

BOOT CAMP CHALLENGE®

Healthy Cookbook

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Oatmeal with Millet and Dried Fruit

Marta Sisman

Servings: 1-2

2 tablespoons oats
2 tablespoons millet
1 ½ cups milk (can be non-dairy)
2 dates (1 if big)
2 prunes
1 tablespoon pumpkin seeds
1 tablespoon dried cranberries

Pour milk into the pot, and add oats and millet. When it starts boiling, cook on low heat for about 15 minutes constantly stirring. At the end add dried fruit and seeds. Stop cooking, cover, and wait 10 minutes. Eat warm.

Calories 512 kcal
Protein 21,4 g
Fat 12,9 g
Carbs 80,8 g
Fiber 8,8 g



Spinach, Mushroom and Feta Crustless Quiche

Marsha Haskell

Servings: 6

Cooking spray
8 oz. button mushrooms
½ teaspoon minced garlic
½ teaspoon salt, divided
Freshly ground black pepper
1 (10 oz.) box frozen spinach, thawed and drained
2 oz. crumbled feta cheese
4 eggs
1 cup 2% milk
¼ cup grated Parmesan
½ cup shredded mozzarella

Preheat the oven to 350°.

Spray a large skillet with cooking spray. Rinse mushrooms and slice thinly. Place in pan and cook over medium-high heat. Add garlic, and sprinkle with half of the salt and pepper. Cook mushrooms until no more water remains on the bottom of the pan, 5 to 7 minutes.

Spray a 9-inch pie pan with cooking spray. Squeeze spinach to remove water. (Make sure to squeeze thoroughly). Spread in pan. Place mushrooms and feta on top.

In a medium bowl, whisk eggs until smooth. Add milk, Parmesan, remaining salt, and another sprinkle of pepper. Whisk to combine. Pour over mushrooms and feta. Sprinkle mozzarella on top. Bake 45 to 60 minutes, until golden brown on top and center, is set. Let cool slightly. Slice and serve.

1 slice = 150 calories



Spinach Omelette
Megan Oldson

Servings: 1

2 large eggs
1 cup of fresh spinach
¼ cup of cheese (your choice we use sharp or Monterrey cheddar)
⅛ cup milk

Use medium heat on the cooktop.

Spray pan and sauté spinach until soft. Remove from pan. In a separate bowl mix eggs and milk add to the pan and cook until the egg is half cooked. Add cheese, spinach, and any seasonings to one side of the pan. Fold the egg over the side with cheese and spinach. Flip to cook through both sides. Remove from pan and serve.

Egg Muffin Cups
Anita Dade

1 dozen eggs
½ cup of Pico de Gallo
½ cup of mixed cheese
A handful of fresh spinach
½ cup of turkey sausage crumbles
salt & pepper to taste

Preheat the oven to 350° and generously grease a standard non-stick 12-slot muffin tin with cooking spray. Set aside. Crack & whisk eggs. Add salt & pepper if desired.

Finely chop spinach. Pour eggs to ¾ full into each muffin slot. Sprinkle pico, cheese, sausage, & spinach into each muffin slot. Gently stir each slot to mix ingredients.

Bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked. Leftovers can be stored in an airtight container for about 4 days or frozen. To reheat, pop them in the microwave for about 30-45 seconds depending on quantity.



Healthy Banana Pancakes
Anna Fornkahl Phillips

2 ripe bananas
2 eggs
1 cup oats
Mix-ins and toppings of your choice (vanilla, cinnamon, berries, nuts, etc.)

Preheat a skillet on low heat. Mix the bananas, eggs and oats together in a blender on low speed. Grease your skillet with cooking spray, oil or butter and pour the batter onto your prepared skillet (about ⅛ of the batter for each pancake). The smaller the better, as these pancakes don't hold together quite as well as regular pancakes. Allow the pancakes to cook through on one side before flipping. If you are using any mix-ins like walnuts or blueberries, you can kind of push them into the uncooked side of the pancakes before flipping. I don't recommend mixing them with the batter because they are more likely to fall apart. Flip and cook the other side until done; repeat for the rest of the batter. Serve with syrup, butter, peanut butter or your favorite pancake toppings.

Apple - Cinnamon Steel Cut Oats
Tamatha Crowson

1 cup steel-cut oats
1 ½ cups water
1 ½ cups almond milk
2 apples, chopped up (or more)
2 teaspoons of cinnamon or apple pie spice
1 teaspoon or so of vanilla
About ½ a teaspoon of salt
3 tablespoons sugar-free maple syrup
1-2 tablespoons Splenda Blend (½ real, ½ fake sugar, white or brown)
(Sometimes I will mix 2 or 3 scoops of protein powder with a little almond milk and put it in there too. Or you can use it as a topping.)

Put everything in the crockpot and cook it on low for 3-5 hours, depending on how hot your crockpot gets.

Topping suggestions: almond milk, pecans, walnuts honey, Stevia or another sweetener, sugar-free Maple! Transfer to a bowl and add more berries or bananas for toppings.



Turkey Breakfast Skillet

Beth Mungle

1 pound ground turkey
3 cups diced sweet potato
1 green pepper, diced
½ onion
1-2 tablespoons avocado or olive oil
1 tablespoon minced garlic
1 teaspoon basil
1 teaspoon oregano
1 teaspoon onion powder
½ teaspoon salt
½ teaspoon pepper
16 oz spinach (also yummy with kale)

Heat oil in a large pan. Add minced garlic and diced sweet potato once hot. Cook for 5-7 minutes, stirring occasionally until they begin to brown but not cook through.

Add the ground turkey and all spices and brown turkey for about 5 minutes. When turkey is cooked halfway through, add in green pepper, onion, and spinach. Stir to combine and cook an additional 5-7 minutes until green pepper and onion are fork tender and spinach is wilted. Taste and add any additional spices and seasonings.

Remove from heat and weigh out into 5 containers.

I like to add some spice to mine - hot sauce, buffalo sauce, siracha, red pepper flakes, or salsa are all great options to add some heat.



Banana Apple Muffins
Leslie Compass

2 large eggs
1 cup mashed ripe bananas (approx. 2 medium bananas)
1 tablespoon unsalted butter, melted
1 ½ cups almond flour
¾ teaspoon baking soda
Dash of sea salt
½ cup chopped apples (can also use ½ cup blueberries)

Preheat the oven to 350°. Line muffin tin with muffin papers and lightly spray with nonstick cooking spray. Combine eggs, bananas, and butter in a bowl, and mix well. Set aside. Combine almond flour, baking soda, and salt in a medium bowl; mix well.

