



2026 Recipe Book

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* From the interactive Camp Cooking Activities

** Ingredients in other recipes

AJI VERDE YUCA SALAD



by Molly Atkins

511g Yucca (cassava) Root, raw, chopped
6 3/4 fl.oz. (189g) Organic Veganaise
1/2 c (71g) Jalapenos
1 c (15g) Cilantro
2 7/8 clove(s) (9g) Garlic
193g Red Bell Peppers
1/4 c (23g) Scallions, white & green parts
48g Raw Celery
1/4 c (58g) Lime Juice
39g Just Like Parmesan Wedge
5g Vegan, Soy-Free Worcestershire Sauce
505g Cauliflower, cooked florettes
72g Sour Cream, Non Dairy
5g Bragg's Coconut Aminos

NUTRITION INFO

Servings: 16

Serving size: 0.5 c

PER	SERV	RECIPE
PHE	52	833.7
PRO	1.5	24
EXCH	3.5	55.6

INSTRUCTIONS

Step 1: Mix together

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AMERICAN BUTTERCREAM



by Leah Shoemaker

3 c (672g) Butter
6 c (768g) Powdered Sugar
3 TBSP (45g) Non-Dairy Creamer
3 tsp (15g) Vanilla Extract

NUTRITION INFO

Servings: 96

Serving size: 1 TBSP

PER	SERV	RECIPE
PHE	3	298
PRO	0.1	5.3
EXCH	0.2	19.9

INSTRUCTIONS

Step 1: Mix together

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by Brenda Winiarski

Starter

1/4 c (30g) Flour, Yes, regular all purpose flour

1 1/2 tsp (6g) Active Dry Yeast

1/4 c (60g) Water

Dry Ingredients

1 3/4 c (230g) Wheat Starch

2/3 c (80g) Tapioca starch

2 1/2 TBSP (30g) Metamucil Coarse Milled Original

2 1/4 tsp (7g) Xanthan Gum

1 1/2 tsp (9g) Salt

Wet Ingredients

9 fl.oz. (270g) Rice Milk

3 TBSP (41g) Brown Sugar

4 TBSP (56g) Butter, melted

For dipping

1/3 c (79g) Baking Soda

3 c (720g) Warm Water

Topping

2 TBSP (36g) Pretzel salt

4 TBSP (56g) Butter, melted (for dipping)

1 TBSP (15g) Canola Oil, for greasing the baking sheet

NUTRITION INFO

Servings: 10

Serving size: 1 bun

PER	SERV	RECIPE
PHE	36	358
PRO	0.7	7.2
EXCH	2.4	23.9

INSTRUCTIONS

Step 1: Preheat oven to 425 degrees. Generously grease a cookie sheet with canola oil.

Step 2: In a small mixing bowl mix the yeast, flour and water until combined. Cover tightly with plastic wrap and preferably let sit overnight in the fridge to allow the yeast to slowly work its magic. Remove from the fridge and allow the starter to come to room temperature. If there are time constraints, make the starter with warmed water (110 degrees - no, I do not really stick a thermometer in it - think bath water for a baby) and cover, letting it rise for at least 30 minutes.

Step 3: Mix the starches, Metamucil, xanthan gum and salt in bowl of standing mixer fitted with the paddle attachment. Mix rice milk, butter, brown sugar, and starter together, preferably in a large liquid measuring cup. Turn machine to low and slowly add liquid. Mix for one minute. It will be the consistency of a very thick but smooth cake batter.

Step 4: Cover the mixer bowl with saran wrap and let rest for 10 to 15 minutes. The purpose here is not for the dough to rise, but to allow the liquids to be fully absorbed by the starches and make the dough more manageable to handle/shape.

Step 5: Again with the paddle attachment, mix on low to medium setting (4 on Kitchen Aid) for 4 minutes, pausing the mixing halfway to scrape the dough off the sides of the bowl. You are incorporating air into the dough which the gas from the yeast will expand, allowing for a lovely rise. As the dough mixes, it will get a little stretchy, but still stick to the sides of the bowl. The dough should be nice and smooth.

Step 6: Add a little wheat starch to your work area. With a rubber spatula, gather the dough from the mixer bowl and place on top of the starched area. Gently knead the dough a few turns, incorporating the remaining starch. You should have a nice smooth but somewhat sticky dough. Divide the dough into ten roughly 75 gm balls. Shape the dough into balls and flatten into 4 inch disks.

Step 7: Place the buns on parchment paper lined cookie sheet. Cover with plastic and a damp kitchen cloth. Let rise in a warm area for 30 to 45 minutes.

Step 8: Dissolve the baking soda in 3 cups warm water in a shallow baking dish. Dip each bun in the baking soda solution, then arrange on the greased baking sheet and sprinkle the ones you are eating today with the coarse pretzel salt. (Do not salt the ones you plan on freezing).

Step 9: Bake until golden, about 20 to 25 minutes. While the buns are baking, melt the butter. Brush the melted butter on the buns once they come out of the oven.

AVOCADO GODDESS DRESSING



by Renee Wilkinson

1 clove(s) (3g) Garlic
3 sprig(s) (1g) Fresh Dill
2 TBSP (12g) Scallions, white & green parts
1 c (152g) Avocado
1/2 c (120g) Mayonnaise
3 TBSP (45g) Lemon Juice
1 tsp (6g) Salt

NUTRITION INFO

Servings: 32

Serving size: 2 TBSP

PER	SERV	RECIPE
PHE	8	246
PRO	0.2	5.4
EXCH	0.5	16.4

INSTRUCTIONS

Step 1: Use a blender or food processor, blitz garlic, dill, and chives and process until finely chopped. Scoop avocado and mayonnaise into the mixture. Add lemon juice, 1 teaspoon of salt, and a few grinds of black pepper. Puree until smooth. Refrigerate for up to 2 days.

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BAKED MAC & CHEESE



by Brenda Winiarski

2 c (480g) Rice Dream, Original Enriched, 1/4 cup set aside to mix with tapioca
1/4 c (60g) Heavy Cream

4 TBSP (56g) Butter
1 tsp (6g) Vegan, Soy-Free Worcestershire Sauce
1/8 tsp White pepper
1/8 tsp Ground Cayenne pepper, a pinch, to taste
1/2 tsp (1g) Onion Powder
1 tsp (5g) Dijon Mustard
1/4 tsp (1g) Tabasco, or more to taste
1/2 tsp (3g) Salt
2 TBSP (20g) Tapioca starch, mixed with rice milk that was set aside
4 oz. (112g) Just Like Cheddar Shreds
6 slice(s) (120g) Follow Your Heart American Style Slices, diced into 1/4 inch squares

300g Aprotide Fusilli
1/2 c (120g) Pasta Water

2 TBSP (28g) Butter
1/4 c (40g) Cook for Love Toasted Bread Crumbs

NUTRITION INFO

Servings: 7

Serving size: 1 c

PER	SERV	RECIPE
PHE	42	297
PRO	0.8	5.6
EXCH	2.8	19.8

INSTRUCTIONS

Step 1: Preheat oven to 350. Butter a 8 x 8 casserole dish. Combine bread crumbs and melted butter in a small bowl. Set aside. Whisk tapioca with 1/4 cup of the rice milk to make a slurry. Set aside.

Step 2: Melt butter in a medium sized saucepan. Add the onion powder, dijon mustard, tabasco, vegan, soy-free Worcestershire sauce, white pepper and salt. Simmer for three minutes. Add the remaining rice milk and heavy cream. Bring to a simmer.

Step 3: Whisk the tapioca starch slurry into the simmering sauce. Continue to simmer, whisking constantly, until the sauce has thickened and is smooth, about two minutes.

