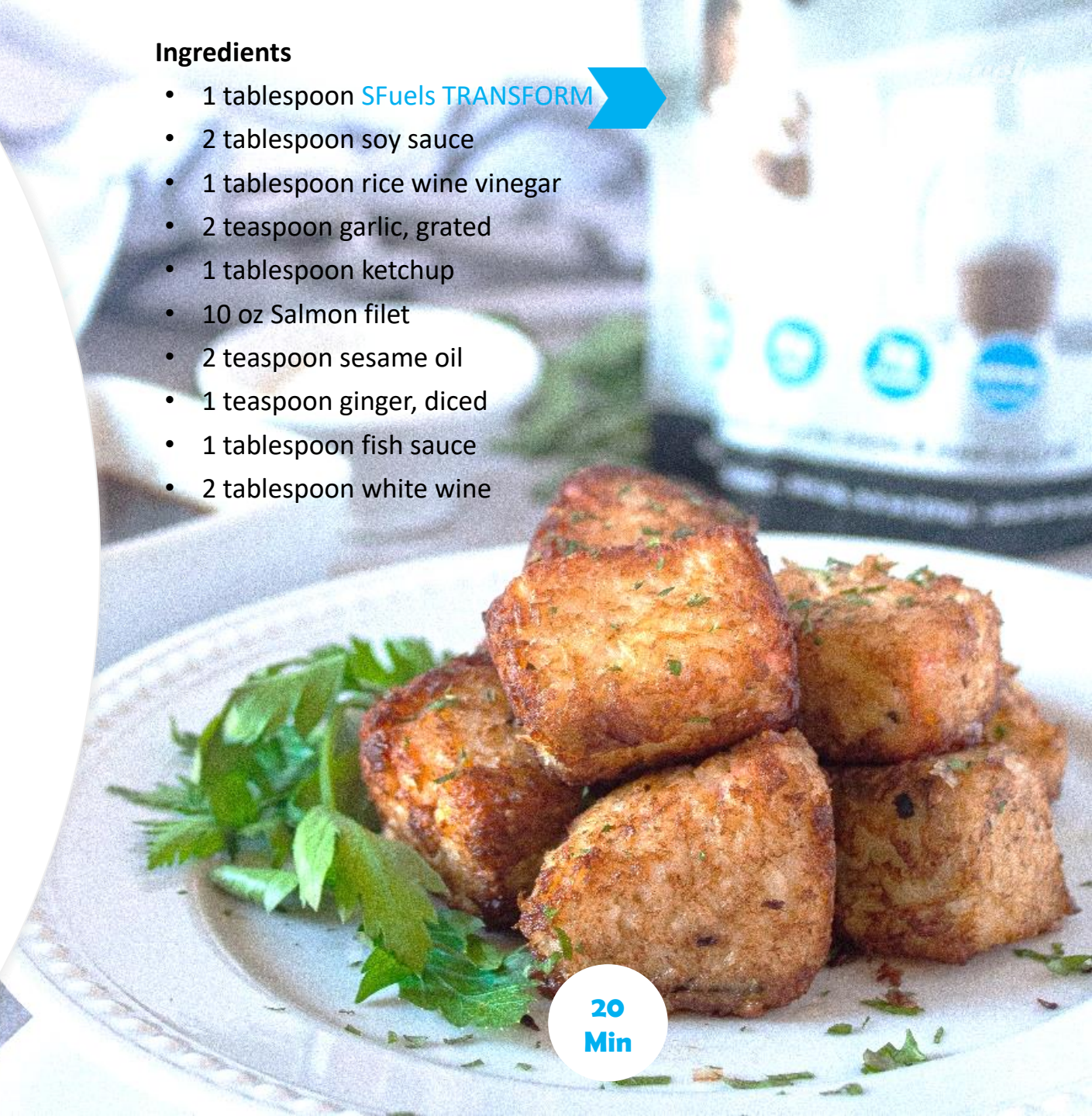
# Low-Carb High-Fat Glazed Sesame Ginger Salmon

## Go Make:

- Combine soy sauce, vinegar, garlic, ginger, SFuels TRANSFORM and fish sauce in a bowl and add salmon.
- Marinate for 15 minutes.
- Heat sesame oil in a skillet until smoking and add fish, skin side down, into the pan.
- Cook for 4 minutes then flip over and cook for an additional 4 minutes or until done.
- Add marinade to the pot and cook for 4 minutes, remove from pot and set aside.
- Add white wine and ketchup to the sauce and cook for 5 minutes until reduced.
- Serve fish with sauce.

