



*The Best of the Basics*

M I C H E L L E M A C D O N A L D

CREATOR OF  
YOUR HEALTHY HEDONISTA



Hi there, I'm Michelle, the creator, chef and photographer behind Your Healthy Hedonista food blog.

As a WBFF Pro Model, Power-Lifter, and Transformation Coach, it's my job to come up with incredible meals that provide the right nutrition to power both performance and physique goals. Building a strong body that just keeps on getting better with age is the foundation of my work. I'm a fan of whole foods based macronutrient meal planning, and a strong believer that food should be both delicious and nutritious. My recipes draw from a wide variety of flavours, are easy to make, use everyday ingredients, come with the macronutrient breakdown, and can be adjusted to fit anyone's nutrition plan.

This cookbook contains recipes from my blog and instagram as well as a few new ones that have never been shared before. I hope you enjoy this free cook book!

*- Michelle*

For more recipes, please visit me at:

[www.yourhealthyhedonista.com](http://www.yourhealthyhedonista.com)

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# French Toast

Breakfast



MACROS: 9.9 g P, 41.8 g C, 6.3 g F

*How the heck do you get 1/2 an egg? You have 2 easy choices: Whisk an egg into a container and then use half, storing the remainder for the next day, or double the egg mixture and reserve half for the next day...*

## WHAT YOU NEED

75 g sourdough bread, cut  
into 2-3 slices

1/2 egg

30 mL almond milk

1 tsp Xyla (granulated xylitol)

Pinch sea salt

Heavy dash of cinnamon

1-2 drops pure vanilla

2 g clarified butter

Melt the butter in a non-stick skillet over medium-high heat while you prepare the bread. In a medium-sized bowl, whisk the egg, milk, sugar, salt, cinnamon and vanilla together for about 30 strokes or until foamy. Lay each piece of bread down in the mixture and let soak for 20 seconds or so before turning over to soak the other side. One at a time, remove a slice, let the excess drip off, and then place in the now hot skillet. Let them brown for 2-3 minutes before turning over. They should be golden brown on both sides when done.

Dust with icing sugar and serve with a dollop of Sweet Icing, fruit, and a drizzle of maple syrup.

# Blueberry Pancakes

Breakfast



**MACROS: 31.9 g P, 55.9 g C, 7.2 g F**

*There is nothing like a stack of fluffy, sweet pancakes drizzled with maple syrup and icing before heading off to hit some PR's in the gym. We have these about 2 times a week in our household.*

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## WHAT YOU NEED

### Dry Ingredients:

6 g Quattro  
59 g gluten-free pancake mix  
½ tsp baking powder  
61 g blueberries

### Wet Ingredients:

61 g egg whites  
130 g 1% cottage cheese  
30 mL water  
2-3 drops liquid stevia

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Warm a great non-stick pan on medium heat, and lightly wipe with a cold pat of butter.

Stir all the dry ingredients together in a small bowl.

In a Ninja or small food prep thoroughly blend the wet ingredients. Pour into the bowl of dry ingredients, lightly mix, and then pour by 1/6 portions at a time into the pan. (I use a large serving spoon to make perfect circles).

The recipe makes 6 pancakes, and is meant for 1 person, but if you are on reduced macros, you can divide by half or save half for later. They're great cold too!



**MACROS: 5.3 g P, 23.2 g C, 1.8 g F**

*I have to attribute the inspiration for this recipe to my athlete Becki Corford who gave me the idea to use egg whites to replace oil in binding the spices and give the granola the crunch we expect.*

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## WHAT YOU NEED

250 g dry rolled oats	75 g egg whites
2 tbsp Xyla	8 drops liquid stevia
Sea salt	50 g maple syrup
2 tsp cinnamon	

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Preheat the oven to 325 F.

Measure out all the wet ingredients spices, salt and Xyla into a large bowl and mix thoroughly. Add the oats and continue to mix until all the oats are wet.

Spread the oats onto a large non-stick baking pan and cook slowly, stirring occasionally, for about 30-45 minutes or until amber brown and crunchy. (They'll continue to harden as they cool, so don't over-cook).

Try this with a dollop of Sweet Icing and my Homemade Applesauce for a taste reminiscent of apple crumble!

The macros are for a 30 g serving.

# French Omelette

Breakfast



*I love omelettes done right: they should be moist and fluffy, and a perfectly yellow color throughout.*

## WHAT YOU NEED

<b>Omelette:</b>	2 g butter for the pan
1 free range egg	
40 g egg whites	<b>Filling:</b>
Sea salt	30 g organic deli ham
Cracked pepper	10 g savoury spread

Warm a small non-stick pan on medium heat, and swirl the butter to evenly coat the bottom.

