

# Bariatric Cooking



# Ala-Panda

Shakes and  
Smoothies

### **Chocolate Monkey**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop chocolate protein  
1/2 a banana

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Strawberry Banana Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop vanilla protein  
1/2 banana  
3 whole frozen strawberries

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Banana Split**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1/2 banana  
1/4 cup chopped pineapple  
2 frozen strawberries

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Blueberry Bonanza Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1/2 cup frozen or fresh blueberries

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Chocolate Covered Cherry**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop chocolate protein  
10-12 frozen or fresh cherries  
optional: 1 tsp. of SF Cherry Torani Syrup or a drop of cherry extract

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Silky Latte**

4 oz. Silk brand Mocha soy milk  
4 oz. water

1 scoop vanilla protein powder  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Silky Mocha**

4 oz. Silk brand Mocha soy milk  
4 oz. water  
1 scoop chocolate protein powder  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Mint Chocolate Chip Protein Smoothie**

4 oz. Vita-soy Peppermint Chocolate soy milk  
4 oz. water  
1 scoop chocolate protein powder  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Pumpkin Spice Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1/4 cup canned pumpkin (chilled)  
Dash of pumpkin pie spice

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Berry Berry Good Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1/2 cup frozen or fresh berries (strawberries, blueberries, raspberries)

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Mochachinno**

8 oz. cold coffee  
1 scoop chocolate protein  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Egg Nog Protein Shake**

4 oz. Silk Nog soy milk  
4 oz. water  
1 scoop vanilla protein  
Dash of nutmeg

Place liquid in the blender first, then powder. Blend on low then high till well blended. Dash of nutmeg on top.

### **Pina Colada**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1/4 cup pineapple  
1 Tbs. SF Coconut Torani Syrup (I've also used 2 T. of unsweetened coconut from the health food store or Baker's catalog)

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Peanut Butter Cup**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop chocolate protein powder  
1 Tbs. peanut butter (smooth or chunky)  
2-3 ice cubes

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Cherry Vanilla Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop vanilla protein  
5-6 maraschino cherries  
1 Tbs. SF French Vanilla Torani Syrup

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Chocolate Caramel Protein Shake**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop chocolate protein powder  
1 Tbs. SF Caramel Torani Syrup  
3 Ice Cubes

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Blueberry Banana Protein Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop vanilla protein  
1/2 cup frozen blueberries  
1/2 banana

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Strawberry Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop vanilla protein  
3-4 Frozen Whole Strawberries

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Lemon Meringue Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1 T. SF Jello Lemon Pudding Powder  
2 Ice Cubes

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Green Giant**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1 T. SF Jello Pistachio Pudding Powder  
2 Ice Cubes

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Butterscotch Shake**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1 T. SF Jello Butterscotch Pudding Powder  
2 Ice Cubes

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Strawberry Cheesecake Shake**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1 T. SF Jello Cheesecake Pudding Powder

### 3-4 Frozen or Fresh Strawberries

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Vanilla Spice Protein Shake**

4 oz. Silk Spice soy milk  
4 oz. water  
1 scoop vanilla protein powder  
Dash Cinnamon  
Dash Nutmeg  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Chocolate Almond Protein Smoothie**

4 oz. vanilla soy milk  
4 oz. water  
1 scoop chocolate protein powder  
1 T. Almond Butter  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Mango Madness Protein Smoothie**

4 oz. water  
4 oz. vanilla soy milk  
1 scoop vanilla protein powder  
1/2 cup fresh or frozen mango chunks  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Banana Joe Protein Shake**

4 oz. water  
4 oz. vanilla soy milk  
1 scoop vanilla protein powder  
1/2 banana  
1/2 shot of espresso or 1/4 cup fresh coffee or 1 tsp instant coffee  
1/4 tsp ground cinnamon  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Carrot Cake Protein Shake**

4 oz. water  
4 oz. Silk Spice soy milk (if you use Vanilla or Plain Milk add more cinnamon and nutmeg)  
1 scoop vanilla protein powder  
1/2 cup frozen sliced carrots  
1 Tablespoon Cream Cheese  
Dash Cinnamon  
Dash Nutmeg

Place liquids in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Mango Banana Protein Lassi**

4 oz. vanilla soy milk  
4 oz. water  
1/4 cup Greek yogurt  
1 Tbs. SF Vanilla Torani Syrup  
1 scoop vanilla protein powder  
1/2 Banana (fresh or frozen)  
1/2 cup fresh or frozen mango chunks  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Banana Protein Smoothie**

4 oz. water  
4 oz. vanilla soy milk  
1 scoop vanilla protein powder  
1/2 Banana (fresh or frozen)  
Dash Cinnamon  
Dash Nutmeg  
2-3 Ice Cubes

2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Mocha Banana Joe Protein Shake**

4 oz. water  
4 oz. vanilla soy milk  
1 scoop Chocolate protein powder  
1/2 banana  
1 tsp instant espresso powder  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.



### **Mocha Joe Protein Shake**

4 oz. water  
4 oz. vanilla soy milk  
1 scoop Chocolate protein powder  
1 tsp instant espresso powder  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Peach Cobbler Protein Shake**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1/4 cup frozen sliced peaches  
dash cinnamon  
dash nutmeg  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended

### **Mango Banana Protein Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1/4 cup frozen mango chunks  
1/2 a banana  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Gingersnap Protein Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop of vanilla protein powder  
1/2-3/4 teaspoon ground ginger  
1 Tablespoon Starbucks SF Cinnamon Dolce Syrup  
dash of cinnamon  
2-3 ice cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Strawberry Mango Protein Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop vanilla protein  
1/4 cup frozen mango chunks  
3 whole strawberries

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Banana Bread Protein Smoothie**

8 oz. water or 4 oz. soy milk/4 oz. water  
1 scoop Vanilla Protein Powder  
1 T. SF Jello Banana Pudding Mix, dry  
1/2 teaspoon Cinnamon  
dash Nutmeg  
dash Ground Cloves  
1/2 Banana, frozen  
2-3 Ice Cubes

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.  
Top with another dash of nutmeg.

### **Shelly's Cherry Berry Banana Protein Smoothie (for 2)**

8 oz. Vanilla Soy Milk  
8 oz. Water  
2 scoops Vanilla Protein Powder  
1/2 Banana  
4-5 whole Frozen Strawberries  
1/2 cup Frozen Cherries  
2-3 Tablespoons Sugar Free Black Cherry Torani Syrup

Place liquid in the blender first, then powder, then additions. Blend on low then high till well blended.

### **Shelly's Banana Protein Mochacchino**

1 cup Vanilla Soy Milk (you can use ANY milk or milk/water combo. I'm a soy girl)  
1 Tablespoon Sugar Free Torani Syrup (I use SF Vanilla)  
1/2 a Banana  
1 scoop Click Espresso Protein Powder  
1 scoop Chocolate Protein Powder  
3-4 Ice Cubes

Add liquid, then powders, then additions and blend on high. I serve it with a squirt of SF Land o Lakes Whipped Cream.

### **Shelly's Tiramisu Protein Shake**

1 cup Vanilla Soy Milk (you can use ANY milk or milk/water combo. I'm a soy girl)  
1 Tablespoon Sugar Free DaVinci Kahlua Syrup  
1 Tablespoon Sugar Free Jello Cheesecake Pudding Mix, dry  
1 scoop Click Espresso Protein Powder  
1 scoop Chocolate Protein Powder  
3-4 Ice Cubes

Add liquid, then powders and blend on high. I serve it with a squirt of SF Land o Lakes Whipped Cream and a dusting of unsweetened Cocoa.

### **Shelly's Pistachio Banana Protein Shake**

1 cup Vanilla Soy Milk (you can use ANY milk or milk/water combo. I'm a soy girl)  
1 Tablespoon Sugar Free Torani Syrup (I used SF Vanilla)  
1 Tablespoon Sugar Free Jello Pistachio Pudding Mix, dry  
1 scoop Vanilla Protein Powder  
1/2 a Banana  
3-4 Ice Cubes

Add liquid, then powders, then banana and ice. Blend on high. I served it with a squirt of SF Land o Lakes Whipped Cream and a few chopped pistachios.

### **Shelly's Cherry Berry Cottage Smoothie**

1 cup Vanilla Soy Milk (you can use any milk)  
1/2 cup Frozen Pitted Cherries  
2-3 Frozen Strawberries  
1/4 cup Cottage Cheese (I used store bought Pineapple Cottage Cheese)  
1 Tablespoon Sugar Free Black Cherry Torani Syrup

Whiz in blender till smooth. Top with Sugar Free Land o Lakes Whipped Cream, optional.

### **Shelly's PB&J Protein Shake**

1 cup Vanilla Soy Milk (you can use ANY milk or milk/water combo. I'm a soy girl)  
1 scoop Vanilla Protein Powder  
1 Tablespoon Sugar Free Torani Raspberry Syrup (on sale now)  
1 Tablespoon Sugar Free Strawberry Jam (I used Smucker's Simply Fruit)  
1 Tablespoon PB2 Powdered Peanut Butter (or regular Peanut Butter)  
3-4 Ice Cubes

Whiz in blender till smooth. Top with Sugar Free Land o Lakes Whipped Cream, optional.

### **Shelly's Café Biscotti Protein Shake**

8 oz. Vanilla Soy Milk (or Milk/Water Combo)  
1 scoop of Max/Ulimate Cookies & Cream Protein Powder  
1 packet of Instant Coffee Crystals  
2 Tablespoons Sugar Free Vanilla Torani Syrup (on sale now)  
a couple of Ice Cubes  
Optional topping: SF Land o Lakes Whipped Cream

Whiz in blender till smooth. Top with Sugar Free Land o Lakes Whipped Cream, optional.

### **Strawberry cheesecake smoothie**

½ cup nonfat milk  
½ cup sliced strawberries  
¼ teaspoon lemon extract  
¼ cup low fat ricotta cheese  
¼ cup ice  
1 packet splenda

place all ingredients in blender and blend well.

### **Peaches and Cream**

¼ cup nonfat milk  
2 tablespoons dry powdered milk  
½ cup no sugar added peaches, drained  
¼ teaspoon vanilla extract  
¼ cup plain nonfat yogurt  
¼ cup ice  
1 packet splenda

stir the powdered milk in with the nonfat milk and let stand for 2 minutes. Then place all ingredients in blender and blend well.

