



50 Healthy Tasty Recipes



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Breakfast

Turkey Bacon & Egg Morning Muffins

Ingredients

Turkey Bacon
Eggs
Peppers

Directions

Spray muffin pan. Cut turkey bacon in half and make an "X" in the bottom of the muffin pan. Crack an egg on top of the turkey bacon. Pierce the yolk. Top with peppers. Bake at 325F for approximately 25 minutes.



Tomato and Herb Eggs

Ingredients

- 1 TBSP sundried tomatoes
- 1 TSP olive oil
- 2 eggs
- 1/2 TSP fresh basil
- 1/2 TSP fresh parsley

Directions

Preheat oven to 350. Cover the inside of one ramekin or oven safe dish with olive oil. Line the bottom of the dish with sundried tomatoes and break two eggs on top. Sprinkle with fresh herbs. Bake uncovered for 15-20 minutes until egg whites are firm. Serve immediately



Broccoli and Egg Muffins

Ingredients

1 onion, finely diced
1 head of broccoli, chopped
2 cups part skim mozzarella cheese, grated
6 eggs
4 tbsp margarine, melted
4 tbsp unsweetened almond milk
6 tbsp all purpose flour, sifted
salt to taste
pinch of ground black pepper
olive oil
cooking spray

Directions

Preheat the oven to 350 F. Grease a muffin pan with cooking spray. Lightly dust the greased muffin pan with flour and set aside. Heat a pan over medium heat. Add a drizzle of olive oil and cook the onion until soft. Set them aside. In a large bowl, whisk together the almond milk, margarine, eggs, and a pinch of salt and pepper until just combined. Then whisk in the flour until the mixture is smooth. Use a spoon to gently stir in the onions, broccoli and shredded cheese. Distribute the batter evenly into the 12-muffin pan and bake until just cooked through, about 27 to 30 minutes. Place the muffin pan on a wire rack to cool slightly. Store leftovers in an airtight container in the refrigerator and reheat in the microwave.



Protein Pancakes

Ingredients

1.5 scoop protein powder
2/3 cup egg whites
No sugar Maple syrup 1/4 cup
blueberries
Low Fat Whip Cream

Directions

Combine protein powder and egg whites in magic bullet or blender. Pour into a frying pan with cooking spray or melted coconut butter. Cook until firm, flip. When completely cooked, remove from heat and top with No Sugar Maple syrup, whip cream and blueberries.



French Toast

Ingredients

2 slices Ezekiel bread
1 egg
1 tsp cinnamon
1/4 cup mixed berries

Directions

Spray pan with cooking spray. Beat egg, add cinnamon. Dip bread in egg and place in pan.

While toast is cooking, heat mixed berries in a pot.

Once toast is cooked, remove from heat and top with heated berries.





Soups, Salads and Sides

Carrot Casserole

Ingredients

1/2 package turkey bacon
2 onions, chopped
8 carrots, thinly sliced
2 TBSP lemon juice
3/4 cup fresh mushrooms, thinly sliced
salt and pepper to taste
1 TBSP olive oil

Fry bacon; roll in paper towel to remove excess grease and break into small pieces. Sauté onions and carrot in 1 TBSP olive oil over low heat until carrots are tender. In a casserole dish, mix bacon, onions, carrots, mushrooms, salt, pepper and lemon juice. Cover and put in oven on 300F for 30 minutes until well heated.

Directions



Chicken Spinach Salad

Ingredients

1 1/2 cups of fresh spinach
1/4 cup strawberries
1/4 cup blueberries
1/8 cup walnuts
3oz cubed cooked chicken, cooled to room temperature

Place spinach on a plate, top with remaining ingredients.

Directions

Optional Dressing: 1/4 oil, vinegar and lemon juice. Shake in small container and pour over top



Cucumber-Radish Salad

Ingredients

1/2 cup plain 0% greek yogurt
1 clove garlic, minced
1/8 TSP salt
dash pepper
1 large cucumber, thinly sliced
1/2 cup thinly sliced red onion
1/2 cup thinly sliced radishes

In a medium bowl, stir together yogurt, garlic, salt and pepper. Add cucumber, red onion, and radishes. Toss to coat. Cover and chill for 4 to 24 hours, stirring often. Stir before dividing onto plates.

