The 2020 Smart Baking recipe book

Reincarnation™ starts here.
Welcome to The 2019 Smart Baking Recipe Guide! We’ve assembled recipes submitted by our fans from all across the country. We’re delighted to share them with you here.

At Smart Baking, we’ve learned that “ME:30” happens at a different time for everyone. It might be 3:00pm for you once you’ve finished your afternoon meeting. Maybe it’s 9:15am after you have the kids off to school. Whatever the time, you set aside five minutes “just for you” and you indulge in a delicious, guilt-free treat. We invite you to try these wonderful recipes and feel free to send us your original ideas to be included in our 2021 Recipe Book available next year. Tell us about your ME:30. Include an ingredient list, preparation instructions and of course, a large photograph of your finished creation. Then send your creations to: recipes@SmartBakingCo.com.

Happy creating!
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WATER

A well hydrated body is 70% water. Smartcakes® and Smartbuns® also have water as a key ingredient and not water laden with added chemicals. We use nano filtering systems created by rocket scientists to ensure our water is pure. Better water starts the process for better food. Smart Baking Company partnered with Argonide to use the best water possible. Their Cool Blue® water purifier incorporates three layers of technology to ensure the best tasting and purest water we can use to add to the quality and taste of our products and the nutritional value to you.

PROTEIN

Whey protein isolate is a highly refined, micro-filtered protein which is dairy derived, but still considered lactose free. It is a complete, high-quality protein, containing all of the essential amino acids. In addition, it is very digestible, absorbed from the gut quickly compared to other types of protein.

Eggs are another source of protein in our products. Unlike most cereals and yogurt, eggs only contain one ingredient – “eggs.” They don’t contain sugar or carbs, just high quality protein.

What we all are told by diet books about protein being key to weight loss is not only grounded in medical studies, it includes what we really need – to feel satiated.

OLIVE OIL

Olive Oil is another ingredient that serves up good health. According to the Mayo Clinic, monounsaturated fatty acids (MUFAs) the main type of fat found in olive oil is considered a healthy dietary fat and may help lower your risk of heart disease by improving related risk factors. For instance, MUFAs have been found to lower total cholesterol and low-density lipoprotein (LDL) cholesterol levels. In addition, some research shows that MUFAs may benefit insulin levels and blood sugar control, which can be helpful if you have or are at risk of type 2 diabetes.

FLAX

Flax Meal is also a key ingredient in our products and contains Omega-3 essential fatty acids, the “good” fats that have been shown to have heart-healthy effects. It is also rich in fiber as well as lignans, which have both plant estrogen and antioxidant qualities. Flaxseed contains 75 to 800 times more lignans than other plant foods.
What makes these Ingredients so Special?

Let’s try shopping for them.

If the benefits of a Smartbun® were replicated in a shopping cart, with 10 grams of high-quality protein per bun, you would need:

3 ounces of pure, non-GMO protein
preferably one high in Omega 3 fats.

enough mixed vegetables to get 12 grams of insoluble fiber

1/2 of a banana for Potassium.

Do all of this without exceeding 63 calories.

Remember, what is not in your cart—sugar, starch or glutens!
Smart Cakes

We want Smartcakes® to bring everyone to the table. Our unique, patent-pending formula has all the right nutrition required for a variety of consumers including those with weight issues, gluten intolerance, wheat or soy allergies and diabetes.

Vanilla Latte

One of our most popular flavors, our Vanilla Latte Smartcake® is versatile, delicious and like all of our cakes, it’s Keto friendly! The possibilities are endless. What fun and creative delight can you stir up?

Raspberry Cream

Talk about flavor! Our Raspberry Cream Smartcakes® are always a hit. The flavor profile lends itself to a plethora of recipe ideas. Let your fancy run wild and see how you can turn it into something new!

Chocolate

Who loves chocolate? We do! Our Chocolate Smartcakes® are just packed with cocoa goodness. If you’re a fan of chocolate, then there’s no limit to the new things you can create with these yummy cakes.

Lemon

Pucker up! The perfect combination of sweetness and lemony tastes. Always one of our most popular products, these Lemon Smartcakes® lend themselves to a wide variety of snack ideas. Go for it!

Cinnamon

Sugar and spice and everything nice—and still sugar free! Our Cinnamon Smartcake® brings just the right of aromatics to any creation they are added to. What would make with these delicious cakes?
MUFFINS & BUNS

You’ve always loved our popular Smartbuns®. Now we’re delighted to include our wonderful new Smart Muf’ns™ to our ever-growing family of products. Try ‘em. You’ll love ‘em!

**Banana Nut Muf’n**

We’ve gone nuts and bananas! The newest flavor in our muffin menagerie, these guys are packed with so much flavor that they’ll take any deserving recipe up to the next level of WOW!

