



ROCKEYFIT

RECIPE ROUND UP

SECTION ONE

STARTERS, SOUPS, AND STEWS

Hearty Chickpea & Spinach Stew

Lynda E.

Ingredients:

- 2 (15 ounce) cans low-sodium chickpeas, rinsed, divided
- 1 tablespoon olive oil
- 12 ounces 93%-lean ground turkey
- ½ teaspoon dried oregano
- ½ teaspoon fennel seeds, crushed
- ½ teaspoon crushed red pepper
- 1 medium onion, chopped (1 cup)
- 2 medium carrots, diced (¾ cup)
- 4 cloves garlic, minced, or ½ teaspoon garlic powder
- 3 tablespoons tomato paste
- 1 (32 ounce) carton low-sodium chicken broth (4 cups)
- ¼ teaspoon ground pepper
- ⅞ teaspoon salt
- 3 cups IQF (individually quick-frozen) spinach (8 oz.)
- ¼ cup grated Parmesan cheese (Optional)

Directions:

Step 1: Mash 1 can chickpeas with a potato masher or fork. Set aside.

Step 2: Heat oil in a large pot over medium-high heat. Add turkey, oregano, fennel seeds and crushed red pepper. Cook, crumbling with a wooden spoon, until the turkey is no longer pink, 2 to 3 minutes. Add onion, carrots and garlic (or garlic powder). Cook, stirring often, until softened and fragrant, 3 to 4 minutes. Add tomato paste. Cook, stirring, for 30 seconds.

Step 3: Add broth, the mashed and whole chickpeas, pepper and salt to the pot. Cover and bring to a simmer.

Reduce heat to medium and cook, covered, at a brisk simmer until the vegetables are tender and the flavors have blended, about 10 minutes.

Step 4: Add spinach and increase heat to medium-high. Cook, stirring, until the spinach is heated through, 1 to 2 minutes. Ladle the soup into bowls. Garnish each serving with 1 tablespoon Parmesan, if desired.



Quinoa Harvet Bowl

Andrea G.

Ingredients:

- 2 cups of vegetable broth
- 1 cup of quinoa
- 1 can of black beans, rinsed and drained
- 1 can of diced tomatoes
- 1 bell pepper, diced
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 teaspoon of cumin
- 1 teaspoon of chili powder
- Salt and pepper to taste

Directions:

Step 1: Combine all ingredients in the crockpot.

Step 2: Stir well to mix.

Step 3: Cover and cook on low for 6-8 hours.

Step 4: Check the quinoa for doneness.

Step 5: Serve warm and enjoy.



Homemade Hearty Chili

Nicole R.

Ingredients:

- 1/2 tbsp. Olive Oil
- 1 lb. Organic Beef
- Sea Salt & Pepper
- 1 Yellow Diced Onion
- 2 Cloves Minced Garlic
- 2 tbsp. Tomato Paste
- 1 tbsp. Chili Powder
- 1 tsp. Ground Paprika
- 1 tsp. Ground Cumin
- 1/2 tsp. Ground Oregano
- 1/2 Cup Bone Broth
- 1/2 Red Bell Pepper
- 1/2 Green Bell Pepper
- 1/2 Jalapeño
- 1 Can Chili Beans
- 1 Can Kidney Beans
- 1 Can Sweet Corn
- 1 Can Diced Tomatoes

Directions:

Step 1: Heat a large skillet over medium-high heat. Add the oil and brown the ground beef.

Step 2: Add onions and garlic to the skillet and sauté over medium heat until softened. Stir in tomato paste and all spices and cook for another 30 seconds. Then stir in bone broth, scraping any browned bits off the bottom of the pan. Transfer to dutch oven or slow cooker.

Step 3: Add diced peppers, jalapeño, beans, corn, and canned diced tomatoes to dutch oven. Stir well then cover with the lid and cook on medium heat for 1-hour stirring often.

Step 4: Serve with your favorite chili toppings!



Greek Hummus Dip

Katie N.

Ingredients:

- 1 container Ithaca Hummus
- 6oz. Plain Greek Yogurt
- 1 cup Feta Cheese
- Chopped Veggies of Choice (tomato red onions, kalamata olives)
- Salt & Pepper to taste

Serve with gluten-free pita chips, naan, or fresh veggies like cucumbers, peppers, and carrots.

Directions:

Step 1: In a food processor, blend hummus, Greek yogurt, and feta until smooth and creamy.

