




FIXATE[®]

A FIX-APPROVED
COOKING SHOW

RECIPES

HOW TO USE THIS GUIDE



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RECIPES

VEGAN PULLED PORK

SERVES: 8 (approx. ½ cup each) **Prep Time:** 15 min. **Cooking Time:** 57 min.

CONTAINER EQUIVALENTS: ■ 1 ■ ½ ■ 1

This Vegan Pulled Pork is a real mindblower. You won't believe just how much it tastes like the real thing, tangy, smoky, meaty, and satisfying. AND it doesn't take 8 hours to make, win-win! The secret ingredient is jackfruit, a tropical fruit that has a meaty, heavy-grained flesh similar to pork. It absorbs the flavors of smoke and BBQ sauce beautifully and comes out tasting just like the real deal. We use the canned variety here, which you can find at most Asian markets or order online. It's important to use the young, unripe fruit for this, so be careful if buying fresh, as most fresh fruits are sold ripened.

<p>3 cans young green jackfruit in brine (NOT in syrup), drained, rinsed, cored, and seeds removed and discarded</p> <p>1 Tbsp. extra-virgin organic coconut oil</p> <p>1 cup chopped onion (approx. 1½ medium)</p> <p>5 cloves garlic, finely chopped</p> <p>2 tsp. coconut sugar</p> <p>1 tsp. ground cumin</p> <p>1 tsp. ground coriander</p> <p>2 tsp. chili powder</p> <p>2 tsp. ground smoked paprika</p> <p>¼ tsp. instant espresso powder</p> <p>¼ tsp. unsweetened cocoa powder</p> <p>¼ tsp. ground cinnamon</p> <p>¼ tsp. ground allspice</p> <p>½ tsp. ground black pepper</p> <p>½ tsp. smoked sea salt (or Himalayan salt)</p> <p>¼ tsp. ground cayenne pepper (optional)</p> <p>2 cups low-sodium organic vegetable broth</p> <p>½ cup Banana BBQ Sauce (see separate recipe for <i>Banana BBQ Sauce</i>) or all-natural barbecue sauce of your choice</p>	<ol style="list-style-type: none"> 1. If you would like to pre-smoke your jackfruit, line bottom of large stock pot with aluminum foil. Add wood chips. Top with colander (or steamer basket). Add jackfruit. Cover pan with firmly crimped foil. Poke a pinhole in foil; turn burner to high and wait until you see smoke coming from the hole. Turn heat to medium-low and let stand, covered, for 10 minutes. Taste the jackfruit. If you would like it smokier, turn the heat on again and repeat the process. This step is optional. 2. Preheat oven to 400° F. 3. Line large baking sheet with parchment paper. Set aside. 4. Heat oil in large nonstick skillet over medium high heat. 5. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent. 6. Add garlic; cook, stirring frequently, for 1 minute. 7. Add jackfruit, sugar, cumin, coriander, chili powder, paprika, espresso powder, cocoa powder, cinnamon, allspice, black pepper, salt, cayenne pepper (if desired), and broth; mix well. Bring to a boil. Reduce heat to medium-low; gently boil, uncovered, for 10 to 15 minutes; or until liquid is absorbed. 8. Transfer jackfruit to prepared baking sheet. Mash with a spatula until fibers divide and take on the appearance of pulled pork. 9. Bake for 10 minutes. 10. Add BBQ sauce; mix well to coat fruit. Bake for an additional 7 to 10 minutes, or until fruit is lightly browned.
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RECIPE NOTE:

- Canned young green jackfruit in brine can be found in specialty Asian markets or online.

SPECIAL EQUIPMENT:

Aluminum foil (optional)

1 cup wood chips for smoking (optional)

Parchment paper

NUTRITIONAL INFORMATION (per serving): Calories: 156 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 354 mg Carbohydrates: 32 g Fiber: 3 g Sugars: 24 g Protein: 3 g

Recipes containing the GF icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the V icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

Click on a category to go directly to the category title page.

Click on the name of a recipe OR the page number to go directly to that recipe.

Look for dietary icons here to find out if the recipe is:

- GF Gluten-Free
- PF Paleo-Friendly
- V Vegan
- VG Vegetarian

Be sure to review the "ingredients" section for any additional recipes your dish might need, such as a specific sauce, dressing, or condiment!

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NEW THIS WEEK

BLUEBERRY MAPLE MUFFINS

SERVES: 15 (1 muffin each) Prep Time: 10 min. Cooking Time: 16 min.

CONTAINER EQUIVALENTS:  1½  1

1 cup whole wheat flour
¾ cup + 2 Tbsp. all-purpose flour
¼ cup wheat germ
1½ tsp. baking powder
½ tsp. baking soda
¼ tsp. sea salt (or Himalayan salt)
1 tsp. ground cinnamon
2 large eggs, lightly beaten
½ cup pure maple syrup
1 cup low-fat (1%) buttermilk
¼ cup extra-virgin organic coconut oil, melted
1 tsp. pure vanilla extract
2 cups fresh blueberries

1. Preheat oven to 375° F.
2. Prepare fifteen muffin cups by lining with muffin papers (or coating with spray). Set aside.
3. Combine flours, wheat germ, baking powder, baking soda, salt, and cinnamon in a medium bowl; mix well. Set aside.
4. Combine eggs and maple syrup in a medium bowl; whisk to blend.
5. Add buttermilk, oil, and extract; whisk to blend.
6. Add flour mixture to egg mixture; mix until just blended.
7. Gently fold in blueberries.
8. Evenly divide batter between prepared muffin cups, filling ¾ full (approx. ¼ cup).
9. Bake for 14 to 16 minutes, until tester inserted into the center comes out clean.
10. Transfer muffins to rack; cool.

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray (optional)

NUTRITIONAL INFORMATION (per serving): Calories: 151 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 25 mg Sodium: 171 mg Carbohydrates: 23 g Fiber: 2 g Sugars: 10 g Protein: 4 g

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BUTTERNUT SQUASH SOUP

SERVES: 9 (approx. 1 cup each) Prep Time: 10 min. Cooking Time: 48 min.

CONTAINER EQUIVALENTS: 2 1

- | | |
|---|---|
| <p>2 medium butternut squash, cut in half lengthwise, seeds removed</p> <p>1 Tbsp. olive oil</p> <p>Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)</p> <p>4 cloves garlic</p> <p>4 fresh thyme sprigs</p> <p>4 cups low-sodium, organic vegetable broth, <i>divided use</i></p> <p>9 Tbsp. Pepper Jam
<i>(see separate recipe for Pepper Jam)</i></p> <p>18 tsp. Spicy Yogurt
<i>(see separate recipe for Spicy Yogurt)</i></p> <p>Chopped fresh cilantro (for garnish; optional)</p> | <ol style="list-style-type: none"> 1. Preheat oven to 425° F. 2. Lay squash skin side down on a baking sheet. Drizzle with oil. Season with salt and pepper, if desired. 3. Place 1 garlic clove and 1 thyme sprig into the seed pocket of each squash half. Cover with aluminum foil. 4. Bake for 35 to 40 minutes, or until squash is soft, but not dried out. Remove from oven. Let squash rest until it is cool enough to handle. 5. Peel squash; discard skin and thyme. 6. Place squash, garlic, and <i>1 cup</i> broth in blender, in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth. 7. Place squash mixture and <i>remaining 3 cups</i> broth in large saucepan; cook, over medium-high heat, stirring frequently, for 5 to 8 minutes, or until hot. If soup is too thick add water. 8. Evenly divide soup into nine serving bowls. Top each with 1 Tbsp. Pepper Jam, 2 tsp. Spicy Yogurt, and cilantro (if desired). |
|---|---|

NUTRITIONAL INFORMATION (per serving): Calories: 104 Total Fat: 2 g Saturated Fat: 0 g Cholesterol: 1 mg Sodium: 197 mg Carbohydrates: 20 g Fiber: 3 g Sugars: 6 g Protein: 4 g

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BREAKFAST RECIPES



AUTUMN'S BANANA APPLE MUFFINS

SERVES: 9 (1 muffin each) Prep Time: 20 min. Cooking Time: 22 min.

CONTAINER EQUIVALENTS (per serving): 1 1

My son is a big eater, except first thing in the morning, so this recipe started out as a way of tricking him into eating something deceptively healthy when he wakes up. But now everybody loves these super "healthified" muffins because they're delicious and taste just like a regular old not-so-good-for-you muffin.

- 2** large eggs, lightly beaten
- 1 cup** mashed ripe banana (approx. 2 medium bananas)
- 1 Tbsp.** unsalted organic grass-fed butter, melted
- 1½ cups** almond flour
- ¾ tsp.** baking soda, gluten-free
- 1 dash** sea salt (or Himalayan salt)
- ½ cup** chopped apple (approx. ¾ medium apple)

- 1.** Preheat oven to 350° F.
- 2.** Line muffin pan with nine muffin papers and lightly coat with spray. Set aside.
- 3.** Combine eggs, banana, and butter in a medium bowl; mix well. Set aside.
- 4.** Combine almond flour, baking soda, and salt in a medium bowl; mix well.
- 5.** Add almond meal mixture to egg mixture; mix until blended.
- 6.** Add apple; mix until just blended.
- 7.** Divide batter evenly between prepared muffin cups, ¾ full (approx. ¼ cup).
- 8.** Bake for 18 to 22 minutes, or until golden brown and toothpick inserted into the center comes out clean.
- 9.** Transfer muffins to rack; cool.

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray

RECIPE NOTES:

- If you'd like a little more fiber and some omega-3 fatty acids, replace ½ cup of your almond flour with ½ cup of ground flaxseed.
- You can make your own almond flour by processing 1 cup slivered almonds in food processor (or blender with a strong motor). Make sure that you pulse in 20-second intervals to prevent the almonds from turning into almond butter. 1 cup of slivered almonds yields approximately 1 cup of almond flour.
- If you can't find almond flour in your store, you can look at club stores or online.

NUTRITIONAL INFORMATION (per serving): Calories: 161 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 45 mg Sodium: 157 mg Carbohydrates: 11 g Fiber: 3 g Sugars: 4 g Protein: 6 g

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AUTUMN'S BROCCOLI CRUST BREAKFAST PIZZA

SERVES: 3 (2 slices each) **Prep Time:** 15 min. **Cooking Time:** 37 min.

CONTAINER EQUIVALENTS (per serving): 1½ 1 1

FOR CRUST:

- 3 cups** raw broccoli florets
- Hot water**
- ½ cup** shredded, part-skim, low-moisture mozzarella cheese
- ¼ cup** grated Parmesan cheese
- 2** large eggs, lightly beaten
- ½ tsp.** sea salt (or Himalayan salt)
- 1 clove** garlic, finely chopped
- ¼ cup** finely chopped fresh basil leaves

FOR TOPPING:

- 1 Tbsp.** extra-virgin olive oil
- 2** large eggs, lightly beaten
- ¼ cup** shredded, part-skim, low-moisture mozzarella cheese
- ¼ cup** sliced mushrooms
- ¼ cup** sliced red bell pepper

SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray
- Cheesecloth

1. Preheat oven to 400° F.
2. Line large baking sheet with parchment paper. Lightly coat with spray. Set aside.

FOR CRUST:

1. Place broccoli in food processor (or blender); pulse until fine using two or three 5-second pulses, or until the consistency of bread crumbs.
2. Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place broccoli in steamer basket; cook for 5 to 7 minutes, or until just tender. Transfer broccoli to cheesecloth to cool. Squeeze dry.
Cook's Note: If you do not have cheesecloth, use a heavy-duty paper towel to cool and squeeze dry the broccoli "crumbs."
3. To make crust, combine cooled broccoli, mozzarella cheese, Parmesan cheese, eggs, salt, garlic, and basil in a medium mixing bowl; mix well.
4. Transfer broccoli mixture to the center of prepared baking sheet. Shape into an approximately 10- to 12-inch pizza crust by pressing down and out with fingertips. Make sure to create a raised lip around the edges to keep ingredients from sliding off.
5. Bake for 17 to 20 minutes, or until crust is set and is slightly browned around the edges.

FOR TOPPING:

1. Brush crust with oil. Top with eggs, cheese, mushrooms, and bell peppers.
2. Bake for 6 to 8 minutes, or until cheese is melted and eggs are starting to set. Switch to the broiler setting; broil for 2 minutes or until golden brown and eggs are done.
3. Allow to cool for a few minutes before serving. Be careful when removing pizza from parchment as there may be some sticking. I always work around the crust with a spatula to release from parchment before transferring to a cutting board.
4. Cut into six slices. Enjoy!

NUTRITIONAL INFORMATION (per serving): **Calories:** 284 **Total Fat:** 20 g **Saturated Fat:** 7 g **Cholesterol:** 266 mg **Sodium:** 795 mg **Carbohydrates:** 7 g **Fiber:** 0 g **Sugars:** 1 g **Protein:** 21 g

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BANANA OAT PANCAKES

SERVES: 8 (1 pancake each) Prep Time: 15 min. Cooking Time: 16 min.

CONTAINER EQUIVALENTS (per serving): 1 ½

1 cup	unsweetened almond milk
2	large eggs
1	large ripe banana
1 tsp.	pure vanilla extract
1 tsp.	baking powder, gluten-free
½ tsp.	ground cinnamon
1 dash	sea salt (or Himalayan salt)
2 cups	dry old-fashioned rolled oats, gluten-free
4 cups	fresh mixed berries

SPECIAL EQUIPMENT:

Coconut oil cooking spray

1. Place almond milk, eggs, banana, extract, baking powder, cinnamon, salt, and oats in blender; cover. Blend until smooth.
2. Heat nonstick skillet, lightly coated with spray, over medium-low heat.
3. Pour ¼ cup batter into skillet for each pancake; cook for 2 to 3 minutes, or until bubbles form on top of the pancake. Flip with spatula; cook for an additional 90 seconds. Repeat with remaining batter.
4. Serve with ½ cup fresh berries, each.

RECIPE NOTES:

- If you want to make sure these pancakes are gluten-free, look for certified gluten-free oats. Oats are a naturally gluten-free food, however they are easily contaminated with gluten during harvesting. Therefore, to ensure you have a gluten-free product, look for the gluten-free variety.
- Wrap leftover pancakes in plastic wrap (or aluminum foil) and store for up to 4 days in the refrigerator. Pancakes can be reheated in a toaster.

SERVING SUGGESTION:

- Top with 1 tsp. coconut oil, ghee, or peanut butter. Don't forget to count your .




NUTRITIONAL INFORMATION (per serving): Calories: 152 Total Fat: 3 g Saturated Fat: 1 g Cholesterol: 47 mg Sodium: 139 mg Carbohydrates: 27 g Fiber: 6 g Sugars: 7 g Protein: 5 g

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BROCCOLI CRUST BREAKFAST PIZZA (WITH FIXATE BREAKFAST SAUSAGE)

SERVES: 3 (2 slices each) **Prep Time:** 15 min. **Cooking Time:** 37 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1

FOR CRUST:

	Parchment paper
	Nonstick cooking spray
3 cups	raw broccoli florets
	Hot water
	Cheesecloth
½ cup	shredded, part-skim, low-moisture mozzarella cheese
¼ cup	grated Parmesan cheese
2	large eggs, lightly beaten
½ tsp.	sea salt (or Himalayan salt)
1 clove	garlic, finely chopped
¼ cup	finely chopped fresh basil leaves

FOR TOPPING:

1 Tbsp.	extra-virgin olive oil
¼ cup	shredded, part-skim, low-moisture mozzarella cheese
¼ cup	FIXATE Breakfast Sausage (see separate recipe for FIXATE Breakfast Sausage)
2	large eggs*

SPECIAL EQUIPMENT:

Parchment paper
Nonstick cooking spray
Cheesecloth

1. Preheat oven to 400° F.
2. Line large baking sheet with parchment paper. Lightly coat with spray. Set aside.

FOR CRUST:

1. Place broccoli in food processor (or blender); pulse until fine using two or three 5-second pulses, or until the consistency of bread crumbs.
2. Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place broccoli in steamer basket; cook for 5 to 7 minutes, or until just tender. Transfer broccoli to cheesecloth to cool. Squeeze dry. To make crust, combine cooled broccoli, mozzarella cheese, Parmesan cheese, eggs, salt, garlic, and basil in a medium mixing bowl; mix well. **Cook's Note:** If you do not have cheesecloth, use a heavy-duty paper towel to cool and squeeze dry the broccoli "crumbs."
3. Transfer broccoli mixture to the center of prepared baking sheet. Shape into an approximately 10- to 12-inch pizza crust by pressing down and out with fingertips. Make sure to create a raised lip around the edges to keep ingredients from sliding off.
4. Bake for 17 to 20 minutes, or until crust is set and is slightly browned around the edges.

FOR TOPPING:


1. Brush crust with oil. Top with cheese, breakfast sausage, and eggs. You can scramble your eggs first, or simply crack the eggs on top of the pizza and let them bake until the whites are set but the yolk is still runny!
2. Bake for 8 to 10 minutes, or until cheese is melted and eggs are done. For sunny-side up eggs, switch to the broiler setting for the last 2 minutes of baking to be sure the eggs are cooked through.
3. Allow to cool for a few minutes before serving. Be careful when removing pizza from parchment as there may be some sticking. Work around the crust with a spatula to release from parchment before transferring to a cutting board.

VARIATION

To find out how to make Autumn's favorite vegetarian breakfast pizza from the FIXATE show, see separate recipe for **Autumn's Broccoli Crust Breakfast Pizza**.

NUTRITIONAL INFORMATION (per serving): **Calories:** 303
Total Fat: 21 g **Saturated Fat:** 8 g **Cholesterol:** 276 mg **Sodium:** 899 mg **Carbohydrates:** 7 g **Fiber:** 0 g **Sugars:** 2 g **Protein:** 23 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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BROWN RICE PORRIDGE

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 ½

Here's a quick and easy way to turn plain brown rice into a spectacular breakfast porridge. Bursting with layer upon layer of flavor from chocolate to the nutty crunch of sunflower seeds, it's anything but boring porridge. And the pickled ginger makes for a sweet surprise; I guess it's not just for sushi after all!

½ cup	cooked brown rice
2 Tbsp.	unsweetened almond milk
1 pinch	sea salt (or Himalayan salt)
¼ tsp.	unsweetened cocoa powder
1 tsp.	pure maple syrup
1 pinch	ground cinnamon
1 pinch	ground cardamom
1 tsp.	raw sunflower seeds
1 tsp.	unsweetened shredded coconut
1 tsp.	chia seeds
1 Tbsp.	finely chopped pickled ginger

1. Combine rice, almond milk, salt, cocoa powder, maple syrup, cinnamon, and cardamom in a medium serving bowl; mix well.
2. Top with sunflower seeds, coconut, chia seeds, and ginger; enjoy!

NUTRITIONAL INFORMATION (per serving): Calories: 186 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 399 mg Carbohydrates: 32 g Fiber: 4 g Sugars: 5 g Protein: 4 g

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CREAMY QUINOA PORRIDGE

SERVES: 6 (approx. ½ cup quinoa plus toppings) **Prep Time: 15 min.** **Cooking Time: 43 min.**

CONTAINER EQUIVALENTS (per serving): 1 ½ 1

- 1 cup** dry red quinoa
- 2 cups** water
- 1 cup** unsweetened almond milk
- 2 Tbsp.** raw honey
- 3 pods** green cardamom (or ½ tsp. ground cardamom)
- ½ stick** cinnamon (or ¾ tsp. ground cinnamon)
- ¼ tsp.** ground nutmeg
- 4 to 6 slices** raw ginger (or ¼ tsp. ground ginger)
- ¼ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** cornstarch (preferably GMO-free) + 1 tsp. water (combine to make a slurry)
- 1½ cups** sliced strawberries
- 1½ cups** fresh blueberries
- ¼ cup** sliced almonds (toasted, if desired)
- ¼ cup** unsweetened shredded coconut (toasted, if desired)
- ¼ cup** raisins

- 1.** Rinse quinoa thoroughly in fine mesh strainer; place in medium saucepan.
- 2.** Add water. Bring to a boil over medium-high heat. Reduce heat to medium-low. Gently boil, covered, for 18 to 20 minutes, or until liquid has absorbed and quinoa germ has released. Quinoa should be soft with just a little bite. Remove from heat. Allow quinoa to rest, covered, for 5 minutes.
- 3.** While quinoa is cooking, heat almond milk, honey, cardamom, cinnamon, nutmeg, ginger, and salt in small saucepan over medium-high heat. Bring to a boil. Reduce heat to low; gently boil for 10 minutes.
- 4.** Add cornstarch slurry; cook, stirring frequently, for 2 to 3 minutes, or until thickened. Remove whole spices from mixture.
- 5.** Add almond milk infusion to cooked quinoa; mix well.
- 6.** Place ½ cup quinoa into each of six bowls. Top each bowl evenly with strawberries, blueberries, almonds, coconut, and raisins. Serve warm and enjoy!

TIPS:

- Measure out ½ a Purple container with a mixture of strawberries and blueberries and top your serving of quinoa with it.
- You can also combine the sliced almonds, shredded coconut, and raisins and use your Orange container to top your serving of quinoa with it.
- To toast almonds and coconut, place them on a baking sheet in a 375° F oven for approximately 10 minutes, or until golden brown and fragrant.

NUTRITIONAL INFORMATION (per serving): Calories: 240 Total Fat: 7 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 231 mg Carbohydrates: 41 g Fiber: 4 g Sugars: 17 g Protein: 5 g

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FIXATE BREAKFAST SAUSAGE

SERVES: 6 (½ cup each) **Prep Time:** 10 min. **Cooking Time:** 8 min.

CONTAINER EQUIVALENTS (per serving): 1

- 1 lb.** raw 93% lean ground turkey
- 2 Tbsp.** pure maple syrup
- 1½ tsp.** sea salt (or Himalayan salt)
- 1 tsp.** finely chopped fresh sage
- 1 tsp.** finely chopped fresh rosemary
- ¼ tsp.** ground black pepper
- 1 dash** ground juniper berries
- ¼ tsp.** ground nutmeg
- 2 tsp.** ice cold water
- 1 tsp.** olive oil

- 1.** Combine turkey, maple syrup, salt, sage, rosemary, pepper, juniper, nutmeg, and water in a large mixing bowl; mix with clean hands until just blended. Set aside. **Cook's Note:** Try not to overmix as that will make the sausage tough; knead just enough to combine ingredients into a uniform, homogenous mixture.
- 2.** Heat oil in large nonstick skillet over medium-high heat.
- 3.** Add turkey mixture; cook, stirring frequently to break turkey into crumble-sized pieces, for 5 to 8 minutes, or until turkey is no longer pink.

TIPS:

- If possible, use dark amber maple syrup, which can be found at upscale markets or online.
- If you can't find juniper berries at your local store, check online.
- This sausage can also be sautéed in patties. Store cooked sausage in the refrigerator for up to 5 days.
- Sausage can be held raw, in the refrigerator, for 3 days, or in the freezer for up to 3 months.





NUTRITIONAL INFORMATION (per serving): **Calories:** 139 **Total Fat:** 7 g **Saturated Fat:** 2 g **Cholesterol:** 56 mg **Sodium:** 623 mg **Carbohydrates:** 5 g **Fiber:** 0 g **Sugars:** 5 g **Protein:** 14 g

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FRENCH TOAST WITH STRAWBERRY TOPPING

SERVES: 4 (2 slices each) **Prep Time:** 15 min. **Cooking Time:** 41 min.

CONTAINER EQUIVALENTS (per serving):  ½  2½  ½  ½

I can remember the first dishes I learned to prepare as a child. The very first was a simple, Italian vinaigrette, but the first thing I ever actually “cooked” was French toast. It was exciting because although it’s a simple enough dish for a child to master, there is actually cooking involved. You learn to break and beat eggs, to grease and handle a skillet, and you watch how a simple egg custard (that’s right, the egg-mixture used in French toast is a custard) can transform an ordinary piece of bread into something extraordinary!







½ cup unsweetened almond milk
4 large eggs
2 Tbsp. pure maple syrup
½ tsp. ground cinnamon
½ tsp. sea salt (or Himalayan salt)
8 slices low-sodium sprouted whole-grain bread (like Ezekiel®)
1 cup **Strawberry Topping** (see separate recipe for **Strawberry Topping**)

1. Combine almond milk, eggs, maple syrup, cinnamon, and salt in a medium bowl; whisk until smooth. Transfer almond milk mixture to a shallow pan.
2. Dip each slice of bread into almond milk mixture, soaking for 10 seconds on each side. Place on wire rack to absorb and drain excess egg mixture.
3. Heat cast iron (or nonstick) skillet over medium heat.
4. Lightly coat skillet with spray; cook two slices of bread for 2 to 3 minutes on each side, or until golden brown.
5. Repeat, lightly coating skillet with spray and adding 2 slices of bread for each batch.
6. Top each slice of French toast with 2 Tbsp. Strawberry Topping and enjoy!

Special Equipment:

Nonstick coconut cooking spray

SERVING SUGGESTIONS:

- Two slices of French toast can be served with 2 Tbsp. maple syrup.
CONTAINER EQUIVALENTS (per serving):  3½  ½  ½
- For kids, cut one slice of French toast into nine pieces. Place the pieces on two skewers starting with toast and alternating with sliced strawberries, drizzle with 1 tsp. maple syrup. One serving is two skewers.
CONTAINER EQUIVALENTS (per serving):  1½  ½  ½

NUTRITIONAL INFORMATION (per serving): **Calories:** 344 **Total Fat:** 9 g **Saturated Fat:** 4 g **Cholesterol:** 186 mg **Sodium:** 417 mg **Carbohydrates:** 54 g **Fiber:** 8 g **Sugars:** 19 g **Protein:** 15 g

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FRITTATA

SERVES: (6 servings) **Prep Time:** 15 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS:  ½  1  ½  1

12 large eggs, lightly beaten
½ tsp. sea salt (or Himalayan salt)
1½ servings
(3 pepper halves) **Chicken Stuffed Bell Peppers**
(see separate recipe for **Chicken Stuffed Bell Peppers**),
coarsely chopped
¼ cup chopped fresh flat leaf (Italian)
parsley

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 375° F.
2. Combine eggs and salt in a large mixing bowl; whisk to blend.
3. Add Chicken Stuffed Bell Peppers; mix well. Set aside.
4. Lightly grease oven-safe baking dish.
5. Pour egg mixture into baking dish. Cover with aluminum foil. Bake for 40 to 45 minutes, or until lightly browned and fluffy.
6. Turn oven to broil. Remove aluminum foil. Bake for an additional 5 minutes, or until top is lightly browned.
7. Cut into 6 slices; serve immediately.
8. Sprinkle with parsley; serve immediately.

RECIPE NOTES:

- Frittata can be made the evening before and stored in the refrigerator for up to 4 days in an airtight container.
- Heat one serving at a time on the stove top or in a microwave.
- Frittata is especially delicious served with a simple green salad drizzled with balsamic vinegar.

NUTRITIONAL INFORMATION (per serving): Calories: 221 Total Fat: 12 g Saturated Fat: 4 g Cholesterol: 391 mg Sodium: 379 mg Carbohydrates: 8 g Fiber: 2 g Sugars: 2 g Protein: 20 g

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GLUTEN-FREE WAFFLES

SERVES: 10 (1 waffle each) Prep Time: 15 min. Cooking Time: 30 min.

CONTAINER EQUIVALENTS (per serving): 1 ½

Here's a gluten-free waffle recipe that has all the light, crispy texture of the classic, plus the hearty nuttiness of almond and coconut flours! I like to make these in large batches, then freeze the leftovers and reheat them in the toaster.

- 4** large egg whites (½ cup)
- 2 cups** oat flour, gluten-free
- ¼ cup** almond flour
- 2 Tbsp.** coconut flour
- 2 Tbsp.** ground flaxseed
- 2 tsp.** baking powder, gluten-free
- 1 Tbsp.** coconut sugar
- 1 dash** sea salt (or Himalayan salt)
- 2 cups** unsweetened almond milk
- 1 Tbsp.** extra-virgin, organic coconut oil (melted)
- 1 tsp.** pure vanilla extract

SPECIAL EQUIPMENT:

Nonstick cooking spray

- 1.** Preheat waffle iron.
- 2.** Place egg whites in a medium mixing bowl. Beat to stiff peaks. Set aside.
- 3.** Combine oat flour, almond flour, coconut flour, flaxseed, baking powder, sugar, and salt in a medium bowl; mix well. Set aside.
- 4.** Combine almond milk, oil, and extract in a medium bowl; whisk to blend.
- 5.** Add almond milk mixture to oat flour mixture; whisk until evenly blended.
- 6.** Gently fold egg whites into batter until just combined.
- 7.** Spray waffle iron with spray. Add ½ cup batter; cook until waffle is golden and crisp. Repeat with remaining batter.

RECIPE NOTES:

- To make oat flour, process oats in food processor until ground.
- The key to light, crispy waffles is to use the Belgian technique. Beat your egg whites to form stiff peaks in a separate bowl; fold them into the batter just before cooking.
- Your egg whites have reached stiff peak stage when the egg whites are smooth, moist, shiny, and the tips can stand straight up.
- Wrap leftover waffles individually in plastic wrap (or aluminum foil) and refrigerate for up to 4 days (or freeze for up to 3 months).

NUTRITIONAL INFORMATION (per serving): Calories: 123 Total Fat: 5 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 164 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 2 g Protein: 5 g

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JAMAICAN BANANA FRITTERS

SERVES: 6 (3 fritters each) Prep Time: 10 min. Cooking Time: 13 min.

CONTAINER EQUIVALENTS: 1 ½

These “fritters” are pan-fried instead of deep fried, which saves a LOT of calories. It makes them a little more pancake-like, but they’re so moist and naturally sweet that they don’t need any kind of topping. We like to keep them finger-food-sized for great on-the-go snacking!

¼ cup	coconut flour
½ tsp.	ground cinnamon
1 dash	ground nutmeg
½ tsp.	baking powder, gluten-free
1 pinch	sea salt (or Himalayan salt)
1 Tbsp.	coconut sugar
3	large ripe bananas, mashed
1	large egg
1 tsp.	pure vanilla extract
¼ cup	unsweetened almond milk

1. Combine flour, cinnamon, nutmeg, baking powder, salt, and sugar in a large bowl; mix well. Set aside.
2. Combine bananas, egg, extract, and almond milk in a medium bowl; whisk to blend.
3. Add banana mixture to flour mixture; whisk until smooth.
4. Heat medium nonstick skillet, lightly coated with spray, over medium-low heat.
5. Drop 1 heaping Tbsp. batter per fritter into skillet, fitting as many as you can, while leaving room to flip fritters; cook for 2 to 3 minutes, or until bottoms of fritters are golden brown. Flip and cook another 3 minutes.
6. Place on a serving plate; let cool slightly before enjoying.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTE:

- For vegan fritters, substitute 1 Tbsp. ground flaxseed plus 2 Tbsp. + 1½ tsp. water for egg. Mix flaxseed and water, and set aside while combining dry ingredients.

NUTRITIONAL INFORMATION (per serving): Calories: 105 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 30 mg Sodium: 83 mg Carbohydrates: 21 g Fiber: 3 g Sugars: 11 g Protein: 2 g






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OVEN-FRIED CHICKEN AND GLUTEN-FREE WAFFLES

GF

SERVES: 4 Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1  ½  1  1

- | | |
|--|---|
| <p>4 Gluten-Free Waffles (see separate recipe for Gluten-Free Waffles)</p> <p>4 pieces Oven-Fried Chicken (see separate recipe for Oven-Fried Chicken), warm</p> <p>4 tsp. pure maple syrup</p> | <ol style="list-style-type: none"> 1. Place each waffle on a serving plate, top with one chicken breast. 2. Drizzle with 1 tsp. maple syrup per serving, and enjoy! |
|--|---|

NUTRITIONAL INFORMATION (per serving): Calories: 435 Total Fat: 21 g Saturated Fat: 5 g Cholesterol: 77 mg Sodium: 685 mg Carbohydrates: 30 g Fiber: 6 g Sugars: 9 g Protein: 35 g

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PALEO BAKED EGG IN AVOCADO

SERVES: 4 (1 avocado half each) **Prep Time:** 10 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): ½ 1

- 2** medium avocados, cut in half, seeds removed
- 4** large eggs
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 2 tsp.** finely chopped red bell pepper
- 2 tsp.** finely chopped chives

Special Equipment:

Aluminum foil

1. Preheat oven to 425° F.
2. Remove enough avocado flesh from center of each avocado half, using a small spoon, to accommodate one egg. (This is usually about half the avocado flesh.)
3. Make four nests to bake avocados in using a 12 x 12-inch sheet of aluminum foil for each nest. Crumble each piece of foil into a loose ball, place on baking sheet, and gently press down in center using skin-side of an avocado half until it forms a snug and stable nest.
4. Crack one egg into each avocado half. Season evenly with salt and pepper. Top evenly with bell pepper.
5. Bake for 20 minutes for runny yolks, 25 minutes for semi-firm yolks, or 30 minutes for firm yolks.
6. Plate one avocado cup per serving. Garnish evenly with chives and enjoy!

RECIPE NOTE:

The leftover avocado flesh makes a great guacamole snack when mixed with a squeeze of lime and a pinch of salt and pepper!

VARIATION:

Substitute 4 tsp. finely chopped low-sodium nitrate-free ham and 4 tsp. shredded cheddar for red bell pepper and chives. For each avocado half, whisk together 1 egg, 1 tsp. ham, 1 tsp. cheese, 1 pinch salt, and 1 pinch pepper; pour into avocado half. Repeat for remaining three avocado halves. Bake for 30 minutes or until set.

CONTAINER EQUIVALENTS (per serving): ½ 1

NUTRITIONAL INFORMATION (per serving): **Calories:** 154 **Total Fat:** 12 g **Saturated Fat:** 3 g **Cholesterol:** 183 mg **Sodium:** 351 mg **Carbohydrates:** 5 g **Fiber:** 3 g **Sugars:** 1 g **Protein:** 7 g

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POACHED EGGS WITH ASPARAGUS TOAST

VG

SERVES: 2 (1 toast each) **Prep Time:** 10 min. **Cooking Time:** 11 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  ½  ½

½ tsp. olive oil
 10 medium asparagus spears, trimmed
 2 cups hot water
 1 tsp. fresh lemon juice
 2 large eggs
 2 slices low-sodium sprouted whole-grain bread (like Ezekiel®), toasted
 2 Tbsp. **Lemon Garlic Sauce** (see separate recipe for **Lemon Garlic Sauce**)
 Freshly ground black pepper (to taste; optional)

1. Heat oil in medium nonstick skillet over medium heat.
2. Add asparagus; cook for 5 to 7 minutes, turning occasionally, or until tender-crisp. Set aside.
3. Bring water to a boil in medium saucepan over medium-high heat. Add lemon juice; reduce heat to maintain a gentle boil.
4. Place one egg into a small bowl. Hold bowl close to the water's surface and slip the egg into the water, repeat with remaining egg; cook for about 3 to 4 minutes, or until whites are completely set. Gently lift eggs out of water.
5. Spread each piece of toast with 1 Tbsp. Lemon Garlic Sauce. Top with five asparagus spears, one egg, and pepper (if desired).
6. Serve immediately.

NUTRITIONAL INFORMATION (per serving): **Calories:** 224 **Total Fat:** 11 g **Saturated Fat:** 2 g **Cholesterol:** 204 mg **Sodium:** 181 mg **Carbohydrates:** 20 g **Fiber:** 5 g **Sugars:** 2 g **Protein:** 12 g

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PUFFED COCOA AMARANTH

SERVES: 1 Prep Time: 10 min. Cooking Time: 2 min.

CONTAINER EQUIVALENTS: 1 1 ½

2 Tbsp. dry amaranth
½ cup unsweetened almond milk
1 tsp. pure maple syrup
½ tsp. unsweetened cocoa powder
¼ tsp. ground cinnamon
1 cup fresh blueberries

1. Heat the deepest soup pot you have over high heat until a grain of amaranth dropped in the pan pops within 2 to 3 seconds.
2. Wearing oven mitts, drop 1 Tbsp. amaranth into pot; cook, stirring continuously with a wooden spoon, for approx. 10 seconds, or until most of amaranth is popped (not all will pop). Immediately place popped amaranth in a small bowl.
3. Repeat with remaining amaranth.
4. Combine almond milk, maple syrup, cocoa powder, and cinnamon in a small bowl; whisk to blend.
5. Pour almond milk mixture over popped amaranth; top with blueberries. Enjoy!

RECIPE NOTES:

- You'll know you've reached maximum "poppage" when the unpopped amaranth in the pan begins to turn dark brown, remove immediately at this point or it will burn.
- This will make for a porridge-like cereal consistency, which we enjoy. If you would like yours thinner, add a little more almond milk.
- You can pop your amaranth ahead of time and store it in an airtight container at room temperature. It will keep just like ordinary breakfast cereal.
- You can substitute any fruit that you choose for blueberries. Just make sure amount equals 1 .

NUTRITIONAL INFORMATION (per serving): Calories: 215 Total Fat: 4 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 93 mg Carbohydrates: 43 g Fiber: 6 g Sugars: 19 g Protein: 5 g

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PUMPKIN PIE AMARANTH PORRIDGE

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 10 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS: ½ 2 ½

Here's a great meal prep recipe for fall, when everything is turning pumpkins and spice. The earthy taste of amaranth matches perfectly with the warm spices of pumpkin pie. What a treat to start the morning off right!

2½ cups	unsweetened almond milk
3 Tbsp.	pure maple syrup
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground cinnamon
¼ tsp.	ground ginger
1 dash	ground nutmeg
1 dash	ground cloves
1 cup	dry amaranth
1 cup	100% pure pumpkin puree
½ tsp.	pure vanilla extract
2 tsp.	raw pumpkin seeds (for garnish; optional)

1. Bring almond milk, maple syrup, salt, cinnamon, ginger, nutmeg, and cloves to a boil in large saucepan over medium-high heat.
2. Add amaranth; gently boil, covered, for 15 minutes.
3. Add pumpkin. Whisk to blend; cook, covered, for 4 to 5 minutes, or until amaranth is tender and you have a nice porridge consistency. (If porridge becomes too thick, add a little water to achieve desired consistency).
4. Remove from heat. Add extract; mix well.
5. Evenly divide between four serving bowls. Top each with ½ tsp. pumpkin seeds (if desired).

RECIPE NOTE:

- Refrigerate leftover porridge in an airtight container for up to 4 to 5 days. You may need to thin it out with 1 to 2 Tbsp. unsweetened almond milk when serving.

NUTRITIONAL INFORMATION (per serving): Calories: 276 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 262 mg Carbohydrates: 48 g Fiber: 7 g Sugars: 13 g Protein: 9 g

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SOUTHERN SPICED FRENCH TOAST WITH BANANAS AND PECANS

VG

SERVES: 4 (1 slice each) **Prep Time:** 15 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving):  1  1  ½  ½  1 tsp.

4 large eggs
¼ cup unsweetened almond milk
1 Tbsp. + 4 tsp. pure maple syrup, *divided use*
1 tsp. pumpkin pie spice
4 slices low-sodium sprouted whole-grain bread (like Ezekiel®)
2 tsp. extra-virgin organic coconut oil
2 large bananas, sliced
¼ cup chopped raw pecans

- 1.** Combine eggs, almond milk, *1 Tbsp.* maple syrup, and pumpkin pie spice in a shallow pan; whisk to blend.
- 2.** Soak each slice of bread in egg mixture for 10 seconds on each side.
- 3.** Heat oil in medium nonstick skillet over medium heat.
- 4.** Add bread; cook for 2 to 3 minutes on each side, or until golden brown.
- 5.** Top each slice evenly with *1 tsp.* maple syrup, ½ banana, and 2 Tbsp. pecans; serve immediately.

RECIPE NOTES:

- To toast pecans: heat skillet to medium heat. Add pecans; cook, stirring constantly, for 3 to 5 minutes, or until fragrant.
- If desired, scramble the remaining egg mixture in a skillet and evenly divide among 4 servings, to fully account for containers.

NUTRITIONAL INFORMATION (per serving): **Calories:** 296 **Total Fat:** 13 g **Saturated Fat:** 4 g **Cholesterol:** 186 mg **Sodium:** 84 mg **Carbohydrates:** 36 g **Fiber:** 5 g **Sugars:** 12 g **Protein:** 12 g

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SOUTHWEST BREAKFAST SCRAMBLE

SERVES: 2 (approx. 1½ cups each) **Prep Time:** 15 min. **Cooking Time:** 33 min.

CONTAINER EQUIVALENTS: 1 1 1 1 1

- 2** medium poblano chilies
- 3** large eggs
- 4** large egg whites (½ cup)
- 1 tsp.** chili powder
- ½ tsp.** ground cumin
- ¼ tsp.** sea salt (or Himalayan salt)
- 2 tsp.** olive oil
- ¾ cup** finely chopped onion (about 1 medium)
- 1 cup** finely chopped red potato (about 2 medium)
- 2 Tbsp.** water
- ½ cup** **Homemade Salsa** (see separate recipe for *Homemade Salsa*)
- 2 Tbsp.** finely chopped fresh cilantro
- ½** medium ripe avocado, sliced

- 1.** Preheat oven to broil.
- 2.** Place chilies on baking sheet, lightly coat with spray. Broil for 5 to 8 minutes on each side, turning occasionally. Chilies will be blistered all over, but not burned.
- 3.** Place chilies in resealable plastic bag (or covered bowl) until cool enough to handle. Pull off loose skin and discard skin, stem, and seeds. Coarsely chop. Set aside.
- 4.** Combine eggs and egg whites in a medium bowl; whisk to blend.
- 5.** Season with chili powder, cumin, and salt. Set aside.
- 6.** Heat oil in nonstick skillet over medium-high heat.
- 7.** Add onion and potato; cook, stirring frequently, for 2 to 3 minutes.
- 8.** Add water; cook, stirring frequently for 6 to 7 minutes, or until onion is translucent and potato is soft.
- 9.** Add egg mixture and chilies. Mix well; cook slowly, over medium-low heat, stirring frequently, for 3 to 6 minutes, or until eggs are set.
- 10.** Divide evenly between two serving plates. Top each with ¼ cup salsa, 1 Tbsp. cilantro, and ¼ avocado.