Directions



Steamed Asparagus

Ingredients

1 1/2 pounds fresh asparagus
4 TBSP toasted almonds

Directions

Wash asparagus and break off woody base. Place a steamer basket in a saucepan. Add water to just below the bottom of the basket. Bring water to a boil. Add asparagus to steamer basket. Cover pan and reduce heat. Steam for 3-5 minutes. Divide onto 4 plates and sprinkle each with 1 TBSP of toasted almonds.



Homemade Kale Chips

Ingredients

- 1 Bunch kale
- 1 TBSP olive oil
- 1/4 TSP black pepper
- 1/8 TSP sea salt
- 1/8 TSP garlic powder

Directions

Preheat oven to 300F. Line two large baking sheets with parchment paper. Wash and dry kale leaves. Trim tough stems and tear leaves into pieces. In a large bowl, toss kale with remaining ingredients until leaves are coated. Arrange leaves on baking sheet. Bake for 20-25 minutes. Allow to cool for 30 minutes before serving.



Broiled Broccolini

Ingredients

24 Stalks Broccolini
4 TSP olive oil
1/4 Cup chopped walnuts, toasted

Preheat broiler. Place Broccolini in a shallow baking pan. Drizzle with olive oil, toss to coat. Broil 4 to 5 inches from heat for 5 to 10 minutes, turning once. Divide among four plates and sprinkle with walnuts.

Directions



Avocado-Tomato Salad

Ingredients

6 small tomatoes
2 small avocados
1 1/2 cups fresh baby spinach
1 TSP finely shredded lime peel
1/4 cup lime juice
3 TBSP snipped fresh cilantro
3 TBSP olive oil
1/4 TSP salt
1/8 TSP pepper

Core and thinly slice tomatoes. Halve, seed, and peel avocados; thinly slice. Divide one third of the tomatoes among 6 plates. Top with half of the avocado slices and half of the spinach. Repeat layers once.

Directions

For dressing; in a small jar combine lime peel, lime juice, cilantro, oil, salt and pepper. Cover and shake well. Drizzle over top of salads.



Shrimp and Spinach Salad

Ingredients

4 cups baby spinach
12 oz shrimp, cooked with tails
1 red onion, thinly sliced
1/2 cup plain 0% Greek yogurt
1 TBSP white wine vinegar
1 TBSP olive oil
1 glove garlic, minced
1/4 TSP paprika
1/4 TSP oregano
1/4 TSP pepper

Combine spinach, shrimp, and onion in large bowl. Whisk yogurt, vinegar, oil, garlic, paprika, oregano, and pepper in small bowl. Spoon over salad and toss to coat.

Directions



Moose Soup

Ingredients

1 1/2 pounds ground moose
1 medium onion, finely chopped
4 medium tomatoes
3 cups water
4 carrots
1 bay leaf
3 celery stalks
parsley
1/2 TSP thyme
pepper to taste

Brown meat and onions; drain well.
Peel and dice tomatoes. Combine all
ingredients in a large pot. Simmer,
covered for a minimum of 2 hours.

Directions



Curried Zucchini Chowder

Ingredients

1 cup chopped onion
1 clove garlic, minced
2 TSP margarine
1/2 TSP curry paste
4 cups zucchini, grated
3 cups sweet potato, diced
3 1/3 cups water
2 TBSP vegetable bouillon powder
1 bay leaf
1/4 TSP pepper
1/16 TSP ground cumin

Directions

Sauté onion and garlic in margarine in large uncovered pot until onion is soft. Stir in curry paste. Sauté for 1 minute. Stir in remaining ingredients. Heat on medium for 1 hour. Remove and discard bay leaf. Remove and reserve 2 cups soup. Process remaining soup with blender until smooth. Combine reserve and pureed chowder.



Italian Stuffed Peppers

Ingredients

6 1/2 oz brown rice
1/2 cup onion, chopped
1 clove garlic, minced
1 1/2 cups fresh mushrooms, chopped
1/4 cup carrot, grated
1 TSP olive oil
10 oz ground chicken
1 can reduced sodium tomato sauce
2 TBSP fresh basil, chopped
2 TBSP fresh oregano, chopped
1/4 TSP salt
1/4 TSP pepper
4 green peppers, halved length wise
1/4 cup water
1/2 cup part skim mozzarella cheese,
grated

Directions

Prepare rice as directed. Sauté onions, garlic, mushrooms, and carrot in oil until soft. Add chicken. Scramble until chicken is no longer pink. Add cooked rice, tomato sauce, basil, oregano, salt and pepper. Stuff each pepper with 3/4 cup of filling. Place in baking dish. Add water to dish. Cover with tin foil. Bake at 350F for 40 minutes. Top each pepper with 1 TBSP of cheese. Bake for another 5 minutes until cheese melts.



