

My 5-Ingredient Cookbook

Delicious Meals and Desserts with
5-Ingredients or Less

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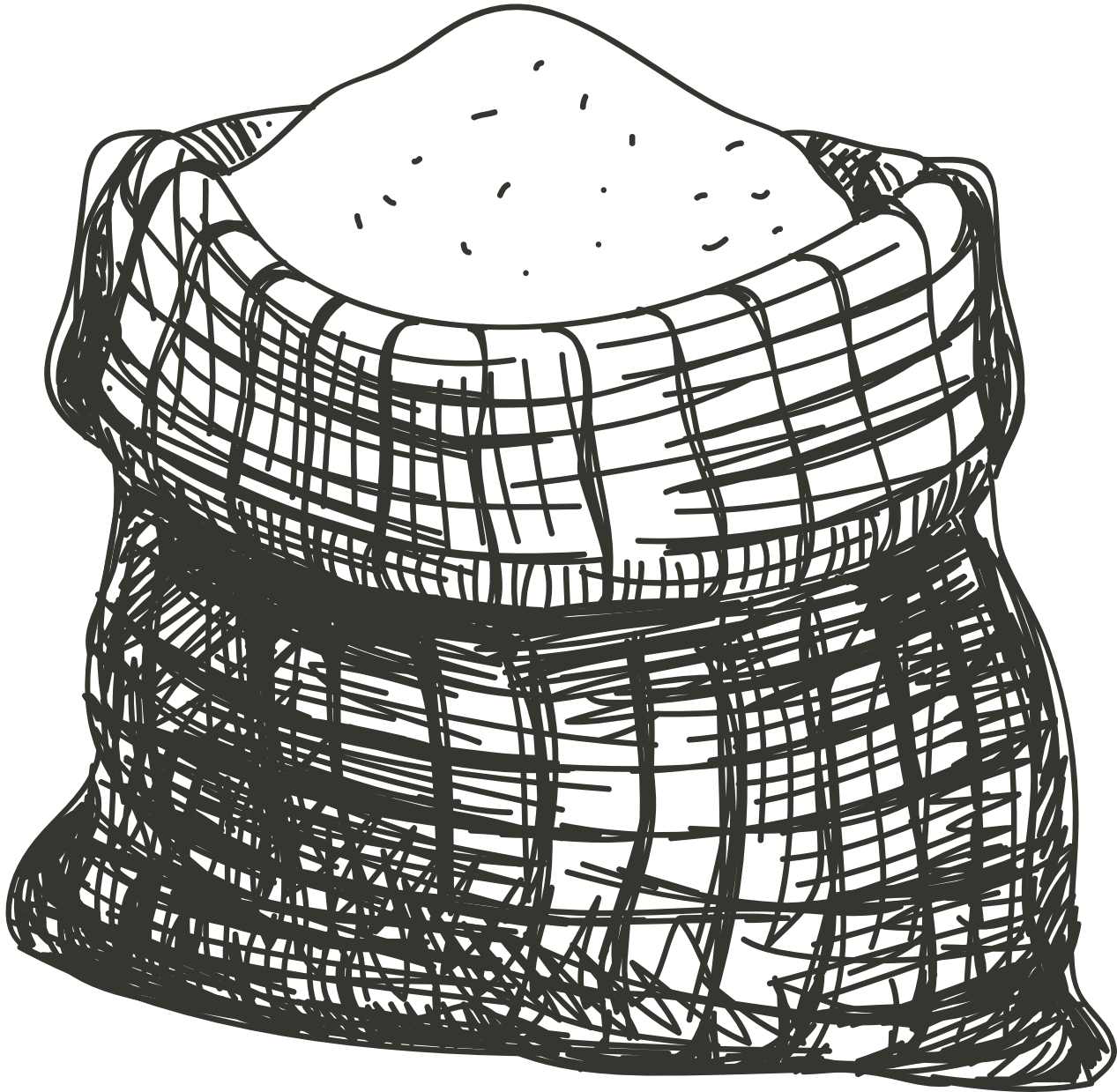
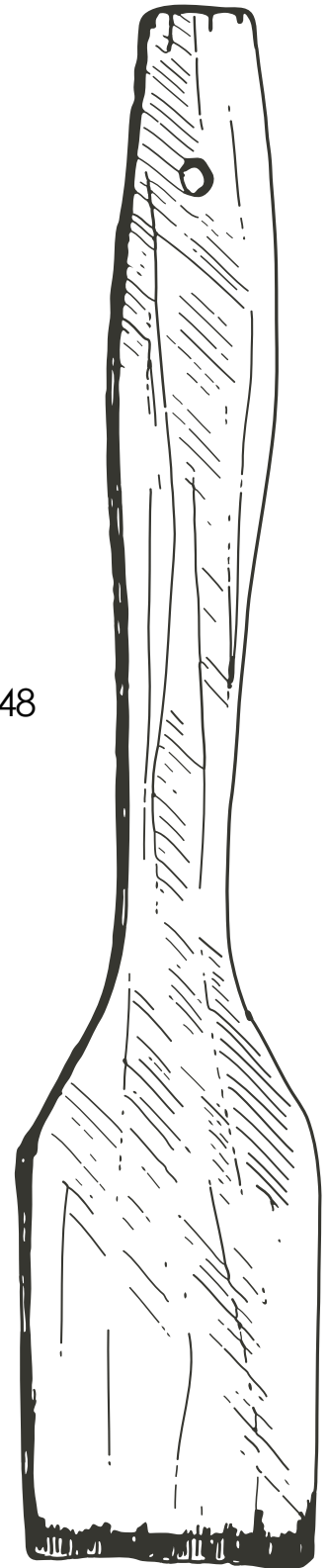


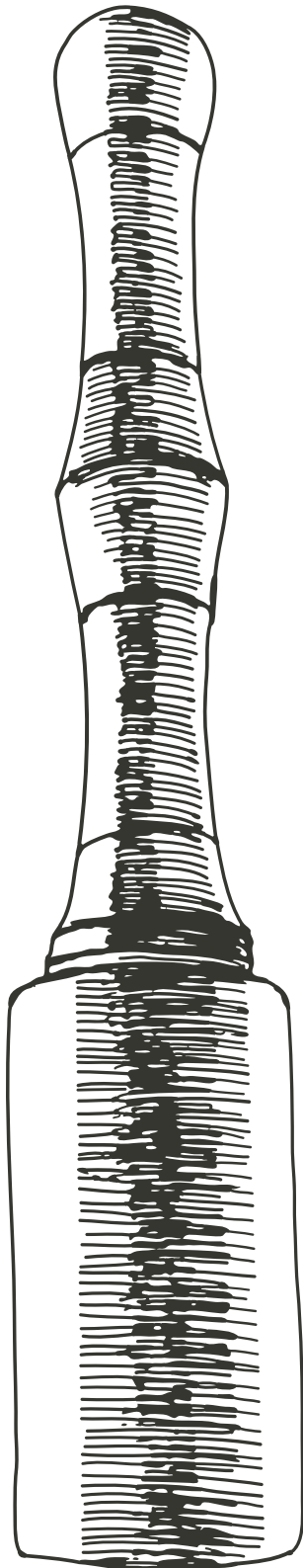


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Easy Almond Candy II



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 12

Calories 147 kcal

Fat 2 g

Carbohydrates 29g

Protein 3.1 g

Cholesterol 31 mg

Sodium 12 mg

Ingredients

1 1/2 C. all-purpose flour
1 C. white sugar
2 tsp almond extract
2 eggs

1/4 C. sliced almonds

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: sugar and flour. Then combine in the eggs and almond extract.
3. Stir everything nicely and shape the resulting dough into small balls of 1 inch.
4. Layer everything onto a baking sheet and press an almond into each one.
5. Cook everything in the oven for 12 mins.
6. Enjoy.





ALMOND FOREST

Cookies



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 12

Calories 90 kcal

Fat 3.5 g

Carbohydrates 8g

Protein 8.4 g

Cholesterol 0 mg

Sodium 15 mg

Ingredients

2 C. almond meal

1 1/2 tbsps warm honey

1 1/2 tsps ground cinnamon

1/2 tsp ground nutmeg

3 egg whites, beaten stiff

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Cover a cookie sheet with parchment paper.
3. Get a bowl, combine: nutmeg, almond meal, cinnamon, and honey. Combine in the egg whites then stir everything.
4. Place dollops of the mix onto the cookie sheet and cook everything in the oven for 17 mins.
5. Enjoy.

Healthy Breakfast Pancakes



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 304 kcal

Fat 2.7 g

Carbohydrates 64.6g

Protein 9.6 g

Cholesterol 0 mg

Sodium 734 mg

Ingredients

2 C. white whole wheat flour
2 tbsp baking powder
2 tbsp ground flax meal
17 fluid oz. orange juice

1 tsp orange extract

Directions

1. In a bowl, mix together the flour, baking powder and flax meal.
2. Add the orange juice and orange extract into flour mixture and mix till well-combined.
3. Heat a lightly greased griddle on medium-high heat.
4. Add the mixture by large spoonfuls into the griddle and cook for about 3-4 minutes.
5. Flip and cook for about 2-3 minutes.
6. Repeat with the remaining mixture.

3-INGREDIENT Fruit Banana Pancakes



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 93 kcal

Fat 2.7 g

Carbohydrates 14.9g

Protein 3.8 g

Cholesterol 93 mg

Sodium 36 mg

Ingredients

- 1 banana, mashed
- 1 egg
- 1 tsp arrowroot powder

Directions

1. In a blender, add the banana, egg and arrowroot powder and pulse till well combined.
2. Heat a griddle on medium heat.
3. Place half of the mixture into the griddle and cook for about 2-3 minutes per side.
4. Repeat with the remaining mixture.

