

# GET INTO THE SPRING OF THINGS

## MINI COOKBOOK



CRISTY **“CODE RED”** NICKEL

# INTRO

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Hey! I am SO freaking excited for you to try out these spring-time Code Red recipes!

Spring is a time of new life in nature, and you can use this awesome cookbook to get a fresh start going in your life, too.

The great thing about a fresh start is that you don't have to wait for the stars to align before you do it.

You decide, any moment of any day, that your fresh start begins NOW.

And if some new Code Red approved-recipes help you do that, great!

Most of the recipes in this cookbook are weight loss mode-friendly, but there are a handful you need to either omit an ingredient, save for maintenance, or just make for your family. The maintenance-only recipes are marked at the bottom and/or in the ingredients.

Thank you for investing in this cookbook, and in so doing, yourself! Enjoy!

- Cristy "Code Red" Nickel



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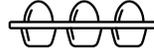
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# MAIN DISHES



# SPRING IN THE OVEN CASSEROLE

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## INGREDIENTS

- » 4 large eggs
- » 1 cup chopped bacon or ham
- » 1/2 cup riced cauliflower
- » 1/2 cup finely diced or shredded carrots
- » 1/2 cup diced bell peppers
- » 1/3 cup diced tomato with no seeds
- » 1/3 cup diced onions
- » 1 Tbsp minced chives
- » 1 Tbsp chopped fresh parsley (or 1 tsp dried)
- » 1/2 tsp garlic powder, adjust to taste
- » 1/4 tsp pink Himalayan salt or Redmond Real Salt, adjust to taste
- » 1/4 tsp ground black pepper, adjust to taste

## DIRECTIONS

1. Preheat oven to 350°F.
2. Put all ingredients in a bowl.
3. Mix well.
4. Spread mixture evenly in greased baking dish.
5. Bake until center of casserole is fully cooked - approximately 20 minutes in 8x8 dish.

 Submitted by Awilda Taveras

# BEST BREAKFAST CASSEROLE

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## INGREDIENTS

- » 6-7 eggs
- » 8-12 oz fresh spinach
- » 6 slices bacon, cooked and crumbled
- » 1 cup mushrooms
- » 1 cup sweet onions
- » 1 cup chopped green peppers
- » Redmond Real Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 375 degrees. Spray a 9x13 baking dish with cooking spray.
2. Add 30 ml of Code Red Olive Oil to sauté pan. Place pan on medium heat and add mushrooms, onions and peppers.
3. Sauté for a few minutes, until veggies are soft. Spread cooked veggies on bottom of baking dish.
4. Add spinach to sauté pan and cook. Add to baking dish when spinach is soft.
5. Whisk eggs in a small bowl, season with Redmond Real Salt and pepper. Pour egg mixture over the veggies. Sprinkle crumbled bacon on top of egg/veggie dish.
6. Bake for 35 minutes. Cool before serving.

 Submitted by Abbie Acuff

# NANCY'S EASY MEATBALLS

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## INGREDIENTS

- » 1 lb ground beef
- » 2 Tbsp unsalted butter
- » 2 tsp Hidden Valley Ranch Powder
- » 1/2 cup beef broth

## DIRECTIONS

1. In a large bowl, combine ground beef and dressing mix. Shape mixture into 24 meatballs.
2. Melt butter in a large skillet over medium-high heat; brown meatballs on all sides. Add broth, then reduce heat to medium, cover, and simmer 15 minutes or until cooked through.
3. Serve warm with toothpicks.

 Submitted by Nancy Bond

# NANCY'S BACON-WRAPPED MEATLOAF

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## INGREDIENTS

- » 1 tsp butter
- » 1 Tbsp Code Red Olive Oil
- » 1 medium onion, chopped
- » 1 stalk celery, chopped
- » 3 cloves garlic, minced
- » 1 tsp dried oregano
- » 1 tsp chili powder
- » 2 lbs ground beef
- » 2 eggs
- » Redmond Real Salt
- » Freshly ground black pepper
- » 6 thin strips of bacon

## DIRECTIONS

1. Preheat oven to 400°F.
2. Grease a medium baking dish with butter.
3. In a medium skillet over medium heat, heat Code Red Olive Oil.
4. Add onion and celery and cook until soft (approximately 5 minutes).

5. Stir in garlic, oregano, and chili powder and cook until fragrant (approximately 1 minute).
6. Let mixture cool slightly.
7. In a large bowl, combine ground beef, vegetable mixture, and eggs, and season with Redmond Real Salt and pepper.
8. Shape into a large loaf in baking dish, then lay bacon slices on top.
9. Cook until bacon is crispy and beef is cooked through, about 1 hour. If bacon cooks too quickly, cover dish with foil.

 Submitted by Nancy Bond

# CREAMY SHRIMP AND ASPARAGUS

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## INGREDIENTS

- » 3 Tbsp butter
- » 1 lb shrimp, peeled and deveined
- » 4 cloves garlic, finely minced
- » 1 cup heavy whipping cream
- » 2 cups fresh asparagus, chopped in three-inch pieces
- » Redmond Real Salt to taste

## DIRECTIONS

1. Heat butter in a skillet over high heat until it just begins to smoke.
2. Place shrimp in an even layer on the bottom of the pan and cook for 1 minute without stirring.
3. Season shrimp with Redmond Real Salt; cook and stir until shrimp begin to turn pink, about 1 more minute.
4. Add garlic, heavy cream, and asparagus. Let simmer for 8 minutes or until asparagus begins to soften. Serve hot.

 Submitted by Mary Kempf

# CARI'S SPRING SALMON WITH A KICK

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## INGREDIENTS

- » 6 salmon filets (4 oz each)
- » 1/3 cup sour cream
- » 2/3 cup crushed pork rinds (any flavor)
- » 2/3 cup chopped pistachios
- » 1/2 cup minced shallots or onions
- » 2 Tbsp Code Red Olive Oil
- » 1 to 2 Tbsp horseradish (not cream or sauce, just plain horseradish)
- » 1 Tbsp snipped fresh dill or 1 tsp dill weed
- » 1/2 tsp grated lemon or orange zest (use lemon if in weight loss mode)
- » 1/4 tsp crushed red pepper flakes
- » 1 garlic clove, minced

## DIRECTIONS

1. Preheat oven to 350°F.
2. Place salmon, skin side down, in an ungreased 15x10x1-in. baking pan.
3. Spread sour cream over each filet.
4. Combine remaining ingredients.
5. Pat crumb-nut mixture onto tops of salmon filets, pressing to help coating adhere.
6. Bake until fish just begins to flake easily with a fork, 12-15 minutes.

### Cari's spicy tips for this recipe:

- » Any nuts may be substituted for the pistachios. Some of my favorites are almonds and pecans.
- » One tablespoon of horseradish adds a nice mild flavor, but feel free to increase to 2 or 3 tablespoons if you like a little more kick.
- » This nutty coating also adds a nice crunch to chicken and pork.
- » For easier cleanup, line baking pan with foil.

 Submitted by Cari Thompson

# ONE PAN SHRIMP DINNER

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## INGREDIENTS

- » 1 1/2 lbs raw shrimp, cleaned
- » 1/2 sweet onion, sliced
- » 2 peppers, sliced
- » 2-3 chopped garlic cloves
- » 30 ml Code Red Olive Oil
- » 2 Tbsp fresh, chopped cilantro
- » 1 packet taco seasoning
- » Redmond Real Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Line a baking pan with aluminum foil, and spray with cooking spray.
3. In a bowl combine shrimp, cilantro and vegetables. Sprinkle seasoning and pour Code Red Olive Oil on mixture. Once mixture is well coated, spread it on the prepared baking pan.
4. Bake for 8 minutes, and broil for 2 minutes.
5. Remove from oven and serve.