Step 4: Whisk in the cheese shreds and low protein cheese slices. If the cheese pieces do not melt after a few minutes, place an immersion blender in the pot and process until smooth. Taste and adjust seasonings if desired.

Step 5: Meanwhile cook pasta in rapidly boiling salted water for ONLY 3 minutes. Reserve 1/2 cup of pasta cooking water, drain the rest and return pasta to pot. Add in cheese sauce and pasta water. It will seem like way too much sauce. The pasta has been intentionally undercooked and will absorb a good of the sauce.

Step 6: Place pasta in prepared dish. Top with buttered breadcrumbs. Cover and bake for 10 minutes. Uncover and bake for an additional 10 minutes. Remove from oven and let sit for 10 minutes (if you can).

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BAKING MIX



by Brenda Winiarski

6 c (780g) Wheat Starch
1 c (125g) Cake Flour *
1 1/2 tsp (5g) Xanthan Gum

NUTRITION INFO

Servings: 7

Serving size: 1 c

PER	SERV	RECIPE
PHE	76	533
PRO	1.7	11.6
EXCH	5.1	35.5

INSTRUCTIONS

Step 1: Sift the ingredients into a large bin.

NOTES

* If you cannot find cake flour, you can use 90 gm (3/4 cup) all purpose flour + and extra 30 gm (1/4 cup) wheat starch. It will keep the phe/pro the same.

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BREAKFAST STRATA BAKE



by Brenda Winiarski

3/4 c (120g) Eggcellent Breakfast Mix
1/4 c (39g) Boiled Potato
1/2 tsp (3g) Salt
1/4 tsp (1g) Black Pepper
1/8 tsp Ground nutmeg, just a dash
1/8 tsp Cayenne Pepper, just a dash
2 TBSP (8g) Fresh Parsley
2 TBSP (6g) Raw Chives, minced
7 fl.oz. (210g) Rice milk
1/4 tsp (1g) Tabasco Hot Sauce
1 tsp (5g) Dijon Mustard
Vegetables
1 TBSP (14g) Butter
1/2 c (46g) Broccoli, finely chopped
1/2 c (80g) Raw Onions, minced
1/2 c (74g) Raw Bell Peppers, finely diced
2 slice (40g) Follow Your Heart Smoked Gouda Style Slices, cut into small squares

3 slice CFL Sandwich Bread, or your favorite brand, lightly toasted and cubed

NUTRITION INFO

Servings: 9

Serving size: 1 2.75 inch

PER	SERV	RECIPE
PHE	39	350
PRO	0.9	8.2
EXCH	2.6	23.3

INSTRUCTIONS

Step 1: You will need to premake the eggcellent mix and boiled potatoes for this recipe.

Step 2: Generously grease a 8 inch square pan with butter.

Step 3: Saute onion in butter in a skillet over medium heat until soft, about 5 minutes. Add broccoli. Saute another minute.
Add the peppers, cooking another minute.

Step 4: Spread half of the toasted bread cubes in your prepared dish. Top with half of vegetable mixture and half of the cheese pieces. Repeat layering with remaining bread, vegetables and cheese.

Step 5: Whisk eggcellent mix, riced boiled potato, seasonings and fresh spices in a large bowl. In a smaller bowl combine rice milk, mustard and hot sauce. Pour liquids into the dry mix and whisk until combined. Pour evenly over the strata. Let sit for a few hours or overnight in the fridge.

Step 6: Preheat oven to 350F. Bake strata, uncovered, in the middle of the oven until it is set and cooked through, 50 to 55 minutes. Let stand 15 minutes before serving.

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BROCCOLI SALAD



by Molly Atkins

- 767g Broccoli
- 2/3 c (107g) Red Onion, thinly sliced
- 1 c (144g) Raisins
- 1 c (224g) Veganaise, Original
- 2/3 TBSP (10g) Dijon Mustard
- 1 TBSP (15g) Vinegar
- 1/6 c (53g) Maple Syrup
- 1 oz. (28g) Onion Rings

NUTRITION INFO

Servings: 20
Serving size: 0.5 c

PER	SERV	RECIPE
PHE	66	1314.7
PRO	1.7	33.7
EXCH	4.4	87.6

INSTRUCTIONS

Step 1: Mix together

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by Molly Atkins

- 11 oz. (307g) Just Like Feta Block
- 1543g Raw tomatoes
- 1/3 c (14g) Fresh Basil
- 1/3 c (82g) Reduced Fat Balsamic Vinaigrette
- 1/3 c (82g) Olive Oil
- 2/3 tsp (4g) Salt
- 2/3 tsp (1g) Black Pepper

NUTRITION INFO

Servings: 24
Serving size: 1 3 slices +

PER	SERV	RECIPE
PHE	18	442.3
PRO	0.6	15.2
EXCH	1.2	29.5

INSTRUCTIONS

Step 1: Layer

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CARAMELIZED ONION



by Molly Atkins

- 218g Raw Onions
- 13g Butter
- 40g Water
- 5g Bragg's Coconut Aminos
- 5g Brown Sugar

NUTRITION INFO

Servings: 1.6
Serving size: 0.25 c

PER	SERV	RECIPE
PHE	38	61
PRO	1.4	2.3
EXCH	2.5	4.1

INSTRUCTIONS

Step 1: Cook down

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CARROT CAKE



by Brenda Winiarski

1/2 c (60g) Dried cranberries
1/4 c (60g) Orange Juice

2 1/2 c (325g) Cook for Love Baking Mix
2 tsp (10g) Baking Soda
1 tsp (5g) Baking Powder
1/2 tsp (3g) Salt
2 tsp (6g) Cinnamon, ground
1/2 tsp (1g) Nutmeg, ground
1/2 tsp (1g) Ginger, ground
1/4 tsp (1g) Cloves, ground
1/2 box(es) (43g) Jell-o Instant Vanilla Pudding

1 egg(s) (50g) Large Egg
1 c (200g) Sugar
1/2 c (110g) Brown Sugar
1/4 c (60g) Mayonnaise
113g Small jar pureed baby food carrots
1 tsp (5g) Vanilla Extract
1 TBSP (6g) Orange Zest

1 c (240g) Canola Oil

1 1/6 c (227g) Crushed pineapple in juice, 1 small can
5 carrot(s) (305g) , shredded

NUTRITION INFO

Servings: 24

Serving size: 1 slices

PER	SERV	RECIPE
PHE	30	729
PRO	0.7	16.5
EXCH	2	48.6

INSTRUCTIONS

Step 1: If you are making the Browned Butter Sour Cream Frosting, brown the butter now and refrigerate.

Step 2: Preheat oven to 350. Grease a 9 x 13 inch pan.

Step 3: Place raisins in a small pot with 1/4 cup of orange juice (use the orange you will need to zest). Bring to a boil and simmer for a few minutes to plump up the dried cranberries. Set aside.

Step 4: Sift the baking mix, baking soda, baking powder, salt, jell-o pudding and spices using a triple sifter.

Step 5: Place the egg in the large bowl of a mixer. Beat on medium high speed with wire whisk attachment for two minutes, or until light in color and thickened. Add the sugars 1 tablespoon at a time, taking about 4 minutes to add it all. Add the mayonnaise, vanilla, orange zest and baby carrots. Whip for another two minutes.

Step 6: Turn the mixer down to medium. Slowly pour the oil in a steady stream. Beat for one to two minutes until the oil is completely incorporated.

Step 7: Change to a paddle attachment. Add the starch mixture all at once, blending for about 30 seconds on a low speed. Add the pineapple with juice, blend again. Using a spatula, fold in the carrots and raisins. Pour the batter into prepared pan, smoothing the surface with the spatula.

