

# HCG Diet Canada Maintenance 1 Recipes



After adhering to the strict protocol in VLCD, these flavorful ideas for M1 meals will no doubt tickle your taste buds. Be sure to monitor both your "Caution" selections and calorie counts as you progress each week. Although the calorie counts given are as accurate as possible, please consult nutritional labels of specific products to be sure & safe.

<p style="text-align: center;"><b>Bloody Salsa Maria</b></p> <p>For those who like it hot, here's a deliciously tangy version of a bloody Mary made with salsa.</p> <p>6 oz tomato juice            Juice of 1/2 lime            6 drops Stevia Valencia Orange flavor drops            Dash Frank's Hot Sauce            1 Tablespoon prepared salsa, not chunky-style            Pinch of celery salt            A skewer of fresh vegetables (cherry tomatoes, bell pepper, cucumber and carrot rounds) for garnish.</p> <p>Combine the drink ingredients in a tumbler; stir well. Add ice and garnish with the fresh vegetable skewer.</p> <p>Makes one serving. Each serving has 60 calories, 0g fat, 0g protein, 10g carbs</p> <p><b>M1 Caution Modification:</b> Add 1/4 cup orange juice.</p>	<p style="text-align: center;"><b>Apricot Blackberry Smoothie</b></p> <p>Both fruity and creamy, you'll enjoy the refreshing combination of flavors in this healthy smoothie that's perfect for any time of day.</p> <p>1 cup unsweetened plain almond milk, well chilled            1/2 cup diced fresh apricots            1/3 cup frozen blackberries            2 Tablespoons crushed ice            8 to 10 drops Stevia Apricot Nectar flavor drops            Clear Stevia drops to taste</p> <p>Combine all the ingredients in a blender and puree until smooth. Pour into a tumbler, taste for additional sweetness, and serve.</p> <p>Makes one serving. Each serving has 120 calories, 4g fat, 8g protein, 18g carbs</p> <p><b>M1 Caution Modification:</b> Add splash of half &amp; half</p>
<p style="text-align: center;"><b>Vanilla Mint Mojito</b></p> <p>Here's a refreshing mocktail that's easily upgraded to the real thing!</p> <p>1 Tablespoon packed fresh mint leaves            1 thin lime slice            1 Tablespoon lemon juice            4 to 6 drops each Capella Cool Mint and French Vanilla flavor drops            10 to 12 drops clear Stevia            Crushed ice            Splash of club soda            Mint sprig for garnish</p> <p>1. In a heavy drinking glass combine the mint leaves, lime slice, lemon juice, and Capella and Stevia drops. Muddle (mash) until crushed and fragrant.            2. Add the ice, pour in the club soda, and stir well. Garnish with the mint sprig and serve.</p> <p>Makes one serving. Each serving has 10 calories.</p> <p><b>M1 Caution Modification:</b> Add a splash of orange or grapefruit juice.</p>	<p style="text-align: center;"><b>Tangerine Cinnamon Tea</b></p> <p>This soothing hot brew will make you feel cozy while the delicious aromas waft through the house.</p> <p>Juice of 2 tangerines            1 small cinnamon stick            6 drops Stevia Valencia Orange flavor drops            3 drops Stevia Lemon Drop flavor drops            1 teabag, black or orange pekoe            1/2 cup boiling water            Clear Stevia to taste</p> <p>1. In a small saucepan combine fresh tangerine juice, cinnamon, and Stevia drops. Stir well and bring just to a simmer over medium-low heat. Set aside.            2. Steep the tea in the water in a mug for 2 to 3 minutes and remove the bag. Stir in the tangerine mixture, add Stevia to taste, and serve.</p> <p>Makes one serving. Each serving has 60 calories, 0g fat, 0g protein, 10g carbs</p> <p><b>M1 Caution Modification:</b> Stir 2 Tablespoons pureed mango into the tangerine mixture when heating.</p>

### Gingerbread Chai

Soy milk provides the richness, while flavor drops add a unique and delightful flavor to this version of chai made with black tea.

- 1 cup unsweetened plain almond milk
- 1 teabag, black or orange pekoe
- 2 whole cloves
- 1 cinnamon stick
- 4 whole black peppercorns
- 4 or 5 drops Capella Gingerbread flavor drops
- 10 to 12 drops clear Stevia

1. Bring almond milk just to a boil in a small saucepan. Remove from heat and stir in teabag, cloves, cinnamon, peppercorns, Capella and Stevia drops.
2. Keep warm and allow to steep for 5 minutes.
3. Strain and serve.

