Breakfast Pages 14-24

Banana Blueberry Muffins

Nutrition Facts

Serving Size: 1 Muffin Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving

Calories 238 Calories from Fat 162 % Daily Value Total Fat 18g Saturated Fat 2g 10% Total Carbohydrate 16g 5%

Dietary Fiber 4g 16% Sugars 7g

Protein 8g 16%

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 238 18g 8g 12g 4g 21% 47% 32%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Orange Apricot Scones

Nutrition Facts

Serving Size: 1 Scone

Servings per Recipe: 16 Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving Calories 181 Calories from Fat 135 % Daily Value Total Fat 15g Saturated Fat 1g 5% Trans Fat 0g Total Carbohydrate 9g 3% Dietary Fiber 3g 12%

Sugars 5g Protein 6g 12%

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 181 15g 6g 6g 3g 22% 56% 22%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Cinnamon Apple Muffins

Nutrition Facts

Serving Size: 1 Muffin Servings per Recipe: 10

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving Calories 286 Calories from Fat 153

Total Fat 17g Saturated Fat 1g 5% Trans Fat 0g

% Daily Value

Total Carbohydrate 31g 10% Dietary Fiber 4g 16% Sugars 17g

Protein 6g 12%

Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs

Fiber 286 17g 6g 27g 4g 12% 34% 54%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Date Pecan Muffins

Nutrition Facts

Serving Size: 1 Muffin

Servings per Recipe: 12 Allergy Information: Dairy Free, Gluten Free. Sov Free.

Vegetarian, Wheat Free

Amount per Serving

Calories 313 Calories from Fat 234 Total Fat 26g Saturated Fat 2g 10% Trans Fat 0g Total Carbohydrate 17g 6% 20% Dietary Fiber 5g

Sugars 10g Protein 8g 16%

Macronutrient Ratios (per serving)

Calories Fat Protein Fiber 26g 313 8q 12g 5g 17% 57% 26%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Chocolate Chip Scones

Nutrition Facts

Serving Size: 1 Scone

Servings per Recipe: 16 Allergy Information: Dairy Free, Gluten Free. Sov Free.

Vegetarian, Wheat Free

Amount per Serving

Protein 5g

Calories 172 Calories from Fat 126 Total Fat 14g 22% Saturated Fat 2g 10% Trans Fat 0g

Total Carbohydrate 9g 3% 8% Dietary Fiber 2g Sugars 5g

Macronutrient Ratios (per serving)

Fiber Calories Fat Protein Net Carbs 14g 5q 172 7g 2g 19% 54% 27%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Classic Drop Biscuits

Nutrition Facts

Serving Size: 1 Biscui

Servings per Recipe: 8 Allergy Information: Dairy Free, Gluten Free. Sov Free.

Vegetarian, Wheat Free

mount per Serving

10%

Calories 311 Calories from Fat 234 % Daily Value Total Fat 26g

Saturated Fat 2g Trans Fat 0g

Total Carbohydrate 16g 5% 16% Dietary Fiber 4g

10%

18%

Protein 9g

Macronutrient Ratios (per serving)

Calories Protein Fiber 26q 311 12g 4g 19% 55%

Breakfast Pages 14-24

French Toast Nutrition Facts Serving Size: 1 Piece Servings per Recipe: 8 Allergy Information: Gluten Free, Soy Free, Vegetarian, Amount per Serving Calories 370 Calories from Fat 243 % Daily Value* Total Fat 27g Saturated Fat 5g 25% Total Carbohydrate 21g 7% 16% Dietary Fiber 4g Sugars 5g Protein 13g 26% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 17g 370 27g 13g 4g 47% 23% 30% *Percent Daily Values are based on a 2,000 calorie diet. Your

daily value may be higher or lower depending on your calorie

Pancakes

Nutrition Facts

Serving Size: 1 Pancake Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 142	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 4g	8%

Macronutrient Ratios (per serving)

		And the second s		
Calories	Fat	Protein	Net Carbs	Fiber
142	10g	4g	8g	2g
	45%	18%	36%	
	45%	18%	36%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Cinnamon Coffee Cake Nutrition Facts Serving Size: 1 Serving Servings per Recipe: 12 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Amount per Serving Calories 321 Calories from Fat 225 % Daily Value* Total Fat 25g Saturated Fat 2g 10% Trans Fat 0g Total Carbohydrate 23g 8% Dietary Fiber 4g 16% Sugars 16g Protein 8g 16% Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 321 25g 8g 19g 4g 48% 15% 37%

Scrumptious Sandwich Bread

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving

Calories 164	Calories from Fat 99
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 119	4%
Dietary Fiber 2g	8%

Sugars 2g

Protein 6g

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
164	11g	6g	9g	2g
	42%	23%	35%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Pecan-Raisin Bread

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving

Protein 6g

12%

Calories 229	Calories from Fat 126
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 9g	

Macronutrient Ratios (per serving)

		(1	٥,	
Calories	Fat	Protein	Net Carbs	Fiber
229	14g	6g	19g	3g
	36%	15%	49%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Muesli Bread

Nutrition Facts

Serving Size: 1 Slice

12%

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving	
Calories 250	Calories from Fat 144
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 2g	10%

 Total Carbohydrate
 21g
 7%

 Dietary Fiber
 4g
 16%

 Sugars
 9g

 Protein
 8g
 16%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
250	16g	8g	17g	4g
	39%	20%	41%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Olive-Rosemary Bread