Add almond flour mixture to egg/banana mixture; mix until well blended. Add the ½ cup apples or blueberries; mix until blended. Divide batter evenly between prepared muffin cups; ¾ full. Bake for 18-22 minutes, or until golden brown and the toothpick inserted comes out clean. Transfer muffins to rack and let cool.

Banana Bread Overnight Oats
Mindy Sorbello

½ Banana, ripe
½ cup Rolled oats, regular or gluten-free
2 teaspoons honey
½ teaspoon Cinnamon
1 Dash Sea salt
1 teaspoon Vanilla extract
2 tablespoons Pecans or walnuts
½ cup Almond milk
1 tablespoon ground flax (optional)

Mix together and place in refrigerator overnight. Good for up to 3 days.



Oatmeal Almond Butter Bars
Amy Carroll

1½ cups old-fashioned rolled oats
¼ cup unsalted roasted almonds, chopped
1 cup almond butter
⅓ cup maple syrup
¼ teaspoon sea salt

In a medium bowl, mix together the ingredients until well blended. Pour mixture into a greased loaf pan. Refrigerate for 1 to 2 hours, and then cut into bar or cookie shapes. Store in the refrigerator or freezer.

Mugeggable
Melissa Grattan

1 or 2 eggs
1 coffee cup

Take a large coffee mug and spray it with cooking spray. Crack an egg (or two or 3) and place in coffee mug. Make sure you POKE THE YOLKS or your concoction will explode. Microwave on high and check every 30 seconds. Eggs will cook in about 90-120 seconds total. Pour onto a plate and enjoy!

The eggs come out fluffy and cute and delicious and you don't have a mess to clean up after!



Chicken Protein Bowl

Jordin Wyatt

Servings: 5

2 pounds boneless skinless chicken breast
1 bottle of Garlic and Herb Marinade
1 bunch of Kale
1 cup dry black beans
1 cup dry quinoa
2 cups chicken broth
5 tablespoons flax seeds
1 tablespoon minced Garlic
½ onion finely diced.

Preheat the oven to 450°, once preheated, put whole chicken breasts in a pan, covered in marinade. Cook for about 40 minutes or until internal temp is at least 165°.

To cook beans, add dry beans, garlic, and onion to a pot, and cover generously with water. Bring to a boil. Boil for 10 minutes, then put to a simmer and let simmer for 1 hour. Stirring occasionally. Add more water so beans stay covered if needed.

Steam the kale. Bring a large pot of water to a boil, and add kale. Let steam for 2-3 minutes.

Using a rice cooker, add the chicken broth and quinoa. Cook until done.

Store everything separately until you are ready to eat it. Top each serving with 1 tablespoon of flax seeds. Heat and Enjoy.

Approx. 560 cal/serving



Italian White Bean Soup
Julie Johns

Servings: 4

3 cans (15.5 oz. each) of white kidney beans (cannellini) or Great Northern beans, drained and rinsed
4 cups non-fat, reduced-sodium chicken broth, divided
½ cup chopped onion
2 cloves garlic, minced
1 can (16 oz.) whole tomatoes with no salt, undrained, chopped, or 4-6 fresh plum tomatoes
2 teaspoons dried basil
½ teaspoon dried thyme leaves
⅛ teaspoon white pepper

Combine one can of beans with two cups of broth in a blender or food processor and blend until a smooth puree.

Transfer to a large saucepan. Stir in the remaining ingredients. Bring to a boil over high heat, then reduce heat and simmer, covered, for about 10 to 15 minutes, or until beans and tomatoes reach desired tenderness.

Per serving: 203 calories, 1 g. total fat (<1 g. saturated fat), 37 g. carbohydrate, 12 g. protein, 10 g. dietary fiber, 744 mg. sodium.

Note:
• I normally buy 4 cans of Great Northern Beans, blend one can and add the three other cans to the pot.
• Tomatoes – I buy petite diced instead of whole.



30-Minute Healthy Chicken Lettuce Wraps
Shelley Martini

1 ½ pounds chicken breast, diced
1 small onion, finely chopped
2 garlic cloves, minced
½ inch knob ginger, minced
1 small zucchini, diced
1 small bell pepper, diced
1 cup cashews, coarsely chopped
2 green onion sprigs, chopped
¼ cup cold water
2 tablespoons soy sauce, I used aminos
2 tablespoons maple syrup or honey
1 tablespoon rice vinegar
½ tablespoon cornstarch
1 head of butter iceberg or Romaine lettuce, leaves separated
1 tablespoon avocado or any oil for frying

Make sure all ingredients are chopped and ready.

Preheat large ceramic non-stick skillet on medium heat and add cashews. Pan fry until toasted, stirring constantly. Transfer to a bowl and set aside.

Return skillet to medium heat and swirl oil to coat. Add onion, garlic and ginger; cook for 1 minute, stirring constantly. Add chicken and cook for 10 minutes, stirring occasionally.

Right before chicken is done cooking, in a small bowl add cold water, soy sauce, maple syrup, rice vinegar and cornstarch; whisk with a fork. Add to the chicken along with zucchini and bell pepper; cook for 1 minute or until sauce has thickened. Stir in cashews and green onions.



30-Minute Healthy Chicken Lettuce Wraps
(continued)

Serve chicken lettuce wraps immediately. To assemble, use 2-3 stacked lettuce leaves (depending on their thickness) and spoon desired amount of filling on top. If someone is very hungry, serve over a bed of brown rice or quinoa.

Store: Refrigerate filling in an airtight container for up to 3 days. Reheat on a skillet before assembling lettuce wraps. You can also refrigerate washed lettuce leaves wrapped in linen towel for up to 3 days.
Freeze: Store chicken filling only (without cashews) in airtight containers in the freezer for up to three months. Then, allow it to thaw in the fridge overnight before reheating.



Maple Mustard Glazed Salmon
Marsha Haskell

4 (4 oz. each) salmon fillets (thawed)

Glaze:
1 tablespoon pure maple syrup
1 tablespoon Dijon mustard
¼ teaspoon chipotle pepper
½ teaspoon. salt

Wrap broiler pan with foil and brush with olive oil. Mix glaze ingredients together. Brush fillets with glaze mixture. Broil 6 inches from heat 5-7 minutes; ready when easily flaked with a fork. Serve with greens and lemon (optional). (Serving = 216 calories)



Sheet Pan Chicken Fajitas
Marsha Haskell

Servings: 4

1 large onion, cut into thick slices
2 bell peppers of any color, cut into thick slices
1 pound boneless skinless chicken breast, cut into 1-inch slices
Taco Seasoning Package
Flour or corn tortillas
Whatever toppings you like: guacamole, Pico de Gallo, shredded low-fat cheese, fat-free sour cream, shredded lettuce.

