

Peanut Butter Sheetpan Pancakes

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Based on my other sheetpan pancakes, but got the Peanut Butter Idea from Kim at A Girl and Her Phone on YouTube. Serves 6 at 7 FSP per serving or Serves 8 at 5 FSP per serving

- 3 cups Kodiak or Birch Benders Peanut Butter Pancake Mix
- 2 1/2 cups Unsweetened Almond Milk
- 2 tsp baking powder
- 2 tsp vanilla extract
- 60 Lily's Chocolate Chips

1. Preheat oven to 350. Spray a 15X10 inch cookie sheet with sides (jelly roll pan) with non stick spray.
 2. Mix all ingredients except chocolate chips pour into pan. Sprinkle chips on top and push down into the batter.
 3. Bake 20 minutes. Serve warm (or reheated if using for meal prep) with syrup and a squirt of Redi Whip!
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Lemon Garlic Salmon

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Serves 4, 1 FSP per serving

- 24 oz salmon filet (or whatever size you want to use to feed 4)
- 2 lemons, sliced
- 2 Tbsp light butter, melted
- 2 garlic cloves, minced
- 2 Tbsp chopped fresh parsley
- salt and pepper to taste

1. Preheat oven to 400.
2. Line a baking sheet with a double layer of foil, with overhang.
3. Arrange lemon slices on the baking sheet and place the salmon on top. Drizzle the melted butter over the salmon and sprinkle with the garlic. Season with salt and pepper to taste.
4. Fold the foil over the salmon to create an airtight pouch. Bake the salmon until it is cooked through, about 10-15 minutes.
5. Serve immediately topped with the parsley or store in the refrigerator for up to 3 days.

Hummingbird Cake Overnight Oats

Hummingbird Cake Overnight Oats

Adapted from Cupcakes and Kale Chips

Serves 2, 6 FSP per serving

- 1 small overripe banana, mashed
- 1 cup unsweetened almond milk
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- 3/4 cup old fashioned rolled oats
- 1 Tbsp chia seeds
- 1/2 cup chopped pineapple, fresh or canned
- sweetener of choice

1. In a bowl, stir together the mashed banana (I'm allergic to raw bananas, so I'm leaving this out of mine!), almond milk, cinnamon and vanilla.
2. Add the oats, chia seeds, pineapple and pecans and stir together until evenly distributed. Sweeten to taste, if desired
3. Divide into two containers, cover and store in the refrigerator overnight
4. Before serving, stir in additional milk to achieve

desired consistency. Garnish with additional pineapple if desired.

Pumpkin Pancakes

Pumpkin Pancakes

Serves 1, 4 FSP per serving

- 1/3 cup Kodiak Pumpkin Flax Flapjack Mix
- 1 egg
- 1 tsp baking powder
- 3 Tbsp unsweetened almond milk
- 1-2 Tbsp pure pumpkin puree
- 1 tsp pumpkin pie spice

1. In a medium mixing bowl, mix all ingredients together until well combined.
2. Spray a frying pan or griddle with non stick spray.
3. Cook pancakes until golden.

Chicken and Potatoes in Creamy Garlic Parmesan Sauce

Chicken and Potatoes in Creamy Garlic Parmesan Sauce

Serves 6, 5 FSP per serving

Adapted from [Damn Delicious.com](http://DamnDelicious.com)

- 6 boneless, skinless chicken breasts
- 1 Tbsp Italian seasoning
- salt and pepper, to taste
- 5 Tbsp light butter, divided
- 3 cups baby spinach, roughly chopped
- 1 lb baby potatoes, halved and par boiled for about 7 minutes
- 2 Tbsp chopped fresh parsley, optional
- 4 cloves garlic, minced
- 2 Tbsp flour
- 1 cup fat free chicken broth, more as needed
- 1 tsp dried thyme
- 1/2 tsp dried basil
- 1/2 cup fat free half and half
- 1/2 cup freshly grated Parmesan

1. Preheat oven to 400. Spray a 9X13 baking dish with non stick spray.

2. Season chicken with Italian seasoning and salt and pepper to taste.
3. Melt 1 Tbsp butter in a large skillet over medium high heat. Add chicken and sear both sides until golden brown – about 2-3 minutes per side. Remove from pan
4. In the same pan, melt 1 more tablespoon of butter. Stir in spinach and cook, stirring occasionally, until it begins to wilt, about 2 minutes. Set aside
5. To make the garlic parmesan sauce, melt remaining 3 Tbsp butter in the skillet over medium heat. Add garlic and cook stirring frequently, until fragrant, about 1 minute. Whisk in flour until lightly browned, about 1 minute.
6. Gradually whisk in chicken broth, thyme and basil. Cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in half and half and parmesan until slightly thickened, about 1-2 minutes. If the mixture is too thick, add more chicken broth as needed, season with salt and pepper to taste.
7. Place chicken in a single layer into the prepared baking dish. Top with potatoes, spinach and cream sauce. Cover with foil.
8. Place into oven and roast until completely cooked through, reaching an internal temperature of 165 degrees, about 25-30 minutes. Check potatoes with a thin blade knife for doneness.
9. Serve immediately, garnished with parsley if desired

