

Sloppy Joe Rice Bake

Sloppy Joe Rice Bake



Adapted From Plain Chicken

Serves 6

Blue – 8 points per serving

Purple – 5 points per serving

Green – 8 points per serving

- 1 lb 96% lean ground beef
- 1 pkg sloppy joe seasoning mix (1.31 oz)
- 8 oz tomato sauce
- 3 cups rice (Purple people use brown rice!), cooked
- 1 cup 1% cottage cheese
- 1/2 cup light sour cream
- 1/2 cup fat free plain Greek yogurt
- 8 oz Cabot 75% reduced fat cheddar cheese

1. Preheat oven to 350. Spray a 9×9 baking dish with cooking spray.
2. Brown meat; drain off fat and return to skillet.
3. Add sloppy joe seasoning and tomato sauce. Stir and simmer for 5 minutes.
4. Mix together cottage cheese, sour cream, Greek yogurt and cooked rice

5. Spread rice mixture into bottom of the prepared dish. Top with sloppy joe meat sauce. Sprinkle cheese on top of casserole.
 6. Bake uncovered for 20 to 25.
 7. To lower the points:
 - * use ground turkey
 - * reduce rice to 2 cups
 - * use fat free sour cream or no sour cream and all Greek yogurt
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Hummingbird Cake Baked Oatmeal

Hummingbird Cake Baked Oatmeal



Serves 1 – easily doubled, tripled, etc

Blue – 6 points with nuts and glaze

Purple – 2 points with nuts and glaze

Green – 6 points with nuts and glaze

Oatmeal

- 1/2 cup oats (quick cook or old fashioned)
- 1/4 tsp vanilla
- 1 Tbsp zero calorie sugar substitute (I use Lakanto Monkfruit)
- 1/2 ripe banana
- 1/4 cup almond milk
- pinch salt
- 3 Tbsp crushed pineapple, drained
- 1 1/2 tsp pecans, chopped

Glaze

- 1 Tbsp no calorie powdered sugar
- 1 Tbsp whipped cream cheese
- 1/4 tsp pure vanilla extract

Oatmeal

1. Preheat oven to 375.
2. Mash banana. Add oats, vanilla, sugar, salt and pineapple.
3. Stir in almond milk
4. Pour into a mini loaf pan or 1 cup ramekin that has been sprayed with non stick spray
5. Sprinkle with pecans
6. Cook about 18-20 minutes or until it's firm

Glaze

1. In a small bowl, mix vanilla, cream cheese and powdered sugar.
2. If too thick, add almond milk, 1/4 tsp at a time
3. Glaze oatmeal.

Pumpkin French Toast Bake

Pumpkin French Toast Bake



Serves 6

Blue – 3 Points

Purple – 3 Points

Green – 6 Points

- 12 slices 1 point bread such as Sara Lee Delightful or 647 Bread, cubed
- 2 cups milk of choice (I use Cashew Milk)
- 8 eggs
- 2/3 cup pure pumpkin puree
- 1 Tbsp pumpkin pie spice
- 2 tsp cinnamon
- 2 tsp vanilla
- 1/2 cup zero calorie brown sugar substitute (Swerve or Sukrin Gold)
- 4 Tbsp zero calorie granulated sugar substitute (I use Lakanto Monkfruit)
- 2 Tbsp light butter

1. Spray a 9×13 baking dish with non stick spray. Sprinkle bread evenly over the bottom of the dish.

2. In a large bowl, beat eggs. Add milk, pumpkin, sugar substitutes, vanilla and spices. Whisk until all ingredients are combined
 3. Pour egg mixture over bread. Dot with butter.
 4. Cover and refrigerate at least one hour. You can prepare this the night before and refrigerate all night.
 5. When ready to bake, preheat oven to 375 and bake for 35-40 minutes.
 6. Recipe can be halved and baked in a 8×8 or 9×9 pan.
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Pumpkin Whoopie Pies

Pumpkin Whoopie Pies



Makes 14

All Plans – 1 whoopie pie is 2 points, 2 whoopie pies are 5 points

Cookies

- 1 cup flour
- 1 tsp pumpkin pie spice

- 1 tsp cinnamon
- 1/2 tsp baking soda
- pinch salt
- 1 egg
- 1/3 cup +2 Tbsp zero calorie brown sugar substitute
- 1/2 cup pure pumpkin puree
- 4 oz unsweetened applesauce