Preheat the oven to 375°. On a parchment-lined sheet pan, toss onion, bell pepper, and chicken with a drizzle of olive oil and ½ pack of Taco seasoning. Spread out in an even layer. Bake for 20-25 minutes, until chicken is cooked through and veggies are tender.

Wrap tortillas in foil and place in the oven for the last 5 minutes to warm. Serve with a platter of toppings so everyone can build their own.

I put all of the ingredients in a bowl and add the olive oil and seasoning and mixed them all together in the bowl before placing them on the baking sheet. I have also added cherry tomatoes cut in half, mushrooms, and black beans to the mix. I warm the tortillas in the microwave. This is also good served over brown rice.



Chicken & Black-Eyed Pea Chili

Shannon Dakin

Prep Time: 10 minutes - Cook Time: 40 minutes

Servings: 6

1 ¼ pounds Boneless Chicken Thighs
2 tablespoons Olive Oil
2 cups Black-Eyed Peas, dry
4 cups Low Sodium Chicken Broth
1 cup Whole Corn
1 Medium Yellow Onion, chopped
1 Green Bell Pepper, chopped
6 Cloves Garlic, chopped
1 tablespoon Fresh Ginger, minced
½ tablespoon Cumin
½ tablespoon Chili Powder
½ tablespoon Smoked Paprika
½ teaspoon Cayenne Pepper
½ teaspoon Black Pepper
½ teaspoon Dried Thyme
½ teaspoon Cinnamon
Topping: sliced jalapeno & chopped cilantro
Salt to taste

Season chicken with salt and pepper and set aside. Set your multi-cooker to the brown/sear setting. When the pot is hot add the oil, then add chicken. Cook for a couple of minutes on each side until golden.

Remove chicken. Add chopped onions, garlic, and ginger. Cook while stirring frequently for about 5 minutes until onions are golden brown and fragrant. Return browned chicken to the pot and add the remaining ingredients (except jalapeños and cilantro). Give ingredients a quick stir. Place lid on the multi-cooker; set to high pressure and cook for 30 minutes. Allow pressure to depressurize safely; remove the lid. Remove chicken and shred with a fork. Return shredded chicken to the pot and serve. Top with chopped cilantro and jalapeños.



Chicken & Black-Eyed Pea Chili
(continued)

No Multicooker (Crock Pot/Instant Pot)? I used my multicooker to make this recipe, but if you do not have one, you can still make this chili. You can brown/sauté the chicken and vegetables on your stove top in a large saucepan then add the remaining ingredients. For this stovetop method, you will need to use soaked or canned black-eyed peas. It will take 30 to 60 minutes for the soaked peas to cook to your desired softness.

Nutrition Info per serving: 337 Cals, 9g Fat, 37g Carbs, 6g Fiber, 33g Protein



Southwestern Quinoa Stuffed Peppers

Shannon Dakin

Prep Time: 25 minutes - Cook Time: 35 minutes - Total Time: 1 hour

Butter, for baking dish
4 bell peppers, halved, lengthwise
2 cups vegetable broth
1 cup quinoa
3 tablespoons olive oil
1 small yellow onion, diced
⅛ teaspoon salt
1 cup canned sweet corn, rinsed
1 cup canned black beans, rinsed
1 cup grape tomatoes, quartered
½ teaspoon chili powder, or to taste
¼ teaspoon cayenne pepper, or to taste
½ tablespoon dried parsley (you can also use cilantro)
salt and fresh ground pepper, to taste
2 cups shredded 4-Cheese Mexican Blend, divided
plain yogurt or light sour cream, for garnish

Nutrition Facts
Southwestern Quinoa Stuffed Peppers
Amount Per Serving
Calories 541Calories from Fat 225
% Daily Value*
Fat 25g38%
Saturated Fat 8g40%
Cholesterol 34mg11%
Sodium 1157mg48%
Potassium 872mg25%
Carbohydrates 56g19%
Fiber 10g40%
Sugar 9g10%
Protein 25g50%
Vitamin A 4840IU97%
Vitamin C 161.9mg196%
Calcium 696mg70%
Iron 3.7mg21%
* Percent Daily Values are based on a 2000-calorie diet.

Preheat the oven to 350°. Grease a baking dish with butter; arrange halved bell peppers in the baking dish and set aside.

In a small saucepan, combine vegetable broth and quinoa and bring to a boil; lower to a simmer, cover, and continue to cook for 15 minutes. Remove from heat, gently fluff with a fork and set aside.

Heat olive oil over medium heat. Add diced onions and season with salt; cook for 1 minute, or until translucent. Stir in grape tomatoes and cooked quinoa; season with chili powder, cayenne pepper, dried parsley, salt, and pepper. Add 1 cup cheese; mix well and continue to cook for 3 to 4 minutes, or until everything is heated through and cheese is melted. Remove from heat. Divide the mixture evenly between peppers, packing the quinoa mixture tightly into the hollow pepper shells. Bake for 30 minutes.

Remove from oven and top each pepper with remaining cheese. Put back in the oven and continue to bake for 5 minutes, or until cheese is melted. Remove from oven and let cool for 5 minutes. Serve with a dollop of plain yogurt or light sour cream.



Steak and Mushroom Foil Packs

Jessica Pederson

1 pound top sirloin steak, cut into 2-inch cubes
8 ounces sliced mushrooms
3 cloves garlic, minced
⅓ cup low-sodium soy sauce
¼ cup olive oil
1 teaspoon dried basil
1 teaspoon dried thyme
Salt and pepper, to taste
crushed red pepper, for garnish
sliced green onions, for garnish

In a large bowl combine steak, mushrooms, garlic, soy sauce, olive oil, basil, thyme, salt, and pepper. Cover and set in the fridge for 15 to 30 minutes.

Take it out from the fridge and set it on the counter for 15 minutes. Cut out 4 large heavy-duty foil sheets. If you don't have heavy-duty foil, you can just double up on regular foil. Divide steak and mushrooms between the sheets of foil. Wrap foil tightly around the steak and mushrooms and seal it all together.

GRILL METHOD: Preheat grill to HIGH. Transfer foil packets to the grill and grill over high heat for 10 minutes per side. Garnish with crushed red pepper and green onions, then serve.

