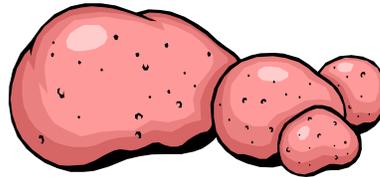


Rosemary Garlic Potatoes

Serves 4-6

6 small russet potatoes
2 cloves garlic (more to taste)
1 Tbsp fresh rosemary (2 tsp dried)
¼ cup soy creamer
½ cup soy milk
3 Tbsp margarine
salt and pepper to taste



Steam potatoes in a vegetable or rice steamer until completely soft. Once cooked, lightly mash potatoes in a bowl with a masher. Add the rest of the ingredients and beat until mixed.

*It's best to make these last, just before serving the meal.

Serving Size: ½ cup

Nutrition Information: 88 Kcal, 4 g Protein, 8 g Carbohydrate, 5 g Total Fat, 1 g Saturated Fat



French Vanilla Ice Cream with Pumpkin Butter

Serves 4

4 cups of French vanilla ice cream
8 Tbsp Trader Joes Pumpkin Butter (seasonal item)
2 cinnamon graham crackers

In each bowl, place ½ of a cinnamon graham cracker. Heat the pumpkin butter in the microwave for 30 seconds or until warm. Add one cup of ice cream to each bowl and 2 Tbsp of pumpkin butter. Serve immediately.

Serving Size: 1 bowl (1 cup ice cream/2 T pumpkin butter/1/2 graham cracker)

Nutrition Information: 216 Kcal, 2 g Protein, 33 g Carbohydrate, 9 g Total Fat, 5 g Saturated Fat