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

ving			
182	С	alories fror	n Fat 117
			% Daily Value*
13g			20%
Fat 2g			10%
0g			
bohydrat	e 13g		4%
ber 2g			8%
3g			
5g			10%
rient Rati	os (per s	erving)	
Fat	Protein	Net Carbs	Fiber
13g 45%	5g 17%	11g 38%	2g
	13g Fat 2g 0g bohydrato 2g 33g Fat 13g Fat 13g	13g Fat 2g Og bohydrate 13g per 2g 3g Fat Protein 13g 5g	13g Fat 2g 0g bohydrate 13g oer 2g 3g Fat Protein Net Carbs 13g 5g 11g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Zucchini Bread

Nutrition Facts

Serving Size: 1 Slice Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving

Calories 241 Calories fr			alories fror	n Fat 162
				% Daily Value*
Total Fat 18g				28%
Saturated Fat	2g			10%
Trans Fat 0g				
Total Carbohy	drate	18g		6%
Dietary Fiber	3g			12%
Sugars 14g				
Protein 6g				12%
Macronutrient	t Ratio	s (per s	erving)	
Calories Fa	at	Protein	Net Carbs	Fiber
241 18	3g	6g	15g	3g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

15%

38%

46%

Cheddar Cheese Crackers

Nutrition Facts

Serving Size: 1 Cracker Servings per Recipe: 60

Allergy Information: Gluten Free, Soy Free, Vegetarian,

Wheat Free

Amount per Serving

Calories 41	Calories from Fat 27
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Carbohydrate 1g	<1%
Dietary Fiber 1g	4%
Sugars 0g	
Don't de	201

acronutrient Ratios (per serving)

viacronutrient Ratios (per serving)					
Calories	Fat	Protein	Net Carbs	Fiber	•
41	3g	1g	0g	1g	
	75%	25%	0%		

Herb Crackers Nutrition Facts Serving Size: 1 Cracker Servings per Recipe: 60 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Amount per Serving Calories 44 Calories from Fat 36 Total Fat 4g 0% Saturated Fat 0g Total Carbohydrate 1g <1% Dietary Fiber 1g 4% Sugars 0g Protein 2g 4% Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber 4q 2g 1g 67% 0% 33% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Pumpkin-Flax Crackers Nutrition Facts Serving Size: 1 Cracker Servings per Recipe: 60 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Amount per Serving Calories from Fat 54 Calories 74 Total Fat 6g Saturated Fat 1g 5% Trans Fat 0g Total Carbohydrate 2g 1% Dietary Fiber 1g 4% Sugars 0g Protein 4g 8% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 6q 4q 1g 1g 55% 36% 9%

*Percent Daily Values are based on a 2,000 calorie diet. Your

daily value may be higher or lower depending on your calorie

Sesame Crackers Nutrition Facts Serving Size: 1 Cracke Servings per Recipe: 60 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Amount per Serving Calories from Fat 45 Calories 52 % Daily Value Total Fat 5g Saturated Fat 0g 0% Total Carbohydrate 2g 1% Dietary Fiber 1g 4% Sugars 0g Protein 2g 4% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 5g 2q 1g 1g 63% 13% 25% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie



Note: Calculations are approximate and may vary

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Chicken Fingers

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat

Free

Amount per Serving

 Calories 426
 Calories from Fat 297

 % Daily Value*

 Total Fat 33g
 51%

 Saturated Fat 4g
 20%

Total Carbohydrate 6g 2%
Dietary Fiber 3g 12%

Sugars 1g

Protein 31g

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 426
 33g
 31g
 3g
 3g

 49%
 46%
 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chicken Parmesan

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Gluten Free, Soy Free, Wheat Free

Amount per Serving

62%

 Calories 866
 Calories from Fat 531

 Total Fat 59g
 91%

 Saturated Fat 16g
 80%

 Trans Fat 0g
 Total Carbohydrate 28g
 9%

 Dietary Fiber 9g
 36%

 Sugars
 12g

 Protein
 61g
 122%

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 866
 59g
 61g
 19g
 9g

 42%
 44%
 14%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chicken Piccata

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

 Total Carbohydrate
 6g
 2%

 Dietary Fiber
 2g
 8%

 Sugars
 2g
 2g

Protein 38g 76%

 Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 481
 36g
 38g
 4g
 2g

 46%
 49%
 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chicken Pot Pie

Nutrition Facts

Serving Size: 1/6 Total Yield Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving

439

 Calories from Fat 270

 Daily Value

 Total Fat
 30g
 46%

 Saturated Fat
 3g
 15%

 Trans Fat
 0g
 0g

 Total Carbohydrate
 22g
 7%

 Dietary Fiber
 5g
 20%

 Sugars
 6g

 Protein
 24g
 48%

 Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

24g

34%

17g

24%

5g

30g

42%

Pistachio Chicken

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Wheat Free
Amount per Serving

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 748
 49g
 51g
 33g
 8g

 37%
 38%
 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Matzo Ball Soup

Nutrition Facts

Serving Size: 1/6 Total Yield Servings per Recipe: 6

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

 Calories 348
 Calories from Fat 225

 Total Fat 25g
 38%

 Saturated Fat 3g
 15%

 Trans Fat 0g
 Total Carbohydrate 17g
 3%

 Dietary Fiber 4g
 16%

 Sugars
 5g

 Protein
 18g
 36%

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 348
 25g
 18g
 13g
 4g

 45%
 32%
 23%
 4g

Entrées Pages 40-64

Turkey Burgers

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Amount per Serving

Dietary Fiber 5g

Calories 453 Calories from Fat 297 % Daily Value Total Fat 33g 25% Saturated Fat 5q Total Carbohydrate 17g 6% 20%