Breakfast Lasagna

Breakfast Lasagna



Soooo delicious! Makes 4 servings at 5 FSP per serving

- 5 cups shredded hash browns, thawed
- 1/2 tsp olive oil
- salt and pepper or preferred seasoning, to taste (I like Trader Joe's Onion Salt)
- 12 eggs, beaten
- 6 oz Cabot 75 cheddar cheese, shredded
- 9 slices Canadian bacon, diced

1. Preheat oven to 350
2. Spray an 8X8 baking dish with non stick spray
3. In a large skillet, heat olive oil. Add hash browns and cook until golden brown and crispy, about 12-14 minutes. Set aside
4. In the same skillet, cook eggs until JUST SET. Season generously with salt and pepper. Do not cook all the way, just until they are no longer liquidy
5. In the baking dish, layer 1/3 of the hash browns, 1/3 of the eggs, 1/3 of the Canadian bacon and 1/3 of the cheese. Repeat layers 2 more times.

6. Bake for 12 minutes. Cut into 4 servings and serve immediately
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Mashed Potatoes

Mashed Potatoes

Serves 4-6, 3-5 FSP depending on number of servings. Weight or measure entire amount and divide by 4-6 to get serving size

- 1 1/2 lbs potatoes, washed, peeled and cubed (weighed after peeling)
- 1 Tbsp light butter
- 1/4 cup 1% milk
- salt and pepper to taste

1. Wash, peel, cube potatoes
2. Put in pot, cover with water
3. Bring to a boil, reduce heat and cook until tender
4. Drain. Add butter, and mix with an electric mixer.
5. Add salt, pepper and milk, mix until creamy.
6. Weigh or measure entire amount and divide by 4 or 6 to get proper serving size.

Cheddar Garlic Biscuits

Cheddar Garlic Biscuits

Serves 8, 2 FSP each

- 1 cup self rising flour **
- 1/2 tsp baking powder
- 3/4 cup fat free Greek yogurt
- 1 tsp garlic powder
- 1 tsp dried parsley flakes
- 1/2 cup fat free cheddar cheese
- 1 Tbsp light butter, melted

1. Preheat oven to 400 degrees.
2. In a medium mixing bowl, stir together flour, baking powder, yogurt, garlic powder, parsley, cheddar cheese.
3. When well combined, knead for about 1 minute
4. Drop by equal spoonfulls on a baking sheet lined with parchment paper or a slipat mat, making 8 biscuits. Smooth the tops.
5. Bake for about 12 minutes until golden brown. Ovens vary...
6. Brush tops with melted butter.

Creamy Swiss Chicken

Creamy Swiss Chicken

Adapted from Lil Luna

Serves 4, 6 FSP per serving

- 4 boneless, skinless chicken breasts
- 4 slices Sargento Ultra Thin Swiss Cheese
- 1/4 cup light mayo
- 1/4 cup fat free Greek yogurt
- 1/2 cup fat free sour cream
- 3/4 cup grated parmesan cheese, divided
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp garlic powder

1. Preheat oven to 375
2. Pat chicken dry and place in a greased 9×13 baking dish
3. Add sliced cheese on top of chicken
4. In a bowl, mix mayo, yogurt, sour cream, 1/2 cup parmesan cheese, salt, pepper, and garlic powder. Spread this over chicken and sprinkle with remaining parmesan cheese.
5. Bake for 1 hour. Delicious served over rice.

Banana Bread Pancake Muffins

Banana Bread Pancake Muffins

Makes 9 muffins, 1 point for 1, 2 points for 2, 4 points for 3

- 2 very ripe bananas, mashed
- 1/2 cup Birch Benders Protein Pancake Mix
- 2 eggs
- 1/4 cup almond milk
- 2 Tbsp non fat plain Greek yogurt
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 oz chopped walnuts

1. Preheat oven to 350
2. In a large mixing bowl, mash bananas with an electric mixer. Add in the rest of the ingredients and mix well.
3. Spray a standard size muffin pan with non stick spray. Divide batter evenly between muffin cups.
4. Bake for about 16 minutes or until a toothpick inserted in the center comes out clean.

5. Cool on wire rack. Refrigerate leftovers.