

DESSERTS & MARINADES & DRESSINGS
RECIPES

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DESSERTS

Apple Cinnamon Bread Pudding

(SS CC)

Serves 8

6 slices 9-grain bread
1 cup unsweetened applesauce
½ cup slivered almonds
4 large eggs, beaten
2 cups low-fat milk
¾ cup brown sugar
2 TBSP cinnamon
2 TBSP vanilla extract
1 apple, chopped
2 TBSP canola oil

Preheat oven to 350 degrees. Lightly spray an 8" square baking pan with cooking spray. Break bread into small pieces and place in baking dish. Mix applesauce and oil, and drizzle over bread. Sprinkle with almonds. In a medium bowl, combine eggs, milk, sugar, cinnamon and vanilla. Beat until well mixed. Add chopped apple and egg mixture to bread and lightly push down with a fork until bread is covered and soaking up egg mixture. Bake for 45 minutes or until golden brown.

*Before baking, you can sprinkle a mixture of cinnamon and stevia (or Splenda) over the top.

Black Cherry Berry Shake

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Vanilla
½ cup cherries, without pits
½ cup blackberries
½ cup water or low fat milk

Add ice (more ice for a thicker shake) with all ingredients and blend until creamy.

Blackberry Creamsicle Shake

(FS, RR, SS, CC, P2)

Serves 1

2 scoops TLS Nutrition Shake — Vanilla
1 cup blackberries
1 cup unsweetened almond or rice milk

Blend all with ice until creamy.

Blueberry Cheesecake

(RR, SS, CC)

Serves 4

¼ cup pecans
¼ cup almonds
1 TBSP orange rind
¾ cup blueberries
1 cup part skim ricotta cheese
½ oz. pure honey
¾ cup strawberries

Line 4 cupcake tin cups with plastic wrap. Place ricotta, honey, and orange rind in a bowl and mash with a fork. Combine two-thirds of the blueberries with the ricotta mixture and divide between muffin tins. Firmly press in and smooth the surface. Sprinkle nuts on top. Smooth out with the back of a spoon and press the nuts into the mixture. Refrigerate 1 hour to form and chill. To serve, invert onto a plate and peel away plastic wrap. Top each cake with a sliced strawberry and serve with remaining blueberries.

Blueberry Oat Bran muffins

(SS, CC)

Serves 6

½ cup plain yogurt
1 cup almond flour
1 TBSP orange zest
2 TBSP vanilla extract
¼ cup fructose
¼ tsp salt
1 cup blueberries
2 oz. cinnamon
2 TBSP sunflower oil
½ oz. flax seeds
2 scoops TLS Nutrition Shake — Chocolate

Preheat oven to 350 degrees. Combine dry ingredients and mix well. In a separate bowl, combine wet ingredients and mix well. Combine wet and dry ingredients, except blueberries, and once all combined, fold in blueberries. Spoon into a no-stick muffin pan. For 12 muffins, bake 20-25 minutes or until a toothpick comes out clean and tops are golden brown. For 6 large muffins, double cook time to about 40 minutes. Allow the muffins to cool for 5 minutes after you remove them from the muffin pan.

Chickpea Chocolate Chip Cookies

(SS, CC)

Serves 25

2 eggs
¾ TBSP butter
2 cups 60% or more dark chocolate chips
1 cup raw agave syrup
¼ TBSP salt
2 ½ cup whole grain flour
¾ cup old fashioned rolled oats, uncooked
2 tsp vanilla extract

Drain, rinse and smash chickpeas in a small brown and combine ingredients. Combine all ingredients and mix well. Preheat oven to 350 degrees and spray cookie sheet. Bake 11-13 minutes.

