

METABOLIC CHANGE EASTER NEWSLETTER 2021



MINI DUTCH BABY PANCAKES

- 2 T Kerrygold butter, melted and slightly cooled
- 4 large eggs
- 3/4 C milk
- 3/4 C all-purpose flour
- 1 T sugar
- 1 t vanilla
- 1/8 t salt
- 2 T butter, melted, for pan

Place a 12-cup or two 6-cup muffin tins in oven and preheat oven to 425° (with muffin tins in oven). Meanwhile, combine pancake ingredients in a blender and mix well, until frothy. When oven is pre-heated, melt 2 more Tbsp. butter. Remove hot tins from oven and quickly brush bottoms and sides of pan with melted butter. Turn blender on for a few seconds to re-mix batter, then quickly pour into hot muffin cups, dividing equally between 12 cups, filling about 1/2-2/3 full. Place in oven and bake for 15-18 minutes, or until puffy and deep golden color. Top with fruit, syrup, or sprinkle with powdered sugar.

BROCCOLI CHEDDAR QUICHE

3 eggs
1 C milk
salt & pepper
chopped onion
1 C chopped cooked broccoli
1 C low-fat sharp cheddar cheese
frozen regular or gluten-free pie shell

Thaw crust. Sprinkle cheese over bottom of crust. Sauté onion. Stir in broccoli. Pour broccoli and onions over cheese. Salt and pepper. Whisk eggs and milk. Pour over filling. Bake at 375 degrees for 35 to 40 minutes or until eggs are completely set. Cool 10 min. before slicing.

HEALTHY AMBROSIA SALAD

1 can (20 oz.) pineapple tidbits, drained
1 can (11 oz.) mandarin oranges, drained
1 1/2 C green grapes
1 C miniature marshmallows
1/2 C sweetened shredded coconut
3/4 C Tollen maraschino cherries, stems removed (optional)
3/4 C all-natural vanilla yogurt

In a large bowl combine pineapple, oranges, grapes, marshmallows, cherries, and coconut. Fold in yogurt. Cover and refrigerate for at least one hour.

JUICY JUICE JELLO

4 cups fresh or premade fruit juice (Juicy Juice)
2 envelopes (1/4 ounce each) unflavored gelatin

Place 1 cup juice in a glass bowl. Sprinkle with gelatin. Meanwhile, bring remaining 3 cups juice to a boil. Pour boiling juice over gelatin-juice mixture and stir until gelatin dissolves completely. Pour into 5-ounce juice glasses, which make perfect single servings, or an 8 x 8 glass pan. Refrigerate until firm, about 4 hours. Adapted from Martha Stewart.

EASTER KRISPIE TREATS

- 1 10oz. bag of Dandies mini marshmallows (4 cups)
- 3 T Kerrygold butter
- 5 C rice krispies cereal
- 1 C Dandies (or other natural brand) mini marshmallows
- 1/4 C natural pastel sprinkles (on Etsy)
- 1 C pastel M&M's (optional)

Coat a 9x13 pan with butter. Place the marshmallows and butter in a saucepan and heat until melted and creamy. Stir in the cereal until completely coated. Let cool for 2-3 minutes. Quickly stir in the additional marshmallows, sprinkles, and M&M's. Spoon into the prepared pan. Coat your hands with butter or nonstick baking spray and press the mixture down gently. Do not over press. Cool for at least 30 minutes before cutting into squares. Adapted from BruCrew Life.