



gourmet recipes with all the flavor and none of the guilt



THE GUILT FREE GOURMET

Recipes For Healthy Weight Loss and Maintenance

by: DANIEL HALLAK

Cookbook Volume 2

DIPS, SALAD DRESSINGS, APPETIZERS & DESSERTS - 2024 Edition



gourmet food with all of the flavor and none of the guilt



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The Guilt Free Gourmet, Low Fat & Calorie Cookbook: Volume 2 - 2024, 5th Edition *(1st edition published in November 2019)*

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LEGAL MUMBO JUMBO

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All readers are encouraged to go to a WW Workshop or the WW website for actual WW information and to also enter the listed ingredients of my recipes themselves into the Recipe Builder. Point values for certain ingredients change and are updated periodically by WW®, which may change the point values we are suggesting to be accurate for our recipes at this time.

This guide is in **NO WAY** meant to be a replacement for the WW Program. It is merely developed and intended for use as a collection of privately developed recipes, designed to complement the instructional materials and resources provided by WW to its members... BECAUSE WW IS AWESOME!

Any non-generic recipes within this guide were developed by me. All 'Point Values' were determined by entering the ingredients, measurements and servings into the Recipe Builder within the WW mobile App that is only available to paying members of the system. I strongly encourage anyone interested in developing a healthier lifestyle to join and follow the strategies for healthy living provided by Weight Watchers International (WW®).

All use of the terms Weight Watchers, WW, Points, Points Plan, Personal Plan, yadda yadda yadda in the following cookbook are used SOLELY for reference purposes, as is appropriate and allowed under fair use doctrine.



I dedicated my "Cookbook: Volume 1", from last year, to my wife, so I feel like I should dedicate this bad boy to the person who is ultimately responsible for it... my son, Jesse. Excuse me while I monologue.

Jesse, I know you won't be able to read this for Lord knows HOW long, but thank you. I wish with all of my heart and soul that I could send a message now, back to myself when you were born. I wish that I could go back and calm my fears, calm my worries and smack the selfish angriness out of myself. I wish that I could go back and show old-me a glimpse of the joy that you have brought to our lives. I wish that I could go back and tell myself of just how much you would end up changing me into a better person. All of this is because of you. At first, I had a lot of anger and selfish resentment in my heart about it... but you're the best thing that's ever happened to me. From the day you were born, you've forced me, as much as I didn't want to... to change. To not think about myself first, to truly have to care unconditionally and unselfishly.

I know that I still can't communicate with you verbally yet... but someday you'll be able to read this and you'll know that you are the most joyous part of my every day. Your smile, laughter and constant need for hugs, makes my soul sing. Know that I am constantly calling you "sunshine with feet", to 100,000+ people, on an almost daily basis. Because of you, my heart is content.

- Dad

12-11-19



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Really? Free Cookbooks?

Though all of my cookbooks are available in printed format, on Amazon.com, you can open, view, save, print and share ALL of my cookbooks for free, at absolutely no charge whatsoever on my website: www.theguiltfreegourmet.net

I allow everyone access to my Cookbooks for free, in digital format. My website has no ads, promotions, pop ups, or links begging you to use my discount code and save 10% on something so I get a kickback. This is my ministry. Yeah, a coupla bucks is nice, but at the end of the day, the most important thing is feeling like I get to help people. For a guy who gave up his career to stay home and take care of two handicapped kiddos, this is my release. Letting people have these books for free, lets me feel like I'm 'giving back'. Plus, it's a constant reminder that I don't do this for the dinero.



The Guilt Free Gourmet Cookbook Volume 1

- Low Calorie Cooking Guides & Tutorials
- Foundational (Base) Recipes
- 45 Low Fat, Low Sugar Sauces
- Filled With 50 Shades of Awesome



The Guilt Free Gourmet Cookbook Volume 3

- Dressings, Spreads & Condiments
- Burgers, Sandwiches & Sausages
- Side Dishes
- Salads
- Bonus Recipes



The Guilt Free Gourmet Cookbook Volume 4

This one's currently up in the air. In Fall 2020, I had a very limited release 'Holiday Dishes' themed cookbook, which I dubbed Cookbook 4. I'm actually going to be changing CB4 into a Mexican, South American & Spanish cookbook.



The Guilt Free Gourmet Cookbook Volume 5

- Sauces & Dips
- Dim Sum/Appetizers & Soups
- Regional entrees from:
*Cambodia, China, Korea, Japan,
Thailand, Vietnam & Taiwan*

Do I Need Cookbook 1?

Yes.... and No. My "**Cookbook: Volume 1**", that I published to Amazon in late 2018, and have since revised a few times now, over the years, is 100% required to utilize the recipes in this new cookbook, mainly because of page constraints.

All of the "Foundational Recipes" that are referenced in my appetizer, dips and dessert recipes, are all found within that book. It is filled to the brim with the base recipes for the dishes within this book, such as my ground meat seasonings, low point masa, pie crust and low point cream cheese substitute, which are contained within THAT cookbook. Of course you can purchase it on Amazon... but **you can also download it for free** on my website, www.theguiltfreegourmet.net

The reason I had to do this, is because of the costs of self publishing on Amazon. Unlike most cookbooks, filled with black and white text pages, crammed full of text-only recipes with few pictures, this book is LOADED with pictures, nearly 800. Each page is essentially a full color, 8.5x11 picture. If I were to have included all of the referenced foundation recipes from cookbook 1 into this book, it would add an extra 40 pages. I'm pretty sure nobody would have wanted to pay an extra \$15 for this book, just so it'd reference recipes you already have in your previous book, which you already paid for.

Once again, my "Cookbook: Volume 1" is absolutely required to make the dishes in this second cookbook. But, this isn't a money-grab. You don't have to purchase a copy. You can download/print it **FOR FREE**, off of my website. No charge whatsoever.

HOW MANY POINTS PER SERVING ARE YOUR RECIPES?

For this newly revised version of my cookbook, for the 2023 plan, I'll be providing point values in 2 ways. Traditional AND a QR code you can scan. In this example, under 'points', you'll see a blue text bubble with 2 numbers. The **LEFT** number is points on the 'regular' plan, while the **RIGHT** number is the point value for the diabetic plan. Easy peasy.

R = Regular 0 point foods list

D = Diabetic 0 point foods list

So in this case, the first serving is 1 point for folks on the 'Regular' plan and 3 points for people on the 'Diabetic' plan.

R D

1-3

What The Heck Are These Weird Lookin' Square Thingies??

For those of you who are what we'd call 'old school', these things are known as a '**QR Code**'. QR meaning '**Quick Response**' code. They act like a barcode you'd see on the side of a product at the store. The difference being, THESE are used to act as a 'link'. Look at one of these with your phone's camera app, and just like clicking on a text-link on a website... these open up a new browser on your mobile device and take you somewhere, or show you something.



I go into more detail on how they'll be used in this book, on page 8. But suffice to say, if you want to find the accurate 'point' information for your specific plan Go ahead and check out page 10, then come back here and try scanning this baby. Consider it a test... a test where, if you get it right, you get to hang out with me and [@chiafullo](https://www.instagram.com/chiafullo), in Lederhosen.



Using QR Codes

Have you ever seen those crazy looking, square shaped code-thingies on a menu, flier or in a magazine and wondered what they are? Well... they are the exact same as a 'link' you'd find on a webpage, which you can click to go somewhere. But, these links are printed onto paper. You use a mobile device's Camera to scan (click) them.

So you don't have to "take my word for it", with my listed recipe's points, I wanted to provide you a way to check them for yourself, while also giving you the ability to track them. For all my recipes, if you scan the codes in this book, you'll be taken to my website, where you can click a link for any dish. That link will open up my recipe in YOUR app's recipe builder. This will let you see the accurate points on your plan, AS WELL AS LETTING YOU TRACK what you ate!

Step One:



Open your phone's "camera" app, ya'know, the one you take pictures with. Open it, then point the camera at the square code-thingie you want to look up.



Step Two:

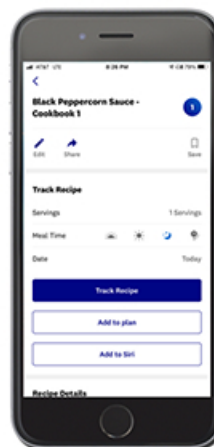
When you see 4 little yellow brackets around the corners of the code you want, a pop up that says "Open QR.IO in Safari" will appear at the top of the screen. Click that banner.



Step Three:

Once you click that banner, your device will open up the 'plan values' page on my website.

From there, scroll down, find the recipe you'd like point values for, then click the recipe's picture.



Step Four:

When you click the recipe's picture, it will instantly load up my recipe into YOUR WW app (if on a mobile device). If you're on a desktop, there's no need to scan a code. Just go to the 'Point Values' page on my site and click the recipe.

Your App will show you the points for my recipe, based off of YOUR 0 point food settings. Then, simply 'track' the food, adjust the servings, etc.

*** IMPORTANT ***

Once scanned, the links on my website will start up your WW app, showing you MY recipe, saved within the WW database. Sounds cool, right? Well... for bloggers and cookbook authors, this presents a legal grey area.

The WW App, the WW 'point' calculator and the WW database are all copyrighted by WW. Posting direct links on blogs or from cookbooks, directly TO the WW database maaaaay be construed as a breach of WW's Intellectual Property. As such, I have reached out to WW for clarification and asked if it would be possible to come to a licensing arrangement, so that I can link directly from my recipes in this cookbook, TO their App.

Until I am given permission, or some type of licensing arrangement can be made, my QR codes within this book will NOT link to my recipes in their database. Instead, scanning the QR codes in this cookbook, will instead take you to my 100% advertisement and revenue-free website, where you can find links to the recipe's point values. I apologize for the hopefully temporary inconvenience, but... legal's legal. Someday, the QR codes in this book will directly open up your app, but until that day... I have to use the website workaround. Sorry.



For most of you folks that cook a lot and have spent years trying new things in the kitchen, these Gadgets & Gizmos are nothing new to you. But this particular page is directed more towards people who aren't as comfortable in the kitchen yet and are wondering what some of the things are that I mention a lot in my posts. I've often heard people say "what's a food processor,?" or "Immersion Blender?" Well I thought it'd be a good use of a page to point out what some of the primary things are that I use, and what their purpose is, for the newer cooks in the kitchen.

1. Food Processor

Think of a food processor of a giant, wide bottomed blender. There are quite a few dips and dressings that are in this cookbook that rely heavily on using a food processor. ESPECIALLY the guacamole and the hummus. Sweet Lord in Heaven, it's worth it to get an inexpensive food processor for the Hummus recipe alone.

You don't need to buy an expensive model. Even just an inexpensive one from Big Lots will do the job. It is a necessity for a couple of the recipes.

2. Pasta Makers

Fresh pasta, if made the way that I teach, is lower in points and calories than store bought dried pasta. The Foundation recipe section will have my updated Pasta making guide in it. In this book, fresh pasta is used in the Lasagna al Rotolo appetizer. It allows us to make a pasta sheet, half the size of a sheet pan, for 3 points.

3. Wire Strainers

These are used EXTENSIVELY in my cupcake and cake recipes, as well as in a few of the dips and sauces. You don't need an expensive set. I got mine at the 99 cent store and they've lasted for years.

4. Immersion Blender

YOU NEED THIS IN YOUR LIFE! It's essentially a small blender at the end of a stick. It is used in all of the recipes for my "creamy" dressings. Throw all of the dressing ingredients into the cup, use the immersion blender... you have dressing in 15 seconds. You can also use a regular blender as well, but it takes up a lot more counterspace. You can purchase an inexpensive one at walmart for \$20. You don't need the ultra expensive brands that have more gadgets than a swiss army knife.

5. Stock Pot with Steamer Inserts

This sounds like something that would be crazy expensive, but I've seen them at Ross and Marshalls for \$20-\$30. They are so worth it. I use the deep insert to steam cakes inside of a Corningware ceramic round dish, as well as using it to steam my Weight Watchers friendly Tamales and Seafood Boils (shrimp, corn, and sausage made from my low point meat mixes). I also use them to make the tamale ball appetizers in this book, as well as a few of the steamed appetizers from my Asian cookbook. Want even more reason to get one? My steamed chocolate cake recipe requires the deep steamer insert. There are ultra expensive ones, however, mine was a relatively cheap stock pot/insert set from Walmart, which cost around \$35. (if I remember correctly) and it's lasted me for yeeeeeeears, so far.

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Sweet & Sour Sauce - pg 27

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Dips & Dressings

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Artichoke Spinach

Creamy and Savory Artichoke Spinach Dip & Spread, Without a Boat-Load of Mayo

There are a million recipes out there for "low point" artichoke spinach dip, however, I want to be different. Where most people use low fat mayonnaise mixed with Greek... I had an idea for how to "hack" the mayo out of the recipe. I'm only using Greek yogurt... but I'm blending egg yolks and a little cornstarch into the Greek. I read about that in an old French cookbook I found. This adds 0 point fat to the Greek (if eggs are 0 for you) and cornstarch helps bind the yogurt while it's baking. Like I always say, out-smart your food.

Ingredients:

- (2) 1lb bags frozen, chopped spinach
- (2) 14oz cans whole artichoke hearts, in water
- 1/2 cup diced onion
- 2 medium garlic cloves, crushed
- 2 cups plain fat free Greek yogurt
- 2 egg yolks
- 1-1/2 tsp cornstarch
- 1/2 cup reduced fat parmesan cheese topping (like the Kraft brand, used to sprinkle on pizzas)
- 1 tsp onion powder
- 1/2 tsp black pepper
- 1-1/4 tsp salt
- 2 tsp worcestershire sauce
- 1/3 cup vegetable broth
- 3/4 cup reduced fat shredded mozzarella cheese

Serving Info.:

Yields: 7 cups

Servings: 14

Serving Size: 1/2 cup



R D
1-1

- last checked 11/16/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Place a few layers of paper towels onto a large pan. Empty the frozen spinach bags onto the pan and allow to thaw. Use additional paper towels to soak off as much water as you can. Drain the water from the Artichokes, then place **ALL** of the ingredients into a food processor. Process the mixture until it all blends together.
- 2 Preheat your oven to 375 degrees. Spray 2 quart casserole dish with cooking spray, then spoon all of the spinach mixture into the casserole. Smooth the top. Cover and bake for 40 minutes at 375 degrees. Remove the lid, then bake for an additional 15 minutes. Done.

NOTES:

- This recipe makes a LARGE amount of dip, perfect for a good sized gathering. As you can tell by looking at the ingredient measurements, you can EASILY halve the recipe without needing a PHD in Mathematics. However, if you halve the recipe, reduce the baking time.
- If you feel that your finished dip is too thick for your personal taste, once it's finished baking, simply stir in some more hot vegetable broth to thin it to your desired consistency.
- Don't have a food processor? Use a knife to chop the bajeezus out of it all, then mix it together.



Black Bean Puree

This is so INSANELY great that you'll lap it up like a thirsty dog



Comparing this to a can of blended black beans is like comparing a Formula One race car to a 76 Ford Pinto. Years ago, my wife surprised me by having a cooking show come to our house. The Chef helped my wife prepare a Latin dinner to surprise me when I got home. The most memorable part of that meal for me (of the food), was the black bean puree. I had NEVER had anything like it before and asked him to show me how to make it. This is my WW-erized version of his dish, which was served in place of regular beans. I'm presenting it here as a dip.

Ingredients:

- 1/2 cup diced onion
- 1/2 cup diced poblano pepper, seeds removed
- 1/2 cup diced red bell pepper
- 1 medium garlic clove
- 1/2 cup chopped cilantro, packed
- 45oz canned black beans, rinsed and drained.
(1 30oz can and 1 15oz can, oooooor 3 15oz cans lol)
- 1-1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp red wine vinegar
- 1/2 cup chicken broth
- 1/2 tsp garlic powder

Serving Info.:

Yields: 3-1/2 cups

Servings: 7

Serving Size: 1/2 cups



R D
0-0

- last checked 11/16/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Note: If you are one of the people
who wants to continue counting the points for
beans, even though they are a 0 point food now...
1 serving of this dip is 3 points for you.
It IS a big pot o' beans, after all.

Directions:

1. Use a colander to rinse and drain the black beans. Rinse off that disgusting black goop from inside the cans, till the water runs clean. Let the beans drain, then set aside.
2. In a medium sized pot, use cooking spray to cook the onion, garlic, and both the poblano and red peppers, over medium heat. Add the salt and pepper, cook until softened.
3. Add the vinegar, chicken broth, garlic powder and cumin. Stir to combine. Allow the mixture to come to a simmer, then add the black beans and cilantro. Allow to cook down for 5 minutes, stirring occasionally.
4. Carefully pour or scoop the hot bean mixture into a food processor, then process on high speed until smooth.
5. Taste, then season with additional salt & cumin, if needed. Garnish with cilantro, diced tomatoes and a small amount of fat free feta cheese, enough to stay 0 points.

Notes:

- You can use a green bell pepper instead of a Poblano. A poblano is pretty much the same as a regular bell pepper, but a darker green, and with a slight smokiness when cooked. It's not spicy.
- If you don't have a food processor, use an immersion blender, though it may get a little messy.
- I call this a dip, but you can use it in place of refried beans as a side dish. Trust me... it's good.



Cheddar Cheese Beer Dip

A Creamy, Cheesy Dip, with Beer and Crumbled Bacon

My buddy, [@ncbluehog](#) on Connect, was the inspiration for this dip. He's an uber cool, motorcycle ridin' macho man cook. He helped give me feedback with my Bratwurst recipe, which got me thinking that most macho dudes would LOVE to have a low point and calorie dip like this for football parties, poker parties... or in place of a glass of water, in Wisconsin.

Ingredients:

- 3/4 cup Campbell's Healthy Request, Condensed Cheddar Cheese Soup. (just the goop)
- 1/2 cup light beer
- 2 slices Velveeta Original cheese ***
- 1/4 cup fat free chicken broth
- 1/4 tsp ground mustard
- 1/2 tsp salt
- 2-1/2 tsp cornstarch, dissolved in a little water
- 1/2 cup fat free plain Greek yogurt
- Pinch of cayenne pepper or dash of hot sauce
- (OPTIONAL) 1-1/4 slices of center cut bacon, for garnish.

Serving Info.:

Yields: 2 cups
Serving Size: 1/4 cup
Servings: 8



R D
1-1

- last checked 11/16/22 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Directions:

- 1 Heat the cheddar cheese soup, beer, cheese slices, water, ground mustard and salt in a small pot over medium heat. Stir till all of the ingredients melt together and become smooth.
- 2 Bring to a low boil, then stir in the dissolved cornstarch. The sauce will immediately begin to thicken. Cook for 2-3 minutes, stirring constantly. It should be very thick now. Remove the sauce from heat and pour into a bowl. Cover with plastic wrap and let cool for 30-40 minutes.
- 3 Whisk in the Greek yogurt until smooth. Season with additional salt if desired. I also highly recommend adding a pinch of cayenne pepper, or a dash of hot sauce.
- 4 (OPTIONAL) If you want crumbled bacon for a garnish: Cook bacon until it's crispy, then remove from pan and pat dry. Finely dice/crush it into small bits, then sprinkle on top.

Note:

- The bacon is optional, for garnish. If you use it, add 1 ingredient point to the recipe.
- Under the 'new' plan, Velveeta cheese singles are a tricky one. Some packages list as 2 points for 1 slice of cheese, others list as 1 point for 1 slice, 3 points for 2 slices. I'm using 2 slices for 3 points. IF you can find Borden's Fat Free Cheddar Slices... USE THOSE!!!
- If you want even more cheese flavored punch added to it for no additional points, you can use a 0 point amount of cheese flavored popcorn sprinkles, or 1 Tbsp of 'nutritional yeast'. If you do use sprinkles, only use 1/4 tsp salt, rather than the recipe's listed 1/2 tsp.
- **BEER BAD!:** If you want it without Beer, simply replace the beer with more chicken broth.





Chick Fil A Copycat

A Delicious Mix of Honey Mustard, BBQ and Mayonnaise

Everybody in the world loves Chik Fil A sauce. Or... at least everyone loves sweet, tangy and vinegary dipping sauce. Unfortunately, the real thing has 1 billion calories per serving. The cool thing is their sauce is just a simple mix of bbq sauce, honey mustard, and mayo, so the all I had to do was cut the fat and sugar, to make a lighter version. This is a lot of ingredients because we are making our own quick BBQ and 'honey' mustard sauces, to mix together.

Ingredients:

- 1/2 cup tomato sauce (scan to ensure 0 points)
- 2 tsp worcestershire sauce
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/8 to 1/4 tsp chili powder, to taste
- 1/8 tsp black pepper
- 2 tsp smoked paprika
- 2 Tbsp apple cider vinegar
- 2 Tbsp 0 point natural sweetener o' choice (stevia, monkfruit, truvia, swerve, etc)
- 1 Tbsp dijon mustard
- 4 Tbsp yellow mustard
- 4 Tbsp sugar free syrup (pancake syrup)
- 1 Tbsp honey
- 2 Tbsp lemon juice
- 1/4 tsp dried mustard
- 1/8 tsp ground turmeric (optional, for color)
- 1 cup fat free Greek yogurt
- 3 Tbsp light mayonnaise

Serving Info.:

Yields: 2-1/2 cups

Servings: 9

Serving Size: 1/2 cups



R D

1-1

- last checked 11/16/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 First, we're making the BBQ sauce part of the sauce. In a medium pan, heat and stir together the tomato sauce, worcestershire, garlic, onion and chili powders, black pepper, paprika, vinegar and sweetener. Mix till well combined, then turn off the heat.
- 2 Now, the Honey Mustard part. Add the dijon, yellow mustard, dried mustard, syrup, honey, lemon juice and turmeric. Whisk till combined. Then, add the yogurt and mayonnaise. Whisk till smooth and combined. Serve immediately or refrigerate to let the flavors meld.

NOTES:

- If you want to save time, mix equal parts of store bought sugar free honey mustard, sugar free bbq sauce and fat free plain Greek yogurt. Add additional sweetener, salt/pepper and apple cider vinegar, to taste. It's easier and faster, but definitely higher in points than mine.
- If you can't have dairy, you can substitute the yogurt for semi firm tofu mixed with water, to thin it to the same consistency as Greek. Check connect for my post in [#dairyfreeyogurthack](#)





Creamy Chimichurri

A Spicy Argentinian Dip with Cilantro and Parsley

Ingredients:

- 2 cups flat leaf (Italian) parsley, chopped, loosely packed
- 2 cups cilantro, chopped, loosely packed
- 3 Tbsp capers, drained
- 2-3 Tbsp red onion, finely diced
- 4 medium garlic cloves
- 1/2 tsp fresh oregano (or 1/8 tsp dried)
- 5 Tbsp red wine vinegar
- 3 Tbsp lemon juice (or lime)
- 1 tsp salt
- 1/8 to 1/4 tsp red pepper flakes, to taste
- 1/4 tsp black pepper
- 2 Tbsp 'robust' olive oil (see notes)
- 8 second spray, olive oil cooking spray
- 1-1/4 cups plain fat free Greek yogurt
- 1/4 cup water (or more) to thin the dip

Directions:

1. Place all of the ingredients, except for the Greek yogurt, into a food processor. Spray the olive oil cooking spray the processor as well.
2. Pulse the mixture until ingredients are roughly chopped
3. Add the Greek yogurt, then process again till yogurt is well distributed amongst the ingredients. Don't overly process it, you don't want a puree. A little texture is good.

Servings:

Yield: 2-1/4 cups

Servings: 9

Serving Size: 1/4 cup



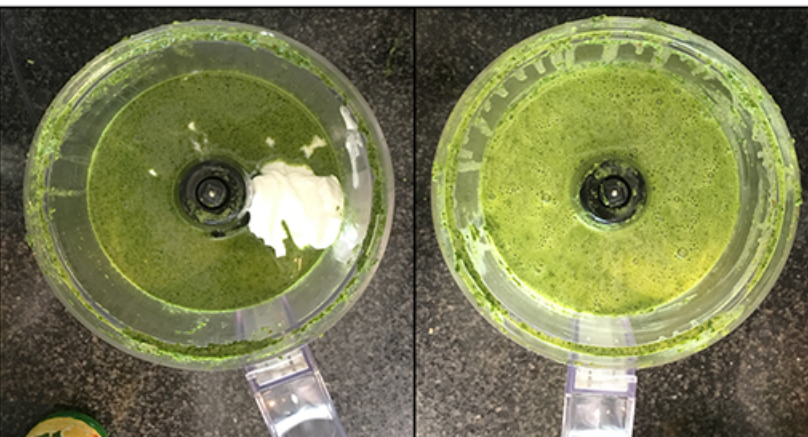
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Chimichurri is one of those sauces that once you have it, you'll never forget it. Think of it like an Italian Pesto. A Pesto that left its family and ran away to South America to join a violent street gang. Where Pesto is loaded with tons of fresh basil and parmesan, chimichurri is loaded with cilantro, parsley, lemon juice, vinegar and a good amount of heat from red pepper flakes. I'm making it a low point dip by stretching out the servings with the addition of Greek yogurt. This makes it have more volume, a creamier taste, drastically reduces the amount of oil in it, and helps curb some of the red pepper kick. Enjoy, Gringos!

NOTES:

- I'd recommend starting with 1/8 tsp of red pepper flakes, then adding more if you'd like more kick.
- Because my recipe uses such a small amount of olive oil, I'd suggest buying regular olive oil, that says 'robust,' 'extra flavorful,' or an equivalent phrase denoting a strong flavor.
- Chimichurri Sauce/Dip is AWESOME on grilled meats and vegetables. It enhances the flavor of most any savory dish that you put it on and adds a bright, citrusy, herby, tangy punch.
- Remember, this is Pesto's tough cousin who went to live abroad. Treat it accordingly. Avoid eye contact.





Cocktail Sauce

Sweet, Savory, Tangy, a Little Spicy... I Finally love Cocktail Sauce

I'll preface this recipe by stating, as fact, that I have HATED cocktail sauce for most of my adult life. I've just never really liked the store bought, jarred goop. A while back, a friend mentioned that she'd like me to look into low point cocktail sauce. I blew it off, because I hate cocktail sauce and I'd have to taste my batch. A few days ago, I looked into it, because I wanted to try making ketchup, then saw that a lot of simple cocktail sauce recipes call for ketchup, so BOOM... 2 dips for 1. When I finally tasted this, I completely and utterly am in love now. It is amazing, absolutely awesome and I'd use it as sunscreen if it offered any SPF rating.

Ingredients:

- 2-1/4 cup batch of my Ketchup, recipe on pg. 22
- 3 Tbsp store bought "prepared" horseradish sauce (scan it, you want 3 Tbsp for 0 points)
- 1 tsp black pepper
- 1 Tbsp lemon juice, to taste
- 1/2 tsp hot sauce of choice, or more to taste

Serving Info.:

Yields: 2-1/2 cups

Servings: 10

Serving Size: 1/4 cup



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Directions:

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined.
- 2 Done.

Notes:

- Scan the various jars of 'prepared horseradish' at the grocery store. Some have additives and are higher in points than others. Make sure to get a jar that's 0 points for 3 Tbsp. If not... adjust your points, or use a 0 point amount.
- Add more hot sauce if desired. Most all recipes call for Tabasco sauce, however, my wife's Latina, so we have Cholula and Tapatio in this house. lol
- You CAN use other brands of sugar free, low point Ketchups as a base for this cocktail sauce, however... I know I'm biased when I say this... the depth of flavor will be nowhere near what it would be using mine. *pats himself on the back* ...Just sayin.
- This dip/sauce is typically only really served with seafood, but I'm sure you can look online to find other applications for it.





French Onion Dip

Using the Flux Capacitor to bring a 50's classic into the 21st century.

This dip was a direct result of going to a get-together, potluck kinda thing yesterday. My wife made one of the onion dip packets from the store, along with regular sour cream. The amount of points and calories in that blew my freaking mind, soooo... here we are. This recipe calls for caramelizing diced sweet onions with beef broth and seasonings, then mixing them together with fat free Greek yogurt and just a touch of light mayonnaise for creaminess. You won't want to buy those high calorie, high point, store bought dried packets again.

Ingredients:

- 3 cups Vidalia onions, diced (sweet yellow onions)
- 0 point butter flavored cooking spray
- 1 medium garlic clove, minced
- 1/2 cup beef broth, fat free
- 1 Tbsp white vinegar
- 1 tsp salt
- 1/4 tsp black pepper (use white pepper if ya want)
- 2 tsp onion powder
- 2-1/2 tsp paprika
- 1-1/2 cups plain fat free Greek yogurt
- 2-1/2 Tbsp light mayonnaise (2 Tbsp PLUS 1-1/2 tsp)

Serving Info.:

Yields: 2 cups
Serving Size: 1/4 cup
Servings: 8



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Directions:

- 1 Cook the onions and garlic in a large pan over medium heat, covered, for 10 minutes. Coat with butter flavored cooking spray, but keep it at 0 points worth. Stir the onions occasionally, to ensure that they don't burn. You want them to be softened, like the 2nd picture.
- 2 Add the beef broth, vinegar, salt, pepper and onion powder and paprika. Lower the heat to medium-low and cook, uncovered, for 7-8 minutes. You want almost all of the liquid to evaporate.
- 3 Remove the caramelized onions from the heat and allow them to cool. Once cooled, add them to a bowl with the yogurt and mayo, then whisk to combine. Season with additional salt and pepper if required. Done.

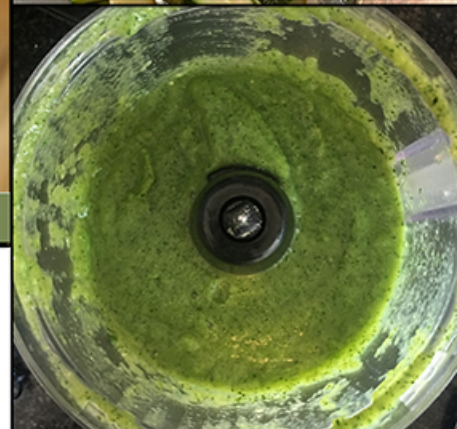
Note:

- Most recipes for french onion dip call for white pepper. I personally don't care if you see little black flecks of pepper in a dip or sauce, but that's because I like pepper. Feel free to buy white pepper if you want. I'm on a budget, so until they start carrying white pepper at the 99 cent store, black's good enough lol.
- If you'd like a smokier flavor to your dip, you can add 1/2 tsp of smoked paprika, it'll give an additional little reddish tint to your dip and add a slight smokiness.
- Have a beef with France and don't want to make this dip because of 'mmmmURICA!? Well, just call it Freedom Onion dip. It'll go great with your Freedom Fries, apple pie and sweet tea.



¡Gringo Guacamole!

Awesome, Lower Fat & Calorie Guacamole... Cut With Oven Roasted Zucchini



Regular guacamole recipes are a dime a dozen online and nearly every single one looks the exact same. They all have one thing in common: They are all extremely high in points. A friend of mine, who works at a Mexican restaurant, told me that when Avocado prices get really high, they cut their guacamole with some roasted, pureed zucchini. He said it's so good "The Gringos can't tell the difference!". So, I pulled up the food network's highest rated Guacamole recipe and started hacking it down. The end result is so good, even my wife's family, from Jalisco likes it.

Ingredients:

- 15oz zucchini (around 3 medium) rough chopped
- 1 tsp salt
- 3/4 tsp cumin
- 2-3 garlic cloves (to taste)
- 3/4 cup finely diced onion
- 3/4 cup roma tomatoes, seeds removed, diced
- 15oz avocado flesh (around 3 medium)
- 2 Tbsp lime juice
- 1/4 cup fresh cilantro, finely chopped

Serving Info.:

Yields: 5-1/2 cups
Serving Size: 1/4 cup
Servings: 22



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Directions:

- 1 Preheat your oven to 375 degrees and line a baking pan with foil. Lightly spray the pan with cooking spray, then set aside.
- 2 Quarter and slice the zucchini into 1/4 wedges, spray with cooking spray, then roast for 18 minutes at 375 degrees. Do not season the zucchini. Remove from oven and place into a food processor with the salt, cumin and garlic. Process until smooth, set aside.
- 3 Slice and remove the seeds from your tomato, then dice the tomato and onion. Set aside.
- 4 Scoop the flesh out of your avocado skins and place into a medium mixing bowl. Use a potato masher (or a large fork) to mash the avocado, while keeping them chunky.
- 5 Mix the tomatoes, onions, lime juice and cilantro into the avocado, till well combined.
- 6 Pour the zucchini puree into the avocado mash and mix. Cover with plastic wrap and store in the fridge for 1 hour, allowing the flavors to meld.
- 7 Remove from the fridge, taste, and add more salt, pepper, cumin, lime juice or cilantro, if needed.

Note:

- This recipe makes a good amount of Guacamole, feel free to halve the recipe if desired. Most of my dips are made in a quantity that would allow them to be used for a party.
- This Guacamole is slightly creamier than regular Guacamole, due to the zucchini puree. It thickens slightly as it sets in the fridge.



Herbed Goat Cheese Spread

A Healthy Mix of Cheese, Strained Yogurt and Fresh Herbs

This EXTREMELY versatile mixture can be customized to use pretty much any cheese or herb mixture that you'd like. By straining greek yogurt overnight, we force liquid out of it, which makes the yogurt more dense, ultimately making it take on the texture of cream cheese. By mixing our "cream cheese" with herbs and a nominal amount of real cheese, we can make an awesome, creamy and delicious spread with a fraction of the fat and calories of 'Boursin'.

Ingredients:

- 34 oz container, nonfat plain Greek yogurt (I'd recommend using Fage or Chobani brands)
- 1 medium garlic clove, chopped
- 1 tsp salt
- 3/4 cup fresh parsley, chopped
- 1/4 cup fresh chives, chopped
- 1/2 tsp lemon zest, minced
- 4 oz goat cheese (or 12 points of ANY cheese)

Serving Info.:

Yields: 3-1/4 cups
Serving Size: 1/4 cup
Servings: 13



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Directions:

- 1 Strain greek yogurt (I HIGHLY recommend using FAGE brand for this) for a minimum of 12 hours, as directed in the "Cream Cheese Hack" recipe, in the Foundations section of **"Cookbook: Volume 1"**. The longer you strain the mixture the better. At 20 hours, my yogurt had removed 3/4 cup of liquid.
- 2 Add the strained Greek yogurt, garlic, salt, parsley, chives, lemon zest and goat cheese to a food processor. Process until well combined. Garnish with additional fresh chives or other herbs.
- 3 If you'd like to serve it as shown in the bottom left of the page... line a ramekin with plastic wrap and scoop some of the cheese mixture in, filling up the ramekin. Cover with more plastic wrap and place in the freezer for 15-20 minutes. Remove from the freezer, place the ramekin upside down onto a serving platter, then remove the ramekin and plastic wrap. Top with fresh herbs (I used finely diced chives) or any other toppings of your choosing. Done.

Notes:

- Don't like goat cheese? Not a problem. Use up to 12 points of ANY type of cheese that you want. Baby Bell, reduced fat cheddar, toss in some sundried tomatoes (not in oil), shallots, experiment and play around with this. It's highly, highly, highly customizable. Just use mine as a template. I made mine to imitate (closely) Boursin cheese spread.
- Mix the strained cream cheese with a bunch of chopped green onions, cooked, drained and cooled taco meat, then form it into a big ball wrapped in plastic wrap and let it sit in the fridge. When it firms up, roll it in a bunch of chopped up fat free cheddar cheese for a great taco cheese ball. Think outside the box. Play around with seasonings and fillings.





Hummus

My healthier version of on an internationally beloved dip

Traditionally, Hummus is made with garbanzo beans, garlic, lemon juice, tahini (crushed sesame seed paste), and lots and lots and loooooooots of extra virgin olive oil. It's usually so high in points and calories that the popular skinny cooking sites, and even the manufacturers, have their serving sizes at a mere 2 tablespoons. Anyone who has ever had hummus knows... 2 Tablespoons is NOT a realistic serving size. I also decided to add a couple of suggestions for how you can easily modify the standard recipe, to make a few popular variations.

CLASSIC HUMMUS

YIELDS: 4 cups

Servings: 16

Serving Size: 1/4 cup



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Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of actual chickpeas.
- 2 Tbsp tahini (sesame paste)
- 1/4 cup lemon juice
- 4-5 fresh garlic cloves (to taste)
- 1/3 cup reserved garbanzo bean juice
- 2 Tbsp water (or more, if you want it thinner)
- 1/3 cup fat free yogurt (or greek)
- 1 tsp olive oil (get one that says 'robust' or 'bold' flavor)
- 2 tsp ground cumin
- 3/4 tsp salt
- 1/4 tsp sesame oil (adds a nice pop of nuttiness, making up for the lack of additional Tahini)

Directions:

- 1 Drain the garbanzo beans, reserve the liquid, and rinse off the beans.
- 2 Add the garbanzo beans, tahini, lemon juice, garlic, garbanzo bean juice, water, yogurt, oils, cumin, and salt to a large blender or food processor and process until pureed and smooth.
- 3 If the mixture is too thick, add more water into the food processor, 1 Tablespoon at a time, until it takes on a very smooth, creamy and easily spreadable consistency.
- 4 Garnish with a dusting of paprika and minced parsley. Spray the top of the hummus with a quick touch of olive oil cooking spray.

FLAVORED HUMMUS

You can make a wide range of flavored Hummus, by simply adding a few extra ingredients into the food processor. Here's a small list of ideas.

Roasted Red Pepper Hummus: (add the following)

- 1 or 2 roasted red peppers (peel off the skin)
- 2 tsp regular or smoked paprika

Southwest Hummus: (add the following)

- 2 canned chipotle peppers in adobo sauce
- 1/2 tsp chili powder
- (optional) replace the lemon juice with lime juice

Sun Dried Tomato & Basil Hummus: (add the following)

- 1/2 cup (or more) sundried tomatoes, rinse off the oil.
- 1/4 cup chopped fresh basil

Black Bean Hummus: (add the following)

- Use the liquid from the garbanzo bean can, like normal, but...
- Instead of using actual garbanzo beans, use rinsed black beans.
- Yes... open a can of garbanzo beans, save the juice and set the garbanzo beans aside for something else. No whining, just do it!

Pumpkin Hummus: (add the following)

- Replace one of the 15oz cans of garbanzo beans, with a 15oz can of pumpkin puree.

Pesto Hummus: (add the following)

- 1/2 cup fresh basil
- 1 cup fresh chopped spinach
- 1 Tbsp kraft reduced fat parmesan topping



Ketchup... Of... Awesomeness

Fast, DELICIOUS, No Sugar Added, with 10x the flavor of the Store Bought Goop



Alright, let me get this out of the way in the first sentence, YES... I am fully aware that G. Hughes has sugar free condiments! But, realize that not everyone has it at their stores and HOMEMADE sauce beats bottled sauce. This baby has depth of flavor that most store bought, bottled ketchups have naughty dreams about. It's like comparing the flavor of powdered lemonade in a tin jar to grandma's homemade lemonade. This also was a must-make for me, because I needed it for my low point cocktail sauce.

Ingredients:

- 1-3/4 cup tomato sauce (scan to ensure 0 points)
- 1/4 cup tomato paste
- 2 Tbsp apple cider vinegar
- 2 tsp worcestershire sauce
- 1/2 tsp salt
- 1/8 tsp black pepper
- 2-1/2 Tbsp 0 point sweetener of choice (Stevia, Monkfruit, Truvia, Swerve, etc)
- 1/2 tsp dry mustard
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp celery salt
- additional water, if needed to thin ketchup

Serving Info.:

Yields: 2-1/2 cups
Servings: 10
Serving Size: 1/4 cup



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Directions:

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined. Done.
- 2 Take 10 minutes to ponder the fact that I actually have a recipe with only 1 real step. Then let it dawn on you that I'm only mentioning this as #2 so that I can have a #2 in the directions.
- 3 See #2, then go ahead and glare at my picture on the back cover.

Notes:

- You can use 1 Tbsp of regular sugar if you wish, it will still be a VERY low point ketchup, but adjust your points accordingly.
- If you are on a sodium restrictive diet, you can leave out the salt, celery salt, and worcestershire sauce, though it WILL make the sauce sweeter. You can counter that by adding some more savory seasonings. Try using 'no added salt' tomato sauce and paste, as well as adding more onion powder instead of celery salt. Heck... you can even add some savory dried/ground mushroom powder, for a big Umami 1-2 punch.



Mango Salsa



Pico De Gallo

Two ways to make delicious, healthy salsa. Sweet & fruity, or more traditional

To a lot of you, making salsa might be seen as something extremely simple. However, there are a ton of folks out there who don't have years of cooking experience and are still building their confidence in the kitchen. So, I wanted to include 2 basic 'salsa' recipes, which can be customized to your own tastes. First, is Mango Salsa. It's goes great with seafood, chicken, in fish tacos, or as a dip. Don't like mango? Swap it with pineapple or even strawberries. Then, there's basic pico de gallo. My version has finely diced ingredients, though you can cut your tomatoes and onions larger, if you prefer a chunkier dip.

Simple Mango Salsa

YIELDS: 3-1/2 cups

Servings: 7

Serving Size: 1/2 cup



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Ingredients:

- 2 cups fresh mango, peeled and diced
- 1 cup red bell pepper, diced
- 1/2 cup red onion, diced
- 1 small jalapeno pepper, seeded and minced (**USE GLOVES**)
- 1/4 cup fresh cilantro, finely chopped, loosely packed
- 3 Tbsp lime juice
- 3/4 tsp oil (vegetable or canola, NOT olive oil)
- 1/8 tsp salt
- 1/2 tsp 0 point sugar replacement o' choice (such as lakanto monkfruit 'classic', stevia, etc.)

Directions:

- 1 Prep/Dice all of the vegetables as directed, remember to use gloves while handling the jalapeno.
- 2 Mix all ingredients together in a bowl, cover and set aside in the fridge for at least 1 hour. Done.

NOTES:

- If you don't want to deal with a whole jalapeno pepper, buy some canned, diced green chilis. 2 Tbsp will work fine, however, if you use canned chilis, press some of the canned juice out of them, by pressing the diced chilis between paper towels.
- You can swap the mango for fresh diced pineapple, for a more tropical, sweeter salsa with a bit of natural tartness. IF you do make pineapple salsa, don't add the recipe's final 1/2 tsp of sugar replacement. It'd make the salsa waaaay too sweet.

Easy Pico De Gallo

YIELDS: 4 cups

Servings: 8

Serving Size: 1/2 cup



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Ingredients:

- 1 cup white onion, finely diced
- 1 small jalapeno pepper, seeds removed, finely chopped (use gloves when handling the pepper!)
- 3 Tbsp lime juice
- 1/2 tsp salt (you can use more or less, to taste)
- 1-1/2 pounds roma tomatoes, finely diced (try to pick veeeery red tomatoes)
- 1/2 cup fresh cilantro, finely chopped, loosely packed

Directions:

- 1 First, finely dice the onions and seeded jalapeno. Add them to a mixing bowl with the lime juice. Let them sit and rest, while you prep the tomatoes.
- 2 Finely dice all of the tomatoes (throw away the tough stem part) and add it to the bowl with the onions & jalapeno.
- 3 Finely chop the cilantro, then add it, with the salt, into the tomatoes, onion, jalapeno and lime juice. Cover and set aside.

NOTES:

- Feel free to leave out the jalapeno if you don't like spicy food. Or, if you're feelin' lazy, skip the jalapeno and add a couple dashes of hot sauce instead.
- For best results, set your pico de gallo in the fridge, covered, for at least 1 hour.
- You don't have to use roma tomatoes. You can use regular ones, but make sure to buy deep red ones, and remove the seeds.



Red Onion Bacon Jam

To Quote a Famous TV Chef... It's So Good You Can Spread It On A Flip Flop

Red Onion Bacon Jam is one of those things I'd always heard about on Diners, Drive Ins & Dives, but never had a chance to try before I needed to make it for 'Cookbook 3'. If you've never had it, it's pretty much a sweet, salty, savory and smoky spread, similar in texture to a marmalade, made with chopped up bacon, caramelized red onions, vinegar and sugar. To lighten mine, I use 0 calorie brown sugar substitute and 'center cut' bacon, instead of full fat, regular bacon.

Serving Size:

Yields: 1-3/4 cups

Servings: 7

Serving Size: 1/4 cup



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Ingredients:

- 7 slices 'center cut' bacon. cooked to crispy, then patted dry.
- 3-1/2 to 4 cups red onion, thin sliced
- 1-1/2 cups fat free beef broth
- 2 Tbsp apple cider vinegar
- 1-1/2 tsp balsamic vinegar
- 1-1/2 Tbsp sugar free pancake syrup (maple flavored)
- 1/2 tsp cocoa powder
- 2 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp 0 calorie 'brown sugar replacement' (see notes)

Directions:

- 1 Cook all of the bacon in a pan, with cooking spray, till crisp. Remove from pan, pat dry with paper towels to remove excess grease, then chop into small pieces. Set aside.
- 2 Wipe the excess grease from the pan (it's a 'points' thing), spray the pan with cooking spray again, then add the sliced red onions, half of the beef broth (3/4 cup), as well as the apple cider vinegar, salt, pepper and brown sugar replacement. Bring to a simmer over medium heat, then cover with a lid and cook for 15 minutes.
- 3 After 15 minutes, add the remaining 3/4 cup broth, smoked paprika, cocoa powder, balsamic vinegar, sugar free syrup, and chopped bacon. Cover and simmer on medium-low heat for another 15-20 minutes, or until most all of the liquid is gone and it resembles a thick jam/marmalade. Cool to room temperature.

Notes:

- Center Cut Bacon is lower in points and calories than traditional bacon, because it's a leaner cut. Most all brands are 1 point per slice, cooked, with the oil removed. My recipe uses 7 total points of bacon. Feel free to use turkey bacon if you want.
- Sweetener: If you don't have 0 point brown sugar substitute, use regular 0 calorie sugar replacement (granulated splenda, monkfruit, etc), then add 1/4 tsp molasses into the pan.



Roasted Red Pepper & Balsamic

A Sweet Red Pepper Sauce with a touch of Balsamic Vinegar & Basil

This sweet and savory dip is a nice change of pace from dairy based spreads. The natural sweetness of the red peppers, along with the tiny bits of burnt char, savoriness of the roasted red onion and the sharpness of the garlic, makes this a versatile condiment. Use it as a spread in sandwiches, or as a dip for your favorite veggies or appetizers.

Ingredients:

- 4 large red bell peppers, sliced into large pieces, seeds removed. (around 2 lbs)
- 1 medium red onion, sliced into 2 halves
- 3 medium garlic cloves
- 1 tsp dried basil (or 1 Tbsp fresh, finely chopped)
- 1 Tbsp + 2 tsp balsamic vinegar
- 1 Tbsp water
- 2 tsp paprika
- 2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup plain fat free Greek yogurt
- 1/8 to 1/4 tsp red pepper flakes, to taste

Serving Info.:

Yields: 2 cups
Serving Size: 1/4 cup
Servings: 8



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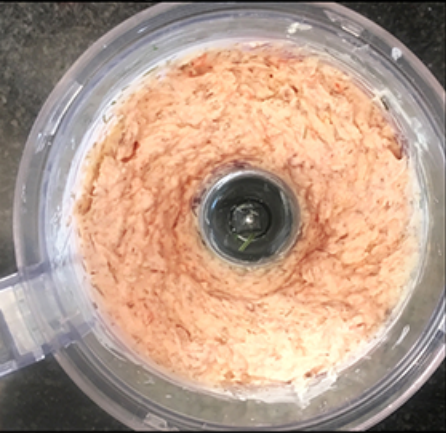
Directions:

- 1 Place one of your oven racks to the 2nd position from the top. Turn on your Broiler.
- 2 Line a large baking pan with aluminum foil, coat with olive oil cooking spray.
- 3 Place the sliced red onion and peppers on the pan. Place both of the garlic cloves under a chunk of bell pepper, covering them like a red vegetarian blanket.
- 4 Coat the vegetables with cooking spray. Broil for 8 minutes, then rotate the pan. Cook for an additional 5-8 minutes or until the peppers are charred. Remove from the oven.
- 5 Place ALL of the ingredients into a food processor, and run on high speed, until the puree is broken down and smooth. Thin with additional water if desired.
- 6 Season with additional salt, pepper, or red pepper flakes, to taste.

Note:

- If you'd prefer to not use your oven's broiler, you can roast the vegetables at 425 degrees for 35-45 minutes, until charred. You can also grill the onions, peppers, and wrap the garlic in a few layers of foil, with some olive oil cooking spray. Place them on the grill also.
- If you're on the Diabetic plan, you can get your first serving to 0 points by replacing the 1/4 cup of greek yogurt (1 point), with 2-1/2 Tbsp greek yogurt mixed with 1-1/2 Tbsp water.
- I keep the skin on the peppers, because I like the little flecks of black and the smokiness.





Smoked Salmon

Amazing, Creamy, Slightly Chunky, but Definitely Awesome

This recipe is a heavily modified combination of the recipe from 2 different chefs, both ridiculously famous. I decided to meld their two recipes into a Terminator 1000 dip of smoked salmon destruction. I then tweaked it with my own diabolical point-cutting shenanigans.

Ingredients:

- 8oz smoked salmon, diced into chunks
- 1-1/2 cups plain fat free Greek yogurt, strained overnight (at least 12 hours).
- 1/4 cup light mayonnaise (*GASP!!!*)
- 1-1/2 tsp prepared horseradish sauce
- 2 Tbsp lemon juice
- 2 Tbsp water
- 1/4 cup diced red onion
- 2 tsp paprika
- 2 tsp smoked paprika
- 2 Tbsp finely chopped fresh dill
- 2 Tbsp finely chopped fresh chives
- 1/4 cup diced celery
- 1 tsp worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 to 1/2 tsp hot sauce, to taste (optional)

Serving Info.:

Yields: 3 cups
Serving Size: 1/4 cup
Servings: 12



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Directions:

- 1 The night before you plan to make this, put the 32oz of fat free Greek yogurt into a colander lined with cheesecloth or paper coffee filters. Cover with plastic wrap and let it sit in the fridge, overnight.
- 2 Heat the red onions, lemon juice, water, paprika and smoked paprika in a small pot. Bring to a low simmer for 1 minute, then remove from heat. Pour the mixture into tupperware and let sit in the fridge for 2-3 hours. The hot vinegar will turn the onions a vibrant red.
- 3 Rinse the onions under cold water to remove the vinegar from them, strain, then pat dry with a paper towel. Set aside.
- 4 Place the Greek yogurt, mayo, horseradish, red onions, dill, chives, celery, worcestershire, salt, pepper and hot sauce into a food processor. Add half of chopped the smoked salmon, then process until broken down and well combined.
- 5 Add the remaining diced smoked salmon into the processor. Pulse the food processor a few times to break down the salmon, but leaving chunks. Cover, put into the fridge and let rest for 1 hour. Taste, add more salt, pepper and hot sauce, if desired.

Note:

- For a chunkier texture, add the celery to the food processor in step 5, rather than in step 4.

Sweet & Sour, Thai Sweet Chili

Two Delicious Variations of one Asian Culinary Classic

This recipe takes a traditional asian sweet and sour sauce and gives you two different dips. One is the standard sweet and sour (pictured above, middle), but then I realized that with just the addition of a few ingredients, it can be turned into a Thai Sweet Chili sauce (top left picture).