Step 2: Spread the mixture evenly in the bottom of a serving dish.

Step 3: Chop veggies and sprinkle over the top.

Step 4: Finish with a little extra feta, salt, and pepper.

Step 5: Refrigerate 20–30 minutes before serving.



SECTION TWO

MEALS

Hasselback Feta Chicken Bake

Meghan R.

Ingredients:

- 10 ounces grape or cherry tomatoes, halved
- 3 ounces baby spinach, chopped (about 1 cup)
- 2 ounces feta cheese, crumbled (about 6 tablespoons)
- 2 garlic cloves, finely minced
- 2 boneless, skinless chicken breasts (about 8 ounces each)
- 1/2 teaspoon dried oregano

Directions:

Step 1: Preheat the oven to 400°F.

Step 2: Place the tomatoes in a 9 × 13-inch baking dish, drizzle with 1 teaspoon extra-virgin olive oil, and season with 1/4 teaspoon kosher salt and freshly ground black pepper to taste. Roast until the tomatoes just begin to soften, about 15 minutes.

Meanwhile, spray a medium skillet with olive oil and heat over medium heat.

Step 3: Add the spinach and 1 teaspoon water and cook, stirring occasionally, until the spinach is slightly wilted, 2 to 3 minutes. Remove the skillet from the heat and let the spinach cool for 5 minutes.

Step 4: Stir in the feta and garlic.

Step 5: Cut slits into the tops of the chicken breasts about 75 percent of the way down, 1/2 inch apart, being careful not to cut all the way through (it will look like a hasselback potato).

Step 6: Season the chicken with 1/4 teaspoon kosher salt and ground black pepper to taste.

Step 7: Stuff the spinach and feta mixture into the slits.

Step 8: Remove the tomatoes from an oven and stir, then nestle the chicken in the center of the baking dish. Sprinkle the chicken with the oregano and more black pepper, then drizzle the top with 1/2 tablespoon extra-virgin olive oil.

Step 9: Bake until the tomatoes burst and are saucy and the chicken is cooked through, about 25 minutes. Serve immediately.



Cheesy Italian Sausage Skillet Patties

Rachel D.

Ingredients:

- 1 package mild Italian chicken sausage patties (Wegmans)
- ½-1 tsp spicy Italian seasoning
- ¼ tsp onion powder
- ¼ tsp garlic powder
- Pinch of salt
- 2-4 tbsp pizza sauce (about 1-2 tbsp per patty)
- ½-1 cup shredded mozzarella cheese
- Green beans, for serving

Directions:

Step 1: Sprinkle the sausage patties with spicy Italian seasoning, onion powder, garlic powder, and a light pinch of salt.

Step 2: Heat a skillet over medium heat. Cook the patties according to package directions (typically 4-5 minutes per side) until fully cooked and golden on the outside.

Step 3: Preheat oven to 375°F. Once patties are cooked through, spoon 1-2 tablespoons of pizza sauce over each one. Top generously with shredded mozzarella.

Step 4: Transfer the skillet (if oven-safe) or move patties to a baking sheet. Bake for 5-8 minutes, or until the cheese is melted and bubbly.

Optional: Broil for 1-2 minutes for that golden top.



Chicken Harvest Bowls

Jillian R.

Ingredients:

- 1 lb chicken breast tenderloins
- 1 tbsp olive oil
- 1 tsp oregano
- 1 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp salt
- 1/2 tsp pepper
- 1 cup quinoa, rice, or a mixture of both
- 4 sweet potatoes (small to medium)
- 2 zucchini (or 1 zucchini and 1 squash)
- 1-2 tbsp olive oil
- 1 1/2 tsp salt (or Lawry's seasoned salt)
- 1/2 tsp pepper

Caesar Dressing Ingredients:

- 1/2 cup low-fat cottage cheese (blended)
- 2 cloves fresh garlic, minced
- 1 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 2 tsp fresh lemon juice
- 1/3 cup freshly grated Parmesan cheese
- 1 tsp fresh ground black pepper
- 2 tbsp extra virgin olive oil
- Water (as needed for consistency)



Directions:

Step 1: Preheat your oven to 350°F.

Step 2: Cube the chicken into bite-sized pieces. Place them in a bag with the olive oil, salt, pepper, oregano, chili powder, and paprika. Shake to coat evenly and set aside.

Step 3: Chop the sweet potatoes into bite-sized pieces and the zucchini into half-moons. Place them on a baking sheet and toss with olive oil, salt (or Lawry's), and pepper.

