Snickerdoodle Waffles

Snickerdoodle Waffles

Serves 1
Blue – 3 points
Purple – 3 points
Green – 5 points

- 1/3 cup Birch Benders Protein Pancake and Waffle Mix or the equivalent,Kodiak, etc
- 1 egg
- 1/4 cup unsweetened almond milk
- 1 tsp vanilla extract
- ½ tsp baking powder
- 1 Tbsp cinnamon (divided)
- 2 tsp zero calorie sweetener

1. In a bowl mix pancake mix, baking powder, 1 tsp of cinnamon, egg, almond milk and vanilla.
2. In a separate small bowl mix remaining 2 tsp of cinnamon with sweetener. Set aside.
3. Spray a waffle maker (I use a mini dash) with non-stick spray.
4. Add mix, sprinkle with cinnamon/sugar mixture and cook according to waffle maker directions.
5. Repeat with remaining batter.

Ham (or Sausage) Egg Boats

Ham (or Sausage) and Egg Boats

Serves 4
Blue – 6 points with Canadian Bacon/7 points with Jones Chicken Sausage
Purple – 6 points with Canadian Bacon/7 points with Jones Chicken Sausage
Green – 10 points with Canadian Bacon/11 points with Jones Chicken Sausage
If you use different brands/ingredients, make sure to put your recipe in the recipe builder to calculate any point differences

- 4 club size rolls (I use Amoroso's Club Rolls)
- 8 eggs
- ¼ cup fat free half and half
- 4 oz Cabot 75% reduced fat cheese (shredded)
- 8 slices Canadian bacon diced or 8 links Jones Chicken Sausage. sliced
- 3 green onions (thinly sliced, optional)
- Sauteed veggies of your choice (optional)
- Salt and pepper to taste

1. Preheat oven to 350.
2. Cut and pull out the inside of each club roll, leaving a ½ inch shell. Set aside

3. In a large bowl, beat eggs with half and half, season with salt and pepper. Add in meat, cheese, and any veggies you are using.
4. Evenly divide the mixture into each “boat”. Place boats on a baking sheet.
5. Bake for 25-30 minutes or until eggs are cooked and set in the center.
6. Let cool 10 minutes. Serve.

Breakfast Wafflewich

Breakfast Wafflewich

Serves 1

Blue – 3 points

Purple – 3 points

Green – 6 Points

- 1/4 cup self rising flour
- 3 Tbsp non fat plain Greek yogurt
- 1 egg, beaten and cooked
- 1 slice Canadian bacon, diced
- 2 Tbsp shredded fat free cheese
- any extra add-ins – mushrooms, onions, peppers, etc,

optional

1. Heat waffle maker and spray with non stick spray
2. Combine self rising flour and yogurt. Mix well, then knead a few times. Divide in half
3. Take a piece of parchment paper and spray it with non stick spray.
4. Roll out half of the dough into a circle, about 4-5 inches. Place on waffle maker
5. Add eggs, Canadian bacon, cheese and any extras on top of dough.
6. Roll out second piece of dough, place on top of egg mixture.
7. Close lid and give a squeeze. Let cook about 5 minutes.
8. Flip waffle over and let cook an additional 3-5 minutes. Let cool a few minutes and enjoy!

Air Fryer Beignets….Not Really!

Air Fryer Beignets…Not Really, But good anyway!



Makes 13

Blue – 1=1, 2=1, 3=2, 4=2, 5=3

Purple – 1=1, 1=1, 2=1, 3=2, 4=2, 5=3

Green – 1=1, 2=1, 3=2, 4=3, 5=3

Green –

- 1/2 cup all purpose flour
- 1/4 cup zero calorie sugar (I use Lakanto Monkfruit Classic)
- 1/8 cup water
- 1 egg, separated
- 1 1/2 tsp melted light butter
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- 1 pinch
- 2 Tbsp zero point confectioners' sugar

1. Preheat air fryer to 370 degrees F. Spray a silicone egg-bite mold with nonstick cooking spray.
2. Mix flour, sugar, water, egg yolk, butter, baking powder, vanilla extract, and salt together in a large bowl. Stir to combine.
3. Beat egg white in a small bowl using an electric hand mixer on medium speed until soft peaks form. Fold into batter. Add batter to the prepared mold using a small hinged ice cream scoop.