SPECIAL EQUIPMENT:

Nonstick cooking spray

RECIPE NOTES:

- You can use pasilla chilies instead of poblano chilies.
- This scramble is great served on a bed of radicchio and served with a slice of sprouted whole-grain toast. Make sure to account for any containers.

NUTRITIONAL INFORMATION (per serving): Calories: 363 Total Fat: 20 g Saturated Fat: 4 g Cholesterol: 279 mg Sodium: 637 mg Carbohydrates: 28 g Fiber: 8 g Sugars: 7 g Protein: 21 g

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SWISS OATMEAL

SERVES: 1 Prep Time: 10 min. + 4 hours (or overnight) Cooking Time: None

CONTAINER EQUIVALENTS: 1 1 2 1

- ½ cup** dry old-fashioned rolled oats, gluten-free
- ¾ cup** unsweetened almond milk
- ¾ cup** reduced-fat (2%) plain Greek yogurt
- ½ tsp.** pure vanilla extract
- ½ tsp.** ground cinnamon
- ½ cup** chopped strawberries
- ¼** large banana, chopped
- 2 Tbsp.** sliced raw almonds

- 1.** Place oats, almond milk, yogurt, extract, cinnamon, strawberries, banana, and almonds in a medium bowl; mix well. Soak, covered, in the refrigerator overnight.

RECIPE NOTE:

- If you don't have sliced almonds, you can chop 12 raw almonds.

NUTRITIONAL INFORMATION (per serving): Calories: 445 Total Fat: 14 g Saturated Fat: 4 g Cholesterol: 9 mg Sodium: 195 mg Carbohydrates: 54 g Fiber: 9 g Sugars: 16 g Protein: 27 g

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VEGAN ORANGE CHERRY MUFFINS

SERVES: 12 (1 muffin each) **Prep Time:** 10 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 ½ 1½

1½ cups	all-purpose gluten-free flour, sifted
½ cup	almond flour, sifted
2 tsp.	baking powder
½ cup	chopped raw walnuts
1 tsp.	sea salt (or Himalayan salt)
¼ cup	extra-virgin organic coconut oil
2 Tbsp.	all-natural peanut butter
¾ cup	pure maple syrup (preferably Grade B)
1 Tbsp.	finely grated orange peel (orange zest)
¾ cup	fresh orange juice (approx. 1 to 2 medium oranges)
2 tsp.	ground flaxseed
1 cup	thickly sliced banana, very ripe (approx. 1 large banana)
1 tsp.	pure vanilla extract
½ cup	chopped fresh cherries

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 375° F.
2. Prepare 12 muffin cups by lining with muffin papers and lightly coating with spray.
3. Combine flour, almond flour, baking powder, walnuts, and salt in a large mixing bowl; mix well. Set aside.
4. Place oil, peanut butter, maple syrup, orange peel, orange juice, ground flaxseed, banana, and extract in blender; cover. Blend until smooth; approx. 30 seconds.
5. Add peanut butter mixture to flour mixture; mix until just moistened. Do not overmix.
6. Add cherries; fold until just mixed.
7. Spoon batter into prepared muffin cups. (One-quarter cup batter should fill each cup about three-quarters full.)
8. Bake for 18 to 20 minutes, or until tops are golden brown and a toothpick inserted into the center of a muffin comes out clean.
9. Remove from oven; allow to cool for 5 to 10 minutes before removing muffins from pan and cooling completely on a rack. Enjoy!

TIPS:

- Not all brands of all-purpose gluten-free flour are vegan, so be sure to check the label.
- Grade B maple syrup has a very strong, intense flavor that can be similar to molasses, and is perfect for baking.

NUTRITIONAL INFORMATION (per serving): **Calories:** 240 **Total Fat:** 12 g **Saturated Fat:** 5 g **Cholesterol:** 0 mg **Sodium:** 266 mg **Carbohydrates:** 32 g **Fiber:** 3 g **Sugars:** 18 g **Protein:** 4 g

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ENTRÉE RECIPES

AHI AND AVOCADO QUINOA SUSHI

SERVES: 6 (4 rolls each) Prep Time: 35 min. Cooking Time: 21 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  ½

In this recipe, we will be preparing a form of sushi known as Gunkan Maki. It is much easier to make than your typical sushi roll and requires no special equipment. It's also a great showcase for your creativity as it can be topped with all sorts of healthy ingredients, from fish, to vegetables, to fresh fruit!

FOR SUSHI QUINOA:

1 cup dry quinoa, not rinsed
2 cups water
1 Tbsp. rice vinegar, unseasoned
1 Tbsp. coconut sugar (or palm sugar)
¾ tsp. sea salt (or Himalayan salt)

FOR ROLLS:

10 oz. raw ahi tuna, sushi grade, finely chopped*

1½ tsp. rice vinegar, *divided use*
Sea salt (or Himalayan salt)
 (to taste; optional)

¾ medium avocado, chopped

4 sheets nori
Sesame Infusion (optional)
(see separate recipe for Sesame Infusion)

4 tsp. toasted sesame seeds
Reduced-sodium tamari soy sauce
 (for dipping)
Wasabi (optional)
Pickled ginger (optional)


FOR SUSHI QUINOA:

1. Bring quinoa and water to a boil in small saucepan over medium-high heat. Reduce heat to medium-low. Gently boil, covered, for 10 to 15 minutes, or until all water has been absorbed.
2. While quinoa is cooking, combine vinegar, sugar, and salt in a microwave-safe bowl; mix well. Microwave on high for 30 seconds; mix well. Cool for 20 to 25 minutes. Set aside.
3. Place cooked quinoa in a large mixing bowl. Fold in vinegar mixture with a rubber spatula, to completely coat quinoa. Cover with a damp towel; cool to room temperature before using. (Do not skip this step!)

FOR ROLLS:

1. Place ahi in a medium bowl. Drizzle with *1 tsp.* vinegar and season with salt (if desired). Set aside.
2. Place avocado in a small bowl. Drizzle with *remaining ½ tsp.* vinegar and season with salt (if desired). Set aside.
3. Cut each sheet of nori, using a sharp knife (or scissors), into twenty-four 1½-inch wide strips. (You will have some strips left over. You can wrap them to use next time.) Set aside.
4. Using damp hands, make twenty-four 1½-inch balls of quinoa, packing it together just enough so the quinoa forms cohesive balls.
5. Place each ball on a clean cutting board, pressing down slightly to flatten the bottom.
6. Wrap a strip of nori around quinoa ball, shiny side out, and seal ends together with fingers using a little bit of water. (In a pinch, a few grains of quinoa can be used as glue.)
7. Push down top of quinoa ball so that there is approximately ¼-inch of empty space between quinoa and nori.
8. Fill the empty space with ahi, top with avocado, drizzle with Sesame Infusion (if desired), and sprinkle with sesame seeds.
9. Repeat steps 5 to 8 for the remaining rolls.
10. Serve with soy sauce, wasabi, and ginger. Enjoy!

TIPS:

- If you're using Sesame Infusion, be sure to add 1 
- Nori can be hard to slice. Make sure you have a really sharp knife or pair of scissors.
- Look for nori that comes in slightly perforated pre-cut strips.

NUTRITIONAL INFORMATION (per serving) Ahi and

Avocado Quinoa Sushi without Sesame Infusion:

Calories: 219 Total Fat: 7 g Saturated Fat: 1 g Cholesterol:
 21 mg Sodium: 428 mg Carbohydrates: 24 g Fiber: 4 g
 Sugars: 2 g Protein: 16 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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AMARANTH RISOTTO

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 15 min. **Cooking Time:** 33 min.

CONTAINER EQUIVALENTS: 1½ 1 ½

1 cup dried shiitake mushrooms
4 cups water
1 Tbsp. + 1 tsp. olive oil
1 cup chopped onion
 (approx. 1½ medium)
4 cloves garlic, finely chopped
1 tsp. dried thyme
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
1 cup dry amaranth
3 cups low-sodium organic
 vegetable broth
1 Tbsp. fresh lemon juice
1 tsp. finely grated lemon peel
 (lemon zest)

- 1.** Bring water to a boil. Turn off heat, add mushrooms. Soak mushrooms in hot water for 5 minutes. Drain, squeezing out excess water, reserving mushroom liquor and soaking water.
- 2.** Heat oil in large saucepan over medium-high heat, until fragrant.
- 3.** Add onion, garlic, drained mushrooms, thyme, salt, and pepper; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent.
- 4.** Add amaranth; cook, stirring frequently, for 3 minutes, or until amaranth begins to brown.
- 5.** Add broth, 2 cups reserved mushroom liquor and soaking water, and lemon juice. Bring to a boil. Reduce heat to low; gently boil uncovered, stirring occasionally, for 15 to 20 minutes, or until liquid is absorbed.
- 6.** Remove from heat. Add lemon peel; mix well.

RECIPE NOTE:

- You can store leftover risotto in an airtight container in the refrigerator for up to 4 days. Add 1 to 2 Tbsp. of broth when reheating.

SERVING SUGGESTION:

- Top with 1 Tbsp. grated Parmesan or 1 Tbsp. nutritional yeast.

NUTRITIONAL INFORMATION (per serving): Calories: 215 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 407 mg Carbohydrates: 35 g Fiber: 5 g Sugars: 3 g Protein: 6 g

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AVOCADO CHICKEN SALAD WRAP

SERVES: 14 (½ wrap each) **Prep Time:** 20 min. **Cooking Time:** None

CONTAINER EQUIVALENTS: ■ ½ ■ 1 ■ ½

Avocado makes a shockingly delicious mayonnaise substitute in this healthy chicken salad. If you're a fan of the fruit (yes, it's a fruit, and yes, we are fans) you may even like it better than the original! When you're using meal-prepped chicken, this recipe is a no-cook snap to whip up!

- 2** medium ripe avocados, mashed
- ¼ cup** fresh lemon juice
- 1 Tbsp.** finely grated lemon peel (lemon zest)
- ¼ cup** Dijon mustard
- ¼ cup** chopped fresh dill weed
- ¾ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 5¼ cups** shredded cooked chicken breast
- 2 cups** red grapes, cut in half
- 1 cup** chopped celery (approx. 3 medium stalks)
- 1 cup** chopped red onion (approx. 1½ medium)
- ½ cup** thinly sliced green onion (approx. 4 medium stalks)
- ¼ cup** pine nuts
- 7** (9-inch) sprouted whole-grain tortillas

- 1.** Combine avocados, lemon juice, lemon peel, mustard, dill, salt, and pepper in a medium bowl; mix until well blended.
- 2.** Add chicken, grapes, celery, onions, and pine nuts; toss gently to blend.
- 3.** Place 1 cup avocado mixture on each tortilla. Roll up, cut in half, and serve immediately.




RECIPE NOTE:

- You can meal prep this recipe by having all of the ingredients prepped and combining them when you are ready to eat this wrap.

NUTRITIONAL INFORMATION (per serving): Calories: 248 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 45 mg Sodium: 343 mg Carbohydrates: 21 g Fiber: 5 g Sugars: 5 g Protein: 22 g

BEEF STEW WITH SWEET POTATOES

SERVES: 6 (approx. 2 cups each) Prep Time: 20 min. Cooking Time: 2 hr. 56 min.

CONTAINER EQUIVALENTS:  ½  1½  ½

1 tsp. olive oil
1 lb. 10 oz. raw lean beef stew meat
¾ cup chopped onion (approx. 1 medium)
½ cup sliced carrots (approx. 1 medium)
¾ cup chopped celery (approx. 2 medium stalks)
4 cloves garlic, finely chopped
½ cup red wine
8 cups low-sodium organic beef broth, *divided use*
1½ cups chopped tomatoes (approx. 2 medium)
¼ tsp. sea salt (or Himalayan salt)
1 tsp. ground black pepper
1 tsp. ground smoked paprika
3 bay leaves
2 large sweet potatoes, cut into 1-inch cubes
2 tsp. cornstarch, gluten-free, (preferably GMO-free) + 2 tsp. lukewarm water (combine to make a slurry)

- 1.** Heat oil in large saucepan over medium-high heat.
- 2.** Add stew meat; cook, stirring frequently, for 4 to 5 minutes, or until browned. Remove from pot with slotted spoon, place on plate with paper towel.
- 3.** Add onion, carrots, and celery; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent.
- 4.** Add garlic; cook, stirring frequently, for 1 minute.
- 5.** Add wine; cook, stirring constantly, scraping bottom of pan so vegetables don't stick, for 3 to 4 minutes, or until almost dry.
- 6.** Add 1 cup broth, tomatoes, salt, pepper, paprika, bay leaves, and return beef to pan. Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 5 to 8 minutes, or until liquid has almost completely evaporated, and tomatoes begin to break down.
- 7.** Add *remaining 7 cups* broth. Bring to a boil over medium-high heat. Reduce heat; gently boil, partially covered, stirring occasionally, for 2 hours, or until meat is tender.
- 8.** Add sweet potatoes; cook, stirring occasionally, for 10 to 20 minutes, or until sweet potatoes are tender.
- 9.** Add cornstarch mixture to stew; cook, stirring constantly, for 2 to 3 minutes, or until stew has thickened slightly.

NUTRITIONAL INFORMATION (per serving): Calories: 282 Total Fat: 9 g Saturated Fat: 4 g Cholesterol: 87 mg Sodium: 434 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 6 g Protein: 32 g

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CALABRESE CHICKEN


SERVES: 1 Prep Time: 10 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS:  ½  1  1  1

- 1 (4-oz.)** raw chicken breast, boneless, skinless
- 1 dash + 1 pinch** ground black pepper, *divided use*
- ½ tsp.** olive oil
- 2 tsp.** **FIXATE Pesto** (*see separate recipe for FIXATE Pesto*)
- 2 thick slices** large tomato
- 6** large fresh basil leaves, *divided use*
- 1 slice** fresh part-skim mozzarella cheese (1 oz.)
- 1 pinch** sea salt (or Himalayan salt)
- 1 Tbsp. + 1 tsp.** balsamic vinegar

- 1.** Season both sides of chicken evenly with *1 dash* pepper. Set aside.
- 2.** Heat oil in medium nonstick skillet over high heat.
- 3.** Add chicken; cook for 3 to 4 minutes on each side, or until no longer pink in the middle.
- 4.** Top chicken with pesto, tomato, 4 basil leaves, and cheese. Reduce heat to medium-low. Add small splash of water to pan; cook, covered, for an additional 1 to 2 minutes, or until cheese is melted and tomatoes are softened.
- 5.** Season with salt and *remaining 1 pinch* pepper. Drizzle with vinegar.
- 6.** Serve topped with *remaining 2* basil leaves.

NUTRITIONAL INFORMATION (per serving): Calories: 308 Total Fat: 14 g Saturated Fat: 5 g Cholesterol: 101 mg Sodium: 589 mg Carbohydrates: 8 g Fiber: 1 g Sugars: 5 g Protein: 33 g

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CARIBBEAN BANANA CURRY

SERVES: 1 Prep Time: 10 min. Cooking Time: 18 min.

CONTAINER EQUIVALENTS:  1  1  1

When most people think of bananas, they don't think of savory dishes, but bananas are great for adding a rich but subtle sweetness to savory sauces like curry or BBQ. They can also serve as a thickening agent, like in this curry. We made ours with meal-prepped chicken, but you can make this vegan by substituting tofu or chickpeas for the chicken, and vegetable stock for the chicken stock!

1 tsp. extra-virgin organic coconut oil
½ large banana, sliced thin
2 Tbsp. chopped onion
1 clove garlic, finely chopped
1 tsp. curry powder
¼ tsp. ground ginger
½ tsp. coconut sugar
1 pinch sea salt (or Himalayan salt)
1 pinch ground black pepper
¾ cup chopped cooked chicken breast
1 tsp. fresh lime juice
½ tsp. finely grated lime peel (lime zest)
½ cup low-sodium organic chicken broth

- 1.** Heat oil in large nonstick skillet over medium-high heat.
- 2.** Add banana, onion, and garlic; cook, stirring frequently, for 5 to 7 minutes, or until banana has broken down into a thick, caramelized paste.
- 3.** Add curry powder, ginger, sugar, salt, and pepper; cook, stirring constantly, for 1 minute.
- 4.** Add chicken, lime juice, lime peel, and broth. Bring to a gentle boil; gently boil, stirring frequently, for 3 to 4 minutes, or until sauce is thick.

RECIPE NOTES:

- You can substitute ¾ cup tofu for chicken, and vegetable broth for chicken broth to make this recipe vegan.
- This curry is great over ½ cup cooked quinoa or cooked brown rice. If you want to save the yellow container, serve over 1 cup steamed mixed vegetables.

NUTRITIONAL INFORMATION (per serving): Calories: 286 Total Fat: 9 g Saturated Fat: 5 g Cholesterol: 89 mg Sodium: 375 mg Carbohydrates: 24 g Fiber: 3 g Sugars: 12 g Protein: 29 g

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CHEESEBURGER WITH EGGPLANT BUN

SERVES: 4 (1 burger each) **Prep Time:** 20 min. **Cooking Time:** 18 min.

CONTAINER EQUIVALENTS:  1  1  1

1 lb. raw 92% lean ground beef
1 medium eggplant, sliced into 8 rounds
5 pinches sea salt (or Himalayan salt), *divided use*
1 tsp. ghee (organic grass-fed, if possible)
1/3 cup thinly sliced onion (1/2 medium)
3/4 cup thinly sliced bell pepper (1 medium)
4 slices cheddar cheese (4 oz.)

SPECIAL EQUIPMENT:

Olive oil cooking spray

1. Form ground beef into four equal patties. Set aside.
2. Heat cast iron skillet (or any heavy-bottomed skillet) over high heat until very hot. Coat with spray. Add eggplant, season with *1 pinch* salt; cook for 3 minutes.
3. Lightly coat tops of eggplant with spray, flip, season with *1 pinch* salt; cook for an additional 3 minutes. Place on a plate lined with paper towels. Set aside.
4. Add ghee, onion, bell pepper, and *1 pinch* salt to skillet; cook, stirring frequently, for 3 to 4 minutes, or until slightly charred. Place on plate with eggplant. Set aside.
5. Coat skillet with spray. Add patties and *1 pinch* salt; cook for 3 to 4 minutes, or until a deep brown sear forms on underside.
6. Lightly coat tops of patties with spray, flip, season with *remaining pinch* salt; cook for another 3 to 4 minutes.
7. Top each patty with 1 slice of cheese; cook for an additional minute for medium-rare, or cook to desired doneness.
8. Place a slice of eggplant on each of four serving plates. Top each with a patty, and evenly with onion and bell pepper mixture. Top with a second slice of eggplant. Enjoy!

NUTRITIONAL INFORMATION (per serving): Calories: 314 Total Fat: 15 g Saturated Fat: 11 g Cholesterol: 101 mg Sodium: 430 mg Carbohydrates: 9 g Fiber: 4 g Sugars: 5 g Protein: 32 g

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CHICKEN ENCHILADAS


SERVES: 2 (2 enchiladas each) **Prep Time: 15 min. Cooking Time: 31 min.**

CONTAINER EQUIVALENTS (per serving):  ½  ½  1  1  1  1½

1 cup low-sodium organic chicken broth
1 tsp. unflavored gelatin
 (preferably from grass-fed cows)
1 Tbsp. olive oil
1 cup chopped onion
 (approx. 1½ medium onions)
 ½ medium jalapeño, seeds and veins
 removed, chopped (optional)
4 cloves garlic, finely chopped
 ½ tsp. sea salt (or Himalayan salt)
2 Tbsp. **FIXATE Taco Seasoning**
(see separate recipe for
FIXATE Taco Seasoning)
1 cup all-natural tomato puree
2 Tbsp. cornstarch (preferably GMO-free)
 + **2 Tbsp. water** (combine to make
 a slurry)
1½ cups cooked shredded chicken breast
4 (6-inch) corn tortillas
 ½ cup shredded cheddar-jack cheese

1. Sprinkle broth with gelatin. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat until fragrant.
3. Add onion and jalapeño (if desired); cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add salt, taco seasoning, tomato puree, and broth. Bring to a boil, stirring frequently. Reduce heat to medium-low; gently boil, stirring occasionally, for 5 minutes.
6. Add cornstarch slurry; cook, stirring frequently, for 1 minute, or until thickened.
7. Combine ⅔ cup sauce with chicken in a medium bowl; mix well. Set aside.
8. Preheat oven to 425° F.
9. Place ⅔ cup sauce in the bottom of 9 x 9-inch casserole pan. Set aside.
10. Heat medium skillet over medium-high heat.
11. Cook tortillas for 10 seconds on each side. Set aside.
12. Place ½ Red container of chicken and sauce mixture (1½ oz.) on each tortilla; roll.
13. Place each rolled tortilla, seam-side down, in prepared pan. Top with *remaining* sauce. Sprinkle each tortilla with ½ blue container cheddar-jack cheese (approx. 2 Tbsp.).
14. Bake for 10 to 12 minutes, or until cheese is melted and sauce is bubbling. Enjoy!

NUTRITIONAL INFORMATION (per serving): **Calories: 439 Total Fat: 17 g Saturated Fat: 5 g Cholesterol: 86 mg Sodium: 765 mg Carbohydrates: 21 g Fiber: 3 g Sugars: 5 g Protein: 43 g**

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CHICKEN MOLE

SERVES: 8 (approx. 3 oz. chicken and ¼ cup sauce each) **Prep Time: 15 min. Cooking Time: 1 hr. 20 min.**

CONTAINER EQUIVALENTS (per serving):  1  1

2 Tbsp. + 1½ tsp.	raw pumpkin seeds
1	dry ancho chile, stem and seeds discarded, chile chopped
2	dry smoked pulla chiles, stem and seeds discarded, chiles chopped
1	dry guajillo chile, stem and seeds discarded, chile chopped
1	dry smoked pasilla chile, stem and seeds discarded, chile chopped
2	canned chipotle chiles in adobo sauce
½ cup	canned whole peeled tomatoes
2 cloves	garlic
¼ cup	chopped onion (approx. ½ medium onion)
½ tsp.	ground smoked paprika
½ tsp.	ground coriander
½ tsp.	ground cumin
¼ tsp.	ground black pepper
1 pinch	ground cinnamon
1 pinch	ground cloves
1 pinch	ground nutmeg
1 pinch	ground allspice
1 Tbsp.	ghee (organic grass-fed, if possible)
½ cup	low-sodium organic chicken broth
¼ cup	dark Mexican beer (such as Negra Modelo®)
2 Tbsp. + 1½ tsp.	bittersweet (or dark) chocolate, 70% cocoa or higher, chopped
¾ tsp.	finely grated lime peel (lime zest) (peel of approx. 1 medium lime)
1 Tbsp.	fresh lime juice
½ tsp.	ground espresso
½ tsp.	unflavored gelatin
1½ tsp.	sea salt (or Himalayan salt)
1½ tsp.	raw honey
1 cup	water
2 lbs.	raw chicken breast, boneless, skinless
¼ cup	finely chopped fresh cilantro (for garnish; optional)

1. Preheat oven to 325° F.
2. Arrange pumpkin seeds on a baking sheet. Bake for 10 to 12 minutes. Set aside.
3. Arrange ancho, pulla, guajillo, and pasilla chiles on a large baking sheet in a single layer. Bake for 5 to 7 minutes, or until brittle and fragrant. Cool until they can be handled.
4. Place baked chiles, chipotle chiles in adobo sauce, tomatoes, garlic, onion, paprika, coriander, cumin, pepper, cinnamon, cloves, nutmeg, and allspice in blender (or food processor); blend until a smooth paste forms. Set aside.
5. Melt ghee in medium saucepan over medium-high heat. Add chile mixture; cook, stirring frequently, for 5 to 7 minutes, or until paste has thickened, is slightly browned, and very fragrant. Remove from heat. Set aside.
6. Place pumpkin seeds, broth, beer, chocolate, lime peel, lime juice, espresso, gelatin, salt, and honey in blender (or food processor); blend until smooth.
7. Add pumpkin seed mixture and water to saucepan with chile mixture. Bring to a boil over medium-high heat. Reduce heat to low; cook, stirring frequently, for 10 minutes, or until chocolate has melted and flavors have melded into a mole sauce.
8. Add half of mole sauce to roasting pan. Place chicken over sauce in a single layer. Top chicken with remaining mole sauce. Cover with aluminum foil. Braise for 45 minutes. **Cook's Note:** Braising is cooking, tightly covered, in a small amount of liquid (or sauce) at a low heat for a long time. It helps develop flavors and tenderizes meat.
9. Garnish with cilantro (if desired) and enjoy!

TIPS:

- Dried chile varieties are available at most well-stocked grocery stores. If you can't find what you're looking for try a Latin grocer, or order online. Experiment with different varieties to see what you like best, just be careful of the heat level.
- If you prefer a milder mole, reduce the chipotles to 1 or leave them out altogether.






BOBBY'S NOTE:

This has always been one of my favorite go-to family meal recipes. It's a blender sauce that I can throw together quickly and inexpensively. But mostly, because it's a dish I make for my kitchen whenever I start work at a new restaurant. If you can serve a childhood dish that a cook has been eating since childhood, and make it better than mom used to, you've just made yourself a friend. With that in mind, I dedicate this dish to my many tough-as-nails Hispanic friends who have taught me so much over the years. ¡Buen provecho!

NUTRITIONAL INFORMATION (per serving): Calories: 232 Total Fat: 8 g Saturated Fat: 3 g Cholesterol: 87 mg Sodium: 616 mg Carbohydrates: 9 g Fiber: 3 g Sugars: 5 g Protein: 28 g

CHICKEN PARMESAN

SERVES: 1 Prep Time: 5 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving):  2  1  ½  1  1½

- 1 piece** **Oven-Fried Chicken** (see separate recipe for **Oven-Fried Chicken**)
- 2 Tbsp.** **Grandma's Tomato Sauce** (see separate recipe for **Grandma's Tomato Sauce**)
- 1 Tbsp.** **shredded mozzarella cheese**
- 1 Tbsp.** **shredded Parmesan cheese**
- 1 cup** **cooked spaghetti squash**

SPECIAL EQUIPMENT:

Aluminum foil

- 1.** Preheat oven to 350° F.
- 2.** Place Oven-Fried Chicken in medium baking dish.
- 3.** Top with Grandma's Tomato Sauce and cheeses.
- 4.** Cover with aluminum foil. Bake for 7 to 10 minutes, or until cheese is bubbly and chicken is heated through.
- 5.** Serve with spaghetti squash.

RECIPE NOTE:

- To make spaghetti squash, place a medium spaghetti squash (about 3 lbs.) on a parchment-lined baking sheet. Poke the squash 2 or 3 times with a fork. Bake at 350° F for 60 to 80 minutes. Cool for 20 to 30 minutes. Cut squash in half lengthwise. Remove seeds. Scrape flesh into stringy noodles.

VARIATIONS (SUBSTITUTE FOR SPAGHETTI SQUASH):

- One cup zucchini noodles (zoodles)
- One cup steamed vegetables

NUTRITIONAL INFORMATION (per serving): Calories: 431 Total Fat: 20 g Saturated Fat: 6 g Cholesterol: 88 mg Sodium: 820 mg Carbohydrates: 25 g Fiber: 6 g Sugars: 11 g Protein: 37 g

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CHICKEN STUFFED BELL PEPPERS

SERVES: 4 (2 pepper halves each) **Prep Time:** 20 min. **Cooking Time:** 54 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1  1

- 4** medium bell peppers, cut in half, seeds removed
- 2 tsp.** olive oil
- ¼ cup + 2 Tbsp.** chopped onion (approx. ½ medium)
- 1 clove** garlic, finely chopped
- 12 oz.** raw chicken breast, boneless, skinless, cut into ¾-inch pieces
- ½ tsp.** chili powder
- ½ tsp.** ground cumin
- 1 dash** sea salt (or Himalayan salt)
- 1 dash** ground black pepper
- ½ cup** all-natural tomato sauce, no salt or sugar added
- 1 cup** cooked quinoa
- ½ cup** canned black beans, drained, rinsed
- ½ cup** frozen corn kernels
- 3 Tbsp.** chopped fresh cilantro, *divided use*
- 1½ tsp.** fresh lime juice
- 1 cup** shredded Monterey jack cheese
- Hot pepper sauce (to taste; optional)

- 1.** Preheat oven to 375° F.
- 2.** Place bell peppers, skin side down, in large baking dish; set aside.
- 3.** Heat oil in large nonstick skillet over medium-high heat.
- 4.** Add onion; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent.
- 5.** Add garlic; cook, stirring frequently, for 1 minute.
- 6.** Add chicken, chili powder, cumin, salt, and pepper; cook, stirring frequently, for 5 minutes, or until chicken is no longer pink.
- 7.** Add tomato sauce, quinoa, beans, and corn. Reduce heat to medium-low; cook, stirring occasionally, for 3 to 4 minutes, or until heated through.
- 8.** Add *2 Tbsp.* cilantro and lime juice; mix well.
- 9.** Divide chicken mixture evenly between each bell pepper half; cover lightly with foil.
- 10.** Bake for 35 to 40 minutes, or until bell peppers are tender; remove foil.
- 11.** Top each bell pepper evenly with cheese. Bake for 3 to 5 minutes, or until cheese is melted.
- 12.** Sprinkle evenly with *remaining 1 Tbsp.* cilantro and hot sauce, if desired.

RECIPE NOTE:

- You can use any color bell pepper for this recipe.

NUTRITIONAL INFORMATION (per serving): Calories: 384 Total Fat: 14 g Saturated Fat: 6 g Cholesterol: 87 mg Sodium: 454 mg Carbohydrates: 32 g Fiber: 7 g Sugars: 8 g Protein: 31 g

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CHICKEN TINGA TACOS

SERVES: 4 (2 tacos each) **Prep Time:** 15 min. **Cooking Time:** 27 min..



CONTAINER EQUIVALENTS:  1  1  1  1

Chicken Tinga is one of my favorite taco fillings. The combination of lean chicken breast and spicy tomato sauce really hits the spot, and it's the perfect way to dress up that boring, meal-prepped chicken you have in the fridge. In just 25 minutes, you can have authentic, taqueria-style tacos for the whole week, and the leftovers get better each day as those rich, bold flavors meld over time.

- 1 cup** low-sodium organic chicken broth
- 1 tsp.** unflavored gelatin (preferably from grass-fed cows)
- 1 Tbsp.** olive oil
- ¾ cup** chopped onion (approx. 1 medium)
- 4 cloves** garlic, finely chopped
- 1 cup** all-natural tomato puree
- 1 Tbsp.** chili powder
- 1 tsp.** dried oregano leaves
- 2** bay leaves
- 2** canned chipotle chili peppers in adobo sauce, finely chopped
- 1 Tbsp.** adobo sauce (sauce from the canned chipotle chili peppers in adobo sauce)
- 1 Tbsp.** fresh lime juice
- 1 tsp.** finely grated lime peel (lime zest)
- 3 cups** shredded cooked chicken breast
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 8** (6-inch) corn tortillas

- 1.** Sprinkle broth with gelatin in a small bowl. Set aside.
- 2.** Heat oil in medium nonstick skillet over medium high heat until fragrant.
- 3.** Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 4.** Add garlic; cook, stirring frequently, for 1 minute.
- 5.** Add broth mixture, tomato puree, chili powder, oregano, bay leaves, chipotle chili peppers, adobo sauce, lime juice, lime peel, chicken, salt, and pepper. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 15 minutes, or until sauce is reduced by half.
- 6.** Remove bay leaves. Divide ¾ cup (1 Red container) chicken mixture between two tortillas for each serving.

VARIATIONS:



- Possible toppings (for 1 serving) include:
 - 2 Tbsp. Cotija cheese (½ )
 - ½ medium avocado, chopped (½ )
 - 1 Tbsp. chopped onion with a sprinkling of chopped cilantro and a squeeze of lime juice (Free)

NUTRITIONAL INFORMATION (per serving): Calories: 351 Total Fat: 8 g Saturated Fat: 1 g Cholesterol: 89 mg Sodium: 689 mg Carbohydrates: 31 g Fiber: 7 g Sugars: 6 g Protein: 41 g

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CIOPPINO

SERVES: 6 Prep Time: 15 min. Cooking Time: 1 hr.

CONTAINER EQUIVALENTS (per serving):  2  1½

Christmas Eve dinner always meant the same thing in the Calabrese family: a huge, Italian fish dinner. The day before, I loved going to the fish market with my grandma to pick everything out: mussels (my favorite!), clams, shrimp, crab legs, escargot, and eel. The beauty of this cioppino is that it works with any of your favorite seafood. You don't need to wait until Christmas to feast on this delicious soup!


2 tsp.	olive oil
¾ cup	chopped onion (approx. 1 medium)
1	fennel bulb, thinly slice bulb, finely chop fronds, and reserve separately, divided use
5 cloves	garlic, finely chopped
½ tsp.	ground black pepper
½ tsp.	ground white pepper
3	bay leaves
1 cup	dry white wine
1 (28-oz.) can	whole peeled tomatoes, pureed (preferably San Marzano)
8 cups	seafood broth
1 lb.	raw clams, in shells
1 lb.	raw blue mussels, in shells
1 lb.	raw shrimp, peeled, deveined
1 lb.	raw tilapia fillets, cut into 1-inch chunks
½ cup	fresh basil, finely chopped

1. Heat oil in large saucepan over medium-high heat.
2. Add onion and sliced fennel *bulb*; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add peppers, bay leaves, and wine. Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 10 to 11 minutes, or until liquid has almost completely evaporated.
5. Add tomatoes. Bring to a boil over medium-high heat. Reduce heat; gently boil, stirring occasionally, for 10 to 12 minutes, or until two-thirds of liquid is remaining.
6. Add broth. Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 25 to 30 minutes.
7. Add clams and mussels; cook, covered, for 5 to 10 minutes, or until clams and mussels begin to open.
8. Add shrimp and tilapia; cook, covered, for 2 to 3 minutes, or until all clams and mussels are open, shrimp is opaque, and tilapia flakes easily when tested with a fork. Discard any unopened clams or mussels. Discard bay leaves. Remove from heat.
9. Evenly divide between six serving bowls (approx. 1 cup broth, 2 oz. tilapia, 2 shrimp, and 4 to 6 pieces of shellfish); evenly top with basil and chopped fennel *fronds*.

RECIPE NOTE:

- You can substitute 6 cups low-sodium vegetable broth plus 2 cups clam juice for 8 cups seafood broth.

NUTRITIONAL INFORMATION (per serving): Calories: 303 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 134 mg Sodium: 1,428 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 6 g Protein: 39 g

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CRÊPES YOUR WAY

SERVES: 4 (1 crêpe each) **Prep Time:** 10 min. **Cooking Time:** 8 min.

CONTAINER EQUIVALENTS (per serving) (for Crêpes only): ½ ½

These crêpes are low in carbs and high in protein and fiber. The high protein content gives these crêpes a little more strength than the traditional flour-based variety, so they're easy to flip without tearing. They work great with both sweet and savory fillings, and they keep for up to a week in the refrigerator, which means I can make a triple batch when I'm meal prepping and have wraps for any meal of the day the entire week!

4 large eggs
¼ cup unsweetened almond milk
2 tsp. coconut sugar
1 pinch sea salt (or Himalayan salt)
3 Tbsp. + 1 tsp. coconut flour

Special Equipment:

Nonstick cooking spray

1. Combine eggs, almond milk, sugar, and salt in a medium bowl; whisk until well blended.
2. Add coconut flour; whisk until well blended and free of lumps. Set aside.
3. Lightly coat a 10-inch nonstick skillet with spray. Wipe skillet with a paper towel, leaving only a thin layer of spray.
4. Preheat skillet over low heat until it just begins to get hot.
5. Add ¼ cup batter to pan, swirling immediately to coat entire bottom and ¼-inch up the sides with a thin, even layer of batter; cook for approx. 90 seconds, or until crêpe has completely set. Gently peel from the edge and flip.
6. Cook for 30 seconds. Place crêpe on a plate; cover with a paper towel.
7. Continue with remaining batter, stacking crêpes with paper towels in between each on the plate.

RECIPE NOTES:

- If storing crêpes in refrigerator, cool to room temperature before placing in a resealable plastic bag. Crêpes can be stored for up to one week (or frozen for up to one month).
- Refrigerated crêpes can be rewarmed in a skillet, or for a few seconds in the microwave before serving.
- These crêpes work with both sweet and savory fillings. Make sure you are measuring and accounting for this with your containers.

NUTRITIONAL INFORMATION (per serving): **Calories:** 108 **Total Fat:** 6 g **Saturated Fat:** 2 g **Cholesterol:** 183 mg **Sodium:** 158 mg **Carbohydrates:** 6 g **Fiber:** 2 g **Sugars:** 3 g **Protein:** 7 g



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EASY PUMPKIN RAVIOLI

SERVES: 6 (2 large ravioli each) **Prep Time:** 20 min. **Cooking Time:** 47 min.

CONTAINER EQUIVALENTS (per serving):  1½  1

⅓ cup	chopped Parmesan cheese rind
2 cups	low-sodium organic vegetable broth
1 Tbsp.	unsalted organic grass-fed butter
6	fresh sage leaves
½ cup	100% pure pumpkin puree
½ cup	part-skim ricotta cheese
8 Tbsp.	grated Parmesan cheese, <i>divided use</i>
1 tsp.	raw honey
½ tsp.	sea salt (or Himalayan salt), <i>divided use</i>
¼ tsp.	ground black pepper
1	large egg white
2 Tbsp.	water
	Whole wheat flour
24	wonton wrappers
	Hot water

Special Equipment:

Cheesecloth
Kitchen string

1. Wrap cheese rinds in cheesecloth (or a coffee filter). Tie ends tightly with kitchen string.
2. Heat broth to boiling in medium saucepan over high heat. Reduce heat to low. Add cheese rinds; steep in broth for at least 30 minutes. Carefully squeeze cheesecloth before removing and discarding cheese rinds.
3. Heat butter and sage over medium-low heat in small skillet (or saucepan) for 4 to 5 minutes, or until butter begins to brown and sage leaves stop sizzling. Remove from heat. Place sage leaves on a paper towel; reserve brown butter. Set aside.
4. Place pumpkin, ricotta, 2 Tbsp. grated Parmesan cheese, honey, ¼ tsp. salt, and pepper in food processor; pulse until smooth. Transfer pumpkin mixture to a resealable plastic bag. Set aside.
5. Combine egg and water in a small bowl; whisk to blend. Set aside.
6. Lightly dust a cutting board with flour and lay out 12 wonton wrappers.
7. Snip off one corner of plastic bag (filled with pumpkin mixture) with a pair of scissors. Pipe approx. 1 Tbsp. pumpkin mixture into center of each wrapper.
8. With a pastry brush (or the tip of your finger), apply a thin layer of egg mixture to the outer edge of each wrapper.
9. Top each with a second wrapper, press down with fingertips around the edges to seal, squeezing out as much air as possible.
10. Heat water to boiling in large saucepan. Season with *remaining* ¼ tsp. salt.
11. Add ravioli; cook for 2 minutes. Carefully remove ravioli with slotted spoon.
12. To serve, place two ravioli in a shallow bowl. Top with 3 Tbsp. broth. Garnish each bowl with 1 fried sage leaf, 1 Tbsp. grated Parmesan cheese, and ¼ tsp. brown butter.

RECIPE NOTES:

- Wonton wrappers are used in Chinese cooking and can be found in many grocery stores. Look for wrappers that are approx. 3½ inches square. The larger wrappers are called egg roll wrappers and you can use them in a pinch. Just make sure you cut them to wonton wrapper size.
- You can substitute canned sweet potato for pumpkin in these raviolis.
- If you carefully wrap uncooked ravioli in parchment paper and plastic wrap, you can store them in the freezer for up to 2 months. Cook from frozen as in the directions above, but add an extra minute to the cook time.

NUTRITIONAL INFORMATION (per serving): Calories: 195 Total Fat: 7 g Saturated Fat: 4 g Cholesterol: 22 mg Sodium: 679 mg Carbohydrates: 24 g Fiber: 2 g Sugars: 2 g Protein: 10 g

EGGPLANT CANNELONI

SERVES: 6 (2 rolls each) Prep Time: 20 min. Cooking Time: 43 min..

CONTAINER EQUIVALENTS:  3½  ½  1

- 1** medium eggplant, sliced lengthwise into twelve ¼-inch slices (approx. 1¼ lbs.)
- 1 tsp.** olive oil
- ¾ cup** chopped onion (approx. 1 medium)
- ¾ cup** chopped red bell pepper (approx. 1 medium)
- 3 cloves** garlic, finely chopped
- 8 oz.** raw 93% lean ground turkey breast
- 2 cups** chopped raw spinach
- 1 cup** part-skim ricotta cheese
- 2 Tbsp.** finely chopped fresh basil
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 3 cups** **FIXATE Marinara** (see separate recipe for *FIXATE Marinara*), *divided use*

SPECIAL EQUIPMENT:

- Parchment paper
- Coconut oil cooking spray
- Aluminum foil

- 1.** Preheat oven to broil, and line two baking sheets with parchment paper.
- 2.** Arrange eggplant slices on prepared baking sheets, lightly coat both sides with spray.
- 3.** Broil eggplant, for 3 minutes on each side, or until eggplant begins to soften and brown. Set aside.
- 4.** Reduce oven temperature to 350° F.
- 5.** Heat oil in large nonstick skillet over medium-high heat until fragrant.
- 6.** Add onion and bell pepper; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent. Add garlic; cook, stirring frequently, for 1 minute. Add turkey; cook, stirring frequently, breaking turkey into small crumbles, for 5 to 6 minutes, or until turkey is no longer pink.
- 7.** Place turkey mixture in a large mixing bowl, Add spinach, cheese, basil, salt, and pepper; mix well. Set aside.
- 8.** Spread 1½ cups marinara sauce on bottom of 13 x 9-inch casserole pan.
- 9.** Place ¼ cup turkey filling on wide end of 1 eggplant slice; roll away from yourself. Place roll, seam-side down, into baking dish. Repeat with remaining slices.
- 10.** Top eggplant rolls with *remaining* 1½ cups marinara sauce. Cover with foil. Bake for 20 minutes, or until hot.
- 11.** Heat oven to broil. Remove foil; broil an additional 3 to 5 minutes, or until lightly browned on top.