Ingredients:

- 1-1/8 cup water (1 cup, plus 2 Tbsp)
- 1 cup rice vinegar
- 1 cup 0 point sweetener/sugar substitute (stevia, monkfruit, truvia, swerve, etc)
- 2 Tbsp no sugar added ketchup
- 1 Tbsp garlic, minced
- 1 Tbsp fresh ginger root, minced
- 2-1/2 Tbsp cornstarch

Thai Sweet Chili Sauce Variation:

- only use 1 cup water, NOT 1-1/8 cup
- add 1-1/2 Tbsp low sodium soy sauce
- add 2 Tbsp sugar free peach preserve/jelly/jam
- add 2 to 3 tsp crushed red pepper flakes, to taste

Directions: (base sauce directions)

- 1 Place the water, vinegar, sweetener, ketchup, garlic, ginger and cornstarch into a small pot (around 1.5 quarts), whisk until everything is well combined and the cornstarch is dissolved.
- 2 Bring the mixture up to a rolling boil and allow to cook for 5-7 minutes, stirring occasionally. Continue until the sauce has the thickness of warm maple syrup. Remove from heat, set aside. Allow the sauce to cool to room temperature. Come back and stir the sauce occasionally, while cooling, so that it doesn't develop a slightly thick layer on top. Done.
- 3 To make the Thai Sweet Chili variation, perform the listed changes to step 1. Reduce the water, as stated, while adding soy sauce, peach preserves and red pepper flakes to the recipe.

Note:

- Rice vinegar is not with the "normal" vinegars, at the grocery store. It's found in the aisle with the Asian foods, usually near the soy sauce, sesame oil, teriyaki sauce... stuff like that. However, if you don't want to spend the extra \$\$, use regular distilled white vinegar. It won't taste exactly the same, but it's still very good. Also, make sure to get 'unseasoned' rice vinegar.
- For the spicier Thai Chili Sauce version, I'd recommend starting off with only 2 tsp crushed red pepper flakes, then adding the extra teaspoon, if you want it hotter. I made mine with 3 teaspoons and my face was melting, like the guy at the end of Indiana Jones.

Serving Info.:

Yields: 2 cups
Serving Size: 1/4 cup
Servings: 8



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Sweet & Sour



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Thai Sweet Chili

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Tartar Sauce

A Deliciously Simple Dip & Sauce, Made Healthy With Ingredient Swaps



Ok, as ALL OF YOU KNOW, from Connect... for the longest time, I have been a huge advocate for swapping out mayo in pretty much everything with Greek yogurt... because I'm the Ebenezer Scrooge of points. I made my tartar sauce with Greek yogurt for months, but never really loved it. So... I bit the bullet and swapped a little of the Greek for some low fat mayo. I DO acknowledge now, that in very few (to me anyways) instances, there are some dips or dishes that just haaaaave to have a touch of mayo, tartar sauce is one of them. I've purposely tried to keep my recipe as 'lean' and low fat as possible though, to allow you wiggle room to customize it for your own tastes.

Ingredients:

- 1-1/2 cups fat free Greek yogurt
- 1 Tbsp PLUS 2 tsp light mayonnaise
- 1/4 cup dill pickle relish
- 1/4 cup onion, finely diced
- 1/2 to 1 tsp sweetener of choice, to taste.
(stevia, splenda, truvia, monkfruit, swerve, etc.)
- 1 Tbsp fresh dill, finely chopped
- 1/4 to 1/2 tsp salt, to taste
- 1/4 tsp pepper
- 2 tsp lemon juice
- 2 tsp worcestershire sauce
- 2 to 3 tsp water, if needed, to thin sauce
- 1/4 tsp hot sauce (optional)

Serving Info.:

Yields: 2 cups

Servings: 8

Serving Size: 1/4 cup



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Directions:

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined. Done.
- 2 Taste, season with additional salt and pepper, if desired. You can also add additional water, 1 tsp at a time, if you'd like to thin the sauce a little bit.

Notes:

- None of the grocery stores around me have Sugar Free sweet relish, which is why I made my tartar sauce with dill relish and sweetener. You lucky east coasters... with your snazzy Kroger stores. *grumbles*
- The flavor of this tartar sauce develops more as it rests in the fridge. However, don't be shy about adding more seasoning to it, if desired.
- I used 0 point sweetener instead of real sugar... because, well, it's my recipe... so pffft. Feel free to use real sugar if you'd like, but adjust the points.



Thai Peanut Sauce

Powdered Peanut Butter, Low Fat Coconut Milk and Red Curry Paste

This dip is my low nearly fat free, low calorie take on an Asian classic. Anyone who has ever gone out for Thai food knows what I'm talkin' about with this dip. It's a very traditional dip/sauce, that's a luxuriously thick and creamy dip, made with loads of peanut butter, ultra fatty coconut milk, red curry and other assorted Asian awesomeness. My version uses powdered peanut butter, low calorie coconut almond or soy milk, combined with additional coconut extract.

Ingredients:

- 1-1/2 cup water
- 1 tsp asian chili sauce (like sriracha)
- 1 tsp asian "fish sauce"
- 1 Tbsp reduced sodium soy sauce
- 2 tsp lime juice
- 1/4 to 1/2 tsp red curry paste, to taste (optional)
- 10 Tbsp Powdered Peanut Butter (*that's 1/2 cup + 2 Tbsp*)
- 1/2 cup Almond/Cashew Milk, or low point 'Coconut Beverage', unsweetened... such as: *"So Delicious!" coconut beverage, or "Silk" Almond/Coconut Milk blend.*
- 3 Tbsp 0 point natural sweetener of choice (*stevia, truvia, monkfruit, etc.*)
- 2 Tbsp PLUS 1 tsp cornstarch (dissolve with 2 Tbsp water)
- 1/4 tsp salt
- (optional) 1/4 tsp coconut extract (can be found in the baking aisle, by the vanilla extract)
- 3 peanuts, crushed as garnish (yes.... just 3 single peanuts)

Serving Info.:

Yields: 2 cups
Servings: 8
Serving Size: 1/4 cups



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Directions:

1. Combine the water, chili sauce, fish sauce, soy sauce, lime juice, curry paste, and coconut extract in a medium sized pot. Stir to combine and begin heating over medium heat.
2. In a separate mixing bowl, whisk together the powdered peanut butter, coconut milk beverage, sweetener, salt and dissolved cornstarch. Then pour into the pot with the curry water. Heat to a simmer, stirring continuously, until the sauce comes to a low boil. It will begin to thicken rapidly, so lower the heat slightly and continue stirring for 3-4 minutes.
3. Remove from heat and pour the mixture into a large bowl or dish to cool for 20 minutes. It will thicken as it cools. But don't ignore it. It will start to develop a firm film on top as it cools, so...
4. Stir the mixture **EVERY 5 MINUTES** to avoid having the top of the dip become a thick solid film. Stirring it every 5 minutes will break up that top film and have it melt back into the hot dip. After doing this 4 times, the top no longer develops that layer. That's just the cornstarch trying to continue thickening and meeting the cool air. It stops after you stir it a few times.
5. Crush the 3 peanuts in a plastic baggy, then sprinkle on top of the sauce as garnish, once plated.

Note: If you cannot find "So Delicious" or "Silk" brand coconut beverage, most grocery stores carry Coconut ALMOND MILK blends, near the almond milk. Use whatever type you can find, as long as it scans for no more than 2 points per cup.



Apple Vinaigrette

A light, sweet, crisp and creamy vinaigrette, which gets its zing from 2 types of vinegar. It's bold, yet sweet flavor comes from applesauce, syrup, garlic, dijon mustard & coarse ground black pepper. Of all my salad dressings, this is my Wife's favorite.

Serving Info.:

Yield: 2 cups
Serving Size: 1/4
Servings: 8



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Ingredients:

- 1/4 cup apple cider vinegar
- 1/4 cup white wine vinegar
- 1 Tbsp dijon mustard
- 1/8 tsp garlic powder
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 2 Tbsp 0 calorie 1-to-1 sugar replacement of choice.
(I used Lakanto monkfruit classic)
- 1/2 cup plain fat free Greek Yogurt
- 3/4 cup unsweetened applesauce
- 3/4 tsp salt
- 1/4 tsp coarse ground black pepper

Directions:

- 1 Whisk everything together in a bowl, till well combined.
- 2 Cover and let set in the fridge for 30 minutes, for the flavors to meld.

Blue Cheese 'Roquefort'

This was a special request from my WW friends in Elizabethtown, Kentucky. This blue cheese dressing is creamy, delicious, and ultra pungent... Have breath mints handy, especially if making this for a first date.

Serving Info.:

Yield: 2 cups
Serving Size: 1/4 cup
Servings: 8



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Ingredients:

- 1-1/4 cup fat free plain Greek Yogurt
- 6 Tbsp water
- 1-1/2 Tbsp white wine vinegar (or regular white vinegar)
- 1 medium garlic clove, crushed, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 65-71 grams Blue Cheese. (7-8 Tbsp) You're aiming for 11 points of cheese, whether regular or reduced fat.

Directions:

- 1 Break apart/lightly chop the larger chunks of cheese, into smaller bits. Mix everything together in a bowl, using a whisk, till well combined.
- 2 Let rest, in the fridge, for at least 1 hour.
- 3 Invest in a strong mouthwash

Carrot Ginger

This dressing is my low calorie, creamier version of Benihana's Sesame Carrot & Ginger salad dressing. Domo arigato, Mrs. Roboto.

Serving Info.:

Yield: 2 cups
Serving Size: 1/4 cup
Servings: 8



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Ingredients:

- 1/4 cup water
- 1/2 lb bagged shredded carrots, chopped
- 2 Tbsp fresh ginger root, peeled, minced
- 1/4 cup shallots, peeled and diced
- 1/3 cup rice vinegar (asian food section at the store)
- 5-6 Tbsp low sodium soy sauce, to taste
- 1 Tbsp sesame oil (asian food section at the store)
- 1/4 tsp salt (or more, to taste)
- 1/2 cup plain fat free Greek yogurt

Directions:

- 1 Use an immersion or regular blender to process the shredded and chopped carrots, shallots, ginger, vinegar, water, soy sauce, sesame oil and salt until mostly smooth. NOT pureed. You want to retain some 'bits' of carrots and ginger, for texture. We aren't making a smoothie, folks.
- 2 Stir in the Greek yogurt, till well combined. Allow to set in the fridge for 1 hour.

Catalina

Catalina is a sweet, tangy, tomato based dressing. It's creamy, has a slight pepperiness to it and is a great dressing for folks who like sweet & savory salad dressings.

Serving Info.:

Yield: 2-1/4 cups
Serving Size: 1/4 cup
Servings: 9



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Ingredients:

- 3/4 cup plain fat free Greek yogurt
- 1/2 cup canned tomato sauce (the 0 point stuff)
- 3-1/2 Tbsp red wine vinegar
- 2 tsp paprika, stirred into the vinegar, till dissolved
- 1/2 cup onion, finely diced, then chopped/minced
- 1/2 tsp onion powder
- 2 tsp worcestershire sauce
- 1 tsp light mayonnaise
- 1/4 cup sweetener of choice (swerve, monkfruit, stevia, etc)
- 1/2 tsp salt
- 1/4 tsp pepper
- additional water, to thin the dressing, if desired

Directions:

- 1 Mix all of the ingredients together, until well combined.
- 2 Allow dressing to rest, in the fridge, for 30 minutes.
- 3 Add additional water, if you feel the dressing is too thick.



Hail Caesar!

All hail Caesar, Emperor of the ultra fattening salad bar!

Traditional Caesar dressing has a ton of olive oil, whisked with raw egg yolks and anchovy, giving the real thing a pretty short self life. We're blowing both of those issues out of the water. We're cooking the egg yolks in water, that we're about to thicken to the consistency of oil. We'll still be using olive oil in the dressing, but just enough to give a taste of it. There's also a fun trick for ditching the anchovy filet entirely...Asian fish sauce.

Ingredients:

- 1 cup water
- 1 Tbsp cornstarch
- 4 large egg yolks
- 1 Tbsp olive oil (see notes)
- 3/4 cup plain fat free Greek yogurt
- 2 Tbsp lemon juice
- 1 Tbsp dijon mustard
- 2 tsp worcestershire sauce (or 1/4 tsp asian fish sauce) **see notes**
- 2 Tbsp Kraft reduced fat Parmesan topping
- 1/4 tsp pepper
- 1/2 tsp salt
- pinch of cayenne pepper

Serving Info.:

Yields: 2 cups

Servings 8

Size: 1/4 cup



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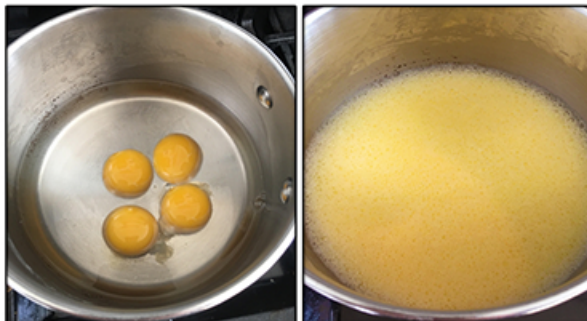
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- 2 Pour the cooked, cooled egg mixture into a tall container if using an immersion blender, or use a regular blender, to blend together the liquid, olive oil, yogurt, lemon juice, mustard, worcestershire (or fish sauce), Parmesan topping, black pepper, salt and cayenne pepper until smooth.



Directions:



- 1 In a small pot, stir together the water and cornstarch with the 4 egg yolks till mixed well. Heat on low-medium heat, till juuuuust starting to bubble, then reduce heat a little just below a simmer. Stir on low heat for 2-3 minutes. It's ok if there's some slight curdling in the liquid. Remove from heat, pour into a bowl and allow to cool to room temp. Seriously, room temp.

- 3 Pour into a container and put into the refrigerator for 1 hour before serving, letting the dressing thicken slightly.

Notes:

- **ANCHOVIES:** REAL Caesar dressing, made from scratch, at fancy restaurants, calls for using a sardine filet, which then gets all smashed up and dissolved into the sauce. I'm not going to make you buy a can of sardines, plus... yuck. So, instead, we are using some worcestershire sauce, which does contain a little bit of anchovy, not much, but it does have a little.
- **ASIAN FISH SAUCE:** Want a more authentic flavor that REAL anchovies would impart into a legit caesar salad, without having to compromise by using worcestershire sauce or mushing up dead fishies? If you have my Asian cookbook, or have ever done any Asian cooking (REAL asian cooking, not skinny blogger stir fry's) you have used "Asian Fish Sauce". You can buy it at most all major grocery stores. It is used a lot in Vietnamese, Thai and Cambodian cuisine. It is essential anchovy water and it adds a TON of savoriness to any dish you put it in. Careful though, it's stinky.

Classic Creamy Coleslaw

A simple, creamy and sweet base for coleslaws and salads. Customize it with some toasted sesame or poppy seeds. This recipe makes enough to dress a large communal bowl o' slaw.

Serving Info.:

Yield: 2/3 cup

Serving Size: 2/3 cup

Servings: entire batch



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Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 2 Tbsp water
- 2 Tbsp apple cider vinegar
- 3 Tbsp 0 point sweetener o' choice
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Mix everything together till smooth, done.

Creamy Chipotle

Whoever suggested that I try making this, you suck! You could have said, "Hey Daniel in case you didn't know, Chipotle peppers are actually smoked Jalapenos." My face is melting and I can feel the fluid in my eyes simmering because of you... Jerk!

Serving Info.:

Yield: 2-1/4 cups

Servings: (8) 1/4 cup



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Ingredients:

- 1-1/2 cups plain fat free greek yogurt
- 2-1/2 Tbsp light mayonnaise
- 1/4 cup water
- 3 Tbsp lime juice
- 2 pieces, canned chipotle peppers in adobo sauce
- 1 medium garlic clove
- 2 Tbsp fresh cilantro, finely chopped, packed
- 1/2 tsp McCormick chipotle chili pepper powder, to taste.
- 2 tsp smoked paprika
- 2 tsp paprika
- 1/4 tsp cumin
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Use either an immersion blender, or a regular blender, to blend all of the ingredients together until smooth. Cover and let set for at least 1 hour.
- If you can't find chipotle chili powder at your local grocery stores, you can use another type of smoked chili powder, such as Ancho chili powder.
 - You can find canned peppers in adobo sauce, in the Mexican food aisle of the grocery store.

Creamy Cilantro

This is my ww-ified version of the *El Pollo Loco* creamy cilantro dressing that they give you when you order a tostada. My version's loaded with cilantro, garlic, lime juice and more.

Serving Info.:

Yield: 2 cups

Servings: (8) 1/4 cup



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Ingredients:

- 2 cups fresh cilantro, finely chopped, loosely packed
- 2 medium garlic cloves, chopped
- 2-1/2 Tbsp light mayonnaise
- 1-1/2 cups fat free Greek yogurt
- 2 Tbsp lime juice
- 1/4 cup water
- 1/2 tsp salt, to taste
- 1/8 tsp black pepper
- 1 tsp 0 calorie sugar replacement o' choice

Directions:

- 1 Place all of the ingredients into a food processor and pulse until combined. Then run on high speed for around 30 seconds, till the dressing has a uniform green color.
- 2 Set aside and let rest, in the fridge, for 30 minutes.

Creamy Garlic & Onion

A delicious and savory dressing with roasted garlic and onions, blended with greek yogurt and reduced fat mayo.

Serving Info.:

Yield: 2-1/4 cups

Servings: (9) 1/4 cup



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Ingredients:

- 1 medium yellow or white onion, chopped
- 4-5 medium garlic cloves, chopped
- olive oil or butter flavored cooking spray
- 1 cup fat free Greek yogurt
- 1/2 cup fat free chicken broth, or water (divided)
- 2 tsp worcestershire sauce
- 1/4 cup white wine vinegar (or distilled white vinegar)
- 1 tsp 0 calorie sugar replacement o' choice
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 to 3/4 tsp salt, to taste
- 1/4 tsp pepper
- additional water, if desired, to thin dressing once it's set

Directions:

- 1 Sauté the onions and garlic over medium heat for 5 mins., using cooking spray. Then, add 1/4 cup of broth or water.
- 2 Cook for an additional 5 minutes, then add the rest of the broth or water. Cook 5 more minutes. Remove from heat, let cool to room temperature.
- 3 Use an immersion blender, food processor, or blender to puree all ingredients together till smooth. Done.

Creamy Greek Feta & Dill

A yummy Greek salad dressing that will have you in the mood to roast a whole lamb in your front yard, then paint your garage door like the Greek flag. Opa!

Serving Info.:

Yield: 2-1/4 cups

Servings: (9) 1/4 cup



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Ingredients:

- 1 cup fat free Greek yogurt
- 1/4 cup water
- 2-1/2 Tbsp lemon juice
- 1 tsp light mayonnaise
- 2 medium garlic cloves, crushed, chopped
- 1/4 cup cucumber, peeled and finely diced/chopped
- 1/2 cup reduced fat feta cheese crumbles
- 3 Tbsp fresh dill, finely chopped
- 2 tsp olive oil.
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Use either an immersion blender or a regular blender, to process the ingredients together. Don't completely puree them, you want to leave a little texture.
- 2 If the mixture is too thick for your personal taste, add some water, until you get your desired consistency.

Dijon Vinaigrette

This is an extremely quick to toss together dressing, perfect to replace a traditional, oil-laden dressing.

Serving Info.:

Yield: 1-1/4 cup

Serving Size: 1/4 cup

Servings: 5



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Ingredients:

- 3/4 cup plain fat free Greek yogurt
- 5 Tbsp dijon mustard
- 3 Tbsp white wine vinegar
- 1 tsp olive oil (try to get a bottle labeled 'bold' or 'robust' flavor)
- 1/4 tsp salt
- 1/8 tsp black pepper

Directions:

- 1 Mix everything together till smooth, done.

French

I used to hate French dressing, as a kid. The neon orange goop from a bottle was disgusting. But this stuff is awesome! It's sweet, creamy, tangy, savory and peppery... mmmm.

Serving Info.:

Yield: 2 cups

Servings: (8) 1/4 cup



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Ingredients:

- 1-1/4 cup plain fat free Greek yogurt
- 6 Tbsp (1/3 cup plus 1 Tbsp) tomato sauce
- 1/3 cup apple cider vinegar
- 2 Tbsp water
- 1/4 cup onion, diced and fiiiiinely chopped/minced
- 2 tsp worcestershire sauce
- 2-3/4 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp dry, ground mustard
- 3 to 4 Tbsp 0 calorie sugar replacement o' choice
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions:

1. Whisk all of the ingredients together in a bowl, till well combined. Set aside in the fridge for 1 hour. Done.

Honey (maple) Mustard

This is my low calorie, reduced sugar, nearly fat free hacked down version of a traditional honey mustard recipe.

Serving Info.:

Yield: 1-3/4 cups

Serving Size: 1/4 cup

Servings: 7



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Ingredients:

- 1 cup plain fat free Greek yogurt
 - 1/4 cup classic yellow mustard
 - 1 Tbsp dijon mustard
 - 1 Tbsp honey
 - 1-1/2 Tbsp sugar free syrup (pancake syrup)
 - 3 Tbsp 0 calorie sugar replacement o' choice
 - 1 Tbsp light mayonnaise
 - 2 Tbsp lemon juice
 - 1/2 tsp dry mustard
 - 1/2 tsp salt
 - 1/8 tsp black pepper
- additional water, if desired, 1 Tbsp at a time

Directions:

- 1 Mix everything together till smooth, done.

- Why the pancake syrup? Sugar Free syrup gives thick sweetness, while the small amount of honey infuses it, for a fraction of the points and calories. Plus, this is easier on the diabetic folks in the audience.

Italian Dressing

This is my hacked down copycat recipe for The Olive Garden's creamy Italian dressing.

Serving Info.:

Yield: 1 cup
Serving Size: 1/4 cup
Servings: 4



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Ingredients:

- 1/2 cup water mixed with 1-1/2 tsp cornstarch
- 1 large egg yolk***
- 1/4 cup white wine vinegar
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tsp lemon juice
- 1 tsp minced garlic
- 1/4 tsp EACH, dried oregano, dried basil & dried parsley
- 1/8 tsp red pepper flakes
- 2 tsp worcestershire sauce
- 1 tsp light mayonnaise
- 1/2 to 1 tsp 0 point sugar replacement, to taste
- 1/4 cup plain fat free Greek yogurt
- 3-1/2 tsp reduced fat, grated parmesan topping (like Kraft)

Directions:

- 1 Mix and heat the water/cornstarch and yolk in a small pot to a low boil. Simmer and stir for 3 minutes, set aside till cool.
- 2 Use a small blender or immersion blender to blend ALL the ingredients together, till smooth.
- 3 Season with additional salt and pepper, if needed.

Parmesan Black Peppercorn

This creamy dressing has a smoky and subtle heat from black pepper, combined with the savoriness of parmesan.

Serving Info.:

Yield: 2 cups
Servings: (8) 1/4 cup



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Ingredients:

- 1-1/2 cup fat free Greek yogurt
- 2-1/2 Tbsp light mayonnaise
- 6 Tbsp water
- 2 Tbsp lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1-1/2 to 2 tsp coarse ground black pepper, to taste
- 3 Tbsp reduced fat parmesan topping (like Kraft)
- 2 tsp worcestershire sauce

Directions:

- 1 Whisk all of the ingredients together in a mixing bowl, until smooth. Let sit for 1 hour in the fridge. Done.

Ranch Dressing

This is Weight Watchers 101, but new folks are ALWAYS asking how to make quick, easy, low point Ranch dressing. So, here ya go.

Serving Info.:

Yield: 2 cups
Serving Size: 1/4 cup
Servings: 8



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Ingredients:

- 1-1/2 cup plain fat free Greek yogurt.
- 1/2 cup water
- 2 tsp white vinegar
- 1 Tbsp light mayonnaise
- 0.4 oz packet Hidden Valley Ranch 'The Original' ranch salad dressing and seasoning mix (the 1 point packet, not the "restaurant style" one, which is 3 points).

Directions:

- 1 Mix everything together till smooth, set aside 30 minutes. Done.

Raspberry (or any fruit) Vinaigrette

This dressing is similar to my apple vinaigrette, but with a few very important tweaks. You can use this as a base recipe for any number of fruit vinaigrettes, by swapping the fruit.

Serving Info.:

Yield: 2 cups
Size: 1/4 cup
Servings: 8



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Ingredients:

- 12oz fresh raspberries. You can also use frozen, but make sure to scan the bag. You want one with no added sugar.
- 1 Tbsp water
- 1/3 cup apple cider vinegar
- 1/4 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey (it's easier if it's slightly warmed up)
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 1-1/2 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 1/2 cup plain fat free Greek Yogurt
- 1/4 to 1/2 tsp salt, to taste
- 1/4 tsp cracked black pepper

Directions:

- 1 Rinse the raspberries (if fresh) and heat them in a small pot, with 1 Tbsp water, till they cook down. (3-4 mins.)
- 2 Use an immersion, or regular blender and puree the fruit. Once pureed, pour them through a fine mesh strainer, to remove the seeds. You should end up with 3/4 cup.
- 3 Add all the ingredients into a mixing bowl. Whisk till well combined. Let sit in the fridge for 20 mins., to set.

Notes:

- The fruit puree does NOT HAVE POINTS! It's not a drink. It's being used in a food item that is meant to be consumed via chewing. It's a legit 'in system' rule.

Rice Wine Vinegar Dressing

A creamy, light, tangy and savory Asian dressing. It has a slight hint of sesame and garlic, along with a touch of sweetness.

Serving Info.:

Yield: 1-1/4 cups
Serving Size: 1/4
Servings: 5



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Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1/2 cup rice vinegar (unseasoned)
- 1 Tbsp white wine
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 2 Tbsp lower sodium soy sauce
- 1/4 tsp sesame oil (toasted sesame oil, preferably)
- 1/4 tsp garlic powder
- 1/4 to 1/2 tsp salt, to taste
- 2 Tbsp water, to thin dressing to desired consistency

Directions:

- 1 Whisk everything together in a bowl, till well combined.
- 2 Cover and let set in the fridge for 30 minutes.

- If you can find 0 point 'rice wine vinegar', use it in place of the rice vinegar and white wine, for a total of 9 Tbsp. I have to use rice vinegar plus regular white wine, because no stores near me carry 0 point brands of rice wine vinegar, when scanned.

Sesame Ginger

This is my hacked down copycat recipe for the Sesame Ginger dressing, from 'Panera Bread'.

Serving Info.:

Yield: 1-1/2 cups
Servings: (6) 1/4 cup



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Ingredients:

- 1/2 cup fat free Greek yogurt
- 7 Tbsp rice vinegar
- 1/3 cup low sodium soy sauce
- 3 Tbsp sugar free syrup (pancake syrup)
- 2 tsp powdered peanut butter
- 1/2 tsp curry powder
- 2 tsp 0 calorie sugar replacement o' choice
- 1 tsp ginger, peeled, finely diced/minced
- 2 medium garlic cloves, crushed, minced
- 1-1/2 tsp sesame oil
- 1/2 tsp asian chili sauce (I used Huy Fong chili garlic sauce)
- 1/8 tsp pepper (optional)
- 3 tsp sesame seeds

Directions:

- 1 Toast sesame seeds over medium-low heat, for 4-5 minutes. Once they are slightly golden and fragrant, set aside.
- 2 Whisk all of the ingredients together, in a mixing bowl, until smooth. Done.

Thousand Island

If we're being honest here, the only reason I make this, is so I can put it on burgers, not salads. I'm sure it's good on salads, but I use it for homemade 'Big Mac's and 'In-n-Out'.

Serving Info.:

Yield: 2-1/2 cups
Servings: (10)
Serving Size: 1/4 cup



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Ingredients:

- 1-1/2 cups plain fat free Greek yogurt
- 2-1/2 Tbsp light mayonnaise
- 1/3 cup tomato sauce
- 1/2 cup finely diced onion
- 2 tsp lemon juice
- 2-3/4 tsp paprika
- 1/3 cup dill pickle relish
- 2-3 tsp 0 point sweetener o' choice, to taste
- 1/2 to 3/4 tsp salt, to taste
- 1/4 tsp pepper
- 1 to 2 Tbsp water, if desired, to thin the dressing

Directions:

- 1 Whisk all of the ingredients together to combine. Done.

Notes:

- If you'd prefer to use sweet relish, you can find 0 point sweet relish at some grocery stores. I've personally never seen it, but I always see people posting about it. If you do end up using sugar free sweet relish, remove the 0 point sweetener from the recipe.
- The purpose of the paprika in this recipe is to help give the traditional pink-ish color of the dressing, without adding tomato paste or food coloring, like the bottled stuff. 0 points for the win, baby.

Lebanese Kafta Kababs - Pg 58-59



Sausage Stuffed Mushrooms - Pg 72-73



Chorizo Stuffed Sweet Peppers - Pg 50-51



Rotolo il Lasagne - Pg 68-69
(Lasagna Coils)



Appetizers

Healthy, Gourmet Appetizers:

- * **Arancini al Ragu ... pg 38-39**
Breaded & Baked rice balls with Italian sausage, peas, onions and seasonings
- * **Artichoke Spinach Pinwheels ... pg 40-41**
Sauteed artichokes, spinach, garlic and cheese, rolled and baked in dough, till crispy
- * **Bolitas de Tamales ... pg 42-43**
Rolled tamale balls, made from my fat free Masa recipe. They are then filled with ground turkey chorizo
- * **Breaded Calamari Rings ... pg 44-45**
Oven baked, crispy calamari rings, using my healthy low point "breading 2.0" recipe
- * **Chicken Croquettes ... pg 46-47**
Crispy breaded & baked, shredded chicken breast, seasoned with spicy linguica flavors.
- * **Chicken Satay Skewers ... pg 48-49**
Thai marinated chicken breast skewers. Cooked, then served with my low point Thai peanut sauce
- * **Chorizo Stuffed Sweet Peppers ... pg 50-51**
Baked mini bell peppers, stuffed with my turkey chorizo, onions, cheese, cilantro and more.
- * **Cuban Picadillo Meatballs ... pg 52-53**
Cuban seasoned turkey meatballs, with my skinnied down version of a Spanish sofrito sauce
- * **Focaccia Bread ... pg 54-55**
A simplified, non traditional recipe for a faux focaccia bread, portioned into thin slices, perfect for dipping
- * **Garlic Mushroom Tapas ... pg 56-57**
Pan seared, smoky Spanish-style garlic mushrooms
- * **Lebanese Kafta Kababs ... pg 58-59**
Ground turkey kababs, seasoned with an amazing mix of Middle Eastern herbs & spices
- * **Mussels in Saffron Cream Sauce ... pg 60-61**
Pan steamed live mussels, with a flavorful and fat free saffron cream sauce
- * **Onion Rings ... pg 62-63**
Using my low point breading to make a platter full of crispy baked onion rings. Great for sharing, or as a side dish
- * **Pineapple Jerk Skewers ... pg 64-65**
Spicy 'Jerk' meatballs, topped with sweet & spicy seared pineapple chunks, set atop breaded/baked banana slices.
- * **Portuguese Clams... pg 66-67**
Steamed whole clams, with white wine, light butter spread, garlic, lemon juice, parsley & cilantro.
- * **Rotolo il Lasagne ... pg 68-69**
Rolled lasagna 'coils', made with FRESH pasta and filled with parmesan, Italian sausage, onions, spinach & garlic
- * **Salmon Cakes ... pg 70-71**
These are hands-down, my favorite appetizer. This is my skinnied down recipe of Ina Garten's crab cakes, with Salmon
- * **Sausage Stuffed Mushrooms ... pg 72-73**
My skinnied down recipe for mushrooms stuffed with Italian sausage, herbs, cheese and breadcrumbs
- * **Scallops with Lemon Cream Sauce ... pg 74-75**
Pan seared colossal with a fat free lemon cream sauce
- * **Shrimp Cocktail ... pg 76-77**
A simple, yet elegant party appetizer, served with a side of my homemade cocktail sauce
- * **Tomato & Feta Bread Bites ... pg 78-79**
Slice roma tomatoes, crumbled feta, fresh basil and brushed garlic spread, on crispy baked bread squares
- * **Wellington Bites ... pg 80-81**
Seasoned ground turkey breast, wrapped in soft dough, along with mushroom pate' & dijon mustard, baked till golden brown.
- * **Wheat Thin-ish Crackers ... pg 82-83**
Whole wheat crackers, seasoned like 'Everything Bagels'. This recipe can be customized for many different flavors

Artichoke Spinach Pinwheels ... pg 40-41



Arancini al Ragù

Italian Sausage, Onions, Garlic and Rice, Breaded and Baked till Crispy. Served with Marinara Sauce

For those of you who've never had it, traditional Arancini is a ball of risotto, with a meat filling in the center, that's breaded and deep fried. I decided to lighten it up and make it easier to prepare. Mine is regular rice, mixed with my low calorie italian sausage, onions, garlic, spices and my marinara sauce. It's all mixed together, formed into a ball, then breaded and baked.

Servings Info.:

Yield: 21 (1/4 cup balls)

Servings: 21

Serving Size: 1 ball



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Ingredients:

Meat Filling

- 1 pound batch of my 0 point italian sausage. Recipe on page 28 of "Cookbook: Volume 1".
- 3/4 cup diced onion
- 2 medium garlic cloves, minced
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 cup tomato sauce (scan it, make sure it's 0 points)
- 3 oz reduced free feta cheese, crumbled and chopped
- 2 cups cooked rice, cooled... preferably cold.
- 1/2 cup rice krispies cereal (measured, then crushed)
- 2 large egg yolks
- 1/2 cup green peas

Breading:

- 1-3/4 cups rice krispies (measured, then crushed down)
- 1-1/2 tsp regular breadcrumbs
- 2 tsp panko bread crumbs
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1-1/2 tsp all purpose flour
- 1-1/2 tsp corn flour ("maseca" brand instant masa mix)

Egg Wash:

- 2 large eggs
- 2 tsp dijon mustard
- 2 tsp water
- 1-1/2 tsp self rising flour
- 1-1/2 tsp cornstarch

Directions:



1. (A) Mix together a batch of my ground turkey italian sausage recipe. Mix the onions and garlic into the meat and cook over med-high heat, until browned. Use a kitchen spoon to break up the meat while it's cooking. (B) When the meat is browned, add the salt, pepper, tomato sauce and feta cheese to the meat and mix till combined. Use a rubber spatula to push down and scrape the cheese in the pan. You want to try to break it all up into tiny bits. (C) Spoon the meat mixture into a large mixing bowl, then add the cooked rice and crushed rice cereal, then mix to combine, followed by the egg yolks. (D) Finally, add the green peas and fold them into the meat. Cover and set aside.
2. To make the breading, place the rice krispies cereal into a large ziplock bag. Use a rolling pin to crush the cereal until it resembles breadcrumbs.

3. Pour the crushed rice krispies into a bowl, along with the breadcrumbs, panko, garlic and onion powders, all purpose flour and corn flour. Stir to combine.
4. For the egg wash, in a small dish, mix together the dijon mustard, water, cornstarch and self rising flour till smooth. In a larger bowl, whisk the 2 eggs together, then whisk in the flour/dijon mixture till smooth. Set aside.



5. **(A)** Use a 1/4 cup measuring scoop, to scoop an even 1/4 cup of the meat and rice mixture into your palm, then form into a rounded ball. **(B)** Place each of the formed Arancini into a casserole dish until they are all ready to be breaded. **(C)** Coat the Arancini, one at a time, in the egg mixture. Allow extra egg wash to drip off of the ball. **(D)** Place the coated Arancini into the large bowl of breading and gently move the bowl around, to roll the ball around in the breading. When it's mostly coated, use your hand to gently roll the ball around till it's uniformly coated. **(E)** Line a baking pan with foil and coat with cooking spray. Place all of the Arancini onto the pan, then grab a can of olive oil cooking spray (the 0 point kind) and coat all of the Arancini balls from every angle. Seriously, coat these babies like they're being baptized in the Jordan river. Bake at 425 degrees for 30 minutes, or until golden brown. Place onto a platter and garnish with fresh chopped parsley.



NOTES:

- A) There is enough breading left over when all of the meat mixture is used up, so that you will be able to "double bread" 3 of the balls with a second layer of egg wash and breading, if you want. Those ones will be ultra crunchy.
- B) If you don't want to use peas, you can replace them with 1/2 cup of some other vegetable, but that mass is required for the servings and points per serving.
- C) If you'd like the filling to be a little creamy, replace the reduced fat feta cheese for reduced fat mozzarella. Adjust your points accordingly, though.
- D) Though THIS recipe doesn't actually state it as being necessary... I HIGHLY RECOMMEND that when you mix together the 'dry ingredients' of the breading, you place all of it into a hot pan and toast it all for 3-4 minutes, so it takes on a nice, uniform golden color. Remove the breading from heat, let it cool, then proceed to step 5D.

When I first developed this Arancini recipe, it was 3 years ago, back from before I started toasting my crumbs.

Artichoke & Spinach Pinwheels

Quick and Easy Bite Sized Baked Pinwheels, With Flaky Crust and a Savory Spinach, Artichoke & Cheese Filling

These simple baked appetizers look super fancy, have a flavorful filling and only take 15-20 minutes to prep. What's not to love!?! We're cutting the prep time by using a store bought tube of Pillsbury refrigerated pizza dough.

Servings Info.:

Yields: 48 pinwheels
Servings: 48
Serving: 1 pinwheel



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Ingredients:

Dough:

- 1 (13.8oz) Pillsbury classic pizza crust. It comes in a tube, similar to Pillsbury biscuits. *(see notes)*

Filling/Spread:

- 5 oz drained artichoke hearts in water. (see notes)
- 3 medium garlic cloves, minced
- 1/4 tsp 'robust' olive oil (see notes)
- 5-6 oz FRESH baby spinach, chopped. Do... Not... Use... Frozen!
- 1/3 cup plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 1-1/2 tsp reduced fat parmesan cheese topping (like Kraft)
- 1 tsp worcestershire sauce
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/2 cups part-skim mozzarella cheese, finely chopped

Additional Ingredients/Gear:

- 1-1/2 tsp flour, for dusting cutting board
- Parchment paper
- Large baking sheet pans (I used (2) 11"x17" pans)
- Butter flavored cooking spray



Directions:

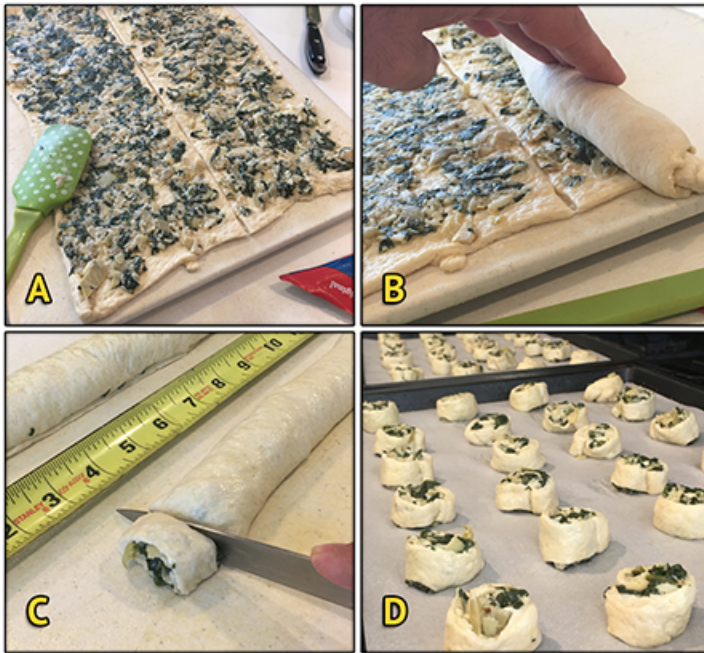


1. **(A)** Heat a pan over medium heat for 1 minute. Spray with cooking spray and add the olive oil, then add the chopped artichoke hearts and garlic. Cook for 3 minutes. **(B)** Place the chopped spinach on top of the artichoke/garlic mixture. Cover with a lid and cook for 2 minutes, letting the spinach begin to wilt. Remove lid, toss mixture, replace lid and cook for 1 more minute. Remove from heat.



2. **(A)** Place the cooked veggie mixture into a mixing bowl. Add the Greek yogurt, light mayo, parmesan topping, worcestershire, garlic powder, onion powder, salt, pepper and mozzarella. Mix to combine, set aside. **(B)** Dust a large cutting board with the flour, then remove the dough from the tube and place onto a cutting board. Unroll the dough, then carefully spread it out, to make a large rectangle. It might be a little tacky, but if it loses its shape around the corners, or tears slightly, simply press the dough together to get the correct shape. I used a rolling pin to stretch/flatten out the dough in all 4 directions. I was able to stretch/roll mine out to about 13"x16".

3. Preheat oven to 350 degrees and line large baking sheet pans with parchment paper. Now, back to work!



4. (A) Use a knife or pizza cutter to slice the large slab o' dough down the middle, lengthwise. Place half of the filling on each side, then smear it as best as you can, from edge to edge. (B) Carefully roll each of the two halves of dough into long log shapes. (C) Now's the "you do you" part. You can be totally OCD like I am, and bust out a measuring tape. Then, slice the rolled dough into 1/2" lengths. OR... you can be a sane person and just eyeball it. (D) Either way... once cut, arrange the sliced pieces onto parchment paper lined baking pans. These don't get huge, so it's ok to only leave about 1" between each one. I was able to get 48 appetizers from mine. If you get less, you may need to adjust your points. Spray the tops of the pinwheels with butter flavored cooking spray, then place into the oven. Bake at 350 degrees for 25 minutes. Done.

NOTES & SUGGESTIONS:

- **DOUGH:** As noted, I used a tube of Pillsbury 'original' pizza dough. It can be found in most major grocery stores, in most regions of the US. However, if you can't find it, feel free to use any type of similarly refrigerated Pillsbury (or store brand) dough.
- **Artichoke Hearts:** I used jarred artichoke hearts in water for my recipe. However, IF you only have access to artichoke hearts marinated in oil... rinse them reeeeeeepeatedly under water. Rinse off all of the oil, so you can count them as 0 points.
- **Spinach:** I show "5-6 ounces" of spinach, because I'm not going to be a stickler on it. Some stores sell larger bags of spinach than others. Use what you have access to. With that said... fiiiiiiiiiiiiine, you CAN use frozen spinach... but, c'mon... it sucks! It's all soggy and yuckie. At the very least, thaw it and drain out as much liquid as you possibly can from it.
- **'Robust' Olive Oil?:** When you go to the store and look at the different olive oils, you'll often see words such as "robust" or "bold" on the label. Get that. My recipes use such a small amount of oil, that you want to use a bottle with a very pronounced flavor, to make sure you get a hint of it with such a small amount.
- **Sundried Tomatoes:** You can add additional ingredients into the filling. If I had to do it again, I'd snazzy these up even more, by adding some jarred sundried tomatoes into the filling also. HOWEVER.... though jarred sundried tomatoes IN OIL have points, sundried tomatoes WITHOUT OIL are listed as 0 points. If you are lucky, you might be able to find a package of vacuum sealed sundried tomatoes without oil. Those can sometimes be found at the grocery store, near the fresh vegetables/produce. If you can find those, I'd chop some up and add about 1/2 cup to these.
- **Saucy:** As mentioned, these are fine as-is... but they are meant to be served with a dip of some type. When I made these, I made a quick batch of 0 point marinara sauce (for the picture). They tasted aaaawesome with marinara sauce, for dipping.
- **CUSTOMIZATION:** These would be extremely easy to customize for tons of flavor and filling variations. Want Southwestern? Use black beans, corn, chiles and some minced chicken. Lookin' for Greek? Replace the mozzarella with reduced fat feta. There are hundreds of filling ideas out there, Google is your friend.



Bolitas de Tamal

Chorizo Stuffed "Tamale Balls" with Roasted Tomatillo Sauce

These amazingly versatile appetizers utilize one of my "foundation" recipes, my Low Point Masa, which is found in my first cookbook (Cookbook: Volume 1), as well as the low point and calorie ground turkey chorizo recipe and roasted tomatillo sauce, also found in the same book/download. You can use this recipe as a base, from which you can make Tamale balls filled with whatever filling you'd like. Chicken, Pork, Shrimp... using my low point Mole' sauce, red enchilada sauce, the options are endless. Well... kinda.

Yield: 16 Tamale Balls

Servings: 1 Ball



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Ingredients:

Tomatillo Sauce:

- 2-1/2 lbs. Tomatillos, husks and stems removed
- 1 medium onion, rough chopped
- 2 medium green bell peppers, rough chopped, seeds removed
- 3 medium cloves garlic
- 4 good sized poblano peppers, chopped, seeds removed (they aren't spicy)
- 1/2 bunch fresh cilantro, around 1 handful
- 1/2 tsp salt
- 1 whole medium Jalapeno pepper **(OPTIONAL!)** 🌶️

Low Point & Calorie Chorizo:

- 1 batch of my Low Point Chorizo. The recipe can be found in my "Cookbook: Volume 1", pg. 27
(don't forget to add the extra baking powder)

Low Point Masa:

- 1 batch of my Low Point Masa. The recipe can be found in my "Cookbook: Volume 1", pg. 38. Make sure to add the noted 2 tsp baking powder, to make the masa better for tamales.

Directions:

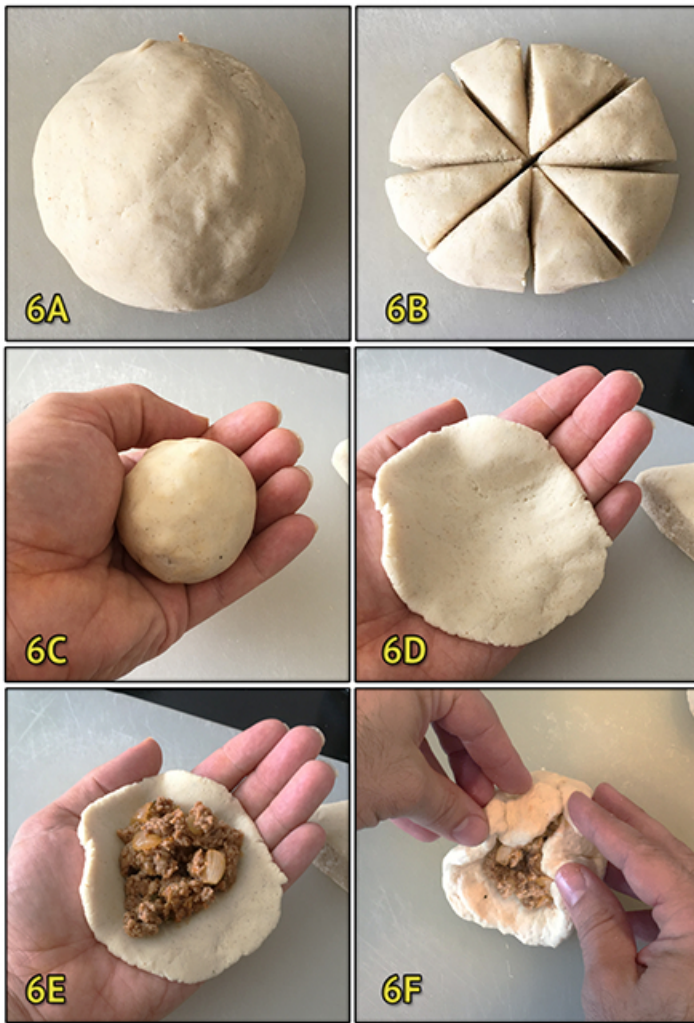
1. Preheat your oven to 375 degrees.
2. Line a large sheet pan with foil and spray with olive oil cooking spray. Place all of the vegetables (NOT THE CILANTRO) on the tray and spray them liberally with the cooking spray, then sprinkle lightly with salt and pepper.



Chorizo Tamale Balls with Roasted Tomatillo Sauce



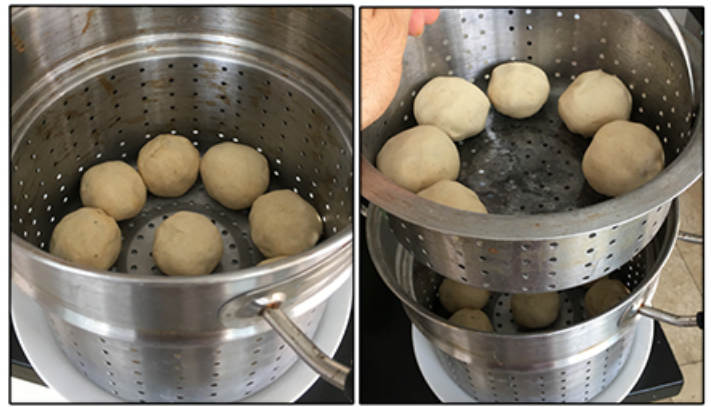
3. Cook the vegetables at 375 degrees for 45 minutes, or until the tops of the vegetables are starting to blacken, then turn on the oven's "Broiler" function. Place the tray on the top rack under the broiler. Watch so that the vegetables don't burn to a crisp. You want to develop some black char across the tops of some of them.
4. Remove the tray from the oven and spoon all of the roasted veggies into a food processor or large blender. Make sure to also pour all of the juices in as well, along with the fresh cilantro and 1/4 tsp salt.
5. Process the vegetables on high for up to 1 minute. It should give you a thick green salsa.



6. (A) Take your (2) 1 cup balls of prepared Masa dough, and (B) section each into 8 relatively equal portions, JUST like when you section 2 ingredient dough. (C) Roll each 1/8 cup section into a ball, in your palm, then (D) flatten it into a thick tortilla shape. (E) Place 1 Tablespoon of the prepared and cooked chorizo into the center of each round of masa. (F) Carefully roll it into a ball, in your palm, then set the tamale balls, seam side down, onto a cutting board or plate. Set aside.



7. Fill a large pot, (that has steamer inserts) with enough to steam for a good 15 minutes, without actually touching the bottom insert tier, if using one.



8. Place your formed Tamale Balls into the lower and upper steamer inserts. Then place into the pot with the boiling water.



9. Cover, then steam for 16 minutes. Remove from heat. Top with roasted tomatillo sauce and garnish with fresh chopped cilantro and a small amount of crumbled fat free Feta cheese.

NOTES:

- You can easily halve this recipe if you don't want to make a big batch. OR, If you would like larger, main course-sized Tamale balls... Rather than sectioning the 1 cup Masa balls into 1/8's, section them into 1/4's. They will end up being 3 points per, but they are much more filling and end up being the size of a baseball.
- If you would like to NOT use the yogurt in this recipe due to dairy allergies, replace it with tofu that's blended with water. In Connect, you can search for #dairyfreeyogurthack, for my post on it. Blend 1/2 cup of water with a 16oz package of semi-firm tofu, to use as a viable replacement for Greek yogurt in recipes. Thin with a little water if needed.
- If you would like an even MORE chewy tamale or tortilla, from your Masa, you can substitute 1/4 cup of the corn flour with 1/4 cup of all purpose flour. I personally love the texture that way... but I'm a full-on Gringo.
- Instead of using the roasted tomatillo sauce for your tamale balls, you can definitely use the other latin sauces from my "*Cookbook: Volume 1*". Namely, my red enchilada sauce, page 77, or my Mexican brown mole, page 74.

Breaded Calamari

Breaded & Baked, Crispy Calamari Rings with Italian Seasoning

These low calorie, low point rings are breaded with my new breading recipe, that I first used on my onion rings appetizer. They are dipped in egg wash, lightly coated with the rice krispies breading, then hosed off with 0 point cooking spray and baked. These rings are "Smack'yo Momma" good. Minus the time it takes to bread the rings individually, this is a pretty quick dish to throw together. You can prep them ahead of time, and keep them in the fridge, on a pan, ready to go into the oven.