Rolled Oats and Almond Milk

 Prep Time: 5 mins

 Total Time: 10 mins

Servings per Recipe: 4

Calories 266 kcal

Fat 4.9 g

Carbohydrates 53.1 g

Protein 6.5 g

Cholesterol < 1 mg

Sodium 206 mg

Ingredients

2 C. rolled oats

3 1/2 C. sweetened vanilla almond milk

1/8 tsp salt

1/2 C. dried tart cherries

Directions

1. Microwave all the ingredients except the cherries for 4 mins.
2. Stir the contents at 2 mins.
3. Before serving the oatmeal add in your cherries.
4. Enjoy.

CREAM

Cheese Crepes



Prep Time: 5 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 241 kcal

Fat 21.8 g

Carbohydrates 2.4 g

Protein 9.6 g

Cholesterol 238 mg

Sodium 215 mg

Ingredients

3 ounces cream cheese, softened

2 eggs

1 tsp ground cinnamon



1 tbsp sugar-free syrup

1 tsp butter

Directions

1. In a bowl, crack the eggs and beat well.
2. Add the cream cheese, 1 tbsp at one time and beat till well combined.
3. Add the sugar-free syrup and cinnamon and beat till smooth.
4. Grease a skillet with butter and heat on medium heat and then reduce the heat to medium-low.
5. Place the desired amount of the mixture and tilt the pan to spread it evenly.
6. Cook for about 4 minutes and carefully, flip it.
7. Cook for about 1-2 minutes.
8. Repeat with the remaining mixture.
9. Serve hot..

Australian Breakfast

 Prep Time: 10 mins
 Total Time: 20 mins

Servings per Recipe: 4

Calories	639 kcal
Fat	32.9 g
Carbohydrates	81.6 g
Protein	9.7 g
Cholesterol	87 mg
Sodium	227 mg

Ingredients

1 C. chocolate hazelnut spread
4 crepes
4 bananas, sliced

1 (7 ounce) can pressurized whipped cream

Directions

1. Divide about 1/4 C. of the chocolate spread over each crepe.
2. Divide the banana slices in the center of the crepes evenly and roll around the filling.
3. Warm a nonstick skillet on medium heat.
4. Warm each crepe roll for about 90 seconds
5. Place the whipped cream over the crepes and serve.

AUTUMN

Almonds



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 16

Calories 231 kcal

Fat 18 g

Carbohydrates 13.3g

Protein 7.8 g

Cholesterol 0 mg

Sodium 40 mg

Ingredients

1 egg white
1 tsp cold water
4 C. whole almonds
1/2 C. white sugar

1/4 tsp salt
1/2 tsp ground cinnamon

Directions

1. Set your oven to 250 degrees before doing anything else.
2. Get a bowl, stir: water and egg white. Work the mix until it is fluffy then stir in the nuts.
3. Now combine in the cinnamon, salt, and sugar.
4. Work the mix evenly.
5. Layer your mix on the dish and cook everything in the oven for 60 mins.
6. Place your almonds in a storage dish.
7. Enjoy.

Buttery Eggs



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 3

Calories 311 kcal

Fat 20.9 g

Carbohydrates 12.4 g

Protein 18.6 g

Cholesterol 405 mg

Sodium 261 mg

Ingredients

6 eggs
2 tbsps butter
2 tbsps all-purpose flour
2 cups milk

salt and pepper to taste

Directions

1. Get a big saucepan and fill it with water. Add your eggs to the water and bring it to a rolling boil. Once boiling for about a minute then remove the pan from the heat and place a lid on it. Let it stand for about 13 mins.
2. After 13 mins take out the eggs, remove the shells, and dice them.
3. Now drain the saucepan of its water and melt some butter in it. Once the butter is melted add some flour and heat it until a ball-like shape begins to form. Then add in your milk and lightly stir until the sauce begins to boil.
4. While boiling add in: salt, chopped eggs, and black pepper. Heat everything up then remove it all from the heat.
5. Enjoy with your favorite toasted bread.

ALMOND Brittle



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 30

Calories 176 kcal

Fat 10.2 g

Carbohydrates 21.5g

Protein 1.9 g

Cholesterol 15 mg

Sodium 33 mg

Ingredients

3/4 C. butter

2 C. white sugar

1 C. chopped almonds



2 C. milk chocolate chips

1/2 C. finely chopped almonds

Directions

1. Add the following to a pot: 1 C. almonds, butter, and sugar.
2. Whisk the mix and heat it until it is boiling then stop stirring and let it thicken.
3. Layer the mix onto a baking sheet coated with butter and press the chocolate pieces into the mix.
4. Top everything with the finely chopped almonds and once the dish is completely cool.
5. Break it into pieces.
6. Enjoy.

Fried Egg in Toast (Eggs in a Boat)

 Prep Time: 10 mins
 Total Time: 20 mins

Servings per Recipe: 1

Calories	189 kcal
Fat	11.6 g
Carbohydrates	13 g
Protein	8.3 g
Cholesterol	201 mg
Sodium	281 mg

Ingredients

1/2 tbsp butter
1 slice white bread

1 egg

Directions

1. Coat your bread with butter on each of its sides. Then cut-out a circle in the middle of it.
2. Whisk your egg in a small bowl. Set it aside.
3. Get a skillet hot and for 1 min fry each side of the bread. Pour the egg into the hole and cook for 3 more mins.
4. Enjoy.





COOKOUT Coleslaw



Prep Time: 5 mins



Total Time: 35 mins

Servings per Recipe: 10

Calories 214 kcal

Fat 18.7 g

Carbohydrates 11.4g

Protein 0.8 g

Cholesterol 12 mg

Sodium 174 mg

Ingredients



1 (16 oz.) bag coleslaw mix
1 C. mayonnaise
1/4 C. white sugar
2 tbsp cider vinegar

1/2 tsp onion powder
salt and ground black pepper to taste

Directions

1. In a large bowl, place the coleslaw mix.
2. In a small bowl, add the mayonnaise, sugar, vinegar, onion powder, salt and pepper in a small bowl.
3. Place the mayonnaise mixture over coleslaw mix and toss to coat.
4. Refrigerate for at least 30 minutes.
5. Serve with a slotted spoon.

Eggs from Ireland

 Prep Time: 15 mins
 Total Time: 35 mins

Servings per Recipe: 2

Calories	425 kcal
Fat	13.6 g
Carbohydrates	62.6 g
Protein	15.1 g
Cholesterol	294 mg
Sodium	297 mg

Ingredients

2 tbsps butter
6 potatoes, peeled and sliced
1 onion, minced

1 green bell pepper, chopped
6 eggs, beaten

Directions

1. In hot oil and in a frying pan cook your onions, potatoes, and peppers until the potatoes are fully browned.
2. Simple add your eggs to the potatoes and continue frying until the eggs are firm.
3. Enjoy.

SMOKY

Charred Escarole



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 6

Calories 171 kcal

Fat 12.5 g

Carbohydrates 11.8g

Protein 5.3 g

Cholesterol 5 mg

Sodium 206 mg

Ingredients

3 heads escarole

3 tbsp extra-virgin olive oil

3 tbsp crumbled blue cheese

salt and ground black pepper to taste

3 tbsp ranch salad dressing

Directions

1. Set your outdoor grill for medium-high heat and lightly, grease the grill grate.
2. Wash and dry the heads of escarole and trim the root ends and any unruly, floppy leaves from the tops of the escarole heads, leaving the heads intact.
3. Split the heads in half lengthwise.
4. Coat the cut side of each half with about 1/2 tbsp of the oil and sprinkle with the salt and pepper.
5. Place the escarole head halve on grill, cut sides down and cook on the grill for about 3 minutes.
6. Serve the grilled escarole head with a sprinkling of the blue cheese and ranch dressing.
7. Serve warm.

Shanghai Radishes



Prep Time: 20 mins



Total Time: 8 hrs 50 mins

Servings per Recipe: 2

Calories 22 kcal

Fat 0.7 g

Carbohydrates 3.7g

Protein 0.6 g

Cholesterol 0 mg

Sodium 890 mg

Ingredients

1 1/2 C. chopped daikon

3/4 tsp salt

1 tbsp rice vinegar

1/4 tsp ground black pepper

1/4 tsp sesame oil

Directions

1. In a bowl, add the daikon and salt and toss to coat.
2. Refrigerate, covered for about 30 minutes.
3. Drain and rinse the daikon, removing as much salt as possible.
4. With a paper towel, pat dry and return to the bowl.
5. Stir in the rice vinegar, black pepper and sesame oil.
6. Refrigerate, covered for at least 8 hours.

SKINNY GIRL Lunch Box Cucumbers



Prep Time: 10 mins

Total Time: 2 hrs 10 mins

Servings per Recipe: 8

Calories 229 kcal

Fat 21.9 g

Carbohydrates 8.6g

Protein 0.6 g

Cholesterol 10 mg

Sodium 230 mg

Ingredients

1 C. mayonnaise

1/4 C. vinegar

1/4 C. white sugar



1/4 tsp salt

4 C. sliced cucumbers

Directions

1. Get a bowl, combine: salt, mayo, sugar, and vinegar. Stir the mix completely then combine in the cucumbers and stir the mix again. Place a covering of plastic on the bowl and put everything in the fridge for 2.5 hrs.
2. Enjoy.

November's Kale and Spinach Salad

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 2

Calories	114 kcal
Fat	3 g
Carbohydrates	17.2g
Protein	7.3 g
Cholesterol	8 mg
Sodium	350 mg

Ingredients

1 1/2 C. baby kale	3 tbsp crumbled low-fat feta cheese
1 1/2 C. baby spinach	1 tbsp aged balsamic vinegar
3 tbsp sweetened dried cranberries	

Directions

1. In a bowl, mix together all ingredients except vinegar.
2. Drizzle with vinegar and serve.

PEAR Salad



Prep Time: 3 mins



Total Time: 3 mins

Servings per Recipe: 1

Calories 52.1

Fat 0.1g

Cholesterol 0.0mg

Sodium 7.5mg

Carbohydrates 13.5g

Protein 0.6g



Ingredients

- 1 lettuce leaf
- 1/2 pears, canned and drained
- 1 tbsp Miracle Whip
- 1 dash paprika

Directions

1. Arrange the lettuce leaf onto a serving plate, followed by the pear and Miracle Whip.
2. Enjoy with a dusting of the paprika.