RECIPE NOTES:

- Eggplant slices will slightly resemble lasagna noodles before adding other ingredients.
- Refrigerate leftovers in an airtight container for up to 4 to 5 days, or freeze individual portions for up to 3 months.
- For a more traditional Italian flavor, use olive oil spray in place of coconut oil cooking spray.

NUTRITIONAL INFORMATION (per serving): Calories: 216 Total Fat: 8 g Saturated Fat: 2 g Cholesterol: 38 mg Sodium: 435 mg Carbohydrates: 21 g Fiber: 6 g Sugars: 12 g Protein: 14 g

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FIXATE VEGAN KALE NACHOS

SERVES: 4 Prep Time: 20 min. Cooking Time: 31 min.

CONTAINER EQUIVALENTS (per serving): 1½ ½ 3

FOR KALE CHIPS:

- 4 cups** raw kale, stems and ribs removed and discarded, leaves cut into 1-inch pieces
- 1 Tbsp.** olive oil
- 1 dash** sea salt (or Himalayan salt)

FOR TACO "MEAT":

- 1½ cups** cauliflower florets
- 1 Tbsp.** **FIXATE Taco Seasoning**
(see separate recipe for FIXATE Taco Seasoning)
- 1 Tbsp.** olive oil
- ¼ tsp.** sea salt (or Himalayan salt)

FOR TOPPINGS:

- 2 medium Roma tomatoes,** seeds removed, chopped
- ½ cup** chopped onion
- 1 cup** canned black beans, drained, rinsed
- ¼ cup** **FIXATE Vegan Nacho "Cheese" Dip**
(see separate recipe for FIXATE Vegan Nacho "Cheese" Dip)
- 1 Tbsp.** fresh lime juice
(juice of ½ medium lime)
- ¼ cup** chopped fresh cilantro

Special Equipment:

- Parchment paper
- Nonstick cooking spray

FOR KALE CHIPS:

1. Preheat oven to 400° F.
2. Cut a sheet of parchment paper into four equal squares. Lay parchment paper squares on a large baking sheet; lightly coat with spray. Set aside.
3. Combine kale, oil, and salt in a large bowl; toss gently to blend.
4. Evenly arrange kale, in a single layer, on each parchment paper square.
5. Bake for 15 to 18 minutes, turning halfway through, or until dry and crispy. Set aside.

FOR TACO "MEAT":

1. Place cauliflower in food processor (or blender); pulse until it resembles rice, seven to ten 1-second pulses.
2. Combine cauliflower and taco seasoning in a large mixing bowl; mix well.
3. Heat oil in large skillet over medium-high heat; swirling to coat pan.
4. Add cauliflower mixture and salt; cook, stirring frequently, for 6 to 8 minutes, or until lightly browned and cooked through. Remove to a paper-lined plate. Set aside. **Cook's Note:** Be sure not to overcrowd pan as this will impede browning; if your pan is not large enough, work in batches.
5. Top kale chips evenly with cauliflower mixture, tomato, onion, black beans, and cheese dip.
6. Bake for 3 to 5 minutes, or until everything is warm and melty.
7. Carefully transfer each parchment sheet to a serving plate. Drizzle evenly with lime juice and garnish with cilantro; enjoy!

TIP:

Kale chips can be more fragile than tortilla chips, so you might want to enjoy these nachos with a fork.

NUTRITIONAL INFORMATION (per serving): Calories: 220 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 635 mg Carbohydrates: 24 g Fiber: 8 g Sugars: 4 g Protein: 9 g




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Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

FIX-ED GRILLED CHEESE

SERVES: 2 (2 sticks each) **Prep Time:** 5 min. **Cooking Time:** 8 min.

CONTAINER EQUIVALENTS (per serving):  1  1  ½

CLASSIC GRILLED CHEESE:

2 slices low-sodium sprouted whole-grain bread (like Ezekiel 4:9®)

1 tsp. ghee (organic grass-fed, if possible)

1 dash sea salt (or Himalayan salt)

2 slices Muenster cheese (approx. 2 oz.)

1. Spread each slice of bread with ½ tsp. ghee. Season with salt.
2. Top dry slice of bread with cheese and second slice of bread. Make sure buttered sides of bread are on the outside of the sandwich.
3. Grill sandwich in small skillet, over medium-low heat, for 4 minutes on each side, or until bread is golden brown and cheese is melted. Press down on sandwich to seal. Remove from heat.
4. Cut off crusts; cut sandwich into four sticks.

SERVING SUGGESTION:

Serve with our **Creamy Tomato Soup** (see separate recipe for **Creamy Tomato Soup**) for a hearty and complete kid-friendly meal!

VARIATIONS:

- To transform your classic grilled cheese into **FIX-ed Pepperoni Pizza Grilled Cheese**, substitute 2 slices low-moisture part-skim mozzarella cheese for Muenster cheese. Add 1 Tbsp. **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**) and 2 Tbsp. **Chicken Pepperoni Crumbles** (see separate recipe for **Chicken Pepperoni Crumbles**).

CONTAINER EQUIVALENTS (per serving):  1  1  ½

- To transform your classic grilled cheese into **FIX-ed Chicken and Broccoli Grilled Cheese**, substitute 2 slices Monterey jack cheese for Muenster cheese. Add 2 Tbsp. thinly sliced broccoli florets and 2 Tbsp. thinly sliced grilled chicken breast.

CONTAINER EQUIVALENTS (per serving):  1  1  ½

NUTRITIONAL INFORMATION (per serving) FIX-ed Classic Grilled Cheese only: Calories: 200 Total Fat: 11 g Saturated Fat: 6 g Cholesterol: 36 mg Sodium: 333 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 0 g Protein: 10 g

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GLUTEN-FREE PEPPERONI PIZZA

GF

SERVES: 4 (1 slice each) **Prep Time:** 10 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving):  1  ½

4 slices **Gluten-Free Fresh Bread**
(see separate recipe for
Gluten-Free Fresh Bread)

¼ cup **FIXATE Marinara**
(see separate recipe for
FIXATE Marinara)

½ cup **Chicken Pepperoni Crumbles**
(see separate recipe for
Chicken Pepperoni Crumbles)


½ cup **shredded part-skim mozzarella
cheese**

1. Preheat oven to 375° F.
2. Line large baking sheet with parchment paper. Evenly space bread on baking sheet.
3. Top each slice of bread with 1 Tbsp. marinara sauce. Sprinkle each slice with 2 Tbsp. pepperoni crumbles and 2 Tbsp. cheese.
4. Bake for 10 minutes, or until cheese is melted and bread is toasted.

Special Equipment:

Parchment paper

NUTRITIONAL INFORMATION (per serving): **Calories:** 173 **Total Fat:** 7 g **Saturated Fat:** 2 g **Cholesterol:** 34 mg **Sodium:** 352 mg **Carbohydrates:** 19 g **Fiber:** 2 g **Sugars:** 4 g **Protein:** 9 g

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GRILLED BEET STEAK

SERVES: 4 (1 steak each) **Prep Time:** 15 min. **Cooking Time:** 1 hr. 10 min.

CONTAINER EQUIVALENTS (per serving): 1 1

- 2** large red beets (approx. 5 inches in diameter), peeled, stems removed
- 1 tsp.** sea salt (or Himalayan salt), *divided use*
- 1 tsp.** ground black pepper, *divided use*
- 2 sprigs** fresh herbs (like thyme and/or rosemary)
- Water**
- 1 tsp.** ghee (organic grass-fed, if possible)
- 4 tsp.** **Easy Blender Hollandaise** (see separate recipe for **Easy Blender Hollandaise**) (optional)

- 1.** Preheat oven to 375° F.
- 2.** Place beets in an oven-safe saucepot. Add $\frac{3}{4}$ tsp. salt, $\frac{3}{4}$ tsp. pepper, and herbs. Fill saucepot with enough water to cover bottom quarter of beets. Bake, covered, for 55 to 65 minutes, or until beets are tender all the way through.
- 3.** Cool for approx. 30 minutes, or until beets can be handled.
- 4.** Cut ends off of each beet, leaving a 2-inch section from the center; cut in half lengthwise to create two 1-inch thick “steaks.”
- 5.** Preheat a cast-iron grill pan (or outdoor grill) on high heat until smoking hot.
- 6.** Brush each beet steak with ghee on both sides; grill for 4 minutes on each side.
- 7.** Season each beet steak with *remaining* $\frac{1}{4}$ tsp. salt and pepper to taste.
- 8.** Serve each beet steak with 1 tsp. Easy Blender Hollandaise (if desired).

RECIPE NOTE:

Beet sizes can really vary. If you use small beets, you will get one 1-inch steak per beet.

NUTRITIONAL INFORMATION (per serving): **Calories:** 66 **Total Fat:** 5 g **Saturated Fat:** 3 g **Cholesterol:** 22 mg **Sodium:** 626 mg **Carbohydrates:** 6 g **Fiber:** 2 g **Sugars:** 3 g **Protein:** 1 g

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HEALTHY BELLY BOWL

SERVES: 1 Prep Time: 15 min. Cooking Time: 6 min.

CONTAINER EQUIVALENTS (per serving): 1 1½ 1 1 1

Autumn has a few staple take-out dishes she finds herself going back to often because of their nutritional makeup as well as their taste. One of them is a quinoa bowl loaded with ingredients that aid digestion, such as turmeric, kale, dandelion greens, and sauerkraut. If you're someone who struggles with digestion, it really is a godsend, and now you can make it at home.

FOR DRESSING:

1 tsp.	tahini paste
1½ tsp.	water
½ tsp.	fresh lemon juice
¼ clove	garlic, finely chopped
1 dash	coconut sugar
1 pinch	sea salt (or Himalayan salt)
1 pinch	ground turmeric
½ tsp.	chopped parsley

1. Combine tahini, water, lemon juice, garlic, sugar, salt, turmeric, and parsley in a medium bowl; whisk to blend. Set aside.
2. Heat oil in medium nonstick skillet over medium heat until fragrant.
3. Add garlic, kale, sweet potato, and quinoa; cook, stirring frequently, for 4 to 5 minutes, or until kale is wilted and sweet potatoes are warmed through. Remove from heat.
4. Add dandelion greens, sauerkraut, and kombu; mix well.
5. Place kale mixture in a serving bowl. Drizzle with dressing; toss gently to blend.
6. Top with pumpkin seeds and avocado; enjoy!

FOR BOWL:

1 tsp.	olive oil
1 clove	garlic, finely chopped
½ cup	chopped kale
½ cup	cooked sweet potato, cut into ½-inch cubes
¼ cup	cooked quinoa
½ cup	chopped dandelion greens
¼ cup	sauerkraut, drained
¼ tsp.	kombu powder (or sea salt (or Himalayan salt))
1 Tbsp.	raw pumpkin seeds (preferably toasted)
¼	medium avocado, sliced

RECIPE NOTES:

- Meal prepped sweet potato, or frozen sweet potato can be used.
- Kombu is an edible kelp that is great for digestion, loaded with minerals, and packed with the flavor known as umami, which makes dishes taste hearty and satisfying. It can be found in the Asian section of many grocery stores, at many health food stores, as well as ordered online.
- To make kombu powder, roast kombu at 425° F for 10 minutes, or until toasty and crisp. Break into small pieces. Process in coffee grinder into a fine powder.
- Instead of making the powder, you can add a 4-inch piece of kombu to the cooking water of your quinoa, and discard it after the quinoa is done.

VARIATION:

You can substitute baby spinach for dandelion greens.

NUTRITIONAL INFORMATION (per serving): Calories: 388 Total Fat: 21 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 1,047 mg Carbohydrates: 45 g Fiber: 11 g Sugars: 2 g Protein: 11 g

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Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

HERB-CRUSTED BEEF TENDERLOIN (WITH HORSERADISH CREAM SAUCE)

GF

SERVES: 8 (4 oz. each) Prep Time: 10 min. + 8 hours refrigeration (approx. overnight) Cooking Time: 30 min.

CONTAINER EQUIVALENTS (per serving):  1  ½

1 Tbsp. + 1 pinch sea salt (or Himalayan salt),
divided use

1 Tbsp. ground black pepper

2 cloves garlic

2 Tbsp. fresh rosemary sprigs,
leaves removed and stem
discarded, tightly packed

2 tsp. fresh thyme sprigs, leaves
removed and stem
discarded, tightly packed

2 Tbsp. fresh parsley, tightly packed

2 lbs. raw, lean, center-cut beef
tenderloin

1 Tbsp. ghee (organic grass-fed,
if possible)

¼ cup crème fraiche

2 tsp. prepared horseradish

1. Place *1 Tbsp.* salt, pepper, garlic, rosemary, thyme, and parsley in food processor (or blender). Pulse until finely chopped.
2. Coat outside of tenderloin evenly with garlic mixture. Place in a casserole dish and refrigerate, uncovered, minimum 8 hours (approximately overnight).
3. After minimum 8 hours (or the next day), remove tenderloin from refrigerator 2 hours before cooking to allow tenderloin to come up to room temperature.
4. Preheat oven to 400° F.
5. Heat large, ovenproof skillet over high heat. Your skillet must be smoking hot in order to get a true and deep sear on your tenderloin.
6. Carefully pat tenderloin dry with paper towels. Rub outside with ghee; cook in preheated skillet, 1 to 2 minutes on each side, or until brown on all sides.
7. Place skillet in preheated oven. Bake, uncovered, for 20 to 25 minutes, or until a thermometer inserted at its thickest point reads 125° F for medium rare. Remove tenderloin from oven. Transfer to carving board. Allow to rest for 10 minutes.
8. While tenderloin is baking, make Horseradish Cream Sauce. Combine crème fraiche, horseradish, and *remaining pinch* of salt in a small bowl; mix well. Refrigerate, covered, until ready to use.
9. Slice tenderloin into 8 portions. Serve each with 1½ tsp. Horseradish Cream Sauce.

RECIPE NOTE:

Roasted meats should always be rested before slicing for two reasons. First, it allows the hot outer portions to transfer their heat to the center, which completes the cooking process. Our 125° F tenderloin will rest up to about 140° F, for a perfect medium rare. Second, by allowing the temperature to stabilize before slicing, we keep the juices in the meat rather than on the cutting board.

COOKING TIPS:

- For rare meat, subtract 3 to 5 minutes from the total baking time.
- For medium, add 3 to 5 minutes to the total baking time.
- Make sure your prepared horseradish is pure horseradish, and not in a cream-based or mayonnaise sauce.
- If you do not have fresh herbs, you can use 2 tsp. of dried herbs, each.

NUTRITIONAL INFORMATION (per serving): Calories: 202 Total Fat: 10 g Saturated Fat: 5 g Cholesterol: 85 mg Sodium: 927 mg Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 25 g

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ITALIAN MEATBALLS

SERVES: 5 (5 meatballs each) **Prep Time:** 30 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (Italian Meatballs Only):  1  ½  1

When I was a kid, everything was made from scratch. The sauce took about 4–5 hours to cook properly and the meatballs were hand-rolled by Gram. We always said no one else’s tasted quite like hers—we joked that it must have been the olive oil naturally in my grandma’s body that came out in her hands!

½ cup	whole wheat panko bread crumbs
½ cup	unsweetened almond milk
2 tsp.	olive oil
¾ cup	finely chopped onion (approx. 1 medium)
3 cloves	garlic, finely chopped
1 lb.	raw ground 93% lean turkey breast
2	large eggs, lightly beaten
¼ cup	finely chopped fresh parsley
2 Tbsp.	grated Parmesan cheese
1 tsp.	dried oregano leaves
½ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper

1. Preheat oven to 425° F.
2. Line large baking sheet with parchment paper, lightly coat with spray. Set aside.
3. Place bread crumbs and almond milk in a small bowl. Set aside; soak for 10 minutes.
4. Heat oil in medium skillet over medium-high heat.
5. Add onion; cook, stirring frequently, for 5 to 6 minutes, or until onion is translucent.
6. Add garlic; cook, stirring frequently, for 1 minute.
7. Combine onion mixture, turkey, eggs, parsley, cheese, oregano, salt, pepper, and bread crumb mixture in a large bowl; mix well with clean hands or wooden spoon.
8. With clean wet hands, form turkey mixture into twenty-five, approximately 1-inch meatballs; arrange onto prepared baking sheet.
9. Bake for 13 to 18 minutes, or until browned and cooked through.













SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray


VARIATION:

- Gluten-free panko can be substituted for whole wheat panko to make this recipe gluten-free.

SERVING SUGGESTIONS:

- Serve Italian Meatballs with 2 Tbsp. Grandma’s Tomato Sauce (see separate recipe for **Grandma’s Tomato Sauce**).
CONTAINER EQUIVALENTS (per serving):  1  1  ½  1½
- Serve Italian Meatballs over 1 cup zucchini noodles (zoodles) or 1 cup cooked spaghetti squash with 2 Tbsp. Grandma’s Tomato Sauce (see separate recipe for **Grandma’s Tomato Sauce**).
CONTAINER EQUIVALENTS (per serving):  2  1  ½  1½
- Serve Italian Meatballs over ½ cup cooked whole wheat (or quinoa) pasta with 2 Tbsp. Grandma’s Tomato Sauce (see separate recipe for **Grandma’s Tomato Sauce**).
CONTAINER EQUIVALENTS (per serving):  1  1  1½  1½

NUTRITIONAL INFORMATION (per serving) Italian Meatballs Only: Calories: 237 Total Fat: 13 g Saturated Fat: 3 g Cholesterol: 144 mg Sodium: 387 mg Carbohydrates: 9 g Fiber: 2 g Sugars: 1 g Protein: 22 g

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KID-FRIENDLY KALE NACHOS

SERVES: 4 Prep Time: 20 min. Cooking Time: 31 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  1  ½  1½

FOR KALE CHIPS:

- 4 cups** raw kale, stems and ribs removed and discarded, leaves cut into 1-inch pieces
- 1 Tbsp.** olive oil
- 1 dash** sea salt (or Himalayan salt)

FOR TACO MEAT:

- 12 oz.** raw extra-lean ground beef
- 1 Tbsp.** **FIXATE Taco Seasoning** (see separate recipe for *FIXATE Taco Seasoning*)
- 1 Tbsp.** olive oil
- ¼ tsp.** sea salt (or Himalayan salt)

FOR TOPPINGS:

- 2** medium Roma tomatoes, seeds removed, chopped
- ½ cup** chopped onion
- 1 cup** canned black beans, drained, rinsed
- ½ cup** shredded cheddar cheese
- 1 Tbsp.** fresh lime juice (juice of ½ medium lime)
- ¼ cup** chopped fresh cilantro

SPECIAL EQUIPMENT:

- Parchment paper
- Nonstick cooking spray

FOR KALE CHIPS:

1. Preheat oven to 400° F.
2. Cut a sheet of parchment paper into four equal squares. Lay parchment paper squares on a large baking sheet; lightly coat with spray. Set aside.
3. Combine kale, oil, and salt in a large bowl; toss gently to blend.
4. Evenly arrange kale, in a single layer, on each parchment paper square.
5. Bake for 15 to 18 minutes, turning halfway through, or until dry and crispy. Set aside.

FOR TACO MEAT:

1. Combine ground beef and taco seasoning in a large mixing bowl; mix with clean hands until just blended. **Cook's Note:** Try not to overmix as that will make the meat tough; knead just enough to combine ingredients into a uniform, homogenous mixture.
2. Heat oil in large skillet over medium-high heat; swirling to coat pan.
3. Add ground beef mixture and salt; cook, stirring frequently, for 6 to 8 minutes, or until lightly browned and cooked through. Drain and discard any excess fat.
4. Top kale chips evenly with ground beef mixture, tomato, onion, black beans, and cheese.
5. Bake for 3 to 5 minutes, or until everything is warm and melty.
6. Carefully transfer each parchment sheet to a serving plate. Drizzle evenly with lime juice and garnish with cilantro; enjoy!

TIP:

Kale chips can be more fragile than tortilla chips, so you might want to enjoy these nachos with a fork.

VARIATION:



Substitute ground chicken breast or 93% lean ground turkey for ground beef.

NUTRITIONAL INFORMATION (per serving): Calories: 335 Total Fat: 16 g Saturated Fat: 6 g Cholesterol: 68 mg Sodium: 631 mg Carbohydrates: 20 g Fiber: 6 g Sugars: 2 g Protein: 28 g

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LEMON GARLIC CHICKEN WITH ASPARAGUS

SERVES: 4 (1 chicken breast and 10 asparagus spears each) **Prep Time:** 10 min. **Cooking Time:** 1 hr. 6 min.

CONTAINER EQUIVALENTS:  1  1  1

6 cloves garlic, finely chopped
¼ cup dry white wine (like pinot grigio)
¼ cup low-sodium organic chicken broth
1 Tbsp. fresh lemon juice
1 tsp. finely grated lemon peel (lemon zest)
1 tsp. finely chopped fresh thyme (or ½ tsp. dried thyme leaves)
4 (4-oz. each) raw chicken breasts, boneless, skinless
 Sea salt (or Himalayan salt) and ground black pepper (to taste; optional), *divided use*
4 slices medium lemon
2 lbs. asparagus, stems trimmed (approx. 40 medium stalks)
4 tsp. unsalted organic grass-fed butter, cold

SPECIAL EQUIPMENT:

Olive oil cooking spray

Aluminum foil

1. Preheat oven to 400° F.
2. Combine garlic, wine, broth, lemon juice, lemon peel, and thyme in an 8 x 8-inch pan; mix well. Set aside.
3. Season both sides of chicken with a *pinch of salt* and a *pinch of pepper*, if desired.
4. Place chicken on top of garlic mixture. Top each chicken breast with 1 slice lemon.
5. Bake for 20 to 25 minutes, or until chicken is no longer pink in the middle.
6. 10 minutes before chicken is done baking, lightly coat asparagus with spray. Season with a *pinch of salt* and a *pinch of pepper*, if desired.
7. Heat large skillet over medium-high heat. Add asparagus; cook, turning occasionally, for 5 to 7 minutes, or until tender-crisp and lightly charred.
8. Remove chicken from oven, discard lemon slices. Place chicken and asparagus on a serving platter. Cover with foil; set aside while you finish the sauce.
9. Pour pan juices into small skillet. Bring to a boil over medium-high heat; cook, stirring occasionally, for 4 to 6 minutes, or until juices reduce by half.
10. Reduce heat to low. Bring juices to just below a gentle boil. Add butter, 1 tsp. at a time; cook, whisking constantly, for 2 to 3 minutes, or until all butter is melted and emulsified into a creamy sauce. Remove from heat.
11. Pour sauce over chicken and asparagus.
12. Place 1 chicken breast and 10 stalks asparagus onto each of four plates, and enjoy!

RECIPE NOTES:





- To trim ends of asparagus, hold one stalk of asparagus by each end and flex until it snaps. Cut remaining stalks to length of broken stalk.
- If your emulsion breaks while making your sauce, simply whisk in a splash of water to re-emulsify.
- If sauce looks thin and watery after all butter is melted, turn heat to medium and reduce until creamy.
- Refrigerate leftovers in an airtight container for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 229 Total Fat: 7 g Saturated Fat: 3 g Cholesterol: 93 mg Sodium: 145 mg Carbohydrates: 9 g Fiber: 4 g Sugars: 3 g Protein: 30 g

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LOW-CARB JAPANESE NOODLE BOWL

SERVES: 1 Prep Time: 15 min. Cooking Time: 12 min.

CONTAINER EQUIVALENTS (per serving):  1  1  ½  2

1 Tbsp. + 1 tsp. reduced-sodium tamari soy sauce, *divided use*
¼ cup water
½ tsp. coconut sugar
¼ tsp. garlic powder
¼ tsp. onion powder
¼ tsp. ground ginger
1½ tsp. rice vinegar
¾ tsp. sesame oil, *divided use*
1 (7-oz.) bag shirataki noodles, drained, rinsed under hot water
2 large eggs, lightly beaten
1 cup thinly sliced mixed vegetables
1 tsp. sesame seeds

1. Combine *1 Tbsp.* soy sauce, water, sugar, garlic powder, onion powder, ginger, vinegar, and *½ tsp.* oil in a medium bowl; whisk to blend. Set aside.
2. Heat drained noodles in large skillet (or sauté pan) over medium-high heat; cook, stirring frequently, for 4 to 5 minutes, or until dry.
3. Add eggs; cook, stirring frequently, for 2 to 3 minutes, or until cooked through.
4. Add vegetables and soy sauce mixture; cook, stirring frequently, for 3 to 4 minutes, or until skillet is almost dry.
5. Top with sesame seeds, *remaining 1 tsp.* soy sauce, and *remaining ¼ tsp.* oil; enjoy!

VARIATION:

Substitute 1 red container tofu or shredded cooked chicken breast for eggs.

COOKING TIP:






Shirataki noodles are a terrific refrigerator staple with a shelf life of close to a year. They have little flavor themselves but excel at absorbing added flavors, which is why they work well in stir-fries (as shown here), soups, or as a pasta substitute. Made almost entirely of the healthy soluble fiber known as glucomannan, they have zero calories and are great for digestion.

NUTRITIONAL INFORMATION (per serving): Calories: 292 Total Fat: 15 g Saturated Fat: 4 g Cholesterol: 366 mg Sodium: 1,108 mg Carbohydrates: 22 g Fiber: 8 g Sugars: 9 g Protein: 17 g

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MACARONI AND CHEESE WITH BROCCOLI AND CHICKEN

SERVES: 8 (approx. 1¼ cups each) Prep Time: 20 min. Cooking Time: 17 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  ½  ½  1

1 Tbsp. + 1 tsp. organic grass-fed butter
2 cloves garlic, finely chopped
2 Tbsp. whole wheat flour
½ tsp. ground paprika
1½ cups unsweetened almond milk
1¼ cups freshly grated extra-sharp cheddar cheese
4 cups cooked whole wheat elbow macaroni
3 cups chopped cooked chicken breast, boneless, skinless
4 cups chopped steamed broccoli florets
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper

1. Melt butter in large saucepan over medium heat.
2. Add garlic; cook, stirring frequently, for 1 minute.
3. Add flour and paprika; cook, whisking constantly, for 1 minute, or until brown. (Don't let it burn.)
4. Slowly whisk in almond milk; cook, whisking constantly, for 1 to 2 minutes, or until mixture thickens and there are no lumps.
5. Reduce heat to low. Add cheese; cook, whisking constantly, for 2 to 3 minutes, or until melted.
6. Add macaroni, chicken, broccoli, salt, and pepper; cook, stirring constantly, for 1 minute, or until heated through.
7. Serve immediately.


VARIATIONS:

- Use quinoa pasta and gluten-free flour if you're following a gluten-free lifestyle.
- Asparagus, green beans, or brussels sprouts can be substituted for broccoli.
- A combination of cheeses, like cheddar and Gouda, cheddar and Monterey jack, or cheddar and Asiago can be substituted for sharp cheddar.

NUTRITIONAL INFORMATION (per serving): Calories: 303 Total Fat: 10 g Saturated Fat: 5 g Cholesterol: 68 mg Sodium: 366 mg Carbohydrates: 27 g Fiber: 5 g Sugars: 2 g Protein: 28 g

MUST-HAVE MEATLOAF

SERVES: 6 Prep Time: 20 min. Cooking Time: 50 min.

CONTAINER EQUIVALENTS (per serving) Must-Have Meatloaf only:  1

CONTAINER EQUIVALENTS (per serving) Must-Have Meatloaf with 2 Tbsp. FIXATE Ketchup:  1  ½

½ cup	low-sodium organic beef broth
¼ tsp.	unflavored gelatin (preferably from grass-fed cows)
½ cup	coarsely chopped onion (approx. ½ medium onion)
3 cloves	garlic
½ cup	coarsely chopped carrot (approx. ¾ medium carrot)
½ cup	coarsely chopped red bell pepper (approx. ½ medium red bell pepper)
½ cup	coarsely chopped celery (approx. 1 medium stalk celery)
1 Tbsp.	olive oil
1 Tbsp.	all-natural tomato paste
½ tsp.	fresh thyme (or dry thyme)
½ tsp.	chili powder
2 Tbsp.	Worcestershire sauce
¾ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper
1 lb.	96% lean raw ground beef
1	large egg, lightly beaten
¼ cup	gluten-free panko bread crumbs (or whole-wheat panko bread crumbs)
¾ cup	FIXATE Ketchup (see separate recipe for <i>FIXATE Ketchup</i>)

Special Equipment:

Parchment paper

Nonstick cooking spray

1. Preheat oven to 325° F.
2. Line baking sheet with parchment paper. Lightly coat with spray. Set aside.
3. Sprinkle broth with gelatin to let bloom before use. Set aside.
4. Place onion, garlic, carrot, bell pepper, and celery in food processor (or blender); pulse until finely chopped. Set aside.
5. Heat oil in large saucepan over medium-high heat for 1 minute, or until fragrant.
6. Add onion mixture; cook, stirring frequently, for 4 to 6 minutes, or until just beginning to brown.
7. Add tomato paste, thyme, and chili powder; cook, stirring frequently, for 1 minute. Remove from heat.
8. Add Worcestershire sauce, broth mixture, salt, and pepper; mix well. Allow to cool a few minutes before using.
9. Combine ground beef, egg, bread crumbs, and onion mixture; mix with clean hands until combined.
10. Place ground beef mixture on prepared baking sheet; form into a loaf.
11. Bake for 38 to 42 minutes, or until brown all over and a thermometer inserted into center of loaf reads 155° F.
12. Rest for 10 minutes; slice into six equal portions.
13. Serve with FIXATE Ketchup (2 Tbsp.).

RECIPE NOTES:

- A shallow pan of hot water placed in the oven on a rack below meatloaf during baking will help keep the outside from cracking.
- If you're gluten-free, use gluten-free Worcestershire sauce and gluten-free bread crumbs. If you can't find gluten-free bread crumbs, just toast a few pieces of gluten-free bread until hard and pulse in a food processor.

NUTRITIONAL INFORMATION (per serving) **Must-Have Meatloaf only:** Calories: 160 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 71 mg Sodium: 441 mg Carbohydrates: 7 g Fiber: 1 g Sugars: 2 g Protein: 19 g

NUTRITIONAL INFORMATION (per serving) **Must-Have Meatloaf with 2 Tbsp. FIXATE Ketchup:** Calories: 200 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 71 mg Sodium: 670 mg Carbohydrates: 15 g Fiber: 2 g Sugars: 9 g Protein: 20 g



NO FUSS FISH & VEGGIES

SERVES: 1 Prep Time: 10 min. Cooking Time: 12 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 1

This method of preparing fish is so quick and easy that you can throw one together anytime, but it also has an elegance that makes you feel like you're eating at a fancy restaurant. The flavors are fresh and light, and the way it steams keeps everything moist and tender. It's also great for dinner parties because everyone gets to tear open their own packet at the table, releasing that fresh lemon-herb aroma that usually gets a lot of ahhs!

- 4 oz.** raw cod
- 1 dash** sea salt (or Himalayan salt), *divided use*
- 1 dash** ground black pepper, *divided use*
- 1 clove** garlic, sliced thin
- ½ cup** chopped mixed vegetables (like bell peppers, onions, and tomatoes)
- 2 thin slices** lemon, seeds removed
- 2 sprigs** fresh herbs (like tarragon or dill)
- 1 tsp.** extra-virgin organic coconut oil (optional)
- 1 Tbsp.** dry white wine (like Pinot Grigio)

- 1.** Preheat oven to 375° F.
- 2.** Season cod on both sides with *1 pinch* salt and *1 pinch* pepper.
- 3.** Place cod in the center of a 12 x 12-inch square of parchment paper. Top with garlic. Set aside.
- 4.** Season vegetables with *remaining pinch* salt and *remaining pinch* pepper; arrange on top of cod.
- 5.** Top vegetables with lemon and herbs; drizzle with oil and wine.
- 6.** Fold parchment in half over cod, crimp edges using overlapping ½-inch folds to form a tightly sealed half-moon shape.
- 7.** Place parchment packet on baking sheet. Bake for 12 minutes, or until cod is cooked through. A thermometer poked through the package into the thickest part of cod should read 145° F.
- 8.** Place the packet directly onto a serving plate, cut top open, discard lemon and herbs; enjoy!

Special Equipment:

Parchment paper

RECIPE NOTES:

- It's a common misconception that fish is done when it is flaky. Flaky fish is actually overcooked and will be dry. For properly cooked, juicy fish, stop cooking just before the flaky stage.
- When fish is cooked, the proteins tighten up releasing a thick, white substance known as albumin. A little bit of albumin is ok, but if you see a significant amount, your fish is overdone.
- To make this a more complete meal, try adding a Yellow container of cooked quinoa (or brown rice) directly to the package before you put it in the oven.

VARIATION:

Any similar white fish can be used, like tilapia or sole.

NUTRITIONAL INFORMATION (per serving): Calories: 178 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 49 mg Sodium: 639 mg Carbohydrates: 10 g Fiber: 3 g Sugars: 3 g Protein: 22 g

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ONE POT BEAN AND SAUSAGE STEW

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 20 min. **Cooking Time:** 1 hr. 8 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  ½  1

4 cups low-sodium organic chicken broth

2 packets unflavored gelatin (preferably from grass-fed cows)

1 Tbsp. olive oil

8 oz. chicken sausage links, reduced-fat

½ cup chopped carrots (approx. 1 medium carrot)

¼ cup water

1 cup chopped onion (approx. 1½ medium onions)

½ cup chopped celery (approx. 1 medium stalk celery)

5 cloves garlic, sliced

1 tsp. sea salt (or Himalayan salt)

½ tsp. ground black pepper

3 bay leaves

4 fresh parsley sprigs

1 tsp. ground smoked paprika

1 (15-oz.) can cannellini beans, drained

1. Preheat oven to broil.
2. Sprinkle broth with gelatin to let bloom before use. Set aside.
3. Heat oil in large, oven-safe saucepot over medium heat for 1 minute, or until fragrant.
4. Add sausages; cook, turning occasionally, for 8 to 10 minutes, or until sausages are deep brown all over. (Sausages do not have to be cooked all the way through at this stage.) Place sausages on a paper towel.
5. Place carrots and water in same saucepot; cook, over medium-high heat, stirring frequently, for 5 minutes, or until soft.
6. Add onion, celery, and garlic; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent and beginning to brown.
7. Add broth, salt, pepper, bay leaves, parsley, and paprika. Bring to a boil. Reduce heat to medium-low. Gently boil for 28 to 32 minutes, or until reduced by half. Remove bay leaves and parsley.
8. Slice sausage into rounds. Add sausage and beans to saucepot. Bring to a boil. Remove from heat.
9. Place saucepot under broiler for 4 to 5 minutes, or until a deep brown crust forms on top.

RECIPE NOTE:




Look for chicken sausage that is nitrate-free, has less than 8 grams of fat per link, and is free-range.

NUTRITIONAL INFORMATION (per serving): **Calories:** 178 **Total Fat:** 7 g **Saturated Fat:** 2 g **Cholesterol:** 29 mg **Sodium:** 640 mg **Carbohydrates:** 15 g **Fiber:** 3 g **Sugars:** 3 g **Protein:** 15 g

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OVEN-FRIED CHICKEN

SERVES: 4 (1 piece of chicken each) **Prep Time:** 30 min. **Cooking Time:** 36 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1

2 Tbsp. pine nuts, toasted
1 Tbsp. cornmeal
½ tsp. onion powder
½ tsp. ground paprika
½ tsp. garlic powder
½ tsp. ground black pepper
¼ tsp. ground cayenne pepper
½ tsp. dried oregano leaves
½ tsp. dried thyme leaves
¼ tsp. sea salt (or Himalayan salt)
½ tsp. baking powder, gluten-free
¼ cup almond flour
¼ cup coconut flour
2 Tbsp. grated Parmesan cheese
½ cup low-fat (1%) buttermilk
1 large egg white (2 Tbsp.)
4 (4-oz.) each raw chicken breasts, boneless, skinless

- 1.** Preheat oven to 425° F.
- 2.** Place pine nuts and cornmeal in food processor (or blender); cover. Pulse until finely ground.
- 3.** Combine pine nut mixture, onion powder, paprika, garlic powder, black pepper, cayenne pepper, oregano, thyme, salt, baking powder, almond flour, coconut flour, and cheese in a shallow dish; mix well. Set aside.
- 4.** Combine buttermilk and egg white in a shallow dish; whisk to blend.
- 5.** Dip each chicken breast into the buttermilk mixture; dredge in pine nut mixture until evenly coated. Set aside.
- 6.** Heat medium nonstick skillet, lightly coated with spray, over medium-high heat.
- 7.** Add chicken breasts; cook for 3 to 4 minutes. Remove chicken, lightly coat skillet with spray, and return chicken, on uncooked side, to skillet, cook for 3 to 4 minutes.
- 8.** Transfer chicken to oven-safe baking dish; bake for 10 to 12 minutes, or until a thermometer inserted into the thickest part of each breast reads 165° F.

SPECIAL EQUIPMENT:

Olive oil cooking spray

NUTRITIONAL INFORMATION (per serving): **Calories:** 294 **Total Fat:** 15 g **Saturated Fat:** 3 g **Cholesterol:** 77 mg **Sodium:** 520 mg **Carbohydrates:** 11 g **Fiber:** 4 g **Sugars:** 3 g **Protein:** 30 g

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PALEO TUNA SALAD WRAP

SERVES: 4 (1 wrap each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): ½ 1 2

I love the use of collard greens as a no-carb wrap; simple and inexpensive, collards pack in the nutrition. Plus, they keep well in the refrigerator and are virtually waterproof, so you can make wraps ahead of time with no fear of them getting soggy!

- 4 cans (5-oz. each)** chunk light tuna, packed in water, drained
- 2 Tbsp. + 2 tsp.** **FIXATE Mayonnaise**
(see separate recipe for **FIXATE Mayonnaise**)
- ¼ cup** chopped celery (approx. 1 small stalk)
- ¼ cup** chopped red onion (approx. ⅓ medium onion)
- ¼ cup** sliced green onions (approx. 1 large green onion)
- 2 Tbsp.** chopped fresh dill
- 1 Tbsp.** fresh lemon juice
- 1 Tbsp.** Dijon mustard
- ¼ cup** reduced-fat (2%) plain Greek yogurt
- 1 tsp.** finely grated lemon peel (lemon zest) (peel of 1 medium lemon)
- ¼ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 4** large collard green leaves

- 1.** Combine tuna, mayonnaise, celery, red onion, green onions, dill, lemon juice, mustard, yogurt, lemon peel, salt, and pepper in a medium bowl; mix well.
- 2.** With a sharp knife, cut off bottom 2 to 3 inches of stem-end of each collard green leaf. Shave each stem down, reducing it until it is flush with the rest of the leaf.
- 3.** Place ½ cup tuna mixture in center of each leaf. Fold ends over to form a closure at the top and bottom of the wrap, then starting at the stem end, roll the entire leaf up like a burrito.

RECIPE NOTES:

- Collard green leaves will stay fresh refrigerated in a resealable bag for up to two weeks.
- Collard green leaves don't get soggy, so you can meal prep these wraps in advance and store them in the fridge ready to go!

VARIATION:

This recipe works great with chicken salad too, just substitute 20 oz. canned chicken or 1 lb. cooked chicken breast for tuna.

NUTRITIONAL INFORMATION (per serving): **Calories:** 233 **Total Fat:** 12 g **Saturated Fat:** 8 g **Cholesterol:** 80 mg **Sodium:** 783 mg **Carbohydrates:** 4 g **Fiber:** 1 g **Sugars:** 1 g **Protein:** 27 g

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PINEAPPLE CHICKEN SKEWERS

SERVES: 4 (2 skewers each) **Prep Time:** 20 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS:  ½  ½  1  ½

1 lb.	raw chicken breast, boneless, skinless, cut into 16 1-inch pieces
¼ cup	reduced-sodium tamari soy sauce
2 tsp.	sesame oil
2 tsp.	grated fresh ginger
1 (8-oz.) can	pineapple chunks in juice, drained
1	medium red bell pepper, cut into 16 1-inch chunks
½	large red onion, cut into 16 1-inch chunks

SPECIAL EQUIPMENT:

8 bamboo skewers

Nonstick cooking spray

1. Soak skewers in water for 30 minutes.
2. Place chicken in resealable plastic bag (or container); add soy sauce, oil, and ginger; seal bag and shake gently to mix. Refrigerate at least 30 minutes to marinate.
3. Preheat gas or charcoal grill on high heat.
4. Place a piece of chicken, pineapple chunk, bell pepper, and onion onto a skewer. Repeat, so the skewer has two pieces of each ingredient. Repeat with seven remaining skewers. Discard leftover marinade.
5. Lightly coat grill with cooking spray. Grill skewers in covered grill for 4 to 5 minutes on each side (if cooking on an open grill, cook for 6 to 8 minutes each side), or until chicken is no longer pink in the middle.
6. Serve immediately.

RECIPE NOTE:

- Leftover Pineapple Chicken Skewers can be used for lunch in the On-The-Go Salad (see separate recipe for *On-The-Go Salad*).