Quickly pulse the egg mixture in your Ninja for 20 seconds. Pour into your omelette pan and scrape with a rubber spatula or small wooden spoon until the egg begins to curdle. Make sure it is even, and when almost set remove from the heat and let sit for another minute to finish cooking.

Carefully arrange the ham and then the savoury spread down the middle of the omelette in line with the pan handle.

Hold the pan handle in your left hand and tilt the pan over the plate, and start rolling it out. Use a spatula to nudge it out carefully so it rolls seam side down onto your plate. Voila!

**MACROS:** 19.4 g P, 0.9 g C, 7.9 g F

# Savory Crepes



*These are another fantastic way to start the day, especially when you crave something savory. I would stuff them with Savory Spread, sautéed mushrooms, and spicy micro-greens. Whether you need a low carb wrap or not, these will become staples!*

## WHAT YOU NEED

12 g Pure and Simple Quattro	23 g pumpkin puree
11 g gluten-free pancake mix	Pinch salt
68 g egg whites	6 g thinly sliced scallion
30 g 0% Greek yogurt	

Warm a small non-stick pan on medium heat, and lightly wipe with a cold pat of butter.

Place your Ninja bowl on a scale and measure out all your ingredients except for the scallion (you'll add those in later). Blend everything quickly, remove the blades and stir in the scallions. The batter should be very thin, like table cream.

Pour by thirds into the pan, twirling to evenly distribute the batter into a thin circle, (I also use the back of a spoon to spread it perfectly). As soon as small bubbles form, carefully flip over and cook for about 10 more seconds.

This recipe makes 3 small crepes.

**MACROS: 22 g P, 11.1 g C, 1.3 g F**

# Garlicky Green Beans



**MACROS:** 4.9 g P, 14.8 g C, 1.7 g F

*We have these a few times a week to be honest, as they're super easy to prepare, incredibly tasty, and my husband can prepare them, (even better for me)!*

## WHAT YOU NEED

400 g French green beans	4 grams garlic, minced
Kosher Salt (for blanching)	4 g cold butter
Sea salt & Cracked Pepper	

Get a large pot of water boiling, add a heavy pinch of kosher salt and throw in the beans. Blanche for about 2 minutes, (they should be bright green and still crunchy). Strain through a colander and rinse quickly with cold of water to stop the cooking, and then set aside. (You can store them in the fridge for later or sautee them immediately.)

Melt the butter in a large non-stick pan over medium heat, and when it starts to sizzle add the salt, pepper, and garlic, swirling to avoid burning, and after about 20 seconds add the beans. Stir a few times to avoid burning the garlic, and in about 2 minutes total they'll be done.

Plate and eat! We love these paired with Roasted Salmon or as a side dish with Filet Mignon.

Macros are for 200 g

# Roasted Sweet Peppers



**MACROS: 1.2 g P, 7.1 g C, 0.2 g F**

*I love roasting vegetables. It develops a depth of sweetness and flavor intensity like no other, and with a sheet of tinfoil and an oven timer, this method is the preferred one for the busy chef. No mess, and no time wasted hovering over a stove.*

## WHAT YOU NEED

1 lb of red, orange, yellow bell peppers    Herbs de Provence  
 1 tsp olive oil  
 Sea salt and Cracked Pepper

Pre-heat the oven to 375 F. Prepare a baking sheet by lining with tin foil and spread 1 tsp of olive oil over the bottom to prevent sticking (I use a pastry brush).

Seed and clean the peppers, cut into 1" thick strips, and toss on the baking sheet with the seasoning.

Set the timer to 45 minutes and roast, stirring two or three times to ensure even cooking and to prevent sticking.

These will be very sweet, and intensely flavoured, and NOT crunchy. Think of red peppers in oil, but without the oil. Divine!

Macros are per 100 grams.

# Roasted Tomatoes



*Another household staple, these can quickly flavor many simple meals.*

## WHAT YOU NEED

800 g cherry tomatoes, cut in half	Sea Salt & Cracked Pepper
Sea salt and Cracked Pepper	14 g garlic, minced
Herbs de Provence	Splash of white balsamic vinegar

Pre-heat the oven to 400 F. Line a baking sheet with foil, toss everything together on the sheet and roast in the oven for 45 minutes, stirring once or twice to prevent sticking.

Honestly I can't even count the ways these come in handy. You can use them as a base to make a quick pan sauce with some sauteed mushrooms and ground meat, they quickly boost a simple pasta dish with roasted chicken and light feta cheese, you can add them to a sandwich or wrap, or on a burger...the list goes on and on. You. Will. Love them!

Macros are per 100 grams.

