

# Roasted Apple Salad with Spicy Maple Apple Cider Vinaigrette

DECEMBER 2021

**Prep: 15 min.**

**Bake: 20 min. + cooling**

**Makes 8 servings**



## **Nutritional Facts:**

1 cup: 191 calories, 13g fat (3g saturated fat), 9mg cholesterol, 240mg sodium, 17g carbohydrate (12g sugars, 3g fiber), 3g protein. Diabetic Exchanges: 2 fat, 1 vegetable, 1/2 fruit.

## Ingredients

### **Dressing:**

2 tbsp apple cider vinegar

2 tbsp olive oil

1 tbsp maple syrup

1 tsp sriracha chili sauce

1/2 tsp salt

1/4 tsp pepper

### **Salad:**

4 medium firm apples (quartered)

2 tbsp olive oil

1 package (5 oz) spring mix salad greens

4 pitted dates (quartered)

1 log (4 oz) fresh goat cheese (crumbled)

1/2 cup chopped pecans (toasted)

## Directions

1. Preheat oven to 375°. Use a foil-lined 15x10" baking sheet. Drizzle with olive oil & toss. Roast 20-30 minutes or until tender. Let cool completely.
2. Use a small bowl to whisk together salad dressing ingredients until blended fully.
3. In a large bowl combine salad greens and dates. Drizzle dressing over salad to coat then toss.
4. Divide salad on to plates and to with goat cheese, roasted apples and pecans. Serve immediately.

# Horseradish-Encrusted Beef Tenderloin

DECEMBER 2021

**Prep: 35 min. + cooling**  
**Bake: 45 min. + cooling**  
**Makes 8 servings**



## **Nutritional Facts:**

5 ounces cooked beef: 268 calories, 11g fat (4g saturated fat), 75mg cholesterol, 119mg sodium, 4g carbohydrate (1g sugars, 1g fiber), 37g protein. Diabetic exchanges: 5 lean meat.

## Ingredients

1 whole garlic bulb  
1 tsp olive oil  
1/3 cup prepared horseradish  
1/4 tsp salt  
1/4 tsp dried basil  
1/4 tsp dried thyme  
1/4 tsp pepper  
1/3 cup soft bread crumbs  
1 beef tenderloin roast 3 lbs

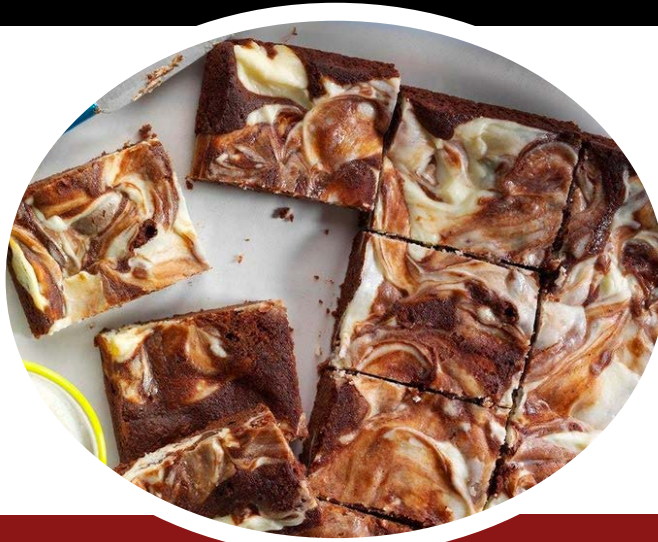
## Directions

1. Pre-heat oven to 425°. Remove outer skin from garlic bulb (keep whole, do not peel or separate cloves). Cut off top of garlic bulb, brush with olive oil. Then wrap in heavy duty tin foil. Bake until softened (about 30-35 minutes) and let cool for 10-15 minutes
2. Lower oven to 400°.
3. Squeeze softened garlic into small bowl and stir horseradish, salt, basil, thyme and pepper. Add bread crumbs once mixed and then toss. Spread over the top of the tenderloin and place in large shallow roasting pan.
4. Bake until meat reaches desired doneness (135°; medium, 140°; medium-well, 145°). Wait 10 minutes before slicing.

# Cream Cheese Swirl Brownies

DECEMBER 2021

**Prep: 20 min.**  
**Bake: 25 min.**  
**Makes 1 dozen**



## **Nutritional Facts:**

1 brownie: 172 calories, 8g fat (5g saturated fat), 36mg cholesterol, 145mg sodium, 23g carbohydrate (18g sugars, 0 fiber), 4g protein. Diabetic Exchanges: 1-1/2 starch, 1-1/2 fat.

