

## RECIPES - RECIPES - RECIPES -

### **Double-Chocolate Gooey Butter Cake**

1 pkg chocolate shake  
1 Tbsp. Walden's Farm or other sugar-free chocolate syrup  
1-1/2 tsp. of Butter Buds or Molly McButter  
1/4 tsp. baking powder  
1/4 cup water

Spray lightly a dessert cup or small dish with Pam or other brand spray.

Mix all dry ingredients together, stir well. In separate bowl, mix water and SF syrup together and then add to dry ingredients. Stir well; will make a very thick, fudge-like batter. Spoon batter into prepared cup or dish.

The Butter Buds or Molly McButter adds about 7.5 calories and about 2-3 gms of carbs.

### **Pizza Recipe**

Spray glass pie plate with non-stick spray. Combine 1 pkg. COT soup with 3 TBL. water and garlic powder, oregano and basil to taste (@ 1/4 tsp. each). Spread COT mixture in pie plate and microwave 2-3 minutes, or until slightly crisp.

Spread 2 TBL. 0 cal. 0 carb. Walden Farms marinara sauce over crust. Sprinkle with 1 tsp. grated Parmesan cheese, then top with 1/4 cup fat-free shredded mozzarella cheese. Microwave 1 minute, or until cheese is melted. Enjoy!

### **Martha's Muffins**

1 packet Oatmeal  
1/4 tsp baking soda  
1/8 tsp baking powder  
Spices to taste (pumpkin pie spice, cinnamon, nutmeg, whatever you like!)

In a 1 cup measure:

1/3 cup water  
1 tsp white vinegar  
1 tsp vanilla (or other liquid flavor)

Preheat oven to 350 and spray a mini bread pan with non-stick spray.

Mix the dry ingredients well, and then mix the wet ones. Add the liquids to the dry ingredients and mix to a smooth batter as quickly as possible. Pour into pan. Bake for 15-16 minutes. Test for doneness with toothpick.

Turn out of pan immediately.

## **APPLE CINNAMON OATMEAL COOKIES**

1 pkt Apple Cinnamon Oatmeal  
¼ tsp cinnamon  
3 tsp Splenda sweetener  
1/3 cup water  
1/8 tsp baking powder  
½ tsp vanilla extract  
(Optional cloves and nutmeg)

Pre-heat oven to 350°.

### **Directions:**

Mix all dry ingredients together. Add extract and water. Stir until moistened. Set aside for 5 minutes to allow ingredients to achieve appropriate consistency.

Place spoonfuls onto greased cookie sheet (spray with Pam) and bake for 10 minutes or until cookies have browned. (you may need to bake them longer, depending upon your personal taste)

## **Butter Pecan Ice Cream**

3 Oz. Water  
1/2 cup crushed ice  
1 Packet Vanilla shake  
1/2 tsp Maple Extract  
1/2 Tsp Coconut Extract  
Dash Nutmeg

In a blender, mix water (and diet soda if called for) add ice with flavoring. Blend for a few seconds. Add Vanilla shake and blend for 15 to 20 seconds. For butter pecan ice cream, add a dash of nutmeg. Gives added flavor. Savor the rich, creamy texture.

## **HOLIDAY RECIPES:**

### **Pumkin Pie**

1 pkg - Apple Cinnamon Oatmeal  
1 pkg --Multi-Grain Crackers  
5 oz water  
1/4 t + Pumpkin Pie Spice (to taste)  
3+ pkg Splenda (to taste)  
(*Optional:* Mini bit-Redi-Whip on top)

### **Directions:**

Mix Oatmeal, water, spice and sugar together. Cook on High 2 min. Stir thickened mixture. Chill in freezer 10 min and spoon onto crackers.

### **Eggnog Shake**

1 pkt Vanilla Shake

6-8 oz. Cold Water

½ - 1 cup Chopped Ice (Optional)

2-3 Tbsp Torani Sugar Free Egg Nog Syrup

Sprinkle Nutmeg

Place ice into blender. Add dry ingredients and liquid. Blend until smooth and frothy.

Enjoy

### **Holiday Eggnog**

1 Vanilla Shake

6-7 oz of Cold Water

1 T Egg Nog Sugar Free Syrup (DaVinci)

½ to ¾ T. Butter Rum Syrup (DaVinci)

½ to ¾ T Spice Blend Syrup (DaVinci)

Couple dashes of Nutmeg (optional) On top of drink

Makes 1 Cup.

#### **Directions:**

Mix the water and vanilla shake together. Add the flavorings and top with nutmeg

Pour in to a fancy glass and sip like you are actually having a real decadent treat at a party.

Happy Holidays knowing you now have a healthy alternative to the fattening “traditional” version. And best of all you can have this with any holiday, not just the winter ones.

### **TSFL Legal Thanksgiving Stuffing**

1 pkt Crackers

1 pt Chicken boullion

4-5 oz. Boiling Water

2 Tbsp Chopped Onion, finely

2-4 Tbsp Chopped Celery, finely

Pinch Poultry Seasoning, ground

#### **Directions:**

Crush the crackers in the packet with a meat tenderizer. Pour into small mixing bowl.