Servings Info.:

Yield: 4 cups of rings

Servings: 4

Serving Size: 1 cup



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Ingredients:

- 2 lbs fresh or frozen, cleaned Calamari rings

Breading:

- 1-1/3 cup rice krispies, crushed. (crushes to 1/2 cup)
- 1-1/2 tsp all corn flour or all purpose flour
- 1-1/2 tsp cornmeal (optional, but adds crunch)
- 2 tsp panko breadcrumbs
- 1-1/2 tsp regular plain breadcrumbs
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1-1/4 tsp dried italian seasoning
- 1/4 tsp black pepper
- 1/2 tsp salt

Egg Wash:

- 2 large eggs
- 1-1/2 tsp each: cornstarch & 1/2 tsp baking powder
- 1 Tbsp dijon mustard
- 1 Tbsp water

Garnish:

- fresh chopped flat leaf (italian) parsley
- 1 tsp reduced fat grated parmesan style topping (optional)
- lemon wedges



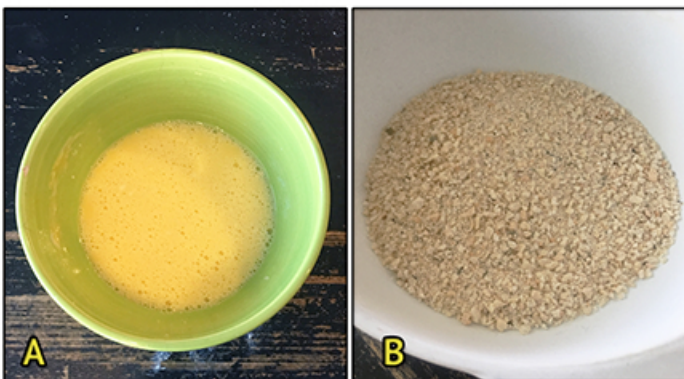
Not every grocery store is going to have squid rings. I HIGHLY suggest finding a nearby Asian grocery store. They have INSANE seafood departments. My local asian store had frozen AND whole squid. No thanks, I'm not brave enough for whole, slimy squid, so I bought a bag of frozen rings. If your store has whole squid, they'll cut and clean it for you.



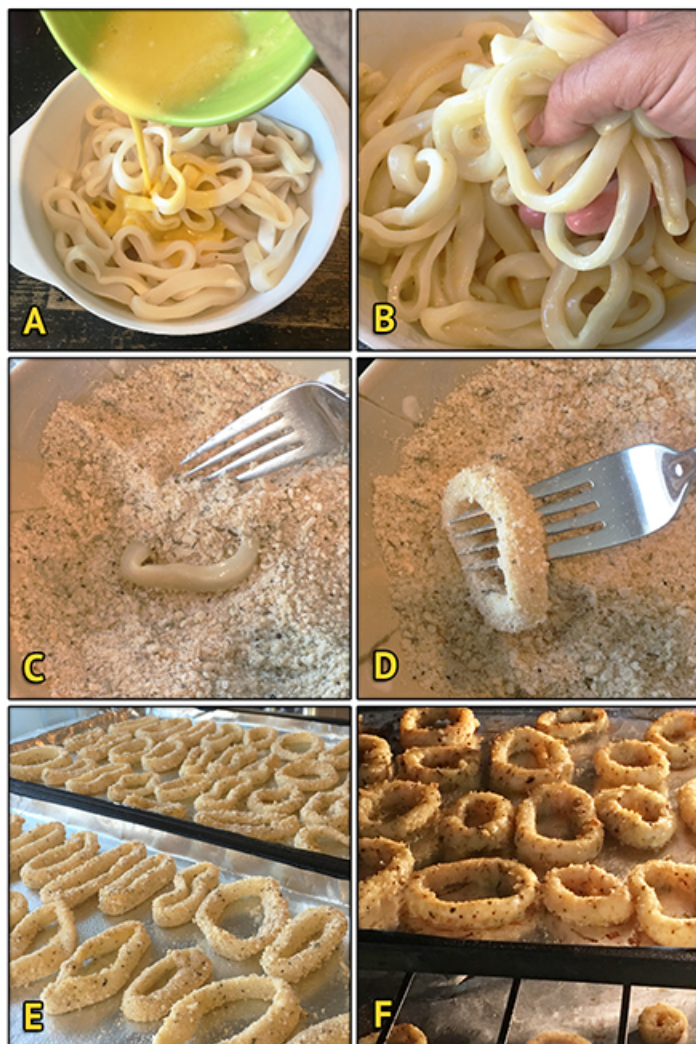
Directions:



1. Whether you purchased frozen or fresh rings, rinse them off and drain them. Place the rings on a large platter or pan lined with 2-3 layers of paper towels. Use additional paper towels to dry the the rings as much as possible. We want to remove as much moisture as possible so the egg wash sticks.



2. (A) Make the egg wash: Stir together the self rising flour, cornstarch, dijon mustard and water, till smooth. In a bowl, whisk the eggs, then add the mustard/flour mixture. Mix till smooth and thick. Set aside. (B) Place the rice krispies in a large ziplock bag. Use a pan, or rolling pin, to crush the cereal until it's the texture of panko breadcrumbs. mix all of the 'breading' ingredients together in a bowl to combine (Optional): Add all of the 'breading' to a pan, and toast it for 3-4 minutes, till a uniform golden color. Set aside.



3. (A) Pour the egg mixture into a large bowl with the dried calamari rings. (B) Mix to coat all of the rings with egg wash. (C) Place the rings, 1 at a time, into the bowl with the breading and gently use a fork to push breading around the ring, till coated. (D) Use the fork to gently lift the ring out of the breading. Gently shake it to remove excess breading. (E) place rings onto large baking pans, lined with foil and coated with cooking spray. Generously spray all of the rings with a good coat of cooking spray. (F) Bake the rings for 10 minutes at 425 degrees.



4. Remove the pans from the oven. Use 2 forks to quickly, yet gently, flip each ring over. Spray with cooking spray, then place back in the oven and bake for another 8-10 minutes, till golden brown. Garnish with chopped parsley or basil and sprinkle with parmesan topping. Serve immediately.



NOTES:

- A) A lot of people think that eating Calamari is like chewing rubber bands. If you get THICK Calamari rings... that may be an issue. The thicker the rings, the more chew that they have. If you are able to get smaller, thinner rings, they will naturally be more tender. Think of it like trying to chew a big thick cut of steak, versus a thin sliced piece. Thinner Calamari cooks to be more crisp and tender than thicker pieces.
- B) The actual serving size and points per serving will vary each time that you make this. It is completely dependent on how many rings you make out of this recipe. There are a total of 5 ingredient points in this recipe from the breading. Count out how many rings you end up making, and then create a quick "throw away" recipe in the WW recipe builder. Add 5 points of ingredients, and for the number of servings, enter how many rings you made, then save it. You can then scroll up and down to see exactly how many points each of those rings are would be.
- C) These rings are great served hot. However, take note... These ARE NOT DEEP FRIED. Like any breaded and baked dish, it will be crispy for a while, but will eventually lose it's crispiness. Mine stayed crispy for 10 minutes or so. After that, they STILL tasted really good, but the breading was no longer crispy. If you have an air fryer, these will be even more awesome, but I'd reduce the temperature a bit.
- D) For a more uniform, golden color... toast the dry breading ingredients in a hot pan, for 3-4 minutes, till golden.

Spicy Chicken Croquettes

Cooked, Seasoned Chicken Breast, Shredded, then Breaded & Baked



These were a special request from [@rbberens](#) on Connect and [mrsbatsycooks](#) on instagram. I'd never had one before, so I thought "sure, why not." Chicken Croquettes are traditionally minced/finely shredded up chicken that's lightly seasoned, breaded, then deep fried into small balls or cigar shapes. I decided to go with that idea, but switch it up a little bit by seasoning the bajeezus out of the chicken. I made this appetizer at the same time that I was working on a meat seasoning recipe for spicy Linguica. So.... I figured what the heck, let's use it. You can definitely forego the Linguica seasonings in these.

Servings Info.:

Yield: 20 croquettes

Servings: 20

Serving Size: 1 croquette



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look at this code for nutritional info.

Directions:



1. In a large mixing bowl, combine the chicken, bouillon, salt, liquid smoke, baking soda solution, the 2 paprikas, pepper, red pepper flakes, cayenne, oregano, vinegar and sweetener. Let rest for 20 minutes. (A) Cook in a large pan until cooked through. Prop the pan handle up, to allow any excess liquids to drain to one side of the pan. We don't want the extra liquid! (B) Move the cooked meat to a food processor, add the Greek yogurt and pulse a few times to shred the chicken (don't puree it). (C) Add the egg into the food processor and process until all of the yogurt and egg are mixed throughout the meat. But do not OVER process it, you want it to still have finely shredded texture, as shown in (D).

Ingredients:

Spicy Chicken Linguica Mixture

- 2 pounds chicken breast, sliced into thin strips
- 2 tsp chicken flavored bouillon (like Knorr brand)
- 3/4 tsp salt
- 1 tsp liquid smoke (I used hickory flavored liquid smoke)
- 1/2 tsp baking soda, dissolved with 1 tsp water
- 2 tsp each: smoked paprika & regular paprika
- 1/2 tsp black pepper
- 1/4 tsp red pepper flakes (or more, to taste)
- 1/8 cayenne pepper (or more to taste)
- 3/4 tsp dried oregano
- 1 Tbsp red wine vinegar
- 1 tsp 0 point sweetener o' choice (monkfruit, swerve, stevia, etc)
-
- 3/4 cup plain fat free greek yogurt (for step 1B)
- 1 large egg (for step 1C)

Breading:

- 1-1/3 cup rice krispies, crushed. (crushes to 1/2 cup)
- 1-1/2 tsp cornmeal (optional, but adds crunch)
- 2 tsp panko breadcrumbs
- 1-1/2 tsp regular plain breadcrumbs
- 1/2 tsp each: onion powder & 1/2 tsp garlic powder
- 1 tsp dried italian seasoning
- 1/4 tsp each: salt and coarse ground black pepper

Egg Wash:

- 2 large eggs
- 1 Tbsp water, MIXED WITH: 1-1/2 tsp cornstarch, 1 Tbsp dijon
- mustard & 1-1/2 tsp self rising flour, to form a thick paste.



2. **(2A)** Use a measuring spoon to scoop out 2 even Tablespoons of the shredded chicken into your palm. Roll it into a ball. **(2B)** Place the ball onto a cutting board, then use your palm to roll it into a cylinder shape, around 3/4" thick. **(2C)** Place the shaped meat onto a large plate or platter, to help organize your work space. **(2D)** Use a whisk, or an immersion blender, to combine the egg wash ingredients until smooth. Dredge the croquettes, one at a time, in the egg wash. **(2E)** Place the croquette into the breading mixture. Use 2 forks to gently toss breading onto the meat on all sides. Use the forks to gently lift the **(cont.)**

croquette out of the breading and tap it to remove excess crumbs. **(2F)** Use the forks to transfer the croquettes to a baking pan, lined with tinfoil and sprayed with cooking spray. **PREHEAT YOUR OVEN TO 425 DEGREES.**

3. **(3A)** Once your oven reaches temperature, spray the croquettes with a healthy coating of cooking spray. Bake for 12 minutes at 425 degrees. **(3B)** Remove from oven and flip the croquettes. Spray again with cooking spray, then return to the oven and bake for an additional 10-12 minutes or until the croquettes are golden brown. Serve hot, with a dipping sauce. Garnish with fresh basil and sprinkle with a pinch of reduced fat, grated parmesan topping (like Kraft).

NOTES:

- A) On the 'regular' plan, you can have 1 croquette for 0 points and up to 5 for 1 point. On the 'diabetic' plan, you can have 1 croquette for 0 points and up to 4 for 1 point.
- B) You don't need to season the chicken with the lingua mixture that I did. Season it however you'd like. The picture below, shows the coloring of the chicken with the lingua seasoning. If you want the chicken plain, remove the liquid smoke, red pepper flakes, cayenne, oregano, vinegar and sweetener. Seasoned like this, the interior would be white.
- C) These can be prepared in advance. Bread the croquettes, then place them in a covered container in the fridge. The next day, put them on a baking pan, and let come to room temperature. Coat with cooking spray and bake as directed.
- D) These are crispy when right out of the oven. However, like most breaded and baked things... they only stay "crispy" for about 15-20 minutes after coming out of the oven, then, they start to lose their crispness.
- E) Don't have a food processor? Use a knife and just start chopping the cooked chicken until minced.



Chicken Satay

A Healthy Version of Thailand's Most Popular Chicken Skewers

Chicken Satay is pretty much the most popular appetizer in all of Thai cuisine. Traditionally, it's long strips of chicken thighs, pounded thin and marinated for a loooooong time with a mixture of oil, tons of turmeric or curry powder and other spices, depending on which region's recipe you're following. In this case, I'm using chicken breast and instead of mixing all of the spices with oil for the marinade, I'm using a low calorie coconut milk beverage. Because not everyone has a grill, my recipe calls for using your oven's broiler. Also, because not everyone has access to lemongrass, I'm using lemon juice. I'm accommodating like that.

Servings Info.:

Yield: 42 skewers**

Servings: 42**

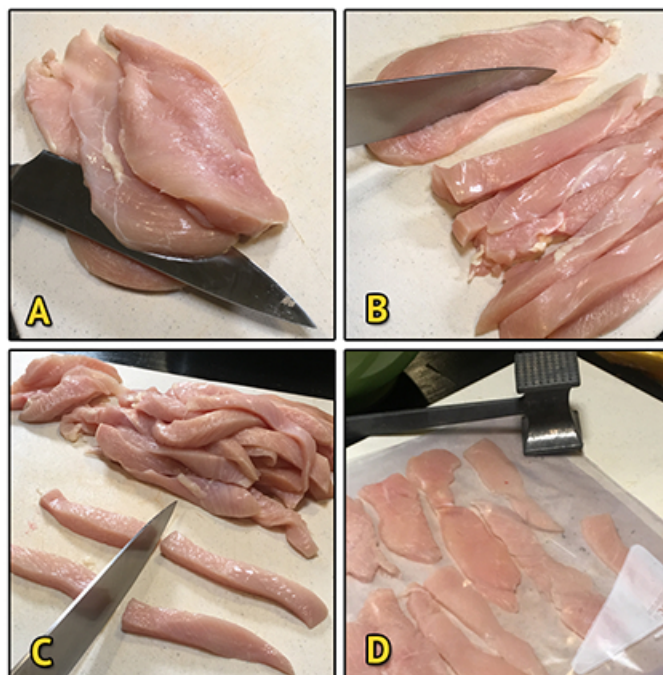
Serving Size: 1 skewer



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Directions:



1. (A) My grocery store had THICK chicken breasts on sale, so that's what I used. I wanted the strips to be just shy of 1/2 inch thick, so I sliced the chicken breasts, horizontally, in 1/3's. (B) Slice all of your breast cutlets into long strips, there will be a LOT of them. (C) These are appetizers, so cut all of the really long strips in half. Hey... you're entertaining, so the more skewers you can get out of that 2 pounds of chicken the better. (D) Place a handful of the sliced chicken strips between 2 separate gallon sized plastic bags and using a mallet, play whack-a-mole with them. You don't want to tear them apart, just flatten them a little bit. If you need to let out more aggression, might I suggest using *Talk Space* in the WW app?

Ingredients:

- 2 pounds boneless, skinless chicken breast

Marinade:

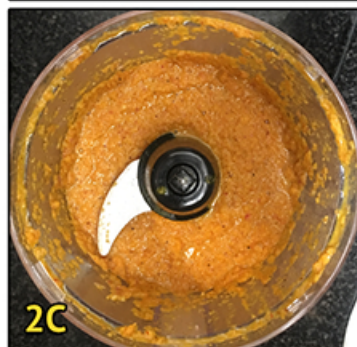
- 2 Tbsp lemon juice
- 4 medium garlic cloves
- 1/2 pound shallots, peeled, chopped**
- 1-1/2 tsp ground turmeric
- 1 tsp ground coriander
- 1/2 tsp chili powder
- 1-1/2 tsp salt
- 1/4 tsp baking soda, dissolved with 1/2 tsp water (trust me)
- 1-1/2 Tbsp 0 point natural sweetener of choice (stevia, truvia, monkfruit, etc)
- 2-1/2 Tbsp reduced sodium soy sauce
- 1 tsp 'dark' soy sauce, optional, for color
- 1/4 cup Coconut Milk Beverage, unsweetened** (located near the almond milk in your grocery store. You might find the brands "So Delicious" or a blend of almond milk or soy milk with coconut milk)

Additional:

- Wooden Skewers
- 0 point cooking spray

**Chicken Note:

Though my instructions show me slicing up THICK chicken breasts, you can purchase 2 pounds of thin cut chicken breasts. It will allow you to skip over step 1A.



2. (A) Put all of your marinade ingredients together for a cool picture. (B) Place all of the listed marinade ingredients into a food processor or blender and (C) process until smooth. In a large mixing bowl, (D) coat all of the chicken with the marinade. Cover with plastic wrap, allow to marinate overnight. Be warned, all those blended shallots are veery pungent. Your eyes will water more than at the end of 'Old Yeller'.

3. The next day.... Soak your wooden skewers in a pan of water for 30 minutes. Line 2 baking sheet pans with foil, then spray with cooking spray. Position 1 of your oven racks onto the 2nd position from the top, then preheat your oven to 425 degrees.



4. (A) Carefully skewer each chicken strip and place onto the foil lined pans. (B) Your oven should be heated to 425 degrees. When you're ready to start cooking, turn on the BROILER setting to HIGH, spray the chicken with cooking spray, then place into the oven. (C) After about 6-7 minutes, the chicken on the top rack should start getting some slight char, that's what you want. Swap the pans, moving the top pan to the bottom rack and the bottom pan to the top rack. Cook for an additional 5-6 minutes. These are thin skewers, they cook quickly. (D) When the tops of both pans of chicken have a little bit of black char on them, remove from the oven. **Serve with my low point & calorie Thai Peanut Dip, recipe found in the "Dips" section, pg 27.** Finish by squeezing a lime over the skewers, then sprinkle with either fresh chopped cilantro or green onion.

NOTES:

- I was able to get 42 thin sliced chicken strips from the 2 lbs of chicken, HOWEVER, you may get less. Adjust your points per serving accordingly. To help with that, know that there is only 1 single ingredient point in this marinade.
- If you want to add a little bit more yellow coloring and flavor, add a little 0 points-worth of yellow curry powder.
- Keep an eye on your skewers when they are under the broiler, once they start to char, they can burn quickly.
- If time heals all wounds, why don't belly buttons fill in? 🤔



Chorizo Stuffed Peppers

Peppers stuffed with Chorizo, Onions & Cheese. Served with a Spicy Dip

These... are... amaaaazing! There's a lot of prep involved, but it's so incredibly worth it. When I was looking through pictures of Spanish Tapas, I saw these and fell in love, I had to try them. For folks not familiar with mini peppers... they aren't hot, they are little teeny bell peppers, which you can find in the produce aisle. I veer away from traditional Spanish recipes by using my low point and calorie Chorizo recipe. I also use fat free Feta cheese instead of Mexican cheese, because it's lower in points, and instead of mayo for the dip, we're using fat free Greek Yogurt mixed with Mexican hot sauce (like Cholula).

Servings Info.:

Yield: 33 peppers**

Servings: 33**

Serving Size: 1 Pepper



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Ingredients:

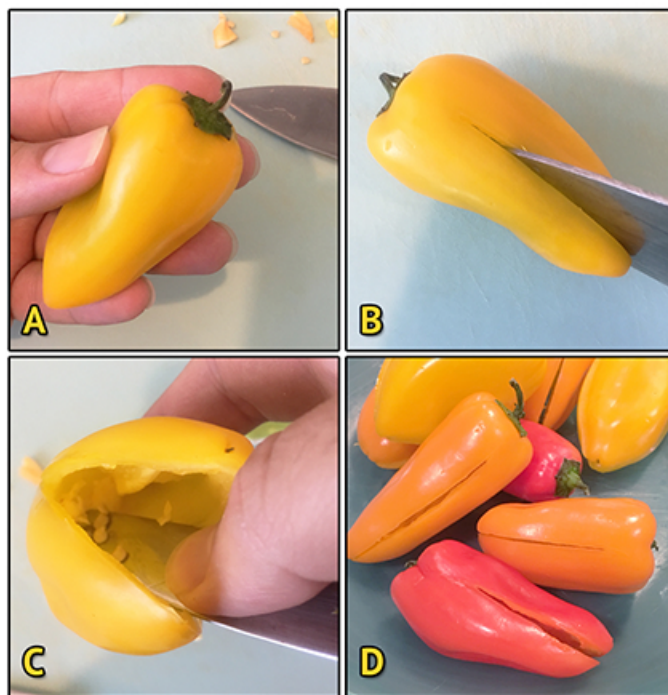
- 1 pound batch of my Low Point ground turkey Chorizo. Recipe can be found in "Cookbook: Volume 1", page 26.
- (1) 32oz bag multi colored mini peppers
- 1/4 cup reduced fat feta cheese crumbles (*in the meat*)
- 3/4 cup finely diced onion (*in the meat*)
- 2 Tbsp reduced fat feta cheese crumbles (*for garnish*)
- thin sliced green onion (*for garnish*)

Mexican Hot Sauce Dip:

- 1 cup plain fat free Greek yogurt
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1-1/2 Tbsp of Mexican Hot Sauce (*like Cholula or Tapatio*)

Directions:

1. First... the filling. You'll be making a batch of my ground turkey chorizo, but with 2 changes: Season the meat according to the regular recipe, but, mix 1/4 cup of feta cheese crumbles and 3/4 cup diced onion. Mix until well combined, then cover with plastic wrap and set aside.



2. Though I purchased a large bag of mini peppers at the store, you may have to buy multiple smaller bags, depending on what your local store carries. Remember, these aren't spicy, they are little bell peppers.

3. (A) Take all of your peppers out and then wash and dry them. You are NOT allowed to get E-Coli when cooking my food... this isn't Chipotle. (B) Use a sharp knife to carefully slice 3/4 of the way through each pepper. (C) Use a butter knife, thin spoon, or any preferred kitchen tool, to scoop the seeds out of every pepper. You don't have to get all of the vein out also, though you can if you want. This is the time consuming step. (D) When you are done, move on to the next step, or store the peppers in a ziplock bag overnight, but put a paper towel inside the bag.



4. Take your Chorizo mixture and use a Tablespoon measuring spoon to scoop out an even 1 tablespoon of meat. Use your fingers to pinch the back ends of the pepper, to open it wide enough to stuff the meat inside. Press the 2 halves of the pepper together to squish the filling and make as small of a seam as possible. Then preheat your oven to 425 degrees, placing 1 of your oven racks at the top position, right under your broiler.



5. Line a large sheet pan with foil, then spray with cooking spray. Place all of your peppers on the tray, then coat the ever-livin bajeezus out of them with cooking spray. Pretend you're applying spray-tan. (A) Bake for 10 minutes at 425 degrees, on the top rack. (B) When they have baked for 10 minutes, turn on your oven's BROILER to High. Broil the peppers on the top rack for 2-3 minutes, then carefully rotate the pan and BROIL for an additional 2-3 minutes, until they are lightly charred. Remove from oven. You're aaaaalmost done.
6. Now, let's make the dip, it's ridiculously easy. In a bowl, mix together all of the sauce ingredients till well combined. Add more hot sauce if desired. Eat.



NOTES:

- A) You can make an Italian version of these peppers by using Italian Sausage recipe instead of the Chorizo. Instead of garnishing with feta cheese crumbles and green onion, use parmesan cheese and chopped basil. Serve with your favorite marinara sauce, as a dip.
- B) The 14-15 minute cook time doesn't sound like a lot, but it DOES cook the meat all the way through because of the high heat. Also, 1 tablespoon of meat filling per pepper doesn't sound like a lot, but it's perfect. Trust me.
- C) Your actual points per serving, will vary by how many peppers you make. My chorizo filling made 33 peppers.
- D) **POINTS:** Under the 'regular' plan, you can have up to 5 peppers for 0 points and up to 15 for 1 point. While with the Diabetic plan, you can have up to 2 peppers for 0 points and up to 7 peppers for 1 point.



Cuban Meatballs

Cuban Picadillo-Spiced Meatballs with a Lightened Spanish Sofrito Sauce

Cuban Picadillo, traditionally made with ground beef, gets the skinny treatment with ground turkey. Sofrito sauce is a Cuban tomato sauce, exploding with Latin flavors. My version keeps almost all of the flavor, without relying on buckets of olive oil.

Servings Info.:

Yield: 32 (1/4 cup meatballs)

Servings: 32

Serving Size: 1 meatball



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Ingredients:

Picadillo-Spiced Meatballs

- 2 pounds xtra lean ground turkey
- 2 tsp onion powder
- 2 tsp garlic powder
- 2 tsp beef flavored granules (bouillon, I used 'Knorr' brand)
- 2 tsp worcestershire sauce
- 1 Tbsp ground cumin
- 1/2 tsp pepper
- 2 tsp dried oregano
- 12 pimiento-stuffed olives, drained and chopped. (med. sized)
- 1/2 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/4 cup chopped cilantro
- 1/2 tsp ground cinnamon
- 2 tsp unsweetened cocoa powder
- 1 Tbsp 0 point sugar replacement o' choice (I used stevia)
- 2 Tbsp lime juice
- 1/4 tsp baking soda dissolved in 1 tsp water **(TRUST ME!!)**
- 2 large egg yolks

Sofrito Sauce:

- 30oz tomato sauce (make sure you buy a 0 point can)
- 1 cup each, diced onion and green bell pepper
- 3 medium garlic cloves, minced
- 3 Tbsp white wine
- 1/2 cup fat free chicken broth
- 2-1/4 tsp each, smoked paprika AND regular paprika
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 tsp ground cumin
- 1 tsp dried oregano
- 1/4 cup chopped cilantro
- 1/4 tsp ground cinnamon
- 2 tsp lime juice

Directions:



1. **(A)** Mix ALL of the meatball ingredients together in a large mixing bowl. Cover and allow to rest 30 minutes. **(B)** Use a Tablespoon measuring spoon to scoop out 2 even Tablespoons into your palm, then roll into a ball. **(C)** Line a baking pan with foil and spray with cooking spray. Place the meatballs on the pan and preheat your oven to 400 degrees. **(D)** Bake the meatballs at 400 degrees for 10 minutes. Remove from heat and set aside.

Big Ballin' Tip:

If the stickiness of the meat mixture is making it hard to roll them into "nice" balls, rub your palms with a little bit of water. It instantly gets rid of the stickiness.



2. **(A)** Dice the onions, garlic and bell peppers for the Sofrito sauce. **(B)** Heat a large pan over medium heat, then use olive oil cooking spray to cook the onions for 5 minutes, until they begin to soften, then add the bell peppers. **(C)** Coat the bell peppers and onions with a bit more olive oil cooking spray, then continue cooking until the bell peppers begin to sweat. **(D)** Add the garlic, chicken broth and white wine. Simmer for 2-3 minutes.
3. **(A)** Add the tomato sauce, smoked paprika, salt and pepper, paprika, cumin, dried oregano, cinnamon and lime juice. Stir to combine. **(B)** Stir in the chopped cilantro. **(C)** Add the meatballs and pan juices, cover the pan with a lid. Simmer for 10 minutes. **(D)** Garnish with a little bit of crumbled fat free feta and cilantro, if desired.



NOTES:

- A) This sounds like a big batch of meatballs, but this recipe has been created as if it was being used for a dinner party, or for entertaining. Feel free to halve the recipe.
- B) This makes a lot of meatballs. They are very delicious and extremely low in points and calories, perfect for meal prep throughout the week. Awesome, low point and calorie, hearty snacks are totally doable with these.
- C) Want to talk awesome? On the 'regular' plan, you can have up to 5 meatballs for 0 points and up to 15 for 1 point.
- D) You can use this same method to make any type of meatballs from any of my seasoning mixes. For instance: Use my "Asian" ground turkey recipe to make Asian-spiced meatballs, then mix them with a batch of my sweet & sour sauce, from the Dip section of this book. Boom.
- E) Traditional Sofrito calls for "sweet paprika". I used smoked paprika, because I figured it'd be easier for folks to get.



Focaccia Bread

A Simple, Lower Calorie Version of The Famous, Hearty & Rustic, Italian Herbed Bread

Now, I know that you Italian purists are going to rant about this not being a traditional recipe, like your Sicilian grandma used to make for your mafia uncles... but who cares. This bread is light and airy, with just the right amount of 'tooth' to it. This large loaf makes 24 appetizer sized slices of bread, perfect for dips and spreads... Or, for waving in front of your friends on Keto, who haven't had bread since Lincoln was in the White House.

Servings Info.:

Yield: 9" round loaf
Servings: 24
Serving Size: 1 slice



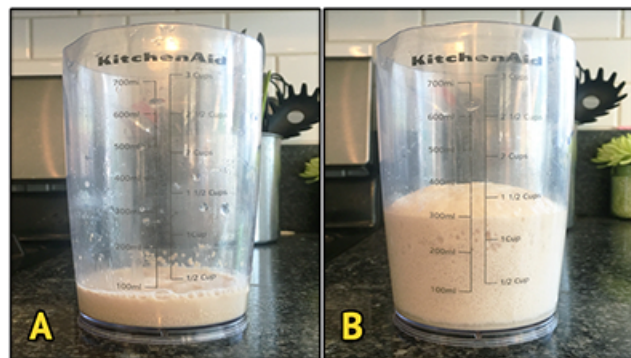
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Ingredients:

- 2-1/4 tsp active dry yeast
- 2-1/4 tsp granulated sugar. (Yes, you HAVE to use real sugar)
- 1/4 cup of preeetty warm water (between 100-110 degrees)
- 2 cups all purpose flour
- 1-1/2 tsp dried thyme
- 2 medium garlic cloves, crushed and minced
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/4 tsp baking powder (just roll with it, no whining)
- 1/4 tsp olive oil.
- Additional water, for mixing (I needed 6-7 Tbsp)
- Olive oil cooking spray

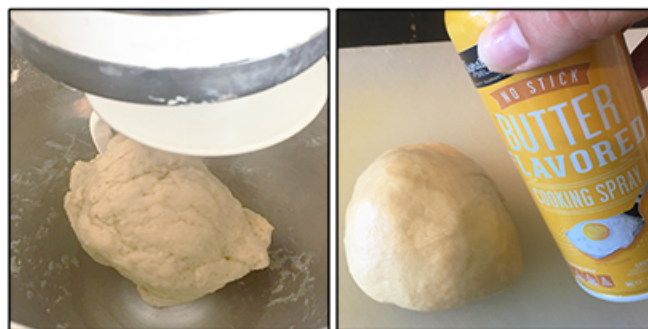
Directions:



1. Place the active dry yeast and sugar into a tall container, along with the warm water, between 100-110 degrees. Stir the water gently to dissolve the sugar, then allow to sit, untouched, for 10 minutes. It will foam up, a LOT.



2. Put the flour, thyme, garlic, onion & garlic powders, salt, pepper, baking powder and olive oil, into a mixing bowl. After the yeast has risen for 10 minutes, pour it into the flour, along with a 0 point shot of cooking spray.



3. Begin to mix the dough. At this point it will be dry and will need more liquid. Add the "additional water" 1 Tbsp at a time, to help bring the dough together into a workable ball. You WANT it to have the consistency of soft clay. It took my batch 7 Tablespoons, though yours may require a little more or less. Mix the dough for 2-3 additional minutes. If it is a little tacky, spray it with cooking spray to make it easier to handle without sticking to your hands. Also, in the next step, rather than dusting your dough and cutting board with flour, which adds points... spray your work surface, lightly, with cooking spray.



4. (A) Push down on the dough with your palm, then (B) fold the dough over and push down again. Repeat the folding process 30 times, then roll the dough back into a large ball. (C) Spray a 9" pie pan with cooking spray, then use your hands to push the dough down into the pan, stretching it to fill 3/4 of the pan. Spray the top of the dough with olive oil cooking spray, cover the pan tightly with plastic wrap and (D) walk away for 1 hours. The dough will expand and fill the entire pan.



5. Heat your oven to 400 degrees, then once it's up to heat, remove the plastic wrap and poke down into the dough with your finger. Spray the top of the dough with cooking spray, sprinkle with coarse salt, then bake at 400 degrees for 20 minutes, or until lightly browned. Done.



6. Place your hot bread loaf onto a cutting board. Use a knife to carefully slice the loaf into 4 equal sections. Using the center lines as guides, cut all the way across the loaf, making slices that are just over a 1/2 inch wide. Cutting the bread in this manner will give you 24 slices, with only 27 total ingredient points. Boom.

NOTES:

- A) You don't need to season yours like I did, with dried thyme, garlic and onion powders, etc. Season it however you want. Use fresh herbs, if you'd like. At restaurants, you typically see Focaccia bread prepared with chopped fresh rosemary, both inside the bread and placed on top, prior to baking.
- B) If you are allergic to Gluten, Bob's Red Mill has a celiac friendly flour, called "1 to 1 baking flour". It already has stabilizers and is available at most major grocery stores, as well as Walmart, Target, etc.
- C) Trust me on the baking powder. This isn't a traditional recipe, but I don't care about tradition, I care about points, calories and texture. I've made a ton of different variations of this bread and adding this little bit of baking powder, combined with the yeast, had the best results.



Garlic Mushroom Tapas

Whole Mushrooms with Garlic, Smoked Paprika, Parmesan and Parsley

I absolutely love mushrooms, but my wife can't stand them, therefore, I never cook them. As you can imagine, I was ecstatic when I saw a traditional Spanish Tapas dish that revolved around them... they're aaaaaaall mine, baby! This recipe makes an insanely delicious serving bowl full of savory mushrooms. Loaded with tons of earthy, smoky flavor from Smoked Paprika, a touch of acidic lemony brightness, the crispy pop of fresh parsley and garnished with Parmesan... This dish is big on flavor, yet comes together easily.

Servings Info.:

Yield: 4 cups

Servings: 8

Serving Size: 1/2 cup



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Ingredients:

- (3) 8oz packages, fresh whole mushrooms, any type.
- 4-5 medium garlic cloves, finely diced
- 1/4 cup fresh parsley, finely chopped
- olive oil cooking spray, 8 second spray
- 2-1/4 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 Tbsp lemon juice
- 2 Tbsp chicken broth
- 1/2 tsp reduced fat Parmesan grated topping (like Kraft)

Directions:



1. For this recipe, we're going to need to have a spice that a lot of you don't have on hand, though it's pretty common to find in grocery stores nowadays. Smoked Paprika. You CAN use regular paprika, but the flavor will be dramatically different. Smoked Paprika has an aroma and flavor that I can only describe... as powdered bacon bits. When you take your first smell of it, it blows your mind. It adds a great, earthy, smoky flavor to dishes. Unfortunately though, it has 1 point at 1 tsp. You'll use it a lot in my recipes, so, if you bite the bullet and purchase it, it'll definitely be worth the investment of \$6.



2. (A) Whole mushrooms are covered in dirt when you take them out of the package. First thing that we're going to do is clean them off. (B) Use kitchen scissors or a knife to snip off the very bottom of the stem. (C) Under running water, gently rinse the dirt off of the mushrooms. Use a small brush if desired, but be gentle, the skin is delicate. (D) Set the cleaned mushrooms into a large bowl that has a few layers of paper towels on the bottom. Set aside.



3. (A) Finely chop the garlic and parsley, then set aside. (B) Heat a large pan over medium high heat. Spray for 8 seconds with olive oil cooking spray, creating a nice, thick layer of 0 point spray. Add the Mushrooms to the pan and lightly spray the top of the mushrooms with cooking spray. (C) Cover and cook for 5 minutes, moving the pan around to stir the covered mushrooms. (D) After 5 minutes, remove the lid and get ready for the fun stuff.



4. Add the smoked paprika, salt, pepper, garlic and parsley to the pan, use a rubber spatula to gently mix the ingredients together. It will be pretty dry. Continue stirring and cooking for another 2-3 minutes, until all of the dry ingredients are distributed pretty evenly, though still thick. Add the lemon juice and chicken broth, stir to create a thick gravy-like sauce from all of the dry ingredients on the bottom of the pan. Cook for another 2 minutes, stirring and allowing the sauce to slightly reduce.
5. Sprinkle with the parmesan topping, then toss to coat.

NOTES:

- A) This dish gets its uniquely smoky flavor from the Smoked Paprika, which is a key component of the recipe. However, if you do not have access to it, you can definitely substitute regular Paprika in its place, though the flavor will be different, it'll still taste good.
- B) I chose to use regular white button mushrooms when I made this recipe because I figured more people would have access to them, versus saying you needed to go buy cremini or baby bella mushrooms. Plus, it sounds less stuck-up-foodie to not demand that you buy a specific type. Use whatever small, whole mushrooms that you like.
- C) If you'd like, you can substitute the parsley with basil.
- D) You can use REAL reduced fat Parmigiano cheese in place of the grated style topping, if you'd like. It's the same points. I have a toddler that likes spaghetti... I am NOT going to spend \$\$ on real Parmigiano for a 5 year old. We have the fake stuff. Use what'cha have.
- E) Though it's ok in California and Colorado... I would highly recommend not using any "funny" mushrooms for this appetizer. The last thing that you want, is to have your dinner guests all sitting around, giggling and eating your cheetos. Stick to the legal 'shrooms mis amigos.





Kafta Kababs

Appetizer Sized Roasted Skewers of Lebanese Spiced Ground Turkey

Kafta is a deliciously flavorful ground/minced mixture of meat, herbs, seasonings and onions that is common across all of the Middle East, India and Africa. In Lebanon, which is where my father was raised, it's called Kafta. Traditionally made of ground lamb or beef, mixed with onions, parsley and spices, my recipe is heavily modified to taste amazing with ground turkey.

You would typically find a dish like this in ANY kabab house, made out of beef or lamb. Mine will stand toe to toe with them, and at a fraction of the fat and calories, but with ALL of the full, beefy flavor. Trust me. This mix actually TASTES like actual beef kafta kababs. It will blow your mind. Your guests won't believe that it's turkey.

Servings Info.:

Yield: 11 skewers

Servings: 11

Serving Size: 1



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Ingredients:

Ground Turkey Kafta Mixture:

- 1lb batch of my ground turkey Kafta.
The recipe can be found in my "Cookbook: Volume 1", page 29.

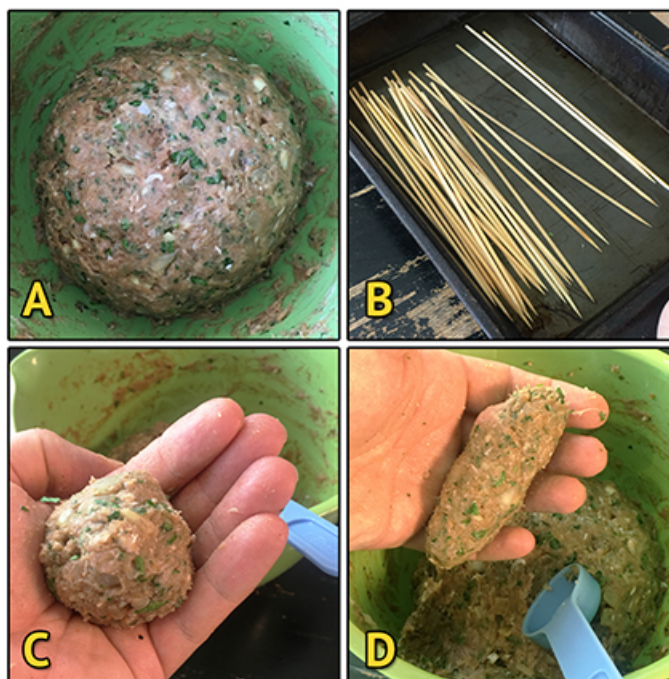
Additional:

- 11 Wooden Skewers

Optional:

- Belly Dancer Outfit
- Blu Ray disk of either Lawrence of Arabia, Prince of Persia, or Aladdin. (the original, not the freaky Live Action one)

Directions:



1. **(A)** In a large mixing bowl, combine all of the listed ingredients for the Turkey Kafta. Cover with plastic wrap and let it rest, in the fridge, for at least 30 minutes. **(B)** Fill a large pan or container with water and place your wooden skewers in, allowing them to have a relaxing spa day, for at least 30 minutes. Meanwhile, prepare a baking pan with cooking spray and preheat your oven to 400 degrees. **(C)** When the meat has had a chance to rest, use a measuring spoon to scoop out 3 even Tablespoons of meat, into your palm, then form it into a ball. If the meat starts sticking to your palms, rinse your hands with a little water. **(D)** After you've formed a ball, gently use your palms to squeeze and shape it into a thick cigar shape.



2. **(A)** When you have formed one of the balls of meat into a long cigar shape, gently remove one of the wooden skewers from its water bath... I say gently, because they're pretty calm and relaxed right now after their bath... and shove the skewer, mercilessly through the meat. Ignore the terror filled cries from the skewers. Repeat your Vlad the Impaler-ish style stabby spree, until all of the meat is run through and stops twitching. **(B)** Lay each skewer down on the pan, leaving enough space between them, for the wooden skewers that will be facing the opposite way. Then spray them all with a good dose of 0 point cooking spray (olive oil spray is preferred). **(C)** Place the tray into your preheated oven. Bake the kafta kababs for 10 minutes at 375 degrees. **(D)** Remove from the oven and quickly turn each of the kababs over. Lightly spray with cooking spray, then place the tray back into the oven for an additional 6-8 minutes, or until the meat is nicely browned.
3. Pop on a DVD of Lawrence of Arabia or Prince of Persia, then start chowing down. You can follow up your meal with some belly dancing fitpoints, if desired.

NOTES:

- A) I purposely made this recipe using an oven instead of a grill, to accomodate folks who don't own a grill.
- B) Adding that small bit of dissolved baking soda to the meat, then letting it rest, is freaking INSANE. There is some magical foodie-voodoo magic that happens, because it makes these end up with the cooked texture and mouth-feel of ground beef/pork, rather than turkey.
- C) I would highly recommend serving these with some roasted Roma Tomatoes. When you preheat the oven to 400 and allow the meat to rest... Put a few of the tomatoes into a 9" pie pan, coat them with cooking spray, season with salt and pepper, then put them into the oven. Put them in about 20 minutes before you plan to cook the meat. When the kababs are finished, take the meat out, then turn on your broiler to char the top of the tomatoes.
- D) These would also go awesome with a batch of my low point hummus dip.
- E) This recipe definitely works as a main course also, just use more meat when forming the skewers.



Mussels with Saffron Sauce

Mussels Cooked In A Rich Saffron Broth with Garlic, White Wine and Shallots

First thing's first... I know not everyone can get saffron. The notes will have suggestions for not using it. Ok, with that out of the way, OMG THIS IS DELICIOUS!!!! Prior to this dish, I had never made mussels before. Want to know how easy it is? I watched a 5 minute Youtube video to learn how to do it. It's that simple. This dish is so rich, flavorful and elegant, that it is sure to be a huge eye poppin' crowd pleaser for parties or entertaining. First, I'll show how to make them with fresh mussels, followed by steps for using frozen mussels... because I'm cool like that. 😎

Servings Info.:

Yield: 2 pounds

Servings: 4

Serving Size: 1/4 batch (see notes)



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Ingredients:

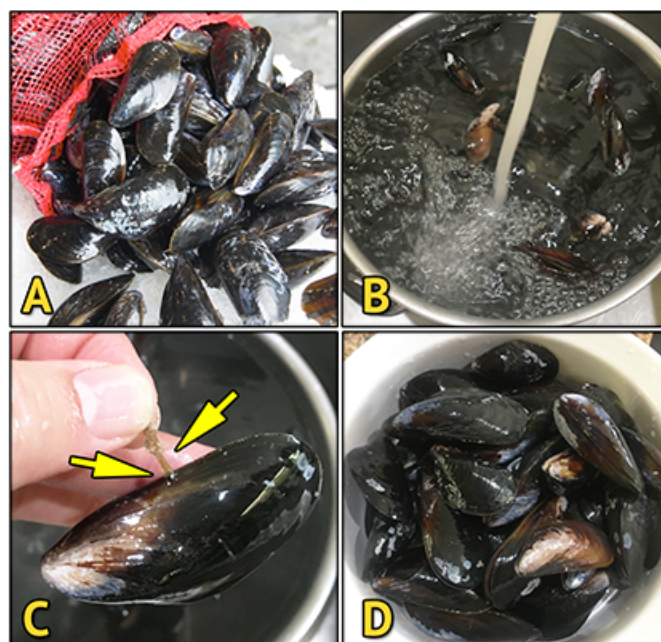
- 2 pounds live mussels, whole, in-shell (see note!)
- 1 tsp reduced fat parmesan topping (like Kraft sprinkles)
- fresh chopped basil or parsley for garnish

Broth Ingredients:

- 8 second spray, butter flavored cooking spray
- 1 medium shallot, finely diced (around 1/4 cup)
- 3 medium garlic cloves, diced
- 8oz bottled clam juice, OR use fat free chicken broth
- 1 Tbsp lemon juice
- 1 Tbsp white wine vinegar
- 2 Tbsp unsweetened plain almond milk (NOT VANILLA!)
- 1 tsp salt
- 1/4 tsp black pepper
- 2 tsp Molly Mcbutter butter sprinkles, or butter flavored popcorn sprinkles (OPTIONAL)
- 1-1/2 tsp cornstarch, dissolved in 1 tsp water
- 1/2 tsp loosely packed saffron threads**

Directions:

Just a reminder. I'm going to first, be going over how to make this recipe using FRESH mussels, followed by instructions for making them with Frozen ones.



1. (A) Go to the store and buy 2 pounds of fresh mussels. (B) Place them into a large bowl and cover with cool water. Allow them to soak for at least 1 hour. (C) Most all of the mussels have a little fibrous strand, kind of like seaweed, that they use to attach themselves to things in the ocean. It takes a lil effort, but you can either pull it off with your fingers, or use a pair of scissors to snip it off. (D) Put the mussels back into a bowl while you get the sauce ready.



2. In a small bowl, combine the clam juice, lemon juice, vinegar, almond milk, salt, pepper, cornstarch, butter sprinkles (if using) and the saffron threads. Stir together, then let sit for 10 minutes.



3. (A) In a large pot, sautee the diced shallots and garlic over medium heat, with an 8 second spray of butter flavored cooking spray. Cook until the garlic is fragrant and the shallots are slightly softened. (B) Pour in the Saffron infused liquid, bring to a boil and simmer for 2-3 minutes. (C) Take the mussels out of their water and place them into the pot. Cover and cook on medium heat for 6-7 minutes. (D) Scoop the mussels out into a large serving bowl and pour sauce over the mussels. Sprinkle with the parmesan cheese and garnish with fresh chopped basil or parsley.

Using Frozen Mussels:



Not everyone has access to fresh mussels, so in typical me-fashion, here's how I'd recommend using frozen mussels for this recipe. You might find frozen mussels at your grocery store, in the seafood section, or in the frozen food aisle.

Though those bags say NOT to thaw them out prior to cooking, you still need to

'clean' them. Frozen bags of mussels have SO MANY bits of broken shells shards in them! I recommend opening the bag and rinsing the frozen block o' mussels in a colander. Rinse it all off till you dissolve all the ice. There are TONS of tiny bits of shell trapped in that ice! Now, you'll have gotten rid of 99% of the shell shards, saving your expensive dental work. Put the mussels into your pot with the simmering sauce, cover the pot, and cook for 10 minutes. There still might be some little bits of shell, but there will be a lot less. If you use frozen mussels, skip step #1 of the recipe instructions.



NOTES:

- A) Saffron can be found in the spice aisle of most grocery stores, along with the "fancy" spices. It's also at trader joes. Saffron IS pricey (except for at trader joes). If you can't toss money at a random spice, don't worry. Your sauce will still taste great if you replace the saffron with pretty much any other spice. Add some old bay, or some extra garlic and onion powder... maybe a little chicken bouillon... get creative. Heck, want to mimic a little bacon flavor? Add some smoked paprika. Seriously, the Saffron is a big part of Saffron sauce, but you can definitely customize this to whatever you'd like. I encourage you to mess around with the recipe.
- B) The purpose of the almond milk and cornstarch is to help mimic a little bit of heavy cream in the sauce. But that's just me. This entire huge platter is 0 points as-is, so feel free to add some I can't believe it's not butter Light, a little bit of whole milk, a splash of white wine... I make my stuff ridiculously low point for a reason, it allows you a LOT of room to put your own personal touch on it, while still staying low calorie and low point.
- C) If you can find fresh mussels, USE THEM. It's a little bit more work... but it's worth it to not have all the tiny little shell shards in your dish. As far as price goes, the frozen mussels are almost the same exact price as fresh ones.

Crispy Baked Onion Rings

Hark The Herald Angels Sing... Glory to Low Point Onion Rings

Yup, I went there. Though not speciiiiiiically mentioned in the Good Book... real, crispy, gloriously low point, baked onion rings are something worthy of a choir of Angels. This recipe has gone through a few variations and will no doubt continue to be tweaked. I decided on crushed rice krispies because they are lower in points than, and have a near identical texture to regular breadcrumbs.

Servings Info.:

Yield: 1 sheet pan o' rings

Servings: 4

Serving Size: 1/4 tray



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Ingredients:

- 2 large onions sliced into 1/2" thick rings

Breading:

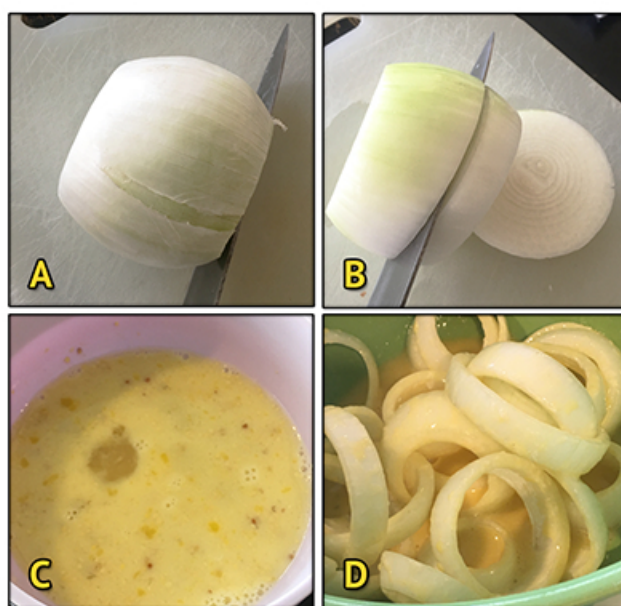
- 1-1/3 cup rice krispies, measured, then lightly crushed
- 1-1/2 tsp all purpose flour
- 1-1/2 tsp cornmeal (optional, but adds crunch)
- 2 tsp panko breadcrumbs
- 1-1/2 tsp regular plain breadcrumbs
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp dried italian seasoning
- 1/4 tsp black pepper
- 1/2 tsp salt

Egg Wash:

- 2 large eggs
- 1 Tbsp water
- 1-1/2 tsp cornstarch, dissolved into the water
- 1 Tbsp dijon mustard
- 1-1/2 tsp self rising flour, stirred into the dijon mustard

Directions:

1. Preheat oven to 425 degrees. Line a large 11"x22" baking sheet with tin foil, spray with cooking oil, set aside.



2. (A) Slice the ends off of each side of the onions, then peel off the first layer. (B) Slice into 1/2" thick rounds. Separate slices into individual rings, then set aside in a large bowl. (C) For the egg wash, mix the flour, cornstarch, mustard and water until smooth. Then whisk the eggs in a medium bowl and add the mustard/flour mix. Whisk till smooth. (D) Pour the thickened egg wash over the onions, then mix.



3. (A) Crush the rice krispies in a bag, till they resemble coarse bread crumbs. Then add ALL of the breading ingredients to a hot pan. (B) Toast the breading over medium heat for 3-4 minutes, tossing occassionally till they are a light golden color. Pour into bowl, let cool.

4. Preheat your oven to 425 degrees and line a large baking sheet pan with foil. Spray with cooking spray, set aside.



5. **(A)** Take ONE ONION RING out of the egg wash and gently place it into the center of the bowl with the toasted breading. Use 2 forks or spoons to toss crumbs over the onion ring. Flip it and coat the back side. **(B)** Place the coated rings onto the sheet pan and spray with cooking spray, to coat. **(C)** Bake at 425 degrees for 15-18 minutes, till done. No need to flip them, because of the toasted breading. Remove from heat, let cool 1 minute, then serve.