Filling

- 1/2 cup zero calories confectioners sugar such as Lakanto Monkfruit Confectioners sugar or Swerve Confectioners Sugar
- 2 Tbsp light butter
- 1/2 Tbsp sugar free syrup OR 1 tsp maple extract
- 2 Tbsp marshmallow fluff
- 2 ounces whipped cream cheese

Cookies

1. In a medium bowl, combine flour, pumpkin pie spice, cinnamon, baking soda and salt. Whisk to combine. Set aside
2. In a large bowl, add egg, brown sugar, pumpkin and apple sauce. Mix on medium for 4 to 5 minutes until smooth and light brown in color.
3. Add flour to egg mixture and mix until combined. Do not over mix
4. Place 1 tablespoon in each well of a whoopie pie pan or pipe or drop a tablespoon on a parchment lined cookie sheet. Leave about 2 inches between each one.
5. Bake at 350 for 7 minutes. While they are cooking, prepare filling

Filling

1. In a bowl, sift confectioners sugar. Add in butter, syrup, marshmallow cream and cream cheese.
2. Beat until smooth and fluffy. About 4 minutes on med-high
3. Refrigerate while cookies are cooking and cooling. so it sets up a bit.

Assembly

1. Place a little less than a tablespoon on the flat side of one cookie, top with another cookie. Store in refrigerator.

Pepper Steak

Pepper Steak



Serves 4

7 Points on all plans

- 1 1/2 pounds sirloin steak

- 2 Tbsp soy sauce
- 1/4 cup flour
- 1 tsp salt
- 2 Tbsp oil
- 3 green peppers, cut into strips
- 1 onion, sliced
- 1/2-1 cup water

1. Cut steak into strips, pound thin.
2. Sprinkle steak with flour and salt, both sides
3. Heat oil in a large skillet.
4. Cook steak until brown – does not need to be cooked through. Brown bits on the bottom of the pan are good!
5. Add green pepper and onion and water; cover.
6. Let simmer 35-45 minutes or until meat is tender and cooked through.
7. Serve over rice.

Pumpkin Donuts

Pumpkin Donuts



Makes 6 Donuts

Blue – 1 donut – 1 point, 2 donuts – 2 points, 3 donuts -5 points

Purple – 1 donut – 1 point, 2 donuts – 2 points, 3 donuts -5 points

Green – 1 donut – 1 point, 2 donuts – 2 points, 3 donuts -7 points

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Donuts

- 3/4 all purpose flour
- 1/2 cup zero calorie sweetener, such as Lakanto Monkfruit
- 1 tsp baking powder
- 2 tsp pumpkin pie spice
- 1/2 tsp salt
- 1 egg
- 2/3 cup pure pumpkin puree
- 1/4 cup unsweetened almond milk
- 1/2 tsp vanilla
- 2 tsp light butter, melted

Glaze

- 2 Tbsp sugar free maple syrup
- 1/4 cup zero calorie confectioners sugar
- 1/4 tsp vanilla

Donuts

1. Preheat oven to 350. Spray a 6 well [donut pan](#) with non stick spray.

2. In a medium bowl, combine flour, sugar, baking powder, pumpkin pie spice and salt. Mix until dry ingredients are combined
3. Add egg, pumpkin, almond milk, vanilla and melted butter. Stir until well combined
4. Divide batter evenly among wells of donut pan.
5. Bake at 350 about 16 minutes.
6. Bake at 350 about 16 minutes. Remove from pan, cool completely. Glaze donuts.

Glaze

1. In a shallow bowl, combine syrup, confectioners sugar and vanilla. Whisk until smooth. (For smoother glaze, sift the icing)
2. Dip donuts in glaze and place on wire rack to let glaze set.
3. If you do not want to glaze donuts, you can brush the tops with melted butter and dip in a cinnamon sugar mixture.

Apple Cider Donuts

Apple Cider Donuts



A fall favorite here in NJ!

Makes 6

Blue – 2 points per donut

Purple – 2 Points per donut

Green – 2 points for 1, 5 points for 2

Donuts

- 3/4 cup all purpose flour
- 1/2 cup zero calorie granulated sugar replacement (I use Lakanto Monkfruit)
- 1 tsp baking powder
- 1/2 tsp cinnamon
- dash nutmeg
- 1/2 tsp salt
- 1/4 cup apple cider
- 1 egg
- 1/2 tsp vanilla
- 1 1/2 tsp light butter, melted

Topping

- 3 Tbsp zero calorie granulated sugar replacement (I use Lakanto Monkfruit)
- 2 tsp cinnamon
- 2 tsp light butter, melted

Donuts

1. Preheat oven to 350. Spray a donut pan with non stick

spray

2. In a medium bowl, mix together flour, sugar, baking powder, cinnamon, nutmeg, and salt. Stir or whisk until well combined
3. Add cider, egg, vanilla and melted butter.
4. Stir or whisk until well combined.
5. Divide batter evenly into 6 count donut pan using either a spoon or a piping bag.
6. Bake for 10-12 minutes. Do not overbake
7. Let cool for 5-7 minutes. Remove from pan.

