



WINK RECIPE BIBLE

VOL. 2

Gluten Free - Dairy Free - Keto Friendly



KETO WAFFLES



INGREDIENTS

- 2 eggs
- 1/4 cup almond flour
- 2 tablespoons coconut flour
- 1/4 cup almond milk
- 1/4 teaspoon baking soda
- 1/8 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon pure stevia extract
- 1/8 teaspoon salt

DIRECTIONS

Preheat the waffle iron according to manufacturer's instructions

In a high powered blender, combine all the ingredients and blend until totally smooth

Pour into the waffle iron, and cook according to manufacturer's instructions

NUTRITIONALS

Serving size – 1 waffle. Recipe makes 4 servings

Calories – 199

Fat – 7.1g

Carbs – 4g

Fiber – 2.2g

Sugar – 0g

Protein – 15.5g

PUMPKIN WAFFLES



INGREDIENTS

- 2 eggs
- 2 tablespoons canned pumpkin
- 2 tablespoons melted coconut oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon pure stevia extract
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1/2 cup almond flour
- 2 tablespoons coconut flour
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt

DIRECTIONS

Turn on the waffle maker and heat according to manufacturer's instructions

In a large bowl, whisk the eggs together with the pumpkin, oil, vanilla, stevia, and spices.

Sift in the almond flour, coconut flour, baking soda, and salt and stir in gently just to combine.

Coat the waffle maker in non-stick spray of choice. Spoon the entire batter into the waffle maker, and cook according to your device's instructions.

NUTRITIONALS

Serving Size – 1 waffle. Recipe makes 4 servings

Calories – 117

Fat – 10.1g

Carbs – 3.1g

Fiber – 1.4g

Sugar – 0g

Protein – 3.8g

VEGAN MINI MUFFINS



INGREDIENTS

- 2 cups almond flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 cup melted coconut oil
- 1/4 teaspoon pure stevia extract
- 3 flax eggs - 3 tablespoons flaxseed mixed with 6 tablespoons water
- 1 teaspoon vanilla extract

DIRECTIONS

Preheat oven to 350F and spray a mini muffin tin with nonstick spray, we use coconut oil.

In a large bowl, whisk together the almond flour, salt, and baking soda

Add in the coconut oil, flax eggs, stevia, and vanilla and combine

Spoon evenly into the mini muffin tin, and bake for 18-20 minutes

NUTRITIONALS

Serving size – 1 muffin. Recipe makes 24 servings

Calories – 37

Fat – 3.8g

Carbs – 0.8g

Fiber – 0.5g

Sugar – 0.1g

Protein – 0.7g

KETO CARROT CAKE



INGREDIENTS

FOR THE CAKE

- 3 cups almond flour
- 1/2 cup coconut flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon pure stevia extract
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- pinch of salt
- 6 eggs
- 1/2 cup melted coconut oil
- 1/3 cup almond milk
- 3 teaspoons vanilla extract
- 1 cup shredded carrot
- 1/2 cup chopped walnuts
- Extra whole walnuts for decoration
- 1/3 cup raisins

FOR THE FROSTING

- 1 cup soaked cashews
- 2 tablespoons melted coconut oil
- 1/4 cup almond milk
- 1/8 teaspoon stevia
- 2 teaspoons vanilla extract

KETO CARROT CAKE PT 2



DIRECTIONS

Preheat the oven to 350F and grease two 9 inch cake pans with nonstick spray, we use coconut oil

In a large bowl, sift together the almond & coconut flours, baking soda & powder, stevia, salt, and all the spices

In another (preferably also large) bowl, whisk together the eggs, oil, milk, and vanilla

Mix wet ingredients into the dry. Once everything is well incorporated, mix in the carrot, walnuts, and raisins. Leave some walnuts for decorating!

