

Seracal™

Recipe Book

Creative
ways to use
Seracal with
everyday food!

Table of contents

Click page
number to jump
to recipe!

Breakfast

Seracal Yogurt Chia Pudding with Berries	5
Seracal Scrambled Eggs	6
Cinnamon Sugar Seracal Butter	7
Nutty Banana Seracal Smoothie	8
Very Berry Seracal Smoothie	9
Seracal Pancakes	10
Seracal Overnight Oats and Walnut 'Cream'	11
Waffles with Seracal Apple Butter	12
Seracal Crustless Quiche	13

Lunch

Ham Salad	14
Mac 'n Ham Salad	15
Seracal Egg Salad Sandwich	16
Chicken Ciabatta with Seracal Secret Sauce	17
Seracal Broccoli Cheddar Soup	18
Nacho Average Seracal Skillet Nachos	19
Seracal Grilled Pimiento Cheese Sammie	20

Dinner

Gnocchi with Seracal Sausage Spaghetti Sauce	21
Single-serve Seracal Chicken Alfredo Pasta	22
Walnut Crusted Salmon and Arugula Salad with Seracal Walnut Oil Vinaigrette	23



Table of contents

Click page
number to jump
to recipe!

Dinner

Seracal Stuffed Spaghetti Squash Bowl with Meatballs	24
South of the Border Seracal Stuffed Spaghetti Squash Bowl	25
Thai-inspired Seracal Skillet Salmon	26
Seracal Cheesy Squash Casserole	27
Seracal Cheese & Spinach Stuffed Shells	28
Seracal Salmon Bowls with Mango Salsa	29
Seracal Butter Chicken	30

Dips and treats

Ranch Sour Cream Seracal Dip	31
Chimichurri Sauce	32
Seracal Guacamole	33
Seracal Sausage Queso Dip with Chips	34
Seracal Walnut Pesto	35
Seracal Hummus	36
Seracal White Bean Dip	37
Seracal Carmelized Onion Dip	38
Seracal Classic Deviled Eggs	39
Seracal Chorizo Deviled Eggs	40
Seracal Pumpkin Pie Frosting	41
Seracal Mango Banana Sorbet	42
Seracal Homemade Ice Cream	43
Seracal Milkshake/Milkshake Shots	44
Seracal Chocolate Bon Bons	45
Seracal Pina Colada Mocktail	46



Table of contents

Click page
number to jump
to recipe!

Dips and treats

Seracal Tropical Cooler	47
Seracal Cherry Frozen Yogurt Tart	48
Seracal Dark Chocolate Cherry Pudding Mini Pie	49
Seracal Peppermint Bark	50
Seracal Rainbow's Crunch	51
Seracal Maple Walnut Shots	52
Seracal Peanut Butter Energy Balls	53



Seracal Yogurt Chia Pudding with Berries



Makes: 2 servings

Each serving contains ½ a serving of Seracal



Ingredients:

1 serving Seracal
(1/4 cup or 13.5 grams)

3-4 Tablespoons chia seeds

2 cups vanilla or fruit
flavored yogurt

1 teaspoon cinnamon

Dash of salt

1 teaspoon of your favorite
sweetener like honey, maple
syrup, or sugar (optional)

Recommended toppings:
Berries, nuts, breakfast cereal,
and granola

Instructions:

1. In a mixing bowl, combine all ingredients and stir until well mixed.
2. Divide the mixture into single-serving containers and refrigerate until the pudding sets (at least 1 hour).
3. Once firm, top each pudding with toppings like fresh berries, nuts, breakfast cereal, and granola.

Seracal Scrambled Eggs



Makes: 1 hearty serving

Each serving contains ½ a serving of Seracal



Ingredients:

½ serving of Seracal
(2 tablespoons, or 6.7 grams)

2 large eggs

1 tablespoon sour cream,
whole milk, or non-dairy milk
(unsweetened and unflavored)

1/8 teaspoon salt

1/2 tablespoon butter or oil

Recommended mix-ins:
precooked vegetables, meat,
salsa, cheese, and herbs

Instructions:

1. Crack two eggs into a small mixing bowl.
2. Add milk or sour cream, Seracal, and salt.
3. Whisk the mixture thoroughly until it is uniform in color, texture, and slightly foamy.
4. Add the butter or oil to a small skillet over medium heat, coat the pan well.
5. Add the egg mixture to the hot, buttered skillet and immediately reduce the heat to medium-low.
6. Using a heat-proof spatula, gently push the eggs from one end of the skillet to the other once the eggs begin to set, occasionally folding the eggs onto themselves.
7. If adding mix-ins, mix them into the eggs before they fully set, or add on top of cooked eggs.

Cinnamon Sugar Seracal Butter



Makes: 8 servings

Each serving contains ½ a serving of Seracal



Ingredients:

4 servings of Seracal
(1 cup, or 54 grams)

1 stick (8 Tablespoons) butter,
margarine, or plant-based
spread softened (Optional:
swap half the butter for cream
cheese for even more flavor!)

1/4 cup powdered sugar

1/4 cup brown sugar

2 teaspoons cinnamon

1/2 teaspoon vanilla extract

Instructions:

1. Combine all ingredients in a mixer and blend until light and fluffy.
2. Store in an airtight container in the fridge for up to 4 days or freeze up to 3-4 months.
3. Scoop out 1 generous tablespoon at a time, serve on crackers, toast, or pancakes.

Nutty Banana Seracal Smoothie



Makes: 1 serving

Each serving contains ½ a serving of Seracal



Ingredients:

½ serving of Seracal
(2 tablespoons, or 6.7 grams)

1 cup whole milk or
non-dairy milk

2 ice cubes

1 ripe, medium banana, frozen

1 teaspoon honey (optional)

Dash of cinnamon, to taste

2 tablespoons nut
butter (peanut, almond,
cashew, sunflower)

Instructions:

1. In a blender, add all ingredients and blend on high until the mixture is frothy and smooth.

Customize it: You can adjust the consistency by adding or reducing milk, to your preference!

