

Crock Pot Pork & Sauerkraut
Yield: 16 servings
Author: Lancaster General Health



Ingredients

Pork and Sauerkraut

- 4 lbs. pork loin, fat trimmed off top
- 1, 2 lb bag fresh sauerkraut, or 1, 1 lb. 11 oz. can (can be doubled)
- 1-2 apples, peeled and sliced
- ¼ cup sugar-free maple syrup (see page 9)
- 1 teaspoon caraway seeds (optional)
- 1 onion sliced (optional)
- ½ teaspoon black pepper (optional)
- ½ to 1 cup water

Mashed Potatoes

- 3 lbs. (12 medium or 6 large) potatoes
- 1 cup milk, heated

Instructions

Pork and Sauerkraut

1. Heat large skillet to medium high and add 1 Tablespoon of olive oil. Sauté the pork loin on each side for a few minutes until nicely browned.
2. If using onion, place slices on bottom of Crockpot.
3. Place pork loin on top of onion.
4. Mix together apples, sauerkraut and brown sugar. Make sure sauerkraut has been thoroughly rinsed in cold water and drained to reduce salt.
5. Layer sauerkraut mixture over pork loin.
6. Sprinkle with caraway seeds and black pepper, if desired.
7. Pour water over the pork and sauerkraut.
8. Cook on low for 8 hours.

Mashed Potatoes

1. Peel and dice potatoes.
2. Place potatoes in large pot and cover with water.
3. Bring water to a boil, then turn to medium low and simmer potatoes for about 20 minutes, or until they are very soft when pricked with a fork.
4. Drain potatoes then place in mixing bowl.
5. Beat with potato masher (preferred method) or electric mixer, add hot milk gradually until potatoes are the consistency you like.

Honey-Glazed Carrots
PREP TIME: 10 MINS
TOTAL TIME: 45 MINS
YIELDS: 6

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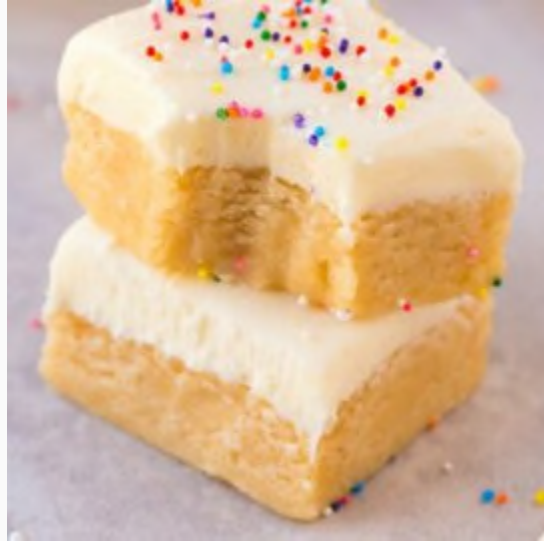


Ingredients

- 1/4 c. olive oil
- 2 tbsp. Honey or sugar-free maple syrup (see page 9)
- 1/2 tsp. dried rosemary
- 1/2 tsp. garlic powder
- Freshly ground black pepper
- 15 carrots (2 lbs.), peeled and halved lengthwise
- Fresh or dried thyme, for garnish (optional)

Directions

- 1. Preheat oven to 400°. In a saucepan over low heat, add olive oil. Stir in honey, rosemary, and garlic powder and season with salt and pepper.
- 2. Place carrots on a large baking sheet. Pour over glaze and toss until coated.
- 3. Roast until caramelized and glazed, 35 to 40 minutes.
- 4. Garnish with thyme, if desired, before serving.



Ingredients

For the sugar cookie base

- 2 cups blanched almond flour (see page 12)
- pinch cinnamon
- 2 scoops vanilla protein powder (see pages 16-18)
- 1 tablespoons Stevia (see page 9)
- 1/2 teaspoon vanilla extract
- 1/2 cup cashew butter can sub for any nut butter or nut free alternative
- 1/2 cup sticky sweetener of choice I used a monk fruit sweetened maple syrup
- 1 tablespoon milk of choice (see page 11)

For the protein frosting

- 3 scoops vanilla protein powder see recommendations above
- 1 tablespoon Milk of choice to form a batter
- 1/2 teaspoon Stevia to sprinkle over the top
- Sprinkles of choice optional