NUTRITIONAL INFORMATION (per serving): Calories: 214 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 83 mg Sodium: 514 mg Carbohydrates: 12 g Fiber: 1 g Sugars: 9 g Protein: 26 g

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PINEAPPLE FRIED RICE


SERVES: 1 Prep Time: 15 min. Cooking Time: 11 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  ½  1  ½  2


- 1 tsp.** fish sauce
- 2 Tbsp.** low-sodium organic chicken broth
- 1 tsp.** coconut sugar
- ½ tsp.** curry powder
- ¼ tsp.** cornstarch (preferably GMO-free)
- 1 tsp.** extra-virgin organic coconut oil
- 1 clove** garlic, finely chopped
- 1 Tbsp.** chopped raw peanuts
- 1 Tbsp.** thinly sliced green onion
- ¼ cup** cubed pineapple
- ¼ cup** broccoli and carrots
- 1** large egg, lightly beaten
- ½ cup** cooked brown rice
- 1 tsp.** finely chopped fresh basil (for garnish; optional)

- 1.** Combine fish sauce, broth, coconut sugar, curry powder, and cornstarch; whisk to blend. Set aside.
- 2.** Heat oil in medium nonstick skillet over high heat.
- 3.** Add garlic, peanuts, and green onion; cook, stirring frequently, for 1 minute.
- 4.** Add pineapple, broccoli, and carrots; cook, stirring frequently, for 2 to 3 minutes, or until pineapple is beginning to caramelize around the edges.
- 5.** Push ingredients to sides of skillet. Add egg to middle; cook, stirring constantly, for 2 to 3 minutes, or until scrambled. Push to sides of pan.
- 6.** Add rice; cook, stirring frequently, for 1 minute.
- 7.** Add fish sauce mixture; cook, stirring frequently, for 2 minutes, or until all ingredients are nearly dry.
- 8.** Place in serving bowl; garnish with basil (if desired) and enjoy!

RECIPE NOTE:





To make this recipe a little more protein-rich, you can add 1  of cooked chicken breast at the same time you add the rice.

NUTRITIONAL INFORMATION (per serving): Calories: 343 Total Fat: 15 g Saturated Fat: 6 g Cholesterol: 183 mg Sodium: 318 mg Carbohydrates: 40 g Fiber: 5 g Sugars: 10 g Protein: 13 g

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QUINOA TABOULI BOWL

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1  1  1

- ½ cup** cooked quinoa
- ⅓ cup** chopped onion
(approx. ½ medium onion)
- ⅓ cup** chopped tomato
(approx. ½ medium tomato)
- ⅓ cup** chopped cucumber
(approx. ½ medium cucumber)
- ¾ cup** cooked chopped chicken breast,
boneless, skinless
- 1 dash** sea salt (or Himalayan salt)
- 1 tsp.** extra-virgin olive oil
- 1 Tbsp.** lemon juice
- 1 Tbsp.** chopped fresh mint
- 1 Tbsp.** chopped fresh parsley

- 1.** Combine quinoa, onion, tomato, cucumber, chicken, salt, oil, lemon juice, mint, and parsley in a large bowl; toss gently to blend.

NUTRITIONAL INFORMATION (per serving): Calories: 350 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 79 mg Sodium: 213 mg Carbohydrates: 30 g Fiber: 5 g Sugars: 5 g Protein: 37 g

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SLOW COOKED CHICKEN IN WINE SAUCE

SERVES: 8 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: 6 hrs. 45 min.

CONTAINER EQUIVALENTS (per serving): 1 1½ ½ 1

When Bobby and I were kids, my dad used to make us chicken in wine sauce in his slow cooker, and it was one of my favorite meals. Turns out it was quite a healthy dish, and Bobby didn't have to change much to make it Fix-approved. Traditionally, this dish was made with bone-in chicken, but picking all those bones out of the final stew was a pain. Luckily, Bobby informed me that chicken thighs contain the same natural gelatin as the bones, so as long as you use at least half the total meat in thighs you can get the same results without all the bones. Great trick!

- 2 Tbsp.** olive oil
- ½ cup** shiitake mushrooms, sliced
- ½ cup** carrots, peeled, cut into 1-inch pieces (approx. 2 medium carrots)
- 3 cups** thinly sliced red onion (approx. 1½ large)
- 4 cloves** garlic, sliced
- ¼ cup** brandy (optional)
- 3 lbs.** raw chicken breast and thighs, boneless, skinless
- 1 cup** Burgundy wine
- 1½ cups** low-sodium organic chicken broth
- 8 sprigs** fresh thyme (or 1 tsp. dried thyme)
- ¼ tsp.** sea salt (or Himalayan salt)
- 1 tsp.** ground black pepper
- 1** smoked ham hock (optional)
- 2 Tbsp.** cornstarch (preferably GMO-free) + 2 Tbsp. water (combine to make a slurry)

- 1.** Heat oil in large skillet over high heat for 1 to 2 minutes, or until first wisp of smoke rises.
- 2.** Add mushrooms; cook, stirring frequently, for 3 to 5 minutes, or until edges begin to brown.
- 3.** Push mushrooms to sides of pan, lower heat to medium. Add carrots, onion, and garlic; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
- 4.** Deglaze pan with brandy (if desired); cook, stirring frequently, for 1 to 2 minutes, or until pan is almost dry. Add contents of pan to 5-quart slow cooker.
- 5.** Add chicken, wine, broth, thyme, salt, pepper, and ham hock (if desired) to slow cooker; cover. Cook on low for 6 hours.
- 6.** Remove ham hock and thyme sprigs. Add cornstarch slurry; increase temperature to high, cook for 20 to 30 minutes, or until thickened.

RECIPE NOTES:

- If you have a slow cooker that can get hot enough to sauté vegetables, skip the skillet and prepare the entire dish in the slow cooker.
- You can substitute any dry red wine for the Burgundy.
- If you are not using brandy, deglazing with ¼ cup red wine is sufficient.
- Bacon is traditional in this stew, but rather than adding extra calories and fat to the dish, we added the great, smoky pork flavor from the ham hock. We list it here as optional, but I highly recommend trying it; hocks are inexpensive and widely available.
- So called “hard” herbs (like thyme) have woody stems and can stand up to long cooking times.
- No need to cut up your chicken pieces, they will be fall-apart tender by the time it's done!

NUTRITIONAL INFORMATION (per serving): Calories: 328 Total Fat: 12 g Saturated Fat: 3 g Cholesterol: 132 mg Sodium: 271 mg Carbohydrates: 12 g Fiber: 2 g Sugars: 3 g Protein: 36 g

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SPAGHETTI SQUASH BOATS

SERVES: 6 Prep Time: 25 min. Cooking Time: 1 hr. 21 min.

CONTAINER EQUIVALENTS:  2  ½  1½

¼ cup	low-sodium organic chicken broth
¼ tsp.	unflavored gelatin (preferably from grass-fed cows)
1	medium spaghetti squash, cut in half lengthwise, seeded (approx. 3 lbs.)
1 dash + ¼ tsp.	sea salt (or Himalayan salt), <i>divided use</i>
1 dash + ¼ tsp.	ground black pepper, <i>divided use</i>
¾ cup	coarsely chopped onion (approx. 1 medium), <i>divided use</i>
2 cloves	garlic
2	small Roma tomatoes, cut 1 into quarters, remove seeds from 1 and chop, <i>divided use</i>
1 tsp.	fresh lime juice
½ tsp.	finely grated lime peel (lime zest)
2 tsp.	raw honey
1 Tbsp.	semisweet (or dark) chocolate chips
2 tsp.	pumpkin seeds
1	canned chipotle chili pepper in adobo sauce
1 Tbsp.	adobo sauce (sauce from the canned chipotle chili pepper in adobo sauce)
1½ tsp.	chili powder
½ tsp.	ground smoked paprika
¼ tsp.	ground coriander
¼ tsp.	ground cumin
2 tsp.	ghee (organic grass-fed, if possible)
1 lb.	raw chicken breast, boneless, skinless, cut into ½-inch cubes
½ cup	chopped bell pepper (approx. ⅔ medium)
¼ cup	grated cotija cheese
2 Tbsp.	chopped cilantro

SPECIAL EQUIPMENT:

Parchment paper
Olive oil cooking spray

1. Preheat oven to 400° F.
2. Line large baking sheet with parchment paper. Set aside.
3. Sprinkle broth with gelatin in a small bowl. Set aside.
4. Lightly coat squash with spray. Season with 1 dash salt and 1 dash pepper. Place face-down on prepared baking sheet. Bake for 38 to 40 minutes, or until flesh is fork tender.
5. While squash is baking, place ¼ cup onion, garlic, quartered tomato, lime juice, lime peel, honey, chocolate chips, seeds, chipotle pepper, adobo sauce, chili powder, paprika, coriander, cumin, remaining ¼ tsp. salt, and remaining ¼ tsp. pepper in blender; cover. Blend until smooth paste forms.
6. Heat ghee in large nonstick skillet over medium-high heat.
7. Add blended onion mixture. Bring to a gentle boil; gently boil, stirring frequently, for 10 minutes.
8. Add broth mixture; whisk to blend.
9. Add chicken. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 13 to 15 minutes, or until chicken is cooked through and sauce has reduced to the consistency of barbecue sauce. Set aside.
10. When squash is cool enough to handle, use a fork to scrape flesh into stringy noodles.
11. Heat oven to broil.
12. Add half chicken mixture to each squash half, top each evenly with ¼ cup onion, chopped tomato, bell pepper, and cheese. Broil on high for 5 minutes, or until top is lightly browned.
13. Garnish evenly with cilantro. Divide contents of squash halves equally between six plates and enjoy!

RECIPE NOTES:

- Feta cheese can be substituted for cotija cheese.
- Leftovers can be stored in an airtight container in the refrigerator for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 204 Total Fat: 7 g Saturated Fat: 2 g Cholesterol: 56 mg Sodium: 504 mg Carbohydrates: 19 g Fiber: 4 g Sugars: 9 g Protein: 19 g

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SWEET POTATO RICOTTA GNUDI IN PUMPKIN SAUCE

SERVES: 3 (approx. 6 gnudi each) Prep Time: 30 min. Cooking Time: 40 min.

CONTAINER EQUIVALENTS (per serving): 2 ½ 1

FOR PUMPKIN SAUCE:

1 tsp.	olive oil
¼ cup	chopped onion (approx. ⅓ medium)
2 cloves	garlic, finely chopped
1 cup	100% pure pumpkin puree
¼ cup	unsweetened almond milk
¼ tsp.	ground cinnamon
¼ tsp.	ground nutmeg
¼ tsp.	ground ginger
¼ tsp.	ground cloves

FOR GNUDI:

4 cups	hot water
4	small sweet potatoes, peeled, cut into 1-inch cubes
1 Tbsp.	part-skim ricotta cheese
1	large egg yolk
1 pinch	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
	Coconut flour
1 tsp.	olive oil
3	fresh sage leaves
1 pinch	ground cinnamon (for garnish)
1 pinch	ground nutmeg (for garnish)
½ tsp.	raw honey

Pumpkin Sauce:

1. Heat oil in medium skillet over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add pumpkin, almond milk, cinnamon, nutmeg, ginger, and cloves; cook, stirring frequently, for 4 to 5 minutes, or until sauce begins to boil. Remove from heat.
5. Place sauce in blender (or food processor), in two or more batches, if necessary; cover with lid and kitchen towel. Blend until smooth.
6. If sauce has cooled, return to skillet. Heat over medium heat, stirring frequently, for 1 to 2 minutes just before serving.

GNUDI:

1. Bring water to a boil in large saucepan over medium-high heat.
2. Add sweet potatoes. Bring back to a boil. Reduce heat to low; gently boil for 15 to 20 minutes, or until sweet potatoes are fork tender. Remove from heat, drain, and place in an ice bath to cool.
3. When sweet potatoes are cool, drain, and mash until smooth.
4. Combine sweet potatoes, ricotta, egg yolk, salt, and pepper in a large bowl; mix well. Paste should be smooth, thick, and sticky to the touch.
5. Roll approximately 1½ tablespoons dough between clean palms, then roll in coconut flour to coat, forming approximately eighteen oval dumplings. If dumplings are very soft, refrigerate, covered, for 30 to 60 minutes.
6. Heat oil in large skillet over medium-high heat.
7. Add sage; cook for 4 minutes, turning once. Remove crisp sage from oil. Place on a paper towel.
8. Add dumplings to oil; cook for 3 to 5 minutes, gently turning once, until light brown.
9. Evenly top each of three serving plates with pumpkin sauce, gnudi, cinnamon, nutmeg, and a drizzle of honey.

RECIPE NOTE:

- Oil spray can be used in place of oil to evenly coat the bottom of the pan.





NUTRITIONAL INFORMATION (per serving): Calories: 266 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 63 mg Sodium: 523 mg Carbohydrates: 48 g Fiber: 11 g Sugars: 12 g Protein: 7 g

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TURKEY CHILI

SERVES: 8 (approx. 1 cup each) Prep Time: 20 min. Cooking Time: 30 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  1  ½ tsp.

2 tsp. extra-virgin organic coconut oil, melted

¾ cup chopped onion (approx. 1 medium)

¾ cup chopped green bell pepper (approx. 1 medium)

¾ cup chopped red bell pepper (approx. 1 medium)

2 cloves garlic, finely chopped

1 lb. cooked 93% lean ground turkey breast

2 cans (15-oz. each) kidney beans, drained, rinsed

2 cans (15-oz. each) organic diced tomatoes, no salt added

1 cup red wine

1 Tbsp. chili powder

½ tsp. sea salt (or Himalayan salt)

2 tsp. crushed red pepper flakes (optional)

Chopped fresh cilantro (garnish)

8 tsp. crumbled goat cheese

- 1.** Heat oil in large saucepan over medium-high heat.
- 2.** Add onion and bell peppers; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute.
- 4.** Add turkey, beans, tomatoes (with liquid), wine, chili powder, salt, and red pepper (if desired). Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 20 minutes, or until slightly thickened.
- 5.** Evenly divide between eight serving bowls; top each with cilantro and 1 tsp. cheese.

RECIPE NOTES:





- You can substitute pinto beans for kidney beans.
- This is an ideal recipe post-Thanksgiving to use up leftover turkey, but I make it year-round using ground turkey. After all, how can you resist anything made with red wine?

NUTRITIONAL INFORMATION (per serving): Calories: 300 Total Fat: 9 g Saturated Fat: 3 g Cholesterol: 60 mg Sodium: 421 mg Carbohydrates: 26 g Fiber: 1 g Sugars: 5 g Protein: 24 g

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TURKEY SLOPPY JOES

SERVES: 4 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: 42 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1  1 tsp.

2 tsp. olive oil, *divided use*
1 lb. raw ground 93% lean turkey breast
¾ cup chopped onion (approx. 1 medium)
¾ cup chopped red bell pepper (approx. 1 medium)
2 cloves garlic, chopped
2 cups all-natural tomato sauce, no salt or sugar added
1 Tbsp. Worcestershire sauce, gluten-free
1½ tsp. hot pepper sauce
1 Tbsp. pure maple syrup
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
4 slices low-sodium whole-grain sprouted bread (like Ezekiel®)
 Finely chopped fresh parsley (for garnish; optional)

1. Heat 1 tsp. oil in large skillet over medium heat.
2. Add turkey; cook, stirring frequently to break up the turkey, for 8 to 10 minutes, or until the turkey is no longer pink.
3. Heat *remaining 1 tsp.* oil in second large skillet over medium heat.
4. Add onion and bell pepper; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
5. Add garlic; cook, stirring frequently, for 1 minute.
6. Add onion mixture, tomato sauce, Worcestershire sauce, hot pepper sauce, and maple syrup. Season with salt and pepper.
7. Add turkey to tomato mixture. Mix well. Reduce heat to medium-low; gently boil, stirring occasionally, for 15 to 20 minutes, or until sauce has thickened.
8. Place a slice of bread on each serving plate. Top evenly with turkey mixture (approx. 1 cup).
9. Sprinkle each serving evenly with parsley before serving, if desired.

SERVING SUGGESTION FOR ONE SERVING TURKEY SLOPPY JOES:

- Serve Turkey Sloppy Joes over 1 cup zucchini noodles (zoodles), or any steamed vegetables  2  1  1 tsp.

NUTRITIONAL INFORMATION (per serving): Calories: 350 Total Fat: 12 g Saturated Fat: 3 g Cholesterol: 84 mg Sodium: 480 mg Carbohydrates: 34 g Fiber: 6 g Sugars: 12 g Protein: 27 g

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VEGAN PULLED PORK

SERVES: 8 (approx. ½ cup each) **Prep Time: 15 min. Cooking Time: 57 min.**

CONTAINER EQUIVALENTS: 1 ½ 1

This Vegan Pulled Pork is a real mindblower. You won't believe just how much it tastes like the real thing, tangy, smoky, meaty, and satisfying. AND it doesn't take 8 hours to make, win-win! The secret ingredient is jackfruit, a tropical fruit that has a meaty, heavy-grained flesh similar to pork. It absorbs the flavors of smoke and BBQ sauce beautifully and comes out tasting just like the real deal. We use the canned variety here, which you can find at most Asian markets or order online. It's important to use the young, unripe fruit for this, so be careful if buying fresh, as most fresh fruits are sold ripened.

- 3 cans (20-oz. each)** young green jackfruit in brine (NOT in syrup), drained, rinsed, cored, and seeds removed and discarded
- 1 Tbsp.** extra-virgin organic coconut oil
- 1 cup** chopped onion (approx. 1½ medium)
- 5 cloves** garlic, finely chopped
- 2 tsp.** coconut sugar
- 1 tsp.** ground cumin
- 1 tsp.** ground coriander
- 2 tsp.** chili powder
- 2 tsp.** ground smoked paprika
- ¼ tsp.** instant espresso powder
- ¼ tsp.** unsweetened cocoa powder
- ¼ tsp.** ground cinnamon
- ¼ tsp.** ground allspice
- ½ tsp.** ground black pepper
- ½ tsp.** smoked sea salt (or Himalayan salt)
- ¼ tsp.** ground cayenne pepper (optional)
- 2 cups** low-sodium organic vegetable broth
- ½ cup** **Banana BBQ Sauce** (see separate recipe for **Banana BBQ Sauce**) or all-natural barbecue sauce of your choice

- 1.** If you would like to pre-smoke your jackfruit, line bottom of large stock pot with aluminum foil. Add wood chips. Top with colander (or steamer basket). Add jackfruit. Cover pan with firmly crimped foil. Poke a pinhole in foil; turn burner to high and wait until you see smoke coming from the hole. Turn heat to medium-low and let stand, covered, for 10 minutes. Taste the jackfruit. If you would like it smokier, turn the heat on again and repeat the process. This step is **optional**.
- 2.** Preheat oven to 400° F.
- 3.** Line large baking sheet with parchment paper. Set aside.
- 4.** Heat oil in large nonstick skillet over medium high heat.
- 5.** Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 6.** Add garlic; cook, stirring frequently, for 1 minute.
- 7.** Add jackfruit, sugar, cumin, coriander, chili powder, paprika, espresso powder, cocoa powder, cinnamon, allspice, black pepper, salt, cayenne pepper (if desired), and broth; mix well. Bring to a boil. Reduce heat to medium-low; gently boil, uncovered, for 10 to 15 minutes, or until liquid is absorbed.
- 8.** Transfer jackfruit to prepared baking sheet. Mash with a spatula until fibers divide and take on the appearance of pulled pork.
- 9.** Bake for 10 minutes.
- 10.** Add BBQ sauce; mix well to coat fruit. Bake for an additional 7 to 10 minutes, or until fruit is lightly browned.

RECIPE NOTE:

- Canned young green jackfruit in brine can be found in specialty Asian markets or online.

SPECIAL EQUIPMENT:

- Aluminum foil (optional)
- 1 cup wood chips for smoking (optional)
- Parchment paper

NUTRITIONAL INFORMATION (per serving): Calories: 156 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 354 mg Carbohydrates: 32 g Fiber: 3 g Sugars: 24 g Protein: 3 g

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Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

VEGETARIAN PORTOBELLO SLIDERS

SERVES: 4 (2 sliders each) **Prep Time:** 15 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving):  1  2  1  2

¼ cup	olive oil
1 Tbsp.	Worcestershire sauce, vegan
2 cloves	garlic, finely chopped (or 1 tsp. garlic powder)
1 tsp.	onion powder
1 tsp.	chopped fresh rosemary (or 1 tsp. dried rosemary)
½ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground smoked paprika
¼ tsp.	ground black pepper
8	baby portobello mushrooms, stems removed, rinsed
8	whole-grain dinner rolls, sliced in half
4 slices	smoked Gouda cheese (approx. 4 oz.) (optional)

1. Combine oil, Worcestershire sauce, garlic, onion powder, rosemary, salt, paprika, and pepper in a small bowl; whisk to blend.
2. Place mushrooms in a resealable plastic bag. Pour oil mixture over mushrooms, squeeze out excess air, seal. Refrigerate, covered, for at least 15 minutes, or as long as overnight. (The longer they marinate, the more flavor they will absorb.)
3. Preheat oven to 425° F.
4. Place rolls on sheet pan, cut side up. Place ½ slice of cheese on each top (if desired). Bake for 2 to 4 minutes, or until cheese is melted. Set aside.
5. Grill mushrooms over high heat for 3 minutes on each side, or until soft to the core and lightly charred on each side.
6. Place one grilled mushroom on each bottom roll. Top with your favorite burger toppings and top roll.

RECIPE NOTES:





- If you can't find whole-grain dinner rolls, you can use a biscuit or cookie cutter to cut out a mini bun from a regular-sized hamburger bun.
- If topping your burger with your favorite toppings, remember to count your container equivalents.

NUTRITIONAL INFORMATION (per serving): **Calories:** 399 **Total Fat:** 18 g **Saturated Fat:** 8 g **Cholesterol:** 23 mg **Sodium:** 933 mg **Carbohydrates:** 45 g **Fiber:** 6 g **Sugars:** 7 g **Protein:** 18 g

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WASABI CREAM CHEESE SALMON BURGERS

SERVES: 4 Prep Time: 20 min. Cooking Time: 26 min.

CONTAINER EQUIVALENTS (salmon patty, bun, wasabi cream cheese, and arugula):  2  1  1  1

FOR WASABI CREAM CHEESE:

3 Tbsp. whipped cream cheese
½ tsp. prepared wasabi

FOR PATTIES:

1 lb. raw wild-caught salmon fillets, boneless, skinless, cut into 1-inch chunks
Finely grated peel (lemon zest) of 1 medium lemon
Juice of ½ medium lemon
1 Tbsp. Dijon mustard
1 large egg white (2 Tbsp.)
1½ tsp. finely chopped fresh dill
1½ tsp. finely chopped fresh chives
½ tsp. fine sea salt (or Himalayan salt)
¼ tsp. ground black pepper

FOR BUNS:


1 Tbsp. dried minced garlic
1 Tbsp. dried minced onion
2 Tbsp. cold water
4 gluten-free hamburger buns
1 large egg white (2 Tbsp.) + 2 Tbsp. cold water
½ tsp. poppy seeds
½ tsp. sesame seeds
¼ tsp. coarse sea salt (or Himalayan salt)
1 Tbsp. olive oil
4 cups baby arugula or **Dill Cucumber Salad** (see separate recipe for **Dill Cucumber Salad**)

Special Equipment:

Parchment paper


Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving) including salmon patty, bun, wasabi cream cheese, and arugula:
Calories: 357 Total Fat: 16 g Saturated Fat: 3 g
Cholesterol: 70 mg Sodium: 820 mg Carbohydrates: 25 g
Fiber: 3 g Sugars: 4 g Protein: 26 g






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- To make wasabi cream cheese, combine cream cheese and wasabi in a small bowl; mix well. Cover and refrigerate until ready to use.
- To make patties, place salmon, lemon peel, lemon juice, mustard, egg white, dill, chives, salt, and pepper in a food processor; pulse in approximately three 5-second pulses, or until finely chopped, but not so fine that it becomes a paste.
- Cut out four 5-inch x 5-inch squares of parchment. Arrange on a baking sheet; lightly coat with spray.
- Spray your hands with spray; form salmon mixture into four 2-inch balls, pressing each one into a patty atop a piece of sprayed parchment.
- Cover patties with plastic wrap; refrigerate at least 1 hour to set.
- Preheat oven to 375° F.
- To make buns, combine garlic, onion, and 2 Tbsp. water in a microwave-safe bowl; mix well. Microwave on high for 30 seconds. Set aside.
- Line a baking sheet with parchment. Arrange buns, top side up, with equal space between. Set aside.
- Combine egg white with 2 Tbsp. water in a small bowl; whisk to blend.
- Brush top of each bun with egg white mixture; sprinkle with garlic mixture, poppy seeds, sesame seeds, and salt. Don't worry if a little bit falls off the buns.
- Bake for 12 to 15 minutes, or until topping is golden brown. You can save this step until just before serving if you want warm buns to serve on.
- Coat cast iron skillet with oil; wipe out excess oil with a paper towel, leaving just a thin layer (about ¼ tsp.) on the surface.
- Heat skillet on medium-high for 2 to 4 minutes, or until oil just begins to smoke.
- Place patties onto the skillet by using the parchment paper to pick up, invert them onto skillet, then gently peel off the parchment. Cook for 2½ to 3 minutes on each side, or until golden on the outside. Do not move patties until they have cooked the full 2½ minutes per side for the mixture to set. A thermometer should read 145° F.
- Spread each bottom bun with 1 tsp. wasabi cream cheese. Top with salmon patty, 1 cup arugula, and finish with top bun. Enjoy!

TIPS:




- The Dill Cucumber Salad is the perfect side salad for these burgers. Add an additional  container for 1 cup of the salad.
- Patties can also be grilled on an outdoor barbecue.

VARIATIONS:

- Serve salmon patty open-faced (½ of a bun) with wasabi cream cheese CONTAINER EQUIVALENTS (per serving):  1  1  1
- Serve salmon patty atop 1 cup arugula and 1 cup Dill Cucumber Salad CONTAINER EQUIVALENTS (per serving):  2  1

WHOLE-GRAIN STUFFED TURKEY


SERVES: 8 (1-inch slice each) Prep Time: 20 min. Cooking Time: 1 hr. 30 min.

CONTAINER EQUIVALENTS (per serving):  ½  1  1½

- 2 Tbsp.** ghee (organic and grass-fed, if possible)
- 1 clove** garlic, finely chopped
- 1** bay leaf, crushed
- 1 sprig** fresh thyme
- 1** raw small turkey breast deboned, skin on, butterflied (approx. 2½ lbs.)
- Sea salt (or Himalayan salt), *divided use*
- ground black pepper, *divided use*
- 1½ cups** **Whole-Grain Stuffing** (see separate recipe for **Whole-Grain Stuffing**)
- FIXATE Gravy (optional)** (see separate recipe for **FIXATE Gravy**)

- 1.** Preheat oven to 375° F.
- 2.** Combine ghee, garlic, bay leaf, and thyme leaves (discard stem) in a small bowl; mix well.
- 3.** Place turkey breast, skin-side down, on a cutting board. Rub meat side of turkey breast with half of ghee mixture. Season with salt and pepper.
- 4.** Spread stuffing in an even layer over ghee mixture, covering the entire surface of turkey breast.
- 5.** Roll turkey breast into a tight log, with stuffing on the inside and skin on the outside; wrap kitchen twine around turkey breast and tie lightly.
- 6.** Rub outside of turkey breast with remaining half of ghee mixture. Season with salt and pepper.
- 7.** Place in roasting pan on rack. Bake for 65 to 75 minutes, turning every 20 minutes so skin crisps evenly, or until a thermometer placed into center of turkey breast reaches 165° F.
- 8.** Allow the turkey breast to rest at room temperature for 15 minutes; remove twine and skin. Cut into 1-inch thick slices.
- 9.** Serve with 3 Tbsp. FIXATE Gravy per serving (if desired). Enjoy!

TIPS:

- To butterfly a turkey breast, lay it skin-side down on a clean cutting board. Using a sharp knife, cut the breast in half laterally, leaving about ½ inch before slicing all the way through the outer edge. Open the cut breast along the ½-inch binding like a book to reveal a turkey breast that is doubled in size and half the width. You can also ask the butcher at your grocery store to butterfly a turkey breast for you and skip this step.
- If you're using FIXATE Gravy, be sure to add 1 

NUTRITIONAL INFORMATION (per serving) Whole-Grain Stuffed Turkey without FIXATE Gravy: Calories: 259 Total Fat: 8 g Saturated Fat: 3 g Cholesterol: 90 mg Sodium: 164 mg Carbohydrates: 10 g Fiber: 1 g Sugars: 2 g Protein: 36 g



ZUCCHINI NOODLE LASAGNA

SERVES: 6 Prep Time: 15 min. Cooking Time: 51 min.

CONTAINER EQUIVALENTS (per serving): 2 ½ ½ 3

- 2 Tbsp. + 1 tsp.** olive oil, *divided use*
- 5 cups** peeled, ½-inch cubed eggplant (approx. 1 large eggplant)
- ½ tsp.** sea salt (or Himalayan salt), *divided use*
- ¼ tsp.** ground black pepper
- 2 cups** **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**)
- 2** large zucchini, ends removed, cut lengthwise in ½-inch strips
- 2 cups** part-skim ricotta cheese, *divided use*
- ¾ cup** shredded part-skim mozzarella cheese

1. Preheat oven to 375° F.
2. Grease bottom of an 8 x 8-inch casserole dish with 1 tsp. oil. Set aside.
3. Heat *remaining 2 Tbsp.* oil in large skillet over medium-high heat.
4. Add eggplant. Season with ¼ tsp. salt and ¼ tsp. pepper; cook, stirring frequently, for 3 to 5 minutes, or until eggplant has begun to brown.
5. Add marinara; cook, stirring frequently, for 3 to 5 minutes, or until eggplant has begun to soften slightly. Remove from heat. Set aside.
6. Place 5 or 6 zucchini slices, overlapping slightly, into bottom of casserole dish. Top evenly with 1 cup ricotta cheese, 1 dash salt, and 1½ cups eggplant mixture. Top with a second layer of zucchini slices (running crosswise, in the opposite direction of the first layer), then *remaining 1 cup* ricotta, *remaining dash salt*, and 1½ cups eggplant mixture.
7. Add a third layer of zucchini. Sprinkle with mozzarella cheese. Bake for 30 to 40 minutes, turning once halfway through, or until lasagna is bubbling and mozzarella cheese is golden brown.
8. Allow to cool and set for 10 to 12 minutes. Cut into 6 pieces and enjoy!

TIP:

This delicious lasagna can be made ahead and kept in the refrigerator for up to 4 days.

NUTRITIONAL INFORMATION (per serving): Calories: 325 Total Fat: 18 g Saturated Fat: 7 g Cholesterol: 33 mg Sodium: 503 mg Carbohydrates: 24 g Fiber: 6 g Sugars: 13 g Protein: 16 g

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SIDES & SNACK RECIPES

AUTUMN'S AHI BRUSCHETTA

SERVES: 4 (2 pieces each) **Prep Time:** 20 min. **Cooking Time:** 6 min.

CONTAINER EQUIVALENTS (per serving):  ½  1

FOR MISO DRESSING:

- 1 tsp.** miso paste (preferably red miso)
- 1 tsp.** reduced-sodium soy sauce
- 1 tsp.** sesame oil
- ½ tsp.** grated fresh ginger
- 1 Tbsp.** hon-mirin
- 2 tsp.** fresh lime juice
- 1 tsp.** finely grated lime peel (lime zest)
- ½ tsp.** hot chili sauce (like Sriracha®)

FOR BRUSCHETTA:

- 8** baguette slices, ½-inch thick
- 1 clove** garlic, cut in half
- ¾ cup** chopped raw ahi tuna
- 2 Tbsp.** finely chopped shallot
- ¼ cup** finely chopped kale
- 1 Tbsp.** sesame seeds, toasted

Special Equipment:









Nonstick olive oil cooking spray

- 1.** Preheat oven to 450° F.
- 2.** To make miso dressing, combine miso, soy sauce, sesame oil, ginger, mirin, lime juice, lime peel, and chili sauce in a medium bowl; whisk until well blended. Set aside.
- 3.** Place bread on baking sheet. Lightly coat each side of bread with spray. Bake for 5 to 6 minutes, or until lightly browned.
- 4.** Rub each piece of toasted bread with cut side of garlic. Set aside.
- 5.** Add ahi, shallot, kale, and sesame seeds to miso dressing; toss gently to blend.
- 6.** Place 2 Tbsp. ahi mixture on each piece of toasted bread and enjoy!

RECIPE NOTES:

- Use hon-mirin as it is true mirin and has less additives than aji-mirin.
- Miso is a probiotic and packed with the savory flavor known as umami that lends a sense of heartiness and satisfaction to many dishes.

VARIATIONS:

- Substitute ¾ cup chopped tomatoes for ahi tuna with Miso Dressing
CONTAINER EQUIVALENTS (per serving):  ½  1
- Substitute ¾ cup chopped tomatoes for ahi tuna with Simple Vinaigrette
CONTAINER EQUIVALENTS (per serving):  ½  1  ½
- You can substitute Simple Vinaigrette for Miso Dressing
CONTAINER EQUIVALENTS (per serving):  ½  1  ½

FOR SIMPLE VINAIGRETTE:

- 1 Tbsp.** olive oil
- ¼ tsp.** sea salt (or Himalayan salt)
- 1 dash** ground black pepper
- 2 tsp.** fresh lime juice
- 1 tsp.** finely grated lime peel (lime zest)
- 1 tsp.** coconut sugar

NUTRITIONAL INFORMATION (per serving) **Autumn's Ahi Bruschetta with Miso Dressing:** Calories: 150 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 9 mg Sodium: 259 mg Carbohydrates: 20 g Fiber: 1 g Sugars: 2 g Protein: 11 g

Sriracha is a trademark of Huy Fong Foods, Inc.

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.



BABA GHANOUSH

SERVES: 12 (approx. ¼ cup each) **Prep Time:** 15 min. + 2 hrs. chilling time **Cooking Time:** 35 min.

CONTAINER EQUIVALENTS: 1 1½

This delicious eggplant dip is traditionally served with toasted pita, but it works just as well with fresh veggies if you're trying to save your yellows! The key to a great Baba Ghanoush is to get the eggplant skins nice and charred, which lends the flesh a rich, smoky flavor. Our recipe calls for smoked paprika and cumin to really make it pop, and we like to wring the excess water from the cooked flesh to concentrate its flavor.

- | | |
|--|---|
| <p>4 medium eggplants
(approx. 3.75 lbs.)</p> <p>3 Tbsp. tahini paste</p> <p>3 cloves garlic</p> <p>2 Tbsp. fresh lemon juice</p> <p>1 tsp. finely grated lemon peel
(lemon zest)</p> <p>¼ cup fresh parsley</p> <p>2 tsp. ground smoked paprika</p> <p>½ tsp. ground cumin</p> <p>1¼ tsp. sea salt (or Himalayan salt)</p> <p>½ tsp. ground black pepper</p> <p>¼ cup extra-virgin olive oil</p> | <ol style="list-style-type: none"> 1. Preheat oven to 500° F. 2. Line a large bowl with cheesecloth (or paper towels). Set aside. 3. Line large baking sheet with foil. 4. Place eggplants on prepared baking sheet. Lightly coat with spray. Bake for 33 to 35 minutes, or until skin is charred and flesh is very tender to the core. Remove from oven. Wrap in foil and let rest until cool enough to handle. 5. Cut eggplants in half, peel away skin and discard. Transfer flesh to prepared bowl. Gently wring out excess moisture. 6. Place eggplant flesh, tahini, garlic, lemon juice, lemon peel, parsley, paprika, cumin, salt, and pepper in food processor; process until blended. 7. With food processor running, slowly add oil in a slow steady stream. Process until fully emulsified. 8. Refrigerate for 2 hours to cool and to let flavors meld. |
|--|---|

SPECIAL EQUIPMENT

- Cheesecloth
- Aluminum foil
- Olive oil cooking spray

RECIPE NOTE:

- Refrigerate leftovers in an airtight container for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 103 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 245 mg Carbohydrates: 11 g Fiber: 5 g Sugars: 6 g Protein: 2 g

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Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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BBQ CHICKEN SLIDERS

GF

SERVES: 1 (1 slider each) **Prep Time:** 10 min. **Cooking Time:** 6 min.


CONTAINER EQUIVALENTS:  1  ½

3 Tbsp. **FIXATE BBQ Sauce** (see separate recipe for **FIXATE BBQ Sauce**)

¾ cup **shredded cooked chicken breast**

- 1.** Heat BBQ sauce in medium nonstick skillet over medium heat; cook, stirring frequently, for 3 to 4 minutes, or until BBQ sauce comes to a gentle boil.
- 2.** Add chicken; cook, stirring frequently, for 2 minutes, or until heated through.
- 3.** Chicken mixture can be served on whole wheat dinner (or slider) roll.
NOTE: Remember to account for your containers.

NUTRITIONAL INFORMATION (per serving) not including roll: Calories: 215 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 89 mg Sodium: 532 mg Carbohydrates: 9 g Fiber: 0 g Sugars: 7 g Protein: 35 g

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BERRY QUINOA PARFAIT

SERVES: 1 Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 1 1

½ cup cooked quinoa
¼ cup sliced fresh strawberries
¼ cup fresh blackberries
¼ cup fresh blueberries
¼ cup fresh raspberries
¾ cup reduced-fat (2%) plain
Greek yogurt
¾ tsp. raw honey

1. Evenly layer half of quinoa, strawberries, blackberries, blueberries, raspberries, yogurt, and honey in a tall glass. Repeat with remaining half of ingredients.
2. Serve immediately or cover and refrigerate for up to 3 days.

NUTRITIONAL INFORMATION (per serving): Calories: 320 Total Fat: 6 g Saturated Fat: 3 g Cholesterol: 9 mg Sodium: 64 mg Carbohydrates: 46 g
Fiber: 8 g Sugars: 20 g Protein: 23 g

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CARAMELIZED PEARL ONIONS

SERVES: 8 (¼ cup each) Prep Time: 5 min. Cooking Time: 10 hrs. 30 min.

CONTAINER EQUIVALENTS (per serving): 1

These onions go great as an accompaniment to our holiday beef tenderloin, as a topping on our broccoli crust pizza, or mixed in with your morning scrambled eggs. It can also be pureed and used as a spread on sandwiches or wraps!

1½ lbs. frozen pearl onions
½ cup ruby port
½ cup apple cider vinegar
¼ cup pure maple syrup
1 tsp. sea salt (or Himalayan salt)
1 sprig fresh rosemary

1. Place onions, port, vinegar, maple syrup, salt, and rosemary in a 3-quart slow cooker. Mix well. Cover; cook on low for 8 to 10 hours, or until onions are soft and caramelized to a deep brown.
2. Remove lid; cook on high, stirring occasionally, for 15 to 30 minutes, or until excess liquid has evaporated.
3. Remove rosemary.

RECIPE NOTE:

The caramelized onions can be served as-is or pureed in a blender before serving as a jam.

NUTRITIONAL INFORMATION (per serving): Calories: 79 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 4 mg Sodium: 354 mg Carbohydrates: 14 g Fiber: 1 g Sugars: 11 g Protein: 2 g

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CHEESY CAULIFLOWER BREADSTICKS (WITH FIXATE MARINARA)

SERVES: 4 (2 breadsticks and 2 Tbsp. FIXATE Marinara each) **Prep Time:** 15 min. **Cooking Time:** 40 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1½

- 3 cups** cauliflower florets
- Hot water**
- ¾ cup** shredded, part-skim, low-moisture mozzarella cheese, *divided use*
- ¼ cup + 1 Tbsp.** grated Parmesan cheese, *divided use*
- 2** large eggs, lightly beaten
- ½ tsp. + 1 pinch** sea salt (or Himalayan salt), *divided use*
- 1 Tbsp.** ghee (organic grass-fed, if possible)
- 1 clove** garlic, finely chopped
- ½ cup** **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**)

Special Equipment:

- Parchment paper
- Nonstick cooking spray
- Cheesecloth

1. Preheat oven to 400° F.
2. Line a 6 x 8-inch casserole dish with parchment paper. Lightly coat with spray.
3. Place cauliflower in food processor (or blender); pulse until it resembles rice, seven to ten 1-second pulses.
4. Boil water in steamer or large saucepan over high heat. Reduce heat to medium-high. Place cauliflower in steamer basket; cook for 5 to 7 minutes, or until just tender. Transfer cauliflower to cheesecloth to cool. Squeeze dry. **Cook's Note:** If you do not have cheesecloth, use a heavy-duty paper towel to cool and squeeze dry the cauliflower "crumbs."
5. Combine cooled cauliflower, ½ cup mozzarella cheese, ¼ cup Parmesan cheese, eggs, and ½ tsp. salt in a medium mixing bowl; mix well.
6. Transfer cauliflower mixture to casserole dish; press down and out with fingertips, spreading until it forms one even layer that fills bottom of the dish.
7. Bake for 20 to 25 minutes, or until cauliflower has set in the center and browned around the edges.
8. While cauliflower is baking, heat ghee and garlic in small saucepan over medium heat for 2 to 3 minutes, or until garlic just begins to brown. Remove from heat; allow ghee to infuse.
9. Remove cauliflower from oven; brush with infused ghee and sprinkle with *remaining pinch* of salt, *remaining ¼ cup* mozzarella cheese, and *remaining 1 Tbsp.* Parmesan cheese.
10. Bake for 3 to 5 minutes, or until cheese is melted.
11. Allow to cool to room temperature. Remove from dish. Slice into eight 1 x 6-inch sticks.
12. Serve with FIXATE Marinara and enjoy!

NUTRITIONAL INFORMATION (per serving): **Calories:** 217 **Total Fat:** 14 g **Saturated Fat:** 7 g **Cholesterol:** 119 mg **Sodium:** 681 mg **Carbohydrates:** 10 g **Fiber:** 2 g **Sugars:** 5 g **Protein:** 13 g

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CHEWY WHOLE-GRAIN BARS

SERVES: 12 (1 bar each) Prep Time: 15 min. Cooking Time: 20 min.

CONTAINER EQUIVALENTS (per serving): 1½ ½ ½

Here is a very versatile bar recipe that allows you to use your favorite ingredients. Tasty and loaded with quality nutrition, we make these bars in muffin cups so they come out of the oven already wrapped and portioned with no cutting required!