**Chocolate Chip Muf’n**

Did we say that we LOVED chocolate? These fun muffin’s are just packed with diabetes and Keto friendly chocolate chips and will pack a flavor punch to any concoction you can dream up.

**Pumpkin Spice Muf’n**

Not just for autumn anymore! Our Pumpkin Spice Muffin’s add a fabulous flavor fling to your favorite recipes all year long. Add them to sweet treats and savory specialties alike.

**Original Smartbun®**

Sure, our original Smartbun® is a welcome addition to any cookout but don’t stop there! Use these delicious Keto friendly buns to any dish or recipe that calls for a bread component. No that’s Bun Love!

**Sesame Seed Smartbun®**

Just like our Original Smartbun®, these sesame seed topped buns are great with any sandwich, hot or cold. But just like our original, kick any recipe with a bread component up a notch and incorporate these!
Every great artist begins their creative process with a unique palette from which they draw inspiration and motivation. Cooking and creating new and exciting recipes is no different than sitting down to create a beautiful painting.

**That’s where you come in!**

Across the following pages, you’ll find recipes based upon Smartcakes® Smartbuns® and Smart Muf’ns™. Our amazing and talented customers never fail to surprise and delight us with the amazing and delicious creations they develop when they combine our family of products with their vivid imaginations. Take a moment and think about how our products and descriptions could change your favorite recipes and let your imagination run wild. You can also peruse the recipes in this book to see how some of our customers have used our products with creative and delightful results.
Okay! Let's Get Started!
Entrées
& Sides
Harley’s French Dip

Submitted by Harley Scheck, this delicious, low-carb French dip sandwich is sure to please. Harley uses a marinated skirt steak and serves it up on a grilled Smartbun®.

Ingredients:

- 4 oz skirt steak
- 2 large cloves of garlic - minced
- 1/2 cup onions - sliced
- 1/4 cup mozzarella - shredded
- 1/4 cup beef broth
- 2 tsp butter
- 2 tsp Worcestershire sauce
- 2 tsp grated Parmesan cheese
- 1 tsp your preferred browning sauce
- A pinch of salt & pepper

Preparation:

1. Season steak with salt and pepper, half of the minced or grated garlic, 1 tsp of Worcestershire and browning sauce. Marinate 30 minutes.
2. Broil meat to desired internal temperature. Caramelize onions - set aside.
3. Toast Smartbun® with butter, minced garlic and Parmesan cheese 3-5 min.
4. Remove buns from oven and top each inside half with mozzarella cheese. Return to oven to melt cheese.
5. Prepare the au jus in pan with the onions. Add the beef broth, steak drippings and the Worcestershire sauce. Bring to boil, reduce heat and simmer for 2-3 minutes.
6. Slice the steak and place on garlic bread with the onions. Serve with the au jus on the side and enjoy!
Makayla's Pulled Chicken

Ingredients:
- 4 Smartbuns®
- 2.5 lbs raw chicken breasts
- 8 tbsp sugar-free BBQ sauce
- A pinch of salt & pepper
- A pinch of onion & garlic powder
- 1 cup water
- 1 tbsp of butter
- 2 oz. mustard

Preparation:
1. Place the chicken in a slow cooker with water and season to taste. (salt, pepper, onion, garlic)
2. Add in 4 tbsp of sugar-free BBQ sauce to the instant pot and lightly stir until mixed.
3. Cook on manual setting for approximately 20 minutes.
4. After cooking for 20 minutes, take the chicken out. Place the cooked chicken in a large mixing bowl and shred with 2 forks.
5. Add in 4 tbsp more of sugar-free BBQ sauce and mix it in the shredded chicken.
6. Lightly toast the Smartbun® with 1 tbsp of butter or margarine in a skillet on low to medium setting, until a crisp golden brown.
7. Layer the shredded BBQ chicken on top of the toasted Smartbuns® and enjoy!

Offered by Makayla, this amazing BBQ Pulled Chicken Smartbun® Burger is both Keto-friendly and sugar-free! It’s deliciously smart!
Dee Dee Pezzi brings us her take on a classic burger but she kicks it up a notch by stuffing it with sharp cheddar cheese and Jalapeño peppers! And it’s Keto friendly!

Dee Dee’s Pepper Poppers

**Ingredients:**

- 2 lbs raw ground Beef
- Pinch of Salt & Pepper
- Pinch of Onion & Garlic powder
- 8 oz Cream Cheese
- 1/2 cup shredded sharp cheddar cheese
- 2 whole Jalapeños (diced)
- 1/4 cup (about 8 slices) fresh bacon bits
- 4 Sesame Smartbuns®

**Preparation:**

*For the stuffing mixture:*

1. Cook bacon - dice into bits and set aside.
2. Chop and dice the jalapenos. Set aside.
3. In a large mixing bowl, combine the cream cheese, shredded cheddar cheese, diced bacon and jalapenos.
4. Set completed stuffing mixture aside.

