

The **Fit Foods** **Cookbook**

100 Healthy, Delicious & Easy to Make Recipes

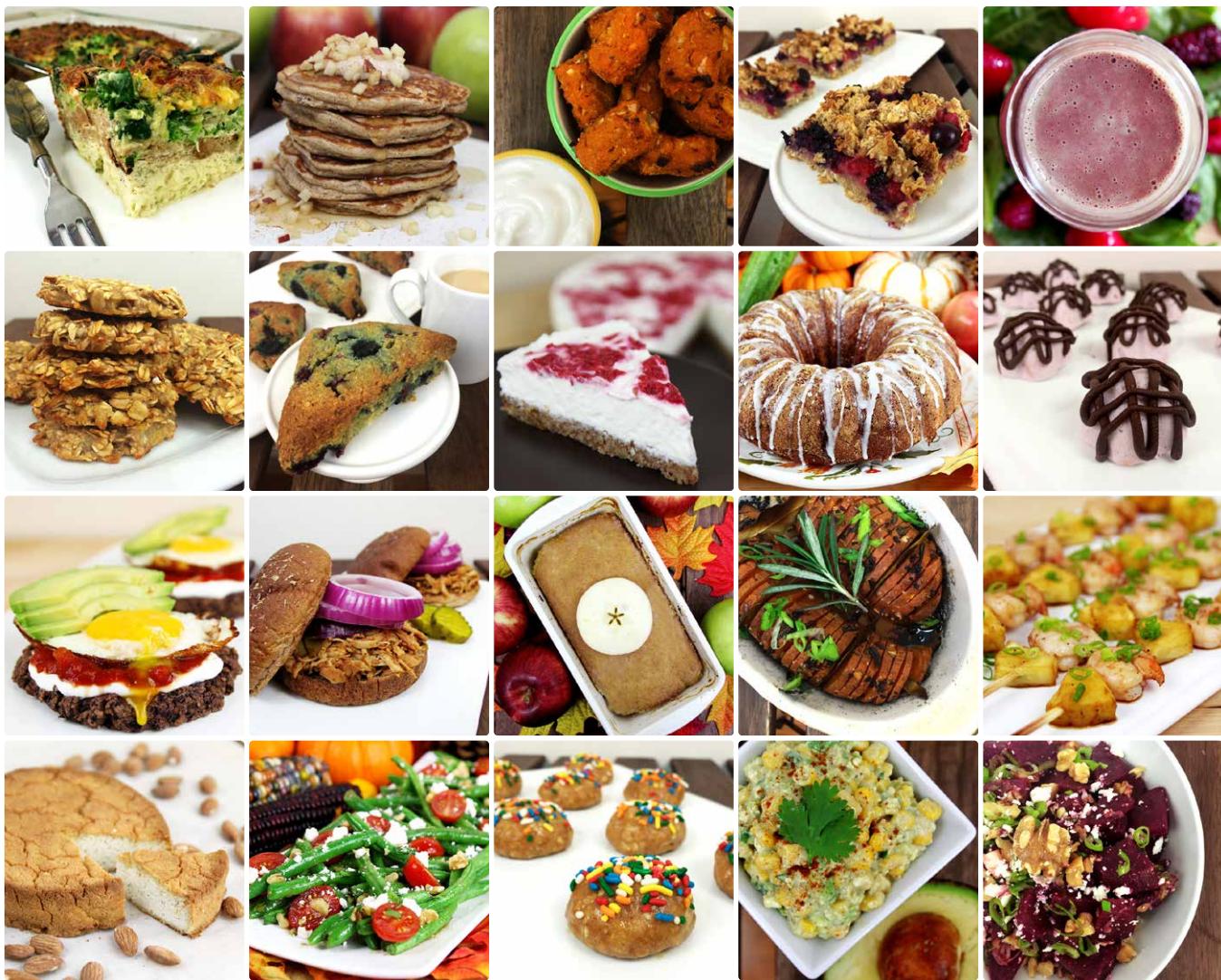


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Apple Spice Pancakes

INGREDIENTS

**1/4 cup oats (old fashioned or quick)
1/2 cup egg whites
1/4 cup low fat cottage cheese
2 Tbsp unsweetened applesauce
1 1/2 Tbsp coconut flour
1 tsp baking powder
1 tsp apple pie spice (or sub 1/2 tsp cinnamon, 1/4 tsp nutmeg,
1/8 tsp cardamom)
1/2 tsp cinnamon
1/2-1 tsp stevia/sweetener (optional)
Dash of salt
1/4 tsp vanilla
1/4 cup apples, diced**

PROCEDURE

1. Combine all ingredients except for diced apples in a blender or processor until smooth.
1. Stir diced apple chunks into batter.
2. Preheat griddle or skillet.
3. Pour batter onto griddle or skillet into your desired pancake shapes.
4. Once the pancakes begin to bubble as they would normal pancakes, flip to cook through on the other side.
5. Serve with syrup and/or desired toppings!



Bangin' Banana Bread

INGREDIENTS

1 ½ cups oat flour
3 medium bananas, mashed
3 Tbsp brown sugar (feel free to use a blend or sucanat)
¼ cup stevia/splenda/sugar
¼ cup applesauce
1/3 cup egg whites
1 tsp vanilla extract
¼ tsp salt
1 tsp baking soda
1 tsp baking powder
1 tsp cinnamon

PROCEDURE

1. Preheat oven to 350°F.
2. Mix all ingredients together in a bowl.
3. Divide batter into 8oz mason jars sprayed with cooking spray, (fill about ¾ full, my batter filled 4 jars) or a loaf pan.
4. Bake about 15 minutes. (I would keep an eye- they may need more or less time depending on the size of your jars/loaf. They will be done when the top begins to brown and a toothpick comes out clean!)



Blueberry Pancakes

INGREDIENTS

**½ cup egg whites
½ cup oats
¼ cup low fat cottage cheese
1 Tbsp coconut flour
1 tsp baking powder
1 tsp vanilla
2 Tbsp blueberries + 2 Tbsp blueberries**

PROCEDURE

1. Preheat skillet or pan.
2. Combine all ingredients, including 2 Tbsp blueberries, in a blender or processor until it reaches a nice batter consistency. Feel free to adjust consistency as desired using almond milk or coconut flour. Stir in the additional 2 Tbsp whole blueberries to your batter.
3. Cook batter as you would normally for pancakes.
4. Devour!



Breakfast Pizza

INGREDIENTS

1 whole wheat pizza crust (I got mine at Target!)
1 avocado
2 eggs
3 turkey sausage links, cooked
A few leaves of spinach
Salt & pepper

PROCEDURE

1. Preheat oven to 400°F, or according to package directions.
2. Mash avocado and season with salt & pepper to taste.
3. Spread mashed avocado on crust as the "sauce" layer.
4. Place a few spinach leaves on top.
5. Crack 2 eggs onto the pizza, ensuring the whites do not run off the sides.
6. Slice up sausage links and place mini "patties" all over pizza.
7. Bake for about 15 minutes, until eggs are cooked as desired!
8. Cut up and devour warm!



Butternut Squash Pancakes

INGREDIENTS

**1/4 cup oats
1/2 cup egg whites
1/4 cup low fat cottage cheese
1/4 cup cooked butternut squash, mashed
1 1/2 Tbsp coconut flour
1 tsp baking powder
1 tsp vanilla
Stevia to taste (optional)
Pinch of salt**

PROCEDURE

1. Preheat skillet or pan.
2. Combine all ingredients in a blender or processor until it reaches a nice batter consistency. Feel free to adjust consistency as desired using almond milk or coconut flour.
3. Cook batter as you would normally for pancakes.
4. Devour!



Carrot Cake Waffle

INGREDIENTS

**¼ cup oats
½ cup egg whites
¼ cup cottage cheese
1 ½ tablespoons coconut flour
1 teaspoon baking powder
¾ teaspoons cinnamon
3 tablespoons shredded carrots
2 tablespoons baby food carrot puree
1 tablespoon raisins
1– 2 tablespoon walnuts (these add a great crunch!)
½ teaspoon stevia (optional)**

PROCEDURE

1. Preheat waffle maker.
2. Combine all ingredients except for shredded carrots, raisins and walnuts in food processor or blender.
3. Stir in shredded carrots, raisins and walnuts.
4. Pour batter into waffle maker (sprayed with cooking spray) and cook according to package directions.
5. Serve with syrup, or topping of choice! (I made a cream cheese mixture to make it more “carrot cake-y” using 2 Tbsp cream cheese, 2 Tbsp Greek yogurt, ½ tsp cinnamon and ½ tsp stevia).



Coconut Berry Crumble Bars

INGREDIENTS

1 cup oat flour
1 cup old fashioned oats
 $\frac{1}{4}$ cup coconut flour
 $\frac{1}{2}$ cup low fat shredded coconut, unsweetened
2 Tbsp brown sugar or blend/sucanat
1 Tbsp stevia
2 Tbsp coconut milk
 $\frac{1}{2}$ cup applesauce
2 Tbsp coconut oil
 $\frac{1}{2}$ cup egg whites
1 cup fresh mixed berries (I used raspberries and blueberries)
1/2 tsp cinnamon

PROCEDURE

1. Preheat oven to 350°F.
2. Combine dry and wet ingredients separately, and then mix together (except fruit).
3. Reserve about 1 cup of the dough—set aside.
4. Press remaining dough into a square baking dish (I used 9"x9"), lined with parchment paper.
5. Mash mixed berries together (chunks are fine!) and place on top of dough in baking pan.
6. Crumble reserved dough over the top of the berries.
7. Bake 25 minutes, until top begins to brown.
8. Cool 10 minutes before cutting and devouring!



Frittata Fingers

INGREDIENTS

**$\frac{1}{2}$ cup egg whites
1 egg
 $\frac{1}{2}$ cup finely chopped zucchini
 $\frac{1}{2}$ cup finely chopped carrot
 $\frac{1}{2}$ cup chopped spinach
 $\frac{1}{2}$ cup finely chopped onion
 $\frac{1}{4}$ cup low fat cheddar cheese
2 tsp parsley
2 tsp oat flour
2 tsp garlic
 $\frac{1}{4}$ tsp salt & pepper**

PROCEDURE

1. Preheat oven to 350°F.
2. Combine all ingredients in a bowl.
3. Transfer to a regular sized loaf pan sprayed with cooking spray.
4. Top with a little extra low fat cheese (if desired).
5. Bake 12-15 minutes, until cooked through and beginning to brown on top.
6. Cool 15-20 minutes before cutting into "fingers."
7. Enjoy hot or cold!



Guilt-Free Hollandaise

INGREDIENTS

**2/3 cup nonfat Greek yogurt
3 Tbsp almond milk
1 Tbsp cornstarch
¾ tsp Dijon mustard
¼ tsp Worcestershire
¼ tsp salt
Pinch cayenne (to taste)
1 egg, lightly beaten
1 Tbsp light butter, melted
1 ½ tsp lemon juice**

PROCEDURE

1. Whisk together Greek yogurt and almond milk.
2. Add half of Greek yogurt mixture to a pot with cornstarch, Dijon, Worcestershire, salt and cayenne. Whisk until creamy and smooth. Add remaining yogurt mixture and the lightly beaten egg and combine well.
3. Turn heat to medium low and whisk continuously (if you do not continue to whisk you will end up with a lumpy hollandaise—YUCK!). Continue to whisk until sauce comes to a light simmer.
4. Remove from heat and continue to whisk for 15 seconds. Add melted butter and lemon juice, whisking well to combine.
5. Serve warm on Eggs Benedict or Florentine!



Lean and Secretly Green Smoothie

INGREDIENTS

**1 cup mixed berries, frozen
1 handful of spinach
3 Tbsp Greek yogurt
½ banana
1/3 cup almond milk
¼ tsp cinnamon
2 tsp Monkfruit or sweetener of choice**

PROCEDURE

- 1. Combine all ingredients in a blender and process until smooth**
- 2. Add ice for a thicker consistency and milk for a thinner consistency**



Mint Chocolate Chip Waffles

INGREDIENTS

$\frac{1}{4}$ cup oats (any kind will do)
 $\frac{1}{2}$ cup egg whites
 $\frac{1}{4}$ cup cottage cheese
 $\frac{1}{2}$ cup spinach
 $\frac{1}{4}$ cup fresh mint
1 $\frac{1}{2}$ Tbsp coconut flour
1 tsp baking powder
1 tsp mint extract
(optional) $\frac{1}{2}$ tsp stevia/splenda (more or less to taste)
2 tsp chocolate chips (more to taste?)