Step 8: Bake for 50 to 55 minutes. A piece of raw spaghetti should come out clean when inserted in the center. Cool the pan on a rack. After 20 minutes, carefully invert the cake onto a cooling rack (place rack on top of pan and gently flip). When completely cool invert it back to serving plate and frost.

by Brenda Winiarski

2 1/2 c (270g) Cauliflower, broken into small bite-size nuggets

4 TBSP (32g) Egg Replacer

3/4 c (180g) Ice cold water

1 tsp (5g) Tabasco

Seasoned starch

1/2 c (67g) Wheat Starch

1 tsp (3g) Xanthan Gum

2 TBSP (16g) Corn Meal, yellow or white, dry

2 tsp (4g) Lemon Zest

1 1/2 tsp (3g) Smoked Paprika

3/4 tsp (5g) Salt

1 tsp (3g) Garlic Powder

1 tsp (4g) Sugar

1/2 tsp (1g) Onion Powder

1/2 tsp (1g) Black Pepper

1/4 tsp (1g) Cayenne Pepper

1/2 tsp (1g) Dried Oregano

1/4 tsp Dried thyme

3 TBSP (30g) CFL Toasted Bread Crumbs, * see note below

4 c (960g) Vegetable oil, for frying

NUTRITION INFO

Servings: 10

Serving size: 5 florets

PER	SERV	RECIPE
PHE	31	314
PRO	0.8	8.4
EXCH	2.1	20.9

INSTRUCTIONS

Step 1: Break the cauliflower into small florets.

Step 2: Combine wheat starch, xanthan gum, corn meal, lemon zest, paprika, salt, sugar, garlic powder, onion powder, cayenne pepper, black pepper, oregano and thyme in a small bowl. Mix, set aside.

Step 3: Combine ener-g egg replacer with ice cold water (the colder the batter, the crispier the cauliflower). Add a teaspoon of tabasco and 3 tablespoons of the CFL seasoned starch to the ener-g egg replacer batter.

Step 4: Add the toasted breadcrumbs to the remaining dry starch mixture.

Step 5: Dip each floret into the ener-g egg replacer batter and then the seasoned CFL mix.

Step 6: Fry in hot oil (375) for about 3 to 5 minutes. Drain on a paper towel.

Step 7: For the Remoulade: Mix 120 gm (1/2 cup) mayo, 10 gm (2 tsp) mustard, 6 gm (2 cloves) minced garlic, 1 gm (1/2 tsp) smoked paprika, 5 gm (1 tsp) tabasco in a small bowl. Let sit for at least 30 minutes. The sauce is .77 mg/gm. 1 tablespoon (15 gm) = 11.55 mg phe

Step 8: Serve the po boy on your favorite low pro roll with the remoulade, tomato, pickles and cajun spicy slaw!

CHOCOLATE CHIP COOKIES



by Brenda Winiarski

2 1/4 c (293g) Wheat Starch
1 tsp (3g) Xanthan Gum
1/2 tsp (3g) Salt
1 tsp (5g) Baking Soda
1/2 box(es) (43g) Jello Instant Vanilla Pudding, 1/2 small box

12 TBSP (168g) Butter, (1 1/2 sticks)
1/2 c (100g) Sugar
1/2 c (110g) Dark Brown Sugar, packed
1/2 egg(s) (25g) 1/2 Large egg, beaten so white and yolk combined
2 TBSP (30g) Mayonnaise
1 TBSP (15g) Water
1 tsp (5g) Vanilla Extract
1/3 c (74g) Semi-Sweet Chocolate Chips

NUTRITION INFO

Servings: 36

Serving size: 1 cookie

PER	SERV	RECIPE
PHE	13	450
PRO	0.2	8.5
EXCH	0.8	30

INSTRUCTIONS

Step 1: Heat oven to 375 degrees. Line two large baking sheets with parchment paper.

Step 2: Whisk wheat starch, xanthan gum, pudding, baking soda, and salt in medium bowl; set aside.

Step 3: In standing mixer fitted with paddle attachment or with hand mixer, beat butter, granulated sugar and brown sugar at medium speed until light and fluffy, about 3 minutes, scraping down sides of bowl with rubber spatula as needed. Add egg, mayo, water and vanilla; beat at medium speed until combined, about 30 seconds. Add dry ingredients and beat at low speed until just combined, about 30 seconds, scraping down bowl as needed. Add chocolate chips, stir until combined.

Step 4: Form dough into tablespoon sized 1 -inch balls. Place dough balls on parchment lined baking sheet. If desired, freeze the dough balls on the baking sheet. Once frozen, place in a Ziploc bag for easy delicious homemade cookies in minutes.

Step 5: Bake until cookies are golden brown around edges and just set and very lightly colored in center, about 9 to 12 minutes. If using frozen dough balls, cook for an extra three minutes. Cool cookies on baking sheet about 3 minutes; using wide metal spatula, transfer cookies to wire rack and cool to room temperature.

NOTES

To this day, I always bake one test cookie to start. If it spreads too much I add 2 tablespoons wheat starch and try again. If it spreads too little, add 1 tablespoon water and try again.

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CILANTRO LIME YOGURT SAUCE



by Renee Wilkinson

225g So Delicious Coconut Yogurt, plain
3/4 c (12g) Cilantro
2 fl.oz. (60g) Lime Juice, zest and juice of one lime
1 clove(s) (3g) Garlic
3 TBSP (45g) Olive Oil
1 tsp (2g) Ground Cumin
1/2 tsp (2g) Chili Powder
3/4 tsp (5g) Salt

NUTRITION INFO

Servings: 12

Serving size: 2 TBSP

PER	SERV	RECIPE
PHE	7	87
PRO	0.2	2.1
EXCH	0.5	5.8

INSTRUCTIONS

Step 1: Use a blender or food processor to blitz all ingredients until smooth.
Cover and refrigerate for 5 days.

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COLE SLAW



by Brenda Winiarski

5 3/4 c (403g) Cabbage or cole slaw cabbage mix
1/2 c (64g) Carrots, raw, chopped or shredded
1 tsp (6g) Salt
1/3 c (48g) Red onion, minced
1/2 c (120g) Mayonnaise
1 tsp (5g) Dijon Mustard
1/3 c (61g) Crushed pineapple
2 TBSP (30g) White vinegar
1/4 tsp (1g) Black pepper, to taste

NUTRITION INFO

Servings: 45

Serving size: 0.25 c

PER	SERV	RECIPE
PHE	6	287
PRO	0.2	9.1
EXCH	0.4	19.1

INSTRUCTIONS

Step 1: Toss cabbage and carrots with salt in colander set over medium bowl. Let stand until cabbage wilts, at least 1 hour and up to 4 hours.

Step 2: Dump wilted cabbage and carrots into the bowl. Rinse thoroughly in ice water. Pour vegetables back into colander, pressing, but not squeezing on them to drain. Pat dry with paper towels.

Step 3: Combine mayonnaise, onion, crushed pineapple and vinegar into a small bowl. Dump cabbage and carrots back again into medium sized bowl. Add mayo mix; toss to coat. Season with pepper to taste. Cover and refrigerate until ready to serve.

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CREAMY SESAME-GINGER DRESSING



by Renee Wilkinson

1/4 c (60g) Lemon Juice
1/4 c (60g) Rice Vinegar
5 TBSP (85g) Miso Paste
2 TBSP (42g) Honey
2 tsp (9g) Sesame Oil
6 clove(s) (18g) Garlic
5 tsp (10g) Ginger Root
3 TBSP (27g) Raw Chili Peppers
1/2 c (120g) Canola Oil
1/2 tsp (3g) Salt

NUTRITION INFO

Servings: 24

Serving size: 2 TBSP

PER	SERV	RECIPE
PHE	20	478
PRO	0.6	13.3
EXCH	1.3	31.9

INSTRUCTIONS

Step 1: Use a blender or food processor to blitz all ingredients except oil until smooth. In a thin, slow stream, add the oil while blending with an immersion blender. Taste and adjust with more salt, lemon, vinegar as needed. Cover and refrigerate for 1 week.