**MACROS: 0.9 g P, 3.9 g C, 0.2 g F**

# Ratatouille



**MACROS: 2.7 g P, 12.1 g C, 1.1 g F**

## WHAT YOU NEED

409 g eggplant, cubed	94 g mushrooms, thinly sliced
380 g sweet peppers, 1" slices	9 g garlic, minced
887 g ripe cherry tomatoes, halved	48 g tomato paste
7 g olive oil	2-3 tsp Herbs de Provence
83 g onion, diced	15 grams basil, thinly sliced

Pre-heat the oven to 375 F. Line a cookie sheet with tin-foil, spray lightly with olive oil, and spread the eggplant in a single layer. Season with Herbs de Provence, and roast for 25 minutes. Repeat this process for the peppers (roast for 40 minutes) and the tomatoes (roast for 45 minutes), and set each vegetable aside for later.

In a large pot heat the olive oil until it shimmers, add the onions and cook for 2-3 minutes until the onions soften. Add the mushrooms and garlic and cook for another 4-5 minutes, stirring to prevent sticking.

Add the tomato paste, the roasted vegetables, and season with salt and pepper to taste. Cook for only about another 3 minutes to incorporate all the flavours, (you may need to add a splash of water). Garnish with basil and enjoy hot or cold.

Macros are per 100 g.

# White Bean Puree



**MACROS: 5.3 g P, 14.9 g C, 1.1 g F**

*Legumes are so often over-looked yet provide a ton of fiber, complex carbs, protein, texture and flavor to so many dishes. I like to use them as spreads, dips and as a savory base for proteins. xo*

## WHAT YOU NEED

200 g cooked white beans, rinsed and drained	45 mL water
10 g shallots, minced	Salt and Pepper to taste
4 g garlic	Herb Mix (your favourite)
	30 g 3.5% Greek yogurt

Weigh all the ingredients but the yogurt into your mini food processor. Blend for about 45 seconds until creamy smooth.

Transfer to a small sauce pan and cook over low heat for about 12 minutes stirring often. This allows the garlic and onion to lose their bite and the herbs to develop. Season with salt and pepper.

Remove from the stove and stir in the yogurt. Adjust the seasoning if needed.

The recipe makes 205 grams after cooking, and the macros are per 60 gram, which I consider to be a small serving.

Use it as a base for your protein, like my Classic Filet Mignon dish...Enjoy!

# Roasted Tomato Soup



MACROS: 3.2 g P, 10.9 g C, 1.4g F

## WHAT YOU NEED

1.8 kg ripe Roma tomatoes, halved	70 g Vidalia onion, diced
¼ tsp crushed red pepper flakes	8 g garlic, minced
2 tsp Herbs de Provence	28 oz can San Marzano tomatoes
1 tsp smoked paprika	20 g chopped fresh basil
10 g olive oil	800 mL organic chicken stock
	Salt and Pepper to taste

Pre-heat the oven to 375 F. Toss the tomatoes, pepper flakes, and herbs together. Spread them in a single layer on two large baking sheets lined with foil and roast for an hour, tossing once or twice. Set your timer!

Next, in a large stockpot heat up the olive oil and sautee the onions until soft, add the garlic, and cook for another 30 seconds until it becomes fragrant. Stir to prevent sticking. Add the canned tomatoes, basil and stock. Add the roasted tomatoes including any cooking liquid. Bring to a boil, then reduce the heat and simmer uncovered for another 40 minutes. Season with salt and pepper after reducing.

Let cool completely, and then blend with an immersion blender. Taste and adjust seasoning!

This recipe makes 10 cups, and the macros are per 1 cup.

# Thai Coconut Soup

Mains



**MACROS: 4.2 g P, 10.3 g C, 4.8g F**

## WHAT YOU NEED

6 cups chicken broth	1 tbs red curry paste
2 tbs Fish Sauce	¼ tsp Sambal Sauce
5 dried lime leaves	1 cup light coconut milk
2 stalks lemon grass, halved	125 g cabbage, thinly sliced
11 g ginger, grated	90 g red pepper, thinly sliced
6 g garlic, smashed	24 g scallions, thinly sliced
3-4 drops stevia	15 mL fresh lime juice
	20 g cilantro, chopped

In a medium sized pot bring the broth, fish sauce, lime leaves, lemon grass, ginger, garlic and stevia to a boil. Reduce to a simmer and let cook for about 10 minutes.

Strain the broth, discard the sediment and return to the pot on the stove on medium heat. Whisk in the curry paste, Sambal sauce and coconut milk. Add the cabbage, and peppers and cook for only 3 minutes until the vegetables soften. Add the scallions and cook for another 2 minutes, and then remove from the heat, add the lime juice, and check the seasoning. Add more fish sauce or curry paste if you feel the need.

Pour into 4 bowls and garnish with the cilantro.

Add chicken or meatballs after dividing the soup to ensure accurate macros per person.

# Tang's Wantons



MACROS: 19.8 g P, 20.7 g C, 6.2 g F

## WHAT YOU NEED

600 g lean ground turkey	14 g cilantro, chopped
30 g scallion, thinly sliced	2 tbsp fish sauce
100 g cabbage, thinly sliced	1 tbsp tamari
20 g ginger, grated	
14 g garlic, minced	*Won Ton Wrappers

Thoroughly blend everything for the filling in a large mixing bowl.

Get out a small bowl of water, a flat plate, and a stack of Won Ton wrappers. Take a wrapper and lightly wet the entire edges with your finger dipped in water. Put 1 teaspoon (10 g) of filling into the centre, fold and seal the edges into a triangle, and then twist and press the two longest corners together. If the edges don't stick you may need a bit more water and to pinch harder.

When you're ready to start cooking, get a large wok partially filled with water, and set down a standard bamboo steamer lined with a few leaves of cabbage inside. Place as many of the dumplings as you can without them touching each other, cover and steam for a good 12-15 minutes. Store extras uncooked in the freezer. Keep refilling the wok with water.

These macros are for 9 wrappers stuffed with 90 g of filling.

# Turkey Meatballs



**MACROS: 19.2 g P, 0.4 g C, 7 g F**

*Another household staple, turkey meatballs. You can use this basic recipe and substitute pork, veal, or beef. Just remember this will alter the macros. Likewise, switch up the seasonings from time-to-time*

## WHAT YOU NEED

1500 g extra lean ground turkey	30 g cabbage, thinly sliced
15 g scallion, sliced	30 g cremini mushrooms, thinly sliced
4 g garlic	1 tbsp tamari
15 g cilantro, chopped	Salt and pepper to taste

Pre-heat the oven to 375 F. In a large bowl, mix everything together thoroughly, and form into 1 oz balls, (about the size of a golf-ball).

Line a baking sheet with tinfoil, and spread out the meatballs evenly. Roast for 8-10 minutes or until just cooked. Don't forget they'll continue cooking from the residual heat for a few minutes after coming out of the oven.

You'll have to cook them in batches. I recommend cooling on racks to let any excess fat drip off, and then storing immediately in the fridge.

Try dipping them in Ponzu Sauce, make a sandwich with them, or have them with pasta.

Macros are per 90 grams

# Filet Mignon with Shallot Sauce



**MACROS:** 31.9 g P, 12 g C, 13.8 g F

## WHAT YOU NEED

### FOR THE STEAK

150 g filet mignon, 1" thick,  
room temperature

2 g clarified butter

Sea Salt and Cracked Pepper

2 g garlic, smashed and  
minced

### FOR THE SAUCE

14 g shallot, minced

10 mL balsamic reduction

3 g cold butter

Rub the steak on both sides with salt and pepper. Put a small cast-iron skillet on medium heat, add the butter, and when it starts to bubble add then add the steak. Do not move the steak around. Let it sear on one side for about 4 minutes and then turn over and cook the other side the same way.

Remove from the pan and let rest on a cutting board on top of the smashed garlic, (the flavours transfer perfectl to the meat).

Meanwhile add the shallots to the pan and sautee for about a minute. Scrape everything to one side of the pan, tilt it slightly, add the balsamic and turn the heat up until it bubbles. Swirl in the cold butter, remove from the heat, and quickly prepare your plate. Slice the steak against the grain. Put down 60 g of White Bean Puree on the plate. Carefully transfer the steak on top of the puree. Nap the shallot sauce over the steak and garnish with micro greens. Macros are for the steak and sauce only.

# Paste e Vongole



**MACROS: 29.2 g P, 45.7 g C, 4.8 g F**

*This is one of the lightest, easy to prepare pasta dishes I know of, and the taste is out of this world. My favorite pasta is fettuccini, but feel free to use whatever shape you prefer.*

## WHAT YOU NEED

2 g cold butter	45 mL clam juice
12 g shallots, minced	100 g canned clams, drained
4 g garlic, minced	130 g fettuccini, cooked
1 oz white wine	4 g parsley, chopped
	Lemon juice

In a medium sized saucepan heat the butter til it just starts to sizzle, then add the shallots and cook for about 2 minutes until they soften, stirring to prevent sticking. Add the garlic and white wine and cook for another minute before adding the clam juice and clams. Reduce for only 3-4 minutes, then add the fettuccini and cook for another couple of minutes until the pasta is hot. Toss with the parsley and lemon, adjust the seasoning if necessary, and enjoy.

On higher carb days I'll have this with a slice of baguette. Feel free to adjust the amount of clams and/or pasta to fit your macros, and if you need to cut back on carbs, go ahead and use shiritake noodles.

