

TOP 10

THM Friendly Recipes



From

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SHERIGRAHAM

Living, Learning, Loving...Intentionally

Dear Friend,

Thank you for subscribing to our newsletter!

I thought it would be fun to put together a nice little PDF file for you of the “Top 10” most popular THM friendly recipes! These ten recipes were the most viewed THM recipes over the past year.

If you are not familiar with Trim Healthy Mama, all of these recipes are sugar-free.

I pray you are blessed by having these in nice printable format, all ready to print and place in your THM notebook.

To find out more about THM and to see all my THM recipes and posts, click the link below:

<http://sherigraham.com/trim-healthy-mama-recipes-list>

Have a blessed day,

Sheri

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#1 - Fudgy No-Bake Cookies – S



- 1/4 cup butter or coconut oil
- 2 tablespoons cocoa
- 2 tablespoons almond milk, unsweetened
- 1/4 cup Truvia
- 1/4 cup defatted peanut flour
- 2 tablespoons water
- dash sea salt
- 1/2 teaspoon vanilla
- 1 cup rolled oats OR use 1 cup coconut (shredded or chips) OR us 1/2 cup rolled oats and 1/2 cup coconut (shredded or chips)

In a small saucepan over medium heat, melt butter or coconut oil, cocoa, almond milk, Truvia, defatted peanut flour, water, and sea salt. Bring to a boil and allow to boil, stirring constantly, for one minute.

Remove from heat and stir in vanilla and oats/coconut. Drop by tablespoons (I used a small cookie scoop) onto foil. Refrigerate to harden, then store in covered container in refrigerator.

Makes 16 cookies.

To keep this as an “S” snack or dessert, you can have 2-3 cookies! (If you use 1/2 coconut or all coconut, you can have 3-4 cookies to stay in “S” territory!)

#2 - Chocolate Cake – FP



This recipe made such a yummy, moist chocolate cake! I topped mine with some light cool whip and it was delicious!

- 1 Tablespoon oat fiber
- 1 Tablespoon **coconut flour**
- 2 Tablespoons cocoa
- 1/2 teaspoon baking powder
- 1/2 teaspoon **glucomannan**
- dash sea salt
- 2 Tablespoons **Truvia**
- 1/3 cup egg whites
- 1 Tablespoon water
- 1/2 teaspoon vanilla

In a small microwave-safe bowl, mix the dry ingredients well. Add liquid ingredients and mix well.

Microwave for about 1 1/2 minutes. Don't cook too long or it will dry out the cake. The middle will be a little gooey still and that's ok.

Allow cake to cool a bit in bowl before flipping out on a plate to cool completely.

Cut in half, then top with light cool whip, berries, or any of the other frosting or pudding recipes in the **Trim Healthy Mama book**. Just be sure to use a Fuel Pull recipe if you want to keep it a Fuel Pull!

Nutritional Value (of cake):

Calories: 64

Fat: 2 grams

Carbs: 3.5 grams

Protein: 5.5 grams

#3 - Pumpkin Pie Cake – FP



Since I came up with the [Fuel Pull Chocolate Cake recipe](#), I wanted to come up with some other cakes that were also Fuel Pull. I love pumpkin when the weather changes so I decided to see if I could create a recipe for pumpkin cake. I love the Pumpkin Muffin recipe that was shared on the THM facebook page, but I wanted to have a Fuel Pull option....enter Pumpkin Pie Cake!

I decided to call it Pumpkin “Pie” Cake because unless you cook it quite a while the center remains soft...and tastes just like pumpkin pie! I hope you enjoy this recipe as much as I do.

- 1 Tablespoon oat fiber
- 1 Tablespoon [coconut flour](#)
- 1/2 teaspoon baking powder
- 1/2 teaspoon [Glucomannan](#)
- 2 Tablespoons [Truvia](#)
- Dash sea salt
- 1/2 teaspoon pumpkin pie spice
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/3 cup egg whites
- 1 Tablespoon water
- 2 Tablespoons pumpkin

Add dry ingredients to a small bowl and mix well.

Mix in remaining ingredients until blended and smooth.

Divide into two small ramekins (I use the small 6 oz. size).

Cook in microwave for 1 1/2 to 2 minutes OR bake in 350 degree oven for 15-20 minutes.

Don't overbake. The center will still be soft and that is what makes it SO good!

Top with some 0% Greek yogurt sweetened with some stevia and vanilla extract.

You can eat both little cakes or share with someone else. Either way it is still a Fuel Pull! Enjoy!

