

Dr. Berg's
Favorite

HEALTHY JUNK FOODS &

Other Alternatives!



\$4.95

by Dr. Eric Berg, DC

Legal Brownies

Amazing brownies that have no flour or sugar



INGREDIENTS:

- ½ cup cocoa powder (unsweetened)
- 1 cup chopped walnuts
- 2 sticks butter (melted) or 1 stick butter and ½ cup coconut butter
- ⅔ cup or ¾ cup xylitol sweetener (depending on how sweet you like it)
- 4 eggs (whole)
- 1 tsp. vanilla extract

DIRECTIONS:

- Preheat oven to 375 degrees.
- 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.



Consume sparingly, due to a small amount of caffeine in chocolate.

Baked Deep-Fried Chicken

Baked chicken that tastes deep fried



INGREDIENTS:

- 1 pound chicken cut up (breasts, wings, legs, thighs – whatever you enjoy)
- 1 cup pork rinds (the secret ingredient to make it taste fried)
- 2 large eggs
- ½ cup almond flour or coconut flour
- 1 tsp. black pepper
- ½ tsp. sea salt
- ½ tsp. garlic powder
- OPTIONAL: ½ tsp. chipotle powder, ½ tsp. paprika

DIRECTIONS:

- Pre-heat oven to 400 degrees.
- 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 in the beaten eggs. I keep the skin on.
- Combine the mixture of pork rinds, flour (almond or coconut), and spices in a bowl.
- Dip the now egg-coated chicken in the 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:

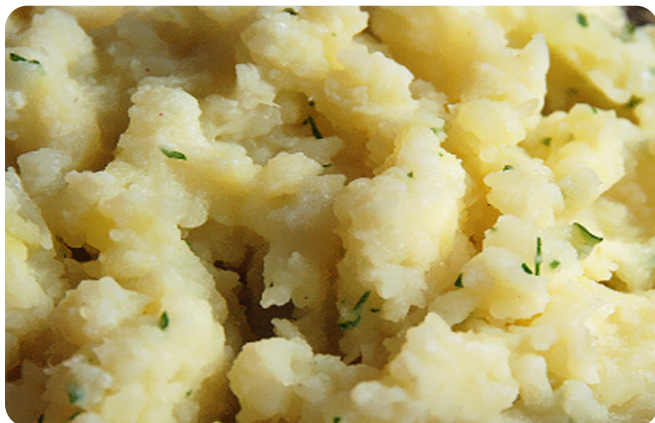
- 1 head cauliflower
- 1 cup milk (organic)
- $\frac{3}{4}$ cups almond flour
- 2 tsp. garlic powder
- 1 tbsp. butter
- 1 cup Frank's Red Hot Sauce

DIRECTIONS:

- Preheat oven to 425 degrees.
- 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 sauce. Serve with a side of blue cheese or ranch dressing.

Cauliflower Mashed

This is your new alternative to mashed potatoes!



INGREDIENTS:

- 1 medium head cauliflower
- ¼ cup (or ½ stick) butter
- ½ tsp. salt
- ½ tsp. pepper
- OPTIONAL: ½ cup shredded cheddar cheese

DIRECTIONS:

- Cut the florets (actual flower buds) off the stem of the cauliflower.
- Bring water to a boil and add the florets, cooking 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 medium cauliflower
- 1 small onion
- 3 tsp. butter
- 1 tsp. sea salt
- 1 tsp. 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 grated cauliflower
- 2 cups shredded mozzarella cheese (organic)
- 2 eggs
- OPTIONAL: ½ cup sautéed onions

TOPPINGS (add what you like)

- ¼ cup pizza or pasta sauce (find the one with the least amount of sugar)
- 1 cup mozzarella cheese (sprinkle on top)
- Sliced mushrooms (optional)
- Basil leaves (optional)
- 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.
- 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 raw zucchini, washed, dried, and trimmed at both ends
- 1 cup spaghetti sauce - low sugar (5g or less)
- 2 tbsp. 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, spaghetti sauce, or guacamole.
- Top with grilled shrimp or chicken.

Healthy Pancakes



INGREDIENTS:

- 1 Cup - Almond Flour
- 1 TBS - 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 TBS - Light Olive Oil
- Softened Butter & Yacon Syrup and/or Fresh Fruit, for serving



DIRECTIONS:

Makes 4 Regular or 8 Silver Dollar Pancakes.

- 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.
- Add to the dry ingredients and whisk until smooth.
- Allow batter to sit for at least two minutes to rise.
- Pour four medium or eight 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 Yacon Syrup and/or Fruit and Enjoy!

Guilt-Free Cookies



INGREDIENTS:

- 8 ounces (2 sticks) of butter (Organic – or my favorite; Kerrygold Irish Butter)
- 4 Tbs. of xylitol (sweetener) (get on amazon.com or at the health food store)
- 2 cups of almond flour
- 2 cups of crushed pecans
- 1 Chocolate Bar (3.5 ounces) – must be diabetic chocolate (I like Simply Lite – from Trader Joes)
- 1 pinch of sea salt
- 2 tsp of vanilla extract



DIRECTIONS:

- Preheat oven at 325 degrees.
- Leave butter out of the refrigerator overnight – must be soft.
- Mix the butter (8 ounces) with the xylitol (4 Tbs) by hand.
- Crush the pecans (in grinder, food processor or in a bag with a rolling pin). Make sure it's 2 cups in the final product.
- Breakdown the chocolate bar (3.5 ounces) in a food processor.
- Mix thoroughly the now 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. You could as an option have your food processor mix it instead.
- Form little balls with your hands and roll them in some almond flour (to coat them), putting them on a cookie sheet with parchment paper.
- Cook for 13 minutes; then let sit for 10 minutes, and place in the freezer until frozen.
- Cut in half and enjoy!!!!