# Roast Salmon with Shiritake



**MACROS: 32.3 g P, 29.1 g C, 8.1 g F**

*The key with all protein is to choose only the highest quality and to not overcook it. Remember, food continues to cook even after you remove it from a heat source due to residual heat!*

## WHAT YOU NEED

1 salmon fillet, skin on	2 g coriander
Sea Salt and Cracked Pepper	8 g micro greens
40 g sugar snap peas, blanching and sliced	1.5 tbsp ponzu sauce
40 g red pepper, sliced	50 g black bean & garlic sauce
	80 g dry shiritake noodles
	Wedge of lime

Bring a large pot of water to boil. Preheat the toaster oven to 375F, line the baking sheet with tin foil, lay down the salmon fillet skin side down, (the skin will remove itself onto the foil) and crack the pepper and salt over the salmon.

Roast for 6 minutes until the fish just pink on the inside. Remove from the oven and let sit for 2 minutes before plating.

Meanwhile, cook the shiritake for about 2 minutes, drain and rinse. Toss the pasta, vegetables and ponzu sauce, and place in a bowl. Top with the black bean sauce. Place 90 g of salmon on top, garnish with coriander and micro greens, and a squeeze of lime. 19

# Spaghetti and Meatballs



*For the meatballs simply substitute x-lean ground beef for the turkey in my turkey meatball recipe. I love Shiritake noodles, and have them often. If I want to add more carbs to the meal, I might have a side of vegetables, a slice of baguette, or some dessert.*

## WHAT YOU NEED

150 g Marina Sauce	5 g parmesan, grated
90 g Beef Meatballs*	
80 g Shiritake Noodles, dry	
4 g parsley, chopped	

Bring water to a boil in a large pot. At the same time, heat up your marinara sauce and meatballs in a small non-stick pan. Once the water is boiling, add the shiritake noodles and stir to prevent clumping. The pasta takes about 2-3 minutes to cook. Drain and rinse as soon as it's done.

In a large pasta bowl lay down your bed of pasta. Top with the sauce and meatballs, sprinkle with parmesan and parsley. Adjust seasoning if necessary and enjoy!

I keep a jar of this sauce in the fridge and almost always have extra meatballs ready to go.

MACROS: 27.7 g P, 24.9 g C, 8.5 g F

# Marina Sauce



## WHAT YOU NEED

5 g olive oil	1 14 oz can San Marzano tomatoes
30 g shallots, minced	1 ½ tbsp Herbs de Provence
10 g garlic, minced	1/8 tsp sea salt
100 g celery, diced	2 oz sweet white wine
100 g carrots, diced	15 mL balsamic reduction
2 tbsp vegetable stock	15 mL balsamic vinegar
1 kg ripe Roma tomatoes, chopped	Salt and Pepper to taste

Heat the oil in a large saucepan, and when it starts to shimmer add the shallot. Cook for about a minute before adding the garlic. When the garlic becomes fragrant (30 seconds or so) add the celery, carrots and stock and cook for another few minutes until the vegetables soften. Add in the tomatoes, herbs, and 1/8 tsp salt making sure to break up any whole tomatoes.

Cook uncovered for an hour (use a timer!) until it reduces by almost half. Add in the wine, balsamic reduction and vinegar, and cook for another 10 minutes. Adjust seasoning to taste.

The macros are per 100 g prepared just like this.

MACROS: 2.3 g P, 12.5 g C, 1.1 g F

# Savory Spread



MACROS: 4.1 g P, 1.7 g C, 1.2 g F

*I came up with this spread when our local grocers kept running out of cashew cheese. The taste is very similar, but the macros are way better. You can use this as a spread or as the base of a dressing. It really bumps up the flavor of any dish.*

## WHAT YOU NEED

60 g light cream cheese  
7 g garlic, minced  
120 g 1% cottage cheese  
2 tsp nutritional yeast

20 g unflavoured Quattro  
½ tsp herbed seasoning mix (I used sundried tomato)  
Salt and pepper to taste

Measure everything into a mini food prep and blend for about 15 seconds until smooth. Scrape down the sides and repeat if necessary. I'll typically use about 20 g per meal, and that's what these macros reflect.

Enjoy!

# Ponzu Sauce



One of my favorite sauces! Dip my Tang's Wontons in it, toss pasta with it, or use it as a marinade for steak. This is such a versatile sauce, very low in fat, and you can easily adjust the seasoning to suit your tastes.

## WHAT YOU NEED

75 mL Tamari	¼ tsp Sambal sauce
30 mL lime juice	4 g smashed minced garlic
15 mL organic rice vinegar	14 g sliced scallion
1 drop liquid stevia	4 g grated ginger

Mix everything together thoroughly, chill, and serve as a dipping sauce, pour over noodles, or use as a salad dressing!

This is seriously one of my favorite things!

The recipe makes about 6 tablespoons of sauce. The macros are per 1 tablespoons, which I consider to be a single serving.