 Submitted by Abbie Acuff

# ORANGE GINGER CHICKEN

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## INGREDIENTS

- » 1 lb chicken breast
- » 1 tsp butter
- » 5 oz G Hughes Orange Ginger Marinade
- » 3 carrots
- » 4 stalks celery
- » 1/2 red pepper
- » 1/2 orange pepper
- » 1 - 12 oz pkg cauliflower rice
- » 2 tsp bacon grease
- » 1 tsp ground ginger
- » 1/2 tsp garlic
- » Redmond Real Salt & pepper to taste

## DIRECTIONS

1. Cut chicken into bite-sized pieces and brown in butter.
2. Cut veggies in bite-sized pieces and set aside.
3. Remove chicken from pan, put carrots and celery in pan and cook until desired crispness.
4. Add the peppers and marinade, then cook for 5 minutes and remove from heat.

5. While the veggies are cooking, in another pan put the bacon grease and cauliflower rice with the ground ginger, garlic and Redmond Real Salt and pepper.
6. Cook to desired doneness.
7. Serve meat and veggies over cauliflower rice with the marinade drizzled over it. It's super easy to add to this recipe and make enough for a larger family.



Submitted by Lorna Loveland

# CODE RED

# CHICKEN NUGGETS

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## INGREDIENTS

- » 1 lb organic ground chicken
- » 2 cups cooked, cubed butternut squash
- » 2 Tbsp Code Red Olive Oil
- » 3 Tbsp coconut flour
- » 2 green onion sprigs, chopped finely
- » Dried parsley to taste
- » Redmond Real Salt to taste

## DIRECTIONS

1. Preheat oven to 400°F.
2. Place all ingredients in a large bowl and mix with hands.
3. Scoop out mixture with a tablespoon, shape into balls, and place on a baking sheet lined with parchment paper.
4. Bake at 400°F for 10 minutes, flip, then bake for another 5 to 7 minutes or until fully cooked through.

**NOT FOR WEIGHT LOSS MODE.** Serve to your family and/or enjoy in maintenance.

To make weight loss mode friendly, try replacing the coconut flour with ground flaxseed meal or crushed pork rinds.

 Submitted by Tricia Toews

# GARLIC LEMON EASTER TURKEY

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## INGREDIENTS

- » 2 medium lemons, sliced
- » 1 bone-in turkey breast (6 to 7 lbs), skin removed
- » 1/4 cup minced fresh parsley
- » 8 garlic cloves, minced
- » 4 tsp grated lemon zest
- » 2 tsp Redmond lemon-pepper seasoning
- » Redmond Real Salt to taste

## DIRECTIONS

1. Line bottom of a greased 6-qt. slow cooker with three-fourths of the lemon slices. (You can use a bag if desired.) Place turkey over lemons, breast side up.
2. Mix parsley, garlic, lemon zest, lemon pepper seasoning and Redmond Real Salt; rub over turkey. Top with remaining lemon slices.
3. Cook, covered, on low until turkey is tender, 5-6 hours.
4. Remove turkey from slow cooker, then create tent with foil.
5. Let stand 15 minutes before carving. If desired, you can add any approved thickener to thicken pan drippings for sauce; serve with turkey.

**CRISTY'S NOTE:** Lemons are fine to use in this recipe if you're in weight loss mode, so long as you avoid **consuming** the lemon slices themselves.

 Submitted by Melissa Noakes-Yeaste

# NO PASTA PRIMAVERA

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## INGREDIENTS

- » 2 cups broccoli florets
- » 2 cups carrots, cut into matchsticks or thin ribbons
- » 2 cups sliced bell peppers, any color
- » 1/2 cup sliced red onion
- » 3 minced garlic cloves
- » 2 Tbsp avocado oil
- » 1 cup sliced mushrooms
- » 1 cup halved grape or cherry tomatoes
- » 6-8 zucchini or yellow squash cut lengthwise into long strips (zoodles)
- » 2 tsp Italian herbs
- » Redmond Real Salt and pepper to taste

## Optional

- » Fresh parsley, finely chopped
- » Grated parmesan cheese
- » Code Red Olive Oil

## DIRECTIONS

1. Saute broccoli, carrots, bell peppers, onions, and garlic in hot oil until tender.
2. Stir in mushrooms, tomatoes, zoodles, and seasonings.

3. Cook for a few minutes until desired tenderness.
4. Stir or toss with thongs frequently while cooking.
5. Top with a drizzle of Code Red Olive Oil, parsley and/or parmesan cheese if desired. (If in weight loss mode, go easy on, or omit, parmesan cheese.)

 Submitted by Awilda Taveras

# PUMPKIN-O-MEAL

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I grew up eating (highly inflammatory) Malt-o-Meal and Cream of Wheat. The texture of this reminds me of eating hot cereal as a kid. It has all the comfort and none of the grains!

## INGREDIENTS

- » 1 cup plain canned pumpkin (NOT pie mix)
- » 1 cup unsweetened Code Red approved non-dairy milk (I usually use unsweetened almond milk or unsweetened flax milk)
- » 3-4 Tbsp of ground flaxseed
- » Code Red approved sweetener (stevia or monk fruit)
- » Cinnamon or pumpkin pie spice
- » Redmond Real Salt
- » Butter or ghee

## DIRECTIONS

1. Mix pumpkin, “milk” and ground flaxseed in bowl.
2. Microwave for 2-3 minutes or until hot.
3. Stir well.
4. Top with cinnamon, Code Red approved sweetener, Redmond Real Salt and butter as desired.

 Submitted by Christine Romero

# MIKE & PAM'S

## CODE RED WAFFLES

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### INGREDIENTS

- » 1-2 Tbsp plain Fage high fat yogurt (5%)
- » 1 egg (if dairy free, use 2 eggs instead of yogurt)
- » 1/2 tsp real vanilla extract
- » 1/4 cup or more of almond milk (or other non-dairy nut milk, unsweetened)
- » 1/2 cup golden ground flax meal
- » 1 Tbsp chia seeds
- » 1 tsp psyllium husk powder
- » 1/4 tsp baking powder
- » 2 Tbsp almond flour (if not in weight loss mode; if you are, omit and add more flax meal)

### DIRECTIONS

1. Combine egg, yogurt, nut milk, and vanilla in a bowl and whip.
2. Add psyllium husk powder, baking powder, and (if used) almond flour.
3. Grind chia seeds and flax meal in a coffee grinder to make finer and add most of it (but not all) to mixture. Stir with wire whisk and add as much flax/chia as needed to thicken. (Grind more if batter is too thin).
4. Pour into buttered waffle iron to cook, or fry as pancakes.

Yields 2 waffles or 2-3 pancakes.

 Submitted by Pam Apfelbeck

# CARI'S EGGS AND AVOCADO "FLOATING IN A BOAT" BREAKFAST

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## INGREDIENTS

- » 1 small spaghetti squash
- » 4 Tbsp salsa, divided
- » 1 avocado, chopped & divided
- » 2 large eggs
- » 4 Tbsp sugar free ketchup, divided

## DIRECTIONS

1. Preheat oven to 400°F. Cut spaghetti squash in half lengthwise and scoop the seeds out. Place cut side down on a baking sheet lined with parchment paper and bake for 30 minutes. Remove from the oven and let cool until safe to the touch, about 15 minutes.
2. Increase oven temperature to 425 degrees F. Using a fork, separate spaghetti squash into strands, leaving them inside the shells.
3. Add 2 Tbsp of salsa to each half and mix gently with a fork. Top with 1/2 avocado and break 1 egg on top of each shell. If you like runny egg yolk, do not make a well in the middle of the squash and break the egg on top. For a fully baked egg, sink it more into squash.