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CRUNCHY GRANOLA BAR



by Brenda Winiarski

1/2 c (30g) Oats, quick or regular, dry, Rolled oats
2 c (30g) Puffed Rice Cereal, (different than Rice Krispies)

28 cracker(s) (56g) Snack Factory Gluten Free Pretzel Chips, 1 cup
35g Coconut, Unsweetened Flakes

1/4 c (60g) Coconut Oil
1/4 c (84g) Honey
3 TBSP (60g) Pure Maple Syrup
1 tsp (5g) Vanilla Extract
3 unit(s) (9g) Inulin FOS, 3 scoops

1/4 c (30g) Wheat Starch
1/2 tsp (3g) Baking Powder
1/2 tsp (3g) Salt
1/2 tsp (2g) Xanthan Gum
1 1/2 tsp (6g) Metamucil coarse ground original

1 1/8 c (30g) Rice Krispies Cereal

NUTRITION INFO

Servings: 16

Serving size: 1 Bar

PER	SERV	RECIPE
PHE	31	494
PRO	0.8	12.1
EXCH	2.1	32.9

INSTRUCTIONS

Step 1: Preheat the oven to 350 degrees. Line a baking sheet with parchment paper for easy cleanup.

Step 2: In a food processor, lightly pulse the puffed rice cereal to crush it a bit. (10 pulses for 2 seconds each should do it.)

Step 3: Spread the puffed rice cereal and oats on to the prepared baking sheet. Place in the oven and toast for 7 minutes. While the cereal is in the oven, place the GF pretzels in the food processor and pulse 12 to 14 times for 2 seconds each.

Step 4: Add coconut and pretzel pieces to the cereal and toss well. Place back in oven and cook for 6 more minutes until the coconut lightly toasts and browns.

Step 5: In the meantime, combine the honey, maple syrup, coconut oil and vanilla extract in a small saucepan and place over medium heat for two minutes. Stir with a whisk. Turn off heat and set aside.

Step 6: Combine the wheat starch, xanthan gum, salt, baking powder, Metamucil and inulin fiber in a small bowl. Set aside.

Step 7: Once the puffed rice mixture is done, remove it from the oven and reduce heat to 300 degrees.

Step 8: In a large bowl, lightly crush the rice krispies with your hands. Add the puffed rice mixture and the honey combo. Stir to combine. Add the wheat starch mix. Thoroughly combine.

Step 9: Line a 9 x 13 baking pan with parchment paper and lightly grease with coconut oil. Turn the granola bar mixture on to the pan. Spread evenly, pressing down a bit to get a smooth top (I use a small rolling pin or offset spatula).

Step 10: Bake for 18 minutes. Remove from the oven and score the cooked granola into 16 bars. Once they cool completely (about one hour) use a serrated knife to fully cut into 16 rectangles.

Step 11: Store in a cookie tin up to one week.

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DILL PICKLE PASTA SALAD



by Molly Atkins

1 c (224g) Organic Veganaise
1/2 tsp (1g) Black Pepper
1/4 c (60g) pickle juice
1/2 tsp (3g) Salt
120g So Delicious Coconut Yogurt
Pasta salad
455g Aprotin Ditalini
4 pickle(s) (256g) Dill Pickles, 4 pickles
2 tsp (2g) Dried Dill
180g Just Like Gouda Block
76g Sour Cream

NUTRITION INFO

Servings: 9

Serving size: 0.5 c

PER	SERV	RECIPE
PHE	43	391
PRO	0.9	8
EXCH	2.9	26.1

INSTRUCTIONS

Step 1: For the dressing: Stir together mayonnaise, sour cream, pickle juice, black pepper, and salt in a small bowl until smooth, set aside.

Step 2: For the salad: Cook the pasta according to the package directions; drain, rinse with cold water to cool the pasta, and drain again. Let stand 5 minutes.

Step 3: Add the cooled pasta, pickles, cheese, and dill to a large bowl; add the dressing, and stir to coat. Garnish with more diced pickles and fresh dill, if you like.

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EGGCELLENT BREAKFAST MIX



by Brenda Winiarski

1 c (130g) Cook for Love Baking Mix
1/4 tsp (1g) Xanthan Gum
1/4 tsp (1g) Baking Powder
1/2 tsp (2g) Sugar
1/2 tsp (3g) Salt
1/4 tsp (1g) White Pepper
1/4 tsp (1g) Turmeric, ground
1/8 tsp Mustard Seed, ground, dash
1/8 tsp Paprika, dash
2 tsp (4g) Molly McButter Cheese Flavor Sprinkles
3 TBSP (42g) Butter, cold, cut into cubes

NUTRITION INFO

Servings: 6

Serving size: 3 TBSP

PER	SERV	RECIPE
PHE	19	114
PRO	0.4	2.4
EXCH	1.3	7.6

INSTRUCTIONS

Step 1: Place the baking mix, xanthan gum, baking powder, sugar, salt, pepper, tumeric, mustard powder, paprika and Molly McButter cheese sprinkles in the workbowl of a food processor fitted with a metal blade. Pulse briefly to mix.

Step 2: Add cold butter cubes and process for 30 to 45 seconds, or until the butter is evenly distributed and the mix resemble sand. If you do not have a food processor and are making by hand, use your fingertips or a pastry cutter and cut in butter until evenly incorporated and the mixture resembles sand.

NOTES

To Store: This mix keeps in an airtight container (we use a mason jar) in the fridge for up to a month and the freezer for up to three months

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GRAHAM CRACKERS



by Brenda Winiarski

--

1 1/2 c (195g) Wheat Starch
1/2 c (80g) Tapioca Flour (tapioca starch)
1/4 c (33g) Graham Flour
1 tsp (3g) Xanthan Gum
1 tsp (5g) Baking Powder
1/2 tsp (3g) Baking Soda
1/2 tsp (3g) Salt
1/2 box(es) (43g) Vanilla Pudding, Instant, dry mix only
1/2 tsp (2g) Cinnamon, ground
1/2 c (100g) Sugar, White Granulated

--

8 TBSP (112g) Butter, regular or unsalted, cold .5 inch pieches
2 TBSP (40g) Molasses
1/4 c (60g) Water
1 tsp (5g) Vanilla Extract

--

1/4 c (50g) Sugar, White Granulated
1 tsp (3g) Cinnamon, ground

NUTRITION INFO

Servings: 62

Serving size: 1 two and a

PER	SERV	RECIPE
PHE	5	300
PRO	0.1	5.9
EXCH	0.3	20

INSTRUCTIONS

Step 1: Preheat oven to 375 degrees

Step 2: Pulse the starches, graham flour, xanthan gum, baking powder, baking soda, salt, pudding, cinnamon and sugar in the bowl of a food processor for 10 one-second intervals. Add the diced butter and process until the mixture resembles coarse meal, about 15 seconds

Step 3: If making by hand, use a pastry cutter or your fingertips and quickly cut in butter until mixture resembles coarse meal. Add the water, molasses and vanilla. Process until the dough comes together, about 30 seconds.

Step 4: Divide the dough into 2 even pieces. Roll each piece of dough between 2 pieces of parchment paper to 1/8 inch thick. With a pizza wheel cutter, cut into 2 1/2-inch squares. Sprinkle the cinnamon sugar mixture over the cookies. Prick each square several times with a fork. Place in the fridge for 10 minutes so that it is easier to handle the dough. With a spatula, space each square about 1/2 inch apart.