*For the burger patties:*

1. Season uncooked ground beef to preference.
2. Divide the beef and shape into eight patties.
3. Spoon the stuffing mixture on to four of the eight patties.
4. Place the remaining four patties on top of the patties that are topped with the stuffing mixture.
5. Using a fork, gently press the edges of the stuffed patties down to seal in the stuffing mixture.
6. Cook the patties to an internal temperature of 165°F.
7. Toast the Smartbuns® with 1 tbsp of butter until a crisp golden brown.
8. Enjoy!
**Ingredients:**
1 lb of raw ground chicken  
1 whole egg  
2 tbsp of fresh chives  
4 oz gluten-free bread crumb  
A pinch of Cajun seasoning  
Salt and pepper to taste  
6 Smartbuns®

**Preparation:**

1. Dice the chives.  
2. Then mix together the raw ground chicken, egg, salt and pepper.  
3. Form six 2.5 oz patties and set in the freezer for approximately 30 minutes.  
4. While waiting for the patties to harden, mix the gluten-free bread crumbs with Cajun seasoning.  
5. Coat the patties in the crumb mixture, making sure to get all sides thoroughly covered.  
6. Air fry at 370 degrees Fahrenheit for approximately 10 minutes on each side to an internal temperature of 165°F. **OR** cook on a stove top skillet on medium-high for approximately 10 minutes on each side to an internal temperature of 165°F.
Cliff Moore makes an incredible burger that’s even more! Sink your teeth into this delightful and creative approach to the classic back yard burger.

Cliff’s Ultimate Keto Burger

Ingredients:
4oz burger patty or ground beef (makes one burger)
4 strips bacon
1 whole avocado mashed
1 slice of cheddar cheese
1 oz melted butter
1 sesame Smartbun®

Preparation:
1. Brush melted butter onto the Smartbun® and grill in a skillet on medium heat for 1-2 until golden brown. 2. Cook bacon strips in a skillet on medium-high heat for approximately 2 minutes. Using tongs, flip the bacon and cook for another 2 minutes.
3. Place the cooked bacon on a plate covered with a paper towel to drain. 4. Next either grill or cook the patties on a stove top in a skillet. If using a skillet cook in the bacon fat for approximately 10 minutes on each side or until the internal temperature reaches 165°F.
5. Dice bacon and place on top of the burger. Cover with cheese and let it melt over the bacon.
6. Remove from heat and let cool for 2-5 minutes.
7. Place 1/2 the mashed avocado on the bottom of the Smartbun®.
8. Place the burger on top of the avocado, then cheese and the remaining avocado.
9. Layer the Smartbun® over the avocado and enjoy!
Cat’s Breakfast Egg Cups

**Ingredients:**

- 1 whole egg
- 2 tbsp diced ham
- 1 tbsp shredded cheddar cheese
- 1 tbsp butter
- 1 plain Smartbun® (makes 2)
- Salt & pepper (to taste)
- Optional toppings: green onion

**Preparation:**

1. Preheat oven (or toaster oven) to 350°F.
2. Grease two 1-cup ramekins with cooking spray and set aside.
3. Heat a Plain Smartbun® in the microwave for 15 seconds or until warm.
4. Using a tablespoon, portion 1/2 tbsp pieces of Smartbun® and press firmly into the baking ramekin, forming a well in the center.
5. In a separate bowl, whisk together the egg, cheese, and ham.
6. Pour half of the mixture into each “well” and place in the oven for approximately 15-20 minutes or until the egg has set.
7. Eat directly out of the ramekin or allow the “muffin” to cool slightly and enjoy!

You’ll have to get up pretty early in the morning to beat these delicious ham, egg and cheese cups from Cat. She tops hers off with fresh green onion!
Selina and Noah Reithmiller sent in this delightful new twist on a great breakfast treat for the entire family. And they’re diabetic friendly.