4. Bake for 20 - 22 minutes, or until the egg whites appear to be set. Serve hot, drizzled with ketchup.
5. Store: Refrigerate covered for up to 1 day.

**CARI'S TIPS FOR THIS MEAL:** Switch it up with something TOTALLY different for your next CODE RED meal! I also love to add Everything But The Bagel seasoning to this. For extra fat, you can add a scoop of sour cream.

 Submitted by Cari Thompson

# “I CAN’T BELIEVE IT’S NOT WAFFLES” WAFFLES!

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## INGREDIENTS

- » 2 eggs
- » 2 Tbsp unsweetened nut milk
- » Either Lakanto Monk Fruit OR Redmond Real Salt and pepper, depending on whether you want sweet or savory

## DIRECTIONS

1. Mix eggs, unsweetened nut milk, and either Lakanto Monk Fruit OR Redmond Real Salt and pepper until fully incorporated.
2. Pour into hot waffle iron. This will yield approx. 2 waffles.
3. Cook until waffle is a dark golden color, then place on plate, on top of a paper towel so the waffle doesn’t get soggy.

Try to open the waffle iron as little as possible, and be mindful that the iron MIGHT pop open a bit as the egg expands. This is okay! Let the iron open, otherwise your egg will spill out the sides due to too much pressure.

Once it’s done expanding, you can open the iron for a moment and let the egg waffle deflate, and then close again until it’s cooked.

## OPTIONS FROM HERE

Depending on whether you want sweet or savory, you can do one of two options:

**SWEET:** After your egg waffles are out, add in butter and powdered monk fruit for delicious waffles!

**SAVORY:** Use as bread for a sandwich! Here are some filling ideas.

- » Tuna, mayo, mustard, and onion
- » Lunch meat (turkey, chicken, roast beef, pepperoni, ham), lettuce, avocado, mayo
- » Breakfast sausage patties (diced) and/or bacon, over medium egg, cream cheese, sugar free syrup drizzled inside or on top
- » Hamburger patty, lettuce, tomato, onion, mayo
- » Over medium egg, onion, cream cheese, mustard

 Submitted by Leisha Pielak

# SIDE DISHES



# SPEEDY FRIED REBEL RICE

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## INGREDIENTS

- » 2 Tbsp coconut oil
- » About 10 ounces of raw shrimp that is deveined (or use any precooked beef, pork, chicken)
- » 2 beaten eggs
- » 2 green onions, chop and separate white and green parts
- » 2 minced garlic cloves
- » About 12 oz of various Code Red approved veggies (such as peppers, onion, carrots, greens, broccoli, green beans, etc. - frozen veggies work great!)
- » 16 oz of cooked riced cauliflower (frozen works great!)
- » 1/3 cup Bragg Liquid Aminos
- » 1 Tbsp sugar-free rice vinegar

## DIRECTIONS

1. Microwave veggies until cooked with a bit of water in a covered bowl.
2. Drain any water off veggies.
3. Heat 1 Tbsp coconut oil and fry shrimp until pink. It takes about 2 minutes per side.
4. Remove shrimp from pan. Add eggs and cook until scrambled – about 2 minutes.
5. Heat 1 Tbsp coconut oil over medium heat and cook garlic and white part of green onions – about 1-2 minutes.
6. Add cooked veggies to skillet. Cook about 3 minutes. Add Bragg Liquid Aminos and vinegar.

7. Stir in cooked riced cauliflower and cooked shrimp.
8. Cook for about 3 minutes until heated through.
9. Serve with garnished green onions. Top with sriracha as desired.

 Submitted by Christine Romero

# CODE RED ONION RINGS

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## INGREDIENTS

- » 1 onion
- » 1 cup of crushed pork rinds
- » 3 eggs

## DIRECTIONS

1. Slice and separate onion into rings.
2. Dip rings in bowl of beaten egg (use 1 egg at a time and make sure to let excess drip off).
3. Coat ring with crushed pork rinds.
4. Repeat the egg and crushed pork rind dipping.
5. Place in air fryer at 380°F for 5 to 7 minutes (depends on your air fryer and desired level of crispiness).

## Optional dipping

- » Sugar free ketchup
- » Ranch or blue cheese salad dressing
- » Hot sauce

We usually need to make double for our family!

 Submitted by Lori Hawryluk

# JULIA'S FAVORITE GREEN BEANS

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## INGREDIENTS

- » Rendered bacon fat
- » 1 can of green beans
- » Bacon bits

## DIRECTIONS

1. Add some of the rendered bacon fat to the skillet. Melt.
2. Add some bacon bits.
3. Add a can of drained green beans.
4. Heat until hot.

 Submitted by Christine Romero

# GARLIC BACON ASPARAGUS

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## INGREDIENTS

- » 1 lb fresh asparagus, ends cut
- » 1 Tbsp Code Red Olive Oil or avocado oil
- » 1-2 Tbsp minced garlic
- » 1-2 Tbsp bacon crumbles
- » Redmond Real Salt and pepper to taste

## DIRECTIONS

1. Heat oil in large nonstick skillet on medium heat.
2. Add asparagus, garlic, bacon, Redmond Real Salt and pepper.
3. Stir and cook until asparagus is bright green and tender - no longer than 10 minutes.

 Submitted byl Avril DeSalme

# CRAB CAKES

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## INGREDIENTS

- » 1 large egg
- » 2 Tbsp mayonnaise
- » 1 tsp dijon mustard
- » 1/2 tsp Old Bay seasoning
- » 1 tsp lemon juice
- » 1/4 tsp Redmond Real Salt
- » 8 oz fresh or canned crab meat
- » 1 oz pork rinds, crushed
- » 1 1/2 Tbsp butter, melted

## DIRECTIONS

1. Whisk the egg in a large bowl. Add the mayonnaise, dijon mustard, Old Bay seasoning, lemon juice, and Redmond Real Salt. Whisk well to combine.
2. Add the crab meat and the crushed pork rinds and gently stir, being careful not to break up the crab meat too much. Cover and refrigerate for 30 minutes to firm up.
3. Heat the oven to 425°F and line a baking sheet with parchment paper.
4. Remove the crab mixture from the fridge and divide it into even cakes roughly 2.5 inches in diameter. Do not flatten them. Place them on the baking sheet. Brush the top of the crab cakes with the melted butter.
5. Bake for 13 to 16 minutes, until lightly browned around the edges. For extra color and crispiness, broil for 1 to 2 minutes on high. Remove from the oven and enjoy!

 Submitted by Mary Kempf

# AIR FRIED CAULIFLOWER

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## INGREDIENTS

- » One head of cauliflower, cut into pieces
- » Avocado oil or Code Red Olive Oil
- » Garlic powder
- » Smoked paprika
- » Redmond Real Salt

## DIRECTIONS

1. Coat cauliflower pieces in oil.
2. Toss with spices and Redmond Real Salt.
3. Fry in air fryer on 390°F for about 20-25 minutes, depending on how crispy you like it.
4. Stir about half way through.
5. Serve and enjoy!

