

The background of the entire page is a vibrant blue. Overlaid on this are three light-colored wooden spoons, arranged vertically and slightly overlapping. The central spoon is the most prominent, with its bowl at the top and handle extending downwards. The other two spoons are positioned to the left and right, partially obscured by the central one.

mito   
ACTION

# FAOD FAMILY COOKBOOK

**INTERNATIONAL METABOLIC  
CONFERENCE  
2023**

# FAOD FAMILY COOKBOOK

## Breakfast

- Christopher's Pumpkin Muffins
- Pumpkin Chocolate Chip Muffins
- French Toast
- Egg Scramble Muffins
- Banana Bread Mug Cake with Blueberries

## Main Dishes

- Chicken Fajitas
- Southwestern Corn & Potato Soup
- Pasta Bake
- Tortilla Soup
- Tangy Italian Spaghetti
- Chicken Casserole
- Pizza

## Sides

- Pineapple Stuffing
- Canaan's Tuna & Mac n' Cheese Casserole
- Cauliflower Hummus
- Turkey Meatballs
- Nacho Cheez Sauce
- Veggie Mac

## Snacks/Desserts

- Homemade Pretzels
- Amazing Chocolate Cake
- "Blue Ribbon" Zucchini Bread
- Holiday Poke Cake
- Rice and Sultanas
- Potato Fruit Loaf
- Strawberry Honey Sorbet



# Christopher's Pumpkin Muffins

BREAKFAST

## Ingredients

- • 2 c. flour (1 cup white; 1 cup whole wheat pastry flour) (3.4 g LCT)
- • 1/2 c. sugar (1/4 cup sugar in the raw; 1/4 cup brown and white mixed)
- • 3 tsp. baking powder
- • 1 tsp. baking soda
- • 1 tsp. salt
- • 1 tsp. cinnamon
- • 1/2 tsp. ground cloves
- • 1 c. canned pumpkin (0.7g LCT)
- • 1/2 c. skim milk
- • 2 egg whites(0.2g LCT)
- • 1/2 c. mashed bananas (0.3g LCT)
- • 1/2 c. raisins (0.4g LCT)



## Directions

1. Preheat oven to 350°F
2. Sift dry ingredients into large bowl.
3. In a medium bowl stir pumpkin, milk, egg whites and mashed bananas until well blended.
4. Add wet ingredients to dry ingredients all at once. Stir slowly, until dry ingredients are dampened. Do not over stir.
5. Stir raisins in with only a few strokes.
6. Prepare muffin tin with cooking spray. If using muffins cups, spray these with non-stick spray as well, as these muffins can stick to the cups.
7. Fill cups 2/3 full. Bake 20-25 minutes. Then cool on wire rack.

## Notes

\*For the sugar I like to use the combination of different kinds of sugar because it provides the muffins with a more robust flavor, but you can just use white sugar if that is all you have available. A dash of honey can be good too!

\*Freshly ground cloves with a mortar and pestle adds an extra burst of flavor!

\*Total recipe has 5 g LCT. If you make 12 muffins each will have approximately 0.41g LCT.

Submitted by Stephanie Harry, LCHAD mom



# Pumpkin Chocolate Chip Muffins

BREAKFAST

## Ingredients

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### Base

- 1 (15oz) can puree pumpkin
- 1 box yellow cake mix
- 6oz. mini chocolate chips

## Directions

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1. Mix pumpkin and cake mix until well combined.
2. Stir in chocolate chips.
3. Scoop evenly into greased muffin pan.
4. Bake at 350 degrees F for 16-18 minutes, or until toothpick inserted in center comes out clean.
5. Makes 15-18 muffins

## Notes

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Depending on ingredients could be as low as 4g per muffin



Submitted by Max, age 9, VLCAD

# French Toast

BREAKFAST

## Ingredients

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- Texas Toast bread
- Egg beaters or Egg Whites
- Cinnamon
- Sugar