OVEN METHOD: Preheat the oven to 425˚. Wrap foil tightly around the steak and mushrooms and seal it all together. Cook for 20 to 22 minutes, or until the internal temperature of the steak reaches at least 140˚. Use an Instant Read Thermometer to check for doneness. Just poke through the foil with the thermometer and set it into one of the steak pieces. If you want a nice char on the steak, open up the packets during the last 2 minutes of cooking and pop them under the broiler for a couple of minutes. Garnish with crushed red pepper and green onions, then serve.



Asparagus Stuffed Chicken Breast

Kerri Jackman

4 chicken breasts
1 teaspoon Italian seasoning mix
1 teaspoon garlic powder
1 teaspoon of smoked paprika
sea salt and pepper to taste
12 asparagus stalks, ends trimmed
1 oz tomatoes, chopped
4 slices of mozzarella cheese
1 tablespoon of olive oil

Preheat the oven to 400°. Place the chicken on a clean chopping board and sprinkle with Italian seasoning, garlic powder, paprika, salt, and pepper.

Start cutting chicken lengthwise to create pockets be careful not to cut all the way through the chicken. Add three sprigs of asparagus and a couple of pieces of tomato and a slice of mozzarella, then roll it hold them inside stuff the chicken breast with it close the pocket with a toothpick. Heat oil in skillet add in chicken and sear it nicely until golden brown about 3 to 5 minutes per side.

Bake the chicken for 15 to 20 minutes.



Pizza At Home
Kameron Mayberry

Rustic Crust (cauliflower crust)
Rao's Marinara Sauce
Imo's Provel Cheese
Canadian Bacon
Lots of veggies! Add peppers, onions, black olives, whatever you like.

Cook according to crust directions. You'll be surprised how good it tastes!

Shrimp Cauliflower Rice
Lindsey Colvin

½ of onion, finely chopped
I bag of frozen shrimp, peeled and deveined (thawed)
1 bag of frozen veggies (whatever you like)
1 bag of frozen Cauliflower Rice
Liquid Aminos (soy sauce substitute) 2-3 dashes
Garlic Powder, Salt, & Pepper to taste

In a large pot sauté ½ of finely chopped onion in Extra Virgin Olive Oil. Add the bag of veggies and Cauliflower Rice (I usually cook Cauliflower Rice for a couple of minutes in the microwave before adding to the veggies. I also precook shrimp in a little butter and then add).

Once everything is together, add seasonings to your taste. Add 2-3 dashes of Liquid Aminos and let simmer for about 5 minutes and serve.



Healthy Turkey Lettuce Wraps
Jessica Landgraf Coke

Servings: 6

1¼ pounds fat-free lean ground turkey
1 tablespoon olive oil
1 clove of garlic, minced
⅛ teaspoon. ground ginger
4 green onions, thinly sliced
1 (8 oz) can of sliced water chestnuts, drained and coarsely chopped
3 tablespoons hoisin sauce
2 tablespoons lower-sodium soy sauce (green top)
1 tablespoon rice vinegar
2 teaspoons roasted red chili paste
Pinch of salt
12 Boston lettuce leaves

Heat 1 tablespoon of oil in a large nonstick skillet over medium-high heat. Add turkey, garlic, and ginger to the pan and cook for about 6 minutes or until the turkey is browned. Stir to crumble. Combine turkey mixture, onions, and chopped water chestnuts in a large bowl, stirring well, and set aside.

Meanwhile in a small bowl, whisk together hoisin, soy sauce, rice vinegar, and roasted red chili paste and drizzle over the turkey mixture. Toss to coat completely. Add about ¼ cup of turkey mixture to each lettuce leaf, serve and enjoy!

Serving Size: 2 lettuce cups + ¼ cup turkey mixture each • Calories: 162 • Fat: 4.3 g • Saturated Fat: 0.8 g • Carbs: 7.8 g • Fiber: 0.9 g • Protein: 23.5 g • Sugars: 3.4 g • WW Freestyle Points: 2



Eggroll in a Bowl
Tiffany St Cin

2 pounds of 93% lean ground beef
2 packages of ColeSlaw Mix
Brown Rice
½ medium-sized onion chopped (optional)
1 tablespoon of olive oil
Garlic Powder
Onion Powder
Ground Black Pepper
Salt (optional, I use Aminos which is salty enough for me)
Aminos

Using a large skillet with a lid, sauté the onions in the olive oil for a few minutes then toss in the ground beef to brown. Season to your taste with Garlic Powder, Onion Powder, and Ground Black Pepper. Drain the grease from the ground beef when it is almost done (still slightly pink) add the 2 packages of ColeSlaw Mix season again to your taste... with the above ingredients. Put the lid on the skillet, and turn on medium heat stirring occasionally until the slaw mix is cooked to your liking. I usually taste to see if more ingredients are needed about 10-12 minutes in.

Once it is cooked to your preference, simply put it in containers. I eyeball the portions based on my hand size because you are getting veggies and meat together. You can add any veggies you want to this. This is one of the most flexible recipes you can use.

I add ½ cup of cooked brown rice to each container and stir it all together. I put a few dabs of Aminos as a final touch.



Baked Salmon with Garlic and Dijon

Amy Seabaugh

1 ½ pounds skinless salmon filet
2 tablespoons fresh parsley, chopped
2 tablespoons light olive oil, not extra virgin
2 tablespoons fresh lemon juice
3 garlic cloves, pressed
½ tablespoon Dijon mustard
½ teaspoon salt, we use sea salt
⅛ teaspoon black pepper
½ Lemon, sliced into 4 rings

Preheat the oven to 450˚ and line a rimmed baking sheet with foil or spray a non-stick pan. Slice salmon into 4 portions and arrange them on a lined baking sheet.

In a small bowl, combine: 2 tablespoons parsley, 2-3 pressed cloves garlic, 2 tablespoons oil and 2 tablespoons lemon juice, ½ tablespoon Dijon, ½ teaspoon salt, and ⅛ teaspoon pepper. Generously spread the marinade over the top and sides of the salmon then top each piece with a slice of lemon. Bake at 450° for 12-15 min or until just cooked through and flaky. Don't overcook.

Recipe Notes ** If wanting to air fry: Place salmon pieces on the wire basket, spread marinade over the top, and air fry at 450˚ for 6-7 minutes or just until cooked through.



Salsa Chicken Instantpot Recipe

Casey Quade

1 pack of chicken breasts
1 jar of your favorite salsa
seasoning to taste

Season your chicken lightly. I love a little salt, garlic, and onion powder. Put half of your salsa into the instant pot, then place your chicken breasts inside and cover with the rest of your salsa. If your salsa is thick, you will need to add about ¼ cup of water to help the instant pot properly pressurize.

