Chocolate Chip Banana Cake

Chocolate Chip Banana Cake

Serves 15. For 1 point more per bar, you can cut them into 12 servings.

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:62169d219f5ceb71b65df8b7

- 1 2/3 cups over ripe bananas (about 5 medium)
- 3/4 cup zero calorie brown sugar substitute (I use Surkin Gold)
- 1/4 cup unsweetened apple sauce
- 1/4 cup 1% milk
- 2 eggs
- 1 3/4 cups all purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 cup mini Lily's Chips (or any stevia sweetened chips), divided

1. Preheat oven to 350°
2. In a large bowl, mash banana.
3. Stir in sugar, applesauce, milk and eggs until well combined.

4. Add in flour, baking soda, salt and cinnamon. Stir luntil combined and all flour is incorporated
5. Fold in 1/2 of the chocolate chips
6. Pour mixture into a 9×13 pan that has been sprayed with non stick spray
7. Sprinkle remaining chips over batter
8. Bake 24-28 minutes. Checking after 20. Cake is done when a toothpick inserted in the center comes out clean.
9. Cool completely and cut into 15 squares.

Dessert
Cake
banana, chocolate

Custard Yogurt Toast

Custard Yogurt Toast

A Tik Tok Viral Video!

Points will be decided on what kind of bread you choose to use!

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:62128112c61f882b95d3d768

- 4 slices bread of your choice
- ½ cup greek yogurt
- 1 large egg
- 1 Tbsp Lakanto Monkfruit or or sugar substitute
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ½ cup blueberries
- ⅓ cup sliced strawberries
- 1 tablespoon powdered sugar (for dusting (optional))

1. Preheat the Oven – Set the rack to the middle position and the temperature to 400ºF (204ºC).
2. Prepare the Bread – Line a sheet pan with parchment paper. Place bread slices on the pan and use the back of a spoon to indent each slice's center.
3. Make the Custard Filling – In a medium bowl, whisk together the Greek yogurt, egg, sugar, cinnamon, and nutmeg until smooth.
4. Fill the Bread – Add about 2 tablespoons of the custard into the center of each piece of bread. The filling amount will vary depending on the size of the slice.
5. Bake – Cook until the custard is set and slightly wiggly on top, about 12 to 14 minutes. The custard should reach 170 to 175ºF

Cajun Chicken Pasta

Cajun Chicken Pasta

Serves 4 – each serving is about 1 3/4 cups

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:620ed79c0dd60908168edb39

- 1 1/2 cups uncooked whole wheat penne pasta
- 1 pound boneless, skinless chicken breasts, cut into 1 inch pieces
- 3 tsp cajun seasoning, divided
- 3 tsp olive oil, divided
- 1 medium green pepper, julienned
- 1 medium red pepper, julienned
- 1 medium onion, halved and sliced
- 3 cloves garlic, minced
- 2 medium tomatoes, chopped
- 1 cup fat free half and half, divided
- 2 Tbsp cornstarch

1. Cook pasta according to package directions.
2. Meanwhile, toss chicken with 2 teaspoons of Cajun seasoning.
3. In a large skillet, heat 2 tsp of olive oil. Cook chicken until fully cooked. Remove and keep warm

4. In the same skillet, saute peppers and onion in remaining 1 tsp of oil for 1 minute. Add garlic. Saute 1 minute longer. Add tomatoes; saute 2 minutes longer. Stir in 3/4 cup half and half.

5. Bring to a boil. Combine cornstarch with remaining Cajun seasoning and remaining half and half until smooth; gradually stir into skillet. Cook for 1-2 minutes or until thickened. Return chicken to the pan, heat through. Drain pasta; toss with chicken mixture

Main Course
Cajun, Chicken, pasta
Cajun, chicken, pasta

Single Serve Baked French Toast

Single Serve Baked French Toast

Serves 1

Points will depend on the type of bread you use. If you use a low point bread, your points will be much less. I use my homemade bread that is 2 points per slice.

My Personal Points: If you are a USA WW Member, Click on

this link to get your points:https://cmx.weightwatchers.com/details/MEMBERRECIPE:61aa30819cbd4b18f56f4e02

- 2 slices bread of choice (torn into pieces)
- 2 eggs
- 1/4 cup lowfat milk or milk of choice
- 1 Tbsp zero calorie sugar replacement – I use Lakanto Monkfruit
- 1 tsp vanilla extract
- **spices of your choice** To make a chai flavored (use cardamom, ginger, cloves and cinnamon. To make blueberry, add fresh blueberries and cinnamon. Use your imagination!)

