

Dog Biscuits

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Yields approximately 60 biscuits using a 3 inch cookie cutter, and approximately 80-90 using a 2 1/2 inch cutter

- 2 $\frac{3}{4}$ cups whole wheat flour
- $\frac{1}{2}$ cup nonfat dry milk
- 1 egg
- $\frac{1}{2}$ cup vegetable OR canola oil
- 1 beef bouillon cube OR 1 1/2 teaspoon beef bouillon granules
- $\frac{1}{2}$ cup hot water
- 1 Tbsp brown sugar

1. Preheat oven to 300 degrees
2. In large mixing bowl, combine all ingredients with an electric mixer until well blended
3. Knead dough for 2 minutes
4. On floured surface, roll dough to 1/4 inch thickness
5. Using cookie cutters of your choice, cut out biscuits
6. Bake 25-30 minutes on ungreased cookie sheet

Sugared Fried Walnuts

Sugared Fried Walnuts



- 4 cups walnuts
- 1/2 cup sugar
- 1 tsp salt – or to taste
- 1-1 1/2 cups canola oil

1. In a large pot, bring water to a boil
2. Boil walnuts for 5 minutes. Drain and rinse with hot water
3. Place in a bowl and sprinkle with sugar. Stir until sugar is dissolved
4. In a heavy frying pan or dutch oven, heat 1/2 inch of oil to 325-350 degrees.
5. Add walnuts and fry for about 5-7 minutes until golden brown. Stir constantly and keep a close eye – they will burn quickly. Check temperature and adjust as needed.
6. When done, using a slotted spoon, take walnuts out of oil into a colander over a pot or bowl
7. Sprinkle with salt and shake or stir to coat evenly.
8. Spread nuts out on layers of newspaper or kraft paper so

the extra oil is absorbed. Let cool completely

9. Store in an airtight container.

Sugar Scrubs

Sugar Scrubs



Coconut Vanilla Sugar Scrub

- 1/4 cup coconut oil, softened
- 1 cup white sugar
- 2 tsp vanilla extract
- 1 tsp coconut extract

Sweet Orange Sugar Scrub

- 1/4 cup coconut oil, softened
- 1 cup white sugar
- zest of one orange
- 7 drops orange essential oil

Peppermint Sugar Scrub

- 1/4 cup coconut oil, softened
- 1 cup white sugar
- 7-10 drops peppermint essential oil

- 4-6 drops red food coloring, optional

General Instructions

1. Mix coconut oil and sugar.
2. Add oils or extracts or other add ins.
3. Mix well
4. Scoop into 4 oz jars.

Christmas Scent

Christmas Scent



- 1 orange
- 1 lemon
- 12 bay leaves
- 4-6 small cinnamon sticks
- 2 Tbsp whole cloves

1. Place all ingredients in a bag, tie with a ribbon.
2. To use, slice lemon and orange. Add to a pot, add remaining contents of bag and 4 cups of water. Bring to

a boil and reduce heat to a simmer. Check on water level periodically and add more as needed. Lasts about 10 days.

Hot Cocoa Mix

Hot Cocoa Mix



Makes 38 servings if using 3 Tbsp – 3 Points on all plans

Makes 57 servings if using 2 Tbsp – 2 points on all plans

- 2 cups unsweetened cocoa
- 3 cups powdered sugar
- 2 1/2 cups non fat dried milk
- 1 tsp salt
- 1 Tbsp corn starch

1. Mix all ingredients in a large bowl until well combined. Store in an air tight container
2. To make cocoa, place 2-3 Tbsp in a mug and fill with 8 oz hot water or milk. Stir well

Dill Dip Mix

Dill Dip Mix

This is a recipe in my gift series on YouTube

Dip Mix

- 2 tsp dill weed
- 2 tsp dried minced onion
- $\frac{1}{2}$ tsp seasoned salt
- 2 tsp parsley flakes

Other Ingredients

- 1 cup sour cream
- 1 cup mayonnaise or Miracle Whip

1. In a medium bowl combine dip mix with 1 cup of sour cream and 1 cup of mayonnaise or Miracle Whip. Refrigerate 2-4 hours before serving. Serve with beer bread, vegetables or chips
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Fiesta Dip Mix

Fiesta Dip Mix

This is part of the gift series on my YouTube Channel

Dip Mix

- 1 $\frac{1}{2}$ tsp dried parsley
- 1 $\frac{1}{2}$ tsp dried minced onion
- $\frac{3}{4}$ tsp dried chives
- 1 $\frac{1}{2}$ tsp chili powder
- $\frac{3}{4}$ tsp ground cumin
- $\frac{1}{4}$ tsp salt

Other Ingredients

- 1/2 cup sour cream or yogurt
- 1/2 cup mayonnaise

1. In a medium bowl combine dip mix with sour cream or yogurt and mayonnaise with a whisk. Refrigerate 2-4 hours before serving. Serve with chips.
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Bacon Dip Mix

Bacon Dip Mix

These are part of my gift series on my YouTube channel

Bacon Dip Mix

- 2 Tbsp bacon bits
- 1 tsp beef bouillon granules
- 1 Tbsp dried minced onion
- 1/4 tsp dried minced garlic

Additional Ingredients

- 1 cup sour cream

1. Using a hand mixer, combine dip mix with 1 cup of sour cream until well blended. Cover and refrigerate for at least 1-2 hours before serving. Serve with beer bread, veggies or crackers

Beer Bread

Beer Bread



Serves 12

****this recipe is part of a gift series on my YouTube channel****

5 points per slice on all plans if you use light butter

Beer Bread Mix

- 3 cups all purpose flour
- 1 Tbsp baking powder
- 1 1/2 tsp salt
- 3 Tbsp sugar

Additional ingredients

- 1 12 oz beer
- 3 Tbsp butter, melted

To make mix

1. Whisk together flour, baking powder, sugar and salt
2. Store in an airtight container if not using right away

To make bread

1. Mix beer bread mix with beer. Mix until just combined.
Do not overmix
2. Spread in a greased loaf pan.
3. Pour melted butter on top of dough
4. Bake for 50-60 minutes at 350.

Oven Baked Chicken Croquettes

Oven Baked Chicken or Turkey Croquettes



Serves 4 (Serving size is 2 croquettes)

Blue: 8 points

Purple: 8 points

Green: 10 points

- 5 Tbsp light butter
- 3 Tbsp flour
- 1/2 cup skim milk
- 1/2 cup chicken broth
- 2 cups finely chopped cooked chicken
- 1 1/4 cup plain bread crumbs
- 3 Tbsp chopped fresh parsley
- 1/4 tsp salt
- 2 eggs beaten
- 1/4 cup Parmesan cheese, finely grated

1. In a medium size saucepan, melt 3 Tbsp of the butter over medium heat. Add flour and cook, stirring for 1 to 2 minutes without browning. Gradually whisk in milk and

broth and cook, stirring constantly until smooth and thickened. Remove from heat, let cool 5 minutes

2. In a large bowl, combine chicken, 1 cup of the bread crumbs, parsley, salt and eggs. Mix well. Pour in sauce, blend and cover. Chill 2 hours, until set
3. Preheat oven to 350. Combine Parmesan cheese and remaining 1/4 cup bread crumbs in a shallow dish. Shape chicken mixture into 2 1/2-3 inch balls then roll into ovals (make 8). Roll croquettes in bread crumb mixture.
4. Arrange croquettes in a greased 12x8x2 inch baking dish. Melt remaining 2 Tbsp butter and drizzle over croquettes. Bake 20 minutes, until golden brown.