Very Berry Seracal Smoothie



Makes: 2 servings

Each serving contains ½ a serving of Seracal



Ingredients:

1 serving of Seracal
(1/4 cup, or 13.5 grams)

1 serving of vanilla or berry
flavored yogurt (Optional:
use greek yogurt for even
more protein!)

1 ½ cups mixed berries, frozen

Honey and/or vanilla extract
(to taste)

Ice and milk as desired for
thickness preferred

Instructions:

1. In a blender, blend all ingredients until smooth.
2. If smoothie is too thick, add a little more milk until texture is as you like it.



Seracal Pancakes



Makes: 2 servings of pancakes (3-4 pancakes per serving)
Each serving contains 1/2 serving of Seracal (2 Tablespoons)



Ingredients:

1 serving of Seracal
(1/4 cup or 13.5 grams)

2 servings of pancake mix
(usually 1 cup); use your
favorite brand

Wet pancake batter ingredients,
as listed on pancake mix
instructions (milk, eggs, oil)

Additional 2 tablespoons of
liquid (water, milk, or non-
dairy milk) to thin the batter,
as needed

1 - 2 tablespoons of oil or
butter to grease griddle

Additional optional toppings:
fruit/berries, honey, maple
syrup, yogurt, granola

Instructions:

1. In a medium bowl, combine the dry pancake mix and Seracal, mix until no clumps remain.
2. Add wet ingredients, as listed in the pancake mix instructions, mix well.
3. Pour batter onto a well-greased griddle or large skillet on medium heat (375°), 1/4 cup for each pancake.
4. When bubbles start to form in the cooking pancakes, flip and continue to cook until golden brown.
5. Top with fruit/berries, honey, maple syrup, yogurt, granola and enjoy!

Tip: Left over pancakes can be stored in the fridge or freezer and reheated in a toaster.

Seracal Overnight Oats and Walnut 'Cream'



Makes: 3-4 servings



Ingredients:

Walnut cream:

6 tablespoons Seracal (1½ servings)

6½ ounces walnut pieces

1 cup water

Overnight oats:

¾ cup old fashioned rolled oatmeal flakes or Muesli (Bob's Red Mill)

1½ cup walnut 'cream,' divided

1 large apple, shredded

Mixed berries or fruit, fresh or frozen

Instructions:

1. To make walnut cream, place walnuts, Seracal and water in blender and pulse until thick and creamy. Yield: 1½ cup
2. In a medium bowl mix together Muesli, 1 cup walnut cream and shredded apple. Cover and refrigerate overnight. Serve cold or warm for a minute in the microwave, topped with remaining walnut cream and fruit of choice.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Waffles with Seracal Apple Butter



Makes: 2 servings



Ingredients:

2 Tablespoons Seracal

2 Thick and fluffy frozen waffles (Eggo)

2 ounces cream cheese, softened at room temperature

½ cup apple butter, purchased

2 Tablespoons maple syrup

Apple slices for garnish, optional

Instructions:

1. Place waffles in toaster and heat to get desired crispness.
2. Mix cream cheese, Seracal and apple butter and pour over waffles.
3. Serve with maple syrup and sliced apples, if desired.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Crustless Quiche



Makes: 8-10 servings



Ingredients:

¾ cup Seracal

1 pound loose sweet or hot Italian sausage

2 cups refrigerated shredded hash browns (Simply Potatoes)

1 medium green bell pepper, diced

1 medium sweet onion, diced

1 teaspoon salt

½ teaspoon black pepper

12 large eggs

¾ cup heavy cream

2 cups shredded gruyere cheese

Instructions:

1. Preheat oven to 375 degrees. Heat a 12-inch nonstick skillet, add sausage and Seracal and sauté until cooked through, add potatoes, bell pepper, onions, salt and pepper and sauté until potatoes begin to brown, stirring occasionally.
2. In a large bowl, whisk together eggs, and cream, then add cheese. Add sausage mixture, mix well and pour into a well-buttered scalloped quiche pan.
3. Place in oven and bake until set and lightly golden for about 20-30 minutes.

Source: Cindy Kleckner, RDN, LD, FAND

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Ham Salad



Makes: 2 servings

Each serving contains ½ serving of Seracal



Ingredients:

1 serving of Seracal
(¼ cup or 13.5 grams)

½ pouch diced smoked ham

¼ cup mayonnaise

1 tablespoon sweet relish

Instructions:

1. In a small food processor, pulse ham until finely chopped.
2. In a small bowl mix mayonnaise and Seracal until well blended.
3. Add ham and sweet relish and mix until combined.
4. Serve with favorite crackers, wrap in lettuce leaves or use as a sandwich filling.



Mac 'n Ham Salad



Makes: 2 servings

Each serving contains ½ serving of Seracal



Ingredients:

1 serving of Seracal
(¼ cup or 13.5 grams)

¼ cup mayonnaise

½ tsp Cajun seasoning, optional

1 7-ounce pouch of fully
cooked elbow macaroni
(Barilla Ready Pasta brand)

¼ cup chopped smoked ham

1 small sweet baby red bell
pepper, diced

Instructions:

1. In a small bowl, mix Seracal into mayonnaise, add Cajun seasoning and blend well.
2. Tear open Ready Pasta pouch and combine pasta with ham and red bell pepper.
3. Add Seracal mayonnaise mixture and blend well.
4. Refrigerate for an hour to allow flavors to blend

Variations:

- Add rotisserie chicken, hard salami, or any type of ham
- Add chopped cucumbers, chopped raw broccoli
- Instead of cajun seasoning substitute fresh cracked pepper and salt, to taste

Seracal Egg Salad Sandwich



Makes: 2 open-faced sandwiches
Each serving contains $\frac{1}{4}$ serving of Seracal



Ingredients:

$\frac{1}{2}$ serving Seracal
(2 Tablespoons or 6.7 grams)

2 Tablespoons mayonnaise

2 teaspoons sweet relish

2 large hard-boiled eggs,
chopped

2 slices whole-wheat bread

Instructions:

1. In a small bowl mix together mayonnaise, Seracal and relish until blended, then add eggs and mix well.
2. Toast bread and top with the egg salad.

