

Valentine's Day Cookbook

27

IDEAL PROTEIN RECIPES
MADE WITH LOVE



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BioIntelligent Wellness's



*Appetizers
&
Sides*

IP MANGOSTEEN MOCKTAIL

INGREDIENTS

- 1 Ideal Protein
Mangosteen Water
Enhancer
- Soda water with no
added-sugar



PREPARATION

1. Take soda water in a glass.
2. Pour IP Mangosteen water enhancer into the soda and mix with a spoon.
3. Enjoy!



CAULIFLOWER STIR-FRY

INGREDIENTS

- 2 cups of Cauliflower Rice
- 2 Garlic Cloves
- 2 tsp. Olive Oil
- 1 tsp. Walden Farms Asian Dressing
- 3 tsp. Soy Sauce
- 1/2 tsp. Onion Powder
- 1 egg
- 1 tsp. Ground Ginger
- Salt & Pepper to taste
- 1 tsp. Chives

PREPARATION

1. In a Wok or large non-stick skillet, heat the oil over medium heat
2. Add the cauliflower and garlic
3. Stir-fry until the cauliflower is tender, not mushy
4. Stir in the Soy Sauce, adding spices to taste
5. Move the cauliflower to one side of the pan
6. Crack an egg in the pan and scramble slightly
7. Mix, adding the onion powder
8. Serve & enjoy! Phases 1-3 approved.



ROASTED GARLIC MASHED TURNIPS

50
Mins



INGREDIENTS

- 1 garlic head
- 1 tbsp. olive oil
- 3 lb turnips, peeled and quartered
- ¼ cup olive oil
- Salt - to taste
- Crushed black pepper - to taste

PREPARATION

1. Preheat oven to 350°F.
2. Peel off the outer layers of the garlic head and slice the entire head in half lengthwise.
3. Place the garlic halves with the cut side up on top of a sheet of aluminum foil. Pour 1 tbsp. olive oil across the cloves and completely wrap the foil around the garlic.
4. Bake in the oven for 35-40 minutes - or until fragrant.
5. While the garlic is roasting, place quartered turnips into a pot and cover with water. Cover the pot with a lid and bring to a boil. Let turnips boil until fork-tender, for about 25 minutes.
6. Remove turnips from the pot with a slotted spoon and transfer them to a food processor or blender.
7. Add the roasted garlic and process them together until smooth.
8. With the mash blending, pour in olive oil and season with salt and crushed black pepper to taste.
9. Makes 6 servings. Serve hot and enjoy!



MUSHROOM PIZZA BITES

INGREDIENTS

- 12 button mushrooms - clean & remove stems
- ½ lb. Italian chicken sausage
- 1 egg white
- ¼ -½ cup no added sugar marinara sauce

PREPARATION

1. Preheat grill.
2. Place mushrooms stem side up on a plate.
3. In a bowl, add Italian chicken sausage with egg white and combine it well all together.
4. Make tablespoon-sized balls of the meat mixture and plop them into the cap of the mushrooms.
5. Place on the top rack of grill and cook for about 8-10 minutes or until sausage is cooked through.
6. Top each mushroom sausage cap with pizza/marinara sauce (hot or cold)!
7. Serve with a toothpick and enjoy!



CANDIED SWEET RADISH CHIPS

INGREDIENTS

- 2 cups of Radishes
- 2 tsp. of olive oil
- 2 tbsp. Walden Farms Maple Syrup
- 1 Splenda packet
- 3 tsp. cinnamon powder



PREPARATION

1. Preheat oven to 350°F.
2. Slice the radishes about ¼ inches thick and place in a microwave-safe bowl.
3. Microwave the radishes for about 30 seconds to soften up. Drain off remaining liquids.
4. Combine olive oil, Maple Syrup, Splenda, and cinnamon powder in a bowl.
5. Coat radishes with the mix.
6. Spread parchment paper over a baking sheet and lay the radishes over it.
7. Bake for about 15 mins and then flip over and bake for another 12 minutes.
8. Remove from oven when crispy. Serve and enjoy!



