

4 Summer Delight Recipes



Eating healthy can be fun!



NUZZI CHIROPRACTIC

FAMILY & SPORTS CENTER

Strawberry Ice Cream

(low carb, dairy and gluten free)



Ingredients

- 2 cans (13.5 oz) coconut milk
- 16 oz frozen strawberries
- 1/2 - 3/4 cup equivalent sweetener (stevia)
- 1/2 cup chopped fresh strawberries (optional)

Instructions

1. In a blender combine all the ingredients, exempt for the fresh strawberries, and blend until smooth. Place the mixture in your i.e. cream maker and process according to the manufacturers directions.
2. Add the strawberries right before the ice cream is done to combine.
3. Serve immediately or place the ice cream in the freezer for 1-2 hours to harden.

*photo may not represent final desert

Pumpkin Ice Cream

Ingredients

- 1 cup pumpkin puree
- 1 banana - peel removed (riper the better)
- 1/2 cup coconut milk
- 2 tablespoons grade B maple syrup or honey (can substitute with stevia)
- 1 tsp pumpkin pie spice



Instructions

1. Fill an ice cube tray evenly with the pumpkin puree, making about 7-8 cubes.
2. Cover tightly with plastic wrap to avoid freezer burn.
3. Place the banana in a Ziploc bag and place it and the ice cube tray in the freezer overnight.
4. Remove the cubes from the tray and let them sit in a bowl on the counter for 10 minutes.
5. Remove the banana from the bag and place it and the rest of the ingredients in a food processor or blender.
6. Blend until smooth, stopping to scrape down the sides if needed. If you have an older food processor or blender, you may need to wait a little longer to let the frozen items thaw a bit before it will be able to process for you.

Note: This makes a soft serve ice cream consistency. If you have the patience and want a hard ice cream, place it in a container with a cover and freeze if for a few hours.

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Vanilla Cheesecake Protein Bars

Ingredients

- 3/4 cup ricotta cheese
- 2 eggs (or 1/3 cup egg whites)
- 1/2 cup almond flour (or other nut flour)
- 1/4 cup vanilla whey protein powder (or protein powder of choice)
- 1 tbsp. coconut oil
- 15 drops cherry vanilla liquid stevia sweetener (or sub with regular liquid stevia)



Instructions

1. Preheat oven to 350 degrees.
2. In a mixing bowl, combine protein powder with almond flour.
3. Add eggs, ricotta, and coconut oil (preferably heated) and whisk all ingredients together well.
4. Mix in any other add-ins (lemon zest, nuts - OPTIONAL)
5. Pour batter into a well greased meat loaf pan or another small baking sheet. (I like to use olive oil in a spray)
6. Bake for about 13-15 minutes or until firm and the edges start to bronze.
7. Makes about 8 squares . . . enjoy!

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Grain Free Ricotta Cheesecake

Ingredients

Crust

- 1/4 cup almond flour
- 1/4 cup coconut flour
- 1/4 tsp salt
- 1/4 tsp baking soda
- 1/2 tsp cinnamon
- 3 tbsp coconut oil, melted and cooled
- 3 tbsp honey - substitute Stevia
- 1/2 tsp vanilla extract
- 1 egg white



Filling

- 500 grams ricotta cheese
- 120 grams honey - substitute Stevia
- 3 eggs
- 1/2 tsp sea salt
- grated zest of 2 lemons
- 2 tbsp lemon juice
- 1 tsp vanilla extract
- 1/2 tsp grated nutmeg

Instructions

1. Combine the dry ingredients for the crust in a medium bowl, and whisk to combine.
2. Combine the wet ingredients in a small bowl, whisking to combine.
3. Add the wet ingredients to the dry ingredients and mix well. Let the mixture stand 5 minutes or so for the coconut flour to absorb moisture.
4. Press into a springform pan.
5. Preheat oven to 325 degrees.
6. Combine all the filling ingredients in a blender, and blend until smooth and creamy.
7. Pour the filling into the crust-lined springform pan.
8. Bake for 60-70 minutes until the centre is just barely set. It will firm up as it cools.

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The recipes in this eBook contain ingredients which are allowable on the Nuzzi Life Style Transformations weight loss program.

Click the button below or call for more information about the healthier and more enjoyable way to loose weight and keep it off.



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