

Coach KJ's No Carb Easy Bread C O O K B O O K

OVER 30 RECIPES USING THE "TRIM HEALTHY MAMA"
NO CARB EASY BREAD MIX!



K J Y O R K





A B O U T K J

Hi, Mama!

The picture on the left...that was my first day working full time from home (hence the just-woke-up hair). The picture on the right, well...that's July 2022.

Ditching the sugar changes a lot more than the scale. If it was only about the scale, all I'd have to say is "I've lost 65 pounds." But I have SO MUCH MORE to say. Look at the difference in my hair, skin and eyes. I almost don't recognize myself.

That girl on the left - she didn't like herself a whole lot. She kinda had lost her joy for life. She was moody, achy, uncomfortable, on the very edge of diabetes meds, full of inflammation, and heart disease just waiting to happen. She had been diagnosed with fibromyalgia, tarsal tunnel, plantar fasciitis, pre-diabetes, high cholesterol, anxiety and bursitis. She wore a 2x/3x and a size 22/24 and weighed 251 pounds. She woke up 10 minutes before she needed to start work. She never read her Bible. She didn't think she was capable of change. She didn't think she was worth it. She. Was. Miserable.

The girl on the right? Well...she's not defined by the scale or her size. She's defined by the JOY she's found in Jesus and her own health journey. She's confident, comfortable, happy and healthy. She's eating Happy Hippy Hemp Balls for snacks and peapods for lunch like a BOSS. She has an A1C of 4.9. She's lowered her cholesterol dramatically. She asked the doctor to remove fibromyalgia from her problem list. She no longer has numbness in her feet. She wears a size L/14 and weighs 186. She gets up at 5 am (mostly). She reads her Bible every single day whether she's busy or not. She is CAPABLE OF CHANGE. She knows she is worth it.

SHE. HAS. JOY.

If you are feeling like the girl on the left...DON'T WAIT. **START NOW.** Imagine how you will feel in your side-by-side photo a couple of years from now. Imagine how you will feel if you don't. If you are waiting for a magic pill, a perfect powder, an easy way out, a quick fix, or the next big thing that will fix it all...you can stop waiting. It isn't coming. You HAVE to make the changes. You HAVE to put in the work. You HAVE to make the effort.

And it's worth every single minute.

You NEED support on this journey. You need accountability, ownership, and JOY. I can help with all of that. It's why I decided to become a Trim Healthy Mama Lifestyle Coach. This plan has given me my life back and I want you to find yours.

To learn more about how I can help with your journey to health, please check out my website at www.joyfullifewithkj.com. I offer beginner's classes to help you learn the ins and outs of Trim Healthy Mama, as well as incredible group coaching to support your efforts and keep you ON TRACK. You'll be part of a group of like-minded women who will encourage you, cheer you on and even pray for you.

With JOY,



TIPS & TRICKS FOR SUCCESSFUL NO CARB EASY BREAD

I LOVE this THM No Carb Easy Bread! It is so INCREDIBLY versatile; you just need to get creative!

1. Add 1 tsp instant yeast to the dough for a more "bread-like" flavor. This does not provide any rise, simply flavor.
2. When rolling out on parchment, remember to spray the parchment with cooking spray.
3. I use a hand mixer to make my bread. Blend your egg whites well with your hand mixer and add the THM NCEB, then the water and mix well again. I always let my bread sit 10 minutes before using. It stiffens up and is easier to work with.
4. I prefer egg substitute instead of egg whites. They provide extra color to the dough and give it a nice flavor.
5. When using a recipe that calls for rolling/braiding/shaping, remember - this is a sticky. delicate dough. If it breaks, it's OK! Don't worry if it is a little crooked here and there. Crooked cinnamon rolls are as tasty as straight ones.
6. HAVE FUN WITH IT!



RECOMMENDED INGREDIENTS

Many Trim Healthy Mama products are used throughout this cookbook. While you can choose to make substitutes, these ingredients are truly the BEST! They can be purchased at the links below.

1. THM NCEB (No Carb Easy Bread):

<https://store.trimhealthymama.com/product/no-carb-easy-bread-6-3oz-bag-2-pack/?ref=482>

2. THM Gentle Sweet: <https://store.trimhealthymama.com/product/xylitol-free-gentle-sweet/?ref=482>

3. THM Super Sweet: <https://store.trimhealthymama.com/product/super-sweet-blend-erythritol-stevia-16oz-bag/?ref=482>

4. THM Natural Burst Extracts:

<https://store.trimhealthymama.com/product/natural-burst-2oz-12-pack-all-flavors/?ref=482>

5. THM Glucomannan (Gluccie):

<https://store.trimhealthymama.com/product/glucomannan-gluccie-fiber-supplement-8oz-bag/?ref=482>

*These are my affiliate links. While the cost is the same for you, I may receive a small commission.



TABLE OF CONTENTS

E	<u>Banana Split Bread</u>	Page 6
S	<u>Blueberry Bread Pudding</u>	Page 7
S	<u>Crème Anglaise</u>	Page 8
FP	<u>Blueberry Waffles</u>	Page 9
S	<u>Breakfast Bubble Bake</u>	Page 10
S	<u>Bruschetta</u>	Page 11
S	<u>Butterfly Biscuits</u>	Page 12
S	<u>Caramel "Apple" Rolls</u>	Page 13
S	<u>Cheese and Chive Bombs</u>	Page 14
S	<u>Cheesy Garlic Bread</u>	Page 15
S	<u>Chicken Broccoli & Cheese French Bread</u>	Page 16
S	<u>Chicken Fried Steak</u>	Page 17
S	<u>Chocolate Babka</u>	Page 18
S	<u>Chocolate Babka French Toast</u>	Page 19
FP	<u>Cinnamon Rolls</u>	Page 20
S	<u>Crème Puffs</u>	Page 21
FP	<u>Crispy Zucchini Rounds/Bang Bang Sauce</u>	Page 22
S	<u>Crostini</u>	Page 23
S	<u>Garlic Knots</u>	Page 24
S	<u>Grilled Pesto Pizza</u>	Page 25
FP	<u>Hawaiian Rolls</u>	Page 26
S	<u>Hot Pockets</u>	Page 27
S	<u>Jalapeno Popper Rolls</u>	Page 28
FP	<u>Jelly Donuts</u>	Page 29
S	<u>Kentucky Hot Brown Sliders</u>	Page 30
FP/S	<u>Marvelous Mary's Strawberry Rhubarb Cobbler</u>	Page 31
E	<u>Methylating Lentil Lunch</u>	Page 32
FP	<u>Onion Rings</u>	Page 33
S	<u>Pigs in a Healthy Blanket</u>	Page 34
FP	<u>Pretzel Bites</u>	Page 35
FP	<u>Raspberry Chia Danish</u>	Page 36
E	<u>Sweet Potato Bread</u>	Page 37