RECIPE OF THE WEEK

Seared Scallops with Steamed Brussels Sprout Leaves

Ingredients

- 1 lb. brussels sprouts, trimmed
- 5 tbsp. olive oil
- 8 medium sea scallops (about 1 lb.)
- IP salt
- Freshly ground black pepper

- 1 tbsp. fresh lemon juice, plus zest of 1 lemon
- 4 tbsp. unsalted butter
- 1 (1½") piece ginger, peeled and grated
- 1 tbsp. soy sauce



Preparation

1. Using a paring knife, and working with 1 sprout at a time, insert the tip of the knife just outside the stem end of the sprout and twist the sprout around the knife to release the core.
2. Using your fingers, separate individual leaves and set aside; discard cores.
3. Heat 2 tbsp. oil in a 12" non-stick skillet over high.
4. Season scallops with salt and pepper;
5. Cook for 4–6 minutes until browned, flip once in between.
6. Meanwhile, bring a 4-qt. saucepan of salted water and boil it.
7. Cook the leaves for 1 minute
8. Drain and transfer to a bowl.
9. Stir in remaining olive oil, lemon juice, salt, and pepper.
10. Divide scallops and leaves between plates; keep warm.
11. Add butter to skillet and melt over medium-high
12. Cook ginger for 1 minute.
13. Stir in soy sauce and pepper
14. Put sauce over scallops and garnish with lemon zest.
15. Serve and enjoy.



RECIPE OF THE WEEK

Turkey and Spinach Meatballs

Ingredients

2 tbsp. olive oil
1 large onion – finely chopped
2 garlic cloves – finely minced
1 tsp. salt
½ tsp. ground black pepper
¼ tsp. dried thyme leaves
½ tsp. dried oregano

¼ – ½ tsp. crushed red pepper flakes
16 oz frozen chopped spinach – defrosted and drained
2 tbsp. Worcestershire sauce
⅓ cup chicken broth
2½ lbs lean ground turkey
2 large eggs



Preparation

1. Preheat the oven to 400°F and prepare a large baking sheet by spraying with cooking spray. Use foil over the baking sheet if needed.
2. In a frying pan on medium heat, heat olive oil until hot. Add onion, garlic, salt, pepper, thyme, oregano, and red pepper flakes.
3. Sauté until onion is tender, for about 5-6 minutes total time.
4. Add spinach to the pan and mix with onion mixture. Now, add Worcestershire sauce and chicken broth and mix well to combine.
5. Cook until most of the liquid has cooked out.
6. Remove from heat and allow to cool off and come to room temperature.
7. Take a large bowl and combine the turkey and egg. Add the cooled onion/spinach mix to the meat mix.
8. Using hands, make meatballs about 1-1½ inches in diameter. Place them on the baking sheet. Leave a little bit of space between each meatball.
9. There should be about 40-42 meatballs. These can be frozen for the future.
10. Bake meatballs until they are cooked through with an internal temperature of 160°F. Takes about 20 minutes.
11. Remove from oven and serve!



RECIPE OF THE WEEK

Crab Stuffed Mushrooms

Ingredients

- 1 lb button or cremini mushrooms - stems removed
- 7 oz lump crab meat
- 3 green onions - chopped
- ½ cup grated Parmesan - divided
(For Maintenance only)

- ⅓ cup mayonnaise (For Maintenance only)
- ½ tsp. paprika
- ½ tsp. garlic powder
- ¼ tsp. sea salt or pink Himalayan salt
- ¼ tsp. black pepper
- 2 tsp. fresh minced parsley



Preparation

1. Preheat the oven to 350°F (conventional), or 310°F (fan assisted) and line a baking sheet with parchment paper.
2. In a medium bowl, mix together the crab, chopped green onions, mayonnaise, paprika, garlic powder, salt, black pepper, parsley, and 1/4 cup of the grated parmesan (if in Maintenance).
3. Fill each mushroom with the mixture then sprinkle the remaining cheese over the top.
4. Bake for 15 minutes or until cooked.
5. These are best eaten immediately, however, you can store them in an airtight container in the refrigerator for up to 2 days. Reheat under the broiler for 2-3 minutes or until hot.
6. Serve and enjoy!