Set the timer to pressure cook for 15-20 minutes. Time varies due to the amount/how thick your chicken is. When the timer is done, you can let the steam naturally release for a few minutes, then do the quick release.

Enjoy! Eat as is, shred it for tacos, etc. If you are not as prepared, this recipe can be completed from frozen as well. Follow the same steps, add the water for sure, and set the timer to cook for 40-45 minutes. It will take roughly an hour overall because it will also take longer for the instant pot to pressurize.

You could also follow this recipe with a slow cooker but will need to experiment with your time frame. Typical chicken breast recipes slow cook for 4-6 hours.



Zucchini Boats

Katie Bunselmeyer

2 medium zucchini (about 8 inches)
1 pound ground turkey, ground beef, or diced chicken
1 small onion, chopped
½ cup chopped fresh mushrooms
½ cup chopped sweet red pepper
½ cup chopped green pepper
1 cup shredded cheddar cheese or other, divided
Salt and pepper to taste

Cut the ends off zucchini and cut in half, lengthwise; scoop out pulp, leaving about a half-inch rim. Finely chop pulp.

In a skillet, cook meat, zucchini pulp, onion, mushrooms, and peppers over medium heat until meat is no longer pink; drain. Remove from the heat. Add ½ cup cheese, salt, and pepper; mix well. Spoon into the zucchini shells. Place in a greased 9x13-inch baking dish. Sprinkle with the remaining cheese.

Bake, uncovered, at 350° until zucchini is tender, 25-30 minutes.

ZUCCHINI BOAT TIPS:

- How do you scoop out zucchini? A melon baller or cookie scoop works best.
- Can you freeze zucchini boats? You can freeze zucchini boats by following these instructions: Freeze the chopped pulp in a flat layer in a reusable plastic bag. For the boats, quickly blanch them in boiling water. Let cool completely, and then freeze in a single layer in an airtight container for up to 3 months. When ready to make, thaw the boats and pulp them in the fridge overnight. Make the filling, assemble and bake as directed.

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Oven Baked Fajitas
Jennifer Boren

1 pound boneless, skinless chicken breast, cut into strips
15 oz can diced tomatoes with green chilies
1 medium onion, sliced
½ red and green bell peppers (or whole if you'd like), cut into strips
2 tablespoons olive oil
2 teaspoons chili powder
1 ½ teaspoons cumin
½ teaspoon garlic powder
½ teaspoon dried oregano
¼ teaspoon seasoned salt
Option: tortillas

Preheat the oven to 400°. Place chicken strips in greased 13×9 baking dish.

In a small bowl, combine oil, chili powder, garlic powder, cumin, dried oregano, and salt. Drizzle over the chicken and stir. Add the peppers, onion, and tomatoes with chilies to the dish and stir.

Bake uncovered for 20-25 minutes, or until chicken is cooked and veggies are tender. Enjoy!



Thai Pork Wraps
Catherine Buchanan

Note: You'll need a food processor for this recipe.
Servings: 6 (appetizer), 4 (main course)

1 pork tenderloin (about 1 pound), trimmed of silver skin and fat, cut into 1-inch chunks
2 ½ tablespoons fish sauce (in the international aisle at the grocery store)
1 tablespoon white rice (see *)
¼ cup low-sodium chicken broth
2 medium shallots, peeled and sliced into thin rings (about ½ cup)
3 tablespoons juice from 2 limes
2 teaspoons sugar
¼ teaspoon red pepper flakes
3 tablespoons roughly chopped fresh mint leaves
3 tablespoons roughly chopped fresh cilantro leaves
1 head Bibb lettuce, washed and dried, leaves separated and left whole

*Don't skip the toasted rice; it's integral to the texture and flavor. Any style of white rice can be used. This dish can be served with sticky rice and steamed vegetables as entrée. To save time, prepare the other ingredients while the pork is in the freezer.

Place pork chunks on a large plate in a single layer. Freeze meat until firm and starting to harden around edges but still pliable, 15 to 20 minutes. Place half of the meat in a food processor and pulse until coarsely chopped five to six 1-second pulses. Transfer ground meat to a medium bowl and repeat with remaining chunks. Stir 1 tablespoon of fish sauce into ground meat and marinate, refrigerate, for 15 minutes.

Heat rice in a small skillet over medium-high heat; cook, stirring constantly, until deep golden brown, about 5 minutes. Transfer to a small bowl and cool for 5 minutes. Grind rice with a spice grinder (I use my coffee grinder), mini food processor, or mortar and pestle until it resembles a fine meal, 10 to 30 seconds (you should have about 1 tablespoon rice powder).



Thai Pork Wraps
(continued)

Bring broth to simmer in 12-inch nonstick skillet over medium-high heat. Add pork and cook, stirring frequently, until about half of the pork is no longer pink, about 2 minutes. Sprinkle 1 teaspoon rice powder over pork; continue to cook, stirring constantly, until the remaining pork is no longer pink, 1 to 1½ minutes longer. Transfer pork to a large bowl; let cool for 10 minutes. Add remaining 1½ tablespoons fish sauce, remaining 2 teaspoons rice powder, shallots, lime juice, sugar, red pepper flakes, mint, and cilantro to pork; toss to combine. Serve with lettuce leaves.



Weeknight Potato Soup
Catherine Buchanan

Servings: 4-6

6 cups low-sodium chicken broth
2 pounds red potatoes, peeled and cut into ¾-inch cubes
1 bay leaf
2 tablespoons unsalted butter
1 pound kielbasa sausage, cut into ½-inch pieces
2 large leeks, white and light green parts only, cut in half lengthwise, then sliced thin crosswise
½ bunch kale, stems removed, and leaves cut crosswise into ¼-inch strips (about 4 packed cups)
Ground black pepper

Bring broth, potatoes, and bay leaf to boil in a large saucepan over medium-high heat. Reduce heat to medium-low and simmer until potatoes are tender about 10 minutes. Discard bay leaf. Using a potato masher, coarsely break up potatoes, leaving some large chunks.

Meanwhile, melt butter in a Dutch oven over medium heat. Cook kielbasa, stirring frequently until lightly browned in spots, about 4 minutes. Add leeks and cook until soft, about 4 minutes.

Add potato mixture and kale to Dutch oven and simmer until kale is tender about 5 minutes. Season with pepper and serve.



