

Hot Cocoa

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Serves 1 – easily doubled or tripled or more!

1 Point on all plans

- 1 Tbsp unsweetened cocoa powder
 - 1.5 Tbsp Monkfruit sweetener (or sweetener of your choice – Truvia, Splenda, etc – if using those, just use 1 packet)
 - 1 Tbsp fat free half and half or cashew/almond milk
 - 1/4 tsp vanilla extract OR for peppermint hot cocoa use peppermint extract
 - 1 cup unsweetened almond or cashew (my preference) milk – if using regular milk, recalculate points.
1. In a mug, combine cocoa, sweetener, vanilla and 1 Tbsp of half and half or milk. Stir until smooth and combined – it will be a thick paste.
 2. Heat remaining 1 cup of milk to desired temperature.
 3. Add to cocoa paste and mix/whisk well until combined. Top as desired, adapting the points as necessary.

Butter Beer Latte

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Serves 1

2 points on all plans

- 1/2 Tbsp light butter
- 1 Tbsp zero calorie brown sugar (such as Swerve)
- 1 cup Unsweetened almond or cashew milk (I prefer cashew)
- 1 tsp vanilla
- dash cinnamon

1. In a saucepan, melt butter
2. Add brown sugar and stir. Heat over medium high heat until big bubble form on the surface



3. Add milk and stir. Add vanilla and cinnamon, stir. Heat until milk is heated through to desired temperature, stirring frequently.
4. Pour into a mug. Top with a dollop of whipped cream if desired (add points accordingly) and a sprinkle of cinnamon

Buffalo Chicken Pasta

Buffalo Chicken Pasta



Adapted from Pinterest

Serves 6

Blue – 8 points

Purple- 5 points (if you use whole wheat pasta)

Green – 10 points

- 1 pound cooked, shredded chicken breasts
- 8 oz light cream cheese (cubed)
- 1/3 cup buffalo sauce
- 1/2 cup chicken broth
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 tsp kosher salt
- 1/2 cup blue cheese dressing
- 10 oz uncooked penne pasta

1. Heat a large skillet over medium heat.
2. Add the cream cheese, buffalo sauce and chicken broth.
3. Whisk until creamy.

4. Add the paprika, garlic powder, black pepper, salt and stir to combine
 5. Add the blue cheese dressing and stir to combine.
 6. Add the shredded chicken.
 7. Allow the sauce to simmer for 10 minutes over low heat.
 8. While the sauce is simmering, bring a large pot of water to boil on the stove. Add the penne pasta and cook according to package directions.
 9. Drain the pasta then add it to the cheesy buffalo chicken sauce and stir to combine.
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Chicken Georgia

Chicken Georgia



Adapted from The Lady and Sons Cookbook by Paula Deen

Serves 6

Blue – 4

Purple – 4

Green – 6

- 4 Tbsp light butter
- 4 4oz boneless, skinless chicken breasts

- 1 cup fresh mushrooms, sliced
- 2 Tbsp shallots, minced
- 1/4 tsp salt
- 1/4 tsp pepper
- 4 oz part skin mozzarella, grated

1. Melt butter over medium heat.
2. Add mushrooms and shallots and sprinkle with salt and pepper. Cook 10 minutes.
3. Add chicken and cook 10 minutes on each side or until tender and cooked through
4. Transfer chicken to platter and sprinkle with grated cheese. Top with mushroom mixture.
5. Cover and let stand 5 minutes for until cheese melts.

Pumpkin Snickerdoodle Bread

Pumpkin Snickerdoodle Bread



Adapted from Taste of Home

Serves 12

4 points for 1 slice on all plans.