 Submitted by Christine Romero

# AIR FRIED CAULIFLOWER “WINGS”

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## INGREDIENTS

- » One head of cauliflower cut into pieces
- » Avocado oil or Code Red Olive Oil
- » Redmond Real Salt
- » Frank’s Red Hot Sauce
- » Bleu Cheese dressing (full fat)

## DIRECTIONS

1. Coat cauliflower pieces in oil.
2. Fry in air fryer on 390°F for about 20-25 minutes, depending on how crispy you like it.
3. Stir about halfway through.
4. When it’s cooked, top with Frank’s Red Hot Sauce and dip in Bleu Cheese salad dressing.

 Submitted by Christine Romero

# BRUSSELS SPROUTS AND DIPPING SAUCE

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## INGREDIENTS

- » 1 lb Brussels sprouts, cleaned and cut into quarters
- » 2 Tbsp Code Red Olive Oil or avocado oil
- » 1/2 tsp Redmond Real Salt

### Dipping sauce

- » 1/2 cup mayonnaise
- » 2 Tbsp lemon juice
- » 1 tsp mustard
- » 1/8 tsp cayenne pepper
- » 1 minced garlic clove
- » Pepper and more Redmond Real Salt

## DIRECTIONS

1. Toss sprouts, oil and 1/2 tsp of Redmond Real Salt in a big bowl. Cook sprouts in air fryer for about 10 minutes at 370°F.
2. Stir. Cook at 400°F for about 8-10 minutes more. Mix all dipping sauce items in a medium bowl. Season with Redmond Real Salt and pepper, as desired.
3. Serve Brussels sprouts with dipping sauce on the side. The sauce is also good with Tajin or smoked paprika. You can also eat the Brussels sprouts just air fried without the sauce.

 Submitted by Christine Romero

# MASHED PARSNIPS

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## INGREDIENTS

- » 4-6 parsnips
- » 1/4 cup heavy whipping cream, +/-
- » 1/4 cup unsweetened nut milk, +/-
- » 4 Tbsp butter, +/-
- » Redmond Real Salt to taste
- » Pepper to taste

## DIRECTIONS

1. Wash parsnips and cut off ends. Cut into chunk-sized pieces.
2. Boil for 20-30 minutes. You want to make sure the parsnips are soft. If they are undercooked you will not get the desired creaminess. When done, strain.
3. In a bowl add the parsnips, 1/2 of the heavy whipping cream, 1/2 of the nut milk and butter. Blend.
4. If the mixture is too thick or still needs to be creamy, add the other half of the HWC and nut milk. You can also add more butter to taste.
5. Redmond Real Salt and pepper to taste.
6. On a home study program? No problem! Prior to making this dish for your family, take out as much parsnip as fits into your macros and add the other ingredients as to what fits into your macros.
7. If you like more butter flavor but don't have room in your macros, use butter extract!

This dish goes great with ham or BBQ for Easter dinner. It is also always a favorite at potlucks.

 Submitted by Charlene DeSalme

# TUNA STUFFED AVOCADO

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## INGREDIENTS

- » 1 avocado, pitted
- » 1 regular sized can of tuna (I prefer water packed), drained
- » 1 tsp mayo or more, to taste
- » 1 tsp mustard
- » Small squeeze of lime or lemon juice
- » Chives or onions chopped small, to taste
- » Redmond Real Salt and pepper, to taste
- » Cholula hot sauce drizzled, to taste

## DIRECTIONS

1. Cut your avocado in half and remove the pit. You may need to scoop out a little bit more of the avocado to create more of a bowl for your filling to go in. That's okay! Just add your extra (carved out) avocado to your tuna mix.
2. In a small bowl, mix the tuna, mayo, mustard, lime juice, chives/onion, Redmond Real Salt and pepper, and extra bits of scooped out avocado and mix until fully incorporated.
3. Spoon the tuna mixture equally into each avocado half.
4. Drizzle Cholula on top.
5. Eat immediately; I just use a spoon and dig right in.

 Submitted by Leisha Pielak

# BLOOMING BOWL

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## INGREDIENTS

- » 4 oz broccoli
- » 4 oz cauliflower
- » 4 oz carrots
- » 4 oz cooked bacon
- » Redmond Real Salt and pepper

## DIRECTIONS

1. Place all ingredients in food processor and process until finely grated.
2. Season with Redmond Real Salt and pepper to taste.
3. Eat raw, warmed, or cooked in skillet.

 Submitted by Awilda Taveras

# CODE RED BROCCOLI BLOSSOMS WITH DIP

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(We must double and triple this recipe for our family. This recipe could also be used for cauliflower, and you could make a unique hot veggie tray.)

## INGREDIENTS

- » 1 head of fresh broccoli with stems on for handling
- » 2 eggs
- » 1/2 cup of heavy whipping cream
- » 1 cup crushed pork rinds
- » 3 Tbsp nutritional yeast

### Optional Dip

Sour cream and packet of dry ranch seasoning

## DIRECTIONS

1. Preheat oven to 350°F. Wash and cut broccoli, leaving stems on for handling.
2. Make egg wash by mixing eggs with heavy whipping cream.
3. Make the breading mixture by combining crushed pork rinds and nutritional yeast.
4. Dip broccoli into egg wash. Roll the broccoli florets in the breading mixture.
5. Lay the broccoli on parchment paper on baking pan.
6. Bake at 350°F for 25 minutes.
7. Broil broccoli for a few minutes for extra crispiness.

 Submitted by Lori Hawryluk

# PERFECT PICNIC LETTUCE BOATS

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## INGREDIENTS

- » 3-6 leaves of romaine lettuce
- » 2-3 Tbsp cream cheese
- » 3 slices of ham
- » 3 slices of bacon, cooked and crumbled
- » 1/4 - 1/2 diced tomato
- » 6 dill pickle chips

## Optional

Mayo, mustard, Redmond Real Salt, and pepper to taste

## DIRECTIONS

1. Decide how thick you want your boats. If you like them extra crunchy (I do), you can double up on your lettuce, using 2 leaves per boat.
2. Lay out your lettuce leaves and spread 1/2 - 1 Tbsp of cream cheese on each.
3. Layer ham, bacon, tomato, and pickles.
4. Top with condiments and spices as desired.
5. ENJOY!

 Submitted by Leisha Pielak

# CINNAMON-GLAZED CARROTS

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## INGREDIENTS

- » 64 oz baby carrots
- » 1/2 cup salted butter
- » 1/4 cup orange/tangerine juice (omit during weight loss mode)
- » 1 cup Golden Lakanto Monk Fruit Sweetener
- » 2 Tbsp cinnamon
- » 1 tsp pumpkin pie spice
- » 1/2 tsp nutmeg
- » 1/2 tsp garam masala
- » 1/4 tsp allspice
- » 1/4 tsp cloves
- » 1/2 tsp Redmond Real Garlic Salt
- » 1/4 tsp celery salt
- » 1/2 tsp onion powder
- » 1/4 tsp cayenne pepper
- » 1/2 tsp Redmond Real Salt
- » 1/2 tsp pepper

## DIRECTIONS

1. Prep spices first in a small bowl, and add/modify ingredients to taste.
2. Steam baby carrots in steamer pan on stove until halfway done, 10-15 minutes.
3. Drain pan and put carrots back in bottom pan to use as a mixing bowl.
4. Mix butter, orange/tangerine juice (skip if in weight loss mode), Lakanto Monk Fruit, and spices.
5. Put mixture into a roasting pan and cover with foil.
6. Cook in oven at 350°F for 30 minutes to finish baking.
7. Stir carrots and glaze, then sprinkle cinnamon and Lakanto Monk Fruit on top before serving.
8. Enjoy!

