

Kathy's Recipes

The Grin Gal's Guide to Wellbeing: Being Well in Body, Soul & Spirit



Recipes Included:

- No-Bake Energy Balls
- Hulk Muffins
- Healthy Cookies
- Apple Fritters
- Breakfast Cookies
- Low-Carb Cream Cheese Pound Cake
- Mongolian Beef
- Mediterranean Ground Beef

No-Bake Energy Balls

Ingredients

1/2 cup (dry) oatmeal
1/2 cup Kodiak Cakes Crunchy Peanut Butter Mix (or any other protein baking mix)
2/3 cup toasted unsweetened coconut flakes
1/2 cup peanut butter
1/2 cup ground flax seed
1/3 cup raw honey
1 teaspoon vanilla extract
1 tablespoon chia seeds (optional)

Instructions

1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Cover and chill in the refrigerator for at least half an hour.
3. Once chilled, roll into balls of whatever size you would like. (I use cookie scoop)
4. Store in an airtight container and keep refrigerated for up to 1 week.

Makes about 20-25 balls.

If the mix seems to dry, add in an extra tablespoon or two of honey or peanut butter. If the mix seems too wet (which may happen if you use natural peanut butter), add extra oatmeal.

Hulk Muffins

Ingredients

1 very ripe large banana or 1 medium gala apple, cored and sliced into fourths
1/4 cup raw honey or 3-5 pitted dates
2 large eggs
2 teaspoons vanilla
1 to 2 large handfuls baby spinach
1 cup steel cut oats (processed first in food mill to turn into flour-like powder, or use oat flour)
1/2 teaspoon baking soda
Toppings of choice: granola, dairy free chocolate chips, dried fruit

Instructions

1. Preheat oven to 350°F.
2. In order, place all of the ingredients into a blender. Blend until smooth.
3. Fill the mini muffin pan cups 3/4th's full and sprinkle with additional toppings, if desired.
4. Bake for 12 minutes and let cool.

Healthy Cookies

Ingredients

3 mashed bananas (ripe)
1/3 cup applesauce
2 cup oats
1/4 cup almond milk (or milk of choice)
1/2 cup raisins or dark chocolate chips (I use Lily's sugar-free)
1 teaspoon vanilla
1 teaspoon cinnamon

Preheat oven to 350°F. Combine ingredients. Shape into cookies. Bake for 15-20 minutes.

Apple Fritters

Ingredients

1/8 teaspoon salt
1/4 cup regular liquid egg substitute
1/4 teaspoon vanilla
1 large fresh apple, peeled, cored, grated
1/8 cup unsweetened vanilla almond milk
1 1/2 teaspoon sugar-free powdered sweetener
1/4 cup Kodiak Cakes Power Cakes whole grain buttermilk flapjack and waffle mix
15 drops Sweet Leaf Sweet Drops Sweetener, Liquid Stevia, Vanilla Creme
6 sprays, I Can't Believe It's Not Butter! Original spray
2 servings Pam Original cooking spray made with canola oil

Instructions

1. In a large bowl, all but last two ingredients.
2. Heat a large nonstick skillet over medium-high heat. Spray with cooking spray and spray margarine. (Or just one or the other, depending on what you have on hand.)
3. Drop apple mixture into pan, making 6-7 even fritters. Cook until golden brown, about 2 to 3 minutes per side.
4. Sift powdered sugar over top of fritters just before serving.

Breakfast Cookies

Ingredients

1 1/2 cups healthy flours—I used a mixture of: almond flour (or meal), oat flour (I ground myself), coconut flour, and then a couple tablespoons each of: ground flax seeds, chia seeds, hemp seeds, oat bran
1 cup old fashioned oats
1/2 teaspoon baking soda
1/2 teaspoon salt
1/3 cup coconut oil
1/3 cup honey
1 cup sugar alternative (that measures same as sugar)
1/2 cup natural peanut butter
2 eggs
1 ripe banana, mashed
1 teaspoon vanilla
1/2 teaspoon butter flavoring
4 cups brown rice cereal
1/2 cup reduced sugar raisins
1/2 cup dark chocolate chips (I use Lily's sugar-free)