PROCEDURE

1. Combine all ingredients except for chocolate chips in a blender/food processor.
2. Pour into preheated waffle maker and add chocolate chips. Cook according to waffle maker directions.
3. Top with chocolate syrup, regular syrup, or even more chocolate chips!
4. Devour



Mushroom Eggs Bake

INGREDIENTS

1 package baby bella mushrooms (about 8-9oz)
1 tsp olive oil
1 tsp garlic
1 Tbsp Gruyere cheese
1 Tbsp almond milk
Salt&pepper
½ tsp thyme
2 eggs

PROCEDURE

1. Preheat oven to 400°F.
2. In a skillet over medium heat, sauté mushrooms in oil for about 5 minutes, until tender. Add garlic, and season with thyme, salt & pepper. Cook another 2 minutes.
3. Transfer mushrooms to a personal-pan baking dish (about 5x7").
4. Crack 2 eggs on top of mushrooms.
5. Drizzle almond milk and sprinkle with shreddedGruyere.
6. Bake 10-12 minutes, or until eggs are cooked through as desired!



No-Bake Energy Bars

INGREDIENTS

**2 cups pitted dates (soaked if hard)
1/4-1/2 cup warm water
1 cup oats**

PROCEDURE

1. Combine dates, oats and a bit of the water in a food processor. Add water as necessary to adjust consistency. Pulse until well combined, but not completely into a paste. Chunks are good!
2. Press into a flat pan. Refrigerate 4-6 hours.
3. Cut into bars and enjoy!



Pancake Bacons

INGREDIENTS

**6 slices of bacon (I use turkey)
¼ cup oats
½ cup egg whites
¼ cup cottage cheese
1 Tbsp coconut flour
1 tsp baking powder
½ tsp cinnamon (optional)
½ tsp stevia (optional)**

PROCEDURE

1. Combine all ingredients except bacon in your blender of choice.
2. Blend completely until a batter forms.
3. Cook your bacon until it's ALMOST finished, and then pour your pancake batter around the bacon slices.
4. Flip them just like you would normal pancakes.
5. Serve with a little maple syrup if you like!



PB&J Mini Muffins

INGREDIENTS

Ingredients for dry:

1 cup oat flour
2 Tbsp coconut flour
¾ cup stevia/granulated sweetener of choice
1 tsp baking powder
¼ tsp baking soda
½ tsp salt
1 tsp cinnamon

Ingredients for wet:

1/3 cup applesauce
¼ cup peanut butter
1/3 cup unsweetened almond milk
2/3 cup egg whites
½ tsp vanilla extract

Ingredients for filling:

Homemade jam or jam of choice

PROCEDURE

1. Preheat oven to 350°F.
2. Mix dry ingredients and wet ingredients separately, and then combine.
3. Distribute about 1 ½ tsp of batter into the bottom of each tin compartment. Drop about ½ tsp of jam into the center of each tin, on top of the batter. Cover the jam with another heaping tsp of batter. I managed to make 32 mini muffins.
4. Bake for 10-12 minutes.
5. Devour!



Peanut Butter Banana Smoothie

INGREDIENTS

**1/3 cup crushed ice
1 ripe banana (brown spots are good!)
3-4 dates, soaked overnight (if they aren't soaked they won't blend up as well)
1/3 cup water
1/4 cup almond milk
2 Tbsp nonfat Greek yogurt
1 Tbsp natural UNSWEETENED peanut butter**

PROCEDURE

- 1. Blend everything up in the processor and enjoy!**



Pumpkin Granola

INGREDIENTS

Dry Ingredients:

2 ½ cups old fashioned oats
½ cup unsweetened shredded coconut
1/3 cup chopped walnuts
½ cup pepitas/pumpkin seeds
1 tsp cinnamon
1 tsp pumpkin pie spice (or sub ½ tsp cinnamon, 1/8 tsp ginger, 1/8 tsp nutmeg, pinch of ground cloves)
¼ tsp salt
¼ tsp nutmeg
½ cup dried cranberries

Wet Ingredients:

½ cup pumpkin pureé
¼ cup unsweetened applesauce
3 Tbsp honey (or agave for vegan)
1 Tbsp brown sugar
2 tsp coconut oil
1 tsp vanilla
2 Tbsp stevia (to taste)

PROCEDURE

1. Preheat oven to 325°F.
2. Combine all dry ingredients except for cranberries.
3. Combine all wet ingredients.
4. Mix dry into wet, coating well.
5. Transfer mixture to a baking sheet lined with parchment and sprayed, spreading granola into a nice layer on the sheet. I needed 2 baking sheets for all of my granola.
6. Bake 20 minutes. Remove and stir on tray(s).
7. Return to oven for another 20 minutes.
8. Remove from oven and allow to cool. Stir in dried cranberries.
9. Devour!
10. Store in an airtight container at room temperature for up to 2 weeks.



Pumpkin Mini Muffins

INGREDIENTS

Dry ingredients:

1½ cup oat flour
1/3 cup stevia/powdered sweetener of choice (adjust to taste)
1 tsp baking powder
¼ tsp baking soda
½ tsp salt
1 tsp cinnamon
1 tsp pumpkin pie spice

Wet ingredients:

½ cup canned pumpkin
½ tsp vanilla extract
¼ cup unsweetened almond milk
4 egg whites (¾ cup)

PROCEDURE

1. Preheat oven to 325°F.
2. Mix dry ingredients and wet ingredients separately, and then combine.
3. Divide evenly into mini muffin tin previously sprayed with olive oil cooking spray.
4. Bake for 10-12 minutes.



Pumpkin Pie Overnight Oats

INGREDIENTS

1/3 cup oats (any kind will do!)
1/3 cup light almond milk
3 Tbsp pumpkin pureé
2 Tbsp low nonfat Greek yogurt
1 tsp chia seeds
1/2 tsp vanilla
1/4 tsp cinnamon
1/4 tsp pumpkin pie spice (or sub 1/8 tsp nutmeg, 1/8 tsp cinnamon, & pinch of ginger & ground cloves)
1/2-1 tsp stevia, or sweetener of choice (adjust to taste)

PROCEDURE

1. Mix all ingredients in a jar, adjusting sweetness and thickness to preference.
2. Refrigerate overnight (or for at least 4 hours if making for the same day).
3. Enjoy cold!



Tropical Quinoa Smoothie

INGREDIENTS

**¼ cup cooked quinoa
¼ cup coconut milk
1/3 cup frozen mango
1/3 cup frozen pineapple
½ banana
½ tsp vanilla
2 Tbsp unsweetened shredded coconut
1 Tbsp coconut sugar or sweetener of choice**

PROCEDURE

- 1. Combine all ingredients in a blender and process until smooth**
- 2. Add ice for a thicker consistency and milk for a thinner consistency**



Vegetarian Breakfast Bake

INGREDIENTS

1 cup onion, chopped
1 Tbsp minced garlic
4oz sliced mushrooms
1 package frozen spinach, or 1 bag fresh
4 slices whole wheat bread, cut into cubes (about $\frac{1}{2}$ "')
4 eggs
3 cups egg whites/substitute
2 cups almond milk
1 10oz bag frozen broccoli, thawed
 $\frac{1}{2}$ cup Swiss cheese
 $\frac{1}{2}$ cup low fat cheddar cheese
 $\frac{1}{2}$ tsp nutmeg
 $\frac{3}{4}$ tsp salt (to taste)
 $\frac{1}{2}$ tsp pepper (to taste)

PROCEDURE

1. Sauté onion, garlic, mushrooms and spinach in a skillet using cooking spray (you can use oil but nutritional data will differ). Combine with thawed broccoli. Set aside.
2. Spread bread cubes over bottom of baking dish.
3. Whisk together eggs, egg whites/substitute, almond milk, Swiss cheese, nutmeg, salt & pepper.
4. Layer vegetables over bread, maintaining 2 layers to the best of your ability.
5. Pour egg mixture over entire baking dish, completely covering both layers of bread/vegetables.
6. Cover and refrigerate overnight (about 8 hours).
7. In the morning, preheat oven to 350°F.
8. Top the bake with cheddar cheese. Bake 50–60 minutes, until cheese begins to brown and eggs are cooked through.
9. Devour warm, save to reheat, or enjoy cold later on!



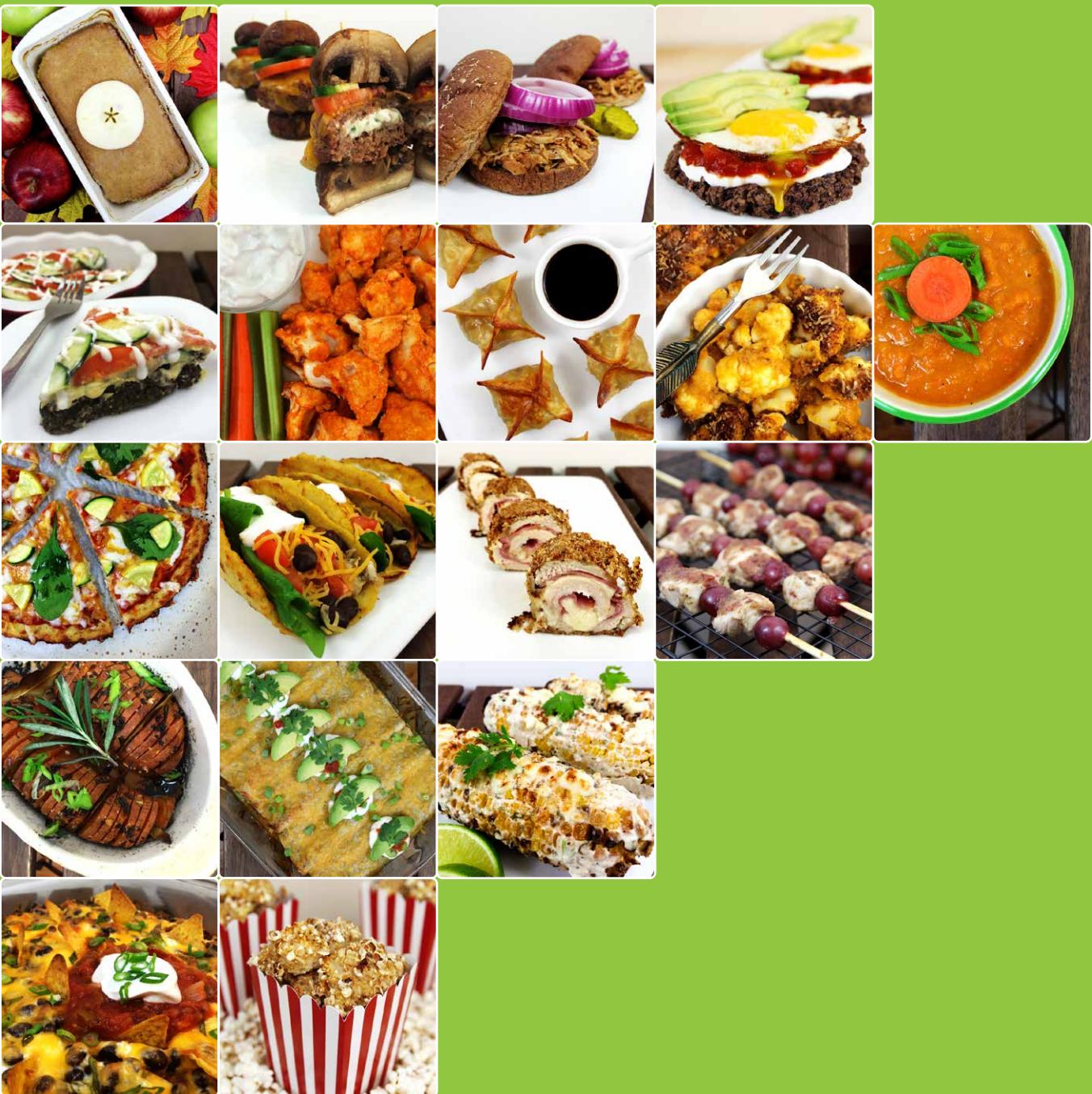
Zucchini Blueberry Breakfast Bread

INGREDIENTS

3/4 cup oat flour
3/4 cup whole wheat pastry flour
1/2 cup shredded zucchini
1/2 cup unsweetened applesauce
1/3 cup egg whites
2 Tbsp honey
1-2 Tbsp stevia (optional for additional sweetness)
1 tsp vanilla
1 tsp baking soda
1 tsp baking powder
1 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp salt
2/3 cup blueberries
2-3 Tbsp walnuts (optional)

PROCEDURE

1. Preheat oven to 350°F.
2. Combine all ingredients in a bowl, adding blueberries last. Transfer to pan, sprayed with cooking spray. Top with additional blueberries if desired
3. Bake about 10 minutes, and then add a foil cover and continue cooking for another 15 minutes until browned on top and cooked through.
4. Allow to cool completely before cutting into slices.



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INGREDIENTS

Apple Meatloaf

Ingredients for loaf

1.25 lbs extra lean ground turkey
1 cup apple, diced
1/2 cup onion, diced
1 egg
2 Tbsp egg whites
3 Tbsp breadcrumbs
3/4 tsp salt
1/4 tsp pepper

Ingredients for glaze

1/4 cup unsweetened applesauce
2 tsp apple cider vinegar
1 tsp Dijon mustard
2 tsp honey
1/4 tsp cinnamon
Dash of nutmeg

PROCEDURE

1. Combine all glaze ingredients, adjusting to taste. Set aside.
2. Preheat oven to 350°F.
3. Mix all loaf ingredients together until well combined.
4. Press mixture into a sprayed loaf pan.
5. Cook for 30 minutes. Remove and brush/pour glaze over entire loaf. Return to oven for another 40-45 minutes.
6. Enjoy warm!