Chocolate Ice Cream

(RR, SS, CC)

Serves 4

2 Scoops TLS Nutrition Shake or 2 packets of
TLS Whey protein Shake
5 cups egg yolks
3 cups half and half
2 cups grated unsweetened chocolate
¼ TBSP salt
10 TBSP agave nectar

In a saucepan, warm the agave syrup with the unsweetened chocolate over the lowest heat possible, stirring constantly, until the chocolate is melted. Remove from heat and transfer mixtures into a large bowl, and then set aside. In a medium saucepan, add 1 ½ cups half and half and whisk in the shake mix. Cook over moderate heat until the mixture begins to bubble; then simmer for 30 seconds whisking to break up any clumps. Remove from heat and add mixture to agave mixture. Stir them together then set a mesh strainer over the top. Add remaining half and half to the saucepan with a pinch of salt, when warm slowly pour the warm half and half into the yolks whisking constantly. Then pour warmed yolks back into the saucepan. Cook, stirring constantly over medium-high heat until mix becomes steamy and thickens. Pour mixture through the strainer into the chocolate mixture. Stir, and then cook for a few minutes until tepid. Once it's not very hot, which the mix in a blender for 10 seconds until smooth and velvety. Chill thoroughly in the freezer. Makes 1 quart.

Chocolate Shortbread Cookies

(SS, CC)

Serves 8

½ cup chocolate TLS nutrition shake
3 TBSP agave nectar
1 tsp vanilla extract
¾ cup coconut oil
2 cups whole wheat flour
¼ TBSP salt

Stir together flour, shake mix and salt. Combine melted coconut oil, vanilla and agave. Pour over dry ingredients. In parchment paper, roll up the cookie dough into a log about 2 – 2 ½ inches in diameter. Put in the refrigerator for about 1 hour or until hardened enough to cut easily. Preheat oven to 425 and spray a cookie sheet with cooking spray. Cut your cookie log into ¼ inch slices and set on cookie sheet. Bake for 10 minutes. The cookies should be firm and set when done.

Coconut Macaroons

(RR, SS, CC)

Serves 8

2 tsp unsweetened cocoa powder
1 TBSP vegetable oil
1 tsp vanilla extract
2 cups shredded coconut
4 eggs
1 cup Splenda
1 tsp almond extract
½ cup almonds

Heat oven to 375. Combine egg whites and both extracts (egg whites should yield ½ cup). Combine Splenda with coconut. Mix dry and wet ingredients with sliced almonds. Roll into balls about 1" in diameter. Slightly flatten and put on greased baking sheet. Place 1.2 inch apart. Turn down oven to 325 and bake for 15 minutes or until golden brown on bottom and just starting to brown on top.

Creamy Banana Bread

(RR, SS, CC)

Serves 20

¾ cup pecans
2 ¼ cup almond flour
½ tsp baking soda
1 cup mashed banana
1 cup low fat cream cheese
1 ½ tsp baking powder
2 tsp cinnamon
2 TBSP brown sugar
1 cup Splenda
1 tsp vanilla extract
2 eggs
½ cup unsalted butter

Preheat oven to 350. Cream the butter and cheese together. Gradually add the Splenda and continue beating until light and fluffy. Add 1 egg at a time, beating well after each addition. Stir in the bananas and vanilla extract. Add flour, baking powder and baking soda; mix until batter is just moist. In a small bowl, mix pecans, brown sugar, and cinnamon. Divide half of the mixture into 2 greased and floured 8x4 loaf pans. Sprinkle pecan mixture over the batter. Top with remaining batter. Bake for 45-50 minutes or until inserted toothpick comes out clean.

Creamy Quinoa Pudding

(RR, SS, CC)

Serves 6

1 tsp vanilla extract
2 TBSP honey
1 pomegranate, seeds scraped out
¾ cup quinoa
2 cups soy milk
2 bananas
2 TBSP Splenda

Bring quinoa with 1 ½ cups water to a boil over high heat. Cover and simmer for 15 minutes, or until quinoa is tender and water is absorbed. Blend together milk, bananas, sugar salt until smooth. Pour into saucepan with quinoa. Place the pan over medium heat and cook until mixture becomes thick and creamy, 5-10 minutes. Stir in the honey, pomegranate and vanilla.