RECIPE OF THE WEEK

Zucchini Fritters

Ingredients

2 tbsp. of Olive Oil
3 cups zucchini – grated
1 cup onion – diced
2 eggs

1 packet IP Potato Puree
1 tsp. baking powder
½ tsp. chili powder
½ tsp. salt
¼ tsp. pepper



Preparation

1. Pour the olive oil in a skillet so that it's quarter-inch deep and turn the heat to medium.
2. Meantime, combine the zucchini, onion, and eggs in a large bowl.
3. Give the mixture a good stir to combine and gets all frothy.
4. Stir and combine the IP potato puree, baking powder, ½ tsp. of chili powder, salt, and pepper in a small mixing bowl.
5. Add the dry ingredients to the zucchini mixture and fold it all together.
6. Dip a spoon in the batter and then dip in oil to see if it's ready. If the oil bubbles in contact with the batter, it's hot enough.
7. Drop batter into the oil with the heaping tablespoon (you should be able to fry about six fritters at a time). Cook for 2-3 minutes each side.
8. Once the centers are firm, remove the fritters from the skillet and let them drain on a dinner plate lined with a paper towel.
9. You can also bake instead of frying. Simply bake at 375° for 7 mins on each side.
10. Serve and Enjoy!





Mains

RECIPE OF THE WEEK

Stir-Fried Lemony Chicken with Asparagus

Ingredients

- 4 chicken breasts – boneless, skinless, cubed
- Kosher salt – to taste
- ½ cup chicken broth
- 2 tbsp. low-sodium soy sauce
- 2 tbsp. water
- 1 tbsp. canola oil
- 1 bunch asparagus – cut into 2-inch pieces
- 6 cloves garlic, minced
- 3 tbsp. fresh lemon juice
- Lemon zest
- Salt & pepper



Preparation

1. Cook asparagus and oil in a skillet over medium heat for 3-4 minutes and add garlic when 1 minute remains. Set it aside.
2. Season chicken with salt & pepper and put heat to high and cook chicken until browned then set aside.
3. Add soy sauce and chicken broth to a skillet and bring to boil for about 1 minute.
4. Add lemon juice, water, and soy sauce and stir for about 1 minute.
5. Return chicken and asparagus to the pan.
6. Coat with sauce and top with lemon zest.
7. Serves 4. Enjoy the taste!



RECIPE OF THE WEEK

Crab Cakes

Ingredients

- 1 lb crab meat, lump, and claw
- 2 egg yolks
- 1 tbsp. finely chopped shallot
- 2 tbsp. finely chopped celery

- 2 tbsp. finely chopped dill
- 1 tbsp. lemon zest
- 1/2 tsp. hot sauce
- 1/4 tsp. paprika
- 1/3 cup olive oil



Preparation

1. Place the crab meat in a thin dishtowel and apply a few hard squeezes to release excess liquid.
2. Whisk the egg yolks and add the shallot, celery, dill, lemon zest, hot sauce, and paprika.
3. Gently mix this into the crab. The mixture may look like it's not going hold together but it will.
4. To make the crab cakes, you need a round cookie cutter about 2 inches wide. Use a tablespoon to add 2 generous tablespoons scoop full of crab mixture into the cookie cutter.
5. Press the crab down very firmly with your fingers and gently lift the cookie cutter. You should be able to make at least a dozen crab cakes.
6. Cover the cakes and refrigerate for them one hour or more to help the ingredients bind together.
7. Preheat oven to 375°F and on the stovetop, heat the olive oil in a pan.
8. As the oil starts to sizzle, use a spatula to slide the crab cakes into the pan. Cook about 2-3 minutes on each side until they are brown and crispy.
9. Use a spatula to scoop the cakes out of the pan and onto a cookie sheet. Put in the oven for another six minutes to make sure they are cooked through the middle.
10. Top with Walden Farms Seafood Sauce! Add more horseradish for a kick!
11. NOTE: the most important part is using the cookie cutter to shape the crab cakes and refrigerating them for at least an hour before cooking.