Pineapple Papaya Salad

 Prep Time: 10 mins
 Total Time: 40 mins

Servings per Recipe: 6

Calories	86.1
Fat	0.3g
Cholesterol	0.0mg
Sodium	1.8mg
Carbohydrates	22.3g
Protein	0.9g

Ingredients

1/3 papaya, chopped
1/3 pineapple, chunked
2 bananas, sliced
2 cored tart apples, chopped

1 ripe orange, juice

Directions

1. In a bowl, add all the ingredients and gently, toss to coat well.
2. Keep aside for about 45 minutes.
3. Enjoy.

TAILGATE Onions



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 166.1

Fat 11.6 g

Cholesterol 30.5 mg

Sodium 107.8 mg

Carbohydrates 15.0 g

Protein 1.9 g

Ingredients

4 large sweet onions, quartered

4 garlic cloves, crushed



1/4 C. butter

1 tsp seasoning salt

Directions

1. Set your grill for medium heat.
2. Place four onion wedges and a garlic clove onto each of 4 foil pieces.
3. Top each with the butter in dots and sprinkle with the seasoned salt.
4. Fold each foil around onion mixture tightly to seal.
5. Place the onion parcels onto the grill and cook, covered for about 30 - 35 minutes.
6. Enjoy warm.

Georgia Fruit Bowls

 Prep Time: 10 mins
 Total Time: 27 mins

Servings per Recipe: 2

Calories	125.9
Fat	0.6 g
Cholesterol	0.0 mg
Sodium	6.2 mg
Carbohydrates	31.3 g
Protein	1.6 g

Ingredients

2 tbsp brown sugar
2 tbsp lime juice
1 C. raspberry, divided

2 medium unpeeled peaches, halved and pitted
vegetable oil cooking spray

Directions

1. In a shallow bowl, add the lime juice and sugar and mix until well combined.
2. Add 1/2 C. of the raspberries and with a fork, mash well.
3. Add the peaches and coat with the mixture generously.
4. Now, arrange the peaches in the bowl, cut side down.
5. Keep aside in room temperature for about 40-60 minutes.
6. Set your grill for medium-high heat and grease the grill grate.
7. Remove the peaches from the bowl, reserving the marinade.
8. Place the peaches onto the grill, cut side down and cook for about 2 minutes.
9. Flip the peaches and cook for about 15 minutes, coating with half of the reserved marinade once half way through.
10. Remove from grill and place the peaches onto serving plates.
11. Add the remaining raspberries into the bowl of the remaining marinade and mix well.
12. Place the raspberry mixture over peach halves and enjoy.





BALSAMIC Berries



Prep Time: 2 mins



Total Time: 4 mins

Servings per Recipe: 4

Calories 27.2

Fat 0.1 g

Cholesterol 0.0 mg

Sodium 1.3 mg

Carbohydrates 6.6 g

Protein 0.2 g

Ingredients

8 large strawberries, whole & cleaned

1 tbsp balsamic vinegar

1 tbsp sugar

Directions

1. Set your grill for high heat and grease the grill grate.
2. Brush the strawberries with the vinegar and then, coat with the sugar.
3. Cook the strawberries on the grill for about 1-3 minutes, flipping occasionally.
4. Enjoy.

New Zealand Tenderloins

 Prep Time: 5 mins

 Total Time: 25 mins

Servings per Recipe: 4

Calories 470.3

Fat 34.3 g

Cholesterol 144.8 mg

Sodium 87.7 mg

Carbohydrates 4.7 g

Protein 33.8 g

Ingredients

2 tsp brown sugar
2 tsp garlic powder
1 tsp ground black pepper
4 (6 oz.) beef tenderloin steaks

1 tbsp vegetable oil

Directions

1. Set your grill for medium-high heat and grease the grill grate.
2. In a bowl, add the seasonings and brown sugar and mix well.
3. Coat the steaks with the oil evenly and then, rub with the seasoning mixture.
4. Cook the steaks onto the grill for about 12-16 minutes, flipping once half way through.
5. Enjoy.

HOUSTON

Hickory Tuna



Prep Time: 10 mins



Total Time: 1 hr 16 mins

Servings per Recipe: 4

Calories 281 kcal

Fat 11.8 g

Carbohydrates 1.8g

Protein 40 g

Cholesterol 77 mg

Sodium 644 mg

Ingredients

4 (6 oz.) albacore tuna steaks, 1 inch thick
3 tbsp extra virgin olive oil
salt and ground black pepper to taste

1 lime, juiced
1/2 C. hickory wood chips, soaked

Directions

1. In a large resealable plastic bag, place the tuna steaks and olive oil.
2. Seal and refrigerate for about 1 hour.
3. Set your grill for medium heat.
4. After the coals become very hot, spread a handful of the hickory wood chips over them for flavor.
5. Lightly, grease the grill grate.
6. Season the tuna with the salt and pepper.
7. Cook on the grill for about 3 minutes per side.
8. Transfer into a serving platter and drizzle with the fresh lime juice.
9. Serve immediately.

Skinny Girl Crepes

 Prep Time: 20 mins

 Total Time: 50 mins

Servings per Recipe: 1

Calories 97.8

Fat 3.2g

Cholesterol 40.6mg

Sodium 97.5mg

Carbohydrates 13.8g

Protein 3.0g

Ingredients

1 C. rice flour
1/4 tsp. salt
2 eggs

1 C. milk
1 tbsp. melted margarine

Directions

1. In a bowl, add all the ingredients and with a wire whisk, beat until smooth.
2. Place a frying pan over medium - high heat until heated through.
3. Place about 1/4 C. of the mixture and tilt the pan to spread in a thin layer.
4. Cook for about 1 minute, flipping once half way through.
5. Repeat with the remaining mixture.
6. Enjoy.

CREPES

for Monday



Prep Time: 8 mins



Total Time: 8 mins

Servings per Recipe: 1

Calories 54.8

Fat 3.6g

Cholesterol 53.4mg

Sodium 73.1mg

Carbohydrates 3.1g

Protein 2.4g

Ingredients

3 eggs

2/3 C. milk

2 tbsp. unsalted butter, melted

1/4 tsp. salt

1/3 C. whole wheat flour

Directions

1. In a bowl, add the melted butter, milk, eggs and salt and beat until blended nicely.
2. Add the flour and beat until blended nicely.
3. With a plastic wrap, cover the bowl loosely and keep aside for about 1 1/2 hours.
4. Grease a frying pan with a little butter and heat over medium heat.
5. Place about 2 tbsp. of the mixture and tilt the pan to spread in a thin layer.
6. Cook for about 1 1/2 minutes, flipping once after 1 minute.
7. Enjoy.

Stuffed Italian Crepes



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 1

Calories 75.8

Fat 1.6g

Cholesterol 24.4mg

Sodium 150.6mg

Carbohydrates 11.9g

Protein 3.0g

Ingredients

1 C. flour

1 C. milk

1 beaten egg

1/2 tsp. salt

Directions

1. In a bowl, add all the ingredients and mix until well combined.
2. Place a frying pan over medium heat until heated through.
3. Place about 1/4 C. of the mixture and tilt the pan to spread in a thin layer.
4. Cook until golden brown from both sides.
5. Repeat with the remaining mixture.
6. Enjoy.

HEALTHIER Alternative Crepes



Prep Time: 3 mins



Total Time: 6 mins

Servings per Recipe: 1

Calories 162.2

Fat 4.3g

Cholesterol 1.2mg

Sodium 378.0mg

Carbohydrates 12.7g

Protein 16.6g

Ingredients

1/2 C. fat free egg substitute
2 tbsp. flour
2 tbsp. water
1 (1 g) packet artificial sweetener
1 pinch salt

Directions

1. In a bowl, add all the ingredients and beat until well combined.
2. Place a lightly greased frying pan over medium-high heat until heated through.
3. Place the mixture and tilt the pan to spread in a thin layer.
4. Cook until golden brown from both sides.
5. Enjoy.

Simply Sweet Crepes



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 2

Calories 363.4

Fat 13.4g

Cholesterol 301.7mg

Sodium 264.5mg

Carbohydrates 40.0g

Protein 19.0g

Ingredients

1 1/3 C. milk
2/3 C. flour
3 eggs
1 pinch salt

1 pinch granulated sugar

Directions

1. In a bowl, add all the ingredients and mix until well combined.
2. Place a lightly greased crepe pan over medium heat until heated through.
3. Place desired amount of the mixture and tilt the pan to spread in a thin layer.
4. Cook until golden brown from both sides.
5. Repeat with the remaining mixture.
6. Enjoy.

CITRUS and Brie Salad



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 273.2

Fat 25.3g

Cholesterol 42.5mg

Sodium 283.0mg

Carbohydrates 3.0g

Protein 9.6g

Ingredients

6 C. lettuce, cleaned and torn

6 oz. Brie cheese

1/4 C. lemon juice, fresh squeezed

1/4 C. extra virgin olive oil

1 lemon, zest of

Directions

1. Remove the rind of cheese and then, cut into cubes.
2. Divide greens onto 4 salad plates evenly and top with cheese cubes.
3. In a bowl, add the oil, salt, black pepper, lemon rind and juice and beat till well combined.
4. Drizzle dressing over the salad and serve.