Easy Vanilla Mousse

(CC)

Serves 8

Vanilla instant pudding mix, sugar free without aspartame
1 ¼ cup 2% reduced fat milk
¼ cup coffee, chilled
1 cup pressurized whipped topping
½ cup grated unsweetened chocolate

In a medium bowl, mix together the pudding mix, milk, coffee and whipped cream until thick. Divide the mousse evenly into 8 bowls, sprinkle the chocolate over each and serve.

Eggnog Pudding

(RR, SS, CC)

Serves 6

1 oz. rum extract
⅛ tsp nutmeg
½ oz. low-fat milk
1 ¼ package vanilla instant pudding mix, sugar free without aspartame

In a medium bowl, stir together the cold milk, nutmeg and extract. Add the pudding mix and beat for 2 minutes. Pour into serving dishes and garnish with additional nutmeg, if desired, and chill until set.

Flourless Chocolate Cake

(RR, SS, CC)

Serves 6

1 stick unsalted butter
¾ cup Splenda (or stevia)
4 cups grated unsweetened chocolate
9 eggs

Preheat oven to 350 degrees. Butter a 9-inch spring-form pan. Put the chocolate and butter into the top of a double boiler and heat over 1 inch of simmering water until melted. Meanwhile, whisk the egg yolks with the Splenda in a mixing bowl until light yellow in color. Whisk a little of the chocolate mix into the egg to temper the eggs (this keeps the eggs from scrambling from the heat of the chocolate) then whisk in the rest of the chocolate mixture. Beat the egg whites in a mixing bowl until stiff peaks form and fold into the chocolate mixture. Pour into the prepared pan and bake until the cake is set, the top starts to crack and a toothpick inserted comes out clean, about 20-25 minutes. Let stand 10 minutes and remove the sides of the pan.

Fruit & Nut Salad

(RR, SS, CC)
Serves 4

- ¼ cup almonds
- 2 oz. agave nectar
- 1 apple
- 2 TBSP lemon juice
- 1 cup strawberries
- ½ cup blueberries
- 1 pear

Core apple and pear and cut into cubes. Squeeze juice from ½ lemon. Heat agave in microwave for 10 seconds. Stir heated agave over fruit. Add the berries and almonds and toss. Refrigerate for 30 minutes to meld flavors.

Hot Chocolate

(RR, SS, CC)
Serves 2

- ½ tsp cinnamon
- ½ vanilla bean, split in half
- ¼ tsp nutmeg
- 3 tsp cocoa powder
- 2 ½ cup fat free milk
- 2 ¾ oz. agave syrup

Mix the cocoa powder and agave together. Heat milk over low heat with the vanilla bean, cinnamon and nutmeg. Whisk together the cocoa powder and agave mixture. Heat until warm but not boiling.

Jamaican Nut Baked Apple

(RR, SS, CC)
Serves 4

- 4 apples
- 4 plums, diced
- 4 peaches, diced
- 4 tsp salt
- 4 tsp peanuts
- 4 tsp almonds
- ⅔ oz. pecans
- 4 oz. rum extract
- 1 TBSP cinnamon

Core all apples. Using a knife cut a skin deep horizontal line around the outside of the apples to allow room for the inside of the apple to expand. Place the apples in an oven proof dish and stuff them with fruits and nuts. Pour 1 oz. rum extract over each apple, and then sprinkle generously with cinnamon. Cook at 380 for 45 minutes or until apples are soft.

Kale Chips

(FS, RR, SS, CC, P2)
Serves 1-5

- 5 cups whole kale
- 1 TBSP olive oil
- ½ oz. dry sherry
- Salt

Preheat oven to 300 degrees. Discard stem and inner rib of kale leaves and tear into about 2"-3" pieces. Place kale in a resealable bag. Add half of the oil and squeeze the bag so oil gets distributed throughout all leaves. Add remaining oil and repeat. Sprinkle the sherry and vinegar over the leaves and shake to spread evenly. Spread leaves on a baking sheet. Roast until crisp, about 35 minutes. Season with salt.