Sugars 8g Protein 28g

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 33g 28g 12g 5g 453 38% 45% 16%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Herbed Turkey Loaf

Nutrition Facts

Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free,

56%

Amount per Serving

Calories 401 Calories from Fat 189 % Daily Value Total Fat 21g 32% 20% Saturated Fat 4g Total Carbohydrate 8g 3% 12% Dietary Fiber 3g Sugars 4g

Protein 29g 58%

Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 401 21g 29g 5g 3g 53% 38% 9%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Fish Sticks

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Wheat Free Amount per Serving

Calories 516 Calories from Fat 369 % Daily Value Total Fat 41g 63% 20% Saturated Fat 4g

Total Carbohydrate 9g 3% Dietary Fiber 5g 20% Sugars 3g

Protein 33g 66%

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 33g 41g 4g 5g 42% 53%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Cod Piccata Paprika

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Wheat Free

nount per Serving Calories 412

Total Fat 33g 51% Saturated Fat 3g 15% Trans Fat 0g Total Carbohydrate 7g Dietary Fiber 2g 8% Sugars 3g

Calories from Fat 297

Protein 26g 52% Macronutrient Ratios (per serving) Calories Fiber

26g

41%

5g

8%

2g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

33g

52%

412

Salmon Dill Burgers

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Wheat Free ount per Serving

Calories 279 Calories from Fat 153 % Daily Value Total Fat 17g 26% Saturated Fat 2g 10% Trans Fat 0g Total Carbohydrate 4g

Dietary Fiber 3g 12% Sugars 1g 54% Protein 27g

Macronutrient Ratios (per serving)

Fiber 17g 27g 1g 3g 279 60% 38% 2%

Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Smoked Salmon-Leek Tart

Nutrition Facts

Serving Size: 1/6 Total Yield Servings per Recipe: 6

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Wheat Free

Calories 358 Calories from Fat 279 % Daily Value Total Fat 31g 48% Saturated Fat 3g 15% Trans Fat 0g

Total Carbohydrate 11g Dietary Fiber 4g 16% Sugars 2g

24% Protein 12g

Macronutrient Ratios (per serving)

Protein Fiber 31g 12g 7g 24% 62% 14%

Entrées Pages 40-64

Southwestern Salmon Burgers

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Wheat Free

Amount per Serving

 Calories 301
 Calories from Fat 153

 Daily Value

 Total Fat 17g
 26%

 Saturated Fat 2g
 10%

 Trans Fat 0g
 0g

 Total Carbohydrate
 9g
 3%

 Dietary Fiber
 4g
 16%

 Sugars
 2g
 2g

Protein 29g

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 301
 17g
 29g
 5g
 4g

 33%
 57%
 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Thai Fish Cakes

Nutrition Facts

Serving Size: 1/4 Total Yiel Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vheat Free

58%

Amount per Serving

 Calories 357
 Calories from Fat 189

 Daily Value

 Total Fat 21g
 32%

 Saturated Fat 7g
 35%

 Trans Fat 0g
 0g

 Total Carbohydrate 5g
 2%

 Dietary Fiber 2g
 8%

 Sugars
 1g

 Protein
 37g
 74%

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 357
 21g
 37g
 3g
 2g

 34%
 61%
 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Shrimp Fritters

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Wheat Free

Amount per Serving

 Calories 308
 Calories from Fat 180

 % Daily Value*

 Total Fat 20g
 31%

 Saturated Fat 2g
 10%

 Trans Fat 0g
 0g

Total Carbohydrate 12g 4%
Dietary Fiber 3g 129

Protein 35g 70%

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 308
 20g
 35g
 9g
 3g

 31%
 55%
 14%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Black Bean Burgers

Nutrition Facts

Serving Size: 1/6 Total Yield

Servings per Recipe: 6 Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Calories

240

15g

39%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

11g

29%

12g

32%

Broccoli Pizza

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving

Fiber

7g

 Calories 484
 Calories from Fat 315

 Total Fat
 35g
 54%

 Saturated Fat
 7g
 35%

 Trans Fat
 0g
 9%

 Dietary Fiber
 10g
 40%

 Sugars
 9g

 Protein
 24g
 48%

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 484
 35g
 24g
 17g
 10g

 46%
 32%
 22%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Eggplant Parmesan

Nutrition Facts

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Gluten Free, Soy Free, Vegetarian,

Wheat Free

Amount per Serving

 Calories 825
 Calories from Fat 486

 Total Fat
 54g
 83%

 Saturated Fat 14g
 70%

 Trans Fat
 0g

 Total Carbohydrate
 55g
 18%

 Dietary Fiber
 15g
 60%

 Sugars
 23g
 23g

Protein 45g 90%

Macronutrient Ratios (per serving)

 Calories
 Fat
 Protein
 Net Carbs
 Fiber

 825
 54g
 45g
 40g
 15g

 39%
 32%
 29%
 15g

Entrées Pages 40-64

Savory Vegetable Quiche **Nutrition Facts** Serving Size: 1/4 Total Yield Servings per Recipe: 4 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Amount per Serving Calories 392 Calories from Fat 306 % Daily Value Total Fat 34g 30% Saturated Fat 6g Total Carbohydrate 11g 4% Dietary Fiber 5g 20% Sugars 4g Protein 15g 30% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 392 34g 15g 5g 62% 27% 11% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Asparagus Onion Quiche Nutrition Facts Serving Size: 1/6 Total Yield Servings per Recipe: 6 Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free Amount per Serving Calories 457 Calories from Fat 351 % Daily Value Total Fat 39g 60% 40% Saturated Fat 8g Total Carbohydrate 14g 5% 20% Dietary Fiber 5g Sugars 4g Protein 18g 36% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 39g 18g 9g 5g