Mix the Fast Soup and boiling water together, add the onion and celery saute' until onion and celery are cooked. Spoon the onion and celery mix on top of the crashed crackers.

Add a pinch (really season to your own taste of poultry seasoning. Mix Add liquid, a small amount at a time, to the mixture to attain the consistence you like. Enjoy with your turkey and fresh, green vegetables, and salad.

### **Pumpkin Chiffon Pie**

1 Pkt Chai Latte

1 ½ Tbsp. Jello Sugar-Free Vanilla Cook and Serve Pudding (dry mix)

½ Pkt (1 full tsp) Knox Unflavored Gelatin

3 oz. Hot water

3 oz. Cold water

2 ice cubes

#### **Directions:**

Combine Chai Latte & pudding in a small container. Set aside. Stir gelatin in hot water. Let soften 3-4 minutes, then stir until clear. Add cold water and stir again. Process gelatin mixture, dry ingredients in blender until thoroughly combined. Add ice cubes one at a time until mixture begins to thicken. Pour into bowl. Refrigerate until set, about 2 hours,

Pie Crust: 1 pkt finely crushed Multi Grain Crackers, place in bottom of bowl

Once the Chai Latte is set,

spoon over the crust.

Top with Fat Free Whipped Topping.

### **Strawberry Daiquiri**

1 packet vanilla shake

6-8 oz cold water

3-4 ice cubes

1/8 tsp. Rum Extract

1/8-1/4 tsp. Strawberry Extract

Place ice cubes and water in a blender. Add the extracts, vanilla shake, and mix for 10-15 seconds or until most of the ice cubes are crushed.

### **Strawberry Shortcake**

1 packet vanilla shake

6-8 oz cold water

3-4 ice cubes

3/4-1 tsp. Strawberry Extract

Place ice cubes and water in a blender. Add the extract, vanilla shake, and mix for 10-15 seconds or until most of the ice cubes are crushed.

### **Vanilla Almond Coffee Cooler**

1 packet Vanilla shake

6-8 oz cold water

3 oz Diet Ginger Ale

3-4 ice cubes

1 tsp. Instant Coffee  
1/4 tsp. Almond Extract

Place ice cubes and water in a blender. Add the coffee, extract, vanilla shake, and mix for 10-15 seconds or until most of the ice cubes are crushed.

### **Black Forest Freeze**

1 packet Dutch Chocolate shake  
6-8 oz cold water  
3-4 ice cubes  
1/2 tsp. Cherry Extract

Place ice cubes and water in a blender. Add the extract, dutch chocolate shake, and mix for 10-15 seconds or until most of the ice cubes are crushed.

### **Chocolate Covered Cherry Chiller**

1 packet Dutch Chocolate Shake  
6-8 oz cold water  
3-4 ice cubes  
1/8 tsp. Black Cherry Unsweetened Kool-Aid (dry mix)

Place ice cubes and water in a blender. Add the Kool-Aid, Dutch Chocolate shake, and mix for 10-15 seconds or until most of the ice cubes are crushed.

### **Chocolate Fudgesicle**

1 packet Dutch Chocolate shake  
8 oz cold water  
1/8 tsp. Chocolate Extract

Place water in a blender or shaker jar. Add the extract, dutch chocolate shake, and mix for 10-20 seconds. Place in freezer for 1-2 hours. Stir and enjoy.

### **Chocolate Mint**

1 packet Dutch Chocolate shake  
6-8 oz cold water  
3-4 ice cubes  
4 drops Peppermint Extract

Place ice cubes and water in a blender. Add the extract, Dutch Chocolate shake, and mix for 10-15 seconds or until most of the ice cubes are crushed.

### **Orange Chocolate Shake**

1 packet Dutch Chocolate shake  
6-8 oz. cold water  
3-4 ice cubes  
1/8-1/4 tsp. Orange Extract

Place ice cubes and water in a blender. Add the extract, Dutch Chocolate shake, and mix for 10-15 seconds or until most of the ice cubes are crushed.

**Thai Soup** (Very Simple Lean & Green Option)

1-2 cups Seedless cucumber (up to 1.5 cups) cut into "sticks"

2-3 of green onions, sliced --use 3/4 of the green

7 oz. chicken

1 can 99% fat free chicken broth

**Directions:**

Fill large saucepan half way with water and bring to boil.

Add cut up 7 oz. chicken (bite sized pieces and toss any fat or gristle!).

Boil in water until cooked. Drain and rinse. (This is a clear soup and you want none of the frothy bits)

Heat a can of 99% fat free chicken broth and add the chicken.

While this is on a low simmer, cut up green onions (all of white and 3/4 of the green) and cucumber (I love the seedless variety now in markets) into "sticks".

Slip the vegetables into the soup and heat through. You may want to add more water...and salt to taste. The broth usually has salt in it though so taste first.

A low simmer for about 5 minutes is all you need. If you cook it too long, the onions lose their crispness but it still tastes great.

This is a light, clear soup but still filling. Add Medifast crackers.