Makes one serving. Each serving has 40 calories, 4g fat, 7g protein, 4g carbs.

**M1 Caution Modification:**

Replace almond milk with half & half or whole milk

### Melted Peppermint Patty

Chocolate and mint are always great partners and here they join up for a wonderful creamy creation made with soymilk and flavorful Capella drops.

- 1 cup unsweetened plain almond milk
- 1 1/2 Tablespoons unsweetened cocoa powder
- 3 to 5 drops Capella Dutch Chocolate Mint
- 12 or more drops clear Stevia
- Mint sprig for garnish

Combine all the ingredients, except for the mint sprig, in a small saucepan and bring just to a boil over medium heat, whisking occasionally. Pour into a mug, garnish with the mint sprig, and serve.

Makes one serving. Each serving has 70 calories, 4g fat, 8g protein, 7g carbs.

**M1 Caution Modification:**

Replace the almond milk with whole milk

### Maple Bacon and Egg Scramble

The delicious flavor of maple enhances this delightful scramble that's perfect for a quick morning meal.

- 2 slices cooked turkey bacon, crumbled
- 2 large eggs
- 1 Tablespoon almond milk
- 3 to 5 drops Capella French Toast flavor drops
- 6 drops clear Stevia
- 1/2 teaspoon olive or coconut oil

1. In a small bowl whisk together the eggs, almond milk and Capella and Stevia drops.
2. Lightly coat the bottom and sides of a medium nonstick skillet with the oil and heat over medium heat. Pour in the egg mixture, add the bacon, and scramble until just set, 1 to 2 minutes. Transfer to a plate and serve.

Makes one serving. Each serving has 130 calories.

**M1 Caution Modification:**

Stir in 1 oz diced brie cheese just before serving.

### French Vanilla Parfait with Raspberries

Make these ahead and have on hand for a quick sweet breakfast treat to have after scrambled or boiled eggs.

- 1 cup whipped cottage cheese
- 2 Tablespoons unsweetened almond milk
- 4 or 5 drops Capella French Vanilla flavor drops
- 6 or more drops clear Stevia
- 1 cup fresh raspberries
- 6 or 8 drops Stevia Berry flavor drops
- Mint sprigs for garnish

1. In a medium bowl whisk together the cottage cheese, almond milk, Capella and clear Stevia until smooth. In a small bowl toss together the fresh raspberries and Stevia Berry drops.
  2. Decoratively layer the cheese mixture and raspberry mixture in two parfait glasses or champagne flutes and chill. Garnish with the mint sprigs before serving.
- Makes two servings. Each serving has 110 calories.

**M1 Caution Modification:**

Replace cottage cheese with plain yogurt and eliminate the almond milk.

## Cinnamon Danish Pancakes

If you're missing the comfort of breakfast griddle treats, these easy to make pancakes will definitely fill the void.

2 Tablespoons vanilla whey protein powder  
3/4 teaspoon baking powder  
1/2 teaspoon ground cinnamon  
Dash each ground nutmeg and ginger  
1 large egg, slightly beaten  
1 teaspoon coconut or light olive oil  
6 drops Capella Cinnamon Danish Swirl flavor drops  
15 drops clear Stevia, or more to taste  
1 Tablespoon water or almond milk

1. Stir together protein powder, baking powder, and spices. In another bowl stir together the remaining ingredients. Combine the wet and dry ingredients together, stirring with a fork, and set aside.  
2. Heat a nonstick pan or griddle and lightly oil to prevent sticking. Divide the mixture into 2 pancake mounds and cook until golden on both sides, turning when bubbles appear around the edges. Serve immediately.

Makes one serving. Each serving has 165 calories.

### **M1 Caution Modification:**

Top with a teaspoon of butter or cream cheese. (205 calories)

## Creamy Broccoli Soup

This nutritious smooth and creamy soup has a hint of zesty lemon and a cheddar cheese upgrade.