Lentil Soup

Ingredients

8 oz ground chicken
1/2 cup onion, chopped
1 cup mushrooms
2 TSP olive oil
5 cups water
3 tomatoes, diced
2 cups cabbage, chopped
1 cup celery, sliced
1 cup carrots, diced
1/2 green pepper, diced
2 bay leaves
1/2 TSP thyme
3/4 cup green lentils

Directions

In a large pot, sauté chicken, onion, mushrooms in oil until starting to brown. Drain off any grease. Add remaining ingredients to chicken. Bring to a boil. Reduce heat. Simmer for 45 minutes until lentils and vegetables are tender.



Marinated Carrots

Ingredients

2 pounds carrots, cut into coins
1 green pepper, chopped
1 onion, chopped
1 cup salsa
1/4 cup vinegar
1/2 cup splenda
1 TSP mustard
salt and pepper to taste

Rinse peeled carrots in cold water. Slice into thin coins. Layer carrots, peppers and onions in a baking dish. Mix all remaining ingredients in a pot and bring to a boil. Pour over carrots, peppers and onions. Bake at 350F for 30 minutes.

Directions



Fresh Yogurt Sauce

Ingredients

1/2 cup grated English cucumber, with peel
1/4 TSP salt
1 cup 0% plain greek yogurt
1 garlic clove, minced
2 TBSP fresh mint, chopped

Combine cucumber and salt in small bowl. Let stand for 10 minutes. Pour into sieve. Squeeze cucumber until most of liquid is gone. Return to bowl.

Add remaining 3 ingredients. Stir gently. Cover. Chill for 1 hour to blend flavors.

Directions





Main Dishes

Italian Chicken and Veggies

Ingredients

- 4 Boneless, skinless chicken breast
- 3 Carrots, peeled
- 1 cup chopped broccoli
- 1 cup chopped cauliflower
- 1 TBSP Italian Seasoning
- 1 TBSP Rosemary
- 1 clove of fresh garlic, diced
- 1 TBSP olive oil

In a wok, place olive oil and heat over med to high heat. Add chicken. Cook until chicken is no longer pink. Remove chicken from heat and cut into strips.

Return chicken to pan. Cut carrots into 1 inch strips. Add broccoli, cauliflower, carrots to chicken. When veggies are tender, add remaining ingredients. Cook for one more minute and then serve.

Directions



Ginger Marinated Chicken

Ingredients

1/4 cup of fresh squeezed orange juice
2 tablespoons vinegar
1 tablespoon olive oil
2 teaspoons grated fresh ginger
1/4 teaspoon crushed red pepper
4 small boneless, skinless chicken breast halves

For marinade: Mix orange juice, vinegar, oil, ginger and red pepper in a small bowl. Use a meat mallet and pound chicken to 1/2 inch thick. Place chicken in resealed bag with 1/2 the marinade, ensuring each piece is coated. Refrigerate chicken and remaining marinade overnight.

Directions

Discard used marinade. Bake chicken at 425 for about 20 min. Heat remaining marinade in a pot and spoon over cooked chicken. Try serving it with steamed broccoli for one of the best dishes I have ever tasted!!!



Balsamic Roasted Chicken and Veggies

Ingredients

4 small boneless, skinless chicken breast
1/4 cup balsamic vinegar
2 TBSP olive oil
1/4 TSP salt
1/4 TSP pepper
3 cups zucchini, sliced
3 cups yellow summer squash, sliced
2 cloves garlic, minced
1/4 cup fresh snipped basil

Preheat oven to 425F. Place chicken in baking dish. Drizzle with 2 TBSP of the vinegar and 1 TBSP of the oil. Sprinkle with salt and pepper. Place the zucchini, squash, and garlic in another baking pan. Drizzle with remaining vinegar and oil to coat.

Directions

Roast chicken and veggies uncovered for 20 minutes.