Experimental Crepes

 Prep Time: 5 mins

 Total Time: 5 mins

Servings per Recipe: 1

Calories 117.9

Fat 9.2g

Cholesterol 186.3mg

Sodium 77.4mg

Carbohydrates 1.1g

Protein 6.7g

Ingredients

1 large egg

1 tbsp. nonfat milk

1 tsp. olive oil

1/8 tsp. Splenda sugar substitute

1/8 tsp. vanilla

Directions

1. In a bowl, add all the ingredients and beat until well combined and frothy.
2. Place a frying pan over medium - high heat until heated through.
3. Place about 1/8 C. of the mixture and tilt the pan to spread in a thin layer.
4. Cook until golden brown from both sides.
5. Repeat with the remaining mixture.
6. Enjoy.





5-INGREDIENT

Italian Blend with Pears



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 6

Calories 154 kcal

Fat 12.5 g

Carbohydrates 8.7g

Protein 4.1 g

Cholesterol 6 mg

Sodium 287 mg

Ingredients

1 (10 oz.) bag Italian-blend salad greens

1 pear - peeled, cored and diced

1/2 C. pecan halves



1/2 C. finely shredded mozzarella cheese

1/3 C. Italian-style salad dressing

Directions

1. In a bowl, add all the ingredients and toss to coat well.
2. Serve immediately.

Lemon Curd Crepes

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 16

Calories 50.9

Fat 1.8g

Cholesterol 7.1mg

Sodium 153.6mg

Carbohydrates 3.8g

Protein 4.6g

Ingredients

3 C. small curd cottage cheese

3 tbsp. sugar

1 tsp. grated lemon peel

1/2 tsp. vanilla

Directions

1. In a bowl, add all the ingredients and mix until well combined.
2. Place the filing into the prepared crepes and enjoy.

COOKOUT

Bananas



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 148 kcal

Fat 0.5 g

Carbohydrates 38.1g

Protein 1.5 g

Cholesterol 0 mg

Sodium 3 mg

Ingredients

4 banana, peeled and halved lengthwise

1 tablespoon brown sugar

2 teaspoons lemon juice

2 teaspoons honey

splash of orange juice

Directions

1. Cover a casserole dish with foil then set your oven to 450 degrees before doing anything else.
2. Layer you banana on the dish then top them with the orange juice, brown sugar, honey, and lemon juice.
3. Place a covering of foil on the dish and cook everything in the oven for 7 mins.
4. Enjoy.

Citrus Boost Sorbet



Prep Time: 30 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 10

Calories 116 kcal

Fat 0.1 g

Carbohydrates 30.2g

Protein 0.3 g

Cholesterol 0 mg

Sodium 8 mg

Ingredients

3 large pink or red grapefruit, scrubbed
1 C. white sugar
1/4 C. light corn syrup

4 C. water

1 dash red food coloring (optional)

Directions

1. Create some long strips of zest from your grapefruits with a peeler then place the zest to the side.
2. Add the water, grapefruit zest, water, corn syrup and sugar to a pot and get everything boiling while stirring.
3. Let the mix boil for 3 mins then shut the heat and let it cool.
4. Put the pot in the fridge for faster cooling times. Then take out the zest.
5. Get a bowl for your grapefruit juice then combine the sugar sauce with the grapefruit juice then add in some food coloring to make the dish slightly pink.
6. Place everything into a bowl and put it all in the freezer for 2 hours until it is mostly frozen.
7. Once the mix is mostly frozen place everything in the food processor and puree it in batches then place everything back into the bowl and freeze it for 2 more hours.
8. Enjoy.

RE-LIVE Youth Shake



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 667 kcal

Fat 33.9 g

Carbohydrates 68.1g

Protein 24.3 g

Cholesterol 8 mg

Sodium 131 mg

Ingredients

1 (6 oz.) tub vanilla-flavored yogurt
(such as Yoplait(R))

6 frozen peach slices

3 fluid oz. orange juice

6 tbsps slivered almonds

6 tbsps granola

Directions

1. Add the following to a food processor and puree it: granola, yogurt, almonds, orange juice, and peach slices.
2. Once the mix is smooth place it into a serving glass.
3. Enjoy.

Easy English Sorbet



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 175 kcal

Fat 0.3 g

Carbohydrates 45.9g

Protein 0.9 g

Cholesterol 0 mg

Sodium 4 mg

Ingredients

1 fresh pineapple - peeled, cored and cut into chunks

2 large green apples, washed and sliced

1 1/4 tsps chopped fresh ginger

1 C. brewed green tea, chilled

1 C. mango sorbet or crushed ice

Directions

1. Add your ginger, apples, and pineapples into a juicer.
2. Add the tea to the juice then stir everything completely then add in the sorbet and stir the again until it is evenly combined.
3. Enjoy.

PESTO

Sorbet



Prep Time: 30 mins



Total Time: 2 hrs 35 mins

Servings per Recipe: 8

Calories 103 kcal

Fat 0 g

Carbohydrates 27g

Protein 0.1 g

Cholesterol 0 mg

Sodium 1 mg

Ingredients

1 C. sugar

1 C. water

3/4 C. fresh lime juice

20 fresh basil leaves, minced

Directions

1. Get your water and sugar boiling in a pot then let the mix gently cook for 2 mins.
2. Shut the heat then combine the syrup with the basil and lime juice in a food processor.
3. Puree the mix completely then enter everything into a bowl and place a covering of plastic on the bowl and put everything in the freezer for 2 hours.
4. After two hours of freezing, puree the mix in the food processor again working in batches.
5. Enjoy..

Sunbelt Sorbet



Prep Time: 5 mins



Total Time: 1 hr 35 mins

Servings per Recipe: 24

Calories 57 kcal

Fat 0 g

Carbohydrates 14.5g

Protein 0.1 g

Cholesterol 0 mg

Sodium 2 mg

Ingredients

2 lbs sliced frozen peaches, thawed
1 1/2 C. white sugar
1/2 C. dried lavender flowers

3 tbsps lemon juice
3 C. water

Directions

1. Add your sugar and peaches to the bowl of a blender and puree them completely.
2. Combine in the lavender and puree it again then let the mix sit for 3 hrs.
3. Combine in the water and lemon juice and place everything into a bowl.
4. Stir the mix completely then place everything in the fridge for 2 hours.
5. Now add the bowl to the freezer and let it freeze for 2 hours. Take out the bowl and working in batches puree the mix into a sorbet like consistency then place everything back in the freezer for 2 more hours.
6. Enjoy.

THEME PARK Sorbet



Prep Time: 10 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 10

Calories 218 kcal

Fat 13.3 g

Carbohydrates 25.8g

Protein 1.2 g

Cholesterol 49 mg

Sodium 15 mg

Ingredients

2 (20 oz.) cans crushed pineapple,
drained

1/3 C. white sugar

2 tbsps lemon juice



2 tbsps lime juice

1 1/2 C. heavy whipping cream

Directions

1. Add the following to the bowl of a food processor: lime juice, pineapple, lemon juice, and sugar.
2. Work the mix until it is smooth then place everything into a dish and put it all in the freezer for 3 hours.
3. Add the cream into the mix and stir everything evenly then place it all back in the fridge for 2 more hrs.
4. Enjoy.

Yellow and Red Sorbet

 Prep Time: 25 mins
 Total Time: 45 mins

Servings per Recipe: 4

Calories	194 kcal
Fat	0.4 g
Carbohydrates	48.1g
Protein	1.1 g
Cholesterol	0 mg
Sodium	2 mg

Ingredients

2 bananas, sliced	1/3 C. orange juice
15 strawberries, hulled	
1/2 C. fresh peaches, pitted and chopped	
1 3/4 C. strawberry sorbet	

Directions

1. Add your strawberries and bananas to the bowl of a food processor then puree them completely add in the peaches and continue to puree everything then add in the orange and work the mix until it is smooth. Add in the sorbet and pulse everything a few more times then serve it.
2. Enjoy.





CARAMEL Squares



Prep Time: 10 mins



Total Time: 5 hrs 10 mins

Servings per Recipe: 9

Calories 417.2

Fat 20.2g

Cholesterol 28.2mg

Sodium 94.9mg

Carbohydrates 49.8g

Protein 10.4g

Ingredients

- 4 C. granola cereal
- 1 quart vanilla ice cream
- 1/4 C. caramel ice cream topping

Directions

1. Get a square baking pan and layer your granola in it (2 C.). Top the granola with the ice cream topping.
2. Slice your ice cream into one inch pieces then layer the ice cream on the granola in the pan.
3. Top everything with the rest of the granola then place a covering of plastic on the bowl and puree everything in the freezer overnight.
4. Remove the covering and slice the dish into squares.
5. Enjoy.

How to Make Strawberry Pie

 Prep Time: 10 mins

 Total Time: 15 mins

Servings per Recipe: 6

Calories 314.9

Fat 10.1g

Cholesterol 0.0mg

Sodium 158.3mg

Carbohydrates 55.2g

Protein 2.2g

Ingredients

1 pint strawberry, washed and hulled	3 tbsp cornstarch
1 C. sugar	1 prebaked pie shell
1 C. water	

Directions

1. In a pan, add the water, sugar and cornstarch and bring to a boil, stirring occasionally.
2. Cook till the mixture becomes thick.
3. Remove from the heat and stir in the strawberries.
4. Place the strawberry mixture into the baked pie shell.
5. Refrigerate to chill.
6. Top with the Cool Whip and serve.

5-INGREDIENT Chocolate Pie



Prep Time: 15 mins

Total Time: 45 mins

Servings per Recipe: 8

Calories 473.3

Fat 26.2g

Cholesterol 154.0mg

Sodium 239.8mg

Carbohydrates 59.2g

Protein 5.2g

Ingredients

1 C. butter, melted
1/2 C. flour
1/2 C. cocoa powder
2 C. sugar
4 eggs, beaten

Directions

1. Set your oven to 375 degrees F before doing anything else and grease a 10 - inch pie plate.
2. In a pan, melt the butter.
3. Add the flour, cocoa and sugar and beat till well combined.
4. Remove from the heat and add the eggs and beat to combine.
5. Beat eggs with fork and mix with cocoa mixture.
6. Place the mixture into the prepared pie plate.
7. Cook in the oven for about 30 minutes.