1 1/2 lb. broccoli, cut into florets and pieces  
1 medium onion, roughly chopped  
3 cups chicken or vegetable broth  
Dash paprika  
12 drops Stevia Lemon Drop flavor drops  
1 cup unsweetened plain almond milk  
Salt and pepper to taste

1. In a large soup pot combine the broccoli, onion, broth, paprika and Stevia drops. Bring the broccoli mixture to a boil, reduce the heat to low, and simmer until the vegetables are tender, about 25 minutes.  
2. Add the almond milk to the soup pot and continue cooking for 2 minutes. Remove from the heat and begin ladling into a blender. Working in batches, blend until smooth and transfer to a clean saucepan.  
3. Reheat the blended soup and season to taste with salt and pepper before serving.

Makes four servings. Each serving has 90 calories, 2g fat, 6g protein, 13g carbs

### **M1 Caution Modification:**

Top each serving with 1 oz shredded cheddar cheese.

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### Quick Tartar Sauce

This homemade version features fresh aromatic herbs and the piquant flavor of pickles and capers.

1 cup cottage cheese  
Juice of 1/2 lemon  
4 drops Stevia Valencia Orange flavor drops  
5 drops clear Stevia  
1 Tablespoon capers, drained and chopped  
2 Tablespoons chopped dill pickle  
2 teaspoon finely chopped fresh parsley leaves  
1 teaspoon finely chopped fresh tarragon leaves  
Dash Frank's Hot Sauce  
Salt to taste

1. In a blender combine the cottage cheese, lemon juice, Stevia, capers, pickles, parsley, tarragon, and hot sauce and puree until smooth.  
2. Transfer to an airtight container and taste for the addition of salt. Refrigerate for at least 1 hour before using. Keep refrigerated for up to 3 days.

Makes 8 servings. Each serving has 25 calories, 1g fat, 4g protein, 1g carbs

#### **M1 Modification:**

Replace half the cottage cheese with light or regular mayonnaise or plain Greek yogurt.

### Sesame Peanut Salad

This popular Chinese salad gets a boost of flavor!

3 green onions, thinly sliced  
1/2 yellow or orange bell pepper, thinly sliced  
2/3 cup fresh snow peas, thinly sliced  
1/2 cup shredded carrots  
2 cups fresh bean sprouts  
2 teaspoons coconut oil  
1/3 cup Bragg's liquid amino acids  
2 Tablespoons unsweetened rice vinegar  
6 drops Capella Peanut Butter flavor drops  
5 drops Capella Coconut flavor drops  
1/4 teaspoon clear Stevia drops

1. In a large bowl toss together the green onions, bell pepper, snow peas, carrots, and bean sprouts.  
2. In a small bowl whisk together the oil, liquid aminos, vinegar, and Capella and Stevia drops. Pour over the vegetable mixture and toss well to coat. Season with salt and pepper, and chill for one hour before serving.

Makes four servings. Each serving has 100 calories, 7g fat, 1g protein, 8g carbs

#### **M1 Caution Modification:**

Replace the coconut oil with sesame oil and whisk 1/4 cup peanut butter into the dressing before pouring over the vegetables.





## Caesar's Grilled Green Goddess Salad

Creamy avocado is the base for the delicious dressing that replaces the usual Caesar recipe. Use this on other salads and as a topping for grilled chicken and seafood.

### *For the Dressing:*

1 avocado, peeled, seeded, and diced  
1 Tablespoon lemon juice  
8 to 10 drops Stevia Lemon Drop flavor drops  
2 Tablespoons unsweetened plain almond milk  
1/4 cup olive oil  
2 Tablespoons fresh parsley leaves  
1/2 teaspoon prepared mustard  
Pinch of sea salt and pepper to taste

2 Romaine lettuce hearts  
Olive oil for brushing  
Sea salt and pepper to taste

1. Make the dressing by combining all the ingredients in a blender and pureeing until smooth. Transfer to an airtight container and keep refrigerated.
2. Slice the romaine hearts in half the long way and carefully trim the core ends without allowing the leaves to detach.
3. Have ready a grill on medium heat, lightly brush the cut sides of the romaine hearts with a little oil and season with salt and pepper, if using. Grill the hearts cut side down just until grill marks are visible and the cut leaves have slightly warmed and wilted.
4. Transfer to serving plates and drizzle the dressing on top. Serve immediately.

Makes four servings. Each serving has 206 calories, 21g fat, 4g protein, 2g carbs.