MACROS: 1.5 g P, 1.7 g C, 0.1 g F

# Black Bean & Garlic Sauce



**MACROS: 7.7 g P, 19.1 g C, 0.8 g F**

*This has become a household favorite. It is high in carbs and flavor, and I find 60 grams goes a long way on a piece of salmon or as a filling in a savory crepe. The taste should be intense, as it's meant as a condiment. Enjoy xo*

## WHAT YOU NEED

2 tbsp Thai Fish Sauce	8 g scallion, thinly sliced
1 tbsp Mirin Cooking Wine	10 g cilantro, chopped
1 tbsp Tamari	8 g garlic, minced
15 ml fresh lime juice	2 tsp ginger, grated
14 oz can organic black beans, juice included	2 drops stevia

Reserve 2 tablespoons of the beans and measure everything else into a mini food prep and blend for about 25 seconds until smooth. Scrape down the sides and repeat if necessary.

Transfer the sauce and the reserved whole beans to a small non-stick pan and simmer covered for about 10 minutes. It should reduce by about  $\frac{1}{4}$ . It should be a very intensely flavored. If not, add more fish sauce or tamari.

I usually use about 60 g per serving, and that's what the macros are for.

# Chocolate Sauce

*After a vain search for a relatively unadulterated chocolate sauce, I decided it was best to simply do it myself. This is incredibly easy to make, and with all the organic powdered chocolate mixes available you can choose your own intensity. I prefer Dark! xo*

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## WHAT YOU NEED

½ c almond milk

Pinch of sea salt

45 g Camino Dark Chocolate  
Drink Mix

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Simply bring the milk, chocolate and sea salt to a simmer, reduce the heat and cook until the sauce thickens, (about 5 minutes). Be careful because it will continue to thicken as it cools, and unless you want fudge, don't reduce it too much.

As always, I prefer to make small batches as it leaves temptation behind, but by all means make a larger batch.

Drizzle it over my Holy Cow Brownies, Black Velvet Cupcakes, or have on a Sunday with French Toast!

Macros are for a 30 g serving...



MACROS: 1.1 g P, 7.5 g C, 0.4 g F

# Sweet Icing



**MACROS: 7.8 g P, 4.2 g C, 1.2 g F**

We *ALWAYS* have a jar of this in the fridge, and use it on something almost every day. If I want to drizzle it, I'll dilute it with a tablespoon of milk. If I want it more stiff, I'll refrigerate it for an hour or two before using.

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## WHAT YOU NEED

60 g 1% cottage cheese

30 g light cream cheese

1-2 drops liquid stevia

12 g organic powdered icing sugar

30 g Quattro Vanilla

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Blend everything in a Ninja for about 20 seconds or until creamy. Refrigerate for an hour and it's ready to use on crepes, pancakes, cakes, toast or brownies!

I prefer to make small batches, but you can easily double or triple the recipe. It will easily keep in the fridge for a week (if it lasts that long). Also, if you like to 'drizzle', (I LOVE to drizzle), measure out your portion with 1 tablespoon of milk or almond milk and blend with a whisk. Now you can pour it!

It's a great way to bump up the protein of a dish. I generally use 30 grams at a time, and that's what the macros are for.

# P-Nutters



MACROS: 8.1 g P, 12.1 g C, 7 g F

*A fantastic protein cookie that will NOT taste healthy at all. These will be decadent and addictive, so be warned. I suggest forming into balls and reserving in the freezer until you're ready to bake and eat. xo*

## WHAT YOU NEED

### Dry Ingredients:

15 g white Chocolate Chips  
 15 g dark Chocolate Chips  
 6 g Dry Quick Oat  
 21 g gluten-free pancake mix  
 32 g Vanilla Quattro  
 ½ tsp baking powder

### Wet Ingredients:

54 g organic peanut butter  
 4 g soft butter  
 38 g egg whites  
 26 g honey  
 4 drops liquid stevia

Preheat the oven to 350 F. In a small bowl weigh out the dry ingredients and mix thoroughly. In a medium sized bowl weigh out the wet ingredients and blend with a fork until creamy.

Mix the dry ingredients into the wet ingredients to form a sticky dough. Roll quickly into 6 balls (35 g each), flatten ½" thick onto a non-stick cookie sheet and cook for 7 minutes" until light golden in colour.

Let cool on a rack for 2 minutes before serving.

I pair mine with soft-serve P-Nutter Ice Cream for a decadent treat with great macros.

# Chewies



**MACROS: 6.7 g P, 10.1 g C, 4.1 g F**

*These were another happy accident that when I was trying to tweak my P-Nutters to bring down the fat content but retain a true cookie experience. These were way better than what I had hoped for in a protein cookie! xo*

## WHAT YOU NEED

### Dry Ingredients:

20 g unsweetened coconut  
 12 g Dry Quick Oats  
 12 g gluten-free pancake mix  
 31 g Vanilla Quattro  
 2 tsp Xyla  
 ½ tsp baking powder

### Wet Ingredients:

10 g soft butter  
 36 g egg whites  
 29 g honey  
 4 drops liquid stevia

Pre-heat the oven to 325 F. Measure out the dry ingredients into a small bowl and mix well. In a larger bowl measure out the the wet ingredients and mix thoroughly.