## Ingredients

3 large eggs, room temperature,  
6 tablespoons reduced-fat butter,  
softened  
1 cup sugar  
3 tsp vanilla extract  
1/2 cup all-purpose flour  
1/4 cup baking cocoa  
1 package (8 oz) reduced fat cream  
cheese

## Directions

1. Pre-heat oven to 350°. Separate 2 eggs and put each white in a separate bowl. Discard egg yolks and set egg whites aside.
2. In a small bowl, beat butter and 3/4 cup sugar until mixed. Beat in remaining whole egg, 1 egg white, and vanilla until well combined.
3. Combine flour and cocoa then gradually add to egg mixture until blended. Pour into 9" square glass baking pan coated with cooking spray and set aside.
4. In a small bowl, beat cream cheese and 1/4 cup sugar until smooth. Beat in 2nd egg white. Drop large spoonfuls over batter and use knife to cut and swirl.
5. Bake 25-30 minutes or until set. Let cool.

*before cutting into pieces.*

# Healthy Gluten Free Sugar Free Carrot Cake

DECEMBER 2021

\*BONUS RECIPE\*

**Prep: 1 hour**  
**Bake: 40 min.**  
**Total Time: 2 hours 10 min.**  
**Makes 16 servings**



## Nutritional Facts:

Calories: 169kcal (8%) Carbohydrates: 13.1g (4%) Protein: 8.9g (18%) Fat: 12g (18%) Saturated Fat: 5.1g (32%) Polyunsaturated Fat: 1.8g Monounsaturated Fat: 4.3g Cholesterol: 116mg (39%) Sodium: 341mg (15%) Potassium: 248mg (7%) Fiber: 7g (29%) Sugar: 4.7g (5%) Vitamin A: 3555IU (71%) Vitamin C: 2.3mg (3%) Calcium: 69mg (7%) Iron: 0.7mg (4%)

## Ingredients

### Cake:

1 1/4 cups + 2 tbsp coconut flour (sifted)  
4 1/2 tsp cinnamon  
1 tsp baking soda  
1 tsp baking powder  
1 tsp salt  
1/2 tsp ground nutmeg  
9 large eggs  
1 cup + 2 tbsp erythritol sweetener (ex. Swerve)  
1/2 cup + 2 tbsp plain not-fat Greek yogurt  
2 tsp vanilla extract  
4 cups carrot (grated about 7 large carrots)  
3/4 cup pecans (diced)  
1/2 cup unsweetened coconut flakes

### Frosting:

12 oz light cream cheese at room temperature  
3/4 cup plain not-fat Greek yogurt  
3 tsp vanilla extract  
1 1/2 cup powdered erythritol sweetener (ex. Swerve)

## Cake Directions

1. Pre-heat oven to 350°. Line two 8 inch cake pans with parchment paper, spraying both exposed sides with cooking spray and set aside.
2. Mix coconut flour, cinnamon, baking soda, baking powder, salt, and nutmeg in a medium bowl.
3. In a separate large bowl, use an electric mixer to beat eggs, sweetener, Greek yogurt, and vanilla until combined. Stir in coconut flour mixture and stir until combined.
4. Gently fold carrots, pecans, and coconut flakes until combined. Once combined let the mixture sit 10 minutes to thicken.
5. Divide batter evenly between 2 pans. Bake about 35-40 minutes until sides are browned and a toothpick comes out clean from the center. Let the cake cool completely before frosting.



# Healthy Gluten Free Sugar Free Carrot Cake Continued

DECEMBER 2021

\*BONUS RECIPE\*

**Prep: 1 hour**  
**Bake: 40 min.**  
**Total Time: 2 hours 10 min.**  
**Makes 16 servings**



## **Nutritional Facts:**

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Monounsaturated Fat: 4.3g Cholesterol:  
116mg (39%) Sodium: 341mg (15%)  
Potassium: 248mg (7%) Fiber: 7g (29%)  
Sugar: 4.7g (5%) Vitamin A: 3555IU (71%)  
Vitamin C: 2.3mg (3%) Calcium: 69mg  
(7%) Iron: 0.7mg (4%)

## Frosting Directions

1. In a large bowl, beat together cream cheese and Greek yogurt using an electric mixer on a high speed until fluffy. Add in the vanilla and beat until combined.
2. Slowly add in powdered sweetener and mix on a low speed until well combined. Once combined mix on a high speed for 2-3 minutes until frosting is fluffy.
3. Frost the cake once the cake has completely cooled. Once cake has cooled frost then let it chill for at least 1 hour before serving.

# Grocery Shopping List

DECEMBER 2021

- Apple Cider Vinegar
- Olive Oil
- Maple Syrup
- Sriracha Chili Sauce
- Salt
- Pepper
- 4 Medium Sized Firm Apples
- 4 Pitted Dates
- 4 oz Goat Cheese
- Toasted Pecans
- 1 Garlic Bulb
- Olive Oil
- Prepared Horseraddish
- Salt
- Dried Basil
- Died Thyme
- Pepper
- Soft Bread Crumbs
- 3 lbs Beef Tenderloin

- 3 Large Eggs
- 1 Stick Reduced-Fat Butter
- Sugar
- Vanilla
- All Purpose Baking Flour
- Baking Cocoa
- 1 Package Reduced-Fat Cream Cheese

