

# recipe types for trim healthy mamas



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**recipe types for trim healthy mamas**

FALL & WINTER 2015/2016

RECIPE TYPES FOR TRIM HEALTHY MAMAS

Recipe

Perfect Roast Turkey

Perfect Roast Turkey Breast

Roast Beast

Southern Cornbread

Classic Cornbread Dressing

In a Jiffy Muffins

Kale Mango Salad

Jeweled Slaw

Celestial Orange Sparkling Gelatin

French Fried Onions

Green Bean Casserole

Caramel Crunch Topping

Caramel Crunch Sweet Potato Casserole

Cheddar Roasted Mashed Cauliflower

Macaroni & Cheese 2 Ways

No Fail Gravy

Whole Berry Orange Cranberry Sauce

Jellied Cranberry Sauce In a Can

Homemade Butter

Browned Butter Caramel Sauce

Caramel Apple Crisp

Press in Pie Crust

Pumpkin Pie

Chocolate Chunk Pecan Pie

Classic Whipped Cream

Southern Sweet Tea

Spiced Cranberry Cider

Main Dishes



Breads

Salads

Vegetables

Condiments

Desserts

Beverages

Type

S or FP (without skin)

CO or S in garnish amounts

S (GF version is off plan)

S or FP for fat free broth

S

S

S

S

FP

CO

E

FP

S

S

CO

S

FP

FP

S

S

CO

S

S

S

S

FP

FP

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