4. Place filled silicone mold into the basket of the air fryer.
5. Fry in the preheated air fryer for 7 minutes. Remove mold from the basket carefully;pop beignets out and flip over onto a parchment paper round.
6. Place parchment round with beignets back in the air fryer basket. Cook for an additional 2-3 minutes. Remove beignets from the air fryer basket and dust with confectioners' sugar.

Taco Cups

Taco Cups

Serves 24

Blue, Purple and Green – 1 point each

Dough Cups

- 1 cup self rising flour
- 3/4 cup Fat Free Greek Yogurt

Filling

- 8 ounces cooked taco meat (I use 96% lean ground beef)
- 1 ounce reduced fat Mexican style shredded cheese
- lettuce, finely chopped
- tomato, finely chopped (I used grape tomatoes, it's easier to chop them very small)
- 1/8 cup taco sauce
- 2 Tbsp sour cream

Dough Cups

1. Preheat oven to 400.
2. Mix flour and Greek yogurt together until a dough forms. Knead about 20 seconds.
3. Weigh out dough ball and divide into 24 equal portions
4. Spray a mini muffin pan with non stick spray
5. Roll portioned dough into balls and place in muffin tin. Work dough down on bottom and up the sides to form a cup.
6. Bake at 400 for 7 minutes.

Filling

1. After par baking the cups, add about a teaspoon of taco meat to each cup, then a sprinkling of cheese.

2. Return them to the oven and bake 10-12 minutes or until golden and the cheese is melted.

3. Let them cool about 5 minutes.

4. Top with lettuce, tomato, taco sauce and sour cream. Serve immediately.

Buffalo Chicken Cups

Buffalo Chicken Cups

Serves 24

Blue – 1=1 point, 2=2 points, 3=2 points, 4=3 points, 5=4 points

Purple – 1=1 point, 2=2 points, 3=2 points, 4=3 points, 5=4 points

Green – 1 point each

Dough Cups

- 1 cup self rising flour
- 3/4 cup Fat Free Greek Yogurt

Filling

- 1 1/4 cups shredded, cooked chicken breast
- 3 Tbsp Buffalo sauce
- 1 1/2 ounces reduced fat cream cheese
- 2 Tbsp Greek yogurt
- 1 1/2 ounces Cabot 75% reduced fat cheese or another other reduced fat cheddar
- 1/8 cup fat-free or reduced fat blue cheese or ranch dressing

Dough Cups

1. Preheat oven to 400.
2. Mix flour and Greek yogurt together until a dough forms. Knead about 20 seconds.
3. Weigh out dough ball and divide into 24 equal portions
4. Spray a mini muffin pan with non stick spray
5. Roll portioned dough into balls and place in muffin tin. Work dough down on bottom and up the sides to form a cup.
6. Bake at 400 for 7 minutes.

Filling

1. While dough cups are baking, start on filling
2. In a bowl, mix cream cheese and 2 Tbsp Greek yogurt. Add in hot sauce and chicken. Mix well.
3. Spoon about 1 tablespoon of filling into each dough cup.
4. Top with a very small amount of shredded cheese.
5. Return to oven and bake 10-12 minutes more until golden brown and cheese is melted
6. Remove from oven and cool 5 minutes. Top each with a little less than 1/4 tsp of fat-free or reduced fat blue cheese or ranch dressing. Serve immediately