### **M1 Caution Modification:**

Replace the almond milk with light or regular mayonnaise.



## Hearty Beef Stroganoff

A delicious and creamy sauce engulfs tender strips of steak in this wonderful version of an old favorite.

1 Tablespoon olive oil  
1 lb. beef round steak, trimmed and cut into 1/2-inch strips  
Salt and pepper to taste  
1 medium onion, diced  
1 package (10 oz) white mushrooms, wiped clean, stemmed, and halved  
1 cup tomato sauce  
8 drops Stevia Grape flavor drops  
1 cup beef broth  
1/2 cup unsweetened plain almond milk

1. Heat the oil in a large non-stick skillet over medium-high heat. Add the beef, season with salt and pepper, and cook, stirring occasionally, until lightly browned, about 5 minutes. Remove beef with a slotted spoon and set aside.
2. Add the onion to the skillet and cook, stirring often, until softened, about 3 minutes. Add the mushrooms to the skillet and cook 2 minutes more.
3. Stir in the tomato sauce, Stevia, and broth, bring to a boil, add the browned beef, and reduce the heat to low. Cook, covered, until beef is fork tender, about 1 hour. Occasionally stir to prevent sticking.
4. Use a slotted spoon to transfer the meat and mushrooms to a warm serving bowl. Add the almond milk to the skillet and whisk to combine. Allow to simmer and thicken for 2 minutes. Taste the sauce for seasoning and pour over the beef and mushrooms. Serve immediately.

Makes four servings. Each serving has 270 calories, 13g fat, 29g protein, 8g carbs.

### **M1 Caution Modification:**

Replace the almond milk with light or regular sour cream.

## Pork Tenderloin with Blueberry Sauce

Pork always pairs well with fruit and here it teams up with luscious blueberries for a wonderful entrée that simple and satisfying.

1 Tablespoon coconut or olive oil  
1 unseasoned pork tenderloin (about 1 to 1 1/2 lbs.)  
Salt and pepper to taste  
Dash ground coriander  
2 cups fresh or frozen blueberries  
Juice of 1/2 lemon  
1/2 cup water  
6 drops Capella Blueberry flavor drops  
8 drops clear Stevia or more to taste  
1 teaspoon each chopped fresh parsley, thyme, and sage

1. Preheat the oven to 400° F.
2. Heat the oil in a large nonstick skillet over medium-high heat. Season the tenderloin with salt and pepper, and the coriander, and brown in the skillet on all sides. Transfer to a medium roasting pan and place in the oven to finish cooking for 20 to 25 minutes or until an internal read thermometer reaches 140° F.
3. Meanwhile combine the remaining ingredients, except for the chopped herbs, in the same skillet and cook over medium-low heat, stirring often, until the berries begin to break down and create a sauce-like consistency. Stir in the herbs, set aside and keep warm.
4. When the tenderloin is done, allow to rest on a cutting board for 10 minutes before slicing and serving with the sauce.

Makes 4 servings. Each serving has 250 calories, 6g fat, 28g protein, 12g carbs

### **M1 Caution Modification:**

Replace the water with orange juice and/or swirl in a teaspoon of unsalted butter before serving the sauce.

## Quick Pan-Fried Chicken and Gravy

Ready in minutes, you'll definitely love this version of a Southern favorite served up with a creamy, delicious white gravy. Count as a Caution selection.

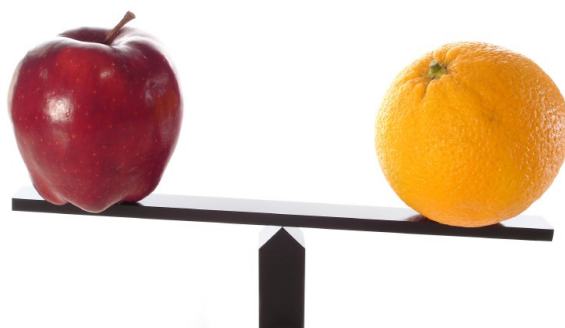
1 lb. thin sliced chicken breast cutlets  
Salt and pepper to taste  
2/3 cup almond flour  
1 teaspoon paprika  
3 Tablespoons coconut or light olive oil  
2/3 cup chicken broth  
1/3 cup unsweetened almond milk  
6 drops Stevia Vanilla Crème flavor drops