Raspberry Cheesecake



Prep Time: 15 mins



Total Time: 4 hrs 15 mins

Servings per Recipe: 8

Calories 546 kcal

Carbohydrates 55.3 g

Cholesterol 90 mg

Fat 35.3 g

Protein 6.5 g

Sodium 228 mg

Ingredients

2 (8 oz.) packages cream cheese
1 C. white sugar
1 pint heavy cream
4 (7 oz.) packages oval butter sandwich

cookies with chocolate filling (eg Pepperidge
Farm Milano)

1 (21 oz.) can raspberry pie filling

Directions

1. Combine cream cheese and sugar before adding thoroughly whipped cream into it.
2. Place cookies at the bottom and sides of a spring form pan before pouring half of your cream cheese mixture over it.
3. Spread raspberry filling evenly before placing cookies and repeating the step.
4. Refrigerate it for at least 4 hours before serving.

PINEAPPLE Cheesecake



Prep Time: 10 mins



Total Time: 2 hrs 10 mins

Servings per Recipe: 8

Calories 380 kcal

Carbohydrates 50.1 g

Cholesterol 31 mg

Fat 18.9 g

Protein 3.7 g

Sodium 234 mg

Ingredients

1 (8 oz.) package cream cheese,
softened

1/2 C. white sugar

2 (15 oz.) cans crushed pineapple,
drained

1 3/4 C. frozen whipped topping, thawed

1 (9 inch) prepared graham cracker crust

Directions

1. Add 1 can of pineapple and whipped topping into a mixture of cream cheese and sugar.
2. Mix it thoroughly before pouring into your crust and topping it with another can of pineapple.
3. Refrigerate it for at least 2 hours.

Snow Bunny Cupcakes



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 12

Calories 213 kcal

Carbohydrates 24.2 g

Cholesterol 74 mg

Fat 11.6 g

Protein 3.2 g

Sodium 289 mg

Ingredients

2/3 cup butter, softened
3/4 cup superfine sugar
1 1/2 cup self-rising flour
3 eggs

1 teaspoon vanilla extract

Directions

1. Preheat your oven to 325 degrees F and line muffin cups with wax paper.
2. Add eggs one by one into a properly blended mixture of sugar and butter.
3. Now add vanilla and flour into it, and mix it thoroughly.
4. Pour this mixture into the muffin cups.
5. Bake in the preheated oven for about 20 minutes or until a toothpick that is inserted in the cake comes out clean.

BUTTERFINGER Cupcakes



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 24

Calories 187 kcal

Carbohydrates 30.9 g

Cholesterol 0 mg

Fat 7.4 g

Protein 1.9 g

Sodium 223 mg

Ingredients

1 (18.25 ounce) packaged chocolate or yellow cake mix

36 pieces Butterfinger Bites Candy, chopped, divided

1 (12 ounce) container prepared chocolate or vanilla frosting

Directions

1. Preheat your oven to 350 degrees F and line muffin cups with wax paper.
2. Combine all the ingredients mentioned above in a large sized bowl very thoroughly after preparing the mixture according to the package instructions and pour this mixture into the muffin cups.
3. Bake in the preheated oven for about 25 minutes or until a toothpick that is inserted in the cake comes out clean and garnish with Butterfinger bites after letting it cool down.

The Easiest Classical Cake Ball



Prep Time: 20 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 16

Calories 124 kcal

Carbohydrates 19.7 g

Cholesterol < 1 mg

Fat 5.2 g

Protein 1.1 g

Sodium 143 mg

Ingredients

1 (18.25 oz.) package chocolate cake mix
1 (16 oz.) container prepared chocolate frosting

1 (3 oz.) bar chocolate flavored confectioners coating

Directions

1. Follow the package directions to cook cake mix before crumbling it into pieces and stirring in frosting.
2. Melt chocolate in microwave in a glass bowl and dip balls made from the cake mixture.
3. Put these balls on wax pepper to set until chocolate dries.
4. Serve.

EASY

Hazelnut Cookies



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 12

Calories 237 kcal

Carbohydrates 22.3 g

Cholesterol 0 mg

Fat 15.6 g

Protein 3.3 g

Sodium 70 mg

Ingredients



1 sheet frozen puff pastry, thawed
1 cup chocolate-hazelnut spread (such as Nutella®)

1/3 cup finely chopped, roasted hazelnuts

Directions

1. Put chocolate hazelnut spread and hazelnuts evenly over puff pastry.
2. Take the long edge and roll it around the filling until you reach the middle, and do the same with the other long edge to meet the first roll in the middle.
3. Refrigerate it for at least thirty minutes before you do anything else.
4. Set your oven at 450 degrees F.
5. Take out the pastry and cut it into slices that are $\frac{3}{4}$ inch approx.
6. Put these slices in the preheated oven over baking sheet and bake it for 7 minutes before turning it and baking it for another 5 minutes.
7. Serve.

Nutella Chow-Chow

 Prep Time: 10 mins
 Total Time: 15 mins

Servings per Recipe: 8

Calories	233 kcal
Carbohydrates	41.4 g
Cholesterol	0 mg
Fat	8.3 g
Protein	2.3 g
Sodium	150 mg

Ingredients

1 (11 ounce) package milk chocolate chips
1/2 cup chocolate-hazelnut spread (such as Nutella®)
8 cups bite-size corn square cereal (such as Corn Chex®)

1 1/2 cups confectioners' sugar

Directions

1. Melt down a mixture of chocolate hazelnut spread and chocolate chips over high heat before adding cereal and mixing it thoroughly.
2. Now transfer this cereal mixture to a bag and shake it well after adding confectioners' sugar into it.
3. Transfer this chow-chow to a container that is airtight.
4. Enjoy your chow-chow.
5. NOTE: Chow-chow should be thought of as a popcorn replacement.





EASY Squash



Prep Time: 5 mins



Total Time: 4 hrs 20 mins

Servings per Recipe: 4

Calories 54 kcal

Fat 1 g

Carbohydrates 12.1g

Protein 1.1 g

Cholesterol 0 mg

Sodium 32 mg

Ingredients



1 whole spaghetti squash, washed thoroughly

1 1/2 C. water

Directions

1. Perforate your squash with a fork. Add about 20 holes.
2. Now add the water to the crock of a slow cooker then add in the squash.
3. Cook the veggies for 5 hrs with a low level of heat then cut the squash in half and remove the seeds and throw them away.
4. Scoop out the flesh into a serving dish and top it with some pepper and salt.
5. Enjoy.

Honey Avocado and Apples

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 4

Calories	294 kcal
Fat	15.9 g
Carbohydrates	41.4g
Protein	3.2 g
Cholesterol	0 mg
Sodium	10 mg

Ingredients

2 avocado, peeled, pitted and diced
1 large red apple, cored and diced
2 tbsps honey
1/2 C. raisins, soaked in water and
drained

1 tbsp hulled sunflower seeds

Directions

1. Get a bowl, combine: raisins, apples, and avocados.
2. Stir the mix to distribute the raisins then top everything with the sunflower seeds and the honey.
3. Enjoy.

5-INGREDIENT Grape Salad



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 10

Calories 142 kcal

Fat 0.6 g

Carbohydrates < 34.7g

Protein 1.8 g

Cholesterol 0 mg

Sodium 12 mg

Ingredients

1 pint strawberries - cleaned, hulled
and sliced

1 pound seedless grapes, halved

3 kiwis, peeled and sliced

3 bananas, sliced

1 21 oz. can peach pie filling

Directions

1. Get a salad bowl, toss: bananas, strawberries, kiwis, and grapes. Now add in the pie filling and toss everything on last time. Place a covering of plastic on the bowl and put the salad in the fridge for 60 mins.
2. Enjoy.

Zucchini and Bacon



Prep Time: 5 mins



Total Time: 30 mins

Servings per Recipe: 5

Calories 123 kcal

Fat 5.4 g

Carbohydrates 14.5g

Protein 6.3 g

Cholesterol 13 mg

Sodium 199 mg

Ingredients

4 slices turkey bacon

2 C. diced zucchini

1 1/2 C. fresh corn kernels

1 small onion, diced

1/4 C. shredded Monterey Jack cheese

Directions

1. Fry your bacon until crispy.
2. Remove the excess oils but keep about 1 tbsp of the oil in the pot.
3. Remove the bacon from the pan and break it into pieces.
4. Now begin to stir fry your onions, corn, and zucchini in the drippings for 12 mins
5. Add your veggies to a serving dish and top them with the bacon.
6. Enjoy.

KALAMATA Feta Burgers



Prep Time: 25 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 318 kcal

Fat 21.9 g

Carbohydrates 3.6g

Protein 25.5 g

Cholesterol 123 mg

Sodium 800 mg

Ingredients

1 lb ground turkey

1 C. crumbled feta cheese

1/2 C. Kalamata olives, pitted and sliced

2 tsps dried oregano

Ground black pepper to taste

Directions

1. Before you do anything preheat the grill.
2. Get a large mixing bowl: Add the turkey, feta cheese, olives, oregano, and pepper then combine them well. Shape the mix into 4 cakes.
3. Grill the burger cakes for 7 min on each side. Assemble your burgers with your favorite toppings.
4. Enjoy.

Chili Romano Burgers



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 110.3

Fat 2.1g

Cholesterol 46.5mg

Sodium 1694.2mg

Carbohydrates 18.1g

Protein 4.9g

Ingredients

1 (19 ounce) cans Romano beans, drained

1 egg

1/2 C. dry breadcrumbs

1/4 C. chili sauce

1 green onion, chopped

Directions

1. Add the 3/4 of the black bean then press it with a potato masher or fork until it becomes well mashed. Add the rest of the ingredients. Mix them well. Shape the mix into 4 burger cakes.
2. Place a large skillet on medium heat. Add the oil and heat it. Cook the burgers for 7 min on each side.
3. Assemble your burgers with your favorite toppings. Serve them right away.
4. Enjoy.