NOTES:

- A) **SERVING SIZE:** The amount of rings per serving will vary, depending on how many rings YOU make from your onions and cram onto your sheet pan. When I made this, I got 20 good sized rings crammed onto my pan, therefore, I counted it as 2 separate 10 ring portions... but that's because I went into full-on Onion Ring Gorgefest mode. For an appetizer, I'd suggest this recipe for 4 people.
- B) As stated before, I chose to use crispy rice cereal, rather than bran flakes, which others suggested, because an equal amount of flakes is more points than rice cereal. You may definitely swap out some of the crushed rice cereal with some crushed flakes if you wish, which would add a bit of "Panko breadcrumbs" texture, but make sure to adjust your points accordingly.
- C) **CRUNCH:** The key to making these baked onion rings come out VERY crunchy, is toasting the breading first. The finished rings look muuuuuuch better than if you don't toast the breading. It gives a nice uniform golden brown. But the biggest change is the crunch. Toasting the breading makes them extreeeeemely crunchy. It's the same as if you were baking something twice. If you skip this step, you will absolutely regret it. It works just as well if you are going to bread chicken, too. It will make the chicken bake even crispier and crunchier, with a beautiful golden color. It's a night and day difference versus not toasting the breading. Try it once and you'll be hooked.
- HOWEVER... do not toast the breading to the point where it gets dark brown in the pan. You are aiming for a light, juuuust uniform golden color. The breading will get darker as you bake it.





Pineapple Jerk Skewers

Jerk Turkey Meatballs, Crispy Banana Croquettes, Charred Pineapple... Yes Please!

I have to admit that prior to attempting this recipe, I've never eaten "Jerk" anything before, in my life. No, eating food that's been PREPARED BY a Jerk, doesn't count... I looked it up and the internet never lies. Jerk seasoning is a popular seasoning mix in the Caribbean, but is most famously associated with Jamaica. The most famous dish, of course, being Jerk chicken. "Jerk" is a very exotic flavor blend, containing allspice, cinnamon, nutmeg, brown sugar and a ton of heat from hot peppers. In this appetizer, I wanted to try to make a single bite, fun take on a Cuban/Caribbean dish. In WW, plantains are a lot of points, where bananas are 0 points. So, I set out to make a crispy, baked and breaded banana slice to take the place of fried plantains. This dish has a nice balance of spicy, sweet, citrusy, and texture combinations.

Servings Info.:

Yield: 30

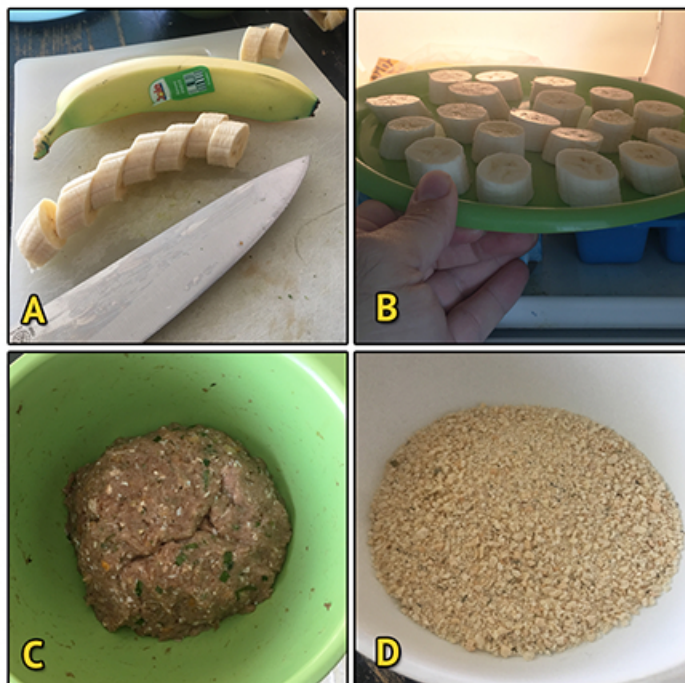
Servings: 30

Serving Size: 1 skewer



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Directions:



1. (A) It'll take you a few bananas, but make 30 slices, roughly around 3/4 inch thick and set onto freezer-safe plates, spritzed with cooking spray. (B) Place the bananas into the freezer while you prepare the other ingredients. (C) Mix a 1lb batch of the "Jerk" seasoned ground turkey, from my first cookbook, page 29. Cover with plastic wrap and allow to sit for 30 minutes. (D) While the meat is resting and the bananas are freezing, make the breading. Place the rice krispies, breadcrumbs, self rising flour and cinnamon into a large ziplock bag. Crush the mixture until the rice krispies are broken down and it all takes on the texture of regular bread crumbs. Set aside.

Ingredients:

Caribbean Jerk Meatballs

- 1 pound batch of my "Jerk" seasoned ground turkey. Recipe found in my "Cookbook: Volume 1", page 29.

Breaded Banana Bites:

- (30) 3/4" slices of banana (pick slightly green/unripe ones)
- 1-3/4 cups rice krispies cereal, measured, then crushed.
- 1-1/2 tsp bread crumbs
- 2 tsp panko breadcrumbs
- 1-1/2 tsp self rising flour
- 1/2 tsp ground cinnamon
- 2 large eggs

Sauce/Glaze:

- 3/4 cup water
- 1/4 cup sugar free maple syrup (pancake syrup)
- 1 Tbsp 0 point natural sweetener of choice (Stevia, Monkfruit, Truvia, etc)
- 1 Tbsp RUM... Yup, actual rum. Yaaaarrrrrrrrr, matie!!
- 1 tsp rum extract (in the spice aisle, by the vanilla extract)
- 1 Tbsp lime juice
- 1/8 tsp cayenne pepper
- 1-1/2 tsp cornstarch dissolved in a little water

Additional Ingredients:

- 30 bite sized chunks of fresh pineapple
- Additional fresh thyme for garnish, finely chopped



2. (A) Beat the 2 eggs together in a bowl. Remove the bananas from the freezer, then dip them 1 at a time, into the egg wash. (B) Let the excess egg drip off of the banana, then coat with the breading. Place each breaded slice onto a large baking tray, lined with foil paper and coated with cooking spray. (C) Bake the bananas at 425 degrees for 12 minutes, then flip and (D) bake for 10 more minutes, or until browned. Remove from oven, set aside.



3. (A) Line a baking pan with foil and cooking spray. Use a measuring spoon to scoop even 1 Tablespoon scoops of meat into your palm. Form into small balls, then (B) place onto the baking pan. (C) Bake the meat at 400 degrees for 10 minutes. Remove from oven, set aside.



4. (A) Use paper towels to pat your pineapple chunks dry. Heat a large pan over medium high heat, spray the pineapple with cooking spray, then cook for 3 minutes on each side, till charred. Set aside (B) Combine ALL of the sauce ingredients into the pan and bring to a low boil for 2 minutes, till thickened. (C) Toss the meatballs in the glaze, then set aside in a bowl. (D) Place the pineapple chunks into the glaze, toss to coat, then turn off heat.
5. Assemble by setting one cooled banana chip onto a plate. Set a meatball on top of the banana, then place a piece of pineapple on top of the meatball. Skewer with a toothpick and garnish with finely chopped fresh thyme.

NOTES:

- A) POINTS: On the 'regular plan' you can have 1 skewer for 0 points and up to 4 for 1 point. While on the 'diabetic plan', you can have up to 2 skewers for 1 point.
- B) For a more golden color on the banana bites, toast the 'dry' breading ingredients first, in a hot pan, till golden brown. Once cooled, use it to bread the banana slices.





Portuguese Clams

Steamed Clams, with White Wine, Garlic, Lemon & Fresh Cilantro

Ok, in full disclosure, I have to admit that prior to this recipe, I had never made clams before in my life. Hopefully, that'll make you see how easy all these shellfish are to make. Anyways, this recipe is actually a famous Portuguese dish called "Amêijoas à Bulhão Pato" (Clams in White Wine Sauce). They have a delicious broth, typically made with white wine, butter, garlic and cilantro. I'm lightening it up by cutting the wine with clam juice/broth, to save points and add flavor.

Servings Info.:

Yield: 2 pounds

Servings: 4

Serving Size: 7-8 clams



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Ingredients:

- 2 pounds small variety Live clams (1-1/2" to 2" wide)
- 3 Tbsp white wine (I used chardonnay)
- 3 Tbsp fat free chicken broth
- 1 tsp lemon juice
- 1 pinch black pepper
- 8 second spray, olive oil cooking spray
- 3-4 medium garlic cloves, finely chopped or minced
- 1/2 cup fresh cilantro, chopped
- 1/4 cup flat leaf parsley, chopped

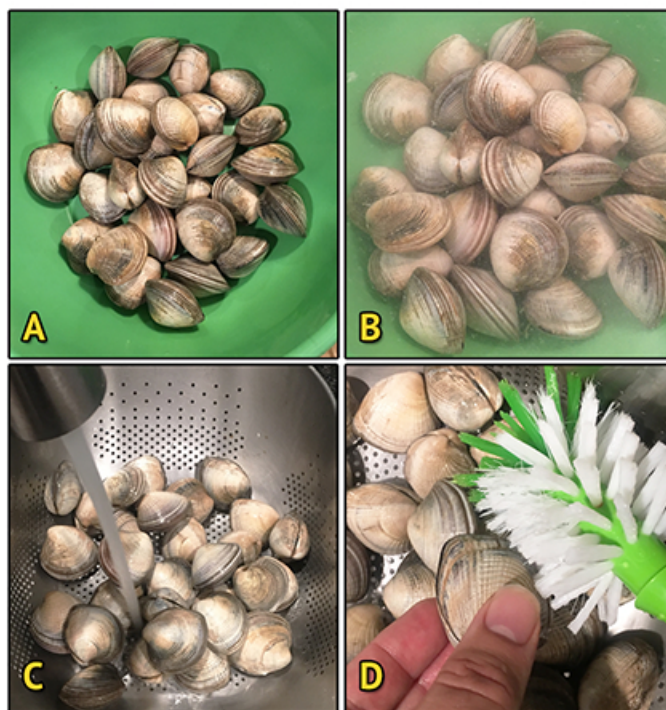
Pre-Soak:

- 1 large bowl or pot
- Enough cold water to cover the clams by a few inches
- 1 Tbsp salt
- 1-1/2 tsp cornmeal (*don't count for points, see notes*)

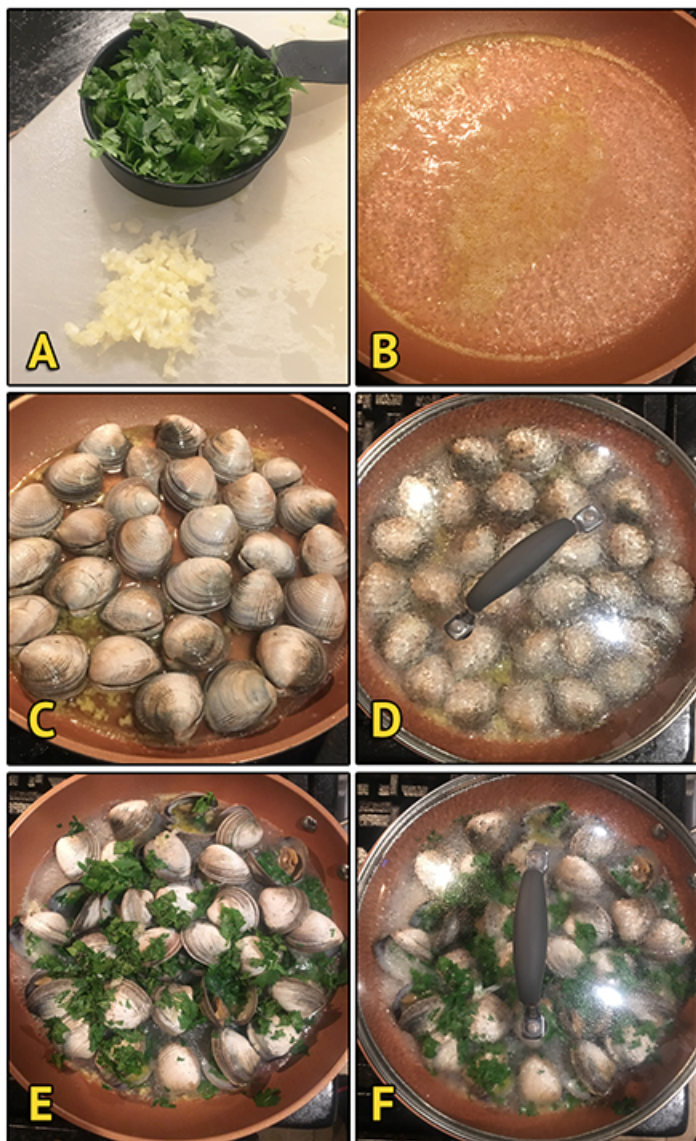
Directions:



1. At your local grocery store, there may be a few varieties of clams. We're going to avoid the larger ones for this recipe and choose a type that's on the smaller side, around 1-1/2 to 2 inches across. Otherwise we end up only getting around 12 clams for those 2 pounds, rather than 30-32. We want to fill up a medium serving bowl with small clams, not serve people 3 large ones.



2. (A) When you get home, pour all of the clams out into a large bowl. (B) In a cup, stir together 1 cup of water and 1 Tbsp of salt until dissolved. Fill the large bowl with the clams and enough cool water to cover them by a few inches, then pour in the salt water. Add the cornmeal into the water and slightly stir to distribute it. Let the clams soak for at least 1 hour. (C) Rinse off the clams, then (D) use a kitchen brush to clean each one, gently, they're ticklish. Set aside in the fridge.



NOTES:

- A) **CORNMEAL?**: Well, cornmeal gets added into the water to act as 'debris'. The theory being, that when the clams are soaking in the salt water, the gritty cornmeal particles in the water, encourage the clams to open up and spit out any sand they might have inside of their shells.
- B) As stated earlier, make sure not to purchase large clams for this recipe. This is an appetizer for sharing. You CAN use larger clams if want, but you'll need to buy 4-5 pounds. \$\$\$
- C) **MODIFY THIS RECIPE!!!!** Feel free to replace the white wine and vinegar with chicken broth, bottled clam juice, anything you want. Add more garlic, add less garlic, add different herbs, add tomatoes... Use this as a template to make your own clam dish. It's super super simple. The only time consuming part is soaking the clams in the salt water.

3. (A) Mince the garlic cloves, chop the parsley and cilantro, set aside. (B) Spray 8 seconds of olive oil cooking spray into a large pan, over medium heat and immediately pour in the white wine, broth or clam juice and pepper. Bring to a boil. (C) Once the liquid starts to boil, add the clams to the pan. Once the liquid begins to simmer again, (D) cover the pan and cook for 3 minutes. (E) Remove the lid and add the chopped herbs and garlic. Gently swirl the pan to spread the herbs around. (F) Replace the lid and cook for an additional 4 minutes, or until most all of the clams have opened wide. Use a spoon or tongs to place any opened clams into a serving bowl. If any clams have not opened, leave them in the pan, return the lid, and continue cooking for 2 more minutes to see if they open up. If they don't, they go in the trash. Otherwise, add ALL of the opened clams into the serving bowl and cover with the sauce. Done.



Rotolo di Lasagne

"Coiled" Mini Lasagna Rolls, With Delicate, Scratch-Made Pasta

Believe it or not, this appetizer was inspired by a commercial for... Olive Garden "gasp". They showed a big hunk of lasagna that was rolled up and plated. But, rather than having it served on it's side, like you'd normally see, theirs is served standing upright. That immediately got the wheels turning. A 1/4 cup ball of fresh pasta dough can be made into a gigantic pasta sheet. So I wanted to try seeing how many servings I could get out of it. What you end up with is a mouthful of lasagna that's light, delicious and flavorful.

Servings Info.:

Yield: 19 rolls**

Servings: 19**

Serving Size: 1" thick rolls



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Ingredients:

Pasta Dough:

- 1/4 cup pasta dough ball. Make your dough as shown in my "Cookbook: Volume 1", page 40.

Lasagna Filling:

- 1 pound batch of my ground turkey Italian sausage. The recipe can be found in my "Cookbook: Volume 1", page 27.
- 2 medium garlic cloves, finely chopped
- 1/2 cup diced onion
- 1/2 cup fresh basil, chopped (*optional*)
- 2 cups packed spinach, chopped
- 3/4 cup Greek yogurt
- 1 egg yolk, OR 1 egg white, if whole eggs have points for you.
- 1 Tbsp reduced fat grated Parmesan cheese topping (Kraft)

Marinara Sauce:

- 1 batch of my "10 Minute Marinara" sauce. The recipe can be found in my "Cookbook: Volume 1", page 80.

Topping:

- 1/4 cup shredded reduced fat mozzarella cheese
- 2-1/2 tsp reduced fat grated Parmesan topping (like Kraft)

Directions:



1. (A) Take your batch of Italian sausage and mix in the onions and garlic. Cook in a large pan, over med-high heat. (B) When the meat is cooked through, add the spinach and basil. Cover and cook till wilted. (C) Place the meat, yogurt, egg yolk and Parmesan into a food processor. (D) Pulse a few times until the filling is broken down, but not pureed. Set aside.



2. In a medium sized pot, heat all of the Marinara sauce ingredients, except for the tomato sauce, for 3 minutes over med-high heat. Pour in the tomato sauce, then use a blender or hand blender to puree the mixture. Set aside.



3. (A) Take your large sheet of pasta, made from a 1/4 cup pasta dough ball and boil it for 2 minutes. (B) Remove it from the water, rinse it off (JUST DO IT!) then pat it dry with towels. (C) Lightly spray a large work surface with cooking spray, then place the pasta down and ladle some of the tomato sauce on top. (D) Cover with all the filling.

4. (A) Spread a thin layer of marinara on top of the filling, then gently roll it all up, like a long jelly roll. (B) Use a sharp knife to gently cut 1" wide slices. I recommend using a slow back and forth sawing motion. Don't press down too hard or you'll smush the pasta. (C) After you cut a serving, lay it down flat, then use your fingers to gently shape it into a rounded shape, if needed. (D) Place a layer of marinara sauce on the bottom of a baking dish, then carefully use a fork to lift the rolls into the pan, 1 at a time. Slide the fork's prongs underneath the rolls while transferring them. Then place a small amount of marinara (about 1-2 tsp) on top of each slice. You want to keep the outside walls of pasta exposed to the heat of the oven, without sauce on them. (E) Sprinkle the mozzarella on top of the rolls. (F) Bake the rolls for 20-25 minutes at 375 degrees. You want to bake them until the pasta on the outside, gets slightly browned and firm to the touch. The inside is very soft, so having the outside pasta be browned and toasted is ideal. Garnish all of the plated "coils" with 1-1/2 tsp of grated parmesan topping and some fresh chopped parsley.

NOTES:

- If you use regular store bought lasagna noodles, boil them, follow the same process, but roll them up from end to end, then make slices. You'll get a LOT less coils, for a lot more points, but it's still doable.
- I was able to make 19 servings from my pasta sheet. If you aren't able to get as many slices from your pasta, adjust your points accordingly.
- POINTS: On the BOTH plans (regular and diabetic), you can have 1 'coil' for 0 points and up to 3 coils for 1 point.



Salmon Cakes

Deliciously Moist, Fresh Salmon and Vegetable Patties

When I came up with this recipe, my original intention was to make some awesomely flavorful and low calorie/point CRAB CAKES!!! But when I went to the grocery store, 2 pounds of lump crab was \$50. There ain't no way that this here cowpoke was spending \$50 on an appetizer and there's no way I would ask you to... so... I swapped the crab for fresh salmon. Easy Peasy. This recipe makes 14 delicious 1/3 cup appetizer sized salmon cakes. However, depending on your 'personal' plan, salmon might be ultra high in points for you. You can DEFINITELY swap out the salmon for lump crab or cod, to make awesome crab or cod cakes.

Servings Info.:

Yield: 14 salmon cakes

Servings: 14

Serving Size: 1 cake



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Ingredients:

- 2 pounds fresh or previously frozen salmon filets, diced and chopped (**NOT THE CANNED STUFF!!!**)

Vegetable Mixture

- 1/3 cup finely diced red bell pepper
- 1/3 cup finely diced yellow bell pepper
- 1/3 cup finely diced red onion
- 1/3 cup finely diced celery
- 1/4 cup chopped flat leaf parsley
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp old bay seasoning
- 1 large egg
- 1/2 cup fat free Greek yogurt
- 1 tsp worcestershire sauce
- 1/4 tsp hot sauce (or more, to taste)
- 1 Tbsp dijon mustard

'Bread' Crumbs:

- 1-1/3 cups rice krispies cereal, measured then crushed into crumbs
- 1-1/2 tsp regular breadcrumbs
- 2 tsp panko breadcrumbs

Directions:



1. **(A)** Spray a pan with cooking spray, then cook the red and yellow bell peppers, red onion, celery and flat leaf parsley over medium high heat. Cook till just softened, season with salt, pepper and old bay. Set aside, allowing to cool to room temperature. **(B)** Dice all of your salmon into bite sized chunks. You don't want perfectly uniform diced salmon, you want small chunks of varying sizes. **(C)** Place the cooled vegetables, chopped salmon, egg, yogurt, worcestershire, hot sauce and dijon mustard into a large mixing bowl. Mix until combined. **(D)** Place the rice krispies into a large ziplock bag and crush. Once they have the consistency of breadcrumbs, add all the breading ingredients into the salmon and mix together. Cover and allow to rest in the fridge for 30 minutes.

2. Line a sheet pan with parchment paper, then lightly spray with cooking spray. Preheat your oven to 425 degrees.



3. (A) Start off by slightly wetting your hands with some tap water, trust me. Using a measuring cup, scoop out an EVEN 1/3 cup portion of the salmon mixture into your palm. (B) Lightly press it together with your palms, you want to keep it as a tall mound. Place each one down onto the parchment paper, then gently press down on the top to slightly flatten the top. (C) Repeat until all of the salmon has been used, then coat the top of the patties with cooking spray. (D) Bake at 425 degrees for 16 minutes.
4. (A) When the timer goes off, remove the pan from the oven and quickly, but gently, flip the salmon cakes over. Spray the tops with cooking spray, then return to the oven. (B) Continue baking at 425 degrees for an additional 14 minutes, or until both the top and the bottom of the salmon cakes are nicely browned. Don't worry... they won't dry out, even at 30 total minutes in the oven, they'll still be awesome.
5. Remove salmon cakes from the oven and serve. Garnish with fresh chopped parsley and some lemon. They go great with my low point Tartar or Cocktail sauces.



NOTES:

- A) **POINTS:** On the 'regular plan' you can have 1 of these salmon cakes for 0 points, and up to 4 for 1 point. On the 'diabetic plan', you can have 1 for 0 points and up to 3 of them for 1 point.
- B) You can use this same recipe with most any seafood. This recipe was meant for Crab. You can definitely use any type of fish in place of the salmon, or even use crab, lobster, shrimp... the recipe doesn't change, just the protein.
- C) You can definitely halve this recipe without any problems.
- D) If you'd like a bit more texture in your patties, use 1/2 cup of each vegetable, rather than 1/3 cup.
- E) In case you're wondering, this recipe makes FANTASTIC salmon burger patties. In my 3rd cookbook, I actually use this same recipe for my salmon burgers. The only difference being I make larger patties for the burgers. They, are... amaaaazing.

Stuffed Mushrooms

Italian Sausage Stuffed Mushrooms with Herbed "Cream Cheese"



This is my WW-erized, lower fat, calorie and point version of Ina Garten's famous sausage stuffed mushrooms. I used my 0 point Italian sausage in place of regular, swapped mascarpone for strained Greek yogurt, then used crushed rice crispies instead of breadcrumbs. Adios fat and calories!

Servings Info.:

Yield: 38 mushrooms**

Servings: 38**

Serving Size: 1 mushroom



* last checked 11/16/22 *
Use your mobile device's "Camera" App to
look at this code for nutritional info.

Directions:



1. This needs to be done first, start it the night before. Let's make cream cheese substitute, boys and girls! Line a strainer with either cheese cloth or paper coffee filters. Scoop the Greek yogurt into the strainer, place over a bowl and cover with plastic wrap. Allow it to sit overnight. I highly recommend Fage brand for this.



2. YOU NEED TO CLEAN THE MUSHROOMS!!! Out of the package, they have dirt and yuck all over them. So, get 1 mushroom lightly wet at your sink, then gently scrub it with a kitchen brush. Gently pull off the stem, then use a small spoon to clean out a cavity for your filling. Save the stem in a bowl for later. Cover a large pan or plate with paper towels, then place the mushroom cap onto the paper towel, cavity facing down. Repeat with every mushroom till all are cleaned.

Ingredients:

- (2) 24oz cartons, medium sized whole mushrooms. I used Cremini mushrooms, but you can use any variety, as long as they are "Legal" mushrooms. I'm lookin' at you, Colorado!

Filling Mixture:

- 1 pound of my 0 point Italian Sausage, recipe in my "Cookbook: Volume 1", pg. 27
- 1/2 cup diced onion
- 3 medium garlic cloves, minced
- 2 cups finely diced mushroom stems
- 1/2 tsp salt
- 2 tsp worcestershire sauce
- 1/2 cup chopped fresh basil (added at the end)

"Bread Crumbs": (makes about 2/3 cup total)

- 1-1/3 cups rice krispies cereal, crushed. (makes around 10 Tbsp)
- 1-1/2 tsp plain breadcrumbs
- 2 tsp panko breadcrumbs
- 1/4 tsp black pepper
- 1/2 tsp italian seasoning
- 1/2 tsp dried basil
- 1/2 tsp onion powder
- 1/2 tsp garlic powder

"Cream Cheese Substitute":

- 1 cup plain fat free Greek Yogurt (I use Fage for this)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp italian seasoning
- 1/4 tsp salt
- Paper Coffee Filters or Cheese Cloth, with a strainer

Garnish:

- 1 tsp reduced fat grated parmesan topping (like Kraft)
- Additional chopped fresh basil (or italian parsley)



3. (A) Finely dice 2 cups of mushroom stems, set aside. (B) Add the Italian sausage to a large pan, along with the onion and garlic. Cook over med-high heat until browned. (C) Add diced mushroom stems and cook for 3-4 minutes. (D) Stir in the crushed rice krispies "breading" and fresh chopped basil. Use a spoon to combine. Turn off the heat.
4. (A) Remove Greek yogurt from the fridge, scoop into a bowl and mix in the onion and garlic powders, Italian seasoning and salt. (B) With the heat turned off, mix the yogurt, along with 2 teaspoons of Worcestershire sauce, into the filling. (C) The finished mixture should be thick and hold together. (D) Using measuring spoons, scoop 1 even tablespoon into the large mushrooms and fill the smaller mushroom with less filling. Don't go over 1 tablespoon per mushroom though. The sizes of the 'shrooms vary, so your exact number of servings will vary, per batch. I made 38 before I ran out of filling.
5. (A) Line a baking pan with tin foil, then spray with cooking spray. Place the mushrooms tightly together on the pan, then spray the tops with cooking spray and lightly sprinkle 1 teaspoon of grated parmesan on top of the mushrooms. (B) Bake for 20-24 minutes at 375 degrees. (C) There will be a good deal of liquid at the bottom of the pan, so when you remove the pan from the oven, set one corner of the pan on a kitchen spoon or dish towel, to raise it up, and draw all of the liquid to one corner. (D) Use a slotted spoon to place each of the mushrooms onto a platter, allowing more of the liquid to run off. Garnish with fresh chopped basil and the rest of the parmesan cheese topping.

NOTES:

- A) These can be fully assembled onto your sheet pan, up to 1 day before baking, WHICH IS AWESOME! Place all of the assembled mushrooms on your baking pan, like in step (5a), then cover with plastic wrap and store in the fridge.
- B) **POINTS:** On the 'regular plan' you can have 3 for 0 points and up to 11 for 1 point. On the 'diabetic plan' you can have 2 for 0 points and up to 8 mushrooms for 1 point.





Seared Scallops

Tender Scallops in a Creamy Lemon, Garlic & Chive Sauce

For this recipe, we're using BIG jumbo scallops. Though you can definitely use smaller ones, which'll give you more bang for your buck, I wanted to come at these as a special occasion appetizer that you'd put out for a snazzy dinner party. For you folks who've never cooked scallops before, IT'S SO SIMPLE! They cook just as fast as shrimp, and have a wonderful natural flavor, that's like taking a bite of the ocean. The addition of a light and creamy lemon chive sauce is just frosting on the cake.

Servings Info.:

Yield: 16 Scallops

Servings: 16

Serving Size: 1 Scallop

The listed points assume 1.5 pounds of scallops, to get 16 jumbo scallops



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Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Scallops:

- 16 large (colossal) scallops, around 1.5 pounds
- 1 tsp olive oil. Try to get a bottle that says 'robust' flavor.
- olive oil cooking spray
- salt and pepper

Creamy Lemon Garlic Sauce:

- 1 Tbsp I Can't Believe It's Not Butter LIGHT (*melted in a cup*)
- 1/2 cup unsweetened plain almond milk
- 2-1/2 Tbsp lemon juice
- 1 tsp finely chopped lemon zest (optional, but awesome)
- 8 seconds spray, butter flavored cooking spray
- 1-1/2 tsp cornstarch, dissolved into 1 tsp water
- 2 Tbsp finely chopped shallots
- 1 medium garlic clove, crushed and finely chopped.
- 1 Tbsp finely chopped fresh chives. (*additional for garnish*)

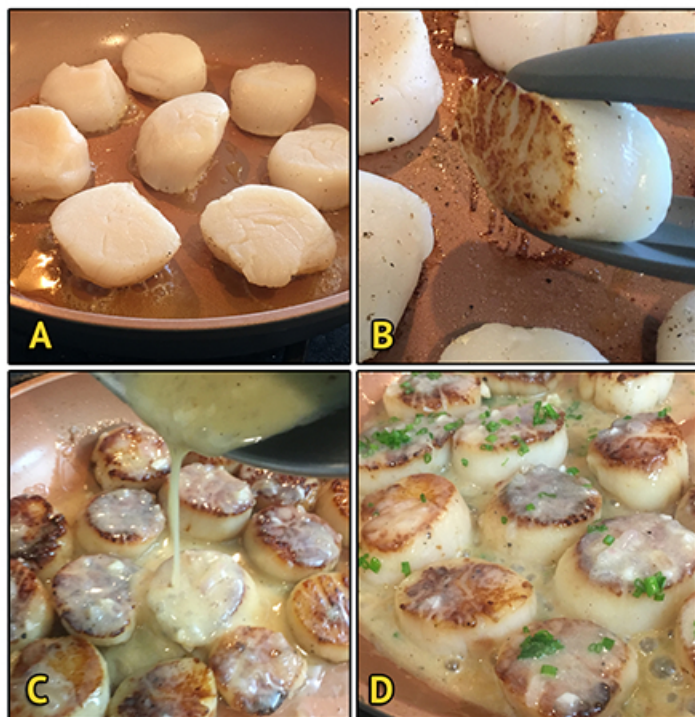
Directions:

1. This isn't really a direction, but it's my book, so I can put random tidbits wherever I want. MUAHAHA!!! Ok, I'm going to start off by acknowledging that yes, colossal scallops are expensive. This is a high end, special occasion kind of appetizer. You can definitely use smaller, regular sized scallops, which would be less money and give you a lot more scallops per person. Feel free to make it that way if it makes the dish more accessible. Just remember to enter this into the recipe builder and adjust the number of scallops you're making, so you can determine what the points per serving would be, as well as how many smaller scallops you'd consider a serving. You'll also have to shorten the 'sear' time, for smaller scallops.
2. (A) Line a plate with 2 layers of paper towels, then place the scallops on top. (B) Cover the scallops with another layer of paper towels and set aside. We want to remove moisture from the top and bottom of the scallops, so that they get a good sear. We aren't using a lot of oil and butter in our pan, so this helps get a good sear. (C) Finely chop the shallot and garlic. You want around 2-3 tablespoons of shallot. Combine the shallots and garlic together in small bowl, set aside. (D) Finely chop a few tablespoons of the fresh chives, set aside. Then remind yourself to **NEVER** use a fuchsia colored cutting board for cookbook pictures. Seriously, my eye balls hurt just looking at that picture!





3. (A) In a bowl, whisk together the melted "ICBINB", almond milk, lemon juice, lemon zest (if using) and 8 second spray of butter flavored cooking spray. Add the dissolved cornstarch, then set aside. (B) In a small pot, sautee the chopped garlic and shallots over medium heat with cooking spray. Cook until the shallots are softened. (C) Pour the liquid mixture into the pot, stir, (D) then cook at a low simmer for 3-4 minutes. Remove from heat, set aside.



4. (A) Heat 1 teaspoon of olive oil and a 4 second spray of cooking spray in a large pan over medium heat.

Let the pan heat up for a minute, then place the scallops down onto the hot pan. DO NOT TOUCH THEM for 3 minutes!! Let them sit and develop a sear. Spray the top of the scallops with cooking spray, then (B) flip and sear for 3 more minutes. (C) Pour the sauce over the scallops, along with 1 tablespoon of the chives. (D) Stir till the scallops are coated in thickened sauce. Place the scallops onto a serving platter or bowl, pour extra sauce on top, garnish with additional fresh chives.

NOTES:

- A) You can use regular sized scallops instead of colossal ones, if you wish, but adjust your serving sizes and points accordingly. Additionally, the smaller scallops will cook faster.
- B) If you don't mind your first 3 scallops being 1 point, rather than 0, feel free to use additional olive oil.
- C) If you turn your flame higher than medium, there is a chance the cooking spray will start to burn, discoloring your sauce.





Shrimp Cocktail

Tender Poached Shrimp, with a Delicious Cocktail Sauce

I know that for a lot of you seasoned cooks out there, you're thinking "why is he putting shrimp cocktail in this? It's easy." Well, not everyone can cook as awesome as you. That's where I come in, because it's my mission to help talk people through how to cook stuff (cramming 50 pictures into each recipe doesn't hurt either). This recipe makes a good sized platter of poached, X-Large shrimp. You know when you go to those fancy buffets and see a big platter of shrimp on ice, with a big bowl of cocktail sauce? Well now you can make that fancy platter yourself, and the best part... it only takes 5 minutes once the water boils.

Servings Info.:

Yield: 2 pounds

Servings: 4

Serving Size: 1/2 pound



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- last checked 11/16/22 -
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look at this code for nutritional info.

The points listed are **ONLY** for the 2 pounds of Shrimp. Your actual points per serving will vary, based upon how much of the Cocktail sauce you use for dipping.

Ingredients:








Shrimp:

- 2 lbs raw shrimp, cleaned and peeled, tail on.
Buy decent sized shrimp, "16-20 count" is a good size for shrimp cocktail, though you can buy bigger if you'd like.
- 10 cups water, for boiling
- 2 Tbsp salt
- 2 Tbsp 0 point Natural sweetener of choice**
(stevia, monkfruit, truvia, swerve, etc)
- 1 lemon
- Old Bay Seasoning, up to 4 tsp ---> (OPTIONAL, see notes)
- A goooood amount of ice. I used a 3lb bag from the grocery store

Additional:

- 1 batch of my low point cocktail sauce. Recipe on page 17.
- Lemon wedges and parsley for garnish

Shrimp Sizing 'Count' Chart:

			
Colossal U15 or less per lb	Jumbo 11-15 per lb	X-Large 16-20 per lb	
			
Large 21-30 per lb	Medium 31-35 per lb	Small 36-45 per lb	Shrimpy Shrimp

Directions:

1. This first step isn't really a direction, it's more of a little chat... go on, pull up a chair, I'll wait. Okay, this next part is for the newer cooks that aren't used to buying shrimp. When you go to the store, whether you're looking at fresh or frozen shrimp, there will be a number range listed on the bag or display. It'll be something like: 41-50, 31-35, 16-20, U15, U10.. etc, etc. Those numbers denote the size of the shrimp per pound. So if you get 41-50 shrimp, you're getting weeeee little fellas where it takes between 41-50 of them to make a pound. Shrimp with a U in front of the number are the big shrimp. U10 means that 10 or UNDER make a pound. For this recipe, you want size 16-20 shrimp, which are considered "Extra Large".



2. (A) Begin heating the water in a large pot, over high heat. Stir in the salt and sweetener, then slice the lemon in half and squeeze in the juice. Place the lemon halves in the water as well, don't worry if seeds got into the water. Bring the water to a rolling boil, then (B) turn off the heat and pour all of the raw shrimp into the hot water. Yes... turn off the heat. Let the shrimp cook in the scalding water for **3 minutes and 30 seconds**. If you are using shrimp larger than size 16-20, you will need to increase your cook time. (C) Immediately pour in the bag of ice. Allow the shrimp to sit in the ice bath for 10 minutes. (D) Remove the shrimp from the water and allow to drain, or pat dry with paper towels. (E) If serving on a large platter, place crushed ice on the bottom of the platter, then (F) lay the shrimp on the ice and serve with my awesome cocktail sauce and lemon wedges. Boom, done.

NOTES:

- A) I didn't use Old Bay in my batch, but you can definitely add it to the boiling water if you want.
- B) Rather than only serving a big platter of shrimp, you can also add some steamed, chilled mussels and clams to have a big ol' Miss Fancy Pants seafood platter, that'd make even Captain Ahab proud.
- C) Know what else would go great with this? My Tartar Sauce! (recipe on page 26)





Tomato Feta Bread Bites

Simple & Delicious Crispy Bread Appetizers, with Feta, Roma Tomatoes and Italian Seasoning

Once again we call on our old friend 'Pillsbury French Bread' to make an ultra fast appetizer. The real flavor-champ of this dish is the olive oil, yogurt, garlic spread that gets brushed over the dough. Best part about this app is that you can prep it ahead of time and bake it last-minute.

Servings Info.:

Yields: 35 pieces

Servings: 35

Serving: 1 piece



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look at this code for nutritional info.

Ingredients:

Dough:

- 1 tube Pillsbury 'classic' pizza crust. Located in the refrigerated aisle, near the canned biscuits. (see notes)

Spread:

- 2 Tbsp plain fat free Greek yogurt
- 2 tsp water
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp cracked black pepper, or pinch of regular
- 1/4 tsp 'robust' olive oil (see notes)

Topping:

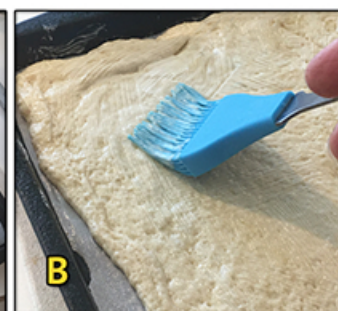
- 1/2 cup reduced fat feta cheese, divided
- 4 or 5 medium roma tomatoes, thin sliced. You want 35 slices. I'm not joking about thin slices, shoot for 1/8" thick, no more.
- 1 tsp dried italian seasoning
- 1 tsp reduced fat parmesan topping (such as Kraft brand)
- 1/2 tsp or so, cracked black pepper
- olive oil cooking spray.

Additional Stuff (boy, that sounds fancy):

- Parchment paper
- Large baking sheet pan (I used an 11"x17" pan)
- 1-1/2 tsp flour, for dusting

Directions:

1. Preheat oven to 350 degrees and line large baking sheet pan with parchment paper. Note: I used an 11"x17" sheet pan.



2. (A) Spread 1-1/2 tsp flour over the parchment paper, then open the tube of dough onto the tray. With the dough's seam facing up, carefully unroll/spread out the dough to make a large rectangle. If it loses its shape around the corners, or tears, press the dough together to get the correct shape. I'd also recommend using a rolling pin to slightly stretch out the dough in all 4 directions. (B) In a small cup, mix together the 'Spread' ingredients, till well combined and smooth. Brush the rolled out dough with the Spread, till it's all used up.



3. (A) Sprinkle 1/4 cup of the feta cheese over all of the dough, dispersing it as evenly as possible. (B) Next, place the thin slices of roma tomatoes in even rows, over the entire surface. Depending on how well you were able to roll out your dough, will determine how many tomatoes (and therefore, servings) you will be able to make. If you have less than 35, adjust your points and servings, if necessary.



4. **(A)** Sprinkle the dried Italian seasoning and cracked black pepper over all of the tomato slices, followed by the remaining 1/4 cup of feta cheese. Lastly sprinkle the 1 tsp of parmesan topping over the whole thing. I know, 1 tsp doesn't sound like much... but you're sprinkling it, not powder-coating a Buick, folks. **(B)** Spray the top of the whole-shebang with a 0 point coating of olive oil cooking spray, then place in the oven. Bake at 350 degrees for 25 minutes.



5. **(A)** Remove the baked rectangle o' awesome from the oven. Use a knife, or pizza cutter, to slice between the rows of tomatoes, to make square-ish pieces. **(B)** You can serve these either hot or cold, they are good either way. Feel free to add additional fresh chopped basil for garnish... I was a dork and forgot to buy some from the store. Hence... no pretty herbs in my pics. Use what'cha have folks.

NOTES & SUGGESTIONS:

- **Dough:** As noted, I used a tube of Pillsbury 'classic' pizza dough. It can be found in most major grocery stores, in most regions of the US. However, if you can't find it, feel free to use any generic store brand pizza dough. However, check and adjust points if necessary.
- **Roma Tomatoes:** I wouldn't recommend using LARGE roma tomatoes. If you use large ones, the tomato slices will be wider, which will result in you not being able to lay as many slices down onto the dough.
- **Cracked Black Pepper:** You don't have to own a fancy pepper-mill to have cracked black pepper. I'm lazy, I just buy a container of the stuff, from the spice aisle of the market. It's a larger and coarser grain than regular finely-ground pepper you might see in old school salt and pepper shakers. If you DO use the fine stuff... don't use as much. There is a LOT more black pepper in a 1/2 tsp of finely ground pepper, than in coarse ground pepper.
- **'Robust' Olive Oil?:** When you go to the store and look at the different olive oils, you'll often see words such as "robust" or "bold" on the label. Get that. My recipes use such a small amount of oil, that you want to use a bottle with a very pronounced flavor, to make sure you get a hint of it with such a small amount.
- **Saucy:** As mentioned, these are fine as-is... but they are meant to be served with a dip of some type. Hey, wouldn't you know it... I know a guy who has a LOT of recipes for dips and sauces!!!
- **Reduced Fat Parmesan Topping:** Look, all you cheese-purists, if you want to use real parmesan, go ahead, I'm not stopping you. I have 2 toddlers, so my house has the Kraft stuff. Also... reduced fat for the win. If you use the real stuff, adjust points if necessary. Also... different brands have different points. Kraft only lets you use 1 tsp for 0 points, BUT... the Walmart brand lets you have even more. So... yeah, go hit up Walmart. Unless you're @chiafullo. Then, you can just rant about 'fake' cheese, kale... and the kids nowadays with their loud music.





Wellington Bites

A Fancy Ground Turkey Appetizer, Inspired By A Classic Beef Wellington Roast

A traditional Beef Wellington is a large beef roast slathered in finely minced mushrooms, wrapped in puff pastry and baked. I decided to make an appetizer version using seasoned ground turkey, quick mushroom pate' and store bought pillsbury pizza dough. Most of the ingredients can be prepped days ahead of time, then wrapped in dough the day you want to bake it.

Servings Info.:

Yield: 26 slices

Servings: 26

Serving Size: (1) 3/4" thick slice



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look at this code for nutritional info.

Ingredients:

Meat Mixture:

- 1 lb. extra lean ground turkey
- 2 slices of 1 point keto bread, dried and crushed into crumbs
- 1 large egg
- 2 tsp granulated beef or chicken bouillon
- 1/4 tsp ground cumin
- 2 tsp smoked paprika
- 2 tsp paprika
- 2 tsp worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp cracked black pepper
- 1/4 tsp baking soda, dissolved in 1/2 tsp water
- 2 tsp 'kitchen bouquet' browning sauce (optional)

Mushroom & Onion Pate':

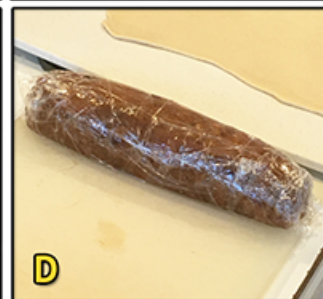
- 8 oz sliced mushrooms, any preferred variety
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 1/4 tsp cracked black pepper
- 1 Tbsp red wine mixed with 2 Tbsp water
- 1 Tbsp red wine vinegar
- 1/3 cup fat free beef broth
- 1/4 tsp dried thyme

Additional Ingredients:

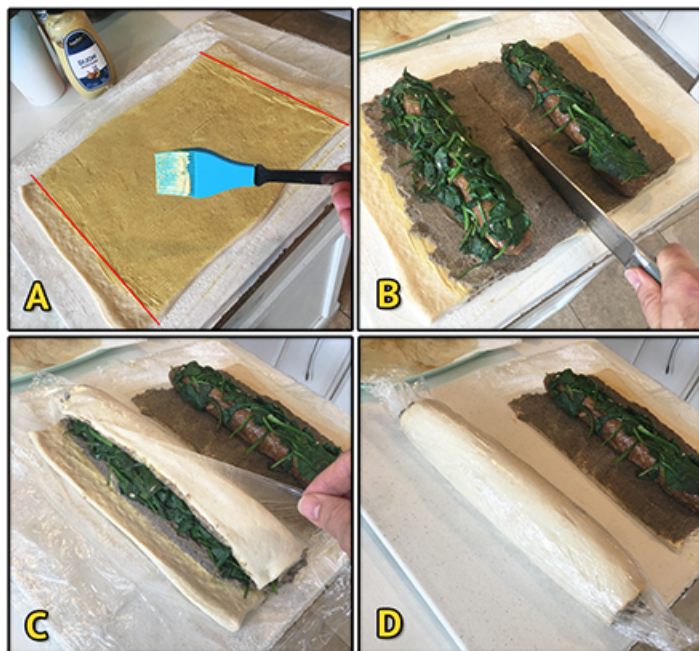
- 5oz bag of baby spinach
- 1 medium garlic clove, chopped (for the spinach (step 2c))
- 1 tube Pillsbury 'classic' pizza crust. Located in the store, near the refrigerated 'tubes' of biscuits. (see notes)
- 1/4 to 1/3 cup dijon mustard, use as much as you want
- 1 large egg, beaten (for egg wash)
- 1 tsp sesame seeds (for garnish, after the egg wash)

Directions:

1. Mix all of the 'meat mixture' ingredients together. Set aside and let rest for 30 minutes.

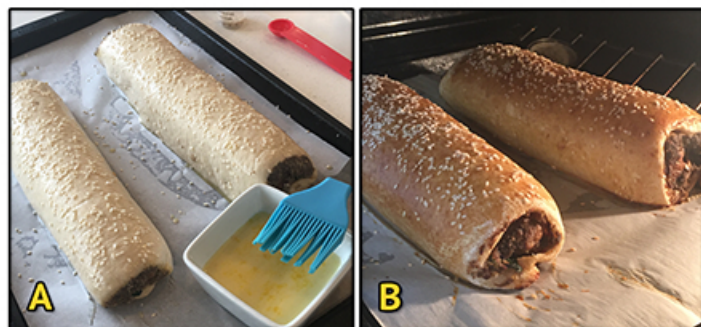


2. (A) Heat a large pan over med.-high heat for 1 minute. Spray with cooking spray, then add the mushrooms, onions, garlic and pepper. Cook for 5 minutes. Add the red wine, water, and vinegar. Cook until the liquid evaporates, then add the beef broth and thyme. Simmer another 5-6 minutes, or until the liquid evaporates. (B) Pour mixture into a food processor and pulse until finely minced. Set aside to cool. (C) To the same pan, add your baby spinach and 1 garlic clove. Add 1 tsp water, cover with a lid, cook for 3 mins. Remove from pan and pat dry with paper towels to remove moisture. Set aside. (D) Divide the meat mix into 2 portions, roll into 2 long 'logs', about 10 inches long. Rolling them in plastic wrap helps.



3. **(A)** COMPLETELY cover a large cutting board with plastic wrap, then spray it all with cooking spray. Open the tube of dough and roll it out onto the plastic wrap. Use a rolling pin to stretch it out even more. I made mine 14x10 inches. Spread the dijon mustard onto the dough, leaving 1 inch on each side (red lines) free of dijon. **(B)** Spread the mushroom pate over all of the mustard, stopping at the edges, keeping that last 1" of dough clean on each side. Then, remove the plastic wrap from the raw meat roll-ups, and place 1 on each side of the stretched dough. Then cover each with 1/2 of the cooked spinach. Slice the dough in half, cutting down through the plastic wrap. **(C)** Use the now-cut plastic wrap to fold and roll the dough up and over itself. **(D)** Wrap the 'logs' up completely, then place them in your fridge, seam-side down, for 20 minutes.

4. Line a large baking pan with parchment paper, and preheat your oven to 375 degrees.



5. **(A)** Remove wellingtons from fridge, remove plastic wrap and set them down onto the parchment paper lined pan. Mix 1 egg in a little dish, then brush the egg wash all over the 2 wellingtons... all over. Then, sprinkle 1/2 tsp of sesame seeds over the top of each one. **(B)** Bake at 375 degrees for 25-30 minutes. Let cool for 20 minutes, then, slice into 3/4 inch thick slices.

NOTE: This would go great with my creamy horseradish sauce, on page 73 of Cookbook 1.





Wheat Thin-ish Crackers

EXTREMELY AWESOME, legit crackers. Though they ARE a bit of a time-sink... they are totally worth the effort.

You all can thank the new 2021 changes to the system for these. While revising the cookbook for the new plan, I got to thinking "If I'm going to give people all these dips and appetizers, it's kind of sucky not to have a low point cracker for the dips. I cut out a cupcake recipe, to make room for these to be in the book, but it's a good trade off. Now, while I know I used a pasta roller for these, rather than a rolling pin, you CAN use a rolling pin. If you do, I'd recommend purchasing 'rolling pin thickness rings'. You need the dough to be a consistent, EXTREMELY THIN thickness. Using the pasta maker, I was able to roll my dough out to around 1/16th of an inch. If you make this with thick dough... it'll be like biting into concrete.

Serving Info.:

Yields: 8 oz baked crackers
Servings: 8
Serving Size: 1 ounce
approx.: 20-24 crackers



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- last checked 11/16/22 -
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look at this code for nutritional info.

Ingredients:

Filling:

- 1 cup whole wheat flour (**NOT** 'White Whole Wheat'... see notes)
- 1/8 tsp baking soda
- 1/2 tsp salt
- 2 Tbsp nutritional yeast (see notes)
- 1/2 tsp onion powder
- 1-1/2 tsp poppy seeds
- 1 Tbsp dehydrated onion flakes (spice aisle)
- 1/4 tsp caraway seeds, toasted (*optional, they have a strong flavor*)
- 1 tsp sesame seeds, toasted
- 1/2 cup water
- 1/4 tsp olive oil

Additional Ingredients/Gear:

- 1 Tbsp PLUS 2 tsp all purpose flour, for dusting
- fine mesh wire strainer
- cooking spray
- parchment paper (or you can use foil. It still works fine)
- pasta roller/maker, OR, a rolling pin with 'thickness ring' guides.
- "food grade" silica packets, for long-term storage, if desired.

Directions:

1. In a medium sized mixing bowl, add the flour, baking soda, salt, nutritional yeast, poppy seeds and onion flakes. Set aside.

Directions:



- 2 (A) Add the caraway (if using) and sesame seeds to a small pan and heat over medium-low heat for 3-4 minutes, stirring so they don't burn. Once the sesame seeds turn golden and the seeds start to smoke/become fragrant... (B) Add the seeds into the mixing bowl with the dry ingredients. Add the water and olive oil, mix until the dough just comes together. Add additional water if needed, mine took 2 more teaspoons. (C) Once a ball forms, pick up the dough and knead it for 20-30 seconds. Roll it back into a ball and wrap it in plastic, let it rest for 20 minutes. (D) After 20 minutes, cut the dough into four quarters. Set aside.