1. Season the chicken cutlets with salt and pepper. In a shallow bowl, stir together all but 2 tablespoons of the flour with the paprika.
2. Heat the oil in a large nonstick skillet over medium-high heat. Generously dredge the cutlets in the flour mixture and fry in the hot oil until golden brown, about 4 minutes per side. Transfer to paper towels to drain and pour off all but 2 tablespoons of the remaining oil.
3. Whisk in the reserved 2 tablespoons of flour to form a paste, cooking over medium heat. Slowly add the chicken broth, whisking constantly, to prevent lumps. Add the almond milk and Stevia and cook over low, stirring constantly until thickened, about 2 minutes more.
4. Place the cooked cutlets on serving plates. Taste the gravy for seasoning and serve immediately spooned over the chicken.

Makes four servings. Each serving has 320 calories, 18g fat, 27g protein, 2g carbs

### **M1 Caution Modification:**

Replace almond milk with half and half.



## Turkey Picadillo

A Latin American favorite, this flavorful stew can also be made with leftover roasted chicken or duck.

1 Tablespoon olive oil  
1 medium onion, chopped  
Salt and pepper to taste  
2 garlic cloves, minced  
1 1/2 cup roughly chopped cooked turkey breast  
1/2 cup pitted green olives, roughly chopped  
Juice of 1 orange  
1/2 chicken broth  
6 drops Stevia Valencia Orange flavor drops  
1 1/2 cups no-salt-added canned diced tomatoes, with liquid  
1 bay leaf

1. Heat the oil in a stewing pot over medium heat. Add the onion, season with salt and pepper, and cook, stirring occasionally, until soft but not browned, about 4 minutes. Add the garlic and cook a further minute.
2. Stir in the turkey, olives, broth, orange juice, Stevia, tomatoes with their liquid, and bay leaf, and bring to a simmer. Reduce the heat to low and simmer for 12 minutes, stirring occasionally.
3. Taste for seasoning and serve immediately.

Makes two servings. Each serving has 305 calories  
14g fat, 34g protein, 25g carbs.

### **M1 Caution Modification:**

Add 2 Tablespoons golden raisins during the last 5 minutes of simmering.

## Sensational Salmon Burger

This healthy and delicious alternative to the classic burger is perfect for the grill or broiler.

8 oz. boneless, skinless, salmon fillet, cut into large cubes  
Salt and pepper to taste  
1 large egg white, slightly beaten  
1 Tablespoon lemon juice  
4 drops Stevia Valencia Orange flavor drops  
4 drops Stevia Lemon Drop flavor drops  
1/4 teaspoon Old Bay Seasoning  
2 teaspoons each chopped fresh dill and cilantro

1. Place all the ingredients in a food processor and using the pulse button, chop until just combined. Transfer to a cutting board or clean plate. Mold the salmon mixture into the shape of 2 burgers, place on waxed paper, and set in the fridge for 10 to 15 minutes.
2. Heat a grill or broiler to medium-high. Lightly coat the grates or the bottom of a broiler pan with oil. Grill or broil the burgers until they are firm to the touch and lightly golden, 3 to 4 minutes per side. Serve immediately.

Makes two servings. Each serving has 220 calories,  
16g fat, 24g protein, 0g carbs.

### **M1 Caution Modification:**

Serve with a dollop of Quick Tartar Sauce (see above).



## Mexican Fish Tacos

Easy to make and fun to eat, this rendition of a popular Tex-Mex entrée is made with lettuce wraps to hold the filling.

1 Tablespoon coconut or olive oil  
8 oz. firm flesh fish fillets, such as haddock, cut into bite-size chunks  
Salt and pepper to taste  
1 medium onion, sliced  
1 red bell pepper, seeded and sliced  
1 jalapeno pepper, seeded and chopped  
1 teaspoon chili powder  
1 teaspoon ground cumin  
Juice of 1/2 lime  
3 or 4 drops Capella Coconut flavor drops  
1 Tablespoon chopped fresh cilantro  
4 large lettuce leaves, to serve

1. Heat oil in a large nonstick skillet over medium-high heat. Add fish chunks, season with salt and pepper, and cook, stirring often but carefully, until pieces are cooked through, about 3 minutes. Transfer to a bowl with a slotted spoon and set aside.  
2. Add onion, bell pepper, and jalapeno pepper to skillet; and cook over medium-high heat until somewhat softened, about 5 minutes. Return fish to skillet, sprinkle with chili powder and cumin, and cook, stirring often, just until heated through.  
3. Remove from the heat. Combine the lime juice and Capella, sprinkle over the fish. Top with the cilantro.  
4. To serve, spoon the fish mixture into the lettuce leaves and fold over taco-style.

