



APPLE CARROT BREAD

MACROS: MAKES 8 SLICES.

MACROS PER SLICE: 98 CALS 6 P 18 C 2 F

INGREDIENTS

- 1 egg
- 4 tbl brown sugar truvia
- $\frac{1}{3}$ cup unsweetened applesauce
- 6 tsp truvia sugar replacement
- $\frac{1}{4}$ cup nonfat plain greek yogurt
- 2 tsp vanilla extract
- 2 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg
- $\frac{3}{4}$ cup diced apples
- $\frac{3}{4}$ cup shredded carrots
- 1 scoop Vanilla Ice Cream Level-
- $\frac{1}{2}$ cup buttermilk Kodiak mix
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- Pinch salt
- $\frac{3}{4}$ cup diced apples
- $\frac{3}{4}$ cup shredded carrots

METHOD

1. Preheat your oven to 350 degrees and prepare a bread loaf dish with a light spray of nonstick spray.
2. In a large bowl, whisk together the egg, brown sugar truvia, regular truvia, applesauce, yogurt, vanilla extract, cinnamon and nutmeg. Mix until well combined.
3. Add the level-1, kodiak, baking powder, baking soda and salt. Fold in slowly until just combined. Do not overmix.
4. Add in apples and carrots and fold until evenly combined.
5. Bake for about 40 minutes or until the top is golden brown.
6. While the bread loaf is still hot, lightly spray with I can't believe it's not butter spray and sprinkle a pinch of brown sugar truvia, regular truvia and cinnamon over the top.
7. Slice into 8 even servings.

THRIVE

SURVIVE

Book Club

GROUND BEEF ENCHILADAS & HOMEMADE SAUCE

MACROS: MAKES 4 SERVINGS.

MACROS PER $\frac{1}{4}$ SERVING OF BEEF AND SAUCE: 277 CALS 28 P 18 C 9 F

INGREDIENTS

Beef:

- 1 lb lean ground beef
- 1 cup diced onions
- 1 cup diced green pepper
- 2 tsp minced garlic
- 1 can peeled and chopped green chiles
- Salt and pepper to taste

Enchilada Sauce:

- $\frac{1}{2}$ tbl extra virgin olive oil
- 2 tbl flour
- 1 tbl tomato paste
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{4}$ tsp oregano
- 2 tbl chili powder
- 2 cups water

METHOD

1. PreHeat a skillet over medium to high heat. Add all enchilada sauce ingredients and heat to simmer. Stir occasionally for about 3-5 minutes. Remove from heat and move sauce to another bowl to set aside.
2. Return the skillet to the heat and add ground beef to the pan. When beef is about halfway cooked, season to taste with salt and pepper and add the onion, green pepper, garlic and green chiles.
3. The onions and green pepper should be tender with the time left to finish browning the meat. Once the meat is fully cooked, drain the grease.
4. Serve immediately over tacos/tortillas and top with sauce and cheese.