Banana Split Bread

THM E

STEP The Ingredients

1

STEP The Steps

2

STEP The Cook

3

- 1 package THM NCEB mix
- 1 1/3 cup egg whites (or egg whites substitute)
- 1/2 cup water
- 1 ripe banana, mashed
- 1/2 cup THM Gentle Sweet
- 1/2 tsp baking powder
- 1 tsp banana extract
- 1/2 tsp pineapple extract
- 6 fresh strawberries, sliced
- 6 fresh or frozen cherries, cut into quarters (I prefer fresh)
- 2 TBS on-plan chocolate chips

Toppings:

- FF Redi Whip
- Handy Chocolate Syrup (pg 479 THM Cookbook)
- strawberries
- 1/2 sliced banana per serving
- Garnish sprinkle of nuts (less than 1 tsp per serving)

- Whip egg whites for 30 seconds with hand mixer.
- Fold in THM NCEB mix, water, banana, THM Gentle Sweet, extracts, baking powder and strawberries.
- Mix well and let sit for 10 minutes.
- Pour onto parchment paper sprayed with olive oil cooking spray and roll out to about 8" x 12".
- Top with chocolate chips and cherries.
- Roll bread lengthwise and then fold in half.
- Add to a pan that has been well coated with olive oil cooking spray.

- Bake in 450 ° oven for 50 minutes. (If it starts to brown too much, lay tin foil over the top.)
- Let cool completely before removing bread from the pan.
- Slice and let slices dry for a couple of hours.

Note:

This is a heavy bread. There WILL be holes! It's OK! This is best served in a dish topped with fresh strawberries, a drizzle of Handy Chocolate Syrup and a little on-plan FF Redi Whip as an amazing dessert!

Be mindful of serving sizes to remain within fat allowance of an E meal.



Blueberry Bread Pudding with Crème Anglaise THM S

STEP The Ingredients

1

STEP The Steps

2

STEP The Cook

3

Bread:

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- 2 TBS THM Super Sweet
- 2 tsp vanilla
- 1 tsp cinnamon

Pudding:

- 2 cups unsweetened nut milk
- 1/2 cup half and half
- 3 large eggs
- 1/4 cup THM Super Sweet
- 2 TBS vanilla
- 1 tsp cinnamon
- 2 cups blueberries fresh or frozen

Crème Anglaise recipe on next page.

- Mix THM NCEB as directed on package, adding in THM Super Sweet, vanilla and cinnamon. **Bake as directed on package.**
- Cool completely; slice into 1" thick slices.
- Cut slices into 1" cubes.
- Arrange cubes evenly in a 9" x 13" well-greased pan.
- Mix all ingredients for the pudding and pour over the bread.

- Bake the bread pudding at 450 ° for 40 minutes.
- Cool for 15 minutes.
- Top with Crème Anglaise.

Crème Anglaise recipe on next page.



Crème Anglaise

THM S

STEP 1

The Ingredients

- 1/2 cup unsweetened nut milk
- 1/2 cup half and half
- 3 egg yolks
- 1/3 cup THM Gentle Sweet mixed with 1/2 tsp molasses
- 1 tsp vanilla
- pinch of salt

STEP 2

The Steps

- Place the milk and cream in a saucepan, and warm over medium heat until the cream is **just slightly warm**, not too hot to touch.
- In a bowl whisk the yolks together until well blended and mix in sweetener and salt. Whisk for 30 seconds rapidly.
- As you whisk pour the warm cream into the egg mixture slowly.

STEP 3

The Cook

- Pour the mixture back into the saucepan over medium heat and stir constantly until thick enough to coat the back of your spoon — it should be at least 160°F and not exceed 180°.
- Strain the sauce in a mesh strainer over a bowl placed in an ice bath (this will strain out any possibly curdled bits of egg and give your Crème a super smooth texture).
- Stir in the vanilla extract.
- Cool the Crème Anglaise in the refrigerator for at least 15 minutes.



Blueberry Waffles

THM FP

STEP

The Ingredients

1

STEP

The Steps

2

STEP

The Cook

3

- 1/3 cup THM NCEB (dry) mix
- 1/4 cup egg whites
- 1 tsp THM Super Sweet
- 1/3 cup unsweetened nut milk
- 1/2 tsp vanilla
- 1/4 cup fresh blueberries

- Mix all ingredients.
- Let rest 5 minutes.

Note:
These will take longer to cook than a traditional waffle. Test the waffle for doneness by poking the middle. It should not have any "jiggle" when it is cooked through.

- Cook in hot waffle iron.
- This will make approximately 3 waffles.

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.



Breakfast Bubble Bake

THM S

STEP The Ingredients

1

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- 16 ounces sausage, cooked, drained and crumbled
- 8-10 slices bacon, cooked and crumbled
- 2 cups egg substitute or 8 whole eggs, whisked
- 2 TBS chives, chopped
- 1 cup shredded cheese (I used a Mexican blend)

Topping:

- 1/4 cup sour cream
- 1/4 cup mayo
- 2 TBS Dijon mustard
- 1 TBS lemon juice

STEP The Steps

2

- Oil a large skillet, cast iron or nonstick, or a casserole dish.
- Mix THM NCEB according to package but do not bake.
- Add spoonfuls of mix to the pan, arranged evenly, but leave dough in spoonfuls.
- Mix eggs, meat, cheese and chives well and pour over bread mixture.