27%

*Percent Daily Values are based on a 2,000 calorie diet. Your

daily value may be higher or lower depending on your calorie

14%

Serving Size: 1/6 Total Yield Servings per Recipe: 6 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Amount per Serving Calories 282 Calories from Fat 189 % Daily Value* Total Fat 21g 10% Saturated Fat 2g Total Carbohydrate 17g 6% Dietary Fiber 5g 20% Sugars 6g Protein 12g 24% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 12g 21g 12g 5g 27% 27% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Kale Tart with Cranberries

Nutrition Facts



Skillet Apple Pie

Nutrition Facts

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Protein 4g

Amount per Serving Calories 256 Calories from Fat 126

Total Fat 14g 5% Saturated Fat 1g Total Carbohydrate 33g 11%

Dietary Fiber 5g 20% Sugars 21g

Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 14g 4g 28g 5g 30% 61%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Pecan Pie

Nutrition Facts

Servings per Recipe: 8

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

% Daily Value

8%

Calories 659 Calories from Fat 414 % Daily Value Total Fat 46g 30% Saturated Fat 6q Total Carbohydrate 65g 22% Dietary Fiber 7g 28% Sugars 56g

Protein 8g 16% Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 46g 8g 58g 7g 41% 52%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Pumpkin Pie

Nutrition Facts

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 365 Calories from Fat 171 % Daily Value Total Fat 19g 10% Saturated Fat 2g

Total Carbohydrate 47g 16% Dietary Fiber 4g 16% Sugars 33g

Protein 8g 16%

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 19g 8a 43g 4g 11% 27% 61%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Chocolate Cream Pie

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 8

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

mount per Serving Calories 534 Calories from Fat 315 % Daily Value Total Fat 35g Saturated Fat 120 60% Trans Fat 0g Total Carbohydrate 55g 18% Dietary Fiber 6g 24% Sugars 35g 14% Protein Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber 35g 7g 49g 6g 534 38% 8% 54%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Peach Blueberry Crumble

Nutrition Facts

Serving Size: 1 Slice Servings per Recipe: 8

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

mount per Serving Calories 256 Calories from Fat 189 % Daily Value Total Fat 21g Saturated Fat 20 10% Trans Fat 0g Total Carbohydrate 14g 5% Dietary Fiber 4g 16% Sugars 7g 14% Protein Macronutrient Ratios (per serving)

Protein Net Carbs Fiber 21g 7g 10g 4g 55% 18% 26%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Coconut Berry Crisp

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 8

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

mount per Serving Calories 422 Calories from Fat 324 % Daily Value Total Fat 36g Saturated Fat 18g 90% Trans Fat 0g Total Carbohydrate 26g 9% Dietary Fiber 4g 16% Sugars 13g 12% Protein 6g Macronutrient Ratios (per serving) Calories Protein **Net Carbs** Fiber 422 36g 6g 22g 4g 56% 9% 34%

Pear Crisp

Nutrition Facts

Protein 7g

Servings per Recipe: 8

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Calories 335	Calories from Fat 189
	% Daily Value*
Total Fat 21g	32%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 35g	12%
Dietary Fiber 7g	28%
Sugars 21g	

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
335	21g	7g	28g	7g
	38%	13%	50%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Apple Clafoutis

Nutrition Facts

Servings per Recipe: 8

Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

14%

Amount per Serving	
Calories 237	Calories from Fat 144
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 8g	40%
Trans Fat 0g	
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 5g	10%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
237	16g	5g	18g	3g
	41%	13%	46%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Strawberry Creme Tart

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 8

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free	
Amount per Serving	
Calories 326	Calories from Fat 198
	% Daily Value*
Total Fat 22g	34%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 18g	
Protein ^{7g}	14%
Macronutrient Paties (n	or corvina)

Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 22g 7g 25g 4g 13% 41%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Raspberry Chocolate Chiffon Tart

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Ser	ving			
Calories :	379	C	alories from	Fat 216
			9	6 Daily Value*
To <u>tal</u> Fat	24g			37%
Saturated	Fat 6g			30%
Trans Fat	0g			
Total Car	bohydrat	e 39g		13%
Dietary Fi	per 5g			20%
Sugars 2	.9g			
Protein	6g			12%
Macronut	rient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
379	24g	6g	34g	5q
0.0	38%	9%	53%	Ü

daily value may be higher or lower depending on your calorie

Pie Crust

Nutrition Facts

Serving Size: 1 Crust Servings per Recipe: 1

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving Calories from Fat 1242 Calories 1513 % Daily Value Total Fat 138g Saturated Fat 11q 55% Trans Fat 0g Total Carbohydrate 53g 18% 72% Dietary Fiber 18g Sugars 23g Protein 36g 72% **Macronutrient Ratios (per serving)** Fiber

Protein Net Carbs 36g 138g 35g 1513

66%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

17%

18g

17%

Dark Chocolate Pie Crust

Nutrition Facts

Serving Size: 1 Crust

Servings per Recipe: 1

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Calories 2	1660	Ca	lories from	Fat 1197
				% Daily Value
Total Fat	133g			205%
Saturated	Fat 32g			160%
Trans Fat	0g			
Total Car	bohydrat	e 118g		39%
Dietary Fil	oer 23g			92%
Sugars 6	i9g			
Protein 3	0g			60%
Macronut	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
1660	133g	30g	95g	23g