### **Orangalicious**

½ cup orange juice  
1/3 cup nonfat dry milk  
¼ cup manderine oranges  
1/8 teaspoon lemon extract  
½ cup ice

stir dry milk into orange juice and let sit for 2 minutes. Place all ingredients in blender and blend well

### **spiced apple pie**

¼ cup nonfat milk  
¼ cup unsweetened applesauce  
¼ teaspoon apple pie spice  
¼ teaspoon vanilla extract  
½ cup plain yogurt  
½ cup ice  
2 packets splenda

place all ingredients into blender and blend well

### **smooth peanut banana**

¼ cup nonfat milk  
1 tablespoon peanut butter  
¼ cup sliced bananas  
½ cup plain yogurt  
¼ cup ice  
1 packet splenda

place all ingredients in blender and blend well

### **Cookies and cream shake**

Vanilla Protein  
2 sugar free oreos  
1 tablespoon sugar free cool whip  
½ teaspoon vanilla extract

### **Blackberry Frosted**

Vanilla Protein  
1/3 cup frozen blackberries

### **Elvis's Favorite**

Vanilla protein  
Frozen banana chunk  
1 teaspoon peanut butter

### **Pina colada**

Vanilla protein  
2 chunks frozen pineapple  
1 ounce rum flavoring

### **Cancun sunset**

vanilla protein  
2 chunks canned pineapple  
3 frozen strawberries

### **Mexican chocolate**

chocolate protein  
1 teaspoon cocoa powder  
½ teaspoon almond extract  
¼ teaspoon cinnamon

### **peach cobbler**

Vanilla protein

4 frozen peach slices

½ teaspoon almond extract

¼ teaspoon cinnamon

### **peanut butter cup**

chocolate protein

2 teaspoons peanut butter

### **cinnamon toast**

vanilla protein

sugar free hazelnut flavoring

1 teaspoon cinnamon

**Appetizers**

### **Shelly's Corned Beef Bites**

1 Yellow Onion, diced  
3 Green Onions, diced  
2 cloves Garlic, minced  
1/4 lb (about 4 slices) Corned Beef, diced (deli slices or sub diced leftovers)  
1/2 cup Swiss Cheese, grated  
5 eggs  
a few twists of Black Pepper

Preheat oven to 350. Saute onions till golden. Add garlic cook 1 minute more. Set aside to cool. When onions are cool mix all ingredients together.

### **Shelly's Beef Fiesta Bites**

1/2 yellow Onion, diced  
2 clove Garlic, diced  
1 teaspoon Butter  
1 teaspoon Hidden Valley The Original Ranch Salad Dressing & Seasoning Mix, dry powder  
5 Eggs  
1 can/4 oz. Chopped Green Chiles, drained  
1 jar/4 oz. Red Pimentos, drained  
1 1/2 cups Shredded cheese, Mexican Blend  
1 cup Crumbled Browned Ground Beef

Preheat oven to 350°F. Brown ground beef set aside. Saute onion in butter till golden. Add garlic and saute 1 minute more. Set aside to cool. Mix all ingredients together. Be sure meat & onions have cooled slightly before adding eggs. Spoon into lightly greased mini muffin tins. Bake for 30 minutes or until centers are firm. Makes 24.

### **Shelly's Italian Crab Bites**

1/2 Yellow Onion, diced  
3 Green Onions, diced  
2 clove Garlic, diced  
1 teaspoon Butter  
1 Tablespoon Fresh Basil, chopped  
1/2 teaspoon Italian Seasoning  
5 Eggs  
1 jar/4 oz. Red Pimentos, drained  
1/2 cup Artichoke Hearts (non marinated), chopped fine  
1 cup Shredded Cheese, Italian Blend  
1 cup Cooked Crab Meat (I used Phillips brand)

Preheat oven to 350 F. Saute onions in butter till golden. Add garlic and saute 1 minute more. Set aside to cool. Mix all ingredients together. Be sure onions have cooled slightly before adding egg mixture. Spoon (I use a small ice cream scoop) into lightly greased mini muffin tin. Bake for 30 minutes or until



centers are firm. Makes 24.

### **Shelly's Ham & Cheese Breakfast Bites**

1/2 Yellow Onion, diced  
3 Green Onions, diced  
6 Mushrooms, chopped  
1 teaspoon Butter  
1/4 lb. (about 4 slices) Ham, diced (I use Boars Head Cold Cut Ham)  
1/4 teaspoon dried Basil  
1/4 teaspoon dried Oregano  
a few twists of Black Pepper  
5 Eggs  
1/3 cup Tomato, diced (I used S&W canned, drained)  
1 cup Shredded Cheese, Italian Blend

Preheat oven to 350 F. Saute onions in butter till golden. Add mushrooms and saute 1 minute more. Add chopped ham and saute another minute more. Set aside to cool.

Mix all ingredients together. Be sure veggies and ham mixture has cooled slightly before adding to egg mixture. Spoon (I use a small ice cream scoop) into lightly greased mini muffin tin. Bake for 30 minutes or until centers are firm. Makes 24.

### **Shelly's Pizza Bites**

1/2 Yellow Onion, diced  
6 Mushrooms, chopped  
2 cloves Garlic, minced  
1 teaspoon Butter  
25 thin slices Pepperoni, diced (I used Boar's Head)  
1 Tablespoon Fresh Basil, chopped  
1 Teaspoon Oregano  
a few twists of Black Pepper  
5 Eggs, beaten  
1/3 cup Tomato, diced (I used S&W canned, drained)  
1 cup Shredded Cheese, Italian Blend

Preheat oven to 350 F. Saute onions in butter till golden. Add mushrooms and garlic and saute 1 minute more. Set aside to cool.

Mix all ingredients together. Be sure veggie mixture has cooled slightly before adding to egg mixture. Spoon (I use a small ice cream scoop) into a lightly greased mini muffin tin. Bake for 30 minutes or until centers are firm. Makes 24.

### **Shelly's Bacon & Swiss Bites**

1/2 Yellow Onion, diced  
3 Green Onions, diced  
2 cloves Garlic, minced  
6 slices cooked Bacon, diced  
1 teaspoon Butter  
1/2 teaspoon Oregano  
a few twists of Black Pepper  
5 Eggs, beaten  
1/3 cup Tomato, diced (I used S&W canned, drained)  
1 cup Swiss, shredded

Preheat oven to 350 F. Saute onions in butter till golden. Add garlic and saute 1 minute more. Set aside to cool. Mix all ingredients together. Be sure veggie mixture has cooled slightly before adding to egg mixture. Spoon (I use a small ice cream scoop) into a lightly greased mini muffin tin. Bake for 30 minutes or until centers are firm. Makes 24.

### **Shelly's Stuffed Pizza Bites**

1/2 Yellow Onion, diced  
3 Green Onions, diced  
4 Mushrooms, chopped  
2 cloves Garlic, minced  
1 teaspoon Butter  
12 thin slices Pepperoni, diced (I used Boar's Head)  
1 Tablespoon Fresh Basil, chopped  
1/2 teaspoon Kosher Salt  
a few twists of Black Pepper  
5 Eggs, beaten  
1/2 cup Bruschetta Sauce, drained of excess liquid (I used Trader Joe's but Contadina & Buitoni make one too - find in the fresh pasta section)  
1/4 cup Parmesan, grated  
Small fresh Mozzarella balls (nickle size, halved)

Preheat oven to 350 F. Saute onions in butter till golden. Add mushrooms and garlic and saute 1 minute more. Set aside to cool. Mix all ingredients together (except mozzarella balls.) Be sure veggie mixture has cooled slightly before adding to egg mixture. Spoon (I use a small ice cream scoop) into a lightly greased mini muffin tin (I use a drop of olive oil on a paper towel to swipe each muffin hole.) Insert 1/2 small fresh mozzarella ball in the middle of each bite. Bake for 30 minutes. Makes 24.

### **Shelly's Spamtastic Bites with Tropical Dipping Sauce**

1 (12 oz.) can Spam, diced  
1/2 cup Crushed Pineapple, drained  
1/2 Yellow Onion, diced  
2 Green Onions, diced

2 cloves Garlic, diced  
1/2 cup Cheddar or Co-Jack Cheese, shredded  
5 Eggs, beaten  
1 teaspoon butter

Preheat oven to 350. Saute diced Spam till golden. The contest required using 12 oz. I'd do less personally. Add drained pineapple and saute for 1 minute more. Set aside to cool. Saute onions till golden in butter. Add garlic. Cook 1 minute more. Set aside to cool. Beat eggs. Mix all ingredients together. Be sure Spam mixture and veggies have cooled slightly before adding to egg mixture. Spoon into lightly greased mini muffin tins. Bake for 30 minutes at 350. Makes 24.

### **Shelly's Foo Rangoon Bites**

1 cup Bean Sprouts  
1/2 Red Onion, diced  
3 Green Onions, diced  
2 cloves Garlic, diced  
5 Eggs  
2 oz. Cream Cheese, softened  
1 Tablespoon Soy Sauce  
1 cup Crab Meat, canned, drained  
Butter/Oil for sauteing

Preheat oven to 350 F. Saute onions and bean sprouts till golden. Add garlic and saute 1 minute more. Set aside to cool.

Mix crab and cream cheese together. Mix all ingredients together. Be sure onions and sprouts have cooled slightly before adding eggs.

Spoon (I use a small ice cream scoop) into a greased mini muffin tin. Bake for 30 minutes. Makes 24.

### **Shelly's Ham Fiesta Bites**

1/2 Yellow Onion, diced  
2 Green Onions, diced  
2 cloves Garlic, diced  
1/4 lb. (about 4 slices) Ham, diced  
5 Eggs  
1/4 cup Chopped Tomatoes, drained (I use S&W canned)  
1/4 cup Shredded Cheddar Cheese  
1/4 cup Diced Green Chilies (I use Ortega canned)  
1/2 teaspoon Oregano  
1/2 teaspoon Kosher Salt  
a few twists of Black Pepper  
Butter/Oil for sauteing

Preheat oven to 350 F. Saute onions till golden. Add garlic and ham saute 1 minute more. Set aside to cool. Mix all ingredients together. Be sure onion mixture has cooled slightly before adding eggs. Spoon (I use a small ice cream scoop) into a greased mini muffin tin. Bake for 30 minutes. Makes 24.