STEP The Cook

3

- Bake at 450° for 25 minutes or until bread is cooked through and browned.
- Allow to cool for 5-10 minutes.
- Slice into 10 servings.
- Drizzle with topping and serve.



Bruschetta

THM S

STEP 1 The Ingredients

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (use egg substitute instead of egg whites for a more golden color)
- 3/4 cup water
- 2 TBS coconut oil for frying

Topping:

- 2-3 roma tomatoes
- 1 tsp crushed garlic
- pinch of salt
- 2-3 leaves fresh basil
- 1 tsp olive oil
- 2 TBS coconut oil for cooking
- 1-2 tsp balsamic vinegar
- optional: slices of fresh mozzarella

STEP 2 The Steps

- Mix THM NCEB according to the package. Let set 10 minutes. Form dough into small patties (about 1 TBS each).
- This will make a large batch. You can make half the THM NCEB if you prefer to make less Bruschetta.

Topping:

- Dice tomatoes and add garlic, salt, basil and oil.

STEP 3 The Cook

- Fry patties in 2 TBS coconut oil for several minutes until cooked through and golden brown.
- Top each piece with Bruschetta topping, optional mozzarella and drizzle with balsamic.



Butterfly Biscuits

THM S

STEP

The Ingredients

1

STEP

The Steps

2

STEP

The Cook

3

- 1 package THM NCEB mix
- 1 stick of butter (1/2 cup), room temperature
- 1 cup unsweetened nut milk

- Cut butter into bread mix (mix with fork until dough is small crumbles).
- Add unsweetened nut milk.
- Mix together by hand. Dough will not come together in a smooth dough; it will be crumbly.

- Preheat the oven to 400 °.
- Make balls of dough using about 2 TBS of dough for small, or 4 TBS for large biscuits.
- Do not overwork the dough. Press together JUST ENOUGH to make a ball.
- Add to a greased pan. You'll get about 6 large or 12 small. Biscuits should touch in the pan.
- Bake 25 minutes for small ones; 30 minutes for large ones.

*A baking stone works great for these!

Enjoy with butter!



Caramel "Apple" Rolls

THM S

STEP The Ingredients

1

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water

Filling:

- 2 medium or 1 large zucchini peeled and cut into small chunks
- 3 TBS Brown Swerve
- 1 tsp cinnamon
- 2 tsp butter
- 1/2 cup water
- pinch of salt

Caramel Topping:

- 3 TBS butter
- 1/4 cup allulose (or THM Gentle Sweet, but allulose will not crystallize)
- 1/4 cup heavy cream
- scant 1/8 tsp xanthan gum
- 1/4 cup chopped walnuts (or pecans if you prefer)

STEP The Steps

2

- Prepare THM NCEB mix according to the package.
- Mix well and let the dough sit for ten minutes.
- Roll out into an approximately 8" x 11" rectangle between parchment. (I find it works best to spray parchment with cooking spray.)
- Cook zucchini, Brown Swerve, cinnamon, butter, water and salt until zucchini is tender and the sauce is cooked down to a nice thick filling.
- Spread filling (no need to cool) over the THM NCEB and roll the bread tightly lengthwise.
- Cut into 1 1/2" rolls and place in a well-greased pan. (I use a baking stone.)

STEP The Cook

3

- Bake rolls in 450 ° oven for 30-40 minutes until nicely browned and cooked through.

Caramel:

- On medium heat, melt down the butter and allulose until it just starts to turn brown and foamy.
- Turn your heat down to low, then add the cream.
- Take off the heat; sprinkle in the xanthan gum and whisk, whisk, WHISK!!
- Keep stirring until it turns into caramel. Add the chopped nuts, if desired.
- Spread over baked rolls.
- Enjoy!



Cheese and Chive Bombs - THM S

STEP 1 The Ingredients

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- 1/2 cup shredded mozzarella OR 3 light mozzarella cheese sticks, cut into quarters
- Parmesan Garlic Butter

Parmesan Garlic Butter:

- 2 TBS butter
- 1 TBS dried chives
- 1 tsp minced garlic
- 1/2 tsp salt
- 1 TBS parmesan cheese (green can is fine)

Melt butter and combine all ingredients. (Will be using half at a time.)

STEP 2 The Steps

- Mix THM NCEB according to the package.
- Break off a small amount (2-3 TBS).
- Flatten it out into a round about 3-4 inches across.
- Add a small amount (about a TBS) of cheese or a quarter of a cheese stick to the center.
- Fold the sides up and smooth into a ball.
- Continue the process with remaining dough.
- Put on a baking sheet with parchment paper, at least 2 inches apart.
- Baste each roll with Parmesan Garlic Butter (reserve half for later).

STEP 3 The Cook

- Bake at 450 ° for 20 minutes or until golden brown.
- Let cool 5-10 minutes.
- Brush with remaining Parmesan Garlic Butter before serving.



Cheesy Garlic Bread

THM S

STEP 1

The Ingredients

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- 2 tsp garlic powder
- 4 TBS mayonnaise
- 1 cup shredded mozzarella or cheddar cheese

STEP 2

The Steps

- Mix THM NCEB as directed on the package.
- Let sit for 10 minutes.
- Shape into a French bread loaf, approximately 10 inches long and 3-4 inches wide.
- Place on a cookie sheet or baking stone.
- Score 5-6 times.
- Bake bread as directed here in Step 3.

STEP 3

The Cook

- Bake the bread at 450 ° for 30 minutes.
- Cool completely.
- Slice in half lengthwise.
- Spread 2 TBS mayo on each half.
- Sprinkle 1 tsp garlic powder on each half.
- Sprinkle 1/2 cup cheese on each half.
- Bake at 450 ° for 5 minutes or until golden and bubbly.