Baby Bella Sliders

INGREDIENTS

Ingredients for the patty:

1lb lean ground beef (93/7)
1 Tbsp egg whites/substitute
2 tsp garlic
1/2 cup finely diced onion
2 tsp Worcestershire sauce
3/4 tsp salt
1/4 tsp pepper (adjust to taste)
1/4 tsp cayenne

Ingredients for the filling:

1oz low fat cream cheese or Neufchatel cheese
1/4 tsp garlic powder
1jalapeño, seeded and diced

Ingredients for the "bun"/assembly

32 baby bella mushrooms (2 per slider– top and bottom bun)
2 tsp olive oil
2 tsp oregano
Salt&pepper
4 slices thin sharp cheddar
Toothpicks
Roma tomato slices for "topping"
Jalapeño slices for "topping"

PROCEDURE

1. Mix together all ingredients for burger patty, thoroughly combining using hands. Scoop out 1 Tbsp size balls of meat and flatten on a plate or piece of parchment paper to create a very flat patty. Repeat for remaining meat mixture. You should get around 32 total). Set aside in refrigerator.
2. Mix together filling ingredients. Set aside in refrigerator.
3. To prepare your buns, remove stems from baby bellas. I also sliced off the very tops of 16 of the mushrooms to level off the bottom "buns" so they would stand straight.
4. Toss mushrooms in olive oil, oregano, salt &pepper.
5. Take meat and cream cheese filling out of refrigerator. Top 1 thin burger "patty" with 1/2 tsp filling mixture. Top with another burger patty, and seal edges to contain filling. Repeat for all burgers. With 32 patties, you should end up with 16 slider patties.
6. Preheat your grill pan.
7. Slice cheddar cheese slices into 4ths so you have 16 small squares of cheese (from 4 slices).
8. Grill burgers and mushrooms at the same time, for about 3–4 minutes on each side, covered, until cooked through. Once you flip the burgers, add one mini cheddar slice and re-cover.
9. To assemble, Place one bottom "bun" baby bella (bottom leveled off) on the plate. Top with one burger patty, a Roma tomato slice, a few jalapeño slices, and another baby bella bun top. Use a toothpick to hold it all together.
10. So cute! Devour as you would a normal slider, or with a knife and fork!



BBQ Pulled Chicken

INGREDIENTS

2 lbs. boneless skinless chicken breast cut into smaller pieces (around 2-3 oz each)
1 cup onion, chopped
8 ounces canned tomato sauce
4 ounces canned chopped green chiles
1/4 cup cider vinegar
2 Tbsp honey
1 Tbsp garlic, minced
1 Tbsp paprika
1 Tbsp brown sugar
2 Tbsp tomato paste
1 Tbsp Worcestershire
1 tsp garlic powder
2 tsp dry mustard
1/2 tsp ground chipotle chile
1/2 tsp onion powder
1/2 tsp salt & pepper

PROCEDURE

1. Put everything in the slow cooker and stir to combine.
2. Put the lid on and cook on low until the chicken can be pulled apart, about 5 hours.
3. Transfer the chicken to a cutting board and shred with a fork.
4. Return the chicken to the sauce, stir well and serve.



Black Bean Cakes

INGREDIENTS

1 can black beans, drained and rinsed
1 egg
1/4 cup bread crumbs (I make my own Ezekiel bread crumbs)
1 tsp minced garlic
Salt and pepper to taste

PROCEDURE

1. Combine all ingredients in food processor or blender.
2. Form into 4 patties.
3. Cook on a skillet using cooking spray (or oil if you prefer) until browned on each side (about 4-5 minutes per side).
4. Serve with desired toppings!



Black Bean Falafel Pie

INGREDIENTS

Ingredients for Black Bean Falafel:

1 15 oz can of black beans, drained and rinsed
1/2 cup chopped onion
1/2 cup raw spinach
1/4 cup chopped parsley
1 Tbsp garlic
1 1/2 tsp lemon juice
1 Tbsp egg whites (sub 1 Tbsp canned pumpkin for vegan)
2 Tbsp oat flour
1 1/2 tsp cumin
1/2 tsp salt
1/4 tsp pepper
1/2 tsp baking soda
Pinch of cayenne

Ingredients for Topping:

3/4 cup hummus (I used homemade, make sure it's chilled)
1 Roma tomato, sliced thinly
1/2 cucumber, sliced thinly (I used a mandolin but BE CAREFUL!)
Tzatziki sauce (I used homemade)

PROCEDURE

1. Preheat oven to 350°F
2. Put all ingredients for black bean falafel into food processor and blend until smooth.
3. Pour mixture into greased pie dish.
4. Place in oven and bake for 25-30 minutes or until cooked through (not TOO soft in the center, but don't burn the top!)
5. Remove pie and let cool for 20 minutes.
6. Top pie with hummus, sliced tomato and cucumber, and drizzle on Tzatziki sauce.
7. Slice, serve and devour!



Buffalo Cauliflower Bites

INGREDIENTS

1 head of cauliflower, chopped to florets
1/2 cup Greek yogurt
1 Tbsp almond milk
1/2 cup water
1/2 tsp garlic powder
1/2 cup oat flour
1/2 cup buffalo wing sauce
1/2 Tbsp melted butter of choice
pinch of salt

PROCEDURE

1. Preheat oven to 450°F.
2. Whisk together Greek yogurt, milk, water, garlic powder and oat flour until well combined. It may be thick.
3. Toss cauliflower florets in yogurt mixture until well coated.
4. Place cauliflower on baking sheet lined with foil and sprayed.
5. Bake for 12-15 minutes, until coating bakes over florets.
6. Combine buffalo wing sauce, butter and salt.
7. Pour sauce over cauliflower pieces and toss on the baking sheet to coat thoroughly.
8. Bake for another 5-8 minutes.
9. Devour with blue cheese dressing! (I made my dressing with 1/2 cup Greek yogurt, 1/4 cup blue cheese, 1 tsp lemon juice, and 1/2 tsp garlic)



Butternut Potstickers

INGREDIENTS

16 wonton wrappers
1 1/2 cups cooked/mashed butternut squash
1 Tbsp soy sauce
2 tsp brown sugar
1/2 tsp garlic
1/2 tsp ground ginger
1/8 tsp salt & pepper (adjust to taste)
1 egg white, for wash

PROCEDURE

1. Preheat oven to 400°F
2. Combine squash, soy sauce, brown sugar, garlic, ginger, and salt & pepper, adjusting seasonings to taste.
3. Take a wonton wrapper and place 1 heaping Tbsp squash mixture into the center of the wrapper.
4. Wet your finger and dampen the sides of the wonton wrapper. Fold the corners in so they meet at the top and press the sides together. The water should help them stick.
5. Place on a baking sheet lined with parchment and sprayed. Keep covered with plastic to prevent drying. Repeat for remaining wonton wrappers!
6. Brush all filled wontons with egg white wash.
7. Bake 8-12 minutes.
8. Serve warm with additional soy sauce for dipping!



Butternut Squash Mac & Cheese

INGREDIENTS

2 cups cooked and cubed butternut squash
1 Tbsp garlic
1/2 cup nonfat Greek yogurt
1/2 cup light almond milk
1/2 cup Gruyere cheese
1/2 cup low fat sharp Cheddar cheese
6 cups cauliflower florets
1/2 tsp salt & pepper
1/4 tsp cayenne (optional)
1/8 tsp nutmeg
3 Tbsp breadcrumbs
1 oz (about 1/4 cup) Parmesan cheese

PROCEDURE

1. Preheat oven to 400°F
2. Pureé butternut squash, garlic, Greek yogurt and almond milk in processor. Transfer to a pot and turn heat to medium.
3. Add spices/seasonings and allow mixture to warm for 2 minutes.
4. Add cheese and stir until melted.
5. Add cauliflower florets to pot and coat thoroughly with cheese mixture.
6. Transfer cauliflower mixture to a 9"x13" baking dish.
7. Mix breadcrumbs and Parmesan together. Sprinkle over top of cauliflower mixture in baking dish.
8. Bake 15–20 minutes, until browned on top as desired!
9. Devour!



Carrot Soup

INGREDIENTS

1 tsp olive oil
1 cup onion, chopped
2 tsp garlic
2 stalks celery, chopped
3 cups adult carrots, chopped
1 granny smith apple, peeled and chopped
1 tsp fresh thyme
2 cups vegetable/chicken broth
1 cup light coconut milk
1 tsp cumin
1/2 tsp curry
1/4 tsp salt & pepper
1 bay leaf

PROCEDURE

1. In a pot over medium heat, heat oil and add onions, garlic and celery. Cook for about 5 minutes, until tender.
2. Add remaining ingredients. Once mixture reaches a light boil, turn down to a simmer, and leave on low heat for about 40–45 minutes.
3. Once veggies are cooked and tender, remove bay leaf.
4. Pureé soup using immersion blender, or in a blender/processor in batches.
5. Devour warm!



Cauliflower Pizza Crust

INGREDIENTS

~1/3 head cauliflower (enough for 2 cups cauliflower rice- one medium head will usually yield about 6 cups of rice)
1 egg
1/2 cup Parmesan
1/4 cup mozzarella
1/4 tsp salt
1/8 tsp pepper
1 tsp garlic

PROCEDURE

1. In a processor, blend up cauliflower florets. Steam cauliflower by placing in microwave in a bowl (you don't need to add water or cover) and heat 7-8 minutes, stirring once. Allow to cool.
2. Preheat oven to 400°F.
3. Place 2 cups of cauliflower rice in the center of a piece of cheesecloth or old dish towel (I used a dish towel, but make sure you use one you don't care about as it will likely stretch out). Create a ball with the rice inside of the cloth and ring out the water. DO NOT SKIP THIS STEP-IT WILL MAKE OR BREAK YOUR CRUST! You need to remove as much moisture as possible- continue to ring until water stops coming out of cloth.
4. Transfer to a bowl and mix with all other ingredients.
5. Spread out dough on a pizza pan, lined with parchment paper and sprayed.
6. Bake 9-12 minutes, until firm and cooked through. Remove from oven and add desired toppings (I used homemade pasta sauce, mozzarella, basil, zucchini, sautéed onions/garlic and turkey pepperoni!). Return to oven for another 5-7 minutes, until cheese is melted.
7. Slice and devour!



Cauliflower Soft Tacos

INGREDIENTS

~1/3 head cauliflower (enough for 2 cups cauliflower rice- one medium head will usually yield about 6 cups of rice)
1 egg
2 egg white (6 Tbsp substitute)
1/2 tsp salt
1/4 tsp pepper
1/2 tsp garlic powder

PROCEDURE

1. In a processor, blend up cauliflower florets. Steam cauliflower by placing in microwave in a bowl (you don't need to add water or cover) and heat 7-8 minutes, stirring once. Allow to cool.
2. Preheat oven to 375°F.
3. Place 2 cups of cauliflower rice in the center of a piece of cheesecloth or old dish towel (I used a dish towel, but make sure you use one you don't care about as it will likely stretch out). Create a ball with the rice inside of the cloth and ring out the water. DO NOT SKIP THIS STEP-IT WILL MAKE OR BREAK YOUR TORTILLAS! You need to remove as much moisture as possible- continue to ring until water stops coming out of cloth.
4. Transfer to a bowl and mix egg, whites and seasonings (adjust seasonings to taste).
5. Divide dough mixture into fourths (mine was about 1 ice cream scoop per tortilla) and transfer to a large baking sheet lined with parchment paper and sprayed. I was able to get 4 tortillas on my pan. Flatten out dough until it's a very thin, even round layer.
6. Bake 10 minutes, and then carefully flip tortillas (I used an off-set spatula to help). Bake another 5-7 minutes.
7. Fill with desired toppings and devour!



Chicken Cordon Bleu

INGREDIENTS

8 oz boneless skinless chicken breast tenderloins (about 2oz each—4 tenderloins total)
1-2 tsp Dijon mustard
4 slices deli ham (or turkey, if you prefer)
4 slices thin Swiss
2 Tbsp oat flour
2 Tbsp breadcrumbs
2 Tbsp lightly pulsed oats
1/4 tsp thyme
1/2 tsp garlic powder
1 egg
1 egg white
Salt&pepper

PROCEDURE

1. Preheat oven to 350°F.
2. Lay chicken breast tenderloins between plastic wrap.
3. Using flat side of a meat mallet, gently pound the chicken to 1/4-inch thickness.
4. Remove top sheet of plastic and brush a bit of mustard over the tenderloin.
5. Lay 1 slice of ham/turkey and 1 slice of cheese on chicken breast (I cut my deli meat and cheese in half to cover more easily).
6. Roll the chicken breast up with the deli ham and cheese inside, tight like a jellyroll inside of the plastic wrap. Repeat for all 4 tenderloins. Refrigerate.
7. In the meantime, set up your dredging stations. Season oat flour with salt & pepper in one container/shallow dish. Beat egg and egg white in one container. Combine breadcrumbs, seasonings and lightly ground oats in another container.
8. Remove chicken "rolls" from the refrigerator, removing the plastic wrap.
9. Maintaining the roll form, carefully dredge the chicken roll-up through the oat flour, egg mixture and crumbs coating.
10. Transfer to a baking sheet lined with foil and sprayed.
11. Repeat for remaining roll-ups.
12. Bake for 20–25 minutes, until crispy and cooked through.
13. Once cool enough to touch (but still warm), cut rolls into pinwheels.
14. Serve and devour!