## Directions

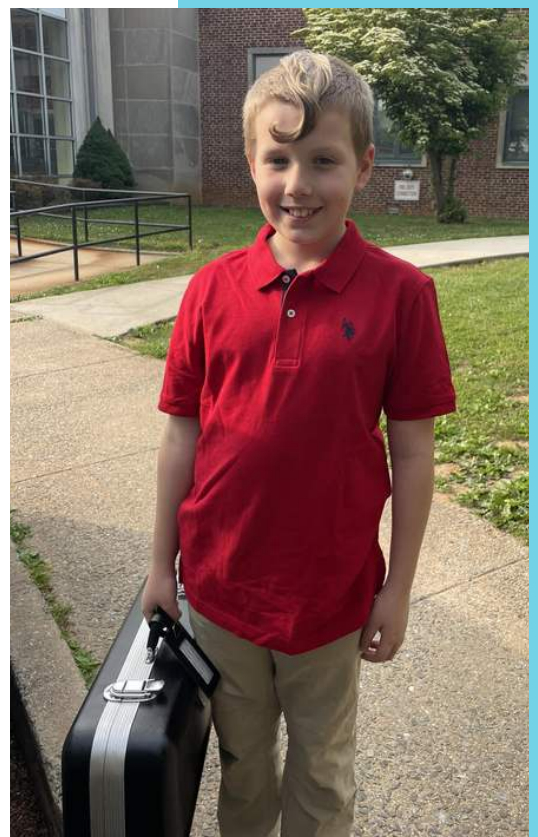
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1. Mix Eggs with Cinnamon in bowl
2. Dunk bread into mixture
3. Cook in pan - medium heat - few minutes each side

## Notes

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- To make french toast sticks slice prior to dunking in mixture
- Can make ahead and freeze



Hunter, LCHAD, Age 10

Submitted by LCHAD Mom, Christy  
Abrams

# Egg Scramble Muffins

BREAKFAST

## Ingredients

- 2 cups frozen diced potatoes
- 8 Egg whites
- 1 cup finely chopped broccoli
- 3/4 cup fat free cheddar cheese
- 3 Low-fat sausage patties
- 1/3 cup fat free milk

## Directions

1. Preheat oven to 350 degrees
2. Cook sausage in skillet with 1 tbsp MCT oil- remove and roughly chop
3. Add diced potatoes to the skillet and cook until slightly browned- season to taste
4. Add broccoli and cook for 3-5 mins.
5. Scramble egg whites with fat free milk- season with salt and pepper- set aside
6. In a muffin pan, layer your potato and broccoli mixture, sausage and egg whites and top with cheese
7. Bake for 20-30 minutes depending on your oven



Submitted by VLCADD Mom, Sharickah Rogers

# Banana Bread Mug Cake With Blueberries

BREAKFAST

## Ingredients

- 1 large ripe banana
- ¼ cup oat flour
- 1 tablespoons maple syrup
- 1 teaspoon vanilla extract
- ¼ cup fresh blueberries
- 1 small pinch salt
- 1/8 teaspoon aluminum free baking powder



## Ingredients and Directions

1. Mash the ripe banana in a mug with a fork until mushy.
2. Combine all remaining ingredients except blueberries into the banana mash.
3. Mix until the batter is smooth and creamy.
4. Once mixed, fold in the blueberries.
5. Microwave the mug and batter on high in your microwave for 2 minutes.
6. Top with garnishes like chocolate sauce, sliced banana, fat-free whip, etc.

## Notes

Banana bread mug cake with blueberries can be served as part of a breakfast, as a snack or embellished as a dessert. Adjust the sweetness to your preference and you can easily substitute other ingredients such as chocolate chips, nuts, or raisins for the blueberries in this recipe.

Submitted by Chef Glenn Noffsinger



# Chicken Fajitas

MAIN DISH

## Ingredients

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- 1 lb chicken breasts/cutlets or strips,
- 1/2 cup water
- 1 packet of your choice of fajita packet seasoning
- Flour tortilla wraps- your choice
- Low-fat or fat free mozzarella cheese (less fattening than cheddar)
- Salsa of your choice, as much as you desire
- Guacamole if desired
- Light sour cream if desired