RECIPE OF THE WEEK

Pork Chops With Mushrooms and Shallots

Ingredients

- 1 tsp. Olive Oil
- 4 pork loin chops (with bone) – 1 inch thick and trim fat
- 1/2 tsp. salt
- Freshly ground pepper
- 1/4 cup chopped shallots
- 1 cup fat-free chicken stock
- 10 oz sliced baby Bella mushrooms
- 1 tbsp. Dijon mustard
- 2 tbsp. parsley – freshly chopped



Preparation

1. In a large frying pan, heat up oil over moderately low heat
2. Season pork with salt and pepper
3. Now raise heat to medium and add the chops to the pan and sauté for 7 minutes
4. Turn and cook until chops are browned and done to medium – about 7-8 minutes longer
5. Remove the chops and put in a warm spot
6. Add shallots to the pan and cook, stirring, until soft, for about 3 minutes
7. Add the stock to deglaze the pan, stir in the mustard, 1 tbsp. parsley, then add mushrooms
8. Season with fresh pepper and cook about 3 minutes, or until mushrooms are done
9. Put the chops on a platter and pour the mushroom sauce over the meat
10. Top with remaining parsley and serve



RECIPE OF THE WEEK

Mushroom Stuffed Chicken Breast

Ingredients

- Chicken breast - butterflied
- 1/2 TBS Paprika
- 1 tsp White Pepper
- 1/2 tbsp Olive Oil
- 1/2 cup Spinach - wilted
- 1/2 cup mushrooms - sauteed
- 1 pinch of salt to taste



Preparation

1. Season the chicken with paprika, salt, and white pepper.
2. Place spinach and mushrooms onto chicken breast and roll.
3. Bake at 300° in the oven until the internal temperature reaches 155°.
4. Serve and enjoy!



BROILED TILAPIA WITH TOMATO CAPER SAUCE

INGREDIENTS

- 1 tbsp. extra virgin olive oil
- 2 6 oz. tilapia fillets
- 1 garlic clove - crushed
- 1 shallot - minced
- 1 tomato - chopped
- 1 tbsp. capers
- Salt and fresh pepper - to taste

PREPARATION

1. Brush fish with ½ tbsp olive and season with salt and pepper
2. In a medium sauté pan, heat the remaining olive oil.
3. Add garlic and shallots and sauté on medium-low about 4-5 minutes
4. Add tomatoes and season with salt and pepper
5. Add capers and sauté an additional minute
6. Meanwhile, set the broiler to low and place fish about 8 inches from the flame.
7. Broil until fish is cooked through, about 7 minutes.
8. Place fish on a platter and top with tomato caper sauce
9. Serve and enjoy!



SEARED SCALLOP SALAD WITH ASPARAGUS AND SCALLIONS

50
Mins



INGREDIENTS

- ½ pound large whole scallions
- ½ pounds asparagus, tough stems discarded, stalks peeled
- 4 tbsp. extra-virgin olive oil
- Salt - to taste
- Freshly ground pepper - to taste
- 1 lb sea scallops
- ½ tsp. chopped thyme
- ½ medium shallot, minced
- 2 tbsp. cup balsamic vinegar

PREPARATION

1. Take a pot of boiling salted water and blanch the scallions just until tender, for about 3 minutes. Then, using a slotted spoon, transfer them to paper towels. Repeat the same with the asparagus.
2. Now, in a large skillet, heat up 1 tablespoon olive oil and add the scallions and asparagus. Season with salt and pepper.
3. Cook over moderately high heat. Occasionally and gently, keep tossing just until golden, for about 5 minutes. Keep warm.
4. Pat the scallops dry and season with salt and pepper.
5. In another large skillet, heat 1 tablespoon oil until shimmering. Sear the scallops in batches, over moderately high heat until golden, 2 minutes per side. Transfer to warmed plates and wipe out the skillet.
6. Heat 1 tablespoon oil in the same skillet and add the thyme and shallot and cook over moderately high heat, keep stirring until the shallot is slightly softened, for about 1 minute.
7. Remove from the heat. Add the vinegar and the remaining 1 tablespoon olive oil. Stir with a wooden spoon, scraping up any browned bits from the pan.
8. Garnish the scallops with the scallions and asparagus.
9. Drizzle the salad with the warm vinaigrette and serve.