### **Shelly's Deviled Eggface Footballs**

5 Hard-cooked Eggs  
2 Tablespoons Mayonnaise (or 1 Tablespoon Mayo and 1 Tablespoon Fage Greek Yogurt)  
1 teaspoon Dijon Mustard  
1 Green Onion, diced fine  
1 stalk Celery, diced fine  
1/4 teaspoon Kosher Salt  
a few twists of Black Pepper  
additional Green Onion for laces

Hard cook eggs. Cool. Remove yolks and mash with above ingredients. Spoon back. Add green onion football laces. Refrigerate up to one day ahead.

### **Shelly's Philly Cheese Steak Bites (by way of Pittsburgh)**

1/4 lb. (about 4 slices) Roast Beef (I use Boar's Head Low Sodium), chopped  
1 Yellow Onion, diced  
1/2 Bell Pepper, diced  
1 Tablespoon Worcestershire Sauce  
1/2 cup Cheddar or Provolone Cheese, shredded  
5 Eggs, beaten  
1/2 teaspoon Kosher Salt  
a few twists of Black Pepper

Saute onions and peppers till golden. Add beef and Worcestershire sauce and saute for 1 minute. Set aside to cool. When cool mix all ingredients together.

Spoon into lightly greased (Pam works great) mini muffin tins.

Bake for 30 minutes at 350. Makes 24.

### **Shelly's Sausage & Pepper Bites**

1 Yellow Onion, diced  
1/2 Green Bell Pepper, diced  
1/2 Red Bell Pepper, diced  
1/2 lb. Mild Italian Sausage (about 2 links with casings removed)  
1/2 cup Italian Blend Cheese, shredded  
5 eggs  
1/2 teaspoon Oregano

1/2 teaspoon Kosher Salt  
a few twists of Black Pepper

Preheat oven to 350. Saute onions and peppers till golden.

Add sausage and saute till no pink is seen. Breaking it up into bite size pieces with a wooden spoon as it cooks. Set aside to cool. When cool mix all ingredients together.

Spoon into lightly greased (Pam works great) mini muffin tins. Bake for 30 minutes at 350. Makes 24.

### **Shelly's Denver Bites**

1 Yellow Onion, diced  
2 Green Onions, diced  
1/2 Green Bell Pepper, diced  
2 slices of Ham, diced  
1/2 cup Cheddar Cheese, shredded  
1/4 cup Picante Sauce (or Salsa)  
5 eggs  
1/2 teaspoon Kosher Salt  
a few twists of Black Pepper

Preheat oven to 350. Saute onions and peppers till golden. Add ham and saute 1 minute more. Set aside to cool. When cool mix all ingredients together.

Spoon into lightly greased (Pam works great) mini muffin tins. Bake for 30 minutes at 350. Makes 24.

### **Shelly's Bacon Cheeseburger Bites**

1/2 Yellow Onion, diced  
2 Green Onions, diced  
2 cloves Garlic, diced  
5 Eggs  
1/2 cup Shredded Cheddar Cheese  
a few twists of Black Pepper  
1/2 cup Crumbled Browned Ground Beef  
4 slices Cooked Bacon, crumbled

Cook bacon and crumble. Set aside. Brown ground beef, drain any fats. Set aside. Saute onions till golden. Add garlic and saute 1 minute more. Set aside to cool. Mix all ingredients together. Be sure meat & onions have cooled slightly before adding eggs. Spoon into lightly greased mini muffin tins. Bake for 30 minutes at 350. Makes 24.

### **Shelly's Strawberry Banana Breakfast Parfait**

1 cup Strawberries, chopped  
1 Tablespoon Sugar Free Torani Syrup (I used SF Vanilla) or \*  
a dollop of Banana Yogurt Sauce  
2 Tablespoons Sliced Almonds, toasted

### **Shelly's Banana Yogurt Sauce**

1/2 Banana  
3 oz. Fage Greek Yogurt  
2 Tablespoons Sugar Free Torani Syrup (I used SF Vanilla)

Toast almonds for a few minutes in a dry pan, allow to cool. Mix strawberries and syrup and spoon equally into 2 parfait glasses. Whiz banana, yogurt and syrup in a mini food processor till smooth.

Pour banana sauce over berries and top with toasted almonds.

These also make a great protein packed dessert. Refreshing and perfect in the summer after a BBQ. You can even toss berries with a \*Tablespoon of liquor instead, even us light weight, weight loss surgery peeps can't catch a buzz on a Tablespoon divided over 2 desserts. Amaretto (Almond), Grand Marnier (Orange), Fragoli (Strawberry), Chambord (Raspberry) would all work nicely, sprinkle over chopped berries and let it soak for a half hour or so. Super yummy.

### **Shelly's Turkey & Brie Bites**

1 Yellow Onion, diced fine  
2-3 White Mushrooms, diced fine  
1/4 lb (about 4 slices) Turkey Cold Cut, chopped  
1 oz. Brie Cheese, cubed  
5 eggs  
1/2 teaspoon Kosher Salt  
a few twists of Black Pepper

Preheat oven to 350. Saute onions, mushrooms, and turkey till golden. Set aside to cool. Mix all ingredients (including cooled mixture) together.

Spoon into lightly greased (Pam non-stick spray works great for this) mini muffin tins.

Bake for 30 minutes at 350. Let them cool a few moments they pull away and pop right out. Makes 24.

### **Shelly's Mexican Bites**

5 Eggs, beaten  
1/2 cup Corn Kernels (fresh cooked, frozen defrosted, or canned all will work)  
1/2 cup Ham, cubed  
3 Green Onions, diced

1/4 cup Cottage Cheese  
1/4 teaspoon Paprika  
1/2 teaspoon Cumin  
1/2 teaspoon Oregano  
1/4 teaspoon Kosher Salt  
a few twists of Black Pepper

Preheat oven to 350. In a mini food processor whiz cottage cheese and all the spices together till smooth.

Combine with all remaining ingredients. Spoon into lightly greased (Pam non-stick spray works great for this) mini muffin tins.

Bake for 30 minutes at 350. Let them cool a few moments they pull away and pop right out. Makes 24.

### **Shelly's Ham It Up Bites**

1 Yellow Onion, diced  
3 Green Onions, diced  
1/4 lb (about 4 slices) Ham, chopped  
1/4 cup Colby Jack Cheese, grated  
2 Tablespoons Parmesan, grated  
5 eggs, beaten  
1/2 teaspoon Kosher Salt  
1 teaspoon ground Marjoram (don't omit or sub trust me)  
a few twists of Black Pepper

Preheat oven to 350. Saute onions till golden. Add ham and saute a minute or so more. Set aside to cool.

Mix all ingredients together. Spoon into lightly greased (Pam non-stick spray works great for this) mini muffin tins.

Bake for 30 minutes at 350. Let them cool a few moments they pull away and pop right out. Makes 24.

### **Shelly's Patty Melt Bites**

1 Yellow Onion, diced  
1/2 lb. Ground Sirloin  
1/2 cup Cheddar Cheese, shredded  
5 eggs  
1/2 teaspoon Caraway Seed  
1/2 teaspoon Kosher Salt  
a few twists of Black Pepper

Preheat oven to 350. Saute onion till golden. Add sirloin and saute till no pink is seen. Breaking it up

into bite size pieces with a wooden spoon as it cooks. Set aside to cool. When cool mix all ingredients together.

Spoon into lightly greased (Pam works great) mini muffin tins. Bake for 30 minutes at 350. Makes 24.

### **Shelly's Broccoli Beef Bites**

5 eggs, beaten  
1 Yellow Onion, diced  
1/3 lb. Ground Sirloin  
1 cup leftover Cooked Broccoli, chopped fine  
1 1/2 Tablespoons Soy Sauce  
1/2 teaspoon Garlic, minced  
1/2 teaspoon Ginger, minced  
1/2 teaspoon Kosher Salt  
a few twists of Black Pepper

Preheat oven to 350. Whiz the leftover broccoli in a mini food processor till finely chopped and set aside. Saute onion till golden. Add sirloin and saute till no pink is seen. Breaking it up into bite size pieces with a wooden spoon as it cooks. Add ginger, garlic, soy sauce and seasonings and cook 1 minute more. Set aside to cool. When cool mix all ingredients together. Spoon into lightly greased (Pam works great) mini muffin tins.

Bake for 30 minutes at 350. Makes 24.

### **Shelly's Mushroom Bites**

5 Green Onions, diced  
8 Mushrooms, diced (I used a combo of Crimini and White)  
1 teaspoon Butter  
1/2 teaspoon dried Thyme  
1/2 teaspoon Kosher Salt  
a few twists of Black Pepper  
1/3 cup Tomato, diced (I used S&W canned, drained)  
5 Eggs, beaten  
1/2 cup Gruyere, shredded (If you can't find Gruyere substitute Swiss)  
1/2 cup Parmesan, grated

Preheat oven to 350 F. Saute onions and mushrooms in butter till golden. Set aside to cool.



Mix all ingredients together. Be sure veggie mixture has cooled slightly before adding to egg mixture. Spoon (I use a small ice cream scoop) into a lightly greased mini muffin tin. Bake for 30 minutes or until centers are firm. Makes 24.

### **Shelly's Bruschetta Bites**

5 Green Onions, diced  
1/2 Yellow Onion, diced  
2 cloves of Garlic, diced  
1 teaspoon Butter  
1/2 teaspoon Kosher Salt  
a few twists of Black Pepper  
1/2 cup Bruschetta Sauce, drained of excess liquid (I used Trader Joe's but Contadina & Buitoni make one too - find in the fresh pasta section)  
5 Eggs, beaten  
1/4 cup Parmesan, grated  
1 Tablespoon fresh Basil, chopped  
Small fresh Mozzarella balls (nickle size)

Preheat oven to 350 F. Saute onions in butter till golden. Add garlic cook 1 minute more. Set aside to cool.

Mix all ingredients together. Be sure veggie mixture has cooled slightly before adding to egg mixture. Spoon (I use a small ice cream scoop) into a lightly greased mini muffin tin.

I made half the batch with a surprise middle by inserting 1 small fresh mozzarella ball in the middle. Bake for 30 minutes. Makes 24.