 Submitted by Lightning Liz

# CREAMY STUFFED TOMATOES

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## INGREDIENTS

- » 2-3 large tomatoes
- » 6 Tbsp cream cheese, divided into small cubes
- » 2 cloves of garlic, minced
- » 1 Tbsp Italian seasoning
- » Redmond Real Salt and pepper, to taste
- » 1-2 Tbsp Code Red Olive Oil for drizzling over tops of tomatoes
- » Chopped parsley or cilantro for garnish

## DIRECTIONS

1. Preheat oven to 400°F.
2. Line a baking dish or baking sheet with tin foil/parchment paper, and grease or oil.
3. Slice tomatoes into 1 inch slices and arrange on your sheet/dish.
4. Top each tomato slice with enough garlic and cream cheese to cover it when melted, and sprinkle with Italian seasoning, Redmond Real Salt, and pepper.
5. Bake for 10 minutes, until cream cheese is melted.
6. Remove from oven, garnish with parsley or cilantro, and serve immediately.

 Submitted by Leisha Pielak

# TACO TUESDAY

## DEVEILED EGGS

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### INGREDIENTS

- » 6 hard-boiled large eggs
- » 3 Tbsp mayonnaise
- » 1 Tbsp salsa
- » 1/2 tsp chili powder
- » 1/4 tsp ground cumin
- » 1/8 tsp Redmond Real Salt
- » 1/8 tsp pepper

### Optional

- » Jalapeño pepper slices

### DIRECTIONS

1. Cut eggs in half lengthwise.
2. Remove yolks; set aside egg whites.
3. In a large bowl, mash yolks.
4. Stir in mayonnaise, salsa, chili powder, cumin, Redmond Real Salt and pepper
5. Stuff or pipe into egg whites.
6. If desired, garnish with jalapeño slices. Chill until serving.

 Submitted by Melissa Noakes-Yeaste

# ALMOND BUTTER BREAD

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## INGREDIENTS

- » 1 cup almond butter (or any nut butter)
- » 4 large eggs
- » 1 tsp baking soda
- » 1 tsp apple cider vinegar
- » 1/4 tsp Redmond Real Salt \*see note\*

## DIRECTIONS

1. Preheat oven to 325°F. Grease or line an 8 x 4" loaf pan with parchment paper.
2. Pour almond butter into large mixing bowl. Add yolks to almond butter and the whites to a separate medium bowl. Beat egg whites with an electric hand mixer on high until light and fluffy. Then beat egg yolks into the almond butter with the same mixer.
3. Add beaten egg whites, baking soda, apple cider vinegar, and salt to the almond butter mixture. Beat with the electric mixer until well combined.
4. Pour the batter into prepared loaf pan and bake for 35 to 40 minutes or until toothpick comes out clean after being inserted into center of bread..
5. Cool on the rack for 15 minutes.

\*If you decide to use a nut butter that is already salted, omit the Redmond Real Salt.

 Submitted by Tricia Toews

# SALADS



# SPRINGY AVOCADO SALAD

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## INGREDIENTS

- » 1 Tbsp lemon juice
- » 2 medium avocados, peeled and diced into bite sized chunks
- » 1 package of your favorite salad greens
- » 4-5 small roma tomatoes, chopped
- » 1/2 cup diced red onion
- » 1/4 cup chopped walnuts, toasted

## Lime Dressing

- » 3 Tbsp Code Red Olive Oil or avocado oil
- » 1 Tbsp finely chopped fresh parsley
- » 1 Tbsp finely chopped fresh cilantro
- » 1 Tbsp sour cream
- » 1 Tbsp lime juice
- » 1 tsp yellow mustard
- » 1/8 tsp Redmond Real Salt
- » 1/8 tsp pepper
- » Dash white Lakanto Monk Fruit

## DIRECTIONS

1. Drizzle lemon juice over avocados that are peeled and cut into chunks.
2. In a serving bowl, combine salad greens, tomatoes, onion, walnuts and avocados.
3. Whisk together dressing ingredients; pour over salad.
4. Toss to coat.

 Submitted by Melissa Noakes-Yeaste

# RADISH AND BEAN SPRING SALAD

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## INGREDIENTS

- » 1/2 lb fresh green beans
- » 1/2 lb fresh sugar snap peas (OMIT in weight loss mode)
- » 2 cups water
- » 8-10 large radishes, thinly sliced
- » 2 Tbsp Lakanto Monk Fruit
- » 1 tsp dried tarragon
- » 1/4 tsp Redmond Real Salt
- » 1/4 tsp ground pepper

## DIRECTIONS

1. Snip ends of green beans and sugar snap peas (unless in weight loss mode) and remove any strings from the snap peas. In a large saucepan bring water to a boil.
2. Add green beans and reduce heat, simmer covered for about 4-5 minutes.
3. Add sugar snap peas (unless in weight loss mode), simmer, covered, until both beans and peas are crisp but yet tender for about another 2 to 3 minutes.
4. Drain. Toss beans and peas with radishes.
5. Stir together Lakanto Monk Fruit, tarragon, salt and pepper. Drizzle over veggies and serve.

**CRISTY'S NOTE:** If you are in weight loss mode, omit the sugar snap peas.

 Submitted by Tricia Toews

# CAESAR SALAD WITH CUMIN-SPICED PECANS

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*(The pecans add great flavorful crunch to the salad while staying Code Red compliant)*

## INGREDIENTS

### Cumin-Spiced Pecans

- » 2 Tbsp Lakanto Monk Fruit
- » 1 tsp Redmond Real Salt
- » 2 tsp ground cumin
- » 1 tsp smoked paprika
- » Pinch of cayenne pepper
- » 3 Tbsp avocado oil
- » 10 ounces raw pecan halves

### Dairy-Free Caesar Salad

- » 1 large head romaine lettuce, chopped
- » 1/4 cup Caesar salad dressing
- » 4 slices bacon, cooked and crumbled
- » 1/4 cup halved kalamata olives
- » 1/2 cup Cumin-Spiced Pecans

## DIRECTIONS

### Cumin-Spiced Pecans

1. Preheat the oven to 300°F. Line a rimmed baking sheet with parchment paper.
2. Put the Lakanto Monk Fruit, Redmond Real Salt, and spices in a large bowl and mix to combine.
3. Whisk in the avocado oil until the mixture is smooth and there are no clumps of seasoning.
4. Add the pecans to the bowl and toss until all the nuts are evenly coated.
5. Spread the pecans in a single layer across the prepared baking sheet. Bake for 20 minutes, or until the nuts are toasted.

### Dairy-Free Caesar Salad

1. Put the lettuce and dressing in a large serving bowl and toss to coat the lettuce with the dressing.
2. Top with the bacon, olives, and pecans.

### Optional

If you do not like the sound of cumin-spiced pecans, use salted pecans or cashews.

 Submitted by Lori Hawryluk

# STRAWBERRY SALAD WITH POPPY SEED DRESSING

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## INGREDIENTS

- » 1/4 cup granulated Lakanto Monk Fruit
- » 1/3 cup slivered almonds
- » 1 bunch of romaine lettuce, washed and torn (I just buy the bagged romaine lettuce)
- » 1 small onion, cut in half and thinly sliced
- » 2 cups fresh strawberries, cut in half

## Dressing

- » 1/4 cup mayonnaise
- » 2 Tbsp Lakanto Monk Fruit
- » 1 Tbsp sour cream
- » 1 Tbsp unsweetened nut milk of your choice
- » 2 1/4 tsp apple cider vinegar
- » 1-1/2 tsp poppy seeds

## DIRECTIONS

1. Place Lakanto Monk Fruit in a small heavy skillet.
2. Cook and stir over medium to low heat until melted and a caramel color, about 8 to 10 minutes.
3. Stir in almonds until coated and spread on some aluminum foil to cool.

