

# Sugarproof Recipe Index

## Breakfasts:

1. Fuss-Free Frittata
2. Popeye Scramble with Sweet Potato Toast
3. Egg in a Basket
4. Homemade Fennel Sausage Patties
5. Three, Two, One . . . Crepes!
6. Berry Dutch Baby
7. Blueberry Banana Muffins
8. Apple Plum Muffins
9. Overnight Steel-Cut Oats, Two Ways
10. Overnight Chia Pudding Cups
11. Sugarproof Granola and Granola Thins
12. Acai, Blueberry, and Lemon Smoothie Bowl

## Lunch/Dinner:

13. One Big Soup
14. Broccoli and Sausage Pasta (Pasta Broccoli e Salsiccia)
15. Grilled Haloumi Salad
16. Miso Soup with Tofu
17. Turmeric Veggie Fried Rice
18. Loaded Veggie Chili

## Sides:

19. Mango Cornbread
20. Roasted Vegetable Master Recipe
21. Roasted Red Cabbage Crisps

## Snacks:

22. Crispy Chickpea Snacks
23. "Fruit on the Top" Yogurt Pots
24. Tamari Roasted Sunflower Seeds
25. Easy No-Bake Energy Bites
26. Quick Carrot Cake Macaroons
27. Flax Thin Crackers

## Desserts:

28. All-Seasons Fruit Crumble
29. Sicilian Almond Cookies
30. No-Bake Chocolate Sesame Squares
31. Whole Fruit Pops
32. Zesty Orange and Pistachio Cake
33. Chocolate Hazelnut Pear Cake

## Drinks:

34. Homemade Chocolate Milk
35. Sunshine Smoothie

## Sauces/Condiments:

36. Basic Sugarproof Pasta and Pizza Sauce
37. Tangerine Teriyaki Marinade/Sauce
38. Super Green Sauce
39. Simple Fruit Compotes