Spread half the batter into each cake pan and bake for 23-25 minutes. Let cool completely! While the cakes are cooling, make the frosting by combining all ingredients into a high-powered blender or food processor and processing thoroughly, adding more almond milk if necessary

Once the cakes are totally cooled, put the Carrot Cake together: Spread half the frosting on top of one of the cakes, and decorate with whole walnuts. Top with the other cake, spread the remaining frosting, and decorate the rim with more walnuts

NUTRITIONALS

Serving Size - 1 slice of cake. Recipe makes 16 servings

Calories - 225

Fat - 19.4g

Carbs - 8.9g

Fiber - 2.5g

Sugar - 0g

Protein - 6.3g

NO SUGAR ADDED BANANA BREAD



BANANA BREAD

INGREDIENTS

FOR THE BREAD

- 3/4 cup almond flour
- 2 tablespoons coconut flour
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon pure stevia extract
- Pinch of salt
- 2 bananas. The riper, the better!
- 2 eggs
- 1 tablespoon melted coconut oil
- 1/2 teaspoon vanilla extract
- 1/4 cup chopped walnuts
- 1/4 cup dark chocolate chips/chunks

FOR THE CHOCOLATE HAZELNUT SPREAD

- 1.5 cups roasted unsalted hazelnuts
- 1/4 teaspoon stevia
- 2 tablespoons organic raw cacao powder

NO SUGAR ADDED BANANA BREAD PT 2



BANANA BREAD

DIRECTIONS

Preheat oven to 350F and spray a loaf pan with nonstick spray (we use coconut oil)

In a large bowl, mix together the flours, baking powder & soda, spices, stevia and salt. In a medium bowl, mash the bananas. Add in the eggs, oil, and vanilla. Mix well. Add the wet ingredients into the dry ingredients and mix well

Fold in the walnuts and the chocolate chips.

Bake for 30 minutes. While the banana bread is baking (and making your home smell like Martha Stewart's), make the chocolate hazelnut spread: In a food processor, start processing the hazelnuts until a fine powder forms. Add in the stevia and cacao powder, and continue to process. It might take a while for the oils in the hazelnuts to release and for the mixture to become beautifully smooth. Keep at it until it looks like Nutella!

Once the bread is done baking, serve with a scoop of Dark Chocolate Wink and a healthy slathering of our "Nutella".

NUTRITIONALS

Serving size – 1 slice banana bread with 1 tablespoon chocolate hazelnut butter. Recipe makes 12 servings

Calories – 111

Fat – 8g

Carbs – 9g

Fiber – 1.9g

Sugar – 4.3g

Protein – 3g

BLUEBERRY MINI MUFFINS



INGREDIENTS

- 2 cups almond flour
- 1/2 teaspoon baking soda
- pinch of salt
- 1 cup full-fat coconut milk
- 4 tablespoons melted coconut oil
- 2 eggs
- 2 teaspoon vanilla
- 1/2 teaspoon pure stevia extract
- 1 cup fresh blueberries

DIRECTIONS

Preheat the oven to 350F and spray a mini-muffin tin with nonstick spray, we use coconut oil

In a medium-sized bowl, mix together the almond flour, baking sod, and salt

In a large bowl, whisk together the coconut milk, coconut oil, egg, vanilla, and stevia

Add the wet ingredients into the dry and mix well. The batter will look a little runny, but not totally wet

Gently fold in the blueberries. At this stage, you can also add dark chocolate, nuts, or any other mix-in you want!

Spoon into your muffin tin, and bake for 30 minutes

NUTRITIONALS

Serving Size - 1 mini muffin. Recipe makes 24 servings

Calories - 96

Fat - 8.7g

Carbs - 3.4g

Fiber - 1.5g

Sugar - 1.1g

Protein - 2.7g

SUGAR FREE SUGAR COOKIES



INGREDIENTS

- 1/3 cup melted coconut oil
- 1 egg
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/4 teaspoon pure stevia extract
- 1 and 1/4 cup almond flour
- 3 tablespoons coconut flour
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt

DIRECTIONS

Preheat oven to 350F and line a cookie sheet with parchment paper or silpat

In a large bowl, whisk together the coconut oil, egg, flavor extracts, and stevia.

Right into that same bowl, add in the remaining ingredients and mix well. It should result in quite a thick dough

Roll the dough into small balls, and then flatten between your palms to make your desired sugar cookie shape.