Chicken Broccoli & Cheese French Bread THM S

STEP 1 The Ingredients

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water

Filling:

- 4 ounces cream cheese, softened
- 1/2 cup mayonnaise
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp garlic powder
- 2-12 ounce cans chicken breast OR 2 cups diced chicken breast
- 2 cups broccoli, steamed (but not mushy), cooled, and chopped
- 1 cup cheese shredded (divided in half)

STEP 2 The Steps

- Mix THM NCEB as directed on the package.
- Let sit for 10 minutes.
- Shape into a French bread loaf, approximately 10 inches long and 3-4 inches wide.
- Place on a cookie sheet or baking stone.
- Score 5-6 times.
- Bake bread as directed in step 3.
-

Filling:

- Mix cream cheese, mayo, salt, pepper and garlic powder well with a hand mixer.
- Fold in (by hand) the broccoli, chicken and **half** of the cheese.

STEP 3 The Cook

- Bake the bread at 450 ° for 30 minutes.
- Cool completely.
- Slice in half lengthwise.
- Spread each bread half with half of the chicken filling.
- Sprinkle tops with remaining cheese.
- Bake at 450 ° for 20 minutes or until golden and bubbly.



Chicken Fried Steak

THM S

STEP The Ingredients

1

- 2 cube steaks
- 1/2 cup THM NCEB (dry) mix
- 1/4 cup unsweetened nut milk
- 1/4 cup egg white or egg substitute or 1 egg lightly whisked
- 1/4 cup coconut oil

Gravy:

- pan drippings
- 1 TBS butter
- 1/4 tsp xanthan gum
- 1/4 cup half and half
- 1/4 tsp black pepper
- 1 cup unsweetened nut milk

STEP The Steps

2

- In 3 small bowls add egg to one, milk to one and THM NCEB dry mix to one.
- Dip steaks in unsweetened nut milk, then egg, then THM NCEB.

STEP The Cook

3

- Heat skillet with the 1/4 cup coconut oil.
- Gently lay steaks in oil and fry on medium heat for approximately 10 minutes per side until a dark golden brown.
- Remove steaks from pan and place on a paper towel while you make the gravy.

Gravy:

- To the pan drippings stir in butter, xanthan gum, pepper and half and half.
- Simmer about 1 minute until thick.
- Add 1 cup unsweetened nut milk and simmer an additional 2-3 minutes until a gravy consistency.



Chocolate Babka

THM S

STEP The Ingredients

1

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- 2 TBS unsalted butter, cut into chunks
- 2 TBS THM Super Sweet
- 2 TBS unsalted butter, softened
- 3 ounces 85% dark chocolate, cut into chunks
- 2 (more) TBS THM Super Sweet

STEP The Steps

2

- Mix THM NCEB as directed on the package. Add **2 TBS** of THM Super Sweet and 2 TBS of cold butter chunks to dough and mix. Chunks will remain in the dough.
- Let sit for 5 minutes.
- Pour dough out between parchment paper that is sprayed with olive oil cooking spray.
- Roll out dough until about 8" x 12".
- Spread 2 TBS of softened butter as evenly as possible onto the dough.
- Sprinkle with 2 TBS THM Super Sweet and the chunks of dark chocolate.
- Roll bread into a "log".
- Slice **lengthwise** into three pieces.
- Braid as best possible. It will be messy and break. It's OK!

STEP The Cook

3

- Put dough into 5" x 9" bread pan coated with olive oil spray.
- Bake at 450 ° for 45-50 minutes.
- Cool completely.
- Slice into 19 slices.



Chocolate Babka French Toast - THM S

STEP

The Ingredients

1

- Chocolate Babka from previous page
- 1/4 cup egg substitute

STEP

The Steps

2

- Dip 2 slices of Babka in egg substitute.

STEP

The Cook

3

- Fry in skillet until brown on both sides.
- Drizzle with your favorite on-plan maple syrup.
- Optional: Sprinkle with Swerve Confectioners.



Cinnamon Rolls

THM FP

STEP 1

The Ingredients

Dough:

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- 1 tsp cinnamon
- 1 tsp THM Super Sweet

Filling:

- 2 TBS THM Gentle Sweet
- 1 TBS cinnamon
- 2 TBS THM Gentle Sweet mixed with 1/2 tsp molasses (optional)

Icing:

- 3/4 cup 0% fat plain Greek yogurt
- 1/4 cup THM Gentle Sweet
- 1 tsp cream cheese flavoring (or 1 tsp vanilla flavoring, if preferred)
- 1/2 tsp sunflower lecithin
- 4 TBS collagen
- 1/4 tsp glucomannan
- 1/4 cup softened cream cheese (optional; this will make rolls an S.)

STEP 2

The Steps

- Mix dough as directed on package. Add cinnamon and THM Super Sweet to the dough.
- Roll out dough to approximately 8" x 12" between two sheets of parchment sprayed with cooking spray.
- Spread THM Gentle Sweet evenly on dough, topped with cinnamon and optional THM Gentle Sweet mixed with 1/2 tsp molasses.
- Roll lengthwise.
- Slice into 1-2 inch slices.
- Place into baking dish coated with cooking spray and make sure rolls are touching. This helps the rise. I prefer to use a 6" x 9" stone casserole dish .

STEP 3

The Cook

- Bake at 450 ° for 25 minutes.
- Cool for at least 15 minutes and top with icing.

Icing:

- In a small dish, mix all icing ingredients well.
- You can add cream cheese if desired and whip well.
- Slather on the rolls and enjoy!

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.



Crème Puffs

THM S

STEP 1

The Ingredients

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- 1 TBS vanilla extract
- 2 TBSTHM Super Sweet
- boiling water
- one egg yolk mixed with a little water

Filling Suggestions:

- Gluccie Pudding (THM Cookbook page. 350-351)
- sweetened whipped cream
- anything whippy or dippy you darn well please

Note: Make these savory by leaving the vanilla and sweetener out. Make the same way and fill with chicken salad or tuna! My favorite filling is buffalo chicken salad!

STEP 2

The Steps

- Bring small pot of water to a boil.
- Make THM NCEB mix as directed on the package.
- When you complete mixing in the blender, add THM Super Sweet and vanilla and mix by hand until incorporated.
- Grab small pieces (about 2 TBS) of batter and gently pat into a ball. Do not roll tightly, you want the batter to be lightly shaped.
- Drop into boiling water 3 at a time and boil 2 minutes, flipping over halfway through. Remove from the water and put on paper towel to dry a bit.
- Brush on egg yolk.
- Place on silicone pan or parchment to prevent sticking.