Lentil Cookies

(SS, CC)
Serves 12

- 2 cups whole wheat flour
- 1 cup shredded coconut
- 1 oz. dried cherries
- 1 packet 1-minute oats
- ¾ cup butter, unsalted
- 2 tsp vanilla extract
- 1 ½ cup lentil puree*
- 2 eggs
- ½ tsp allspice
- ½ tsp baking powder
- (If desired, ¼ of the whole wheat flour can be substituted with lentil flour for a denser, stronger flavor.)

Preheat oven to 375 degrees. Mix flour, allspice, baking powder, salt, cinnamon. Using an electric mixer, cream the Splenda and butter on medium speed. Add the eggs and mix until just incorporated. Add the vanilla and lentil puree and mix until combined. Add the flour mix and blend on low speed. Stir in oatmeal, dried fruit and coconut. Form the dough into balls about 2 tsp in size and place on a baking sheet with parchment paper, leaving 1 inch of room in between. Bake for 15-17 minutes, or until an internal temperature of 195 degrees is reached.

*To make lentil puree: 4 oz. lentils, approximately ⅔ cup, picked over and rinsed; 3 cups water. In a small pot over medium heat, combine lentils and water. Bring to a simmer, cover, and simmer for 30-40 minutes, or until lentils are tender. Puree. Let cool before using for cookies. Yields 1 ½ cup puree. Lasts in refrigerator 3-4 days and freezer 2-3 months.

Mixed Berry Crumble

(SS, CC)
Serves 8

- ½ oz. cinnamon
- ⅓ oz. unsweetened cranberry juice
- 8 almonds, chopped
- 1 packet Splenda
- ½ cup cherries without pits
- 1 ½ cup unfrozen frozen boysenberries
- ¾ cup ezeikal or Kasha Go Lean Crunch cereal

In a large saucepan, combine berries, juice, cinnamon and Splenda. Cook on high 2-4 minutes or until fruit is tender. In a bowl, mix cereal and almonds for a crumble topping. Place fruit in bowl and sprinkle cereal mix with almonds over each.

Peanut Butter Cookies

(SS, CC)
Makes 36 cookies

- ¾ cup all-purpose flour
- 1 ¼ almond flour
- ½ tsp baking soda
- 8 TBSP butter
- 2 TBSP brown sugar
- ½ cup sugar (or Splenda)
- ¾ cup peanut butter, smooth
- 1 ½ tsp vanilla extract
- 2 egg whites

Preheat oven to 375. In a small bowl, combine the flours and baking soda. In a separate bowl, lightly beat the butter until soft, then add sugars and peanut butter and beat until smooth. Add the egg whites and vanilla extract and mix well. Add the flour mix and beat everything together. Use 1 TBSP of cookie dough for each cookie and place on a cookie sheet lined with parchment paper. Bake 9-10 minutes and let cookies cool on wax paper.

Pepper Tart

(SS, CC)

Serves 8

3 cups brown sugar (or brown or white Splenda)
3 TBSP balsamic vinegar
1 TBSP thyme
7 TBSP olive oil
5 TBSP water
½ TBSP salt
½ cup slivered almonds
1 ¼ cup whole grain flour
1 red onion, sliced
½ cup red bell pepper, sliced
1 yellow bell pepper, sliced

Preparing the crust: Combine flour and salt in a bowl and stir in 5 TBSP of oil. Add water and stir until dough forms. Wrap in plastic wrap and place in refrigerator for 30 minutes. Filling: Heat oven to 450 degrees. Place peppers and onions on a baking dish and drizzle with vinegar, thyme and 2 TBSP oil. Roast until peppers and onions are brown. Stir in pan when cooking. Reduce oven heat to 400 degrees and put brown sugar and remaining oil in a saucepan, bring to a boil and cook until thickened. Pour into pie pan. Place peppers and onions into pan and sprinkle with almond slices. Roll out dough and cover filling. Bake until golden brown, about 30 minutes. Let rest 10 minutes before serving.