### **Shelly's Broccoli & Swiss Bites**

1 Yellow Onion, diced  
3 Green Onions, diced  
2 cloves Garlic, minced  
1 cup Broccoli, steamed, whizzed  
1/2 cup Swiss, grated  
5 eggs  
1/2 teaspoon Kosher Salt  
1/2 teaspoon Greek Seasoning  
a few twists of Black Pepper

Preheat oven to 350. Steam broccoli. Saute onions till golden. Add garlic cook 1 more minute. Set aside to cool. Whiz steamed broccoli in mini food processor till minced. When onions are cool mix all ingredients together. Spoon into lightly greased (Pam works great) mini muffin tins.

Bake for 30 minutes at 350. Makes 24.

### **Shrimp salad spread**

½ teaspoon olive oil  
1 pound medium shrimp peeled and deveined  
¼ cup light mayonnaise  
juice of half a lemon  
2 green onions  
1 teaspoon old bay seasoning

Heat the olive oil in a large nonstick skillet over medium high heat. Add shrimp and saute for 2 to 3 minutes, until opaque throughout. Transfer to a small bowl and set aside. Blend with mayo, lemon juice, green onions, and old bay seasoning in a food processor until smooth. Add shrimp and pulse until they are very finely chopped and the mixture is well blended. Transfer to a serving bowl, cover, and chill.

### **Mediterranean tuna spread**

2 6 ounce packages of tuna  
2 tablespoons reduced fat mayonnaise  
juice of one lemon  
2 tablespoons drained and chopped roasted red peppers  
2 tablespoons finely minced red onion  
salt and pepper to taste

empty tuna into a small bowl and mash with fork until finely flaked. Add the mayo, lemon juice, roasted peppers, and onion and stir to combine, adding a little water or chicken broth to further moisten. Add salt and pepper to taste

### **Salmon Salad**

1 pound cooked salmon fillet, skin and bones removed, then chilled  
3 green onions minced  
¼ cup bottled raspberry-balsamic dressing  
salt and pepper to taste  
Baby spinach rinsed and dried

Flake the salmon into fine pieces. Add the green onion and salad dressing and combine. Add salt and pepper. Serve a small portion on top of a bed of lightly dressed baby spinach leaves.

### **sweet potato bake**

2 cups canned sweet potatoes drained  
1 egg  
1 tablespoon brown sugar  
1 teaspoon vanilla extract  
¼ cup fat-free cream cheese  
½ teaspoon cinnamon  
1/8 teaspoon nutmeg  
1/8 teaspoon ground clove

preheat oven to 350. spray an 8-x-8 baking dish. Place all ingredients in a food processor and puree well. Pour mixture in baking dish and bake for 20 minutes.

### **Sweet pea salad**

3 cups frozen sweet green peas thawed  
2 slices turkey bacon cooked and chopped  
¼ cup cheddar cheese shredded  
1 tablespoon canola oil  
¼ cup finely chopped onion  
2 garlic cloves minced  
½ cup chopped bell pepper  
¼ cup chopped fresh parsley  
2 tablespoons lemon juice  
½ teaspoon salt  
¼ teaspoon pepper

place all ingredients in a large bowl and mix well. Refrigerate before serving.

# Main Dishes

### **Shelly's Baked Ricotta**

8 oz of Ricotta Cheese  
1/2 cup grated Parmesan  
1 large Egg, beaten  
1 teaspoon Italian Seasoning  
salt & pepper to taste  
1/2 cup Marinara Sauce  
1/2 cup shredded Mozzarella Cheese

Mix ricotta cheese, Parmesan, beaten egg, seasonings together and place in a oven proof dish. Pour marinara on top and top with mozzarella cheese. Bake it in the oven @ 450 for about 20-25 minutes (best) or nuke it till hot and bubbly. I usually made it first in the oven and heated the leftovers in the microwave.

### **chicken stock**

1 whole 3 pound chicken  
3 carrots cut in half  
3 celery stalks cut in half  
1 large onion quartered  
2 teaspoons kosher salt  
½ teaspoon whole peppercorns

place all ingredients in an 8 quart stockpot and fill with cold water to cover. Bring to a boil, then reduce the heat and simmer, skimming any foam as necessary for 4 hours, until reduced by about one third. Carefully transfer the chicken to a bowl and pour the stock through a fine mesh sieve set over a large bowl pressing on the solids to extract as much liquid as possible. Cover and chill until the fat has solidified. Scrape off and discard fat.

### **Stracciatella**

6 cups chicken stock  
3 large eggs  
¼ cup Parmesan  
1 tablespoon parsley  
pinch of nutmeg  
salt and pepper to taste

Bring stock to a boil in a saucepan, then reduce the heat and simmer. In a large bowl, beat eggs with Parmesan, parsley and nutmeg. Add egg mixture to the broth in a steady stream, stirring vigorously with a fork to break up the egg which will form fine light flakes. Season with salt and pepper.

### **Cream of Potato soup**

3 ½ cups diced Yukon gold potatoes, peeled  
½ small onion chopped  
1 medium shallot sliced  
1 quart chicken stock  
¼ teaspoon thyme  
½ cup low fat milk  
salt and pepper to taste  
shredded cheddar for serving

combine the potatoes, onion, shallot, stock, thyme, salt and pepper in a medium saucepan. Bring to a boil, reduce the heat, and simmer for 15 to 20 minutes until the potatoes are tender. Puree the potato mixture with an immersion blender until smooth. Before serving always reheat. Add milk and season with salt and pepper. Top each serving with 1 tablespoon of shredded cheddar.

### **Creamy black bean soup**

1 tablespoon olive oil  
1 small onion chopped  
2 garlic cloves chopped  
one 15 ounce can black beans, rinsed and drained  
3 cups chicken stock  
½ cup mild roasted salsa  
½ cup reduced fat sour cream  
shredded cheddar  
salt and pepper to taste

heat the oil in a large heavy saucepan over medium heat. Saute the onion and garlic until lightly browned, about 4 minutes. Add the beans, stock, and salsa and season with salt and pepper. Bring the soup to a boil, reduce heat and simmer for 10 minutes until the flavors blend and soup thickens. Puree the soup with an immersion blender until smooth. Garnish with cheddar.

### **French Onion Soup**

1 tablespoon salted butter  
1 tablespoon olive oil  
2 medium white onions chopped  
2 medium red onions chopped  
2 garlic cloves chopped  
1 cup white wine  
1 quart beef broth  
2 cups chicken broth  
½ teaspoon Tabasco sauce  
1 teaspoon Worcestershire sauce  
¼ teaspoon nutmeg  
salt and pepper to taste  
½ cup shredded Swiss

heat butter and oil in a large heavy pot over medium-low heat. Saute the onions and garlic until they are very soft and brown, about 30 minutes. Add the wine and continue to cook until the mixture is reduced to a thick glaze. Stir in beef broth, chicken broth, Tabasco, Worcestershire, and nutmeg. Reduce the heat and simmer for 45 minutes. Season with salt and pepper. Sprinkle cheese on top of soup when serving.

### **Turkey tomato ragu**

1 teaspoon olive oil  
1 pound ground turkey breast  
1 garlic clove minced  
1 small red onion minced  
1 14 ounce can tomato sauce  
2 teaspoons dried basil  
½ teaspoon dried oregano  
½ teaspoon dried thyme  
salt and pepper to taste

Heat the olive oil in a deep skillet over medium high heat. Brown the turkey, mashing with a wooden spoon to break up into chunks. Add the garlic and onion and cook until softened, stirring occasionally. Stir in tomato sauce and 1 cup water, then add seasonings. Cover and simmer on low heat for 20 minutes, or until flavors are blended.

### **Cottage cheese pancakes**

½ medium onion, chopped  
2 tablespoons butter  
salt and pepper to taste  
2 eggs  
1 cup cottage cheeseburger  
3 tablespoons flour  
cooking spray

Saute onion in the butter until golden and season with salt and pepper. In a small bowl, combine with eggs, cottage cheese, flour, salt and pepper and cooked onion mixture. Spray a nonstick skillet with vegetable oil cooking spray. For each pancake scoop 2 tablespoons of batter into the skillet and coax into a 3 inch road. Cook until the undersides are golden brown, 2 to 3 minutes. Flip and cook for 1 to 2 minutes longer or until lightly browned. Transfer to a baking sheet and keep warm in the oven.

### **Bacon and Swiss cheese pie**

One 9 inch unbaked pie crust  
4 slices bacon  
2 cups shredded Swiss cheese

5 large eggs  
1 cup whole milk  
½ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
¼ teaspoon ground nutmeg

place the pan containing the pie crust on a baking sheet and preheat the oven to 350. cut the bacon crosswise into ¼ inch thick pieces. Cook the bacon in a nonstick skillet over medium heat until golden and crisp. Drain on a paper towel and reserve. Spread the Swiss cheese evenly on the bottom of the pie crust, then sprinkle with the bacon pieces.

Whisk together eggs and milk until blended. Stir in seasonings. Pour over the bacon and cheese in the crust. Bake for 35 to 40 minutes until the filling is golden and puffed and cooked throughout. Serve warm.

### **Chicken Marsala**

4 boneless, skinless chicken breast halves  
salt and pepper to taste  
flour for dusting  
1 tablespoon olive oil  
1 tablespoon butter  
1 small onion diced  
8 ounces mushrooms sliced  
½ cup Marsala wine  
½ cup low sodium chicken broth  
1 teaspoon cornstarch dissolved in 1 tablespoon water  
2 tablespoons chopped flat leaf parsley

butterfly the chicken breast halves, and pound to an even ½ inch thickness. Season the chicken with salt and pepper and dust lightly with flour. Heat the olive oil in a large nonstick skillet over medium-high heat and saute the chicken cutlets until lightly browned on both sides. Transfer to a serving platter when finished. Add the butter to the oil in the pan, and saute the onion and mushroom until the liquid has evaporated and the mushrooms start to brown. Add the wine, chicken broth, and the chicken and simmer for 3 to 4 minutes until the chicken is cooked through. Transfer the chicken back to the serving platter, thicken the sauce with the cornstarch mixture. Stir in the parsley and pour the sauce over the chicken.

### **Chicken cacciatore**

8 large chicken thighs bone in  
salt and pepper to taste  
2 teaspoons olive oil  
1 medium sweet onion diced  
3 garlic cloves chopped  
4 ounces mushrooms sliced  
1 medium bell pepper diced  
one 14 ounce can crushed tomatoes



1 cup white wine  
½ teaspoon dried rosemary  
1 teaspoon dried basil  
½ teaspoon dried thyme

season chicken with salt and pepper. Heat the olive oil in a large nonstick skillet over medium-high heat. Brown the chicken pieces and transfer to a plate. Drain off all but 2 teaspoons of the oil. Saute the onions, garlic, and mushrooms in the pan until soft. Add bell pepper and saute a little longer. Add tomatoes, wine, seasonings and browned chicken along with the juices. Cover, reduce heat, and simmer for 45 minutes.