Boneless Chicken Bites

Ingredients

4 small boneless, skinless chicken breast cut into bite size pieces
1/2 cup flour
1/2 cup egg whites
1 TSP chili powder
1 TSP garlic

Sauce:

1 1/2 cups apple cider vinegar
1/2 cup hot water
2 tablespoons brown splenda
1 tablespoon paprika
1 teaspoon black pepper
1 teaspoon salt
1 teaspoon cayenne

Directions

Preheat oven to 425F. Mix flour, garlic and chili powder together in a shallow dish. Dip chicken bites in egg whites, then roll in flour mixture. Place chicken in baking dish. Bake for 20 minutes. Combine water and brown splenda and stir until dissolved. Combine with remaining ingredients. Once chicken is cooked, coat with sauce and serve



Barbecue Glazed Chicken

Ingredients

2/3 cup reduced-sugar ketchup
1/4 cup fresh squeezed orange juice
1 clove garlic, minced
1/4 TSP ground cumin
1/4 TSP pepper
4 boneless, skinless chicken breast

For sauce: in a pot combine ketchup, orange juice, garlic, cumin and pepper. Bring to a boil over medium heat. Reduce heat and simmer uncovered for 5 minutes. Place chicken on grill and cook over medium heat for approximately 15 minutes or until no longer pink, turning once. Brush with 1/3 cup of sauce for the last 2 minutes of grilling.

Directions

Slice chicken and serve with remaining sauce.



Moroccan Style Chicken

Ingredients

4 boneless, skinless chicken breast
2 TBSP flour
1 TSP chili powder
1/2 TSP ground cumin
1/2 TSP ground ginger
1/4 TSP cinnamon
2 TSP olive oil

Preheat oven to 375F. In a large resealable bag combine flour, chili powder, cumin, ginger, and cinnamon. Add chicken breasts to bag one at a time, shaking to coat.

In a large skillet, heat oil over medium heat. Add chicken to skillet. Cook for 5 to 6 minutes or until brown.

Directions

Transfer chicken to a baking dish and bake uncovered for 35 to 40 minutes or until chicken is no longer pink.



Chicken Skewers

Ingredients

2 chicken breast, cut into squares
1/2 green pepper
1/2 red pepper
1/2 onion, cut into squares
Ms. Dash of your choice

Cut chicken, peppers and onion into squares. Place on skewers and grill over medium heat. Season with Ms. Dash. Turn frequently

Cook for approximately 15 minutes or until chicken is no longer pink.

Directions



Chicken Fajitas

Ingredients

2 chicken breast, cut into strips
4 roman lettuce leaves
1/4 red pepper, green pepper sliced
1/4 onion, sliced
1/2 package of fajita seasoning
1 TBSP salsa

Cut chicken into strips, cook in skillet over medium heat until no longer pink.

Add fajita seasoning. Cut red peppers, green peppers and onions into strips and cook.

Directions

Place chicken and peppers onto a lettuce leaf and top with salsa.



Ground Turkey Spaghetti

Ingredients

- 1 LB ground turkey
- 1 large spaghetti squash
- 2 TBSP garlic
- 4 large tomatoes
- 1 small onion, diced
- 1 small red pepper, diced
- 1 TSP oregano
- 1 TSP salt
- 1 TSP pepper

Preheat oven to 425F. Cut squash length wise and scoop out seeds. Sprinkle 1/2 TBSP garlic inside each piece of squash. Place cut side down inside a baking dish with 1 inch of water in it. Bake for 1 hour.

Directions

For the sauce, remove skin from tomatoes and puree in blender. Place puree, onion, peppers, and spices in a small pot and simmer on stove.

When squash is cooked, remove from skin with a fork and top with sauce.



Sweet and Sour Meatballs

Ingredients

Meatballs:

- 1 LB extra lean ground beef
- 1 egg, beaten
- 1 Cup unsweetened almond milk
- 3/4 cup of Ezekiel bread crumbs
- 1 small onion, diced
- pinch of salt and pepper

Sauce:

- 3/4 cup of brown splenda
- 1/4 cup vinegar
- 1 cup salsa
- 1/2 cup water

Preheat oven to 350F. Combine ingredients for meatballs in a large bowl and mix thoroughly. Form meatballs and place into baking dish. Bake for 30 minutes.

Directions

Combine sauce ingredients in small pot and heat over low heat until splenda has dissolved. Pour over meatballs and place back in oven for another 30 minutes.