Step 4: Roast the vegetables for 25-30 minutes until soft and slightly crisp.

Step 5: Prepare the quinoa or rice according to the package instructions.

Step 6: Cook the chicken in a skillet over medium heat for about 7 minutes per side, or until the internal temperature reaches 165°F.

Step 7: To make the dressing, blend the cottage cheese until smooth. Add the garlic, Worcestershire sauce, Dijon mustard, lemon juice, Parmesan, black pepper, and olive oil. Blend again, adding water as needed to reach your desired consistency.

Step 8: Assemble the bowls by combining the grains, roasted vegetables, and chicken. Top with the Caesar dressing and enjoy.

Note: This recipe makes extra dressing; I recommend using about 2-3 tbsp per serving

ROCKEYFIT

ELITE TRAINING FACILITY

Slow Cooker Pork Tenderloin with Honey-Cinnamon Carrots & Mashed Potato

Bella D.

Ingredients:

- 3 lbs pork tenderloin
- Handful of carrots, chopped
- 4 apples, chopped
- ½ white onion, chopped
- 1 box chicken broth
- 1 potato
- 2 tablespoons honey
- A splash of molasses
- Cinnamon, to taste
- Butter, to taste
- Pepper, to taste
- Flour (for thickening sauce)
- Water, as needed

Directions:

Step 1: Place the chopped apples and onion in the bottom of the crockpot.

Step 2: Add the Pork

Step 3: Pour in the chicken broth and add the pork tenderloin. The broth helps keep the meat moist while cooking.

Step 4: Cook the Pork

Step 5: Cook on low for 5–7 hours. Begin checking around the 5-hour mark with a meat thermometer. Target internal temperature: 145°F. Higher temperatures may cause the pork to dry out.

Step 6: Once the pork is done, peel, rinse, and chop the potato into small chunks. Place the potato in a pot of water and boil until fork-tender.

Step 7: Drain the potato and mash until smooth. Add 1 tablespoon butter and pepper to taste. Set aside.

Step 8: Drain any remaining water and place the pot back on the stove. Melt 2 tablespoons butter over medium heat. Add cinnamon, honey, and molasses. Stir to combine. Add ¼ cup water, just enough so the carrots will be barely submerged.

Step 9: Add the carrots and cook for about 5 minutes, stirring occasionally, until they reach your desired tenderness.

Step 10: Remove the pork tenderloin from the crockpot and transfer it to a separate dish. Shred the meat. Strain out and discard the apples and onion from the crockpot liquid. Add a small amount of flour to the remaining liquid and stir until thickened.



Green Bean Sheet Pan Dinner

Anna R.

Ingredients:

- 16 oz Ground turkey, 93% lean, raw
- 6 cups Green beans
- 1 cup Alfredo sauce
- 1 cup shredded parmesan cheese
- ½ tsp Garlic salt
- ¼ tsp Pepper, ground
- 3 tbsp Avocado oil

Directions:

Step 1: Preheat oven to 375 degrees

Step 2: Add oil to a pan & stir fry ground turkey until cooked through.

Step 3: Add green beans, ground turkey, Alfredo, Parmesan cheese & seasonings to your sheet pan.

Step 4: Bake for 25 minutes.



Gluten-Free & Dairy-Free Goulash

Katie N.

Ingredients:

- 1.5 lbs 90/10 ground beef
- ½ white onion, diced
- 2 Tbsp garlic, minced
- 1 bell pepper of each color, diced
- 1 jar (24 oz) marinara sauce (gluten free & dairy free)
- Water (about ⅓ of the empty sauce jar)
- A few splashes Worcestershire sauce (make sure gluten free)
- 1 Tbsp salt & pepper
- 1 Tbsp basil
- 1 Tbsp oregano
- Gluten-free pasta (cavatelli works great)

Directions:

Step 1: In a large pot or Dutch oven, brown the ground beef over medium heat.

Step 2: Drain excess fat and return beef to the pot.

Step 3: Add onion and bell peppers. Sauté 2-3 minutes until slightly softened.

Step 4: Stir in garlic and cook about 30 seconds, until fragrant.

Step 5: Add marinara sauce, then fill the empty jar about ⅓ of the way with water and pour into the pot.

Step 6: Add a few splashes of Worcestershire sauce.

Step 7: Stir in salt & pepper, basil, and oregano.

Step 8: Bring to a gentle simmer, then stir in gluten-free pasta.