Coconut Pie Crust

Nutrition Facts

Servings per Recipe: 1

Protein 21g

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Calories from Fat 1152
% Daily Value
197%
390%
9g 13 %
60%

Macronutrient Ratios (per serving)

			٠,	
Calories	Fat	Protein	Net Carbs	Fiber
1302	128g	21g	24g	15g
	74%	12%	14%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Crunchy Almond Pie Crust

Nutrition Facts

Serving Size: 1 Crust

42%

Servings per Recipe: 1

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Calories 1533	Calories from Fat 1260
	% Daily Value*
Total Fat 140g	215%
Saturated Fat 11g	55%
Trans Fat 0g	
Total Carbohydrate 5:	lg 17 %
Dietary Fiber 18g	72%
Sugars 23g	
Protein 36g	72%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1533	138g	36g	33g	18g
	67%	17%	16%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Simple Tart Crust

Nutrition Facts

Serving Size: 1 Crust

Servings per Recipe: 1

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Calories	1501	Ca	lories from	Fat 1242
		-	.01100 110111	% Daily Value
Total Fat	138g			212%
Saturated	Fat 11g	55%		
Trans Fat	0g			
Total Car	bohydrat	e 52g		17%
Dietary Fi	ber 18g			72%
Sugars 2	22g			
Protein 3	36g			72%
Macronut	trient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
1501	138g 66%	36g 17%	34g 16%	18g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Savory Pie Crust

Nutrition Facts

Serving Size: 1 Crust

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Ser	ving			
Calories	1450	Ca	lories from	Fat 1242
			q	% Daily Value*
Total Fat	138g			212%
Saturated	Fat 11g			55%
Trans Fat	0g			
Total Car	bohydrat	e 38g		13%
Dietary Fi	ber 19g	76%		
Sugars	7g			
Protein 3	37g			74%
Macronut	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
1450	138g 71 %	37g 19 %	19g 10%	19g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Herb Tart Crust

Nutrition Facts

Serving Size: 1 Crust Servings per Recipe: 1

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 1443			alories from Fat 125		
				% Daily Value*	
Total Fat	139g			215%	
Saturated	Fat 11g		55%		
Trans Fat	0g				
Total Car	bohydrate	e 36g		12%	
Dietary Fi	ber 18g		72%		
Sugars	6g				
Protein :	36g			72%	
Macronu	trient Rati	os (per s	serving)		
Calories	Fat	Protein	Net Carbs	Fiber	
1443	139g	36g	18g	18g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Pizza Crust

Nutrition Facts

Serving Size: 1 Crust

Protein 42g

Servings per Recipe: 1

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving Calories 1152 Calories from Fat 918 % Daily Value* Total Fat 102g Saturated Fat 9q 45% Trans Fat 0g Total Carbohydrate 36g 12% 72% Dietary Fiber 18g Sugars 6g

Macronutrient Ratios (per serving) Protein

Fiber 102g 42g 1152 18g 18g 26% 63% 11%

84%

Chocolate Cake

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 309 Calories from Fat 144 % Daily Value Total Fat 16g Saturated Fat 2g 10% Total Carbohydrate 40g 13%

Dietary Fiber 4g 16% Sugars 33g

Protein 8g

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 309 16g 8g 36g 4g 27% 13% 60%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Chocolate Chip Banana Cake

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving

16%

Calories 527 Calories from Fat 351 Total Fat 39g Saturated Fat 9g 45% Trans Fat 0g Total Carbohydrate 42g 14% Dietary Fiber 28%

Sugars 25g Protein 12g 24%

Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 527 39g 12g 35g 7g 14% 41%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Spice Cake

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving

Calories 344 Calories from Fat 189 % Daily Value Total Fat 21g Saturated Fat 2g 10%

Total Carbohydrate 37g 12% Dietary Fiber 16% Sugars 28g

Protein 8g 16%

Macronutrient Ratios (per serving)

Calories Fat Protein **Net Carbs** Fiber 344 21g 8g 33g 4g 34% 13% 53%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Classic Carrot Cake

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

	-			
Calories 3	388	(Calories fror	n Fat 243
				% Daily Value*
Total Fat	27g			42%
Saturated	Fat 3g			15%
Trans Fat	0g			
Total Car	bohydrate	e 31g		10%
Dietary Fi	ber 5g			20%
Sugars 2	21g			
Protein 1	.1g			22%
Macronut	rient Rati	os (per	serving)	
Calories	Fat	Protein	Net Carbs	Fiber
388	27a	11a	26a	5a

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

41%

42%

Chocolate Velvet Torte

Nutrition Facts

Serving Size: 1 Slice Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving

Calories 276 Calories from Fat 180 % Daily Value Total Fat 20g Saturated Fat 6g 30% Trans Fat 0g Total Carbohydrate 24g 8% 8% Dietary Fiber 2g Sugars 19g Protein 4g 8%

Macronutrient Ratios (per serving)

Fiber Calories Protein Net Carbs 276 20g 22g 2g 4q 9%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Vanilla Raspberry Torte

Nutrition Facts

Serving Size: 1 Slice Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Sov Free. Vegetarian, Wheat Free

Calories from Fat 261 Calories 539 % Daily Value Total Fat 29g 35% Saturated Fat 7g Trans Fat 0g

Total Carbohydrate 66g 22% Dietary Fiber 16% Sugars 57g

Protein 10g 20%

Macronutrient Ratios (per serving)