## Directions

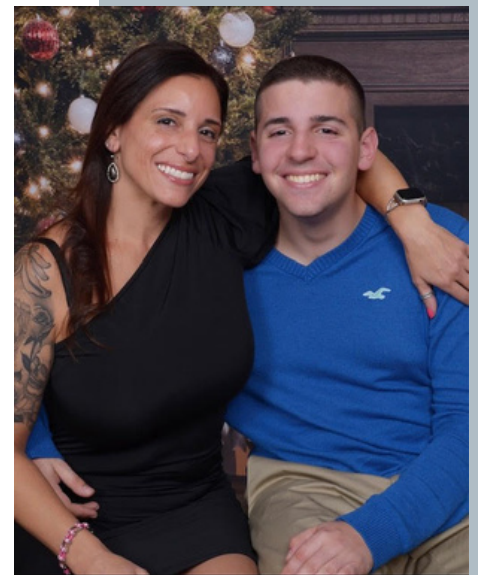
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1. Cook chicken in skillet on medium heat.
2. Mix in 1/2 cup water and 1 packet of your choice of fajita packet seasoning
3. Individually make your chicken wraps by adding the ingredients listed above

## Notes

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Wrap up and enjoy! :)



Michelle & Jake, LCHAD

Submitted by LCHAD mom, Michelle Cincotti



# Southwestern Corn & Potato Soup

MAIN DISH

## Ingredients

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- 1 cup finely chopped onions
- 2 garlic cloves, minced or pressed
- 1 small fresh chili pepper, seeded and minced
- 1/4 teaspoon salt
- 3 cups basic vegetable stock
- 2 teaspoons ground cumin
- 1 medium sweet potato, diced (about 2 cups)
- 1/2 red bell pepper, finely chopped
- 3 cups fresh or frozen corn kernels
- salt to taste
- lime wedges
- finely chopped cilantro leaves

## Directions

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1. In a covered soup pot, simmer onions, garlic, chili pepper and salt in 1 cup of vegetable stock for about 10 minutes, or until the onions are soft.
2. In a small bowl, make a paste with the cumin and a tablespoonful of the stock. Stir in the pot and simmer for another 1 to 2 minutes.
3. Add the sweet potatoes and the remaining stock and simmer for about 10 minutes, until sweet potatoes soften.
4. Add the bell pepper and corn and simmer, covered for another 10 minutes, or until all vegetables are tender.
5. Puree about half of the soup in a blender or food processor and return to pot. The soup will be creamy and thick. Add salt to taste and gently reheat on low heat.

## Notes

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If desired, serve with lime wedges and top with cilantro.



Submitted by LCHAD adult,  
Annika Neilson

# Pasta Bake

MAIN DISH

## Ingredients

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- 1 box Rotini
- 1 jar spaghetti sauce
- 1 lb lean ground beef
- Fat free mozzarella if preferred

## Directions

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1. Prepare noodles as directed on box
2. Brown ground beef, drain excess fat
3. Combine noodles, meat & sauce - mix
4. Spread evenly in baking dish
5. Top with cheese if desired
6. Bake in over till warm

## Notes

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- Can swap ground beef for any type of preferred ground meat

Submitted by LCHAD Dad, Chris Abrams



# Tortilla Soup

MAIN DISH

## Ingredients

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- 2 boneless skinless chicken breast (cut into bite sized pieces)
- 1 3/4 cups water
- 1 14 1/2 oz can of chicken broth (we use reduced sodium to be healthier)
- 1-2 tsp chili powder
- 1 cup salsa
- 1 large can of corn

## Directions

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1. Cook in slow cooker on high for 1 hour 30 min
2. Serve in soup bowls with a small amount of cheddar or Monterey Jack cheese on top in each bowl and a few tortilla chips

Submitted by LCHAD mom  
Michelle Cincotti



# Tangy Italian Spaghetti

MAIN DISH

## Ingredients

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- 1 box of spaghetti classics - Tangy Italian flavor
- Tomato Paste
- Spaghetti Noodles

## Directions

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1. Prep noodles as usual
2. Follow directions on package
3. Enjoy!



Submitted by LCHAD mom,  
Shannon Vanderford





# Chicken Casserole

MAIN DISH

## Ingredients

- 2lbs boneless skinless chicken breast
- 8 red potatoes
- 10 baby carrots (or more depending on preference)
- 2 cans 97% fat free cream of chicken soup
- 2 packs of Lipton Onion Soup

## Directions

- Preheat oven to 425
- Cut chicken and potatoes into cubes and place into baking dish
- Add carrots
- Dump cans of soup over chicken, potatoes, and carrots. DO NOT MIX.
- Sprinkle onion soup mix on top. DO NOT MIX.
- Bake for 90 minutes