4. Place your romaine, onion and strawberries in a large bowl.
5. Whisk together dressing ingredients and toss with salad.
6. Break “candied “ almonds into pieces and sprinkle them over the salad.

 Submitted by Tricia Toews

# PICKLED CHICKEN SALAD

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## INGREDIENTS

- » 3 cups cooked chopped chicken (leftover rotisserie or canned chicken)
- » 1 cup chopped dill pickles
- » 1/2 cup mayonnaise
- » 1/4 cup chopped celery
- » 1/4 cup chopped green onions
- » 2 Tbsp dill pickle juice
- » 1 tsp dill
- » 1/4-1/2 tsp garlic powder (to taste)
- » Redmond Real Salt to taste
- » Black pepper to taste

## DIRECTIONS

1. Mix all ingredients and enjoy!

 Submitted by Christine Romero

# PURPLE SPRINGTIME SALAD

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## INGREDIENTS

- » 1 cup diced red onion
- » 3 Tbsp apple cider vinegar (adjust as needed)
- » 1 lb turnip root
- » 1 lb beets
- » 1/2 lb carrots
- » 6 large hard-boiled eggs
- » 1/2 tsp Redmond Real Salt or Himalayan salt
- » 1/4 tsp ground black pepper
- » 1/8 tsp Lakanto Monk Fruit sweetener
- » 1 cup mayonnaise

## DIRECTIONS

1. Soak diced raw onions in apple cider vinegar for at least 10 minutes.
2. Boil beets (by themselves), turnips, and carrots, making sure not to overcook them.
3. Chop cooled off vegetables and eggs into cubes.
4. Drain onions and discard vinegar.
5. Mix onion, eggs, cooked vegetables.
6. Mix in Redmond Real Salt, pepper and Lakanto Monk Fruit sweetener.
7. Add mayo and mix well.
8. Refrigerate until ready to serve.

 Submitted by Awilda Taveras

# GARDEN “ANTI-PASTA” SALAD

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## INGREDIENTS

- » 12-16 oz palmini noodles
- » 1 pint cherry tomatoes, chopped in half
- » 1 medium zucchini, diced
- » 1 large cucumber, diced
- » 1 medium green bell pepper, diced
- » 1 medium red bell pepper, diced
- » 1 medium red onion, diced
- » Optional - 1 can sliced ripe olives, drained
- » Optional - chopped bacon pieces as topping

## Dressing

- » 1 bottle Primal Kitchen Italian salad dressing
- » 1/4 cup grated Parmesan cheese (to be added as a topping, only in maintenance )
- » 1 Tbsp sesame seeds
- » 1 tsp paprika
- » 1/2 tsp celery seed
- » 1/4 tsp garlic powder

## DIRECTIONS

1. Prepare Palmini noodles, chop veggies and place everything into a large bowl.
2. Prepare dressing in a smaller bowl. Mix all dressing ingredients well (leaving out Parmesan cheese).
3. Pour dressing over ingredients in the large bowl and mix until everything is well coated.
4. Refrigerate until chilled and serve cold.
5. Sprinkle Parmesan cheese or bacon pieces, if desired.

 Submitted by Melissa Noakes-Yeaste

# CABBAGE SPRING SALAD

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## INGREDIENTS

- » 1/4 head of cabbage, finely shredded
- » 1/2 red onion, quartered and thinly sliced
- » 2 Tbsp fresh cilantro (or parsley), finely chopped
- » 1 slicing tomato
- » 1/2 cucumber
- » 3 Tbsp apple cider vinegar
- » 3 Tbsp Code Red Olive Oil
- » 1 tsp Redmond Real Salt or Himalayan salt
- » 1/2 tsp ground black pepper

## DIRECTIONS

1. Toss cabbage, onion, and cilantro (or parsley) together.
2. Slice tomato and cucumber then place over top of cabbage mix.
3. Combine apple cider vinegar, Code Red Olive Oil, Redmond Real Salt, and pepper then pour over top of salad.
4. Refrigerate until ready to serve.

 Submitted by Awilda Taveras

# TANGY SPRING COLESLAW

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## INGREDIENTS

- » 1 cup avocado mayonnaise
- » 1/2 tsp celery seed
- » 1/2 tsp garlic powder
- » 1/2 tsp onion powder
- » 1/2 tsp Redmond Real Salt
- » 2 Tbsp apple cider vinegar
- » 2 Tbsp Lakanto Monk Fruit
- » 1 package (14 to 16 oz) shredded coleslaw mix

## DIRECTIONS

1. In a large bowl mix all ingredients except coleslaw.
2. Once the dressing is mixed well, toss in coleslaw mix until it is coated.
3. This tastes best if you refrigerate for at least an hour before serving.

 Submitted by Melanie Wyman

# SIMPLE SPRINGTIME SEAFOOD SALAD

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## INGREDIENTS

- » 1 small orange
- » 1 small lemon
- » 1 medium lime
- » 1/2 lb peeled and deveined cooked shrimp, chopped
- » 1/2 lb refrigerated fresh or imitation crabmeat, chopped
- » 2 Tbsp finely chopped yellow onion
- » 4 Tbsp finely chopped red, yellow or orange pepper
- » Shredded lettuce
- » Pork rinds

## DIRECTIONS

1. Finely grate zest from orange, lemon and lime.
2. Cut each in half and give a squeeze for some of the juice from each.
3. Transfer zest and juice to a large bowl.
4. Add shrimp, crab, onion and pepper; toss to coat.
5. Serve on lettuce, or use as dip for pork rinds or raw veggies.

**CRISTY'S NOTE:** If you're in weight loss mode, skip the orange zest and juice.

 Submitted by Melissa Noakes-Yeaste

# EGG SALAD

## (WITH AVOCADO)

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### INGREDIENTS

- » 4 large hard boiled eggs, diced
- » 1 ripe avocado, diced
- » 2 green onions (scallions), sliced into thin pieces
- » 4 pieces of bacon (minimum, I always add more), fried and crumbled
- » 1/4 cup full fat Greek yogurt
- » 1 Tbsp full fat sour cream
- » 1 whole lime (juiced)
- » 1 Tbsp of fresh dill OR 1 tsp of dried dill
- » 1/4 tsp of Redmond Real Salt (add more or less as desired)
- » 1/8 of fresh ground pepper
- » Save some dill and bacon crumbles for garnish if you like

### DIRECTIONS

1. Hard boil eggs with desired method.
2. In bowl, combine diced eggs, avocado, diced onions, and crumbled cooked bacon (set aside).
3. Whisk in a mixing bowl, the yogurt, sour cream, lime juice, dill, Redmond Real Salt, & pepper, and whisk until well combined.

4. Mix yogurt mixture with egg salad until well combined.
5. Garnish with some of the dill and crumbled bacon.

**CRISTY'S NOTE:** I allow a little lime juice in the apple cider vinegar drink, so a little is okay here. If you're in weight loss mode and worried about it, omit or reduce the lime juice.

 Submitted by Lori Hawryluk

# DESSERTS, SAUCES, & MORE



# CAITLIN'S CHEESECAKE PARFAIT

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## INGREDIENTS

- » 1 - 8 oz brick of cream cheese, softened
- » 1/2 cup sour cream
- » 1/4 cup granulated Lakanto Monk Fruit
- » 1/2 tsp Redmond Real Salt
- » 3 tsp lemon juice
- » 1/4 cup heavy whipping cream
- » Approved berries of choice (optional)

## DIRECTIONS

1. Place the cream cheese and sour cream into a bowl and use a hand-held mixer to beat until light and fluffy.
2. Add in the remaining ingredients except berries and mix until incorporated. Transfer to a piping bag and pipe the cheesecake mix into individual cups or containers.
3. Top with berries if desired.
4. Chill until firm.