Makes two servings. Each serving has 200 calories, 7g fat, 21g protein, 8g carbs.

### **M1 Caution Modification:**

Top each "taco" with a dollop of sour cream.

## Pan-Seared Scallops with Orange Glaze

Large, soft and sweet scallops pair beautifully with the flavor of orange and ginger in this easy to prepare main dish.

1 Tablespoon olive oil  
8 oz. sea scallops, rinsed and patted dry  
Salt and pepper to taste  
1 Tablespoon minced fresh ginger  
6 green onions, cut into 2-inch pieces  
1/2 cup sliced water chestnuts  
Juice of 1 orange  
8 drops Stevia Valencia Orange flavor drops

1. Heat oil in a large nonstick skillet over medium-high heat. Season scallops with salt and pepper and quickly sear them in the hot skillet until lightly browned, about 2 minutes per side. Remove with tongs and set on a warm plate.  
2. Add ginger and green onions to skillet and cook, stirring, over medium-high heat, until slightly softened, about 3 minutes. Add water chestnuts and stir a further minute.  
3. Stir in orange juice and Stevia drops and bring to a simmer. Return scallops to skillet and stir well to coat. Cook a further minute over low heat and serve immediately.

Makes two servings. Each serving has 240 calories, 7g fat, 21g protein, 16g carbs.

### **M1 Caution Modification:**

Just before serving swirl in 2 teaspoons softened unsalted butter.





### Crustless Quiche with Sun Dried Tomatoes

No crust – no problem – in this great tasting dish that's easy to upgrade and always meatless for vegetarian eaters.

1 teaspoon olive oil  
1/2 cup whipped cottage cheese  
4 large eggs  
2/3 cup unsweetened plain almond milk  
6 drops Stevia Vanilla Crème flavor drops  
Salt and pepper to taste  
Dash of nutmeg  
1/2 teaspoon Herbs de Provence  
1/4 cup sun-dried tomatoes (not marinated) minced

1. Preheat the oven to 350° F. Lightly coat an 8 or 9-inch round cake pan with the oil.  
2. In a medium bowl whisk together the remaining ingredients and pour into the prepared cake pan. Bake until the quiche is set and lightly browned on top, 25 to 30 minutes. Cut into quarters and serve.

Makes four servings. Each serving has 230 calories, 10g fat, 10g protein, 5g carbs.

**M1 Caution Modification:**

Add 1/2 cup shredded Jarlsberg or Swiss cheese to the mixture.

### Creole-Style Green Beans

This dish will wake up your palate and add zip to any meal in spiced up and classically Creole style.

Pinch of salt  
1 pound fresh green beans, ends trimmed  
3 Tablespoons olive oil  
1 small onion, chopped  
1 small celery stalk, ends trimmed and diced  
1 garlic clove, peeled and minced  
1 small fresh chili pepper, seeded and minced  
One 15-oz can diced tomatoes, un-drained  
1 cup water  
8 drops Stevia Grape flavor drops

1. Bring a medium-size pot of water to a boil, add the salt, and cook the green beans until crisp tender, 10 to 12 minutes. Drain and set aside.  
2. Heat oil in a large skillet, add the onion and celery and cook, stirring, over medium-high heat until softened, 6 to 8 minutes.  
3. Add garlic and chili pepper, and cook a further minute. Add the green beans, tomatoes, water, and Stevia, bring to a simmer, and cook, stirring occasionally, until much of the liquid has been absorbed and the beans are fork tender.  
4. Add salt to taste and serve immediately.

Makes four servings. Each serving has 185 calories, 11g fat, 5g protein, 16g carbs.

**M1 Caution Modification:**

Stir in 1 cup cooked okra with the green beans.



## Chocolate Raspberry Ice Milk

Dark and decadent cocoa powder provides the intensity in this easy to make frozen dessert.

