

LIGHTLY PROCESSED

92

HEALTH SCORE

#1. HOMEMADE GRAIN-FREE ALMOND & COCONUT FLOUR BATTER

✓ VERIFIED CLEAN

SCANNED: 8/27/2026, 4:09:58 PM

"This recipe is made from nutrient-dense whole ingredients, healthy fats, and fiber-rich nut flours with minimal natural honey. It has a low glycemic impact and contains no artificial additives, though it contains egg, tree nut, and dairy allergens."

Wholesome Alternative: This clean grain-free recipe is already optimal; omit honey for a strictly sugar-free keto version.

HARDWARE TRIGGERS & LED STATUS ARRAY

0 Active Triggers



HIGH SUGAR

>10g added sugar / High-Fructose Corn Syrup

INACTIVE



SYNTHETIC DYES

Red 40, Yellow 5/6, Blue 1/2

INACTIVE



TRANS FATS

Partially hydrogenated oils

INACTIVE



CHEMICAL PRESERVATIVES

BHA, BHT, TBHQ, Nitrites, Nitrates

INACTIVE



ARTIFICIAL SWEETENERS

Aspartame, Sucralose, Ace-K

INACTIVE



HIGH SODIUM

>460mg sodium per serving

INACTIVE



HIGH PROTEIN DETECTED

≥10g protein or whole protein source

ACTIVE

COMMON ALLERGENS AUDIT

DAIRY

✓ SOY

✓ GLUTEN

✓ PEANUTS

TREE NUTS

✓ SHELLFISH

EGGS

ARTIFICIAL ADDITIVES, DYES & PRESERVATIVES (0)

✓ No synthetic food dyes, artificial preservatives, or HFCS detected.

HIDDEN SUGARS & SODIUM ALERTS (0)

✓ No high-fructose corn syrup or excess sodium flags detected.

LOGGED BLOOD GLUCOSE TEST HISTORY

3 READINGS

Timestamp	Blood Glucose	Context	Meal / Notes	Status
8/27/2026 06:39 AM	121 mg/dL (6.7 mmol/L)	Fasting	Manual Meal / Beverage Log	ELEVATED
8/26/2026 07:15 PM	124 mg/dL (6.9 mmol/L)	2h Post-Meal	salad with olives, egg, onions, one sausage brott	ELEVATED
8/26/2026 07:14 PM	188 mg/dL (10.4 mmol/L)	2h Post-Meal	Lunch corn dogs and sticky rice	HIGH SPIKE

EXTRACTED INGREDIENTS LIST (10 TOTAL)

ALMOND FLOUR *

COCONUT FLOUR

HONEY

BAKING POWDER

SEA SALT

GROUND CINNAMON

EGGS *

UNSWEETENED ALMOND MILK *

VANILLA EXTRACT

BUTTER OR COCONUT OIL *