Optional Additions: If you don't mind this becoming an "S" dessert, you can add some chunks of skinny chocolate to the batter for a pumpkin chocolate cake. Or drizzly some skinny chocolate on top. Or top with some yummy cream cheese frosting. Or add in some nuts for a yummy crunch. Be creative, but just keep in mind that it will not be a FP if you add to the recipe!

#4 - Spice Cake – FP



- 1 Tablespoon oat fiber
- 1 Tablespoon **coconut flour**
- 1/2 teaspoon baking powder
- 1/2 teaspoon **Glucomannan**
- 2 Tablespoons **Truvia**
- Dash sea salt
- 1 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/8 teaspoon ground cloves (or less if you don't like a strong cloves taste)
- 1/2 teaspoon vanilla
- 1 Tablespoon unsweetened almond milk
- 1/3 cup egg whites

In a small bowl, mix the dry ingredients first, then add the liquid ingredients. Mix well until all lumps are gone. Transfer batter to two small ramakens (I use 6 oz. ones) and cook in microwave for 1 to 1 1/2 minutes OR bake in a 350 degree oven for 15-20 minutes.

Top both cakes with sweetened 0% Greek yogurt or your choice of other toppings. Just remember if you use a topping that has more fat in it, then this Fuel Pull might turn into an S!

This Spice Cake can be eaten for dessert OR for breakfast (like I do!). Enjoy!

#5 - Chocolate Ice Cream – FP

I love the ice cream recipe in the **Trim Healthy Mama book**, but I don't like to wait! So when I saw a recipe online for a protein shake, I adjusted it to make chocolate ice cream...and it is SO good! As you can tell by my picture below, it does start to melt fast. It is very “soft serve” but oh so good!



- 1/2 cup low fat cottage cheese
- 1/2 cup unsweetened almond milk (can use plain or vanilla flavored)
- 1 scoop **vanilla whey protein powder**
- 1 heaping tablespoon cocoa
- 1 teaspoon vanilla
- dash salt
- **NuNaturals Pure Stevia Extract Powder** – several shakes to taste
- 2 cups ice cubes
- 1/2 teaspoon **Glucomannan**

Add everything but the Glucomannan to a blender and blend to break up ice. Add in the Glucomannan and continue to blend until smooth. Taste test and add more sweetener and/or salt as needed. Serve immediately, put in the freezer to thicken a little more, or freeze and eat later. If you freeze it for later, you will need to let it sit for a bit to soften before eating. I am thinking this would be very good served with my **Fuel Pull Chocolate Cake!**

Yield: Makes 2 large servings!

Variations:

- Add a tablespoon of peanut flour to make a chocolate-peanut butter ice cream.
- Leave the cocoa out and replace some of the ice with frozen strawberries for a strawberry ice cream.

#6 - Chocolate Chip Cookies – S



- 3 cups almond flour
- 2 tablespoons coconut flour
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/3 cup Truvia PLUS several shakes of NuNaturals
- 1/2 cup coconut oil or butter, softened
- 2 eggs
- 1 teaspoon vanilla
- 1 cup chocolate chips (or Skinny Chocolate chunks)

In a mixing bowl, whisk almond flour, coconut flour, baking soda, sea salt, and Truvia/NuNaturals.

In another bowl, mix the coconut oil or butter, eggs, and vanilla.

Add wet ingredients to dry ingredients and beat well. Fold in chocolate chips.

Drop by tablespoons onto a parchment paper lined baking sheet (or just grease the baking sheet), and bake at 375 degrees for 10-15 minutes.

#7 - Lemon Cake Delight – FP



Since my **Fuel Pull recipes** have been so popular, I wanted to see if I could come up with some others! I used my FP cake/muffin recipe as a base and played with it to make a yummy, moist lemon cake! It was SO good with a berry sauce on top, but you can get creative and put any FP topping on top! If you don't need this to be a FP, put a rich cream cheese frosting on top for a yummy "S" dessert! Have fun with this recipe! Oh...feel free to eat this for a breakfast, snack, or dessert!

- 1 tablespoon oat fiber
- 1 1/2 tablespoons **coconut flour**
- 1/2 teaspoon baking powder
- 1/2 teaspoon **Glucomannan**
- 2 tablespoons **Truvia**
- dash sea salt
- 1/2 teaspoon vanilla
- 1/3 cup egg whites
- 2 tablespoons lemon juice (If it is too lemony, just replace some of the lemon juice with water.)
- 1 teaspoon chia seeds

Mix all ingredients in a small bowl, then pour into two small (6-oz.) ramekins. Bake in microwave for 1 1/2 minutes.

If you want to bake them in the oven, grease your dishes first, then bake at 350 degrees for about 15-20 minutes. I noticed that when I baked them in the oven they didn't raise as much as when baked in the microwave..just an FYI!