Rory, LCHAD, Age 10

Submitted by LCHAD mom, Angie Cox

# Pizza

MAIN DISH

## Ingredients

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- 1 can of Pillsbury Classic Pizza Crust
- 1 can of crushed tomatoes
- 1 package of Kraft Fat-Free Mozzarella Cheese
- 1 cup of Gardein Plant-Based Ground Beef
- Italian Seasoning, to taste
- Salt & Pepper, to taste

## Directions

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- Preheat oven to 400
- Pre-bake pizza crust according to package instructions
- Once pre-baked, add crushed tomatoes, cheese, and plant-based ground beef
- Sprinkle with salt, pepper, and Italian seasoning
- Bake for 9-12 minutes



Submitted by VLCADD Mom, Sharickah Rogers

# Pineapple Stuffing

SIDE

## Ingredients

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### Base

- Non stick spray
- 1 cup applesauce
- 1 cup sugar
- 1 can crushed & drained (20oz)
- 2 eggs
- 2 egg whites
- 1 bag of bread stuffing or your own cubed bread
- Cinnamon to taste (optional)
- Nutmeg to taste (optional)
- Cardamom to taste (optional)

## Directions

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1. Preheat oven 350 degrees.
2. Prepare a 9" baking dish with non-stick spray.
3. Cream sugar and applesauce.
4. Add eggs and egg whites one at a time.
5. Add in the drained pineapple & spices if using. Add in bread. Bake for 1 hour.

Submitted by LCHAD mom Beth Folcher



# Canaan's Tuna & Mac n' Cheese Casserole

SIDE

## Ingredients

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- \* 2 packages of lemon pepper tuna
- 1 cup Kraft fat free cheddar cheese
- 1 package of Knorr Pasta sides- chicken and broccoli
- salt & pepper to taste
- Italian seasoning to taste
- Fat free milk as needed for creaminess

## Directions

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1. Preheat oven to 375 degrees.
2. Make pasta according to package (fat free milk and omit butter)
3. Pour pasta into 9x12 casserole dish and add tuna, cheese & spices
4. Add fat free milk 1/4 cup at a time for creaminess
5. Bake uncovered for 15-20 minutes

## Notes

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You can swap for another green veggie and fat-free cheese



Submitted by Canaan Rogers, 7, VLCADD



# Cauliflower Hummus

SIDE

## Ingredients

- 1 small head of cauliflower (2g LCT)
- 2 cloves garlic
- 1 1/2 cups cooked garbanzo beans (6.3g LCT)
- 1 1/2 tsp lemon juice and dash of zest
- 1/2 tsp walnut oil (2.3g LCT)
- Kosher salt

## Directions

1. Preheat oven to 375° F.
2. Cut cauliflower into large chunks. Toss cauliflower in 1 tsp walnut oil. Place on large cookie sheet with two cloves of garlic and roast for 25-30 minutes until tender.
3. In food processor put roasted cauliflower, peeled garlic, lemon juice, lemon zest and garbanzo beans. (You want to drain your garbanzo beans of water, BUT save the juice you might need this to make hummus smoother in texture.)
4. Pulse hummus until smooth. Add 1/8 cup garbanzo water if the mixture is too thick, and pulse. Continue to add garbanzo water as needed, to make mixture appropriate texture.
5. Add kosher salt to taste.

## Notes

\*If you are in a rush you can also steam the cauliflower instead of roasting. Steaming will provide a little less flavor but it will still be yummy and have less fat!!

\*It is hard to calculate the exact amount of fat for this recipe ahead of time, because it really depends on how much cauliflower is used. Generally, I consider this to be a 6-8 serving recipe, which would be between 1.3g LCT- 1.7g LCT per serving (depending how you portion).



Harry Family, son Christopher, LCHAD

Submitted by LCHAD mom, Stephanie Harry

# Turkey Meatballs

SIDE

## Ingredients

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- 2 Italian-style hoagie/sub rolls (6g fat)
- 2 lbs. Ground turkey (94-99% fat free) (8g fat)
- 2 egg whites
- 1 tbsp. Parmesan cheese (1.5g fat)
- 1/2 cup bread crumbs (3g fat)
- Fresh basil
- Fresh Italian flat-leaf parsley
- 4 cloves garlic, minced
- 1 onion, minced
- Skim milk (enough to soak milk)
- Non-stick cooking spray or parchment paper

## Directions

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1. Preheat oven to 350°F.
2. Soak rolls in skim milk until really mushy.
3. Peel off any crust until you are left with the “guts.” Mix guts of rolls together with all of the other ingredients until well incorporated.
4. Roll into balls. Place on a cookie sheet coated with spray or parchment paper.
6. Bake for 3-5 minutes or until lightly browned. Then turn the meatballs over and bake for another 3-5 minutes. The meatballs will be browned, but not cooked all the way through.
6. Throw them into a pot of simmering tomato sauce to finish cooking.

