

# Pumpkin Cream Cheese Cupcakes

## Pumpkin Cream Cheese Cupcakes



Recipe adapted from Megan Fox Unlocked on YouTube

Makes 27 Cupcakes

Blue – 2 points for 1, 4 points for 2

Purple – 2 points for 1, 4 points for 2

Green – 2 points for 1, 5 points for 2

### Cupcakes

- 1 box Sugar Free Yellow Cake Mix
- 21 oz pure pumpkin puree
- 4 oz (one single serve) unsweetened applesauce
- 3 eggs
- 2 tsp cinnamon (OR 2 tsp pumpkin pie spice – see notes below)
- 1 tsp baking soda

### Cream Cheese Filling

- 6 oz whipped cream cheese
- 1/2 cup zero calorie sugar replacement (I use Lakanto Monkfruit)
- 1 egg
- pinch salt
- 108 pieces Lilys chips – optional

## Cupcakes

1. In a large mixing bowl, combine cake mix, pumpkin, applesauce, eggs, cinnamon and baking soda
2. Mix on low for 30 seconds and then medium for 2 minutes
3. Spray muffin pans with non stick spray. I do not recommend using liners, without the fat of the oil in the batter, the cupcakes will stick to the paper liners
4. Fill each of the muffin tins about 1/2 to 2/3 full. I use this [large scoop](#) to fill the pans perfectly. Set aside

## Cream Cheese Filling

1. In a clean bowl, combine cream cheese, egg, sugar and salt.
2. Mix well with an electric mixer.

## Assembly and Baking

1. Place about 1 1/2 teaspoons of filling on top of each cupcake batter, pressing down a bit in the middle.
2. Bake at 350 for 20 minutes. Let cool 5 minutes and remove to wire rack to finish cooling.
3. See notes below for different preparation

If you want more of a “pumpkin spice” flavor, use pumpkin pie spice in place of the cinnamon.

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# Apple Crisp

## Apple Crisp



Serves 6

4 Points on all plans

- 4 cups apples, peeled and sliced (tart apples work best, but anything will do)
- 1/2 cup water (less for juicy apples)
- 3/4 cup flour
- 1/2 cup zero calorie brown sugar (such as Swerve)
- 1/2 cup zero calorie granular sugar (such as Lakanto Monkfruit)
- 1 tsp cinnamon
- 1/2 cup light butter, soft but not melted

1. Preheat oven to 350
2. Spray a casserole dish (11x7) with non stick spray.
3. Place sliced apples in casserole dish. Add water
4. In a medium bowl, mix flour, sugars, cinnamon.
5. Add butter and mix with a fork until crumbly
6. Spread topping over the apples.

7. Bake at 350 until the apples are tender and the crust is brown. About 30-45 minutes (mine takes 45)
  8. Serve with whipped cream or ice cream (add points accordingly)
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# Crock Pot Chicken and Dumplings

## Crockpot Chicken and Dumplings



Recipe adapted from Jen over at Embracing Chaos with Jen on YouTube

Serves 6

Blue -7 points

Purple – 7 points

Green – 10 points

- 1 pound boneless, skinless chicken breasts
- 2 cans Healthy Request Cream of Chicken Soup – or homemade – see note below.
- 2 cups chicken broth

- 10 oz frozen mixed vegetables
- 1 small onion, chopped
- 1 tsp poultry seasoning
- 1 tsp parsley
- 1/2 tsp garlic powder
- 2 cups Bisquick Heart Smart baking mix
- 2/3 cup skim milk
- salt and pepper to taste

1. In a 6 quart crock pot, add onions and lay chicken breasts on top
2. In a medium bowl, combine soup, broth, vegetables, parsley, poultry seasoning and garlic powder, pour over chicken. Cook on low for 6 hours.
3. In a medium bowl, mix together Bisquick and milk.
4. Turn crockpot on high. Using a tablespoon, drop spoonfuls of the biscuit mix into the crock pot. Let sit on top. Replace lid and turn to high and let cook for one hour or until dumplings are cooked through.

I am no longer using cream of chicken soup in a can. I make my own from a mix. I used to do it all the time as a young bride and I'm not really sure why I stopped. I think the recipe came out of a church/community cookbook. Here is the recipe for the soup mix. I will also put it on the website by itself!

2 cups non fat dry milk

2 1/2 cups all purpose flour

1/4 cup chicken bouillon powder

1/2 tsp white pepper (black is totally fine if you don't have white!)

1/2 tsp dried thyme

1 tsp dried basil

Mix all ingredients well and store in an airtight container. This recipe makes the equivalent of 9-10 cans of cream soup. Each serving or "can" is 6 points.

To make the soup – place 1/2 cup of mix in a small saucepan and slowly add 1 1/4 cup of water to pan while whisking. Cook over medium heat until thick and bubbly.

You can alter the taste to cream of mushroom, celery or potato by adding the appropriate dried vegetables. You can also chop fresh veggies very fine and saute and add to mix.