Calories Protein Fiber 539 29q 10g 62g 4q 29% 10%

3g

16g

37%

Strawberry Shortcake Nutrition Facts Serving Size: 1 Serving Servings per Recipe: 8 Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Amount per Serving Calories 539 Calories from Fat 432 Total Fat 48g Saturated Fat 16g 80% Total Carbohydrate 23g 8% Dietary Fiber 4g 16% Sugars 16g Protein 10g 20% Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber 19g 539 48g 10g 4g 62% 25% 13% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Icebox Cake

Nutrition Facts

Serving Size: 1 Slice Servings per Recipe: 8

Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Calories from Fat 531
% Daily Value*
91%
90%
23%
28%
22%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
823	59g	11g	63g	7g
	44%	8%	47%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Very Vanilla Cupcakes **Nutrition Facts** Serving Size: 1 Cupcake Servings per Recipe: 10

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free	
Amount per Serving	
Calories 274	Calories from Fat 180
	% Daily Value
Total Fat 20g	31%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 19	g 6%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 7g	14%
Macronutrient Ratios (per serving)
Calories Fat Pro	otein Net Carbs Fiber

16% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

7g

20g

274

Vanilla Cupcakes with Raspberry Fig **Filling Nutrition Facts** Serving Size: 1 Mini-cupcake Servings per Recipe: 24 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Amount per Serving Calories 152 Calories from Fat 90 Total Fat 10g Saturated Fat 1g 5% Trans Fat 0g Total Carbohydrate 14g 5% Dietary Fiber 2g 8% Sugars 11g Protein 4g 8% Macronutrient Ratios (per serving) Calories Protein Fiber Net Carbs 4g 152 10g 12g 2g **15**% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

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Elana's Chocolate Chip Cookies

Nutrition Facts

Serving Size: 1 Cookie Servings per Recipe: 30

Sugars 6g

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

Amount per Serving Calories 121 Calories from Fat 81 % Daily Value* Total Fat 9g Saturated Fat 1g 5% Total Carbohydrate 9g 3% Dietary Fiber 1g 4%

Protein 2g

Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
121	9g 47%	2g 11%	8g 42%	1g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Tropical Chocolate Chip Cookies

Nutrition Facts

Serving Size: 1 Cookie

Servings per Recipe: 36

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

4%

Calories 115	Calories from Fat 81
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 2g	4%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
115	9g	2g	7g	1g
	50%	11%	39%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Double Chocolate Cherry Cookies

Nutrition Facts

Serving Size: 1 Cookie

Servings per Recipe: 24

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 217	Calories from Fat 126
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 3g	15%
Trans Fat 0g	

Total Carbohydrate 23g Dietary Fiber 3g 12% Sugars 17g

Protein 3g 6%

Macronutrient Ratios (per serving)

Calorie	s Fat	Protein	Net Carbs	Fiber
217	14g	3g	20g	3g
	38%	8%	54%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Chewy Chocolate Cookies

Nutrition Facts

Serving Size: 1 Cookie Servings per Recipe: 12

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

Calories 3	365	C	alories fron	n Fat 207
				% Daily Value*
Total Fat	23g			35%
Saturated	Fat 2g			10%
Trans Fat	0g			
Total Carl	bohydrat	e 37g		12%
Dietary Fiber 4g			16%	
Sugars 1	.7g			
Protein	7g			14%
Macronut	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
365	23g	7g	33g	4g
	37%	11%	52%	

daily value may be higher or lower depending on your calorie

Snickerdoodles

Nutrition Facts

Serving Size: 1 Cookie Servings per Recipe: 36

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

Amount per Serving				
Calories 99 Calories from Fat				
			% Daily Value*	
Total Fat 6g			9%	
Saturated Fat 0g			0%	
Trans Fat 0g				
Total Carbohydrate	10g		3%	
Dietary Fiber 1g			4%	
Sugars 4g				
Protein ^{2g}			4%	
Macronutrient Ratio	s (per s	erving)		
Calories Fat	Protein	Net Carbs	Fiber	

Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

2g

12%

9g

53%

1g

6g

35%

99

Rosemary Hazelnut Shortbread Cookies

Nutrition Facts

Serving Size: 1 Cookie Servings per Recipe: 24

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

ng			
51	С	alories fror	n Fat 117
			% Daily Value*
13g			20%
at 1g			5%
0g			
ohydrate	9 7g		2%
er 2g			8%
9			
9			6%
ient Rati	os (per s	erving)	
Fat	Protein	Net Carbs	Fiber
13g	3q	5g	2q
62%	14%	24%	
	ohydrate ohydrate of 2g of ohydrate fat 13g	13g 13g 1at 1g 0g 0hydrate 7g 1g	13g 13g 14t 19 09 0hydrate 7g 19 29 19 39 1ent Ratios (per serving) Fat Protein Net Carbs 13g 3g 5g

daily value may be higher or lower depending on your calorie

Cookies and Bars Pages 98-120

Pecan Shortbread Cookies

Nutrition Facts

Serving Size: 1 Cookie

Servings per Recipe: 24

Protein 3g

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving		
Calories 152		Calories from Fat 126
		% Daily Value*
Total Fat 14g		22%
Saturated Fat 1g		5%
Trans Fat 0g		
Total Carbohydrate	7g	2%
Dietary Fiber 2g		8%
Sugars 4g		

macronatricite (tatios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
152	14g	3g	5g	2g
	54%	14%	23%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Holiday Cookies

