Healthy Fat Recipes

Eat Yourself Thin! with The Top 3 Fat-Fighting Fats

Good news. Fat is your friend. Forget anything you've ever read, been told, or been bombarded with on the supermarket shelves. Fat and cholesterol are vital for your health and wellbeing. Pretty good news, huh?

The key is to eat the right fats, in moderation. Fats support healthy hormones, promote skin regeneration, reduce sugar cravings, keep you fuller for longer, burn (yes, I said burn) body fat, support brain health, boost energy levels and metabolism, protect your immune system, and optimize your health.

Low-fat products, one of my favourite topics, are just plain-old dodgy. You have every right to ditch them from your fridge. In order to have the fat removed,they process the normal (full-fat) product by applying heat, which begins to destroy the nutrient content. Then the fat-soluble vitamins present in the product are also removed along with the fat. Vitamin A and Vitamin D, for instance, are fat-soluble, so in order for your body to absorb these vitamins you actually need a little fat in your food.

To make matters worse when they sell low-fat products they need to put back in the vitamins that have been removed, so they toss in synthetic vitamins. The body doesn't know what on Earth to do with these random synthetic vitamins; it doesn't recognise them and simply cannot absorb them because the food still lacks fat!

Full-fat products are not only tastier, they are more natural and are better for your health and wellbeing. Plus, you often

eat less, because they fill you up. Think of yoghurt. Is there anything better than a dollop of thick, creamy Greek yoghurt? Runny, fluro pink, strawberry flavored, low-fat yoghurt you could drink through a straw just doesn't compare.

The French are onto something; they have some of the most beautiful fatty foods in the world (think cheeses and rich meats), yet they are a skinny nation because they only eat a little at a time.

Back to my point. There are three types of fats: unsaturated, polyunsaturated and monounsaturated, and all are necessary, though some are needed more than others.

1. Saturated fats include butter, lard, dairy products, milk, and coconut oil.
2. Polyunsaturated fats are found in salmon, tuna, walnuts and vegetable oils like corn oil and soybean oil.
3. Monounsaturated fats can come from avocados, olive oil, peanut oil, and sesame oil.

I do want to point out that of the saturated fats, some are better than others. Plant-based fats, like coconut oil, have amazing fat-burning and immune-boosting properties, unlike other saturated fat products that are very high in cholesterol.

So what does this mean for you? Well, you've gotta jump on the polyunsaturated and monounsaturated fats bandwagon.

Saturated fats are the ones you want to limit, as they're linked with chronic conditions such as heart disease. Trans fats are ones you really want to dodge, at all costs. They're heavily processed and chemical-ridden, which not only contributes to weight gain around the middle, they also put stress on your liver, contribute to potential hormone imbalances, and can lead to chronic conditions.

Trans fats are typically laden with sugar, making them even

more detrimental to your health, hormones, nervous system, and of course your waistline. Trans fats are usually found in fried foods and takeaway, including hot chips, (French fries) cakes, and doughnuts.

Plus sugar is the major culprit in weight gain and obesity, as well as numerous chronic diseases. There are natural sweeteners found in nature that make great alternatives to sugar. Try xylitol and stevia, which you should be able to buy from your local health store.

The Top 3 Fat-Fighting Fats

Coconut Oil

- Antibacterial benefits
- Boosts your immune system
- Easily digested – your gut loves it!
- Fabulous to cook with as it can withstand high temperatures, meaning it doesn't become damaged during cooking or frying and turn carcinogenic like some other oils

Try adding a teaspoon of it to a green tea, or cooking your eggs or meat with it.

Avocado

- Supports a healthy heart
- Controls blood pressure
- Supports nervous system and mood

Try adding ½ an avocado to salads, spreading it on toast or even eating it by itself with a good crack of pepper on top.

Cacao – Raw, Unprocessed Chocolate

- Boosts your mood –contains a naturally occurring

stimulant, theobromine
- Supports healthy hormones & promotes fertility
- Reduces spasms, including headaches, migraines, and stomach cramps.

Try adding a teaspoon of cacao nibs to your muesli, salads, or even desserts.

Here's a recipe you might want to try.

Raw Coconut Cacao Truffle Balls – Recipe

These truffle balls are a delicious and guilt-free way to blend nutrient-dense foods together. They're also a great way to up your fat intake, which as you know by now is crucial for your health and wellbeing. These truffles are perfect as a snack, to share with friends at a dinner party, or even give to the kids, if you're willing to share. This recipe makes about 15 truffle balls, depending on the size you make them.

Ingredients:

- 1 cup cacao powder and 1 extra teaspoon of cacao powder for dusting
- 1 cup coconut oil
- 1 cup coconut butter
- 1 cup almond butter
- 12 dates, pitted
- ¼ teaspoon of ground cinnamon
- 3 tablespoon of finely shredded coconut

Method:

1. Heat coconut oil and coconut butter in a saucepan, until melted.
2. Blend the dates with a teaspoon of water, until they are

a smooth paste.
3. Combine oils, date paste, and all remaining ingredients, except for shredded coconut, in a mixing bowl. Mix well.
4. Pour the shredded coconut and cacao powder on a plate.
5. Shape the mixture into bite-size balls, by rolling them between your hands.
6. Roll the balls in coconut & cacao powder.
7. Place truffles on a tray and store in the fridge.