**Noah’s French Toast Sticks**

**Ingredients:**

- 2 whole eggs - scrambled
- 1 cup of unsweetened dairy-free milk
- A pinch of cinnamon spice
- 2 tbsp of butter or margarine
- 2 plain Smartbuns®

**Preparation:**

1. Add milk and eggs in a large mixing bowl and scramble using a fork or whisk.
2. Take the Plain Smartbuns® out of their wrappers and cut into mini-strips for the French toast sticks.
3. Soak the Smartbun® pieces in the egg and milk mix, then sprinkle with cinnamon.
4. Add butter to skillet and cook the mini-strips on medium heat for approximately 2-3 minutes on each side, or until crispy and golden brown.
5. For an added treat serve with fresh fruit!
Lisa’s Stuffin’ Muffins

Ingredients:
4 large celery sticks - diced  
One large onion - finely chopped  
Poultry seasoning  
Salt & pepper to taste  
2 cups chicken or vegetable broth  
2 tbsp butter - melted  
1/2 cup turkey sausage  
8 plain Smartbuns® - cubed  
2x6 muffin pan - makes 12 muffins

Preparation:
1. On medium heat, bring the broth to a boil and let stand on low heat.  
2. Melt the butter in a separate skillet or pan and set aside.  
3. Preheat oven to 350°F and coat the muffin pan with cooking spray or butter.  
4. Sauté the onion and celery in butter until softened.  
5. Add turkey sausage and cubed Smartbuns® to a separate pan, mix in the poultry seasoning.  
   Cook on medium heat until turkey sausage is browned.  
6. Pour the heated broth and melted butter over the turkey, Smartbun mixture and incorporate.  
7. Continue stirring occasionally until liquid is absorbed.  
8. Divide into individual muffin cups and bake at 350°F for 20 minutes or until golden brown. Enjoy!

You’ll be carrying a torch for these delicious stuffin’ muffins from Smartbun® lover Lisa Torch. And they’d be perfect with a turkey dinner!
Audrey Parker presented us with this incredibly creative way to use our Pumpkin Spice Smartbun®. Waffles! We tried it and it’s great!

**Audrey’s Pumpkin Waffles**

**Ingredients:**

- 1 whole egg
- 1/4 cup dairy-free milk
- 1 tsp granulated sweetener
- 1/2 tsp pumpkin spice extract
- 1/8 tsp cinnamon
- 1/8 tsp ground cloves
- 1/8 tsp butter
- 1 plain Smartbun® - toasted

**Preparation:**

1. Toast the Smartbun® to keep it’s consistency through the next steps.
2. Grease and heat your waffle iron per manufacturer’s directions.
3. Whisk together egg, milk, sweetener, extract and spices in a small bowl.
4. Dip each slice of Smartbun® on both sides into the mixture. Let the bread sit for approximately 15-30 seconds, making sure it is completely covered.
5. Cook Smartbuns® in the preheated waffle iron for approximately 2-3 minutes or until golden brown.
6. Remove and serve immediately with your choice of toppings such as butter, whipped cream, low carb confectioners’ sugar, sugar-free syrup, low carb berries, or ice cream. Or experiment with your own fun toppings!
Megan’s Bread Pudding

Ingredients:
1 whole egg
1 tbsp heavy cream
1/2 tbsp rosemary - fresh, chopped
1/2 tbsp thyme - fresh, chopped
1/2 tbsp chives - fresh, chopped
1 tbsp parsley - fresh, chopped
1/4 tbsp salt - 1/8 tbsp black pepper
1/8 tbsp granulated garlic
1 link cooked chicken sausage - chopped
1 plain Smartbun® - toasted and cubed

Preparation:
1. In a small mixing bowl, whisk together egg and heavy cream.
2. Crumble the pre-toasted and cubed Smartbun®, fold into it into the egg and cream mixture with the rest of the ingredients.
3. Bake in a small dish at 375°F in the oven for 15-20 minutes.
4. The top will start to brown when it is done, take out and let cool for 10-15 minutes and enjoy!
Joan’s Stunning Stuffing

Ingredients:

- 4 Smartbuns®, crumbled
- 4 tbsp butter
- 2 cups celery, chopped
- 1 medium onion, chopped
- 4 cups chicken or vegetable stock
- 2 tsp salt or chicken/vegetable bouillon
- 2 tsp dry ground or fresh chopped sage
- Salt and pepper to taste

Preparation:

1. Preheat oven to 350 degrees F.
2. Crumble the Smartbuns® in a large bowl.
3. Melt the butter in a large skillet over medium heat.
4. Add the celery and onion and cook until transparent.
5. Mix in the stock, bouillon, and sage and remove from heat.
6. Pour the celery and onion mixture over the crumbled Smartbuns® and mix well. Add salt and pepper to taste.
7. Spread the stuffing into a greased pan and bake until cooked through, about 40 minutes.

Joan Hensen sent in this creative take on a holiday classic. She uses a sesame seed Smartbun® in her recipe and we think it’s fantastic! Try it yourself and see.
Sometimes it is a simple kitchen tool that creates a new meal. Use heart shaped cookie cutters to fry eggs and cut around your toasted Smartbun®! Kids love ‘em!