Step 9: Cover, reduce heat to low, and simmer about 15 minutes, stirring occasionally, until pasta is tender.

Step 10: Stir well and enjoy!



Honey Garlic Chicken with Mac & Cheese

Richard L.

Ingredients: Chicken Marinade

- 28 oz raw chicken breasts, cubed
- 1½ tsp salt
- 1 tsp black pepper
- 1 tsp chili flakes (omit for milder flavor)
- 1½ tsp garlic powder
- 1½ tsp onion powder
- 1½ tsp paprika (or smoked paprika)
- 2 tsp olive oil

Cooking & Honey Garlic Glaze

- 1.5 oz reduced fat butter, divided
- 1½ Tbsp minced garlic, divided
- 2 Tbsp honey
- 1.5 Tbsp fresh parsley, chopped
- Pasta
- 28 oz uncooked protein pasta

Garlic Mac & Cheese Sauce

- 2 Tbsp minced garlic
- 10.5 oz 1% milk (or milk of choice)
- 5.6 oz 50% fat cream cheese
- 1 tsp salt (or to taste)
- ½ tsp black pepper
- 1 tsp smoked paprika
- ½ tsp nutmeg
- 3.5 oz low-fat cheddar cheese, grated



Directions:

Step 1: In a large bowl, combine chicken, salt, pepper, chili flakes, garlic powder, onion powder, paprika, and olive oil. Mix until evenly coated. Set aside.

Step 2: Bring a large pot of salted water to a boil. Add macaroni and cook until al dente (about 8 minutes). Drain and set aside.

Step 3: Heat a large pan over medium heat. Melt 10g butter. Add half of the chicken in a single layer (avoid overcrowding). Cook for about 5 minutes per side, until golden brown and cooked through. Remove and repeat with remaining chicken.

Step 4: Lower heat. Add remaining butter to the pan along with minced garlic. Sauté until fragrant (about 1–2 minutes). Drizzle in honey and stir. Add chopped parsley. Return chicken to the pan and toss until fully coated in the sticky honey garlic glaze. Set aside.

Step 5: In the same pan over low heat (using the flavorful butter left behind), add minced garlic and sauté until fragrant. Stir in milk and cream cheese. Season with salt, pepper, smoked paprika, and nutmeg. Whisk until smooth.

Step 6: Add grated cheddar and stir until melted and slightly thickened. Fold in drained macaroni and gently toss until evenly coated.

Korean Meatball Rice Bowls

Dayna S.

Ingredients:

For the Meatballs:

- 1 pound ground turkey
- 1 egg
- 2 tablespoon soy sauce divided
- 4 cloves garlic finely chopped
- 1 tablespoons finely chopped ginger
- 4 tablespoons gochujang paste divided
- ¼ cup panko breadcrumbs
- 2 green onions, thinly sliced
- 2 tablespoons cilantro roughly chopped
- 2 tablespoons honey
- 1 tablespoon rice wine vinegar
- 1 tablespoon toasted sesame seeds

For the Vinaigrette

- 2 tablespoons rice wine vinegar
- 1 tablespoon kimchi brine
- ¼ cup kimchi drained and diced
- 2 tablespoons soy sauce
- 2 tablespoons toasted sesame oil
- ¼ cup avocado oil
- 2 tablespoons honey
- 2 cloves garlic finely chopped
- 1 tablespoon ginger grated
- 2 teaspoons toasted sesame seeds

For the Herb Salad

- 2 cups greens
- ¼ cup cilantro leaves
- 4 green onions thinly sliced
- 2 Persian cucumbers thinly sliced
- 1 Asian Pear thinly sliced (or a pink lady apple)
- 4 radishes thinly sliced
- 2 cups cooked white rice (or brown rice if you prefer)

Directions:

For the Meatballs

1. Preheat the oven to 375°F and line a baking sheet with parchment paper or lightly grease it.
2. In a large bowl, combine the ground turkey, egg, 1 tablespoon soy sauce, garlic, ginger, 2 tablespoons gochujang, breadcrumbs, green onions, and cilantro. Mix gently with your hands until evenly incorporated.
3. Shape the mixture into meatballs, about 1 ½ inches in diameter (approximately 2 heaping tablespoons each), and place them on the prepared baking sheet.
4. In a small bowl, whisk together the remaining 2 tablespoons gochujang, remaining 1 tablespoon soy sauce, honey, and rice wine vinegar. Brush or toss the meatballs with the sauce, then bake for 20-25 minutes or until fully cooked.
5. Remove from the oven and sprinkle with toasted sesame seeds.