Sweet and Sour “Pasta”

Ingredients

1 pound extra lean ground beef
1 large spaghetti squash
1 onion, diced
1/2 cup splenda
1/3 cup brown splenda
1 cup reduced sugar ketchup
2 TBSP vinegar
2 TBSP low sodium soy sauce
1/2 TSP oregano
1/2 TSP chili powder
1 1/2 TSP garlic powder
1 cup part- skim mozzarella cheese,
grated

Directions

Preheat oven to 425F. Cut squash length wise and scoop out seeds. Sprinkle 1 TBSP garlic inside each piece of squash. Place cut side down inside a baking dish with 1 inch of water in it. Bake for 1 hour. Brown ground beef and onion. In a pot, combine remaining ingredients(except cheese). Bring to a boil. When squash is cooked, mix squash, ground beef and sauce in a baking dish. Top with cheese and bake until cheese melted



Bacon-Wrapped Stuffed Chicken

Ingredients

2 TBSP snipped fresh parsley
2 TBSP snipped fresh thyme
2 TBSP snipped fresh oregano
2 TBSP snipped fresh rosemary
5 cloves of garlic
2 TSP olive oil
4 boneless, skinless chicken breast
4 slices of turkey bacon

Preheat oven to 400F. Combine herbs, garlic, and 1/4 TSP pepper; stir in olive oil. Cut a long pocket in the side of each chicken breast but not all the way through. Spoon herb mixture into pockets. Wrap a slice of bacon around each chicken breast. Coat a skillet with cooking spray. Cook chicken over medium heat for 6 to 8 minutes or until brown on all sides. Remove from heat. Transfer to roaster. Add 3/4 cup water. Bake for 15 to 20 minutes. Slice chicken and drizzle with juice from roaster.

Directions



Cod with Pineapple-Mint Salsa

Ingredients

3/4 TSP fresh oregano
1/4 TSP salt
1 cup diced fresh pineapple
2 TSP lime juice
pinch cayenne pepper
1/4 cup fresh mint
4 thawed cod fillets
2 TSP olive oil

In a dish stir together oregano and salt. In a separate dish, mix pineapple, lime juice, cayenne pepper, mint and a pinch of the oregano mixture. Set aside.

Directions

Sprinkle cod with remaining oregano mixture. Heat olive oil over medium heat in a large, non stick pan. Add fish and cook for approximately 2 minutes each side or until done. Serve fish with pineapple salsa spooned over top.



Sweet and Sour Steak

Ingredients

2 pounds of lean steak, cut into strips
1 onion, chopped
1/4 TSP pepper
1/3 cup brown splenda
2 TBSP olive oil
1 1/2 TSP salt
1 cup diced tomatoes
1/3 cup vinegar

Brown steak in olive oil. Add in remaining ingredients. Simmer over medium heat for approximately 2 hours or until sauce thickens and meat is tender.



Directions

Hawaiian Pork Chops

Ingredients

4 to 6 pork chops
1 onion, chopped
1 cup pineapple, cubed
1 TSP salt
2 TBSP brown splenda
1/4 cup lemon juice
1/4 cup water
1 TBSP olive oil

Brown pork chops on both sides. Remove pork from skillet. Brown slightly onions and pineapple cubes in olive oil. Add salt, pepper, splenda, water, and lemon juice. Stir constantly and cook until thick. Place browned pork chops in sauce. Cover and cook for 45 minutes.

Directions



Orange Cod Fish

Ingredients

2 egg whites
3 TBSP fresh squeezed orange juice
2TBSP low sodium soy sauce
1/2 cup ezeziel bread crumbs
1 TSP parsley
1/2 TSP salt
1/2 TSP Ms. Dash lemon pepper
1 pound fresh cod fillets
1 TBSP olive oil
1 TSP lemon juice

Beat egg whites, orange juice and soy sauce with fork in shallow bowl. Set aside.

Combine bread crumbs, parsley, salt, lemon pepper on a sheet of waxed paper.

Directions

Dip cod into egg mixture, coat with crumb mixture. Lay in a baking dish. Whisk oil and lemon juice together and drizzle over fish. Bake at 475F for 15 to 20 minutes.