Source: Cindy Kleckner, RDN, LD, FAND

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Chicken Ciabatta with Seracal Secret Sauce



Makes: 1 sandwich

Each serving contains 1 serving of Seracal



Ingredients:

1 serving Seracal
($\frac{1}{4}$ cup or 13.5 grams), divided

1 Ciabatta roll, cut in half

2 Tablespoons mayonnaise

1 teaspoon Sriracha

$\frac{1}{2}$ avocado

3 ounces chicken breast
deli slices

Green leafy lettuce or
favorite greens

Instructions:

1. To make secret sauce, mix mayonnaise with Sriracha and 2 Tablespoons Seracal and spread on one half of the bun.
2. Mash avocado in the skin and mix in remaining 2 Tablespoons Seracal and spread on second half of the bun.
3. Add the chicken and top with greens for a sandwich worth savoring.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Broccoli Cheddar Soup



Makes: 4 1-cup servings



Ingredients:

½ cup Seracal

2 Tablespoons extra-virgin olive oil

½ medium sweet onion, diced

1 cup water

1 cup whole milk

2 cups broccoli florets

Pinch of nutmeg

Pinch of cayenne pepper

Freshly ground pepper and salt, to taste

2 cups shredded sharp cheddar cheese

Instructions:

1. Heat saucepan and add oil and onions and sauté until softened. Whisk flour with the oil and cook for about 2 minutes on low heat. Add water and milk, broccoli, nutmeg, cayenne pepper, salt and pepper and cook until broccoli is tender, about 12 minutes.
2. Remove from heat, add Seracal and use an immersion blender and pulse until the soup reaches desired texture, about 1 minute. Add cheese and stir soup until all ingredients are blended and soup is creamy.

Source: Cindy Kleckner, RDN, LD, FAND

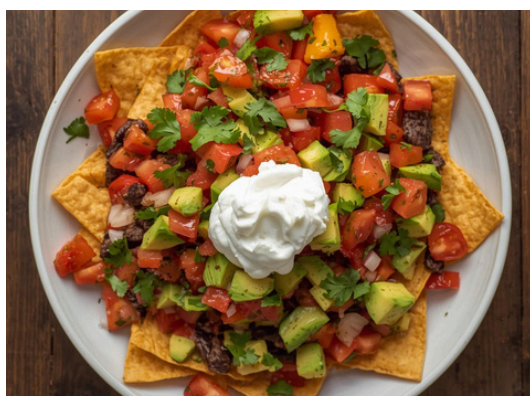
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Nacho Average Seracal Skillet Nachos



Makes: 2 servings servings



Ingredients:

1 serving of Seracal
($\frac{1}{4}$ cup or 13.5 grams)

$\frac{1}{4}$ pound lean ground beef

$\frac{1}{4}$ cup diced onions

2 Tablespoons water

1 Tablespoon taco seasoning

4 ounces shredded Tex-Mex
blend cheese

4 ounces tortilla chips

Optional toppings:

Diced tomatoes, chopped
avocado, sour cream, chopped
cilantro, salsa

Instructions:

1. Preheat oven to 350°F. Spray a small oven-safe skillet with cooking spray.

2. In a second skillet, sauté the ground beef and onions until the meat is no longer pink, about 5 minutes. Stir in water and taco seasoning until all of the meat is coated in the seasoning. Cook for an additional 2-3 minutes. Remove from heat and stir in Seracal.

3. Place half of the tortilla chips on the bottom of the skillet, followed by half of the ground meat mixture and half of the cheese. Add the remaining chips, ground beef and cheese in an even layer. Bake for about 10 minutes, or until the cheese is melted.

4. Remove the skillet from the oven and top with your favorite toppings.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Grilled Pimiento Cheese Sammie



Makes: 1 sandwich



Ingredients:

Up to ¼ cup Seracal

2 slices thick, soft white or whole wheat bread

1 tablespoon softened butter or mayonnaise

6 tablespoons store-bought pimiento cheese (or homemade – see variation)

Instructions:

1. Heat a small skillet over medium-low heat. In a small bowl combine the Seracal and pimiento cheese and mix well.
2. Spread butter or mayonnaise on two slices of bread. Place one slice, buttered side down, in the skillet and spread pimiento cheese evenly on the bread. Top with the second slice of bread, buttered side up. Cook for about 2-3 minutes per side, until golden and the cheese is soft.

Variation: If you choose to make your own pimiento cheese, combine 1 cup shredded extra-sharp cheddar cheese, ¼ cup mayonnaise and 2 ounces diced pimientos. For optional seasonings, add a pinch of garlic powder, onion powder, and/or cayenne. Add up to ¼ cup Seracal and blend well. Besides using it as a sandwich, serve the pimiento cheese as a snack with raw vegetables or crackers, on a grilled burger, in a baked potato, or stuffed into celery.

Source: Cindy Kleckner, RDN, LD, FAND

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Gnocchi with Seracal Sausage Spaghetti Sauce



Makes: 4 servings

Each serving contains ½ serving of Seracal



Ingredients:

2 servings of Seracal
(½ cup or 27 grams)

1 lb. medium to hot
Italian sausage

1 24-ounce jar premium
quality Marinara or Grilled
Vegetable Sauce (Rao's)

2 12-ounce packages
Cauliflower Gnocchi
(Trader Joe's)

Grated Parmesan cheese,
optional

Instructions:

1. Set pot/saucepan of salted water to heat up and boil water.
2. Add sausage to a medium skillet over medium-high heat and break up into small pieces with a spatula. If less fat desired, dab extra oil with a paper towel. Cook over medium heat until fully browned. Add Seracal and mix until well blended.
3. Add spaghetti sauce and cook until heated through.
4. To prepare gnocchi, pour frozen gnocchi into a pot/saucepan containing salted boiling water. Strain as soon as they come to the surface.
5. Serve gnocchi with the sausage spaghetti sauce. Sprinkle with Parmesan cheese.