STEP 3

The Cook

- Cook in air fryer on 400° for 7 minutes; flip and cook for 2-3 minutes more until a light golden brown.
- Remove and cool completely before filling.
- Use a piping bag to fill.
- Serve with Handy Chocolate Syrup (THM Cookbook page 479).



Crispy Zucchini Rounds with Bang Bang Sauce THM FP

STEP The Ingredients

1

- 1 cup THM NCEB mix
- 1/2 tsp dry mustard
- 1/4 tsp onion powder
- 1/2 cup egg whites (or egg whites substitute)
- 2 medium summer squash or zucchini
- 2-3 pinches of salt

Bang Bang Sauce:

- 1/4 cup 0% fat Greek yogurt
- pinch of salt
- 1 teaspoon sriracha
- 1 teaspoon chili paste
- 1/2 tsp THM Super Sweet

STEP The Steps

2

- Slice squash ends off and discard.
- Slice squash into 1/2 inch slices.
- Sprinkle each slice with a little salt on each side and let sit for 5 minutes.
- Pat dry with a paper towel.
- On a separate plate, pour the egg whites.
- To a large plastic zip bag, add 1 cup THM NCEB mix, onion powder and dry mustard.
- Dip each slice of squash into the egg and drop into the bag of THM NCEB.
- When all slices are added, shake well to coat all slices.
- Layer into a single layer in an air fryer.
- Spray tops with cooking oil spray.

STEP The Cook

3

- Air fry at 425 ° for 10 minutes.
- Shake fryer basket and spray slices with more cooking spray.
- Air fry an additional 10 minutes.

Bang Bang Sauce:

- Combine all ingredients for dipping.
- Dip the slices LIKE A BOSS.

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.



Crostini

THM S

STEP 1

The Ingredients

- THM NCEB slices (already baked)
- 2 TBS butter (or less if making a single portion)

Topping Suggestions:

- goat cheese
- quail eggs
- avocado
- tomatoes
- garlic and herb spread
- hummus

STEP 2

The Steps

- Cut slices into small squares.

STEP 3

The Cook

- Fry each piece in butter until browned and crisp.
- Top with your favorite toppings.



Garlic Knots

THM S

STEP

The Ingredients

1

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- Parmesan Garlic Butter

Parmesan Garlic Butter

- 2 TBS butter
- 1 TBS dried chives
- 1 tsp minced garlic
- 1/2 tsp salt
- 1 TBS parmesan cheese (green can is fine)

Melt butter and combine all ingredients.

STEP

The Steps

2

- Mix THM NCEB as directed on the package.
- Break off a small amount (2-3 TBS).
- Roll dough into ropes at least 6 inches long.
- Tie each rope into a simple knot.
- Space evenly on a pan lined with parchment paper.
- Baste each roll with Parmesan Garlic Butter (reserve half for later).

STEP

The Cook

3

- Bake at 450 ° for 20 minutes or until golden brown.
- Let cool 5-10 minutes before serving.
- Brush with remaining Parmesan Garlic Butter before serving.



Grilled Pesto Pizza

THM S

STEP 1 The Ingredients

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- goat cheese (or other cheese you prefer)
- cubes of chicken or steak
- Any other toppings you might like!

Pesto:

- 1 tsp chopped garlic
- 1 cup packed basil leaves
- 1/3 cup avocado oil (or more as needed)
- dash or two of black pepper
- 1/3 cup toasted walnuts
- 3 TBS finely grated parmesan or Pecorino Romano cheese
- mineral salt as needed

STEP 2 The Steps

- Mix the THM NCEB as directed on the package and let rest for 10 minutes.
- Spray a large piece of parchment and put THM NCEB on top.
- Cover with a second sprayed piece of parchment.
- Roll dough out between two parchment layers until about 1/4 inch thick. I do mine oblong and don't worry about a circle!

Pesto:

- Combine the pesto ingredients in a food processor and process until somewhere between chunky and smooth.

STEP 3 The Cook

- Preheat grill to 450 °.
- Remove the top layer of parchment.
- Place the pizza onto the grill with the parchment on top and gently remove the parchment.
- Let cook for approximately 5 minutes.
- When the bottom is crisp and browned, flip the dough over.
- Top with pesto, goat cheese, and/or any other toppings you prefer.
- Close grill cover and let cook another 5 minutes.
- Crust should be crisp on the bottom.

*I like to drizzle my pesto pizza with balsamic!

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.



Hawaiian Rolls

THM FP

STEP 1

The Ingredients

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (use egg substitute instead of egg whites for a more golden color)
- 3/4 cup water
- 2 tsp Natural Burst Pineapple Extract
- 1/3 cup THM Gentle Sweet mixed with 1/2 tsp molasses

STEP 2

The Steps

- Mix THM NCEB as directed on the package.
- Add extracts and THM Gentle Sweet mixed with 1/2 tsp molasses to the batter.
- Form 12 rolls and put in 11" x 7" baking pan. (They should touch. This will help them rise more.)

STEP 3

The Cook

- Bake in 450 ° oven for 25-30 minutes until golden brown and cooked through.

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.



Hot Pockets

THM S

STEP 1

The Ingredients

- 1 package THM NCEB mix
- 1 1/3 cup egg whites (or egg whites substitute)
- 3/4 cup water
- OPTIONAL: 1 tsp quick yeast bloomed in 2 TBS warm water

Pizza Filling:

- 1/2 cup no-sugar-added pizza sauce
- 12-14 pepperoni slices
- 1/2 cup shredded mozzarella
- Mix pizza filling ingredients together using food processor/chopper so it is well incorporated.
- After filling dough, sprinkle the top with a little Italian seasoning or some basil, oregano and garlic.