Tuna Cakes with Cucumber Sauce

Ingredients

1/2 cup cucumber, chopped
1/2 cup plain 0% Greek yogurt
1 1/2 TSP fresh dill, chopped
1 TSP Ms. Dash lemon pepper
1/3 cup carrot, shredded
1/4 cup green onions, sliced
1/4 cup celery, minced
1/4 cup light mayonnaise
2 TSP spicy mustard
1 cup ezeziel bread crumbs, divided
1 can tuna in water, drained
lemon wedges

For sauce: combine cucumber, yogurt, dill and lemon pepper in small bowl. Mix, cover and refrigerate. Combine carrot, green onions, celery, mayo, and mustard in a bowl. Stir in 1/2 cup bread crumbs. Stir in tuna until blended. Place remaining bread crumbs in shallow dish. Shape tuna mixture into patties, dip in bread crumbs to coat. Heat 1 1/2 TSP olive oil in skillet over medium heat. Add patties, cook for 5 to 6 minutes, turning once. Add remaining oil while turning. Serve with sauce. Garnish with lemon.

Directions



Cod in Black Bean Sauce

Ingredients

- 1 TSP olive oil
- 1 pound cod, but into bite size
- 1 onion, slivered lengthwise
- 1 clove garlic, minced
- 2 TSP ginger root, minced
- 2 green, red, yellow or orange peppers, cut into chunks
- 2 cups mushrooms, sliced
- 2 cups pea pods
- 1/4 cup black bean sauce
- 1 TBSP water
- 1 TBSP low sodium soy sauce
- 2 TSP splenda

Directions

Heat oil in pan, add fish. Cook for 2 minutes. Add onion, garlic and ginger. Stir fry until onion is soft. Remove onion and garlic to a bowl and add peppers, mushrooms, and pea pods to remaining liquid. Stir fry for 1 minute. In a small cup combine black beans sauce, water and soy sauce. Pour over vegetables and stir fry for 3 to 4 minutes. Add fish and onion back in and stir.



Salmon with Spinach

Ingredients

12 large spinach leaves
2 pound whole salmon
1 TBSP fresh dill, chopped
1/2 TSP salt and pepper
1 cup water
1 1/2 TSP margarine, melted
2/3 cup green onion, sliced
1 clove garlic, minced

Preheat oven to 325F. Arrange spinach leaves on bottom of a baking dish. Top with salmon; sprinkle with dill, salt and pepper. Pour water and margarine over salmon. Top with green onions and garlic. Cover tightly with fin foil. Bake for 25 to 30 minutes, basting twice.

Directions



Cauliflower Pizza Crust

Ingredients

1 medium head cauliflower, cut into florets
1 egg
1/2 cup mozzarella, shredded
1 teaspoon oregano or Italian seasoning blend
salt and pepper to taste
toppings of your choice

Directions

Rice the cauliflower in a food processor, place it in a microwave safe dish and microwave for 8 minutes or until cooked. Place the cauliflower in a tea towel and squeeze as much moisture out as you can. Mix the cauliflower, egg, mozzarella, oregano, salt and pepper, press the mixture onto a baking mat or parchment paper lined baking sheet and bake in a preheated 450F oven until lightly golden brown, about 15-20 minutes.
Then just add your toppings.





Desserts

Chilled Cantaloupe Soup

Ingredients

1/2 cantaloupe, seeded and cubed
1/4 cup plain 0% Greek yogurt
3/4 cup half and half

Place cantaloupe in blender; blend until smooth. Add yogurt, blend. Pour cantaloupe mixture into medium bowl. Stir in half and half. Season with salt and pepper to taste. Refrigerate until ready to serve.

Directions



Chocolate Banana Ice Cream

Ingredients

- 1 Frozen Banana, medium size
- 1 Scoop Chocolate Protein Powder
- 1/2 cup unsweetened almond milk

Place frozen banana in a food processor or blender. Blend until creamy. Add protein powder and almond milk and blend until incorporated. After blended, freeze for 15-30 minutes.

Directions



Healthier Chocolate Cake

Ingredients

2/3 cup plus 2 TBSP unsweetened cocoa powder, divided
1 3/4 cup flour
2 TSP baking powder
1/2 TSP baking soda
1 1/2 cups plain 0% Greek yogurt
1/2 cup low fat buttermilk
1 TSP vanilla
1 1/4 cup splenda
1/2 cup margarine
2 eggs
1 cup carob chips
1/2 cup powdered sugar, sifted

Directions

Preheat oven to 350F. Spray baking dish with nonstick spray. Dust with 2 TBSP of cocoa. Combine remaining 2/3 cup cocoa, flour, baking powder, salt and baking soda in a medium bowl. Whisk 1 cup yogurt, buttermilk, and vanilla in small bowl until well blended. Beat splenda and margarine in large bowl with mixer at medium speed. Add eggs, beat 1 minute. Gradually add in flour mixture, beat at low speed until combined. Add yogurt mixture beat 1 minute. Pour into baking dish. Bake for 25 to 30 minutes. Cool completely. Place carob chips and remaining yogurt in microwave bowl. Microwave on high for 30 seconds. Whisk in powdered sugar. Spread over cooled cake.