Grape Chicken Skewers

INGREDIENTS

16 oz boneless skinless chicken breast, cut into bite sized cubes (about 1/2 oz each)
4 cups red grapes (3c + 1c, divided)
1 Tbsp balsamic vinegar
2 tsp fresh thyme
2 tsp olive oil
1 tsp garlic
1/2 tsp salt
1/4 tsp pepper

Additional Supplies
8 wooden skewers

PROCEDURE

1. Combine all ingredients except chicken and 1 cup of grapes in a food processor and pureé.
2. Transfer marinade and cut chicken to a Ziploc, massaging the marinade to coat chicken completely. Refrigerate 1-2 hours, massaging every 20 minutes or so to ensure even coverage.
3. Preheat oven to 425°F
4. Alternate marinated chicken cubes with grapes on your skewers and transfer to a wire rack, placed on top of a baking sheet lined with parchment or foil to catch the excess—I used about 2 oz chicken per skewer. (If you do not have a wire rack, simply use a lined baking sheet and flip the skewers halfway through).
5. Spoon some of the remaining marinade from the bag onto the skewers.
6. Bake 9-12 minutes, until chicken is cooked through.
7. Serve warm!



Herby Accordion (Hasselback) Sweet Potato

INGREDIENTS

2 medium sweet potatoes
1 Tbsp light butter
1 Tbsp olive oil
1½ tsp fresh rosemary
2 tsp garlic
1/2 tsp salt
Bay leaves
Green onion for garnish

PROCEDURE

1. Preheat oven to 375°F.
2. Slice sweet potatoes into about 3/8" slices, but do NOT cut all the way through – go about 80% of the way down. I placed a pencil on either side of the potato lengthwise, and cut until my knife hit the pencil.
3. In a pot over medium heat, melt butter and oil. Add fresh rosemary and garlic. Cook for 1 minute, until rosemary is bright and fragrant.
4. Place sweet potatoes in a baking dish/corning ware sprayed with cooking spray. Brush melted butter mixture all over potatoes, making sure to get between all "slices" and cover thoroughly.
5. Sprinkle with salt and place a few bay leaves in between slices (2-3 per potato).
6. Bake 45–50 minutes, until crisp on the outside and soft on the inside.
7. Top with chives and serve!



Mexican Enchiladas

INGREDIENTS

This recipe will yield enough filling for 2 baking dishes worth of enchiladas— you can either make 2 baking dishes worth, each of which yields 6 enchiladas, or you can make 1 baking dish/6 enchiladas and save the remaining filling mixture for another time/to eat on its own! (It's delicious in salads).***

6-12 low carb tortillas

1.25 lbs (about 1 package) extra lean ground turkey breast
2 Tbsp taco seasoning, or homemade (I use 1½ tsp paprika, 1 tsp onion powder, 1/2 tsp chili powder, 1/2 tsp salt, 1/2 tsp garlic powder, 1/2 tsp cumin, 1/2 tsp oregano, 1/4 tsp black pepper, 1/8 tsp cayenne). Adjust seasoning and salt to taste.

1 cup chopped onion

1 Tbsp garlic

1 can black beans (drained and rinsed)

3/4 cup chopped zucchini

1 cup salsa

3/4 cup low fat sharp cheddar cheese

2 10oz cans green enchilada sauce (1 can for each baking dish of enchiladas)

Cilantro, green onion, Greek yogurt as "sour cream", avocado for topping/garnish

PROCEDURE

1. Preheat oven to 375°F.
2. In a large saucepan, sauté' onion and garlic in a little cooking spray (if you choose to use oil nutritional info will differ).
3. Once onions are translucent and tender, add extra lean ground turkey and seasoning. Break up the turkey and stir to thoroughly distribute seasoning throughout mixture.
4. After a few minutes, when turkey is nearly done cooking, add black beans, zucchini and salsa. Stir until well combined.
5. Pour some enchilada sauce onto the bottom of a 9x13" baking dish (just a small layer to cover the bottom is fine).
6. Pour some enchilada sauce onto a large plate. Lay a tortilla/wrap on the enchilada sauce on the plate and get a thin layer of sauce on one side. Flip over onto another surface and fill with meat mixture (about 1/2 cup- or 2 ice cream scoops worth!).
7. Roll tortilla up and transfer to baking dish, placing seal of the tortilla on the bottom.
8. Repeat for 5 other tortillas, so you end up with 6 total in the baking dish.
9. Use remaining green enchilada sauce to brush over tortillas generously.
10. Top with shredded cheddar cheese.
11. Bake for about 20-25 minutes, until cheese is melted and begins to brown as desired.
12. Serve warm with desired toppings!



Mexican Style Corn

INGREDIENTS

4 corn on the cobs, organic (washed and husk removed)
1 Tbsp olive oil
1/3 cup nonfat Greek yogurt
2 Tbsp chopped cilantro
2 tsp lime juice
1 tsp diced garlic
1/2 tsp chipotle chili powder (adjust to taste!)
1/4 tsp salt (to taste)
1/8 tsp pepper
1/4 cup queso fresco or Cotija cheese
Paprika
Fresh lime

PROCEDURE

1. Preheat broiler.
2. Brush corn with olive oil on all sides. Transfer corn cobs to a baking sheet lined with foil and sprayed.
3. Place in broiler for about 5-7 minutes, until tops begin to brown as desired. Turn corns about 1/3 of the way and brown the tops again, and repeat once more, until you've done 3 rounds and the corncobs are browned to your liking.
4. While the corncobs are cooking, mix together your remaining ingredients (except for the cheese and paprika). Adjust chili powder to taste- it can get spicy! You can also use cayenne or regular chili powder if you prefer!
5. Brush the yogurt mixture all over all of the corncobs (carefully! These babes are hot!) until you use up nearly all of it (if you want to reserve some to enjoy with the corn after you may!).
6. Sprinkle some cheese on top of each cob. Return to broiler for 1-2 minutes, until the cheese begins to melt and brown.
7. Remove from oven, sprinkle with paprika for color, and serve with fresh wedges of lime!



Nacho Casserole

INGREDIENTS

1 lb extra lean ground beef (I used 96% lean, any meat will work of course but nutrition will differ)
1 can black beans, drained and rinsed
1/2 cup chopped onions
1/2 cup chopped green bell peppers
2 tsp garlic
About 2 Tbsp taco seasoning (I made my own: 2 tsp chili powder, 1½ tsp paprika, 1 tsp onion powder, 1/2 tsp salt, 1/2 tsp garlic powder, 1/2 tsp cumin, 1/2 tsp oregano, 1/4 tsp black pepper, pinch of cayenne)
1/4 cup water
1 8oz can tomato sauce
1½ cups nonfat Greek yogurt
2oz tortilla chips
1 cup low fat sharp cheddar cheese
Salsa& green onion for garnish (optional)

PROCEDURE

1. Preheat oven to 375°F.
2. In a skillet, cook onion, peppers, garlic and beef, until onions are tender and beef is cooked as desired. Add seasoning, water and tomato sauce. Mix until well combined. Set aside.
3. Spray cooking spray on 13x9" baking dish. Cover bottom with broken up tortilla chips (about 1oz).
4. Layer the meat mixture on top of the chips.
5. Layer the black beans on top of the meat mixture.
6. Spread Greek yogurt on top of beans (this can be messy! Use your fingers if necessary!)
7. Sprinkle cheese on top of yogurt.
8. Use remaining chips to stick into casserole.
9. Bake 30 minutes.
10. Top with salsa, green onion and extra Greek yogurt if desired!



Pineapple Shrimp Skewers

INGREDIENTS

1 lb large shrimp
3 cups pineapple pieces
1/4 cup soy sauce (low sodium)
1/4 cup balsamic
2 Tbsp honey
2 tsp lemon juice
1 tsp garlic
1/2 tsp salt (adjust to taste)
1/4 tsp pepper (adjust to taste)
Soaked wooden skewers

PROCEDURE

1. Combine all ingredients except for pineapple and shrimp in a bowl. Adjust marinade to taste.
2. Soak shrimp and pineapple in marinade for 1 hour.
3. Preheat oven to 400°F.
4. Thread pineapple and shrimp onto skewers as desired.
5. Transfer skewers to baking sheet lined with foil and topped with a grid rack (if you don't have a rack it's fine, just be sure to flip the skewers halfway through).
6. Brush remaining marinade over skewers
7. Bake 10 minutes, until shrimp are pink and cooked through.
8. Garnish with green onion and devour!



Popcorn Chicken

INGREDIENTS

16 oz boneless skinless chicken breast
1 cup nonfat Greek yogurt
1 egg white (3 Tbsp)
1 Tbsp Dijon mustard
4 cups popcorn
1 cup oats
1 tsp garlic powder
Salt&pepper to taste

PROCEDURE

1. In a large mixing bowl combine Greek yogurt, egg whites, Dijon mustard (OPTIONAL), pepper, and salt. This will be the wet portion of our dredging mixture.
2. Once thoroughly mixed, add your raw chicken cut into bite-sized pieces and coat them completely in the mixture.
3. Allow these to soak while you get your dry mixture ready.
4. Grab your food processor and lightly pulse your popcorn until it's broken up into smaller pieces, but not a flour.
5. Next, do the same with the oats.
6. Combine the oats and the popcorn, and add the garlic powder and salt and pepper. Stir to combine.
7. Now we'll set up our dredging station, starting with the wet mixture with our chicken bites, then our dry mixture, and finally a baking sheet lined with foil and sprayed.
8. Grab a piece of chicken from the wet mixture and dredge it through the dry mixture, coating thoroughly.
9. Transfer to your baking sheet. Repeat until you've coated all of your popcorn chicken bites!
10. Sprinkle on some remaining dry mixture and spray lightly with cooking spray before baking at 425°F for about 15 minutes.
11. Devour warm! Optional: serve with maple Dijon dipping sauce (2 parts Greek yogurt, 1 part maple syrup and 1 part Dijon mustard)



Spaghetti Squash Lasagna

INGREDIENTS

**½ cup marinara sauce
¾ cup cooked spaghetti squash
¼ cup low fat cottage cheese
2 teaspoons Parmesan cheese
1 ounce part-skim mozzarella
2 oz optional meat (ground turkey/beef, diced chicken, etc)**

PROCEDURE

1. Preheat oven to 375°F.
2. In your individual oven safe baking dish (mine is around 5x7), ladle 1/4 cup quick marinara sauce on the bottom of the dish.
3. Top with 3/4 cup of cooked spaghetti squash and spread evenly.
4. Top with 1/4 cup cottage cheese.
5. Sprinkle 1 teaspoon of grated Parmesan cheese and ½ oz mozzarella on top.
6. Add your optional meat, and top with the remaining sauce.
7. Add the remaining Parmesan and mozzarella cheese.
8. Cover with foil and bake for 15 – 20 minutes, or until the cheese is melted and the edges begin to bubble; uncover and cook an additional 5 minutes.
9. Devour!



Swedish Meatballs

INGREDIENTS

12oz ground lean turkey breast (I prefer lean 93/7 to extra lean for this recipe- the extra fat really adds to the flavor)
1/2 cup onion, chopped
3 Tbsp breadcrumbs
1/2 tsp salt
1/4 tsp pepper
1/8 tsp nutmeg
1/8 tsp cardamom
1 tsp olive oil
8 baby bella mushrooms, sliced
1 cup chicken/vegetable broth
2½ Tbsp whole wheat flour
1/3 cup nonfat Greek yogurt
1/2 tsp parsley

PROCEDURE

1. Mix the onion, breadcrumbs, salt & pepper, nutmeg and cardamom with your ground turkey meat. Roll into balls small meatballs, about the size of a normal Ikea meatball (smaller than golf ball, around 1/3oz). Yields about 36 balls.
2. Heat oil over medium heat. Cook meatballs until cooked through, no pink inside- about 8-10 minutes. Set aside.
3. Add mushrooms to the same pan and allow to reduce in size, about 5-8 minutes.
4. Add broth and allow to come to a light boil. Add flour and whisk to combine. Continue to heat and whisk until the sauce thickens. Once thick as desired, remove from heat and add yogurt and parsley. Season with salt & pepper if needed. Stir your meatballs into the sauce, coating thoroughly. Serve with optional lingonberry jam!