For the Vinaigrette

Whisk all ingredients together in a bowl until well combined. Set aside.

For the Salad

Combine all salad ingredients in a large bowl and toss lightly.

To assemble

Divide the cooked rice evenly among four bowls. Top each bowl with equal portions of the herb salad and meatballs. Drizzle with the vinaigrette and serve immediately with your favorite kimchi on the side.



Crockpot Creamy Veggie Pasta

Miranda D.

Ingredients:

- 1-2 pounds of chicken breast, cut into chunks
- 8oz of protein pasta
- 2 cups of broccoli florets
- 1 zucchini
- 1 cup of baby spinach
- 2 cloves of minced garlic
- Italian seasoning, salt, and pepper
- ½ cup of chicken broth
- ½ cup of plain Greek yogurt
- ¼ cup of grated Parmesan cheese
- 1 tbsp olive oil

Directions:

Step 1: Add chicken, broccoli, zucchini, garlic, broth, and seasonings to crockpot.

Step 2: Cook on low for 4-5 hours or high for 2-3 hours.

Step 3: Add in uncooked pasta with time left (low 25-35 min, high 15-20 min). Stir it once halfway through. Add in more chicken broth if needed

Step 4: When done cooking, turn to warm and stir in spinach, Greek yogurt, and Parmesan cheese. If it still feels too thick, add in broth as needed. with your favorite kimchi on the side.



Jamie Easons Meatball Muffins

Cheryl H.

Ingredients:

- 2lbs lean ground turkey
- 3 egg whites
- 1 cup quick cooking oats
- ½ tsp ground cumin
- ½ tsp ground thyme
- 2 tsp dried yellow mustard
- 2 tsp black pepper
- 2 tsp chipotle pepper spice
- 2 tsp garlic powder
- 2 celery stalks, finely chopped
- 1 small onion, finely chopped

Directions:

Step 1: Preheat oven to 375 degrees and line baking sheet with foil

Step 2: Mix all ingredients together in a large bowl

Step 3: Roll the mixture into balls and place on baking sheet

Step 4: Bake for 40 minutes (May vary depending on oven, would suggest using a meat thermometer to ensure meat is fully cooked)



Slow Cooker Cashew Chicken

Claire W.

Ingredients:

- 2 lbs boneless skinless chicken breasts
- ½ cup soy sauce
- 4 Tbsp rice wine vinegar
- 4 Tablespoons ketchup
- 2 Tablespoons sweet chili sauce
- 2 Tbsp brown sugar
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- ¼ tsp red pepper flakes
- 1 cup cashews
- Green onions for garnish

Directions:

Step 1: Combine soy sauce, vinegar, ketchup, sweet chili sauce, sugar, garlic, ginger, pepper flakes in a small bowl.

Step 2: Place the chicken breasts in the bottom of the crock pot and then pour the sauce over.

Step 3: Cook on LOW for 3 to 4 hours.

Step 4: Add the cashews after the cooking is done and stir to combine.

Step 5: Serve over rice.

Step 6: Garnish with green onions



Chipotle Chicken & Steak Bowls

Aaron S.

Ingredients:

Marinade:

- 2 packets of siete chicken fajita seasoning
- ½ lime juice
- ½ bunch of chopped cilantro
- 400 grams of chicken thighs
- 200 grams of sirloin steak strips
- 2 cups of medium grain rice dry
- 3 cups of chicken bone broth

Pico :

- 6 Roma tomatoes
- 1 red onion
- 2 jalapeños
- ½ bunch of cilantro
- ½ lime juice

Other:

- 3 green bell peppers
- 1 red onion sliced and roasted for fajitas peppers

Directions:

Step 1: Preheat oven to 400 degrees.

Step 2: Roast the sliced peppers and onions.

Step 3: Sear the proteins in a hot pan then finish in the oven

Step 4: Dice all ingredients for pico and combine.

Step 5: Portion in to 8 containers and enjoy throughout the week.



SECTION THREE

TREATS

Protein Pistachio Pudding

Loralee S.



Ingredients:

- 1 small container (16 oz) of 2% cottage cheese
- 1 box of sugar free/fat free pistachio instant pudding
- 1 scoop of vanilla protein powder
- $\frac{1}{2}$ to 1 of milk or almond milk depending on desired consistency
- 1 tablespoon of honey

Directions:

Step 1: Place all ingredients in a blender.

