

2021 MT FCS DAY

LEAN MACHINE BURGERS

Total time: 25 mins (Prep time: 15 mins Cook time: 10 mins) **Yield:** 4 servings

INGREDIENTS

- 1 lb. lean ground beef (85/15)
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- Avocado oil for the grill



INSTRUCTIONS

1. In a large bowl, use clean hands to mix together all the ingredients except the oil.
2. Form the mixture into four patties, each of them about 4 ounces in weight, 3.5 inches in diameter, and ½ inch thick.
3. Preheat a grill or a grill pan on medium-high heat. Lightly brush the grill with oil.
4. With your thumb, make a slight depression in the center of each patty, to help the hamburgers cook evenly and maintain their shape.
5. Cook the hamburgers, dimpled side up, for 4 minutes. Turn and cook them on the other side, about 3 more minutes for medium doneness. This is a rough guideline. How long you need to grill will ultimately depend on how hot your grill is, on the thickness of the patties, and on your desired level of doneness.
6. If you'd like to make cheeseburgers, you can top each burger patty with a slice of your favorite cheese during the last minute of grilling. Cover the grill or the grill pan so that the cheese can melt. Alternatively, finish cooking the burgers, top them with cheese, and briefly microwave them to melt the cheese, about 30 seconds for 4 burgers

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CARLA'S CRISPY SWEET-AS-CAN-BE POTATO FRIES

Total time: 35 minutes **Yield:** 4-6 servings

INGREDIENTS

- 2 pounds sweet potatoes, peeled
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper

INSTRUCTIONS

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.



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NANA'S SPUNKY MONKEY BANANA OAT PANCAKES

Total time: 20 mins (Cook time: 10 mins) **Yield:** 3 servings

INGREDIENTS

- 2 medium ripe bananas (best when they have lots of brown spots)
- 2 eggs
- 1/2 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 1/2 cups old fashioned rolled oats, gluten-free if desired
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- Olive oil, for cooking



INSTRUCTIONS

1. Add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute. Let the batter sit in your blender while you heat your pan up.
2. Lightly coat a griddle with coconut oil, vegan butter or olive oil and place over medium heat. Once pan is hot, add 1/3 cup of the batter to the griddle for each pancake and cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.
3. Flip cakes and cook until golden brown on the underside. If you find that pancakes are browning too quickly then you need to lower the heat. I normally start on medium heat, then decrease to medium-low later so that my pancakes don't burn. If at any point your griddle starts smoking, it means your pan is too hot.
4. Wipe skillet clean and repeat with more oil and remaining batter. Makes 9 pancakes total. Serves 3, 3 pancakes each.

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YOU CRACK ME UP SPINACH AND EGGS SCRAMBLE

Total time: 20 mins (Prep time: 10 mins Cook time: 10 mins) **Yield:** 2 servings

INGREDIENTS

- 2 tablespoons olive oil
- 1/2 medium onion, sliced and separated into rings
- 1/2 teaspoon Diamond Crystal kosher salt plus a pinch for the onions
- 1/4 teaspoon black pepper, divided
- 4 large eggs
- 2 tablespoons grated Parmesan (1 oz)
- 2 cups fresh baby spinach leaves (2 oz)
- 1/4 teaspoon red pepper flakes



INSTRUCTIONS

1. Heat a very large (12-14 inch) nonstick skillet over medium-high heat, about 2 minutes. Add the olive oil.
2. Add the onion slices. Sprinkle them with a pinch of Kosher salt and a pinch of black pepper. Cook, stirring occasionally, until golden, about 5 minutes. Lower the heat to medium.
3. While the onion is cooking, in a medium bowl, whisk together the eggs, 1/2 teaspoon Kosher salt, a pinch of black pepper, and 2 tablespoons Parmesan. Set aside.
4. When the onions are golden brown, add the spinach leaves to the skillet. Cook, stirring, just until beginning to wilt, about 1 minute.
5. Pour the egg mixture into the skillet. Cook the eggs over medium heat, pushing them back and forth with a rubber spatula, until set to your liking. Sprinkle with red pepper flakes. Serve immediately.

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I CAN'T BELIEVE IT'S NOT ICE CREAM MILKSHAKES

Total time: 5 mins. **Yield:** 1 serving

INGREDIENTS

Base

- 2 bananas
- 1 Tbsp honey or sugar

Flavor (choose one)

- Vanilla: ½ cup milk + 1 tsp vanilla extract
- Chocolate: ½ cup milk + 1 Tbsp unsweetened cocoa
- Strawberry: 1 cup milk + 1 cup frozen strawberries

Toppings (optional)

- Whipped cream
- Maraschino cherries



INSTRUCTIONS

1. Make base by pureeing bananas and sweetener until smooth, scraping down the sides as needed to get a really smooth and creamy mixture.
2. Add the ingredients listed next to the flavor you'd like and blend until smooth.
3. Pour into glasses, optionally top with whipped cream and cherries, and serve immediately.

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CHOCOLATE MADNESS CAKE

Total time: 30 mins. (Prep time: 5 mins. Cook time: 25 mins.) **Yield:** 8 servings

INGREDIENTS

- 1 1/2 cups all-purpose flour gluten-free, if necessary
- 1 cup granulated sweetener of choice * See notes
- 1/4 cup cocoa powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tbsp apple cider vinegar
- 1 tsp vanilla extract
- 6 tbsp unsweetened applesauce
- 1 cup water



INSTRUCTIONS

1. Preheat the oven to 350F. Line an 8-inch springform pan with parchment paper and set aside.
2. In a large mixing bowl, combine your flour, granulated sweetener, cocoa powder, baking soda, and salt, and mix well.
3. Add your vanilla extract, apple cider vinegar, and unsweetened applesauce and mix well. Pour the water over the top and mix until fully combined.
4. Transfer the cake batter into the lined pan and bake for 25-30 minutes, or until a skewer comes out just clean.
5. Remove from the oven and let cool in the cake pan for 10 minutes, before carefully transferring to a wire rack to cool completely. Once cool, frost if desired.

NOTES:

- For a double or triple layer cake, double and triple the ingredients. Cooking time doesn't vary at all.
- * You can use any zero-calorie sweetener of choice such as monk fruit sweetener or erythritol.

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CHOCOLATE MUD FROSTING

Total time: 2 mins. **Yield:** 20 servings

INGREDIENTS

- 1/2 cup coconut oil melted
- 3 tbsp maple syrup
- 1/2 cup cocoa powder or dark cocoa powder
- 1 cup unsweetened applesauce See Notes *
- 1 tbsp coconut flour or corn starch (Optional- See Notes **)



INSTRUCTIONS

1. In a large mixing bowl, combine your coconut oil, sticky sweetener of choice and cocoa powder. Mix until a glossy liquid chocolate texture remains.
2. Add your unsweetened applesauce. Start with 1 cup and depending on what texture you are after, increase.
3. Refrigerate for at least 20 minutes, to thicken slightly. If you need to use it immediately, add a tablespoon or two of coconut flour/cornstarch.

NOTES:

- * For a thinner, drippy frosting, add more applesauce (or maple syrup).
- ** Alternatively, refrigerate longer to firm up.

TO STORE:

Leftover frosting should always be stored in the refrigerator, covered. It will keep for at least 2 weeks, usually longer. Let it sit at room temperature before frosting.

TO FREEZE:

Place frosting in a freezer-friendly container and store in the freezer for up to 2 months.