Nutrition Facts

Serving Size: 1 Cookie Servings per Recipe: 24

6%

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
Calories 78	Calories from Fat 54
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Carbohydrate 5	ig 2 %
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	6%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
78	6g	3g	4g	1g
	46%	23%	31%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Gingerbread Men

Nutrition Facts

Serving Size: 1 Cookie Servings per Recipe: 24

Calories

Fat

9g

50%

Amount per Serving	
Calories 122	Calories from Fat 81
	% Daily Value
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 3g	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Protein

3g

17%

Net Carbs

6g

33%

Fiber

2g

Hamantaschen

Nutrition Facts

Serving Size: 1 Pastry

Servings per Recipe: 30 Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving			
Calories 134	(Calories fro	m Fat 81
			% Daily Value*
Total Fat 9g			14%
Saturated Fat 1g			5%
Trans Fat 0g			
Total Carbohydrat	e 11g		4%
Dietary Fiber 2g			8%
Sugars 8g			
Protein ^{3g}			6%
Macronutrient Rat	ios (per s	erving)	
Calories Fat	Protein	Net Carbs	Fiber
134 9g	3g	9g	2g
43%	14%	43%	

daily value may be higher or lower depending on your calorie

Fig Newtons

Nutrition Facts

Serving Size: 1 Newton Servings per Recipe: 20

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

Calories 159 Calories from Fat 90 % Daily Value Total Fat 10g 15% Saturated Fat 1g 5% Trans Fat 0g Total Carbohydrate 17g 6% Dietary Fiber 2g 8% Sugars 12g 6% Protein 3g **Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
159	10g 36%	3g 11%	15g 54%	2g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Almond Macaroons

Nutrition Facts

Serving Size: 1 Cookie Servings per Recipe: 20

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serv	ing			
Calories 7	' 8	(Calories fro	m Fat 54
				% Daily Value*
Total Fat	6g			9%
Saturated	Fat 0g			0%
Trans Fat	0g			
Total Carl	ohydrat	e 6g		2%
Dietary Fib	er 1g			4%
Sugars 4	lg			
Protein 3	3g			6%
Macronut	rient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
78	6g	3g	5g	1g
	43%	21%	36%	

daily value may be higher or lower depending on your calorie

Cookies and Bars Pages 98-120

Chocolate Coconut Macaroons

Nutrition Facts

Serving Size: 1 Cookie Servings per Recipe: 24

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving

Calories 121	Calories from Fat 63
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%

Sugars 11g Protein 2g

macronument Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
121	7g	2g	12g	2g
	33%	10%	57%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Chocolate Cranberry Biscotti

Nutrition Facts

Serving Size: 1 Biscotti

Servings per Recipe: 24

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

4%

Amount per Serving Calories 175 Calories from Fat 117 Total Fat 13g Saturated Fat 2g 10% Trans Fat 0g Total Carbohydrate 14g 5% Dietary Fiber 2g 8% Sugars 10g Protein 4g 8%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
175	13g	4g	12g	2g
	45%	14%	41%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Lemon Bars

Nutrition Facts

Serving Size: 1 Bar

Protein 3g

Servings per Recipe: 16

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Calories 141	Calories from Fat 99
	% Daily Value
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%

macronatricite (atios (per serving)					
Calories	Fat	Protein	Net Carbs	Fiber	
141	11g	3g	7g	1g	
	52 %	14%	33%		

6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Raspberry Bars

Nutrition Facts

Serving Size: 1 Bar

Servings per Recipe: 20 Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Ser	ving			
Calories 2	279	С	alories fron	n Fat 189
				% Daily Value
Total Fat	21g			32%
Saturated	Fat 2g			10%
Trans Fat	0g			
Total Carl	bohydrat	e 18g		6%
Dietary Fil	Dietary Fiber 3g			12%
Sugars 1	.2g			
Protein	7g			14%
Macronut	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
279	21g	7g	15g	3g
	49%	16%	35%	

daily value may be higher or lower depending on your calorie

Apricot Tea Squares

Nutrition Facts

Serving Size: 1 Square Servings per Recipe: 16

Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Amount per Serving

Calories 131 Calories from F			
			% Daily Value*
Total Fat 10g			15%
Saturated Fat 3g			15%
Trans Fat 0g			
Total Carbohydra	te 9g		3%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 4g			8%
Macronutrient Ra	tios (per s	erving)	
Calories Fat	Protein	Net Carbs	Fiber

Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

4g

20%

6g

30%

3g

10g

50%

131

Praline Shortbread Squares

Nutrition Facts

Serving Size: 1 Square Servings per Recipe: 16

Allergy Information: Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving				
Calories 260	C	Calories fro	m Fat 216	
			% Daily Value*	
Total Fat 24g			37%	
Saturated Fat 5g			25%	
Trans Fat 0g				
Total Carbohydrate	10g		3%	
Dietary Fiber 3g		129		
Sugars 6g				
Protein 4g			8%	
Macronutrient Ratio	os (per s	serving)		
Calories Fat	Protein	Net Carbs	Fiber	
260 24g	4g	7g	3g	
69%	11%	20%		
*Percent Daily Values are b	ased on a	2.000 calorie d	iet. Your	