**Cookie Cutter Breakfast**

**Ingredients:**

1 SmartBun®
2 eggs
Preferred spices and sides

**Preparation:**

1. Cook an egg any way you like it using a heart shaped cookie cutter! Or be adventurous and use any shape cookie cutter you like! We made our eggs over easy.
2. Use another cookie cutter to cut around your toasted Smartbun® for a health and loving start to the day.
3. Enjoy! Anyone would love this fun and creative take on a healthy breakfast but kids love them especially!
Chrissy Benoit has fried up a real treat with her Smart Breakfast Snadwich! Fun and easy enough to make them grab and go!

**Chrissy’s Smart Breakfast**

**Ingredients:**

- 1 Smartbun®
- 1 egg
- 2 deli meat slices
- 2 tomato slices
- 1 cheese slice
- Salt and pepper to taste
- 2-3 Tbsp mayo

**Preparation:**

1. Fry an egg in a frying pan with butter, coconut oil or palm oil.  
2. Break yolk and fry until evenly cooked (unless you like it runny of course).  
3. Spread Mayo on your Smartbun® (toast if you’d like), top with egg, 2 thin slices of tomato, deli meat (optional), cheese and season to taste with salt and pepper.  
4. Serve and enjoy--so quick, so easy!
Simply Smart Sandwich

**Ingredients:**

- 1 sesame Smartbun®
- 2 slices smoked salmon
- 1 slice swiss cheese
- 2 tbsp pesto sauce
- Pinch fresh cilantro
- 2 tbsp cream cheese

**Preparation:**

1. Toast a plain or sesame Smartbun®.
2. Add pesto, tomatoes and cheese or Cilantro.
3. Add cream cheese and salmon.
4. Enjoy!

Need a healthy lunch for meetings or a grab and go weekend? Get your protein and healthy fiber in an easy to eat and share treat!
Break out the backyard grill and get ready to enjoy this amazing Smart Burger recipe from Chrissy Benoit. We tried it out in our test kitchen and the entire staff loved it!

Chrissy’s Smart Burger

Ingredients:

- 2 lb hamburger meat
- 1 egg
- 1 tbsp Onion powder
- 2 Wasa crackers (crumbled)
- 2 tsp garlic powder
- Salt and pepper to taste
- 1 cup sharp cheddar cheese (grated)
- 2 cups chives or green onions
- 1 Smartbun®

Preparation:

1. In a large bowl, combine all ingredients to thawed hamburger meat. 2. Mix well. 3. Form your patties to the size you’d like. 4. Grill to your preference. 5. Briefly place the Smartbun® on the grill for a quick toast. 6. Add toppings of choice and enjoy!
Now that’s Italian! And oh so healthy! This delicious recipe for Italian meatballs will take to you back to The Amalfi Coast where warm breezes and the smell of basil fills air!

**Smart Italian Meatballs**

**Ingredients:**

- 2 lb grass-fed ground beef
- 2 cloves garlic, minced
- 2 eggs
- 1 cup grated romano cheese
- 1.5 tbsp chopped parsley
- 2 tbs cream cheese
- Salt and pepper to taste
- 2 cups toasted, crumbled, Smartbuns®
- 1.5 cups lukewarm water
- 1 cup olive oil
- Fresh basil to garnish

**Preparation:**

1. Combine beef, garlic, eggs, cheese, parsley, salt and pepper in a large bowl.  
2. Blend Smartbun® crumbs into meat mixture.  
3. Slowly add the water 1/2 cup at a time. The mixture should be very moist but still hold its shape if rolled into meatballs.  
4. Shape into meatballs.  
5. Heat olive oil in a large skillet.  
6. Fry meatballs in batches. When the meatball is very brown and slightly crisp remove from the heat and drain on a paper towel. (If your mixture is too wet, cover the meatballs while they are cooking so that they hold their shape better.)  
7. Add to your favorite sauce, top with fresh basil and serve on a Smartbun® for a high protein and high fiber HEALTHY, low carb comfort food.
Hearty and beautiful, this creative take on a classic meatloaf surprises with slices of cage free boiled eggs in every bite. We tried this and we loved it. So will you!

**Smart Meatloaf**

**Ingredients:**

- 4 lb lean grass-fed ground beef
- 4 raw eggs
- 1 cup crumbled Smartbuns® (plain or sesame for some seeds inside)
- 3 tsp salt
- 1 tsp black pepper
- 2-4 hard-boiled eggs (depending on how much egg you like in each bite)

**Preparation:**

1. In a large bowl add all the ingredients except the hard-boiled eggs.
2. Mix thoroughly with your hands.
3. Divide the meat mixture into 8 sections. Pat two sections each into a pan (approx. 8’ x 4”).
4. Lay 2 peeled hard-boiled eggs lengthwise on each of two of the meat rectangles (or one each in the center as a surprise).
5. Cover with remaining meat rectangles and seal edges by pressing together.
6. Gently form the ‘meatloaf’ into a ‘meatloaf’ shape with your hands.
7. Roast in a preheated 375 F oven for about 1 1/2 hours or until a meat thermometer reads an internal temp. of 165 F.
8. Let the loaves stand at room temperature about 15 min. before slicing.
SNACKS & DESSERTS
Autumn Baggett-Griggs and Mellissa Sevigny put their heads together and came up with this fantastic twist on a classic lemon curd. Pucker up!

**Two Girl’s Lemon Curd**

**Ingredients:**

- 1/2 stick butter
- 1/4 cup of sugar-free sweetener
- 1/4 cup fresh lemon juice
- 1/8 cup lemon zest
- 3 egg yolks
- 1 two-pack of lemon Smartcakes®

**Preparation:**

1. Melt the butter in a saucepan on low heat.
2. Once melted, remove from heat and whisk in the sweetener little by little.
3. Add lemon juice and lemon zest until dissolved and then whisk in egg yolks.
4. Return to stove over low heat. Continue whisking while cooking, until the curd mixture thickens. (It’s very important to keep the ingredients moving, so they don’t cook into solid clumps!)
5. Remove from heat and let cool to room temperature. Once cooled, cover and store in the fridge for up to one month. (But we can guarantee it will not last an entire week, if you love lemon curd like we do!)
6. Top your Smartcake® with the lemon curd! We have selected the Lemon Smartcakes® for this recipe, but this will work well with any of our flavors! (Optional: Top with sugar free whipped cream and berries and serve with tea or sparkling water.)
Cathy’s Chocolate Sundae

**Ingredients:**

1 cup sugar-free, Jell-O® Chocolate Pudding
1 two-pack of Smartcakes® flavor of your choosing

½ cup of chopped peanuts, walnuts, or pecans (optional toppings: sugar-free whipped cream and a cherry on top!)

**Preparation:**

1. Start by removing the Smartcakes® from their paper wrappers and heat in the microwave for approximately 10 seconds.  
2. Spoon on your choice of instant sugar-free chocolate pudding on top of the Smartcakes®.  
3. Spoon or pipe on the sugar-free whipped cream.  
4. Sprinkle on your choice of unsalted and unseasoned chopped nuts.  
5. Top it all off with a cherry and enjoy!

What would we do without Cathy Walker’s incredible, easy 4SP Weight Watchers friendly chocolate pudding Smartcake® sundae! So good and so easy!
If you’re looking for a yummy new treat, then look no further than Mellanie De Leon’s delicious and easy 5-minute Keto low carb cinnamon Smartcakes®

MELLANIE’S CINNAMON SNACK

Ingredients:
4 oz of cream cheese - softened
1/2 cup sugar-free powdered sugar
1 tsp of vanilla extract

2 tbsp of heavy whipping cream
2 tbsp of butter (softened)
1 two-pack of cinnamon Smartcakes®

Preparation:
1. Mix butter and cream cheese. The mixture should be overall smooth with no clumps.
2. Whisk in the heavy whipping cream and vanilla. (Feel free to add more heavy whipping cream for desired consistency or taste.)
3. Dress up your Smartcakes® with these and enjoy!
4. Try Mellanie’s yummy topping on any flavor of Smartcake®! We’ve tried it on all 5 and they’re all amazing!
Penny's Terrific Tiramisu

Ingredients:
- 8 oz each cream cheese & mascarpone
- 3/4 cup pumpkin puree
- 1/2 cup sugar-free powdered sugar
- 2 tsp cinnamon spice
- 1/2 tsp each ginger & nutmeg
- 1 1/2 cup whipping cream
- 2 tsp vanilla extract
- 1/2 cup strong coffee
- 1/2 tsp cocoa powder

Preparation:

For the Pumpkin Mousse: 1. Whip the cream cheese and mascarpone together until smooth. 2. Add in the pumpkin puree, 1/4 cup of powdered sugar and spices. Combine. 3. Beat in 1/2 cup whipping cream into the pumpkin mixture. 4. In a separate bowl, beat the remaining whipped cream, vanilla extract, and sweetener to stiff peaks form. 5. Fold the whipped cream into pumpkin mixture. Continue to fold until well combined.