Sweet Glazed Salmon

INGREDIENTS

2 salmon filets, 3-4oz (fresh or frozen thawed)
1 Tbsp low sodium soy sauce
2 tsp water
1/2 tsp olive oil
1 Tbsp brown sugar
1/8 tsp salt & pepper

PROCEDURE

1. Mix soy sauce, water, olive oil, brown sugar and salt & pepper until well combined. Season to taste.
2. Brush your mixture onto the salmon filets and transfer the fish to a baking sheet lined with foil or parchment and sprayed. (Feel free to toss red onion slices in the remaining soy sauce mixture and onto the baking sheet with the fish, too!)
3. Broil for 8-10 minutes, until fish is pink and flakey!



Sweet Potato Chicken Casserole

INGREDIENTS

Ingredients for marinade

2 Tbsp olive oil
2 Tbsp water
1½ Tbsp maple syrup
1 Tbsp lime juice
1 Tbsp nonfat Greek yogurt
1 Tbsp Dijon mustard
1 tsp paprika
1/2 tsp salt & pepper

Ingredients for casserole:

1 lb boneless skinless chicken breast, cut into bite sized pieces
2 cups sweet potato cubes, raw
6 asparagus spears, chopped into 1" pieces
1 cup onion, chopped
4 slices turkey bacon, cooked and chopped
1/4 cup low fat cheddar cheese
Green onion for garnish

PROCEDURE

1. Preheat oven to 450°F.
2. Whisk together all of your marinade ingredients in a bowl. It should be fairly liquidy.
3. Add your sweet potato cubes and toss to coat.
4. Use a slotted spoon to transfer the sweet potato cubes to a baking sheet (lined with foil and sprayed), leaving the marinade in the bowl. Bake for 35-40 minutes, until cooked through, tender and crisp on the outside.
5. In the meantime, add chicken, asparagus and onion to the marinade, and stir to coat completely. Transfer to the fridge and allow to sit while the potatoes cook.
6. Remove the potatoes from the oven and turn oven down to 400°F. Transfer potatoes to a baking dish (I used 11"x7"), also adding the chicken/marinade mixture and bacon pieces. Stir to coat well.
7. Sprinkle cheddar on top of casserole.
8. Bake for 20-23 minutes, until chicken is cooked through.
9. Garnish with green onion and serve warm!



Sweet Potato Shepherd's Pie

INGREDIENTS

Ingredients for meat layer:

1 package lean ground beef (I used 93/7) (You could sub ground turkey if preferred—but remember unless you get EXTRA lean, the ground turkey fat content is still 93/7!)
2 tsp olive oil
1 tsp light butter (or sub extra butter if you prefer)
2 cups mixed vegetables, thawed
3/4 cup chopped onion
1 Tbsp garlic
1 tsp Worcestershire sauce
1/2 cup broth
1 tsp salt
1/2 tsp pepper

Ingredients for sweet potato layer:

4 cups cooked & cubed sweet potato
1/4 cup almond milk
2 Tbsp nonfat Greek yogurt
1/2 tsp salt & pepper
1/3 cup low fat cheddar cheese
2 Tbsp parmesan

PROCEDURE

1. Preheat oven to 400°F.
2. Mash sweet potato cubes. Combine with almond milk, Greek yogurt and salt & pepper. Season to taste and set aside.
3. In a skillet over medium heat, melt butter and oil. Add onions, garlic and ground beef. Cook, stirring frequently. Add broth, Worcestershire, salt & pepper. Cook until meat is no longer pink. Stir in mixed thawed vegetables until well combined. Remove from heat.
4. Layer meat/vegetable mixture in a 9x13" baking dish, sprayed with cooking spray.
5. Layer seasoned mashed sweet potato on top of meat layer (be patient—this can be messy!)
6. Sprinkle cheeses on top.
7. Bake 30 minutes, until cheese begins to brown.
8. Devour!



Turkey Chili

INGREDIENTS

**1.25 lb extra lean ground turkey
1/2 cup onion, chopped
1 yellow bell pepper, chopped
1 15 oz can black beans, drained & rinsed
1 15 oz can white beans of choice, drained & rinsed
1 apple, chopped
1 stalk of celery, chopped
1 1/2 cups tomato sauce
3/4 cup chicken/vegetable broth
1 14 1/2 oz can diced tomatoes
1 Tbsp garlic
2 Tbsp chili powder
2 tsp unsweetened cocoa powder
1/2 tsp each of: cumin, garlic powder,
Salt, paprika, cinnamon
1/4 tsp cayenne
1/4 tsp pepper**

PROCEDURE

1. Mix all ingredients together in slow cooker (at least 2 qt).
2. Cook on low heat for 6 hours.
3. Enjoy with desired toppings such as shredded cheese and Greek yogurt or sour cream!



Vegetarian Lasagna Roll-Ups

INGREDIENTS

**4 lasagna noodles
1 cup homemade pasta sauce
1/4 cup black beans
1/3 cup onions
2 tsp garlic
1 cup spinach
1/3 cup cottage cheese
1 oz mozzarella cheese
1 Tbsp Parmesan**

PROCEDURE

1. Boil lasagna noodles until tender and al dente.
2. In the meantime, sauté onions, garlic and spinach in a little cooking spray. Once cooked, mix with cottage cheese and mozzarella. Set aside.
3. Preheat oven to 425°F.
4. When noodles are cool to the touch, place on a sufficient workspace.
5. Spread 1 Tbsp pasta sauce, 1 Tbsp black beans, and about 1/4 of the spinach mixture on each noodle.
6. Fill the bottom of a 5x7 baking dish with about 1/2 cup pasta sauce.
7. Roll up filled noodles and place in baking dish (all 4 fit in one dish). Top with remaining 1/4 cup pasta sauce and Parmesan.
8. Bake roll-ups for 20 minutes, until cheese begins to brown on top as desired.
9. Devour!



Whole Roasted Cauliflower

INGREDIENTS

1 medium head of cauliflower
1½ cups nonfat Greek yogurt
1 Tbsp lemon juice
1 Tbsp Dijon mustard
1 Tbsp garlic
2 tsp chili powder
1 tsp olive oil
3/4 tsp salt
1/2 tsp garlic powder
1/4 tsp pepper
2 Tbsp Parmesan
Green onion for garnish
Add a little cayenne for a kick!

PROCEDURE

1. Preheat the oven to 400°F.
2. Remove the leaves, stem and bottom of the core of the cauliflower so it can lay flat on the bottom as a head of cauliflower.
3. Mix all remaining ingredients except for Parmesan cheese until well combined.
4. Coat your cauliflower head in the sauce, covering it completely.
5. Transfer to a baking sheet lined with parchment and sprayed.
6. Top with your additional sauce.
7. Sprinkle with parmesan
8. Bake for 35–40 minutes, until browned on top and tender.
9. Garnish with green onion. Cut into wedges and serve!



Zucchini Alfredo

INGREDIENTS

4 cups chopped cauliflower, boiled until tender
1 Tbsp garlic
2oz Neufchatel cheese
1/3 cup almond milk
1/3 cup broth (vegetable or chicken)
1/3 cup Parmesan
3/4 tsp salt
1/8 tsp pepper
1/2 tsp dried parsley
Zucchini for spiralizing into pasta
Optional peas for topping

PROCEDURE

1. Combine all ingredients in a food processor. Adjust seasoning to taste, and texture to preference, by adding milk if necessary.
2. Spiralize zucchini. I use about 1 zucchini per serving. You can eat zucchini raw OR I prefer to blanch it in hot water for 1-2 minutes. (This sauce can of course also be used over normal pasta and still significantly lightens the dish!)
3. Heat in a pot over low heat to warm before coating pasta!
4. Coat pasta, top with optional peas, devour!



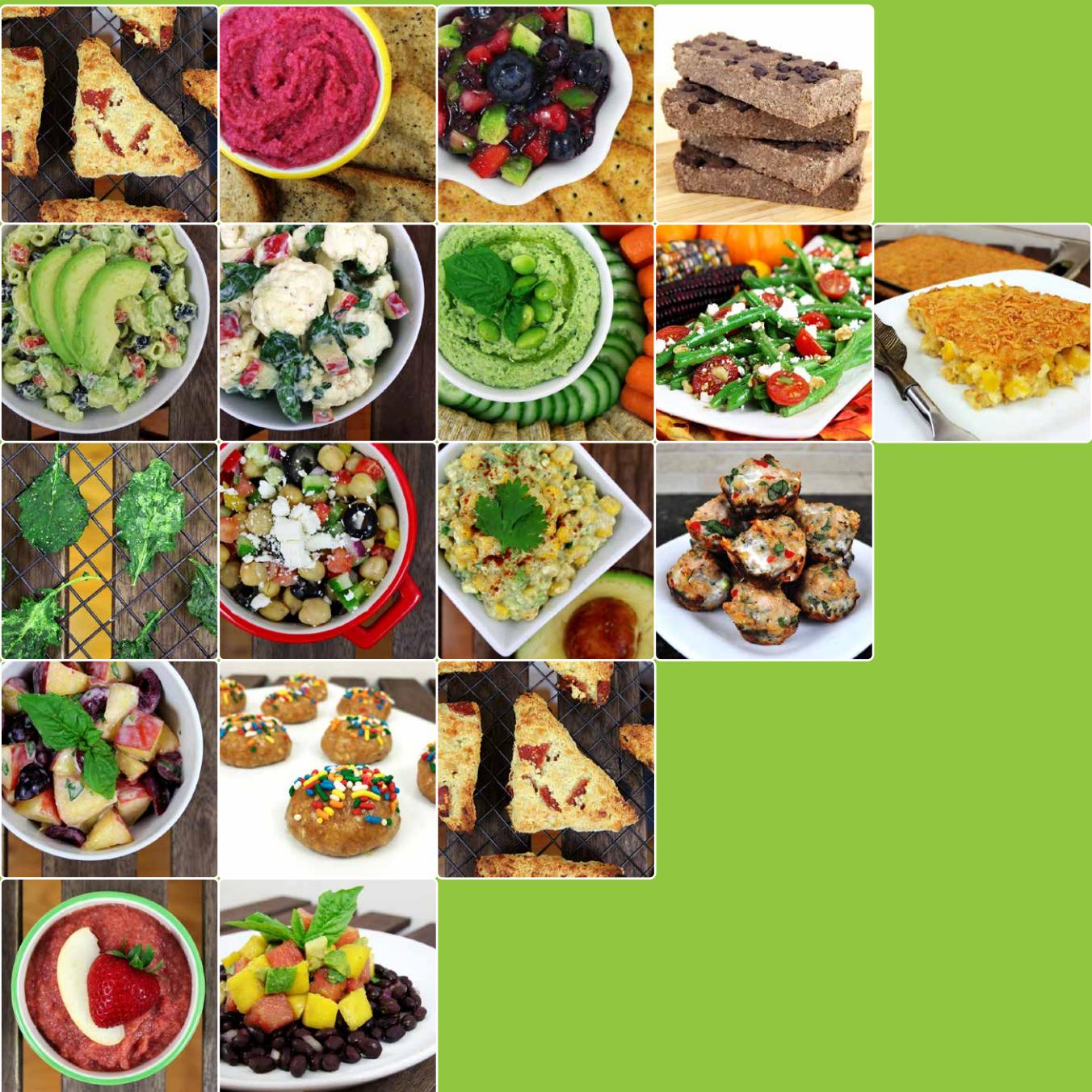
Zucchini Pizza Boat

INGREDIENTS

2 zucchini
1/4 cup pasta sauce
1 tsp garlic
1/2 cup mozzarella
1-2 Tbsp Parmesan
Grape tomatoes, sliced thinly

PROCEDURE

1. Preheat oven to 375°F.
2. Slice your zucchini's in half lengthwise, so you have 4 total boats.
3. Use a spoon to scoop out the inside of the zucchini boats (keep the boat about 1/4" thick) and transfer insides to a bowl.
4. Combine pasta sauce and garlic with the zucchini flesh.
5. Transfer zucchini mixture back into the boats, dividing mixture evenly between the four boats.
6. Sprinkle mozzarella and Parmesan on top of boats.
7. Lay tomatoes on top of cheese as desired.
8. Bake for 15-20 minutes, until zucchini are tender and cheese is melted.
9. Devour!



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Almond Cheese

INGREDIENTS

1 cup raw almonds
1/2 cup water
1 Tbsp olive oil
2 Tbsp lemon juice
2 tsp garlic
1/2 tsp salt
1/4 tsp pepper

PROCEDURE

1. Soak your almonds in water overnight
2. The next morning, peel away the almond skin
3. Pour your peeled almonds into your food processor along with olive oil, lemon juice, garlic, salt and pepper, and water.
4. Blend until it reaches a nice smooth consistency.
5. Place a strainer over a large mixing bowl, and lay on a couple layers of cheesecloth. Pour your almond cheese blend into the cheesecloth and wrap it up.
6. Transfer the bowl with the strainer and almond cheese to the fridge for 12 hours, or overnight.
7. To keep it raw, stop here and devour! To add a rind, place your almond cheese ball onto a baking sheet lined with parchment paper and sprayed.
8. Mold it however you'd like! I squared off the edges of mine so it resembles a wheel of Brie.
9. Place in an oven preheated to 300°F for 30-40 minutes.