daily value may be higher or lower depending on your calorie

Ginger Macadamia Brownies S'mores **Nutrition Facts Nutrition Facts** Serving Size: 1 Brownie Serving Size: 1 Cookie Servings per Recipe: 20 Servings per Recipe: 16 Allergy Information: Dairy Free, Gluten Free, Soy Free, Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Vegetarian, Wheat Free Amount per Serving Amount per Serving Calories 241 Calories from Fat 153 Calories 289 Calories from Fat 171 % Daily Value* % Daily Value Total Fat 17g Total Fat 19g 29% Saturated Fat 3g 15% Saturated Fat 7g 35% Trans Fat 0g Trans Fat 0g Total Carbohydrate 21g 7% Total Carbohydrate 33g 11% Dietary Fiber 3g 12% 12% Dietary Fiber 3g Sugars 16g Sugars 24g Protein 4g 8% Protein 3g 6% Macronutrient Ratios (per serving) Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber Calories Fat Protein Net Carbs Fiber 3g 241 17g 4g 18g 19g 3g 30g 3g 44% 10% 46% 37% 58% *Percent Daily Values are based on a 2,000 calorie diet. Your *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie daily value may be higher or lower depending on your calorie

Cinnamon Apple Syrup

Nutrition Facts

Serving Size: 1/4 Cup Servings per Recipe: 12

Sugars 7g

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free,

Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving Calories 47 Calories from Fat 0 % Daily Value* Total Fat 0g Saturated Fat 0g 0% Total Carbohydrate 12g 4% Dietary Fiber 1g 4%

Protein <1g

macronutrient Ratios (per serving)						
Calories	Fat	Protein	Net Carbs	Fiber		
47	0g	<1g	11g	1g		
	0%	2%	98%			

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Blueberry Sauce

Nutrition Facts

Serving Size: 1/4 Cup Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

1%

Calories 33	Calories from Fat 2
	% Daily Value*
Total Fat <1g	<1%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Carbohydrate 8g	3%
Dietary Fiber 1g	3%
Sugars 3g	
Protein <1g	1%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
33	<1a	<1a		10
33		- 3	7g	1g
	2%	4%	93%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Tomato Sauce

Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 12

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Calories from Fat 0 Calories 38 % Daily Value* Total Fat 0g Saturated Fat 0g 0% Trans Fat 0g

Total Carbohydrate 8g 3% Dietary Fiber 1g 4% Sugars 4g

Protein 2g 5%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
38	0g	2g	7g	1g
	0%	25%	75%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Pizza Sauce

Nutrition Facts

Serving Size: 1/4 Cup

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free,

Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving				
Calories 53			Calories f	rom Fat 0
				% Daily Value*
Total Fat 0g				0%
Saturated Fat	0g			0%
Trans Fat 0g				
Total Carboh	ydrate	• 11g		4%
Dietary Fiber	2g			7%
Sugars 5g				
Protein 4g				7%
Macronutrier	t Rati	os (per s	erving)	
Calories F	at	Protein	Net Carbs	Fiber
53 ()g	4g	9g	2g
()%	29%	71%	_

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Chocolate Frosting

Nutrition Facts

Serving Size: 1/4 Cup Servings per Recipe: 6

Amount per Serving

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free,

Soy Free, Vegan, Vegetarian, Wheat Free

Calories from Fat 272 Calories 363 % Daily Value Total Fat 30g Saturated Fat 10g 48% Trans Fat 0g Total Carbohydrate 27g 9% Dietary Fiber 3g 11% Sugars 19g 0% Protein 0g

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
363	30g 55%	0g 0 %	24g 45%	3g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Peanut Butter Frosting

Nutrition Facts

Vegan, Vegetarian, Wheat Free

Serving Size: 1/4 Cup

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Amount per Ser	ving				
Calories 335			Calories from Fat 192		
				% Daily Value	
Total Fat 21g			33%		
Saturated Fat 3g				17%	
Trans Fat	0g				
Total Carbohydrate 32g				11%	
Dietary Fiber 3g				11%	
Sugars 2	26g				
Protein 9g				19%	
Macronut	rient Rati	os (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
335	21g 35%	9g 16%	30g 49%	3g	

Marshmallow Frosting Nutrition Facts Serving Size: 1/4 Cup Servings per Recipe: 12 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free Amount per Serving Calories 48 Calories from Fat 0 % Daily Value* Total Fat 0g Saturated Fat 0g 0% Total Carbohydrate 11g 4% Dietary Fiber 0g 0% Sugars 11g Protein 1g 2% Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber 48 0g 1g 11g 0g 0% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Creamy Coconut Frosting Nutrition Facts Serving Size: 1/4 Cup Servings per Recipe: 12 Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free Amount per Serving Calories from Fat 213 Calories 298 % Daily Value Total Fat 24g 36% Saturated Fat 20g 102% Trans Fat 0g Total Carbohydrate 25g 8% Dietary Fiber <1q 1% Sugars 21g Protein <1g <1% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

<1g

25g

51%

<1g

298

24g

Whipped Cream Nutrition Facts Serving Size: 1/4 Cup Servings per Recipe: 16 Allergy Information: Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free Amount per Serving Calories 113 Calories from Fat 100 % Daily Value* Total Fat 11g Saturated Fat 7g 35% Total Carbohydrate 3g 1% Dietary Fiber 0g 0% Sugars 3g Protein 1g 2% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 113 11g 1g 3g 0g 4% 76% 20% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Creme Patissiere **Nutrition Facts** Serving Size: 1/4 Cup Servings per Recipe: 6 Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free mount per Serving Calories 187 Calories from Fat 84 % Daily Value Total Fat 9g Saturated Fat 0g 0% Trans Fat 0g Total Carbohydrate 23g 8% Dietary Fiber <1g 4% Sugars 15g 8% Protein 4g Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber 187 9g 4g 23g <1g 11% 26% 63% *Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie