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# This is not a foreword.

Will anyone actually read this section? Maybe – if it’s interesting enough. Let me organize it into sections. That might make it easier for you to read (and me to write).

## Who am I?

That is not an easy question to answer. This famous line by Robert Frost basically sums up my life:

*“Two roads diverged in a wood and I - I took the one less traveled by, and that has made all the difference.”*

I’ve never really done things normally. I suppose that’s why I blog for a living and drive a mini van at the advanced age of twenty. Here are a few things about me that you may or may not be interested to know:

- I’m the oldest of four children, and I have a wonderful mom and dad. I came by my love of business honestly because my dad is a finance guru and has instilled principles of good stewardship in me from little up. (My dad is also one of the ministers at our church.) My mom taught me how to cook – and maybe more importantly, how to clean up the kitchen! She’s always been incredibly patient with my cooking endeavors, although she was ready for this cookbook to be done so she could have her kitchen back! My siblings are all homeschooled. Katelyn (14) is obsessed with horses and loves to be outdoors, but she’s quite creative in the kitchen as well. Nicole (12) is our resident bookworm tomboy; she loves to go hunting with my dad and has dreams of building a raft sometime soon. Joshua (7) has boundless energy and imagination and is always making up his own craft projects (often involving boats, trains, or airplanes). He knows more about mechanics than I do. My family are my best friends. I am very blessed.
- We have ten horses, one of which is the opinionated white Arab cross you see on the previous page. His name is Traveler, and my dad laughs at the ironic twist of fate that gave me a horse that shares my personality.
- My name gets mispronounced by roughly 50% of the people I meet on first encounter and about 25% on second encounters. It’s Bree-ah-nah. Not Bree-ann-nah. But I answer to both. The sad thing is that even though my name appears in my website’s logo, web address, and on all my social media accounts, about 50% of the people who type it out still put two *ns* in it.
- I’ve always loved to sing, but music (especially sacred choral music) has become a huge part of my life in the past two years. I’ve been blessed with the opportunity to sing with several groups including SCMC Chamber Choir and Laudate Mennonite Ensemble. I believe that music is one of God’s greatest gifts to man and should be pursued with excellence for the glory of God.
- Reading is a favorite hobby of mine, and I’ve recently been expanding my knowledge of the classics. O. Henry’s short stories, *The Adventures of Sherlock Holmes*, *Jane Eyre*, and *Ivanhoe* are some of my favorite literary works.
- A relationship with God through the redemptive work of Jesus Christ is the most important part of my life. My identity rests in God, and I pray that everything I do would bring glory to Him. I am blessed to have a wonderful church family that is really truly like family to me! I attend a small Mennonite church in upstate South Carolina (where we often fellowship around food). I enjoy using my blog as a creative outlet to share the ways God works in my life, so feel free to stop by!

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## Why healthy eating?

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I grew up eating normal home-cooked meals. We didn't eat a lot of processed foods, but neither did we obsess over making and growing everything ourselves. We were just...normal. In the summer of 2013 I worked a summer job for my grandparents in Holmes County, Ohio, peddling South Carolina peaches at The Peach Barn. Ice cream and other goodies were abundant, and unfortunately I wasn't working quite as many of them off as I thought I was. Long story short, I gained enough weight that I was growing out of my clothes. Meanwhile, back home my mom had heard about the latest diet going around – something called “Trim Healthy Mama” – and jumped on the wagon. Always skeptical of fads, especially fad diets, I asked lots of questions and most likely did some scoffing (that part is a bit blurry in my memory). Eventually I came to realize that this healthy eating plan really did make sense, so I started concocting recipes that fit its guidelines. To my surprise, it worked!

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## The blog

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For awhile I'd been toying with the idea of starting a blog as a creative outlet as well as a possible business platform for the horse training and photography I was planning to get into (I was 17 at the time and working as a waitress in a small country restaurant). I enjoyed cooking, so I figured I would post a few recipes to try to get some blog followers as a means of gaining an audience for my future business propositions. I knew absolutely nothing about blogging, which is why I chose the moniker “Capall Equine Photography and Training” and set up a free website on Google Blogger (*capall* is the Gaelic word for *horse*, in case you were wondering). Much to my surprise, people actually read my blog posts and liked my recipes!

