

## Healthy Shamrock Shake

Prep Time: 5 minutes

Total Time: 5 minutes

Servings: 1 shake

Calories: 111.5kcal

Author: Blair Lonergan



### Ingredients

- 2 cups crushed ice
- 1 cup unsweetened vanilla almond milk (or other milk of choice)
- 1 handful of baby spinach leaves
- 1 scoop vanilla protein powder
- ¼ teaspoon peppermint extract\*
- Pinch of salt

### Instructions

1. Place all of the ingredients in a high speed blender and puree until smooth.

### Nutrition

Serving: 1shake (not including optional

toppings) | Calories: 111.5kcal | Carbohydrates: 2.2g | Protein: 21.1g | Fat: 2.5g | Polyunsaturated Fat: 0.5g | Monounsaturated

Fat: 1.5g | Sodium: 659.1mg | Potassium: 279.4mg | Fiber: 1.1g

## Simple Oatmeal Protein Cookies

Total Time: 20 mins

Servings: 12 cookies

Author: Megan Byrd, RD



### Ingredients

- 3 cups old fashioned rolled oats
- 1 tsp cinnamon
- 1 tsp vanilla extract
- ¼ cup pure maple syrup
- ¼ cup ground flaxseed
- ¼ cup chia seeds
- 1 cup mashed banana, apple sauce (or pureed baby food)
- 1 cup peanut butter (or other nut butter)
- 4 scoops vanilla protein powder

### Instructions

1. Preheat the oven to 325°. Line a cookie sheet with parchment paper.
2. Mix together all 8 ingredients in a medium bowl until well combined.
3. Shape into 12 balls, and mash down with your palm to flatten into a cookie shape, arranging evenly on the lined cookie sheet. Each cookie is roughly ¼ cup of the cookie mixture.
4. Bake for 15 minutes in the preheated oven. Allow to cool, and serve!
5. Store in an airtight container for up to 7 days at room temperature.

## Low-Sodium Shepherd's Pie

Serves: 8

Prep Time: 45 min

Cook Time: 45 min

Total Time: 90 min



Photo Credit: Spend With Pennies

### Ingredients:

#### *For the potatoes*

- 1.5 (2.5#) bags petite gold potatoes
- 5 TBS Plain full-fat Greek yogurt (see page 14)
- ½ cup milk or alternative (see page 11)
- 2 TBS olive oil or avocado oil (see pages 13-14)
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp black pepper

#### *For the meat filling*

- 3 lbs. Ground lamb, turkey, beef, or chicken
- ½ cup frozen peas
- One 2-oz. bag baby carrots, chopped
- One 8-oz. carton mushrooms
- 2 cups yellow onion, chopped
- 2 TBS olive oil or avocado oil
- 4 cloves garlic
- 2 tsp rosemary

- 2 tsp thyme

*For the “Worcestershire Sauce:”*

- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp black pepper
- 2 TBS liquid aminos (see page 12)
- 2 TBS red wine vinegar (see page 18)
- 1/2 cup low-sodium chicken broth (see page 10)
- 1½ Tbsp sugar-free maple syrup (see page 9)
- 1 Tbsp Ground Ginger

*For the “Flour:”*

- 2 TBS arrowroot starch or cornstarch (see page 12)
- 1 TBS room-temperature water

Directions:

1. Cut the potatoes into 1/2-inch dice. Place in a medium saucepan and cover with cold water. Set over high heat, cover and bring to a boil. Once boiling, uncover, decrease the heat to maintain a simmer, and cook until tender and easily crushed with tongs, approximately 10 to 15 minutes. Place the Greek yogurt, milk, and 2 TBS avocado oil into a microwave-safe container and heat in the microwave until warmed through, about 35 seconds. Drain the potatoes in a colander and then return to the saucepan. Mash the potatoes and then add garlic powder, onion powder, and pepper and continue to mash until smooth.

2. Preheat the oven to 400 degrees F.

3. While the potatoes are cooking, prepare the filling. Place the avocado oil into a 12-inch saute pan and set over medium high heat. Once the oil shimmers, add the onion, mushrooms, and carrots and saute just until the onions begin to take on color, approximately 3 to 4 minutes. Add the garlic and stir to combine. Add the ground meat and spices and cook until browned and cooked through, approximately 3 minutes.

4. Combine arrowroot starch with water and stir, then add to the meat mixture, tossing to coat, continuing to cook for another minute. Add the sauce, rosemary, and thyme, and stir to combine. Bring to a boil, reduce the heat to low, cover and simmer slowly 10 to 12 minutes or until the sauce is thickened slightly.

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5. Add the peas to the lamb mixture and spread evenly into an 11 by 7-inch glass baking dish. Top with the mashed potatoes, starting around the edges to create a seal to prevent the mixture from bubbling up and smooth with a rubber spatula. Place on a parchment lined half sheet pan on the middle rack of the oven and bake for 25 minutes or just until the potatoes begin to brown. Remove to a cooling rack for at least 15 minutes before serving.

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