Source: Cindy Kleckner, RDN, LD, FAND

Variation: Substitute potato gnocchi or favorite pasta shape

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Single-serve Seracal Chicken Alfredo Pasta



Makes: 1 serving

Each serving contains 1 serving of Seracal



Ingredients:

1 serving Seracal
($\frac{1}{4}$ cup or 13.5 grams)

2 ounces dry vermicelli pasta or
favorite gluten-free pasta

$\frac{1}{4}$ cup store-bought Alfredo
sauce (Carbone, Rao's)

1 ounce cooked chicken

Grated Parmesan cheese,
optional

Instructions:

1. Cook pasta according to directions on package. Drain well.
2. Cook sauce according to directions and set aside.
3. Stir Seracal into the alfredo sauce and add to the drained pasta. Add chicken and sprinkle with Parmesan cheese.

Source: Cindy Kleckner, RDN, LD, FAND

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Walnut Crusted Salmon and Arugula Salad with Seracal Walnut Oil Vinaigrette



Makes: 2 servings of fish



Ingredients:

1 Tablespoon Seracal
Two 5-ounce salmon
filets with skin
1 teaspoon walnut oil
¼ cup chopped walnuts
1 Tablespoon maple syrup
Salt and pepper

Vinaigrette:

2 Tablespoons Seracal
2 Tablespoons walnut oil
1 Tablespoon sherry vinegar
1 teaspoon Dijon mustard
Pinch of sugar
2 cups fresh arugula

Instructions:

1. Preheat oven to 425 degrees F. Place salmon filets skin side down on baking sheet.
2. Combine walnut oil, walnuts, maple syrup and Seracal and top each piece of salmon with a layer of the walnut mixture. Place fish in oven and roast for 10 minutes.
3. While fish is in the oven, whisk together the walnut oil, vinegar, mustard, sugar and Seracal. Toss with arugula and serve on top of salmon.

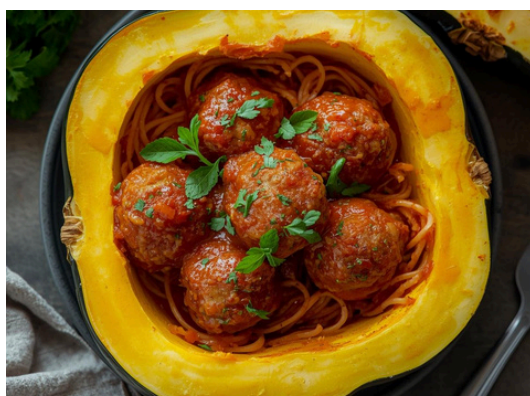
Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Stuffed Spaghetti Squash Bowl with Meatballs



Makes: 2 squash bowls



Ingredients:

3 Tablespoons Seracal

1 small spaghetti squash, about 1½ pounds, halved and seeded

4 Italian-style fully cooked, frozen meatballs

1 cup Marinara Sauce (Carbone, Rao)

4 Tablespoons shredded mozzarella

Instructions:

1. Preheat oven to 400 degrees F. Cut squash in half lengthwise using a sharp knife. Scrape out seeds and drizzle cut sides with olive oil. Place squash cut side down on lined baking sheet and bake for 30 minutes. To check for doneness, rake inside flesh with a fork and it easily shreds into spaghetti-like strands when ready. Flip halves cut side up and shred the flesh using the shell as a bowl.

2. Combine meatballs and sauce in a saucepan, bring to a boil, reduce heat and simmer for about 10 minutes. Mix in Seracal until combined. Pour over the squash bowls with 1 meatball per bowl. Sprinkle with mozzarella cheese as garnish.

Source: Cindy Kleckner, RDN, LD, FAND

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South of the Border Seracal Stuffed Spaghetti Squash Bowl



Makes: 2 squash bowls



Ingredients:

3 Tablespoons Seracal

1 small spaghetti squash, about 1½ pounds, halved and seeded

4 ounces ground beef or turkey

1½ teaspoons Taco seasoning

¼ cup black beans

¼ cup frozen or canned corn

4 Tablespoons shredded cheddar cheese

½ small avocado, optional

Cilantro, garnish, optional

Instructions:

1. Preheat oven to 400 degrees F. Cut squash in half lengthwise using a sharp knife. Scrape out seeds and drizzle cut sides with olive oil. Place squash cut side down on lined baking sheet and bake for 30 minutes. To check for doneness, rake inside flesh with a fork and it easily shreds into spaghetti-like strands when ready. Flip halves cut side up and shred the flesh using the shell as a bowl.

2. Brown beef or turkey in a small sauté pan. Mix in Seracal, taco seasoning, beans and corn and pour over the two squash bowls. Top with cheese, avocado and cilantro, if desired.

Source: Cindy Kleckner, RDN, LD, FAND

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Thai-inspired Seracal Skillet Salmon



Makes: 2 servings



Ingredients:

3-4 Tablespoons Seracal
3 Tablespoons butter, divided
2 5-ounce salmon fillets,
with skin
1 Tablespoon honey
2 garlic cloves, minced
¾ teaspoon dried thyme
1 teaspoon ground ginger
½ teaspoon paprika
½ teaspoon cumin
¾ cup canned coconut milk
2 Tablespoons lime juice
2 cups Jasmine rice
½ cup chopped frozen mango,
thawed
Cilantro for garnish

Instructions:

1. In a preheated, medium sauté pan, add 1½ tablespoons butter and salmon flesh-side down; drizzle with honey. Sauté 5 minutes until crisp, turn over and sauté skin-side down another 4-5 minutes. Remove to a plate.
2. Add the remaining butter, garlic, spices, coconut milk, Seracal and lime juice to the pan. Stir gently until the sauce thickens.
3. Serve the salmon over rice and top with sauce and mango.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Cheesy Squash Casserole



Makes: 2 servings



Ingredients:

3 tablespoons Seracal
¼ cup panko breadcrumbs
½ teaspoon garlic powder
⅛ teaspoon dried thyme
Pinch of salt and pepper
2 tablespoons grated
Parmesan cheese
1 tablespoon butter
1 small zucchini, very thinly sliced
1 small yellow squash, very
thinly sliced
2 ounces heavy whipping cream

Instructions:

1. In a small bowl combine breadcrumbs, garlic powder, thyme, salt, pepper and Parmesan cheese. Set aside.
2. Preheat oven to 425°F. Heat an 8-inch oven-proof skillet, then add butter until melted. Add zucchini and squash, and sauté for 3 minutes. Pour in the heavy whipping cream and cook for another 3 minutes until slightly reduced. Remove from heat and stir in Seracal.
3. Sprinkle the panko breadcrumb mixture over the top and bake for 4 minutes. Then switch the oven to broil and cook until the top is golden brown. Remove skillet from the oven, let it rest for a few minutes and serve.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Cheese & Spinach Stuffed Shells



Makes: 8-10 servings (each serving is 3 shells)



Ingredients:

½ cup Seracal (13.5 grams)
1 12-ounce box jumbo pasta shells
8 ounces fresh spinach, rinsed, not dried
16 ounces whole-milk ricotta cheese
3 cups shredded Italian cheese (Kraft Five Cheese with mozzarella, provolone, parmesan, asiago and Romano cheese)
1 large egg, beaten
½ teaspoon Italian seasoning
1 24-ounce jar premium spaghetti sauce (Carbone Marinara)

Instructions:

1. Preheat oven to 350 degrees.
2. Bring a large saucepan of salted water to boil over high heat. Add the shell pasta and cook according to package instructions, for about 15 minutes. Drain well.
3. In a small microwave-safe bowl add spinach and cook in microwave set on high for 1-2 minutes. Drain any liquid. Let cool for 5 minutes. Add Seracal, ricotta cheese, Italian cheese, egg and Italian seasoning and mix well.
4. Pour the spaghetti sauce into a casserole dish. Using a tablespoon, fill each shell with 1 tablespoon cheese filling and place into the casserole dish on top of the sauce. Transfer to oven and bake for 30 minutes or until bubbly.

Source: Cindy Kleckner, RDN, LD, FAND

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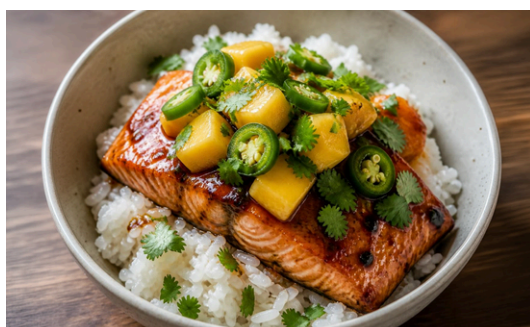


Seracal Salmon Bowls with Mango Salsa



Makes: 2 servings

Each serving contains 2 TBSP of Seracal



Ingredients:

1 serving Seracal
($\frac{1}{4}$ cup or 13.5 g)

1 small ripe mango, peeled and chopped

1 tablespoon minced fresh jalapeno

2 tablespoons chopped cilantro

2 tablespoons soy sauce

1 teaspoon fish sauce

1½ tablespoons honey

$\frac{1}{2}$ tablespoon chili paste

2 (6-ounce) salmon fillets, skin on

2 tablespoons butter

1½ teaspoon minced garlic

1 cup precooked whole grain rice (Ben's Original Ready Rice)

Instructions:

1. In a small bowl, combine the mango, jalapeno and cilantro. Set aside.
2. In a separate small bowl, whisk together soy sauce, fish sauce, honey and chili paste.
3. Melt butter in a medium skillet over medium-high heat. Add salmon skin-side up and cook for 3 minutes. Flip the salmon over then add garlic and cook another minute.
4. Pour the sauce into the skillet and cook for 3 minutes or until the sauce thickens. Stir in Seracal until fully combined.
5. Serve salmon over whole grain rice and top with the sauce and salsa.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Seracal Butter Chicken



Makes: 3 servings | Each serving contains 4 TSPS of Seracal



Ingredients:

1 serving Seracal ($\frac{1}{4}$ cup or 13.5 g)
 1 pound chicken breast tenders (about 6 tenders), tendons removed
 2 tablespoons Plain Greek yogurt
 3 teaspoons minced garlic
 1 tablespoon fresh grated ginger
 1 tablespoon garam masala
 1 teaspoon cumin
 $\frac{1}{2}$ teaspoon turmeric
 $\frac{1}{2}$ teaspoon cayenne, or to taste
 $\frac{1}{2}$ teaspoon salt
 1 tablespoon extra-virgin olive oil
 1 tablespoon butter
 $\frac{1}{2}$ cup chopped yellow onion
 7 ounces full-fat coconut milk
 $\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup tomato paste
 1 pouch whole grain brown rice (8.8 ounce/Bens Original Ready Rice)
 Naan bread, for serving
 Cilantro for garnish

Instructions:

1. In a medium bowl, combine the chicken, yogurt, garlic, ginger, garam masala, cumin, turmeric, cayenne pepper, and salt. Mix and set aside for 10 minutes.
2. Heat the olive oil in a large skillet over medium-high heat. Add the onions and cook until softened, about 3 minutes. Add the chicken and sear. Flip and cook for an additional 3 minutes. Add the butter until melted and toss to coat chicken.
3. Reduce heat to low and stir in the coconut milk, water, and tomato paste until well combined. Transfer the chicken to a plate. Turn off heat and add in the Seracal until fully blended.
4. Serve chicken and sauce over whole grain rice and fresh Naan. Garnish with cilantro.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Ranch Sour Cream Seracal Dip



Makes: 6 servings

Each serving contains ½ serving of Seracal



Ingredients:

3 servings of Seracal
(3/4 cup or 40.5 grams)

4 tablespoons or to taste,
ranch seasoning powder
(Hidden Valley or Trader
Joe's brand)

4 oz cream cheese
(half a brick)

2 oz sour cream

1 tablespoon milk, buttermilk,
or non-dairy milk to thin,
if desired

Additional toppings: olive oil,
black pepper, any herbs.

Instructions:

1. Mix Seracal and Ranch Seasoning powder together, until no lumps are visible.
2. Blend powder mix into cream cheese and sour cream using a mixer, food processor, or fork.
3. If looser texture is desired, blend in buttermilk to thin.
4. Store refrigerated for up to 4 days, or freeze for up to 3 months.
5. Portion out 2 tablespoons at a time, and serve with pretzels, crackers, or veggies.