A few months later, I found out that I could actually make money blogging. Who knew? I started monetizing my blog in the spring of 2014. By that summer I realized that Blogger just wasn't cutting it, so I started a self-hosted Wordpress website, manually moved all my posts to my new site, and rebranded with something very simple: my name. Since then, my blog traffic has grown steadily and I now blog full-time for a living. If you're wondering how that works or want some tips on how to set up your own blog, check out my Blogging Success Series in the Lifestyle Posts index on my website.

Three years after the blog's inception, I'm still following the Trim Healthy Mama healthy eating lifestyle and plan to do so for the foreseeable future. I never really had a lot of weight to lose, but I just feel so much better when I eat clean! My mind is sharper, I have more energy, and I just feel good.

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## The birth of a book

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Last spring (2015), a cookbook was a foggy idea in my brain but not something I wanted to dive into yet. I went to Ohio to work for my grandparents again that summer, and by the time I got home I just felt that the time was right to start the project. Looking back, I'm glad God gave me the nudge to go ahead because if I would've waited, who knows how big this book would be?! When I returned to South Carolina at the end of August I jumped into the project with gusto, never anticipating just how big a project it would become. I made a gigantic list of recipes I knew I wanted to include: all my previously-published recipes plus a lot of new ones that were mostly healthy remakes of

traditional favorites that I wanted to be able to offer in one comprehensive cookbook. I then set to work, tweaking and re-photographing old recipes, concocting new recipes, and trying to keep up with my blog and life in general. Only by the grace of God did I make it through this past year with my sanity intact!

As I look through this cookbook, I see an incredible journey led by an incredible God. There is no other way to describe the tremendous opportunities I've been given – and the strength to make use of them. I have obsessive compulsive disorder, and while it's quite manageable these days compared to what it was when I was in high school, I tend to get stressed when too many things happen at once. This cookbook project definitely involved some stress, but when I view it in hindsight, I'm so thankful for everything I've learned through it all. And praise be to God, I don't get stressed out nearly as quickly now as I used to! All the more reason to write another cookbook next year, eh? I'm just so blessed to see how God works in our daily lives. He cares about us, and He has come through for me in so many little details in this project! (I've shared about quite a few of these in blog posts over the past year.)

And speaking of life as a journey, this book definitely represents a journey in basic business, writing, photography, and cooking skills! I look at it now and see old recipes that I wish I could tweak yet again, or lackluster pictures that I'd like to retake, but I'm going to leave them there because they represent part of this journey. Oh, I've cleaned up a lot of the old recipes, but hopefully the next book will be even cleaner! Yes, I do keep mentioning a "next book," don't I? I had to stop adding recipes to this book because it was getting rather large, but I already have just as many recipes on my recipe ideas list just waiting to be made! I don't know when the next book will happen, but I have a feeling it will be sooner rather than later. But first, I have to birth this child. I keep joking that this cookbook is my first-born child...and it's long overdue.

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## The inspiration for these recipes

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People often ask how I come up with recipe ideas. They can come from anywhere, really: a cookbook, a blog post, Pinterest, the grocery store, the depths of the freezer, fan-mail, my mom. Most of the inspiration for this cookbook came from recipes that I've grown up eating. Growing up in the Mennonite culture has blessed me with a rich history of cooking that has been handed down from generation to generation. Unfortunately, a lot of the recipes I've grown up eating weren't necessarily healthy, but most are adaptable in some way or another! I'm not one to drum up false hopes so I'll tell you up front that these recipes won't taste just like the originals I am replicating. They will taste best if you've been eating healthy for a little while (taste buds change drastically according to what they're used to!). However, these recipes are definitely good replacements for my favorite traditional foods, and I have come to enjoy the healthy versions more than the originals. I hope you can do the same!