Beet Hummus

INGREDIENTS

1 beet, chopped (about 1/2 cup)
1 15oz can garbanzo beans/chickpeas, drained and rinsed
1/4 cup nonfat Greek yogurt
1 tsp garlic
1/2 tsp cumin
1/8 tsp salt
Pinch of pepper
Pinch of cayenne (optional, adjust to taste)

PROCEDURE

1. Combine all ingredients in a food processor. Adjust ingredients to taste. Chill if preferred.
2. Devour with homemade pita chips or fresh vegetables!
3. Store in fridge.



Blueberry Salsa

INGREDIENTS

1 cup fresh blueberries, chopped/slightly processed
1/2 cup fresh blueberries, whole
1/4 cup chopped strawberries
1 Tbsp lime juice
3 Tbsp cilantro
1/4 avocado, chopped
1/4 cup red bell pepper
1/-1 jalapeño, seeded if desired and diced (gives it a little kick!)
Pinch of salt & pepper (to taste)

PROCEDURE

1. Combine all ingredients in a bowl. Adjust amounts to taste.
2. Chill.
3. Serve with crackers or chips, or even on protein!



Cauliflower Cheddar Bacon Bites

INGREDIENTS

2 cups chopped raw cauliflower florets
¼ cup almonds
2 eggs
¼ cup greek yogurt
2 slices turkey bacon, cooked and chopped to small pieces
½ cup diced onion
⅓ cup low fat cheddar
1 teaspoon garlic
½ teaspoon garlic powder
½ teaspoon salt (adjust to taste)
¼ teaspoon pepper

PROCEDURE

Preheat oven to 400F.

Lightly pulse almonds and cauliflower in processor, until broken up well but not blended to flour.

Add eggs and greek yogurt to processor and lightly pulse to combine.

Transfer to a bowl and stir in remaining ingredients.

Using a cookie scoop, spoon batter into mini muffin tin, sprayed with cooking spray.

Bake 20-25 minutes, until slightly browned on top and cooked through.

Devour warm!



Chocolate Protein Bars

INGREDIENTS

2 cups oat flour
150g chocolate pea protein powder (about 1 cup) (do not use whey for this recipe)
1 1/2 cups unsweetened almond milk
2-3 Tbsp stevia (to taste)
1/4 tsp salt
3 Tbsp mini dark chocolate chips (optional, omit for vegan and lactose-free).

PROCEDURE

1. Mix all ingredients except for chocolate chips until well combined.
2. Press into a square baking pan (8-9"), covering completely and evenly.
3. Press optional chocolate chips onto the top.
4. Refrigerate overnight.
5. Cut into bars and devour! Store in an airtight container for 5-7 days.



Cool & Creamy Cauliflower Salad

INGREDIENTS

3 cups cauliflower florets
1/3 cup nonfat Greek yogurt
2 cups chopped spinach
1 gala apple, chopped
2 Tbsp diced onion
1 Tbsp apple cider vinegar
2 tsp Dijon mustard
1/4 tsp salt (to taste)
1/8 tsp pepper (to taste)

PROCEDURE

1. Whisk together Greek yogurt, mustard, vinegar, salt & pepper.
2. Toss cauliflower, spinach and apples in Greek yogurt dressing.
3. Chill. Enjoy cold!



Creamy Avocado Pasta Salad

INGREDIENTS

4oz quinoa pasta
1/2 of an avocado, mashed
1/2 cup nonfat Greek yogurt
1/2 cup chopped celery
1/2 cup chopped red pepper
1/3 cup blueberries
1/4 cup chopped arugula
1 tsp Dijon mustard
3/4 tsp salt (adjust to taste)
1/2 tsp garlic powder
1/4 tsp pepper (adjust to taste)

PROCEDURE

1. Cook pasta according to package directions. Set aside and allow to cool.
2. Mix mashed avocado, Greek yogurt, mustard, salt, pepper and garlic powder until well combined. Adjust seasonings to taste.
3. Toss cooled pasta with celery, red pepper and blueberries. Coat the salad thoroughly with your avocado "dressing."
4. Enjoy, or cool before devouring!



Edamame Hummus

INGREDIENTS

**1 cup edamame
2 tsp garlic
1 Tbsp lemon juice
1 Tbsp tahini
1 tsp olive oil
2 Tbsp basil
1 tsp cumin
1/2 tsp salt
1/4 tsp pepper
1-2 Tbsp water**

PROCEDURE

- 1. Pour all ingredients into food processor**
- 2. Blend longer for smoother hummus, shorter for a chunkier dip. Add water to adjust consistency as desired.**
- 3. Enjoy!**



Green Bean Salad

INGREDIENTS

**½ lb. green beans (about 1 ½ cups), ends removed
2 tablespoons chopped pecans
1 tablespoon fresh basil, chopped
1 tablespoon diced red onion
1 teaspoon olive oil
1 teaspoon balsamic vinegar
1 teaspoon lemon juice
1 teaspoon Dijon mustard
Salt & pepper to taste
¼ cup cherry tomatoes, halved
Low fat feta cheese (optional)**

PROCEDURE

1. Toast pecans (I simply baked mine in a 400°F oven for about 5 minutes!)
2. Blanch green beans for 2–3 minutes, until brightly green. Drain and dry.
3. Whisk oil, balsamic, lemon juice, Dijon and salt and pepper together as dressing. Set aside.
4. Combine all ingredients with dressing mixture (except feta), tossing lightly to combine.
5. Sprinkle optional feta, or serve on the side for your family to decide if they want to include it!



Corn Pudding

INGREDIENTS

**1/4 cup Neufchatel cheese or low fat cream cheese, softened
2/3 cup almond milk
1/4 cup egg whites/substitute
2-3 tsp stevia
1/2 tsp salt
1/4 tsp pepper
1 can cream corn
1 can sweet corn, drained and rinsed
1/2 cup corn meal
1/3 cup diced onion
1/3 cup 2% cheddar cheese
1 Tbsp bread crumbs**

PROCEDURE

1. Preheat oven to 350°F.
2. Whisk together Neufchatel cheese, almond milk, egg whites, stevia and salt/pepper.
3. Stir in remaining ingredients except for cheddar cheese and bread crumbs, adjusting seasoning to taste.
4. Transfer to a 9x13" baking dish.
5. Mix together cheddar cheese and bread crumbs. Sprinkle on top of corn pudding.
6. Bake for about 40 minutes.
7. Devour!



Kale Chips

INGREDIENTS

Baby kale
Olive oil
Salt
Pepper
Onion powder

PROCEDURE

1. Dry your baby kale out on a paper towel
2. Toss them with olive oil, salt, pepper, and onion powder (or seasonings of your choice!)
3. Place them on a baking tray with a rack and bake at 300°F for about 10 minutes
4. Remove and enjoy!



Mediterranean Chickpea Salad

INGREDIENTS

**1/2 cup chickpeas (drained and rinsed)
2 Tbsp diced tomatoes
2 Tbsp chopped green pepper
2 Tbsp chopped cucumber
2 Tbsp chopped red onion
5 black olives, halved
1/2 tsp olive oil
1/2 tsp lemon juice
1 tsp nonfat Greek yogurt
1/4 tsp minced garlic
1/8 tsp cumin
1 Tbsp low fat feta cheese**

PROCEDURE

- 1. Mix all ingredients together, adding feta last to avoid over mixing.**
- 2. Enjoy!**



Mexican Corn Salad

INGREDIENTS

1 can corn, drained and rinsed
1/2 avocado
1/2 cup Greek yogurt
1/4 cup Cotija cheese
2 tsp lime juice
1-2 Tbsp cilantro
1/4 tsp salt & pepper
1/4 tsp garlic powder
1/4 tsp chili powder
1/4 tsp paprika
Optional dash of cayenne

PROCEDURE

1. Mash avocado and mix with all other ingredients except corn until creamy.
2. Mix the corn with your avocado "dressing," coating thoroughly.
3. Serve or chill and serve cold, with a dash of paprika and fresh lime!



Mini Meatloaf Muffins

INGREDIENTS

1 package (about 20 oz) extra lean ground turkey breast
1/2 cup egg whites
1/2 cup oats
1 cup chopped spinach
1/2 cup onion
1/4 cup red bell pepper
1/4 cup celery
1 tsp minced garlic
1/2 tsp garlic powder
Salt and pepper to taste
1 tsp yellow mustard
1 tsp Dijon mustard

PROCEDURE

1. Preheat oven to 350°F.
2. Mix all ingredients in a bowl, and divide into mini muffin tin sprayed with olive oil spray (I use a 1 Tbsp cookie scooper to distribute).
3. Bake for about 15-20 minutes.
4. Enjoy!



Peach Salad

INGREDIENTS

1 peach (cut into cubes)
1/4 cup cherries (quartered)
3 Tbsp Greek yogurt
1-2 Tbsp basil (chopped)
1 Tbsp almonds (slivered)
1 tsp lemon juice
1 tsp honey
Pinch of cinnamon
Pinch of nutmeg

PROCEDURE

1. Combine all ingredients in a mixing bowl
2. Chill and enjoy!



Peanut Butter Protein Balls

INGREDIENTS

**8 Tbsp PB2 (powdered peanut butter)
3 Tbsp peanut butter
2 scoops (66g) vanilla whey protein powder
2½ Tbsp raw honey
1/2 cup quick oats**

PROCEDURE

1. Mix all ingredients until well combined. Add a bit of water to adjust consistency if necessary, but the mixture should be thick and sticky!
2. Roll into 1oz balls and place on parchment paper. Place in the freezer.
3. Allow to freeze for a few hours before devouring. Leave in the freezer until all are devoured, popping one out whenever needed!



Pizza Scones

INGREDIENTS

2 cups almond meal/flour
1 egg
2 Tbsp egg whites
1-2 Tbsp honey
1/4 tsp baking powder
1/2 tsp baking soda
1/2 cup Mozzarella cheese
1 tsp garlic
1/2 tsp salt
Pinch of pepper
2 servings (about 34 slices) turkey pepperoni

PROCEDURE

1. Combine all ingredients EXCEPT for your pepperoni in a large mixing bowl.
2. Add your chopped pepperoni and mix to combine.
3. Transfer your ball of dough to a floured surface, molding it out into a square shape, approximately 7-8" wide and three quarters of an inch thick.
4. Carefully use a knife to cut the square into quarters, and then into eighths for the perfect scone shape! Don't fret if you lose a pepper!
5. Transfer your cut scones to a baking sheet lined with parchment paper and sprayed with cooking spray.
6. Bake in an oven preheated to 350°F for 11 to 15 minutes.
7. Allow to cool completely before devouring!



Spinach Artichoke Dip

INGREDIENTS

1/4 cup chopped onion
2 tsp garlic
2/3 cup Greek yogurt
1 14oz can (or 12oz jar) of artichokes in water, drained and chopped
1 bag fresh spinach, chopped (can use frozen if you prefer)
8oz (1 package) low fat cream cheese or Neufchatel cheese
1/3 cup low fat mozzarella
1/4 tsp garlic powder
1/4 tsp salt & pepper (to taste)
2 Tbsp freshly grated Parmesan

PROCEDURE

1. Preheat oven to 350°F.
2. Lightly sauté onions, spinach and garlic in a skillet using cooking spray (or olive oil if you prefer, but fat will be higher in nutrition facts) until spinach is wilted and onions are transparent.
3. Mix all ingredients in a bowl (except parmesan) until well combined.
4. Transfer to baking dish (I used a pie plate!).
5. Sprinkle Parmesan cheese on top.
6. Bake 25–30 minutes, until heated through to cheesy deliciousness, and crispy on top!
7. Devour!



Strawberry Applesauce

INGREDIENTS

**3 cups apples, peeled
2 cup strawberries
1/3 cup water
1/2 tsp cinnamon**

PROCEDURE

1. Puree apples and strawberries in food processor.
2. Transfer to a pot and add remaining ingredients.
3. Heat pot to a boil over medium heat.
4. Once the apple mixture reaches a boil, turn heat to low and simmer for about 25 minutes.
5. Enjoy warm or chill and serve later!



Sweet Potato Tater Tots

INGREDIENTS

1 cup mashed sweet potato
1 Tbsp oat flour
1/3 cup finely diced onion
1/2 tsp garlic powder
1/4 tsp salt (to taste)
Dash of pepper
2 Tbsp egg whites

PROCEDURE

1. Preheat oven to 375°F.
2. In a bowl, mix all ingredients together until well combined.
3. Form about 1½–2 tsp of potato mixture into "tater tot" shapes and transfer to a baking sheet lined with foil and sprayed.
4. Spray tops of tots with cooking spray.
5. Bake 20–25 minutes, until browned and crisp on top. Feel free to broil for the last minute to brown up if desired.
6. Devour warm! I served mine with Greek yogurt, but ketchup would also be a winner!



