

September 2021 Recipes

Theme: Sugar alcohols and artificial sweeteners

Chickpea Cookie Dough



Ingredients:

- 2 (15-ounce) cans of chickpeas, rinsed and drained
- $\frac{3}{4}$ cup nut butter of choice
- 2 teaspoons vanilla extract
- 3 tablespoons honey or sugar-free maple syrup
- $\frac{1}{2}$ cup dark chocolate chips or sugar-free chocolate chips
- $\frac{1}{2}$ scoop protein powder (optional)

Directions:

1. Add all of the ingredients, except for the chocolate chips, into a food processor. Process until smooth.
2. Mix in chocolate chips and enjoy.

Chicken & Waffles/Pancakes



Ingredients:

Chicken Ingredients

- 1 1/2 lbs boneless, skinless chicken breast
- 1 1/4 cup almond meal
- 1 Tbsp onion powder
- 1 tsp oregano
- 1 tsp dried basil
- 3/4 tsp salt
- 1/8 tsp pepper
- 2 egg large

Waffle Ingredients

- 2 cups 100% whole wheat flour, almond flour, oat flour, or whole grain/almond breadcrumbs.
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1 tsp pepper
- 1 cup milk
- 4 Tbsp olive oil
- 2 eggs
- 1 cup cheddar cheese shredded (optional)
- 1 TBS hot sauce (optional)
- 2 TBS sugar-free maple syrup ▶

Instructions:

Chicken Directions

1. Preheat oven to 450 F degrees. Spray baking sheet with cooking spray and set aside.
2. In one small bowl, mix almond meal, onion powder, oregano, basil, salt and pepper. In another small bowl, whisk the eggs.
3. Wash chicken breasts and pat dry with paper towel. Cut into 1/2 inch thick strips lengthwise.
4. Dip each strip into an egg mixture, coat completely in almond meal and place on prepared baking sheet. Bake for 15 minutes on one side, flip and bake for another 12-15 minutes or until golden brown.

Waffle Directions

1. Combine all dry ingredients.
2. Combine all wet ingredients in a separate bowl and mix thoroughly.
3. Gradually (1 cup at a time) mix wet ingredients into dry ingredients. Makes 4 large waffles or 8 - 4" pancakes.
4. Cook on waffle iron or griddle.
5. Serve chicken and waffles with butter and maple syrup if desired.

Toasted Almonds, Shaved Cheese and Apple Cider Vinaigrette Salad



Makes 4 Servings

Ingredients:

- 1/4 cup apple cider vinegar, divided
- 1 shallot, minced
- 1/4 cup extra virgin olive oil
- 1 tablespoon fresh tarragon, torn
- 3 packets Stevia In The Raw®
- Sea salt to taste
- Fresh cracked black pepper to taste
- 2 firm Granny Smith apples, cored and sliced thick
- 3 ribs celery, thinly sliced
- 1/4 cup (about 24) whole almonds or cashews, toasted
- 1 tablespoon chopped fresh chives
- 2 ounces (about 20 shaved slices) Manchego cheese (may substitute hard Gouda or Parmigiano Reggiano)

Directions:

1. In small saucepan combine apple cider and 2 tablespoons apple cider vinegar. Heat to boiling and continue boiling until liquid is reduced to a syrup. Set aside to cool.
2. In medium bowl toss together apples, celery, almonds and chives. Blend in vinaigrette.
3. Assemble salad on small plates, stacking the apples mixture and cheese in alternating layers.

4. Drizzle with cider reduction to finish and enjoy.