

# ITG's Sweet Treat Holiday Guide



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## ITG Buckeyes

### 3 Servings

- 1/2 cup Walden Farms Peanut Butter Spread
- 1 Packet ITG Dulce de Leche Pudding
- 2 ITG Chocolate Dream Bars



### Directions

1. Mix Walden Farms Peanut Butter with 1 packet of ITG Dulce de Leche pudding mix
2. Freeze for approximately 10 minutes to thicken
3. Use a tablespoon to scoop peanut butter pudding mix into small balls
4. Place on a cookie sheet lined with wax paper
5. Put back in freezer to allow to set, about 15-20 mins
6. Melt ITG Chocolate Dream Bar in a microwave safe bowl in 15 second increments until melted well
7. Dip peanut butter balls 3/4 of the way in melted ITG Chocolate Dream Bar and place back on cookie sheet
8. Place back in fridge to allow chocolate to harden
9. \*One batch counts as 3 Limited ITG Foods\*

## Chocolate Protein Pretzels

### 2 Servings

- 1 packet ITG Pretzel Twists
- 1 ITG Chocolate Dream Bar

### Directions

1. Break Chocolate Dream Bar into squares and arrange them on coated/waxy paper plate or microwave-safe dish.
2. Place in microwave and heat for 30 seconds at a time until melted (about 1.5 minutes total).
3. Pull plate from microwave and gently press a pretzel down on top of each melted Chocolate Dream square.
4. Place plate in freezer and allow to cool. Pretzels and Chocolate should come off the plate easily once cold.
5. Enjoy! The Chocolate Dream is a Limited and Specialty Item (1-2 bars per week), and Pretzel Twists are Non-Limited. Enjoy half a batch for a serving, or a few Chocolate Protein Pretzels at a time during the day for a bite-sized snack!
6. Alternately, you can dip the entire pretzels in the chocolate to coat fully - place on wax paper and allow to cool completely before removing from freezer.



## Cinnamon Baked "Apples"

### 4 Servings

- 4 zucchini
- 4 tablespoons walden farms apple butter
- 1 teaspoon allspice
- 1 tablespoon fresh lemon juice
- 1 teaspoon cinnamon

### Directions

1. Peel zucchini or leave skin on, cut lengthwise then across into 'apple slices'. Remove seeds if necessary.
2. Place in mixing bowl and drizzle with a tablespoon of fresh lemon juice.
3. Stir in 4 tablespoons of Walden Farms Apple Butter, and a teaspoon of allspice.
4. Mix with spoon or hands and spread out into a glass dish, then sprinkle with cinnamon.
5. Bake in oven at 350\* for up to 30-45 minutes or until 'apples' are at desired tenderness.
6. Sprinkle with an additional quarter teaspoon of cinnamon when done baking if desired.
7. Optional: Crush 1 packet of ITG Vanilla Cinnamon O's on top for "crust" toward end of baking.



## Chocolate Coconut Balls

*This is a Step 3 Recipe*

### 4 Servings

- 1/4 cup ground golden flax seeds
- 4 tablespoons almond butter
- 3 tablespoons vanilla protein powder
- 3 tablespoons dark cocoa powder (or cacao powder to keep it raw)
- 1/8 teaspoons sea salt
- 1 tablespoons Stevia (sweeten as desired)
- 1 tablespoon coconut oil (melted, but not hot)
- 1/4 cups unsweetened shredded coconut
- 1/2 teaspoon vanilla extract
- 1/4 cup unsweetened shredded coconut for rolling

### Directions

1. In a food processor or by hand, mix all ingredients together into a dough
2. Roll dough into inch and a half size balls and then roll in coconut
3. Place in a sealed container in refrigerator to set for 20 minutes or overnight
4. Makes about 8 chocolate coconut balls



## Chocolate Chip Cake Pops

### 4 Servings

- 2 ITG Chocolate Chip Pancake mix
- 2 Egg Whites
- 3 ounces water
- 1/8 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1 dash cream tartar

### Stuffing

- 1 ITG Chocolate Pudding mix
- 1/2 cup VERY cold water



### Directions

1. Heat cake pop maker.
2. Empty 2 packets of ITG chocolate chip pancake mix into a bowl, add Baking powder and baking soda
3. Next add in the 3 oz of water and the vanilla extract.
4. In a separate bowl beat the two egg whites incorporating the cream of tartar (a couple of shakes) beat the egg whites until they form peaks.
5. Fold in the egg whites to your pancake mixture. Keep folding until the egg whites are blended well.
6. Now you are ready to put the batter into the cake pop maker either by scooping the batter using a tablespoon or a sandwich bag filled with the batter with the corner snipped off and squeezing the batter into the cake pop molds.
7. Cook in the cake pop maker for 3 MINUTES
8. While waiting for the cake pops to bake assemble the pudding of your choice:
9. Mix 1 ITG chocolate pudding mix with 1/2 cup VERY cold water, you can add more water as needed for creamy consistency. (mix in a plastic bottle with a "squirt" nozzle, dollar store) using scissors, snip the plastic lid to widen opening
10. Remove cake pops when golden brown, pierce puff with nozzle and fill it by squeezing yummy chocolate pudding into puff.
11. Decorate plate with remaining pudding for dipping, you could also use Walden Farms syrups or fruit spread over the top if you do not want fill the puffs.