1. Spray a mini loaf pan with non stick spray. Preheat oven to 350
2. Tear bread into bite size pieces and add to mini loaf pan
3. In a bowl, beat eggs, milk, vanilla, sugar and seasonings of choice.
4. Pour egg mixture over bread. Mush it around so all the bread is soaked with the egg mixture.
5. Bake for about 25 minutes or until the egg mixture is set and cooked through.
6. Serve with syrup

Breakfast
French Toast

Creamy Parmesan Garlic Chicken

Creamy Parmesan Garlic Chicken



Adapted from gimmedelicious.com

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:6205abcd2670252b2945b3a0

- 4 5 oz boneless, skinless chicken breasts
- salt and pepper to taste
- 1 tsp olive oil
- 3-4 cloves garlic, minced
- 1 cup fat free half and half
- 1 Tbsp Italian seasoning
- 1/2 cup parmesan cheese, grated
- 1 cup spinach, chopped

1. Season chicken with salt and pepper. Heat olive oil in a large heavy skillet or pan. Add the chicken to the pan and cook for 5-6 minutes per side or until golden brown and the chicken is cooked through (cooking time will depend on the thickness of your chicken)
2. Remove the chicken from the pan, reduce heat to medium-low and add garlic; stir for 30 seconds. Add the half and half, Italian seasoning and parmesan cheese. Stir to

combine. Stir in 1 cup of chopped spinach. Simmer for another 2-3 minutes

3. Return chicken to pan and simmer for another minute. Serve over pasta or rice with sauce

Main Course
Chicken
creamy, parmesan

Salmon with Tarragon Sauce

Salmon with Tarragon Sauce

Serves 4

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61fc7be90c5e5c2e851e5d1e

- 1/3 cup non fat plain greek yogurt
- 1/4 cup light mayo
- 2 Tbsp green onion, thinly sliced
- 2 Tbsp minced fresh parsley
- 1 tsp chopped fresh tarragon OR 1/2 tsp dried tarragon

- 1/4 tsp salt
- 1/8 tsp white pepper
- 1 tsp lemon juice
- 4 5oz salmon filets

1. In a bowl, combine the yogurt, mayo, onion, parsley, tarragon, salt and pepper. Cover and refrigerate for 15 minutes
2. Cook salmon as desired – grill, pan sear, bake or poach.
3. Top salmon with tarragon sauce

Main Course
Seafood
salmon

Sandwich Bread (Pullman Pan)

Sandwich Bread (Pullman Pan)

Makes 25 slices

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61f5e0fff55d1367d2c6dc33

- Pullman Pan

- 1 1/3 cups warm water (115°-118°)
- 1 Tbsp yeast
- 1 Tbsp sugar
- 4 cups flour
- 1 tsp salt
- 2 Tbsp dried milk
- 1/2 Tbsp softened butter

1. In a glass measuring cut, place 1 1/3 cups warm water (115 to 118°).
2. Add sugar, stir to dissolve. Add yeast, stir. Let sit 10 minutes to active yeast – it will get bubbly
3. Meanwhile, in the bowl of a stand mixer, Combine flour, salt, dried milk and butter. Place the dough hook attachment on the mixer. Mix for 1-2 minutes.
4. Once the yeast is active and bubbly (about 10 minutes), add to flour mixture. Mix on low speed until all flour is incorporated – scraping down sides as you go.
5. Once the dough forms a ball, put mixer on speed 3 and knead bread for 5 minutes.
6. Form dough into a ball. Turn dough out into a large bowl coated with olive oil. Turn to coat.
7. Cover bowl with damp warm cloth or plastic wrap. Let rise in a warm place 1 hour 15 minutes to 1 hour 30 minutes. Dough will double in size.
8. Next, punch down dough.
9. Turn out onto flour dusted counter. With your hands, shape dough into a rectangle the size of the pan and about 1/4 inch thick.

10. Starting with the long side, roll up dough tightly, pulling as you roll.
11. Tuck ends in and fold under. Place dough in pan and pat down, shaping dough into pan. Place lid on pan
12. Let dough rise for 45 minutes to an hour, until the dough is to the top of the pan.
13. Bake at 375° for about 30 minutes, until golden brown
14. Turn out onto cooling rack. Rub all sides with butter
15. Let cool COMPLETELY before slicing into 25 slices.
16. See attached video below for clarification on some of the steps!

