

Jalapeno Popper Dip

- 4 TBSP DICED JALAPENOS
- 8 OZ CREAM CHEESE
- 8 OZ SOUR CREAM
- 1 CUP SHREDDED CHEDDAR CHEESE
- 1/2 CUP SHREDDED MOZZARELLA CHEESE
- 3/4 CUP MAYONNAISE
- 1 SLEEVE CRUSHED RITZ CRACKERS
- 1/2 CUP SHREDDED PARMESAN CHEESE
- 1 STICK OF BUTTER

MIX ALL INGREDIENTS EXCEPT CRACKERS, PARMESAN CHEESE AND MELTED BUTTER AND POUR INTO A SHALLOW DISH. MIX TOGETHER REMAINING INGREDIENTS AND SPRINKLE ON TOP OF THE CHEESE MIXTURE. BAKE AT 350 FOR 20-30 MINUTES. SERVE WITH CRACKERS OR TORTILLA CHIPS.



Easy White Chicken Chili

1-2 POUNDS COOKED BONELESS CHICKEN TENDERLOINS

16 OZ ORGANIC CHICKEN BROTH

3 CANS OF GREAT NORTHERN BEANS

1/2 PACKAGE TACO SEASONING

1/2 PACKAGE OF CREAM CHEESE

1-2 TBSP ONION POWDER

1/2 TBSP GARLIC POWDER

SHREDDED CHEESE, SOUR CREAM AND FRITOS FOR GARNISH

COMBINE ALL INGREDIENTS EXCEPT THE CREAM CHEESE AND GARNISH ITEMS IN A SAUCEPAN (OR CROCKPOT).

BRING THE CHILI TO A BOIL, THEN REDUCE THE HEAT TO SIMMER. ADD THE CREAM CHEESE MAKING SURE TO MIX WELL.

LET THE CHILI SIMMER FOR APPROXIMATELY AN HOUR.

SERVE WITH GARNISH AND FRITOS.



Skinny Pumpkin Spice Latte

2 TBSP CANNED PUMPKIN

1/2 TSP PUMPKIN PIE SPICE

2-3 TBSP STEVIA

1 CUP NONFAT MILK

1 TSP SUGAR FREE VANILLA SYRUP

ESPRESSO

HEAT PUMPKIN AND PUMPKIN PIE SPICE IN A PAN OVER MEDIUM HEAT UNTIL WELL HEATED. ADD STEVIA AND STIR WELL. ADD MILK AND VANILLA SYRUP, STIRRING CONTINUOUSLY UNTIL HEATED. FROTH MIXTURE IN A BLENDER AND ADD TO 1-2 SHOTS OF ESPRESSO. TOP WITH WHIPPED CREAM AND NUTMEG OR CINNAMON.