- 1 cup** dry old-fashioned rolled oats, gluten-free
- ½ cup** dry quinoa, rinsed
- 2 Tbsp.** chia seeds
- 2 Tbsp.** flaxseeds
- 1 tsp.** ground cinnamon
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ cup** all-natural almond butter
- 3 Tbsp.** pure maple syrup (preferably dark amber)
- 1** large very ripe banana
- 1 tsp.** pure vanilla extract
- ½ cup** mixed dried fruit (like raisins, cherries, apricots), chopped
- ¼ cup** raw sunflower seeds
- ¼ cup** chopped raw walnuts (optional)
- ¼ cup** bittersweet chocolate chips

Special Equipment:

- Muffin papers/cupcake liners
- Nonstick cooking spray

1. Preheat oven to 350° F.
2. Prepare 12 muffin cups by lining with muffin papers and lightly coating with spray.
3. Combine oats, quinoa, chia seeds, flaxseeds, cinnamon, and salt in a large bowl; mix well.
4. Add almond butter, maple syrup, banana, and extract; mix well with clean hands or a rubber spatula.
5. Fold in dried fruit, sunflower seeds, walnuts (if desired), and chocolate chips; mix well with clean hands or a rubber spatula.
6. Add ¼ cup batter to each muffin cup. Use back of a ¼ cup measure to compress batter into a tight puck.
7. Bake for 18 to 20 minutes, or until edges just begin to brown.
8. Cool; store in an airtight container, in the refrigerator, for up to 2 weeks.

RECIPE NOTES:

- In this recipe we have specified almond butter, but you can use any nut butter you like. If you have a nut allergy, you can use sunflower butter.
- Pumpkin seeds can be substituted for sunflower seeds. Or use your favorite seed!
- You can also use any kind of nuts that you like. Make sure they are raw! If you have a nut allergy, you can add an additional ¼ cup of your favorite seeds.
- You can substitute semisweet or dark chocolate chips for bittersweet chocolate chips.

NUTRITIONAL INFORMATION (per serving): Calories: 196 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 98 mg Carbohydrates: 26 g Fiber: 4 g Sugars: 12 g Protein: 5 g

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CHICKEN PEPPERONI CRUMBLES

SERVES: 6 (½ cup each) **Prep Time:** 10 min. **Cooking Time:** 8 min.

CONTAINER EQUIVALENTS (per serving): ½

¾ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
1 Tbsp. ground sweet paprika
1 tsp. garlic powder
¼ tsp. ground fennel seed
1 pinch cayenne pepper
1 lb. raw lean ground chicken breast
1 Tbsp. olive oil

1. Combine salt, pepper, paprika, garlic powder, fennel, and cayenne in a large mixing bowl; mix well.
2. Add chicken; mix well with clean hands or a rubber spatula. Over kneading can make the chicken a little tough, so be sure to mix just until the spices are incorporated. Set aside.
3. Heat oil in large skillet over medium-high heat.
4. Add chicken mixture; cook, stirring frequently to break up large pieces, for 5 to 7 minutes, or until chicken is cooked through and is broken into small crumbles. Remove chicken with a slotted spoon; cool on a plate lined with paper towels to absorb any excess fat.

RECIPE NOTE:

This recipe is made for our **Gluten-Free Chicken Pepperoni Pizza** (see separate recipe for **Gluten-Free Chicken Pepperoni Pizza**) but is great in other dishes. Save the leftovers for topping salads, folding into wraps, or better yet, adding it to our **FIX-ed Grilled Cheese** (see separate recipe for **FIX-ed Grilled Cheese**)!

NUTRITIONAL INFORMATION (per serving): **Calories:** 134 **Total Fat:** 9 g **Saturated Fat:** 2 g **Cholesterol:** 65 mg **Sodium:** 332 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 14 g

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CLOUD BREAD

SERVES: 3 (2 pieces each) **Prep Time:** 10 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS:  ½


- 3** large eggs
- 1 dash** cream of tartar
- 1 dash** sea salt (or Himalayan salt) (to taste; optional)
- ½ cup** reduced-fat (2%) plain Greek yogurt

SPECIAL EQUIPMENT:

- Nonstick cooking spray
- parchment paper
- silpat (optional)

1. Heat oven to 300° F.
2. Lightly coat large baking sheet with spray, then cover it with parchment paper. Set aside.
3. Separate egg yolks from egg whites. Place egg whites in a medium bowl. Place egg yolks in a separate medium bowl. Set aside.
4. Add cream of tartar to egg whites. Beat with a mixer on high until stiff peaks form, about 4 minutes. Set aside.
5. Add salt, if desired, and yogurt to egg yolks. Beat with a mixer on medium until blended.
6. Gently fold ½ of egg white mixture into egg yolk mixture. Fold in the remaining egg white mixture until just incorporated, being careful not to overmix.
7. Using a large spoon, transfer a scoop of egg mixture onto prepared baking sheet, gently spreading into a thick pancake shape about 3 inches in diameter. Repeat with remaining batter.
8. Bake for 25 to 30 minutes, or until golden brown and exterior is crispy to the touch. Immediately loosen each cloud bread with a spatula; allow to cool on the baking sheet for 3 minutes, then transfer to a wire rack to cool completely.
9. Serve immediately, or store in an airtight container.

NUTRITIONAL INFORMATION (per serving): Calories: 94 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 184 mg Sodium: 167 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 2 g Protein: 9 g

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CREAMY CAULIFLOWER MASH

SERVES: 6 (½ cup each) **Prep Time:** 15 min. **Cooking Time:** 12 min.

CONTAINER EQUIVALENTS: 1 ½

8 cups **Water**
cauliflower florets, washed,
patted dry

2 cloves **garlic, crushed**

½ cup **unsweetened almond milk**

1 Tbsp. **extra-virgin olive oil**

½ tsp. **sea salt (or Himalayan salt)**

1. Boil water in steamer (or large saucepan) over high heat. Reduce heat to medium-high. Place cauliflower and garlic in steamer basket; cook for 10 to 12 minutes, or until tender.
2. Place cauliflower and garlic, almond milk, oil, and salt in food processor; pulse until smooth.
3. Serve hot.

NUTRITIONAL INFORMATION (per serving): Calories: 57 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 240 mg Carbohydrates: 7 g Fiber: 2 g Sugars: 3 g Protein: 3 g

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CUCUMBER HUMMUS ROLL-UPS

SERVES: 2 (4 roll-ups each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS: ½ ½

1 large cucumber
¼ cup prepared hummus
¼ cup roasted red peppers,
thinly sliced

- 1.** Use a vegetable peeler to peel off eight long, thin slices of cucumber.
- 2.** Spread 1½ tsp. hummus on each cucumber slice.
- 3.** Top each with 1½ tsp. red pepper slices.
- 4.** Pick up one end of the cucumber slice and roll cucumber loosely around the filling. End with the seam on bottom and secure with a toothpick.

SPECIAL EQUIPMENT:

Toothpicks

VARIATIONS (SUBSTITUTE YOUR FAVORITE VEGETABLES OR HERBS FOR ROASTED RED BELL PEPPERS. YOU CAN TRY THESE OR YOUR FAVORITE COMBINATIONS):

- Chopped fresh red bell peppers
- Sun-dried tomatoes
- Capers
- Fresh chopped herbs
- Sliced green onions

NUTRITIONAL INFORMATION (per serving): Calories: 75 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 197 mg Carbohydrates: 9 g Fiber: 3 g Sugars: 3 g Protein: 3 g

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DEVEILED EGGS THREE WAYS

SERVES: 3 (4 halves each) **Prep Time:** 15 min. **Cooking Time:** 17 min.

CONTAINER EQUIVALENTS (Asian Infusion Eggs):  1  3½

CONTAINER EQUIVALENTS (Scandinavian Smorgasbord Eggs):  1

CONTAINER EQUIVALENTS (Devil's Curry Eggs):  1  ½



6 large eggs

FOR ASIAN INFUSION:

¼ cup mayonnaise
1 tsp. Dijon mustard
¾ tsp. finely grated lemon peel (lemon zest)
 (peel of approx. ½ lemon)
1 Tbsp. fresh lemon juice
½ tsp. **Sesame Infusion**
*(see separate recipe for **Sesame Infusion**)*
1 pinch ground black pepper
¼ tsp. Thai fish sauce
1 Tbsp. bonito flakes (optional)
 Ground sweet paprika
 (for garnish; optional)

FOR SCANDINAVIAN SMORGASBORD:

¼ cup reduced-fat (2%) plain Greek yogurt
1 tsp. Dijon mustard
¾ tsp. finely grated lemon peel (lemon zest)
 (peel of approx. ½ lemon)
1 Tbsp. fresh lemon juice
2 Tbsp. finely chopped smoked salmon
 (reserve a small amount for garnish)
1 Tbsp. finely chopped fresh dill
 (reserve 1 sprig for garnish)
1 pinch ground black pepper
1 pinch sea salt (or Himalayan salt)

FOR DEVIL'S CURRY:

¼ cup reduced-fat (2%) plain Greek yogurt
½ tsp. finely grated lime peel (lime zest)
 (peel of approx. ½ lime)
1 Tbsp. fresh lime juice
½ tsp. ghee (organic grass-fed, if possible)
1 Tbsp. sliced green onion
 (reserve a small amount for garnish)
1 tsp. curry powder
 (reserve a small amount for garnish)
1 tsp. finely chopped serrano chile, seeds and veins
 removed
¼ tsp. sea salt (or Himalayan salt)
2 kaffir lime leaves, stem and center vein
 removed, finely chopped (optional)

DEVEILED EGGS THREE WAYS (CONTINUED)

1. Bring water to a boil in a large saucepan over high heat.
2. Add eggs; cook for 12 minutes. **Cook's Note:** To avoid cracking, remove your eggs from refrigerator 30 minutes before you cook them.
3. Remove eggs from boiling water; immediately place eggs in an ice water bath to stop cooking process. Peel eggs as soon as they are cool enough to handle. **Cook's Note:** The shock of ice water separates shell from the white, making eggs a snap to peel, but if you leave them in cold water too long, the temperature equalizes and the effect is lost.
4. Carefully cut eggs in half. Follow instructions for the recipe or recipes you want to make.

FOR ASIAN INFUSION:

1. Place yolks in food processor (or blender). Add mayonnaise, mustard, lemon peel, lemon juice, Sesame Infusion, pepper, fish sauce, and bonito (if desired); pulse until smooth. **Cook's Note:** The size of yolks varies and more or less mayonnaise might be needed to achieve the desired consistency; you are looking for a texture similar to frosting.

FOR SCANDINAVIAN SMORGASBORD:

1. Place yolks in food processor (or blender). Add yogurt, mustard, lemon peel, lemon juice, salmon, dill, pepper, and salt; pulse until smooth. **Cook's Note:** The size of yolks varies and more or less yogurt might be needed to achieve the desired consistency; you are looking for a texture similar to frosting.

FOR DEVIL'S CURRY:

1. Place yolks in food processor (or blender). Add yogurt, lime peel, lime juice, ghee, green onion, curry powder, chile, salt, and lime leaves (if desired); pulse until smooth. **Cook's Note:** The size of yolks varies and more or less yogurt might be needed to achieve the desired consistency; you are looking for a texture similar to frosting.

FOR ALL EGGS:

1. Arrange egg whites on a serving plate. Set aside.
2. Place egg yolk mixture in a 1-gallon freezer bag (or piping bag). Cut off a small piece of one corner and use like a piping bag to pipe mixture evenly and neatly into the center of each egg white.
3. Garnish with sweet paprika (if desired) and a drop of Sesame Infusion for Asian Infusion Eggs; salmon and dill for Scandinavian Smorgasbord Eggs; or curry powder and green onion for Devil's Curry Eggs; enjoy!

TIPS:

- Bonito is a Japanese smoked fish that can be found at many health food markets and Asian markets.
- Ghee is clarified butter that is commonly used in South Asian cuisine. It can be found in Indian markets or online.

NUTRITIONAL INFORMATION (per serving) Asian Infusion Eggs: Calories: 284 Total Fat: 25 g Saturated Fat: 5 g Cholesterol: 373 mg Sodium: 282 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 1 g Protein: 12 g

NUTRITIONAL INFORMATION (per serving) Scandinavian Smorgasbord Eggs: Calories: 167 Total Fat: 11 g Saturated Fat: 3 g Cholesterol: 368 mg Sodium: 240 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 2 g Protein: 15 g

NUTRITIONAL INFORMATION (per serving) Devil's Curry Eggs: Calories: 171 Total Fat: 11 g Saturated Fat: 4 g Cholesterol: 369 mg Sodium: 323 mg Carbohydrates: 3 g Fiber: 1 g Sugars: 2 g Protein: 14 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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Recipes containing the **PF** icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VO** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

EGGPLANT FRIES WITH FIXATE TZATZIKI SAUCE

SERVES: 8 (5 fries each with 3 Tbsp. tzatziki) Prep Time: 30 min. Cooking Time: 21 min.

CONTAINER EQUIVALENTS:  1  ½

One issue when substituting a baked version of something that is normally deep-fried, is that it's difficult to get a properly browned exterior without overcooking the interior. Here we demonstrate a simple work-around. By pre-toasting our bread crumbs in a dry pan before we bread our eggplant, our fries come out of the oven a delicious, deep brown without all the extra fat that comes from traditional fries!

- | | |
|--|--|
| <p>1¼ cups whole wheat panko bread crumbs</p> <p>½ tsp. ground smoked paprika</p> <p>½ tsp. chili powder</p> <p>¼ tsp. ground cumin</p> <p>¼ tsp. ground coriander</p> <p>½ tsp. garlic powder</p> <p>½ tsp. onion powder</p> <p>¾ tsp. dried oregano leaves</p> <p>1 medium eggplant, peeled, cut into 40 ½-inch-thick fries (about 1¼ lbs.)</p> <p>½ cup all-purpose flour</p> <p>3 large eggs, lightly beaten</p> <p>¾ tsp. sea salt (or Himalayan salt)</p> <p>½ tsp. ground black pepper</p> <p>¾ cup FIXATE Tzatziki Sauce (see separate recipe for FIXATE Tzatziki Sauce)</p> | <ol style="list-style-type: none"> 1. Preheat oven to 425° F. 2. Combine bread crumbs, paprika, chili powder, cumin, coriander, garlic powder, onion powder, and oregano in large nonstick skillet; cook, over medium to medium-high heat, stirring constantly, for 3 to 5 minutes, or until golden brown. Remove from skillet and place on a large plate (or shallow pan). 3. Dip each eggplant fry into flour, then eggs, then bread crumb mixture. Place on large baking sheet. Repeat with remaining fries. Make sure there is a little space between each fry. Discard excess flour, eggs, and bread crumb mixture. 4. Bake for 14 to 16 minutes, or until eggplant is fork tender and breading is deep brown. 5. Season with salt and pepper; serve five fries with 3 Tbsp. FIXATE Tzatziki. |
|--|--|

NUTRITIONAL INFORMATION (per serving): Calories: 95 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 41 mg Sodium: 325 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 3 g Protein: 5 g

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GLUTEN-FREE FRESH BREAD

SERVES: 10 (1 slice each) **Prep Time:** 5 to 10 min. (+ 30 min. rising) **Cooking Time:** 1 hr. 10 min.

CONTAINER EQUIVALENTS (per serving): 1

- 2** large eggs, lightly beaten
- 1½ cups** warm water
- 1 tsp.** apple cider vinegar
- 2 cups** gluten-free all-purpose flour
- 2½ tsp.** xanthan gum
- 1 tsp.** sea salt (or Himalayan salt)
- 2 tsp.** instant yeast

Special Equipment:

Nonstick cooking spray

1. Preheat oven to 400° F.
2. Lightly coat 2 lb. loaf pan with spray. Set aside.
3. Combine eggs, water, and vinegar in a medium bowl; whisk to blend. Set aside.
4. Place flour, xanthan gum, salt, and yeast in food processor; pulse to blend.
5. With food processor running, add egg mixture to flour mixture; process for 5 minutes.
6. Add batter to prepared pan; smooth top with spatula. Cover and allow to rise for 30 minutes.
7. Uncover pan. Bake for 35 minutes. Decrease oven temperature to 350° F. Bake an additional 30 to 35 minutes, or until golden brown.
8. Remove from oven, cool 5 minutes in pan, then turn loaf out of pan onto cooling rack; allow to cool completely before slicing.

RECIPE NOTE:

Water should be between 110 and 115° F. If it is hotter it can kill the yeast.

NUTRITIONAL INFORMATION (per serving): **Calories:** 97 **Total Fat:** 2 g **Saturated Fat:** 0 g **Cholesterol:** 37 mg **Sodium:** 263 mg **Carbohydrates:** 18 g **Fiber:** 3 g **Sugars:** 1 g **Protein:** 4 g

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GREEN BEAN CASSEROLE

SERVES: 8 (1 cup each) Prep Time: 30 min. Cooking Time: 1 hr. 30 min.

CONTAINER EQUIVALENTS (per serving): 1 1 2

- 3 tsp.** sea salt (or Himalayan salt), *divided use*
- 2 lbs.** fresh (or frozen) green beans, ends trimmed, cut into bite-sized pieces
- 4 cups** cipollini onions, peeled, cut in half vertically (approx. 20 oz.) (or frozen pearl onions)
- 2 Tbsp.** olive oil, *divided use*
- 2 tsp.** ground black pepper, *divided use*
- ¼ cup** balsamic vinegar
- 4 cups** sliced button mushrooms
- 3 Tbsp.** cornstarch (preferably GMO-free) + 3 Tbsp. water (combine to make a slurry)
- 4 cups** unsweetened almond milk
- 1 clove** garlic, sliced
- ½ tsp.** onion powder
- 1 tsp.** ground nutmeg
- ¾ cup** sliced raw almonds

Special Equipment:

Nonstick cooking spray

1. Preheat oven to 375° F.
2. Lightly coat a 4-quart casserole dish with spray. Set aside.
3. Bring 1 gallon water and 1 tsp. salt to a boil in a large pot over high heat.
4. Blanch green beans in boiling water for 2 to 3 minutes, or until tender-crisp and bright green. Place in ice water bath to stop cooking process. Drain and set aside.
5. Combine onions and 1 Tbsp. oil in a medium bowl; mix well. Season with ½ tsp. salt and ½ tsp. pepper.
6. Place on a baking sheet. Cover with aluminum foil. Bake for 20 minutes, or until onions are soft and light brown.
7. Remove foil; drizzle onions with vinegar. Bake, uncovered, for an additional 10 to 15 minutes, or until onions are mahogany brown (not black), and vinegar has reduced and thickened. Set aside.
8. While onions are cooking, heat remaining 1 Tbsp. oil in medium skillet over medium-high heat.
9. Add mushrooms; cook, stirring frequently, for 6 to 8 minutes, or until mushrooms are soft. Remove from heat. Set aside.
10. Bring almond milk to a gentle boil in a medium saucepan over medium heat.
11. Add garlic, onion powder, nutmeg, ½ tsp. salt, and ½ tsp. pepper; cook, stirring frequently, for 1 to 2 minutes.
12. Add cornstarch slurry to almond milk mixture; cook, whisking constantly, for 5 to 7 minutes, or until mixture thickens. Remove from heat. Set aside.
13. Combine green beans, mushrooms, and almond milk mixture in a large bowl; mix well. Season with remaining 1 tsp. salt and remaining 1 tsp. black pepper and add to prepared casserole dish.
14. Top green beans evenly with onions and almonds. Bake at 350° F for 35 to 40 minutes, or until casserole is hot and bubbly and almonds are golden brown.
15. Allow to rest for 5 to 10 minutes before serving.

AUTUMN'S COMMENTS:

For this recipe, I like to use fresh green beans because they have more flavor, nutrients, and crunch. If using frozen green beans, you can defrost, skip the blanching step, and proceed to step 5.

NUTRITIONAL INFORMATION (per serving): Calories: 188 Total Fat: 10 g Saturated Fat: 1 g Cholesterol: 1 mg Sodium: 671 mg Carbohydrates: 22 g Fiber: 7 g Sugars: 10 g Protein: 6 g

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GUACAMOLE

SERVES: 12 (approx. ¼ cup each) **Prep Time: 15 min.** **Cooking Time: None**

CONTAINER EQUIVALENTS (per serving):  1

- 2 cups** **mashed ripe avocado**
(approx. 2 large)
- ¾ cup** **seeded, chopped Roma tomatoes**
(approx. 2 medium)
- ½ cup** **chopped onion**
(approx. ¾ medium onion)
- 1 Tbsp.** **finely grated lime peel (lime zest)**
(approx. 2 limes)
- ¼ cup** **fresh lime juice**
(approx. 2 limes)
- ¼ cup** **finely chopped fresh cilantro**
- ½ tsp.** **sea salt (or Himalayan salt)**
- ¼ tsp.** **ground black pepper**
- 1 Tbsp.** **extra-virgin olive oil**
- 2 Tbsp.** **seeded, chopped jalapeño**
(approx. 1 medium) (optional)

- 1.** Combine avocado, tomatoes, onion, lime peel, lime juice, cilantro, salt, pepper, oil, and jalapeño (if desired) in a medium bowl; mix well.
- 2.** Serve immediately, or refrigerate, covered tightly, a few hours to let the flavors meld.


COOK'S NOTE:


To keep your guac bright green while storing, press a piece of plastic wrap directly over the top with all air bubbles squeezed out. Since avocados turn brown when exposed to the air, removing the air removes the process of browning!

TIP:

For a chunkier guacamole, mash avocados with a potato masher or the back of a fork. For a smoother guacamole, use a food processor.

NUTRITIONAL INFORMATION (per serving): Calories: 70 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 99 mg Carbohydrates: 5 g
Fiber: 3 g Sugars: 1 g Protein: 1 g

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HOMEMADE SALSA

SERVES: 8 (½ cup each) Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS: ½

- 1** medium jalapeño pepper, roasted, seeds and veins removed, finely chopped
- 2 cups** finely chopped tomatoes (approx. 3 medium)
- ½ tsp.** sea salt (or Himalayan salt)
- 3 cloves** garlic, finely chopped
- ½ cup** finely chopped sweet onion (approx. 1 small)
- 1 bunch** fresh cilantro, stems removed, finely chopped

- 1.** Combine jalapeño, tomatoes, and salt in a medium bowl; mix well.
- 2.** Add garlic, onion, and cilantro; mix well.

RECIPE NOTES:

- Another way to make the salsa is to coarsely chop the jalapeño, 1½ cups of tomatoes, and garlic. Place these ingredients and salt in food processor (or blender); cover. Pulse until well blended. Combine this mixture with the remaining tomato, onion, and cilantro; mix well.
- Maui and Vidalia are two varieties of onion that you can use.

NUTRITIONAL INFORMATION (per serving): Calories: 14 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 146 mg Carbohydrates: 3 g Fiber: 1 g Sugars: 2 g Protein: 1 g

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HONEY-ROASTED CARROTS AND BEETS

SERVES: 6 (2/3 cup each) Prep Time: 15 min. Cooking Time: 40 min.

CONTAINER EQUIVALENTS (per serving): 1 1½

- 3 cups** 1-inch cubes, raw, peeled beets (approx. 4 medium beets)
- 3 cups** 1¼-inch pieces, raw, peeled carrots (approx. 6 medium carrots)
- 4 tsp.** olive oil
- 2 Tbsp.** raw honey
- 2 tsp.** finely chopped fresh rosemary
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper

- 1.** Preheat oven to 375° F.
- 2.** Combine beets, carrots, oil, honey, rosemary, salt, and pepper in a 2½-quart (or 3-quart) casserole dish; mix well. Cover with aluminum foil.
- 3.** Bake for 35 minutes, stirring every 10 minutes, until tender-crisp.
- 4.** Remove foil; mix well. Bake, uncovered, for 3 to 5 minutes or until tender.

TIP:

Cut carrots slightly larger than beets so they roast evenly.

NUTRITIONAL INFORMATION (per serving): Calories: 91 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 357 mg Carbohydrates: 15 g Fiber: 4 g Sugars: 10 g Protein: 2 g

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LOADED SWEET POTATO SKINS

SERVES: 6 (1 half each) Prep Time: 15 min. Cooking Time: 1 hr. 20 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  ½  1

Here at Fixate, we love our sweet potatoes, and we're hooked on these amazing potato skins! Loaded with lean chicken breast and spinach, they're a fraction of the calories of regular skins, but you still get a little melty cheese, crispy bacon, and creamy sour cream. It's all about moderation, and this recipe has just the right balance!

- 3** medium sweet potatoes
- 2 slices** nitrate-free bacon
- 5 oz.** raw chicken breast, boneless, skinless, finely chopped
- ½ tsp.** sea salt (or Himalayan salt)
- 1 Tbsp.** **FIXATE Taco Seasoning**
(see separate recipe for **FIXATE Taco Seasoning**)
- 3 cups** chopped spinach
- 6 Tbsp.** shredded cheddar cheese
- 6 tsp.** reduced-fat (2%) sour cream
Chopped chives (for garnish; optional)

Special Equipment:

Nonstick olive oil cooking spray

1. Preheat oven to 400° F.
2. Place sweet potatoes on baking sheet. Bake for 50 to 60 minutes, or until fork tender. Cool until sweet potatoes can be handled.
3. While potatoes are baking, cook bacon in large nonstick skillet over medium heat for 3 to 4 minutes on each side, or until crisp. Place on paper towels to drain. Once cooled, crumble bacon. Set aside.
4. Add chicken to same skillet. Season with salt and taco seasoning; cook, over medium heat, stirring frequently, for 4 to 5 minutes, or until cooked through.
5. Add spinach; cook, stirring frequently, for 2 to 3 minutes, or until fully wilted. Set aside.
6. Slice cooled sweet potatoes in half lengthwise. Scoop out most of flesh with a spoon, leaving about ¼-inch of flesh attached to skin.
7. Place sweet potato halves, skin-side up, on baking sheet. Lightly coat with spray. Bake for 15 minutes, or until skins are brown and crisp.
8. Fill each sweet potato half with ¼ cup of chicken mixture. Top evenly with 1 Tbsp. cheese, and bacon. Bake for 5 minutes, or until cheese is melted.
9. Garnish each sweet potato half evenly with 1 tsp. sour cream and chives (if desired); enjoy!

RECIPE NOTE:

For a vegan version, substitute cauliflower taco “meat” for the chicken, vegan cheese sauce for the cheese, and vegan sour cream for the sour cream. (See separate recipe for **FIXATE Vegan Kale Nachos**).

COOKING TIP:

Save flesh from sweet potatoes for sweet potato mash, or better yet, use it to make the Sweet Potato Gnudi from the Fixate cookbook!

NUTRITIONAL INFORMATION (per serving): Calories: 150 Total Fat: 6 g Saturated Fat: 3 g Cholesterol: 27 mg Sodium: 360 mg Carbohydrates: 13 g Fiber: 4 g Sugars: 1 g Protein: 10 g

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MAPLE GLAZED BRUSSELS SPROUTS

SERVES: 4 (1 cup each) **Prep Time:** 15 min. **Cooking Time:** 1 hr.

CONTAINER EQUIVALENTS (per serving): 1 1 1

This is a recipe I came up with for one of my New York kitchens that was a big hit and became a wintertime staple. The glaze is simply a sweet-and-sour sauce, and this one is not only simple, but extremely versatile. It can be used to glaze squash, sweet potatoes, carrots, or just about any winter root vegetable, but I love it most on these sprouts.

- ¼ cup** pure maple syrup (preferably dark amber)
- ¼ cup** apple cider vinegar
- ½ tsp.** chopped fresh rosemary
- 2 tsp.** sea salt (or Himalayan salt), *divided use*
- ½ tsp. + 1 dash** ground black pepper, *divided use*
- 1 tsp.** unsalted organic grass-fed butter (optional)
- 8 cups** brussels sprouts, stems removed, cut in half lengthwise
- 1 Tbsp.** olive oil

Special Equipment:

- Parchment paper
- Nonstick cooking spray

1. Preheat oven to 450° F.
2. Line large baking sheet with parchment paper. Lightly coat with spray. Set aside.
3. To make glaze, combine maple syrup, vinegar, rosemary, *½ tsp.* salt, and *1 dash* pepper in small saucepan. Bring to a boil, over medium heat, stirring occasionally. Reduce heat to medium-low; gently boil for 20 to 25 minutes, or until glaze has thickened to the consistency of syrup, foamy bubbles appear on the surface, and harshness of the vinegar has evaporated. Remove from heat.
4. Add butter (if desired), whisking constantly until fully incorporated. Set aside. (You should have about *½ cup* of glaze.)
5. While glaze is cooking, bring water and *1 tsp.* salt to boil in large pot over medium-high heat.
6. Add brussels sprouts to boiling water; cook for 4 to 5 minutes, or until bright green and tender-crisp.
7. While brussels sprouts are cooking, prepare an ice bath by filling a large bowl with ice and cold water.
8. Drain brussels sprouts and place immediately in ice bath for approx. 5 to 10 minutes (or rinse under cold running water until fully cooled). Set aside.
9. Drain chilled brussels sprouts. Combine brussels sprouts, oil, *remaining ½ tsp.* salt, and *remaining ½ tsp.* pepper in a medium bowl; toss gently to blend. Spread evenly on prepared baking sheet. Bake for 15 minutes, rotating pan once, or until edges begin to crisp.
10. Pour glaze over brussels sprouts; toss with a spatula until well coated. Bake for an additional 5 minutes, or until a shiny glaze has set over their entire surface.
11. Cool a few minutes. Stir before serving. Enjoy!

COOKING TIP:

An ice bath is the second part of the blanching process, which preserves vitamins, color, and the al dente bite, and also stops the cooking process, which cuts down on cooking time.

NUTRITIONAL INFORMATION (per serving): **Calories:** 171 **Total Fat:** 5 g **Saturated Fat:** 1 g **Cholesterol:** 2 mg **Sodium:** 692 mg **Carbohydrates:** 30 g **Fiber:** 7 g **Sugars:** 18 g **Protein:** 6 g

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MEDITERRANEAN QUINOA

SERVES: 6 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: 15 min.

CONTAINER EQUIVALENTS: 1 1 ½ 2

- 1 cup** dry quinoa, rinsed
- ¼ cup** extra-virgin olive oil
- 2 Tbsp.** fresh lemon juice
- 1½ tsp.** finely grated lemon peel (lemon zest)
- 2 Tbsp.** chopped fresh oregano leaves
- 1 clove** garlic, grated
- 1 Tbsp.** raw honey
- ¾ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 1 cup** ¼-inch cubed eggplant (approx. 1 medium)
- 3 cups** raw baby spinach, coarsely chopped
- 1 cup** thinly sliced red onion (approx. 1 medium)
- ½ cup** sliced sun-dried tomatoes (rehydrated)
- ½ cup** halved Kalamata olives (approx. 30)
- ¼ cup** crumbled feta cheese (optional)

- 1.** Cook quinoa according to package directions.
- 2.** While quinoa is cooking, make dressing by combining oil, lemon juice, lemon peel, oregano, garlic, honey, salt, and pepper in a medium bowl; whisk to blend. Set aside.
- 3.** As soon as quinoa has finished cooking, add eggplant and spinach to quinoa; cover, let stand for 5 minutes.
- 4.** Place quinoa mixture in a large mixing bowl. Add onion, sun-dried tomatoes, olives, and cheese (if desired); toss gently to blend.
- 5.** Drizzle dressing over quinoa mixture; toss gently to blend.

RECIPE NOTE:

- Refrigerate leftovers in an airtight container for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 261 Total Fat: 14 g Saturated Fat: 2 g Cholesterol: 6 mg Sodium: 435 mg Carbohydrates: 28 g Fiber: 4 g Sugars: 6 g Protein: 6 g

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MEXICAN STREET CORN (ELOTE)

SERVES: 4 (½ cob each) **Prep Time:** 10 min. **Cooking Time:** 12 min.

CONTAINER EQUIVALENTS (per serving): ½ ½

- 1 Tbsp.** **FIXATE Mayonnaise** (see separate recipe for **FIXATE Mayonnaise**)
- 1 Tbsp.** **reduced-fat (2%) sour cream**
- 2 Tbsp.** **crumbled Cotija cheese**
- 1 Tbsp.** **crumbled blue cheese**
- ½ tsp.** **chili powder, *divided use***
- 1 clove** **garlic, finely chopped**
- 1 tsp.** **finely grated lime peel (lime zest) (approx. 1 lime)**
- 1 pinch** **sea salt (or Himalayan salt)**
- 2** **ears of corn, husks and silk removed**
- 1 Tbsp.** **finely chopped fresh cilantro**
- ½** **medium lime, cut into 4 wedges**

- 1.** Preheat broiler or grill on high.
- 2.** Combine mayonnaise, sour cream, Cotija cheese, blue cheese, ¼ tsp. chili powder, garlic, lime peel, and salt; mix well. Set aside.
- 3.** Grill corn, turning every minute or so, for 10 to 12 minutes, or until cooked through and slightly charred in places.
- 4.** Cut grilled corn in half. Slather each evenly with mayonnaise mixture. Garnish evenly with *remaining* ¼ tsp. chili powder and cilantro; serve with lime wedges.

RECIPE NOTE:

If you cannot find Cotija cheese, you can substitute Parmesan or feta cheese.

NUTRITIONAL INFORMATION (per serving): **Calories:** 110 **Total Fat:** 6 g **Saturated Fat:** 4 g **Cholesterol:** 16 mg **Sodium:** 154 mg **Carbohydrates:** 11 g **Fiber:** 1 g **Sugars:** 3 g **Protein:** 3 g

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PEANUT BUTTER OATMEAL BARS

SERVES: 12 (1 bar each) **Prep Time:** 15 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): 1 1

2 cups	dry old-fashioned rolled oats, gluten-free
1 tsp.	baking powder, gluten-free
1 tsp.	ground cinnamon
½ tsp.	sea salt (or Himalayan salt)
¼ cup	chopped raw peanuts
½ cup	fresh mixed berries
1½ cups	unsweetened almond milk
1	large ripe banana, cut into chunks
1 tsp.	pure vanilla extract
1 Tbsp.	ground flaxseed
2 Tbsp.	all-natural peanut butter
¼ cup	pure maple syrup (preferably dark amber, grade B)

Special Equipment:

Parchment paper

Nonstick cooking spray

1. Preheat oven to 375° F.
2. Line 8 x 10-inch casserole pan with parchment paper and lightly coat with spray. Set aside.
3. Place oats, baking powder, cinnamon, salt, nuts, and berries in a large mixing bowl; mix well.
4. Place almond milk, banana, extract, flaxseed, peanut butter, and maple syrup in blender (or food processor); cover. Blend until smooth.
5. Add almond milk mixture to oat mixture; mix until well blended. Pour mixture into prepared pan. Smooth top with a spatula.
6. Bake for 30 minutes or until oatmeal is set and top is golden brown.
7. Allow to cool to room temperature before evenly cutting into twelve bars.

RECIPE NOTES:

- Bars will keep in the refrigerator for up to a week.
- These bars are great for kids' lunches or as an on-the-go snack. They also make a delicious homemade cereal when crumbled into a bowl with a little cold milk.

VARIATION:

Feel free to play with alternate nuts, berries, and nut butters to match your preferences.

NUTRITIONAL INFORMATION (per serving): **Calories:** 123 **Total Fat:** 4 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 173 mg **Carbohydrates:** 19 g **Fiber:** 2 g **Sugars:** 7 g **Protein:** 3 g

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PIÑA COLADA FRUIT AND YOGURT SALAD

SERVES: 4 (approx. 1 cup fruit salad + ½ cup yogurt) **Prep Time: 10 min.** **Cooking Time: 6 min.**

CONTAINER EQUIVALENTS (per serving): ½ 1 1

FOR PIÑA COLADA YOGURT:

1½ cups reduced-fat (2%) plain Greek yogurt
1 tsp. pure coconut extract
½ cup crushed pineapple, in juice

FOR FRUIT SALAD:

½ cup unsweetened shredded coconut
1 stalk lemongrass (optional)
1 cup ½-inch cubed pineapple
1 cup ½-inch cubed papaya
1 cup ½-inch cubed mango
1 cup ½-inch cubed honeydew melon

1. Combine yogurt, extract, and pineapple in a medium bowl; mix well. Set aside.
2. Heat a large skillet over medium heat.
3. Add coconut; cook, tossing frequently, for 4 to 5 minutes, or until coconut is golden brown. Remove from pan immediately, so that it doesn't scorch. Set aside.
4. Remove woody stem and tough root end of lemongrass (if desired). Peel off outside layer leaving only the tender internal shoot. Slice into rounds, as thin as you can make them. Set aside.
5. Combine pineapple, papaya, mango, and honeydew in a large mixing bowl; toss gently to blend.
6. Garnish with coconut and lemongrass, and serve with a side of *Piña Colada Yogurt* (½ cup each).

NUTRITIONAL INFORMATION (per serving): **Calories: 235** **Total Fat: 9 g** **Saturated Fat: 7 g** **Cholesterol: 4 mg** **Sodium: 45 mg** **Carbohydrates: 30 g** **Fiber: 4 g** **Sugars: 24 g** **Protein: 10 g**

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PIÑA COLADA YOGURT

SERVES: 4 (½ cup each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  ½


1½ cups **reduced-fat (2%) plain Greek yogurt**

1 tsp. **pure coconut extract**

½ cup **crushed pineapple, in juice**

1. Combine yogurt, extract, and pineapple in a medium bowl; mix well and serve!

NUTRITIONAL INFORMATION (per serving): **Calories:** 85 **Total Fat:** 2 g **Saturated Fat:** 1 g **Cholesterol:** 4 mg **Sodium:** 30 mg **Carbohydrates:** 8 g **Fiber:** 0 g **Sugars:** 7 g **Protein:** 9 g

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PROTEIN-PACKED RANCH DIP

SERVES: 5 (approx. ¼ cup each) Prep Time: 15 min. Cooking Time: 15 min.

CONTAINER EQUIVALENTS (per serving):  1

This low-fat, high-protein dip is the perfect party snack! It's great spread on crackers or as a dip for raw veggies. It's so easy to throw together, I often whip up a batch during meal prep to keep in the fridge as a super-fast, hunger-busting snack! We've also created a meatless version, Vegetarian Protein-Packed Ranch Dip, that uses cashews in place of chicken, and it doesn't skimp on taste. The creamy richness of cashews complements the flavors of ranch so well I sometimes prefer it to the chicken!

3 cans (5-oz. each) chicken breast, well-drained
2 Tbsp. reduced-fat (2%) plain Greek yogurt
2 Tbsp. fresh chives
1 Tbsp. fresh dill
2 Tbsp. coarsely chopped onion
2 cloves garlic
2 tsp. Dijon mustard
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
1 dash ground smoked paprika

1. Place chicken, yogurt, chives, dill, onion, garlic, mustard, salt, pepper, and paprika in food processor (or blender); pulse for 1 to 2 minutes, or until smooth and creamy.

RECIPE NOTE:

You can substitute 12 oz. baked chicken breast for canned chicken breast. If it comes out a little dry, just drizzle in a tsp. of water at a time, with the blender running, until the desired consistency is achieved.

NUTRITIONAL INFORMATION (per serving): Calories: 67 Total Fat: 1 g Saturated Fat: 1 g Cholesterol: 23 mg Sodium: 468 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 2 g Protein: 12 g



PUMPKIN PIE ENERGY BITES

SERVES: 8 (2 energy bites each) Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 ½

1 cup pitted dates
Warm water

½ cup raw pecan halves

⅓ cup 100% pure pumpkin puree

¼ cup unsweetened shredded coconut,
reserve small amount for garnish

1 tsp. pure hazelnut extract

1 tsp. pure maple syrup

2 tsp. pumpkin pie spice

1 pinch sea salt (or Himalayan salt)

1. Place dates in a medium bowl; cover with water. Let soak for 10 minutes. Drain. Set aside.
2. Place pecans in food processor; pulse until finely ground.
3. Add dates, pumpkin, coconut, extract, maple syrup, pumpkin pie spice, and salt; pulse until well mixed. Place in a medium bowl. Refrigerate, covered, for 30 minutes.
4. Using clean hands, roll into tablespoon-sized balls; roll in reserved coconut, if desired.

RECIPE NOTES:

- Store leftover energy bites, refrigerated, in an airtight container.
- Maple extract can be substituted for hazelnut extract.

NUTRITIONAL INFORMATION (per serving): Calories: 120 Total Fat: 6 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 20 mg Carbohydrates: 17 g
Fiber: 3 g Sugars: 13 g Protein: 1 g

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RED BEANS AND RICE

SERVES: 1 Prep Time: 12 min. Cooking Time: 13 min.

CONTAINER EQUIVALENTS (per serving):  ½  ½  1  1

Red beans and rice is a classic Creole dish that usually takes hours to prepare but our Fixate version is ready in just minutes. It has a lot more fiber than the original and a fraction of the calories, all while maintaining that classic Louisiana flavor!

¼ cup	low-sodium organic chicken broth
¼ tsp.	unflavored gelatin (preferably from grass-fed cows)
1 tsp.	olive oil
¼ cup	chopped onion (approx. ⅓ medium onion)
2 Tbsp.	chopped red bell pepper
2 Tbsp.	chopped celery
1 clove	garlic, finely chopped
½ cup	chopped low-sodium, nitrate-free ham (approx. 2 oz.)
1 tsp.	dried thyme
1 pinch	sea salt (or Himalayan salt)
1 pinch	ground black pepper
¼ tsp.	ground smoked paprika
1 pinch	ground cayenne pepper (optional)
¼ cup	canned red beans, drained, liquid reserved
¼ cup	cooked brown rice
1 tsp.	chopped parsley (optional)

1. Sprinkle broth with gelatin. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat until fragrant.
3. Add onion, bell pepper, and celery; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
4. Add garlic, ham, thyme, salt, black pepper, paprika, and cayenne pepper (if desired); cook, stirring frequently, for 2 minutes.
5. Add beans, rice, broth mixture, 2 Tbsp. reserved liquid from beans, and parsley (if desired); cook, stirring frequently, for 3 to 4 minutes, or until pan is almost dry and liquid has reduced to a thick sauce.
6. Place in a serving bowl and enjoy!