## Notes

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Each meatball will end up being 1-2g of fat, depending on how big you make the meatballs and which turkey you use. Be sure to check labels for your particular brands, as some ingredients may vary in fat content.



Submitted by LCHAD mom, Beth Folcher

# Nacho Cheez Sauce

SIDE

## Ingredients

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- 3 cups sweet potato, peeled and cubed
- 2 cups potato, peeled and cubed
- 1 cup carrot, peeled and cubed
- 1 cup onion, diced
- 1 cup veggie broth from cooked vegetables
- 1 cup nutritional yeast flakes
- 1 tablespoon lemon juice
- 1 tablespoon garlic salt
- 1 teaspoon ground turmeric
- 1 teaspoon smoked paprika



## Directions

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1. Place all cubed vegetables in a stockpot with enough water to cover.
2. Bring to a simmer on med-high heat and cook for 15 minutes or until tender and soft.
3. Drain the water but reserve 1 cup of the cooking liquid to use later.
4. Add all the ingredients into a high-speed blender.
5. Process until creamy and smooth and desired consistency is reached.

## Notes

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Nacho Cheez Sauce is a classic low-fat zesty cheese substitute used on everything from nachos to macaroni and cheese. Easily customizable!

Submitted by Chef Glenn Noffsinger

# Veggie Mac

SIDE

## Ingredients

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- 2% Velveeta Shells and cheese
- Frozen steamable veggies

## Directions

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1. Cook mac'n'cheese as directed
2. Steam veggies in microwave for directed amount of time
3. Mix together
4. Serve

Submitted by LCHAD mom,  
Christy Abrams





# Homemade Soft Pretzels

SNACK

## Ingredients

- 1 and 1/2 cups warm water (look at yeast package for proofing directions, they will vary on “active” vs. “dry” yeast)
- 1 packet active dry or instant yeast (2 and 1/4 teaspoons)
- 1 tsp salt
- 1 Tbsp brown sugar
- 1/2 Tbsp coconut oil
- 1 cup Whole Wheat or White Whole Wheat Flour
- 3-4 cups all-purpose flour, plus more for work surface
- coarse sea salt for sprinkling
- cinnamon and sugar for sprinkling

### Baking Soda Bath

- ½ cup (120g) baking soda
- 9 cups (2,160ml) water

## Directions

1. Preheat oven to 400°F (204°C). Line 2 baking sheets with parchment paper or silicone baking mats, or use a pizza stone to bake. Set aside.
2. Whisk the yeast and brown sugar into warm water. (Follow guidelines on your yeast container for water temperature.) Allow to sit for 1 minute. Whisk in salt and coconut oil. Add 1 cup whole wheat flour. Gradually add 3 cups of flour, 1 cup at a time, while mixing with a wooden spoon or dough hook (attached to stand mixer) until dough is thick. Add additional flour, if needed, until dough is no longer sticky. When dough bounces back, it is ready to knead.
3. Turn the dough out onto a floured surface. Knead the dough for 3 minutes and shape into a ball. Cover lightly with a towel and allow to rest for 10 minutes.
4. While the dough is resting bring water and baking soda to a boil in a wide sauce pan. This will create your “baking soda bath”.



Christopher, LCHAD

Submitted by Stephanie Harry, LCHAD mom

Continued

# Homemade Soft Pretzels

SNACK

## Directions Continued

5. Remove dough from bowl and gently roll into oblong roll. With a sharp knife, cut dough into 12 pieces.

6. Roll each section into a 8-12 inch rope. Take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape.

7. After the baking soda bath is brought to a boil, drop 1-2 pretzels into the boiling water for 20-30 seconds. Using a slotted spatula, lift the pretzel out of the water, allowing excess water to drip off.