No-Sugar Candy Bars

This is a healthy Mars Bar substitute that is totally legal to consume!



INGREDIENTS:

- 4 cups grated, dried unsweetened coconut
- ½ cup softened or melted coconut butter
- 10 drops clear stevia liquid
- Slivered almonds (optional)

COATING:

- 1½ cups dark chocolate pieces (unsweetened)
- 1 tbsp. coconut oil

DIRECTIONS:

- In a food processor, blend the filling ingredients 1-2 minutes until smooth. Taste for sweetness and adjust stevia drops to your taste. The coconut oil may need to be softened or melted so the mixture blends.
- Line the bottom of an 8" x 8" or similar size pan with waxed paper or parchment. Pour the mixture in and spread evenly. Spread almonds over coconut mixture. Press them in. Place pan in the refrigerator or freezer to speed the solidifying process.
- Meanwhile, melt the chocolate with the coconut oil (use a metal bowl in some boiling water to create a double boiler). Pour the chocolate on top of the coconut and spread evenly. Then put the tray in the refrigerator for 10 minutes.
- Store in your refrigerator and enjoy!



Consume sparingly, due to a small amount of caffeine in chocolate.

Homemade Health Bars

Incredibly delicious & healthy at the same time!

Using figs does have a slightly higher carb that other recipes in this booklet, so consume sparingly.



INGREDIENTS:

- 4 cups of figs
- 2 cups of almonds
- 1 cup (8 ounces or 2 and 1/4 chocolate bars) of sugar-free chocolate (sweetened with stevia or a sugar alcohol like manitol)
The **Simply Lite™** brand is a great
- 2 tsp. of peanut butter
- 1/4th cup of coconut butter

DIRECTIONS:

- Blend the 2 cups of almonds and chocolate in food processor (keep separate in bowl).
- Blend the figs in food processor (keep separate in bowl).
- Mix both materials together thoroughly with your hand adding the peanut and coconut butter.
- Place mixture in a pan (9 x 13) with parchment paper spread evenly.
- Please in refrigerator for 10 minutes and serve!



Consume sparingly, due to a small amount of caffeine in chocolate.

Baked Cinnamon Apples with Cream

Your new apple pie substitute!



INGREDIENTS:

- 9 apples
- Organic cream (1/2 cup)
- Cinnamon

DIRECTIONS:

- Pre-heat oven to 350 degrees.
- Core 9 apples.
- Sprinkle with cinnamon.
- Bake for 50 minutes.
- Add organic cream on top.
- Enjoy!



Onion Crackers

Healthy salty cracker and chip alternative



INGREDIENTS:

- 3 large onions
- $\frac{3}{4}$ cup flax seeds, ground in a high-speed blender
- $\frac{3}{4}$ cup raw sunflower seeds, ground in food processor
- $\frac{1}{2}$ cup Bragg's Liquid Aminos
- $\frac{1}{3}$ cup olive oil

DIRECTIONS:

- Peel and halve the onions. In a food processor, cut the onions with a knife blade. 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 degrees for 24 hours. Flip tray over onto a work surface and gently peel the Teflex sheet off 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
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.



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.

This fermented drink is to be consumed cold. Its flavor, texture, effect, and carbonation will give you a feeling similar to the feeling you get from beer or wine. Just put it in a wine glass and drink it in the evening. Its acidic composition and friendly yeast will help absorb calcium, improve digestion, and have a calming effect on you.

www.synergydrinks.com

Coffee Alternative

For coffee drinkers, Teccino® is a great way to enjoy the taste of coffee without the harmful chemicals and caffeine. It contains a similar taste and texture. Add some organic half and half as well as a healthy sweetener if you choose. If you need an acceptable sweetener, use xylitol, not sugar.



Teccino®



This is an herbal tea (naturally decaffeinated) that has a similar composition to coffee in texture and taste but without the caffeine.

www.teccino.com

Chocolate Alternatives

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



www.luciennes.com or

www.ycchocolate.com/stevia.html or

www.simplylitefoods.com

Acceptable Sweeteners

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

Special Note : to minimize the aftertaste of stevia, try stevia glycerite.

Acceptable Alternative Flours

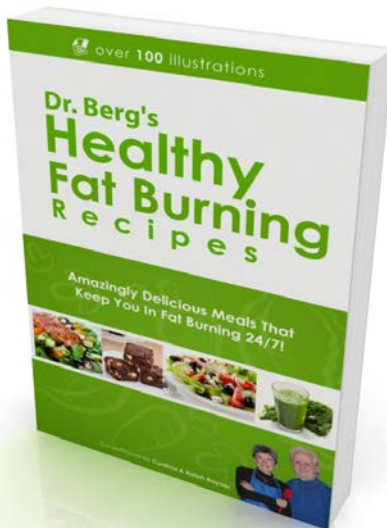
Almond or coconut flour (find online or at your health food store).

The Health & Wellness Center
4609 D Pinecrest Office Park Drive
Alexandria, VA 22312

 **703-354-7336**

 **www.DrBerg.com**

To get ALL Dr. Berg's amazing recipes, get Dr. Berg's Healthy Fat Burning Recipes. Go to Kindle or www.drberg.com/shop to get it today. With over 100 illustrations, you'll find simple ways to create amazing and delicious meals that get you healthy and keep you slim.



Dr. Berg's

Instant Kale Shakes

To Order

 703-354-7336

or

 www.DrBerg.com/shop