### **Parmesan-crusted chicken tenders**

10 ounces chicken tenders, 7 or 8 pieces  
2 tablespoons kosher salt  
¼ cup light mayonnaise  
¼ cup grated Parmesan cheese  
½ cup Italian flavored bread crumbs

preheat oven to 425. in a large bowl dissolve the salt in a small amount of hot water, then fill the bowl 2/3 full with cold water. Place the chicken tenders in the water and soak for 10-15 minutes. Remove the tenders from the brining solution, drain well, and pat well.

Combine the mayo and cheese in a small bowl, add the chicken pieces to the bowl and toss to coat each tender with the mixture. Lightly roll in the bread crumbs and place on a foil lined baking sheet. Bake for 10 to 12 minutes, until almost cooked. Turn on the broiler and continue to cook until golden brown. 1-2 minutes.

### **Orange teriyaki game hens**

¾ cup orange juice  
3 tablespoons soy sauce  
¼ cup apricot preserves, no sugar added  
2 tablespoons sesame oil  
2 garlic cloves minced  
1 tablespoon grated peeled ginger  
2 Cornish game hens split in half

blend together the orange juice, soy sauce, preserves, sesame oil, garlic and ginger and pour over the hens in a shallow bowl or plastic bag. Cover and refrigerate 2 to 24 hours. Preheat oven to 400. drain the hens, reserving the marinade. Arrange in a baking dish skin side up and roast 35 to 40 minutes. Reduce the reserved marinade in a small saucepan over medium heat until a thick glaze forms. Drizzle a little glaze over the roasted hens just before serving.

### **Grandma's lemon game hens**

½ cup lemon juice  
¼ cup olive oil  
2 teaspoons balsamic vinegar

2 garlic cloves minced  
1 teaspoon oregano  
salt and pepper to taste  
2 Cornish game hens split in half.  
¼ cup chopped parsley

preheat the oven to 425. in a large bowl, whisk together the lemon juice, olive oil, vinegar, garlic and oregano, and season with salt and pepper. Loosen the skin on the hens but do not remove. Toss the hens with the lemon dressing, arrange skin side up in a shallow roasting pan. Pour all the dressing from the bowl over the hens. Roast for 30 to 35 minutes, basting after 15 minutes. Transfer the hens to a serving platter and pour the lemon sauce and juices into a saucepan. Bring the sauce to a boil and reduce until slightly thickened. Stir in parsley, spoon a little sauce over the game hens and serve the rest in a small bowl for pouring at the table.

### **Italian meatballs**

1 ¼ pounds ground lean turkey  
1 large egg lightly beaten  
2 tablespoons grated Parmesan  
½ teaspoon dried thyme  
½ teaspoon salt  
½ teaspoon pepper  
2 garlic cloves minced  
½ cup chopped parsley  
½ cup breadcrumbs mixed with ½ cup water  
1 table spoon olive oil

combine the turkey with the egg, cheese, thyme, salt, pepper, garlic, parsley, and bread crumbs in a large bowl until well blended. Roll the mixture into about 24 balls. Heat 1 tablespoon of olive oil in a nonstick skillet over medium-high heat and brown the meatballs on all sides. Put in a heavy sauce pan with tomato sauce and simmer for 45 minutes. Ladle sauce over meatballs and serve with pasta.

### **ENCHILADA BAKE**

Crust:

4 ounces cream cheese, softened (fat free)  
2 eggs  
1/2 teaspoon taco seasoning  
8 ounces cheddar cheese, shredded (I used low fat)

Beat or whisk the cream cheese and eggs until smooth. Add the seasoning; mix well. Stir in the cheese; mix well. Grease a 9 x 13" baking dish; spread the cheese mixture evenly over the bottom. Bake at 350°, 35 minutes or until browned, but not too dark. Let stand 5-10 minutes before adding the topping.

Topping:

1 pound ground beef (93/7 or you could use ground turkey)  
3 teaspoons taco seasoning  
8 1/2 ounce jar enchilada sauce  
4 ounce can chopped green chiles

8 ounces cheddar cheese, shredded(low fat)

Brown the hamburger; drain fat. Stir in the seasoning, enchilada sauce and chiles. Spread over the crust. Top with the cheese. Bake another 20 minutes or so until hot and bubbly. Serve with the toppings of your choice (add additional carbs).

### **Crunch Herbed Chicken**

4 slices bread toasted  
½ cup parsley  
1 clove garlic  
salt and pepper  
1 tablespoon olive oil  
¼ cup mustard  
4 6 ounce boneless skinless chicken breasts

Heat oven to 400. In a food processor pulse the bread, parsley, garlic, and salt and pepper. Add oil and pulse to combine. Transfer to a plate. Spread the mustard over the chicken and dip the pieces in the bread crumb mixture, pressing gently to help it adhere. Place on a baking sheet and bake until golden and cooked through, 18 to 20 minutes.

### **Rosemary Chicken**

½ pound boneless skinless chicken breasts cut into 4 ounce pieces  
¼ teaspoon salt  
¼ teaspoon black pepper  
2 teaspoons olive oil  
1 small shallot chopped  
½ cup chicken broth  
2 teaspoons chopped rosemary  
2 teaspoons mustard  
2 teaspoons sour cream

Season chicken with salt and pepper. Heat one teaspoon of oil in a medium saute pan over medium heat. When oil is hot add chicken and cook until well browned on both sides, about 3 minutes per side. Put chicken on a plate and cover with foil to keep warm. Reduce heat to medium and add the remaining teaspoon oil to the pan. Add the shallot and cook until softened. Return the chicken to the pan and add broth and rosemary, bring to a simmer and cook until liquid is reduced by half and the chicken is cooked through. Put the chicken back on the plate. Stir mustard and sour cream into the sauce pan and heat thoroughly. Spoon sauce over chicken.

### **Mojo Chicken**

1 pound boneless skinless chicken breasts cut into 4 ounce portions  
1 pound skinless chicken thighs  
¼ cup lime juice  
¼ cup lemon juice  
3 cloves garlic, minced

1 tablespoon oregano  
1 tablespoon olive oil

Place the chicken in a large resealable bag and pour the remaining ingredients over the top. Let it marinate in the refrigerator for up to 24 hours. Preheat the oven to 350. Place the chicken in a roasting pan and pour marinade over chicken. Roast for 45 minutes or until internal temperature is 165 degrees.

### **Herb-roasted Cornish game hens**

2 Cornish hens  
½ teaspoon salt  
1 teaspoon black pepper  
2 sliced garlic cloves  
2 teaspoons rosemary  
2 teaspoons thyme  
1 bay leaf  
2 shallots chopped  
1 carrot chopped  
1 stalk celery chopped  
1 lemon

preheat oven to 375. Rinse hens with water and remove giblets. Pat dry and season with salt and pepper inside and out. Stuff the inside of the hens with garlic, rosemary, thyme and ½ bay leaf each. Place the shallots, carrots, and celery on the bottom of the roasting pan and place the hens on top of the vegetables. Squeeze juice from the lemon all over the hens. Roast in the oven until hens are golden brown and crisp and the juices run clear, about 45 minutes. Transfer to a serving platter and remove bay leaf before serving

### **Chicken in mushroom wine sauce with pasta**

1 teaspoon butter  
¼ pound mushrooms quartered  
½ cup dry red wine divided  
2 tablespoons flour  
½ teaspoon salt  
½ teaspoon pepper  
1 pound boneless skinless chicken breast cut into 4 ounce pieces.  
2 tablespoons olive oil  
½ cup diced onion  
1 clove garlic minced  
2 teaspoons balsamic vinegar  
¼ pound angel hair pasta

melt butter in a medium saute pan over medium heat. Add the mushrooms and saute. When the mushrooms soften reduce heat and cook until liquid evaporates. Stir in ¼ cup of the wine increase heat to high and boil until most of the wine evaporates. Remove mushrooms and set aside. Combine flour, salt, and pepper on a plate. Dredge each piece of chicken in the flour mixture. Wipe out the saute pan. Add olive oil and heat over medium. When oil is hot add the chicken. Brown the chicken on both sides. Remove chicken and set aside. Add the onion to the drippings in the pan, cooking over medium heat

until the onion softens. Stir in garlic and cook 2 minutes. Increase the heat to high and stir in the remaining wine. Add the sauteed mushrooms and return the chicken to the pan. Cover tightly, reduce heat, and bring to a simmer. Cook until chicken is thoroughly cooked. Remove from heat and stir in vinegar. Prepare pasta according to package directions. Serve immediately with chicken and mushroom sauce.

### **Chicken cacciatore crock-pot**

½ cup flour  
1 teaspoon salt  
½ teaspoon black pepper  
3 pounds boneless skinless chicken thighs cut into cubes  
2 tablespoons olive oil  
1 large red onion sliced thin  
1 8 ounce can tomato sauce  
1 tablespoon Italian dried herbs  
one 14.5-ounce can diced tomatoes.  
8 ounces sliced mushrooms  
4 cloves garlic minced  
½ cup red wine

combine flour salt and pepper in a large resealable bag. Divide the chicken into 3 equal portions. Add the first portion to the bag and toss to coat. Remove the chicken and repeat with each of the other 2 portions. Heat the olive oil in a heavy skillet over medium heat. Brown the chicken on all sides. Place the onions on the bottom of your crock-pot. Add the browned chicken thighs. Combine the rest of the ingredients in a medium bowl and stir together. Pour the mixture over the chicken. Cook on low heat for 7 to 9 hours. Serve over pasta or with a side of steamed vegetables.

### **Parmesan Baked Haddock**

½ cup flour  
1 pound haddock fillets cut into 4 equal pieces  
1 egg white  
4 teaspoons grated Parmesan cheese  
¼ teaspoon salt  
¼ teaspoon pepper  
½ teaspoon paprika

Preheat the oven to 375. put the flour in a shallow bowl and coat the fish with the flour. Beat egg white in a bowl with a fork until foamy. Dip fish in egg white. Spray a baking sheet with nonstick cooking spray. Place fish on the baking sheet and sprinkle with cheese, salt pepper and paprika. Bake for 15 to 20 minutes until fish is browned and flakes easily with a fork.