To give you some background, I'm used to cooking out of old church cookbooks printed in black and white with absolutely no pictures. They treat you like you know how to cook, and you're lucky if they provide such particulars as what size pan to use or how long to bake the cake! Through my blogging career I've learned that the vast majority of the world today doesn't really know how to cook, so I've tried to explain my recipes in detail. If you know how to cook, please don't be offended by my wordiness! If you don't know how to cook and think I'm obscure on some things, just be glad I measured! I love experimenting, and it would make my day if you would just use this book as a guide in your own experimentation. Different people like different things, and I'll warn you up front: I have strange taste buds. Please make these recipes your own so they're something that you and your family will enjoy! I've tried to mark basic serving size information so you know how much food you're going to end up with, but please just use your own best common sense judgment when it comes to deciding how full to fill your plate. I'm 20 years old – I'm not your mom! Speaking of serving information, I love leftovers. Feel free to cut recipes in half if they're too big for your family, but don't be afraid to make the whole thing and freeze extra for a later date. In our house, leftovers rarely last past lunch the next day (unfortunately).

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## OK. I'm done.

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That was quite possibly the longest foreword in the history of ever. (But it wasn't really a foreword.) If you read the whole thing, blessings upon you. There's so much more I'd like to say, but I'd better stop now because this book is pushing size limits as it is. I'm going to insert a shameless plug here and tell you that there are a lot of cool posts on my blog that I bet you would really enjoy. I've talked about food freedom versus gluttony, shared lots of Trim Healthy Mama tips from personal experience, and posted all kinds of meal ideas. You can find links to some of my favorite blog posts on the cookbook resources page on my website. See you there!

*We are troubled on every side, yet not distressed;*

we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed; always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body. For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; while we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

**2 Corinthians 4:8-10, 17-18**



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**HEALTHY FATS** – recipes that focus on healthy fats and keep carbs to a minimum

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**FOUNDATION FATS** – recipes that focus on basic fats that are easy for the body to digest, such as those from coconut oil, butter, eggs, and meat (This category omits ingredients such as cheese, heavy cream, nuts, and cream cheese that are fine to use in a Healthy Fats setting but can sometimes be overdone.)

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**HEALTHY CARBS** – recipes that focus on healthy carbs and keep fats to a minimum

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**LOW CARB/LOW FAT** – recipes that don't contain significant sources of either carbs or fats

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**HEALTHY CARBS & HEALTHY FATS** – recipes that use healthy carbs and healthy fats in the same recipe (Recipes in this category are great for people who don't need to lose weight, but if you'd like to lose a few pounds (or more), keep these recipes for special occasions.)

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The test of a first-rate intelligence is the ability to hold  
two opposed ideas in the mind at the same time, and still retain the ability to function.

One should, for example, be able to see that things are hopeless and

*yet be determined to make them otherwise.*

F. Scott Fitzgerald

# *Breakfast*



5 Ingredient Pancakes



# Breakfast

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*You have not lived today until you have*  
DONE SOMETHING FOR SOMEONE WHO CAN NEVER REPAY YOU.

John Bunyan

# 5 Ingredient Waffles & Pancakes

HEALTHY FATS

Serves: 4

*The best way to eat waffles or pancakes is with peanut butter and syrup. Just sayin'. Feel free to add things such as blueberries, cinnamon, vanilla, etc. to the batter. PS – I counted water as a free ingredient...*

**$\frac{3}{4}$  c. Briana's Baking Mix**

**$\frac{3}{4}$  c. water**

**3 T. salted butter, melted**

**4 eggs**

**2  $\frac{1}{2}$  tsp. baking powder**

**6 doonks THM Pure Stevia Extract Powder**

Beat all the ingredients together until smooth. Bake in a standard-sized waffle iron sprayed with a nonstick cooking spray. I usually get 4 waffles from this recipe.

This batter makes great pancakes! Fry on a nonstick pan or griddle sprayed with cooking spray until each side is golden brown. You'll get about eight pancakes.

- You can use  $\frac{1}{3}$  c. coconut flour and  $\frac{1}{4}$  c. whey protein powder in place of the baking mix.
- These waffles can be frozen and reheated in a toaster. This actually makes them crispier!
- For an easy single-serve waffle, mix together 1 egg,  $\frac{1}{4}$  c. water, 3 T. Briana's Baking Mix,  $\frac{3}{4}$  tsp. Truvia, and  $\frac{1}{2}$  tsp. baking powder. Waffle it up!



A top-down view of a rustic wooden table. In the center is a dark brown ceramic bowl with two handles, filled with a hearty soup. The soup contains sliced mushrooms, small orange carrots, and pieces of ham in a dark broth. In the upper right corner, a whole yellow onion sits on the table. Scattered around the bowl are numerous brown beans. A silver spoon lies on the table in the lower right corner.