BIRDIE Burgers



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 6

Calories 479 kcal

Fat 27.2 g

Carbohydrates 25.2g

Protein 31.5 g

Cholesterol 96 mg

Sodium 467 mg

Ingredients

1 1/2 lbs lean ground beef

1 C. Birds Eye(R) Recipe Ready Chopped

Onions & Garlic

6 slices Cheddar cheese

6 hamburger buns

Lettuce leaves

Directions

1. Before you do anything preheat the grill.
2. Get a mixing bowl: Add the beef and Recipe Ready Chopped Onions, Garlic, salt and pepper. Mix them well. Form them into 6 burgers.
3. Cook them in the grill for 7 min on each side. Assemble your burgers with cheddar cheese slices and lettuce leaves. Serve them right away.
4. Enjoy.

Latin Salsa Burgers



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 303.8

Fat 1.9g

Cholesterol 52.8mg

Sodium 1118.0mg

Carbohydrates 59.0g

Protein 111.9g

Ingredients

1 (15 ounce) cans black beans, rinsed & drained

1 C. rice, cooked

1/4 C. onion, finely chopped

2 tbsps salsa

1 egg, beaten

Directions

1. Get a mixing bowl. Add the black bean then press it with a potato masher or fork until it becomes well mashed. Add the rest of the ingredients. Mix them well. Shape the mix into 4 burger cakes.
2. Place a skillet on medium heat. Add the oil and heat. Add the burger cakes and cook them for 6 min on each side.
3. Assemble your burgers with your favorite toppings. Serve them right away.
4. Enjoy.

GRILLED

Cottage Sandwich



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 6

Calories 278.4

Fat 18.5g

Cholesterol 83.0mg

Sodium 206.8mg

Carbohydrates 1.2g

Protein 24.9g

Ingredients

1 C. cottage cheese (I use no or low fat)

1/2 tsp seasoning salt



1/2 tsp Worcestershire sauce

1 1/2 lbs ground beef

Directions

1. Before you do anything preheat the grill.
2. Get a mixing bowl: Add all the ingredients and mix them well. Shape the mix into 6 burgers. Grill them for 7 min one each side.
3. Assemble your burgers with your favorite toppings.
4. Enjoy.

Classic Beef Pearls Soup

 Prep Time: 20 mins
 Total Time: 40 mins

Servings per Recipe: 6
Calories 353 kcal
Fat 9.6 g
Carbohydrates 45.7g
Protein 120.6 g
Cholesterol 28 mg
Sodium 143 mg

Ingredients

2 quarts beef stock
1 C. diced cooked beef
1(12 oz.) package barley

Ground black pepper to taste

Directions

1. Place a large soup pot over medium heat. Add the stock and it until it starts boiling. Stir in the barley with beef.
2. Lower the heat and put on the lid. The soup for 1 h 5 min
3. Adjust the seasoning of the soup then serve it warm.
4. Enjoy.





CLASSICAL

London Sirloin Burger



Prep Time: 10 mins



Total Time: 22 mins

Servings per Recipe: 4

Calories 341.8

Fat 23.8g

Cholesterol 97.5mg

Sodium 449.3mg

Carbohydrates 3.6g

Protein 26.5g

Ingredients

1 lb ground beef

1/4 C. Lea & Perrins Worcestershire
Sauce



1/2 C. sharp aged cheddar cheese,
shredded

1/4 C. chopped slightly crisp cooked
turkey bacon

Directions

1. Before you do anything preheat the grill.
2. Get a mixing bowl: Add the all the ingredients. Mix them well. Shape the mix into 3 4 burgers.
3. Grill them for 6 to 8 min on each side. Serve your burgers with your favorite toppings.
4. Enjoy.

Tropical Island Parfaits

 Prep Time: 10 mins
 Total Time: 25 mins

Servings per Recipe: 4
Calories 192 kcal
Fat 2.4 g
Carbohydrates 36g
Protein 8.2 g
Cholesterol 2 mg
Sodium 90 mg

Ingredients

1 pound strawberries, cleaned, diced
1/3 C. Mott's(R) Fruit Punch Rush
2 C. vanilla-flavored nonfat Greek yogurt
2 tbsps Mott's(R) Fruit Punch Rush
1/4 C. your favorite granola, or more if needed

Directions

1. Begin to stir and cook your strawberries with the fruit punch in a frying pan with a medium level of heat. Let the mix cook while stirring for 12 mins.
2. Let everything lose its heat.
3. Get a bowl, combine: 2 tbsps of fruit punch and yogurt. Combine the mix evenly.
4. Lay out your jars for serving the parfaits and place the following into each one: 2 tbsps cooked strawberries, 1 tbsps granola, 1/4 C. yogurt mix. Do this for each serving jar. Place everything in the fridge to chill.
5. Enjoy.
6. NOTE: Often times when cooking with granola you will be combining it with other ingredients like yogurt, or using the granola as a topping. It is important to remember that typically granola will stay crunchy for about 3 to 5 hours in the fridge if it is mixed with other things. After 5 hours the granola will start to get softer. It will still be enjoyable but with a different consistency.

3-INGREDIENT

Skinny Girl Lunch Parfait



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 515 kcal

Fat 17.8 g

Carbohydrates 68.2g

Protein 21.4 g

Cholesterol 12 mg

Sodium 177 mg

Ingredients

2 C. vanilla yogurt



1 C. granola

8 blackberry

Directions

1. Get a serving glass and layer the following in it: 4 blackberries, 1 C. yogurt, and 1/2 C. granola.
2. Continue layering in this manner until all the
3. Ingredients have been used up.
4. Enjoy.

Northern Ontario Inspired Breakfast

 Prep Time: 10 mins
 Total Time: 50 mins

Servings per Recipe: 10

Calories	345 kcal
Fat	21.1 g
Carbohydrates	35.5g
Protein	6.7 g
Cholesterol	0 mg
Sodium	3 mg

Ingredients

1/2 C. maple syrup	1 C. chopped pecans
1/3 C. coconut oil, melted	1/2 C. almond flour
4 C. old-fashioned oats, or more to taste	

Directions

1. Set your oven to 300 degrees before doing anything else.
2. Get a bowl, combine: almond flour, maple syrup, pecans, coconut oil, and oats. Stir the mix then layer everything into a casserole dish.
3. Cook the granola in the oven for 42 mins.
4. Enjoy.

GRILLED

Cheese Burger



Prep Time: 20 mins

Total Time: 35 mins

Servings per Recipe: 4

Calories 325.3

Fat 20.3g

Cholesterol 99.8mg

Sodium 567.7mg

Carbohydrates 3.6g

Protein 29.9g

Ingredients

1 lb lean ground beef

1/4 C. Worcestershire sauce



1/2 C. shredded cheddar cheese

1/2 C. chopped crisp cooked turkey
bacon

Directions

1. Before you do anything preheat the grill.
2. Get a large mixing bowl: Add all the ingredients and mix them well. Shape the mix into 4 burgers.
3. Cook the burgers in the oven for 8 to 10 min on each side. Serve your burgers with your favorite toppings.
4. Enjoy.

5-Ingredient Macaroons

 Prep Time: 10 mins
 Total Time: 27 mins

Servings per Recipe: 48

Calories 76 kcal

Fat 3.2 g

Carbohydrates 6.9g

Protein 0.7 g

Cholesterol 3 mg

Sodium 36 mg

Ingredients

1 (14 ounce) can Sweetened Condensed Milk

1 egg white, whipped

2 teaspoons vanilla extract

1 1/2 teaspoons almond extract

1 (14 ounce) package flaked coconut

Directions

1. Cover two baking dishes with foil then coat the dishes with oil and flour then set your oven to 325 degrees before doing anything else.
2. Get a bowl, combine: coconut, condensed milk, extracts, and egg whites. Work the mix completely then place dollops of the mix by the tsp into the baking dishes. Apply some pressure to each dollop then cook everything in the oven for 16 to 18 mins.
3. Enjoy.

4 INGREDIENT

20 Minute Quinoa



Prep Time: 10 mins

Total Time: 20 mins

Servings per Recipe: 6

Calories 266 kcal

Fat 19 g

Carbohydrates 20.8g

Protein 5.7 g

Cholesterol 0 mg

Sodium 77 mg

Ingredients

1 cup quinoa
2 cups coconut milk
2 tablespoons flaked coconut (optional)
salt to taste

Directions

1. Get a pan, and get the following boiling: coconut flakes, quinoa, and coconut milk. Once the mix is boiling set the heat to low and let everything cook for 12 to 16 mins. Add in some salt then shut the heat and let everything cool a bit before stirring the quinoa.
2. Enjoy.

Coconut Bird Food



Prep Time: 20 mins



Total Time: 2 hrs 25 mins

Servings per Recipe: 24

Calories 140 kcal

Fat 7.7 g

Carbohydrates 18.9g

Protein 0.7 g

Cholesterol 10 mg

Sodium 54 mg

Ingredients

1/2 cup butter
2 cups confectioners' sugar
3 cups flaked coconut
2 (1 ounce) squares unsweetened

chocolate, melted

1 (10 ounce) jar maraschino cherries, drained

Directions

1. Get your butter hot in a pot then shut the heat then combine in the coconut and sugar once the butter has been melted.
2. Let the mix cool a bit then work everything into balls.
3. Make a small incision into the middle of each ball and place half of cherry into each.
4. Then add some chocolate around the cherry.
5. Place everything into a casserole dish and put it all in the fridge to cool off.
6. Enjoy.