Peppermint Parfait

(CC)

Serves 8

½ cup semi-sweet chocolate chips
1 tsp unsweetened cocoa powder
½ cup crushed peppermints
4 ¼ cups no-added-sugar vanilla ice cream

Combine ¼ cup of ice cream with the chocolate chips, cocoa powder, and 1 TBSP water in a saucepan. Warm over low heat until melted. Scoop remaining ice cream into 8 bowls (½ cup per bowl) and drizzle with chocolate sauce. Top each serving with crushed peppermints.

Sugar Cookies

(SS, CC)

Serves 2

¼ packet stevia
1 tsp vanilla extract
4 TBSP butter
2 egg whites
¼ tsp baking powder
1 ½ cup whole wheat flour
¼ TBSP flaxseed meal
2 dashes salt

Whisk flour, flaxseed meal, baking powder, baking soda and salt in a bowl. In another bowl, beat butter and stevia until light and fluffy; add egg whites and vanilla and continue to beat until combined. Gradually stir in flour mixture into butter until combined. Form dough into a log. Wrap tightly in a waxed paper and refrigerate for 3 hours. Cut out cookies using a 2-inch cutter and bake until firm, about 6-8 minutes

Sugar Free and Gluten Free Almond Cookies

(RR, SS, CC)

Serves 15

½ TBSP butter
¼ tsp cream of tartar
¼ tsp baking soda
1 egg
½ tsp vanilla extract
1 ½ cup flaxseed meal
1 ½ cup almond meal
Cinnamon to taste
1 ½ packet Splenda

In a bowl, beat butter with an electric mixer for 30 seconds. Add half the almond meal, Splenda, flaxseed meal, egg, vanilla, baking powder and cream of tartar and blend well. Beat in rest of almond meal. Preheat oven to 350 degrees. Combine 2 tsp Splenda and 2 tsp ground cinnamon on a plate. Use a tablespoon to scoop out dough, roll it into a small ball in Splenda/cinnamon mixture. Place 2" apart on a cook sheet. Bake 15-20 minutes. Cookies will get firm as they cool.

Tofu and Ricotta Raspberry-Swirl Cheesecake

(CC)

Serves 6

4 oz. oatmeal cookies
6 ½ TBSP butter, melted
9 oz. soft tofu
18 oz. part-skim ricotta cheese
Zest of 1 lemon
1 tsp vanilla extract
3 eggs
8 TBSP agave syrup
2 TBSP raspberry jam and preserves
2 cups raspberries

Preheat oven to 275 degrees. Line a 6x1 muffin tin with paper muffin cups. Place the cookies in a food processor and process until they form fine crumbs. Transfer to a bowl and stir in butter until well combined. Divide the mixture evenly among the paper cups and press down firmly to form a base. Place in refrigerator while you make filling. Place the ricotta mixture, tofu, lemon rind and vanilla in a food processor and process until smooth. Add the eggs and agave and beat until smooth and well combined. Divide the ricotta mixture evenly among the prepared bases. Gently stir 1 tsp of jam into each cheesecake. Bake for 1 hour 10 minutes or until set in the middle. Remove from the oven and allow to cool completely before covering with plastic wrap and chilling for 3-4 hours. Serve with topped raspberries.

Whole Wheat Banana Bread

(SS, CC)

Serves 8

1 tsp baking soda
½ oz. Splenda
1 cup chopped walnuts
1 egg
4 bananas (less ripe)
1 TBSP unsalted butter
½ oz. cinnamon
1 tsp baking powder
1 ½ cup whole wheat flour

Combine flour, baking soda and powder and cinnamon in a large bowl. Combine Splenda, melted butter, mashed banana and egg in another bowl. Add to flour mixture, stirring until all are mixed together. Stir in walnuts. Pour mixture into a loaf pan coated with cooking spray. Bake at 350 degrees for 55-60 minutes.