Chimichurri Sauce



Makes: 4 servings $\frac{1}{3}$ cup sauce

Each serving contains $\frac{1}{4}$ serving Seracal



Ingredients:

$\frac{1}{4}$ cup Seracal (1 Serving)

2 tablespoons red wine vinegar

1 garlic glove, chopped

$\frac{1}{8}$ tsp crushed red
pepper flakes

1 cup packed Italian parsley
leaves (or mixture of cilantro
and Italian parsley)

$\frac{1}{4}$ cup extra-virgin olive oil

$\frac{1}{4}$ tsp sea salt

$\frac{1}{4}$ tsp dried oregano

Instructions:

1. In a small bowl, combine vinegar, garlic, and red pepper flakes. Allow to sit for 10 minutes for flavors to blend.
2. Add vinegar mixture and parsley leaves to the bowl of a food processor and pulse until finely blended.
3. In a small bowl mix Seracal into the olive oil until combined. Add the vinegar mixture and whisk until well blended. It is ready to use or store refrigerated in an airtight container up to 3 days.
4. This versatile sauce can be used on grilled meat (beef, pork, lamb, chicken), seafood, pasta, roasted sweet potatoes topped with black beans, veggie tacos, scrambled or fried eggs, grain bowls or swapped out for salad dressing.

Seracal Guacamole



Makes: 4 ½-cup servings

Each serving contains ½ serving of Seracal



Ingredients:

2 servings of Seracal
(½ cup or 27 grams)

2 large avocados

Juice of ½ small orange

Juice of ½ lime

Juice of ½ lemon

1 Tablespoon favorite salsa
(Arriba Roasted Chipotle Salsa)

1 teaspoon chopped cilantro,
optional

Coarse ground sea salt, to taste

Instructions:

1. In a small bowl, mash avocado and blend in Seracal.
2. Add orange, lime and lemon juice, salsa, and cilantro, and blend well. Add salt, to taste.
3. Serve as a dip with favorite tortilla chips or raw vegetables, Mexican food, spread on sandwiches, use as a topping for burgers or toast.
4. Store leftover guacamole in the fridge in an airtight container for up to four days. Fresh guacamole may brown overnight – this is natural, just stir before serving.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Seracal Sausage Queso Dip with Chips



Makes: 12 servings $\frac{1}{4}$ cup each
Each serving contains 1 Tablespoon of Seracal



Ingredients:

3 servings Seracal
($\frac{3}{4}$ cup or 40.5 grams)

1 lb. mild or hot sausage
(Jimmy Dean)

1 lb. Velveeta Cheese, cut into
large cubes

1 8-ounce can Rotel tomatoes
or favorite salsa

Instructions:

1. Add sausage to a medium skillet over medium-high heat and break up into small pieces with a spatula. If desired, dab extra oil with a paper towel. Cook until fully browned and add Seracal until well blended.
2. Add cheese and tomatoes or salsa and cook, stirring until cheese is melted and creamy. Serve with favorite chips, nachos, soft pretzels or quesadillas.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Seracal Walnut Pesto



Makes: ½ cup of pesto



Ingredients:

2 Tablespoons Seracal

1 cup fresh basil

6 Tablespoons fresh grated
parmesan cheese

½ ounce chopped walnuts

1 large garlic clove

¼ cup walnut oil

Instructions:

1. In a small food processor pulse basil, parmesan cheese, walnuts, garlic and Seracal until coarsely chopped.
2. Slowly drizzle in the walnut oil and process until smooth. Season with salt and pepper.
3. Serve with roasted vegetables, grilled chicken, seafood, pasta and in grain bowls.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Seracal Hummus



Makes: 2 servings

Each serving contains ½ serving of Seracal



Ingredients:

1 serving of Seracal
(1/4 cup or 13.5 grams)

1/2 cup of your favorite
hummus, store-bought
or homemade

For extra flavor, mix-in any
combination of ¼ teaspoon
cumin, a pinch of minced
garlic and/or 1 tablespoon
almond butter

Optional recommended
toppings: paprika, smoked
salt, extra virgin olive oil,
sesame seeds, nuts or seeds

Instructions:

1. In the food processor bowl, add Seracal, beans, cheese, anchovies, cream cheese, capers, lemon juice, oil, and salt. Pulse until well-blended.
2. Serve with favorite chips, crackers on whole grain toast, crostini, or with raw vegetables.



Seracal White Bean Dip



Makes: 1½ cups



Ingredients:

¼ cup Seracal (13.5 grams)

1 cup canned cannellini beans, drained

3 Tablespoons grated Parmesan cheese

2 anchovy fillets, drained

2 Tablespoons cream cheese

1 Tablespoon capers, drained and rinsed

1 Tablespoon extra-virgin olive oil

1 Tablespoon lemon juice

Salt, to taste

Instructions:

1. In the food processor bowl, add Seracal, beans, cheese, anchovies, cream cheese, capers, lemon juice, oil, and salt. Pulse until well-blended.

2. Serve with favorite chips, crackers on whole grain toast, crostini, or with raw vegetables.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Caramelized Onion Dip



Makes: 1½ cups or 8 servings 3 TBSP each
Each serving contains ½ TBSP of Seracal



Ingredients:

1 serving Seracal (¼ cup or 13.5 g)
2 medium sweet onions
1 tablespoon butter
1 teaspoon salt
1 teaspoon sugar
6 ounces sour cream
4 ounces cream cheese, softened
1 teaspoon Worcestershire sauce
Chopped fresh parsley for garnish (optional)

Instructions:

1. Peel and thinly slice the onions.
2. Heat a 12-inch nonstick skillet over medium heat. Melt the butter, then add the onions, salt, and sugar. Sauté for about 15 minutes, stirring frequently, until golden brown and fragrant. Use a spatula to break up the onion slices as they cook.
3. In a medium bowl, combine the sour cream, cream cheese, Worcestershire sauce, Seracal, and caramelized onions. Mix until well blended. Serve with your favorite potato or pita chips, either at room temperature or chilled.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Seracal Classic Deviled Eggs



Makes: 12 halves

Each egg half contains ½ TSP of Seracal



Ingredients:

½ serving of Seracal (2
tablespoons Seracal or 6.7 g)

6 hard boiled eggs, cut in half

1 tablespoon salted butter,
softened at room temperature

1 tablespoon mayonnaise

3 tablespoons sweet relish

¼ teaspoon smoked paprika

Instructions:

1. Cut eggs in half lengthwise and remove yolks. In a small bowl, mash the yolks with butter, mayonnaise, sweet relish, smoked paprika and Seracal until smooth and well combined.
2. Spoon or pipe the yolk mixture into the egg white halves. Lightly sprinkle with additional smoked paprika, if desired.
3. If not using immediately, store the egg whites and yolk mixture separately and assemble before serving.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.