Bread

- 1/2 cup light butter, softened
- 1/2 cup zero calorie sugar, I use Lakanto Monkfruit
- 2 large eggs, room temperature
- 1/2 cup canned pumpkin
- 1 1/2 cups all purpose flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp baking soda
- 1/3 cup buttermilk
- 1 1/2 tsp ground cinnamon, divided
- 1 tsp molasses

Coating

- 2 Tbsp light butter, melted
- 1 Tbsp sugar free syrup
- 3 Tbsp zero calorie sugar substitute (I use Lakanto Monkfruit)
- 2 Tbsp zero calorie brown sugar substitute (such as Swerve or Sukrin Gold)
- 1/2 tsp cinnamon

Bread

1. Preheat oven to 350. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes.
2. Add eggs one at a time, beating well after each one.
3. Beat in pumpkin
4. In another bowl, whisk flour, 1/2 tsp cinnamon, baking powder, salt and baking soda; add to the creamed mixture alternately with buttermilk, beating well after each

addition.

5. Remove 1/2 cup of batter to a small bowl; stir in 1 tsp cinnamon and molasses until blended.
6. Pour half the remaining batter into a greased 8×4 loaf pan. Dot with 1/2 of the cinnamon batter mixture. Repeat layers. Cut through batter with a knife to swirl.
7. Bake until a toothpick inserted in the center comes out clean, about 45-50 minutes.
8. Cool in pan for 20 minutes before removing to a wire rack.

For Coating

1. In a bowl, combine melted butter and syrup.
2. In another bowl combine sugar, brown sugar and cinnamon.
3. Brush butter mixture over the entire loaf – top and sides
4. Press sugar mixture all over loaf.
5. Cut into 12 slices.

Beef Barley Soup

Beef Barley Soup



Serves 8

Blue – 5 Points

Purple – 2 Points

Green – 5 Points

- 1 tsp olive oil
- 1 pound lean stew meat, cut into small pieces
- 1 cup celery, diced
- 1 cup carrot, diced
- 1/3 cup onion, diced
- 1 Tbsp minced garlic
- 3 Tbsp beef bouillon powder
- 8-10 cups water
- 1 large bay leaf
- 1 cup uncooked pearl barley
- 1/2 tsp pepper

1. Heat a heavy pot or dutch oven over medium heat. Add oil
2. Add beef, season with salt and brown meat on all sides
3. Once meat is brown, add carrots, celery, onion and garlic. Cook for 3-5 minutes, scraping up any brown bits from the bottom of the pot
4. Add water and bouillon and bay leaf ; bring to a boil
5. Once soup boils, reduce to a simmer and cover. Simmer about 2 hours
6. Add the barley, adjust salt and pepper

7. Simmer 35-40 minutes more. Remove bay leaf.

8. I like to measure or weigh out my soup and divide by 8. Each time I make it there is a slightly different amount due to evaporation of the water, depending on how fast or hard it boils.

Chicken Biscuit Skillet

Chicken Biscuit Skillet



If you cut into 4 servings:

Blue – 6 Points

Purple – 6 Points

Green – 8 Points

If you cut into 6 servings:

Blue – 4 Points

Purple – 4 Points

Green – 6 Points

- 1 Tbsp light butter

- 1/3 cup onion, chopped
- 1/4 cup all purpose flour
- 1 – 10 1/2 oz can chicken broth
- 1/4 cup 1% milk
- 1/8 tsp black pepper
- 2 cups cooked, shredded chicken breast
- 10 oz frozen mixed vegetables, thawed
- 7.5 oz tube buttermilk biscuits, each cut into 6 pieces

1. Preheat the oven to 400.
 2. Melt the butter in a 10 inch cast iron or other oven proof skillet over medium high.
 3. Add onions, cook and stir until tender, about 2-3 minutes.
 4. In a bowl, mix flour, broth, milk and pepper until smooth; stir into pan. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Add the chicken and veggies, heat through.
 5. Arrange biscuit pieces over the top of the chicken mixture. Bake until biscuits are golden brown, about 15-20 minutes.
 6. ***If you do not have an oven proof skillet, transfer the chicken mixture into a casserole dish once it is heated through in the pan and proceed from there***
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Chicken in Wine Sauce