Step 5: Slide the dough on the parchment paper onto a baking sheet and bake for 10 to 12 minutes. Let the cookies cool completely on the baking sheets.

NOTES

If you are making graham crackers crumbs for another recipe, 1/2 cup = 60 gm = about 6 cookies.

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HOMEMADE TOMATILLO SALSA



by Molly Atkins

- 907g Tomatillo, raw, chopped
- 265g Raw Onions
- 26g Cilantro
- 8 clove(s) (24g) Garlic
- 30g Lime Juice
- 1 tsp (5g) Bragg's Coconut Aminos
- 80g Jalapenos, seeds removed
- 20g Salt

NUTRITION INFO

Servings: 8
Serving size: 4 oz.

PER	SERV	RECIPE
PHE	53	421
PRO	1.9	15.1
EXCH	3.5	28.1

INSTRUCTIONS

Step 1: Mix together and chill

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by Jenn Beazer

3 cuke(s) (840g) Cucumber
1 c (240g) Water
1 c (240g) Vinegar
1 TBSP (18g) Pickling Salt
1 tsp (4g) Sugar
5 sprig(s) (1g) Fresh Dill
1/2 tsp (1g) Black Peppercorns

NUTRITION INFO

Servings: 4

Serving size: 1 c

PER	SERV	RECIPE
PHE	66	263
PRO	1.2	4.9
EXCH	4.4	17.5

INSTRUCTIONS

Step 1: Instructions

Clean, peel, and slice cucumbers to about 1/8 inch thick.

Boil water, vinegar, and pickling salt, cool.

Add ingredients to mason jar or other sealable container. Attach the lid and refrigerate for at least 2-3 hours. The longer you leave them before reopening, the more flavorful they become.

Notes

To Store: Keep in an airtight container in the refrigerator.

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MULTIPURPOSE DOUGH BASE



by Brenda Winiarski

Starter

1/4 c (30g) Flour, White, All-Purpose

2 tsp (8g) Yeast, Active Dry

1/4 c (60g) Water

Dry Ingredients

1 3/4 c (230g) Wheat Starch

2/3 c (80g) Tapioca starch

2 TBSP (24g) Metamucil Coarse Milled Original

2 1/4 tsp (7g) Xanthan Gum

2 TBSP (8g) Potato Flakes, instant dry

1 1/2 tsp (9g) Salt

Wet Ingredients

1 1/8 c (270g) Rice Milk

2 TBSP (28g) Butter, melted

2 TBSP (42g) Honey

NUTRITION INFO

Servings: 10

Serving size: 1 recipe

PER	SERV	RECIPE
PHE	40	399
PRO	0.8	8.1
EXCH	2.7	26.6

INSTRUCTIONS

Step 1: In a small mixing bowl mix the yeast, flour and water until combined. Cover tightly with plastic wrap and preferably let sit overnight in the fridge to allow the yeast to slowly work its magic. Remove from the fridge and allow the starter to come to room temperature. If there are time constraints, make the starter with warmed water (110 degrees - no, I do not really stick a thermometer in it - think bath water for a baby) and cover, letting it rise for at least 30 minutes.

Step 2: Mix the starches, Metamucil, xanthan gum, potato flakes and salt in bowl of standing mixer fitted with the paddle attachment. Mix rice milk, butter, honey, and starter together, preferably in a large liquid measuring cup. Turn machine to low and slowly add liquid. Mix for one minute. It will be the consistency of a very thick but smooth cake batter.

Step 3: Cover the mixer bowl with saran wrap and let rest for 5 to 10 minutes. The purpose here is not for the dough to rise, but to allow the liquids to be fully absorbed by the starches and make the dough more manageable to handle/shape.

Step 4: Again with the paddle attachment, mix on low to medium setting (4 on Kitchen Aid) for 2 to 3 minutes, pausing the mixing halfway to scrape the dough off the sides of the bowl. You are incorporating air into the dough which the gas from the yeast will expand, allowing for a lovely rise. As the dough mixes, it will get a little stretchy, but still stick to the sides of the bowl. The dough should be nice and smooth.

Step 5: Add a little wheat starch to your work area. With a rubber spatula, gather the dough from the mixer bowl and place on top of the starched area. Gently knead the dough a few turns, incorporating the remaining starch. You should have a nice smooth but somewhat sticky dough.

Step 6: At this point, you can put the dough in a lightly greased ziplock bag and put in the fridge for up to four days. You can pull out a portion of whatever size you would like and make rolls, english muffins, pita, flatbread, breadsticks, garlic knots, pizza bites, etc. (See individual recipes for instructions and cooking times). This means fresh bread products every day!

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MUSHROOM CARNITAS



by Molly Atkins

2 1/4 TBSP (34g) Olive Oil
2 1/4 clove(s) (7g) Garlic
1 1/2 TBSP (18g) Vegan, Soy-Free Worcestershire Sauce
3/4 TBSP (5g) Paprika
1 1/2 tsp (8g) Bragg's Coconut Aminos
1 1/2 tsp (10g) Molasses
3/4 tsp (4g) Liquid Smoke
3/4 tsp (5g) Sea salt
510g Mushrooms, chopped

NUTRITION INFO

Servings: 6

Serving size: 1 serv

PER	SERV	RECIPE
PHE	79	473.2
PRO	3.1	18.6
EXCH	5.3	31.6

INSTRUCTIONS

Step 1: Toss ingredients in bowl, bake 400 degrees for 40 mins

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NORTH AFRICAN CHARMOULA



by Renee Wilkinson

1/2 tsp (1g) Ground Cumin
1/2 c (120g) Olive Oil
1 c (16g) Cilantro
1 clove(s) (3g) Garlic
2 TBSP (12g) Ginger Root
2 TBSP (18g) Raw Chili Peppers
4 tsp (20g) Lime Juice
1/2 tsp (3g) Salt

NUTRITION INFO

Servings: 16

Serving size: 2 TBSP

PER	SERV	RECIPE
PHE	3	48
PRO	0.1	1.3
EXCH	0.2	3.2

INSTRUCTIONS

Step 1: Toast the cumin seeds in a dry pan over medium heat for about three minutes. Remove from heat and grind in a mortar and pestle.
Use a blender or food processors to blitz all ingredients until smooth.
Cover and refrigerate for 3 days.

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NUT-FREE PESTO



by Amber Gibson

- 70g Spinach, raw, torn pieces
- 20g Fresh Basil Leaves
- 4 TBSP (60g) Olive Oil
- 30g Parmesan Style Shredded

NUTRITION INFO

Servings: 15.5

Serving size: 2 TBSP

PER	SERV	RECIPE
PHE	9	134
PRO	0.2	2.7
EXCH	0.6	8.9

INSTRUCTIONS

Step 1: Place the spinach, basil and two tablespoons of the olive oil in a food processor. Pulse until the spinach and basil is finely chopped. If it seems a little dry, add the last two tablespoons of olive oil and pulse until combined. Next add the Parmesan cheese and pulse just until combined.

Step 2: To store, place pesto in a glass jar fitted with a lid. Refrigerate up to a week or freeze up to 3 months. You can also freeze in ice cube trays to make portions easier to use.

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PANCAKE AND WAFFLE MIX



by Brenda Winiarski

- 3 c (390g) Cook for Love Baking Mix
- 4 tsp (20g) Baking Powder
- 1/2 tsp (3g) Baking Soda
- 1/2 tsp (3g) Salt
- 2 TBSP (25g) Sugar
- 2 TBSP (28g) Brown Sugar
- 6 TBSP (84g) Butter

NUTRITION INFO

Servings: 8
Serving size: 0.5 c

PER	SERV	RECIPE
PHE	33	265
PRO	0.7	5.6
EXCH	2.2	17.7

INSTRUCTIONS

Step 1: Place the baking mix, baking powder, baking soda, salt, and sugars in the work bowl of a food processor fitted with a metal blade. Process for 30 seconds, or until the butter is evenly distributed and the mix resemble sand. If you do not have a food processor and are making by hand, use your fingertips or a pastry cutter and cut in butter until evenly incorporated and the mixture resembles sand.