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## Potato and Ham Bake

### Potato and Ham Bake



Adapted from Kim at [www.agirlandherphone.net](http://www.agirlandherphone.net)

Serves 6

Blue – 4

Purple – 2

Green – 4

- 1 pound frozen cubed hashbrowns, thawed
- 1 can cream of chicken soup – or one serving of my homemade – see below
- 1/2 cup fat free sour cream (if you use light it adds 1 point)
- 1/2 cup plain, non fat Greek yogurt
- 8 slices Canadian bacon, diced
- 1/8 cup onion, minced fine
- 4 oz Cabot 75% reduced fat cheese, shredded

1. If using homemade soup mix – make 1 recipe worth of soup
  2. In a medium bowl, mix soup, yogurt and sour cream
  3. Stir in hashbrowns, onions, Canadian bacon and most of the cheese.
  4. Pour into a 9×9 baking dish that has been sprayed with non stick spray. Top with the remaining cheese.
  5. Bake at 350 for 30 minutes or until heated through and the cheese has melted.
  6. Cut into 6 servings
  7. Here is the recipe I use for Cream of Chicken Soup  
[https://joanspointedplate.com/cream-of-whatever-soup-mix](https://joanspointedplate.com/cream-of-whatever-soup-mix/)  
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# Chicken and Mushroom Stroganoff

## Chicken Mushroom Stroganoff



Serves 4

Blue – 2

Purple – 2

Green – 4

- 8 oz fresh mushrooms, sliced
- 2 Tbsp light butter
- 1 lb boneless, skinless chicken breasts, pounded thin and sliced into bite size pieces
- 1 tsp paprika
- 1/4 tsp smoked paprika
- 1 tsp dijon mustard
- 1 shallot, thinly sliced
- 3 cloves garlic, thinly sliced
- 1/2 cup non fat Greek yogurt
- 1 cup fat free sour cream
- 1 Tbsp parsley
- 1/2 tsp salt
- 1/4 tsp pepper

1. In a medium bowl, combine chicken, paprika, smoked paprika, salt and pepper.

2. Melt 1 Tbsp of butter in a large pan over medium heat. Add mushrooms and cook stirring occasionally for 5 minutes or until slightly browned. Remove mushrooms to a plate
3. In the same pan, melt the remaining Tbsp of butter and cook chicken 3-4 minutes per side. Add shallot and continue cooking for another 3 minutes
4. Stir in garlic, give it another 30 seconds and return mushrooms back into the pan. Add sour cream along with the dijon mustard, cover with a lid and simmer on a low heat for 5 minutes
5. Sprinkle with the parsley and serve immediately.

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# Turkey, Bacon, Pesto Panini

## Turkey, Bacon, Pesto Panini



Serves 1

Blue – 5

Purple – 5

Green – 7

- 2 slices 647 Bread or any 1 point per slice bread
- 1/4 tsp light butter
- 2 oz zero point deli turkey
- 2 slices center cut bacon or any bacon that is 1 point per slice, cooked
- 1 tsp basil pesto
- tomato slices, optional

1. Butter one side of both slices of bread
2. Place 1 slice butter side down on panini press or grill pan
3. Spread pesto on bread. Top with turkey, bacon and tomato slices. Top with second slice of bread. Cook according to panini press or cook in grill pan, pressing down while cooking

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# Ham and Cheese Stuffed Pretzels

## Ham and Cheese Stuffed Pretzels



Serves 4-your points may differ depending on ingredients/brands. I recommend putting it in the recipe

builder!

Blue – 4

Purple – 4

Green – 5

- 1 cup all purpose flour
- 2 tsp baking soda
- 1/2 tsp salt
- 3/4 cup non fat greek yogurt
- 8 slices deli ham, sliced thin (I use Krakus, it's zero points)
- 4 slices American cheese, sliced thin (I get mine sliced from the deli and ask for "sliced thin" and it is usually .25 oz, so it's 1 point). \*\*shredded cheese does not work well
- 1/2 cup boiling water
- 1 Tbsp baking soda
- 1 tsp light butter, melted
- kosher salt
- mustard for dipping, if desired

1. Preheat air fryer to 325 or oven to 375.
2. In a medium bowl, combine flour, baking powder, salt and greek yogurt. Stir until well mixed. Knead for about 30 seconds to 1 minute. Set aside
3. Take 1 slice of cheese and roll it around two slices of ham. Repeat 4 times. Set aside
4. Divide dough into 4 equal portions.
5. Roll each portion out into a rectangle shape.
6. Place a ham roll up on dough and wrap dough around it. Sealing edges