Seracal Chorizo Deviled Eggs



Makes: 12 halves

Each egg half contains ½ TSP of Seracal



Ingredients:

½ serving of Seracal
(2 tablespoons or 6.7 g)

2 ounces fresh Mexican-style
pork chorizo, casing removed

6 hard boiled eggs, cut in half

1 tablespoon mayonnaise

1 tablespoon salted butter,
softened at room temperature

1 teaspoon hot sauce (optional)

Instructions:

1. Heat a 6-inch nonstick skillet over medium-high heat. Crumble chorizo into the skillet and cook for 5-7 minutes until browned and crispy. Remove to a lined plate.
2. In a small bowl, mash the egg yolks with mayonnaise, butter, Seracal, and hot sauce (if using) until smooth and well combined. Spoon or pipe the yolk mixture into the egg white halves and top with crumbled chorizo.
3. If not using immediately, store yolk mixture, egg whites, and chorizo separately and assemble before serving.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Seracal Pumpkin Pie Frosting



Makes: 4 servings

Each serving contains ½ a serving of Seracal



Ingredients:

2 servings of Seracal
(1/2 cup, or 27 grams)

1/2 cup frosting, for example,
Betty Crocker Cream Cheese
frosting

1/4 teaspoon pumpkin pie
spice (optional to use
cinnamon instead)

1 teaspoon milk or
non-dairy milk

Optional twist: add rainbow
sprinkles or berries on top!

Instructions:

1. Blend all ingredients together in a bowl until smooth.
2. Store in an airtight container in the fridge for up to 4 days.
3. Scoop out 2 tablespoons at a time, serve on fruit, pancakes, cupcakes, or with pretzels or cookies.



Seracal Mango Banana Sorbet



Makes: 4 (½ -cup) servings

Each serving contains ¼ serving of Seracal



Ingredients:

1 serving Seracal
(¼ cup or 13.5 grams)

1 16-ounce package frozen
mango chunks

2 Tablespoons sugar

1 small ripe banana

2 Tablespoons lime juice

Instructions:

1. Combine mango, sugar, Seracal, banana and lime juice into high powered blender, secure lid and pulse for 3 minutes or until the mixture is smooth.
2. Spoon into bowls and serve or freeze until ready to serve.

Variations: Substitute frozen mixed berries or a combination of frozen strawberries and mango. Add 2 Tablespoons of coconut cream in place of lime juice.

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Seracal Homemade Ice Cream



Makes: 8 ½ cup servings

Each serving contains ¼ serving of Seracal



Ingredients:

2 servings Seracal
(1/2 cup or 27 grams)

2 cups heavy cream

1 14-ounce can sweetened
condensed milk, chilled

½ teaspoon vanilla extract

Instructions:

1. Using an electric mixer, whip the cream until stiff peaks form. On low speed, add the Seracal, condensed milk, vanilla, and your favorite flavorings. Add mix-ins by hand.
2. Pour into a resealable container, cover with plastic wrap then seal. Freeze for at least 6 hours, or until firm. Store in the freezer.

Mix-in variations: Add chocolate syrup, hot fudge, mini marshmallows and mini chocolate chips, M&M candies, sprinkles, crushed cookies, caramel sauce, toasted nuts, shredded toasted coconut, fresh fruit, gummy worms, crushed peanut butter cups, granola, whipped cream

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.

Seracal Milkshake/ Milkshake Shots



Makes: One 10-ounce servings or 10 1-ounce shot servings
Each 10-ounce serving contains 2 servings Seracal



Ingredients:

2 servings Seracal ($\frac{1}{2}$ cup or 27 grams) or more depending on taste preference

1 cup ice cream

$\frac{1}{4}$ cup whole milk

Instructions:

Combine the ice cream, Seracal and milk in a blender and pulse on low speed until smooth and creamy.

Storage:

Store 1-ounce shots in an ice cube tray in the freezer with a popsicle stick (optional) in each well. Serve frozen 1-ounce shots out of the ice cube tray for a quick frozen treat

Mix-in variations:

Substitute Dairy-free ice cream and non-dairy milk alternative in place of dairy products .

Blend in favorite flavorings such as chocolate syrup, fresh berries, peanut butter and bananas, peanut butter and chocolate syrup, crushed cookies.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Chocolate Bon Bons



Makes: 10 servings, 3 bon bons per serving
Each serving contains 4.03 grams of Seracal



Ingredients:

¾ cup of Seracal
(40.5 grams)

One 8-ounce package
cream cheese, softened

One 13.9-ounce package
Oreo Chocolate Sandwich
Cookies, finely crushed in
food processor

10 ounces Dark Chocolate
flavored melting wafers
(Ghirardelli)

10 ounces White Chocolate
flavored melting wafers
(Ghirardelli)

Instructions:

1. Mix cream cheese, Seracal and cookie crumbs until blended. Save some crumbs for sprinkling on top of balls.
2. Shape mixture into 30 1½-inch balls, place them on lined baking sheet and freeze for 10 minutes.
3. Melt flavored melting wafers according to directions and coat half of the balls in the dark chocolate and half in the white chocolate. Sprinkle with remaining cookie crumbs. Refrigerate until firm.