 Submitted by Caitlin Madison

# AVOCADO CHIA PUDDING

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## INGREDIENTS

- » 1/2 avocado
- » 2 Tbsp chia seeds
- » 2 Tbsp flax meal
- » 3/4 cup unsweetened almond milk
- » 1 tsp vanilla extract
- » Lakanto Monk Fruit to taste

## Optional

- » Sweetened or unsweetened Nutpods (caramel is delightful)
- » Cocoa powder
- » Butter

## DIRECTIONS

1. Mash avocado, then add milk and vanilla, and puree. I like to use my immersion blender, but you can use a regular blender too.
2. Fold in Lakanto Monk Fruit, chia seeds, and flax.
3. Cover and let chill in fridge for at least 1 hour, while chia seeds activate.
4. Either eat cold or heat in microwave (around 1 minute 30 seconds) and enjoy!

 Submitted by Leisha Pielak

# TWO-MINUTE FLAX MUG

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## INGREDIENTS

- » 1 egg
- » 2 Tbsp heavy whipping cream or non-dairy, unsweetened “milk” (I like unsweetened flax milk or unsweetened almond milk)
- » 1 tsp baking powder
- » 1/2 tsp cinnamon
- » 1/4 cup ground flaxseed meal

## DIRECTIONS

1. Place all items in a mug. Stir well.
2. Microwave for about 2 minutes.
3. When done, top with Code Red approved berries, sweetener (such as Lakanto Monk Fruit or stevia) and butter as desired and fits into your day.

 Submitted by Christine Romero

# MAGIC UNICORN BARS

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*This is a sugar-free alternative for Code Red Kids or Rebels who are in maintenance.*

## INGREDIENTS

- » 40 oz full-fat plain Greek yogurt
- » 2.1 oz box of sugar-free chocolate pudding mix
- » Lily's Sugar-free chocolate chips (I used the "Unicorn" swirl flavor)

## DIRECTIONS

1. Mix yogurt and pudding mix with an electric mixer.
2. Line a square baking dish (9x13 inches) with parchment paper.
3. Spread yogurt mix with a rubber spatula.
4. Top with Lily's Sugar-Free Chocolate Chips.
5. Shake pan to ensure chips are stuck to yogurt mix.
6. Freeze for at least 3 hours or overnight.
7. Cut into squares when frozen solid.
8. Store in a covered container. Serve frozen.

## Other fun ideas

- » Sugar-free pistachio pudding + sugar-free white chocolate chips
- » Sugar-free chocolate pudding + sugar-free mint chocolate chips
- » Sugar-free vanilla pudding + sugar-free butterscotch chips

**CRISTY'S NOTE:** This recipe is for maintenance only, or make it for your kids.

 Submitted by Christine Romero

# FRENCH MERINGUE (CODE RED STYLE)

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## INGREDIENTS

- » 3 egg whites
- » 1/2 tsp white vinegar
- » 50 mg Lakanto Monk Fruit
- » 1/2-1 tsp vanilla/lemon/pumpkin (etc. - your choice) extract

### Optional toppings (add before baking)

- » Slivered or sliced almonds
- » Powdered Lakanto Monk Fruit
- » Unsweetened coconut flakes
- » Cinnamon/allspice

## DIRECTIONS

1. Preheat oven to 300°F. Add egg whites, vinegar, and extract of choice to large bowl.
2. Whisk (with hand mixer or standing mixer) until bubbly.
3. Slowly pour in monk fruit and continue whisking until very stiff peaks form.
4. Line a baking sheet with parchment paper.
5. Remove from bowl, add onto baking sheet, and form into nice round shape.
6. Pop into pre-heated oven for 30 minutes. Remove and enjoy!

 Submitted by Leisha Pielak

# LEMON POPPY SEED MUFFINS

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## MUFFIN INGREDIENTS (MAKES 12 MUFFINS)

- » 6 Eggs
- » 1/2 cup softened salted butter
- » 1/3 cup sour cream
- » 1/3 cup heavy whipping cream
- » 3 Tbsp fresh lemon juice
- » 1 tsp vanilla extract
- » 2/3 cup almond flour
- » 2/3 cup coconut flour
- » 2/3 cup Golden Lakanto Monk Fruit Sweetener
- » 2 Tbsp poppy seeds
- » 2 zested lemons
- » 1 tsp Redmond Real Salt
- » 1 tsp baking powder
- » 1/2 tsp xanthan gum

## DIRECTIONS

1. Prep lemons first. Use a fine grater and a cutting board to grate the zest, then squeeze the lemon juice into a small bowl.
2. Preheat oven to 350°F.
3. Beat eggs with an electric mixer on high speed for 2 minutes.
4. Add butter, sour cream, heavy whipping cream, lemon juice, and vanilla extract.
5. Then add almond flour, coconut flour, Lakanto Monk Fruit, lemon zest, poppy seeds, Redmond Real Salt, baking powder, and xanthan gum.
6. Portion out mixture into silicone cups in a muffin pan.
7. Cook at 350°F degrees until the top starts to turn golden, 25-30 minutes.

## LEMON FROSTING INGREDIENTS

- » 3 Tbsp heavy whipping cream
- » 1 1/2 tsp fresh lemon juice
- » 1 tsp vanilla extract
- » 1 cup Powdered Lakanto Monk Fruit

## DIRECTIONS

1. In small bowl, mix heavy whipping cream, lemon juice, and vanilla extract.
2. Stir in Powdered Lakanto Monk Fruit until you get it to a frosting consistency.
3. Spread frosting on top of cooled muffins.
4. Enjoy!

**CRISTY'S NOTE:** These are not for weight loss mode. Serve to your family and/or enjoy in maintenance.

 Submitted by Lightning Liz

# NUT AND SEED BARS

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## INGREDIENTS

- » 1 cup pecans
- » 1 cup almonds
- » 1/2 cup cashews (or nut of your choice)
- » 1/2 cup pumpkin seeds
- » 1/2 cup unsweetened shredded coconut (or more nuts)
- » 2 Tbsp chia seeds (or hemp seeds)
- » 1/2 cup plus 2 Tbsp powdered Lakanto Monk Fruit sweetener
- » 1 Tbsp Redmond Real Salt
- » 1/2 cup almond butter
- » 2 large eggs
- » 2 Tbsp vanilla extract

## DIRECTIONS

1. Preheat oven to 350 degrees and line a 9x13" pan with parchment paper.
2. If nuts are whole, place in food processor and pulse until they are around 1/4 inch in size.
3. Place the nuts in a large bowl and stir in pumpkin seeds, coconut, chia seeds, monk fruit and salt.
4. Make a well in the center of the bowl and add almond butter, eggs and vanilla. Stir up the center well and then incorporate into the entire bowl.

5. Press the mixture firmly into the 9x13" pan. (Use an additional piece of parchment paper on top to press it well.)
6. Bake for 15 - 20 minutes, until the edges start to turn a golden brown color.
7. Cool completely. Lift out of the pan by the parchment paper and cut into bars.