RECIPE OF THE WEEK

Roasted Cauliflower Steaks

Ingredients

- 1 large cauliflower
- 2 tbsp. Olive Oil
- 2 large cloves of garlic –
grated or crushed
- Salt and pepper to
taste
- ½ cup chimichurri
sauce



Preparation

1. Preheat the oven to 400°F and line a sheet pan with parchment paper.
2. Remove the green leaves from the underside of the cauliflower and trim the stem flat.
3. Rinse the cauliflower under cold running water and then dry with paper towels.
4. Place the cauliflower stem side down on a cutting board and carefully cut 2 sides off so they are flat.
5. Cut the cauliflower in half, then cut each half in half again for a total of 4 thick cauliflower slices
6. Place the cauliflower steaks/slices on the sheet pan.
7. In a small dish, combine olive oil and the grated/crushed garlic together, blending well.
8. Spread a tablespoon of the garlic-oil mix on both sides of each steak/slice.
9. Sprinkle with salt and pepper and transfer the sheet pan to the oven and roast the cauliflower steaks for 10 minutes. Turn the steaks' sides with a spatula and continue to roast for another 15 minutes or until tender when pierced at the stem with a skewer.
10. Serve each cauliflower steak with a tablespoon or more of chimichurri sauce.
11. Recipe yields 4 servings. Enjoy!



RECIPE OF THE WEEK

Steak Fajita Roll-Ups

Ingredients

1 lb flank steak/skirt steak (¼ inch thick)
Kosher salt and black pepper to season
6 garlic cloves, crushed
1 tsp. dried oregano
1 tsp. ground cumin
1 tsp. chili powder

1 tsp. cayenne pepper
½ tsp. garlic powder
¼ cup extra virgin olive oil
1 large green bell pepper – sliced
1 large red bell pepper – sliced
1 medium onion – sliced



Preparation

1. Take a small bowl and mix salt, pepper, garlic, oregano, cumin, chili powder, cayenne pepper, garlic powder, and olive oil.
2. Put the steak in a dish and pour marinade over the steak. Cover with foil and let marinate for a minimum of 6 hours. Overnight is best.
3. Remove steak from marinade. On a cutting board, cut the steak into 6-7 pieces.
4. Heat olive oil in a grill pan or heavy skillet over medium to high heat and add steak pieces. Add pepper strips and sliced onions to the grill pan – season with salt and pepper.
5. Cook for about 4 to 5 minutes or until tender.
6. Remove from heat and let cool off for a minute.
7. Top each steak slice with the vegetables, roll up and secure with a toothpick.
8. Add remaining olive oil to the grill pan or skillet. Heat it up and add the roll-ups to the pan.
9. Cook until browned, for about 2 to 3 minutes per side.
10. Remove from heat, and take out the toothpicks. Transfer to a serving plate and let rest for 5 minutes before serving.
11. Serve with guacamole, salsa, or sour cream. Enjoy!



RECIPE OF THE WEEK

Spiced Up Salmon with Jalapeno and Lime

Ingredients

- 1 lb Coho salmon – skin removed
- 2 limes – juice only
- 4 tsp. ginger – minced
- 1 jalapeno – seeded and minced
- 2 cloves of garlic – minced
- 1 tbsp. olive oil
- Salt and pepper



Preparation

1. Combine the lime juice, ginger, jalapeno, garlic, and olive oil. Spread the marinade over the salmon and let marinate for 30 minutes.
2. Preheat the oven to 400°F.
3. Line a baking sheet with foil and spray with cooking spray.
4. Place the salmon on the baking sheet and pour marinade over top
5. Bake for 10-12 minutes until salmon is cooked through.
6. To brown the top, broil for 2-3 minutes at the end of cooking.
7. Serve and enjoy!