3. Preheat oven to 400 degrees and line baking sheet pans with parchment paper. Set pans aside. Place the 'dusting' flour into a wire mesh strainer, over a small dish. Set aside.



4. (A) Lightly dust 1 of the dough balls with flour, then press into a thin rectangle shape. You want it just thin enough to fit into the pasta roller set to its widest opening/setting. (B) Run dough through the roller on its widest setting. (C) Dust the rolled dough with a little flour, flip, then dust the other side. Run the dusted dough through the machine again, then adjust the pasta machine rollers to go one-notch thinner. Roll the dough through again. (D) Repeat the process until you finally roll the dough through twice on the 3rd from the thinnest setting, dusting when necessary.



5. (A) Slice the length of dough in half. (B) Make 1 inch wide slices along the dough, making rectangular shapes. Lightly spritz all the slices with cooking spray, then place them onto the parchment paper lined pans, spritzed sides facing down. Repeat the process with each dough ball, till all of the baking pans are full of crackers. (C) Spray the tops of the crackers with cooking spray, then place into the oven. Bake at 400 degrees for 6-8 minutes, till golden brown. (D) Let the crackers cool to room temperature. They will become more crisp as they cool. You can bake the crackers in batches, because they won't all fit in your oven at once.

NOTES:

- **NON-WHITE WHEAT FLOUR??:** It's a bit nit-picky, but there's a reason. There are 2 listings for whole wheat flour in the database. 'Whole Wheat Flour' & 'White Whole Wheat Flour.' The first is 2 points for 1/4 cup... the second is 4 points for 1/4 cup. As you can imagine, THIS recipe uses the regular, non-white whole wheat flour... because of the lower points.
- **NUTRITIONAL YEAST??:** Some of you may not be familiar with this ingredient. It's a seasoning, found in the baking aisle at the grocery store. It's used to add a cheesy & savory flavor to dishes and baked goods. If you choose to leave it out, you'll need to adjust how much water you use, as well as play with the other seasonings. Don't want to use Nutritional Yeast? You can sub it out for Kraft reduced fat parmesan topping. However, it's higher in points, so you'll need to allow for that.
- **SEASONINGS:** This is a HIGHLY CUSTOMIZABLE recipe. You can experiment with a ton of different seasoning and flavor combos. I've personally made these with popcorn seasoning (cheddar, ranch, bbq, etc), to make ranch crackers. You can also try making some seasoning with simple garlic powder and dried thyme... ranch dressing seasoning, etc, etc, etc.
- **STORAGE:** Place crackers into tupperware with a "food grade" silica gel pack (I got mine on Amazon). They will stay fresh for weeks. The packs will absorb any moisture which might get into the container. It goes without saying, don't eat the silica.
- **"EVERYTHING BUT THE BAGEL":** This is a glaring example of the database not really being accurate with some things. My seasoning in this recipe was made to emulate the topping on an 'everything bagel'. I had to be exact with my measurements, because of the points for sesame and poppy seeds, to keep them at 0 points each. However, if you were to go to the grocery and buy a ready-made container of "Everything But The Bagel Seasoning" and scan it, in the app, ALL OF THEM stay 0 points no matter how much you use, even up to 100 cups! They have the same exact seasonings as my cracker recipe. So, if you want to save money and time, buy a store brand packet of 'EBTB' seasoning.
- **PASTA MAKER:** I have an inexpensive, manual pasta maker which I purchased off of Amazon. You don't need a \$350 fancy thing. Mine is only \$35. I've used it for 5 cookbooks, which is proof you don't need uber expensive kitchen gear.
- **DUSTING:** I allow for 1 total point (1 Tbsp plus 2 tsp) of flour for dusting, in this recipe. Make sure not to let your dough get overly moist when you're mixing it, you want it baaarely moist. When I made this batch, I had nearly half of the 'dusting' flour left, because of using the wire mesh strainer.

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Polish Karpatka 'Cream Puff Cake' - pg 134-135



Raspberry Lemon Cake - pg 140-141



Reese's Peanut Butter Cup Cupcakes - pg 122-123



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Dessert Section

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- with gluten free & vegan options

Essential Ingredients

Highlighting some of the specific ingredients that are used in these recipes

I know that a lot of you folks might be intimidated by some of the weird, unfamiliar ingredients in my desserts. I want to be as helpful as possible, so figured that I'd showcase some of the most important ones to these recipes. Besides... every picture I add in this thing is another minute that I'm not chasing toddlers around. So, it's a win win.

Flavored Baking Extracts:

- Newer cooks in the kitchen might have no idea what a flavored extract is, or where to get them, so... here ya go. They are found in the spice or baking aisle at your grocery store. They are usually all lined up with Vanilla being the only one you may be familiar with. There are LOTS of flavors, however, and each of them gives a concentrated punch of flavor.
- Scan them. Some of them gain points once you hit 1 or 2 teaspoons, depending on the flavors and whether or not you get an imitation or natural flavored one. I personally use imitation vanilla extract, rather than natural, because imitation vanilla extract lets you have 1 Tbsp for 0 points, while regular only lets you have 1 teaspoon for 0 points.

Sugar Free Cake Mixes:

- For the sake of convenience, most of my cake and cupcake recipes are made with store bought sugar free

cake mixes. My inspiration for trying to make my very first cake, in WW, was because of the beautiful cakes that [@mlivinrn1](#) would post in Connect. If you don't follow her, you should! She inspired me to start making sweet treats early in my journey. If your local stores don't carry Sugar Free Pillsbury cake mixes, you can order them CHEAP off of Walmart.com. If you would like to use REGULAR cake mix, you can, but adjust your recipe points. **SWERVE** makes a **sugar free AND gluten free** cake mix, though it's pricey. ALSO... my chocolate cakes call for Pillsbury sugar free devil's food cake mixes. Those are extremely hard to find in some areas, while those same areas have an abundance of the sugar free YELLOW cake mixes. If you can't find the devil's food mix, simply use a box of sugar free yellow cake mix... then add 1/2 cup of unsweetened cocoa powder to it. It'll add points to your dessert, but it's worth it. Or, use MY sugar free cake recipes on pg. 154.

Sugar Free Pudding & Gelatin

- I use sugar free pudding in my cupcakes and cakes as both a flavor enhancer AND a thickening agent.
- When you are entering a recipe in the WW app, if you search for sugar free pudding & pie mix, there is a huge issue. The app DOES NOT SPECIFY if you are selecting a large box or a small box. You have no way of knowing which you've selected, unless you already know the point values, or scan the box yourself.
- The dried contents of Jell-O sugar free instant pudding packets do not contain dairy (as of 3/14/22). You can use them, without added dairy, if you have sensitivities.

Unsweetened Cocoa Powder:

- Once the 'new program' went Live, generic 'unsweetened cocoa powder' became 1 point for 1 Tbsp. However, **Hershey's brand is still 0 points** for 1 Tbsp. So, all of my recipes are calculated using Hershey's cocoa.



Cake, Pudding and Gelatin Mixes WITHOUT Aspartame

When I originally created this cookbook back in 2019, the ONLY options for sugar free cakes or pudding mixes were Pillsbury and Jello-O. Both of which, at the time, used Splenda or Aspartame. A lot of folks have food sensitivities to those sweeteners, so were left without options. Luckily, a LOT of new products have come out in the past few years, and I was recently made aware of them, so... I thought I'd mention these alternatives.

If you are looking for alternatives to Jell-O sugar free instant puddings and gelatins, which DON'T contain Aspartame, there is a brand I found online called 'Simply Delish' which has sugar free puddings, gelatins and frosting mixes which are sweetened with Erythritol (sugar alcohols). They have a LOT of flavors. It's cheaper to buy directly from their site, than through Amazon. Also, for cake mixes, both 'Swerve', 'Lakanto' and a few other brands, make sugar free cake mixes with Erythritol.

Stevia, Truvia, Monkfruit & Sweeteners

DO NOT USE CONCENTRATED SWEETENERS! For the love of God, don't put 1 cup of 'Sweet-n-Low' coffee sweetening packets into your frosting. **Buy a sweetener that states, on the packaging, it's a "1 to 1 replacement for sugar in recipes"!!!!**

I have absolutely no problem whatsoever with using Sweeteners. "They aren't natural!" There are plenty of natural sweeteners that are NOT white sugar. My personal favorite is Lakanto 'classic', and Truvia 0 calorie brown sugar blend.. I have to warn you on one though... "Monkfruit In The Raw" brand has the worst artificial aftertaste ever, in my opinion. Do not buy granulated '____' in the Raw' sweeteners.

My primary reason for using sugar replacements is calories. First and foremost, I am most concerned with cutting calories from my recipes, without cutting flavor or portion sizes. Using sweeteners instead of sugar, if you have no food sensitivities to them, is a no brainer. 1 cup of sugar has nearly 800 calories.

SWERVE!: Imho the points for "Swerve" in the app are jacked up. The app gives granulated Swerve points. IT HAS 0 CALORIES!!! Also, the carbs are non-glycemic, so they don't get absorbed as sugar. Other erythritol-based sweeteners have 0 points in the app... but for some reason, it assigns points to Swerve. I personally ignore that.

How To Ensure That You Won't Binge Eat Cupcakes & Cake

Two words... FREEZE THEM!!! For all of the time I've been making my desserts, there has been one common comment, that has been repeated time and time again. "I can't make the cupcakes, because I'd eat them all!" Hey, I have that same temptation, I always have. Thankfully, there's a really simple and easy way to manage that. By freezing the cupcakes & cake slices. You may WANT to shovel 5 cupcakes into your face... but it's kind of tough when they are frozen solid. Plus, you can't put them in the microwave, to defrost them faster... because you'll melt the frosting and turn the filling into liquid magma. You have to let them sit out to defrost, and it takes about 1 to 1.5 hours to air thaw them out completely.

"Well, how do you freeze them?" I use a super fancy method. It involved going to the 99 cent store and buying some cheap tupperware containers, that are tall enough to allow for the peak of frosting on the cupcakes. It cost maybe \$5 for all the containers I'd need freeze an entire batch of 24 cupcakes. There's nothing to it. I don't wrap them in plastic, don't do any crazy voodoo chants over them... Just put the cupcakes in the containers, then put them in the freezer. If you have limited freezer space, you can freeze them, 1 plate at a time, then put the frozen cupcakes into gallon sized ziplock bags and back into the freezer. Once they are frozen, it doesn't matter if the frosting touches against others.

I also do the same with cakes. I'll slice the cakes into 12 slices, place them on a plate, then freeze them all in the freezer. Once frozen, I put the slices into ziplock bags.

NOTE: To defrost them.... YOU MUST LEAVE THEM UNCOVERED!!! Don't leave them covered, in tupperware when you defrost them. Otherwise, while they defrost, the they will absorb all the moisture and turn into squishy sponges o' sadness.





Cupcake Recipe Tutorial

A step by step, guided picture walkthrough of one of my cupcake recipes

One of the things that separates my humble little cooking guides and recipe books apart, is that I honestly feel that it is my duty to show you how to not just cook differently, but also to make you comfortable preparing my recipes. Look, I know that most of you reading this are pretty new to the idea of having snazzy cupcakes on-plan. Most of you are used to just swapping yogurt, applesauce, a can of pumpkin, or a can of pineapple, for all of the oil, water, and sometimes even eggs, in a cake mix.

That's how I made them back when I first read about how to have low point cupcakes, in Connect. Someone said to swap out the oil and water, then use just as much Greek yogurt... "It'll make 2 point cupcakes!" they said. "They're wonderful!" they said. Well... they lied. They tasted like dense, flavorless, dry sadness.

My goal is to pack as much flavor and texture into a cupcake as humanly possible, without EVER going over my own personal rule for points. Namely, that I will NEVER make a cupcake that is higher than 3 points for the first 1, on the 'regular' plan.

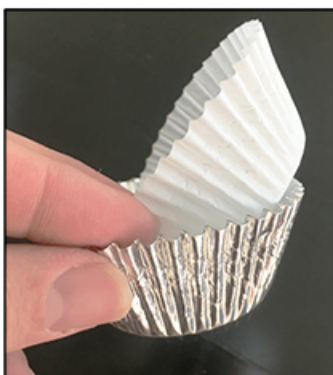
That way, you can have an insanely gourmet dessert, one that you can look forward to all day, one that makes you feel like you're not on a diet, one that makes you KNOW that you can beat the cravings. The purpose of this tutorial is to help the new cooks, or even those of you who just want to step out of your comfort zones.

NOTE: This is not the recipe, this is a guided walkthrough.



- 2 Mix all of the listed batter ingredients together until well combined, then spoon the batter into the cupcake liners. Because I use foil liners, I don't spray them with cooking spray. If I do, the cupcakes pull away from the liners, once cooked. Have I mentioned yet that I hate paper cupcake liners?

Step 1: Making The Batter



- 1 First, the liners. I HATE paper liners. Whenever I use them, my cupcakes always fuse to them. Use them if you want, but I don't. I buy foil cupcake liners and remove the paper liners between each layer. I only use the foil part. Line your cupcake pans with'em.



- 3 Bake the cupcakes for 22-25 minutes at 325 degrees, or until a toothpick inserted into them comes out clean. Remove them from the oven, and set them aside to cool to room temperature. You need them to cool before you try to fill or frost them.

Step 2: Making The “Jelly” Filling



- 4 The process for making all of my “jelly” fillings is pretty much the same, regardless of the cupcake, just change the fruit, extract, and flavored gelatin if that particular recipe calls for it. In THIS case... place the frozen strawberries, water, sweetener, strawberry gelatin packet and extract in a pot. Bring it up to a simmer and let it cook for a few minutes.

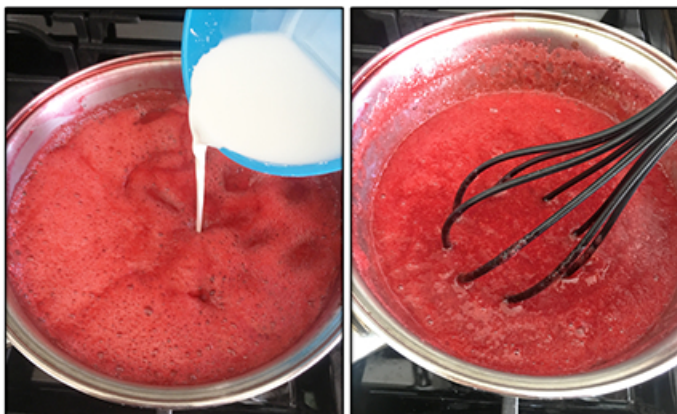


- 5 Use a blender or an immersion blender to blend the hot strawberry mixture into a smooth puree. If you are going to use an immersion blender, make sure that you are using a tall sauce pot, so that you don't accidentally send hot strawberry liquid magma flying across the room. Your kitchen should NOT resemble Pompeii when you are finished with this.

When the strawberries are pureed, return them to the pot and bring the mixture back up to a low simmer.



- 6 Some of you have never worked with cornstarch before, so this might seem intimidating, but it's not. This is how we're going to thicken the puree into “jelly”. Put the cornstarch in a small bowl and then mix it with a small amount of water, so that it dissolves completely. It doesn't take a lot.



- 7 With the strawberry puree bubbling over heat, pour in the cornstarch mixture and immediately start whisking. It will begin to thicken up almost immediately. Allow it to thicken, while whisking, for 3-4 minutes, then turn off the heat.

- 8 Pour the hot, thickened jelly into a dish that can withstand the high heat of the puree. Let it sit and cool on the counter for 15 minutes. Stir the puree, cover the dish with plastic wrap, and set it in the fridge to set for at least 2-3 hours. The longer it gets to cool, the better.



Step 3: Making The Frosting



Though all of my frostings have different recipes, they all follow a very similar process. This one happens to be based off of my standard sugar free pudding-based frostings.



- 9 Put the powdered peanut butter, pudding mixes, salt and coooooooold water into a mixing bowl (I love using empty 32oz yogurt containers). Use an electric hand mixer, and mix on high speed.



- 10 Mix until all of the ingredients are smooth and creamy. It should resemble a very thick pudding. Cover and set aside in the fridge, to set.

Step 4: Crushed Peanut Topping



- 11 Alright, this part is pretty much a no brainer, but if I'm going to go through the trouble to make a step by step tutorial... I might as well put this too. Fill a 1/3 cup measuring scoop with the peanuts. Don't forget your handy dandy Ziplock bag!



- 12 Now's the fun part. We're about to go medieval on these peanuts. Grab a mallet, a phone book, your replica of Thor's warhammer that you bought on eBay... and go to town. Beat the livin snot out of the peanuts. Yes, you actually DO want some of them beaten into dust. The majority will be small chunks, but you do want some fine powder.

Now we get to put it all together! Huzzah!

STEP 5: Assembling The Cupcakes



- 13 Once eeeeeverything is finished and the cupcakes are cooled, scoop out a roughly 1 inch diameter cavity from the cupcakes. Use whatever you want. I've used everything from toddler spoons and plastic picnic knives (pictured), to an actual tool made specifically to core out cupcakes. Use any implement that you want.



- 14 Now we're going to move on to making a cheap piping bag, and filling up the cupcakes. Personally, I've found that I like to use ANY tall cup or container, like a tall drinking cup, or an empty 32oz yogurt container. Take an empty gallon sized Ziplock bag and push it down into the container, folding the extra length up and over the edges, like in the picture above.

Scoop the filling into the Ziplock bag, then pick it up and twist it into an arrowhead shape, like pictured. Squeezing all of the filling down to one corner.



- 15 Use a pair of sharp scissors to snip off a corner of the piping bag. As soon as you cut the corner off, rotate the bag, so that the cut corner is facing up. Otherwise, there's a chance that the filling will start oozing out onto your counter. Now, use your piping bag and fill up the cavity of each cupcake.



- 16 For the frosting, we're going to use "piping tip" insert, poor man's edition. This is a cheap \$9 set from Walmart. Take your Ziplock bag and snip a hole in the bottom tip of the bag, just wide enough for the tip to aaaaalmost push through from the inside.



- 17 The hole that you cut should be a bit smaller than the piping tip, so that it won't pop out of the bag when you are pushing the frosting through it. Fill the bag with your frosting.



18 Now, for you folks that have never piped icing before, it can seem intimidating, but it's really not. Remember, using one of these nice piping tips for the bag is 100% optional. You can accomplish the same thing by simply snipping a hole at the end of the bag, just like how you piped the filling. So, pipe the frosting down in a circular motion, around the cavity with the filling, building it up into a mound. Done. See? Easy peasy.



19 Now, use a 1/2 tsp measuring spoon, and scoop a 1/2 teaspoon of crushed peanuts into your palm (trust me, it's easier this way). Use your other hand and sprinkle some of the peanuts onto every cupcake until all of the peanuts have been used.

NOTES:

- Now that all of the cupcakes are frosted, filled, topped and finished... now comes the part where you have to put your big boy or girl pants on and be responsible. **FREEZE THEM.** Go to the 99 cent store, the Big Lots, wherever, and buy inexpensive, cheap tupperware, making sure that you buy containers tall enough to account for the frosting and toppings.
- Put all of the cupcakes in the freezer, they can stay there for mooonnths. Wonder how long they'll keep? I've pulled cupcakes out of the freezer half a year after baking them, thawed them out, and they were fine.
- To thaw them out, let them sit out **UNCOVERED**, for 1 hour, if the cupcake has no filling, or for 2 to 2.5 hours if it's a cupcake with filling. **DO NOT THAW THEM COVERED!!!!** If you do, it will destroy them. As they thaw, the ice crystals will thaw, releasing moisture. If you have these covered as they thaw, **ALL** of that moisture stays locked in with the cupcakes, and the cake will absorb **ALL** of that moisture. It turns the cupcakes into water-logged, soggy, disgusting piles of frosted sadness.
- Another option other than filling your freezer with tupperware, is to freeze them **IN** a few tupperware containers... but then remove them, once frozen, and place the frozen cupcakes into gallon sized ziplock bags. They will take up a lot less space in the freezer.





Mighty Morphing Cupcakes

Easily Convert Any of My Cupcake Recipes Into Snazzy Cakes

Pictured above is the cake version of my Peanut Butter & Jelly cupcakes. By using just a few simple principles and recipe tweaks I was able to convert the same recipe into a gourmet 2 or 3 tiered cake. Below I'll explain the basic principles. This page is a collection of the concepts that I typically use when converting my cupcakes into cakes. Using these principles, you can take a look at ANY of my cupcakes, then start thinking of how to make a cake version.

How To Modify The Recipes:

Batter:

- To make ANY of my cupcakes into a cake, you will use the same exact Batter recipe as listed for any of the cupcakes. No ingredient changes are needed. I use standard 9" inch, round cake pans. You can either simply spray them with cooking spray, or you can line the bottom with parchment paper too, whichever you prefer.
 - To make a round layered cake, divide the batter equally between either 2 or 3 separate 9" inch round pans, then bake at 325 degrees for 22-25 minutes, or until a toothpick comes out clean from the center. Most of the cakes in this section were made with 2 layers, but they could just as easily have been made into 3 layer cakes.

Filling & Frosting Changes

- So the next obvious question is, what the heck do you do for the filling/frosting? Well, luckily, all of my cupcake recipes make around 2 cups or more of both the cupcake filling or frosting. What's awesome about that? Well, it means that there's enough for a cake.
- Most of my cupcake frostings, whether they are pudding based, or fruit purees that are thickened with cornstarch, are the texture of pudding. They're great for cupcake filling, but they are too soft for a cake filling. The weight of the cake layers would push down on the soft fillings and squish them out the sides of the cake, trust me. So, in order to use the cupcake fillings in the cakes, we need to make them a little firmer. It takes a little trial and error, but after 1 or 2 times, you'll figure out what works best for you. What I've found to be pretty consistent:

Fruit Puree Fillings:

For cupcakes with a fruit puree filling, like the PB&J cupcakes, in order to use that filling for a cake, I need to add more cornstarch for a cake. 1 point worth. 1 Tbsp of cornstarch is only 1 point.

Pudding Based Fillings:

Pudding based cupcake fillings need to be thickened up as well, to support the weight of the layers of cake. This is even easier, as all that you need to do is use less liquid to make the fillings. Dial it back 1/4 cup. You get less pudding, but it's thicker and able to support the weight of the cake layers.

*Peanut Butter & Jelly Cake
Cupcake recipe - pg 114 • Cake recipe - pg 130*



Blueberry Lemon

Fresh Blueberries? Check. Lemon? Check. White Chocolate? Check.

Vanilla lemon cake, filled with sweetened blueberry jam, frosted with white chocolate "cream cheese" and a fresh blueberry. All for less points than 2 Tbsp of coffee creamer? Can I get an Amen!

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D
3-3

- last checked 11/17/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 1-1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 3 large eggs
- 1-1/2 tsp Lemon Extract (from the spice aisle)
- 1 (1.3 oz) box sugar free lemon flavored gelatin
- 1 tsp finely chopped lemon zest
- 1 tsp baking powder

Blueberry Filling:

- 3 cups blueberries, frozen or fresh, no sugar added
- 1/2 cup water
- 2 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 1 tsp lemon juice
- 4 Tbsp cornstarch

FROSTING:

- 1 cup cream cheese substitute, recipe in my "Cookbook: Volume 1" page 36.
- 2 (1oz) packages sugar free instant white chocolate pudding mix
- 1/2 tsp cream cheese flavor extract (optional)
- 1-1/4 cups cold water
- 1/4 cup white chocolate chips
- 1 tsp water (for the chocolate chips)



Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with cupcake liners. Set aside.

*** CAKE DIRECTIONS

- 3 In large mixing bowl, mix together the cake mix, carbonated liquid, egg, lemon extract, lemon flavored gelatin, lemon zest and baking powder. Mix to combine.
- 4 Fill 24 cupcake liners with batter. Bake at 325 for 25 minutes.
- 5 Remove from oven and allow to cool to room temperature, so they won't melt the frosting when you put it on.

*** FILLING DIRECTIONS

- 6 In a medium saucepan or pot, heat the blueberries, sweetener, water and lemon juice over medium heat till boiling. Reduce heat and allow to cook at a low simmer for 3-4 minutes.
- 7 In a small dish, combine the cornstarch with enough water to dissolve it into a thin white liquid mixture.
- 8 Pour the dissolved cornstarch into the hot blueberry mixture and bring to a low simmer for 5 minutes, stirring while the sauce thickens.
- 9 Remove from heat and allow the thickened blueberry mixture to cool to room temperature. It will continue to thicken as it cools. Stir with a spoon every 15 minutes or so, to ensure that a firm layer doesn't develop on the top as it cools.
- 10 Store the filling in the fridge while you prepare the rest of the recipe. (Note: this can also be used as a low point blueberry jelly or spread).

*** FROSTING DIRECTIONS

- 11 In a 32oz empty yogurt container, or a mixing bowl, use an electric hand mixer to beat the "cream cheese" till soft.
- 12 Put the 3 Tbsp of white chocolate chips in a small microwave safe dish with 1 tsp of water and microwave for 25 seconds. Stir to melt the chips and microwave longer, if necessary. When the chips are completely melted and mixed with the water, pour the mixture into the strained yogurt, add the cream cheese flavoring extract, then mix together with the electric hand mixer. Set aside.
- 13 In a second container, mix together the 2 packets of instant jello pudding and 1-1/4 cups of COLD water till well combined and smooth.
- 14 When combined, pour the thick pudding into the cream cheese container, and mix until combined. Add a little extra water, if necessary, to get the mixture juuuuuust smooth, but still thick. Set aside.

*** ASSEMBLY

- 15 When your cupcakes have cooled completely on a wire rack, use a spoon to carefully scoop down into the middle of each one. Scoop out a cavity about the same size as if you were to stick your thumb down into the middle of it.... But don't use your thumb for God's sake... that's unsanitary.

Filling Assembly:

- 16 Take your blueberry mixture out of the fridge and scoop it all into a large ziplock bag. Squeeze all the blueberry mixture down to one corner of the bag so that you can use it like a big piping bag, then use scissors to snip a medium sized hole (like poking your index finger through the bag) out of the tip of the bag's corner.
- 17 Pipe some of the blueberry filling into each cupcake's cavity to fill it up to the top.

Frosting Assembly:

- 18 In a similar fashion, spoon the frosting into a ziplock bag and make a piping bag out of it as well. Pipe some frosting onto the top of each cupcake, building the frosting up into a peak.
- 19 Place a fresh blueberry on top of each frosting peak. Enjoy!

NOTE:

- **WHITE CHOCOLATE CHIPS:** If you use "Lily's White Chocolate Baking Chips" instead of regular chips, you'll drastically reduce the amount of ingredient points in this recipe. Heck, you can even use MORE of those chips if you want.
- **DIFFERENT FRUIT:** You can easily change these cupcakes to use different fruit filling/topping than blueberry. I've personally used this recipe as a template to make strawberry, raspberry and blackberry versions. All you need to do is swap out the fruit in the puree and the fresh berry on top. Done.



Boston Cream Pie

Vanilla cake filled with custard, then frosted with dark chocolate

I know that most of you ladies are all going to say the best thing to come out of Boston has been Marky Mark and the Funky Bunch, or maybe the Red Sox and Big Papi. But... you're wrong. It's Boston Cream Pie, Baby! Vanilla cake filled with custard cream and topped with chocolate! Thanks to a hybrid of real custard mixed with sugar free vanilla pudding, we're able to keep this baby tasting legit, while keeping it low in points.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



- last checked 11/18/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1-1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1-1/2 tsp imitation vanilla extract
- 1 tsp baking powder

Vanilla Custard Filling:

- 1 cup unsweetened vanilla almond milk
- 3/4 cup water
- 4 egg yolks
- (1) 1oz box sugar free instant vanilla pudding
- 1-1/2 tsp imitation vanilla extract
- 3 Tbsp cornstarch, dissolved in a little water
- 3/4 cup 0 point 1 to 1 sugar replacement o' choice (I used lakanto 'classic' monkfruit)

FROSTING:

- (1) 1.4oz box, Jello sugar free instant chocolate fudge pudding mix.
- 1 Tbsp cocoa powder
- 1 cup COLD water
- 6 Tbsp Lily's Dark Chocolate Chips + 3 Tbsp water



Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with cupcake liners. Set aside.

*** CAKE DIRECTIONS

- 3 In large mixing bowl, mix together the cake mix, egg, carbonated liquid o' choice, extract and baking powder. Mix to combine. It's ok if the batter is a little thick.
- 4 Fill 24 cupcake liners 3/4 full with batter. Bake at 325 for 23-25 minutes. Mine took 25.
- 5 Remove from oven and allow to cool to room temperature, so they won't melt the frosting when you put it on.

*** CUSTARD CREAM FILLING DIRECTIONS

- 6 In a small stock pot, whisk together almond milk, water, yolks, pudding mix, extract, cornstarch and sweetener.. Whisk until smooth and free of lumps.
- 7 Bring the mixture to a low boil, while whisking. Allow to simmer for 3-4 minutes, whisking the entire time. When the custard has thickened to easily coat a spoon, remove from heat and pour into a container. Cover with plastic wrap and then set in the fridge to cool.

*** FROSTING DIRECTIONS

- 8 In a mixing bowl, mix packet of sugar free chocolate pudding and cocoa powder with 1 cup of very cold water, using an electric hand mixer.
- 9 In a small microwave safe dish, combine the 6 Tbsp of chocolate chips with 3 Tbsp of water. Microwave for 25 seconds, then remove and stir. Microwave for another 25 seconds, then stir again until the chocolate chips and water are a thick, velvety, dark chocolate sauce.

- 10 Use the hand mixer to mix the chocolate pudding with the dark chocolate sauce. Cover and set in the fridge to cool and set.

*** ASSEMBLY

- 11 When your cupcakes have cooled completely, use a spoon or other scooping implement to carefully scoop down into the middle of each cupcake. Remove a cavity about 1 inch in diameter and MOST of the way down into the cupcake. We're not digging to China here folks, stop before you hit the cupcake liner.

Filling Assembly:

- 12 Take your custard mixture out of the fridge and scoop it all into a large ziplock bag. Squeeze all the filling down to one corner of the bag so that you can use it like a big piping bag. Use scissors to snip a medium sized hole (like poking your index finger through the bag) out of the tip of the bag's corner.
- 13 Pipe some of the custard filling down into each cupcake's cavity, to fill it up to the top.

Dark Chocolate Frosting Assembly:

- 14 In a similar fashion, spoon the frosting into a ziplock bag and make a piping bag out of it as well. Pipe some frosting onto the top of each cupcake, building the frosting up into a SHALLOW peak. Don't use a ton of frosting per cupcake, or you'll run out before you cover all 24. This doesn't make as much as my regular recipes. Look at the picture for reference.
- 15 Grab a cupcake, chat about the Founding Fathers, and the Pat's winning the Superbowl "grumble"... and enjoy a low point Boston treat that won't kill your points.



Caramel Apple Pie

Moist yellow cake, spiced to high heaven and filled with apples

These are seriously amaze-balls. Spiced yellow cake, filled with chunks of sauteed granny smith and honey crisp apples. Topped with cinnamon cream cheese and drizzled with caramel. It's a shame this isn't a scratch and sniff book.

Serving Info.:

YIELDS: 26 cupcakes

Servings: 26

Serving Size: 1 cupcake



R D

2-3

- last checked 01/18/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1 tsp baking powder
- 1-1/2 tsp ground cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp ground allspice
- 1/2 tsp ground cardamom (OPTIONAL, it's hard to find)
- 1-1/4 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 tsp maple extract (found by the vanilla extract)
- SPICED APPLE MIXTURE (see below)

SPICED APPLE MIXTURE:

- Butter flavored cooking spray, 0 point amount
- 1 LARGE honeycrisp apple, peeled and diced into small pieces
- 1 LARGE granny smith apple, peeled and diced into small pieces (the 2 apples chopped up together make about 2.5 cups of diced apples)
- 1-1/2 Tbsp sugar free maple (pancake) syrup
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/8 tsp ground allspice
- 1/2 cup water
- 1/4 cup 0 calorie sugar replacement o' choice (lakanto monkfruit, stevia, etc)
- 1/2 tsp maple or caramel extract

FROSTING:

- 1-3/4 cups cream cheese substitute, recipe in my "Cookbook: Volume 1" page 36.
- 3/4 cup 0 point confectioner's/powdered sugar substitute
- 1/2 tsp ground cinnamon
- 1 tsp Watkins cream cheese flavor extract (or vanilla extract)

CUPCAKE TOPPING:

- 20 pieces Werther's Original Sugar Free Chewy Caramel Candies
- 2 Tbsp water, plus more if needed
- 1/4 tsp ground cinnamon, mixed with...
- tsp 0 calorie confectioner's sugar replacement



Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with foil cupcake liners (NOT PAPER). Set aside.

*** SPICED APPLE DIRECTIONS:

- 3 In a decent sized pan, combine the diced apples, pancake syrup, cinnamon, nutmeg, allspice, water, sweetener and maple extract, then spray with a good 0 point amount of butter flavored cooking spray. Bring to a simmer, over medium heat and allow to cook for 5-10 minutes, or until the apples are fairly tender and most of the liquid has reduced. Set aside and allow to cool. Use additional sweetener if desired.

*** CAKE DIRECTIONS:

- 4 In large mixing bowl, mix together the cake mix, egg, baking powder, cinnamon, nutmeg, allspice, cardamom (if using), carbonated beverage o' choice and maple extract. Mix until well combined.
- 5 Fold the cooled **Spiced Apple** mixture into the batter.
- 6 Fill 24 cupcake liners with batter. If you have additional batter (it makes more than 26 cupcakes but I can't remember how many exactly), just keep on making cupcakes till you run out.
- 7 Bake at 325 for 22-26 minutes. Mine took 24 minutes.
- 8 Remove cupcake pans from the oven and allow to cool on counter for 5 minutes in the pans. Remove cupcakes and place onto a wire rack to cool completely.

*** Frosting Directions:

- 9 Take your strained suuuuper thick greek yogurt out of the fridge. It should now have the texture of firm cream cheese that is juuuuust spreadable. Put the "cream cheese" into a mixing bowl.
- 10 Add ALL of the other listed frosting ingredients into the mixing bowl with the thickened greek yogurt. Use an electric hand mixer to mix it. Pulse it at first so that you don't throw powdered sugar everywhere.... Seriously, if you start off on high speed your kitchen is going to look like a kilo of coke exploded. Set aside in the fridge.

*** ASSEMBLY

- 11 When your cupcakes are pretty much cooled, put all of the frosting into a gallon sized ziplock bag, squeeze all the frosting into one corner of the bag and use scissors to snip an index finger sized hole out of the bottom corner. Grats, you now have a piping bag on a budget.
- 12 Squeeze some of the frosting onto the top of each cupcake in a clockwise motion to create an upwards cone-like mound with the frosting.

*** CARAMEL SAUCE

- 13 Take ALL of the chewy caramel candies and 1 Tablespoon of water, put it all into a microwave safe dish, then microwave for 30 seconds.
- 14 Microwave again at 50% power for 30 seconds. Remove from microwave and use a spoon to press on the caramels to try to spread them a bit.
- 15 Repeat this process over and over at 30% power for 20 seconds at a time. Remove them, stir, then put them back in at 30% power a few more times until you can completely stir them around into a thick goopy caramel mixture. If it starts to firm up almost immediately, stir in extra water, 1/2 teaspoon at a time. You don't want it to seize up when it cools. You want a thick caramel sauce.
- 16 Scoop the caramel INTO a small ziplock bag, run all of the caramel to one corner, then use scissors to snip a tiny hole out of the bag's edge.
- 17 Move over all of the cupcakes, squirting the thick caramel over each and every one of them. It will firm up as it cools.
- 18 Lastly, mix together the 'topping' ground cinnamon and 0 calorie confectioners sugar. Place into a wire mesh strainer (or figure out some other way to do it) and liiiighly dust the tops of each cupcake. Done.

Notes:

- You can swap out the regular sweetener in the spiced apple mixture for 0 point brown sugar substitute, or simply add 1/4 tsp of molasses for a little 0 point subtleness. Using the 'brown sugar' will give the mix a richer flavor.
- Be advised, when making the caramel sauce, start off with just the 2 Tablespoons of water, when melting the caramels. If your sauce needs a little bit more water to it, add in 1 tsp at a time and stir. You don't want it too thick, or once it cools, it will be very hard to bite through. Letting it be a little runny is preferred.



Carrot Spice Cake

Moist Carrot Cake, with cinnamon cream cheese frosting

I've never personally been a fan of carrot cake, but I thought these tasted awesome. This would be a fun cupcake to try and convert into a full sized cake, I've just never had the time to do it.

Serving Info.:

YIELDS: 30 cupcakes
Servings: 30, YUP... 30!
Serving Size: 1 cupcake



- last checked 11/18/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



Ingredients:

Cake:

- 1 pillsbury moist supreme sugar free yellow cake mix
- 3 large eggs
- 2 tsp ground cinnamon
- 1/2 tsp nutmeg
- 1/8 tsp ground cloves (optional)
- 1 tsp maple extract (from the spice aisle)
- 4 Tbsp whole wheat flour
- 1 tsp baking powder
- 1-1/3 cup seltzer water or diet carbonated beverage o'choice
- 2-1/2 cups finely shredded carrots***
- 1/2 cup chopped walnuts, toasted in a hot pan for 2-3 mins.

FROSTING:

- 2 cups of 'Cream Cheese' substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1 cup 0 calorie confectioners sugar replacement
- 1 tsp imitation vanilla extract
- 1 tsp cream cheese flavor extract (optional)
- 1 (1oz) box Jello sugar free instant cheesecake flavored pudding
- 3/4 cup **COLD** water

CUPCAKE TOPPING:

- 1/3 cup walnuts, toasted in a hot pan for 2-3 minutes, then cooled and finely crushed.
- 1/4 tsp ground cinnamon
- 1 tsp 0 point powdered/confectioners sugar replacement
- 1 wire mesh strainer (recommended)

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners. This is a wet batter, so I wouldn't recommend using the thin paper liners that come in the cheap cupcake liner bags at the store. You know how they alternate paper liner, metal liner, paper liner, metal liner.... DO NOT USE THE PAPER LINERS, just foil ones.

*** CAKE DIRECTIONS:

- 3 In a large mixing bowl combine the cake mix, egg, cinnamon, nutmeg, extract, wheat flour, baking powder, seltzer water, and ground cloves (if using). Mix till combined.
- 4 Stir in the finely chopped/shredded carrot and 1/2 cup of chopped walnuts.
- 5 Fill each cupcake liner with batter, then bake at 325 for 24-28 minutes or until a toothpick inserted into the middle comes out totally dry. COOK TIMES VARY depending on if you used bagged shredded carrots or not. Fresh carrots tend to have more moisture, and require a longer cook time.
- 6 When they are done, remove from the oven and allow the cupcakes to cool to room temperature so that they don't melt the frosting when applied.

*** FROSTING DIRECTIONS:

- 7 In a large mixing bowl... or an empty 32oz yogurt container, use an electric hand mixer to mix the 'cream cheese' with the powdered sugar and extracts, till smooth. Set aside.
- 8 In a separate bowl, mix together the instant pudding mix and water, till smooth. Once combined, scoop the pudding into the 'cream cheese' mixture. Mix till smooth.
- 9 Once combined to smooth, place the container in the fridge to set.

**** Topping Directions:

- 10 Place 1/3 cup of chopped walnuts into a large ziplock bag and use a heavy mallet, pan, hammer, or a regular sized receipt from CVS Pharmacy to bash the heck out of the walnuts. Crush them into pieces that would fit into small measuring spoons. Set aside
- 11 Mix together the ground cinnamon and 0 point confectioner's sugar, till well blended. Place into a fine wire mesh strainer, so that you can dust the tops of the cupcakes with it later, set aside.

*** FINAL ASSEMBLY

- 12 Once the cupcakes are cooled and your cream cheese mixture has had time to set up in the fridge, get ready for carrot bliss.
- 13 Spoon all of your "cream cheese"/pudding mixture into a large gallon sized ziplock bag. Squeeze all of the frosting down towards a corner of the bag, then use a pair of scissors to snip a hole at the bottom tip of the bag, about the size of your index finger poked through it. Congrats... you made a piping bag. Woot!
- 14 In a clockwise or counter clockwise motion (seriously... it doesn't matter) pipe cream cheese onto each cupcake moving towards the middle and upwards to create a raised peak in the center.
- 15 When you're all done with that, use a 1 tsp measuring spoon to scoop out 1 tsp amounts of the crushed walnuts from the bag. Place the scooped walnuts into your palm... trust me, it's easier this way, just roll with it.
- 16 Pick up half of the crushed walnuts from your palm and sprinkle them over the cream cheese frosting of 1 cupcake. Pick up the 2nd half of walnuts and sprinkle them over the next cupcake. You are essentially putting 1/2 tsp of walnuts on top of each cupcake, but this way is a heck of a lot faster than using a 1/2 tsp measuring spoon 32 times, plus you have more control of their placement.
- 17 Once all of the cupcakes are frosted and sprinkled with walnuts, then...
- 18 Take the small wire mesh strainer with the ground cinnamon in it, and lightly tap it while holding it over each cupcake, so that you lightly dust the cream cheese frosting over every cupcake to give it a nice little coating.

*** NOTES

- It's easier to buy a bag of shredded carrots and just chop them up into small bits, for use in the batter, than to slice and chop up all the carrots.
- Because of the added 0 point bulk in the batter, from the carrots and walnuts, this makes more than the standard 24 cupcakes. My batter stretched to 30 cupcakes, when I made this recipe for myself.





Coconut Cream Pie

Cupcakes, Filled & Frosted with Coconut 'Cream Cheese' Pudding, Topped with Toasted Coconut

This is a completely brand new and revised recipe. My original one was posted over a year ago, but in truth, I always thought they could be better. I absolutely LOVE this revised recipe. By using strained greek yogurt, instead of fat free cream cheese for my frostings, I was able to free up a bunch of points for additional toasted coconut flakes and extract.

Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 cup low calorie coconut beverage (*Soy Delicious coconut milk beverage, Silk coconut almond milk, etc...*)
For my cupcakes, I used 'Silk' almond coconut milk
- 3 large eggs
- 1 tsp baking powder
- 2-1/2 tsp imitation coconut extract

Filling & Frosting:

- 1 (1oz) box sugar free instant cheesecake pudding
- 1 (1oz) box sugar free instant vanilla pudding
- 1-1/3 cup low calorie coconut beverage (*Soy Delicious coconut milk beverage, Silk coconut almond milk, etc...*)
For my cupcakes, I used 'Silk' almond coconut milk
- 3 cups "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1-1/2 tsp imitation coconut extract
- 1 tsp Watkins cream cheese flavor extract (optional)

Topping:

- 3/4 cup unsweetened flaked coconut, toasted in a hot pan, till golden. Set aside.
(If you use sweetened, these'll go up 1 point)

Serving Info.:

YIELDS: 24 cupcakes
Servings: 24
Serving Size: 1 cupcake



R D

3-3

- last checked 11/18/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners. Set aside.

*** CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, carbonated beverage o' choice, coconut beverage, egg, baking powder and coconut extract.
- 4 Fill the cupcake liners with batter, then bake at 325 degrees for 25 minutes.
- 5 Remove cupcake from the oven and allow to cool completely.

*** FILLING & FROSTING DIRECTIONS

- 6 In a mixing bowl, combine the contents of the 2 pudding boxes with the cold coconut beverage. Mix together, with an electric hand mixer, until thick and smooth. Set aside.
- 7 Add the "cream cheese" substitute and extracts to the mixing bowl with the pudding. Mix together until thick and creamy. Cover and place in the fridge to set.

*** Toppings:

- 8 Heat the coconut flakes in a saucepan over medium heat, stirring occasionally with a rubber spatula until you begin to notice they are juuuust starting to get a little toasted in coloring. **Immediately reduce the heat to low.**
- 9 Stir the flakes, then stop and let them stay put for 10 seconds, then stir... then stop and let them sit again for 10 seconds, then stir. 'Rinse and repeat' the process until the majority of flakes take on a nice toasted color, but don't burn 'em.
- 10 Remove from the pan and let cool/harden in a little dish. Set aside.

*** ASSEMBLY

- 11 When your cupcakes are cooled to room temperature, use a little spoon or utensil, to scoop out a cavity, down and into the middle of each cupcake. You want it to be about 3/4 inch wide.
- 12 Do whatever you want with the scooped out cake... I won't tell. Dailies be damned.
- 13 Put the frosting into a large ziplock bag, squeeze it all into one corner, then use scissors to snip a hole out of the bag's tip. Grats! You've made a piping bag! Wooot!
- 14 Pipe frosting into each cupcake, filling the cavities.
- 15 Using a circular motion, pipe frosting onto the top of the cupcakes, moving upwards as you get closer to the center, so that you can form a peak in the center.
- 16 Take your bowl of toasted coconut flakes and sprinkle them liberally over the cupcakes. By liberally, I don't mean "allow the flakes to start protesting and sitting in traffic, while decrying their mistreatment in the kitchen"... I mean, cover the cupcakes with a bunch o' flakes. Done.

Notes:

- If you would like the frosting to be even more light and delicious, mix in some 0 point confectioners/powdered sugar substitute, such as the Truvia "0 calorie" brand. I like the frosting just how it is... but some folks like it sweeter.
- **COCONUT FLAKES:** Though my recipe and points are calculated using unsweetened coconut flakes... here's some awesome news for ya. You can actually use SWEETENED coconut flakes, if you want... and the first cupcake will STILL be 3 points on both the regular AND diabetic plans. But, uh... using sweetened coconut flakes kinda defeats the purpose for all of you diabetic chicos and chicas.



Death By Chocolate

Chocolate cake, filling, frosting, crumbles and chips. *mic drop*

Of all of my cupcakes, this is the one that people have made more than any other. This was made specifically to trigger overly sensitive and easily offended chocoholics, because I'm a big 'ol meanie-head. So go, chocoholics, flee to the nearest "safe space", because these bad boys are coming for'ya.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



- last checked 11/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage (diet coke, diet dr. pepper, seltzer water, club soda, etc.)
- 1 tsp baking powder
- 2 tsp instant coffee grounds (optional)

Fudge Pudding Filling:

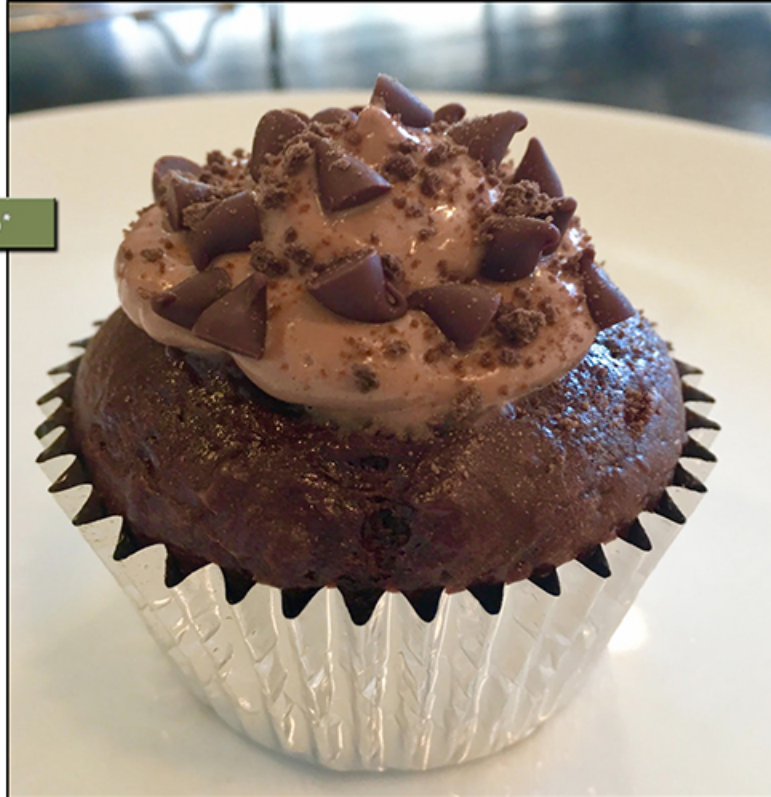
- 2 (1.4oz) boxes Jell-O sugar free instant chocolate fudge pudding mix
- 2 Tbsp Hershey's unsweetened cocoa powder
- 1-1/2 cups cold water

Chocolate 'Cream Cheese' Frosting:

- 1 cup of "cream cheese" substitute, recipe found in my "Cookbook: Volume 1", pg 36.
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1/4 cup 0 calorie confectioner's sugar replacement
- 2 (1.4oz) boxes Jell-O sugar free instant chocolate fudge pudding mix
- 1-1/2 cups cold water
- 1 tsp Watkins brand cream cheese flavor extract (optional)

Cupcake Topping:

- 4-1/2 oz Lily's dark chocolate chips (they're mini chips)
- 1 sheet Honey Maid Chocolate Graham Cracker, finely crushed, set aside. (all 4 little crackers that make up 1 sheet)



Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

*** CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, eggs, carbonated beverage o' choice, baking powder and instant coffee (if using), till well combined.
- 4 Fill 24 cupcake liners with batter. Bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow to cool so that they won't melt the frosting when you put it on.

*** FILLING DIRECTIONS

- 6 Mix the 2 boxes of pudding and the cocoa powder with COLD water, until the mixture is smooth and thick, about 2 minutes.
- 7 Set aside in the fridge to cool and set.

*** FROSTING DIRECTIONS

- 8 In an old 32oz yogurt container (seriously... they are awesome for this stuff), use an electric hand mixer to mix together the 'cream cheese', cocoa powder, and powdered sugar replacement, till smooth. Set aside.
- 9 In a separate container, mix the 2 pudding packets with the cold water and extract, until combined and thick.
- 10 Scoop the pudding into the cream cheese container and then mix the 2 together with the mixer until smooth. Set aside in the fridge.

*** TOPPING DIRECTIONS

- 11 Put 1/4 cup of the mini chips in a bowl. You will be using a 1/2 tsp of chips per cupcake. Scooping 1/2tsp of chips will yield right around 18 chips. It's not going to kill anyone if one cupcake has 15 chips and the next has 18.... you'll be fine. Just use 1/2 tsp.
- 12 Take 1 full chocolate graham cracker sheet, break it in half, and then grind it up into a bowl. Not crumbled like for pie crust where there are chunks... I mean... GRIND it up to chocolate graham cracker dust. Set aside.

*** ASSEMBLY

- 13 When your cupcakes have cooled completely on a wire rack, use a spoon to carefully scoop down into the middle of each cupcake to scoop out a cavity about the same size as if you were to stick your thumb down into the middle of it.... But don't use your thumb for God's sake... that's unsanitary.

Filling Assembly:

- 14 Take your filling out of the fridge and scoop it into a large ziplock bag. Squeeze all the pudding down to one corner of the bag so that you can use it like a big piping bag. Use scissors to snip a medium sized hole (like poking your index finger through the bag) out of the tip of the bag's corner.
- 15 Pipe the filling down into each cupcake's cavity.

Frosting Assembly:

- 16 In a similar fashion, spoon the cream cheese frosting into a ziplock bag and make a budget piping bag out of it as well. Pipe some frosting onto the top of each cupcake, building the frosting up into a peak.

Topping Assembly:

- 17 Scoop 1/2 tsp of the mini chips (a level scoop) into your palm. Use your other hand to pick up the chips and sprinkle/place them over the frosting of each cupcake, so that they fall onto the frosting and adhere to it.
- 18 Finally, pick up a pinch of the crushed graham cracker dust and sprinkle it over each cupcake all over the frosting. Enjoy.