Tiramisu, assembly: 1. Remove Smartcakes® from wrappers and cut each in half. 2. Place the lower half into the bottom layer of your container. 3. Spoon 1 tbsp of coffee or espresso over the Smartcake®. 4. Spoon or pipe some of the pumpkin mousse onto the Smartcake®. 5. Add the top piece of Smartcake®, spoon another tbsp of coffee over the Smartcake®. 6. Spoon more pumpkin mousse on the top layer. 7. Place the cocoa powder in a sieve or sifter and sprinkle over the top of the Smartcake® tiramisu.
Jo’s Tasty Trifle

Don’t trifle with this Trifle! An absolutely delicious AND beautiful dessert presentation from Joanne Walter. We tried this and we LOVED it!

Ingredients:

- 3-4* Pumpkin SmartMuf’ns™
- 3-4 Banana Nut Smartmuf’ns™
- 2 pints heavy whipping cream
- 4 cups raw cranberries
- orange extract
- vanilla extract
- monk fruit sweetener (optional)

Preparation:

1. Crumble 3-4 Pumpkin SmartMuf’ns in the base of your Trifle dish. (4 if serving 12 people)
2. Add a layer of cooked, cooled cranberries (about 2 cups)
3. In a blender (or mixer) mix 1 cup of cooked cranberries (cooled) with 1 pint of heavy whipping cream.
4. Layer the pink cream over the Pumpkin SmartMuf’ns.
5. Add 3-4 crumbled Banana Nut SmartMuf’ns. (4 if serving 12 people)
6. Layer the remaining cooled cooked cranberries over the Muf’ns.
7. Rinse your blender and blend the second pint of heavy whipping cream with a dash of vanilla extract.
8. Top of your Trifle dish with the Vanilla Whipped Cream.
9. Let sit in a cool place and serve.
**Theresa’s Keto Confection**

**Ingredients:**
- 2 tsp of sugar-free hazelnut spread
- 2 tsp of chopped pecans
- Dairy-free whipped cream
- 1 two-pack of chocolate Smartcakes®

**Preparation:**

1. Start by removing the Smartcakes® from their paper wrappers and cut in half horizontally.
2. Heat 2 teaspoons of the sugar-free hazelnut spread in a microwave for approximately 30 seconds or until soft.
3. Place the bottom half of the Smartcake® on your plate or bowl and spread about 1 tsp of the sugar-free hazelnut spread and chopped pecans in middle section.
4. Place the top half of the Smartcake® and repeat. With a spoon, drizzle remaining hazelnut spread and sprinkle remaining chopped pecans.
5. Add a spray of dairy-free whipped cream topping and enjoy!

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Did someone say Keto friendly Chocolate Pecan Hazelnut dessert? Theresa Travieso did and we couldn’t agree more!

Photo/Theresa Travieso
Leslie Baldwin used her creativity to make this Diabetic-friendly take on a classic Argentinian dessert! And all we can say is yum and thank you!

**Leslie’s Dulce De Leche**

**Ingredients:**

- 2 Sugar-free Jell-O® Dulce Le Leche pudding cups
- Fat-free whipped cream
- A pinch of cinnamon spice
- 2 cinnamon Smartcakes®

**Preparation:**

1. Remove the Smartcakes® from their paper wrappers and in a clean 32oz ‘beer’ glass or mason jar place one Cinnamon Smartcake® on the bottom of the glass. Pack it to the bottom lightly.  
2. Scoop one Sugar Free Jell-O® Dulce De Leche Pudding Cup on top of the Smartcake®.  
3. Cover with Fat Free Whipped Cream and repeat for the top layers.  
4. Enjoy your dessert and remember that you’re NOT cheating!!!
**Emily’s Cheesecake Parfait**

**Ingredients:**
- 2 oz cream cheese
- 6 tbsp whipped cream
- 60g pumpkin puree
- 1.5 tbsp monkfruit sweetener
- 1/2 tsp pumpkin pie spice
- 1 cinnamon Smartcake®

**Preparation:**
1. Using a mixer and large bowl, whip the 4 tbsp of whipped cream, cream cheese, pumpkin puree, monk fruit, and pumpkin pie spice until blended smooth and creamy.
2. Then remove the Smartcakes® from their paper wrappers and cut in half horizontally.
3. Crumble lower half of Cinnamon Smartcake® at the bottom of a martini glass or dessert dish.
4. Spoon or pipe half of the pumpkin mixture on top.
5. Repeat step with the remaining top half of the Cinnamon Smartcake® and pumpkin mixture.
6. Top with 2 tbsp of whipped cream and sprinkle pumpkin pie spice on top for garnish - enjoy!

Smile and say Cheesecake! As if it wasn’t great enough already, Emily made this even more spectacular by presenting it in a fun champagne glass!
Rachel Collins offered up this wonderful treat that she calls Easy Keto Chocolate Fudge Smartcakes®. We just call it delicious!