Topping

1. Combine sugar and cinnamon in a bowl.
2. Melt butter.
3. Brush butter on one side of donut and dredge in cinnamon sugar mixture. Brush other side and do the same.
4. If you want to freeze them, do so before adding the topping. When you want to use, defrost and add topping before eating.

IP Corn and Potato Chowder

Corn and Potato Chowder (Instant Pot)



Serves 8

Blue – 3

Purple – 2

Green – 5

- 29 oz chicken broth
- 16 oz frozen corn
- 2 1/2 cups peeled and chopped small potatoes (chop small, about 1/2 inch)
- 1 onion, finely diced
- 3 cloves garlic
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 cup fat free half and half
- 2 Tbsp corn starch
- 4 oz Cabot 75% reduced fat cheese, shredded (or other shredded cheese, just adjust points)
- crumbled bacon, shredded cheese, sliced green onions – optional for topping, add points accordingly

1. Add the chicken broth, frozen corn, chopped potatoes, onion, garlic, salt and pepper into the insert of the Instant Pot. Stir together. Cover with lid and set the valve to the sealing position. Select manual setting and adjust pressure to high. Set the timer for 15 minutes.
2. When finished cooking, do a controlled quick release.
3. Select saute setting and set to low heat (if your IP

does not let you select a heat setting, just select saute).

4. Mix heavy cream and cornstarch together and pour into the chowder.
5. Cook and stir for 3-5 minutes or until thickened
6. Add shredded cheese and stir to combine
7. Turn off IP and serve. Top with toppings, if desired.

Apple Pie Baked Oatmeal

Apple Pie Baked Oatmeal



Serves 1

Blue – 4

Purple – 0

Green – 4

Oatmeal

- 1/2 cup rolled oats
- 1/4 tsp pure vanilla extract

- 1 tsp apple pie spice (or a combination of cinnamon, nutmeg and pinch of cloves)
- 1 Tbsp granulated monkfruit sweetener OR zero calorie brown sugar substitute (I use Sukrin Gold or Swerve)
- 1/4 cup unsweetened applesauce
- 1/4 cup unsweetened almond milk
- pinch salt
- 1/2 apple, chopped (or 2 tablespoons crock pot apples- see recipe under desserts)
- Optional: Raisins, nuts, brown sugar (for top), add points accordingly

Glaze

- 2 Tbsp no calorie powdered sugar
- 1/4 tsp pure vanilla extract
- almond milk (optional)

Oatmeal

1. Preheat oven to 375.
2. Combine oats, vanilla, spices apples, sugar, applesauce and milk
3. Pour into a mini loaf pan or 1 cup ramekin that has been sprayed with non stick spray
4. Cook about 18-20 minutes or until it's firm

Glaze

1. In a small bowl, mix vanilla and powdered sugar.
2. If too thick, add almond milk, 1/4 tsp at a time
3. Glaze oatmeal.

Beef Stew

Beef Stew

Serves 4

Blue – 9

Purple – 8 Points

Green – 11 Points

Stew

- 1 lbs chuck (cut into cubes)
- 1 pounds potatoes (chunked)
- 1.5 baby carrots
- 1 medium onion (quartered)
- 2 tsp olive oil
- Water
- Salt and pepper to taste
- 2 Tbsp cornstarch

Dumplings

- 1 cup + 2 Tbsp flour
- 3/4 tsp baking powder
- 2 eggs
- 1-2 Tbsp milk
- 3/4 tsp salt

1. In a large pot, brown beef in oil-make nice and brown, so there are bits on the bottom of the pan.
2. Add onion and water to pot-make water go about 2/3 of the way up pot.
3. Put lid on and simmer for about an hour.
4. Add carrots, simmer 1/2 hour.
5. Add potatoes, simmer until potatoes and carrots are tender, about 1/2 hour.
6. Turn up heat to a gentle boil. Mix cornstarch with 2 Tbsp of warm water. Add to stew, turn down heat and let thicken.
7. Mix dumpling ingredients and drop by tablespoons into simmering stew. Let cook about 10-15 minutes.