Instructions

1. Preheat oven to 350°F.
2. Mix all dry ingredients except the last three in a bowl.
3. Heat up coconut oil, peanut butter and honey in a microwave for 20-30 seconds. Whisk in vanilla and butter flavoring. Stir this wet mixture together.
4. While that's cooling a bit, add beaten eggs and mashed bananas to dry ingredients. Then add in the wet mixture.
5. Add cereal (can use any healthy cereal) and any nuts, raisins, cranberries, or chips you like (I used brown rice cereal, Raisins and dark chocolate chips).
6. Scoop by 1/3 cup full on to silicone mat and pat down dough to flatten slightly. Bake for 11-15 minutes. Cool on sheet for 3 minutes (to prevent crumbling) and then transfer.

Makes 18-30 cookies depending on size and add-ins.

Low Carb Cream Cheese Pound Cake

Ingredients

1 1/4 cup almond flour
3/4 c sugar alternative (that measures same as sugar)
1 teaspoon baking powder
1/4 teaspoon of salt
4 eggs
3 1/2 ounces cream cheese
4 tablespoons softened butter
1 teaspoon of vanilla

Instructions

1. Preheat oven to 350°F.
2. In a large stand-up mixer bowl beat on high the butter with the sugar substitute until light and fluffy and well incorporated. Next add the cream cheese and vanilla and mix well. Add the eggs one at a time making sure to mix well after each addition. Lastly, add all the dry ingredients until well combined.
3. In a well-greased cake or loaf pan bake for 30 to 40 minutes until golden brown on top. Or make into cupcakes.

If your eating plan allows for fruit, this makes a delicious strawberry shortcake (but then it's no longer low-carb).

Mongolian Beef

Ingredients

1-2 pounds beef stew meat
1/4 cup cornstarch
2 tablespoons avocado oil
1/2 teaspoon garlic, minced
3/4 cup liquid aminos (or coconut aminos)
3/4 cup water
3/4 cup brown sugar substitute (or white sugar alternative plus 2 tsp. molasses)
1 cup carrots, grated
3/4 cup diced onions
12 ounces frozen fine green beans or haricots verts
Green onions for garnish
Rice or frozen riced vegetables (cauliflower medley with peas and carrots, onion, green onion)

Instructions

1. Add cornstarch to a large resealable bag and add meat. Then, shake it thoroughly to evenly coat the steak.
2. In the slow cooker, stir together: avocado oil, minced garlic, liquid aminos, water, brown sugar substitute, carrots, onions, and frozen green beans into the slow cooker. Add in the coated beef stew meat and mix together until everything is evenly coated in the sauce.

3. Cook in the slow cooker for either 4-5 hours on LOW or 2-3 hours on HIGH,

Serve over steamed rice or riced cauliflower medley. Sprinkle with green onions. Add crushed red pepper flakes if you want some heat.

Note: The molasses gives this a rich dark brown color.

Mediterranean Ground Beef

(Measurements are estimated)

I made this with picky eaters in mind, and they liked it!

Ingredients

3/4 cup of frozen seasoning blend (onion, peppers, celery)
15 ounce can original Rotel tomatoes w/ green chiles
2/3 package of frozen spinach (see instructions), thawed
2 teaspoon jarred minced garlic
1 tablespoon jarred capers
1 pound ground chuck
Italian seasoning, oregano, salt, and pepper to taste
Crumbled feta or cotija cheese (grated or crumbled)
Joseph's Flax, Oat Bran & Whole Wheat Lavash Bread

Instructions

1. Brown ground chuck. (Drain excess grease. Leave some to cook the onions.)
2. While hamburger is cooking, whirl up spinach in food processor (make it less noticeable to picky eaters). Drain in fine mesh strainer to remove all excess liquid.
3. After beef is mostly cooked, add remaining ingredients except cheese and bread.
4. Simmer until flavors marry.

Serving Options

- Serve with griddled lavash bread and white crumbly cheese. Use bread to scoop up bites of meal or add meat and cheese to bread like a taco.
- Serve over a bed of rice or lentils.
- Serve with tabbouleh salad.
- Serve in a pita pocket or with naan bread.