

Peppermint Mocha Protein Shake

Prep Time: 5 mins Total Time: 5 mins Servings: 2 servings

Ingredients

- 1 cup 1% milk
- 1 cup coffee or cold brew concentrate frozen into ice cubes
- 1 scoop Chocolate Protein powder
- 1 scoop Vanilla Protein powder
- 1 drop peppermint extract, to taste
- liquid stevia

Instructions

1. Add all ingredients to high-speed blender (or shaker bottle) adding the coffee ice cubes last. Blend on high or smoothie function until smooth.
2. Top with whipped cream.

Notes

Freeze your favorite cold brew or leftover coffee to make the coffee ice cubes. For a stronger coffee flavor, use espresso or cold brew concentrate with no added sugar.

PARMESAN ROASTED FAUXTATOES

Serving Size: 1/3 cup Number of Servings: 6
Prep Time: 15 minutes Cook Time: 30 minutes

Ingredients:

- 1 cup low-fat, low-sodium chicken broth
- 1 cup water
- 2 cloves garlic, peeled, diced
- 1 bag (about 3 cups) frozen cauliflower florets
- 1 cans (10 oz.) Cannellini Beans or Great Northern Beans drained and rinsed
- ½ cup fresh grated Parmesan cheese
- ½ tsp. white pepper
- Salt, to taste

Directions:

1. Preheat the oven to 350 degrees.
2. Steam/microwave fresh/frozen/riced cauliflower it until fork tender.
3. Using an immersion blender, blend cauliflower, broth, garlic, cheese, pepper and beans until completely whipped. If you don't have an immersion blender you may also blend cauliflower with either a food processor or large pitcher blender.
4. Place mixture in a baking sheet or glass dish and bake at 350 for 20-25 minutes or until liquid has reduced and mixture has thickened.

Nutrition Information: Serving size = 1/3 cup

83 calories, 2g fat, 257mg sodium, 10g carbs, 2g sugars, 3g fiber, 7g protein

SUPER STUFFING

Serving size: 1/3 cup Number of Servings: 8
Prep Time: 30 minutes Cook Time: 30 minutes

Ingredients:

- 2 c. low-sodium chicken broth
- 2/3 c. red quinoa
- Nonstick cooking spray
- 1 small onion, diced
- 1 small red pepper, diced
- 1 small green pepper, diced (optional)
- 1 cup sliced mushrooms
- 1 lb. ground turkey 93% lean
- 1 large Honeycrisp apple, diced
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. ground sage

Directions:

1. In a pot, bring the chicken broth to a boil. Add quinoa, drop heat to low, and cook for about 30 minutes, stirring often. Mixture is done when little white coils/sprouts appear from the quinoa. (Note: there may be some liquid remaining.)
2. Sauté ground turkey and cook until browned, breaking up into small bits (does not have to be fully cooked, just until it crumbles apart).
3. Add quinoa, diced pepper, onion, mushrooms and diced apple and stir before adding spices.
4. Transfer to a baking dish and bake for 20 minutes or until stuffing appears crispy on top.

Nutrition Information

Serving size = 1/3 cup

161 calories, 7g fat, 469mg sodium, 9g carbs, 3g sugars, 2g fiber, 16g protein

Pumpkin Flax Muffin in a Mug

Makes 1-2 servings (depending on your meal plan)

Ingredients

- 1/4cup ground flax meal
- 3/4 tsp baking powder
- 3/4 tsp cinnamon
- 3/4 tsp pumpkin pie spice
- 2 packets of stevia or preferred non-calorie sweetener
- 1 tbsp. vanilla whey protein powder
- 1 egg
- 1 tsp light butter
- 1/2 tsp vanilla extract
- 2tbsp pumpkin puree
- 2tbsp lower sugar vanilla Greek yogurt (use our “grocery store guide” handout)
- 1/2 tsp pumpkin seeds (optional)

Instructions

1. Combine the first 6 dry ingredients in a mixing bowl.
2. Add egg, butter, vanilla, pumpkin, and 1 tablespoon of vanilla yogurt. Mix well.
3. Spray a flat, wide bottom mug or large ramekin with cooking spray.
4. Pour in batter and flatten out the top.
5. Microwave for 1:30 - 2 minutes. Try the lower end first, stop one still slightly moist and let sit for a few minutes to complete cooking. Overcooking will use a tougher, denser product.
6. To serve, top with remaining tablespoon of vanilla yogurt, extra pumpkin spice and a few pumpkin seeds if desired.

Nutrition facts per serving; 290calories, 16 g total fat, 2.5 g saturated fat, 410 mg sodium, 19 g total carb, 12 g dietary fiber, 3 g sugar, 21 g of protein