

Material List:

Wellness shot

- Cup
- Water

Chocolate Bark & Cookie Dough

- Spatula
- Parchment paper, wax paper or foil
- 8x8 pan or large plate
- Bowl x 2
- Spoon x 2
- Cutting Board
- Knife
- Small plate
- Tablespoon
- Teaspoon
- Microwave or stove top + pot for double boiling

Wellness Shot

Ingredients

- 2 tsp- 1 TBSP Apple Cider Vinegar
- 4-8 oz water

Instructions

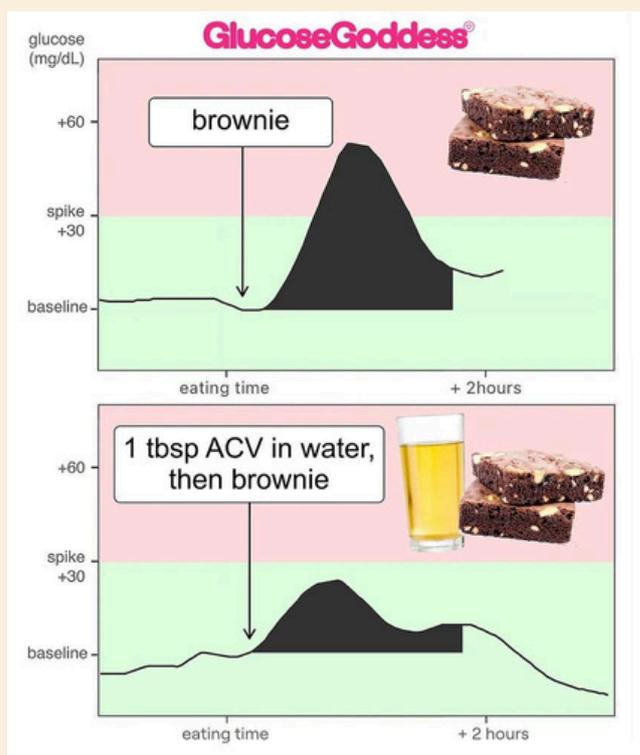
- Mix apple cider vinegar into water and drink before a meal or snack.



Apple Cider Vinegar Info:

- Researchers discovered that the acetic acid in vinegar temporarily deactivates alpha-amylase, a digestive enzyme in saliva responsible for breaking down starch.
- This leads to a slower conversion of sugar and starch into glucose, allowing a more gradual increase in blood glucose levels.
- Once the acetic acid enters the bloodstream, it reaches the muscles and stimulates them to produce glycogen more quickly than usual, resulting in more efficient glucose absorption.
- [Research article link](#)

I like [GlucoseGoddess](#) as an easy to understand resource on understanding blood sugar.



Sweet n' Salty Chocolate Bark

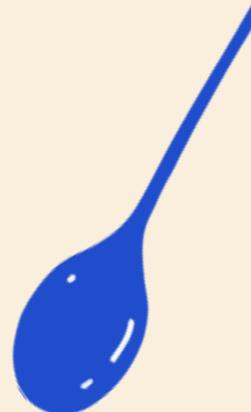
Ingredients

- ½ cup chocolate chips
- 2 tsp Dandy Blend (herbal coffee)
- 1 TBSP dried cranberries
- 1 TBSP cacao nibs
- 1 TBSP almonds and pumpkin seeds
- ¼ tsp flaked salt



Instructions

- Roughly chop nuts and seeds.
- Melt chocolate chips in the microwave on medium heat until just melted, stirring every 30 seconds.
- Stir in herbal coffee powder.
- Pour melted chocolate onto a piece of parchment paper on a plate or tray and smooth to 1/8-inch thickness.
- Top evenly with cranberries, nuts, seeds, cacao nibs and salt. Gently press toppings into chocolate.
- Place in the refrigerator or freezer to cool and harden.
- Break into pieces and enjoy.
- Store in the refrigerator for up to 2 weeks.



Nourishing Cookie Dough

Ingredients

- 1/4 almond flour
- 3 tablespoon nut/seed butter
- 1 tablespoon honey
- 1/4 tsp vanilla extract powder
- 2 tbsp chocolate chips
- Pinch of salt
- 1 tsp superfood powder (ashwaganda, reishi mushroom, maca) - optional*



Instructions

- Add almond flour, vanilla powder, superfood powder, salt, chocolate chips to a bowl and mix with a spoon. Then add sunflower butter and honey. Mix thoroughly.
- Consistency of the mixture should be somewhat moist, so that all ingredients can stick together. If your mixture is too dry, add a bit more honey or sunflower butter.
- You can either enjoy your cookie dough with a spoon or roll your mixture into 1 inch balls.
- Enjoy immediately or refrigerate for 1 hour for a firmer texture.
- Store in an airtight container in the fridge. Eat within 1 week.