8. Place pretzel onto prepared baking sheet. Sprinkle with coarse sea salt or cinnamon and sugar. Repeat with remaining pretzels.

9. When tray is full bake in oven for 12-15 minutes or until golden brown.

## Notes

\*Makes approximately 12 pretzels.

\* Total LCT Fat for this recipe: 9.6g- 10.8g LCT (1 cup whole wheat= 3g LCT, 3-4 cups white flour= 3.6-4.8, 1/2tbl coconut= 3LCT) Average of 1 pretzel=.9g LCT

\*If you use 1/2 Tbsp coconut oil (3g LCT) and only white flour (4.8-6g fat). Total LCT = 9 for the whole recipe Average of 1 pretzel .6g LCT

\*I calculated the "average" amount of fat...because each pretzel could be a little higher or lower, depending on the amount of extra flour you use.

\*Recipe adapted from: <https://sallysbakingaddiction.com/easy-homemade-soft-pretzels/>

Submitted by Stephanie Harry,  
LCHAD mom

# Amazing Chocolate Cake

DESSERT

## Ingredients

- 1 1/2 cups plain flour
- 2 level tsp baking powder
- 100 ml MCT oil
- 1 cup brown sugar
- 2 tbsp cocoa
- 100 ml skim milk
- 1/2 tsp salt
- 2 egg whites, stiffly beaten
- 1/2 tsp vanilla essence

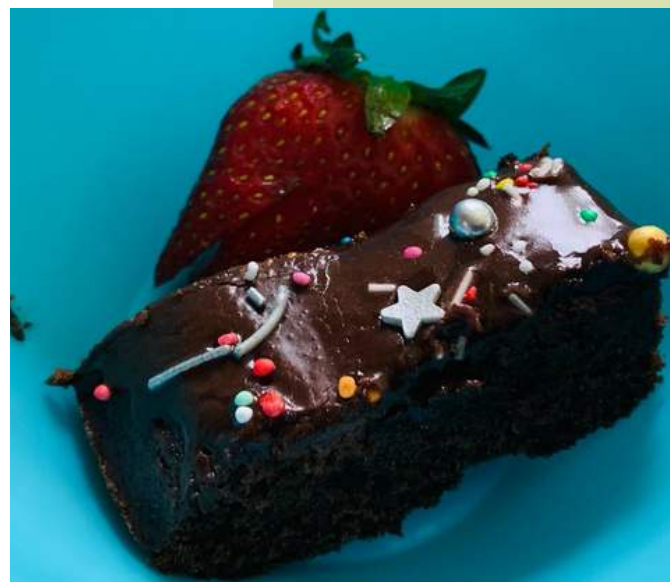
## Directions

1. Preheat oven to 350
2. Mix together dry ingredients
3. Add MCT oil, skim milk and vanilla
4. Fold in stiffly beaten egg whites
5. Bake for 16-18 minutes in one 18 cm cake tin (lined with baking paper)

## Icing

1. To a small bowl add 1/2 cup soft icing mixture, 2 tbsp skim milk and 1/2 tsp cocoa
2. Mix together
3. Once cake completely cools, spread onto cake
4. Decorate with sprinkles or fresh berries
5. Place in fridge to set

Submitted by Violet Jones,  
VLCADD mom



# "Blue Ribbon" Zucchini Bread

DESSERT / SNACK

## Ingredients

### MIX

- 3 medium eggs
- 3/4 cup unsweetened applesauce
- Grated zest of 1 lemon \*\*
- Juice from the lemon \*\*
- 2 cups of grated zucchini or yellow squash (rinds only, no seeds)
- 2 cups of sugar

### ADD

- 2 3/4 cups all purpose flour
- 2 tsp baking soda
- 1 tsp salt
- 1/2 tsp. baking powder \*



## Directions

BAKE at 350:

20-25 minutes for 5 mini loaves OR until center tests done

40-45 minutes for 2 regular bread loaves OR until tested done

## Glaze

While still in the pan and warm, add glaze to the bread and let completely cool before removing from the loaf pans.

To make glaze:

Juice from 1 lemon \*\*

1/4 cup of sugar

Microwave 45 SECONDS, stir and repeat for another 45 seconds.

Stir and spoon glaze over the bread.

Let cool in the pan (to absorb the glaze).

## Notes

This bread is also good with a dollop of vanilla ice cream for a dessert. ENJOY!