NUTRITIONAL INFORMATION (per serving): Calories: 266 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 25 mg Sodium: 508 mg Carbohydrates: 33 g Fiber: 6 g Sugars: 6 g Protein: 18 g

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SAUTÉED BROCCOLI RABE

SERVES: 2 (approx. 1 cup each) **Prep Time:** 10 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving): 1 1½

- 1 tsp. + 1 dash** sea salt (or Himalayan salt),
divided use
- 1** large bunch broccoli rabe,
tough stems removed
(approx. 2 cups)
- 1 Tbsp.** olive oil
- 1 clove** garlic (sliced thin)
- 1 pinch** crushed red pepper flakes
- 1 pinch** ground black pepper
- ½** medium lemon, juiced

- 1.** Bring 1 gallon water and *1 tsp.* salt to a boil in a large pot over high heat.
- 2.** Add broccoli rabe; blanch for 2 to 3 minutes. Immediately place broccoli rabe in an ice water bath to stop cooking process. Drain well once cooled. Set aside.
- 3.** Heat oil in large skillet over medium-high heat.
- 4.** Add garlic, red pepper flakes, and black pepper; cook, stirring constantly, for 10 to 15 seconds.
- 5.** Add broccoli rabe; cook, stirring frequently, for 4 to 5 minutes, or until heated through and slightly scorched on the edges.
- 6.** Place broccoli rabe on a serving plate; season with *remaining dash* of salt and freshly squeezed lemon juice.

TIP:

When salting water for blanching vegetables or cooking pasta, the water should taste as salty as soup would be.

NUTRITIONAL INFORMATION (per serving): **Calories:** 83 **Total Fat:** 7 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 168 mg **Carbohydrates:** 3 g **Fiber:** 2 g **Sugars:** 0 g **Protein:** 3 g

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SHAKEOLOGY YOGURT PUDDING

SERVES: 4 (½ cup each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1  1

- 1** large avocado, peeled, pitted
- 1 tsp.** pure vanilla extract
- 1 scoop** Chocolate Shakeology
- 2 Tbsp.** pure maple syrup
- ¼ cup** reduced-fat (2%) plain Greek yogurt
- ½ cup** unsweetened almond milk
- ¼ cup** orange juice (approx. 1 large orange)
- 1 Tbsp.** finely grated orange peel (orange zest) (peel of approx. 1 large orange)
- 1 pinch** sea salt (or Himalayan salt)

- 1.** Place avocado, extract, Shakeology, maple syrup, yogurt, almond milk, orange juice, orange peel, and salt in blender; cover. Blend until smooth and creamy.

VARIATION:

Try it with your favorite Shakeology flavor!

NUTRITIONAL INFORMATION (per serving): **Calories:** 183 **Total Fat:** 9 g **Saturated Fat:** 2 g **Cholesterol:** 1 mg **Sodium:** 106 mg **Carbohydrates:** 19 g **Fiber:** 6 g **Sugars:** 11 g **Protein:** 7 g

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SMOKY BAKED BEANS

SERVES: 8 (approx. ½ cup each) **Prep Time: 10 min.** **Cooking Time: 1 hr. 1 min.**

CONTAINER EQUIVALENTS: 1 ½ ½

1 Tbsp. + 1 tsp. olive oil
¾ cup chopped sweet onion (approx. 1 medium)
2 cans (8-oz. each) all-natural tomato sauce, no salt or sugar added
1 Tbsp. Worcestershire sauce, gluten-free, vegan
2 Tbsp. all-natural liquid smoke (optional)
¾ tsp. Dijon mustard, gluten-free
3 Tbsp. blackstrap molasses
2 cans (15-oz. each) cannellini beans, drained, rinsed
 Sea salt (or Himalayan salt) (to taste; optional)

1. Preheat oven to 325° F.
2. Heat oil in ovenproof medium saucepan over medium-high heat.
3. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
4. Add tomato sauce, Worcestershire sauce, liquid smoke (if desired), mustard, molasses, and beans. Season with salt, if desired; cook, stirring frequently, over medium-low heat, for 5 minutes.
5. Place saucepan in oven, uncovered. Bake for 45 to 50 minutes, or until sauce is thick.

RECIPE NOTES:

- Maui and Vidalia are two varieties of onion that you can use.
- Colgin® is a brand of all-natural liquid smoke that you can use.
- Pure maple syrup can be substituted for molasses.

NUTRITIONAL INFORMATION (per serving): Calories: 128 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 499 mg Carbohydrates: 21 g Fiber: 4 g Sugars: 7 g Protein: 4 g

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STEAMED ARTICHOKE

SERVES: 1 Prep Time: 10 min. Cooking Time: 35 min.

CONTAINER EQUIVALENTS: 2 1

I know it's spring when I walk into the supermarket and see a big pile of fresh artichokes in the produce section! Sadly, most people pass these beauties by, not knowing how to properly clean and prepare them. But with a little know-how, you too can enjoy this springtime bounty. Make sure you watch the video for this one; we're going to take you through the process step-by-step!

1 + 1 wedge medium lemon, cut in half, *divided use*
1 large globe artichoke
1 clove garlic
1 bay leaf
1 tsp. ghee, melted (organic grass-fed, if possible) (optional)
 Sea salt (or Himalayan salt) (to taste; optional)

1. Fill a large mixing bowl half full with cold water. Squeeze *half* lemon into bowl. Set aside.
2. Bring medium saucepan, filled with 2 to 3 inches water, to a boil over high heat. Reduce heat to low, maintaining a gentle boil.
3. While water is heating, cut off bottom ½ inch of artichoke stem. Peel off tough green exterior of remaining stem. Slice off top 1½ inches of artichoke top. Using kitchen shears, snip off the spiny tips of the artichoke leaves (approx. ¼ to ½ inch). Slice artichoke in half lengthwise. Using your fingers, remove tough, purple petals from the center. Scoop out the fuzzy “choke” with a spoon and discard.
4. Place cleaned artichoke in lemon water to prevent oxidation. Repeat with remaining artichoke half.
5. Add garlic, bay leaf, and squeeze *remaining half* lemon to gently boiling water. Add artichoke halves, stem side up; cook, covered, for 28 to 30 minutes, or until one of the leaves near the stem pulls away cleanly. (Check during cooking to make sure there is water in the pan.)
6. Serve with *lemon wedge* and ghee for dipping, if desired.
7. To eat, squeeze *lemon wedge* over artichoke. Sprinkle with salt, then pull leaves off, one by one, dipping the stem side of each leaf in ghee, then scraping off the flesh with your teeth. Keep a separate bowl to discard leaves. Once all the leaves are eaten, slice the heart into quarters and enjoy!

RECIPE NOTES:

- When buying artichokes, the thicker the stem, the larger the heart. Look for bright green leaves and a compact head.
- For a vegan dip, try balsamic vinegar, or your favorite vegan mayo.

NUTRITIONAL INFORMATION (per serving): Calories: 151 Total Fat: 5 g Saturated Fat: 3 g Cholesterol: 12 mg Sodium: 440 mg Carbohydrates: 28 g Fiber: 10 g Sugars: 3 g Protein: 7 g

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SWEET POTATO CASSEROLE

SERVES: 8 (about ½ cup each) Prep Time: 20 min. Cooking Time: 40 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ ½

1½ lbs. sweet potatoes, peeled,
cut into 1-inch cubes

1 Tbsp. + 1 tsp. organic grass-fed
(unsalted) butter

1 Tbsp. + 1 tsp. raw honey

½ tsp. sea salt (or Himalayan salt)

¼ tsp. ground cinnamon

1 dash ground nutmeg

¼ tsp. freshly grated ginger
(or 1 dash ground ginger)

½ cup chopped raw pecans

1. Preheat oven to 375° F.
2. Place sweet potatoes in a large mixing bowl; set aside.
3. Place butter, honey, salt, cinnamon, nutmeg, and ginger in small saucepan; cook over medium heat, stirring occasionally, for 1 to 2 minutes, or until butter is completely melted and ingredients are thoroughly combined.
4. Top sweet potatoes with butter mixture; toss gently to coat.
5. Place sweet potatoes in 1½-quart casserole dish, using a slotted spoon to drain off honey mixture. (Reserve excess honey mixture.) Cover casserole dish with aluminum foil. Bake for 30 to 35 minutes, or until sweet potatoes are soft. (Foil can be removed for the last 5 minutes of baking.)
6. While sweet potatoes are baking, combine pecans and reserved honey mixture in a medium bowl; mix well. Set aside.
7. Increase oven temperature to 500° F.
8. Remove aluminum foil from sweet potatoes and mix well. Top with pecans. Bake for 5 minutes, or until pecans begin to brown.
9. Let cool for 10 minutes; enjoy!

NUTRITIONAL INFORMATION (per serving): Calories: 149 Total Fat: 7 g Saturated Fat: 2 g Cholesterol: 5 mg Sodium: 196 mg Carbohydrates: 21 g Fiber: 3 g Sugars: 7 g Protein: 2 g

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SWEET POTATO LATKES

SERVES: 8 (1 latke each) Prep Time: 20 min. Cooking Time: 40 min.

CONTAINER EQUIVALENTS:  1

¾ medium onion
1 lb. sweet potatoes, peeled
2 large eggs, lightly beaten
2 Tbsp. whole wheat flour
2 Tbsp. whole wheat panko bread crumbs
1 clove garlic, finely chopped
½ tsp. sea salt (or Himalayan salt)
2 Tbsp. + 2 tsp. reduced fat (2%) plain Greek yogurt

SPECIAL EQUIPMENT:

Parchment paper
 Grater attachment for food processor
 Nonstick cooking spray

1. Preheat oven to 350° F.
2. Line large baking sheet with parchment paper, lightly coat with spray. Set aside.
3. Process onion in food processor using grater attachment. Squeeze out and discard water after grating. Place onion in a medium bowl. Set aside.
4. Process sweet potatoes in food processor using grater attachment. Add to onion.
5. Add eggs, flour, bread crumbs, garlic, and salt to onion mixture; mix well.
6. Using ¼-cup measuring cup, scoop mixture onto prepared baking sheet. Form into patties.
7. Lightly coat tops evenly with spray. Bake for 20 minutes. Turn latkes. Spray tops. Bake an additional 18 to 20 minutes, or until crisp.
8. Serve each latke topped with 1 tsp. yogurt.

RECIPE NOTES:

- You can shred onion and sweet potatoes with a hand grater.
- Latkes can be made one day ahead. Follow steps 1 to 6 above. Cover baking sheet and store in the refrigerator for one day. Bake latkes right before serving.

NUTRITIONAL INFORMATION (per serving): Calories: 91 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 47 mg Sodium: 195 mg Carbohydrates: 15 g Fiber: 2 g Sugars: 3 g Protein: 4 g



VEGAN SPINACH AND ARTICHOKE DIP

SERVES: 8 (approx. ¼ cup each) Prep Time: 10 min. Cooking Time: 6 min..

CONTAINER EQUIVALENTS: 1 ½

Going into this recipe, we were skeptical about whether or not we could make an artichoke dip that was not only Fix-approved but also vegan, since the original is all mayo and cheese. But, using avocado to mimic the creaminess of cream cheese and mayo and nutritional yeast to give it that cheesy kick, this recipe has all the yum factor without the guilt! And, with just two simple steps, it couldn't be easier to prepare!

1 (15-oz.) can	Hot water
3 packed cups	artichoke hearts, packed in water, drained
1	raw spinach
2 Tbsp.	medium ripe avocado
⅓ cup	fresh lemon juice
1 clove	nutritional yeast
½ tsp.	garlic
¼ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper
½ tsp.	onion powder

1. Bring medium saucepan of water to a boil over high heat.
2. Add artichoke hearts and spinach; cook for 1 minute. Remove from heat and drain well.
3. Place artichoke mixture in food processor. Add avocado, lemon juice, yeast, garlic, salt, pepper, and onion powder; process until smooth.

RECIPE NOTE:

- You can substitute 1½ cups frozen artichoke hearts for canned.

NUTRITIONAL INFORMATION (per serving): Calories: 77 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 192 mg Carbohydrates: 9 g Fiber: 5 g Sugars: 1 g Protein: 4 g

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WHITE BEAN DIP

SERVES: 5 (approx. ¼ cup each) **Prep Time:** 10 min. **Cooking Time:** 1 hr.

CONTAINER EQUIVALENTS: ½ 1½

This dip is rich in protein and fiber and goes great with either raw veggies or toasted bread. I also really enjoy it as a spread on sandwiches and wraps. The roasted garlic and miso give the dip amazing depth of flavor.

1 bulb	garlic
2 Tbsp. + 1½ tsp.	extra-virgin olive oil, divided use
1 (15-oz.) can	cannellini beans, drained, rinsed
1 Tbsp.	fresh lemon juice
2 Tbsp.	water
1 tsp.	chopped fresh rosemary
¼ tsp	ground black pepper
1 Tbsp.	white miso paste

SPECIAL EQUIPMENT:

Aluminum foil

1. Preheat oven to 425° F.
2. Cut top third off garlic bulb. Drizzle with 1½ tsp. oil. Wrap in aluminum foil and place on small baking sheet. Bake for 1 hour, or until cloves are golden brown. When cool enough to touch, squeeze bulb to release roasted cloves.
3. Place garlic, beans, lemon juice, water, rosemary, pepper, and miso paste in food processor; process until smooth.
4. Slowly add *remaining 2 Tbsp.* oil, with processor running, until well blended.

RECIPE NOTE:

- You can substitute 2 cloves of garlic for roasted garlic.
- You can substitute ¼ tsp. sea salt (or Himalayan salt) for miso paste.

NUTRITIONAL INFORMATION (per serving): Calories: 124 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 366 mg Carbohydrates: 12 g Fiber: 2 g Sugars: 0 g Protein: 4 g




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WHOLE-GRAIN STUFFING

SERVES: 8 (½ cup each) Prep Time: 20 min. Cooking Time: 1 hr. 50 min.

CONTAINER EQUIVALENTS (per serving):  1  ½  1

This flavorful stuffing can be a wonderful staple to your Thanksgiving meal as a side dish by itself or as a stuffing in our Whole-Grain Stuffed Turkey.

⅔ cup	dry rye berries (or farro or barley)
⅔ cup	dry wild rice
4 cups + 3 Tbsp.	low-sodium organic chicken (or vegetable) broth
⅓ cup	dried cherries
¾ cup	boiling water
4 tsp.	olive oil
½ cup	chopped celery (approx. 1 large stalk)
¼ cup	chopped shallots (approx. 2 medium shallots)
⅔ cup	¼-inch cubes butternut squash, peeled
4	fresh sage leaves, finely chopped
4 tsp.	apple brandy (preferably Calvados) (optional)
⅓ cup	fresh orange juice (juice of 1 small orange)
2 tsp.	finely grated orange peel (orange zest)
¾ tsp.	ground nutmeg
½ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
½ cup	water
½ cup	sliced raw almonds

Special Equipment:

Nonstick cooking spray

1. Preheat oven to 375° F.
2. Lightly coat 3-quart casserole dish with spray. Set aside.
3. Combine rye berries, wild rice, and broth in large saucepan. Bring to a boil over high heat. Reduce heat to medium-low; gently boil, covered, for 50 to 55 minutes, or until rice and rye berries are tender-crisp.
4. While grains are cooking, combine cherries and boiling water in a medium bowl; soak for 15 minutes. Drain and set aside.
5. Heat oil in large nonstick skillet over medium-high heat.
6. Add celery and shallots; cook, stirring frequently, for 5 minutes.
7. Add squash, cook, stirring frequently, for 4 minutes, or until squash is tender-crisp.
8. Add sage; cook, stirring frequently, for about 3 minutes.
9. Add brandy (if desired); cook, stirring frequently, for 2 to 3 minutes, or until liquid has almost completely evaporated.
10. Add orange juice, orange peel, cherries, nutmeg, salt, and pepper; cook, stirring frequently, for 4 to 5 minutes.
11. Add contents of skillet and water to saucepan of cooked grains; mix well. Remove from heat.
12. Place stuffing in prepared casserole dish. Top with almonds. Bake for 18 to 22 minutes, or until almonds are golden brown.

TIPS:

- If using this recipe for Whole-Grain Stuffed Turkey, use 1½ cups of Whole-Grain Stuffing to fill the turkey.
- Rye berries can be found at health food markets or online.
- This recipe can be vegan if you substitute vegetable broth for chicken broth.
- If using grains other than rye berries, make sure to check their packaging for cooking times.



AUTUMN'S COMMENTS:

This recipe uses wild rice and rye berries (whole, unprocessed rye grains) in place of the traditional bread cubes found in most Thanksgiving stuffing. Whole, unprocessed grains such as these contain more fiber and nutrients than their processed counterparts, leading to a greater sense of fullness and satisfaction.

NUTRITIONAL INFORMATION (per serving): Calories: 189 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 189 mg Carbohydrates: 27 g Fiber: 3 g Sugars: 6 g Protein: 7 g

ZUCCHINI BREAD

SERVES: 20 (1 slice each) Prep Time: 15 min. Cooking Time: 50 min.

CONTAINER EQUIVALENTS (per serving):  1 Yellow  1

6 large egg whites ($\frac{3}{4}$ cup)
 $\frac{1}{4}$ cup extra-virgin, organic coconut oil, melted
 $\frac{1}{2}$ cup unsweetened applesauce
 $\frac{1}{3}$ cup coconut sugar
2 tsp. pure vanilla extract
 $\frac{3}{4}$ cup all-purpose flour
 $1\frac{3}{4}$ cups whole wheat flour
1 tsp. baking powder
1 tsp. baking soda
 $\frac{3}{4}$ tsp. sea salt (or Himalayan salt)
1 Tbsp. ground cinnamon
 $2\frac{1}{2}$ cups grated zucchini (about $1\frac{1}{2}$ medium zucchini)
 $\frac{1}{2}$ cup chopped raw walnuts

SPECIAL EQUIPMENT:

Nonstick cooking spray

- 1.** Preheat oven to 350° F.
- 2.** Lightly coat two 9 x 5-inch loaf pans with spray.
- 3.** Combine egg whites, oil, applesauce, sugar, and extract in a large bowl; mix well. Set aside.
- 4.** Combine all-purpose flour, whole wheat flour, baking powder, baking soda, salt, and cinnamon in a medium bowl; mix well.
- 5.** Add flour mixture to egg mixture; mix until just blended.
- 6.** Fold in zucchini and walnuts; mix until just blended.
- 7.** Divide batter evenly between the two pans.
- 8.** Bake for 45 to 50 minutes, or until golden brown and tester inserted into the center comes out clean.
- 9.** Cool bread in pans for 5 to 10 minutes, remove from pans and transfer to wire rack; cool completely.
- 10.** Slice into ten slices per loaf. Enjoy!

RECIPE NOTE:

- Leftover zucchini bread slices can be wrapped individually and stored in the freezer for future meals.

NUTRITIONAL INFORMATION (per serving): Calories: 120 Total Fat: 5 g Saturated Fat: 3 g Cholesterol: 0 g Sodium: 191 mg Carbohydrates: 16 g Fiber: 2 g Sugars: 4 g Protein: 4 g

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SALAD &
SOUP RECIPES



BONE BROTH

SERVES: 10 (1 cup each) Prep Time: 15 min. Cooking Time: 8 hrs.

CONTAINER EQUIVALENTS (for 1 cup): Free

- 1** whole chicken carcass (from a rotisserie chicken)
- ½** medium onion, cut into quarters
- 4 cloves** garlic, smashed
- 1 tsp.** whole black peppercorns
- 2** medium celery stalks, cut into 2-inch pieces
- 2** medium carrots, peeled, cut into 2-inch pieces
- 1 tsp.** sea salt (or Himalayan salt)
- 2** bay leaves
- 1 small bunch** fresh thyme
- 1 small bunch** fresh parsley
- 1 Tbsp.** apple cider vinegar
- Cold water

- 1.** Place chicken carcass, onion, garlic, peppercorns, celery, carrots, salt, bay leaves, thyme, and parsley in 5- or 6-quart slow cooker. Drizzle vinegar over chicken carcass to help extract its nutrients.
- 2.** Add water until ingredients are submerged about 1 inch; cover. Set to low heat. You know your broth is done when bones begin to fall apart.
- 3.** Strain finished broth through a fine mesh strainer; discard solids.
- 4.** Cool in an ice bath, or by dividing liquid into three separate containers and placing them in the refrigerator with plenty of room between.
- 5.** Once broth has cooled, remove layer of fat that has solidified on top; discard fat.

RECIPE NOTES:

- A properly made bone broth should set like gelatin when refrigerated.
- Bone broth will keep for up to a week in the refrigerator, or 3 months frozen.
- 4 cups of bone broth equals ½

COOKING TIPS:

- It is important to begin your bone broth with cold water as there are some compounds in the bones that dissolve more readily in cold than in heat.
- If your slow cooker lid does not have a vent, leave the lid slightly askew so that the harsher aromatic compounds will evaporate out during cooking.
- This recipe can be made in a stock pot. Bring to a gentle boil over high heat. Reduce heat to low, so that bubbles are just barely breaking the surface. Gently boil for 6 to 8 hours over low heat. Skim the surface every hour or so to keep the bone broth from getting cloudy. Add water if necessary to keep ingredients submerged.

NUTRITIONAL INFORMATION (per serving): Calories: 15 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 245 mg Carbohydrates: 2 g Fiber: 1 g Sugars: 0 g Protein: 1 g

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CHARRED CORN SALAD

SERVES: 8 (approx. ½ cup each) Prep Time: 10 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS: ½ ½ ½

- 4** medium ears of corn, husks and silk removed
- 1 cup** chopped red onion (approx. 1½ medium)
- 2** medium Roma tomatoes, seeded, chopped
- 1 clove** garlic, grated
- ½** medium jalapeño pepper, seeds and veins removed, finely chopped
- 2 Tbsp.** fresh lime juice
- 2 tsp.** finely grated lime peel (lime zest)
- 3 Tbsp.** olive oil
- 3 Tbsp.** chopped fresh cilantro
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper

- 1.** Preheat gas (or charcoal) grill on high heat.
- 2.** Coat corn with spray; grill corn for approx. 10 minutes, turning each time the underside gets charred, or until corn is charred on all sides. Set aside to cool.
- 3.** When corn is cool enough to touch, cut kernels off the cob.
- 4.** Combine corn, onion, tomatoes, garlic, jalapeño, lime juice, lime peel, oil, cilantro, salt, and pepper in a medium bowl; toss gently to blend.

RECIPE NOTES:

- You can substitute 3 cups frozen corn kernels for ears of corn. If using frozen corn, skip steps 2 and 3 above. Heat heavy-bottomed (or cast iron) skillet over high heat until very hot. Coat corn with spray; cook until well charred.
- Salad may be served immediately, but flavor improves as it marinates, covered, in an airtight container in the refrigerator.

SPECIAL EQUIPMENT:

Olive oil cooking spray

NUTRITIONAL INFORMATION (per serving): Calories: 98 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 73 mg Carbohydrates: 11 g Fiber: 1 g Sugars: 3 g Protein: 1 g

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COCONUT CURRY PUMPKIN SOUP

SERVES: 4 (1½ cups each) Prep Time: 20 min. Cooking Time: 46 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ ½ ½ 1 1

- 1 cup** low-sodium organic chicken broth
- ½ tsp.** unflavored gelatin (preferably from grass-fed cows)
- 2 tsp.** ghee (organic grass-fed, if possible)
- ½ cup** chopped onion (approx. ¾ medium onion)
- 2 cloves** garlic, finely chopped
- 1 Tbsp.** grated fresh ginger
- 1 Tbsp. + 1 tsp.** curry powder (preferably Thai curry)
- 2 Tbsp.** fish sauce, gluten-free
- 2 Tbsp.** coconut sugar
- 1 cup** canned coconut milk
- 2 cups** water
- 2 Tbsp.** fresh lime juice
- 1 Tbsp.** finely grated lime peel (lime zest)
- 1 (15-oz.) can** 100% pure pumpkin puree
- 1 cup** chopped carrots (approx. 2 medium carrots)
- 1 cup** chopped cauliflower (approx. 3½ oz.)
- 8 oz.** shredded chicken breast, boneless, skinless (about 1 cup)
- 2 tsp.** chopped fresh cilantro (for garnish; optional)

1. Sprinkle broth with gelatin to let bloom before use. Set aside.
2. Heat ghee in large saucepan or Dutch oven over medium heat.
3. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until translucent.
4. Add garlic and ginger; cook, stirring frequently, for 2 minutes.
5. Add curry powder; cook, stirring frequently, for 2 minutes.
6. Add fish sauce and sugar; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.
7. Place broth, coconut milk, water, lime juice, lime peel, and pumpkin in a blender (or food processor); cover. Blend to emulsify.
8. Add broth mixture to onion mixture. Bring to a gentle boil over medium-high heat. Reduce heat to medium-low.
9. Add carrots, cauliflower, and chicken; cook, stirring occasionally, for 30 minutes.
10. Garnish with cilantro (if desired). Enjoy!

RECIPE NOTE:

You can add an extra ½ of shredded cooked chicken to your individual portioned soup for a heartier meal.

COOKING TIP:

If your soup gets too thick, whisk in ¼ cup water at a time until desired consistency is reached.

SERVING SUGGESTION:

Try garnishing this soup with 1 tsp. of our [Sesame Infusion](#) (see separate recipe for [Sesame Infusion](#)). It's the perfect complement. (Make sure you add an additional 1)

NUTRITIONAL INFORMATION (per serving): Calories: 335 Total Fat: 18 g Saturated Fat: 13 g Cholesterol: 56 mg Sodium: 606 mg Carbohydrates: 27 g Fiber: 7 g Sugars: 13 g Protein: 23 g

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CREAMY TOMATO SOUP

SERVES: 4 (1 cup each) **Prep Time:** 15 min. **Cooking Time:** 23 min.

CONTAINER EQUIVALENTS (per serving): 1 1

1 Tbsp.	olive oil
½ cup	chopped onion (approx. ¾ medium onion)
2 cloves	garlic, finely chopped
1 (28-oz.) can	whole peeled tomatoes, pureed (preferably San Marzano)
1½ cups	unsweetened almond milk
1 Tbsp. + 1 tsp.	coconut sugar
¼ tsp.	sea salt (or Himalayan salt)
1 sprig	fresh basil, leaves and stem attached
2 tsp.	dry sherry (for garnish; optional)

1. Heat oil in medium saucepan over medium heat for 1 minute, or until fragrant.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until translucent.
3. Add garlic; cook, stirring frequently, for 2 minutes.
4. Add tomatoes, almond milk, sugar, salt, and basil. Bring to a boil. Reduce heat to medium low; gently boil for 10 minutes.
5. Remove basil. If you want a smooth soup, place soup in a blender or food processor, in small batches; cover with lid and kitchen towel. Blend until smooth.
6. Garnish each portion with ½ tsp. sherry (if desired); enjoy.

RECIPE NOTE:

If you are making this soup for kids, you can remove the whole basil and puree the soup so that there are no little green bits and no large pieces of onion and garlic, which some kids can find off-putting.

SERVING SUGGESTION:

Pair this recipe with our **FIX-ed Grilled Cheese** (see separate recipe for **FIX-ed Grilled Cheese**). With multiple versions, you'll be able to find one that fits your mood.

COOKING TIPS:

- The tomatoes known as San Marzano, grown in the volcanic soils around Mt. Vesuvius, are among the best in the world, but don't be fooled by American-grown tomatoes marketed as San Marzano—their prices are highly inflated with little return in quality. True San Marzano tomatoes come from Italy, where their labeling is codified by law.
- American tomato growers save the ripest, highest quality tomatoes for cans of whole peeled tomatoes. These tomatoes are sweeter, so less sweetener is used in canning. You can use these instead of San Marzano. Look for tomatoes that are soft with deep red flesh, not translucent or watery. Quality varies widely among growers, and you don't know what you'll get until you open the can. When you come across a can that's great, make a note of it and look for that brand in the future.

NUTRITIONAL INFORMATION (per serving): **Calories:** 118 **Total Fat:** 5 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 259 mg **Carbohydrates:** 16 g **Fiber:** 4 g **Sugars:** 12 g **Protein:** 2 g

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DILL CUCUMBER SALAD

SERVES: 4 (approx. 1 cup each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  1


- 2 tsp.** ground coriander
- ½ tsp.** ground black pepper
- ½ tsp.** sea salt (or Himalayan salt)
- 3 Tbsp.** apple cider vinegar
- 1 Tbsp.** raw honey (preferably acacia honey)
- 3 cups** thinly sliced English hothouse cucumber (approx. 1 medium cucumber)
- ½ cup** thinly sliced red onion (approx. ½ medium onion)
- 2 Tbsp.** finely chopped fresh dill


- 1.** Combine coriander, pepper, salt, vinegar, and honey in a medium bowl; whisk until incorporated.
- 2.** Add cucumber, onion, and dill; toss to blend.
- 3.** Refrigerate salad, covered, at least 1 hour and enjoy!

TIP:

Eat this salad immediately after refrigerating for an hour to prevent the salad from wilting and getting too watery.

NUTRITIONAL INFORMATION (per serving): **Calories:** 38 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 288 mg **Carbohydrates:** 9 g **Fiber:** 1 g **Sugars:** 6 g **Protein:** 1 g

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EASY CHICKEN NOODLE SOUP

SERVES: 8 (approx. 1½ cups each) Prep Time: 15 min. Cooking Time: 22 min.

CONTAINER EQUIVALENTS:  1  ½  1

2 tsp. olive oil
½ cup chopped onion (approx. ¾ medium)
2 cups sliced celery (approx. 5 medium stalks)
8 cups low-sodium organic chicken broth
1 tsp. dried oregano leaves
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
1½ cups sliced carrots (approx. 2 medium)
1¼ cups dry whole wheat pasta
3 cups cubed cooked chicken breast, boneless, skinless
¼ cup chopped fresh cilantro

- 1.** Heat oil in large saucepan over medium heat.
- 2.** Add onion and celery; cook, stirring frequently, for 5 to 6 minutes, or until onion is translucent.
- 3.** Add broth, oregano, salt, and pepper. Bring to a boil, over high heat, stirring occasionally.
- 4.** Add carrots and pasta; boil, stirring occasionally, for 8 to 10 minutes, or until pasta is tender. Remove from heat.
- 5.** Add chicken and cilantro; mix well.

VARIATION:

- Substitute rice pasta or quinoa pasta for whole wheat pasta for a gluten-free choice.

NUTRITIONAL INFORMATION (per serving): Calories: 188 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 72 mg Sodium: 489 mg Carbohydrates: 16 g Fiber: 3 g Sugars: 2 g Protein: 20 g

FRENCH ONION SOUP

SERVES: 6 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: 1 hr. 5 min.

CONTAINER EQUIVALENTS:  1  ½  ½  ½

1 Tbsp. olive oil
4 cups sliced onions (approx. 4 medium)
4 cloves garlic, finely chopped
½ cup red wine
6 cups low-sodium organic beef broth
1 (8-oz.) smoked turkey leg (optional)
2 bay leaves
3 fresh thyme sprigs
1 dash sea salt (or Himalayan salt)
¼ tsp. ground white pepper
3 slices low-sodium sprouted whole-grain bread
6 Tbsp. shredded Gruyère cheese (approx. 2 oz.)

1. Heat oil in large saucepan over medium-high heat.
2. Add onions; cook, stirring frequently, for 8 to 10 minutes, or until translucent.
3. Add garlic; cook, stirring frequently, for 1 minute, or until tender. Reduce heat to low, cook, stirring occasionally, for 25 to 30 minutes, or until onions are a soft brown color.
4. Add wine. Bring to a boil over high heat. Reduce heat; gently boil for 2 to 4 minutes, or until pan is almost dry.
5. Add broth, turkey leg (if desired), bay leaves, thyme, salt, and pepper. Bring to a boil over high heat; reduce heat to medium-low, simmer for 13 to 15 minutes.
6. While soup is cooking, preheat oven to 425° F.
7. Place bread on medium baking sheet; top evenly with cheese (2 Tbsp.). Bake for 10 to 12 minutes, or until cheese is bubbly and brown. Cut diagonally in half.
8. Once soup is finished cooking, remove turkey leg, bay leaves, and thyme.
9. Evenly ladle soup into six serving bowls; top each with a half slice of bread.

VARIATION:

- You can substitute Parmesan cheese for Gruyère.

NUTRITIONAL INFORMATION (per serving): Calories: 154 Total Fat: 5 g Saturated Fat: 2 g Cholesterol: 13 mg Sodium: 243 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 4 g Protein: 9 g

HEARTY WINTER SALAD

SERVES: 4 Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  ½  1  ½  1

- 1 cup** chopped kale
- 1 cup** cooked quinoa (preferably red)
- 2** large hard-boiled eggs, chopped
- 1 (12-oz.) can** chunk light tuna, packed in water, drained
- ½ cup** finely chopped shallot (approx. 3 medium shallots)
- ½ cup** chopped canned beets, drained
- 4 tsp.** raw pine nuts, toasted
- 4 Tbsp.** **Rosemary Blue Cheese Dressing**
(see separate recipe for *Rosemary Blue Cheese Dressing*)

- 1.** Combine kale and quinoa in a large salad bowl; toss gently to blend.
- 2.** Top with eggs, tuna, shallot, and beets.
- 3.** Sprinkle with pine nuts. Drizzle with dressing; serve immediately.

RECIPE NOTE:

If you would like to use fresh beets instead of canned, put peeled beets in oven-safe saucepot with enough water to come a quarter way up the beets; cover. Bake at 375° F for about an hour, or until they are tender all the way through.

VARIATION:

You can substitute the canned tuna with canned chicken breast (in water), 9 oz. sliced grilled chicken, or 9 oz. fresh ahi tuna. If using fresh tuna, sear for 1 minute on each side in a dry pan before slicing.

NUTRITIONAL INFORMATION (per serving) Hearty Winter Salad and Dressing: Calories: 305 Total Fat: 18 g Saturated Fat: 3 g Cholesterol: 138 mg Sodium: 526 mg Carbohydrates: 17 g Fiber: 3 g Sugars: 4 g Protein: 22 g

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ITALIAN WEDDING SOUP

SERVES: 5 (2 cups each, 5 meatballs each) Prep Time: 15 min. Cooking Time: 20 min.

CONTAINER EQUIVALENTS:  1  1  ½  ½  2


1 tsp. olive oil
¾ cup finely chopped onion (approx. 1 medium)
2 cloves garlic, finely chopped
6 cups low-sodium organic chicken broth
5 lightly packed cups greens, trimmed, torn into bite-sized pieces (approx. 1 large bunch)
25 **Italian Meatballs**
(see separate recipe for Italian Meatballs)
2 large eggs, lightly beaten
2 Tbsp. grated Parmesan cheese
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper

- 1.** Heat oil in large saucepan over medium-high heat.
- 2.** Add onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute.
- 4.** Add broth. Bring to a boil.
- 5.** Add greens. Reduce heat to low; gently boil, covered, for 10 minutes.
- 6.** Add meatballs; cook, stirring occasionally, for 5 minutes.
- 7.** Combine eggs and cheese in a small bowl; mix with a fork to blend.
- 8.** Slowly pour egg mixture into the hot soup, stirring constantly. Gently boil until egg bits are just set, about 30 seconds.
- 9.** Season with salt and pepper.

RECIPE NOTE:

You can use escarole, spinach, Swiss chard, or your favorite greens in this recipe.

NUTRITIONAL INFORMATION (per serving): Calories: 352 Total Fat: 18 g Saturated Fat: 5 g Cholesterol: 220 mg Sodium: 793 mg Carbohydrates: 18 g Fiber: 3 g Sugars: 3 g Protein: 33 g

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MEXICAN CHICKEN TORTILLA SOUP

SERVES: 4 (1½ cups each) Prep Time: 15 min. Cooking Time: 31 min.

CONTAINER EQUIVALENTS (per serving): ■ 2 ■ 1 ■ 1½ ■ 1

- 8** (6-inch) corn tortillas, *divided use*
- 2 tsp.** olive oil
- ½ cup** chopped onion (approx. ⅔ medium)
- 2 cups** sliced celery (approx. 4 medium stalks)
- 2 cloves** garlic, chopped
- 1½ cups** chopped tomatoes (approx. 4 medium)
- 6 cups** low-sodium organic chicken broth, *divided use*
- 3 cups** chopped cooked chicken breast, boneless, skinless
- 1½ cups** sliced carrots (approx. 3 medium)
- 1 tsp.** dried Mexican oregano leaves
- 1 tsp.** ancho chili powder
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- ½** medium avocado, chopped
- ¼ cup** chopped fresh cilantro
- 4 tsp.** crumbled Cotija cheese

SPECIAL EQUIPMENT:

Parchment paper

- 1.** Preheat oven to 350° F.
- 2.** Line large baking sheet with parchment paper.
- 3.** Place tortillas on baking sheet. Bake for 8 to 10 minutes, or until toasted and crispy. Remove from oven. When cool, break into pieces. Set aside.
- 4.** Heat oil in large saucepan over medium heat.
- 5.** Add onion and celery; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 6.** Add garlic; cook, stirring frequently, for 1 minute.
- 7.** Add tomatoes; cook, stirring frequently, for 5 minutes, or until tomatoes are soft. Set aside.
- 8.** Add onion mixture, 2 cups broth, and half of toasted corn tortilla pieces to blender (or food processor); cover. Blend until smooth.
- 9.** Add blended mixture to large saucepan. Add *remaining 4 cups* broth, chicken, carrots, oregano, chili powder, salt, and pepper. Bring to a boil over medium-high heat. Reduce heat to medium-low; cook, stirring occasionally, for 10 minutes, or until carrots are tender.
- 10.** Top each serving with ⅓ avocado, chopped, 1 tsp. cotija cheese, 1 (6-in.) corn tortilla, 1 Tbsp. chopped fresh cilantro.

RECIPE NOTES:

- For a vegetarian version replace chicken broth with low-sodium organic vegetable broth and omit chicken breast.
- You can substitute any ground chili powder for ancho chili powder.
- Cotija cheese can be found in many grocery stores, or specialty Hispanic markets. You can substitute feta cheese for Cotija cheese.

NUTRITIONAL INFORMATION (per serving): Calories: 480 Total Fat: 15 g Saturated Fat: 3 g Cholesterol: 99 mg Sodium: 634 mg Carbohydrates: 42 g Fiber: 9 g Sugars: 8 g Protein: 48 g

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.



MINISTRONE SOUP

SERVES: 8 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: 23 min.

CONTAINER EQUIVALENTS: 1½ ½ ½

- 2 tsp.** olive oil
- ½ cup** finely chopped onion (approx. ½ medium)
- 1 cup** chopped carrots (approx. 2 medium)
- 1 cup** chopped celery (approx. 2 medium stalks)
- 1 clove** garlic, finely chopped
- 6 cups** low-sodium organic vegetable broth
- 1 (28-oz.) can** whole peeled tomatoes, crushed (preferably San Marzano)
- 1 lb.** Swiss chard, stems trimmed, leaves chopped
- 1 (15-oz.) can** cannellini beans, drained, rinsed
- ½ tsp.** sea salt (or Himalayan salt)
- ½ tsp.** ground black pepper
- 8 tsp.** grated Parmesan cheese
- 8 tsp.** chopped fresh flat leaf (Italian) parsley

- 1.** Heat oil in large saucepan over medium heat.
- 2.** Add onion, carrots, and celery; cook, stirring frequently, for about 5 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute.
- 4.** Add broth and tomatoes. Bring to a boil.
- 5.** Add chard; gently boil, stirring occasionally, for 6 minutes.
- 6.** Add beans; cook, stirring occasionally, for 2 minutes. Season with salt and pepper.
- 7.** Evenly divide soup into eight serving bowls. Serve immediately sprinkled with 1 tsp. cheese and 1 tsp. parsley each.

NUTRITIONAL INFORMATION (per serving): Calories: 128 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 2 mg Sodium: 444 mg Carbohydrates: 20 g Fiber: 6 g Sugars: 7 g Protein: 6 g

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ON-THE-GO SALAD

SERVES: 1 Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS:  2  ½  1  ½  ½

½ cup fresh baby spinach

½ cup fresh arugula

¼ cup snap peas (or sugar snap peas)

¼ cup shredded carrot
(approx. ½ medium)

2 [Pineapple Chicken Skewers](#) (see separate recipe for **Pineapple Chicken Skewers**), remove bamboo skewers

1 tsp. sesame seeds

1 Tbsp. [Asian Vinaigrette](#) (see separate recipe for **Asian Vinaigrette**)

1. Combine spinach, arugula, snap peas, and carrot in a serving bowl; toss gently to blend.
2. Top with Pineapple Chicken Skewers.
3. Sprinkle with sesame seeds; drizzle with Asian Vinaigrette.

NUTRITIONAL INFORMATION (per serving): Calories: 293 Total Fat: 10 g Saturated Fat: 2 g Cholesterol: 83 mg Sodium: 724 mg Carbohydrates: 19 g Fiber: 4 g Sugars: 12 g Protein: 28 g

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ORANGE AND FENNEL SALAD WITH KALAMATA OLIVES

SERVES: 4 (approx. 1½ cups each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1 ½ ½ 2

- 4** medium oranges, peeled, white pith removed, sliced in ¼-inch slices
- 2 cups** thinly sliced fennel bulb, fronds chopped and reserved (approx. 1 large fennel bulb)
- 20** Kalamata olives, pitted, cut in half
- 2 Tbsp. + 2 tsp.** extra-virgin olive oil
- Fresh lemon juice (optional)
- 1 pinch** sea salt (or Himalayan salt)
- Ground black pepper (to taste)

1. Arrange orange slices in an even layer on a large serving plate. Set aside.
2. Arrange fennel slices over top of oranges so that you can still see the oranges, which are the star of the show, beneath them. (Reserve any remaining fennel for future salads, soups, or braises.)
3. Sprinkle olives over fennel; drizzle with oil and lemon juice (if desired).
4. Season with salt and pepper. Refrigerate, covered, for at least 30 minutes to allow flavors to meld.
5. When ready to serve, garnish with reserved fennel fronds. Enjoy!