OVEN

Coconut Bread



Prep Time: 5 mins



Total Time: 50 mins

Servings per Recipe: 10

Calories 201 kcal

Fat 6.8 g

Carbohydrates 33.2g

Protein 3.1 g

Cholesterol 3 mg

Sodium 177 mg

Ingredients

1 cup coconut

1 1/2 cups milk

1 cup castor sugar or superfine sugar

1 cup self-rising flour

Directions

1. Set your oven to 350 degrees before doing anything else.
2. Get a bowl, combine: self-rising flour, coconut, and sugar. Stir the mix evenly then combine in your milk and stir everything again.
3. Pour everything into a bread pan that has been coated with some oil then cook everything in the oven for 47 mins.
4. Enjoy.

Donna's Salad



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 12

Calories 195 kcal

Fat 7 g

Carbohydrates 31g

Protein 1 g

Cholesterol 1 mg

Sodium 48 mg

Ingredients

1 (11 ounce) can mandarin oranges,
drained

1 (8 ounce) can crushed pineapple,
drained

3 1/2 cups frozen whipped topping,
thawed

1/2 cup milk

1 cup maraschino cherries

Directions

1. Get a bowl, combine: milk, oranges, pineapple, and whipped topping.
2. Work everything together then place the bowl in the fridge for 2 hours.
3. Top your salad with cherries then serve.
4. Enjoy.





GERMAN Greens Salad



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 416 kcal

Fat 30.4 g

Carbohydrates 21.5g

Protein 16.4 g

Cholesterol 60 mg

Sodium 913 mg

Ingredients

8 oz. mixed salad greens

3/4 C. chopped walnuts

8 oz. Gorgonzola cheese, crumbled

2 tart green apples, cored and diced

1/2 (8 oz.) bottle raspberry vinaigrette
salad dressing

Directions

1. In a large bowl, add all the ingredients and toss to coat well.
2. Serve immediately.

Chiliad Mango



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 6

Calories 85 kcal

Fat 0.9 g

Carbohydrates 21.7g

Protein 1.1 g

Cholesterol 0 mg

Sodium 237 mg

Ingredients

1/4 C. water
1 tbsp chili powder
1 pinch salt

3 tbsp lemon juice
1 mango - peeled, seeded, and sliced

Directions

1. In a small pan, add the water and bring to a boil.
2. Add the lemon juice, chili powder and salt and cook, stirring till heated through.
3. Stir in the mango and toss to coat well.
4. Remove everything from the heat and keep aside for a few minutes before serving.

CARIBBEAN Bruschetta



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 6

Calories 315 kcal

Fat 6.8 g

Carbohydrates 48.7g

Protein 15.3 g

Cholesterol 21 mg

Sodium 724 mg

Ingredients

1 (1 lb.) loaf French bread, cut into 1/2 inch pieces

1 mango - peeled, seeded and diced

1 tbsp fresh basil, minced

1 C. grated Romano cheese

Directions

1. Set your oven to the broiler.
2. In a large baking sheet, place the French bread slices in a single layer and cook under the broiler for about 1-2 minutes per side.
3. Remove everything from the oven.
4. In a bowl, mix together the basil and mango and spread the mixture over each bread slice.
5. Top with the Romano cheese and cook under the broiler for about 2-3 minutes.
6. Serve hot.

Spicy South Indian Inspired Chutney



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 8

Calories 17 kcal

Fat 0.1 g

Carbohydrates 4.3g

Protein 0.2 g

Cholesterol 0 mg

Sodium 291 mg

Ingredients

5 pitted whole dates

1/2 C. water

1 tbsp tamarind concentrate

1 tbsp cayenne pepper

1 tsp salt

Directions

1. In a blender, add all the ingredients and pulse till smooth.

KERALA

Sweet Smoothies



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 2

Calories 482 kcal

Fat 4.4 g

Cholesterol 102.4g

Sodium 13.9 g

Carbohydrates 15 mg

Protein 179 mg

Ingredients

2 mangos - peeled, seeded and diced 1 C. ice
2 C. plain yogurt
1/2 C. white sugar

Directions

1. In a blender, add all the ingredients and pulse till smooth.
2. Transfer into glasses and serve.

After-School Smoothie



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 12

Calories 135 kcal

Fat 0.9 g

Cholesterol 30.4g

Sodium 3.2 g

Carbohydrates 2 mg

Protein 39 mg

Ingredients

1 banana

1/2 C. frozen mango pieces

1/3 C. plain yogurt

1/2 C. orange-mango juice blend

Directions

1. In a blender, add all the ingredients and pulse till smooth.

PEANUT BUTTER Kiwi Lunch



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 1

Calories 250 kcal

Fat 12.5 g

Carbohydrates 35.3g

Protein 9.1 g

Cholesterol 11 mg

Sodium 330 mg

Ingredients

1 whole wheat tortilla

1 tbsp peanut butter

1 tbsp cream cheese

1/2 kiwi, peeled and thinly sliced

Directions

1. Cut the rounded edges from the tortilla to form a square.
2. Spread the peanut butter over one half of the tortilla and cream cheese over the remaining half.
3. Place kiwi slices in a single layer over cream cheese.
4. Starting with the cream cheese end gently, roll up the tortilla to form a log shape.
5. Serve as a wrap or sliced into thick rounds.

Guava Ice Pops



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 12

Calories 35 kcal

Fat 0.1 g

Carbohydrates 8.7g

Protein 0.3 g

Cholesterol 0 mg

Sodium 1 mg

Ingredients

- 1 C. guava nectar
- 1 C. unsweetened pineapple juice
- 1 C. fresh pineapple chunks

1 C. coarsely chopped fresh fruit (such as strawberries, kiwifruit, papaya and melon)

Directions

1. In a blender, add the guava nectar, pineapple juice and fresh pineapple chunks and pulse till smooth.
2. In 12 frozen treat molds, divide the chopped fruit.
3. Place the blended mixture over the fruit.
4. With a foil paper, cover each mold and with a knife, make a small hole in the center of foil paper.
5. Insert a wooden stick into each hole and freeze for about 4 hours.
6. Remove foil and molds and serve.

CRACKED Tomato Baguettes



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 1

Calories 186.1

Fat 5.5g

Cholesterol 186.0mg

Sodium 241.3mg

Carbohydrates 23.2g

Protein 11.1g

Ingredients



1 piece baguette, about 6 - inch in length
1 tbsp. mayonnaise
cracked black pepper,

1 medium tomatoes, sliced
1 - 2 egg, hard - boiled and sliced

Directions

1. Cut the baguette along the length.
2. Rub with mayonnaise and sprinkle pepper on top.
3. Place a layer of tomato followed by a layer of eggs on top.
4. Place the top part of the baguette.
5. Enjoy.

6-Minute Poached Eggs

 Prep Time: 5 mins
 Total Time: 6 mins

Servings per Recipe: 1

Calories	71.6
Fat	4.7g
Cholesterol	186.0mg
Sodium	73.4mg
Carbohydrates	0.3g
Protein	6.2g

Ingredients

1 large egg
1/8 tsp. white vinegar
1/3 cup water
salt and pepper

Directions

1. Pour white vinegar and water into a 6 oz. measuring cup.
2. Crack the egg into the measuring cup. Take a toothpick to burst the egg yolk and use a plastic wrap to cover the dish.
3. Cook for 2 minutes in a Microwave oven until done.
4. Use a large spoon and quickly transfer the egg from water to serving dish.
5. Season with salt and pepper.
6. Enjoy.





HOW TO Make Egg Noodles



Prep Time: 1 hr



Total Time: 1 hr 12 mins

Servings per Recipe: 10

Calories 112.9

Fat 1.9g

Cholesterol 68.4mg

Sodium 475.0mg

Carbohydrates 19.2g

Protein 3.9g

Ingredients

2 cups flour

3 egg yolks

1 egg



2 tsps. salt

1/4-1/2 cup water

Directions

1. In a bowl, place the flour and make a dent in the middle. Add the egg, egg yolks and salt.
2. Combine the mixture thoroughly with the use of your hands.
3. Add 1 tbsp of water at a time and combine well.
4. Flour a wooden board and place the dough on it; knead for about 12 minutes, then leave it covered for 10 minutes
5. Separate the dough into four portions.
6. Roll the dough on the floured wooden board into thin rectangles, keep the balance dough covered with a wet cloth.
7. Slice the dough into 1/8" cross wise strips.
8. Pat dry with a towel for about 2-3 hours.
9. Once dry break into strips.
10. Add 1 tbsp salt to 3 quarts of boiling water and cook for 13-16 minutes until done.
11. Drain the excess water using a colander.
12. Enjoy.

College Breakfast Burritos

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 1

Calories	358.4
Fat	21.2g
Cholesterol	401.6mg
Sodium	638.3mg
Carbohydrates	18.4g
Protein	22.0g

Ingredients

2 eggs	1 tbsp. taco sauce
salt and pepper	
1 flour tortilla	
1/4 cup shredded cheddar cheese	

Directions

1. Add salt, pepper and a bit of water into the eggs and beat well.
2. Spray a skillet with a non-stick cooking spray.
3. Fold in the eggs to the skillet and allow to scramble.
4. Heat the flour tortilla on a stovetop for 2 seconds per side.
5. Spread the eggs in the middle of the tortilla and sprinkle taco sauce and cheese on top
6. Roll up and serve.
7. Enjoy.

WESTCOTT

Pancakes



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 248.0

Fat 9.9g

Cholesterol 372.0mg

Sodium 143.1mg

Carbohydrates 27.6g

Protein 13.8g



Ingredients

2 eggs
1 banana
cooking spray

Directions

1. Puree the bananas and beat the eggs into the bananas.
2. Spray oil on a skillet and allow to heat. Fold the batter into the skillet and cook for 32 seconds on each side.
3. Serve with maple syrup.
4. Enjoy.