NOTES

To Store: This mix keeps in an airtight container (we use a mason jar) in the fridge for up to a month and the freezer for up to three months

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PANCAKES



by Brenda Winiarski

1/2 c (60g) Cook for Love Pancake and Waffle Mix
1/4 c (60g) Rice Milk
1/4 tsp (1g) Lemon Juice

NUTRITION INFO

Servings: 3

Serving size: 1 pancake

PER	SERV	RECIPE
PHE	13	38
PRO	0.3	0.8
EXCH	0.8	2.5

INSTRUCTIONS

Step 1: Place pancake mix into a medium sized bowl. Whisk together rice milk and lemon juice. Add to the mix, and stir gently until combined.

Step 2: Heat a griddle over medium heat for 3 to 5 minutes. Brush it with oil. When the griddle is at the proper temperature, a drop of water will sizzle and bounce across the surface.

Step 3: Ladle the batter onto the griddle. Turn the pancakes over when the edges look dry and bubbles come to the surface but don't break, about 2 minutes. Finish cooking on the other side, about 1 1/2 minutes longer.

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by Brenda Winiarski

1 recipe Cook for Love Multipurpose Dough Base
 1/4 c (33g) Wheat Starch, for dusting work area
 1 TBSP (14g) Butter, melted

NUTRITION INFO

Servings: 10

Serving size: 1 bun(s)

PER	SERV	RECIPE
PHE	41	412
PRO	0.8	8.3
EXCH	2.7	27.5

INSTRUCTIONS

Step 1: Add a little wheat starch (about 1 tablespoon) to your work area. With a rubber spatula, gather the dough from the mixer bowl and place on top of the starched area. Gently knead the dough a few turns, incorporating the remaining starch.

You should have a smooth but somewhat sticky dough.

Step 2: Divide the dough into 10 equal sized pieces (75 gm each) and cover with plastic wrap. For hamburger buns, round the dough into balls and flatten to about 1/2 inch thick. For hot dog buns, roll into a 5 1/2 inch long, 1/2 inch wide roll. Place on a parchment lined baking sheet, spaced about 2 inches apart. To prevent the buns from drying out cover the baking sheet with plastic wrap as you are working.

Step 3: When all of the dough balls are formed, cover with the plastic wrap and a damp kitchen towel. Place a second rimmed baking sheet (rim side up) on top of the rolls from doming too much at the top - you want them to be on the wider side as opposed to taller. Let rise in a warm spot until nearly doubled in size, about 45 minutes.

Step 4: Meanwhile, place an empty loaf pan (or oven proof skillet) in the oven. Heat the oven to 400 degrees. Bring 2 cups water to boil.

Remove plastic wrap from cookie sheet. Place pan in oven, immediately (and carefully) pouring heated water into the empty loaf pan; close oven door. The reason for this is that when dough first goes into a hot oven, there is a rapid rise in volume called oven spring. If there is moisture or steam (which is what you are creating with the hot pan and water), the starches do not form a crust as quickly, allowing for a greater "spring."■

Step 5: Decrease the oven to 375 degrees.

Step 6: After 20 minutes, brush the rolls with melted butter to help the browning. Bake for an additional 15 minutes.* Remove from pan and cool on wire rack.

NOTES

TIP: * The time the rolls take to bake is a little variable from oven to oven. I recommend taking one roll out and waiting two minutes before removing the rest. If it deflates a little, the remaining rolls need an extra 5 minutes or so in the oven.

POUND CAKE



by Brenda Winiarski

- 2 1/2 c (325g) Cook for Love Baking Mix
- 2 1/2 tsp (13g) Baking Powder
- 1/2 tsp (3g) Baking Soda
- 1/2 tsp (3g) Salt
- 1 box(es) (85g) Vanilla Pudding, Instant, dry mix only

- 14 TBSP (196g) Butter, regular or unsalted
- 2 TBSP (12g) Lemon Peel (zest), fresh
- 1 c (200g) Sugar
- 1 egg(s) (50g) Large Egg
- 1 tsp (5g) Vanilla Extract
- 1/4 c (60g) Lemon Juice
- 3/4 c (180g) Sour Cream
- 1 container(s) (150g) So Delicious Vanilla Cultured Yogurt Alternative
- Lemon Crunch Topping, optional
- 1/4 c (50g) Sugar
- 1 TBSP (8g) Wheat Starch
- 1 tsp (2g) Lemon Peel (zest), fresh
- 1/2 tsp (3g) Lemon Juice

NUTRITION INFO

Servings: 24

Serving size: 1 slice

PER	SERV	RECIPE
PHE	35	850
PRO	0.7	16.4
EXCH	2.4	56.7

INSTRUCTIONS

Step 1: Grease two bread pans or a bundt pan with lots of butter. Preheat oven to 350 degrees.

Step 2: In a medium sized bowl, sift the baking mix, baking powder, baking soda, salt and pudding mix three times (or use a triple sifter once). Set aside.

Step 3: Cut butter into 1 inch pieces and put them in a large bowl. Soften with a mixer on low speed. Increase the speed to medium high and cream until light in color, about 1 minute. Add in the lemon zest. Add the sugar 1 tablespoon at a time, taking about 4 minutes to blend it well.

Step 4: Add the egg, blend for 30 seconds. Scrape bowl. Add the vanilla and lemon juice, blend for 30 seconds.

Step 5: With the mixer on low, add about half of the dry ingredients. When incorporated, add the coconut yogurt. Once incorporated, add half of what is remaining of the dry, mix. Add the sour cream, mix and then the remaining dry. In other words, alternate between the dry and wet, starting and ending with the dry mix. Mix JUST until incorporated after each addition. Scrape the sides of the bowl as necessary.

Step 6: If you are making the lemon crunch (which I recommend), mix all ingredients in a small bowl.

Step 7: Pour the batter (which is super thick) into the prepared pans. Smooth out with a spatula and sprinkle with the lemon sugar mix if using.

Step 8: Bake at 350 degrees, for 50 minutes.

Step 9: Cool on the rack for 40 minutes before inverting on to a plate and then inverting back to the rack until it is completely cool.

QUICK-PICKLED RED ONION



by Renee Wilkinson

1 1/2 c (240g) Red Onions
1/2 c (120g) Red Wine Vinegar
1 TBSP (13g) Sugar
1 tsp (6g) Salt

NUTRITION INFO

Servings: 12

Serving size: 2 TBSP

PER	SERV	RECIPE
PHE	5	60
PRO	0.2	2.4
EXCH	0.3	4

INSTRUCTIONS

Step 1: Place onion in a pint jar, packed tightly.

In a small saucepan, combine vinegar, 1/4 cup water, sugar, and salt. Bring to a simmer, stir to dissolve sugar, then carefully pour over the onion.

Set aside until cool. Use immediately or refrigerate for up to 5 days.

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RED PEPPER SAUCE



by Renee Wilkinson

- 16 fl.oz. (640g) Roasted Bell Peppers
- 1/4 c (60g) Olive Oil
- 1/4 c (40g) Raw Onions
- 2 clove(s) (6g) Garlic
- 2 TBSP (8g) Fresh Parsley
- 1 TBSP (9g) Capers
- 3 TBSP (45g) Lemon Juice
- 1/4 tsp (2g) Salt
- 1/2 tsp (1g) Black Pepper

NUTRITION INFO

Servings: 32

Serving size: 2 TBSP

PER	SERV	RECIPE
PHE	7	219
PRO	0.2	5.8
EXCH	0.5	14.6

INSTRUCTIONS

Step 1: Use a blender or food processor to blitz all ingredients until smooth.
Refrigerate for up to 5 days.