### **Italian Halibut**

1 ½ pound halibut fillets cut into 6 equal pieces  
½ cup sliced mushrooms  
1 cup spaghetti sauce  
½ cup mozzarella cheese

preheat oven to 400. Spray a baking pan with cooking spray, place fish in the pan. Top with the mushrooms. Pour spaghetti sauce of the top and bake for 10 minutes. Remove from the oven and sprinkle with cheese, bake 10 minutes more until fish flakes easily with fork.

### **Portabello Burger**

4 large portabello mushrooms, stems removed  
1 tablespoon olive oil  
1 teaspoon garlic powder  
1 teaspoon onion powder  
¼ teaspoon salt  
1 tablespoon balsamic vinegar

in a medium bowl combine mushroom caps with all other ingredients and let marinade for 20 minutes. Preheat the oven broiler on high. Remove mushrooms from marinade and place on ungreased cookie sheets. Broil for 4 minutes. Turn and broil for an additional 4 minutes. These “burgers” can be placed on a bun or eaten as is.

Desserts

### **Shelly's Mini Chocolate Protein Donuts**

1 cup Almond Flour (aka Almond Meal) (Trader Joe's, health food stores, online or make your own)  
1/2 cup Chocolate Protein Powder  
1/2 cup Multigrain Pancake Mix (I use this)  
1 teaspoon Baking Powder  
1/2 teaspoon Cinnamon  
2 Tablespoons Unsweetened Cocoa  
1 Egg, beaten  
3 Tablespoons Sugar Free Torani Syrup (I used SF Vanilla)  
1 Tablespoon Canola Oil  
1/4 cup Water  
Super Groovy Mini Donut Pan

Preheat oven to 325. Mix all ingredients till well combined. Spray Mini Donut Pan with Pam. Fill 1/2 full with batter (batter is the consistency of brownie batter). Bake 8 minutes. Remove from pan and cool on wire rack.

### **Shelly's Peaches & Cream 5 Minute Protein Cake**

1 Egg, beaten  
3 Tablespoons Milk



2 Tablespoons Sugar Free Vanilla Torani Syrup  
2 Tablespoons Canola Oil  
3 Tablespoons Multigrain Pancake Mix (I use this)  
1 teaspoon Sugar Free Peach Jello Powder, dry  
1 Tablespoon Unsweetened Coconut  
1 scoop Vanilla Protein Powder  
Pinch salt  
dash of Cinnamon  
1 - 2 cup Measuring Cup or Microwave Safe Mug

In a measuring cup or microwave safe mug, Mix egg, milk, syrup and oil (applesauce or cottage cheese can sub for oil but 2 T divided between 4-5 cake slices is really not a lot) and combine thoroughly. In a separate bowl, mix pancake mix, Jello powder, coconut, protein powder, cinnamon and salt. Tip dry into wet and stir till combined. Nuke in microwave for 2 minutes (my microwave is getting old and needs 20 seconds added now.)

Let it sit for three or so minutes (it pulls away from the sides) before tipping the cake onto a plate. Yields 4-5 slices. Allow to cool. Slice & serve with sliced Peaches (fresh, canned, I used frozen, defrosted), a squirt of Sugar Free Land o Lakes Whipped Cream, dash of Cinnamon & drizzle of Smucker's Sugar Free Caramel Topping if desired.

Protein cake slices are also great topped with a scoop of Protein Ice Cream. A scoop of Almond Protein Ice Cream or Caramel Swirl Protein Ice Cream would be delicious on this cake.

### **Shelly's 5 Minute Sugar Free Chocolate Peppermint Cake**

1 Egg, beaten  
3 Tablespoons Milk (I used Vanilla Soy)  
2 Tablespoons Sugar Free Torani Syrup (I used SF Peppermint)  
2 Tablespoons Canola Oil  
3 Tablespoons Multigrain Pancake Mix (I use this)  
2 Tablespoons Cocoa  
1 scoop Chocolate Protein Powder  
Pinch salt  
1 Measuring Cup or Microwave Safe Mug (I use a 2 cup Pyrex measuring cup)

In a measuring cup or microwave safe mug, Mix egg, milk, syrup and oil and combine thoroughly. In a separate bowl, mix pancake mix, cocoa, protein powder and salt. Tip dry into wet and stir till combined.

Nuke in microwave on full power for 2 minutes\* adding 20 seconds if still wet on top. \*Microwaves vary and mine is getting old so I just recently upped the time these cook to 2 minutes and 20 seconds on mine. Let the cake sit for three or so minutes (it pulls away from the sides) before tipping it onto a plate. Yields 4-5 slices. You can serve it warm or I love these cakes when they cool I think they taste even more chocolatey.

Top with SF Chocolate Syrup, SF Whipped Topping and Crushed SF Candy Canes, Chocolate Mint Candies or grated SF Andes Mint Chocolate.

### **Shelly's 5 Minute Lemon Poppy Seed 5 Minute Protein Cake**

1 Egg, beaten  
3 Tablespoons Milk  
2 Tablespoons Sugar Free Vanilla Torani Syrup  
2 Tablespoons Canola Oil  
3 Tablespoons Multigrain Pancake Mix  
2 Tablespoons Unsweetened Coconut  
1 Tablespoon Sugar Free Lemon Pudding Mix, dry  
1/4 teaspoon Poppy Seeds  
1 scoop Vanilla Protein Powder  
Pinch salt  
1 - 2 cup Measuring Cup or Microwave Safe Mug

In a measuring cup or microwave safe mug, Mix egg, milk, syrup and oil and combine thoroughly. In a separate bowl, mix pancake mix, coconut, protein powder, pudding mix, poppy seeds and salt. Tip dry into wet and stir till combined. Nuke in microwave for 2 minutes to 2 minutes, 20 seconds (my microwave is getting old and needs 20 seconds added now.) Let it sit for three or so minutes (it pulls away from the sides) before tipping the cake onto a plate. Yields 4-5 slices.

### **Shelly's Pretty in Pink Strawberry 5 Minute Cake**

1 Egg, beaten  
3 Tablespoons Milk  
2 Tablespoons Sugar Free Vanilla Torani Syrup  
2 Tablespoons Canola Oil  
3 Tablespoons Multigrain Pancake Mix (I use this)  
1 teaspoon Sugar Free Strawberry Jello Powder, dry  
1 scoop Vanilla Protein Powder  
Pinch salt  
1 - 2 cup Measuring Cup or Microwave Safe Mug

In a measuring cup or microwave safe mug, Mix egg, milk, syrup and oil and combine thoroughly. In a separate bowl, mix pancake mix, Jello powder, protein powder and salt. Tip dry into wet and stir till combined. Nuke in microwave for 2 minutes (my microwave is getting old and needs 20 seconds added now.) Let it sit for three or so minutes (it pulls away from the sides) before tipping the cake onto a plate. Yields 4-5 slices.

### **Shelly's Pistachio 5 Minute Cake**

1 Egg, beaten  
3 Tablespoons Milk  
2 Tablespoons Sugar Free Vanilla Torani Syrup  
2 Tablespoons Canola Oil  
3 Tablespoons Multigrain Pancake Mix (I use this)  
2 Tablespoons Unsweetened Coconut  
1 Tablespoon Sugar Free Jello Pistachio Pudding Mix, dry

1 scoop Vanilla Protein Powder  
Pinch salt  
1 - 2 cup Measuring Cup or Microwave Safe Mug

In a measuring cup or microwave safe mug, Mix egg, milk, syrup and oil and combine thoroughly. In a separate bowl, mix pancake mix, coconut, protein powder, pudding mix and salt. Tip dry into wet and stir till combined. Nuke in microwave for 2 minutes (my microwave is getting old and needs 20 seconds added now.)

Let it sit for three or so minutes (it pulls away from the sides) before tipping the cake onto a plate. Yields 4-5 slices. Top slices with SF Land o Lakes Whipped Cream and Pistachios. It would be great topped with a scoop of Pistachio Protein Ice Cream too.

### **Shelly's 5 Minute Pumpkin Spice Protein Cake**

1 Egg, beaten  
3 Tablespoons Milk  
2 Tablespoons Sugar Free Caramel Torani Syrup (on sale now)  
2 Tablespoons Canola Oil  
2 Tablespoons Pumpkin Puree (not pie filling)  
3 Tablespoons Multigrain Pancake Mix (I use this)  
2 Tablespoons Unsweetened Coconut  
several dashes of Pumpkin Pie Spice  
1 scoop Vanilla Protein Powder  
Pinch salt  
1 - 2 cup Measuring Cup or Microwave Safe Mug

In a measuring cup or microwave safe mug, Mix egg, milk, syrup, pumpkin and oil and combine thoroughly. In a separate bowl, mix pancake mix, coconut, spice, protein powder and salt. Tip dry into wet and stir till combined. Nuke in microwave for 2 minutes (my microwave is getting old and needs 20 seconds added now.)

Let it sit for three or so minutes (it pulls away from the sides) before tipping the cake onto a plate. Yields 4-5 slices. Great served with Sugar Free Land o Lakes Whipped Cream w/ a dash of cinnamon on top.

### **Shelly's 5 Minute Peanut Butter & Jelly Cake**

1 Egg, beaten  
3 Tablespoons Milk  
2 Tablespoons Sugar Free Vanilla Torani Syrup (still On Sale too)  
2 Tablespoons Canola Oil  
3 Tablespoons Multigrain Pancake Mix (I use this)  
3 Tablespoons PB2 Powdered Peanut Butter  
1 scoop Vanilla Protein Powder  
Pinch salt  
1 - 2 cup Measuring Cup or Microwave Safe Mug

### Topping: Smuckers Sugar Free Strawberry Topping

In a measuring cup or microwave safe mug, Mix egg, milk, syrup and oil and combine thoroughly. In a separate bowl, mix pancake mix, PB2, protein powder and salt. Tip dry into wet and stir till combined. Nuke in microwave for 2 minutes (my microwave is getting old and needs 20 seconds added now.)

Let it sit for three or so minutes (it pulls away from the sides) before tipping the cake onto a plate. Yields 4-5 slices.