**Spicy Chili**

1packet MF Chili

Taco Sauce

Chunky Salsa

Parmesean Cheese

**Directions:**

Pour chili packet into bowl and add 1/2 cup cold water.

Add 1 Tbsp LaVictoria Red Taco Sauce

*(Use medium instead of mild to give a little kick)* Stir.

Microwave on high 2 1/2 minutes. Stir again.

Let stand 1 1/2 to 2 minutes.

**Microwave for another minute. Stir some More.**

Now add 2T. of you favorite Chunky salsa.

Now add 1 tsp. Kraft grated Parmesean Cheese.

Stir.

*"Product will thicken as it cools"*

The recipe states in only adds an additional 25 calories.

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**Homemade Protein Bars**

4 ounces soy protein powder, approximately 1 cup

2 1/4 ounces oat bran, approximately 1/2 cup

2 3/4 ounces whole-wheat flour, approximately 1/2 cup

3/4-ounce wheat germ, approximately 1/4 cup  
1/2 teaspoon kosher salt  
3 ounces raisins, approximately 1/2 cup  
2 1/2 ounces dried cherries, approximately 1/2 cup  
3 ounces dried blueberries, approximately 1/2 cup  
2 1/2 ounces dried apricots, approximately 1/2 cup  
1 (12.3-ounce) package soft silken tofu  
1/2 cup unfiltered apple juice  
4 ounces dark brown sugar, approximately 1/2 cup packed  
2 large whole eggs, beaten  
2/3 cup natural peanut butter  
Canola oil, for pan

**Directions:**

Line the bottom of a 13 by 9-inch glass baking dish with parchment paper and lightly coat with canola oil. Set aside. Preheat the oven to 350 degrees F.

In a large mixing bowl, combine the protein powder, oat bran, wheat flour, wheat germ, and salt. Set aside.

Coarsely chop the raisins, dried cherries, blueberries and apricots and place in a small bowl and set aside.

In a third mixing bowl, whisk the tofu until smooth. Add the apple juice, brown sugar, eggs, and peanut butter, 1 at a time, and whisk to combine after each addition. Add this to the protein powder mixture and stir well to combine. Fold in the dried fruit. Spread evenly in the prepared baking dish and bake in the oven for 35 minutes or until the internal temperature reaches 205 degrees F. Remove from the oven and cool completely before cutting into squares. Cut into squares and store in an airtight container for up to a week.

**Chai Muffins**

1 packet Maple Brown Sugar Oatmeal  
1 packet Chai Latte  
1/2 teaspoon pumpkin pie spice  
1/3 cup Sugar-Free DaVinci Syrup  
2 egg whites  
1/4 teaspoon vanilla  
1/2 teaspoon baking soda  
1/4 t baking powder

Preheat oven to 350.

Spray muffin pan with butter flavored Pam non-stick spray. Spoon batter into muffin cups to make 4 muffins. Sprinkle cinnamon on top (optional) and bake for 12-15 minutes, or until a toothpick comes out clean.

2 muffins makes a meal - don't forget to count the egg whites as part of your daily protein.

<p style="text-align: center;"><b>Ice Cream</b></p> <p>1 packet Vanilla Pudding 1/2 cup cold water 1 cup ice 1 oz fat free cream cheese 1/2 tsp almond extract 1 packet Splenda</p> <p>Combine all ingredients in a blender and blend well. Enjoy!</p> <p>For a different flavor, use the Chocolate or Banana Puddings or substitute one of the myriad sugar-free flavor drops and syrups available for the almond extract.</p>	<p style="text-align: center;"><b>Bread</b></p> <p>1 packet scrambled eggs 1 packet MF cream soup of your choice 1/3 C water 1/2 tsp baking powder 1/4 tsp onion powder 1/4 tsp garlic powder 1 T. ground flax meal</p> <p>Combine all ingredients to make dough. Divide dough in two and place on a cookie sheet or in a cake pan. Bake at 375 degrees for 5 minutes. Turn oven to low broil to brown the top for 3-5 minutes. Watch carefully to prevent burning. Serve with a steaming bowl of Maryland Crab Flavored Soup!</p>
<p style="text-align: center;"><b>Broccoli Quiche Cups</b></p> <p>1 Packet Cream of Broccoli Soup 3 egg whites 1/4 tsp baking powder 1/2 C steamed broccoli</p> <p>Place egg whites, soup and baking powder in mixing bowl and beat well. Divide steamed broccoli equally into 3 muffin cups and pour batter over the broccoli. Bake at 400 for 15 minutes. Counts as one MF meal, 1/4 lean and 1 green serving.</p>	<p style="text-align: center;"><b>Pumpkin Bread</b></p> <p>1 packet of Peach or Maple Oatmeal 1/4 tsp baking powder 1/4 tsp Capella pumpkin drops 1/2 tsp pumpkin pie spice Enough water to make a thick batter</p> <p>Mix and drop on PAM sprayed cookie sheet. With wet fingers, spread into a bread-slice shape. Bake at 350 for approx 12 minutes</p>