TIPS:

- A mandoline works great for slicing the fennel bulb.
- Use a good extra-virgin olive oil to make this tasty salad. It's the healthiest olive oil and is judged to have the best taste.

NUTRITIONAL INFORMATION (per serving): **Calories:** 206 **Total Fat:** 15 g **Saturated Fat:** 2 g **Cholesterol:** 0 mg **Sodium:** 328 mg **Carbohydrates:** 19 g **Fiber:** 5 g **Sugars:** 15 g **Protein:** 2 g

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QUINOA AND BLACK BEAN SALAD

SERVES: 6 (1 cup each) Prep Time: 15 min. Cook Time: None

CONTAINER EQUIVALENTS (per serving): ½ 1 1

I usually make a bunch of quinoa at the beginning of the week, so I'm always looking for things to mix it into instead of just eating it by itself. I usually throw some quinoa in with fruit or veggies or whatever I have handy. Out of all the combinations, this recipe is my hands-down favorite.

½ cup	canned black beans, drained, rinsed
2 cups	cooked quinoa
1 cup	red bell pepper, finely chopped (approx. 1¼ medium)
1 cup	orange bell pepper, finely chopped (approx. 1¼ medium)
1 cup	yellow bell pepper, finely chopped (approx. 1¼ medium)
½ cup	frozen corn kernels, thawed
3 Tbsp.	fresh lime juice
2 tsp.	red wine vinegar
2 Tbsp.	olive oil
1½ tsp.	ground cumin
1 tsp.	sea salt (or Himalayan salt)
	Ground black pepper (to taste; optional)
1 bunch	fresh cilantro, finely chopped

1. Combine beans, quinoa, bell peppers, and corn.
2. Add lime juice, vinegar, oil, cumin, salt, and pepper (if desired).
3. Garnish with cilantro.

RECIPE NOTES:

- This salad is delicious when eaten immediately.
- It holds well, refrigerated in an airtight container, and can be stored for up to 2 to 3 days.

NUTRITIONAL INFORMATION (per serving): Calories: 166 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 200 mg Carbohydrates: 24 g Fiber: 5 g Sugars: 2 g Protein: 5 g

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SPRING VEGGIE ORZO SALAD

SERVES: 5 (approx. ⅓ cup each) Prep Time: 20 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving):  ½  1½  2

FOR DRESSING:


¼ cup extra-virgin olive oil
2 Tbsp. fresh lemon juice
¾ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
2 tsp. raw honey (or coconut sugar)
1 clove garlic, finely chopped

FOR ORZO:

3 cups low-sodium organic chicken (or vegetable) broth
1 cup dry orzo, whole wheat
½ cup frozen peas
½ cup chopped carrots (½-inch)
½ cup sliced asparagus (½-inch rounds)
½ cup chopped zucchini (½-inch)
¼ cup coarsely chopped fresh basil
1 Tbsp. finely grated lemon peel (lemon zest) (peel of approx. 1 lemon)

1. Combine oil, lemon juice, salt, pepper, honey, and garlic in a medium bowl; whisk to blend. Set aside.
2. Bring broth to a boil in large pot over high heat.
3. Add orzo; cook, stirring occasionally, for 8 to 10 minutes, or until tender with a little bite.
4. While orzo is cooking place a colander on top of pot. Place peas, carrots, asparagus, and zucchini in colander. Top with a lid. Let vegetables steam until orzo has finished cooking.
5. Set vegetables aside. Drain orzo and rinse under cold water. Drain all excess water. Place in a large mixing bowl.
6. Add steamed vegetables, basil, lemon peel, and dressing; toss gently to blend. Enjoy at room temperature, or refrigerate and serve chilled.

RECIPE NOTES:

- Orzo can be cooked in lightly salted water instead of broth.
- Vegetables can be steamed separately.
- To make a more complete meal, add 1  of cooked, pulled chicken breast to each serving.

NUTRITIONAL INFORMATION (per serving): Calories: 253 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 378 mg Carbohydrates: 34 g Fiber: 4 g Sugars: 4 g Protein: 7 g



SUMMER TOMATO SALAD

SERVES: 6 (approx. 1 cup each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1 1

- 5 cups** sliced Roma tomatoes (approx. 6 medium tomatoes)
- 1 cup** green onions (scallions), sliced thin
- 1 cup** daikon (or other radish), julienned (cut into matchstick-sized pieces)
- 1** yellow bell pepper, julienned (cut into matchstick-sized pieces)
- 6 Tbsp.** **Creamy Raspberry Vinaigrette** (see separate recipe for *Creamy Raspberry Vinaigrette*)

1. Combine tomatoes, green onions, daikon, and bell pepper in a medium bowl; toss gently to blend.
2. Drizzle with Creamy Raspberry Vinaigrette; toss gently to blend. Enjoy!

TIPS:

- Cut tomatoes in half lengthwise, then slice them into half-moons.
- If using the to measure this rich and delicious dressing, make sure you fill the container only halfway. That measurement counts as one full orange. A little goes a long way!





NUTRITIONAL INFORMATION (per serving): Calories: 134 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 131 mg Carbohydrates: 12 g Fiber: 3 g Sugars: 7 g Protein: 2 g

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THAI CHICKEN SALAD (WITH THAI SALAD DRESSING)

SERVES: 4 (2¾ cups each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  2  1  ½  1

2 cups mixed salad greens
½ cup thinly sliced cauliflower
½ cup thinly sliced broccoli
1¼ cups thinly sliced red bell pepper (approx. 1 medium bell pepper)
½ cup carrot strips (approx. 1 medium carrot, cut into thin strips or small ribbons)
1 cup sliced English hot house cucumber, peeled (approx. ¼ medium cucumber)
½ cup thinly sliced green onions (scallions)
¼ cup radicchio
24 whole raw peanuts, chopped
8 Tbsp. **Thai Salad Dressing** (see separate recipe for *Thai Salad Dressing*)
3 cups cooked shredded chicken breast, boneless, skinless

1. Combine salad greens, cauliflower, broccoli, bell pepper, carrot, cucumber, green onions, radicchio, and peanuts in a large serving bowl.
2. Drizzle with warm (or cool) Thai Salad Dressing; toss gently to blend; top with chicken. Serve immediately.

TIP:

If using warm dressing, place your salad greens in the bottom of the bowl with the hard vegetables such as cauliflower and broccoli on top to prevent your greens from wilting.

NUTRITIONAL INFORMATION (per serving) **Thai Chicken Salad (with Thai Salad Dressing):** Calories: 350 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 89 mg Sodium: 612 mg Carbohydrates: 19 g Fiber: 3 g Sugars: 13 g Protein: 39 g

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TOASTED KALE SALAD WITH LEMON DIJON SALAD DRESSING

SERVES: 2 Prep Time: 15 min. Cooking Time: 25 min.

CONTAINER EQUIVALENTS (per serving):  2  ½  1  ½  ½ tsp.

- 1 slice** sprouted whole-grain bread (like Ezekiel®), cut into 1-inch cubes
- ¼ tsp. + 1 pinch** sea salt (or Himalayan salt), *divided use*
- 1 pinch** ground black pepper
- 2 (4-oz.)** raw chicken breasts, boneless, skinless
- ½ tsp.** chili powder
- 1 bunch** kale, torn into large pieces (approx. 6 oz.)
- 2 Tbsp.** **Lemon Dijon Salad Dressing** (see separate recipe for **Lemon Dijon Salad Dressing**)
- Finely chopped lemon peel (lemon zest) (for garnish; optional)

SPECIAL EQUIPMENT:

- Parchment paper
- Olive oil cooking spray

1. Preheat oven to 450° F.
2. Line baking sheet with parchment paper. Set aside.
3. Lightly coat bread with spray and sprinkle with *1 pinch* salt and pepper. Place on prepared baking sheet. Bake for 10 to 12 minutes, or until croutons are toasted and crunchy. Set aside.
4. Sprinkle chicken on each side evenly with *remainings* salt and chili powder. Set aside.
5. Heat large cast iron skillet over medium-high heat.
6. Add chicken; cook, for 6 to 8 minutes on each side, or until chicken is no longer pink in the middle, and is blackened on the outside. Remove chicken from pan. Keep warm.
7. Lightly coat kale with spray, add to skillet; cook over high heat, for 4 to 5 minutes, turning once, until kale is crispy and lightly charred.
8. Evenly divide kale between two serving plates.
9. Slice chicken into strips, top kale with chicken and croutons.
10. Drizzle each serving with 1 Tbsp. Lemon Dijon Salad Dressing.
11. Top with lemon peel, if desired.

RECIPE NOTE:

- You can make this salad vegetarian by eliminating the chicken.

NUTRITIONAL INFORMATION (per serving): Calories: 274 Total Fat: 12 g Saturated Fat: 2 g Cholesterol: 88 mg Sodium: 688 mg Carbohydrates: 16 g Fiber: 5 g Sugars: 2 g Protein: 29 g

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TUSCAN BEAN SALAD

SERVES: 6 (¾ cup each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ 1 2

2 cans (15-oz. each) cannellini beans, drained, rinsed

¾ cup seeded, chopped Roma tomatoes (approx. 2 medium)

2 cloves garlic, finely chopped

⅓ cup thinly sliced red onion (approx. ½ medium)

1 Tbsp. finely chopped fresh rosemary

½ tsp. sea salt (or Himalayan salt)

½ tsp. ground black pepper

3 Tbsp. extra-virgin olive oil

1 Tbsp. red wine vinegar

¼ cup loosely packed, fresh whole basil leaves

1. Combine beans, tomatoes, garlic, onion, rosemary, salt, pepper, oil, and vinegar in a large mixing bowl; toss gently to blend.
2. Stack and roll basil leaves on your work surface and thinly slice (chiffonade). Add to bean mixture; toss gently to blend. Enjoy!

RECIPE NOTES:

- To seed a fresh tomato, cut the ends off, cut out the core, and gently scoop out any remaining seeds that weren't removed with the core.
- Chiffonade is a simple technique in which the leaves of a soft herb are stacked, rolled, and sliced thin. It is a great way to cut delicate herbs without bruising and it looks beautiful!

NUTRITIONAL INFORMATION (per serving): Calories: 151 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 304 mg Carbohydrates: 17 g Fiber: 4 g Sugars: 1 g Protein: 6 g

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SAUCE & DRESSING RECIPES



ASIAN VINAIGRETTE

SERVES: 8 (approx. 2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS: 1

1/3 cup rice vinegar
1/3 cup reduced-sodium tamari
soy sauce
1 tsp. raw honey
2 tsp. freshly grated ginger
1/4 cup + 1 Tbsp. toasted sesame oil

1. Combine vinegar, soy sauce, honey, and ginger in a medium bowl; whisk to blend.
2. Slowly add oil while whisking; mix well.
3. Store in the refrigerator, in an airtight container, until ready for use.

RECIPE NOTES:

- To make this dressing vegan, substitute maple syrup for honey.
- Store leftover dressing in an airtight container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.
- This dressing is wonderful on salads but is also great drizzled over sautéed veggies, steamed fish, or grilled chicken or beef.

NUTRITIONAL INFORMATION (per serving): Calories: 90 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 353 mg Carbohydrates: 3 g Fiber: 0 g Sugars: 2 g Protein: 1 g

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BANANA BBQ SAUCE

SERVES: 8 (approx. ¼ cup each) Prep Time: 10 min. Cooking Time: 32 min..

CONTAINER EQUIVALENTS: ½ ½

- 1 Tbsp. extra-virgin organic coconut oil
- 1 large banana, sliced
- 2 Tbsp. apple cider vinegar
- 1 cup low-sodium organic vegetable broth
- 1 cup all-natural ketchup, no sugar added
- 1 Tbsp. orange marmalade
- 1 Tbsp. Worcestershire sauce, gluten-free, vegan
- ½ tsp. ground black pepper
- 1 tsp. onion powder
- 1 tsp. garlic powder
- ½ tsp. mustard powder
- ¼ tsp. ground allspice
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. ground cayenne pepper (optional)
- ½ tsp. smoked sea salt (or Himalayan salt)
- 1 tsp. ground smoked paprika
- ½ tsp. chili powder

1. Heat oil in medium saucepan over high heat.
2. Add banana; cook, stirring occasionally, for 3 to 4 minutes, or until banana is dark brown and mushy. Reduce heat to medium.
3. Add vinegar; cook, stirring frequently, for 1 to 2 minutes, or until pan is almost dry.
4. Add broth, ketchup, marmalade, Worcestershire sauce, black pepper, onion powder, garlic powder, mustard powder, allspice, cumin, coriander, cayenne pepper (if desired), salt, paprika, and chili powder. Whisk to blend. Bring to a gentle boil over medium heat. Reduce heat to low; gently boil, stirring occasionally, for 20 minutes, or until sauce thickens.

RECIPE NOTE:

- Refrigerate leftover sauce in an airtight container for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 66 Total Fat: 2 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 590 mg Carbohydrates: 9 g Fiber: 1 g Sugars: 6 g Protein: 0 g

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CRANBERRY SAUCE

SERVES: 8 (approx. ¼ cup each) Prep Time: 10 min. Cooking Time: 10 min.

CONTAINER EQUIVALENTS (per serving): 1 ½

2-inch slice orange peel
2 whole cloves
3 cups fresh (or frozen) cranberries
½ cup raw honey
¾ cup water
½-inch slice fresh ginger, peeled

1. Stud orange peel with cloves.
2. Heat cranberries, honey, water, orange peel with cloves, and ginger in medium saucepan over medium-high heat. Bring to a gentle boil. Reduce heat to medium-low; cook, stirring occasionally, for 8 to 10 minutes, or until cranberries are soft and sauce has slightly thickened.
3. Remove from heat. Remove orange peel with cloves and ginger from sauce; discard. Cool (if desired) and serve!

TIP:

For a slightly thinner sauce, add an additional ¼ cup water.

NUTRITIONAL INFORMATION (per serving): Calories: 78 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 1 mg Carbohydrates: 22 g Fiber: 2 g Sugars: 18 g Protein: 0 g

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CREAMY RASPBERRY VINAIGRETTE

SERVES: 6 (approx. 1 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1

This delicious Creamy Raspberry Vinaigrette is made for the Summer Tomato Salad, but can be used on any of your favorite vegetable or salad dishes.

- ¼ cup** extra-virgin olive oil
- 1 Tbsp.** fresh lemon juice
- 1 tsp.** Dijon mustard
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- 1½ tsp.** raspberry preserves
- 1 Tbsp.** reduced-fat (2%) plain Greek yogurt

- 1.** Combine oil, lemon juice, mustard, salt, pepper, preserves, and yogurt in a medium bowl; whisk until emulsified.

TIPS:

- If using the to measure this rich and delicious dressing, only fill the container halfway. That measurement counts as one full orange, since a little goes a long way!
- You can serve this dressing over your favorite salads and vegetables.

NUTRITIONAL INFORMATION (per serving): **Calories:** 93 **Total Fat:** 9 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 118 mg **Carbohydrates:** 3 g **Fiber:** 0 g **Sugars:** 2 g **Protein:** 0 g

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EASY BLENDER HOLLANDAISE

SERVES: 8 (1 tsp. per serving) Prep Time: 15 min. Cooking Time: 3 min.

CONTAINER EQUIVALENTS (per serving): 1

- 1** large egg yolk, chilled
- 1 dash** sea salt (or Himalayan salt)
- 1 dash** ground black pepper
- 1 tsp.** fresh lemon juice
- 1 tsp.** cool water
- ¼ cup** ghee (organic grass-fed, if possible)

- 1.** Place egg yolk, salt, pepper, lemon juice, and water in blender; cover. Blend until smooth. Set aside.
- 2.** Place ghee in microwavable container. Microwave ghee for 2 to 3 minutes.
- 3.** Add hot ghee to running blender in a very slow, steady stream until all ghee is incorporated and a smooth, thick sauce has formed.

RECIPE NOTES:

- It's very difficult to reheat hollandaise without breaking the emulsion, so simply wait until you're ready to serve before you make it.
- When heating the ghee, add 1 drop of water. When the water starts bubbling you will know your ghee is ready.
- It may seem strange that ¼ cup ghee only makes about 3 Tbsp. sauce, but with a small amount like this, some will inevitably be lost to the blender.

NUTRITIONAL INFORMATION (per serving): Calories: 32 Total Fat: 4 g Saturated Fat: 2 g Cholesterol: 19 mg Sodium: 17 mg Carbohydrates: 0 g Fiber: 0 g Sugars: 0 g Protein: 0 g

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FIXATE BBQ SAUCE

SERVES: 9 (approx. 3 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** 33 min.

CONTAINER EQUIVALENTS:  ½


- 1 cup** low-sodium organic chicken broth
- 1 tsp.** unflavored gelatin (preferably from grass-fed cows)
- 2 Tbsp.** apple cider vinegar
- 2 Tbsp.** raw honey
- 1 cup** all-natural ketchup, no sugar added (or **FIXATE Ketchup** (see separate recipe for **FIXATE Ketchup**))
- 1 Tbsp.** orange marmalade
- 1 Tbsp.** Worcestershire sauce, gluten-free
- ½ tsp.** ground black pepper
- 1 tsp.** onion powder
- 1 tsp.** garlic powder
- ½ tsp.** mustard powder
- ¼ tsp.** ground allspice
- ½ tsp.** ground cumin
- ½ tsp.** ground coriander
- ¼ tsp.** ground cayenne pepper (optional)
- ¼ tsp.** smoked sea salt (or Himalayan salt)
- 1 tsp.** ground smoked paprika
- ½ tsp.** chili powder

- 1.** Sprinkle broth with gelatin in a small bowl. Set aside.
- 2.** Bring vinegar and honey to a gentle boil in medium saucepan over medium-high heat; gently boil, stirring occasionally, for 3 minutes, or until honey just begins to caramelize.
- 3.** Add broth mixture, ketchup, marmalade, Worcestershire sauce, black pepper, onion powder, garlic powder, mustard powder, allspice, cumin, coriander, cayenne pepper (if desired), salt, paprika, and chili powder. Mix well. Bring to a boil. Reduce heat to low; gently boil, stirring occasionally, for 20 minutes.

RECIPE NOTE:

- Refrigerate leftover sauce in an airtight container for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): **Calories:** 48 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 454 mg **Carbohydrates:** 9 g **Fiber:** 0 g **Sugars:** 7 g **Protein:** 1 g

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FIXATE GRAVY

SERVES: 16 (about 3 Tbsp. each) Prep Time: 10 min. Cooking Time: 54 min.

CONTAINER EQUIVALENTS (per serving):  1

1 bulb garlic
3 tsp. olive oil, *divided use*
3 cups low-sodium organic chicken (or vegetable) broth
2 tsp. unflavored gelatin (preferably from grass-fed cows)
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
2 Tbsp. finely chopped shallot (approx. 1 medium shallot)
1 tsp. finely chopped fresh sage leaves (or dried sage)
1 Tbsp. dry sherry
3 Tbsp. cornstarch (preferably GMO-free) + 3 Tbsp. water (combine to make a slurry)

1. Preheat oven to 400° F.
2. Cut top ¼-inch off garlic bulb. Drizzle with 1 tsp. oil. Wrap tightly in aluminum foil. Bake for 1 hour, or until cloves are golden brown and soft to their core. Cool until garlic can be handled.
3. Once garlic is cool enough to handle, hold it cut-side down over the base of your blender and squeeze to release bulbs from their skin. Add broth, gelatin, salt, and pepper; cover. Blend until smooth. Set aside.
4. Heat *remaining 2 tsp.* oil in medium saucepan over medium heat.
5. Add shallot and sage; cook, stirring frequently, for 2 to 3 minutes, or until shallot is translucent.
6. Add sherry; cook, stirring frequently, for 1 minute, or until sherry has almost completely evaporated.
7. Add garlic mixture to same saucepan. Bring to a gentle boil over medium heat, stirring frequently.
8. Add cornstarch slurry; cook, whisking constantly, for 1 to 2 minutes, or until gravy has thickened.

COOK'S NOTE:

Add cornstarch slurry slowly as the total quantity may not be necessary to achieve desired thickness. Use more or less as needed, but keep in mind that gravy tends to thicken as it cools. Since it won't be served at a full simmer, it's best to leave it a little under-thickened in the pan.

TIPS:

- After 40 minutes of roasting, check garlic every 10 minutes (or so) to be sure it doesn't burn.
- Blackened garlic is extremely bitter and will ruin your gravy. If garlic turns black, it's best to discard it and start fresh. Trust me, I've been there; a kitchen timer is your friend!

NUTRITIONAL INFORMATION (per serving): Calories: 26 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 91 mg Carbohydrates: 3 g Fiber: 0 g Sugars: 0 g Protein: 1 g

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FIXATE KETCHUP

SERVES: 6 (2 Tbsp. each) Prep Time: 10 min. Cooking Time: 45 min.

CONTAINER EQUIVALENTS (per serving):  ½


2 Tbsp.	coconut sugar
2 Tbsp.	apple cider vinegar
½ tsp.	sea salt (or Himalayan salt)
¼ cup	all-natural tomato paste
1 tsp.	onion powder
½ tsp.	garlic powder
¼ tsp.	ground ginger
¼ tsp.	mustard powder
¼ tsp.	ground paprika
1 dash	ground allspice
1 dash	ground cloves
1	bay leaf
1 cup	low-sodium organic beef broth
¼ tsp.	unflavored gelatin (preferably from grass-fed cows) (optional)
1 tsp.	raw honey


1. Combine sugar, vinegar, and salt in small saucepan. Heat over medium-high heat; cook, stirring frequently, for 4 to 5 minutes, or until a thick syrup forms.
2. Add tomato paste, onion powder, garlic powder, ginger, mustard powder, paprika, allspice, cloves, bay leaf, broth, gelatin (if desired), and honey. Whisk to blend. Bring to a boil over low heat, stirring frequently; gently boil for 30 to 35 minutes, or until thickened.
3. Remove bay leaf. Store in an airtight container in the refrigerator for up to 1 month.

RECIPE NOTES:

- If you are vegan, substitute vegetable broth for beef broth, maple syrup for honey, and omit gelatin.
- Substituting 1 Tbsp. fish sauce for sea salt can give you a more complex flavor.
- FIXATE Ketchup has 25% less sugar than store-bought! Store-bought ketchup has 40 calories, 320 mg sodium, 10 g carbohydrates, 8 g sugars, and 0 g protein.

NUTRITIONAL INFORMATION (per serving): Calories: 38 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 229 mg Carbohydrates: 8 g Fiber: 0 g Sugars: 6 g Protein: 2 g

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FIXATE MARINARA

SERVES: 8 (2 Tbsp. each) Prep Time: 10 min. Cooking Time: 16 min.

CONTAINER EQUIVALENTS (per serving): ½ ½

This flavorful sauce accompanies the Cheesy Cauliflower Bread Sticks, but is just as wonderful with your favorite sautéed veggies, quinoa pasta, or any meatball recipe!

1 (14.5-oz.) can canned whole peeled tomatoes
2 tsp. olive oil
½ cup chopped onion
 (approx. ½ medium)
2 cloves garlic, finely chopped
2 Tbsp. dry white wine
 (like pinot grigio)
¼ tsp. sea salt (or Himalayan salt)
4 fresh basil leaves,
 finely chopped

1. Place tomatoes in a medium bowl; crush by hand (or pulse in a food processor or blender) to achieve slightly chunky consistency. Set aside.
2. Heat oil in medium nonstick skillet over medium-high heat.
3. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
4. Add garlic; cook, stirring frequently, for 1 minute.
5. Add wine; cook over medium heat, stirring frequently, for 1 to 2 minutes, or until almost all the liquid has evaporated.
6. Add tomatoes and salt. Bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 7 to 8 minutes, or until sauce has thickened slightly. Remove from heat.
7. Add basil; mix well. Cool to room temperature before serving. Set aside.

RECIPE NOTE:

- For a smoother marinara sauce, place in a food processor (or blender) and pulse until it reaches desired consistency.

NUTRITIONAL INFORMATION (per serving): Calories: 33 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 84 mg Carbohydrates: 4 g Fiber: 1 g Sugars: 3 g Protein: 1 g

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FIXATE MAYONNAISE

SERVES: 48 (1 tsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1

2 Tbsp. cold water
1 Tbsp. apple cider vinegar
½ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
1 tsp. coconut sugar
¼ tsp. onion powder
2 large egg yolks, pasteurized*
¾ cup light olive oil

1. Place water, vinegar, salt, pepper, sugar, onion powder, and egg yolks in blender; cover. Blend for a few pulses to combine.
2. Slowly add oil in a thin, continuous stream with blender running, until blended and mayonnaise has emulsified into a thick sauce. (If you add oil too quickly the emulsion will break, so be patient and go slowly.) Enjoy!

RECIPE NOTE:

Keeps 4 days in an airtight container in the refrigerator.

VARIATIONS:

- Add a clove of fresh garlic to make aioli.
- For extra flavor, add fresh herbs like basil or lemon juice for a citrusy kick. Most herbs, spices, and acids are free foods so have fun with them!

NUTRITIONAL INFORMATION (per serving): Calories: 33 Total Fat: 4 g Saturated Fat: 3 g Cholesterol: 8 mg Sodium: 24 mg Carbohydrates: 0 g Fiber: 0 g Sugars: 0 g Protein: 0 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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FIXATE PESTO

SERVES: 24 (2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS: 1

2 tightly packed cups fresh basil leaves (approx. 4 oz.)
3 cloves garlic
2 Tbsp. pine nuts
¼ cup pecorino Romano cheese
¼ tsp. sea salt (or Himalayan salt)
¼ cup + 2 Tbsp. extra-virgin olive oil

1. Place basil, garlic, pine nuts, cheese, and salt in food processor (or blender). Process until finely chopped.
2. With food processor running, add oil in a thin stream until fully incorporated.

RECIPE NOTE:

- This pesto will keep in an airtight container in the refrigerator for 5 days (or frozen for up to 1 month).

VARIATIONS:

- For a vegan version of this pesto, leave out the cheese and add in an extra ¼ tsp. sea salt.
- Parmesan cheese can be substituted for pecorino Romano cheese.

NUTRITIONAL INFORMATION (per serving): Calories: 48 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 66 mg Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 0 g

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FIXATE TACO SEASONING

SERVES: 24 (1 tsp. each) Prep Time: 5 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): Free food

This flavorful Fixate Taco Seasoning is used in the Kale Nachos, but it's also delicious as a meat rub, in rice and beans, and in most vegetable dishes.

3 Tbsp.	chili powder
1 Tbsp. + 1½ tsp.	ground cumin
2½ tsp.	garlic powder
2½ tsp.	onion powder
2½ tsp.	ground sweet smoked paprika
2½ tsp.	ground coriander
2 tsp.	ground black pepper

1. Combine chili powder, cumin, garlic powder, onion powder, paprika, coriander, and pepper in a small bowl; mix well.
2. Store taco seasoning in an airtight container.

NUTRITIONAL INFORMATION (per serving): Calories: 6 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 38 mg Carbohydrates: 1 g Fiber: 1 g Sugars: 0 g Protein: 0 g

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **PF** icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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FIXATE TZATZIKI SAUCE

SERVES: 8 (approx. 3 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS: Free (¾ cup equal to  ½)


- 1 cup** reduced-fat (2%) plain Greek yogurt
- 1 Tbsp.** fresh lemon juice
- 1 tsp.** finely grated lemon peel (lemon zest)
- 1 clove** garlic
- ½ tsp.** sea salt (or Himalayan salt)
- ½ cup** coarsely chopped seeded cucumber (approx. ⅓ medium)
- 2 tsp.** fresh dill
- 2 tsp.** fresh mint leaves
- ¼ tsp.** ground black pepper

- 1.** Place yogurt, lemon juice, lemon peel, garlic, salt, cucumber, dill, mint, and pepper in food processor; process until smooth.

RECIPE NOTE:

- Refrigerate leftover tzatziki sauce in an airtight container for up to 4 to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 24 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 1 mg Sodium: 152 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 1 g Protein: 3 g

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FIXATE VEGAN CARAMEL SAUCE

SERVES: 8 (2 Tbsp. each) Prep Time: 5 min. Cooking Time: 18 min.

CONTAINER EQUIVALENTS (per serving): 1

½ cup coconut sugar
2 to 3 Tbsp. water
1 cup canned coconut milk (shake well before opening)
1 pinch sea salt (or Himalayan salt)
½ tsp. pure vanilla extract

1. Combine sugar and water in small saucepan until you have the consistency of wet sand.
2. Cook over medium heat, stirring frequently, for 2 to 3 minutes, or until sugar has dissolved and syrup is a rich dark brown, but not burned.
3. Add coconut milk slowly; cook, stirring constantly, for 12 to 15 minutes, or until sugar has dissolved again and sauce is hot. (Be careful when adding coconut milk as mixture could splatter and sugar might seize.) Remove from heat.
4. Add salt and extract; mix well. Allow to cool before serving.

TIP:

Extra sauce can be stored in an airtight container in the refrigerator for up to a month and softened in the microwave before serving.

NUTRITIONAL INFORMATION (per serving): Calories: 106 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 33 mg Carbohydrates: 14 g Fiber: 0 g Sugars: 13 g Protein: 1 g

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FIXATE VEGAN NACHO "CHEESE" DIP

SERVES: 12 (approx. 2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  3


- ¾ cup** all-natural peanut (or cashew) butter
- 1 Tbsp.** fresh lime juice (juice of ½ medium lime)
- 3 slices** pickled jalapeño
- 1 tsp.** jalapeño brine (from pickled jalapeño jar)
- ½ tsp.** sea salt (or Himalayan salt)
- 1 tsp.** palm sugar or coconut sugar
- 1 Tbsp.** **FIXATE Taco Seasoning**
(see separate recipe for *FIXATE Taco Seasoning*)
- ¾ cup** cool water

- 1.** Place peanut butter, lime juice, jalapeño, jalapeño brine, salt, sugar, and taco seasoning in food processor (or blender).
- 2.** Process continuously while slowly adding water until a smooth, creamy sauce has formed.


NOTE:

This sauce is also great on veggie tacos and veggie burgers. It stores covered, in the refrigerator for up to 5 days. When ready to use, simply warm gently in the microwave, stirring every 10 seconds, until desired temperature is reached. Don't be afraid to add a teaspoon or two of water if sauce has thickened.

NUTRITIONAL INFORMATION (per serving): **Calories:** 97 **Total Fat:** 8 g **Saturated Fat:** 2 g **Cholesterol:** 0 mg **Sodium:** 201 mg **Carbohydrates:** 4 g **Fiber:** 1 g **Sugars:** 2 g **Protein:** 4 g

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GRANDMA'S TOMATO SAUCE

SERVES: 28 (approx. 2 Tbsp. each) Prep Time: 40 min. Cooking Time: 1 hr. 15 min. (minimum)

CONTAINER EQUIVALENTS (per serving): 1 ½

2 Tbsp. olive oil
¾ cup onion, chopped (approx. 1 medium)
4 cloves garlic, finely chopped
3 oz. tomato paste
¼ cup red wine
2 cans (28-oz. ea.) whole peeled tomatoes, pureed (preferably San Marzano)
2 Tbsp. coconut sugar
1 tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
3 oz. Parmesan (or Parmigiano) cheese rind
3 Tbsp. finely chopped fresh basil

1. Heat oil in large saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
3. Add garlic and tomato paste; cook, stirring constantly, for 2 to 3 minutes. Do not let tomato paste burn.
4. Add wine; cook, stirring constantly, for 2 to 3 minutes.
5. Add tomatoes, sugar, salt, and pepper. Bring to a boil, stirring frequently. Reduce heat to low; gently boil, stirring occasionally, for 3 minutes.
6. Add cheese rind; cook, uncovered, stirring occasionally, for 1 hour.
7. Remove cheese rind. Add basil; mix well.

RECIPE NOTES:

- Choosing the right canned tomato can be tricky. Quality definitely matters, but price doesn't always reflect quality. Look out for tomatoes that appear pale and watery, or taste bland and overly acidic. Let taste be your guide. Also, I always buy whole peeled tomatoes and blend or crush them myself because producers save the best tomatoes for whole canning, and send the lower-quality yield to the grinder.
- The Parmesan rind is not totally necessary, but it is a great way to add depth to the sauce without much by way of extra calories. I always save the rinds from hard cheeses like Parmesan and Pecorino Romano to add to sauces and soups for extra flavor.
- If cooking the sauce for a long time, to further develop the flavors, add 1 to 2 cups water, ¼ cup at a time, to achieve desired consistency; cook, on very low heat, covered, stirring about every 5 to 10 minutes, for 4 to 6 hours.
- Store in the refrigerator for up to 4 days, or in the freezer for up to 3 months.

NUTRITIONAL INFORMATION (per serving): Calories: 49 Total Fat: 2 g Saturated Fat: 1 g Cholesterol: 2 mg Sodium: 139 mg Carbohydrates: 6 g Fiber: 1 g Sugars: 4 g Protein: 2 g

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HONEY SYRUP

SERVES: 40 (1 tsp. each) **Prep Time:** 10 min. **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS (per serving):  ½


½ cup **water**
½ cup **raw honey**
¼ cup **mint leaf stems (optional)**

1. Bring water and honey to a boil in small saucepan over medium heat, stirring occasionally.
2. Add mint leaf stems (if desired), just before mixture boils. Remove from heat. Allow mixture to infuse for 5 to 10 minutes. Strain to remove stems.
3. Chill before using.

RECIPE NOTES:

- The mint leaf stems bring a hint of fresh mint to any drink you use this syrup in. Skip the stems if you want your syrup to be versatile enough for other uses.
- Honey Syrup keeps in an airtight container in the refrigerator for up to 2 weeks.

NUTRITIONAL INFORMATION (per serving): **Calories:** 12 **Total Fat:** 0 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 0 mg **Carbohydrates:** 3 g **Fiber:** 0 g **Sugars:** 3 g **Protein:** 0 g

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LEMON DIJON SALAD DRESSING

SERVES: 6 (2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1

- 1** large egg yolk, pasteurized*
- 1 Tbsp.** Dijon mustard, gluten-free
- ¼ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper
- ¼ cup** fresh lemon juice
- 1½ tsp.** finely grated lemon peel (lemon zest)
- ¼ cup** extra-virgin olive oil

- 1.** Place egg yolk, mustard, salt, pepper, lemon juice, and lemon peel in a medium bowl, whisk until smooth.
- 2.** Slowly add oil, whisking continuously until well blended.

NUTRITIONAL INFORMATION (per serving): **Calories:** 94 **Total Fat:** 10 g **Saturated Fat:** 2 g **Cholesterol:** 31 mg **Sodium:** 157 mg **Carbohydrates:** 1 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 1 g

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LEMON GARLIC SAUCE

SERVES: 5 (2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1

- 2 Tbsp.** fresh lemon juice
- 1** large egg yolk, pasteurized*
- 2 cloves** garlic, crushed
- 1 Tbsp.** Dijon mustard, gluten-free
- 1 Tbsp.** whole-grain mustard, gluten-free
- Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 3 Tbsp.** extra-virgin olive oil

- 1.** Combine lemon juice, egg yolk, garlic, and mustards in a small bowl; mix well.
- 2.** Season with salt and pepper, if desired.
- 3.** Slowly add oil, whisking continuously until well blended.

NUTRITIONAL INFORMATION (per serving): Calories: 92 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 37 mg Sodium: 203 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 0 g Protein: 1 g

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PEPPER JAM

SERVES: 18 (approx. 1 Tbsp. each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS: Free (¼ cup equal to  ½)

- 1** medium red bell pepper, roasted over gas burner until skin is black
- 3** canned chipotle chili peppers in adobo sauce, coarsely chopped
- 1-inch slice** fresh ginger, peeled, cut into pieces
- ¼ cup** coarsely chopped carrot (approx. ½ medium)
- 1 tsp.** olive oil
- 1 tsp.** finely grated lemon peel (lemon zest)
- 4** medium dried figs, cut in half, seeds removed, skin discarded
- 1 pinch** sea salt (or Himalayan salt)

- 1.** Place blackened bell pepper in glass bowl and cover with lid or plastic wrap. Let sit for 10 minutes to cool.
- 2.** Run bell pepper under water to remove all skin. Cut in half. Remove and discard stem and seeds. Coarsely chop bell pepper.
- 3.** Place bell pepper, chipotle chili peppers, ginger, carrot, oil, lemon peel, figs, and salt in food processor (or blender); cover. Blend until smooth.


RECIPE NOTE:


- Store jam in an airtight container, in the refrigerator, for up to 5 days.
-

SERVING SUGGESTION:

- Great on toast or as a sandwich spread.

NUTRITIONAL INFORMATION (per serving): Calories: 14 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 81 mg Carbohydrates: 3 g Fiber: 1 g Sugars: 2 g Protein: 0 g

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ROSEMARY BLUE CHEESE DRESSING

SERVES: 16 (approx. 1 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1

¼ cup	blue cheese (preferably gorgonzola)
1	large egg yolk, pasteurized*
1 clove	garlic
1 Tbsp.	fresh rosemary
1 Tbsp. + 2 tsp.	fish sauce
1 Tbsp.	apple cider vinegar
1 Tbsp.	raw honey
¼ tsp.	ground black pepper
¾ cup	olive oil

1. Place blue cheese, egg yolk, garlic, rosemary, fish sauce, vinegar, honey, and pepper in blender; cover. Blend until smooth.
2. Slowly add oil in a thin, steady stream, with blender running continuously, until smooth and thickened. Set aside.

RECIPE NOTE:

This salad dressing will keep for up to 7 days refrigerated in an airtight container.

NUTRITIONAL INFORMATION (per serving): Calories: 104 Total Fat: 11 g Saturated Fat: 2 g Cholesterol: 13 mg Sodium: 164 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 1 g Protein: 1 g

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SESAME INFUSION

SERVES: 12 (1 tsp. each) **Prep Time:** 10 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving): 1

This delicious Sesame Infusion is perfect in our Ahi and Avocado Quinoa Sushi, but it's also great in soups, vegetables, and rice dishes. It is a flavor bomb! It only takes a tiny amount to add so much goodness to salads, roasted veggies, sushi, or grilled meats and fish. Leftover infusion can be stored in an airtight container in the refrigerator for up to a month. And remember, don't strain out those crunchy bits of garlic and ginger; they make for a great texture addition as well as little punchy flavor accents when you bite into them!

¼ cup **sesame oil**
3 cloves **garlic, finely chopped**
1 Tbsp. **finely chopped fresh ginger**
½ tsp. **ground smoked paprika**

1. Heat oil, garlic, and ginger in small saucepan over low heat, stirring occasionally, for 12 to 15 minutes, or until garlic has turned golden brown. Remove from heat.
2. Add paprika; allow to infuse until oil has cooled to room temperature.

NUTRITIONAL INFORMATION (per serving): **Calories:** 42 **Total Fat:** 5 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 0 mg **Carbohydrates:** 0 g **Fiber:** 0 g **Sugars:** 0 g **Protein:** 0 g

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SPICY YOGURT

SERVES: 9 (approx. 2 tsp. each) **Prep Time:** 10 min. **Cooking Time:** 3 min.

CONTAINER EQUIVALENTS: Free (6 Tbsp. equal to  ½)

½ tsp. fennel seeds
 ½ tsp. cumin seeds
 ½ cup reduced-fat (2%) plain
 Greek yogurt
 1 pinch sea salt (or Himalayan salt)
 1 pinch ground black pepper

1. Heat small nonstick skillet over medium-high heat.
2. Add fennel and cumin; cook, stirring frequently, for 2 to 3 minutes, or until fragrant. Remove from skillet.
3. Grind toasted seeds in blender.
4. Combine yogurt, ground seeds, salt, and pepper in a small bowl; mix well. Refrigerate, covered, for at least 30 minutes.


RECIPE NOTES:

- Toasted seeds can also be ground in a small food processor (or with a mortar and pestle).
- Store in an airtight container, refrigerated, for up to 4 days.

SERVING SUGGESTION:

- Make up a batch of this yogurt and use it as a dip for raw vegetables.

NUTRITIONAL INFORMATION (per serving): Calories: 10 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 1 mg Sodium: 20 mg Carbohydrates: 1 g Fiber: 0 g Sugars: 1 g Protein: 1 g

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STRAWBERRY TOPPING

SERVES: 4 (¼ cup each) **Prep Time:** 10 min. **Cooking Time:** 12 min.

CONTAINER EQUIVALENTS (per serving):  ½


2 cups sliced strawberries, *divided use*
¼ cup water
2 Tbsp. raw honey
1 pinch sea salt (or Himalayan salt)
2 tsp. finely grated lemon peel (lemon zest) (approx. 2 medium lemons)
1½ tsp. cornstarch (preferably GMO-free) + 1½ tsp. water (combine to make a slurry)


1. Combine 1 cup strawberries, water, honey, and salt in small saucepan. Bring to a boil over medium-high heat. Boil vigorously for 3 to 5 minutes. Remove from heat. Strain strawberries; reserve liquid and discard strawberries.
2. Place liquid and lemon peel in same saucepan. Bring to a boil over medium heat, stirring occasionally.
3. Add cornstarch slurry. Whisk until well blended; cook, stirring occasionally, for 2 minutes. Remove from heat.
4. Add *remaining* 1 cup strawberries; mix well. Allow to cool for 5 minutes before serving.

SERVING SUGGESTION:

Serve with our **French Toast** (see separate recipe for **French Toast with Strawberry Topping**).

NUTRITIONAL INFORMATION (per serving): Calories: 44 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 37 mg Carbohydrates: 12 g Fiber: 1 g Sugars: 8 g Protein: 0 g

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THAI SALAD DRESSING

SERVES: 4 (2 Tbsp. each) **Prep Time:** 10 min. **Cooking Time:** 5 min.

CONTAINER EQUIVALENTS (per serving):  1


2 Tbsp. fish sauce, gluten-free
2 Tbsp. rice vinegar
1 Tbsp. toasted sesame oil
¼ cup coconut sugar
2 Tbsp. water
¼ cup fresh lime juice (about 2 large limes)
1 clove garlic, finely chopped
1 tsp. grated fresh ginger
1 bird's eye chili, seeds and veins removed, chopped (optional)

1. Combine fish sauce, vinegar, oil, sugar, water, lime juice, garlic, ginger, and chili (if desired) in small saucepan. Bring to a boil over medium-high heat, stirring occasionally. Remove from heat.
2. Dressing can be served cold or warm.