\*Optional: Add % cups of nuts, pecans or walnuts, if you enjoy them in bread.

\*\*Substitute: Where \*\* is noted, substitute Orange or Lime throughout – absolutely delicious!

Submitted by Karen Richtman



# Holiday Poke Cake

DESSERT

## Ingredients

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- 1 Cake Mix Box, any flavor (yellow, white, Funfetti)
- 8 oz Can of Sprite
- 2 Small Jello Gelatin Boxes, any flavor (color can be based on holiday)
- 8 oz Cool Whip (fat-free)
- Sprinkles, any color/design

## Directions

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1. Prepare the cake mix by adding an 8 oz can of Sprite (nothing else needed!). Beat on medium speed for 2 minutes. (You can also bake the cake according to the directions if you prefer by adding the other ingredients listed on the box).
2. Pour the cake batter into a 9×13 pan & bake according to the box directions.
3. Let the cake cool for 20 minutes.
4. Poke the cooled cake with a fork all over (such a fun step for kids!).
5. Prepare the first flavor of Jello by dissolving it in 1 cup of boiling water. Pour the hot Jello mix over the cooled cake.
6. Prepare the second flavor of Jello by dissolving it in 1 cup of boiling water. Pour the hot Jello mix over the cooled cake.
7. Chill the cake in the refrigerator. Cool completely before frosting.
8. Top with cool whip & sprinkles!

## Notes

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Jello Gelatin Combinations:

Christmas= red and green

Easter= orange & lemon

Blue Raspberry & Lemon are our family's favorites!

Submitted by Kim Youtsey LCHAD  
mom



# Rice and Sultanas

DESSERT / SNACK

## Ingredients

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- 1 cup rice
- 1.5 cup sultanas
- 1.5 cups water

## Directions

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1. Bring to simmer on high,
2. Turn down to low & put lid on.
3. Cook for approximately 13 minutes.
4. Rest for 10 minutes.

## Notes

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Eat as a dessert, snack, meal, whatever suits you.

We add milk to it instead of cream, or you can add custard. You can vary the fruit; I have added dried cranberries which work really well also.

Submitted by Renske Smith LCHAD mom



# Potato Fruit Loaf

SNACK

## Ingredients

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- 1 cup warm mashed potato
- 1 cup sugar
- 1.5 cup milk
- 2 cups self raising flour
- 1 teaspoon allspice
- 1 teaspoon cinnamon

## Directions

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Cream together the potatoes, sugar and sultanas.

Sift the flour and spices together.

Fold the flour and spice mix into the potato mix adding the milk.

Bake in a moderate oven 1 hour.

## Notes

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I add a couple of packets of Pro Cal powder.

Submitted by Renske Smith LCHAD mom



# Strawberry Honey Sorbet

DESSERT

## Ingredients

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- 4 cups frozen strawberries
- ½ cup raw honey
- 3 tablespoons fresh lemon juice

## Directions

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1. Combine all ingredients in a food processor fitted with a blade.
2. Process until smooth and creamy, stopping to pause and scrape down the sides as needed.
3. Pour the cold smooth mixture into a container and place in the freezer for 15 minutes or more for a firmer texture.

## Notes

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PREP TIME: 10 MIN

FREEZE TIME: 15 MINUTES

YIELD: 6 CUPS

SERVINGS: 6

Strawberry sorbet – This whole-food-plant-based (WFPB) recipe uses just three 3 ingredients and is a quick delicious refreshing treat! Adjust the sweetness to your preference and utilize almost any frozen fruit. Frozen blueberries, mangoes, cherries... are all amazing. Just substitute any frozen fruit that is small enough to be processed in a food processor.

Submitted by Chef  
Glenn Noffsinger





Title: \_\_\_\_\_

TYPE: \_\_\_\_\_

## Ingredients

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- \_\_\_\_\_
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## Directions

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1. \_\_\_\_\_
2. \_\_\_\_\_
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6. \_\_\_\_\_

## Notes

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Submitted by \_\_\_\_\_



**Thank you to the 2023 cookbook  
committee!**

Christy Abrams

Kim Youtsey

Sharickah Rogers

Stephanie Harry

Thank you to the family & friends that  
contributed recipes!

MitoAction, thank you for creating this  
resource for the FAOD Community!