Tooty-Fruity Salad

INGREDIENTS

**1/2 cup black beans
1 tsp balsamic vinegar
1/2 tsp lime juice
1/2 tsp honey
1/4 tsp olive oil
Pinch of salt
1 Tbsp red onion (diced)
1/3 cup watermelon (cubed)
1/3 cup mango (cubed)
1/3 cup avocado (cubed)**

PROCEDURE

1. Combine everything except the watermelon, mango, and avocado in a bowl.
2. Combine the fruit (watermelon, mango, and avocado) in a separate bowl
3. Lay the bean mixture out flat onto a plate or into a bowl.
4. Pour your fruit on top, garnish with a little basil (optional) and enjoy!



Walnut Feta Beet Salad

INGREDIENTS

**1 can sliced beets
2 Tbsp chopped walnuts
3 Tbsp crumbled feta
2 green onion stalks, diced
1 tsp olive oil
2 tsp balsamic
Salt&pepper to taste**

PROCEDURE

1. Toss all ingredients together lightly to avoid mashing beets.
2. Top with additional walnuts if desired.
3. Devour, or chill and enjoy later!



Warm Chickpea Salad

INGREDIENTS

1 can garbanzo beans (chickpeas), drained, rinsed and patted dry with paper towels
1 package frozen spinach thawed (or 1 bag of fresh)
1 tsp olive oil
1 tsp lemon juice
1/2 tsp cumin
1/2 tsp turmeric
1/4 tsp cinnamon
2 tsp dry parsley
1/2 tsp salt & pepper (to taste)

PROCEDURE

1. In a bowl, combine chickpeas with all seasonings and lemon juice.
2. In a skillet, cook coated chickpeas and spinach until spinach is wilted. Adjust seasonings to taste.
3. Serve warm.
4. Reheat leftovers or enjoy chilled!



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2-Ingredient Soufflé

INGREDIENTS

2 eggs
1/4 cup honey

PROCEDURE

1. Preheat oven to 325°F.
2. Separate your whites and yolks.
3. Whisk the yolks and honey together. Set aside.
4. Beat the whites to firm peaks using a hand mixer.
5. Fold the honey/yolk mixture into your whites, but do not over-mix.
6. Pour into 2 single-serve ramekins.
7. Bake for about 15 minutes. (This is literally the only tricky part- when it comes to a soufflé, you'll find more success if you can avoid opening the oven before they are done. If your oven has a window, this will help you. Keep the oven CLOSED. My oven does not have a window, so I sort of have to guess, but after doing this a few times I know that 15 minutes is about perfect for my oven!)
8. Serve warm! (*note that it is NORMAL for a soufflé to "fall." It will only stay risen for a minute or two- this is true for any soufflé! Snap a photo while it's high!)



Almond Joys

INGREDIENTS

1 cup unsweetened coconut flakes
1 Tbsp honey (more or less to taste/if consistency needs it)
1 tsp stevia (more or less to taste)
1/4 tsp coconut oil
½ tsp vanilla extract
Pinch of salt
10 almonds
2½ oz dark chocolate chips

PROCEDURE

1. Combine coconut, honey, stevia, coconut oil, vanilla and salt in food processor. Allow to run for 3-4 minutes until a paste consistency forms. You should be able to form the coconut into small "bar" shapes with your hands. If the coconut won't stay together, you may need to add a bit more honey.
2. Form coconut mixture into your (10) candy bars.
3. Place a single almond on top of each bar.
4. Freeze for 20 minutes.
5. Melt 2½oz of chocolate in the microwave, 30 seconds at a time, stirring until ready.
6. Using a small skewer or toothpick to hold the bar, dip and cover each candy bar with a light coating of chocolate. You will need to be delicate with the almond!
7. Freeze for 10-15 minutes until firm.
8. Devour!



Apple Spice Zucchini Cake

INGREDIENTS

Dry Ingredients

1 1/2 cups oat flour
1 1/2 cups whole wheat pastry flour
1 1/2 tsp baking soda
1 tsp baking powder
1/3 cup stevia
2 Tbsp brown sugar
1 tsp cinnamon
1 tsp apple pie spice
1/2 tsp salt
1/2 cup chopped walnuts/pecans (optional)

Wet Ingredients

2 eggs
1/2 cup egg whites
1 1/2 cup unsweetened applesauce
1/2 cup Greek yogurt
1 tsp vanilla extract
1 1/2 cups grated zucchini
1 1/2 cups grated apple

PROCEDURE

1. Preheat oven to 350°F.
2. Combine wet and dry ingredients separately (except for nuts, zucchini and apple), and then incorporate dry into wet. Stir in your nuts, zucchini and apple last.
3. Transfer your batter to a Bundt pan that's been sprayed with cooking spray and floured for easy removal after baking.
4. Bake for 55–60 minutes. This seems long, but because the Bundt cake is so deep it needs plenty of time to get to the center. Allow to cool slightly before removing from the pan.
5. Finish off with a dusting of powdered sugar or a drizzle of icing— I simply used powdered sugar mixed with a little water until it became a drizzle-able consistency!



Avocado Cookies

INGREDIENTS

**1/2 cup whole wheat flour
1/2 cup oat flour
1 avocado
1 egg
1 Tbsp coconut oil
1/4 cup stevia (to taste– you may want more or less so add a little to start)
2 Tbsp brown sugar
1 tsp vanilla
1 tsp baking soda
1/2 tsp baking powder
1/4 tsp salt
3 Tbsp mini dark chocolate chips**

PROCEDURE

1. Preheat oven to 350°F.
2. Mash avocado in a bowl, and mix in coconut oil, egg, brown sugar, stevia and vanilla.
3. Combine flours, baking powder, baking soda and salt.
4. Combine dry and wet mixtures. Stir in chocolate chips (I start with 2 Tbsp and reserve 1 Tbsp for topping the cookies off).
5. Transfer mixture to fridge for 1 hour.
6. Scoop out 1 Tbsp balls and place on a baking sheet lined with parchment paper. Lightly press the cookie balls down into a flatter cookie shape (the dough is sticky!).
7. Top with reserved 1 Tbsp chocolate chips.
8. Bake 8-10 minutes, until just beginning to brown.
9. Allow to cool slightly before devouring!



Avocado Ice Cream

INGREDIENTS

2 avocados sliced, frozen
1/2 banana, frozen
2 tsp honey (adjust to taste) (sub agave or syrup for vegan)
1-2 Tbsp almond milk (adjust to consistency)
1 tsp lime juice

PROCEDURE

1. Add all ingredients to a food processor. Blend to combine until creamy and smooth.
2. Adjust honey and lime juice to taste, and almond milk to consistency. It should be creamy and thick like a soft ice cream.
3. Enjoy as is, OR return to the freezer for 30-45 minutes and allow to harden up a bit like more traditional ice cream!



Banana Oatmeal Cookies

INGREDIENTS

2 bananas
1 cup oats

PROCEDURE

1. Preheat oven to 350°F.
2. Mash bananas and mix in the oats.
3. Scoop out balls of dough onto a cookie sheet, and press down lightly into a cookie shape.
4. Bake for about 15 minutes, until lightly browned.
5. Devour!



Berry Delicious Scones

INGREDIENTS

2 cups almond flour
1 egg
2 Tbsp egg whites
2 Tbsp honey
1 tsp lemon juice
1/2 tsp salt
1/2 tsp baking soda
3/4 cup frozen mixed berries

PROCEDURE

1. Preheat oven to 350°F.
2. Combine all ingredients except for berries in a bowl. Mix until well combined.
3. Stir in berries (I found my hands to be the best tools for mixing this!)
4. Transfer dough to a floured surface and mold into square that's about 7"x7" and 3/4" tall (estimate).
5. Cut square into 4ths so you have 4 squares. Cut each of those squares diagonally in half so you have 8 right angle triangles.
6. Transfer to a baking sheet lined with parchment paper.
7. Bake 11-15 minutes, until they begin to brown on top and aren't mushy.
8. Allow to cool completely before devouring!



Blueberry Cake Donuts

INGREDIENTS

1 cup whole wheat pastry flour
1/2 tsp salt
1/2 tsp baking soda
1/2 tsp cinnamon
1/3 cup light almond milk
1/4 cup nonfat Greek yogurt
1 egg
2 Tbsp coconut oil
1/4 cup stevia
1/2 tsp vanilla
3 Tbsp blueberries, pureed
1/3 cup whole blueberries

PROCEDURE

1. Preheat oven to 350°F.
2. Combine dry (first 4 ingredients) and wet (5-11) ingredients separately, and then combine well without over-stirring. Stir in whole blueberries last.
3. Transfer to sprayed donut pan(s). I needed 2 pans and filled 10 donuts. If you only have one pan, put the batter in the fridge and do a second round, or make donut "holes" with a mini muffin tin!
4. Bake 8-11 minutes, until a toothpick comes out clean and they spring back slightly when touched (cook for less time for donut holes).
5. Allow to cool slightly before removing.
6. Enjoy plain, or top with a "glaze" of pureed blueberries!



Brownie For One

INGREDIENTS

2 Tbsp oat flour
Scant 1/4 tsp baking powder
1½ Tbsp stevia (more or less to taste...)
2 Tbsp cocoa powder
1 Tbsp almond milk
1/4 tsp vanilla
1 tsp coconut oil (melted)
1 Tbsp egg whites
A few mini dark chocolate chips (optional)

PROCEDURE

1. Combine all ingredients except chocolate chips well using a fork.
2. Transfer to a single serve ramekin (or mug if you don't have one) sprayed with cooking spray.
3. Top with chocolate chips (optional)
4. Bake in microwave for 45 seconds!
5. ENJOY



Chocolate Avocado Pudding

INGREDIENTS

2 bananas
1 avocado
1/4 cup almond milk
1/4 cup cocoa powder
1 Tbsp honey
1 tsp vanilla
Stevia to taste
Pinch of salt

PROCEDURE

1. Combine all ingredients in a food processor. Combine until creamy, scraping down the sides as necessary. Add stevia to taste to achieve desired sweetness.
2. Enjoy, or chill before enjoying!



Cookie Dough Balls

INGREDIENTS

1 cup cashews
1/2 cup oats
1½ Tbsp honey (sub agave for vegan!)
1 Tbsp peanut butter
1 tsp vanilla
3 Tbsp chocolate chips (I used mini dark)

PROCEDURE

1. In a food processor, combine oats and cashews until they reach a flour consistency.
2. Add in remaining ingredients except for chips. Process for a few minutes, until doughy consistency forms. It may still seem a bit crumbly, but will feel like dough when you press it.
3. Mix in chocolate chips.
4. Form and press into inch-sized balls and transfer to a plate. The chocolate may melt a bit since the dough will be warm from the processor- this is OK!
5. Refrigerate or enjoy immediately!



Mexican Chocolate Cookies

INGREDIENTS

1 15oz can black beans, drained and rinsed
2 Tbsp almond milk
2 Tbsp nut butter of choice
2 Tbsp Greek yogurt
3 Tbsp oat flour
1/4 cup cocoa powder
1/4 cup stevia (adjust to taste)
1 tsp baking powder
1 tsp cinnamon
1 tsp vanilla
1/4 tsp baking soda
1/8 tsp cayenne (more if you want more of a kick)
1/8 tsp salt
Optional: mini dark chocolate chip morsels for topping

PROCEDURE

1. Preheat oven to 350°F.
2. Combine all ingredients in a food processor until well combined.
3. Scoop using a cookie scoop onto a baking sheet (lined with parchment and sprayed) and flatten balls into cookie shapes.
4. Top with optional chocolate chip morsels.
5. Bake for 8-10 minutes. Allow to cool slightly before devouring!



No Bake Cheesecake

INGREDIENTS

2 cups almonds
1/2 cup dates, soaked overnight
1/8 tsp salt

Ingredients for filling

1 8oz package Neufchatel (or low fat) cream cheese, softened
1½ cup nonfat plain Greek yogurt
1 cup low fat cottage cheese
1/4-1/3 cup stevia (adjust to taste)
2½ Tbsp coconut flour
1 tsp vanilla

Ingredients for topping

1/3 cup raspberries (or berries of choice)
2 Tbsp water
Stevia to taste
1 tsp vanilla

PROCEDURE

1. Blend your crust ingredients in a food processor for a few minutes, until broken down into small pieces that can press together well. Press your crust into your spring form/pie pan (I use a 9"). Set aside.
2. Blend your cottage cheese in a food processor until smooth.
3. In a bowl, use a hand mixer to mix your blended cottage cheese with the other filling ingredients. Adjust sweetness to taste.
4. Pour filling into the pan on top of the crust.
5. In a saucepan, reduce your raspberries with a little water and stevia if desired. Allow them to break up until similar to the consistency of a liquidy jam.
6. Place dollops of your berry mixture on top of the cheesecake filling, and use a skewer/toothpick/utensil to swirl it into the filling.
7. Freeze overnight.
8. Once frozen, pop off the spring form pan and allow to thaw in the fridge before devouring!



Peanut Butter Banana Ice Cream

INGREDIENTS

2 bananas
1 Tbsp peanut butter

PROCEDURE

1. Put ingredients in a food processor and blend until smooth and creamy!
2. For traditional ice cream texture, return to the freezer to harden up a little more!