NOTES:

- Use any brand chocolate mini chips that you want. However, my recipe takes into account using 19 points of chocolate. You can always buy your preferred chocolate, even if not in chip form... then crush it into smaller pieces in a ziplock bag. Sprinkle the chocolate bits over the filling. Whatever you use, if it's different than my listed ingredients, check and adjust points if necessary.
- One last note about chocolate: Though my recipe calls for Lily's dark chocolate chips, which are mini chips. My own PERSONAL PREFERENCE after making these a few times now, is to use Lily's 'semi sweet' baking chips. They aren't nice mini chips, they are regular sized. So... when I use those, I have to put them in a plastic bag and crush them up a bit, with a kitchen mallet, to break them into smaller bits.



picture by: @amareels



Guinness & Bailey's

Guinness chocolate cupcakes with Bailey's white chocolate frosting

For years, it's been a popular cake mix hack in WW, for people to replace the oil, water and eggs in cake mixes with soda. I figured, why not use a carbonated Ale instead?

The deep flavor of these cupcakes comes from using an extra stout dark ale mixed in with the cake mix. Then we up the Irish theme by making a frosting with Bailey's Irish Cream, white chocolate pudding, and strained greek yogurt, dusted with cocoa powder.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D

3-3

- last checked 11/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



Ingredients:

Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup Guinness Extra Stout Ale
- 1 tsp baking powder
- 2-1/2 tsp Hershey's unsweetened cocoa powder

FROSTING:

- 1-1/2 cups cream cheese substitute, recipe on page 36 of my "Cookbook: Volume 1".
- 1 (1oz) box sugar free instant white chocolate pudding
- 1 tsp rum extract
- 1 tsp Watkins brand cream cheese flavor extract (optional)
- 1/3 cup Bailey's original Irish cream liqueur
- 1/4 cup water
- 2/3 cup 0 calorie confectioners sugar replacement

TOPPING:

- 1/2 tsp Hershey's unsweetened cocoa powder
- 1 tsp 0 point confectioner's sugar replacement

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners. I personally HATE using paper liners, my cupcakes always stick to them. I always use foil liners, and remove the paper inserts that are in them. DO NOT USE THE PAPER LINERS!! Just the foil.

*** CAKE DIRECTIONS:

- 3 In a large bowl, combine the cake mix, egg, Guinness, baking powder and cocoa powder, till well mixed.
- 4 Pour the batter into the cupcake liners. Bake for 22-25 minutes at 325 degrees, until a toothpick comes out clean. Remove from the oven, set aside to cool.

*** FROSTING DIRECTIONS:

- 5 In a large bowl, or an empty 32oz yogurt container, use an electric hand mixer to mix the strained yogurt, cream cheese flavoring/extract and "powdered sugar", till smooth. Set aside.
- 6 In a separate bowl, mix together the pudding, Bailey's liqueur, water and rum extract. Mix until smooth, then stir into the 'cream cheese' till well blended. Set aside in the fridge, to set.

*** FINAL ASSEMBLY

- 7 Once the cupcakes are cooled and your frosting has had time to set up in the fridge, get ready to do a happy little riverdance cupcake jig.
- 8 Spoon all of your Bailey's frosting into a large gallon sized ziplock bag. Squeeze all of the frosting down towards a corner of the bag, then use a pair of scissors to snip a hole out of the bottom corner tip. No, you aren't making bagpipes, you're making a piping bag. Huzzah!!
- 9 In a clockwise or counter clockwise motion (seriously... it doesn't matter) pipe frosting onto each cupcake moving towards the middle and upwards to create a layered, raised peak, in the center.
- 10 When you're all done with that, scoop the cocoa powder into a fine mesh wire strainer. Hold the strainer over the top of each cupcake and gently tap it, dusting the frosting of each cupcake in a light coating.
- 11 Done.

*** NOTES

- You can use any type of beer, lager, or stout for this recipe in place of the Guinness. Be advised though, if you use a cheap American beer and post about it... don't tag me, I'll block you on sheer principle. *(1-3/4 cups of Guinness is 5 points)*
- I used little bottles of Bailey's, because I don't need a big ol' expensive bottle. A 6 pack of the lil guys was 1/3 of the price.
- These cupcakes were cool for St. Paddy's day, though in full disclosure, my wife didn't like them. If you aren't a fan of beer or ale, you may not like the flavor of the cake. You can always replace the beer with something else if you don't have any proper Irish hooligans in your abode. You honestly have to like the taste of booze/liquor, or you won't like these.
- These cupcakes are magically delicious, dare I say.... they'll be your Lucky Charm.



Hostess-ish

A points friendly knock off of Hostess cream filled cupcakes

These are just plain out freaking awesome-sauce. Chocolate cupcakes filled with a mixture of marshmallow fluff and "cream cheese". Frosted with a mixture of chocolate pudding and melted dark chocolate chips, then finished with swirls of white chocolate pudding mixed with "cream cheese".

Serving Info.:

YIELDS: 24 cupcakes

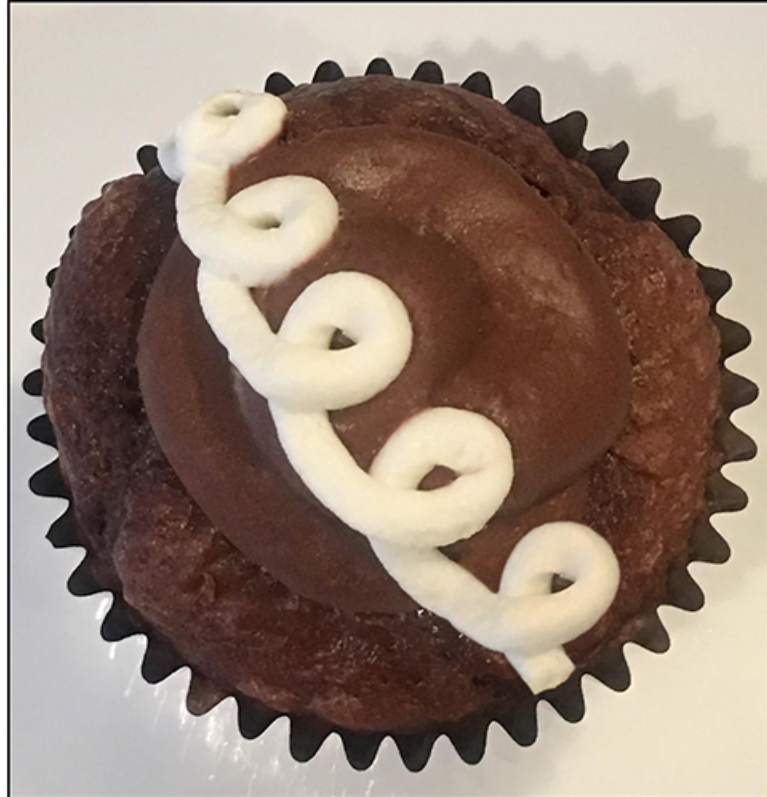
Servings: 24

Serving Size: 1 cupcake



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4-4

- last checked 11/19/22 -
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Ingredients:

Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1 tsp baking powder

Marshmallow "Cream Cheese" Filling:

- 3-1/2 oz Jet Puffed Marshmallow Creme (1 container is 7 ounces, use 1/2 of it)
- 1-1/4 cups of "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1/2 cup 0 calorie confectioners sugar replacement

Dark Chocolate Frosting:

- 1 (1.4oz) box sugar free instant chocolate fudge pudding mix
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1 cup COOOOOLD water
- 1/3 cup Lily's sugar free dark chocolate chips (300 chips)
- 1 Tbsp water, to microwave with the chocolate chips

White Chocolate Cream Cheese Swirl:

- 2/3 cup of "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1/4 cup 0 calorie confectioner's sugar substitute
- 3 tsp dry mix, Jell-O sugar free instant white chocolate pudding mix

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

*** CAKE DIRECTIONS

- 3 In large bowl, mix together the cake mix, egg, carbonated beverage o' choice, cocoa powder and baking powder.
- 4 Fill 24 cupcake liners with batter. Bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow to cool so that they won't melt the frosting when you put it on.

*** FILLING DIRECTIONS

- 6 Take the 7oz container of marshmallow fluff, use a knife to cut down directly into the container, dividing the contents in half. Scoop out half of the fluff into a mixing bowl and mix with the confectioner's sugar replacement.
- 7 Into the same mixing bowl, add 1-1/4 cup of 'cream cheese substitute'. Use an electric hand mixer to combine. Set aside.

*** FROSTING DIRECTIONS:

- 8 Use an electric hand mixer to mix together the instant pudding mix, cocoa powder and COOOOLD water.
- 9 In a microwave safe dish, heat the dark chocolate chips and 3 teaspoons of water for 25 seconds. Stir, heat for another 25 seconds, stir until the mixture is melted.
- 10 Mix the melted dark chocolate into the pudding, set in the fridge to set.

*** WHITE SWIRL DIRECTIONS:

- 11 In a bowl, add the 2/3 cup of 'cream cheese' substitute, 1/4 cup 0 calorie confectioner's sugar and the 3 teaspoons of white chocolate pudding mix. Mix to combine, the mixture will be thick. That's ok.

*** ASSEMBLY

- 12 When your cupcakes have cooled completely, use a spoon to carefully scoop down into the middle of each cupcake, scooping out a cavity about 1 inch wide.

Filling Assembly:

- 13 Take your filling out of the fridge and scoop it into a large ziplock bag. Squeeze all of it down to one corner of the bag, so that you can use it like a big piping bag. Use scissors to snip a medium sized hole (like poking your index finger through the bag) out of the tip of the bag's corner.
- 14 Pipe the filling down into each cupcake's cavity.

Frosting Assembly:

- 15 In a similar fashion, spoon the chocolate frosting into a ziplock bag and make a piping bag out of it as well. Pipe some frosting onto the top of each cupcake, building the frosting up into a low peak.

White Swirl Assembly:

- 16 Scoop the swirl frosting into a small ziplock bag. Squeeze all of the 'frosting' down to 1 corner, then cut off a little corner of the bag, to make it into a tiny piping bag. It should have a small hole, around 1/8 of an inch, or just a little bit bigger. Pipe a little swirl pattern going across the top of each cupcake. Don't worry if it doesn't look perfect.

NOTE:

- Want one of the Hostess-type cupcakes that uses yellow cake instead of chocolate cake? No problem. Swap out the devil's food cake mix with sugar free yellow cake mix. Then use 1-1/3 cup of carbonated beverage instead of the 1-3/4 cups that the devils food mix calls for. Lastly, leave the cocoa powder out of the batter. Boom, done.

Special shout out to my friend [@vconrey](#), who asked for a yellow cake version of the hostess cupcakes a while back.



Hummingbird

A Low Point Take On A Traditional Southern Favorite

No, sickos, this doesn't contain real hummingbirds. Hummingbird cake is a luxuriously rich Southern cake made with pineapple, bananas and walnuts. This lightened version is the bomb.com and won't make your pants pop a button.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D

2-3

- last checked 11/18/22 -
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look at this code for nutritional info.



Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1 cup of FRESH pineapple. But, here's the deal. Take that pineapple and pulse it in a blender till its pulpy, like canned crushed pineapple. That'll give you around 2/3 cup of 0 point 'crushed' pineapple on the regular plan.
- 3/4 cup of mashed up ripe bananas (2 medium)
- 1 tsp baking powder
- 1-1/2 tsp ground cinnamon
- 1 tsp maple extract (or vanilla)
- 1/3 cup water

Cinnamon Cream Cheese Frosting:

- 2 cups "cream cheese" substitute, recipe in my "Cookbook: Volume 1" page 36.
- 1/2 tsp vanilla extract
- 1 tsp cream cheese flavor extract (I use Watkins brand)
- 1/4 tsp lemon juice
- 1/2 tsp ground cinnamon
- 3/4 cup 0 calorie confectioners sugar replacement
- (1) 1oz box Jell-O sugar free instant cheesecake flavored pudding mix
- 2/3 cup COLD water

Cupcake Topping:

- 1/2 cup chopped pecans, toasted, then crushed.

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

*** CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, 'crushed' pineapple, mashed bananas, baking powder, cinnamon, maple extract and water. Mix to combine.
- 4 Pour the batter into the cupcake liners and bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow the cupcakes to cool to room temperature so that they don't melt the frosting.

*** FROSTING DIRECTIONS

- 6 In a large mixing bowl, or empty 32oz yogurt container, use an electric hand mixer to mix the 'cream cheese', extracts, lemon juice, cinnamon and 0 point powdered sugar (if using), until smooth.
- 7 In another mixing bowl... or an empty 32oz yogurt container, use an electric hand mixer to mix the 1oz packet of sugar free instant cheesecake flavored pudding with the COLD water until thickened and smooth.
- 8 Use a rubber spatula to scoop the "cream cheese" into the container with the pudding. Use a hand mixer to mix the "cream cheese" and the pudding together until well combined. Move container to the fridge and allow it to set.

*** TOASTED PECAN DIRECTIONS

- 9 Heat a small pan over medium heat for 1 minute. Place the chopped pecans into the pan and heat for 20 seconds.
- 10 Stir the pecans, then allow them to cook for another 20 seconds. Repeat for a few minutes, until the pecans are fragrant and lightly toasted. Remove pecans from heat, set aside.
- 11 Take the toasted pecans and put them in a large ziplock bag. Use a kitchen mallet, hammer, a pot, or small lap dog and gently tap them a bit breaking the larger chunks into smaller pieces.
- 12 Once you've finished smacking them around like they're an informant on The Sopranos... set them aside to calm down. Pecans are hard to sprinkle when they're still crying.

*** ASSEMBLY

- 13 Once the cupcakes are cooled and your cream cheese mixture has had time to set up in the fridge, get ready for cupcake bliss.
- 14 Spoon all of your cream cheese/pudding mixture into a large gallon sized ziplock bag, then squeeze all of it down towards one corner. Using a pair of scissors, snip a hole at the bottom tip of the bag, about as wide as your index finger... Unless you have little girlie hands, then... use your thumb, I guess. Congrats!... you just made a piping bag!
- 15 In a circular motion, pipe cream cheese onto each cupcake, moving in towards the middle and upwards to create a raised peak in the center.
- 16 Once all the cupcakes are frosted, Sprinkle the pecans all over the cupcake frosting.

*** NOTE:

- **CANNED PINEAPPLE:** Ok, here's the thing. The reason I'm saying to pulse some fresh pineapple in the blender and use THAT, is for the folks on the 'regular plan'. Canned crushed pineapple has points, but fresh pineapple pulsed in a blender, food processor, or with an immersion blender has 0 points for them.

But, all you folks on the Diabetic plan, for you guys, the points are the exact same if you simply buy a can of crushed pineapple in pineapple juice. Take 2/3 cup of the canned crushed pineapple, rinse it under water, let it drain, then use that instead. It's easier, quicker, makes less mess in your kitchen, and your first cupcake is still 3 points.



Lemon Meringue

Lemon Cake filled with Lemon Curd, topped with fluffy meringue

To call these delicious would be like saying Darth Vader has minor issues with parenting. Ultra moist lemon cake is filled with a tart and sweet lemon curd, then topped with a fluffy meringue. What's even more awesome? These also have a pie crust on the bottom of the cupcake too. Woot!

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



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2-3

- last checked 11/18/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1-1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 2 tsp lemon extract (found online, or in the baking aisle of most grocery stores, by the vanilla extract)
- 1 tsp baking powder
- 1 tsp lemon zest, finely chopped

Low Point Lemon Curd Filling:

- 3 large eggs PLUS 1 additional egg yolk
- 1/4 tsp lemon extract
- 1/2 cup lemon juice
- 1/4 cup I Can't Believe It's Not Butter! Light
- 6 Tbsp 0 calorie sugar replacement (monkfruit, stevia, etc)
- 1 (1oz) box sugar free instant lemon pudding
- 3/4 cup cold water
- 1 tsp lemon zest, minced

Meringue Topping:

- 4 egg whites
- 1 tsp cream of tartar
- 3/4 cup 0 calorie confectioners sugar replacement

Pie Crust Bottom:

- 1-1/2 cup Fiber One cereal
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 3 Tbsp fat free plain Greek yogurt
- 1/2 tsp ground cinnamon
- 1/2 cup 0 point brown sugar replacement of choice (granulated monkfruit, stevia, etc)
- additional water, if needed

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, not paper! Set aside.

*** PIE CRUST:

- 3 Place the cereal, syrup, yogurt, cinnamon and brown sugar replacement into a food processor. Pulse the power on/off a few times, until similar in texture to moist graham cracker crumbs.



- 4 Scoop 2 teaspoons of the crust mixture into the bottom of each foil liner (DON'T USE PAPER!) and use your fingers or a spoon to spread the crust to the edges. Done.

*** CAKE DIRECTIONS

- 5 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, lemon extract, baking powder and lemon zest. Mix together until well combined.
- 6 Pour cake batter into the liners, over the pie crusts. Bake at 325 for 20-25 minutes. Mine took 23. If you have extra batter, make extra cupcakes without the crust.
- 7 Remove from oven and allow to cool completely to room temperature.



*** LEMON CURD FILLING

- 8 Beat the eggs and additional egg yolk together in a bowl, set aside. In a separate microwave safe dish, microwave the butter spread until softened/melted, set aside.
- 9 In a small pot, over medium heat, heat the beaten eggs, lemon juice, extract, butter and sweetener till it's JUST about to start simmering, then lower the heat. Lower it till the mix is baaaarely not going to boil/bubble. It'll help the eggs to not scramble and will still cook them. Stir frequently with a rubber spatula until it thickens to a pudding-like texture.
- 10 When thickened, remove from heat and pour through a wire strainer (to remove any lumps) into a glass bowl.
- 11 Allow the mixture to cool for a few minutes, then cover with plastic wrap directly onto the surface of the hot curd. Set in fridge to cool.
- 12 In a separate bowl, mix together the lemon pudding and lemon zest with the 3/4 cup COLD water to make pudding. Set aside in the fridge.

*** MERINGUE TOPPING

- 13 Place the egg whites and cream of tartar into a large mixing bowl (or a 32oz yogurt container works great). Beat with an electric hand mixer for 1 minute, then add the powdered sugar. Continue mixing for 2-3 more minutes until it becomes a big ol' fluffy bowl of stiff peaks. Set aside.

*** ASSEMBLY

- 14 When your cupcakes have cooled completely, scoop down into the middle of each cupcake, to carve out a cavity about 1 inch in diameter, for the filling.

Filling Assembly:

- 15 Take your lemon curd out of the fridge and mix it with the lemon pudding, until well combined.
- 16 Scoop the lemon filling into a large ziplock bag. Squeeze all the pudding down to one corner, so that you can use it like a big piping bag. Use scissors to snip a hole out of the tip of the bag's corner.
- 17 Pipe filling down into each cupcake's cavity.

Meringue Topping Assembly:

- 18 In a similar fashion, spoon the sweetened meringue into a ziplock bag and make a piping bag out of it as well. Pipe the meringue onto the top of each cupcake, building into peaks. Use a kitchen torch to toast the meringues, or place the cupcakes on a large baking pan and bake at 400 degrees for 5-10 minutes, or until meringues are toasted. Keep an eye on them, as the meringues can burn quickly and you DON'T want a bonfire in your kitchen.
- 19 Done.

NOTES:

- **CRUST:** For you diabetic folks... if you make these cupcakes WITHOUT THE CRUST (bottom pic, to the right), one serving drops down to 2 points for you.



Mexican Hot Chocolate

Chocolate, Cinnamon and Chili Powder... Viva Los Cupcakes!

If you're like me, you grew up thinking that hot chocolate was packaged "Swiss Miss" instant cocoa. Well, that was true until I had Mexican Hot Chocolate. A deliciously deep cocoa flavored drink with strong notes of cinnamon and a slight kick of chili to wake you up. This is my cupcake version of that drink. Even your Abuelita won't be able to complain about these babies, once she sees her waistline shrinking.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



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2-2

- last checked 11/19/22 -
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look at this code for nutritional info.



Ingredients:

Cake:

- 1 Pillsbury sugar free devil's food cake mix
- (1) 1.4oz box Jell-O sugar free instant chocolate fudge pudding mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage (*seltzer water, club soda, diet soda, etc.*)
- 1 tsp baking powder
- 1 tsp instant coffee
- 2-1/2 tsp ground cinnamon
- 1 tsp chipotle chili powder, OR ancho chili powder

Cinnamon Chipotle Frosting:

- 2 (1oz) boxes sugar free instant vanilla pudding
- 1-1/2 cup COLD water
- 1-1/3 cup "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1/2 cup 0 calorie confectioners sugar replacement
- 1 tsp Watkins cream cheese flavoring extract (or you can use vanilla extract)
- 1/2 tsp ground cinnamon
- 1/8 tsp chipotle (or ancho) chili powder

Topping:

- 2 tsp cocoa powder
- 1/4 tsp ground cinnamon
- 2 tsp 0 calorie confectioners sugar replacement

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with **FOIL** cupcake liners only!
DO NOT USE ANY PAPER LINERS!!!! DON'T DO IT!!!!

*** CAKE DIRECTIONS

- 3 In large bowl, mix the cake mix, chocolate pudding, egg, carbonated beverage o' choice, instant coffee, cinnamon, chili powder and baking powder. Mix until well combined.
- 4 Fill 24 cupcake liners with batter, then bake at 325 for 20-25 minutes or until toothpick comes out clean.
- 5 Remove cupcake pans from the oven and allow them to cool to room temperature.

*** FROSTING DIRECTIONS

- 6 Use an electric hand mixer to combine the vanilla pudding and water, till smooth. Set aside.
- 7 In a larger mixing bowl, mix together the 'cream cheese' substitute, confectioner's sugar replacement, cream cheese flavoring/extract, cinnamon and chili powder, till smooth. Then, add the pudding to the 'cream cheese' mixture and mix together till smooth. I used an electric hand mixer.
- 8 Set aside in the fridge.

*** TOPPING:

- 9 In a small container, stir together the cocoa powder, cinnamon and powdered sugar. Set aside.

*** ASSEMBLY

- 10 When the cupcakes are completely cooled, put all of the frosting into a large ziplock bag. Squeeze the frosting into one corner of the bag, then use scissors to snip a medium sized hole in the corner. Congrats, mis amigos! It's a piping bag!!
- 11 Squeeze some frosting onto the top of each cupcake, in a circular motion, to create a raised and rounded peak.
- 12 Once all of the cupcakes are frosted, take a fine metal mesh strainer and put the "topping's" cocoa powder, cinnamon and powdered sugar mixture into it. Hold the strainer a few inches over each cupcake and gently tap it with your finger. This will make a small bit of the powder fall down and dust the top of the cupcakes.
- 13 Get ready to celebrate #TacoTuesday in style! Viva Mexico!

*** NOTES

- Chipotle powder isn't as spicy as cayenne powder. It has a slight smokiness to it. Ancho chili powder is a little spicier than chipotle, but doesn't have as much smokiness to it.
- Cayenne powder is just puuure heat. Regular "chili powder" that you find in the spice aisle has more savoriness as well as saltiness. So, don't use 'regular' chili powder. Seriously... use chipotle or ancho powders only, trust me.
- If you're a dude and you're about to make these, I highly recommend jamming to some classic "Vicente Fernandez." I personally love the old-school song 'No me se rajar'. The lyrics are hilariously full of machismo. Or, if you're one of my Connect Chicas... might I recommend Linda Ronstadt's song, "La Cigarra" from her album: "Canciones De Mi Padre".

Shout out to my wife's family, La Familia Flores.... Viva Jalisco!!!



Peanut Butter Bombs

These babies are protein laden, nut allergy neutron bombs

Alright folks, first thing's first... if you are going to make these more than 1 time, ever, you should consider buying stock in a powdered peanut butter company. Heck, if you have nut allergies, you'll explode within 15 feet of these.

These cupcakes were a special request from [@kygoatgirl](#) on Connect. They're chocolate cake, loaded with powdered peanut butter and filled with a creamy butterscotch, peanut butter center. Finally, they are frosted with peanut butter flavored pudding, topped with crushed peanuts and drizzled with caramel sauce.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



- last checked 11/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



Picture by: [@femmespik](#)

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

*** CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, baking powder and powdered peanut butter. The mixture MAY be thick because of all the peanut butter powder. Add additional carbonated beverage, if necessary, 1 Tbsp at a time, so that it isn't crazy thick.
- 4 Fill 24 cupcake liners with batter, then bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow to cool to room temperature.

*** FILLING DIRECTIONS

- 6 In a mixing bowl, use an electric hand mixer to combine the cream cheese substitute with the packet of pudding until smooth. Slowly add the water, 1/4 cup at a time, mixing until smooth. Add the peanut butter powder and extract, mix until well combined. It should have the consistency of thick pudding. Add more water if required.
- 7 Set aside in the fridge to cool and set.

*** FROSTING DIRECTIONS

- 8 In an old 32oz yogurt container (seriously... they are awesome for this), use an electric hand mixer to mix together the 2 packets of pudding mix, salt and powdered peanut butter with the COLD water. The mixture will be pretty thick. You want it to end up about as thick as softened cream cheese. Add more water if needed, 1 Tablespoon at a time. Set aside in the fridge to set.

Ingredients:

Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 2 cups 0 point carbonated beverage (*seltzer water, club soda, diet cream soda/root beer, etc.*)
- 1 tsp baking powder
- 2 Tbsp powdered peanut butter

Peanut Butter Butterscotch Filling:

- 1 cup "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- (1) 1oz box sugar free instant butterscotch pudding
- 1 cup powdered peanut butter
- 1 cup cold water, plus more if needed
- 1/2 tsp vanilla extract

Peanut Butter Pudding Frosting:

- 2 (1oz) boxes sugar free instant butterscotch pudding
- 1 cup powdered peanut butter
- 1/4 tsp salt
- 1-2/3 cups COLD water, plus more if needed

Toppings:

- 1/3 cup chopped salted/roasted peanuts. Measured, then lllllllllightly crushed in a ziplock bag, to make slightly smaller, crushed up bits.
- 3 Tbsp Smucker's sugar free caramel sundae syrup

*** TOPPING DIRECTIONS

- 9 Place 1/4 cup of salted, roasted peanuts into a ziplock bag. Now grab a mallet, a small pot, or a typical CVS Pharmacy receipt and start playing whack-a-mole. Seriously, crush them up. You don't want large chunks.
- 10 Squeeze the Caramel sauce into a small snack-sized ziplock bag, making a little piping bag. Set aside.

*** ASSEMBLY

- 11 When your cupcakes have cooled completely, scoop down into the middle of each cupcake, creating a roughly 1 inch diameter cavity.

Filling Assembly:

- 12 Take your filling out of the fridge and scoop it into a large ziplock bag. Squeeze it all down to one corner of the bag so that you can use it like a big piping bag. Use scissors to snip a medium sized hole (like poking your thumb through the bag) out of the tip of the bag's corner.
- 13 Pipe the filling down into each cupcake's cavity.

Frosting Assembly:

- 14 In a similar fashion, spoon the frosting into a ziplock bag and make a piping bag out of it as well. Using a circular motion, pipe some frosting onto the top of each cupcake. Build the frosting up into low peaks.

Topping Assembly:

- 15 Use scissors to slice a tiny hole in the corner of the small ziplock bag with the caramel sauce. Carefully drizzle a little bit of caramel over each cupcake's frosting.
- 16 Scoop up some of the crushed peanuts and gently sprinkle them over the frosting of all the cupcakes. Repeat until all of the cupcakes are covered.
- 17 Done.

** NOTES:

- If you want to go a bit overboard and go full-tilt peanut butter flavor... go to Amazon and buy a 1 ounce bottle of: **"LorAnn Super Strength Peanut Butter Flavor"** extract. It's super concentrated, so use half as much of it as you'd use regular extracts. If a recipe asks for 2 tsp of vanilla extract, use 1 tsp of this stuff.

For THIS recipe, I like to add 1 tsp of this to the batter and instead of putting 1/2 tsp vanilla extract into the filling, I use 1/4 tsp of this peanut butter flavoring instead.

- Want to go crazier? If you're only going to eat a single cupcake 'right now', take a piece of 'Center Cut' bacon out of the fridge, cut a 1/4 piece of of it, then cook it till crispy and remove the oil by patting it dry. Once it cools, crumble it up and sprinkle the 0 point amount of crushed up bacon on top of the peanut butter and caramel covered cupcake. Yuuuup.... that's how we roll here at The Guilt Free Gourmet. Man... 'diet food' sure is rough, ain't it?



Peanut Butter & Jelly

Strawberry Jelly filled Cupcakes, with Peanut Butter Pudding Frosting

I... love... peanut butter and jelly sandwiches. That being said, since I started WW, I have RARELY ever had one because of how high in points they are. Even if you use low point bread, PB2 and sugar free jelly... you're still looking at 5-6 points. So you can imagine just how ecstatically happy I am about these. Would you rather have a 5-6 point PB&J sandwich, or a 3-4 point PB&J cupcake?

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



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3-3

- last checked 11/18/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1-1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 tsp baking powder

Strawberry "Jelly" Filling:

- 3 cups strawberries, fresh or frozen
- 1/2 cup water
- 1 (0.6oz) box sugar free strawberry gelatin
- 1 tsp strawberry extract (can use vanilla if unable to find strawberry extract)
- 1/4 cup sweetener of choice
- 1/2 tsp lemon juice
- 4 Tbsp cornstarch, dissolved into 3 Tbsp of water

Peanut Butter Butterscotch Pudding Frosting:

- 2 (1oz) boxes of sugar free instant butterscotch pudding
- 1-1/4 cup powdered peanut butter (such as PB2)
- 1/8 tsp salt
- 1-3/4 cups COLD water, plus more if needed
- 1/4 tsp toasted sesame oil (**OPTIONAL**, but adds a nice, subtle nuttiness into the peanut butter pudding.

Toppings:

- 1/3 cup salted roasted peanuts

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

*** CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice and baking powder, until well mixed.
- 4 Fill 24 cupcake liners with batter, then bake at 325 for 22-25 minutes. Mine took 25.
- 5 Remove from oven and allow to cool to room temperature.

*** FILLING DIRECTIONS

- 6 In a sauce pot, heat the strawberries, water, gelatin, extract, sweetener and lemon juice. Bring to a low boil, turn down heat and allow to simmer for 3-4 minutes, so the fruit can soften and break down.
- 7 Use either a blender or an immersion blender to process the strawberry mixture until smooth. If you had to pour the puree into another container to do this, pour the puree back into the pot. Return it to a low simmer.
- 8 Pour the dissolved cornstarch into the bubbling puree, whisking as it thickens. Allow to simmer for 2-3 minutes, stirring and whisking continuously. Pour into a large bowl and let sit for 15 minutes.
- 9 After 15 minutes, stir the puree, then place a some plastic wrap **DIRECTLY** on top of the hot puree's surface. Place it in the fridge for a few hours, till cooled through.

*** FROSTING DIRECTIONS

- 10 To a high-rimmed mixing bowl, add the dry pudding, powdered peanut butter, salt cold water and sesame oil.
- 11 Use an electric hand mixer to mix the ingredients until thick and smooth. Set aside in the fridge.

*** TOPPING DIRECTIONS

- 12 If you can't find bagged, chopped peanuts, use whole peanuts. Fill a 1/3 cup measuring scoop with the whole peanuts. Pour the peanuts into a ziplock bag, then...
- 13 Grab a kitchen mallet, a phone book, a typical receipt from CVS Pharmacy... and beat the everloving snot out of those peanuts. Go full-blown whack-a-mole on them.
- 14 Place the crushed bits of peanut destruction into a small bowl, set them aside for later.
- 15 Now that your kitchen looks like an episode of "Dexter" was filmed in it... catch your breath and get ready to put these low point morsels of PB&J glory together.

*** ASSEMBLY

- 16 When your cupcakes have cooled completely, scoop down into the middle of each one, creating a roughly 1 inch diameter cavity.

Filling Assembly:

- 17 Take your strawberry filling out of the fridge and scoop it into a large ziplock bag. Squeeze it all down to one corner of the bag, so that you can use it as a piping bag. Use scissors to snip a 1/2" hole from the bag's corner.
- 18 Pipe the filling down into each cupcake's cavity.

Frosting Assembly:

- 19 In a similar fashion, spoon the frosting into a ziplock bag and make a piping bag out of it as well. Pipe some frosting onto the top of each cupcake, in a circular motion, building it into rounded peaks.

Topping Assembly:

- 20 Using a measuring spoon, scoop 1/2 teaspoon of the crushed peanuts into your palm (trust me).
- 21 Use your other hand and pick up half of the mixture, then sprinkle it over the frosting of one cupcake. Sprinkle the other 1/2 onto another cupcake. Repeat until all of the cupcakes are covered.

** NOTES:

- Remember, you can watch a multi-page, step by step, picture guided tutorial of how I made these cupcakes. Scroll on back to pages 88-92 for a guided walkthrough.
- If your local stores do not have strawberry extract, in the baking aisle, feel free to use vanilla.
- If you cannot find sugar free strawberry gelatin mix, you can also use raspberry, black cherry, or any other flavor. You can use the raspberry gelatin while still using strawberries for your puree, ooor use raspberries for raspberry jelly. But, if you use black cherry gelatin, your strawberry jelly will be dark purple.
- Make sure to give the hot strawberry puree a few hours in the fridge to set. It will continue to thicken as it cools. It will eventually have the texture of spreadable jam. You will end up with around 1/2 cup of leftover Jelly, which is 0 points.



Pumpkin Spice

Pumpkin spice cake topped with pumpkin spice frosting and caramel



I know how completely nutjob crazy you all go in Fall, once pumpkin spice lattes are back in season. I thought I should make a cupcake to go with your \$8 small, I mean "tall" hipster coffees, served by handlebar mustached baristas.

I wanted to put a filling in these, but decided to try and keep them at no more than 2 points for the first one. There are so many people making simple 2 point plain cupcakes out of a can of pumpkin puree and some cake mix, so I wanted to show that you could make something completely over-the-top for the same low points. When Charlie Brown was looking for the Great Pumpkin, he really just wanted a low point and calorie cupcake. It's a Peanuts thing.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D

2-2

- last checked 11/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1/2 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 (15oz) can, pumpkin puree (Use a 0 point can. Scan it.)
- 1 tsp baking powder
- 1-1/2 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- 1 tsp maple extract

Pumpkin Pie Spice Frosting:

- (1) 29-30oz can of pumpkin puree (Use a 0 point can. Scan it.)
- (1) 1oz box sugar free instant vanilla pudding
- (1) 1oz box sugar free instant butterscotch pudding***
- 1/2 cup 0 calorie confectioners sugar substitute**
- 3/4 tsp pumpkin pie spice
- 1/2 tsp ground cinnamon

Cupcake Topping:

- 1/4 cup Sugar free caramel sundae syrup (OPTIONAL)
- 1/4 tsp ground cinnamon
- 1/2 tsp 0 calorie confectioners sugar substitute

*** CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, baking powder, pumpkin pie spice, cinnamon, pumpkin puree and maple extract. Mix to combine.
- 4 Pour the batter into the cupcake liners to fill each one, then bake them at 325 for 23-25 minutes.
- 5 Remove from oven and allow the cupcakes to cool to room temperature so that they don't melt the frosting.

*** FROSTING DIRECTIONS

- 6 In a large mixing bowl, use an electric hand mixer to mix the pumpkin puree, pudding packets, pumpkin pie spice, cinnamon and 'powdered sugar' until smooth. If necessary, add a little bit of water to thin it. You are trying to get the consistency of softened cream cheese so that it will stay firm when used as a frosting.
- 7 Cover and set aside in the fridge.

*** TOPPING DIRECTIONS

- 8 Pour the caramel sundae sauce into a 1/4 cup measuring cup. Set aside.
- 9 Mix together the 1/4 tsp ground cinnamon with the 1/2 tsp confectioners/powdered sugar. Place into a fine mesh wire strainer, set over a small cup or dish. Set aside.

*** ASSEMBLY

- 10 Once the cupcakes are cooled and your pumpkin pie spiced frosting has had time to set up in the fridge, get ready for some cupcake bliss.
- 11 Spoon all of your frosting into a large gallon sized ziplock bag. Squeeze all of the frosting down towards a corner of the bag, then use a pair of scissors to snip a hole at the bottom tip of the bag.
- 12 In a circular motion, pipe the frosting onto each cupcake, moving in towards the middle and upwards to create a raised peak in the center.
- 13 When all of the cupcakes are frosted with the pudding mixture, take the wire mesh strainer that has the ground cinnamon in it, then gently tap it over each cupcake. You want to lightly dust each cupcake.
- 14 In the same manner as the frosting, pour the caramel sauce into a small ziplock bag, but snip a tiny little hole out of the corner, so that the caramel doesn't just run out of it.
- 15 Drizzle a tiny bit of caramel sauce over the top of each cupcake.
- 16 Done.

** NOTES:

- If you can't find maple extract, use vanilla.
- Not ALL canned pumpkin purees are 0 points, a lot of them have added sugars and are higher in points. Make sure to scan the cans at your local store (located in the baking aisle). It can be confusing because the 2 types are kept right next to each other.
 - Canned 'Pure Pumpkin Puree' has no points.
 - Canned 'Pumpkin Pie Mix', has a lot of points and the packaging looks nearly identical if you aren't paying close attention.



Reese's PB Cup

These are pure peanut butter and chocolate bliss in a wrapper

These cupcakes are moist chocolate cake, filled with a delicious, salted, peanut butter and butterscotch "cream cheese" pudding. Then they are FROSTED with that same peanut buttery awesomeness, as if by divine intervention. Then, an entire mini Reese's peanut butter cup stands atop our mountain of peanut butter frosting, gazing out from atop Mt. Peanut Butter, like an ancient monolith, casting its shadow of low point judgement down upon the world.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D

4-4

- last checked 11/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



Ingredients:

Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 2 tsp instant coffee
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1 tsp baking powder

Chocolate Peanut Butter Frosting & Filling:

- 2 cups "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 2 (1oz) boxes, sugar free instant butterscotch pudding
- 1/2 tsp salt
- 7 Tbsp (1/4 cup + 3 Tbsp) powdered peanut butter
- 1-1/3 cup COOOOOOLD water

Cupcake Topping:

- 24 sugar free Reese's peanut butter cup miniatures



Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, don't use paper liners. DON'T DO IT!! Paper, baaaad! Set aside.

*** CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, instant coffee (if using), cocoa powder and baking powder. Mix till well combined.
- 4 Fill 24 cupcake liners with batter., then bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow to cool, so that they won't melt the frosting.

*** FROSTING DIRECTIONS

- 6 Use an electric hand mixer to mix together the 2 boxes of pudding, salt and COLD water, until thick and smooth. Allow the pudding to set in the fridge.
- 7 Use an electric hand mixer, to mix together the "cream cheese" and powdered peanut butter, until thick and smooth.
- 8 In a large mixing bowl, fold the butterscotch pudding together with the peanut butter "cream cheese", till well combined. Set aside in the fridge.

*** TOPPING DIRECTIONS

- 9 Place 24 of the sugar free peanut butter cups in a bowl, still in the wrappers. Set aside.
- 10 The hardest part of the recipe..... DON'T EAT ALL OF THE REST OF THE PEANUT BUTTER CUPS!!!!!! Seriously! Ok, who are we kidding, you know that you're going to eat a couple of them. But stay strong and throw them in the freezer. Save the rest of them for later on, when you're out of cupcakes and need a 1 point sweet treat.

*** ASSEMBLY

- 11 When your cupcakes have cooled completely, take your filling/frosting out of the fridge and scoop it into a large ziplock bag. Squeeze all the pudding down to one corner, then use scissors to snip a thumb-size hole out of the tip of the bag. Grats! You've made a piping bag! Set it aside.
- 12 Use a spoon, knife, or miniature Hoover upright vacuum and scoop out a cavity, down into the center of the cupcake. Make it about 1 inch across. Try not to eat the cake scraps. Trust me... I know that the struggle is real.

Filling/Frosting Assembly:

- 13 Pipe the cavity full of filling. Then, pipe upwards, into mid-sized peak on every cupcake. You don't need to make the frosting very tall, it's going to get squished down by a peanut butter cup.

Topping Assembly:

- 14 Unwrap 1 peanut butter cup, then push it down, halfway into the frosting of each cupcake. Done.

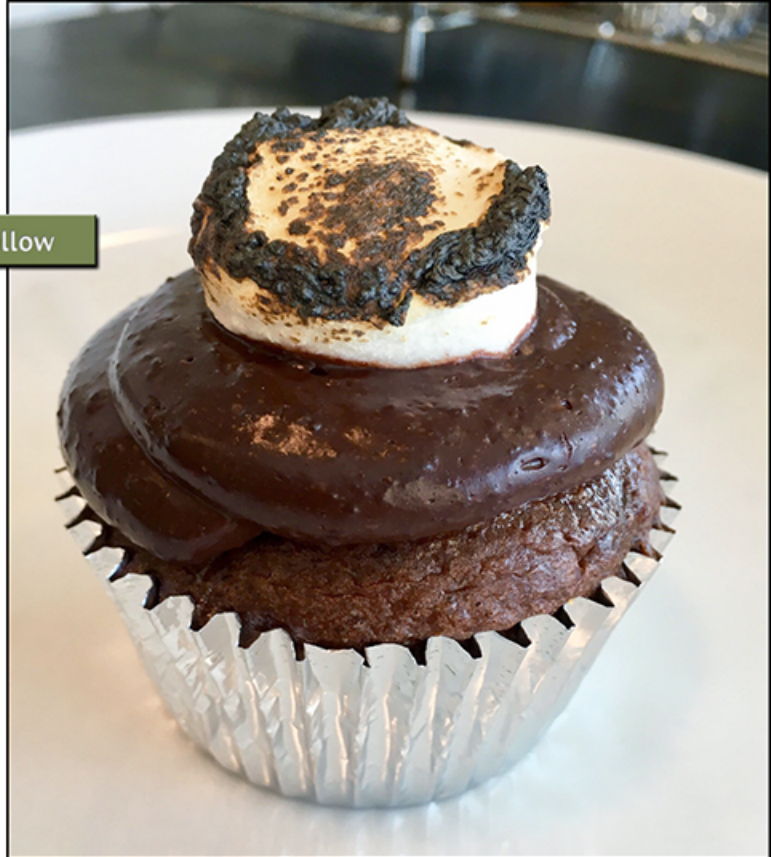
** NOTES:

- For the love of God, snack responsibly. After you make these, you will not be able to eat just one. Freeze them!!! Trust me. My wife and I murdered half of these in almost 1 day, by ourselves. Our kitchen looked like an episode of **CSI: Keebler Elves** had been filmed in it.
- The Sugar Free peanut butter cups are available at some major grocery stores, however the only place where I have personally had any luck finding them regularly, has been at Walmart. If your local walmart does not have them, you can always purchase them online at walmart.com, they are cheapest there. You can then select to have them shipped free, for in-store pickup.
- A HUGE thank you to the ever wonderful @missvw40 with this recipe. Earlier this year (March 2019) she convinced me that I should try to completely redo this recipe. It originally was chocolate cake, no filling, and a thin smear of chocolate pudding on top, with the pb cup on top of the thin lil smear o' puddin'. She suggested and was 100% right, that not only would it look better in a picture, to have the frosting be peanut butter-ish instead of chocolate... But that I could probably stretch it with the "cream cheese" hack, to allow for filling AND frosting, rather than just the smear of pudding on top. Thanks Misty... yet again. See? Life is so much easier when we men shut our yaps and listen to the women.



S'mores

Chocolate Frosting, Graham-Style Crust and a Toasted Marshmallow



Serving Info.:

YIELDS: 26 cupcakes

Servings: 26

Serving Size: 1 cupcake



- last checked 11/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage
(seltzer water, club soda, diet soda, etc.)
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1 tsp baking powder

Chocolate Fudge Pudding Frosting:

- 3 (1.4oz) boxes Jell-O sugar free instant chocolate fudge pudding mix
- 2 cups plus 2 Tbsp COLD water

Faux "Graham Cracker" Crust

- 1-1/2 cups Fiber One cereal, measured, then crushed
- 2 graham cracker sheets, crushed
- 1-1/2 Tbsp sugar free pancake syrup
- 1/3 cup 0 calorie sugar replacement (monfruit, stevia, etc)
- 1/4 cup fat free plain Greek yogurt
- 1/2 tsp ground cinnamon
- 6-8 second spray, butter flavored cooking spray (0 point amount, depending on your brand)

Marshmallow Topping:

- 13 regular sized marshmallows, sliced in half, to make...
26 marshmallow halves

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, don't use paper liners!! Set aside.

***** PIE CRUST**

- 3 Place the bran cereal and graham crackers into a food processor, along with the syrup, sweetener, Greek yogurt and cinnamon. Spray into the food processor for a few seconds with the butter flavored cooking spray, then process the mixture together until moist, yet crumbly. You want a texture similar to moist graham cracker crumbs.



- 4 Scoop 2 teaspoons of the crust mixture into the bottom of each cupcake liner (DON'T USE PAPER!). Use your fingers or a spoon to spread the crust to the edges of each liner, then lightly press down, to form the bottom crust and help it keep its shape.

*** CAKE DIRECTIONS

- 5 In large mixing bowl, mix together the cake mix, egg, carbonated beverage o' choice, cocoa powder and baking powder. Mix together until well combined.
- 6 Scoop batter into each liner, over the inserted crusts. Fill 26 cupcake liners, then bake at 325 for 20-25 minutes. Mine took 23.
- 7 Remove from oven and allow to cool completely to room temperature.

*** CHOCOLATE FUDGE PUDDING FROSTING

- 8 Pour the 3 boxes of pudding and the COLD water into a mixing bowl or an empty 32oz yogurt container (they work GREAT for this), then combine with a hand mixer at high speed until thickened and smooth.
- 9 Cover and set aside in the fridge.

*** ASSEMBLY

- 10 When your cupcakes have cooled completely, get ready to have some fun.

Frosting Assembly:

- 11 Scoop the chocolate frosting into a large ziplock bag. Squeeze all the pudding down to one corner of the bag so that you can use it as a big piping bag. Use scissors to snip a medium sized hole (like poking your thumb through the bag) out of the tip of the bag's corner.
- 12 Pipe the pudding onto the top of each cupcake, building into a small peak.

Toasted Marshmallow Options:

Option 1: (easiest, but time consuming)

- Use a skewer to toast each marshmallow half, one at a time, over the flame of your stove. When each one is lightly toasted, remove it from the skewer and press it down into the frosting.

Option 2: (fastest, but most likely to result in 911 calls)

- Place the untoasted marshmallows down onto the top of each cupcake's frosting.
- Use a kitchen torch to quickly toast each marshmallow. Done.

Option 3: (requires ninja-like reflexes)

- Fully assemble your cupcakes, topped with non-toasted marshmallows. Place the cupcakes onto a large baking pan, turn on your stove's Broiler function, place the tray of cupcakes onto the top rack, under the broiler flame. Keep a watchful eye and carefully rotate the pan around, repeatedly, till they are all toasted without calamity!!

NOTES:

- If you plan to store these in the freezer or fridge for a few days, **DO NOT TOP THEM WITH MARSHMALLOWS YET!** The marshmallows will deflate and look fuggy. Top them with the toasted marshmallows the day you'll be serving them.



White Chocolate Mocha

Cupcakes loaded with Coffee and topped with White Chocolate frosting

This delicious chocolate cake is infused with enough coffee to make you slap'yo momma, then arm wrestle a grizzly bear. The white chocolate frosting, on its own, is de-freaking-licious. Seriously... this frosting makes you feel like Winnie The Pooh, laying on his back in Rabbit's house, with a jar of honey stuck to his face. That honey being a jar of this amazeballs frosting, of course.

Serving Info.:

YIELDS: 24 cupcakes
Servings: 24
Serving Size: 1 cupcake



R D
4-4

- last checked 11/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



Ingredients:

Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1/2 cup Instant coffee powder, like Folgers crystals. In the words of 'Obi Wan Kenobi'...
"Remember, a Jedi can feel the Caffeine flowing through him."
- 1 tsp baking powder
- 2-1/2 tsp cocoa powder
- 1/3 cup 0 point sugar replacement (monkfruit, stevia, etc)

FROSTING:

- 1 cup "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1/2 cup 0 calorie confectioners sugar substitute
- 2 (1oz) boxes Jell-O sugar free instant white chocolate pudding mix
- 1 cups COLD water
- 4oz white chocolate chips. Measure by weight, though I got 1/4 cup of chips for 4 oz.

CUPCAKE TOPPING:

- 1/4 tsp cocoa powder
- 1/4 tsp crushed up instant coffee grounds/crystals
- 1 tsp 0 point confectioners/powdered sugar substitute

EXTRAS: (optional, but completes the look)

- 8 regular sized, green Starbucks straws, cut into thirds. This one's fun, because you get to look like a weirdo, running into Starbucks, grabbing a fist full of straws, then sprinting back out the door. You'll look like the Hamburglar, but with straws. The Millennials won't know what's happening and will flee to the nearest safe space.

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners. I personally HATE using paper liners, my cupcakes always stick to them. I always use foil liners, and remove the paper inserts that are in them. DO NOT USE THE PAPER LINERS!! Just the foil.

*** CAKE DIRECTIONS:

- 3 In a large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, instant coffee powder, baking powder, cocoa powder and sweetener. Mix to combine.
- 4 Fill the cupcake liners with batter, then bake for 22-25 minutes at 325 degrees, until a toothpick comes out clean. Remove from the oven, set aside to cool.

*** FROSTING DIRECTIONS:

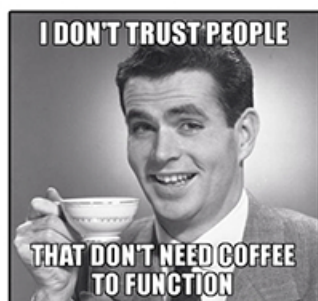
- 5 In a large mixing bowl, or an empty 32oz yogurt container, use an electric hand mixer to mix the cream cheese substitute and the powdered sugar until smooth. Set aside.
- 6 In a microwave safe dish, melt the white chocolate chips with 1 Tablespoon of water, for 20 seconds. Stir, then microwave for 20 more seconds, repeat until smooth. Set aside.
- 7 In a separate mixing bowl, mix the 2 packets of pudding mix. with the cold water, it will be VERY thick. Add the melted chocolate chips to the pudding, then mix till smooth.
- 8 Combine the "cream cheese" mixture with the white chocolate pudding and mix until smooth. Store in the fridge, to set.

*** FINAL ASSEMBLY

- 9 Once the cupcakes are cooled and your cream cheese and white chocolate frosting is ready, let's get ready for a colossal crescendo of caffeinated cupcake bliss!!!!
- 10 Spoon all of your frosting into a large gallon sized ziplock bag. Squeeze all of the frosting down towards one corner, then use a pair of scissors to snip a corner off of the tip. Grats, you just made a piping bag! Huzzah!!!
- 11 In a clockwise, or counter clockwise motion (seriously... it doesn't matter), pipe frosting onto each cupcake, moving towards the middle and upwards. You want to create a raised peak in the center, like an edible Mt. Kilimanjaro.
- 12 When all of the cupcakes have been frosted, take the dish with the cocoa powder/coffee powder mix and put it into a fine wire mesh strainer. Hold the strainer a little bit above the tops of each cupcake and gently tap the strainer with your finger, causing some of the powder to cascade down onto the frosting, then move to the next cupcake, rinse and repeat.
- 13 Take your little Starbucks green straw sections and spear down at an angle into each cupcake's beating heart. You've probably seen a Dracula movie at one point in your life, just pretend you're Van Helsing, sent to dispatch a nest of slumbering vampire coffee cupcakes. Done.