# *Main Dishes*

Ham and Bean Soup



# Main Dishes

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# Mommy's Meatloaf

HEALTHY FATS

Serves: 8

*I always thought my mom's meatloaf was the best ever, and my hypothesis has been confirmed by many reader reviews since I posted this recipe on my website! We have this for Sunday dinner more often than not. My sister Katelyn is never happier than when there are leftovers to eat cold for breakfast on Monday morning. Serve with roasted green beans (pg. 119) and a salad.*

2 lb. ground beef

1 c. old-fashioned oats (ground up a bit if desired)

1 c. tomato juice

1/4 c. chopped onion

1 egg

1 1/2 tsp. salt

1/2 tsp. black pepper

Use your hands to mix all the meatloaf ingredients together. Form into your desired loaf shape in a greased 9"x13" pan.

Mix the topping ingredients together and spread on top of the meatloaf.

Bake the meatloaf (uncovered) at 350° for approximately 45 minutes or until cooked through. We often bake it at 225-250° for about 3 1/2 hours while we're in church Sunday morning so it's ready for lunch when we get home.

## **Topping (optional):**

1/3 c. no-sugar-added ketchup

1 1/2 tsp. THM Gentle Sweet

1 tsp. yellow mustard

1/2 tsp. molasses

A few drops of liquid smoke (optional)

- The net carbs from the oatmeal come to 5.5g per serving.
- If you want lots of sauce, make 1 1/2 batches. We usually just leave it off and eat the meatloaf with ketchup.





# *Ice Cream & Frozen Desserts*



Raspberry Cheesecake Ganache Ripple Ice Cream

# Ice Cream & Frozen Desserts

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*Life appears to me too short*

TO BE SPENT IN NURSING ANIMOSITY OR REGISTERING WRONGS.

Charlotte Brontë, *Jane Eyre*



A top-down view of a small white bowl filled with pale yellow, creamy lemon ice cream. Two thin, bright yellow lemon slices are placed on top of the ice cream. The bowl sits on a teal-colored surface. In the background, there are two whole lemons, a white plastic lemon zester with a yellow patterned handle, and a yellow and white patterned cloth.

# *Tips*

Creamy Lemon Ice Cream

# Confession

I have an ice cream obsession. But you probably already knew that. A few people have picked up on my obsession with ice cream, and some have even dubbed me “The Ice Cream Queen.” It’s a badge I bear with great honor, dignity (ahem...most of the time), and no small amount of responsibility. Such responsibility has led me to try to answer some of your ice cream questions so that you too can enjoy ice cream – guilt free! Because ice cream and guilt should be mutually exclusive. Even if you eat naughty, sugar-laden ice cream, enjoy it and do better next time. That stuff really isn’t good for you though, so thankfully we have options. Lots of options.

## The Sales Pitch .....

Ice cream is one of the easiest healthy desserts to make (in my unbiased opinion). Blend some stuff in a blender, pour it into an ice cream churn, eat. A countertop ice cream churn with a freezer canister is hassle-free and easy to clean.

## The Equipment .....

To make ice cream, you’ll need a blender and an ice cream maker. Most of my recipes are made for a 1.5-qt. ice cream churn (but you can multiply them for use in a larger ice cream maker). I have used a 6-qt. traditional ice-and-rock-salt churn, but a smaller countertop model is definitely simpler to use and easier to clean. I have been using our Cuisinart for several years now, and it’s still running great! (Check out the cookbook resources page on my website for a link to the model I use.) The ice cream maker comes with an aluminum canister that you keep in your freezer. When you’re ready to make ice cream, simply place the canister on the ice cream machine, lock the plastic blades inside the canister with the plastic cover, turn the machine on, and add your blended ice cream mixture! In 20 minutes or less, you have soft-serve ice cream! When the ice cream is finished, remove it from the canister (I use a plastic spatula so I don’t scratch the surface of the freezer canister), and enjoy! If you want a firmer product, you can put the ice cream in your freezer for an hour or so.

I don’t put any of my ice cream maker equipment in the dishwasher because I want it to last as long as possible, but it’s easy to hand-wash. The exterior plastic cover rarely gets very dirty at all, and the blades and aluminum freezer canister take about 30 seconds to wash by hand.