Variations: Top bon bons with crushed peppermint candies instead of cookie crumbs for a minty flavor

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Pina Colada Mocktail



Makes: Two 8-ounce servings or 16 1-ounce shot servings
Each 8-ounce serving contains ½ serving Seracal



Ingredients:

¼ cup of Seracal (13.5 grams)
½ cup pineapple juice
1 cup frozen pineapple chunks
½ cup Cream of Coconut
(Coco Lopez)

Instructions:

1. Add coconut cream and Seracal in blender and pulse until combined.
2. Add pineapple juice and pineapple chunks and pulse until smooth.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Tropical Cooler



Makes: four 8-ounce servings or 16 2-ounce shots
Each 8-ounce serving contains ½ serving of Seracal



Ingredients:

½ cup of Seracal (27 grams)
One 15-ounce can fruit cocktail
in 100% juice
1 small ripe banana
½ cup pineapple juice
5.3-ounce Vanilla-flavored
Greek Yogurt

Instructions:

1. In a blender, pulse together yogurt and Seracal until combined. Add fruit cocktail, banana and pineapple juice and blend until smooth.
2. Fill glass with ice and pour mixture over top.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Cherry Frozen Yogurt Tart



Makes: four tarts



Ingredients:

4 Tablespoons Seracal

5.3-ounce container cherry
flavored Greek yogurt

6 ounces whipped topping
(Cool Whip)

½ of 10-ounce jar dessert/
cocktail cherries, drained well
(Amarena Cherries)

4 mini graham pie crusts
(6-count Keebler Ready Crusts)

Instructions:

1. Combine the yogurt, whipped topping, cherries and Seracal and add to the graham cracker crusts.
2. Freeze for 1-2 hours. Thaw 15 minutes prior to serving.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Dark Chocolate Cherry Pudding Mini Pie



Makes: four mini pies



Ingredients:

4 Tablespoons Seracal

3.03-ounce package Dark Chocolate Pudding & Pie Filling (Dove)

2 cups cold whole milk

1 cup whipped topping, thawed (Cool Whip)

½ of 10-ounce jar dessert / cocktail cherries, drained well (Amarena Cherries)

4 mini graham pie crusts (6-count Keebler Ready Crusts)

Garnish: cherry or mini chocolate chips

Instructions:

1. Make pudding according to the package.
2. Combine 1 cup chocolate pudding, whipped topping, cherries and Seracal and add to the graham cracker crusts. Garnish with cherry or mini chocolate chips. Freeze for 1-2 hours. Thaw 15 minutes prior to serving.
3. Save remaining pudding for a snack.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Peppermint Bark



Makes: 20 servings



Ingredients:

3 Tablespoons Seracal

1 10-ounce package vanilla
flavored melting wafers

4 peppermint candy canes,
crushed

Instructions:

1. Line 8½ inch x 11-inch baking sheet with aluminum foil.
2. Melt vanilla melting wafers in a microwave-safe bowl for 1-3 minutes at 30-second intervals, stirring after each melting, depending on the microwave. Stir in Seracal until smooth, then add half of the candy. Spread the melted wafers evenly in the prepared pan. Sprinkle remaining crushed candy canes evenly over the top. Chill in refrigerator for about 30 minutes. Break into small pieces to serve.

Variations: Substitute chocolate flavored melting wafers or use both flavors.

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Rainbow's Crunch



Makes: 8 cups



Ingredients:

6 Tablespoons Seracal

2 cups popped popcorn
(Skinny Pop)

2 cups favorite cereal
(Cheerios, Lucky Charms)

1 8-ounce package
vanilla-flavored melting wafers

¼ cup M&M's

Nonstick spray

Rainbow sprinkles (optional)

Instructions:

1. Line 8½ inch x 11-inch baking sheet with wax paper or parchment paper.
2. In a medium bowl, combine popcorn, cereal, and candy.
3. In a microwave-safe bowl, melt vanilla melting wafers in the microwave for 1-2 minutes at 30-second intervals, stirring after each melting. Be careful not to overheat the wafers. Once wafers are completely melted, stir in the Seracal.
4. Coat a spatula with cooking spray then gently fold the melted wafers into the popcorn mixture until evenly coated. Spread mixture on the baking sheet and allow to rest for 20 minutes. Bag it up and enjoy!

Source: Cindy Kleckner, RDN, LD, FAND

Disclaimer: Individuals with allergies or specific dietary concerns should be aware of any ingredients that might affect their condition and consult their health care provider.



Seracal Maple Walnut Shots



Makes: 5 1½ ounce shots



Ingredients:

3 tablespoons Seracal

¼ cup old-fashioned oats

¼ cup finely chopped walnuts

½ cup water

2 tablespoons maple syrup

½ teaspoon vanilla extract

1 teaspoon butter

Whipped topping (Reddi-wip), optional

Caramel sauce, optional

Instructions:

1. In a small glass bowl, combine the oats, walnuts, water, maple syrup, vanilla extract, butter and Seracal. Microwave for 1 minute, then stir. The mixture will be a liquid consistency. Microwave for an additional 1 minute until it thickens slightly. Stir again and allow the mixture to sit for about 10 minutes.

2. Pour equal amounts of the mixture into 5 shot glasses. If desired, top with whipped topping and a drizzle of caramel sauce.

Variation: Substitute pecans for walnuts

Source: Cindy Kleckner, RDN, LD, FAND

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Seracal Peanut Butter Energy Balls



Makes: 16 energy balls (2-3 balls per serving)

Each energy ball contains ~1 TSP of Seracal



Ingredients:

1½ serving of Seracal
(6 tablespoons or 20.1 g)

1 cup oatmeal (Quaker Oats
100% Whole Grain
Old-Fashioned Oats)

1 cup sweetened toasted
coconut flakes

½ cup peanut butter

½ cup semi-sweet
chocolate chips

1/3 cup honey

2 tablespoons chia seeds

1 teaspoon vanilla extract

Instructions:

1. Combine all ingredients in a large bowl and mix until thoroughly combined.
2. Roll into 1½-inch balls and serve, or store in a sealed container at room temperature.

Variation: Substitute any nut butter, butterscotch-flavored chips for the chocolate chips, and ground flaxseed for the chia seeds.

Source: Cindy Kleckner, RDN, LD, FAND

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