Easy Stuffed Bell Peppers Recipe with Ground Beef and Brown Rice
Alayna Chapie

Servings: 7

2 tablespoons Extra-virgin Olive Oil
1 medium Onion, diced
2-3 Garlic Cloves, minced
1 pound Lean Ground Beef
1½ cups Cooked Brown Rice
1 (14.5 ounces) Can of Diced Tomatoes
1 tablespoon Tomato Paste
1 teaspoon Dried Oregano
1 tablespoon Smoked Paprika
Kosher salt and pepper, to taste
7 large Bell Peppers, top and core removed
1 cup Shredded Cheddar Jack Cheese
Freshly chopped parsley, for garnish

Preheat your oven to 375° and place the peppers, cut side up, into a baking dish or a rimmed tray. Heat oil in a large pan over medium heat. Sauté onion until softens, then stir in garlic and cook for about 1 minute more. Add ground beef and cook until no longer pink, breaking up meat with a wooden spoon, for 5-6 minutes. Stir in cooked brown rice, diced tomatoes, tomato paste, oregano, and smoked paprika. Cook until sauce is slightly reduced, about 4-5 minutes. Taste and season with salt and pepper as needed.

Stuff each pepper with beef mixture and bake until the peppers are mostly tender. About 10-12 minutes. Sprinkle with cheese and bake for 5-7 minutes more. Garnish with fresh chopped parsley before serving. Enjoy!

Nutrition
Calories: 262kcal | Carbohydrates: 23g | Protein: 21g | Fat: 9g | Saturated Fat: 3g | Cholesterol: 44mg | Sodium: 168mg | Potassium: 683mg | Fiber: 5g | Sugar: 8g | Vitamin A: 5696IU | Vitamin C: 211mg | Calcium: 98mg | Iron: 3mg



Buffalo Chicken Stuffed Spaghetti Squash

Servings: 4

1 ¼ pounds chicken breast, cooked and shredded
1 medium spaghetti squash, halved (about 2 – 2 ½ lbs.)
2 ribs celery, thinly sliced
2 green onions, white and green parts thinly sliced
½ cup diced red bell pepper
½ cup purchased buffalo sauce or Homemade Buffalo Sauce
¼ cup creamy ranch dressing or Homemade Paleo Ranch Dressing (optional)
¼ cup crumbled blue cheese (optional)

TO ROAST THE SQUASH: Preheat the oven to 350°. Line a baking sheet with parchment paper and set it aside. Slice both ends from the squash and discard. Stand squash up on one of its cut ends and use a large knife to cut the squash in half lengthwise. Scoop seeds and stringy insides out using a large spoon. Place squash cut-side down on the baking sheet. Bake for 30-40 minutes or until squash is tender. Baking time will depend on the size of your squash (larger squash requires a longer cook time). When squash is tender, allow to it cool slightly before using a fork to gently scrape the squash flesh into a large bowl. Reserve the squash shells. While the squash is roasting, cook the chicken.

TO COOK THE CHICKEN:

- INSTANT POT - Insert the rack into the inner pot. Add 1 cup of water or broth. Lay the chicken on the rack. Secure lid and select ‘Poultry’ setting and increase time to 17 minutes (19 minutes if the breasts are really thick). At the end of the cooking time, allow pressure to naturally release for 5 minutes then flip the vent valve and release any remaining pressure. Move chicken to a cutting board to cool slightly before shredding with two forks.
- STOVETOP - Place a medium skillet over medium-high heat. Add 1 teaspoon avocado oil, olive oil, or coconut oil and swirl the pan to coat with the oil. Add chicken and ½ cup water. Once the water begins to simmer, reduce heat and cover. Cook chicken for 15-18 minutes or until cooked through. Move chicken to a cutting board to cool slightly before shredding with two forks.



Buffalo Chicken Stuffed Spaghetti Squash
(continued)

TO ASSEMBLE THE STUFFED SQUASH: In a large bowl, place squash shreds, shredded chicken, celery, green onions, bell pepper, and buffalo sauce. Toss until well mixed and coated. Spoon the squash-chicken mixture into the reserved squash shells. Place the stuffed shells on the baking sheet and bake in a 350° oven for 10-15 minutes or until heated through.

Serve drizzled with ranch dressing and top with crumbled blue cheese, if desired.

NUTRITION INFORMATION
Serving Size: ¼ of the recipe
Calories: 308
Fat: 14 g
Sat Fat: 3 g)
Sodium: 582 mg
Carbohydrate: 13 g
(Fiber: 3 g
Sugar: 6 g)
Protein: 36 g



Philly Cheesesteak Stuffed Portobello Mushrooms

Servings: 4

6 oz sirloin steaks, thinly sliced
⅛ teaspoon kosher salt
black pepper to taste
cooking spray
¾ cup diced onion
¾ cup diced green pepper
¼ cup light sour cream
2 tablespoons light mayonnaise
2 oz light cream cheese, softened
3 oz shredded mild provolone cheese or cheese of your choice
4 medium portobello mushrooms, with no cracks

Preheat the oven to 400°. Spray a baking sheet with oil. Gently remove the stems, scoop out the gills and spray the tops of the mushrooms with oil, season with ⅛ teaspoon salt and fresh pepper.

Season steak with salt and pepper on both sides. Spray a large skillet with cooking spray and heat on high, let the pan get very hot then add the steak and cook on high heat for about 1 to 1 ½ minutes on each side, until cooked through. Transfer to a cutting board and slice thin, set aside.

Reduce the heat to medium-low, spray with more oil, and sauté onions
and peppers for 5 to 6 minutes, until soft. Combine all the ingredients in a medium bowl. Transfer to the mushroom caps, about ½ cup each. Bake in the oven until the cheese is melted and the mushrooms are tender about 20 minutes.

Serving: 1 mushroom cap
Calories: 256kcal, Carbohydrates: 10g, Protein: 19g, Fat: 16g, Saturated Fat: 8.5g, Cholesterol: 26.5mg, Sodium: 383.5mg, Fiber: 4g, Sugar: 3.5g



Unstuffed Cabbage Rolls

Diana Rattray

Prep: 15 minutes - Cook: 45 minutes - Total: 1 hour

Servings: 6-8

1 tablespoon olive oil
1 ½ to 2 pounds lean ground beef
1 cup chopped onion
1 clove of garlic, minced
1 small head cabbage, chopped
2 (14 ½-ounce) cans of diced tomatoes
1 (8-ounce) can of tomato sauce
1 tablespoon cider vinegar, or wine vinegar
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
½ teaspoon ground cinnamon, optional
1 pinch nutmeg, optional

Heat the olive oil in a large saucepan or Dutch oven over medium heat. Add the ground beef and onion and cook until the beef is no longer pink and the onion is tender. Add the garlic and continue cooking for 1 minute longer. Add the chopped cabbage, tomatoes, tomato sauce, vinegar, salt, pepper, cinnamon, and nutmeg (if using). Bring to a boil. Reduce the heat to low, cover the pan, and simmer for 20 to 30 minutes, or until the cabbage is tender. Enjoy!