Are countertop ice cream makers worth the money? In my opinion, definitely yes. They are easy to use, and they churn out my favorite healthy dessert of all time with minimal effort.

If you don’t have an ice cream maker and don’t want to invest in one, you have a couple of options:

- Use your blender. Most ice cream recipes can be made using a blender, although the texture won’t be quite as nice. Simply freeze the ice cream mixture in ice cube trays, soften the cubes a bit, and blend them with a little unsweetened almond milk or cream in a high-powered blender until a soft-serve consistency is reached. Eat the ice cream immediately or freeze it for an hour or so to firm up.
- Try the plastic bag/ice/rock salt method (Google will show you how).
- Freeze the ice cream mixture in molds as popsicles!



# The Ingredients

- **Cream:** Put simply, the more cream you use, the creamier and softer and more scoopable your ice cream will be. The trick is to find a happy medium between “calorie overload” and “good ice cream.” I try to keep most of my ice cream recipes on the lighter side, so I usually use 1/2 c. cream per batch. Since I eat most of my ice cream right after churning, this works just fine. (Don’t worry – I don’t eat the whole batch myself. The ice cream obsession is a family thing.) When I’m making ice cream that I intend to freeze and use later, I use more cream because it will thaw to a better consistency. My Special Occasion Ice Cream recipe is great for that. If you would like to make one of my light ice creams richer, feel free to replace some of the almond milk with additional cream.
- **Unsweetened almond, cashew, or coconut milk** (the very light kind from the carton with about 40 calories per cup): I use this to make up the rest of the volume for the ice cream, just like you would use milk in regular ice cream recipes.
- **Cottage cheese:** Cottage cheese is one of my favorite “secret ingredients” to make recipes creamy without a lot of extra calories. You can’t taste it (provided that you don’t use too much), and it adds a nice protein boost!
- **Eggs:** Eggs are a common ingredient in traditional homemade ice creams, but since I like quick and easy, I usually don’t actually make a cooked custard for my ice cream recipes. I prefer to just blend everything up and pour it right into the ice cream maker. I used to put raw eggs in my ice cream for added depth of flavor, but so many people are concerned about consuming raw eggs that I stopped and have actually edited most of my recipes to do away with the raw eggs.
- **Sweetener:** My favorite sweetener for ice cream is THM Pure Stevia Extract Powder. Only a little is needed since it’s so concentrated, and it dissolves instantly! As always, err on the low side when it comes to stevia or you’ll taste it unpleasantly. The THM brand is definitely the best-tasting stevia I have tried, and it’s more forgiving than other brands when you accidentally use too much. In the amounts I use in my recipes, I never have a problem with an unpleasant stevia aftertaste. I have actually never tried using a granulated sweetener in my ice cream recipes, but some people who have tried substituting for the stevia have informed me that other sweeteners are gritty in ice cream. If you do decide to use a granulated sweetener, powder it in a coffee grinder before adding it to the ice cream mixture or heat the blended ice cream mixture to dissolve the sweetener. If you do this, you’ll have to cool the mixture down before churning it which adds an extra step. As always, feel free to add additional sweetener if you don’t think the ice cream is sweet enough.
- **Vegetable glycerin:** This is a clear liquid that gives ice cream a creamy texture and helps it stay scoopable instead of icy when frozen, then thawed. It helps keep the ice cream from creating a thick frozen layer on the ice cream canister. From what I’ve read, vegetable glycerin is low-glycemic and safe for diabetics because it doesn’t impact the blood sugar like regular sugar does. Early in my ice cream career I didn’t use vegetable glycerin, but once I tried it I haven’t made ice cream without it. I do not recommend leaving the vegetable glycerin out of the ice cream bars/sandwiches/cakes/pies, low-fat soft-serve recipes, or dairy-free ice cream recipes in this section. I buy my vegetable glycerin off of Amazon (Essential Depot brand; check out the cookbook resources page on my website for a link to the one I buy). You can often find vegetable glycerin in the skincare section of grocery or health food stores. I know that NOW brand is food grade. A lot of vegetable glycerin is food grade, but if you find one with a poison warning on the label, I suggest finding another brand. I have heard that some vegetable glycerins made for use in cake frosting can have a funky taste in ice cream, so I’d stay away from those.
- **Glucomannan:** Glucomannan is a natural thickening agent made from the konjac root. Xanthan gum is similar, and they can generally be interchanged in a 1:1 ratio. I’ve found that adding glucomannan to my ice cream recipes makes them nice and creamy, so I use a teaspoon in the recipes I make for my 1.5-qt. ice cream maker. (If you find that this amount makes the ice cream slimy to your taste buds, try ½ tsp.) Since glucomannan can clump when it comes into contact with liquid, I add it to the blender last, then immediately put the lid on and blend everything together. The glucomannan I purchase can be found at Netrition.com as well as on Amazon (check out the cookbook resources page on my website for a link).
- **Dairy free:** You can still have ice cream if you’re allergic to dairy! I have successfully made dairy-free ice cream using canned coconut milk (there are two dairy-free ice cream recipes in this section).

