

Holiday Eggnog

- 1 packet IP vanilla smoothie mix
- 6 oz water
- 2 eggs, separated
- 2 tbsp DaVinci Eggnog (sugar-free)
- 1/2 teaspoon nutmeg or cloves

In a small saucepan over medium-heat, place smoothie mix and water, whisk until smooth. Heat until hot (do not allow to boil) and set aside. Blend yolks, heated vanilla drink mix, DaVinci Eggnog and nutmeg/clove until fully combined. Place in refrigerator to cool and thicken. While drink is cooling, whip egg whites until peaks form. Fold egg whites into eggnog.



Minestrone-Style Italian Vegetable Soup

- 1/2 cup diced tomato
- 1/2 cup thinly sliced kale or Swiss chard, stems removed.
- 1/3 cup diced fennel
- 1/3 cup diced zucchini
- 1/3 cup thinly sliced leek, white part only
- 1 1/4 cups fat-free chicken broth
- 1/4 tsp salt
- 1 packet IP veggie meatless mix
- 1 tbsp parsley leaves
- 1 small garlic clove, chopped
- 1 tsp grated lemon zest
- 1/2 tsp olive oil

Combine the tomato, kale, fennel, zucchini, leek, broth, and salt in a small saucepan and bring to a boil over high heat. Lower the heat to a simmer and cook uncovered until veggies are soft, about 5 minutes. Stir in the meatless mix. Remove from heat, and let sit, covered, for 10 minutes. Mince parsley, garlic, and lemon zest and sprinkle over soup. Drizzle with olive oil and serve.



Slow Cooker Italian Beef

- 2-3 lbs bottom round beef roast (lean, fat trimmed)
- 1 cup fat-free beef stock
- 1/4 cup IP Italian dressing
- 2 cups pepperoncini peppers, sliced

Place roast into slow cooker. Mix beef broth, IP Italian dressing, and pepperoncini into a bowl and mix together. Add mixture into slow cooker. Cook on low for 8-10 hours or until roast is fork tender.



Rutabaga Au Gratin

- 2 cups rutabaga, thinly sliced
- 1 pack IP Mac and cheese
- 5 ounces water

Preheat the oven to 350°F. Grind noodles from the IP Mac and cheese packet into a flour-like texture in a food processor. Combine ground noodles with cheese packet into a bowl with water, and mix until blended smooth. Place a layer of rutabagas in an oven-safe dish, and spread 1/4 cup of cheese mixture over rutabagas. Repeat layers and pour remainder of cheese mixture on top. Bake in the oven for 1 hour or until rutabagas are fork tender.



Oven Roasted Rosemary Kohlrabi

- 2 cups kohlrabi, cut into cubes
- 2 tsp olive oil
- Salt, pepper, and rosemary, to taste

Preheat oven to 350°F. Toss cubed kohlrabi with olive oil and seasonings. Please kohlrabi in a baking dish and cook for 30-40 minutes, or until fork tender.



Caramel Pumpkin Muffins

- 1 packet IP vanilla smoothie mix
- 1 packet IP golden pancake mix
- 1 tsp baking powder
- 1 tbsp pumpkin pie spice
- 2 tbsp Walden Farms caramel dip
- 1 egg
- 4-6 tbsp water

Preheat oven to 350°F. Mix vanilla smoothie packet, golden pancake packet, baking powder, and pumpkin pie spice in a bowl. In separate bowl, whisk together the egg, caramel dip, and water. Gently fold wet and dry ingredients together until fully combined. Pour mixture into muffin pan, filling each well halfway. Bake for 12 minutes.