7. Mix boiling water and baking soda in a shallow bowl.
  8. Dip each dough log into water/baking soda mixture quickly, but coating the entire log.
  9. Brush melted butter on dough log. Sprinkle with kosher salt.
  10. If using air fryer, once it is preheated, line with parchment paper. If you do not have parchment, spray with non stick spray. Cook pretzel log in air fryer for 5-6 minutes, flipping over the last 2 minutes.
  11. If using oven, place on a baking sheet sprayed with non stick spray and cook 12 minutes, turn over and cook an additional 5 minutes. Keep a close eye – times vary. Start checking at 8-10 minutes.
  12. \*\*\*Remember, this is 2 ingredient dough posing as a soft pretzel, so it won't be exactly like one, but still delicious!\*\*
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# Oatmeal Zucchini Muffins

## Oatmeal Zucchini



Makes 12 Muffins

Blue – 1 Muffin = 1 Point, 2 Muffins = 3 Points, 3 Muffins = 4 Points

Purple – 1 point per muffin

Green – 1 Muffin = 2 Points, 2 Muffins = 4 Points, 3 Muffins = 5 Points

- 1 cup zucchini
- 1/2 cup zero point brown sugar substitute (I use Swerve or Surkin Gold)
- 1/2 cup zero point granulated sugar substitute (I use Lakanto Monfruit)
- 4 oz unsweetened applesauce
- 2 eggs
- 1 tsp vanilla extract
- 1 cup flour
- 1/2 cup quick cook or old fashioned oats
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon

1. Preheat oven to 350. Spray a 12 cup muffin tin with non stick spray
2. In a medium bowl, stir together zucchini, brown sugar, granulated sugar, applesauce, eggs and vanilla. Set aside
3. In a small bowl, combine flour, oats, baking powder, baking soda, salt and cinnamon. Stir until well combined
4. Add the dry ingredients to the wet ingredients and stir until combined.
5. Fill each muffin cup 2/3 full. I use [this scoop](#) to fill the cups – soooo easy!

6. Bake for 20-23 minutes or until a toothpick inserted in the center comes out clean – do not overbake.
  7. Cool in the pan for 10 minutes and remove to a wire rack to cool completely. Consume within 2-3 days or freeze.
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# Chicken Fingers

## Chicken Fingers



Serves 4

Blue – 4 points

Purple – 4 points

Green – 6 points

- 1 lb boneless, skinless chicken breast
- 1/4 cup lowfat buttermilk (you can make your own by adding 1 1/4 tsp of white vinegar to 1/4 cup of 1% milk- this is what I do!)
- 2 Tbsp grated parmesan cheese (I grate mine fresh)
- 1 cup panko bread crumbs
- 1 tsp garlic powder
- 1 tsp dried parsley

- 1/2 tsp dried basil
- olive oil spray

1. Cut each chicken breast into 3 strips
2. Place chicken in bowl and pour buttermilk over, mix around to coat. If you feel you need more buttermilk, you can add it. This is just a marinade, so we will be pouring it off, not consuming it, so there should be no added points
3. Let marinade at least 30 minutes, but can do up to 24 hours
4. In a shallow bowl (I use a pie plate) mix bread crumbs and seasonings
5. Dip chicken fingers in breadcrumb mixture to coat. Lay on a cookie sheet that has been sprayed with non stick spray OR on prepared air fryer basket/tray.
6. When all the fingers are ready, give them a light mist with some olive oil spray.
7. To cook in the oven – cook for 20-25 minutes at 350 or until golden brown and cooked through. To cook in air fryer – cook for 15 minutes at 325 or until golden brown and cooked through (your air fryer may vary!)
8. Serve with your favorite dipping sauce. We like my homemade [honey mustard](#) (click link)
9. Check out my Amazon store for all the tools I use in my kitchen! [Joan's Pointed Plate Amazon Store](#)

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# Chicken Alfredo Pizza

## Chicken Alfredo Pizza



Serves 4

Blue – 6

Purple – 6

Green – 8

### Dough

- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp yeast
- 1/4 cup non fat greek yogurt
- 1/4-1/2 cup water

### Pizza

- 1 cup diced or shredded chicken
- 1/2 cup light Alfredo sauce (such as Classico or Prego)
- 1/4 tsp garlic powder
- 1/4 tsp Italian seasoning
- 1/2 cup baby spinach leaves
- 1 cup part skim shredded mozzarella cheese

## **Dough**

1. In a large bowl, combine flour, yeast, salt and baking powder. Stir
2. Add greek yogurt and stir.
3. Add water, starting with a few tablespoons and stir – add more water until the dough comes together in a ball. Knead for about a minute.
4. Let dough rise in a warm place for about 30 minutes.
5. After dough rises, spray a cookie sheet or pizza pan with non stick spray
6. Roll dough out on pan.
7. Bake at 400 for 8 minutes. Set aside

## **Pizza**

1. Spread Alfredo sauce on partially cooked crust
2. Sprinkle garlic powder and Italian seasoning over sauce
3. Top with chicken – spreading out evenly
4. Sprinkle spinach leaves on top of chicken
5. Top with cheese.
6. Bake an additional 12 minutes.