Zucchini Bread

(RR, SS, CC)

Serves 8

1 tsp garlic
1 TBSP baking powder
½ cup crushed pineapple
1 tsp vanilla extract
3 TBSP vegetable oil
1 egg
2 cups grated or finely diced zucchini
½ tsp nutmeg
½ oz. cinnamon
½ tsp all spice
½ tsp baking soda

Preheat oven to 350 degrees and coat a 9x5 pan with cooking spray. In a large bowl, combine the flour, baking powder, baking soda, salt, allspice, cinnamon, nutmeg and garlic cloves. In another bowl, beat the egg, then add the zucchini, pineapple, oil and vanilla and stir to combine. Add the flour mixture. Pour into the pan and bake 50-60 minutes or until a toothpick comes out clean. Cool completely before cutting.



MARINADES

Creole Seasoning Blend

(Detox, FS, RR, SS, CC, PI, P2)

Serves 20

2 TBSP onion powder
2 TBSP garlic powder
2 TBSP oregano
2 TBSP basil
1 TBSP thyme
1 TBSP pepper
1 TBSP red pepper
5 TBSP paprika
1 TBSP salt

Mix all ingredients together and store in an airtight container.

Hot Sauce (vegan)

(Detox, FS, RR, SS, CC, PI, P2) Makes 2 cups

Latex gloves

10-15 hot peppers
1 cup apple cider vinegar
4 garlic cloves
½ tsp salt
½ tsp chili powder
½ tsp coriander
¼ tsp cumin
Juice of ½ lime
Zest of ½ lime
Chia seeds to thicken sauce (optional)

Wearing latex gloves, remove the seeds from peppers and chop. Blend all ingredients with pepper. If it is too thin, add more peppers or chia seeds. If too thick, add more vinegar. Store in glass jar. Keeps for 6 months.

Ketchup

(Detox, FS, RR, SS, CC, PI, P2)

Serves 4

6 oz. no-salt-added tomato paste
½ cup water
2 oz. rice vinegar
5 tsp stevia
¼ tsp onion powder
1 TBSP salt
⅛ ground cloves
⅛ cinnamon
⅛ tsp garlic powder

Mix all ingredients well. Makes 1 ½ cups.

Taco Seasoning Mix

(Detox, FS, RR, SS, CC, PI, P2)

Serves 20

3 TBSP chili powder
1 TBSP garlic powder
1 TBSP onion powder
2 tsp cumin
2 TBSP salt
1 tsp pepper
1 tsp crushed red pepper
1 tsp oregano
½ tsp paprika

Mix all ingredients together. This mix makes enough for about 5 pounds of ground meat or turkey.

Zesty Tomato Dip

(RR, SS, CC)

Serves 6

1 pinch hot sauce
½ TBSP lemon juice
1 pinch garlic powder
¼ cup low-fat cream cheese
¼ cup sun-dried tomatoes
1 cup low-fat cottage cheese
¼ cup low-fat buttermilk

Using a food processor, combine all ingredients except buttermilk. Use buttermilk to thin as desired.



DRESSINGS

Balsamic Vinaigrette

(Detox, FS, RR, SS, CC, P1, P2)

Serves 10

¾ cup extra virgin olive oil
¾ cup balsamic vinegar
1 garlic clove, crushed
½ tsp dried oregano leaves
2 tsp Dijon mustard

Combine all ingredients in a mason jar. Season with salt and pepper to taste and seal tightly. Shake until all ingredients are combined and refrigerate until cold.

Basil Vinaigrette

(Detox, FS, RR, SS, CC, P1, P2)

Serves 10

1 cup extra virgin olive oil
½ cup cider vinegar
3 TBSP chopped basil
2 cloves garlic, minced

In a mason jar, whisk together olive oil, vinegar, basil and garlic. Refrigerate until cold.