## Storing Ice Cream .....

So what if you have leftovers? Wait...who am I kidding?? No, but really, sometimes you have leftover ice cream. What do you do with it? Well, it'll melt if you don't freeze it, so I highly suggest putting it in a sealable container in your freezer. There are all kinds of ice cream freezer containers on the market. I personally use an old Tupperware container that's meant to hold a half-gallon box of ice cream (back when they made ice cream in half gallons – which shows you how old this container is). You just need a container that seals tightly.

When you freeze ice cream leftovers, they will eventually freeze hard. How fast they get hard and how icy they get will vary according to the ingredients you used (the more cream and vegetable glycerin you use, the longer it will take for the ice cream to freeze completely solid and the creamier it will remain).

When you're ready to eat your ice cream leftovers, simply let them thaw, either in the fridge for 3-4 hours or on the counter for 30-40 minutes. This works for recipes with and without a lot of cream and vegetable glycerin, but the more you use of those ingredients, the creamier and more scoopable your thawed ice cream will be. If you freeze then thaw an ice cream made primarily with almond milk, the texture will be icier than that of a recipe made with a substantial amount of cream. That being said, my lighter ice cream recipes that only use 1/2 c. cream for a batch are still quite good when frozen hard, then thawed! Most of the time, I stick with them so I don't overload on the calories and heavy fats (of which I get plenty already). A great way to use up leftover ice cream that has frozen solid is to make a milkshake! (There are recipes for that in this section.)



## Troubleshooting .....

DO NOT pour an ice cream mixture into your countertop ice cream machine without turning it on first! If the canister is not rotating with the blades in place before you pour the ice cream mixture into it, the mixture will instantly freeze to the frozen canister and then the blades won't be able to move. You will have a gigantic ice-cream-ice-cube of a fail.

Make sure your ice cream machine canister is completely frozen before trying to make ice cream, otherwise your ice cream will not freeze properly. Your ice cream maker's instruction manual will have information on how long your specific model takes to freeze. When you first get your ice cream maker and freeze the canister, I recommend letting it freeze for 48 hours to make sure it's properly frozen. For subsequent batches, I like to give my ice cream canister 24 hours in the freezer just to be on the safe side. If you make ice cream extremely frequently, you might want to invest in an extra freezer canister for your ice cream machine.

# Basic Ice Cream

HEALTHY FATS

Serves: 4-6

*This basic recipe is light enough that you can eat it often and not worry about over-indulging! You can tweak it to make virtually any flavor.*

2½ c. unsweetened almond milk

½ c. cottage cheese

½ c. heavy whipping cream

1 egg (optional)

1 T. vegetable glycerin

1 tsp. vanilla extract

6-7 doonks THM Pure Stevia Extract Powder

⅛ tsp. salt

1 tsp. glucomannan

Blend all the ingredients together until smooth. Churn in an automatic countertop ice cream maker according to manufacturer's directions. Serve immediately or freeze for 40-60 minutes to firm up a little more if desired.