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ROLL-OUT SUGAR COOKIES



by Brenda Winiarski

3 c (390g) Wheat Starch
3/4 tsp (2g) Xanthan Gum
1/2 tsp (3g) Salt
1 tsp (5g) Baking Powder
50g Vanilla Pudding, Instant, dry mix only

8 TBSP (112g) Butter, regular or unsalted
4 TBSP (48g) Vegetable Shortening (Crisco, Fluffo, etc.)
2 1/8 TBSP (30g) Cream Cheese
2 tsp (10g) Vanilla Extract
3/4 c (150g) Sugar, White Granulated
1/2 egg(s) (25g) Egg, large, lightly beaten
2 TBSP (30g) Water

NUTRITION INFO

Servings: 50

Serving size: 1 cookie

PER	SERV	RECIPE
PHE	7	361
PRO	0.1	6.7
EXCH	0.5	24.1

INSTRUCTIONS

Step 1: In a medium sized bowl, combine wheat starch, xanthan gum, baking powder, salt and pudding mix, set aside.

Step 2: In the bowl of standing mixer fitted with paddle attachment, add the butter, cream cheese, and shortening. Mix until combined, about 30 seconds. Add the sugar, creaming until light and fluffy. Add the egg, water and vanilla extract. Add the dry ingredients and mix until the mixture forms a dough.

Step 3: Divide the dough in half, placing each half in a gallon sized Ziploc bag. With the top unsealed, lightly roll the dough with a rolling pin to 1 inch thick. Refrigerate until they begin to firm up, 20 to 30 minutes. (Can be refrigerated up to 3 days or frozen up to a month; defrost in refrigerator before using.)

Step 4: Adjust oven rack to middle position; heat oven to 350 degrees. Roll out 1 dough disk to even 1/8-inch thickness between 2 large sheets parchment paper; slide rolled dough on parchment onto baking sheet and chill until firm, about 10 minutes. Meanwhile, repeat with second disk.

Step 5: Using cookie cutters, cut shapes from one piece of dough and bake on parchment-lined baking sheet in 350-degree oven until light golden brown, 10 to 12 minutes.

Step 6: Remove from oven and transfer (on the parchment paper) to a rack for 5 minutes. Remove from parchment and allow to cool completely.

Step 7: Decorate with Royal Icing, if desired.

NOTES

The number of cookies you get will depend on how thin you rolled out the dough and how large your cookie cutters are. This recipe makes about fifty 2 1/2 inch cookies. If the phe content is a little too high for you, replace the egg with egg replacer & replace the cream cheese with violife cream cheese and the vanilla pudding with the full package of cheesecake flavored instant pudding and reduce the sugar by 1/4 cup. The cookie will be a little more fragile, so roll it to 1/4 inch instead of 1/8 inch and cook an extra 2 minutes.

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by Brenda Winiarski

For rolling dough balls:

1/4 c (50g) Sugar, White Granulated

2 tsp (6g) Cinnamon, ground

Dry Ingredients:

2 1/4 c (293g) Wheat Starch

1/2 tsp (2g) Xanthan Gum

1/2 box(es) (43g) Vanilla Pudding, Instant, dry mix only

1 tsp (5g) Baking Soda

2 tsp (6g) Cream of Tartar

1/2 tsp (3g) Salt

8 TBSP (112g) Butter, (1 stick), softened

4 TBSP (48g) Vegetable Shortening (Crisco, Fluffo, etc.)

3/4 c (150g) Sugar, White Granulated

1/4 c (55g) Sugar, Brown, packed

1/2 egg(s) (25g) Egg, large, lightly beaten

1 TBSP (15g) Water

1 tsp (5g) Vanilla Extract

NUTRITION INFO

Servings: 36

Serving size: 1 cookie

PER	SERV	RECIPE
PHE	7	244
PRO	0.1	4.7
EXCH	0.5	16.3

INSTRUCTIONS

Step 1: In a small shallow bowl combine sugar and cinnamon, set aside for rolling

Step 2: Heat oven to 400 degrees. Line two large baking sheets with parchment paper.

Step 3: Whisk wheat starch, xanthan gum, pudding, baking soda, cream of tartar and salt in medium bowl; set aside

Step 4: In standing mixer fitted with paddle attachment or with hand mixer, beat butter, shortening, granulated sugar, and brown sugar at medium speed until light and fluffy, about 3 minutes, scraping down sides of bowl with rubber spatula as needed. Combine the egg and water and add to the butter mix. Add vanilla; beat at medium speed until combined, about 30 seconds. Add dry ingredients and beat at low speed until just combined, about 30 seconds, scraping down bowl as needed.

Step 5: Fill medium bowl halfway with cold tap water. Dip hands in water and shake off excess (this will prevent dough from sticking to your hands and ensure that sugar sticks to dough). Roll heaping tablespoon dough into 1 1/2-inch ball between moistened palms; roll ball in cinnamon sugar, then place on prepared baking sheet. Repeat with remaining dough, moistening hands after forming each ball and spacing balls about 2 inches apart on baking sheet (you should be able to fit 12 cookies on each sheet).

Step 6: Bake until cookies are beginning to set and the centers are soft and puffy, 9 to 11 minutes, rotating cookie sheet halfway through baking time. Cool cookies on baking sheet about 3 minutes; using wide metal spatula, transfer cookies to wire rack and cool to room temperature.

SOUR CREAM FROSTING



by Brenda Winiarski

16 TBSP (224g) Butter, regular or unsalted
3 c (360g) Sugar, Powdered (Confectioners)
1/2 c (110g) Sugar, Brown, packed
5 TBSP (60g) Sour Cream
2 tsp (10g) Vanilla Extract
1/2 tsp (3g) Salt
1 fl.oz. (30g) Orange Juice

NUTRITION INFO

Servings: 24

Serving size: 2 TBSP

PER	SERV	RECIPE
PHE	8	184
PRO	0.1	3.5
EXCH	0.5	12.3

INSTRUCTIONS

Step 1: Heat the butter in a large skillet over medium high heat until melted, about 2 minutes. Continue cooking, swirling the pan constantly until the butter is a golden brown color and has a nutty aroma. Remove from heat and transfer to a bowl and put in your fridge until it sets again (about 2 hours) or the freezer for 1/2 an hour. (Here is a video on how to brown butter)

Step 2: Remove the hardened browned butter from the fridge and let it get to room temperature. With the wire whisk attachment, beat the browned butter for one minute on medium-high. Add the brown sugar and whip until incorporated. Add the orange juice. Add the powdered sugar, 1/2 cup at a time, beating until incorporated. Add the sour cream, salt and vanilla. Whip for a few minutes until it is really fluffy. If the frosting gets too firm, you can add more orange juice, adding one tablespoon at a time.

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SWEET POTATO BACON



by Brenda Winiarski

130g Raw Sweet Potatoes, sliced, long way
Rub
18g Maple Syrup
10g Olive Oil
7g Liquid Smoke
2g Smoked Paprika
1g Black Pepper
1g Garlic Powder
15g Bragg's Coconut Aminos

NUTRITION INFO

Servings: 8

Serving size: 1 strip

PER	SERV	RECIPE
PHE	17	136
PRO	0.3	2.7
EXCH	1.1	9.1

INSTRUCTIONS

Step 1: Gather supplies: 1. Sweet potatoes, cutting gloves, knife. 2. dry ingredients from spice rack and flok dry storage.
3.
Large sheet pan.