Chicken in Wine Sauce



Serves 4

Blue – 6 points

Purple – 6 points

Green – 9 points

- 4 boneless, skinless chicken breasts
- 4 slices Sargento Ultra Thin Swiss Cheese
- 1 10 3/4 oz can 98% Fat Free cream of Chicken Soup (OR MY HOMEMADE! See below)
- 1/4 cup white wine
- Salt and Pepper to taste
- 1 cup Pepperidge Farm Stuffing Mix, crushed
- 2 Tbsp light butter, melted

1. Preheat oven to 350. Place chicken in a shallow greased casserole.

2. Layer cheese on top.

3. Mix soup, wine, salt and pepper; pour over cheese.

4. Sprinkle stuffing mix on top and drizzle with melted butter. Bake 45 minutes or until internal temp reached 165

5. HOMEMADE CREAM OF CHICKEN SOUP MIX:

Instant Pot Pancake Bites

Instant Pot Pancake Bites



Makes 14

Blue – 1=1 point, 2=1 point, 3=2 points, 4 = 3 points

Purple – 1=1 point, 2=1 point, 3=2 points, 4 = 3 points

Green – 1=1 point, 2=2 point, 3=3 points, 4 = 4 points

- 1 cup Protein Pancake Mix (Birch Benders, Trader Joes, Kodiak – something that is 9 points per cup)
- 2 eggs
- 1 cup unsweetened almond or cashew milk
- 1 tsp baking powder
- 1 tsp vanilla extract
- blueberries, other fruit

1. In a bowl, mix pancake mix, milk, eggs and baking powder.

2. Divide batter evenly among 14 egg bite molds
 3. Pour 1 1/2 cups water in pressure cooker.
 4. Place lids on molds and offset stack them in the Instant Pot.
 5. Cook on manual high pressure for 14 minutes. Let natural release for 5 minutes, then manual release.
 6. Flip over mold and push the top of your thumb into the bottom of the mold to release the pancakes.
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Pumpkin Pie Dump Cake

Pumpkin Pie Dump Cake



If cut into 15 servings:

Blue-3 points

Purple – 3 points

Green – 4 points

If cut into 12 servings:

Blue – 4 points

Purple – 4 points

Green – 5 points

Pie Layer

- 1 15 oz can pure pumpkin puree
- 3/4 cup skim milk
- 3/4 cup cashew or almond milk
- 3 large eggs
- 1 cup sugar substitute (I use Lakanto Monkfruit Classic)
- 1 tsp cinnamon

Cake Topping

- 1 box sugar free yellow cake mix
- 2 tsp ground cinnamon
- 1 tsp nutmeg
- 1/2 tsp ground ginger
- 1/2 tsp cloves
- 1 cup egg whites
- 1/3 cup light butter, melted

1. Preheat oven to 350.
2. Spray a 9×13 pan with non stick spray, set aside
3. Melt 1/3 cup of light butter and sit aside so it will cool down

Pumpkin Pie Layer

1. In a large bowl, combine pumpkin puree, skim milk, cashew milk, eggs, sugar and cinnamon.
2. Whisk until well combined. Set aside

Cake Topping

1. In another large bowl, mix together cake mix, cinnamon, nutmeg, ginger and cloves.
2. Whisk until the spices are evenly distributed throughout the cake mix. Set aside

Assembly

1. Pour pumpkin pie mixture into the 9×13 pan.
2. ***See note below for an alternate way to do the next step!
3. Spoon/sprinkle the cake mixture over the pumpkin pie filling
4. Combine the egg whites and the melted butter, whisk well.
5. Pour egg white mixture over the cake mix, trying to make sure it is almost all "wet". **see note below for alternate method**
6. Bake cake in 350 degree oven for 50-60 minutes. Mine took 60.
7. Let cook on a wire rack for 30 minutes and then refrigerate until thoroughly chilled. Serve chilled with a dollop of whipped cream.
8. *****Note – as an alternative to sprinkling the dry mix on and pouring the egg white/butter mixture over, you can mix the eggs with the cake mix and make a crumb topping and crumble that on top of the pumpkin pie mixture.***** See my video linked below to understand more of what I am talking about!