- *I've tweaked most of my ice cream recipes so they don't include eggs anymore, but an egg really does add a nice additional richness. If you don't like the raw egg idea, just omit it or use a pasteurized egg (you can purchase pasteurized eggs at a grocery store or make your own – Google it).*



# Horsetracks Ice Cream

HEALTHY FATS

Serves: 4-5

*As a general rule I don't make recipes more than once – even my own. There are just so many recipes yet to be made that I don't see the point of wasting precious time! This classic chocolate chunk and peanut butter combination is a notable exception to my rule.*

2 c. unsweetened almond milk

$\frac{1}{2}$  c. cottage cheese

$\frac{1}{2}$  c. heavy whipping cream

1 egg (optional)

1 T. vegetable glycerin

1 tsp. vanilla extract

6-7 doonks THM Pure Stevia Extract Powder

$\frac{1}{8}$  tsp. salt

1 tsp. glucomannan

## Chocolate:

$\frac{1}{4}$  c. refined coconut oil, melted

2 T. cocoa powder

2 doonks THM Pure Stevia Extract Powder

Natural peanut butter

Blend all the ice cream ingredients together until completely smooth. Churn in an automatic countertop ice cream maker according to manufacturer's directions.

Meanwhile, make the chocolate. Melt the coconut oil and cocoa powder together. Whisk in the stevia and set the mixture aside.

When the ice cream is done churning, transfer it to a sealable container. Place a few dollops of peanut butter on top and drizzle the ice cream with the chocolate mixture. Put the ice cream in the freezer. After 5-10 minutes, use a spoon to swirl the peanut butter and chocolate into the ice cream. Return the ice cream to the freezer to harden to the desired consistency (or eat right away).

*• I've tweaked most of my ice cream recipes so they don't include eggs anymore, but an egg really does add a nice additional richness. If you don't like the raw egg idea, just leave it out or use a pasteurized egg.*



# Peanut Butter Ice Cream

HEALTHY FATS

Serves: 4-6

*I can never pick a favorite ice cream flavor, but this one definitely makes Top Five. The peanut butter makes it so creamy! If you're trying to convince yourself or someone else that healthy ice cream is worth eating, make this recipe.*

2 c. unsweetened almond milk

<sup>3</sup>/<sub>4</sub> c. cottage cheese

<sup>1</sup>/<sub>4</sub> c. natural peanut butter

<sup>1</sup>/<sub>4</sub> c. heavy whipping cream

1 T. vegetable glycerin

1 tsp. vanilla extract

6-7 doonks THM Pure Stevia Extract Powder

Dash salt

1 tsp. glucomannan

<sup>1</sup>/<sub>4</sub> c. peanuts (optional)

Chunks of 85% dark chocolate (optional)

Blend all the ingredients (except the peanuts and chocolate) in a blender until smooth. Churn in an automatic ice cream churn according to manufacturer's directions. Stir the peanuts and chocolate chunks into the ice cream by hand. Serve immediately or freeze in a sealed container for 40-60 minutes to firm up a little more if desired.





# Butter Pecan Ice Cream

HEALTHY FATS

Serves: 6

*Both of my grandpas really enjoy butter pecan ice cream. Grandpa Yoder introduced me to homemade butter pecan frozen custard from Walnut Creek Cheese in Walnut Creek, OH, and Grandpa Dickinson shares his favorite butter pecan frozen yogurt from Publix when I come to visit (it's frozen yogurt but it tastes like ice cream). With that kind of history, how can I help but claim butter pecan as one of my favorite ice cream flavors? I think this one does my grandpas proud.*

2 c. unsweetened almond milk

1/2 c. cottage cheese

1/2 c. heavy whipping cream

2 eggs

1 T. vegetable glycerin

1 T. salted butter, melted

2 tsp. butter extract

1 1/2 tsp. vanilla extract

1 tsp. caramel extract

1/2 tsp. molasses

6-8 doonks THM Pure Stevia Extract Powder

1/8 tsp. salt

1 tsp. glucomannan

1 T. salted butter

1/3 c. chopped pecans

3/4 tsp. Truvia

Blend all the ice cream ingredients together until smooth. Churn in an automatic countertop ice cream churn according to manufacturer's directions.

While the ice cream is churning, toast the pecans in the butter in a skillet until toasty and fragrant. Toward the end of toasting, sprinkle the pecans with the Truvia and let them continue toasting a bit longer. When the pecans are done, transfer them to a sealable container and freeze them to chill. When the ice cream is done churning, transfer it to the container as well and stir to evenly distribute the pecans. Freeze to firm up more as desired, or serve immediately.

• *If eating raw eggs scares you, use pasteurized eggs. You can buy these at a grocery store or make your own (Google it).*



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