 Submitted by Melanie Wyman

# HOMEMADE SUGAR-FREE SAMOA COOKIES

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## INGREDIENTS

- » 1 1/2 cups of shredded unsweetened coconut
- » 1 cup soft dates
- » 2 Tbsp of sun butter or almond butter
- » Melted unsweetened chocolate (I use Lily's)

## DIRECTIONS

1. Toast coconut in oven at 350°F for five minutes or until brown.
2. In a food processor or really good blender, blend toasted coconut, dates and your nut butter until a sticky batter forms.
3. Form into desired shape.
4. Then, using the end of a wooden spoon (or whatever you have—a chopstick works nicely too), make a hole in the center of each cookie. Place in freezer while your chocolate is melting.
5. Dip bottom of each cookie in chocolate, flip over and drizzle over the top.
6. Freeze for 10 minutes for chocolate to harden.
7. Enjoy!

**CRISTY'S NOTE:** These are not for weight loss mode. Serve to your family and/or enjoy in maintenance.

 Submitted by Tricia Toews

# SUMMER DAYDREAM RASPBERRY CHEESECAKE POPSICLES

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## INGREDIENTS

- » 1 cup frozen raspberries
- » 1 tsp vanilla extract
- » 1/4 cup coconut oil
- » 3/4 cup cream cheese
- » 2 Tbsp granulated Lakanto Monk Fruit
- » Popsicle sticks or tongue depressors

## DIRECTIONS

1. Toss your frozen raspberries in a blender and blend until smooth.
2. Add the rest of the ingredients to the blender and blend again, until smooth.
3. Pour mixture into ice cube trays and add a popsicle stick/tongue depressor into each cube.
4. Once totally frozen, store cubes in a Ziploc freezer bag and enjoy as you wish!

This recipe is a huge hit with kids on those warm, sunny, ALMOST summertime days!

 Submitted by Leisha Pielak

# CINNAMON NUTS

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## INGREDIENTS

- » 3/4 cup Lakanto Monk Fruit
- » 1 tsp Redmond Real Salt
- » 1 tsp cinnamon
- » 3 cups nuts (any kind you choose - remember, peanuts are not a nut, they're a legume, so don't use them)
- » 1 egg white

## DIRECTIONS

1. In a bowl combine Lakanto Monk Fruit, Redmond Real Salt, and cinnamon. Set aside.
2. In another bowl put all of the nuts.
3. In another bowl beat the egg white until it is like foam. Put the beaten egg white into the nuts and stir to get them all well coated.
4. Pour Lakanto Monk Fruit mixture over coated nuts and stir to coat the nuts. Pour out into a single layer on a parchment covered sheet pan.
5. Bake at 250 degrees for one hour. Remove from the oven, let cool for 15 minutes and break apart. Keep in an airtight container when completely cool.

 Submitted by Lorna Loveland

# WHITE GRAIN-FREE TORTILLAS

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## INGREDIENTS

- » 3 egg whites
- » 1 Tbsp unflavored gelatin

## DIRECTIONS

1. Whisk egg whites and gelatin until slightly foamy.
2. Pour 1/4 of the batter for taco size tortillas or 1/3 for burrito size tortillas on a preheated slightly greased pan or griddle and spread out evenly.
3. Cook over low medium heat on both sides.
4. Cool on wire rack.

These can be used with sweet or savory dishes such as wraps, tortillas, crepes, or chips.

To turn into crepes, spread out batter thinner when cooking.

To turn into chips, cut in strips or slices after cooked tortilla has cooled off, and bake or air fry to desired crispness. (Making chips isn't recommended in weight loss mode.)

 Submitted by Awilda Taveras

# BACON MAYONNAISE

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I cook a lot of bacon, and I never throw away the rendered bacon fat. I store the fat in mason jars in the fridge. It's great for cooking veggies, eggs and making this fun twist on traditional mayo.

## INGREDIENTS

- » 2 room temperature egg yolks
- » 3/4 cup liquid bacon grease (cool but still liquid)
- » Pinch of Redmond Real Salt
- » 2 tsp Bragg Apple Cider Vinegar
- » 1 tsp yellow mustard

## DIRECTIONS

1. Combine egg yolks and Bragg Apple Cider Vinegar in the food processor.
2. Very, very slowly drizzle the bacon grease into the food processor while it's running. Ensure you do this with a smooth, steady, but SLOW stream.
3. Add Redmond Real Salt and mustard with a quick pulse.
4. Store in fridge. Keeps for about a week.

 Submitted by Christine Romero

# HOMEMADE ALL-AROUND DRESSING

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## INGREDIENTS

- » 1/2 cup mayonnaise
- » 1 - 2 tsp Lakanto Monk Fruit (to taste)
- » 1/4 tsp Redmond Real Salt
- » 1/8 tsp ground pepper
- » 1/2 tsp paprika
- » 1 Tbsp heavy whipping cream

## DIRECTIONS

1. Mix all ingredients together.
2. Keep in the fridge.
3. I use this as salad dressing, dip for veggies or meat, or as a spread on Outer Aisle Thins. The possibilities are endless.

 Submitted by Lorna Loveland

# JALAPEÑO CREAM CHEESE

## INGREDIENTS

- » 1 - 8 oz brick Cream Cheese
- » 1 - 4 oz can of chopped jalapeños, drained

## DIRECTIONS

1. With cream cheese at room temperature, mix jalapeños into the cheese. (If you like it hotter, don't drain the jalapeños.)
2. Store in the refrigerator.
3. This can be served with veggies or spread on salami or ham roll-ups. Use to fill jalapeño poppers, or spread over Code Red Crackers in the cookbook. This can be used whenever you want something spicy. Yummy!

 Submitted by Lorna Loveland

# SIMPLY DELICIOUS STRAWBERRY JAM

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## INGREDIENTS

- » 1 lb fresh strawberries, diced
- » 2-3 Tbsp of water
- » 1 tsp ground chia seeds (I like to use my Ninja)
- » 1-2 tsp lemon juice, to taste
- » 1-2 Tbsp granulated Lakanto Monk Fruit

## DIRECTIONS

1. Add the strawberries, lemon juice, water, and sweetener to a pot and bring to boil over medium heat.
2. Reduce heat and stir in ground chia seeds.
3. Simmer for 20-30 minutes until the jam has thickened, stirring occasionally.
4. Transfer jam into a jar, cover and refrigerate.

 Submitted by Leisha Pielak

# ANDREA'S CHOCOLATE STRAWBERRY SPRING TEA LATTE

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## INGREDIENTS

- » 1/2 mug full of heated Republic of Tea Chocolate Strawberry Herbal Tea (or your favorite tea flavor)
- » 1/3 cup unsweetened almond milk
- » 2 Tbsp heavy cream (or coconut cream)
- » Sweeten to taste with Lakanto Monk Fruit or stevia

## DIRECTIONS

1. Fill a 12 ounce mug halfway with hot tea.
2. While tea is heating, combine almond milk and cream in a frother that also heats; or, combine and use an immersion blender or handheld frother to froth, then heat in the microwave.
3. Pour frothed almond milk/cream mixture over tea. Sprinkle sweetener on top of froth and enjoy!

**ANDREA'S NOTE:** The addition of the almond milk/cream mixture to tea requires that you consume it with a meal.

 Submitted by Andrea Dell

# WHERE TO GET MY FAVORITE INGREDIENTS

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LAKANTO MONK FRUIT &

BRAGG APPLE CIDER VINEGAR

[www.CodeRedLifestyle.com/Amazon](http://www.CodeRedLifestyle.com/Amazon)

CODE RED OLIVE OIL

[www.CodeRedOliveOil.com](http://www.CodeRedOliveOil.com)

REDMOND REAL SALT & SEASONINGS

[www.CodeRedLifestyle.com/realsalt](http://www.CodeRedLifestyle.com/realsalt)

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