RECIPE OF THE WEEK

Shrimp Scampi Spaghetti Squash

Ingredients

- 1 cup spaghetti squash
- 4 – 8 ounces of shrimp – drained and thawed
- 2 tsp. olive oil
- 1 tsp. smoked paprika
- Sea salt
- Freshly ground pepper
- 1 garlic clove – minced
- 2 tbsp. green onion – diced
- 1 cup baby spinach
- ¼ cup fresh basil – cut into thin long strips
- 2 tsp. fresh lemon juice



Preparation

1. Season shrimp with paprika, salt, and pepper and set it aside while preparing spaghetti squash.
2. Preheat oven to 400 degrees.
3. Cut the squash lengthwise – scrape out and discard seeds
4. Place squash face down on a baking sheet lined with parchment paper.
5. Roast squash for 25 minutes then remove from oven and let it cool.
6. Once cooled down, scrape out squash into a bowl using a fork to create long spaghetti strands.
7. Place oil in a large skillet and add shrimp, green onions, and garlic
8. Cook for a few minutes until shrimp are pink and then set aside. Cover to keep warm.
9. Place squash and spinach in a skillet and heat until spinach wilts.
10. Stir in basil and lemon juice and season with salt and pepper.
11. Plate immediately and top with shrimp. You may also add more salt, pepper, and lemon juice if needed.





Desserts

RASPBERRY SHORTCAKES

INGREDIENTS

- 1 Ideal Protein Apple Oatmeal
- 1 Ideal Protein Vanilla Pudding
- ½ Ideal Protein Raspberry Jello
- 1 egg
- 1 tsp. baking powder

PREPARATION

Shortcakes

1. Mix IP Apple Oatmeal with water, egg and 1 tsp. baking powder.
2. Distribute into 6 muffin cups. Silicone does best.
3. Set oven to 350°F and bake for 10 mins.
4. Break apart into bite-sized pieces.

Toppings

1. Mix the IP Vanilla Pudding, IP Raspberry Jello, and water in a bowl and mix until smooth.
2. Top over cake and let sit in the refrigerator overnight for best taste.
3. Enjoy!



CHOCOLATE RASPBERRY DELIGHT

INGREDIENTS

- 1 Ideal Protein Dark Chocolate Pudding
- 1 Ideal Protein Raspberry Jello
- 1/2 Splenda Packet
- 2 tbsp. Walden Farms Marshmallow Fluff
- Water

PREPARATION

1. Prepare IP raspberry jello by pouring it into 4.5oz of water and shaking well.
2. Pour the raspberry jello mix into 2 dessert cups (for two portions) and leave in the refrigerator for 30 minutes.
3. Prepare IP Dark Chocolate Pudding by adding it to 5oz water.
4. Now add 1/2 of the Splenda packet.
5. Take out the Raspberry Jello and pour the chocolate mix over jello.
6. Top with Walden Farms Marshmallow Fluff and enjoy!



NON-RESTRICTED BROWNIES

INGREDIENTS

- 1 Ideal Protein Chocolate Drink Mix
- 1 Ideal Protein Chocolate Pudding
- 2 Egg Whites
- 1 oz. of Skim Milk
- 2 tsp. of Olive Oil
- 1/4 tsp. of Sea Salt
- 1/2 tsp. of Vanilla Extract
- Waldens Farms Chocolate Dip - for topping

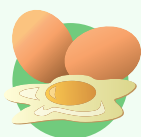
PREPARATION

1. Preheat oven to 350 degrees.
2. Mix all ingredients with a fork (use a large bowl so that you don't spill).
3. Spray a container with PAM.
4. Pour the mix.
5. Cook for 15 minutes. Cut in half and let it cool.
6. Top with Walden Farms Chocolate Dip and ENJOY!