## Caramel Pancake Pudding Cake Rolls

### 1 Servings

- 1 Packet ITG Pancake (your choice)
- 1 Packet ITG Dulce De Leche Pudding

### Directions

1. Make an ITG Chocolate Chip or Plain Pancake. You will want it to be a bit runny to create a larger thin pancake. Cook on both sides. Let cool.
2. Meanwhile, mix pudding flavor of your choice. Once pancake is cool, spread a layer of pudding over top.
3. Take short end of pancake and roll it up, like a "jelly roll." You can enjoy it right away or, wrap with saran wrap. This will hold the shape until you are ready to eat it.
4. For entertaining, once the roll has taken shape, you can cut it into small pieces (finger food) and place on a lovely platter. Your guests will love them and you can tell them they won't gain an ounce!



Special Topping: Add just enough water to the ITG Chocolate Drink to make a thick "sauce." Drizzle over Pancake Pudding Rolls!

## Ice Cream Sandwich

### 2 Servings

- 1 packet splenda (optional)
- 1 Packet Chocolate Fudge Cake (or pancake mix)
- non-stick cooking spray
- 1 Packet ITG Vanilla Pudding Mix (or any flavor)

### Directions

1. In a skillet, cook 2 "pancakes" out of the ITG Chocolate Fudge Cake Mix and place in freezer to chill
2. Make your choice of ITG Pudding Mix according to instructions (add Splenda - optional)
3. Spread pudding on one pancake and sandwich the other on top
4. Place ice cream sandwich back in freezer until frozen and ready to eat
5. On Step 1 & 2 of the ITG Diet Plan, cut the sandwich in half and enjoy for 2 days! (using 2 packets to make this recipe) - NOTE: this item is Limited
6. For a twist on the Ice Cream Sandwich, use the ITG Chocolate Chip or Plain Pancake mix to make 2 pancakes and use 1 packet of Very Vanilla Pudding (or any flavor of choice) as the filling



## ITG Diet Party Mix

### 7 Servings

- 1 White Cheddar or BBQ Crisps
- 1 Pretzel Twists
- 1 Chocolate Soy Snacks or Caramel Peanut Snacks
- 1 Sour Cream & Fine Herb Zippers
- 1 Pizza or BBQ Chips
- 1 Vanilla Cinnamon, Honey Nut or Cocoa O's
- 1 Crunchy Cheese Bites

### Directions

1. In large bowl, combine a packet of each product. Use any of your favorite crunchy or sweet ITG Foods to make your very own ITG Party Mix!
2. Mix well, serve and enjoy!
3. May also be divided into 7 individual containers or baggies to enjoy as a Limited Snack once per day.
4. Optional: Chop a bar into small bite size squares and add to the mix or use any combination of your favorite snacks for your own Party Mix!



## Double Chocolate Protein Cookies

### 1 Serving

- 1 packet ITG Chocolate Fudge Cake
- 1 teaspoon Droste cocoa powder
- 1 teaspoon grape seed oil
- 1 tablespoon almond milk
- 2 tablespoon ITG Chocolate RTD Shake
- 2 tablespoon liquid egg whites

### Directions

1. Preheat oven to 350 degrees
2. In a medium bowl, mix dry ingredients
3. Add wet ingredients; stir to mix
4. Spoon 1 Tbsp of batter onto cookie sheet - makes about 4 cookies - use silicone baking sheet, or use regular baking sheet with non-stick cooking spray
5. Bake for 10 minutes
6. Allow to cool, then lightly toast in toaster to give crispier texture outside
7. **Note: Each cookie is 3 carbs - all 4 cookies will count as 1 Limited Item for the day**
8. Thanks to Melita of Best Weight On You in Altamonte Springs, Florida for recipe





## Rhubarb Crisp

### 4 Servings

- 6 cups frozen rhubarb
- 4 tablespoons Walden Farms Apple Butter
- 2 packets Splenda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 packet ITG Apple Cinnamon Oatmeal
- Butter Flavored cooking spray



### Directions

1. Preheat oven to 375 degrees.
2. Place rhubarb, Walden Farms Apple Butter, cinnamon and nutmeg in saucepan and cook until soft.
3. Add Splenda and stir.
4. In separate bowl, make ITG Apple Cinnamon Oatmeal with 2 tablespoons of water to make topping.
5. Place rhubarb mixture in a glass casserole dish and spread thin layer of oatmeal on top to make a thin crust.
6. Spray crust with butter flavored cooking spray.
7. Bake until top browns and serve warm.
8. Recipe courtesy of Elayna Lawson