TIPS:

- Phu Quoc is my favorite brand of fish sauce, which can be found at any Asian market and many Whole Foods Markets.
- Store leftover salad dressing in an airtight container, refrigerated, for up to 1 week.

NUTRITIONAL INFORMATION (per serving): **Calories:** 94 **Total Fat:** 4 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 755 mg **Carbohydrates:** 15 g **Fiber:** 0 g **Sugars:** 13 g **Protein:** 1 g

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DESSERT & COCKTAIL RECIPES



AUTUMN'S FAVORITE SKINNY CUCUMBER COCKTAIL

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS: 1

5 cucumber slices
2 Tbsp. fresh mint leaves
1 oz. vodka (preferably Grey Goose®)
 Ice
1 cup soda water
2 tsp. St-Germain® liqueur
1 wedge lime (optional, for garnish)

- 1.** Place cucumber slices, mint, and vodka in the bottom of a large serving glass; muddle until well mixed.
- 2.** Top with ice and soda water; stir to mix.
- 3.** Add St-Germain; garnish with lime wedge, if desired.

RECIPE NOTE:

St-Germain liqueur is made from elderberry flowers and has bright and fragrant floral notes.

NUTRITIONAL INFORMATION (per serving): Calories: 109 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 17 mg Carbohydrates: 6 g Fiber: 1 g Sugars: 4 g Protein: 1 g

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BANANA OATMEAL COOKIES

SERVES: 8 (2 cookies each) Prep Time: 10 min. Cooking Time: 15 min.

CONTAINER EQUIVALENTS:  1


- 1 cup** dry old-fashioned rolled oats, gluten-free
- 2 tsp.** ground cinnamon
- ¼ tsp.** sea salt (or Himalayan salt)
- 2** medium ripe bananas, mashed
- ¼ cup** golden raisins
- ¼ cup** chopped raw walnuts

- 1.** Preheat oven to 350° F.
- 2.** Lightly coat large baking sheet with spray. Set aside.
- 3.** Combine oats, cinnamon, and salt in a medium bowl; mix well.
- 4.** Add bananas, raisins, and walnuts; mix well.
- 5.** Drop by rounded Tbsp. onto prepared baking sheet to form 16 cookies; flatten cookies with a spatula.
- 6.** Bake for 14 to 15 minutes or until firm.

SPECIAL EQUIPMENT:

Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): Calories: 104 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 73 mg Carbohydrates: 18 g Fiber: 3 g Sugars: 6 g Protein: 2 g

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BANANA PEANUT BUTTER CHOCOLATE CHUNK ICE CREAM

SERVES: 4 (approx. ¼ cup each) **Prep Time:** 15 min. **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving): 1 3½

- 3** ripe medium bananas, cut into chunks
- 3 Tbsp.** all-natural peanut butter
- 1 to 2 Tbsp.** unsweetened almond milk (optional)
- 4 tsp.** chopped dark chocolate
- 4 tsp.** sliced raw almonds

- 1.** Place bananas in plastic bag; freeze for 4 hours, or until completely frozen.
- 2.** Place bananas and peanut butter in blender (or food processor); cover. Blend until smooth. Add almond milk, if needed, for creamier texture.
- 3.** Divide ice cream evenly between four serving bowls; top evenly with chocolate and almonds.
- 4.** Serve immediately.

TIP:

If you are preparing ice cream ahead of time and freezing it for later, make sure to transfer it to the refrigerator for 10 to 20 minutes or until soft enough to scoop.

NUTRITIONAL INFORMATION (per serving): **Calories:** 182 **Total Fat:** 9 g **Saturated Fat:** 2 g **Cholesterol:** 0 mg **Sodium:** 57 mg **Carbohydrates:** 25 g **Fiber:** 4 g **Sugars:** 13 g **Protein:** 5 g

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CANDY CANE MARTINI

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1

- 2 fl. oz.** soda water
- 1 fl. oz.** vodka
- 5 drops** pure peppermint extract
- 1 tsp.** **Honey Syrup** (see separate recipe for *Honey Syrup*)
- ¾ fl. oz.** 100% cranberry juice
- Ice
- 1** fresh mint leaf (for garnish)

- 1.** Place soda water in martini glass. Set aside.
- 2.** Combine vodka, extract, Honey Syrup, and cranberry juice in a cocktail shaker that is half full of ice. Shake until chilled; strain into martini glass.
- 3.** Garnish with mint leaf; serve.

NUTRITIONAL INFORMATION (per serving): Calories: 89 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 19 mg Carbohydrates: 6 g Fiber: 0 g Sugars: 6 g Protein: 0 g

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CANDY CORN PARFAIT

SERVES: 8 (1 parfait each) Prep Time: 20 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1

- 1 cup** coconut cream, unsweetened, chilled in back of refrigerator overnight (or in the freezer for 1 hour)
- 1 Tbsp.** pure maple syrup
- 1 pinch** sea salt (or Himalayan salt)
- ½ tsp.** pure vanilla extract
- 4 cups** bite-sized chunks of fresh pineapple (approx. 1 medium pineapple) (or 20-oz. canned pineapple chunks in juice, drained)
- 2 cups** canned mandarin oranges in its own juice, drained (about 24 oz. before draining)
- 8 pieces** candy corn

1. Remove all liquid from coconut cream.
2. Place coconut cream, maple syrup, salt, and extract in a large mixing bowl; beat with a mixer (or whisk) until stiff peaks form. (If you are whisking by hand, it may take 5 minutes, but don't give up.) Set aside.
3. Spoon pineapple evenly into the bottom of eight clear glasses, then arrange the mandarin oranges evenly on top.
4. Top each glass with a dollop of whipped coconut cream and a piece of candy corn and serve!

TIPS:

- Make sure you are using pure, unsweetened coconut cream.
- This recipe works best if coconut cream is really cold, and mixing bowl and beaters have been refrigerated for an hour. Place coconut cream in the back of your refrigerator, where it is the coldest.
- Make sure you select canned mandarins that are in their own juice and not in syrup.

COOK'S NOTE:

You can swap the canned mandarin oranges for fresh clementines or tangerines. With a sharp pairing knife, cut off the top and bottom of the rind to get to the fruit, then follow the contours with your knife to remove the remaining rind in vertical strokes. Cut between the segments to release the fruit in beautiful, jewel-like pieces.

NUTRITIONAL INFORMATION (per serving): Calories: 161 Total Fat: 10 g Saturated Fat: 9 g Cholesterol: 0 mg Sodium: 44 mg Carbohydrates: 18 g Fiber: 2 g Sugars: 13 g Protein: 2 g



CARAMEL APPLE COCKTAIL

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving with apple brandy): 2

CONTAINER EQUIVALENTS (per serving with apple juice): 1

- 3 tsp.** **FIXATE Vegan Caramel Sauce**,
*divided use (see separate recipe for
FIXATE Vegan Caramel Sauce)*
- Ice**
- ¼ cup** **unsweetened almond milk**
- 1½ fl. oz.** **apple brandy (preferably Calvados)**
(or ¼ cup unsweetened apple juice)
- 1 dash** **pure vanilla extract**
- Ground cinnamon**
- 1 thin slice** **apple (for garnish; optional)**

- 1.** Drizzle inside of a chilled martini glass with $\frac{1}{2}$ tsp. caramel sauce. Set aside.
- 2.** Fill a cocktail shaker $\frac{1}{2}$ full of ice.
- 3.** Add almond milk, brandy (or apple juice), *remaining 2½ tsp.* caramel sauce, and extract; shake vigorously for 15 seconds.
- 4.** Strain into prepared martini glass.
- 5.** Garnish with a sprinkle of cinnamon and apple (if desired); enjoy!

NUTRITIONAL INFORMATION (per serving with apple brandy): Calories: 170 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 67 mg
Carbohydrates: 11 g Fiber: 0 g Sugars: 7 g Protein: 1 g

NUTRITIONAL INFORMATION (per serving with apple juice): Calories: 95 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 70 mg
Carbohydrates: 15 g Fiber: 1 g Sugars: 13 g Protein: 1 g

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CHOCOLATE CHERRY FROYO CUPS

SERVES: 12 (1 cup each) **Prep Time:** 15 min. + 4 to 6 hours to freeze **Cooking Time:** None

CONTAINER EQUIVALENTS: ½ ½ ½

With a no-bake crust and just a few ingredients, these froyo cups are super-easy to put together, but their taste is out of this world! Chocolate and cherries pair beautifully with the sweet richness of the cashew-date crust. This is a recipe we'll be coming back to again and again for our sweet-tooth fix!

¾ cup	raw cashews
¾ cup	pitted dates
¼ tsp.	sea salt (or Himalayan salt)
2 cups	reduced fat (2%) plain Greek yogurt
¼ cup	raw honey
1 tsp.	pure vanilla extract
2 Tbsp.	unsweetened cocoa powder
1 cup	fresh (or unsweetened frozen) cherries, pitted

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray (optional)

1. Prepare twelve muffin cups by lining with muffin papers. Lightly coat with spray, if desired. Set aside.
2. Place cashews, dates, and salt in food processor; pulse until a fine crumb forms.
3. Divide cashew mixture evenly (approx. 1 Tbsp. + 1½ tsp.) into bottom of each muffin cup. Pack firmly. Set aside.
4. Clean food processor.
5. Combine yogurt, honey, extract, and cocoa powder in food processor; process until well mixed.
6. Add cherries; pulse until cherries are coarsely chopped.
7. Fill each muffin cup to ¼-inch below the rim with cherry mixture (approx. 2 to 3 Tbsp.). Freeze for 4 to 6 hours, or until solid. Enjoy!

RECIPE NOTES:

- I like to top each muffin cup with a cherry half for garnish.
- Letting froyo cups sit at room temperature for 10 minutes before serving helps soften them slightly.
- Wrap leftover cups individually and store them in the freezer for up to 3 months.

NUTRITIONAL INFORMATION (per serving): Calories: 135 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 2 mg Sodium: 60 mg Carbohydrates: 20 g Fiber: 2 g Sugars: 15 g Protein: 5 g

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CHOCOLATE CHIA PUDDING WITH STRAWBERRIES



SERVES: 1 **Prep Time:** 20 min. + 4 hours (or overnight) **Cooking Time:** None

CONTAINER EQUIVALENTS: ½ ½ 1

½ cup unsweetened almond milk
2 Tbsp. chia seeds
1 Tbsp. unsweetened cocoa powder
1 tsp. pure maple syrup
¼ tsp. pure vanilla extract
1 pinch sea salt (or Himalayan salt)
½ cup chopped strawberries

1. Combine almond milk, chia seeds, cocoa powder, maple syrup, extract, and salt in a large bowl; whisk vigorously until cocoa powder is incorporated, and pudding is well blended.
2. Let stand at room temperature for 30 minutes; mix well. Refrigerate, covered, for 4 hours (or overnight), stirring occasionally.
3. Top with strawberries.

VARIATION:

This pudding could also be topped with chopped banana, fresh blueberries, fresh raspberries, chopped kiwifruit, or chopped pear.

NUTRITIONAL INFORMATION (per serving): Calories: 191 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 238 mg Carbohydrates: 24 g Fiber: 11 g Sugars: 9 g Protein: 5 g

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DECEPTIVELY DIVINE RED VELVET CUPCAKES

SERVES: 1 (Makes 18 cupcakes) **Prep Time:** 20 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 1½

FOR RED VELVET CUPCAKES:

- 1 (15-oz.) can** beets, drained
- ½ cup** extra-virgin organic coconut oil
- 1½ tsp.** pure vanilla extract
- 1 cup** unsweetened almond milk
- 1 Tbsp.** fresh lemon juice
- 2** large eggs
- ½ cup** coconut sugar
- ½ tsp.** sea salt (or Himalayan salt)
- 1 Tbsp.** unsweetened cocoa powder
- 1½ cup** gluten-free all-purpose flour
- ½ cup** almond flour
- 1 Tbsp.** baking powder, gluten-free

FOR AVOCADO CREAM FROSTING:

- 5 Tbsp.** coconut sugar
- 1 tsp.** cornstarch (preferably GMO-free)
- 2** very ripe medium avocados
- 1 Tbsp. + 1 tsp.** fresh lemon juice
- 1½ tsp.** pure vanilla extract
- ¼ cup** unsweetened cocoa powder

SPECIAL EQUIPMENT:

- Muffin papers/cupcake liners
- Nonstick cooking spray

FOR RED VELVET CUPCAKES:

1. Preheat oven to 350° F.
2. Line two muffin pans with eighteen muffin papers and lightly coat with spray. Set aside.
3. Place beets, oil, extract, almond milk, lemon juice, eggs, sugar, salt, and cocoa powder in blender (or food processor); cover. Blend until smooth.
4. With the blender running, add flour, almond flour, and baking powder. Blend until a smooth batter forms.
5. Pour batter evenly into prepared muffin pans, filling each cup approx. ¾ full.
6. Bake for 18 to 20 minutes, or until a toothpick inserted into center of a cupcake comes out clean.
7. Set cupcakes aside to cool while you prepare frosting.

FOR AVOCADO CREAM FROSTING:

1. Place sugar and cornstarch in blender (or food processor); cover. Blend until powdered.
2. Add avocados, lemon juice, extract, and cocoa powder; cover. Blend until smooth peaks form.
3. Evenly spread frosting on cool cupcakes.

NUTRITIONAL INFORMATION (per serving) **Red Velvet Cupcakes with Avocado Cream Frosting:** Calories: 180 Total Fat: 10 g Saturated Fat: 4 g Cholesterol: 20 mg Sodium: 176 mg Carbohydrates: 21 g Fiber: 3 g Sugars: 10 g Protein: 3 g

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DOUBLE CHOCOLATE COOKIES

SERVES: 15 (1 cookie each) **Prep Time:** 15 min. **Cooking Time:** 12 min.

CONTAINER EQUIVALENTS: 1

¼ cup	extra-virgin organic coconut oil, melted
½ cup	unsweetened applesauce
⅓ cup	pure maple syrup
¼ cup	canned lite coconut milk
⅓ cup	coconut flour
¼ cup	whole wheat flour
½ cup	unsweetened cocoa powder
¼ cup	dark chocolate chips, 70% cacao (or more)

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 350° F.
2. Lightly coat baking sheet with spray. Set aside.
3. Combine oil, applesauce, maple syrup, and coconut milk in a medium bowl; mix well. Set aside.
4. Combine flours and cocoa powder in a small bowl; mix well.
5. Add flour mixture to applesauce mixture; mix until well blended.
6. Add chocolate chips; mix until blended.
7. Drop by rounded Tbsp. onto prepared baking sheet.
8. Bake for 10 to 12 minutes or until firm.

RECIPE NOTE:

- For a gluten-free version, substitute ⅓ cup brown rice flour for whole wheat flour.

VARIATION:

- Substitute 1 oz. slivered raw almonds, chopped pecans, dried cherries, or raisins for chocolate chips.

NUTRITIONAL INFORMATION (per serving): Calories: 97 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 2 mg Carbohydrates: 12 g Fiber: 2 g Sugars: 7 g Protein: 1 g

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EASY BAKED APPLE CRISP

SERVES: 4 (1 half apple each) **Prep Time:** 15 min. **Cooking Time:** 37 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ ½ 1

FOR SAUCE:

½ cup brewed unsweetened chai tea
1½ tsp. ghee (organic grass-fed, if possible)
1 Tbsp. coconut sugar
1 pinch sea salt (or Himalayan salt)
1 tsp. cornstarch (preferably GMO-free)
+ 1 tsp. water (combine to make a slurry)
¼ tsp. pure vanilla extract

FOR GRANOLA:

3 Tbsp. coarsely chopped raw walnuts
3 Tbsp. dried cranberries
3 Tbsp. unsweetened shredded coconut
3 Tbsp. dry old-fashioned rolled oats,
gluten-free
2 tsp. pure maple syrup
½ tsp. ghee (organic grass-fed, if possible)
1 Tbsp. + 1 tsp. unsweetened applesauce
½ tsp. ground cinnamon
1 pinch sea salt (or Himalayan salt)
2 medium Golden Delicious apples,
peeled, cut in half, cores removed

1. Preheat oven to 375° F.
2. Line large baking sheet with parchment paper. Set aside.
3. To make sauce, heat tea, ghee, sugar, and salt in a small saucepan over high heat. Bring to a gentle boil, stirring frequently.
4. Add cornstarch slurry; cook, stirring frequently, for 1 to 2 minutes, or until slightly thickened. Remove from heat.
5. Add extract; mix well. Set aside.
6. To make granola, place walnuts, cranberries, coconut, oats, maple syrup, ghee, applesauce, cinnamon, and salt in food processor; pulse until a fine crumb forms. Set aside.
7. Place apples on prepared baking sheet.
8. Fill each hollow center evenly with granola (approx. 1 Tbsp. + 1 tsp.). Drizzle 2 Tbsp. sauce over each apple. Bake for 30 minutes, or until apples are soft to their centers.

RECIPE NOTE:

These apples are great warm or cold; I like to have one for breakfast served in a pool of cold vanilla almond milk.

VARIATION:

You can substitute your favorite nuts for walnuts and any dried fruit for cranberries.

Special Equipment:

Parchment paper

NUTRITIONAL INFORMATION (per serving): **Calories:** 180 **Total Fat:** 9 g **Saturated Fat:** 4 g **Cholesterol:** 6 mg **Sodium:** 145 mg **Carbohydrates:** 25 g **Fiber:** 3 g **Sugars:** 18 g **Protein:** 2 g

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ELDERFLOWER MERINGUE COCKTAIL

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS:  2

	Ice
1½ fl. oz.	gin
½ fl. oz.	elderflower liqueur (such as St-Germain®)
½	medium orange, juice reserved
½	medium lime, juice reserved
1	large egg white, pasteurized*
2 fl. oz.	soda water
	Orange bitters (for garnish; optional)

1. Fill a cocktail shaker three-quarters full of ice.
2. Add gin, elderflower liqueur, orange juice, lime juice, and egg white. Shake vigorously for 30 seconds, or until drink is chilled and egg white emulsifies into a thick, creamy foam.
3. Place soda water in a highball glass. Strain gin mixture into glass; mix well.
4. Garnish with a few drops of orange bitters if desired.

RECIPE NOTE:

Elderflower liqueur is made from elderberry flowers and has bright and fragrant floral notes.

NUTRITIONAL INFORMATION (per serving): Calories: 181 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 56 mg Carbohydrates: 10 g Fiber: 0 g Sugars: 8 g Protein: 4 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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FLOURLESS CHOCOLATE CHICKPEA BROWNIES

SERVES: 16 (1 brownie each) Prep Time: 20 min. Cooking Time: 28 min.

CONTAINER EQUIVALENTS (per serving): 1

- 1 (15-oz.) can** chickpeas (garbanzo beans),
drained, rinsed
- ¼ cup** unsalted organic grass-fed butter
- 2** large eggs
- ½ cup** pure maple syrup
- 2 tsp.** pure vanilla extract
- ⅓ cup** unsweetened cocoa powder
- ½ tsp.** baking powder, gluten-free
- 1 pinch** sea salt (or Himalayan salt)
- ¼ cup** semisweet (or dark) chocolate
chips

Special Equipment:

Parchment paper

Nonstick cooking spray

1. Preheat oven to 350° F.
2. Line 9 x 9-inch baking pan with parchment paper. Lightly coat with spray. Set aside.
3. Place chickpeas, butter, eggs, maple syrup, extract, cocoa powder, baking powder, and salt in blender (or food processor); cover. Blend until smooth.
4. Add chocolate chips; mix by hand until blended.
5. Evenly spread batter into prepared pan.
6. Bake for 25 to 28 minutes, or until a toothpick inserted into the center of brownies comes out clean.
7. Cut into squares.

RECIPE NOTES:

- You can substitute cannellini beans for garbanzo beans. They make a little smoother brownie.
- If you don't like to use butter, you can substitute extra-virgin organic coconut oil.

NUTRITIONAL INFORMATION (per serving): Calories: 106 Total Fat: 5 g Saturated Fat: 3 g Cholesterol: 31 mg Sodium: 95 mg Carbohydrates: 13 g Fiber: 1 g Sugars: 8 g Protein: 2 g

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GOOEY PEANUT BUTTER CUPCAKES

SERVES: 12 (1 cupcake each) **Prep Time:** 20 min. **Cooking Time:** 20 min.

CONTAINER EQUIVALENTS (per serving): 2 ½ 3

FOR CUPCAKES:

- ¼ cup extra-virgin organic coconut oil
- ½ cup all-natural peanut butter
- ¾ cup pure maple syrup (preferably grade B)
- ¾ cup unsweetened almond milk
- 2 tsp. ground flaxseed
- 1 tsp. pure vanilla extract
- 1½ cups gluten-free all-purpose flour, sifted
- ½ cup almond flour, sifted
- 2 tsp. baking powder, gluten-free
- 1 tsp. sea salt (or Himalayan salt)
- ¼ cup bittersweet chocolate chips

FOR FROSTING:

- ½ cup all-natural peanut butter
- 2 Tbsp. unsweetened almond milk
- 1 pinch sea salt (or Himalayan salt)
- ¼ cup pure maple syrup (preferably grade B)
- 1 tsp. pure vanilla extract

FOR CHOCOLATE DIP (OPTIONAL):

- ½ cup bittersweet chocolate chips
- 1 tsp. extra-virgin organic coconut oil

Special Equipment:

Muffin papers/cupcake liners

Nonstick cooking spray

FOR CUPCAKES:

1. Preheat oven to 375° F.
2. Line muffin pan with twelve muffin papers and lightly coat with spray. Set aside.
3. Place oil, peanut butter, maple syrup, almond milk, flaxseed, and extract in blender (or food processor); cover. Blend for approximately 30 seconds, or until smooth. Set aside.
4. Combine flour, almond flour, baking powder, and salt in a large mixing bowl; blend until combined.
5. Add oil mixture to flour mixture; mix until ingredients are just moistened (do not overmix).
6. Fold in chocolate chips.
7. Pour batter evenly into prepared muffin pans, filling each tin with a level ¼ cup batter (approx. three-quarters full).
8. Bake for 18 to 20 minutes, or until tops are golden brown and a toothpick inserted into center of a cupcake comes out clean.
9. Set cupcakes aside to cool.

FOR FROSTING:

1. While cupcakes are baking, combine peanut butter, almond milk, salt, maple syrup, and extract in a medium mixing bowl; beat until well mixed. Set aside.

FOR DIP:

1. If using dip, place a heat-proof mixing bowl on top of a pot of gently boiling water.
2. Add chocolate and oil; cook, stirring frequently, until just melted. Stir until well blended.
3. Once cupcakes have cooled, frost each with 1 Tbsp. frosting. Dip frosting of each cupcake into dip; set aside to cool a few minutes before serving.

RECIPE NOTE:

When making dip, you can melt chocolate in a microwave; just make sure to use 50% power and stir every 30 seconds.

NUTRITIONAL INFORMATION (per serving): **Calories:** 335 **Total Fat:** 19 g **Saturated Fat:** 7 g **Cholesterol:** 0 mg **Sodium:** 362 mg **Carbohydrates:** 38 g **Fiber:** 4 g **Sugars:** 22 g **Protein:** 7 g

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GRILLED PEACHES WITH MASCARPONE



SERVES: 4 Prep Time: 10 min. Cooking Time: 20 min.

CONTAINER EQUIVALENTS (per serving): ½ ½ 1

3 Tbsp. mascarpone cheese
¼ tsp. pure vanilla extract
2 Tbsp. pure maple syrup (preferably Grade B)
½ medium orange, orange peel finely grated (orange zest), juice reserved
2 tsp. Kentucky bourbon
2 medium peaches (preferably late-season freestones)
Nonstick cooking spray

1. Beat together mascarpone and extract in a small bowl; refrigerate, covered.
2. To make maple bourbon sauce, combine maple syrup, orange peel, orange juice, and bourbon in a small saucepan over medium-high heat. Bring to a gentle boil; cook, stirring constantly (being careful not to burn it), for approximately 5 minutes, or until sauce is reduced by half. Remove from heat. Set aside.
3. Coat grill with spray. Preheat grill (or cast iron grill pan) on high.
4. Cut peaches in half; remove stones.
5. Grill peaches, flesh side down, for 12 to 15 minutes, or until you can see juices bubbling beneath the skin, flesh is slightly charred, and peaches are soft to their core. Place peaches on a serving platter.
6. Fill each peach center with about 2 heaping teaspoons of mascarpone mixture; drizzle with maple sauce.
7. If desired, top each with a few crystals of fleur de sel (or any large, flaky salt) and enjoy!

TIPS:

- For a kid-friendly version, skip the maple bourbon sauce and drizzle the grilled peaches with plain maple syrup or honey.
- When possible, use Freestone peaches (available mid-June through August) since their stones can be easily removed. If using regular peaches, be sure to split them along their equator, not lengthwise, and remove the stone with a sharp paring knife.
- If you don't have a grill, you can arrange peaches flesh side up on a baking sheet and place under the broiler for 10 to 12 minutes. Watch carefully so they don't burn!

NUTRITIONAL INFORMATION (per serving): Calories: 156 Total Fat: 9 g Saturated Fat: 6 g Cholesterol: 31 mg Sodium: 34 mg Carbohydrates: 15 g Fiber: 1 g Sugars: 14 g Protein: 3 g

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MELON SORBET

SERVES: 5 (1 cup each) **Prep Time:** 20 min. + 4 hours to freeze **Cooking Time:** None

CONTAINER EQUIVALENTS: 1

Here's a fun and simple way to whip up a quick sorbet. We used cantaloupe for this recipe, but it works just as well with other melons like honeydew and watermelon. You can also switch between lemon and lime as your acid, and try herb additions, like mint, tarragon, or basil. This is so easy to make, it's worth experimenting!

- 1** medium cantaloupe, cut into 1-inch cubes
- 2 Tbsp.** fresh lemon juice
- 3 Tbsp.** raw honey
- 3 Tbsp.** water
- 1 pinch** sea salt (or Himalayan salt)

SPECIAL EQUIPMENT:

Parchment paper

- 1.** Line baking sheet with parchment paper. Place cantaloupe on baking sheet; spread out so that there is a little space between each piece.
- 2.** Place baking sheet in freezer overnight or until cantaloupe is frozen solid (minimum 4 hours).
- 3.** Place frozen cantaloupe in food processor; pulse until crumbly.
- 4.** Add lemon juice, honey, water, and salt; pulse until mixture forms texture of soft sorbet. (If sorbet is too thick, add 1 tsp. of water at a time. Make sure it does not become a slushy.)
- 5.** Serve immediately, or store in an airtight container, in the freezer, for up to 3 months.

RECIPE NOTE:

- For a vegan version, omit honey. Heat 3 Tbsp. water and 3 Tbsp. coconut sugar until sugar is dissolved. Chill before adding to the sorbet.

NUTRITIONAL INFORMATION (per serving): Calories: 75 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 46 mg Carbohydrates: 20 g Fiber: 1 g Sugars: 18 g Protein: 1 g

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NO-BAKE MINI BLUEBERRY PIES

SERVES: 12 (1 pie each) **Prep Time:** 20 min. + 4 hrs. to freeze and chill **Cooking Time:** 10 min.

CONTAINER EQUIVALENTS: ½ 1½ 1½

CRUST:

- 2½ cups** coarsely crushed graham crackers, gluten-free, vegan
- 1 Tbsp.** pure maple syrup
- ¼ cup + 2 Tbsp.** extra-virgin organic coconut oil, melted

FILLING:

- 3½ cups** fresh blueberries, *divided use*
- ½ cup** coconut sugar
- 1 cup** water
- 1 dash** sea salt (or Himalayan salt)
- 3 Tbsp.** cornstarch (preferably GMO-free) + 3 Tbsp. water (combine to make a slurry)
- 2 Tbsp.** fresh lemon juice

SPECIAL EQUIPMENT:

- Muffin papers/cupcake liners
- Nonstick cooking spray (optional)

CRUST:

1. Prepare twelve muffin cups by lining with muffin papers (or coating with spray, if desired). Set aside.
2. Place graham crackers in food processor (or blender); process until finely ground.
3. Add maple syrup and oil; pulse until thoroughly combined.
4. Place 2 Tbsp. graham cracker mixture into each muffin cup; press down with fingers, molding it to cover the bottom and sides of each muffin cup.
5. Place muffin cups in freezer to set.

FILLING:

1. While muffin cups are in freezer, bring 2 cups blueberries, sugar, water, and salt to a boil in medium saucepan over medium-high heat. Reduce heat to medium-low; gently boil, stirring occasionally, for 6 to 8 minutes, or until blueberries have burst.
2. Add cornstarch slurry; cook, stirring frequently, for 1 to 2 minutes, or until mixture thickens.
3. Remove from heat. Add *remaining* 1½ cups blueberries and lemon juice; mix well. Chill in refrigerator until blueberry mixture has reached room temperature.
4. Fill each muffin cup with ¼ cup blueberry mixture. Chill muffin cups in refrigerator for approx. 2 hours, or until blueberry mixture has set.

RECIPE NOTE:

- Freeze leftovers in an airtight container for up to 3 months.

NUTRITIONAL INFORMATION (per serving): Calories: 212 Total Fat: 10 g Saturated Fat: 6 g Cholesterol: 0 mg Sodium: 117 mg Carbohydrates: 31 g Fiber: 2 g Sugars: 17 g Protein: 2 g

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PAN-FRIED CINNAMON BANANAS

SERVES: 4 (½ banana each) **Prep Time:** 10 min. **Cooking Time:** 9 min.

CONTAINER EQUIVALENTS: 1 ½

Here's a fast and fun way to throw together a quick dessert! The richness of ghee matches perfectly with caramelized honey and banana. This dish will have you feeling like a pastry chef in just 10 minutes!

- 2 tsp.** ghee (organic grass-fed, if possible)
- ½ tsp.** ground cinnamon
- 1 Tbsp. + 1 tsp.** raw honey
- 1 pinch** sea salt (or Himalayan salt)
- 2** large just-ripe bananas, cut into 1-inch rounds

- 1.** Place ghee, cinnamon, honey, and salt in medium nonstick skillet; cook, over medium-high heat, stirring frequently, for 2 to 3 minutes, or until mixture is melted and well mixed.
- 2.** Add banana; cook for approx. 3 minutes on each side, or until each side has caramelized to a deep brown. Enjoy!

RECIPE NOTE:

- You can substitute pure maple syrup for honey to make this recipe vegan.

SERVING SUGGESTION:

- Bananas can be eaten by themselves, or make a great topping for your morning oatmeal or yogurt!

NUTRITIONAL INFORMATION (per serving): Calories: 101 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 6 mg Sodium: 36 mg Carbohydrates: 21 g Fiber: 1 g Sugars: 14 g Protein: 1 g

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PEANUT BUTTER CHOCOLATE BALLS

SERVES: 24 (1 ball each) Prep Time: 20 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving): 1 1

- 1 cup** all-natural smooth peanut butter
- 1 Tbsp.** cornstarch (preferably GMO-free)
- ¾ cup** coconut flour
- 2 Tbsp.** pure maple syrup
- Hot water**
- 8 oz.** semisweet chocolate, 62% cocoa or higher, chopped
- 2 tsp.** extra-virgin organic coconut oil, unrefined

SPECIAL EQUIPMENT:

Parchment paper

1. Line a large baking sheet with parchment paper. Set aside.
2. Combine peanut butter, cornstarch, coconut flour, and maple syrup in a medium bowl; blend well with a spatula until mixture forms a uniform dough.
3. Using clean hands, shape dough into twenty-four 1-inch balls; place a toothpick in the center of each ball. Place on prepared baking sheet. Refrigerate for 20 minutes.
4. Fill small saucepan with 2 inches of water; bring to a boil over high heat. Reduce heat to low.
5. Place a heat-proof mixing bowl over saucepan. Add chocolate and oil. Stir for 2 to 3 minutes, or until just melted. Make sure water does not splash into the bowl.
6. Remove balls from refrigerator. Hold a ball by the toothpick and dip into chocolate, swirling to completely coat. Return to baking sheet. Repeat with each ball. (For any uncoated areas, coat carefully with a spoon dipped into chocolate.)
7. Refrigerate for at least 1 hour, or until chocolate has hardened.
8. Store in airtight container in the refrigerator.

TIPS:

- You can also melt the chocolate in the microwave. Place morsels and oil in microwave-safe container. Microwave on 50% power for 30 seconds; stir. Microwave for an additional 30 to 45 seconds or until just melted. Do not overcook.
- To prevent the balls from sticking to your hands when you roll them, lightly coat your hands with nonstick cooking spray.

NUTRITIONAL INFORMATION (per serving): Calories: 134 Total Fat: 9 g Saturated Fat: 4 g Cholesterol: 0 mg Sodium: 57 mg Carbohydrates: 12 g Fiber: 2 g Sugars: 8 g Protein: 4 g

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PEANUTTY PEANUT BUTTER SQUARES

SERVES: 16 (1 square each) **Prep Time:** 10 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS: 1 2½

1½ cups all-natural smooth peanut butter
½ cup raw honey
2 tsp. pure vanilla extract
2 large eggs, at room temperature
½ tsp. baking soda, gluten-free

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 350° F.
2. Lightly coat 8 x 8-inch baking pan with spray. Set aside.
3. Combine peanut butter, honey, extract, eggs, and baking soda in a large bowl; mix well.
4. Evenly spread batter into prepared pan. Smooth top with a spatula.
5. Bake for 22 to 25 minutes. Squares may be a little soft when coming out of the oven, but they will continue to cook as they cool.
6. Cool completely.
7. Cut into sixteen squares.

VARIATION:

- Pure maple syrup can be substituted for honey.

NUTRITIONAL INFORMATION (per serving): **Calories:** 182 **Total Fat:** 13 g **Saturated Fat:** 3 g **Cholesterol:** 23 mg **Sodium:** 158 mg **Carbohydrates:** 13 g **Fiber:** 1 g **Sugars:** 10 g **Protein:** 7 g

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PUMPKIN WHOOPIE PIES

SERVES: 9 (1 pie each) **Prep Time:** 20 min. **Cooking Time:** 40 min.

CONTAINER EQUIVALENTS (per serving):  1½  ½  1

FOR COOKIES:

1 cup	dry old-fashioned rolled oats, gluten-free
½ cup	gluten-free all-purpose flour
½ tsp.	ground cinnamon
¼ tsp.	baking powder
¼ tsp.	sea salt (or Himalayan salt)
¼ cup	extra-virgin organic coconut oil
¼ cup	coconut sugar
1	large egg
½ tsp.	pure vanilla extract
½ cup	chopped raw walnuts

Special Equipment:

Parchment paper
Nonstick cooking spray

FOR PUMPKIN FILLING:

¼ cup	heavy whipping cream
½ tsp.	unflavored gelatin (preferably from grass-fed cows)
½ cup	100% pure pumpkin puree
2 Tbsp.	coconut sugar
1 pinch	sea salt (or Himalayan salt)
¼ tsp.	ground cinnamon
¼ tsp.	ground ginger
¼ tsp.	ground nutmeg
1 dash	ground cloves
½ tsp.	pure vanilla extract

FOR COOKIES:

1. Preheat oven to 350° F.
2. Line baking sheet with parchment and lightly coat with spray.
3. Combine oats, flour, cinnamon, baking powder, and salt in a large bowl; mix well. Set aside.
4. Combine oil and sugar in a medium mixing bowl with a stand mixer (or electric mixer); beat until light and fluffy.
5. Add egg and extract; beat until well blended.
6. Gently fold in oat mixture using a spoon (or clean hands); mix until just blended.
7. Fold in walnuts; mix until just blended.
8. Spread 18 rounded Tbsp. of dough onto prepared baking sheet.
9. Bake 15 to 18 minutes, rotating baking sheet once halfway through, or until golden brown.
10. Cool cookies completely before filling (hot cookies will melt the cream filling).

FOR PUMPKIN FILLING:

1. While cookies are baking, combine cream and gelatin in a large mixing bowl; whisk to blend. Let stand for 5 minutes.
2. Add pumpkin, sugar, salt, cinnamon, ginger, nutmeg, cloves, and extract to cream mixture; whisk to blend.
3. Add pumpkin mixture to a large skillet. Bring to a gentle boil, over medium heat, stirring constantly. Reduce heat to medium-low; cook, stirring constantly, for 3 to 5 minutes, or until mixture has thickened slightly.
4. Place pumpkin mixture in heat-proof bowl, then place bowl in ice bath. Chill for 5 to 10 minutes, or until pumpkin mixture has set to the consistency of pudding.
5. Transfer pumpkin filling to a large resealable plastic bag. Refrigerate until it's time to fill the pies.

FOR WHOOPIE PIES:

1. Snip off one corner of plastic bag (containing pumpkin filling) with a pair of scissors.
2. Pipe approx. 1 Tbsp. filling on the flat bottom of a cookie; press another cookie on top to form a sandwich. Continue with remaining cookies and filling until nine pies are complete.
3. Whoopie pies may be enjoyed immediately or refrigerated in an air-tight container for up to 4 days.

NUTRITIONAL INFORMATION (per serving): **Calories:** 220 **Total Fat:** 14 g **Saturated Fat:** 8 g **Cholesterol:** 30 mg **Sodium:** 105 mg **Carbohydrates:** 21 g **Fiber:** 3 g **Sugars:** 9 g **Protein:** 4 g

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VANILLA CAKE WITH CHOCOLATE FROSTING

SERVES: 12 (1 slice each) **Prep Time:** 20 min. **Cooking Time:** 30 min.

CONTAINER EQUIVALENTS (per serving): 1½ 1 2

1 cup	almond flour
½ cup	coconut flour
2 tsp.	baking powder, gluten-free
¼ tsp.	sea salt (or Himalayan salt)
¾ cup	unsalted organic grass-fed butter, softened, <i>divided use</i>
¾ cup	coconut sugar
4	large eggs
¼ cup + 3 Tbsp.	unsweetened almond milk, <i>divided use</i>
1 tsp.	pure vanilla extract
¼ cup	raw honey
¾ cup	unsweetened cocoa powder, sifted

SPECIAL EQUIPMENT:

Nonstick cooking spray

1. Preheat oven to 350° F.
2. Coat a 9-inch round baking pan with spray. Set aside.
3. Combine almond flour, coconut flour, baking powder, and salt in a medium bowl; mix well. Set aside.
4. Cream together ½ cup butter and sugar in a medium mixing bowl; beat on medium speed for 1 minute.
5. Add eggs one at a time; beat until blended.
6. Add ¼ cup almond milk and extract; beat until blended.
7. Add almond flour mixture to butter mixture; beat until creamy.
8. Pour batter into prepared pan.
9. Bake for 25 to 30 minutes, or until a toothpick inserted into the center comes out clean. Cool on a baking rack.
10. To make frosting, beat *remaining* ¼ cup butter in a medium bowl; beat on medium speed for 1 to 2 minutes, or until creamy.
11. Slowly add honey while beating on medium speed.
12. Add cocoa powder and *remaining* 3 Tbsp. almond milk; beat until well blended, scraping bowl occasionally. Set aside.
13. Once cake is cool, evenly spread with frosting; cut into twelve slices.

RECIPE NOTES:

- You can make your own almond flour by processing 1 cup slivered almonds in a food processor (or blender with a strong motor). Make sure that you blend in 20-second intervals to prevent the almonds from turning into almond butter. 1 cup of slivered almonds yields approximately 1 cup of almond flour.
- If you can't find almond flour in your store, you can look at club stores or online.
- Soften the butter by leaving it at room temperature for an hour or so.

NUTRITIONAL INFORMATION (per serving): **Calories:** 293 **Total Fat:** 19 g **Saturated Fat:** 9 g **Cholesterol:** 92 mg **Sodium:** 188 mg **Carbohydrates:** 22 g **Fiber:** 4 g **Sugars:** 15 g **Protein:** 6 g

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SHAKEOLOGY RECIPES

CHOCOLATE HAZELNUT SHAKEOLOGY



SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ 1 1

1 cup unsweetened almond milk
½ cup ice
1 scoop Chocolate Shakeology
11 whole raw hazelnuts
1 tsp. pure vanilla extract
1 tsp. pure maple syrup
1 pinch sea salt (or Himalayan salt)

1. Place almond milk, ice, Shakeology, hazelnuts, extract, maple syrup, and salt in blender; cover. Blend for 20 to 30 seconds or until smooth.

TIP:




For a thicker smoothie, add an additional ½ cup ice.

NUTRITIONAL INFORMATION (per serving): Calories: 325 Total Fat: 14 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 479 mg Carbohydrates: 27 g Fiber: 9 g Sugars: 12 g Protein: 20 g

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MEXICAN DRINKING CHOCOLATE SHAKEOLOGY

SERVES: 1 Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1  1  1

1½ cups unsweetened almond milk
1 scoop Chocolate Shakeology
¾ cup coarsely chopped zucchini
 (approx. ½ medium zucchini)
½ tsp. pure vanilla extract
1 tsp. pure maple syrup
½ tsp. ground cinnamon
¼ tsp. ground nutmeg
1 pinch ground cloves
1 pinch ground cayenne pepper (or to taste)
1 pinch sea salt (or Himalayan salt)

1. Place almond milk, Shakeology, zucchini, extract, maple syrup, cinnamon, nutmeg, cloves, cayenne pepper, and salt in blender; cover. Blend for 20 to 30 seconds or until smooth.

COOK'S NOTE:

I love Mexican drinking chocolate. It's a slightly thicker version of hot chocolate, accented with the warm spice of cinnamon and cayenne pepper. This Shakeology version isn't hot, but it's just as delicious, and you're getting loads of quality nutrition along the way!

NUTRITIONAL INFORMATION (per serving): Calories: 267 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 572 mg Carbohydrates: 29 g Fiber: 9 g Sugars: 13 g Protein: 20 g

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