## Ingredients


- 1 tablespoon SFuels TRANSFORM
- 2 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoon garlic, grated
- 1 tablespoon ketchup
- 10 oz Salmon filet
- 2 teaspoon sesame oil
- 1 teaspoon ginger, diced
- 1 tablespoon fish sauce
- 2 tablespoon white wine



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# Low-Carb High-Fat Glazed Soy Salmon

## Ingredients

- 1 scoop SFuels TRANSFORM 
- 3- 5 Oz salmon fillet
- 3 tbsp low sodium soy sauce
- ½ tbsp rice vinegar
- 1 clove garlic, minced
- ½ inch ginger, minced
- ½ tsp Sriracha sauce
- 1/8 tsp monk fruit
- 1/8 cup water
- ½ tsp sesame oil
- Roasted sesame seed, for garnish
- Spring onion, for garnis



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## Go Make:

- Add soy sauce, vinegar, garlic, ginger, Sriracha, SFuels, monk fruit, and water to a small sauce pan over low heat. Bring to a boil while stirring constantly using hand whisk to make sure it's clumps free. Turn off heat and set aside.
- Add salmon fillet to a skillet skin side down, cook over medium heat for 3-4 minutes. Flip and continue cooking for another 3 minutes.
- Using a cooking brush, carefully brush salmon with the soy sauce mixture on both sides. Do this to all the salmon fillet. Remove from heat and serve warm with shirataki noodle.



# Low-Carb High-Fat Buffalo Hot Wings (16 Wings)

## Go Make:

- SFuels Hot-Wings Sauce: place all sauce ingredients into a saucepan and slowly bring to a boil, mixing as you cook it. Remove from heat once the mixture has boiled.
- Mix salt and baking powder in a large bowl, and with clean hands rub mixture into chicken wings.
- Pre-heat oven to 250F, place chicken on baking tray lined with foil, bake in oven for 20-25 minutes.
- Raise temp to 425F for 20 minutes. Remove the chicken and brush one side with SFuels Hot-Wings Sauce. Lightly sprinkle salt and pepper over chicken, place back into the oven for 10 minutes.
- Remove from oven, turn chicken over, and brush the other side. Lightly sprinkle with salt and pepper. Return to oven for final 10 minutes.
- Remove chicken from oven and place in a bowl. Pour the remaining sauce over chicken.
- Serve with celery and carrot sticks and low-carb ranch dressing.

## Ingredients Baked Crispy Chicken Wings

- 16 chicken wings
- 1 tablespoon of baking powder (not baking soda)
- 1-2 teaspoons salt. Pepper to taste

## Ingredients: SFuels Hot-Wings Sauce


- 1/2 tablespoon SFuels TRANSFORM
- 1/2 cup butter
- 1/2 cup Franks Hot Sauce
- 1½ tablespoons apple cider vinegar
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- Sprinkle of ground cayenne pepper

# Grilled Steak with Sauce & Grilled Vegetables

## Grilling Steak an Veges

- Cover oil in Olive oil and salt
- Cover vine-ripened tomatos and bell-pepper slices with olive oil.
- Pour olive oil and tablespoon lemon juice on asparagus
- Grill steak on open flame (capture juice for sauce below) to desired rare/medium/well-done.
- Grill vegetables on flame to just soft, still slightly crunchy

## Steak Sauce Ingredients

- 1 scoop **SFuels TRANSFORM** 
- Juice from grilled steak
- ½ teaspoon gravy powder
- Teaspoon olive oil, Tablespoon boiling water
- Mix all into Steak sauce
- Pour desired amount over steak

# Low-Carb High-Fat Instant Coffee Ice-cream

## Go Make:

- Add coconut milk, cocoa powder, instant coffee, SFuels, vanilla extract, and stevia to a medium sauce pan. Cook over medium high heat while mixing constantly with hand whisk, until the powder has dissolved and the mixture is smooth. Set aside to cool down.
- When the coffee mixture has cooled down, whip heavy cream in a separate bowl with hand mixer until stiff peaks formed. Add cooled coffee mixture to the whipped cream and mix carefully with spatula until well-incorporated.
- Transfer ice cream mixture to sealable container and place in the freezer for 6 hours or overnight. Take out ice cream 20-30 minutes before scooping.