Bake for 12 minutes, let cool before serving

NUTRITIONALS

Serving Size – 1 cookie. Recipe makes 12 servings

Calories – 133

Fat – 12.6g

Carbs – 3.5g

Fiber – 1.9g

Sugar – 0g

Protein – 3.3g

KETO LEMON SQUARES



INGREDIENTS

FOR THE CRUST

- 1 cup almond flour
- 1/3 cup coconut flour
- 1/4 cup coconut oil
- 1/4 teaspoon pure stevia extract
- pinch of salt
- 1 egg

FOR THE FILLING

- 6 eggs
- Zest of 1 lemon
- Juice of 2 lemons
- 1 tablespoon coconut flour
- 1/2 teaspoon pure stevia extract

DIRECTIONS

Preheat the oven to 350F, and spray an 8x8 baking dish with cooking spray OR line it with parchment paper - dealer's choice.

In a medium bowl, mix together the ingredients for the crust. Once combined, spread into the baking dish in an even layer. Bake at 350F for 10 minutes, then let cool completely

While the crust is baking, make the filling. Start by whisking the eggs in a large bowl. To that, add the remaining ingredients and whisk well.

Once the crust has cooled, pour the filling onto the crust. Bake for 50 minutes at 350F. The filling might crack slightly, but it should be firmly set. Let cool before serving

NUTRITIONALS

Serving size – 1 square. Recipe makes 16 servings

Calories – 116

Fat – 9.6g

Carbs – 3.7g

Fiber – 2g

Sugar – 0g

Protein – 4.7g

KETO PUMPKIN LOAF



INGREDIENTS

- 2 cups almond flour
- 1 cup coconut flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon pure stevia extract
- 3 teaspoons pumpkin spice seasoning
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 3 eggs
- 1 tablespoon vanilla
- 1 can (15oz) pumpkin
- 1 cup almond milk (we used homemade here!)

DIRECTIONS

Preheat the oven to 400F, and spray a loaf pan with nonstick spray, or line with parchment paper

In a large bowl, sift together the flours, baking & powder, stevia, salt, and seasonings. Set aside

In a separate bowl, whisk together the eggs and vanilla

Mix in the eggs to the dry ingredients

Once incorporated, add in the pumpkin and the almond milk, and mix well

Pour batter (which will be quite thick) into the loaf pan and bake for about 70 minutes

NUTRITIONALS

Serving size – 1 slice. Recipe makes 16 servings

Calories – 143

Fat – 9.8g

Carbs – 9.7g

Fiber – 4.4g

Sugar – 2g

Protein – 5.7g

KETO CHOCOLATE CAKE



INGREDIENTS

FOR THE CAKE

- 2 cups almond flour
- 1 cup organic cacao powder
- ½ cup coconut flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- ½ teaspoon pure stevia extract
- Pinch of salt
- 6 eggs
- 1 cup melted coconut oil
- 1/3 cup almond milk
- 4 teaspoons vanilla extract

FOR THE FROSTING

- 1 cup raw cashews, soaked overnight
- 2 tablespoons melted coconut oil
- 1/2 cup almond milk
- 1/8th teaspoon pure stevia extract
- 2 teaspoons vanilla extract
- 2 ounces melted dark chocolate – we use Lindt 90% Dark Chocolate

DIRECTIONS

Preheat oven to 350F. Lightly grease two 9-inch cake pans with coconut oil spray or your favorite non-stick spray

In a large bowl, sift together all the dry ingredients for the cake (the flours, cacao powder, baking soda & powder, stevia, & salt)

In another large bowl, whisk together all the wet cake ingredients (eggs, oil, milk, & vanilla)

Mix the wet ingredients into the dry, and stir well

Spread half the batter into each cake pan and bake for 20-25 minutes.

While the cakes are cooking, make the frosting by blending all ingredients in a high-powered blender or food processor. Add more almond milk if necessary.

Once the cakes are done cooking and cooled completely, spread half the frosting on the top of one of the layers, cover with the second layer of cake, and top with the remainder of the frosting.