STEP 2

The Steps

- Make dough of THM NCEB as directed, adding bloomed yeast if desired (the yeast is for flavor only and not rise).
- Divide into 6 equal parts and spread into 4"x 6" rectangles on parchment paper that has been sprayed with olive oil spray. Spread as evenly as possible.
- Fill each with about 1/4 cup of pizza or ham filling. Fold in the two long sides, then fold in ends (it is easiest to use a bench scraper to do this). Try to completely cover filling. If you have holes, try to cover by adding a little extra dough. Flip over and put on a pan lined with parchment paper. OPTIONAL: Brush with an egg wash of an egg mixed with a little water.

STEP 3

The Cook

- Bake in air fryer at 400 ° for 6 minutes; flip and bake another 6 minutes. If using an oven, bake at 400 ° for 10 minutes on each side or until cooked through. **Let sit for 30 minutes prior to eating.**
- Freeze remaining pockets and reheat in microwave or air fryer.
- **Alternative Ham and Cheddar Filling**
- 3/4 cup shredded cheddar cheese (or small chunks of cheddar)
- 3/4 cup diced ham
- Mix ham and cheese together.



Jalapeno Popper Rolls

THM S

STEP

The Ingredients

1

STEP

The Steps

2

STEP

The Cook

3

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water

Filling:

- 6 ounces (3/4 package) cream cheese, softened (1/3 less fat - great!)
- 1/2 cup crumbled bacon (I use the real bacon pieces from a bag)
- 1/4 cup diced onion (I used frozen)
- 1/4 cup jarred jalapeños, diced
- 1 tsp dried chives
- 1/2 tsp garlic powder
- 1 1/3 cups shredded cheese (You can really pick your cheese here. I used Mexican blend.)

Topping:

- 1 1/2 TBS butter, melted
- 1/2 tsp minced garlic or 1/2 tsp garlic powder
- 1/2 tsp dried chives
- 1/4 tsp salt

- Mix THM NCEB as directed on the package.
- Spread out onto parchment sprayed with olive oil until about 7" x 11". (Not thin enough to see through but not so thick it won't cook.)

Filling:

- Melt cream cheese in the microwave so it spreads easily.
- Mix in all the other filling ingredients.
- Spread onto the bread dough, stopping about 1 inch from the edges.
- Roll up and slice into pinwheels, about 1 1/2 inches thick.
- Place in a baking pan, on parchment. Make sure the rolls are touching - this helps them rise better.

- Bake in air fryer on "bake" setting at 400 ° for 10-12 minutes.
- Alternately, you can bake in oven at 450 ° for 13-15 minutes.
- Gently pull a piece to test for doneness. While they are baking, you can prepare the topping.
- When rolls are done, brush with the topping.
- Let sit for 30 minutes before diving in, face first.



Jelly Donuts

THM FP

STEP 1

The Ingredients

STEP 2

The Steps

STEP 3

The Cook

- 1 package THM NCEB mix
 - 1 1/3 cup egg whites (or egg whites substitute)
 - 3/4 cup water
 - 2 TBS THM Super Sweet
 - 1 tsp cinnamon
 -
- Filling:**
- THM Slim Belly Jelly (Trim Healthy Cookbook page 478)
- OR
- Berry-Wow Spread (Trim Healthy Future page 369)
- Coating:**
- 2 TBS THM Gentle Sweet
 - 1/2 tsp cinnamon

- Mix THM NCEB as directed, adding sweetener and cinnamon to the batter.
- Mix well.
- Let sit 10 minutes.
- Scoop out about 1/4 cup at a time and roll into balls.

- Preheat air fryer to 400 °.
 - Air fry for 9 minutes.
 - Flip over.
 - Air fry for an additional 9 minutes.
-
- Once *completely cooled*, drop into a baggie with sweetener and cinnamon and shake to coat.
 - Using a piping bag, fill with Slim Belly Jelly or Berry-Wow Spread.
- Note: Be mindful of serving sizes to remain within fat allowance of an E meal.**



Kentucky Hot Brown Sliders - THM S

STEP The Ingredients

1

- 1 batch Hawaiian rolls from page 23 (above)
- 1/2 pound turkey breast deli meat
- 8-12 slices cooked bacon
- 6 slices sharp cheddar cheese
- 12 tomato slices

Sauce:

- 3 TBS butter
- 2 TBS oat fiber
- 1 1/2 cups unsweetened nutmilk
- 1/4 tsp salt
- pepper to taste
- dash nutmeg
- 1/2 cup cheddar cheese, shredded

Topping:

- 1/2 cup (one stick) butter, melted
- 1 TBS Dijon mustard
- 1 TBS poppy seeds
- 2 tsp Worcestershire sauce
- 1/4 tsp salt
- 1/4 tsp pepper

STEP The Steps

2

- Slice open the Hawaiian rolls.
- Put bottom halves in a baking dish.
- Top with turkey, bacon, cheese and tomatoes.

Sauce:

- Melt 3 TBS butter and whisk in the oat fiber.
- Once smooth, add unsweetened nutmilk, salt, pepper and nutmeg.
- Simmer 2-3 minutes until thickened and bubbly.
- Add cheese and stir.
- Pour sauce over the filling (meat/cheese) on the bottom halves of the rolls.
- Top with the top halves of the rolls.

Topping:

- Combine all topping ingredients in small pan and warm through.
- Pour over tops of rolls.

STEP The Cook

3

- Bake sandwiches in 400 ° oven until warmed through and sauce is bubbly.
- ENJOY!

A word from the Marvelous Mary: This recipe is modeled after an old-fashioned recipe from our family cookbook called Essie’s Cobbler. It wasn’t until I was an adult that I realized that Essie wasn’t a relation of mine. I assumed she was a great aunt on my father’s side. Since then I have discovered it all over the internet in various sources. Whoever Essie is, her cobbler is tops! Here’s my THM version. Enjoy!



Marvelous Mary's
Strawberry Rhubarb
Cobbler - THM FP or S

STEP 1
The Ingredients

Fruit Filling:

- 1 quart strawberries
- 2 cups diced rhubarb
- 1/4 to 1/2 cup THM Super Sweet
- pinch of salt

Cobbler:

- 1 package THM NCEB mix
- 1 1/2 cup liquid egg whites
- 1/2 cup water
- 2 TBS THM Baking Blend
- 1/4 cup THM Super Sweet
- 1 tsp vanilla
- 1/2 tsp cinnamon

Topping:

- 1 tsp cinnamon
- 2 TBS THM Super Sweet

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.

