

Hardstyle fruitcake?!!??!??!??!??!??!

Ingredients

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| 1 1/2 c almond meal (I like the | Bob's Red Mill kind for this) |
| 1/2 c coconut flour | 2 egg protein (2 scoops of True |
| Protein's Egg Protein - plain) | 1/2 t sea salt |
| 1 t baking powder (Aluminum free | tastes better and is better for you |
| anyway) | 1/4 c cocoa powder (more for color |
| than anything, but its always good) | 1/4 c honey (local if you have it) |
| 1/2 c coconut oil (melted) | 2 eggs (pastured if possible) |
| 2 t vanilla extract | 1/4 c unsweetened coconut, shredded |
| (optional) | 1 1/2 c dried fruit, chopped (or 2 |
| cups - I tend to go crazy.) | 1 1/2 c nuts, raw and chopped (make |
| sure there's some pecans in there) | 12 pecan halves (for decoration if |
| you wish) | |

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but storing a mixer, and then having to clean more stuff - not to mention
 don't have any spare counterspace. Obviously as you see I've set the
mixing bowl in the sink! You do what you have to do!</p>

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<p>Egg protein powder - I like the kind from True Protein, it's very neutral
flavored. You can choose to leave this out - just make sure to add a
combination of almond meal and coconut flour to equal about 1/4 cup. It
also doesn't matter if you use egg white protein or whole egg. A friend
of mine bartered this giant 3lb canister of egg white protein and so I try to cook it
into things as much as possible as I don't want it to go bad. I prefer
other plain protein powders for shakes.</p>

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<p>This is my favorite
salt - and not just because it says "primordial" on it - though that

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was a word that appealed to me. You marketers and your words... anyway. As you can see I have opted to use my hand and not a measuring spoon, having inherited my great-grandmother's knack for cooking by sight. Don't do this unless you have this skill. I'm very grateful for this knack because it means that at the end of any given cooking project I have less things to wash. The flip side of it is when I make recipes to share, I end up having to weigh things out after adding "just enough" so you'll see me create things with the bowl on the scale, zeroing it out after each ingredient "looks right." But enough of my secrets... back to the recipe!</p>

<p> Hurrah for friends with farms and backyard chicken coops! These gorgeous eggs were from heritage hens, and collected by my pal's preteen son. Hince I washed them again, since they were said to be washed, but said to be washed by the aforementioned preteen son. And we all know what a boy's idea of "clean" can mean! ACK!</p>

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<p> </p>OK </p>FINE. Get out the fork. </p>It makes a thick dough - that's normal.</p>

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<p>Prepare the fruit - I've chosen a selection of unsweetened (be sure to check for this or you'll make some sort of vomitous candy-filled horrible mess) </p>Pictured below - dried bing cherries, dried pineapple, dried prunes, dried apricots. </p>I </p>minced them up pretty small.</p>

<p><img width="300" hspace="5" height="200" align="middle"

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`<p>`They can be a little darker on the bottom if you wish. I like them about like this. Let them cool before storing in a sealed container on the countertop if you're going to eat them quickly, OR in the refrigerator if they may last more than a few days. These are DENSE and intense - both in terms of flavor and calories - so use accordingly - yum.</p>

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*Quote of a friend of mine from the dog park upon hearing about steak n eggs for breakfast. I think its a hilarious phrase.