

QUICK POWER FUDGE

Ingredients:

- 1 cup coconut oil
- $\frac{3}{4}$ cup cacao powder
- 2 tablespoons raw local honey¹
- 1 cup sprouted walnuts²
- $\frac{1}{4}$ cup pumpkin seeds
- $\frac{1}{4}$ cup raisins (optional)



¹ You can use sugar-free substitute like Stevia.

² If you have a dehydrator, soak walnuts overnight, rinse, sprinkle with salt and dehydrate at 105 degrees until completely dry (about 24 hours). If you don't have a dehydrator you can substitute sprouted pumpkin seeds and sunflower seeds which are easy to find and less expensive.

Directions:

1. Melt your coconut oil (*you can put it in a hot car in the sun, or put it in a pot of hot water*)
2. Place nuts, seeds and any dried fruit of your choice in a shallow dish (around 8 X 8). (Line w/ saran wrap or parchment if you want your fudge to come out easily and not stick to the pan.)
3. Wisk oil, cacao powder and honey together and pour over nut mix
4. Refrigerate for about 20 minutes
5. Store in the fridge, in a sealable, glass-lock container to prevent oils from absorbing fridge odors.

Tips:

For extra protein, add $\frac{1}{4}$ cup of grass-fed whey powder and two tablespoons additional melted coconut oil to your chocolate mix, or sprinkle hemp seeds on top

For an additional energy boost, sprinkle bee pollen on top

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CLEAR ALKEMY RECOVERY DRINK

Ingredients:

- 12-16 ounces spring or filtered water
- 1 dropper full (15-20 drops) himalayan salt brine (sole)
- 1 dropper full (10-15 drops) ionic liquid trace minerals¹
- 5 drops liquid Stevia (Whole plant extract is best)
- $\frac{1}{8}$ tsp. Spirulina or chlorella powder

¹ My two favorite brands are Concentrace and Polar Mins.

Directions:

1. Mix the first four ingredients in a glass,
2. Add water,
3. Add the chlorella and mix it in.



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BENEFITS

If I'm working out, I don't want to fill my stomach with food and feel sluggish so I eat a couple pieces of this nutrient-dense fudge for motivation, nourishment and support. I like to pair the fudge with my homemade probiotic Beet Kvass.

Mood and Motivation: Cacao (raw chocolate bean) comes from *Theobroma cacao tree* which directly translates to "Food of the Gods" from ancient Mayan culture. Cacao is my favorite, fast acting, energy boost and there is a ton of science backing it's abilities as an antidepressant and psychoactive mood enhancer. Studies have shown that the antioxidants in cacao improve cognitive function.

Energy Levels: Theobromine in cacao can elevate your heart rate faster than caffeine. This incredible energy boost isn't what you want late at night when it's time to relax, but it is perfect right before a workout! Cacao is an athlete's dream because it dilates the blood vessels and improves circulation and to allow more oxygen to the cells (as does viagra:).

Support and Stamina: Cacao has been shown to improve cardiovascular function. It's nutrient-rich and contains many minerals such as iron, potassium, magnesium, zinc, copper. The medium chain fatty acids in coconut oil also provide a metabolic boost as it takes more calories for your body to process the medium chain triglycerides than the calories from the fat itself that you consume.

Anti-inflammation: Unlike the caffeine in coffee, theobromine in cacao helps your body reduce inflammation. Cacao contains over 300 phytochemicals, and many of these powerful antioxidants help prevent cellular oxidation and reduce inflammation. Walnuts also have heart and cancer-protective properties and are great brain food!



BENEFITS

This Clear Alkemy drink with added chlorophyll is designed to help your body recover and rehydrate after a workout. This is one of my favorites because it's so easy to make, yet so restorative and nourishing. It's a fantastic alternative to sports drinks which tend to contain sugar, weird additives, and tend to be a waste of money in my opinion.... Plus I hate plastic which screws with our hormones and damages our environment!

Hydration: Do you ever drink a ton of water but you still feel dehydrated? This is because you are most likely missing the essential minerals and electrolytes that nourish your body, oxygenate your blood and hydrate your cells. To hydrate properly the body needs the right balance of electrolytes working synergistically together to hydrate and regulate nerve and muscle function: potassium, sodium, chloride, calcium, magnesium, bicarbonate and phosphate.

Reduce Muscle Soreness: Our muscles depend on electrolytes to contract and if our cells are not nourished properly the result can be inflammation, accumulated cellular toxins, excess lactic acid, soreness, fatigue and muscle cramping. Proper hydration is essential to prevent muscle fatigue and cramping as it helps the body clear itself of accumulated toxic debris.

Reduce Inflammation: Aerobic activity can be inflammatory and can produce oxidative stress and circulating toxins that lead to soreness and achy joints. The nutrients, antioxidants, minerals, and chlorophyll in the spirulina and chlorella help to reduce inflammation, detoxify the cells and bring oxygen to the bloodstream.