Stir the dry ingredients into the wet ingredients until well blended. The dough will be very sticky. Drop by spoonfuls onto a non-stick cookie sheet.

Bake for 8 minutes or until light golden brown.

This recipe makes 6 chewie and delicious cookies.

# Homemade Apple Sauce



*After you make your own applesauce, you will NEVER buy a jar from the store again. The taste is night and day. I can have this on it's own, but my favorite way is to pair it with a dollop of Sweet Icing and some Sweet Granola. It tastes just like apple crumble. xo*

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## WHAT YOU NEED

- 1000 g diced cooking apples
  - 2 tsp Krisda (or liquid stevia)
  - Pinch sea salt
  - 2-3 tsp cinnamon
  - ¼ c water
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Prep a bag of apples until you have about 1000 g of diced apple, and then throw them into a medium sized pot with the water, sweetener and spices. Cook on medium-high heat until it starts to boil, and then reduce to low and continue cooking for about 20 minutes or until reduced by half and it's developed a deep amber colour and sweetness. Stir often to ensure even cooking and prevent sticking.

Macros are per 100 g...

**MACROS: 1.2 g P, 11.4 g C, 0.6 g F**

# Banana Cupcakes



MACROS: 7.2 g P, 15.6 g C, 0.7 g F

*You can make these in cupcakes, one larger cake, or a loaf. I prefer cupcakes because macros per serving are more exact, and there's no cutting involved.*

## WHAT YOU NEED

### Dry Ingredients:

1 Tbsp Krisda  
1 Tbsp Xyla  
48 g gluten-free pancake mix  
35 g plain Quattro  
1 tsp baking powder

### Wet Ingredients:

180 g white beans, rinsed  
80 g egg whites  
60 g ripe banana  
25 g honey  
2-3 drops liquid stevia

Preheat the oven to 400F and prepare 8 Silpat muffin molds. Measure out the dry ingredients in a small bowl and mix well. In a mini food prep measure out the wet ingredients and blend on high for about 20 seconds and then quickly fold the wet ingredients into the dry ingredients.

Pour into the prepared molds and bake at 400F for the first 5 minutes to create a nice dome, and then reduce to 350F and cook for the remaining 10-12 minutes or until they spring back when lightly pressed. Don't overcook. Let them cool in the molds for 2 minutes before removing and cooling on racks.

Recipe makes 8 small cupcakes. Top with some icing and a banana slice for extra yum-factor!

# Carrot Cupcakes



*My favorite cake growing up was my mother's carrot cake: studded with nuts and currants and satisfyingly sweet. I created a recipe that mimicked the flavor and texture, but without all the sugar and oil. Voila!*

## WHAT YOU NEED

### Dry Ingredients:

1 Tbsp Krisda  
 1 Tbsp Xyla  
 48 g gluten-free pancake mix  
 35 g plain Quattro  
 1 tsp baking powder  
 23 g chopped walnuts

### Wet Ingredients:

180 g white beans, rinsed  
 80 g egg whites  
 60 g ripe carrots  
 25 g honey  
 2-3 drops liquid stevia

Preheat the oven to 400F and prepare 8 Silpat muffin molds. Measure out the dry ingredients in a small bowl and mix well. In a mini food prep measure out the wet ingredients and blend on high for about 20 seconds and then lightly mix the wet ingredients into the dry ingredients.

Pour into the prepared molds and bake at 400F for the first 5 minutes to create a nice dome, and then reduce to 350F and cook for the remaining 10-12 minutes or until they spring back when lightly pressed.

Optional: Top with Sweet Icing when cooled for a bit of decadence!

MACROS: 8 g P, 15.5 g C, 2.9 g F

# Black Velvet Cupcakes



**MACROS:** 7.5 g P, 18.5 g C, 1.7 g F

*In my search to create a brownie recipe, I accidentally created these: light, tender cupcakes with an incredibly rich, dark chocolate taste! xo*

## WHAT YOU NEED

### Dry Ingredients:

1 Tbsp Krisda  
 1 Tbsp Xyla  
 32 g gluten-free pancake mix  
 25 g plain Quattro  
 30 g cocoa powder  
 1 tsp baking powder

### Wet Ingredients:

212 g black beans, rinsed  
 130 g egg whites  
 48 g sweet potato puree  
 40 g honey  
 2-3 drops liquid stevia  
 12 g melted dark chocolate

Preheat the oven to 400F and prepare 8 Silpat muffin molds. Measure out the dry ingredients in a small bowl and mix well. In a mini food prep measure out the wet ingredients and blend on high for about 20 seconds and then lightly mix the wet ingredients into the dry ingredients.