## Ingredients

- 1 scoop [SFuels TRANSFORM](#)
- 1 cup full fat coconut milk
- 1 tbsp cocoa powder
- ½ tbsp instant coffee of your choice
- ½ tsp better stevia
- ¾ heavy whipping cream
- 1 tsp vanilla extract, optional


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# Low-Carb High-Fat Vanilla Ice-cream (7-8 servings)

## Ingredients

- 3 teaspoons SFuels TRANSFORM 
- 2 cups coconut cream
- 1 ½ teaspoons vanilla extract

## Go Make:

- Add all ingredients together to Food Processor and pulse at air-rate 4-5 times.
- Pour Ice-cream mix into molds.
- Place in refrigerator for 30 minutes.
- Add Ice-cream popsicle sticks to each mold-ice cream.
- Place back in fridge till frozen.


## Repurpose:

- If you prefer Chocolate – then use 1 teaspoon of vanilla, and add a heaped tablespoon of Cocoa to the ingredients.



# Low-Carb High-Fat Chocolate Mousse

## Ingredients

- 1 scoop [SFuels TRANSFORM](#) 
- 1 ½ cup heavy whipping cream
- 2 tbsp cocoa powder
- ¼ tsp monk fruit
- ½ tsp vanilla extract
- Sugar free chocolate chip for garnish
- Whipped cream for garnish

## Go Make:


- Add heavy whipping cream to a large mixing bowl. With hand mixer, cream on medium speed until thickened.
- Add in cocoa powder, SFuels, monk fruit, and vanilla extract to the bowl. Mix again until stiff peaks form.
- Add to the serving cup of your choice. Top with extra whipped cream and chocolate chip. Chill in the fridge for at least 1 hour.



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# Low-Carb High-Fat Cheesecake (2 cakes)

## Ingredients

- 1 scoop SFuels TRANSFORM 
- 8 oz cream cheese
- 4 tablespoon heavy cream
- 2 eggs
- 1/2 teaspoon better stevia
- 1 tablespoon lime juice
- 1 teaspoon vanilla extract


## Go Make:

- In a microwave-safe bowl combine all ingredients.
- Place in a microwave and cook on HIGH for 120 seconds.
- Every 30 seconds stir to combine the ingredients well.
- Transfer mixture to a bowl and refrigerate for at least 2 hours.
- Before serving top with a slice of lime.