Twin City Egg Sandwich

 Prep Time: 2 mins
 Total Time: 7 mins

Servings per Recipe: 1

Calories	304.3
Fat	15.9g
Cholesterol	215.4mg
Sodium	450.8mg
Carbohydrates	21.9g
Protein	17.3g

Ingredients

1 large egg	1 hamburger bun
salt and pepper	prepared mustard
1 slice of processed cheddar cheese	

Directions

1. Grease a skillet with butter and break the egg into the skillet.
2. Pierce the yolk and allow to cook; turn on to the other side and cook for a few minutes
3. Season with salt and pepper.
4. Remove from heat.
5. Put the cheese slice on top and allow it to melt.
6. Toast the bun using the skillet to your preference.
7. Apply mustard on the bun and lay the egg inside.
8. Serve with salads.
9. Enjoy.

4-INGREDIENT American Fried Rice



Prep Time: 2 mins

Total Time: 7 mins

Servings per Recipe: 2

Calories 158.1

Fat 12.8g

Cholesterol 294.2mg

Sodium 157.1mg

Carbohydrates 0.5g

Protein 9.4g

Ingredients

rice

1 - 2 tbsp. butter



3 - 4 eggs

salt and pepper

Directions

1. Place the butter in a frying pan and allow to melt.
2. Stir in the rice and allow to heat.
3. Combine the rice with the butter.
4. In a bowl beat the eggs and fold into the frying pan.
5. Scramble the eggs.
6. Enjoy.

Eggs in a Boat I

 Prep Time: 1 min
 Total Time: 4 mins

Servings per Recipe: 1

Calories	0.0
Fat	0.0g
Cholesterol	0.0mg
Sodium	0.0mg
Carbohydrates	0.0g
Protein	0.0g

Ingredients

egg
bread
butter

salt and pepper

Directions

1. With the use of a drinking glass cut a round in the middle of the slice of bread.
2. Spray a Nonstick cooking spray on a frying pan and allow to heat.
3. Lay the slice of bread in the frying pan.
4. Place 1/2 tsp. of butter in the center.
5. Break an egg into the middle of the bread with the hole.
6. Once the egg is set, flip the slice of bread onto the other side ensuring not to damage the yolk.
7. Add seasonings.
8. Enjoy.

ANA'S

Mozzarella Soufflés



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 3

Calories 160.3

Fat 10.5g

Cholesterol 375.7mg

Sodium 155.2mg

Carbohydrates 1.9g

Protein 13.4g

Ingredients

6 eggs

1/3 cup milk

garlic salt



ground black pepper

mozzarella cheese, shredded

Directions

1. Place eggs, garlic salt, milk and pepper in a bowl and leave aside.
2. Take three ramekins and spray with a cooking spray. Stuff the ramekins half full with the mozzarella cheese. Fold in the egg mix into the ramekins.
3. Lay the ramekins on a parchment sheet and leave in the oven for 35 minutes at a temperature of 375F.
4. Serve warm.
5. Enjoy.

Butter Baked Scrambled Breakfast

 Prep Time: 10 mins
 Total Time: 30 mins

Servings per Recipe: 6

Calories	243.3
Fat	19.0g
Cholesterol	399.4mg
Sodium	622.0mg
Carbohydrates	3.0g
Protein	14.3g

Ingredients

1/4 cup melted butter
12 eggs
1 tsp. salt

1 1/4 cups milk

Directions

1. First set the oven to 350F.
2. Melt the butter and pour into a casserole dish.
3. Add salt to the eggs and whisk well in a bowl.
4. Stir in the milk.
5. Fold in the mixture to the casserole dish. Leave in the oven without a cover for 12 minutes.
6. Remove from the oven, stir then cook for a further 17 minutes until eggs are done.
7. Enjoy.

STOCKHOLM Scramble



Prep Time: 5 mins

Total Time: 10 mins

Servings per Recipe: 2

Calories 338.6

Fat 28.9g

Cholesterol 434.4mg

Sodium 324.7mg

Carbohydrates 3.3g

Protein 16.0g

Ingredients

4 eggs

4 ounces cream cheese, cut into chunks

1 tbsp. dill, chopped



1 dash garlic powder

salt and pepper

Directions

1. Whisk the eggs in a bowl.
2. Stir in the pieces of cheese, garlic powder and dill. Adjust seasonings with salt and pepper.
3. Use a cooking spray to spray a frying pan and heat well.
4. Fold in the egg mixture into the frying pan and lower the heat. Continuously scramble until done.
5. Serve warm.
6. Enjoy.

Rancheros Eggs

 Prep Time: 10 mins
 Total Time: 40 mins

Servings per Recipe: 4

Calories	893.2
Fat	72.4g
Cholesterol	721.6mg
Sodium	923.4mg
Carbohydrates	10.7g
Protein	50.3g

Ingredients

8 ounces chopped green chilies
1 lb. Monterey jack cheese
12 eggs

16 ounces sour cream
salt and pepper

Directions

1. Before you do anything set the oven to 375F.
2. Butter a casserole dish.
3. Place chiles on the bottom.
4. Cut the cheese into slices and top up the chiles.
5. Add the sour cream to the eggs and whisk in a bowl.
6. Fold in the eggs mix over the cheese.
7. Cook in the oven for 43 minutes until done.
8. Enjoy.





GARLIC

Cheese Stuffed Eggs



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 12

Calories 90.7

Fat 6.7g

Cholesterol 191.1mg

Sodium 78.9mg

Carbohydrates 0.6g

Protein 6.4g

Ingredients

5 1/4 ounces boursin cheese, garlic and herb flavor cheese

4 ounces sour cream

12 eggs, hard-boiled

Directions

1. Place Boursin cheese and sour cream in a small bowl and combine well.
2. Cut the eggs along the length. Separate the egg yolks from the whites, botch the yolks with a fork and add onto the cheese mixture.
3. Scoop out the cheese mixture into the egg whites.
4. Enjoy.

Honey and Yogurt Pop



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 65.5

Fat 0.0g

Cholesterol 0.0mg

Sodium 0.9mg

Carbohydrates 17.6g

Protein 0.2g

Ingredients

1/2 C. honey

1/4 C. fresh lemon juice

two 6-oz. containers lemon low-calorie
nonfat yogurt

1 1/2 C. blueberries

Directions

1. Add the following to a small pot: lemon juice, and honey.
2. Heat the mix while stirring for 5 mins then shut the heat and let the mix sit for 7 mins.
3. Get a bowl and mix the honey mix with the yogurt and add in the blueberries.
4. Divide the mix between ice pop moulds and put everything in the freezer for 5 hrs.
5. Enjoy.

THE RASPY

Raspberry Pop



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 116.6

Fat 0.1g

Cholesterol 0.0mg

Sodium 0.6mg

Carbohydrates 29.7g

Protein 0.4g

Ingredients

1 1/2 C. raspberries, fresh or frozen

1/2 C. sugar

1 egg white

Directions

1. Add your raspberries, sugar, and egg whites, to the bowl of a food processor and puree them evenly.
2. Divide the mix between Dixie C. then insert sticks into each one.
3. Place everything in the freezer until completely frozen.
4. Enjoy.

Catalina's Cantaloupe Pop



Prep Time: 20 mins



Total Time: 4 hrs 20 mins

Servings per Recipe: 8

Calories 60.7

Fat 0.0g

Cholesterol 0.0mg

Sodium 5.7mg

Carbohydrates 15.5g

Protein 0.3g

Ingredients

1/2 ripe cantaloupe, peeled, seeds removed, cut into chunks
1/2 C. sugar

1 lime, zest of
1 1/2 tbsps fresh lime juice

Directions

1. Add your cantaloupe to the bowl of a food processor and puree it.
2. Puree the mix until you have about two C. of puree.
3. Add the puree back into the bowl of the processor then combine in 3/4 C. of water, lime zest, sugar, and lime juice.
4. Begin to pulse the mix again until it is combined evenly.
5. Divide the mix between ice pop moulds and place everything in the freezer for 8 hrs.
6. Enjoy.

PECORINO Romano Spaghetti



Prep Time: 30 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 553.9

Fat 3.3g

Cholesterol 2.8mg

Sodium 77.0mg

Carbohydrates 108.7g

Protein 20.4g

Ingredients

1 1/4 lbs. spaghetti

3/4 C. pecorino Romano cheese, grated

1/4 C. Parmigiano-Reggiano cheese,
grated

2 tbsp ground black pepper

kosher salt

Directions

1. Prepare the pasta by following the instructions on the package until it becomes dente for about 7 min.
2. Drain it. Place 1/2 C. of the cooking liquid aside.
3. Place a saucepan over medium heat. Combine in it the spaghetti with reserved water, and cheese.
4. Season them with some salt and pepper then toss them to coat. Serve it warm.
5. Enjoy.

5-Ingredient Spaghetti



Prep Time: 6 mins



Total Time: 21 mins

Servings per Recipe: 4

Calories 610.3

Fat 8.9g

Cholesterol 0.0mg

Sodium 10.8mg

Carbohydrates 111.5g

Protein 19.1g

Ingredients

17.5 oz. spaghetti
2 onions
2 tbsp olive oil
salt

white pepper

Directions

1. Follow the instructions on the package to cook the spaghetti. Drain it.
2. Place a large pan over medium heat. Heat in it the oil. Cook in it the onion for 3 to 4 min.
3. Stir in the spaghetti with a pinch of salt and pepper. Serve it warm.
4. Enjoy.

SPAGHETTI and Cheese Cups



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 1

Calories 70.5

Fat 5.0g

Cholesterol 71.0mg

Sodium 160.1mg

Carbohydrates 1.3g

Protein 4.8g

Ingredients

14 oz. cans spaghetti in tomato sauce
1 1/2 C. grated cheese
4 eggs, lightly beaten
salt and pepper

Directions

1. Before you do anything, preheat the oven to 350 F. Grease a muffin pan.
2. Get a mixing bowl: Whisk in it the eggs with cheese, a pinch of salt and pepper.
3. Stir in the spaghetti. Divide the mixture between the muffin cups.
4. Place the pan in the oven and let them cook for 16 min.
5. Allow the spaghetti muffins to cool down completely.
6. Enjoy.

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