STEP 2
The Steps

- In a medium saucepan add fruit, THM Super Sweet, and salt.
- Bring to a boil and turn down to a simmer until rhubarb and strawberries are softened and no longer whole. Taste for sweetness; some rhubarb is quite sour and may need more sweetener.
- Meanwhile, pour egg whites into stand mixer, using the paddle attachment; mix until slightly frothy. Add the THM NCEB & Baking Blend to the mixer; mix gently. Add the water, sweetener, vanilla, and cinnamon. Mix gently until all ingredients are blended.
- Butter a 9" x 13" casserole with 1 TBS of butter using a paper towel or pastry brush.

STEP 3
The Cook

- Using a medium spoon, dollop half of the cobbler mixture evenly across the bottom of the dish. Pour the fruit filling over the layer of cobbler.
- Add the remaining cobbler mixture over the fruit, alternating placement with the first layer of cobbler so you have islands of cobbler in a fruity lava-sauce.
- Sprinkle the top with a mixture of 1 tsp cinnamon and 2 TBS of THM Super Sweet.
- Bake at 375 ° for 45 minutes.
- Serve hot from the oven with whipped cream, on-plan ice cream or half and half.
- FP - if served with FF Redi Whip. S - if you have it with an S ice cream or half and half.



Methylating Lentil Lunch - THM E

STEP 1 The Ingredients

Bread:

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water

Lentils:

- 2 cups (dry) lentils
- 2 cups chicken broth
- 1 cup water
- 2 - 15 ounces tomato sauce
- 1 tsp salt
- 1/2 tsp pepper
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp onion powder

Topping Choices:

- salsa
- small amount of Greek yogurt or sour cream
- KJ's Magic Methylating Dust (you can go to <https://joyfullifewithkj.mykajabi.com/methylation> for the recipe)
- parmesan cheese

STEP 2 The Steps

Bread:

- Prepare THM NCEB mix as directed on the package. Feel free to add methylating ingredients like rosemary, oregano and thyme.
- Immediately spread the THM NCEB in a 9" x 13" pan that has been sprayed with cooking spray.

Lentils:

- Add all ingredients to any size Instant Pot and stir.

STEP 3 The Cook

Bread:

- Bake at 450 ° for 25 minutes or until brown.

Lentils:

- Cook on manual for 12 minutes and do a 5 minute NPR.

Serving:

- Cut THM NCEB into squares while still warm.
- Spoon lentils generously over each square.
- Add E toppings of your choice.
- Sprinkle with KJ's Magic Methylating Dust for maximum benefit!

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.



Onion Rings

THM FP

STEP

The Ingredients

1

STEP

The Steps

2

STEP

The Cook

3

- one large onion (your favorite kind - I use Vidalia)
- 1 batch "All The Fried Things" batter (below)
- 1 cup THM NCEB (dry) mix

"All The Fried Things"

Batter:

- 1/2 cup whey protein (I use THM Pristine Whey)
- 1 tsp xanthan gum
- 1/2 tsp salt
- 2 tsp baking powder
- 3 TBS seltzer (I used Mama Dew I had made up! If you don't have Mama Dew, add a splash of ACV to your batter.)
- 1 egg white
- 2 TBS unsweetened nutmilk
- 2 TBS masa
- oat fiber for coating whatever you are frying

Link to Mama Dew:

https://www.youtube.com/watch?v=ApN8P_8Sm6U

- Slice onions; best if left thick. Separate into rings.
- Dip in oat fiber as recommended in the "All The Fried Things" batter recipe.
- Then coat in batter, moving immediately to the THM NCEB mix.
- Lightly spray each side with cooking spray.

- Air fry on 400 ° for 10-12 minutes until crispy.

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.



Pigs in a Healthy Blanket - THM S

STEP

The Ingredients

1

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- 8 all beef hot dogs

STEP

The Steps

2

- Prepare THM NCEB mix as directed on the package.
- Roll out into large square between parchment. (I find it works best to spray parchment with cooking spray.)
- Trim edges to make the square neat.
- Cut into 8 triangles as shown above.
- Wrap one triangle around each dog.

STEP

The Cook

3

- Bake rolls in 400 ° air fryer for 12 minutes; turn over and cook 12 minutes more. If hot dogs are getting too dark between turning, you can cover with a little tin foil...but in this house, we like our dogs BURNT!
- Dip in mustard. That's the rules.



Pretzel Bites
THM FP

STEP 1
The Ingredients

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water

- 6 cups water
- 1/3 cup baking soda

- 1/3 cup of egg whites for egg wash
- coarse salt

Mustard Dip:

- 2 TBS Dijon mustard
- 2 TBS 0% fat Greek yogurt
- pinch of salt
- 1 tsp lemon juice
- 1/4 tsp THM Super Sweet

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.

STEP 2
The Steps

- Mix THM NCEB as directed on the package.
- Let sit 10 minutes.
- Scoop out 1/2 cup at a time and roll into a rope.
- Cut into 1-2 inch chunks.
- Bring water to a rapid boil and slowly add baking soda (it will foam up so add slowly).
- Drop bites of dough into boiling water and boil for 30 seconds.
- Remove with slotted spoon and place on paper towel while you boil the next batch.
- After a moment or two, move from paper towel to a parchment-lined baking sheet.
- Continue this process until all bites have been boiled.
- Brush with egg whites.
- Sprinkle each bite with salt.