### Shelly's 5 Minute Cookies & Cream Coffee Protein Cake

1 Egg, beaten  
3 Tablespoons Milk (I used Vanilla Soy)  
2 Tablespoons Sugar Free Torani Syrup (I used SF Vanilla - on sale now)  
2 Tablespoons Canola Oil  
3 Tablespoons Multigrain Pancake Mix (I use this)  
2 Tablespoons Almond Meal/Flour  
1 Instant Coffee Stick (Nescafe, Starbucks VIA, etc.)  
1 scoop Cookies & Cream Protein Powder  
Pinch salt  
1 Measuring Cup or Microwave Safe Mug

In a measuring cup or microwave safe mug, Mix egg, milk, syrup and oil and combine thoroughly. In a separate bowl, mix pancake mix, coffee, almond meal, protein powder and salt. Tip dry into wet and stir till combined. Nuke on high for 2 minutes (my microwave is getting old and needs 20 seconds added now.) Let it sit for three or so minutes (it pulls away from the sides) before tipping the cake onto a plate. Yields 4-5 slices.

### Shelly's 5 Minute Sugar Free Black Forest Cake

1 Egg, beaten  
3 Tablespoons Milk  
2 Tablespoons Sugar Free Black Cherry Torani Syrup  
2 Tablespoons Canola Oil  
3 Tablespoons Multigrain Pancake Mix (I use this)  
2 Tablespoons Cocoa  
1 scoop Chocolate Protein Powder  
Pinch salt  
1 - 2 cup Measuring Cup or Microwave Safe Mug

In a measuring cup or microwave safe mug, Mix egg, milk, syrup and oil and combine thoroughly. In a separate bowl, mix pancake mix, cocoa, protein powder and salt. Tip dry into wet and stir till combined. Nuke in microwave for 2 minutes (my microwave is getting old and needs 20 seconds added now.)

Let it sit for three or so minutes (it pulls away from the sides) before tipping the cake onto a plate.

Yields 4-5 slices.

### **Double chocolate super protein pudding**

2 cups micellar milk ready to drink protein shake  
one package jello sugar free instant pudding mix

beat pudding mix into the ready to drink protein in a deep bowl with a wire whisk for 2 minutes. Put into the fridge to set.

### **Cinnamon applesauce**

8 large applesauce  
½ teaspoon cinnamon  
½ cup splenda

cut each apples into quarters, peel skin and remove core. Place apples into a large covered saucepan, add cinnamon and ¼ cup water. Cover pan, bring to a boil, lower heat to a simmer and cook apples 30 to 40 minutes until very soft. Remove from heat, and mash apples. Stir in splenda. Serve warm or chilled.

### **Vanilla egg custard**

4 large eggs  
1 cup skim milk  
1 ½ cups evaporated low fat milk  
½ cup splenda  
2 teaspoons vanilla extract  
pinch of salt  
nutmeg

preheat oven to 325. Place 6 custard cups in a large roasting pan. Whisk together eggs, milk, splenda, vanilla, and salt. Divide evenly into custard cups and grate nutmeg over each one. Pour enough hot water into the roasting pan to come halfway up the side of the custard cups. Bake for 25 to 35 minutes until the custard is set. Carefully remove custards from water bath and set to cool. Served chilled.

### **Belgian chocolate cheesecake**

1 premade graham cracker crust

1 pound reduced fat cream cheese  
1 cup splenda  
¼ cup reduced fat sour cream  
2 large eggs  
1 large egg yolk  
3 ounces sugar free dark chocolate broken into pieces and melted in microwave  
1 teaspoon vanilla extract

Preheat the oven to 325. Beat the cream cheese until smooth with an electric mixer, add the splenda, sour cream, eggs, melted chocolate, and vanilla in order beating thoroughly after each addition. Scrape down the bowl and blend again until smooth. Pour into the crust and bake for 30 minutes or until the center is barely set. Chill at least 2 hours before serving.

### **Chocolate genoise**

½ cup flour  
½ cup unsweetened cocoa  
6 large eggs, at room temperature  
1 cup splenda  
1 teaspoon vanilla extract  
2 tablespoons butter melted

preheat oven to 350. spray the bottom of a 9 inch round cake pan with cooking spray, line the bottom with a round of wax paper and spray again. Mix the flour and cocoa together in a large bowl and set aside. Combine the eggs and splenda in a bowl beating with an electric mixer on high until doubled in volume. Set the bowl over a pan of simmering water to slightly warm the egg mixture. And continue beating for an addition 5 to 7 minutes until the mixture is the consistency of softly whipped cream. Beat in the vanilla.

Lightly fold the flour and cocoa into the eggs, using a large rubber scraper and cutting through the batter. Fold in the butter until just incorporated and pour into the prepared pan. Bake for 15 minutes until a toothpick inserted in the center comes out clean. Cool for 10 minutes and serve.

### **Lemon-almond sponge cake**

3 large eggs, at room temperature  
¾ cup splenda  
1 teaspoon vanilla extract  
1 teaspoon lemon extract  
3 large egg whites, at room temperature  
¼ teaspoon cream of tartar  
¾ cup almond flour  
½ cup flour  
1 ½ table spoon melted butter

preheat the oven to 375. lightly spray the bottom and sides of a 9 inch cake pan with cooking spray, line the bottom of the pan with a round wax paper and spray again. Combine the whole eggs with ½ cup of the splenda in a medium bowl. Beat using an electric mixer until the mixture is the consistency of softly whipped cream and is triple in volume, about 12 minutes. Beat in vanilla and lemon extracts. Using clean beaters beat the egg whites and cream of tartar in a medium bowl until soft peaks form.

Gradually add the remaining  $\frac{1}{4}$  cup of splenda and continue to beat until stiff but not dry. Fold the whites into the egg mixture.

In a small bowl blend the almond flour with the all purpose flour and gently fold into the egg mixture until incorporated. Fold in the melted butter. Pour the batter into the prepared pan and smooth the top. Bake for 18 to 20 minutes. Cool for ten minutes and serve

### **Toasted coconut custards**

3 ounces unsweetened coconut  
3 large eggs  
1 cup splenda  
2 teaspoons coconut extract  
1 teaspoon vanilla extract  
3 cups low fat milk  
 $\frac{1}{2}$  cup unsweetened coconut milk

preheat oven to 325. lightly butter a round baking dish and place inside a large roasting pan. Spread coconut on a baking sheet and bake lightly until toasted, about 15 minutes. Beat the eggs in a deep bowl until frothy and lemon colored. Gradually whisk in splenda until well blended, stir in the coconut extract, vanilla, milk, coconut milk, and toasted coconut. Pour the mixture into the prepared baking dish. Fill the roasting pan with hot water to come halfway up the sides of the baking dish. Bake for 35 to 40 minutes until the center is still a bit soft. Carefully remove the baking dish from the water and let cool. Serve warm or chilled.

### **Crepes Suzette**

2 large eggs  
 $\frac{1}{2}$  cup skim milk  
pinch of table salt  
2 tablespoons splenda  
1 teaspoon vanilla extract  
 $\frac{1}{2}$  cup flour  
1 tablespoon butter  
 $\frac{1}{4}$  cup apricot preserves  
 $\frac{1}{4}$  cup light rum

whisk together the eggs and milk in a large bowl. Blend in the salt, splenda, vanilla, and flour. Set aside for 30 minutes. Spray a nonstick skillet with cooking spray and heat over medium heat. Ladle 2 tablespoons of the batter into the center of the pan. Swirl the pan so the batter smoothly coats the entire bottom. Cook until the batter looks dry, flip the crepe and cook the other side for 10 to 15 seconds. Transfer to a plate. Repeat until batter is used up.

Melt together the butter, preserves, orange zest, orange juice, and light rum in a large nonstick skillet over medium heat. Simmer until the mixture comes together in a light syrup.

Working quickly take the first crepe and dip one side into the warm syrup, fold in half syrup side in, and then fold again into quarters. Stack each of the folded crepes to one side of the pan while you prepare the rest. When all the crepes are folded arrange them evenly in the pan and gently warm them in the sauce over medium heat for 1 minute. Serve with whipped cream.

## **Cream puffs**

2 large eggs  
1 large egg white  
5 tablespoons butter  
2 tablespoons low fat milk  
2 teaspoons splenda  
pinch of table salt  
½ cup flour  
1 tablespoon instant vanilla pudding mix  
1 cup heavy cream  
1 teaspoon vanilla extract  
confectioners sugar

preheat oven to 425. lightly spray a large baking sheet with cooking spray. Lightly beat the eggs and egg white in a bowl. In a medium sauce pan over medium heat bring the butter, milk, ¼ cup plus 2 tablespoons water, splenda and salt to a boil. When the mixture reaches a full boil remove from the heat and stir in the flour with a wooden spoon until combined and the mixture pulls away from the sides of the pan. Return the saucepan to low heat and cook for 3 minutes until mixture is shiny and smooth

transfer the mixture to a food processor and process for a few seconds. With the machine running add eggs in a steady stream. Scrape down the side of the bowl then process again, until a smooth sticky paste forms. Scrape the mixture into a plastic bag, push the mixture to the bottom of the bag and cut off one corner from the bottom.

Pipe the paste into 1 inch mounds on the baking sheet. Bake for 15 minutes then reduce oven to 375 and continue to bake for 8 to 10 minutes until golden brown. Remove from oven, and with the tip of a small knife cut a small slit into the side of each puff to release the steam, and return the puffs to the oven. Turn the oven off and dry the puffs in the oven with the door ajar.

Place the pudding powder in a small deep bowl add the cream and vanilla, and beat with a hand held mixture past the soft peak stage until the mixture gets very smooth and thick. Scrape the mixture into a large plastic bag, push to the bottom, and cut off one corner of the bag. Just before serving slice the puffs with a serrated knife, fill the bottoms with a swirl of the vanilla cream, and replace the tops. Dust with confectioners sugar and serve.

## **Spiced pumpkin custard**

¾ cup splenda  
½ teaspoon table salt  
1 teaspoon cinnamon  
½ teaspoon ginger  
¼ teaspoon cloves  
3 large eggs  
1 15 ounce can pure pumpkin filling  
1 12 ounce can evaporated low fat milk  
whipped cream sweetened with splenda, or redi whip

preheat oven to 325. lightly spray eight ½ cup ramekins or custard cups with vegetable cooking spray and place in large roasting pan. Mix splenda, salt, cinnamon, ginger, and cloves in a small bowl. Beat



the eggs in a large bowl. Blend in the pumpkin and spice mixture. Gradually blend in the evaporated milk. Ladle the filling into the ramekins, pour very hot water into the roasting pan to come about halfway up the sides of the ramekins. Bake for 25 to 30 minutes or until a knife inserted comes out clean. Carefully remove the ramekins from the hot water. Serve warm or chilled. Top with whipped cream before serving.