Step 2: Peel then slice sweet potatoes in strips similar in length and width like bacon.

Step 3: Combine syrup, oil, spices, and sauce in a dish.

Step 4: Place strips into brine, marinate overnight (or at least 1 hour).

Step 5: About 1 hour prior to the meal service, lay strips out on a large baking sheet pan and bake in convection oven at 425 until some strips are starting to caramelize.

NOTES

FOOD ALLERGIES: COCONUT

When making for camp: 64 servings = 140, 80, 59, 14, 10, 8, 120 grams respectively, by ingredient.

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TOMATO JAM



by Molly Atkins

419g Raw tomatoes, seeds removed
5g Olive Oil
8g vinegar, apple cider or sherry
1g Ground Oregano, noted as italian seasoning

NUTRITION INFO

Servings: 2.2

Serving size: 0.25 c

PER	SERV	RECIPE
PHE	51	113
PRO	1.8	3.9
EXCH	3.4	7.5

INSTRUCTIONS

Step 1: Cook down

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VEGETABLE TACOS



by Brenda Winiarski

3 1/2 c (490g) Butternut Squash, cut into 1/2 inch cubes
1 1/2 c (240g) Red Onion, cut through the root and into thin slivers
2 1/2 c (270g) Cauliflower, broken into florets
1 1/4 c (185g) Bell Pepper, cut into 1 inch squares

2 TBSP (30g) Mayonnaise
2 TBSP (30g) Olive Oil
1 TBSP (9g) Serrano Chili Peppers
1 tsp (3g) Chipotle Chile in Adobo, optional and ONLY if you like heat
1 TBSP (12g) Taco Seasoning
3 clove(s) (9g) Garlic
2 TBSP (30g) Lime Juice
1 tsp (6g) Salt

1 TBSP (15g) Lime Juice
1/4 c (4g) Cilantro, fresh, minced

2 c (72g) Swiss Chard, stemmed and cut into 1/2 inch strips
2 clove(s) (6g) Garlic
2 tsp (10g) Olive Oil
1/4 tsp (2g) Salt
1/4 tsp (1g) Black Pepper

NUTRITION INFO

Servings: 12

Serving size: 0.33 c

PER	SERV	RECIPE
PHE	53	632
PRO	1.6	18.7
EXCH	3.5	42.1

INSTRUCTIONS

Step 1: Preheat the oven to 425 degrees.

Step 2: Combine mayo, oil, spices, garlic, chili peppers, lime juice, salt and pepper into a large bowl. Add in prepared veggies. Toss to coat well.

Step 3: Place coated veggies on a rimmed baking sheet in a single layer. Roast for 15 minutes. Toss and roast for an additional 15 to 20 minutes until tender and nice and caramelized.

Step 4: Meanwhile, in a large skillet on medium heat, add the olive oil. Once warmed, add in the garlic. Cook until fragrant, about 30 seconds. Add in chard and cook until wilted, about 3 minutes. Season with salt and pepper.

Step 5: Once the veggies come out of the oven, squeeze some fresh lime juice on top and sprinkle with cilantro. Add to the chard.

Step 6: Add about 1/3 cup of the filling to your favorite low protein tortilla or taco shell. Top with salsa, guacamole, your favorite low protein cheese and sour cream if your diet permits.

NOTES

Flexi-Phe

If this recipe is too high in protein, add low protein Mexican rice (recipe on site) to bulk it up and/or change out the vegetables for lower protein ones (more onions, peppers, etc.).

If this recipe is too low in protein, serve with regular Mexican rice to boost the protein (or add a small amount of beans if diet permits).

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VEGGIE BURGER #2



by Brenda Winiarski

2 TBSP (30g) Ketchup
1 TBSP (14g) Brown sugar
1 tsp (5g) Yellow Mustard
1 tsp (6g) Vegan, Soy-Free Worcestershire Sauce

1 3/4 c (151g) Cremini (8) or portobello mushrooms (2), diced
3/4 c (62g) Eggplant, peeled and finely diced
1/2 c (80g) Onions, finely diced
2 TBSP (30g) Olive oil
2 clove(s) (6g) Garlic, minced
1/2 tsp (2g) Chili Powder
1/2 tsp (3g) Salt
1/8 tsp (1g) Tabasco, just a dash, optional
1 TBSP (14g) Butter

150g Cooked brown rice
1 slice Cook for Love Sandwich Bread, lightly toasted, or other Low Pro bread
1 1/2 TBSP (6g) Parsley, fresh, chopped

1 tsp (5g) Konjac Powder

NUTRITION INFO

Servings: 5

Serving size: 1 burgers

PER	SERV	RECIPE
PHE	86	429
PRO	2	10.2
EXCH	5.7	28.6

INSTRUCTIONS

Step 1: Combine the brown sugar, ketchup, mustard and vegan, soy-free Worcestershire sauce in a small bowl and set aside.

Step 2: In a large skillet, heat one tablespoon of olive oil over medium high heat. Add the mushrooms and cook until lightly browned, about 5 to 6 minutes. Add remaining oil and eggplant and onion. Cook an additional 5 minutes, sitting occasionally. Add the garlic, salt and chili powder and cook for one minute. The vegetable mix should be fairly dry. Add 1/2 of the ketchup mixture to the vegetables and and simmer an additional five minutes. Add the butter. Add Tabasco if desired.
Remove from heat.

Step 3: In the bowl of a food processor process the lightly toasted slice of low protein bread until it is in crumbs. Add to a medium sized bowl and set aside. Add the brown rice and parsley to the food processor and process until the rice is a little sticky, about 30 seconds. Add the cooked vegetable mix to the rice and pulse 4 to 6 times to combine.

Step 4: Place the veggie and rice mixture into the bowl with the bread crumbs. Add the konjac to the remaining ketchup mixture. It will thicken considerably. Add to the vegetable mixture. Stir to combine thoroughly.

Step 5: Form into five 80 gm patties and put in the fridge for two hours. Freeze what you are not using in the next three days.

Step 6: Heat olive oil in a skillet. Cook burger for about three minutes, flip and cook another three minutes. Serve on low protein bun with desired toppings (chipotle mayo, red onion, lettuce, pickles, avocado, etc)

WAFFLES



by Brenda Winiarski

1 c (120g) Cook for Love Pancake and Waffle Mix
1/2 c (120g) Rice Dream, Original Enriched
1/2 tsp (3g) Lemon Juice
1 TBSP (14g) Butter, melted

5g Egg white, whipped
1 tsp (4g) Sugar, (to stabilize egg whites)

NUTRITION INFO

Servings: 4

Serving size: 1 waffle

PER	SERV	RECIPE
PHE	29	117
PRO	0.6	2.3
EXCH	2	7.8

INSTRUCTIONS

Step 1: Heat waffle iron. Place pancake mix in a medium bowl.

Step 2: Beat egg white until it starts to hold a peak. Add the sugar and continue to whip until it is white and glossy and just holds a 2-inch peak.

Step 3: Add liquid ingredients to dry ingredients in a thin steady stream while gently mixing with a rubber spatula; be careful not to add liquid faster than you can incorporate it.

Step 4: Toward end of mixing, use a folding motion to incorporate ingredients; gently fold egg white into batter

Step 5: Spread appropriate amount of batter onto waffle iron. Following manufacturer's instructions, cook waffle until golden brown, 2 to 5 minutes. Serve immediately. (You can keep waffles warm on a wire rack in a 200-degree oven for up to 5 minutes.)

NOTES

These freeze beautifully -- just defrost at room temperature and pop into toaster on low setting to crisp up

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