Bread
Bread
Sandwich Bread

Pan Fried Pork Medallions with Creamy Wine Sauce

Pan Fried Pork Medallions with Creamy Wine Sauce

Adapted from Bare Feet In The Kitchen

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61f344a8e54ae43858a53b45

- 1½ pounds pork tenderloin
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 2 tsp olive oil
- 1/3 cup white wine
- 1/2 tsp chicken bouillion
- 1/2 cup fat free half and half
- 1/2 tsp corn starch
- 1 dash paprika
- 2 tsp chopped fresh parsley

1. Slice the pork tenderloin into 1 inch medallions and lightly sprinkle each side with salt and pepper. Warm oil in a large skillet over medium-high heat. Add pork to skillet. Let the pork cook without touching it for 3 minutes.
2. Using a metal spatula, flip each piece and cover with lid and let cook 3 minutes. Transfer to a plate and cover with foil to keep warm
3. Add wine to skillet and scrape up brown bits of meat and deglaze the pan. Add the chicken base, whisk to combine and cook for about 2 minutes.
4. In a small cup, whisk the cornstarch and paprika into the half and half until smooth. Add the half and half to the skillet slowly and whisking until combined. Continue cooking over medium heat, stirring constantly until it thickens slightly, about 1 minute. Pour the sauce over

the pork, sprinkle with parsley and serve

Main Course
Pork
pork tenderloin

Quick Dinner/Sandwich Rolls

Quick Dinner/Sandwich Rolls

You can make these rolls suit your purpose! If you want them as a sandwich bun, divide dough into 12 pieces. If you want a hearty dinner roll, divide into 18 pieces and if you want a petite dinner roll, divide into 24 pieces. You can flash freeze these immediately after shaping and once fully frozen, store in a ziploc bag in the freezer and thaw/rise when needed.

Petite Dinner Rolls (24)

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61f32ee7b9a4f932a981fc9e

Hearty Dinner Rolls (18)

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61f32f9131d0842cf2dc7e01

Sandwich Buns (12)

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61f33026485f4e2dc494e049

- 1/2 cup water
- 1 cup milk
- 1 tablespoons butter (melted)
- 1 tablespoons honey
- 1 tablespoon active dry yeast
- 3 1/2 to 4 cups all-purpose flour
- 1 teaspoon salt
- 1 egg

1. Warm milk and water to 110° in microwave or stove top
2. Stir in melted butter, honey, and active-dry yeast and let sit for 10 min or until very bubbly
3. In a stand mixer bowl mix together 3 1/2 cups of flour, salt and mix with a dough hook
4. Add the yeast mixture to the bowl and mix for 4-5 minutes, if the dough seems too wet add remaining flour a tablespoon at a time until the dough is smooth. Let knead in mixer for 5 minutes.
5. Remove dough, shape into a ball, and place in a greased bowl and let rise for 15 minutes in a warm area.
6. Punch dough down and dive into 12, 18 or 24 equal size

pieces, shape into balls, *** If cooking immediately, place dough into greased 9×13 baking dishes and continue with the next instruction

*** If making ahead to freeze, shape dough, put on parchment lined baking sheet, cover with plastic wrap and freeze until totally frozen. Once frozen, remove from tray and store in a ziploc bag in the freezer. Thawing/cooking directions below.

7. Cover with a damp towel and let rise for 20-30 min or until doubled in size
8. Preheat oven to 400°

9. In a small bowl beat egg and brush on top of rolls
10. Bake for 15-20 min or until rolls are lightly brown and cooked through
11. ****To thaw/bake: Remove rolls about 3-4 hours before needed. Place rolls in a greased 9×13 baking dish (or several depending on rolls). Cover with damp towel, place in a warm place and let thaw and then rise until doubled in size.

    Preheat oven to 400°. Brush top of rolls with beaten egg. Bake 15-20 minutes.

Bread
Bread
bread, buns, dinner rolls, sandwich buns

Dijon Mushroom Beef

Dijon Mushroom Beef



Serves 4 Adapted From Light and Tasty Magazine

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61eb13e4f812574b552eeb51

- 1 pound fresh mushrooms, sliced
- 1 small onion, sliced
- 2 tsp olive oil
- 1 pouind boneless beef sirloin steak, thinly sliced
- 1 can Healthy Request Cream of Mushroom Soup
- 3/4 cup 1% milk
- 2 Tbsp dijon mustard
- Hot Cooked Noodles or Mashed Potatoes, optional, not included in points

1. In a large skillet, saute mushrooms and onions in oil in 1 tsp oil until tender. Remove and set aside
2. Add second tsp of oil to pan, heat pan until hot, cook beef until desired doneness.
3. Add the soup, milk, mustard and mushroom mixture. Bring to a boil. Reduce heat, cook and stir until thickened.
4. Serve over noodles or mashed potatoes if desired.

Main Course
Beef
30 minute meal, beef