Nutrition Facts (per serving) 349 Calories, 16g Fat, 17g Carbs, 36g Protein



Healthy Air Fryer Chicken and Broccoli "Stir-Fry"
Diane

Servings: 4

1 pound boneless skinless chicken breast or thighs, cut into 1-inch bites sized pieces
¼-½ pound broccoli, cut into florets (1-2 cups)
½ medium onion, sliced thick
3 tablespoons olive oil or grape seed oil
½ teaspoon garlic powder
1 tablespoon fresh minced ginger
1 tablespoon low sodium soy sauce, or to taste (use Tamari for Gluten Free)
1 tablespoon rice vinegar (use distilled white vinegar for Gluten Free)
1 teaspoon sesame oil
2 teaspoons hot sauce (optional)
½ teaspoon sea salt, or to taste
black pepper, to taste
serve with lemon wedges, optional

OPTION 1: REGULAR-COOKED BROCCOLI
Make the Marinade: In a bowl, combine oil, garlic powder, ginger, soy sauce, rice vinegar, sesame oil, optional hot sauce, salt, and pepper. Place the chicken in one bowl. Place the broccoli and onions in another. Divide the marinade between the two bowls, stirring to coat each completely.

Air Fry: Add just the chicken to the air fryer basket/tray. Air Fry at 380°F/195°C for 10 minutes. Stir in the broccoli and onions with the chicken (make sure to include all the marinade). Continue to Air Fry at 380°F/195°C for 8-10 minutes, or until the chicken is cooked through. Make sure to stir halfway through cooking so broccoli gets cooked evenly. Add additional salt and pepper, to taste. Squeeze optional fresh lemon juice on top and serve warm.



Healthy Air Fryer Chicken and Broccoli "Stir-Fry"
(continued)

OPTION 2: FOR CRISPY, CHARRED BROCCOLI
In a large bowl, combine chicken, broccoli, and onion. Toss ingredients together.
Make the Marinade: In a bowl, combine oil, garlic powder, ginger, soy sauce, rice vinegar, sesame oil, optional hot sauce, salt, and pepper. Add the chicken, broccoli, and onions to the marinade. Stir thoroughly to combine the marinade with chicken, broccoli, and onions.

Air Fry: Add ingredients to the air fryer basket/tray. Air Fry 380°F/195°C for 16-20 minutes, shaking and gently tossing halfway through cooking. Make sure to toss so that everything cooks evenly. Check chicken to make sure it's cooked through. If not, cook for additional 3-5 minutes. Add additional salt and pepper, to taste. Squeeze fresh lemon juice on top and serve warm.

NOTES

- Recipes were cooked in 3-4 qt air fryers. If using a larger air fryer, the recipe might cook quicker so adjust the cooking time.
- Do not pre-heat the air fryer for this recipe.
- Remember to set a timer to shake/flip/toss the food as directed in the recipe.

If your air fryer is preheated or if you are cooking multiple batches, you may need to reduce timing by a few minutes (unless preheating is called for in the recipe).



Beet, Apple, & Walnut Salad

Catherine Buchanan

Servings: 6

2 medium beets, trimmed
1 clove of garlic, minced
1 tablespoon white wine vinegar
1 teaspoon Dijon mustard
3 tablespoons extra virgin olive oil
1 (5-ounce) bag baby arugula (about 8 cups)
2 tablespoons minced fresh parsley leaves
1 cup walnuts, toasted and chopped
1 Granny Smith apple, cut into ¼-inch matchsticks
½ cup crumbled blue cheese

*To decrease prep time, roast and dice the beets the day before and refrigerate them in an airtight container.

Adjust oven rack to lower-middle position and heat oven to 400°. Wrap each beet separately in foil and roast until a paring knife can be inserted with little resistance, 70 to 80 minutes. Cool until easy to handle, at least 20 minutes. Use paper towels to remove skin and cut beets into ½-inch dice.

Whisk garlic, vinegar, mustard, and olive oil together in a medium bowl until creamy and fairly smooth. Season with salt and pepper.

Toss arugula and parsley with 2 tablespoons dressing and divide among individual salad plates. In a separate bowl, toss beets with 1 tablespoon of dressing. Top greens with beets, walnuts, apple, and blue cheese. Drizzle with remaining dressing. Serve.



Pomegranate Mango Salad
Bev Evans

8 ripe mangos, peeled, pitted, chopped
1 cup cilantro, chopped
½ cup fresh mint, chopped
1 cup red onion, diced
1 pomegranate, seeds only
3 scallions, chopped
1 medium cucumber, peeled, diced
juice of ½ blood orange
juice of ½ lime
2 tablespoons olive oil
sea salt to taste

In a large bowl, combine the mango, cilantro, mint, onion, pomegranate seeds, scallions, and cucumber.

In a small bowl, whisk together the blood orange juice, lime juice, olive oil, and a pinch of salt. Pour over the salad and toss gently to coat. Serve

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Pasta Salad
Christy Easley

Tricolor rotini noodles
Bell peppers (I prefer red, yellow, orange)
Balsamic Vinaigrette
Onions (optional)



Oven Roasted Veggies
Julie Johns

Sweet Potatoes (1 large or 2 small), cubed
Brussels sprouts – 1 pkg, halved
Carrots – halved (I buy the petite carrots)
Mushrooms – 1 pkg (whole or sliced)
Garlic – 2 or 3 cloves
Rosemary - 2 tablespoons
Olive oil – ¼ cup or less (to coat the veggies)
½ Onion – cut into wedges
Salt - 1 teaspoon
Pepper – ¼ teaspoon or to taste
*** any root vegetable can be used

Preheat the oven to 350°.

Place all veggies into a bowl. Add olive oil. Stir to coat veggies with oil. Add rosemary, garlic, salt, and pepper. Stir again.

Place in a 9 x 13 baking dish. Bake (uncovered) for 1 hour.

Fiesta Dip
Melissa Browne

1 average size tub (16 oz, I think) of Plain Greek Yogurt
1 packet of Hidden Valley Fiesta Ranch Dip

Blend well. Refrigerate at least one hour before serving to let flavors blend. Serve with raw veggies or homemade tortilla chips (Santa Fe whole Grain tortillas brushed with olive oil and baked in oven until crispy, then cut into triangles).