Makes 1 serving (2 small cakes)

Topping Ideas:

Heat some mixed berries and mash up with some NuNaturals and Glucomannan to thicken.

Top with some sweetened Greek Yogurt – maybe with some lemon juice added?

Top with a cream cheese frosting, just use the lower fat or no fat cream cheese and put on a thin layer. You don't want to add too much fat to this recipe or it will bring it out of FP!

#8 - Brownies – FP or S

Here is my first attempt to fix a **Trim Healthy Mama** “dessert” for my whole family...Brownies! I wanted something easy I could mix up and have enough to serve our family of 7. These worked great! I even got my husband to try a piece and he thought they were pretty good (which says a LOT!). I hope you enjoy the recipe!



- 2 Tablespoons oat fiber
- 2 Tablespoons coconut flour
- 1/4 cup cocoa
- 1 1/2 teaspoons baking powder
- 1 teaspoon **Glucosmannan**
- 1/4 teaspoon sea salt
- 1/4 cup Truvia + several shakes of NuNaturals
- 1 teaspoon vanilla
- 2/3 cup egg whites
- 2 Tablespoons water

1. Make the Frosting recipe below then put in a covered container in the refrigerator until ready to frost brownies. (This is a pudding-like frosting that needs some time to “thicken”!)

2. Mix dry ingredients well in a small bowl, then add wet ingredients and mix until smooth.
3. Pour into a greased 9×9-inch baking dish and bake at 350 degrees for 15 minutes.
4. Top with the following frosting and some chopped nuts if desired (see THM note below if using nuts!):

FROSTING – “FP”

- 2 Tablespoons cocoa (try a combo of regular and dark cocoa for an even richer frosting!)
- 1/4 teaspoon **Gluccomannan**
- 1/2 cup almond milk (unsweetened vanilla or plain)
- 1/2 teaspoon vanilla
- Pinch of salt
- 1 Tablespoon Truvia + Several dashes of NuNaturals to taste

Whip all ingredients with a small whisk in a small bowl. Make sure it is mixed well. This makes a pudding-like rich frosting that is SO good! Cover and put in refrigerator until brownies are ready to frost (it will need to “thicken” a bit before frosting).

THM Notes:

To keep FP – Just the brownie and frosting alone would be a FP and you could have half the pan if you want and it would still be a FP (but I don’t recommend it!)

To make it an S - If you add some chopped nuts on top, then you will need to limit how many pieces you have to keep this in FP range. If you go easy on the nuts, you will be ok. If you go heavy on the nuts, the added fat will put this in S territory.

#9 - Caramel Apple Smoothie – E



Since you use a whole apple in this recipe, it is considered an “E” meal for those of you eating the **THM way**. As the cool fall weather is settling in I am just loving all the apple recipes. I hope you enjoy this one too!

- 1 medium apple or 1/2 cup unsweetened applesauce
- 1/2 cup unsweetened almond milk
- 1/2 cup water
- 1 teaspoon vanilla
- 2 Tablespoons sugar-free caramel syrup (or you can use some caramel extract to taste and add more sweetener)
- Dash salt
- 1/2 teaspoon **Glucomannan**
- **NuNaturals NuStevia Pure White Stevia Extract** to taste
- 1-2 cups ice (more ice makes a bigger and thicker smoothie)
- 1 scoop **whey protein powder**

In a blender add the medium apple (cored and peeled, if desired) or applesauce, almond milk, water, vanilla, caramel syrup, salt, Glucomannan, and a few shakes of NuNaturals. Blend well. Add in the ice and whey protein powder and blend until smooth and creamy. Taste and add in more sweetener if needed.

#10 - My Version of Good Girl Moonshine – FP



When I am wanting something cold and refreshing to drink, I make up my own version of the Good Girl Moonshine. It doesn't have all the ingredients that Pearl and Serene's recipe does, but it is SO good. I think it tastes like Snapple – with that yummy zing to it! Here is how I make it:

- 1 Wild Berry Zinger tea bag (This is the flavor I love, but you can experiment with different flavors!)
- 2 tablespoons **raw apple cider vinegar**
- Several shakes of **NuNaturals Pure White Stevia Powder**
- Ice

Instructions:

Fill a quart jar half full of water. Heat in the microwave for a minute (or heat 2 cups of water on the stove and transfer to a quart jar).

Remove from microwave and add a Wild Berry Zinger (herbal tea) tea bag. Allow to steep until pretty strong.

Remove the tea bag and add the **raw apple cider vinegar**, and several shakes of **NuNaturals Pure White Stevia Powder**. Fill the quart jar with ice. Stir and taste test. Add more stevia if needed to make it nice and sweet. I LOVE this drink, especially in the summer months!