3 Tablespoons unsweetened cocoa powder  
2 cups plain unsweetened almond milk  
1/2 teaspoon plain liquid Stevia  
3 drops Capella Raspberry flavor drops  
1/2 cup roughly chopped fresh raspberries (optional)

1. Place the cocoa powder in a medium bowl and slowly whisk in the almond milk until smooth, with no lumps. Stir in the Stevia and taste for sweetness.
2. Pour into an ice cream maker and, following the manufacturer's instructions, churn until thick and creamy. Alternatively, pour the mixture into a 9 x 13-inch metal pan, place in the freezer, and whisk or stir, every 15 minutes, until thick and creamy. Add the raspberries during the final few minutes.
3. Transfer to an airtight container and keep frozen for up to 5 days.

Makes eight servings. Each serving has 20 calories, 1g fat, 1g protein, 1g carbs.

### **M1 Caution Modification:**

Replace half the almond milk with whole milk.

## Amaretto Macaroons

Moist coconut and delicious Capella Amaretto flavor drops come together in these delicious cookies.

1 1/3 cups unsweetened shredded coconut  
1 Tablespoon vanilla whey protein powder  
1/2 teaspoon salt  
8 drops Capella Amaretto flavor drops  
1/4 teaspoon clear Stevia drops, or more to taste  
2 large egg whites, slightly beaten

1. Preheat the oven to 325° F. Line a baking sheet with parchment paper.
2. In a medium bowl, toss together the coconut, protein powder and salt, distributing well. In a small bowl combine the drops with the egg whites. Stir the egg white mixture into the coconut mixture and drop by teaspoon-full onto the prepared pan to form 24 cookies (close together is fine.)
3. Bake until cookies are lightly browned on the edges, about 20 minutes. Transfer to a wire rack to cool.

Makes six servings. Each serving has 72 calories, 9g fat, 1g protein, 4g carbs.

### **M1 Caution Modification:**

Substitute almond flour for the protein powder. (80 calories)



## Caramel Baked Pears with Ginger Cream

Sweet delicious pears bake up to perfection in this wonderful and warming autumn dessert.

1 teaspoon coconut oil  
4 bosc pears, peeled, halved and cored  
1/2 cup unsweetened plain almond milk  
6 drops Stevia Vanilla Crème flavor drops  
3 drops Capella Caramel flavor drops  
1 cup whipped cottage cheese  
4 drops Capella Gingerbread flavor drops  
10 drops clear Stevia or more to taste

1. Preheat the oven to 375° F. Lightly oil the bottom of a medium glass or ceramic casserole dish.  
2. Place the pears cut side down in the dish and bake in the oven for 20 minutes. Meanwhile combine the almond milk with the Vanilla and Caramel drops and pour over the pears. Continue to bake, occasionally basting, until the pears are fork tender and browned, about 20 minutes more.  
3. In a small bowl beat together the cottage cheese with the remaining flavor drops. To serve, place 2 pear halves on a plate and top with a dollop of the flavored cheese.

Makes four servings. Each serving has 145 calories, 5g fat, 8g protein, 15g carbs

### **M1 Caution Modification:**

Replace the cottage cheese with heavy cream and whip with the flavor drops.

## Blueberry Cinnamon “Crumble”

Delicious blueberries bursting with sweetness and wonderfully satisfying.

2 cups fresh blueberries, washed  
1/2 cup water  
Juice of 1/2 lemon  
8 drops Capella Blueberry Cinnamon Crumble  
12 drops plain Stevia, or more to taste  
Dash each ground cinnamon and nutmeg  
Almond milk for serving, sweetened with plain Stevia, if desired.

1. Preheat the oven to 350 degrees F. Combine the blueberries, water, lemon juice, and Capella and Stevia drops in a medium saucepan and bring to a simmer over medium heat.  
2. Cook, stirring often, until the berries and liquid are just warmed through. Taste for additional sweetener. Transfer to a medium shallow gratin dish.  
3. Sprinkle the top with the cinnamon and nutmeg and bake until bubbly and thickened, about 25 minutes. Cool slightly before serving. Spoon into bowls and serve with a drizzle of almond milk around the edge.

Makes four servings. Each serving has 50 calories, 0g fat, 0g protein, 11.5g carbs.

### **M1 Caution Modification:**

Dot with 1 Tablespoon unsalted butter before baking and/or serve with a dollop of whipped heavy cream sweetened with Stevia.