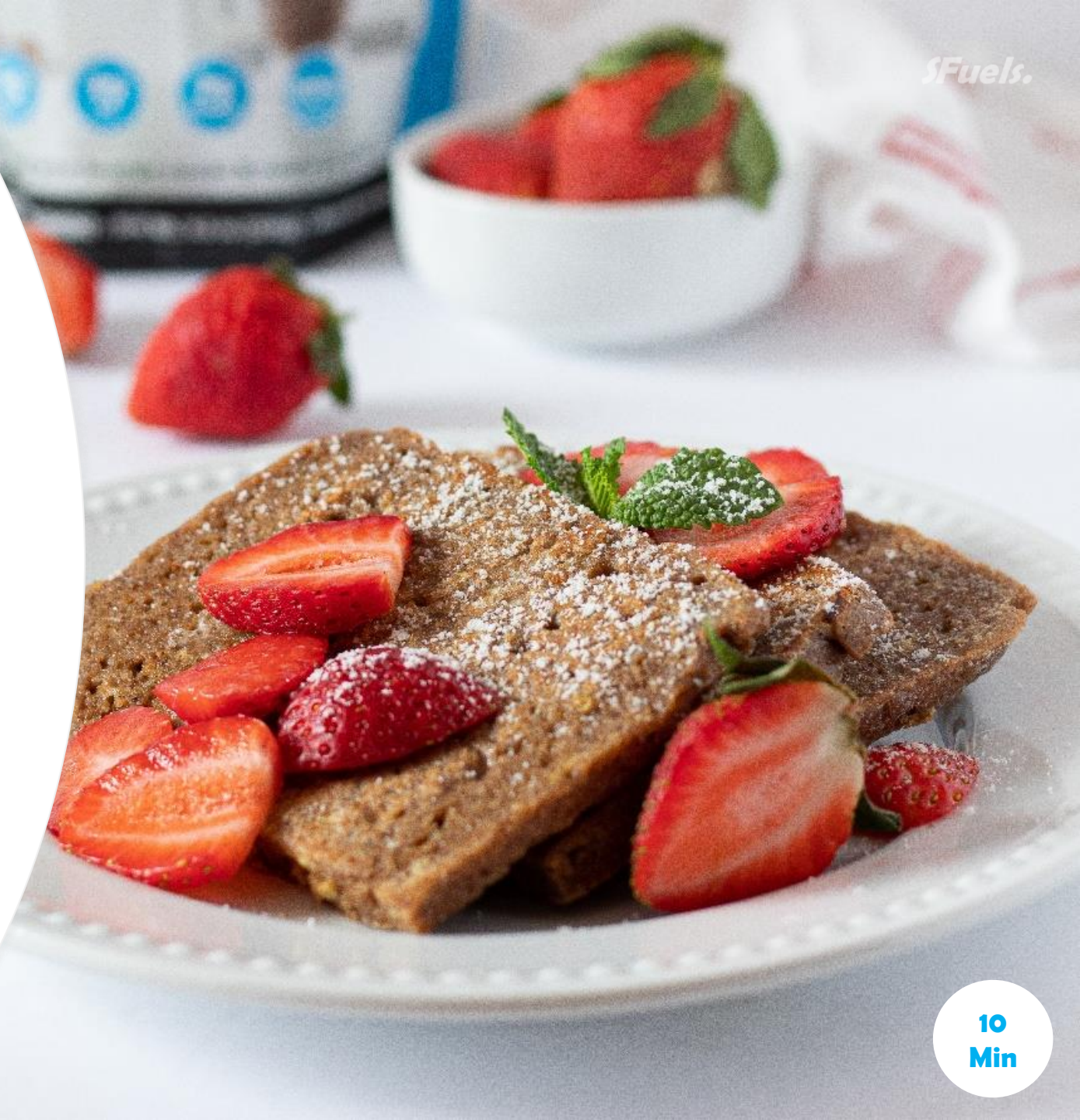
# Low-Carb High-Fat French Toast

## Ingredients

- 1 scoop SFuels TRANSFORM 
- 4 eggs
- 1/4 cup coconut milk
- 1-2 tablespoon coconut oil
- 6 slices almond bread
- 1/4 teaspoon stevia
- 1/2 teaspoon cinnamon powder
- 1 teaspoon vanilla extract

## Go Make:

- Whisk coconut milk, sweetener of your choice, eggs, organic vanilla extract, salt, and cinnamon.
- Soak each slice of almond bread (or any gluten-free vegan Hemp & Seed bread) in egg mixture.
- In a frying pan heat the coconut oil over high heat
- Cook each slice of bread three minutes or until golden.
- Transfer toast to the plate lined with paper.
- Serve hot.




# Low-Carb High-Fat Peanut Butter Muffin

## Go Make:

- Preheat the oven to 325-degree F.
- Combine eggs, peanut butter, stevia, and SFuels in a large bowl, and mix well with hand mixer.
- In a separate bowl, whisk together almond flour, coconut flour, and baking powder.
- Add the wet ingredients to dry ingredients and stir to combine. Add almond milk and chopped bacon. Continue to stir until combine.
- Grease muffin tin with oil spray or place muffin liner if desired. Pour about 2 tbsp batter to each muffin cup or 2/3 cup. Sprinkle with more chopped bacon on top if desired.
- Bake for 20-23 minutes or until toothpick comes out clean.

## Ingredients

- 2 scoops SFuels TRANSFORM 
- ½ cup unsweetened peanut butter
- 4 eggs
- ½ tsp better stevia
- 2 cups fine blanched almond flour
- ¼ cup coconut flour
- 2 tsp baking powder
- ½ cup unsweetened almond milk
- 4 bacon strips, cook crispy and chopped


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# Low-Carb High-Fat Mini Lemon Cheesecake (12)

## Ingredients

- 1 scoop SFuels TRANSFORM 
- 8 oz cream cheese, softened
- 4 tbsp heavy cream
- 2 eggs
- ½ tsp better stevia
- 2 tbsp lemon juice
- 1 tsp vanilla extract
- Lemon slices for garnish
- Whipped cream for garnish

## Go Make:

- Preheat the oven to 350-degree F
- Beat together all ingredients in a large mixing bowl with hand mixer until combined and fluffy. Taste to see if you need more sweetener, if you do start adding 1/8 tsp at a time until you reach the sweetness you're looking for.
- Line a cupcake tray with cupcake paper. Fill it up with cheese cake mixture. Bake for 10 minutes, let cool for 10 minutes. Chill in the fridge overnight.





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