Blue Cheese Dressing

(RR, SS, CC)

Serves 6 – makes ¾ cup

3 oz. light sour cream
2 TBSP light mayonnaise (may substitute with plain Greek yogurt)
1 cup cherry tomatoes
1 cup broccoli florets
¼ cup low-fat buttermilk milk
½ tsp brown sugar
⅛ garlic powder
1 TBSP extra virgin olive oil
1 TBSP sherry vinegar
½ cup crumbled blue cheese

Mash half of the blue cheese and buttermilk in a small bowl until mixture only has small pieces. Stir in the rest of the ingredients and season to taste with salt and pepper. Store in refrigerator.

Citrus Vinaigrette

(RR, SS, CC)

Serves 4

1 TBSP white vinegar
½ oz. grapefruit juice
½ oz. orange juice
½ oz. lime juice
6 TBSP extra virgin olive oil
1 oz. whole almonds
Salt and pepper to taste.

In a large jar with a lid, combine vinegar and juices. Whisk in oil. Once mixed add the almonds and stir. Season with salt and pepper.

Detox Salad Dressing

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1

⅛ tsp paprika
½ cup water
⅛ TBSP black pepper
⅛ tsp onion powder
⅛ tsp garlic powder
⅛ tsp oregano
⅛ tsp basil
½ tsp white wine vinegar
1 oz. Dijon mustard

Combine all ingredients into a jar and mix.

French Dressing

(Detox, FS, RR, SS, CC, P1, P2)

Serves 10

½ tsp dry mustard
¼ tsp white pepper
1 TBSP no-added-salt tomato paste
7 TBSP olive oil
2 tsp water
¼ TBSP white onions

In a large mason jar, combine all ingredients, seal tightly and shake.

Hummus

(SS, CC)

Serves 6

1 ⅓ cup chick peas
4 TBSP tahini
2 garlic cloves
3 TBSP lemon juice
2 TBSP olive oil
Salt and pepper

Place all ingredients in blender except salt and pepper. Process until combine and smooth. The hummus will keep in an airtight container for up to 2 weeks.

Lemon Garlic Salad Dressing

(Detox, FS, RR, SS, CC, P1, P2)

Serves 8

1 TBSP salt
½ cup fresh lemon juice
½ cup olive oil
1 tsp black pepper
2 garlic cloves

Mix the lemon juice and oil together. Crush garlic with the salt and mix it into the lemon and oil mixture. Add pepper to taste.

Parsley Dressing

(Detox, FS, RR, SS, CC, P1, P2)

Serves 1

3 TBSP olive oil
½ TBSP lemon juice
¼ tsp onion powder
2 tsp parsley, chopped

In a bowl, combine oil, lemon juice, and onion powder. Add chopped parsley, mix thoroughly with a whisk and serve.

Orange Anise Vinaigrette

(Detox, FS, RR, SS, CC, P1, P2)

Serves 4

⅛ tsp anise seed
2 TBSP orange juice
1 TBSP olive oil
⅛ tsp cumin
⅛ TBSP salt

Use a mortar and pestle and crush the anise seeds. Whisk together all the ingredients for about 1 minute.

Strawberry Dressing

(RR SS CC)

1 packet Splenda
2 TBSP sesame seeds
1 TBSP pine nuts
1 TBSP Worcestershire sauce
½ tsp paprika
1 ½ TBSP olive oil
1 TBSP balsamic vinegar
3 crushed (pureed) strawberries

Mix all ingredients together.

Strawberry Vinaigrette

(Detox, FS, RR, SS, CC, P1, P2)

Serves 8

¼ tsp tarragon
½ TBSP salt
¼ tsp pepper
2 TBSP pepper
2 TBSP balsamic vinegar
½ pint strawberries
1 cup olive oil
¼ tsp stevia

In a food processor, mix all together until smooth.

Spicy Lime Marinade

(Detox, FS, RR, SS, CC, P1, P2)

Serves 2

¼ cup fresh lime juice
2 TBSP olive oil
2 tsp chili powder
1 tsp garlic powder
½ tsp cumin
½ TBSP salt

Whisk together lime juice, oil, chili powder, garlic, cumin salt and pepper.