*** NOTES

- Why is there 1/2 cup of instant coffee in the batter?!?! Well, to make a cup of instant coffee, you mix 1 tsp of powder with 1 cup hot water. This recipe makes 24 cupcakes and there's 24 total teaspoons in 1/2 cup. So... each cupcake equals 1 cup of coffee. Woohooooo!!!! Have one on your morning drive to work!!
- If you don't like coffee, but still feel the need to ask "what can I use instead of coffee?" You DO realize that these are coffee cupcakes..... right? Don't make me come over there!
- You can use DECAF instant coffee instead of regular. It has 1/10th the caffeine of regular coffee, which is pretty much like having black poser water, ya'big wuss.
- Make sure that you don't live in one of the west coast hippie towns when you make these. They'll chase you down with torches and hacky sacks if you post a picture with a plastic straw. If you start getting lip about it.... you need to stand your ground, look the hippies in the eye, and calmly tell them that your straws are "organic, free-range straws, that are made from recycled vegan hemp and they were harvested humanely." Hippies like that kinda jive-talk.
- **WHITE CHOCOLATE CHIPS:** If you use "Lily's White Chocolate Baking Chips" instead of regular chips, you'll drastically reduce the amount of ingredient points in this recipe.





Blueberry Lemon Cake

Variation of the Cupcake Recipe on page 94-95



This cake is a layered variant of my Blueberry White Chocolate Cupcakes. Yeeees, I know the blackberry and blueberry cupcake recipes are nearly identical, but the fruit and the steps for making the filling are different. I personally like blueberry more than blackberries (I don't like seeds), so I chose to make this cake.

Serving Info.:

YIELDS: 9" round cake
Servings: 12
Serving Size: 1/12 slice



R D
6-6

- last checked 11/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Cake:

- For a 2 layer cake, divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 25-30 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

Blueberry Jelly Filling:

- Add an additional 1-1/2 Tbsp of cornstarch, for a total of 5-1/2 Tbsp.
- The cupcake recipe calls for 1/2 cup water, reduce that amount to 1/4 cup of water instead.
- Use an additional 2 Tbsp of sweetener, for a total of 1/4 cup.

Frosting:

- Remove 1 of the 2 boxes of sf white chocolate pudding. You will only be using 1 now.
- Reduce the amount of COLD water to 3/4 cup, instead of the listed 1-1/4 cup.

Notes:

- We reduced the amount of frosting by 3/4 cup, to have the extra points to make the filling thicker. It was needed, so that it could stand up to the weight of the top cake layer.
- You can use any piping tip that you would like for the frosting, or, if you want to try a different way of decorating it, try having the jelly cover the entire top, from edge to edge. Then use a rubber spatula to put a thin layer of frosting around the sides of the cake.



Boston Cream Pie Cake

Variation of the Cupcake Recipe on page 96-97

One of my absolute favorite desserts, pre WW (aka fat me), was the Boston Cream Pie Cake at a local grocery store. I'd get that baby as often as I could. What's not to love? Fluffy cake, custard and thick chocolate ganache. Unfortunately, the real deal has enough fat and calories to kill Jabba the Hutt.

Serving Info.:

YIELDS: 9" round cake

Servings: 12

Serving Size: 1/12 slice



R D
6-6

- last checked 11/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Cake:

- For a 2 layer cake divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 25-30 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

Vanilla Egg Custard:

- Add an additional 2-1/2 Tbsp of cornstarch, for a total of 5-1/2 Tbsp, to the custard.

Frosting:

- Add an additional 1 Tbsp of water while melting the chocolate chips, so that it spreads across the surface of the cake easier. Unlike the cupcakes, for this cake version, we don't need the frosting to stay up in a peak. We're adding extra water, so that it's easier to spread across the top of the cake.

Notes:

- Making a Spiderweb Pattern is COMPLETELY optional. It's incredibly easy to do, though. All I did, was go to youtube and searched "how to make a spiderweb cake pattern." It's really easy.
- Traditionally, Boston Cream Pies DON'T have anything on the top, other than the chocolate ganache. However... if you DO choose to put the custard on top (which is optional...), know that having pudding mixed into the topping, will cause it to slowly "leach" color from any other surrounding frostings or liquids, over time. 1 day after taking the pictures to the right, the yellow-ish custard, had sucked in the brown color from the ganache, turning it beige.



Coconut Cream Cake

Variation of the Cupcake Recipe on page 102-103



I have never really been that big a fan of coconut cake or coconut cream pie, but that being said... I flippin' loved this cake. I never thought that I'd be able to make a "perdified" cake like this, with the toasted flakes on the side and ya'know what? It's not that hard. Even more surprising is that I was able to do it with only the 3/4 cup of flakes.

Serving Info.:

YIELDS: 9" round cake
Servings: 12
Serving Size: 1/12 slice



R D
7-7

- last checked 11/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Cake:

- For a 2 layer cake, divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 25-30 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

Filling & Frosting:

- For a 2 layered cake, pipe a double-thick layer of frosting in the middle. For a 3 layered cake, spread the frosting thinner between the layers.
- You can leave the sides "naked", then sprinkle the coconut flakes on top, or you can decorate the sides, like I did.
- If you're decorating the sides with coconut, spread a THIN layer around the sides of the cake. Too thick and the frosting will sag downwards. This frosting doesn't have botox... the added weight of the coconut flakes will eventually pull it downwards. A thin layer works best.

Toasted Coconut :

- This step is messy. Put some of the toasted coconut in your palm, then lightly press it against the side of the cake. Don't cram it on, that 3/4 cup has to spread all the way around.
- Most of the flakes will fall off, just keep working your way all around the cake, palming more flakes up onto the sides. Eventually, you'll be able to apply a thin layer all the way around the circumference of the cake. Lightly press all around the sides.

Notes:

- An easier option for applying the toasted coconut, that's just as pretty, is to frost the sides of the cake with a slightly thicker layer of frosting. Then only put the toasted coconut on the TOP of your cake. It's a lot faster and easier.

Death By Chocolate Cake

Variation of the Cupcake Recipe on page 104-105

The changes for converting this particular cupcake into a cake get a little confusing, so bear with me. I took the Frosting from the cupcakes, which is a chocolate "cream cheese" frosting and instead, used it as the Filling for this cake. I then took the Filling for the cupcakes and used it as the cake's frosting. I swapped the two. Remember that.

Serving Info.:

YIELDS: 9" round cake

Servings: 12

Serving Size: 1/12 slice



R D
7-7

- last checked 11/20/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Cake:

- For a 2 layer cake, divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 25-30 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

Chocolate "Cream Cheese" Filling:

- Use the cupcake recipe's FROSTING, as the cake's filling.
- Apply a double thick layer of filling.

Dark Chocolate Pudding Frosting:

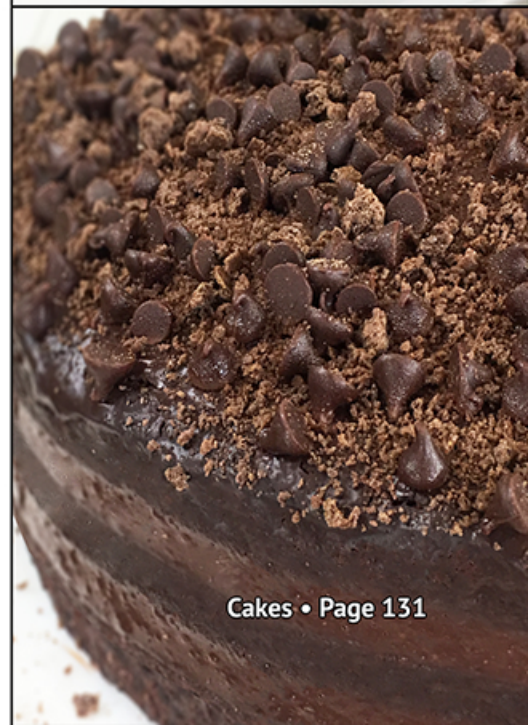
- Use the cupcake recipe's FILLING, as the cake's frosting.
- Apply a thin coat around the sides of the cake, then put a thicker layer on top.

Toppings:

- Sprinkle the top of the cake with the chocolate chips, then with the crushed chocolate graham crackers. The crushed crackers fill in the space between the chips.

Notes:

- Remember, the original filling for the cupcake recipe switches, to be used as the the cake's frosting. The cupcake's frosting gets swapped around to become the cake's filling. I know it's confusing, but if this is the weirdest thing you have to deal with today, you're doin' great!





German Chocolate Cake

Moist and Fluffy Chocolate Cake with a Toasted Coconut & Pecan Icing/Frosting. Da..es gud!

In complete and total honesty, I have never had REAL German Chocolate Cake, in my entire life. I've had the overly sugary plastic wrapped stuff at the grocery store bakery aisle, but never the real stuff. That being said, I thought this was really delicious. Hopefully, it does justice to the real thing. This cake was a special request from my amiga, @rosina8769.

Ingredients:

Cake:

- 1 sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage
(I used Diet Root Beer for the flavor)
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1 tsp baking powder

Vanilla Pudding: (just roll with it)

- 2 (1oz) boxes sugar free vanilla pudding
- 1 cup water
- 1/4 cup unsweetened vanilla almond milk

Coconut & Pecan Goopy Awesomeness:

- 3/4 cup chopped pecans
- 3/4 cup unsweetened coconut flakes
- 1-1/4 cup water
- 1/2 cup 0 calorie brown sugar replacement
- 1 tsp non imitation vanilla extract
- 1-1/2 tsp cornstarch dissolved in a little water
- pinch of salt

NOTE:

You can use regular sugar replacement, instead of the 'brown sugar' replacement. Simply use 1/2 cup, then add 1/4 tsp molasses, while simmering the frosting.

Serving Info.:

YIELDS: 9" round cake
Servings: 12
Serving Size: 1/12 slice



R D
7-8

- last checked 11/20/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Preheat oven to 325.
- 2 Line the bottom of (3) 9 inch round pans with parchment paper. Spray the sides of the pans with cooking spray. Set aside.

*** CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, cocoa powder and baking powder. Mix to combine.
- 4 Use a 1/2 cup measuring scoop, to pour an equal amount of batter into each of the 3 pans. It SHOULD be just over 1-1/2 cups of batter in each one.
- 5 Bake at 325 for 22-25 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary depending on your oven, altitude... or attitude.
- 6 When the toothpick comes out dry, remove the cakes from the oven and allow to cool in the pans. Set aside.

*** PUDDING

- 7 Use an electric hand mixer to combine the pudding packets, water and almond milk until smooth. Cover and place in the fridge to set.

*** LET THE TOASTING BEGIN!!!

- 8 Heat a good sized pan over medium heat for around 1 minute. Add the chopped pecans to the pan and let them sit in place for a good 15 seconds. Stir the pecans around in the pan every 15 seconds, so that they don't burn. After a few minutes they will start to put out a nice toasted scent and brown slightly. Don't let them burn... pour them into a dish.

- 9 Reduce the heat to medium-low, then add the coconut flakes to the pan. Follow the same pattern. Let them sit in place for about 15 seconds, then stir them around. Rinse and repeat until they start to turn a light brown color and become very fragrant. Remove them from the pan so that they don't burn.
- 10 Add the pecans back into the pan, along with the water, sweetener and extract. Stir to combine, then add the coconut flakes back into the pan and turn the heat up to medium-high.
- 11 Stir in the dissolved cornstarch, then allow the mixture to cook at a boil for 5 minutes. It will become very dark and thick as the liquid evaporates.
- 12 After 5 minutes, turn off the heat and allow the mixture to cool for 10 minutes in the pan. It looks really dark now, but we're about to fix that.
- 13 After the 10 minutes, spoon your vanilla pudding into the pan and use a rubber spatula to stir it all together until smooth and well combined. Cover and let cool in the fridge.

*** ASSEMBLY

- 14 Take one of your cake layers and spread a thin layer of the icing/frosting, around 1/4 inch, across it from edge to edge. Then place the next layer of cake on top of the frosting and repeat until all of the layers are stacked and frosted.
- 15 Done.



Karpatka (Polish 'Cream Puff' Cake)

Also known as Carpathian Cream Cake, or Cream Puff Cake. It's Two Layers of Pastry Dough, with Custard Filling.

A Polish 'Karpatka' cake is basically a giant cream puff in cake form. It's called a Carpathian 'mountain' cake, because once dusted, it 'resembles' the snowy mountains of Poland. This recipe uses my "Choux Pastry" dough, but instead of making cream puff shells, we bake into 2 round 'crusts'. The filling is a simple vanilla custard based pastry cream, made lower in calories, fat and sugar, with ingredient substitutions.

Servings Info.:

Yield: 1 cake
Servings: 12 slices
Serving Size: 1 slice



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6-6

- last checked 11/17/22 -

Ingredients:

PASTRY:

- 1 batch of dough from my 'Cream Puff Shells' recipe on page 150.

CUSTARD CREAM FILLING:

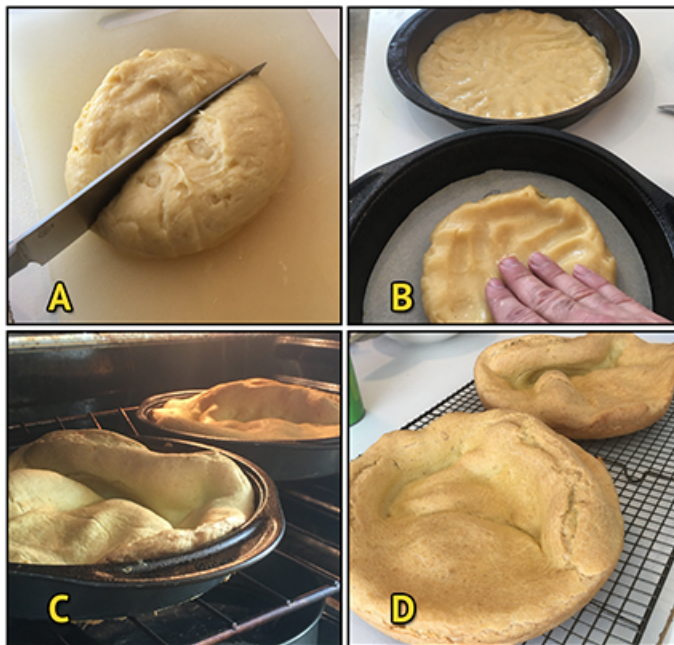
- 2 large eggs
- 6 large egg yolks
- 7 Tbsp cornstarch
- 1/4 cup all purpose flour
- 4-1/2 cups unsweetened vanilla almond milk (separated)
- 1 cup I Can't Believe It's Not Butter, Light
- 2 Tbsp imitation non alcoholic vanilla extract (roll with it)
- 2-1/2 cups 0 calorie confectioners sugar replacement (such as swerve brand or Truvia 0 calorie blend with stevia)

ADDITIONAL INGREDIENTS/EQUIPMENT:

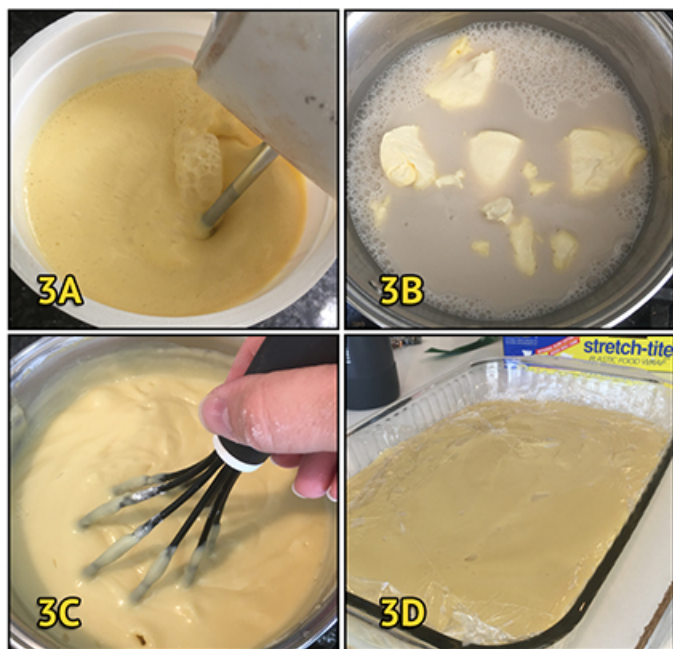
- additional 0 calorie confectioners sugar for dusting
- wire strainer
- parchment paper
- 9" pie pans
- 9" springform pan (to layer it all together, at the end)

Directions:

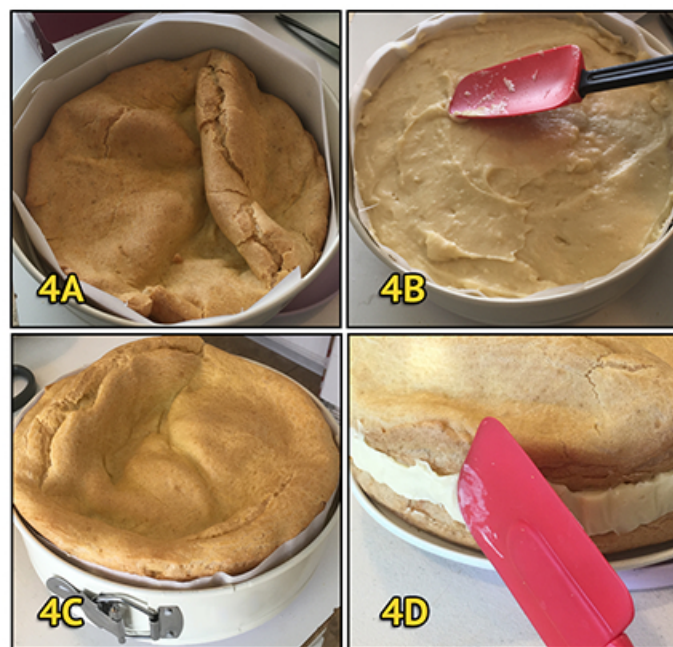
1. Prepare the pastry dough as directed. Line (2) 9" pie pans with parchment paper. Heat oven to 375 degrees.



2. (A) Spray the sticky dough with cooking spray, so you can easily handle it. Cut dough into 2 halves, (B) then spray the pans with cooking spray and press each half into the pans. If the dough is too sticky, spray with more cooking spray. (C) Bake at 375 degrees for 35 minutes, or until golden brown and firm to the touch. (D) Remove from oven and let cool to room temperature on racks. Once they are room temperature, you can wrap them in plastic wrap and store in the fridge, for later. They also freeze well, but should be unwrapped while defrosting.



3. (A) FILLING: Whisk (or use an electric hand mixer) together the eggs, egg yolks, **ONE CUP** of the almond milk, cornstarch, and flour together, until smooth and lump free. Set aside. (B) In a medium sized pot, heat 3-1/2 cups almond milk, the I can't believe it's not butter, vanilla extract and 'confectioners sugar replacement', until the butter is almost completely melted. Then, pour in the whipped egg/cornstarch mixture. Begin whisking immediately. It will start to clump up, but that's ok, it will eventually become smooth. (C) Once the thickened custard begins to bubble, lower the heat, slightly. Continue stirring/whisking for 10 minutes. (D) Pour into a 13x9 casserole pan, or other large dish and cover with plastic wrap **DIRECTLY** against the top of the hot custard. Let cool for 30 minutes.



4. (A) Place one of the baked 'crust' layers on the bottom of a springform pan, then place parchment paper around the pan's inner edge. (B) Pour/scoop the still-warm custard over the bottom layer, then smooth it with a rubber spatula.

4. (Continued)

(C) Place the last baked layer of dough on top of the custard and press down slightly. Cover with plastic wrap and let sit in the fridge for 4-5 hours. Preferably overnight. (D) Prior to serving, remove cake from the pan and peel away the parchment paper. If you'd like, you can use a slightly wet spatula to smooth the custard filling around the cake. Finally, dust the top with 0 calorie confectioners sugar... Done.

NOTES:

- **ALMOND MILK:** I use almond milk, because 4-1/2 cups is only 2 points. If you'd like to use a different type of milk, feel free. However, adjust your points as necessary.
- **I CAN'T BELIEVE IT'S NOT BUTTER LIGHT:** I use it because 2 cups is only 47 points, while 2 cups of regular butter is 187 points, with over 3,000 calories and 368 grams of fat.
- **0 CALORIE CONFECTIONERS SUGAR:** Swerve, Lakanto Monkfruit and Truvia all make 0 calorie 'confectioners sugar' substitute blends. Most are cut with erythritol, which is sugar alcohols. The packages list them as being ultra high in carbs, but they are 'non glycemic' carbs, which your body doesn't turn into sugars, like regular carbs..
- **ALCOHOL FREE IMITATION VANILLA EXTRACT:** I use it because it's ultra inexpensive and lower in points than regular vanilla extract. If you'd prefer to use regular, adjust your recipe/points accordingly.
- **MIXING THE CUSTARD FILLING:** I mention it briefly in the instructions, but I need to address it a bit more here. When you add the blended egg/cornstarch mixture into the pot and start whisking... there WILL be clumps. Don't panic. Keep whisking and stirring, they'll eventually break up. If you're concerned, you can always use your electric hand mixer, to smooth out everything in the pot. Lastly, when pouring the finished custard into the large dish, to cool, you can pour it through a wire strainer. Doing so will make sure no lumps end up in your finished cake.





Peanut Butter & Jelly

Moist yellow cake, with peanut butter and jelly filling, topped with crushed roasted peanuts

I absolutely love and PB&J. If you're a 7 year old that wants to ask... Yes, I would marry it. That being said, after making this cake earlier today, this is now my absolute favorite cake. This is a fancy 3 layered cake version of my cupcake recipe, don't want to go all super fancy? No worries, there are notes for making a simpler 2 layer version.

Ingredients:

Cake Batter:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1-1/3 cup club soda, seltzer water or any 0 point carbonated beverage.
- 1 tsp baking powder
- 1 tsp LorAnn Concentrated Peanut Butter extract (*optional*)

Strawberry Jelly Filling:

- 4 cups strawberries, fresh or frozen. I used 2 (10oz) bags of frozen whole strawberries.
- 1/4 cup water
- 1 (0.6oz) box sugar free strawberry flavored gelatin.
(*You can use raspberry gelatin if you can't find strawberry*)
- 1/4 cup 0 point sweetener of choice
(splenda, swerve, monkfruit, truvia, stevia, etc.)
- 1 tsp strawberry extract (*in the baking aisle, by the vanilla*)
- 1/4 cup + 2 tsp cornstarch, dissolved in 1/4 cup additional water.
- 1 tsp lemon juice

Peanut Butter & Butterscotch Pudding

- 2 (1oz) boxes Jello sugar free, instant butterscotch pudding
- 1-1/4 cup powdered peanut butter
- 1/8 tsp salt
- 1-3/4 cups cold water

Topping

- 1/3 cup salted roasted peanuts, measured, then crushed.

Serving Info.:

YIELDS: 9" round cake
Servings: 12
Serving Size: 1/12 slice



R D
6-6

- last checked 02/07/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Preheat oven to 325.
- 2 Line the bottom of (3) 9 inch round pans with parchment paper. Spray the sides of the pans with cooking spray. Set aside.

*** CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, baking powder and carbonated beverage and extract (if using). Mix to combine.
- 4 Use a 1/2 cup measuring scoop, to pour an equal amount of batter into each of the 3 pans. It SHOULD be just over 1-1/2 cups of batter in each pan.
- 5 Bake at 325 for 20-24 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary depending on your oven, altitude... or attitude.
- 6 When the toothpick comes out dry, remove the cakes from the oven and allow to cool in the pans. Set aside.

*** STRAWBERRY JELLY FILLING

- 7 Add the strawberries, 1/4 cup water, powdered gelatin, sweetener o' choice and strawberry extract to a medium sized pot. Stir the ingredients, cover and bring to a simmer for 3-4 minutes, until the strawberries are softened.
- 8 Use a blender, or an immersion blender, to puree everything together until smooth.
- 9 Bring it back to a simmer, then add the dissolved cornstarch. Stir until well combined. Simmer the puree, uncovered, for 4-5 minutes, stirring occasionally.
- 10 Pour the puree into a large heat resistant dish or mixing bowl. Cover with plastic wrap, allow it to cool down for a few hours, moving it into the fridge until set.

*** BUTTERSCOTCH & PEANUT BUTTER PUDDING

- 11 In a mixing bowl (I personally like using an empty 32oz Greek yogurt container for this), add the dry pudding, powdered peanut butter, salt and cold water.
- 12 Use an electric hand mixer to mix the ingredients until thick and smooth. Set aside in the fridge.

*** TOPPING DIRECTIONS

- 13 Fill a 1/3 cup measuring scoop with dry roasted peanuts. Pour the peanuts into a ziplock bag, then grab a kitchen mallet, a phone book, or a typical receipt from CVS Pharmacy and beat the ever-loving snot out of those peanuts. Go full-blown whack-a-mole on them.
- 14 Place the crushed bits of peanut destruction into a small bowl, set them aside for later.

*** ASSEMBLY

- 15 Take one of your cake layers and spread a thin layer of peanut butter pudding, about 1/4 inch, across it from edge to edge. Then spread an equal amount of the cooled jelly on top of the peanut butter, from edge to edge.
- 16 Place the 2nd cake layer on top, then repeat the process for the 2nd layer. Cake, peanut butter, then strawberry jelly.
- 17 Now, we switch it up. For the TOP layer.... place the top layer of cake down, but this time, spread the jelly first, THEN top that with peanut butter. Trust me.
- 18 Take your crushed peanuts and sprinkle them all over the top of the cake, from edge to edge, as best as you can. The finer that you crush them, the more coverage you'll get.
- 19 If you want, you can take some of your remaining strawberry jelly, like I did, and use a rubber spatula to smear a thin layer around the outside of the cake. It will help keep the cake from drying out. It IS an optional step though. You can leave the cake "naked" on the sides if you prefer that look.
- 20 Apologize to your guests that are allergic to peanuts.

*** NOTES

- **NUT ALLERGIES:** Umm... if you are allergic to nuts... you shouldn't even be LOOKING at this cake. Sorry.
- **Peanut Butter Extract:** 'LorAnn' extract is available on Amazon. It's very concentrated, so a little goes a long way.
- If you don't want strawberry jelly, feel free to use Jello sugar free raspberry or black cherry gelatin instead. Then, you'd obviously swap out the fruit as well.
- Jelly: Don't want strawberry? Substitute the fresh strawberries with 4 cups of any fruit you want. Swap out the strawberry extract for vanilla and replace the strawberry gelatin packet with a sugar free gelatin flavor that is closer to the fruit you will be using. An easy swap would be raspberry jelly.
- If you are allergic to gluten, Swerve makes a sugar free, gluten free cake mix. I haven't personally used it, and I'm not sure what the points are for it, but you can look into it as an option. Worst case, a regular cake mix will only raise the point value for this cake by 2-3 points for 1 slice.





Pumpkin Pie Cake

Crammed with so much pumpkin spice, it'll make your seasonal latte jealous

This is, hands down, one of my favorite cakes. It's insanely easy to make, comes together REALLY quickly and is so moist and fluffy that you won't believe it. Imagine if you will, a pumpkin pie, going out to a club, having a few drinks, then having a "ménage à trois" with a 3 layered cream cake and a pumpkin spice latte. 9 months later, they'd all be on a paternity episode of Maury, waiting to see who's this cake's baby daddy.

Ingredients:

Cake Batter:

- 1 Pillsbury sugar free yellow cake mix
- 1 (15oz) can of 'pure' pumpkin puree (*not canned pie filling*)
- 3 large eggs
- 1 tsp baking powder
- 1-1/2 tsp ground cinnamon
- 1 tsp pumpkin pie spice
- 2 tsp maple extract
- 1-1/3 cup carbonated water or diet soda (I used root beer)

Pumpkin Spice Puree Frosting

- 3 (15oz) cans 'pure' pumpkin puree (*not canned pie filling*)
- 2 (1oz) boxes sugar free Jello instant butterscotch pudding
- 1 (1oz) box sugar free Jello instant vanilla pudding
- 1/2 cup 0 calorie confectioner's sugar replacement
- 1-1/4 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- 1 tsp maple extract

Topping:

- 1/4 tsp ground cinnamon
- 1/4 tsp pumpkin pie spice
- 2 tsp 0 calorie confectioner's sugar substitute
- fine mesh, wire strainer

Serving Info.:

YIELDS: 9" round cake
Servings: 12
Serving Size: 1/12 slice



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4-4

- last checked 11/25/23 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Preheat oven to 325.
- 2 Line the bottom of 3 round 9" cake pans with parchment paper. Spray the sides with cooking spray, set aside.

*** CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, eggs, pumpkin puree, baking powder, cinnamon, pumpkin pie spice and the extracts. Pour in your 0 calorie carbonated liquid of choice (I used root beer) and mix.
- 4 Pour the batter into the 3 prepared 9" round cake pans. Use a measuring scoop to try and fill each pan with a relatively equal amount, so that they bake up close to the same height. WAIT TILL YOUR OVEN IS UP TO TEMP., then...
- 5 Bake at 325 for 30-35 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary.
- 6 When the toothpick comes out dry, remove the cakes from the oven and allow to cool to room temperature on a wire rack, not in the pans (remove the parchment paper).

*** FROSTING DIRECTIONS

- 7 Using an electric mixer, mix together the 3 cans of pumpkin puree, instant pudding packets, "confectioner's sugar" pumpkin pie spice, cinnamon and maple extract. Mix until well combined and smooth.
- 8 Cover and place in the refrigerator for 1 hour to set.

*** ASSEMBLY

- 9 Remove one of the cake layers from the coolin wrack and place it, flat side down, on a serving dish or platter.
- 10 Scoop all of your pumpkin puree frosting into a 1 gallon sized ziplock bag. Twist the bag, while forcing all of the frosting down to 1 corner of the bag. Use scissors to snip an index finger-width hole in the bag's corner, to make a piping bag.
- 11 Cover the bottom cake layer with around 1/3 of the frosting, about as thick as your thumb is wide, to create a thick layer of filling for the bottom layer.
- 12 Take your second cake layer, and flip it upside down, so that the slightly domed 'top' side of that baked layer, is now face-down into the layer of pumpkin filling. Gently push down on the top of the layer, to sliiiiightly press it down into the pumpkin filling. Awesome, you have a perfectly flat top to put the next layer of frostin/filling on!
- 13 Now, repeat the process and spread another 1/3rd of the filling on top of THAT layer of cake. Then... you guessed it... Take the final layer of cake, flip it upside down and once again push the press the slightly 'domed' side of the cake layer, down into the filling. Yup... just like before, now the very top of your cake will have a nice, flat surface to frost.
- 14 Frost the top of the cake, from edge to edge, **with a THIN layer** of the pumpkin puree. You want to try and leave enough puree to pipe more around the entire edge of the cake. So just spread a thin layer on top.
- 15 Pipe small mounds/dollops of the pumpkin puree all around the outer edge of the cake. You can use a decorative piping tip if you'd like it to look snazzier. (I used the same piping tip I purchased to fill the Cannolis on pages 146-147.)
- 16 **DUSTING:** Place the listed 'topping' ingredients into a small cup and stir them to combine. Then, place the 'confectioner's sugar', cinnamon and pumpkin pie spice mixture into a small wire strainer. Dust the top of the cake, from edge to edge, to lightly coat the entire top of the cake with the mixture. Don't worry, it'll absorb into the pumpkin puree in a few minutes, making it unseen, yet incredibly delicious.

*** NOTES

- **PUMPKIN PUREE:** Make sure that you scan the various cans of pumpkin puree at your local stores. Some brands have a lot of added sugar, they are usually marked as 'pumpkin pie filling'. Make sure to get a can that scans as 0 points and says PURE pumpkin puree. No points, is good points.
- **PIPING:** I went a little fancy on mine and used the large 'star' piping tip to pipe dollops around the edges of EACH layer. You don't have to go that crazy. Simply keeping both layers of filling smooth is fine. Then, you can simply place the dollops of pumpkin filling around the edges of the top layer only. If you do that, you can have a bit more filling inside of the first 2 layers.





Raspberry Lemon Cake

Lemon Cake with Sugar Free Raspberry Jelly Filling & White Chocolate "Cream Cheese" Frosting

This is hands down, one of the most amazingly delicious cakes I've ever had in my entire life... and it's WW friendly. I need to give a shout out to my friend **Missvw40** and her husband. He's a professional photographer, who offered to take professional pictures of this cake, after Missvw baked it at their house. Because of their pictures of this cake, I began learning how to take nicer food pics. Too bad I'd already finished all but 2 of the cupcakes by then... DOH!

Serving Info.:

YIELDS: 9" round cake
Servings: 12
Serving Size: 1/12 slice



R D
6-7

- last checked 11/20/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Lemon Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large
- 1/2 cup lemon juice
- 2 tsp lemon extract
- 1 (0.3oz) box sugar free instant lemon flavored gelatin
- 1 cup 0 calorie carbonated beverage
(I'd HIGHLY RECOMMEND 0 calorie 7-up or Sprite)

Raspberry Filling:

- 12oz (3 cups) fresh or frozen raspberries. You can use frozen berries, but make sure to buy "no sugar added" 0 point ones.
- 3 cups water
- 1 (0.6oz) box sugar free raspberry flavored gelatin.
You can use strawberry gelatin if you can't find raspberry.
- 3/4 cup 0 point sugar replacement of choice (monkfruit, truvia, stevia, etc.)
- 4-1/2 Tbsp cornstarch, dissolved into 1/4 cup water, set aside

White Chocolate "Cream Cheese" Frosting:

- 2 cup strained 'cream cheese substitute', recipe in my 'Cookbook: Volume 1', page 36.
- 3 oz white chocolate chips, melted with 1 Tbsp of water (see 'step 12' for instructions)
- 2/3 cups 0 point powdered/confectioner's sugar substitute
- 1 tsp imitation vanilla extract
- 1 tsp Watkins brand cream cheese flavoring/extract

Directions:

- 1 Preheat oven to 325.
- 2 Spray the bottom of 3 round 9" cake pans with cooking spray, to coat. Set aside.

*** CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, eggs, lemon juice, carbonated beverage o' choice, baking powder, lemon extract and gelatin packet. Mix to combine.
- 4 Pour the batter into the 3 separate 9" round cake pans. Scoop it out in equal amounts, into each pan, to ensure that they each get close to the same amount of batter. Bake at 325 for 22-25 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary depending on your oven, altitude... or attitude.
- 5 When the toothpick comes out dry, remove the cakes from the oven and allow to cool to room temperature.
- 6 When the cakes cool completely, the layers can be wrapped in plastic, to be stored in the fridge.
- 7 If you are going to make the cake over the course of a few days, store the wrapped cake layers in the freezer. But make sure to unwrap the layers when thawing the cake out. Let them thaw out uncovered, or the texture will turn mushy.

Note: If your cakes happened to have baked with a "dome" on the top, use a serrated knife to cut it off. You want relatively flat layers.

*** RASPBERRY JELLY FILLING

- 8 Place the raspberries (fresh or frozen), water, raspberry gelatin and sweetener into a medium sized pot. Heat on medium-high heat, until the fruit breaks down. Remove from heat.
- 9 Pour the mixture through a fine wire strainer, into a bowl, to remove most of the raspberry seeds. We want a smooth almost seedless puree. Pour the strained mixture back into the sauce pot, return to heat, and stir in the dissolved cornstarch. Bring to a medium boil for 4-5 minutes.
- 10 Once the liquid has thickened, Remove from heat and pour into a heat resistant bowl. Lay plastic wrap directly onto the surface of the hot filling. Place the filling into the fridge to cool and set for 2-3 hours.

*** WHITE CHOCOLATE "CREAM CHEESE" FROSTING

- 11 In order to proceed, you must have strained 2 cups of Greek yogurt, as instructed on page 36 of my "Cookbook: Volume 1". (I prefer FAGE or CHOBANI brands)
- 12 In a microwave safe dish, microwave the white chocolate chips and 1 Tbsp of water for 20 seconds. Stir, then microwave for another 20 seconds and stir. Repeat until the mixture is completely melted and smooth. Set aside.
- 13 In a medium mixing bowl, combine the "cream cheese" yogurt substitute, melted white chocolate, extracts and confectioners sugar replacement. Use an electric hand mixer to mix the ingredients together until smooth. Cover and place back into the fridge, letting it set for 1-2 hours.

*** ASSEMBLY

- 14 Take one of your cake layers and spread 1/3 of the raspberry jam across it, from edge to edge. Place the 2nd cake layer on top, spreading more jam and then repeat the process on the top layer.
- 15 Scoop the cream cheese frosting into a gallon sized plastic bag, then snip the tip off to create a piping bag. You can use a decorative tip insert if you want to get all fancy.
- 16 Pipe some frosting onto the sides of the cake and spread it all around the cake in an even layer. Not too thick, or it'll droop down.
- 17 Use the remainder of the frosting to pipe decorative mounds around the top edge of the cake.
- 18 For added snazziness, place fresh berries over the top layer of jelly. Though not required, it does look nice. Done.

*** NOTES

- You can make a lot of versions of this cake, with a few simple tweaks. For a strawberry version, simply use fresh or frozen strawberries and sugar free strawberry flavored gelatin, instead of raspberry. Want blueberry? Same thing. Replace the raspberries with blueberries. There is unfortunately no sugar free blueberry gelatin mix, but you can try using Jell-O sugar free black cherry gelatin, instead. However, the blueberry puree will have a darker hue to it.
- **WHITE CHOCOLATE CHIPS:** If you use "Lily's White Chocolate Baking Chips" instead of regular chips, you'll draaaastically reduce the points in this recipe.





Reese's PB Cake

Variation of the Cupcake Recipe on pages 122-123



This is tied to be my 2nd favorite of all the cakes. I could probably get news that all of the world's Super Powers have launched all of their nukes... but as long as I had this cake and a tall glass of cold milk, everything would be just fine for the next 8 minutes. This cake is absolute, peanut butter and chocolate perfection.

Serving Info.:

YIELDS: 9" round cake
Servings: 12
Serving Size: 1 slice



R D
8-8

- last checked 11/20/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Cake:

- For a 2 layer cake, divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 25-30 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

Peanut Butter Filling:

- Apply a double thick layer of the peanut butter "cream cheese" filling between the two layers of cake. It will not be going on the top of the cake, use it for the filling.

Dark Chocolate Pudding Frosting:

- For this cake version, we are going to add 1 (1.4oz) box of Jell-O sugar free instant chocolate fudge pudding to the recipe. Use an electric mixer to mix together the pudding and 2 Tbsp cocoa powder, with 2/3 cup COLD water, until thick and smooth. Use a rubber spatula to spread a thin layer of frosting onto the sides and top of the cake.

Toppings:

- You will ONLY be using 20 peanut butter cups for the cake. We took away 4 of them to allow for the addition of the chocolate pudding.
- Rough chop all of the peanut butter cups on a cutting board and then sprinkle the chopped bits all over the top of the cake. You won't be able to cover every single nook and crannie, but trust me... it'll be amazing anyways.
- (OPTIONAL) Drizzle 2-3 Tbsp of Hershey's sugar free chocolate syrup over the top of the cake. The cake tastes insane without it, but it makes it look snazzier.



'Southern' Hummingbird Cake

Variation of the Cupcake Recipe on page 110-111

Let's start off by addressing your first question... NO! This cake does NOT contain Hummingbirds. It is a famous Southern cake, which first gained popularity in the late 1970's. Depending on who you ask, it originated from either Jamaica or the South (US). Where it's from doesn't matter. What matters is that it is absolutely fantastic. I never would have thought to try Banana Pineapple cake before... but man, it's really really good.

Cake:

- For a fancy 3 layer cake (pictured), divide the batter between (3) 9" cake pans, with parchment paper on the bottom. Spray with cooking spray.
- Bake 3 layer cakes at 325 for 25 minutes, or till a toothpick comes out clean.

Cinnamon 'Cream Cheese' Frosting:

- If you REALLY want this to taste 10 out of 10...Make sure that you purchase some "Watkins" brand 'Cream Cheese Flavoring' online, so you can add it to the frosting. It helps mask the 'yogurt' flavor of the Greek yogurt.
- Pipe an equal amount of frosting between the 1st and 2nd layer of cake, then spread a slightly thinner layer on top. The purpose of the upper layer is to keep the crushed pecans in place, once sprinkled on top.

Toasted Pecan Topping:

- Heat a small pan over medium heat for 1 minute. Place the chopped pecans into the pan and heat for 20 seconds.
- Stir the pecans, then allow them to cook for another 20 seconds. Repeat for a few minutes, until the pecans are fragrant and lightly toasted.
- Remove pecans from heat, set aside.

Toppings:

- Sprinkle the chopped/crushed pecans over the top of the cake, from edge to edge. It's ok if there are small gaps, we're about to take care of that.
- In a small dish, mix together 1/4 tsp ground cinnamon and 2 tsp of additional 0 calorie confectioners sugar substitute. Use a fine mesh strainer and lightly dust the entire top of the cake. It will add flavor and fill in the gaps between the pecan pieces.

Serving Info.:

YIELDS: 9" round cake
Servings: 12
Serving Size: 1 slice



- last checked 11/20/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

*** NOTES

- **CREAM CHEESE FLAVOR EXTRACT:** Though this is an optional ingredient, I HIGHLY recommend you buy some. I use it in my cheesecakes and other desserts. If you want your strained Greek yogurt to finally NOT taste so much like yogurt, this will fit the bill. The one I use is 'Watkins' brand. I usually find it at Walmart. If it's not available in-store, you can also order it from their website, for in-store pickup or from Amazon, though it's more expensive.
- **NUT ALLERGIES:** If you have nut allergies, rather than toasted pecans, you can top the cake with toasted, shredded coconut. My recipe has 12 points of chopped pecans. So, buy some 'Flaked' coconut, toast it in a hot pan, till golden, use that instead of pecans.
- **CONFECTIONERS SUGAR SUBSTITUTES:** There are a few options for powdered/confectioners sugar replacements. There's Lakanto Monkfruit brand, Swerve, as well as Truvia 0 calorie.



Steamed Cake

Prepare yourself for a super moist, light and fluffy cake

This cake is simplistic perfection. It sounds crazy, but it's awesome. By using a big pot, with a deep steamer insert, you can STEAM a cake. The end product is ultra moist, spongy... and with a texture that's a cross between a souffle and a cake.

Ingredients:

** CAKE BATTER

- 1 Pillsbury sugar free devil's food cake mix
- 1-3/4 cups seltzer water or diet soda
- 3 large eggs
- 1 tsp baking powder
- 1 Tbsp Hershey's unsweetened cocoa powder

Serving Info.:

Yields: 12 scoops 🍴

Servings: 12

Serving Size: 2/3 cup scoop**



R D
4-4

- last checked 11/20/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Fill a large pot (that has a deep DEEP steamer insert) with enough water to stop about 1/2 inch below the insert. Remove the insert (trust me) and bring the water to a boil.
- 2 Mix all of the cake ingredients together in a large mixing bowl, until well combined.
- 3 Pour the batter into a 1.5qt round baking dish that fits into the insert. It's a tight-ish squeeze, which is why you've removed the insert from the pot before you start boiling the water. Otherwise, it'll burn your hands.
- 4 Set the batter-filled baking dish into the steamer insert.. Lower the insert into the pot, then cover with the lid. Crank up the heat to high, and steam over a rolling boil for 10 minutes.
- 5 Reduce the heat to medium-low and continue steaming the cake for another 25 minutes. Done.

*** NOTES

- The servings are very hard to gauge with this. By default I have the points and calories per serving calculated, assuming that you will take 12 scoops. It is hard to gauge how many servings you will ACTUALLY get, because it will be completely dependent on how big of a scoop you take. I can control the recipe, I can't control your serving spoon.
- This is a very, very simple and inexpensive cake to make. However, it might take you 2-3 times to get the actual cook time to be exaaaaactly what you want. If you steam it a few minutes too long, it will stay forever-moist, but it will be completely cooked through. Steam it a few minutes less and you have freakin' amaze-balls lava cake. The cake is cooked all around, but the very bottom is almost firm, giving you the most amazingly hot, chocolaty gooey sauce.
- When you add water into the pot, make sure that you put enough in to just barely miss coming into contact with the underside of the insert. You don't want all of the water to evaporate before it's finished steaming... then it's just baking, and can burn your pot.
- If you can't find the devil's food cake mix, use yellow cake mix and add 1/2 cup cocoa powder.



White Chocolate Mocha

Variation of the Cupcake Recipe on page 126-127

This... cake... is freaking amaze-balls, plain and simple, hands down, amaze-balls. Deep and deliciously chocolaty thanks to a neutron bomb blast of coffee powder, that's added into the cake batter. The white chocolate "cream cheese" frosting/pudding is so good that you'll lap it up like a man crossing the dessert looking for water. Best part?... it has enough caffeine in it, that each slice is literally a cup of coffee.

Serving Info.:

YIELDS: 9" round cake

Servings: 12

Serving Size: 1 slice



R D

8-8

- last checked 11/22/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Cake:

- For a 2 layer cake, divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 28-32 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

White Chocolate Frosting:

- Nothing really to note here. Well, just a reminder... It's socially unacceptable to drink the frosting directly from the piping bag. You're a grown adult, not a Frat Boy at a kegger.

Toppings:

- The awesome thing about dusting the top of the cake with the cocoa powder and coffee powder mixture (on the cupcake recipe), is that after about 20 minutes, the frosting starts to leech the coloring from the 2 powders, and it slightly spreads out. It ends up giving the top of the cake a beautiful look, almost like a the top of a torched Crème Brûlée.

Note:

- Best part? You don't need to make any changes to the cupcake recipes for this cake. All you do differently is bake it in the round pans, then spread the frosting amongst the 2 or 3 layers. Done.
- **WHITE CHOCOLATE CHIPS:** If you use "Lily's White Chocolate Baking Chips" instead of 'regular' chips, you'll remove 20 points of ingredients, dropping each slice by 1 point.



Cannoli Vergognosi (Shameful Cannoli)

An extremely non traditional, skinned down Cannoli recipe that's sure to make your Nonnas cry out in horror.

In early Summer of 2021, @chiafullo, a grumpy ol' Italian from Connect, challenged me to make his REAL cannoli recipe. It was, of course... delicious, I guess 😊. Now, I've used his traditional base-recipe as a template for my own skinned-down Cannoli recipe. It was really just a matter of simple ingredient swaps: Truvia 0 calorie confectioners sugar instead of regular, part-skim ricotta instead of whole milk ricotta, then cutting the ricotta with an almost 50/50 amount of strained Greek yogurt. Finally, finished with Lily's stevia-sweetened chocolate chips. I made the decision to still use pre-made, deep fried cannoli shells. C'mon, I'm not a Barbarian! Oh, shout out to Chiafullo, for giving these their 'colorful' Italian name.

Serving Info.:

Yields: 24 regular, 48 mini
Servings: 24 (48)
Serving Size: 1 cannoli



Ingredients:

Filling:

- 30 oz part-skim ricotta cheese
- 33 oz fat free plain Greek yogurt (buy a 35oz container of FAGE or Chobani, then remove 1/4 cup from it).
- 2-1/2 to 2-3/4 cup 0 calorie confectioners sugar replacement, such as Truvia 0 calorie brand. (see notes)
- 1 Tbsp imitation vanilla extract. Yes, imitation. See the notes, Susie.
- 1 tsp Watkins brand Cream Cheese Flavor Extract (see notes)
- 1-3/4 tsp ground cinnamon
- 8 oz Lily's semi sweet chocolate chips (SEE NOTES!!!)

Additional Ingredients/Gear:

- 24 regular sized cannoli shells.
- Cheesecloth
- A colander or something to let you suspend the cheesecloth/strainer over a bowl.

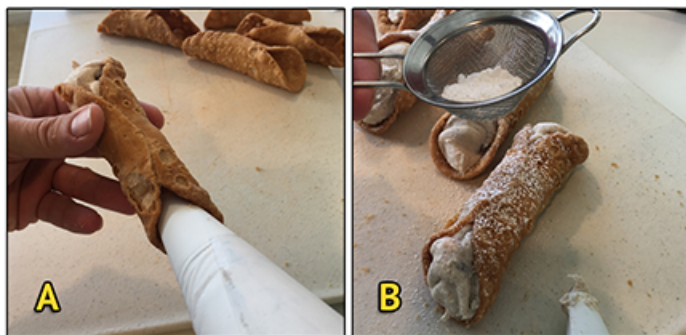
Directions:



- 1 (A) In a large mixing bowl, mix together the Greek yogurt and ricotta cheese, till well combined. Line a colander or strainer with cheese cloth, over a bowl. Place the dairy mixture into the cheesecloth. Cover with plastic wrap and let strain for 24 hours in the fridge. (B) After straining, it should remove about 1 cup of liquid. Place the strained mix, confectioners sugar replacement, chocolate chips, cinnamon, vanilla and cream cheese extracts into a large mixing bowl. Yup... all of it. (C) Mix it all together, till well combined. Set aside in the fridge, to set for 1 hour. (D) Put half of the filling into a large piping bag, with a round piping tip, about the width of your thumb or index finger.



My points were calculated using 'Alessi' brand, Sicilian-Style regular shells. However, use whatever brand you can get. My recipe takes into account 64 points for 24 regular 'large' sized cannoli shells. For mini shells, my recipe uses 'Alessi' brand mini cannoli shells. Use whatever you can.



2 (A) Insert the tip of the piping bag all the way into one side of a cannoli shell and squeeze the back of the piping bag. Pull back, filling the cannoli from the middle, to the outside edge. Then, turn the shell around, insert the piping tip back into the cannoli's center and repeat the process, filling the other side. Refill the piping bag when needed. Ta Da!!!! (B) Add some additional 0 calorie 'confectioners sugar' to a fine wire mesh strainer. Hold the strainer over the finished cannolis, then tap gently, dusting them all. Done.

VARIATIONS:



- **CHOCOLATE OPTIONS:** My recipe calls for 35 points worth of chips. However, I found if I put 4 ounces into the filling, then MELT the remaining 4 ounces in a bowl, I can use a spatula to dip into the chocolate and lightly 'paint' the edges of all 24 cannoli shells with chocolate. You can also skip putting chips into the filling altogether. Instead, 'dip' the edges of the shells, then sprinkle chocolate chips onto the ends of each cannoli, (pictured above). But, because of the reduced 'mass' in the filling, you'll end up making 2 fewer cannolis.



- **PISTACHIOS:** Another traditional topping is crushed pistachios. You can swap a bunch of points for chocolate chips out, with chopped pistachios. You can top the ends of the cannoli with only chocolate chips, OR, do one side pistachios, one side with chocolate. Or, put 4 oz of chips into the filling and sprinkle pistachios onto the ends. Customize these babies!

NOTES:

- **SICILIAN-ISH STYLE:** Want a citrusy flavor explosion? Go Sicilian, baby!! Add 1-1/2 Tbsp of finely minced, fresh orange peel to the filling. It'll take around 2 good sized oranges. The filling has a very subtle citrus flavor at first, but the longer the filling rests, the more pronounced the orange flavor becomes. Personally, when I mix orange zest in with the filling, I let it rest in the fridge for a couple additional hours, before piping it into the cannoli.
- **PISTACHIOS:** My recipe calls for 35 points of chocolate. You can definitely use some of that for pistachios, instead.
- **LILY'S CHOCOLATE CHIPS:** I prefer using semi sweet chips, while my wife prefers their dark chocolate chips for these.
- **CANNOLI SHELLS:** As mentioned, I used 'Alessi' brand cannoli shells. However, you can use any brand you wish. My 'points' take into account 64 points for the shells. If you have a local Italian deli/market nearby, see if you can find a few boxes there. In the past, I've purchased shells from Amazon. When I did, 3/4 of all the shells I ordered, arrived shattered and broken within the boxes. When I bought 6 boxes at a local deli, there wasn't 1 single broken shell.
- **0 CALORIE CONFECTIONERS SUGAR:** I used Truvia brand, though there is also Swerve and a few others. BE AWARE... these have 0 calories. Though they DO have carbs, they are carbs from sugar alcohols, which are not broken down into sugar by the body. Unfortunately, a lot of listings for these, in the App, ARE WRONG. They should not have points.
- **IMITATION VANILLA EXTRACT:** Regular vanilla extract gains points at 2tsp. Imitation gives you 3 tsp for 0 points.
- **CREAM CHEESE FLAVORING:** Watkins brand cream cheese flavoring can be found on Walmart.com and Amazon. Its purpose in this recipe is to knock down the slight yogurt 'tang'. It really makes a difference with the finished filling.
- **RAINBOW SPRINKLES:** Reeeally want to anger the Italians in your life? Sprinkle some of these on your cannoli.
- **STORING:** You can freeze these in tupperware. To thaw, set one or more on the counter, uncovered, for 1.5 hours.