### **Light banana bread**

1 cup mashed ripe banana  
1 teaspoon vanilla extract  
1 large egg  
½ cup splenda  
½ cup flour  
1 cup almond flour  
2 ½ teaspoons baking powder  
¼ teaspoon salt  
2 tablespoons butter melted  
2/3 cup chopped pecans or walnuts

preheat oven to 350. Lightly spray a loaf pan with cooking spray. Combine the bananas, vanilla, egg, and splenda in a large bowl. Mix the flours, baking powder, and salt in a small bowl, then add the wet ingredients, gently folding to incorporate. Stir in the butter and pecans. Pour the batter into the loaf pan and bake for 40 to 50 minutes. Cool before slicing.

### **Strawberry Italian ice**

one 16 ounce package frozen whole strawberries  
zest and juice of 1 orange  
zest and juice of 1 lemon  
1 cup splenda

slightly thaw strawberries by placing them in a large bowl at room temperature while the other components are being prepared. Remove wide strips of zest from the orange and lemon with a vegetable peeler and scrape off any bitter white pith. Combine the splenda with ½ cup water in a small saucepan and add the citrus zests and juices. Bring the mixture to a boil, reduce the heat, and simmer for 5 minutes. Allow the syrup to cool a bit then strain the mixture. Transfer the strawberries to a food processor and ½ cup of the citrus syrup, and pulse until nearly smooth, adding more syrup to blend. Transfer the the puree to a bowl and freeze until firm.

### **Shelly's Mini Pistachio Protein Muffins**

1 Egg, beaten  
3 Tablespoons Milk  
2 Tablespoons Sugar Free Vanilla Torani Syrup  
1 Tablespoons Canola Oil  
3 Tablespoons Multigrain Pancake Mix

2 Tablespoons Almond Meal  
1 Tablespoon Sugar Free Jello Pistachio Pudding Mix, dry  
1 scoop Vanilla Protein Powder  
Pinch salt  
a few chopped Pistachios for the top

In a measuring cup mix egg, milk, syrup, and oil (applesauce or cottage cheese can sub for oil but 1 T divided between 12 muffins is really not a lot) and combine thoroughly. In a separate bowl, mix pancake mix, almond meal, pudding mix, protein powder and salt. Tip dry into wet and stir till combined. Pour into a non stick mini muffin pan that has been sprayed with Pam.

Optional: Place a few pieces of pistachio on top of each muffin. Bake at 350 for 10-12 minutes, until knife inserted comes out clean. Makes 12.

### **Lemon Bars**

$\frac{3}{4}$  cup plus 3 tablespoons flour  
 $\frac{3}{4}$  cup almond flour  
1  $\frac{1}{2}$  cup splenda  
6 tablespoons butter  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon grated lemon zest  
 $\frac{2}{3}$  cup lemon juice  
4 large eggs

Preheat the oven to 350 and lightly coat a pan with cooking spray. Pulse  $\frac{3}{4}$  cup flour,  $\frac{3}{4}$  cup almond flour,  $\frac{1}{2}$  cup splenda and butter in food processor until mixed. Press into the prepared pan and bake for 18 to 20 minutes. Combine the remaining splenda, 3 tablespoons of flour, baking powder, and salt in a medium bowl. Add the lemon zest and juice and eggs, whisking until smooth. Pour the mixture over the crust. Bake for 14 to 16 minutes until set. Remove and let cool, cut into 24 squares.

### **Almond Macaroons**

$\frac{3}{4}$  cup splenda  
 $\frac{1}{4}$  cup flour  
4 tablespoons butter melted  
1 egg white slightly beaten  
 $\frac{1}{2}$  teaspoon vanilla extract  
2  $\frac{1}{4}$  sliced unblanched almonds  
 $\frac{1}{2}$  cup dried cranberries

Cover a baking sheet with a piece of parchment paper and set aside. Preheat oven to 350. Combine the splenda, flour, butter, egg white and vanilla in a large bowl, add the almonds and cranberries then toss well to evenly moisten the mixture. Mound tablespoons of the mixture on the prepared baking sheet.

Bake for 10 to 12 minutes.

### **Pistachio Gelato**

3 cups fat free half-and-half  
1 cup shelled pistachio nuts  
1 ¼ cup splenda  
1 teaspoon almond extract  
1 teaspoon vanilla extract

Puree the half-and-half, pistachios, splenda, and extracts in a blender until you have a smooth liquid. Refrigerate the mixture until cold, preferably overnight. Process the custard in an ice cream maker according to the manufacturer's instructions. Transfer to a covered container and freeze.

### **Rich chocolate cake**

1 cup all purpose flour  
½ cup unsweetened cocoa  
1 teaspoon baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
½ cup butter softened  
1 cup splenda  
2 large eggs  
1 teaspoon vanilla extract  
2/3 cup milk

Preheat oven to 350. Lightly spray an 8-inch round cake pan with vegetable spray. In a medium bowl combine the flour, cocoa, baking powder, baking soda, and salt. In a large bowl beat the butter and splenda using a mixer at high speed. Add the eggs one at a time. Beat in vanilla. Reduce the speed to low and add in the flour mixture alternately with the milk, beginning and ending with the flour. Beat until the batter is smooth, scraping down the bowl with a rubber spatula. Pour the batter into a prepared pan. Bake for 30 to 35 minutes, until a toothpick inserted comes out clean. Cool the pan on a wire rack, invert the cake onto the rack to cool completely.

### **Apricot cream cheese cookies**

4 ounces low fat cream cheese  
4 ounces butter  
1 cup flour  
¼ teaspoon salt  
½ sugar free apricot preserves

Blend the cream cheese and butter. Add the flour and salt then blend until the flour is completely incorporated. Gather the dough into a smooth ball, cover with plastic wrap and chill for 2 hours. Preheat the oven to 375. Lightly dust the counter with flour and roll out half the dough into 1/8 inch thickness. Using a sharp knife carefully cut the dough into 2 inch squares saving scraps to re-roll. Place ¼ teaspoon of the preserves in the center of each square. Fold over two opposite corners of the square in the

middle, overlapping slightly and pressing so they stick together and the jam squishes out a bit. Transfer to a baking sheet about 1 inch apart. Bake each batch for 10 to 12 minutes. When the cookies are cool place an additional small dab of apricot preserves on each side of the folded cookie.

### **Sugar free molten chocolate cakes**

4 tablespoons butter  
6 ounces sugar free dark chocolate  
5 large eggs  
1 egg yolk  
1 teaspoon vanilla extract  
½ cup splenda  
pinch of salt  
2 tablespoons flour

Preheat the oven to 400. Lightly spray six 6 ounce ramekin s with cooking spray and arrange on a baking sheet. Melt the butter and chocolate in a heavy saucepan over medium heat. Gently whisk until smooth. Remove from the heat and set aside. Beat the eggs, vanilla, splenda and salt using a hand held mixer set at the highest speed until the volume is nearly triple and the mixture has the texture of softly whipped cream. Pour the melted chocolate and butter into the egg mixture and gently fold until well blended. Spoon the batter into the ramekins. Bake for 9 to 10 minutes, until the sides of the cake have puffed slightly, and the centers are still soft. Let the cakes cool for 1 minutes, then unmold onto a desert plate. Serve immediately.

### **Spiced Pumpkin Yogurt**

1 cup light vanilla yogurt  
½ cup canned pumpkin  
¼ teaspoon cinnamon  
¼ teaspoon allspice  
1/8 teaspoon ground ginger  
1/8 teaspoon nutmeg  
splenda to taste  
1 teaspoon vanilla extract  
½ teaspoon liquid butter extract

Combine all ingredients, chill until ready to serve

### **Banana Bran Muffins**

6 cups grape nut flakes  
5 cups whole wheat flour  
5 teaspoons baking soda  
3 cups splenda

4 large eggs  
1 quart low fat buttermilk  
1 teaspoon vanilla extract  
1 cup unsweetened applesauce  
6 large bananas mashed

Preheat oven to 400. Add all ingredients to a large bowl and mix well. Fill muffin cups 2/3 full and bake for 20 minutes.

Honey, almond, and oats breakfast bar

1 1/3 cups wheat chex broken into smaller pieces  
2/3 cups crispy brown rice cereal  
2/3 cup sliced almonds  
1/3 cup instant whole oats  
1/3 cup honey  
1/2 cup all natural peanut butter 1/4 teaspoon liquid butter extract

in a large bowl toss together the cereals, almonds and oats. Grease a dish with cooking spray and set aside. In a medium saucepan over medium heat stir together the honey and peanut butter. Cook mixture until it's heated through but not simmering. Stirring constantly to keep from burning. Remove from heat and quickly stir in butter extract. Pour the mixture into the bowl with cereals and mix well. Press into the prepared pan, let cool until set. Cut into bars and serve.

### **Baked French Toast**

1 teaspoon butter  
2 large eggs  
1/2 cup nonfat milk  
1/2 teaspoon vanilla extract  
1/2 teaspoon cinnamon  
1 teaspoon sugar substitute  
4 slices whole wheat bread

preheat oven to 350. In a medium bowl add eggs, milk, vanilla, cinnamon, and sugar substitute and mix well. Place the slices of the whole wheat bread flat on the bottom of the baking dish and pour the mixture over them. Bake for 15 minutes until the custard is firm.

### **Berry Delicious Egg Custard**

1 cup water  
2 large eggs  
4 teaspoons splenda  
1 teaspoon vanilla extract  
1/4 teaspoon salt  
2 cups nonfat evaporated milk  
1 cup raspberries  
1 cup blueberries  
1/4 teaspoon nutmeg

Preheat the oven to 350. Pour 1 cup water into a baking pan and place aside. Grease and 8-x-8 baking dish. In a small bowl beat together the eggs, splenda, vanilla and salt until well blended. Then pour the milk into egg mixture and stir. Mix together the raspberries and blueberries and spread on the bottom of the pan, pour the egg custard mixture over the top. Place the custard dish into the pan with the water. Bake for 35 minutes. After removed from oven sprinkle the nutmeg on top.