Pour into the prepared molds and bake at 400F for the first 4 minutes to create a nice dome, and then reduce to 350F and cook for the remaining 10-12 minutes or until they spring back when lightly pressed.

Depending on macro requirements, top with Sweet Icing, Chocolate Sauce, or have them plain. Enjoy!

# Holy Cow Brownie



MACROS: 6.2 g P, 15.4 g C, 9 g F

*Believe it or not, I'm a reluctant baker. I don't like baked goods more than 1 day old, and I don't like to over indulge. My mission has been to come with super small recipes that use pretty healthy ingredients and taste better than the 'real' thing. Enjoy! xo*

## WHAT YOU NEED

### Dry Ingredients:

1 tbsp Krisda  
 1 tbsp Xyla  
 15 g cocoa powder  
 15 g gluten-free pancake mix  
 16 g Peanut Butter/Chocolate Quattro  
 1 tsp baking powder

### Wet Ingredients:

101 g black beans  
 29 g soft butter  
 70 g egg whites  
 24 g honey  
 4 drops liquid stevia  
 30 g pumpkin puree  
 \*51 g 80% dark chocolate

Preheat the oven to 350 F and lightly grease a small spring form cake pan.

Mix the dry ingredients together. Whiz the wet ingredients in a Ninja until smooth. Fold the wet into the dry, add the chocolate and pour into the pan.

Bake for 20-22 minutes or until still slightly soft in the centre. Cool for at least 15 minutes before attempting to cut. This should be gooey!

Recipe makes 6 pieces.

# Flourless Flan



**MACROS: 15.2 g P, 34.4 g C, 2.4 g F**

*This is a very moist, sweet flan that should be eaten warm and right out of the pot!*

## WHAT YOU NEED

2 tsp Krisda	½ tsp cinnamon
2 tsp Xyla	300 g sweet potato puree
25 g plain Quattro	1 egg
½ tsp baking powder	17 g maple syrup
½ tsp baking soda	2-3 drops liquid stevia

Preheat the oven to 400F and prepare 2 small ceramic pots. In a mini food prep measure out all ingredients and blend on high for about 20 seconds or until smooth.

Pour into the prepared molds and bake at 400F for the first 15 minutes, and then reduce to 350F and cook for the remaining 20 minutes.

When they are done the top should have a few nice cracks on top, and it should pull back slightly from the sides. Let them cool down for about 10 minutes and then enjoy!

You could also substitute pumpkin puree for the sweet potato if you wanted to reduce the carbs for this meal. The taste and texture would be very similar! xo

# Poached Pear 'Crumble'



**MACROS: 12.6 g P, 32.3 g C, 4.7 g F**

## WHAT YOU NEED

100 g pear, peeled and  
halved

½ c water

1 tsp Xyla

Pinch sea salt

1 tsp cinnamon

3 g butter

40 g Sweet Icing

10 g Sweet Granola

Bring the water, Xyla, salt and cinnamon to boil in a small pot. Place the halved pear cut-side down into the pot, (it should be ½ submerged), reduce heat to minimum, cover and poach for about 8-10 minutes or until a toothpick slides easily through the flesh.

Remove the pear. Turn the pot on high and boil the juices until only a tablespoon or so is left, (this takes 3-4 minutes).

Meanwhile in a small bowl lay down 40 g Sweet Icing, arrange the pear cut-side up on top, and sprinkle 10 g of Sweet Granola around the pear.

The sauce should be ready to finish. Tilt the pot to the side so the juices pool in the corner. Add the cold butter and swirl quickly to emulsify. This takes about 30 seconds. The sauce will bubble, which means it's ready. Pour over the pear, (scrape all the bits out) and enjoy!

Macros are for just the pear and sauce.

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# Questions about this eCookbook

## *Where did you get these recipes?*

I make these recipes up based on what kinds of foods my husband and I like to eat, what's fresh and available in the store, and what kind of macro-plan we're on. I'm usually more limited with fat macros, so the trick for me is to find ways to take favorite meals and replace the fat with ingredients that provide taste and texture but don't put my fat macros out of balance.

## *Can I repost these recipes?*

Feel free to repost them, but please make sure you use your own images, and give credit back to my website:  
[www.yourhealthyhedonista.com](http://www.yourhealthyhedonista.com)

## *Where do you get the nutritional information?*

I source my information from [nutritiondata.self.com](http://nutritiondata.self.com) and Wikipedia, and use the app [mymacros+](#) to build the recipes!

## *What's next for you?*

I'll be putting together nutrition and cooking webinars, videos and a hardcover cookbook as well, so please check back often for tons of great content and new recipes. xo