Cream Puff Shells

A Versatile, Light and Fluffy Pastry Dough, Which Can Be Filled With Sweet or Savory Fillings

This recipe is a lighter, healthier version of a classic French pastry dough, "Choux Pastry". It is an extremely versatile dough, commonly used for making cream puffs, light pastries... and *gasp* ECLAIRS!!!! Yes, you can use this to make lower fat/calorie/sugar eclairs. HALLELUJAH! You can then fill these little balls of pastry goodness with whatever you want. I'm also adding a few ideas for different types of fillings and toppings, in the recipe's notes. This recipe isn't necessarily a 'cream puff' recipe, it's more of a guide for making the dough and baking it into rounds. You can fill these shells with whatever you want, though I will provide an example for a pudding-based filling, below.

Servings Info.:

Yield: 29 shells**

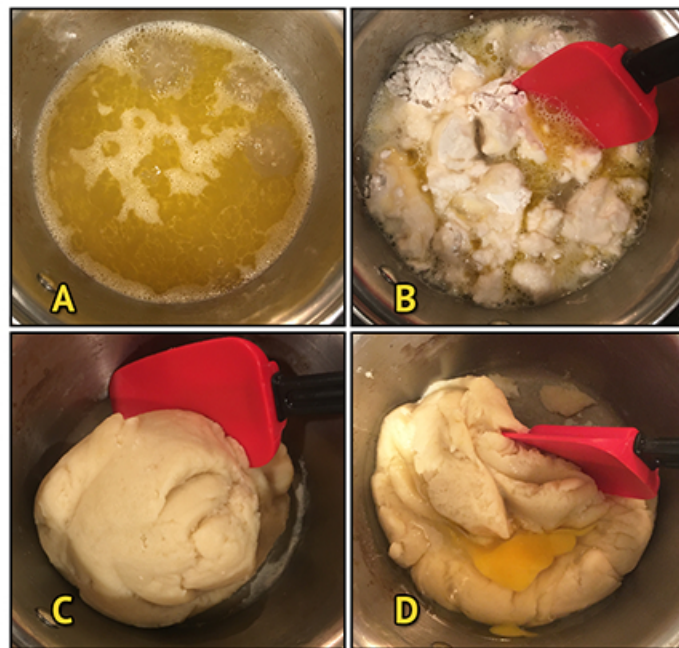
Servings: 29**

Serving Size: 1 shell



- last checked 11/17/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:



- (A) In a small pot, bring the water, 'butter', extract, salt, and sweetener to a low simmer. (B) Reduce heat to low, then add the flour and baking powder. Stir/mix until it begins to form a smooth, yet firm, ball of dough. (C) Continue cooking/stirring the dough over low heat for 1 minute. Turn off heat and let the cool for 2 minutes. (D) Mix/fold in 1 egg at a time, waiting until each egg is completely mixed in before adding the next. This step will take a few minutes, per egg. The dough will end up the consistency of VERY sticky, creamy mashed potatoes.

Ingredients:

PASTRY:

- 1/2 cup water
- 1 cup I Cant' Believe It's Not Butter, Light ***
- 1 Tbsp imitation vanilla extract (because... points)
- pinch of salt
- 3 Tbsp 0 calorie sugar replacement o' choice (such as lakanto monkfruit, swerve, stevia, etc.)
- 1 cup all purpose flour ***
- 2 tsp baking powder
- 4 large eggs

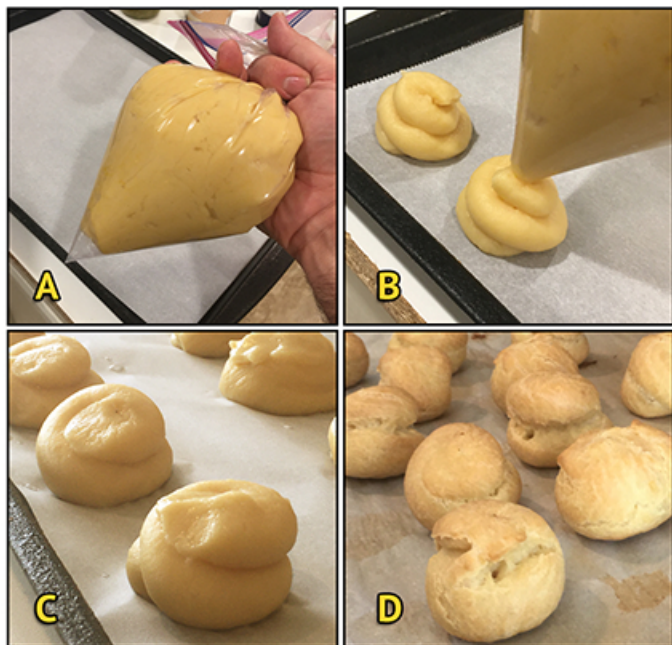
SIMPLE PUDDING FILLING (OPTIONAL EXAMPLE FILLING):

- (2) 1oz boxes Jell-O sugar free instant white chocolate pudding mix
- 1-1/2 cups cold water
- 2 to 3 Tbsp confectioners sugar replacement. (0 calorie powdered sugar, such as 'Swerve', 'Lakanto', or 'Truvia' brands)

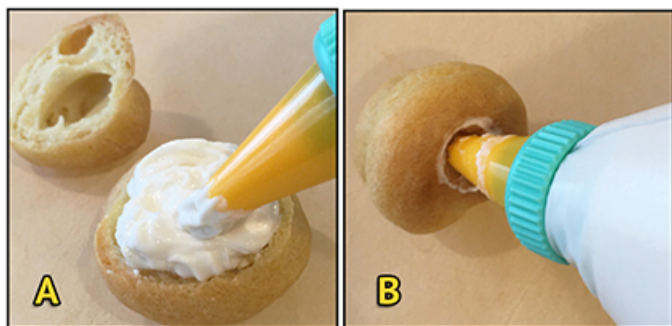
ADDITIONAL INGREDIENTS:

- butter flavored cooking spray, as needed
- (optional) extra confectioners sugar replacement, for dusting the tops. (I personally like 'Truvia' brand, 0 calorie confectioners sugar replacement), it's awesome.

2. Preheat oven to 400 degrees. Line a baking sheet pan with parchment paper (NOT FOIL), set aside.



3. (A) Lightly spritz the inside of a 1 gallon ziplock bag with cooking spray (TRUST ME), then scoop the sticky dough into the bag. Squeeze it down to one end. (B) Snip off the tip of the bag, and pipe the dough into roughly ping pong ball mounds. You can make them 'swirly', or just rounded dollops. (C) Wet your finger with water, and lightly press down on the top of each 'round', to slightly flatten the top. (D) Place the pan into the oven. Bake at 400 degrees for 15 minutes, then turn the heat down to 350 degrees. Bake for an additional 15-20 minutes, or until golden. Remove from oven, let cool to room temperature. Done.



HOW TO FILL:

There are 2 typical ways that the puff shells are filled or presented. One way is to (A) slice the shells in half, then put a filling between the 2 layers; the other is to (B) pipe filling directly into the center of the puff, to fill it up and turn it into a creamy little pastry grenade. The first way makes puffs that are taller and are often seen with savory fillings, as appetizers.

If you're piping directly into the puff, you can either do it from the bottom, or from the side of the shells. If you pipe in from the bottom, there's no visible holes for your guests. However, it will make the filling touch the plate, leaving marks. Either way, piping into the shells was much easier if I first pierced the shell with a sharp knife. Then stuck the piping tip into where I pieced the shell with the knife.

NOTES:

- **POINTS:** The listed points per serving may vary, depending on how many shells you make from your batch of dough. I was able to make 29 shells. You might make more or less, depending on how large or small you make them.
- **SIMPLE FILLING:** If you choose to try the 'simple filling' that's listed in the ingredients, use an electric hand mixer to mix the cold water, pudding, and powdered sugar substitute together, till set. Using that filling will add 6 ingredient points to the recipe. It is listed here, simply to show an option for a low point, white, pudding-type filling.
- **ECLAIRS:** Yup, you can pipe this dough into eclair shell pans/molds, or into lengths on your pan, to make eclairs.
- **I CAN'T BELIEVE IT'S NOT BUTTER LIGHT:** I use it because it's lower points than regular butter. There are 23 points in 1 cup of it, versus 93 points for regular butter. You can use any type of 'light' butter you want, but adjust your points.
- **SAVORY FILLING:** You can make ultra snazzy appetizers by filling these with savory fillings. For example, my herbed cream cheese or smoked salmon dips, would be awesome if piped into these. Or, slice the shells in half, horizontally, place a dollop of savory filling onto the bottom half, then 'cap' it with the top half of the puff. Seriously, do internet image searches, like I suggest next.
- **OTHER FILLING & TOPPING IDEAS:** There are hundreds of ways you can use this dough. Do a simple google images search for "[Choux Pastry](#)". This dough is used for literally hundreds of elegant sweet and savory dishes and apps. If you want to go full-legit, make a 1/2 batch of the cream filling from my Karpotka cake, but reduce the cornstarch a liiiittle bit, so that it doesn't set as firm.



Ladyfingers

These light and delicate little cookies can be served plain, or used as part of a dessert, such as Tiramisu

Years ago, I promised a member at a local workshop in Santa Clarita, CA, that I would someday figure out how to make her a recipe for a low point, GLUTEN FREE Tiramisu. I never thought I'd be able to do it, primarily because of the ladyfingers. Well, I finally got around (after 5 years) to it. I decided to make my own sugar free ladyfingers! These are delicious, lightly sweet, airy, and great for snacking. If you need a Gluten Free version, simply use a Gluten Free All Purpose Baking Flour.

Servings Info.:

Yield: 45 ladyfingers

Servings: 45

Serving Size: 1 ladyfinger



R D

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8 for 1 point with
KA '00' Pizza Flour
5 for 1 point with
All Purpose Flour

- last checked 12/28/23 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

PASTRY:

- 8 large egg yolks
- 8 large egg white
- 1/2 tsp cream of tartar (see notes)
- 3/4 cup 0 calorie confectioner's sugar replacement
- 1/2 tsp salt
- 2 tsp baking powder
- 1 cup King Arthur's '00' Pizza Flour ***



Yup, it takes 8 large eggs

This recipe (and it's points) were created using King Arthur's '00' Pizza flour, instead of regular All Purpose Flour. Why?

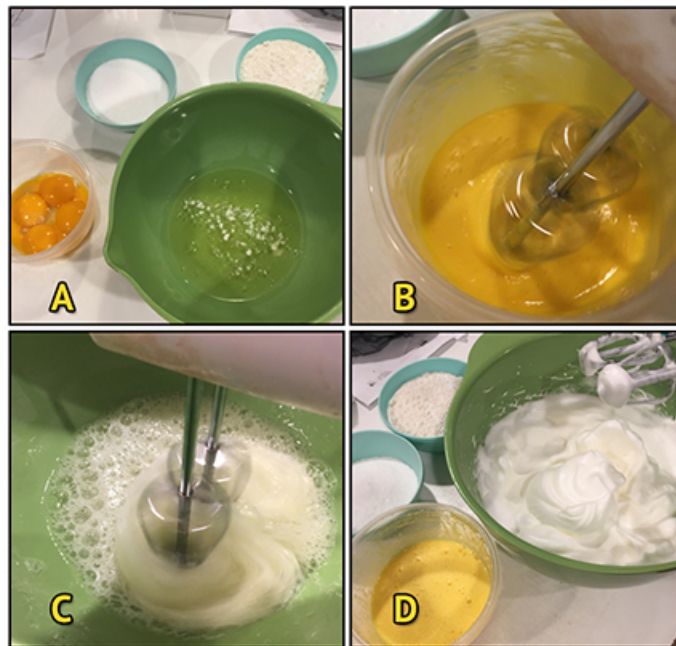


8 points per cup



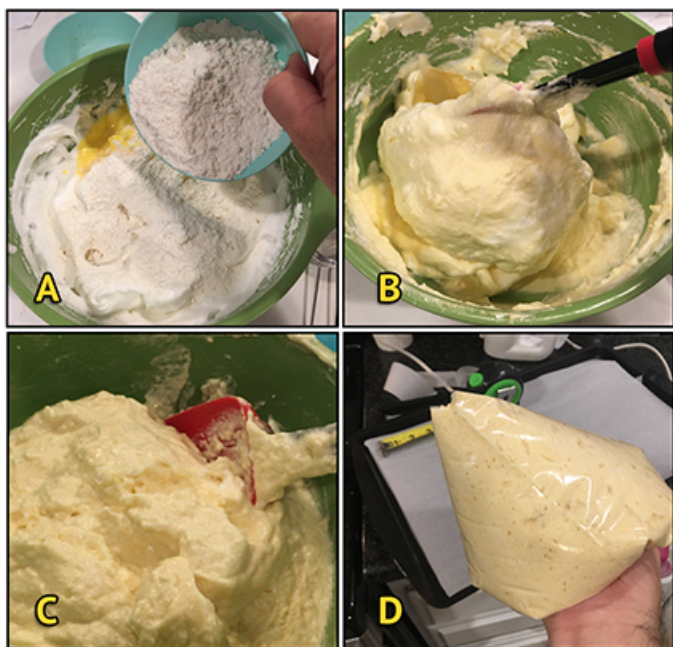
13 points per cup

Directions:



1. (A) Prep all of your ingredients, making sure to separate the egg yolks into 1 mixing bowl and the egg whites into a large mixing bowl (B) Use an electric mixer to beat the yolks till smooth, set aside. (C) WASH OFF THE MIXER PRONGS. You want NO YOLK on them! Add the cream of tartar into the egg whites and beat on high speed for 3-4 minutes, or until soft peaks form. Add the salt and half of the confectioner's sugar replacement. Beat till mixed. Add the rest of the 'sugar' and beat until tall, fluffy, stiff peaks form. (D) Ta Da!! Now, let's make batter!

2. Preheat oven to 350 degrees. Line (2) baking sheet pans with parchment paper (NOT FOIL), set aside.



3. **(A)** Add the beaten egg yolk mixture, baking powder and 1/4 of the flour to the egg whites. **(B)** GENTLY fold, till the flour is combined. Continue folding in the flour, 1/4 at a time, till it is all added. Remember... GENTLY! **(C)** When you're done, the batter will be airy, light and fluffy. **(D)** You can either scoop all of the batter into a legit piping bag with a large rounded tip, OR, go my route. Scoop all of the batter into a large 1 gallon sized ziplock bag, then snip a corner off of the bag, leaving an opening the size of a grown dude's index finger (or a lady's thumb, I guess).



4. **(A)** Pipe the batter onto your parchment paper lined pans, in 3 inch lengths. **(B)** When your oven IS REALLY at 350 degrees, place your pans into the oven and bake for 11-13 minutes. Remove from oven, set aside and let cool. Done.

NOTES:

- **SERVINGS:** The amount of ladyfingers you get will depend on 2 things. (1) How well you fold the flour into the egg white mixture and (2) your piping. If you 'mix' rather than gently 'fold' the flour into the fluffy whites, you'll destroy the batter's volume. Then, if you pipe LONG lengths of batter, you'll end up with less ladyfingers, obviously.
- **KA '00' FLOUR:** My points are factored using that specific flour, because it is only 8 points FOR 1 CUP, vs All Purpose flour, which is 13 points for 1 cup. Use what you want, but adjust the points.



New York Style Cheesecake

My Healthier, Lower Fat, Lower Calorie Version of Tyler Florence's famous 'Ultimate Cheesecake'

A few months after joining Weight Watchers, I modified Tyler Florence's "Ultimate" Cheesecake, into Point-friendly mini cheesecakes. This is my full-sized version of that recipe. Unlike popular 'skinny' cheesecake recipes, this is NOT simply Greek yogurt baked with an egg and pudding. This is the real deal, there ain't no "Lie-Pie" here, baby! Read the notes for substitutions, recommendations and 'Point' adjustments.

Ingredients:

CRUST:

- 1-1/4 cups Fiber One cereal 'with whole grain'
- 6 cinnamon graham cracker sheets (24 total crackers)
- 2/3 cup 0 calorie brown sugar replacement o' choice ***
- 3/4 to 1 tsp ground cinnamon
- 1/8 tsp ground ginger (optional)
- 1/4 cup I Can't Believe It's Not Butter Light, warmed
- 1-1/2 Tbsp sugar free pancake syrup
- 1 to 2 Tbsp water, if needed
- 8 second spray butter flavored cooking spray

BATTER

- 14 oz 1/3 less fat cream cheese, or Neufchatel. Your choice.
- 32oz FAGE fat free plain Greek yogurt, strained overnight. (as shown in Cookbook 1, pg. 36)
- 3 Tbsp all purpose flour
- 1-1/2 cups 0 calorie 1-to-1 sugar replacement o' choice
- 3 large eggs PLUS 3 egg yolks
- 1 Tbsp lemon juice
- 1 Tbsp lemon zest, finely minced
- 3 tsp imitation vanilla extract
- 2 tsp Watkins cream cheese flavoring/extract

BERRY TOPPING (optional, but highly recommended):

- 12 oz fresh blueberries (or **ANY** fresh fruit)
- 2 Tbsp water
- 2 to 3 Tbsp 0 calorie 1-to-1 sugar replacement o' choice
- splash of lemon juice
- 1-1/2 tsp cornstarch, dissolved in 1 Tbsp water

Servings Info.:

Yield: 9" Cheesecake

Servings: 12

Serving Size: 1/12



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6-7

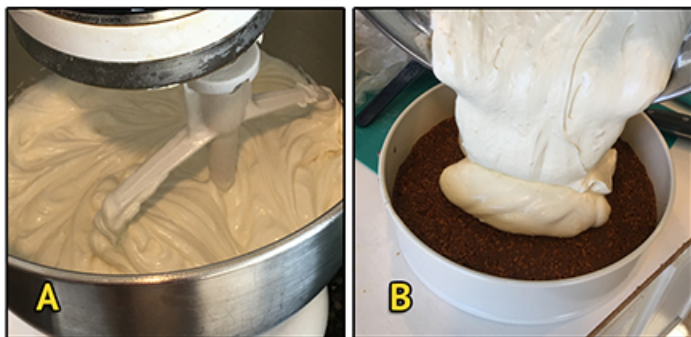
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Directions:

- 1-2 hours before baking, set out the cream cheese, yogurt and eggs, letting them get to room temperature.



- (A) Add the bran cereal, graham crackers, sweetener, cinnamon, melted butter and syrup to a food processor. Spray into the processor for 8 seconds with butter flavored cooking spray. (B) Run the processor till the ingredients are similar in texture to a regular graham crust. Add water if needed. (C) Pour into a 9" springform pan and spread around by pressing down with a cup or measuring scoop. Done. (D) Mince lemon zest, set aside.



3. (A) In a large bowl, mix together the cream cheese, till smooth. Add the greek yogurt, blend till smooth. Repeat, with the eggs, lemon juice, extracts and lemon zest, mixing on low speed until smooth. Finally, add the flour and sweetener. Mix on low till smooth. (B) Pour over the prepared crust. Lightly 'knock' on the side of the pan for 2 minutes. Any large air bubbles trapped in the batter will rise up to the top. It sounds crazy, but it works.

4. Preheat oven to 325 degrees. Fill an OVEN SAFE pot with water. Bring to a rolling boil. (see notes about water bath)



5. (A) When the oven is at 325 degrees, place the pot of boiling water into the oven, followed by the cheesecake. (B) Bake for 45 minutes at 325 degrees. How do you know when it's done? Open the oven and use a kitchen spoon to poke/jostle the pan. The middle of the cheesecake should still juuuuuust jiggle a bit, like almost-set gelatin. Don't overcook it. Remove from oven, set aside and let cool for 1-2 hours. (C) When the cheesecake has cooled, begin heating a medium sauce pan. Add your berries o' choice, lemon juice, sweetener and water. Simmer until the berries break down and the liquid begins to reduce. Add the dissolved cornstarch, stir to combine, and simmer for 2-3 minutes, till thick. (D) Pour over cheesecake and spread just shy of the edges. Let cool for 15 minutes, then place in fridge for at least 2-3 hours, though overnight is recommended.

NOTES:

- I cannot stress enough how important it is to use ROOM TEMPERATURE EGGS, CREAM CHEESE & YOGURT!!! If you use them cold, straight from the fridge, the batter will be extremely cold. It will add at least 30 minutes of bake time. At 45 minutes the cheesecake still won't be cooked. Pleeese, take the time and allow it all to warm up.
- **SWEETENER:** If you don't want to use brown sugar substitute for the crust, don't worry about it. Use regular sugar replacement and simply add 1/4 tsp molasses.
- **GRAHAM CRACKERS:** Use LOW FAT cinnamon or honey graham crackers, they are lower in points than regular ones. Honey Maid scans as 6 sheets for 13 points, but if you search for them in the database, they show as higher than if you actually scan the physical box.
- **WATER BATH:** I did not use a water bath for my recipe, choosing to instead place a pot of boiling water in the oven. The reason is... for novice cooks. I am NOT going to tell them they have to use a water bath. If you want to use a water bath, have at it.
- **USING FAT FREE CREAM CHEESE:** If you'd like to make this even lower in points, replace the 14 oz of 1/3 less fat cream cheese with 16 oz of Fat Free cream cheese. Increase the flour from 1/4 cup to 1/3 cup, then increase the bake time to 60-70 minutes. Also, it will NEED to set overnight in the fridge. The top will have a lot more cracks, but that's a result of the cheesecake being nearly fat free. Making it this way, will lower the points by 2 per serving.
- **FRUIT TOPPING:** You can replace the blueberries with any type of fresh berries you want. For a more traditional NY-style topping, skip the fruit and use a thin layer of fat free sour cream instead. I personally prefer the fruit.



Ricotta Cheesecake

This Delicious Chocolate & Pistachio Covered Cheesecake Self-Identifies as a Cannoli

This is a shout out to my nemesis @chiafullo and his army of Italian Nonnas. After tweaking his regular cannoli recipe, to make my low point cannolis (pgs 146-147), I thought it'd be cool to make a ricotta cheesecake based off of the filling. I decided to opt for a 'Sicilian-style' filling, by removing the cinnamon, then adding vanilla and orange zest. After baking, it gets topped with Lily's chocolate chips and crushed pistachios.

Ingredients:

CRUST:

- 1-1/4 cups Fiber One original bran cereal w/ whole grain
- 6 sheets (24 crackers) Honeymaid LOW FAT cinnamon graham crackers. Scan the box. (13 total points)
- 1/3 cup 0 point brown sugar replacement o' choice
- 3/4 tsp ground cinnamon
- 1/4 cup I Can't Believe It's Not Butter Light, warmed
- 1-1/2 Tbsp sugar free pancake syrup

BATTER

- 15oz part-skim ricotta cheese
- 3-1/4 cups FAGE fat free plain Greek yogurt
- 1/3 cup all purpose flour
- 1-2/3 cups 0 point sugar replacement o' choice
- 3 large eggs PLUS 2 egg yolks, beaten like a snitch, in an episode of 'The Sopranos'.
- 3 tsp imitation vanilla extract (0 points vs regular)
- 1 tsp Watkin's cream cheese flavoring/extract (optional)
- 1 Tbsp orange zest, finely minced

TOPPING

- 100 grams Lily's semi sweet chocolate chips, crushed slightly (or 15 points of any chocolate)
- 1/4 cup shelled pistachios, measured then crushed up
- 1/2 tsp powdered sugar, for dusting

Servings Info.:

Yield: 9" Cheesecake
Servings: 12 slices
Serving Size: 1 slice

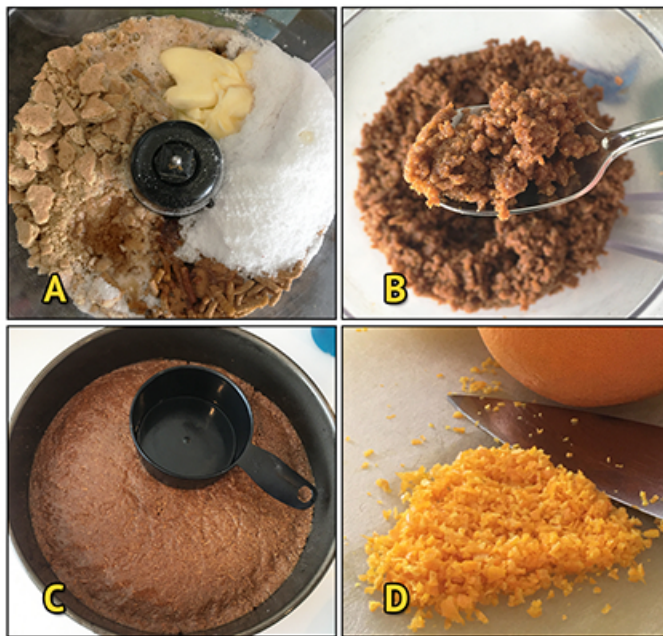


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- last checked 11/17/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1-2 hours before baking, set out the ricotta, yogurt and eggs, letting them get to room temperature.

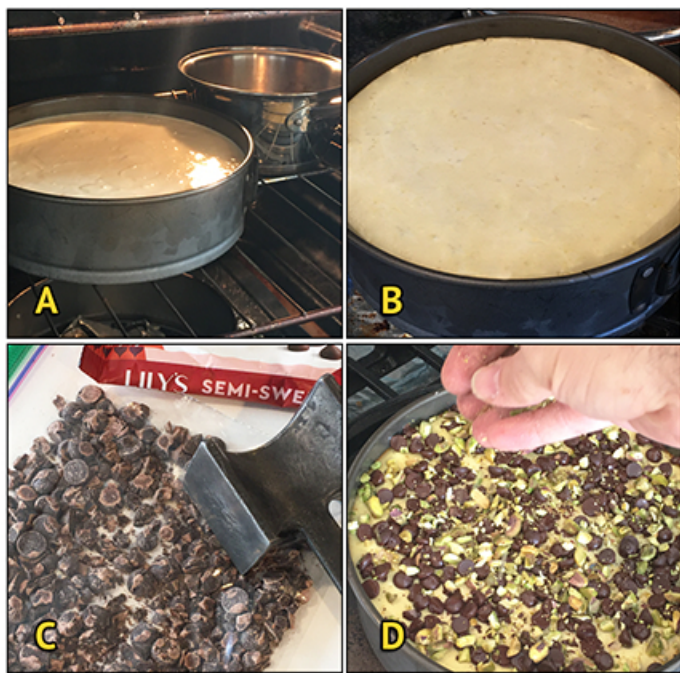


- (A) Add the cereal, graham crackers, sweetener, cinnamon, softened butter and syrup into a food processor. (B) Run the processor till the ingredients are similar in texture to a regular graham cracker crust. Add water if needed. (C) Pour into a 9" springform pan and spread around the bottom of the pan, by pressing down with a cup or measuring scoop. Done. (D) Zest and finely chop/mince the peel of a large orange, set aside.



3. (A) In a large bowl, mix together the ricotta, till smooth. Add the greek yogurt, blend till smooth. Add the eggs and vanilla extract, mixing on low speed until smooth. Finally, add the flour, sweetener and minced orange zest. Mix on low speed, till smooth. (B) Pour into the prepared crust. Tap on the sides of the cheesecake pan for 30 seconds, to help release air bubbles trapped within the batter. Don't pummel it, tap like you're gently knocking on a door.

4. Preheat oven to 325 degrees. Fill an OVEN SAFE pot with water. Bring to a rolling boil. (see notes about water bath)



5. (A) When the oven is at 325 degrees, place the pot of boiling water into the oven, followed by the cheesecake. (B) Bake your cheesecake for 60-70 minutes at 325 degrees. How do you know when it's done? Open the oven and use a kitchen spoon to poke/jostle the pan. The middle of the cheesecake should still juuuuuust jiggle a little bit. I like the texture of mine at 70 minutes. (C) While the cheesecake is baking, place the chocolate into a plastic bag and pound with a kitchen mallet, creating smaller pieces. Do the same with your pistachios. Set both aside (D) As soon as your cheesecake comes out of the oven, sprinkle the chocolate chip pieces over the top, followed by the crushed pistachios. Place in fridge for at least 4-5 hours, though overnight is best. Finally, right before serving, put the powdered sugar into a fine wire mesh strainer. Hold it 6 inches or so over the cake and lightly tap it, dusting the top of the cheesecake.

NOTES:

- **GRAHAM CRACKERS:** Use LOW FAT cinnamon or honey graham crackers, they are lower in points than regular ones. *Honey Maid* brand scans as 6 sheets for 13 points, but if you search for them in the database, they show as higher than if you actually scan the physical box.
- **ORANGE ZEST:** Using a zest peeler on an orange can be a pain. Try using a vegetable peeler, then chop the slices. Try not to slice off any of the white 'pith' though. You can also leave out the orange zest, then add 1-3/4 tsp cinnamon. Then, it'll be the same filling as my regular cannoli.
- **WATER BATH:** Believe it or not... this cheesecake was a minor miracle. It baked with a smooth, uncracked top, without a water bath! Easy peasy.
- **PISTACHIOS:** Don't like pistachios? No problem. Leave them out and you gain 5 more points for chocolate chips.
- **RICOTTA vs CREAM CHEESE CHEESECAKES:** I gotta bring this up right now. This IS NOT a regular cheesecake, made with cream cheese. It's not liquid creamy. This emulates the filling of a ricotta cheese cannoli. The finished cake has a very slight texture to it, because... RICOTTA CHEESE! If you want a CREAMY cheesecake version of this, make the following simple changes: Use the batter recipe from my "NY Cheesecake", but with orange zest instead of lemon zest and use 1-3/4 tsp cinnamon. When done baking, top it with the pistachios and chocolate, like in this recipe.
- **LILY'S CHOCOLATE CHIPS:** I personally prefer using Lily's semi sweet chips for this dessert, instead of the more easy to find 'Lily's dark chocolate chips'. Though I used Lily's semi sweet chips, you can use 16 points of any kind of chocolate you want, without the points changing.





Sugar Free Cake Recipes

A 'Base' Cake Recipe For People Who Have Food Sensitivities to Aspartame, As Well as Other Allergies

All of my cake recipes use Pillsbury sugar free mixes, which are sweetened with Aspartame or Sucralose. A lot of folks have food sensitivities and would like to sweeten a cake with a sweetener of their OWN choosing. The following recipes will let you make a cake using ANY 1-to-1 sugar replacement that you CAN have.

Servings Info.: (for 9" round cake)

Yields: 12 slices

Servings: 9" round cake

Serving Size: 1 slice



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- last checked 11/17/22 -

DEVIL'S FOOD CAKE Ingredients:

Dry Ingredients:

- 3 cups all purpose flour
- 3/4 cup Hershey's unsweetened cocoa powder
- 2 cups 0 calorie "1 to 1" sugar replacement o' choice.
(Use any sweetener you want, I used lakanto monkfruit classic)
- 2 tsp baking soda
- 1/2 tsp salt
- 2 tsp instant coffee (optional)

Wet Ingredients:

- 1-3/4 to 2 cups water or 0 calorie liquid o' choice ***
(water, cooled coffee or diet cola work great)
- 1 cup plain fat free Greek yogurt, OR 2/3 cup unsweetened applesauce (I prefer the texture with the yogurt)
- 3 large eggs
- 1 Tbsp imitation vanilla extract
- 4 tsp white vinegar

BAKE TIMES: (Preheat oven to 350, then lower it to 325, once you put the cake in the oven)

(2) 9" Round Pie/Cake Pans: 325 degrees, 30-34 minutes

13"x 9" Pan: 325 degrees, 40-45 minutes

Cupcakes: 325 degrees, 23-26 minutes

Directions:

- 1 Preheat oven to 350 degrees. Line bottoms of (2) 9 inch round pans with parchment paper, spray with cooking spray, set aside.
- 2 In a large mixing bowl, add all of the dry ingredients, then stir till completely mixed through, with a nice uniform appearance. Set aside.
- 3 In a separate bowl, whisk together all of the wet ingredients, till well combined into a slightly thick and smooth mixture. Pour wet ingredients into the bowl with the dry ingredients.
- 4 Mix both the wet and dry ingredients together until well combined. Divide batter between the 2 prepared pans and place into the oven. Close the oven door and TURN THE HEAT DOWN TO 325 degrees. Bake for 30-35 minutes, or when a toothpick comes out aaaalmost completely dry.
- 5 Remove from oven, cool cakes on a wire rack.

VANILLA CAKE VARIATION:

To make a plain vanilla version, make the following changes to the Devil's Food Cake recipe.

CHANGES:

Dry Ingredients:

- Remove the unsweetened cocoa powder
- Reduce sweetener to 1-1/2 cups
- Remove instant coffee

Wet Ingredients:

- Reduce liquid to 1-1/2 to 1-3/4 cups.
- Reduce either unsweetened applesauce OR Greek yogurt by 1/3 cup.
- Done, simple.

GLUTEN FREE VARIATION:

Dry Ingredients:

- Replace 3 cups of regular all purpose flour, with 3 cups Gluten Free "1 to 1 All Purpose Flour or 'Baking Flour' REPLACEMENT", such as from the brands: Bob's Red Mill, King Arthur, Krusteaz, etc.

Wet Ingredients:

- Add an additional 5 to 6 Tbsp water to the cake recipes. The gluten free flours tend to soak up more liquid.

GLUTEN FREE BAKE TIME CHANGES:

Regular Recipe (pg 156)

- Add an ADDITIONAL 10-15 minutes, for 13x9 pan
- Add an additional 5-7 minutes, for 9" round pans

Depression Cake (wacky cake):

- Add an ADDITIONAL 15-20 minutes, for 13x9 pan

GLUTEN FREE 'BAKING FLOUR' INFO.:

Make sure to purchase a Gluten Free flour blend that STATES "1 to 1 baking flour replacement" or "replaces wheat flour 1 to 1", or has similar wording. These blends already have binders added to them. These are specially made to use in recipes, as-is.



'DEPRESSION CAKE' (Egg, Dairy, Oil & Sugar Free)

This cake dates back to The Great Depression. It contains NO eggs, dairy, oil and is sugar free. ***If made with gluten free 1-to-1 flour, not produced in a facility that makes nuts, people allergic to almost EVERYTHING, can have it!***

Dry Ingredients:

- 3 cups all purpose flour
- 3/4 cup Hershey's unsweetened cocoa powder
- 2 cups 0 calorie 1 to 1 sugar replacement o' choice
- 2-1/4 tsp baking soda
- 1/2 tsp salt
- 1 tsp instant coffee (optional)

Wet Ingredients:

- 2-1/4 cups water or 0 calorie liquid o' choice (water, coffee or diet cola work great)
- 1/2 cup unsweetened applesauce
- 1 Tbsp imitation vanilla extract
- 1 Tbsp PLUS 2 tsp white vinegar

Directions:

- 1 Preheat oven to 350. Line the bottom of a 13x9 pan with parchment paper, spray with cooking spray, then set aside.
- 2 Add all the dry ingredients to a large mixing bowl, stir till well combined.
- 3 In a separate bowl, mix the wet ingredients, then pour into the dry.
- 4 Quickly mix the ingredients together, till well combined. Hurry, because it's going to start bubbling up like a 3rd grade science project. Pour into the 13x9 pan and place into the oven that was heated to 350 degrees.
- 5 Once the cake is IN the oven, turn the temperature down to 325. Bake for 30-35 minutes, till toothpick comes out baaaarely moist on the tip, NOT dry.



Dessert Recipe Tips

Parting ideas for tweaks and changes to my dessert recipes

Most of my recipes take advantage of sugar free products to reduce their calories. Some folks are allergic and others simply don't like them. Please take the time to read over these following points... I get asked about them a LOT.

1. "I don't like all the sugar free products in Daniel's cakes/cupcakes. What can I do?"

That's simple... don't use them. If you know me, you know that first and foremost I am a huge supporter of people customizing my recipes. If you can't have Pillsbury SUGAR FREE cake mixes... use the REGULAR ones. Can't have Jell-O sugar free instant pudding because of the sweeteners? Use regular pudding. Use whatever you actually CAN have. Tweak what you must, then simply adjust the points.

2. "I'm allergic to dairy, what can I do about your desserts that have pudding or Greek yogurt based frosting?"

I bet you didn't know this... but Jell-O sugar free instant pudding mixes are dairy and gluten free, in their powdered forms. For every 1 cup of COLD MILK a box of pudding asks for, instead, use half as much unsweetened almond milk or cold water. It'll set like pudding. If the package says to use 2 cups cold milk for pudding, use 1 cup of cold water. If you want frosting, use 3/4 cup so it's thicker. Want an alternative to strained Greek yogurt for the frostings? I know this sounds gross... but you can use semi-firm tofu, blended with water or almond milk to thin it. Flavor it with Watkins 'cream cheese' flavoring and vanilla extract. Then, add 0 calorie confectioners sugar replacement for sweetness. Heck, toss in a packet of instant pudding mix while you're at it, if you want. Play around with it till you get it to taste how you want. Or, go the easy route and buy dairy free cream cheese or yogurt. But, always, adjust your points if you modify the recipes. You do you, Boo.

3. "Can I use your sugar free cake mix recipe from pages 156-157, in place of Pillsbury cake mix in your other recipes?"

Yup. Instead of the batter recipe listed for the various cakes/cupcakes in the dessert section, use MY sugar free cake mix recipe. My sugar free devil's food cake recipe is fluffiest if you use Greek yogurt, rather than applesauce. However there IS one cake that I beg you to PLEASE not try. **Do NOT try steaming the cakes from pg 156-157.** For some reason, the steam reacts poorly to the baking soda & vinegar combo in the batter... it's gnarly.

4. LEMON BAR INFORMATION:

Lemon bars are getting a special mention here, because I had to go through a LOT of trial and error to get that recipe right. Of note... Erythritol-based sweeteners like granulated swerve, Lakanto monkfruit, or even erythritol based confectioners sugar replacements WERE HORRIBLE when used for the lemon filling. I found that 'baking sugar alternative/substitute', such as King Arthur brand, had much less erythritol. Therefore, it created no detectable 'crystals' in the filling.

5. GRANULATED SPLENDA (1 to 1 mix):

This has to be said for full transparency. I know all of my recipes recommend using monkfruit or other expensive sweeteners. That's primarily just to appease the "Sweetener Nazis" in the crowd. When simply cooking for myself, I prefer to use granulated Splenda. Hey, I'm on a budget. The stuff's inexpensive, dissolves great, plus it's one of those personal things. I don't count the points for it when I use it. Honestly, the only recipe I've ever used it for, where I was NOT happy with how it turned out, is the lemon bars.

6. DO NOT BE AFRAID TO BE CURIOUS & TWEAK THINGS!!!

Use my recipes as a template to create your own variations. I'd rather start the gears turning in your head so YOU start creating things, rather than just following my recipes.

Try mixing and matching frostings and fillings, in the cakes and cupcakes. Use the principles/ideas of how I made one of my fillings, to create your own unique spin. Make your own masterpieces. Everything in this book is simply taking the principles from the first cookbook to create new recipes. You can do it too, it just takes practice.

7. SUGAR FREE SYRUP:

I use sugar free pancake syrup in place of honey, a lot. My recipes tend to only use 1-1/2 Tbsp, because any more gains a point. If YOUR brand lets you use more, for 0... use it.



Acknowledgments

(Original acknowledgement from 2019, with 1 tweak)

Well, it's that time again. Here we are at the end of book 2, never in a million years would I have thought that I'd be here doing this. I can't even begin to express what a complete and utterly surreal ride this entire past year has been. The response that I received from my very first book, "The 2019 Cooking Guide", was so insanely positive and overwhelming. You people have completely changed my life, my family's lives and you've continued to give me the opportunity to help people by doing something that I love.

I'd like to take this time to thank a small handful of people. There are a ton of you that are in Connect, who KNOW that I view you as a friend, but these are the people that I have to thank directly, for helping me with this project. If I was going to thank all of my in-system buddies, it'd put "war and piece" to shame.

Mlivinn1, thank you for being the first person in Connect to truly open my eyes to the wonderful world of desserts. Prior to seeing that first cake of yours, I never imagined that WW friendly cakes or cupcakes could EVER be anything more than a box mix with some applesauce. Seriously folks, she's a TREMENDOUS cook, follow her!

Mudhustler. Thank you for being an encouragement to me from the very beginning of all this, back in Fall 2018. I appreciate how you've always taken the time out of your busy schedule to let me get your opinion on things, no matter how small.

MariaRachael12, Jody and **Missvw40**. Thank you. Earlier this year, when I was at a low point, due to Cruella Deville, you three helped get me out of it. You allowed me, a stranger, to be a part of your lives. You THEN made me start thinking about making appetizers... and here we are. Thank you.

69gabygal. Lady... there ain't enough space in a stack of blank journals, to let me properly express how thankful I am for everything you've done for me over the past year. I don't know how you haven't turned into a raging alch by now. But booooy do I know that I'm in trouble if you ever write those "tell-all" memoirs. You've got some serious blackmail on hand, if I ever run for office.

Kygoatgirl and **EmilyBronte**, thank you for being 2 of the people who were the most encouraging to me, in Connect, back when I first started sharing recipes and was being verbally ripped apart every time over it. It was completely against the thought process of so many members back then, that there was value to truly digging into recipes, like I do. You 2 would always stick up for me and my style of cooking. It kept me going back then.

Oh goodness... how could I forget. I HAVE to thank all of the wonderful therapists and staff at Pediatric Therapy of Santa Clarita and all the awesome Behavioral Therapists at California Psych-Care, that not only TREAT my 2 kiddos.... but allow me to use their office spaces during treatments, so that I can set up my laptop and get some work done. You have no idea how much of this book was only made possible because of that little bit of time I'd get, once per week.

Aaaaaaaand my wife, who has had to share her husband with the hungry masses. Who has had to deal with only having half a husband, for almost an entire year now. I'm taking a gooooooood few months break after this gets published. Thankfully, next year when Jesse's in school with normal hours, I can get work done during the day... and not have to stay up till 3-4am every night. You deserve a whole lot of attention to be showered on'ya for a good while. Thank you for your patience, understanding and allowing me to work on this grand project. Te Amo, chica.

Nutritional Values

All those crazy macro-thingies, that you folks jabber-on about.



Once again, until I eveeeeentually get permission from a certain corporation, allowing me to link directly from my cookbook's recipes TO the WW database, all QR codes on my recipe pages will have to take you to my website. In the future, when I get the 'all clear', I'll automatically update the QR links to open your App. Sorry for the inconvenience.



DIPS & SPREADS	POINTS RANGE 1 serving	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Artichoke Spinach	1-1	1/4 cup	40	1	4	1	4	12
Argentinian Black Bean	0-0	1/4 cup	90	0	15	1	5	13
Cheddar Cheese Beer Dip	1-1	1/4 cup	40	0	6	3	3	14
Chick Fil A Copycat	1-1	1/4 cup	60	1.5	11	7	2	15
Chimichurri	1-2	1/4 cup	70	4.5	4	1	4	16
Cocktail Sauce	0-0	1/4 cup	40	3	6	3	1	17
French Onion Dip	0-1	1/4 cup	80	2	13	9	4	18
Gringo Guacamole	1-1	1/4 cup	40	3	4	1	1	19
Herbed Goat Cheese	1-2	1/4 cup	60	1.5	4	2	9	20
Hummus	1-1	1/4 cup	70	2.5	9	2	3	21
Ketchup	0-0	1/4 cup	15	0	5	2	1	22
Mango Salsa	0-1	1/4 cup	49	1	1	8	1	23
Pico de Gallo	0-0	1/4 cup	25	0	6	3	1	23
Red Onion Bacon Jam	1-1	1/4 cup	50	1.5	7	4	3	24
Roasted Red Pepper Balsamic	0-1	1/4 cup	40	0	7	5	2	25
Smoked Salmon	0-1	1/4 cup	70	2	8	6	6	26
Sweet & Sour Sauce	0-0	1/4 cup	15	0	33	0	0	27
Tartar Sauce	0-1	1/4 cup	70	2	11	9	3	28
Thai Peanut (Satay) Sauce	1-1	1/4 cup	60	1.5	12	2	5	29
Thai Sweet Chili Sauce	0-0	1/4 cup	15	0	33	0	0	28

SALAD DRESSINGS	POINTS RANGE 1 serving	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Apple vinaigrette	0-1	1/4 cup	35	0	8	7	0	30
Blue Cheese	1-2	1/4 cup	60	2.5	6	4	4	30
Carrot Ginger	1-1	1/4 cup	35	1.5	3	1	1	30
Catalina	0-0	1/4 cup	25	1.5	9	1	0	30
Caesar	1-1	1/4 cup	60	3.5	4	3	3	31
Classic Coleslaw Dressing	1-2	entire batch	170	4	26	23	8	32
Creamy Chipotle	0-1	1/4 cup	60	1.5	10	7	4	32
Creamy Cilantro	0-1	1/4 cup	50	1	9	5	3	32
Creamy Roasted Garlic & Onion	0-0	1/4 cup	45	1	6	4	2	32
Creamy Greek Feta & Dill	1-1	1/4 cup	30	0	5	4	2	33
Dijon Vinaigrette	0-1	1/4 cup	60	1	5	4	3	33
French	0-0	1/4 cup	15	0	8	1	1	33
Honey (maple) Mustard	1-1	1/4 cup	25	0.5	3	1	1	33
Italian Dressing	0-1	1/4 cup	35	1.5	3	1	1	34
Peppercorn Parmesan	1-1	1/4 cup	60	1.5	8	5	4	34
Ranch	0-1	1/4 cup	60	1	8	6	4	34
Raspberry Vinaigrette	0-1	1/4 cup	35	0	9	8	1	34
Rice Wine Vinegar	0-0	1/4 cup	45	1	8	5	2	35
Sesame Ginger	1-1	1/4 cup	60	2	8	5	3	35
Thousand Island	0-1	1/4 cup	45	1	7	5	3	35

PLEEEEEEEASE LEAVE A REVIEW ON AMAZON

If you found the info/recipes in this book helpful, PLEASE pay it back by leaving a review, folks.

I'm self published, so every review counts. Though LOTS of people bought this cookbook in 2022,

only 1 SINGLE PERSON has left a review on Amazon this ENTIRE YEAR (as of 11/20/2022). C'mon, help a guy out lol.

APPETIZERS	POINT RANGE 1 serving	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Arancini	1-1	1 rice ball	90	2.5	9	1	7	38-39
Artichoke Spinach Pinwheels	1-1	1 pinwheel	29	1	5	1	1	40-41
Bolitas de Tamal	1-2	1 tamale ball	80	1.5	10	5	8	42-43
Breaded Calamari	1-1	1 cup	200	4.5	18	1	25	44-45
Chicken Croquettes	0-0	1 croquette	60	1	4	1	10	46-47
Chicken Satay	0-0	1 skewer	30	0.5	1	0	5	48-49
Chorizo Stuffed Peppers	0-0	1 pepper	25	0	3	1	3	50-51
Cuban Meatballs	0-0	1 meatball	50	1.5	3	2	7	52-53
Focaccia Bread	1-1	1 slice	30	0	7	1	1	54-55
Garlic Mushrooms	0-0	1/2 cup	25	0.5	4	2	3	56-57
Lebanese Kafta Kababs	0-0	1 skewer	50	0.5	2	1	10	58-59
Mussels with Saffron	0-0	1/2 lb mussels	140	6	7	1	13	60-61
Onion Rings	1-1	1/4 tray	100	2.5	15	4	5	62-63
Pineapple Jerk Skewers	0-1	1 skewer	45	0.5	6	2	4	64-65
Portuguese Clams	0-0	7-8 clams	120	3	6	0	28	66-67
Rotolo il Lasagne	0-0	1 roll	90	2.5	10	3	7	68-69
Salmon Cakes	0-0	1 cake	130	3.5	9	3	15	70-71
Sausage Stuffed Mushrooms	0-0	1 mushroom	20	0	3	1	2	72-73
Seared Scallops	0-0	1 big scallop	60	1	4	0	18	74-75
Shrimp for Shrimp Cocktail	0-0	1/2 lb shrimp	110	2	2	2	10	76-77
Tomato & Feta Bread Bites	1-1	1 piece	33	1	6	1	1	78-79
Wellington Bites	1-1	1 (3/4") slice	74	1.2	9	1	6.3	80-81
Wheat Crackers	1-1	1oz (20-22 crackers)	70	1	5.3	0.2	3	82-83

DESSERTS

---- CUPCAKES

Blueberry Lemon	3-3	1 cupcake	120	1.5	25	5	2	94-95
Boston Cream Pie	3-3	1 cupcake	110	2.5	20	1	3	96-97
Caramel Apple Pie	2-3	1 cupcake	110	1.5	26	7	2	98-99
Carrot Cake	2-3	1 cupcake	110	1.5	28	8	2	100-101
Coconut Cream Pie	3-3	1 cupcake	160	5	25	6	2	102-103
Death By Chocolate	3-4	1 cupcake	100	3	18	3	2	104-105
Guinness and Baileys	3-3	1 cupcake	100	2	19	3	2	106-107
Hostess-ish	4-4	1 cupcake	110	3	21	4	2	108-109
Hummingbird	2-3	1 cupcake	100	1.5	20	3	2	110-111
Lemon Meringue	2-3	1 cupcake	150	2.5	28	6	6	112-113
Mexican Hot Chocolate	2-2	1 cupcake	90	2	16	1	2	114-115
Peanut Butter Bombs	4-4	1 cupcake	280	4.5	25	5	8	116-117
Peanut Butter & Jelly	3-3	1 cupcake	140	3	26	3	6	118-119
Pumpkin Spice	2-2	1 cupcake	110	1	25	1	2	120-121
Reese's PB Cup	4-4	1 cupcake	150	5	24	5	4	122-123
S'mores	3-3	1 cupcake	110	2.5	24	4	2	124-125
White Chocolate Mocha	4-4	1 cupcake	130	3	25	6	3	126-127

---- CAKES

Blueberry Lemon	6-6	1/12 slice	230	3.5	47	10	4	128
Boston Cream Pie	6-6	1/12 slice	230	6	41	2	6	129
Coconut Cream Pie	7-7	1/12 slice	310	11	49	12	4	130
Death By Chocolate	7-7	1/12 slice	200	6	37	5	5	131
German Chocolate	7-8	1/12 slice	270	12	48	1	3	132-133
Karpatka (cream puff) Cake	6-6	1/12 slice	232	16	59	0.3	6	134-135
Peanut Butter & Jelly	6-6	1/12 slice	280	9	52	6	12	136-137
Pumpkin Spice Cake	5-5	1/12 slice	220	2	51	4	4	138-139
Raspberry Lemon Cake	6-7	1/12 slice	250	4	55	11	5	140-141
Reese's PB Cup Cake	8-8	1/12 slice	280	9	46	3	8	142
'Southern' Hummingbird Cake	5-6	1/12 slice	200	3	40	6	4	143
Steamed Cake	4-4	1/12 scoop	150	4	29	0	3	144
White Chocolate Mocha	8-8	1/12 slice	260	6	50	12	6	145

---- BONUS DESSERTS

Cannoli Vergognosi	6-6	1 regular sized cannoli	201	11	41	9	3	146-147
Cream Puff Shells	1-1	1 shell	33	2	4	0	1	148-149
Lady Fingers	0-0	1 cookie	22	0.8	6	0.03	1	150-151
New York-ish Cheesecake	6-7	1/12 slice	244	12	39	7	14	152-153
Ricotta Cheesecake	6-7	1/12 slice	243	11	58	7.5	14	154-155
Sugar Free Cake Mix (base recipe)	4-4	1/12 slice	153	2	59	0.7	8	156-157

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Y

You... should write an Amazon review.

Z

Captain Cupcake stopping a Buttercream Meteor - Issue #427