Blueberry Yogurt Cake

Ingredients

1 cup walnuts, chopped
1/2 cup brown splenda
1 TSP cinnamon
1 cup unsweetened apple sauce
1/2 cup splenda
1/3 cup margarine, softened
2 eggs
1 TSP vanilla
1 1/2 cups flour
1 TSP baking powder
1/2 TSP salt
1/4 TSP baking soda
1/2 cup plain 0% Greek yogurt
1 cup blueberries

Directions

Preheat oven to 350F. Line square baking pan with foil and spray with nonstick cooking spray. Combine walnuts, brown splenda, and cinnamon in a small bowl. Sprinkle 1/3 mixture over bottom of prepared pan. Beat applesauce, granulated sugar and margarine in large bowl with mixer. Beat in eggs and vanilla until blended. Combine flour baking powder, salt and baking soda in a medium bowl. Add in applesauce mixture with yogurt; beat until smooth. Toss blueberries with 1 TSP of flour in a small bowl. Gentle fold into batter. Pour half of batter onto walnut mixture in prepared pan. Sprinkle with 1/3 of walnut mixture; top with remaining batter and walnut mixture. Bake for 30 to 35 minutes.



Double Berry Pops

Ingredients

2 cups plain 0% Greek yogurt, divided
1 cup blueberries
3 TBSP splenda
1 cup strawberries, sliced
paper cups or pop molds
pop sticks

Combine 1 cup yogurt, blueberries, and 1 1/2 TBS splenda in blender. Blend until smooth.

Pour mixture into cups. Freeze for 2 hours.

Combine strawberries, remaining 1 cup yogurt and 1 1/2 TBSP splenda in blender. Blend until smooth. Pour mixture over blueberry layer in cups.

Cover top of each cup with small piece of tin foil. Freeze for 2 hours. Insert sticks through center of tin foil. Freeze for 4 hours until firm. Peel away tin foil and paper to serve.

Directions



Chocolate Raspberry Muffins

Ingredients

- 1 Cup raspberries (or a red fruit mix, fresh or frozen)
- 2 Scoops chocolate protein powder
- 1 TBSP cacao powder
- 2 egg whites
- 1/3 cup water

Pre heat oven at 350°F. Mix all ingredients together. Pour mixture into muffin tray sprayed with nonstick cooking spray and make 10 raspberry chocolate protein cupcakes. Bake in the oven at 350°F for 25 minutes. It's important to let them cool completely before eating them. When they're still warm they tend to be too soft.

Directions





Smoothies

Pina Colada Smoothie

Ingredients

- 8 oz coconut milk
 - 1 scoop vanilla protein powder
 - 1/2 cup fresh or frozen pineapple
 - 1/2 cup ice
-

Add all ingredients to blender. Blend on high until smooth.

Directions



Orange Smoothie

Ingredients

- 1 orange, peeled
- 1/4 cup 0% Greek yogurt
- 2 TBSP fresh orange juice
- 1 scoop vanilla protein powder
- 4 ice cubes

Add all ingredients to blender. Blend on high until smooth.

Directions



Chocolate Peanut Butter Cup Smoothie

Ingredients

10 oz unsweetened almond milk
1 scoop chocolate protein powder
4 TBSP PB2 powder
1/2 cup ice

Add all ingredients to blender. Blend on high until smooth.

Directions



Taste of the Tropics Smoothie

Ingredients

- 8 oz unsweetened almond milk
- 1 scoop vanilla protein powder
- 1/2 cup frozen mango
- 1/2 cup frozen pineapple
- 1/2 cup ice

Add all ingredients to blender. Blend on high until smooth.

Directions



Honeydew Ginger Smoothie

Ingredients

- 1 1/2 cups honeydew, cubed
- 1/2 cup banana, sliced
- 1/2 cup plain 0% Greek yogurt
- 1 scoop vanilla protein powder
- 1/4 TSP fresh ginger, grated
- 1/2 cup ice

Makes 3 servings

Add all ingredients to blender. Blend on high until smooth.

Directions