Powdered Sugar Cake Donuts

INGREDIENTS

1/3 cup whole wheat flour
1/3 cup oat flour
1/3 cup all purpose flour
1/4 cup stevia (adjust to taste, if you prefer sweeter add 1 Tbsp)
1/3 cup almond milk
1/4 cup nonfat Greek yogurt
1 egg
2 Tbsp coconut oil
1/2 tsp vanilla
1/4 tsp baking soda
1/2 tsp salt
1/8 tsp nutmeg
2 Tbsp powdered/confectioners sugar

PROCEDURE

1. Preheat oven to 350°F.
2. Combine dry and wet ingredients separately (except for powdered sugar). Combine dry and wet mixtures together (do not over-mix).
3. Distribute batter into donut pan (I used a piping bag). My distribution yielded 6 very filled donuts, but you could get 8 smaller with less batter in each mold.
4. Bake 8–10 minutes, until a toothpick comes out clean.
5. Lightly sift powdered sugar over donut tops as desired.
6. Devour!



Pumpkin Cheesecake Shooters

INGREDIENTS

2/3 cup almonds
4–5 medium dates, soaked
8oz Neufchatel cheese, or light cream cheese at room temperature
3/4 cup pumpkin pureé
1/3 cup Greek yogurt
1/3 cup stevia, or granulated sweetener of choice
1 tsp vanilla
1 tsp pumpkin pie spice
1 tsp cinnamon
1/4 tsp salt
Whipped cream (optional)
Graham cracker crumbs (optional)

PROCEDURE

1. Blend your almonds and soaked dates in a food processor for a few minutes, until broken down into small pieces that can press together well. Press about 2 tsp into the bottom of each shot glass. Set shot glasses with crust in the fridge while you make the filling.
2. Use a hand mixer to combine your remaining ingredients. Adjust the sweetness of your filling to taste! Add the filling of to your shot glasses on top of the crust layer.
3. Refrigerate the shooters for 3–4 hours, or overnight.
4. Top with whipped cream and graham cracker crumbs before serving if desired



Pumpkin Coconut Squares

INGREDIENTS

1 cup unsweetened coconut flakes
3 Tbsp pumpkin pureé
2-3 tsp honey (adjust to taste, sub agave for vegan)
2 tsp coconut oil
1/4 tsp vanilla
1/4 tsp coconut extract (if you have it, if not just use vanilla)
1/4 tsp cinnamon
1/4 tsp pumpkin pie spice (or sub cinnamon)
1/8 tsp salt
1 1/2 tsp stevia (adjust to taste)
1-2 Tbsp water (adjust for texture and consistency)

PROCEDURE

1. Combine all ingredients in food processor, except water.
2. Process until well combined.
3. If too thick or grainy, add the water gradually.
4. Press into a loaf pan lined with parchment paper.
5. Refrigerate for 2-3 hours, until firm.
6. Cut into squares/bars (I cut mine into 8) and devour!
7. Store in fridge or freeze for later.



Pumpkin Spice Donuts

INGREDIENTS

Dry Ingredients:

1 cup oat flour
1/4 cup stevia (or granulated sweetener of choice, adjust to taste)
1 tsp baking powder
1/2 tsp baking soda
1 tsp cinnamon
1 tsp pumpkin pie spice (or sub 1/2 tsp cinnamon, 1/8 tsp nutmeg, 1/8 tsp ginger, pinch of ground cloves)
1/4 tsp nutmeg
1/2 tsp allspice
1/2 tsp salt

Wet Ingredients:

1 egg
2 Tbsp unsweetened applesauce
1/3 cup pumpkin pureé
1/3 cup nonfat Greek yogurt
1/4 cup light almond milk
1 tsp vanilla

PROCEDURE

1. Preheat oven to 350°F.
2. Mix dry ingredients and wet ingredients separately.
3. Combine dry ingredients into wet, adjusting sweetness to your preference (Remember, it will be LESS sweet after it cooks, so add a tad more to the batter before baking).
4. Spoon or pipe into donut pan (My batter filled a 6-donut pan).
5. Bake 8-10 minutes, until a toothpick comes out clean.
6. Top with glaze/desired toppings! I made my glaze with nonfat Greek yogurt, cinnamon and stevia (not included in nutrition), and I topped mine with ground up pecans and cinnamon!



Raw Blueberry pie

INGREDIENTS

Ingredients for the crust

1½ cups raw almonds
1/3 cup dates
1/8 tsp salt

Ingredients for the filling

1½ cups raw cashews, soaked overnight
2 Tbsp honey
2 tsp stevia (to taste- more if you want this really sweet)
2 tsp coconut flour
1/8 tsp salt
Water- start with 1/2 cup

Ingredients for topping

2 cups blueberries
1 tsp honey
Stevia to taste
2 Tbsp coconut flour

PROCEDURE

1. Blend your crust ingredients in a food processor for a few minutes, until broken down into small pieces that can press together well. Press your crust into your spring form/pie pan (I used 4 small 4" pans but a larger 9" can also be used). Set aside.
2. Combine your filling ingredients. Start with 1/2 cup of water and add a little at a time to get your desired consistency. You are looking for a thick cashew cream as opposed to a thinner one, because you want it to hold its form in the pie. A thick batter will work best. The amount of water varies because the cashews are soaked and retaining water.
3. Pour your cashew cream on top of the pie crust(s). Set in the freezer to firm up a bit while you make the topping.
4. Combine your topping ingredients in a blender/processor. Again, thicker is better to get the pie to set. The coconut flour is your thickening agent with this recipe, so use it as necessary- but keep in mind a little goes a long way!
5. Pour your thick blueberry topping on top of the cashew cream layer of your pie(s) and return to the freezer for about 2 hours.
6. Remove from the freezer and pop off the spring form containers. Transfer to the fridge and allow to thaw a bit before devouring!



Rosemary Fig Almond Wedges

INGREDIENTS

2 cups almond flour
1 egg
2 Tbsp egg whites
2 Tbsp honey
1 Tbsp fresh rosemary
1/2 tsp salt
1/2 tsp baking soda
1 tsp lemon juice
3/4 cup fresh figs (about 4 small)
Chopped almond slivers (optional)

PROCEDURE

1. Preheat oven to 350°F.
2. Mix all ingredients except for figs in a bowl until well combined.
3. Stir figs into batter/dough.
4. Press your mixture into a 12" pizza pan, so you have a smooth, large round circular pastry (about 1/4" thick).
5. Add any additional figs, rosemary sprigs and almond slivers as desired on top.
6. Bake for about 15-18 minutes, until cooked through.
7. Allow to cool before cutting into wedges and devouring!



Strawberry Banana Coconut Truffles

INGREDIENTS

3/4 cup coconut butter
1 cup fresh strawberries
1 banana
2 tsp honey
1 Tbsp stevia (adjust to taste)
1/4 cup dark chocolate chips

PROCEDURE

1. Mix all ingredients except for chocolate chips in the food processor until well combined.
2. Spoon mixture into your molds/ice cube trays (I used silicone trays) and pop into the freezer for an hour. (Flatten the tops of the trays off because this will become the bottom once you pop them out!)
3. Pop out the truffles onto a plate, flat side down.
4. Melt chocolate (in microwave or over double broiler).
5. Drizzle chocolate over the truffles as desired.
6. Return to the freezer for a few hours.
7. Remove desired amount to devour. Allow to thaw for 5-10 minutes before devouring. YUM!
8. Keep stored in freezer.



Sweet Potato Pie

INGREDIENTS

Crust Ingredients

4 graham cracker sheets (2 halves make 1 full sheet), crushed into crumbs
3/4 cup pecans
3 Tbsp apple jelly

Filling Ingredients

2 cups sweet potato pureé
2/3 cup almond milk
2 eggs
1 egg white
2 Tbsp brown sugar
2 Tbsp stevia
1 tsp pumpkin pie spice
1 tsp cinnamon
1 tsp vanilla
1/4 tsp salt

PROCEDURE

1. Preheat oven to 350°F
2. Combine crust ingredients, using a fork to incorporate the jelly well. Press the crust into a sprayed spring form pan (I used a 9"). Set aside.
3. Combine all filling ingredients. Since I made my own sweet potato pureé by throwing cooked sweet potato in the food processor with a little water, I just added the remaining ingredients into the processor with the sweet potato pureé, pulsing until well combined.
4. Transfer your filling mixture into the pan on top of the crust.
5. Bake 45–55 minutes, until the outside is set and jiggles a bit in the middle, as it will continue to cook once removed from the oven.
6. Allow to cool for 45 minutes before removing spring form pan.
7. Allow to cool completely and chill before serving



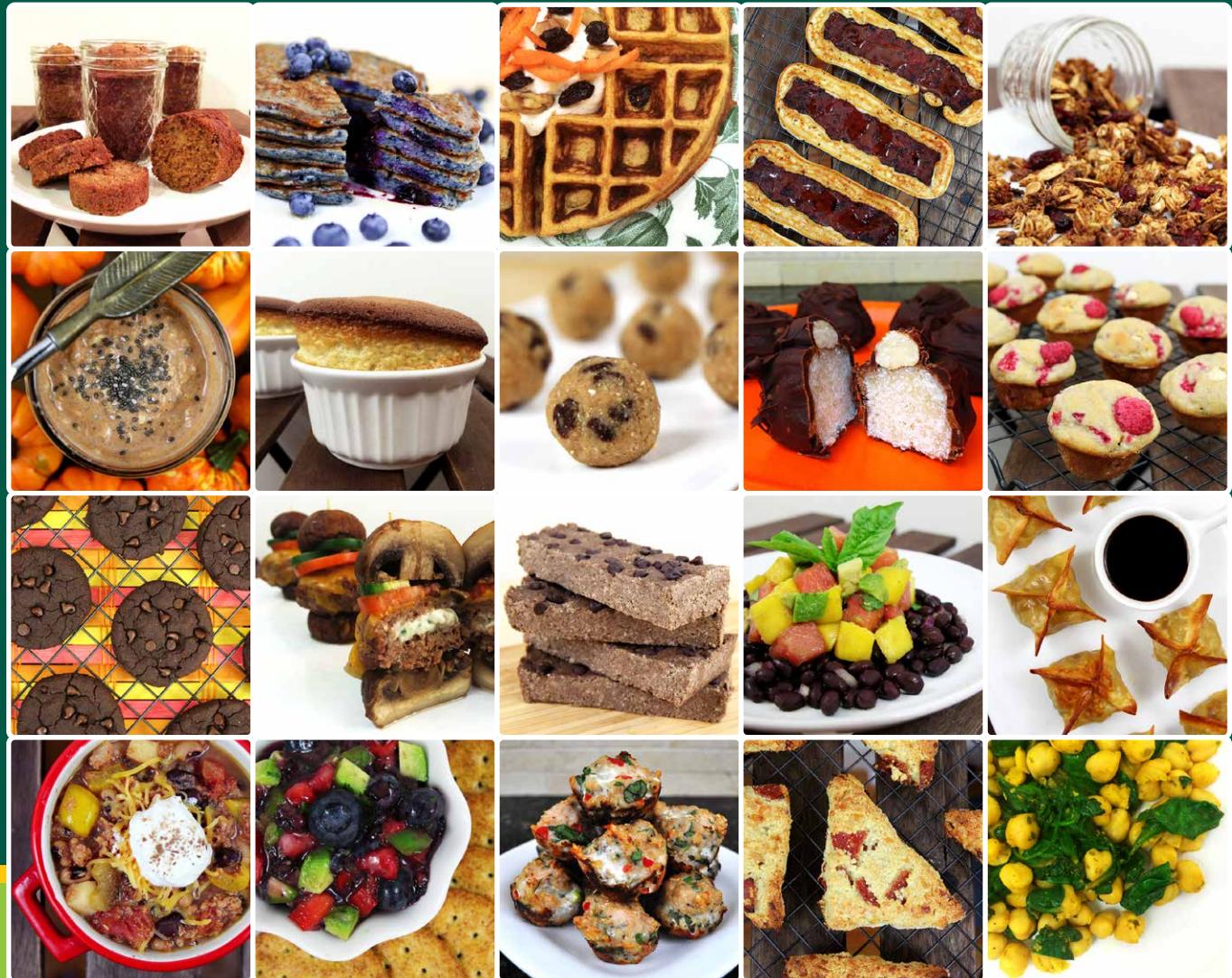
White Chocolate Raspberry Muffins

INGREDIENTS

**2 cups whole wheat pastry flour
1 cup Greek yogurt
1/4 cup stevia (adjust to taste)
3 Tbsp coconut oil
1 egg
1/2 cup egg whites
1 tsp vanilla
1½ tsp baking powder
1 tsp baking soda
1/4 tsp salt
1 6oz package raspberries
1/4 cup white chocolate chips**

PROCEDURE

1. Preheat oven to 350°F.
2. Mix all ingredients except for raspberries and chocolate chips until well combined.
3. Stir in raspberries and chocolate chips.
4. Scoop into mini muffin tin that's been sprayed with cooking spray. Yields about 36 mini muffs.
5. Bake 12-15 minutes, until a toothpick comes out clean.
6. Devour!



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