Step 2: Blend until smooth and creamy (pudding consistency).

Step 3: Spoon out pudding into desired size serving bowls.

Step 4: Sprinkle with walnuts or favorite nut if desired. Refrigerate for 2-3 hours and enjoy!

Peanut Butter Granola Bars

Jess V.



Ingredients:

- 3 cups old-fashioned rolled oats
- 3/4 cup natural peanut butter
- 1/3 cup honey or maple syrup
- 1/2 cup mini chocolate chips (optional)
- 2 whole eggs

Directions:

Step 1: Preheat oven to 350°F.

Step 2: In a large bowl, combine all ingredients and mix well. *If your peanut butter is solid at room temperature, heat it for 10-15 seconds.

Step 3: Line a 9×9 inch baking dish or pan with parchment paper.

Step 4: Transfer the mixture to the prepared dish or pan. Very firmly press the mixture into the pan in an even layer — the firmer you press, the better the bars will stick together. If you're using chocolate chips, sprinkle them on top, then press them down into the bars.

Step 5: Bake for 15-17 minutes or until the center is baked through and the edges are just starting to brown.

Step 6: Remove from the oven and place pan on a cooling rack.

Step 7: Let the bars cool completely before cutting into 16 squares with a sharp knife.

Healthy Banana Bread

Christina A.



Ingredients:

- 3 medium ripe bananas
- 2 large eggs
- ¼ cup pure maple syrup (or honey)
- 1 tsp baking soda
- 2 cups old fashioned rolled oats

Directions:

Step 1: Preheat oven to 350°F.

Step 2: Lightly grease 9x5-inch loaf pan with non-stick cooking spray and set aside.

Step 3: Add all ingredients to a blender, in the order listed, and blend until smooth and well combined.

Step 4: Pour batter into prepared loaf pan. (Garnish the top of the batter with thinly sliced banana, if desired)

Step 5: Bake for 30-35 minutes or until a toothpick inserted in the center comes out clean.

Anti-Inflammatory Berry Smoothie

Stephanie H.



Ingredients:

- 1 cup frozen blueberries
- 1 medium ripe banana, frozen
- 1 cup packed baby kale
- ½ cup almond milk
- ½ cup chilled, unsweetened brewed green tea
- 2 tablespoons hulled hemp seeds
- ¾ teaspoon lemon zest
- 1 ½ tablespoons lemon juice
- ½ teaspoon honey
- ¼ teaspoon ground ginger

Directions:

Blend all the ingredients together. This recipe yields 2 to 4 smoothies, depending on the portion size. You can also transform it into a smoothie bowl and add toppings, just like Stephanie did.

Avocado Chocolate Mouse

Adam H.

Ingredients:

- 2 ripe avocados (240g)
- 1/4 cup regular cocoa powder
- 1/4 cup dutch cocoa OR melted chocolate chips
- 3-4 tbsp milk of choice
- 1/2 tsp pure vanilla extract 1/8 tsp salt
- sweetener of choice to taste (I like 1/4 cup pure maple syrup)

Directions:

You have two options for this recipe: The version with the chocolate chips will be richer; the version with the dutch cocoa (important to use dutch) will be lower in fat and sugar.

Combine all ingredients in a blender or food processor until completely smooth. I used 3 tbsp almond milk, but if you're not using a liquid sweetener then you might want to add a little extra for a smoother consistency.



Oreo Flurry Ninja Creamy

Emily S



Ingredients:

- Ice Cream Base:
- 400g Fairlife 2% reduced fat milk
- 40g monk fruit sweetener
- 1g xanthan gum
- 5g vanilla bean paste
- Pinch of salt

Mix Ins:

1 serving Oreo Thins, crushed

Directions:

Step 1: Blend all ingredients for base and let sit in freezer for at least 16 hours.

Step 2: Run pint under hot water for at least 60 seconds.

Step 3: Blend on "lite ice cream" setting. Re-spin if powdery.

Step 4: Make a hole down to the bottom of pint, add crushed Oreo, run mix in cycle.

Enjoy!

ENJOY!

ROCKEYFIT

ELITE TRAINING FACILITY

- **PERSONAL TRAINING**
- **SMALL GROUP TRAINING**
- **NUTRITION COACHING**

7040 SOUTH ABBOTT RD. SUITE 200 HAMBURG, NY, 14075

WWW.ROCKEYFIT.COM