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Ham Loaf

Ham Loaf

Serves 6

Blue – 5 points

Purple – 5 points

Green – 6 points

- 1 1/2 pounds ham loaf mix (or 12 oz ground ham and 8 oz ground pork)
- 1/2 cup bread crumbs
- 2 eggs
- 1 1/2 tsp dry mustard
- 1 tsp salt, optional
- 1/4 cup zero calorie brown sugar substitute (I use Swerve or Sukin Gold)
- 2 tsp vinegar
- 8 oz crushed pineapple, drained

1. Preheat oven to 325.
2. Combine ham loaf mix, bread crumbs, eggs, dry mustard and salt. Place in loaf pan
3. Mix brown sugar, vinegar and pineapple. If too dry add 1 Tbsp water
4. Spread over hamloaf

5. Bake at 325 for 1 hour

Manhattan Clam Chowder (Crock Pot)

Manhattan Clam Chowder (Crock Pot)

Serves 8

Blue – 2

Purple – 0

Green – 4

- 4 slices center cut bacon
- 1 large onion, chopped
- 2 carrots, thinly sliced
- 3 ribs celery, sliced
- 1 Tbsp dried parsley
- 28 oz canned petite diced tomatoes
- 1/2 tsp salt
- 18-24 oz canned clams, with liquid
- 2 whole peppercorns
- 1 bay leaf

- 1 1/2 tsp dried crushed thyme
- 1 pound potatoes, peeled and cubed

1. Combine all ingredients in a slow cooker
2. Cover and cook on low 8-10 hours

Creamy Honey Mustard Chicken

Creamy Honey Mustard Chicken

Serves 4

Blue – 4 points

Purple – 4 points

Green – 6 points

- 1 pound (4 breasts) boneless, skinless chicken breasts, pounded down a bit
- 2 Tbsp honey
- 2 Tbsp dijon mustard
- 3 Tbsp fat free sour cream
- 3 Tbsp fat free half and half
- 3 thyme springs – leaves finely chopped OR 1 1/2 tsp

dried thyme
- 3/4 cup chicken broth
- 1 Tbsp cornstarch
- 2 Tbsp light butter
- 3/4 tsp salt, divided
- 1/4 tsp pepper
- 2 Tbsp parsley

1. Combine honey, dijon, 1/2 tsp salt and 1/4 tsp pepper in a large zipper bag. Place chicken in bag, seal and toss to coat chicken. Let marinade at least 15 minutes.

2. Melt butter in a skillet over medium heat. Add chicken and cook for 7-8 minutes on each side until nice and brown. Reserve marinade. Transfer chicken to a plate.

3. In a small bowl, dissolve the cornstarch in 3 Tbsp of chicken broth

4. To the pan, add in remaining chicken broth, thyme, sour cream, half and half, cornstarch mixture, remaining marinade** (see note below) and 1/4 tsp of salt. Stir well, scraping bottom to release the brown bits on the bottom of the pan.

5. Add chicken back to pan and cook until chicken has reached 165 degrees internal temperature and the sauce has thickened.

6. Sprinkle with parsley and serve.

NOTE: Cooking the marinade in the skillet will kill off any bacteria from the raw chicken.

Chicken Corn Chowder (Crock Pot)

Chicken Corn Chowder (Crock Pot)



Serves 4, easily doubled

Blue – 5 points per serving

Purple – 3 points per serving

Green – 10 points per serving

- 4 slices center cut bacon
- 1/2 cup onions, chopped fine
- 2 cups potatoes, peeled and diced
- 20 oz frozen corn
- 1 cup canned cream-style corn
- 1 Tbsp sugar
- 1 tsp Worcestershire sauce
- 1 tsp seasoned salt
- 1/4 tsp pepper
- 1 cup water
- 12 oz cooked, shredded chicken breast

1. In a skillet, cook bacon until crisp. Remove bacon, reserve drippings

2. Add onion and potatoes to skillet and saute for 5 minutes. Drain well.
3. Combine all ingredients, except cooked chicken in slow cooker, mix well.
4. Cover and cook on low 5-6 hours. Add chicken, cook an additional hour for a total of 6-7 hours.