## Peppermint Chocolate Trifle

### 2 Servings

- 1 Packet ITG Chocolate Chip Pancake
- 1 Packet ITG Chocolate Mint Pudding
- 1 Packet ITG Vanilla Pudding
- 1/2 ITG Peppermint Cocoa Crunch Bar

### Directions

1. Make a ITG Chocolate Chip pancake; cut into pieces and place in a bowl or dish.
2. Make the ITG Chocolate Mint pudding and spread on top of pancakes.
3. Make an ITG Vanilla pudding and spread on top of Chocolate pudding.
4. Cut up 1/2 of ITG Peppermint Cocoa Crunch bar (or bar of your choice) into small pieces and sprinkle on top.
5. Please understand that yours will look different than picture! :)



## Pumpkin Meringue Tart

### 1 Serving

- Crust:
- 1 Packet ITG Plain Pancake Mix
- 1 teaspoon Pumpkin Pie Seasoning
- 2 ounces Water
- pudding Filling:
- 1 Packet ITG Vanilla Pudding
- 1 Egg
- 2 tablespoons Olive Oil
- 1 teaspoon Vanilla
- 1/2 teaspoon Nutmeg
- 1/2 teaspoon Cinnamon
- 2 tablespoons Splenda or Stevia
- Meringue:
- 1 Egg White
- 3 tablespoons Splenda or Stevia
- 1/8 teaspoon Cream of Tartar
- 1 teaspoon Vanilla



### Directions

1. Heat oven to 425 degrees.
2. In your shaker mix Crust ingredients.
3. With Olive oil spray, coat 8-9" diameter skillet and pour mixture in. Cook on medium heat until the pancake has reached a soft pliable texture. You do not want the pancake to be crispy.
4. In 4-5 inch glass pie pan (These can be picked up at most dollar stores) place the pancake in and shape it like a pie crust. You can also make smaller.
5. Next mix Pudding ingredients in your shaker and pour into crust. Bake at 425 degrees for 9 minutes.
6. While your filling is baking, place meringue ingredients in a bowl and mix until it forms peaks. By varying the amount of sweetener you control how hard or soft the final meringue will be.
7. Remove filling and crust from oven and spread meringue on while hot.
8. Reduce oven temperature to 325 degrees and bake for 9 minutes. Meringue should be stiff and have golden brown coloring on peaks.
9. Let cool and chill before serving. \*For an extra added treat, drizzle Walden Farms Caramel Syrup on Meringue.
10. Credit Recipe & Photo : 3 Fat Chicks



## Key Lime Tarts

### 4 Servings

- Filling:
- 5 packets True Lime powder
- 3 ounces water
- Stevia or Splenda to taste
- 1 packet ITG Vanilla Pudding Mix
- Crust:
- 1 packet ITG Maple Brown Sugar Oatmeal
- 1 egg white
- 1 1/2 ounces water
- Meringue:
- 2 egg whites



### Directions

1. Filling Directions: Dissolve 4 True Lime flavor packets in water, add Stevia or Splenda just to add a touch of sweetness. Add ITG Vanilla Pudding and mix until smooth texture. Cover & refrigerate the mix.
2. Crust Directions: Pre-heat oven to 350.
3. Mix ITG Maple Brown Sugar Oatmeal packet with egg white and water, make a stiff dough.
4. Coat muffin tins or baking cups with non-stick cooking spray.
5. Form small balls of the dough, 2-3 tsp each, with a bit of water on fingers to keep dough from sticking to hands, place ball in each cup and press firmly, create indentation so it forms a cup shape.
6. Bake 5 -7 minutes, then cool on a wire rack.
7. Remove filling from refrigerator, stir in last packet of True Lime flavoring.
8. Fill Pastry Shells evenly.
9. Meringue directions: beat two egg whites until stiff peaks begin to form and garnish top of lime filling.
10. Makes about 6 tarts.

## Chocolate Chip Puff Cookies

### 2 Servings

- 1 ITG Chocolate Chip Pancake Packet
- 1 ITG Maple Brown Sugar Oatmeal
- 5 tablespoons Water

### Directions

1. Preheat oven to 350 degrees
2. In a medium bowl, mix 1 packet of ITG Chocolate Chip Pancake Mix with 1 packet of ITG Maple Brown Sugar Oatmeal
3. Add 5 tablespoons of water and mix thoroughly. If mix is tacky, add a little extra water at a time until desired cookie dough consistency is reached
4. Place small scoops of dough 1 inch apart on parchment paper lined cookie sheet
5. Bake for approximately 10 mins, but keep an eye on them and adjust time as needed