CHOCOLATE COCONUT CAKE

50
Mins



INGREDIENTS

- 1 Packet Ideal Protein Chocolate Drink Mix
- 1 Ideal Protein Chocolate Coconut Bar
- ½ Egg
- ½ cup Finely Grated Zucchini
- ¼ tsp. Baking Powder
- 1/8 tsp. Baking Soda
- 2 tsp. Grapeseed Oil
- 3 tbsp. Walden Farms Maple Syrup

PREPARATION

1. Take a medium bowl, add the Ideal Protein Chocolate drink mix, ¼ tsp. baking powder, 1/8 tsp. baking soda and mix well.
2. In a separate bowl, beat ½ of a whole egg, add 2 tsp. grapeseed oil, 2 tbsp. Walden Farms Maple Syrup, and ½ cup of finely grated zucchini.
3. Mix well and squeeze excess water out before adding to bowl.
4. Next, add wet ingredients to the dry ingredients in bowl and combine until you have a nice smooth batter.
5. Preheat oven to 350°F and line a small baking dish with parchment paper or spray with nonstick spray.
6. Bake for 20 minutes then remove from oven and let cool before icing.
7. For Icing: Finely chop the Chocolate Coconut Bar into small pieces and defrost in the microwave for 30 seconds. Then, add 1-2 tbsp. of Walden Farms Maple Syrup and stir. Repeat defrosting for an additional thirty seconds and again stir until smooth and glossy. When the cake has fully cooled off, spread icing evenly over the cake. Serve and enjoy!



RECIPE OF THE WEEK

Vanilla Cookies

Ingredients

- 1 packet of Ideal Protein Crispy Cereal – crushed
- 1 packet of Ideal Protein Vanilla Drink mix
- 2 egg whites

- ½ cup water
- 1 tsp. baking powder
- 2 tsp. olive oil
- 1 tsp. Walden farms caramel syrup



Preparation

1. Preheat oven to 350°F
2. Combine all ingredients in a bowl and let sit for three minutes to thicken.
3. Divide into 12 equal portions.
4. Use a pan, such as a whoopee pan, and spray with pam.
5. Bake 12-15 minutes.
6. Remove from pan and let cool for five minutes.
7. You can also use this recipe for a cake, baking at 350°F for 14 minutes



RECIPE OF THE WEEK

Chocolate Caramel Cake

Ingredients

- 1 IP Chocolate Pudding
- 1 IP Chocolatey Caramel Mug Cake
- 1 tsp. baking soda
- 1 packet of Splenda or Stevia
- 1/3 cup liquid egg whites
- 2 tsp. olive oil
- 2 tbsp. water
- 2 tbsp. Walden Farms Chocolate or Caramel Syrup
- Cooking spray



Preparation

1. Preheat oven to 350°F
2. Combine all ingredients in a bowl.
3. Add the liquid ingredients and mix well.
4. Spray a muffin tin or a small cake pan/loaf pan.
5. Bake for 10-12 minutes.
6. Top with Walden Farms Chocolate or Caramel Syrup.

Enjoy!



RECIPE OF THE WEEK

Ideal Protein Cream Filled Puffs

Ingredients

- Ideal Protein Potato Puree
- Ideal Protein Vanilla Pudding
- Water
- 2 eggs
- 1/2 tsp. Vanilla extract
- 1/4 tsp. Sea Salt
- 1/8 tsp. baking powder
- Pam Spray



Preparation

1. Preheat oven to 400°F
2. Mix the Ideal Protein Vanilla Pudding with 4 oz. of water and leave in the refrigerator
3. Beat egg whites until foamy but make sure they are not stiff
4. Mix in the Potato Puree, Sea Salt, Baking Powder, and Vanilla Extract
5. Take a cupcake pan and spray Pam
6. Use a spoon to fill cupcake pan holes with batter. Fill holes to about 1/2 or 3/4.
7. Bake for 10-11 minutes or until it's golden with a bread consistency.
8. Take out and let it cool for 30-40 seconds
9. Use a knife to make a hole in the rolls to make room for the fillings.
10. Use a turkey baster to pour the Ideal Protein Pudding in the rolls.
11. Serve and enjoy.