Poppy Seed Salsa with Sweet ‘n Spicy Chips
Marsha Haskell

POPPY SEED SALSA

1 ¼ cups of fresh strawberries
2 kiwi fruit, peeled and chopped
1 Golden Delicious apple, cored and chopped
1 jalapeno, halved, seeded, deveined and finely diced
3 tablespoons poppy seed dressing
1 teaspoon grated lime peel
1 teaspoon fresh lime juice

In a large bowl, combine all ingredients; toss until well mixed. Let stand 15 minutes to develop flavors. Serve with Sweet ‘n Spicy Chips. (¼ cup of salsa = 47 calories)

SWEET N' SPICY CHIPS

4 flour tortillas (8-inch diameter)
2 tablespoons butter melted
1 tablespoon sugar
½ teaspoon ground cinnamon
½ teaspoon ground cumin
½ teaspoon coarse salt

Brush melted butter over tortillas; cut each tortilla into 12 wedges. Arrange in single layer on parchment-lined baking sheet. In small bowl, combine sugar, cinnamon, cumin, and salt; sprinkle over wedges. Bake in 450° oven until lightly browned, about 4 to 6 minutes. Cool on wire racks. Chips will crisp as they cool. Store in airtight container. (6 chips = 88 calories)



Tropical Chia Pudding Cups
Shannon Dakin

Servings: 4 pudding cups

½ cup chia seeds
1½ cups beverage-style unsweetened coconut milk
1 tablespoon maple syrup
1 teaspoon vanilla
2 cups Sweet Pineapple, cut into ¾ chunks
2 bananas, thinly sliced
½ cup toasted coconut flakes
½ cup roasted unsalted cashews

In a medium bowl combine chia seeds, coconut milk, maple syrup, and vanilla. Cover and refrigerate overnight. Whisk chia mixture to break up any clumps. Have ready 4 small cups, glasses, or jars. In the bottom of each cup or jar, scatter a single layer of pineapple chunks and banana slices. Top each with ¼ cup chia pudding. Top with another layer of pineapple and banana, then sprinkle with 1 tablespoon of each coconut and cashew. Top each with ¼ cup chia pudding, and garnish the top with a few pineapple chunks, banana slices, coconut, and cashews. Serve or refrigerate, covered, until needed.

Nutrition Facts
Serving Size Serving Per Container 4
Amount Per Serving
Calories 380
Calories from Fat % Daily Value*
Total Fat 21g 27%
Saturated Fat 8g 40%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 35mg 2%
Total Carbohydrate 45g 16%
Dietary Fiber 11g 39%
Sugars 20g
Protein 8g
* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Peanut Butter Protein Balls
Leslie Compass

3 cups quick oats
1 cup creamy peanut butter
½ cup mini chocolate chips
½ honey
¼ cup chopped pecans
Can also add 1 scoop of protein powder or any flavor.

Mix everything in a bowl. Roll into balls (about the size of a golf ball) and refrigerate. These freeze well also.

PB2 and Sugar-free Cool-Whip
Julie Johns

2 tablespoons PB2
Almond Milk (start with 1 tablespoon)
1 (8 oz) container of sugar-free cool whip, thawed

Mix PB2 and almond milk. Mix PB2 mixture with cool whip. Keep in freezer.
I like this with fresh fruit.

Peanut Butter Whip
Melissa Browne

Too Good Vanilla yogurt (or plain Greek Yogurt like Chobani w/ splash of Vanilla and Stevia)- ½ to 1 Cup
Peanut Butter (no added sugar kind; just peanuts and salt) - 2 tablespoons

Beat together until it thickens into a "whip" consistency.
**1 Cup serving (with organic crunchy PB)= 260 cals,8g carbs, 3g fiber, 18g fat, 20 g protein, 4 g sugar

Add a few Lilly's chocolate chips (made with Stevia) and /or a few banana slices for an extra sweet treat! Feels like you're indulging, but it usually fits in my macros.



On-the-go smoothies
Olivia Grelle

3 cups of any frozen fruit
1 banana
½ cup of orange juice
¾ cup of vanilla yogurt (Greek is fine)
4 ice cubes
½ teaspoon of honey (optional)

Place fruit and ice cubes in a blender.
Pour in the orange juice, vanilla yogurt, and honey. Puree until smooth.

Great for breakfast or a snack to cook down on a hot summer day.

Strawberry Banana Smoothie Bowl
Lori Evans

1 frozen banana
1 ½ cups frozen strawberries
½ cup unsweetened coconut milk (or milk of choice)

Combine all ingredients in a blender and puree until smooth.
Transfer to a bowl and add more berries or bananas for toppings.



Quick High Protein Banana Smoothie
Sheree Pursley

1 banana
1 cup unsweetened almond milk
1 scoop Isopure Protein powder (unflavored)

(Optional add 1 tablespoon peanut butter for a complete meal)

Put all ingredients into a blender and blend on high for 30 seconds.

Banana Toast

1 slice Ezekiel sesame bread (toasted)
1 tablespoon peanut butter
½ sliced banana

Assemble the peanut butter and sliced banana on top of the toasted bread.



Chocolate Fudge-like Bites

1 cup unsweetened applesauce
½ cup peanut butter
⅔ cup cocoa powder
1 serving of liquid or powdered stevia (optional)

Preheat the oven to 350° and line a baking pan w/ parchment paper. In a large mixing bowl, combine all your ingredients until a smooth batter remains. Transfer the brownie batter to the pan and bake for 18-20 minutes, or until cooked on top (it took mine a lot longer than 18-20 min). Remove from the oven and let cool in the pan completely, before frosting, if desired.

FROSTING:
½ cup coconut oil melted
3 tablespoons maple syrup (I used sugar-free)
½ cup cocoa powder (I used dark cocoa powder)
1 cup unsweetened applesauce (See Notes *)
1 tablespoon coconut flour or cornstarch (optional)

In a large mixing bowl, combine your coconut oil, maple syrup, and cocoa powder. Mix until a glossy liquid chocolate texture remains. Add your unsweetened applesauce.
* Start with 1 cup and depending on what texture you are after, increase. Refrigerate for at least 20 minutes, to thicken slightly. If you need to use it immediately, add a tablespoon or two of coconut flour/cornstarch. Spread on top of COOLED brownies.

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Pumpkin Banana Smoothie

Ruth Guffey

1 banana
2 generous tablespoons canned pumpkin
⅓ cup old-fashioned oats
1 cup 2% milk
Shake of cinnamon

Blend until smooth

Beet Smoothie

Lori Patterson

1 cup soy milk (you can substitute cow or any plant-based milk)
1 cup baby spinach
4 oz beet juice
½ banana
⅓ cup frozen cherries
½ cup unsweetened pineapple chunks
1 teaspoon ground flax seed

Blend until smooth