NUTRITIONALS

Serving size – 1 slice. Recipe make 16 servings

Calories – 337

Fat – 30.5g

Carbs – 10.8g

Fiber – 4.3g

Sugar – 1g

Protein – 8.8g

KETO COCONUT CAKE



INGREDIENTS

FOR THE CAKE

- 2.5 cups almond flour
- 1/3 cup coconut flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon pure stevia extract
- 5 eggs
- 1/2 cup melted coconut oil
- 2 teaspoons Vanilla extract
- 1/2 teaspoon Almond extract
- 1/2 cup shredded coconut

FOR THE FROSTING

- 1 can coconut cream
- 1/4 teaspoon stevia
- 1 teaspoon Vanilla
- 1/4 cup shredded coconut, for decorating

DIRECTIONS

Preheat oven to 350F. Grease 1 9inch cake round with coconut oil

In a large mixing bowl, combine the dry ingredients: almond and coconut flours, baking soda & powder, salt, and stevia

In a separate bowl, beat the eggs with an electric mixer until frothy. Then, beat in the vanilla & almond extracts and coconut oil

Once all the wet ingredients are well incorporated, mix the wet into the dry

Add in the shredded coconut after this, making sure to mix well
Spoon the cake into the greased cake round, flattening as you go.

Bake for 25 minutes. While the cake is baking, make the frosting by beating together the frosting ingredients very well.

Once the cake is done cooking (an inserted toothpick comes out totally clean), let the cake cool COMPLETELY. Then, frost and decorate with shredded coconut!

NUTRITIONALS

Serving size – 1 slice. Recipe make 16 servings

Calories – 337

Fat – 30.5g

Carbs – 10.8g

Fiber – 4.3g

Sugar – 1g

Protein – 8.8g

CHOCOLATE AVOCADO PUDDING



INGREDIENTS

- 2 ripe avocados - the riper, the better, just not too mushy
- 2 tablespoons raw cacao powder, for a deeply chocolate taste
- 1/4 teaspoon pure stevia extract

DIRECTIONS

Plop all ingredients into a blender, and blend until totally smooth! Scrape the sides as needed.

NUTRITIONALS

Serving size - 1/2 the pudding. Recipe makes 2 servings

Calories - 264

Fat - 21.8g

Carbs - 16.5g

Fiber - 12g

Protein - 4.4g

KETO VANILLA CUPCAKES



INGREDIENTS FOR THE CUPCAKES

- 1/2 cup almond flour
- 1/2 cup coconut flour
- 1/4 cup arrowroot flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon pure stevia extract
- 1/2 cup melted then cooled coconut oil
- 1 tablespoon vanilla extract
- 4 room-temperature eggs

FOR THE FROSTING

- 1 cup soaked cashews
- 2 tablespoons melted coconut oil
- 1/4 cup almond milk
- 1/8 teaspoon stevia
- 2 teaspoons vanilla extract

DIRECTIONS

Preheat oven to 350F, line a cupcake tin with liners

In a large bowl, mix together the almond, coconut, and arrowroot flours, the baking soda, salt, and stevia. Mix well (can sift if desired)

Slowly stir in the coconut oil and vanilla extract. Once those two are combined, add in the 4 eggs

Spread into a lined cupcake tin, until about 3/4 full (this batter WILL rise)

Bake for 20 minutes. While the cupcakes bake and cool, make the frosting by combining all the ingredients in a high-speed blender or food processor, and blending until combined, adding more almond milk if necessary

Once the cupcakes are cooled, frost and enjoy

NUTRITIONALS

Serving size – 1 cupcake. Recipe makes 10 servings

Calories – 192

Fat – 16.7g

Carbs – 7.4g

Fiber – 2.7g

Sugar – .7g

Protein – 4.5g

PUMPKIN SPICE CUPCAKES



INGREDIENTS

- 3 eggs
- 2 tablespoons pumpkin puree
- 1.5 cups almond flour
- 1/4 cup coconut flour
- 1 teaspoon baking soda
- sprinkle of salt
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1/2 teaspoon pure stevia extract
- 1/4 cup melted coconut oil
- 1/2 cup almond milk
- 1 teaspoon vanilla extract

DIRECTIONS

Preheat the oven to 350F and line a cupcake tin with liners or spray a silicone mat with nonstick spray

In a food processor, combine the flours, baking soda, salt, stevia, and spices. Pulse until combined

Add in the remaining ingredients (eggs, pumpkin puree, coconut oil, almond milk, and vanilla) and process until fully combined

Scoop the batter into the cupcake tin evenly

Bake for 25 minutes

NUTRITIONALS

Serving size - 1 cupcake. Recipe makes 8 servings

Calories - 231

Fat - 20g

Carbs - 8.2g

Fiber - 3.6g

Sugar - 1.9g

Protein - 7.5g