STEP 3
The Cook

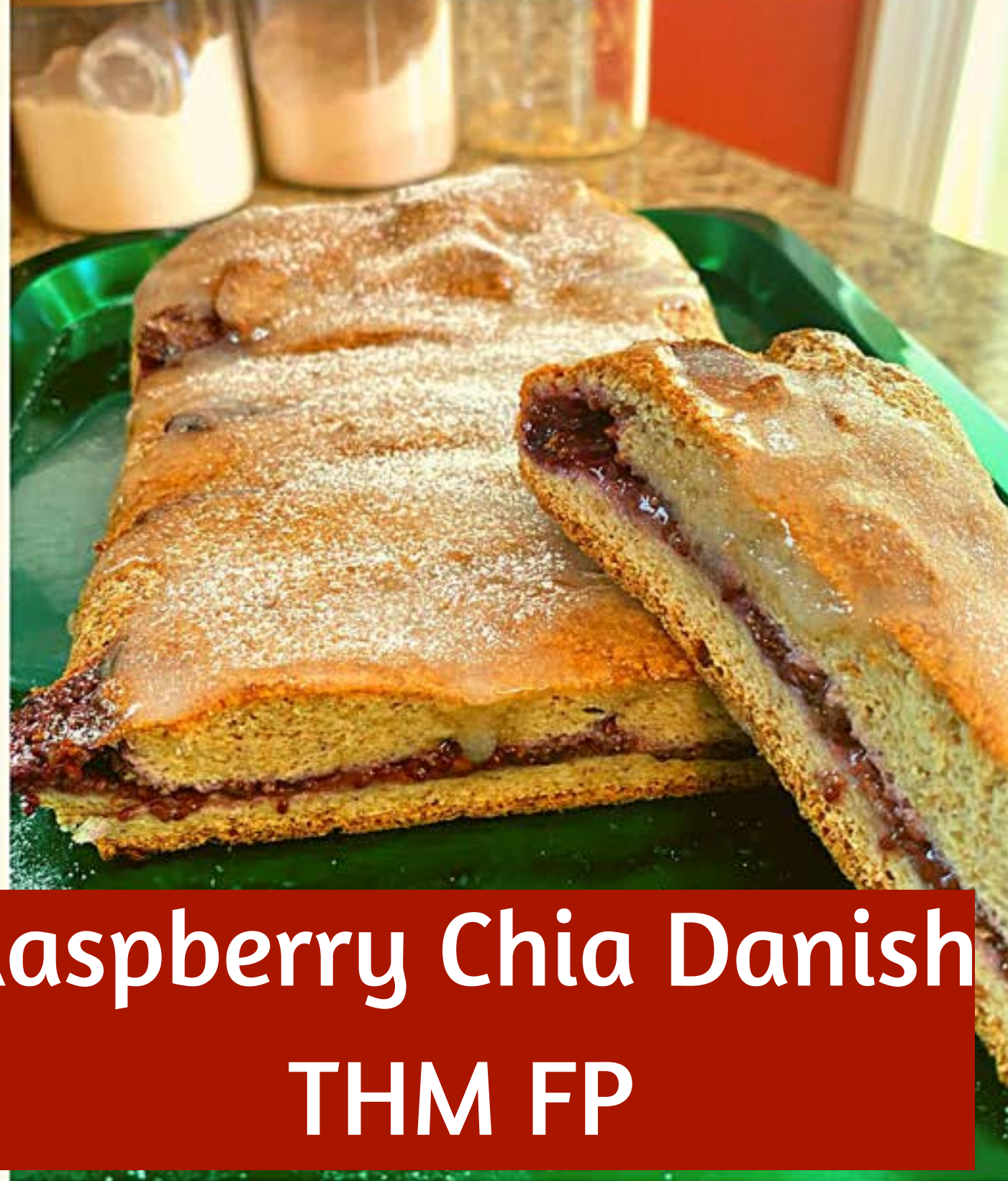
- Bake at 450 ° for 24 minutes.

Mustard Dip:

- Combine all ingredients for dipping.
- Dip the bites LIKE A BOSS.

Important Note:

When boiling this bread dough, you may see a thickened substance rise to the top. If so, just scrape it off. The psyllium in the dough can cause some thickening. In between boiling batches, you can scrape off any foam or thickened substance that forms on the top of the water. If you do this, add a couple teaspoons more of baking soda.



Raspberry Chia Danish

THM FP

STEP The Ingredients

1

- 1 package THM NCEB mix
- 1 1/3 cups egg whites (or egg whites substitute)
- 3/4 cup water
- 2 cups frozen raspberries
- 2 TBS chia seeds
- 1 TBS lemon juice
- 2 TBS THM Super Sweet

Glaze:

- 1/4 cup THM Gentle Sweet
- 2-4 tsp unsweetened nutmilk

Combine the two until mixed (wait to do this until after the Danish has cooled).

STEP The Steps

2

- Prepare THM NCEB mix as directed on the package.
- Roll out into large rectangle 8" x 11" between parchment. (I find it works best to spray parchment with cooking spray.)
- Trim edges to make the rectangle neat.
- At an angle, cut 6-8 slices in the dough about 1/4 of the way in on each side. The cuts should be about 2 inches apart.
- In a small pot, combine berries, chia seeds, lemon juice and THM Super Sweet. Simmer for 1-2 minutes until heated through. Remove from heat; **cool completely**.
- Fill center of dough with **cooled** jam.
- Braid slices in towards the center (fold left in, then right, left, right)

STEP The Cook

3

- Bake danish in 450 ° oven for 30 minutes or until cooked through and nicely browned. If the danish is browning too much, but still uncooked, gently lay tin foil over the danish for the remainder of the cooking.
- Cool completely.
- Drizzle with glaze.

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.



Sweet Potato Bread

THM E

STEP 1

The Ingredients

- 1 package THM NCEB mix
- 1/3 cup of egg whites or egg substitute
- 1/2 cup water
- 1 cup mashed sweet potato (about one medium baked)
- 2 tsp THM Super Sweet
- 1 tsp THM Natural Burst Maple Extract

STEP 2

The Steps

- Whip egg whites with hand mixer for 30 seconds.
- Fold in the THM NCEB mix, water, mashed sweet potato, THM Super Sweet and extract.
- Mix well.
- Pour into a 9" x 5" well-greased bread pan.

STEP 3

The Cook

- Bake at 450 ° for about 50 minutes; cool completely before slicing.

Note: Be mindful of serving sizes to remain within fat allowance of an E meal.



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