Rachel’s Chocolate Fudge

Ingredients:
2 tbsp of sugar-free chocolate syrup
1 two-pack of chocolate Smartcakes®
(Optional toppings: sugar-free whipped cream, sugar-free sprinkles.)

Preparation:
1. Start by removing the Smartcakes® from their paper wrappers and cut in half horizontally. 2. Place the Smartcakes® in the microwave and heat for approximately 15-20 seconds. 3. Place the lower half of the Smartcake® into the bottom layer of your cup or container. 4. Top with sugar-free syrup and any other desired toppings. 5. Repeat for the other half, top it off with sugar-free whipped cream, and enjoy!
Danielle’s Tiramisu

Ingredients:
1 cup whipped cream
3/4 cup mascarpone
1 1/4 cup heavy whipping cream
Espresso drizzle

3/4 cup espresso
3 tbsp sweetener (optional)
A pinch of cocoa powder topping
6 cinnamon Smartcakes®

Preparation:
1. Preheat oven to 350°F.
2. Then remove the Smartcakes® from their paper wrappers and cut into squares (your choice size, we went with smaller pieces so they would have a drier texture).
3. Place Smartcake® slices on a baking sheet and bake for 15-20 minutes or until they’re dried out (the texture should not be crumbly or falling apart).
4. In a large mixing bowl, mix mascarpone or cream cheese with heavy whipping cream until firm and add sweetener to taste.
5. Layer Smartcake® squares on the bottom of an individual serving glass, drizzle with the espresso.
6. Top with the filling.
7. Sprinkle with cocoa powder, or grated chocolate.
8. Repeat the above steps for 2-3 layers.
You’re only limited by your imagination. Our take on a smoothie is based upon chocolate Smartcakes® for your base fiber and protein and added banana for richness!

**Banana Choco-mint Smoothie**

**Ingredients:**
1 banana  
2 chocolate Smartcakes®  
1/2 cup unsweetened almond milk  
About 1 cup of ice cubes  
A few mint leaves

**Preparation:**
1. Simply add the ingredients in a high-speed blender and process, pour and enjoy. Or use the following ingredients for a tropical twist.  
1 Banana, 2 Coconut Smartcakes®, 1/2 Cup Unsweetened almond Milk, 1/2 Cup Mango chunks, About 1 Cup, Ice cubes, A few Mint leaves
SMART APPLE CREPES

INGREDIENTS:

2 eggs
2 oz cream cheese
1 cinnamon Smartcake®
1 cooked apple (for the filling)

PREPARATION:

1. Combine 2 eggs, 2 ounces of cream cheese and one Cinnamon Smartcake® per serving. This high protein, low carb treat lets you enjoy and decadent treat without the carbs to bog your system down or the glutens. 2. Combine the eggs, cream cheese and Smartcake® in a strong blender or mixer. and pour the batter in a lightly oiled and heated crepe or frying pan (low heat). Coconut oil works well. Tilt the pan with a circular motion so that the batter coats the surface evenly. 3. Fry over medium high heat for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. 4. Filling: Peel 2 apples and dice. Sprinkle with cinnamon. Heat them in a sauté pan coated with coconut oil and a 3 tablespoons of water for 6-7 minutes or less if you want a firmer filling. 5. Wrap the apple filling in the crepes and serve!
Strawberry season is always just right around the corner and we stay ready with this scrumptious recipe using fresh strawberries and Smartcakes®!

**Smart Strawberry Trifle**

**Ingredients:**
- 1 chocolate Smartcake®
- 1 raspberry Smartcake®
- 4 tbsp unsweetened whipped heavy cream. Add stevia to taste (optional)
- 1 cup fresh strawberries, sliced
dash cocoa powder

**Preparation:**
1. Heat strawberries over low heat until a sauce is formed. Stir frequently.
2. Scoop two, full tbsp. of the fresh, strawberry sauce into the Mason jar as the first layer.
3. Take the Chocolate Smartcake® out of its cup and gently press into the mason jar as the second layer, breaking it a little, so the cake has the chance to soak up the strawberry sauce.
4. Add 2 tbsp. of heavy whipping cream then arrange some of the strawberry slices on top and repeat all the steps starting with the strawberry sauce, but this time adding the Raspberry Smartcake®.
5. Finish off with one final tbsp. of heavy whipping cream and dust of cocoa powder and slice of strawberry.
6. Refrigerate for an hour and serve.
Smart Bread Pudding

Ingredients:

**Pudding**
- 1 cup cinnamon Smartcakes®
- 1.5 cups unsweetened coconut milk
- 1.5 cups unsweetened apple sauce
- 2 whole eggs, lightly beaten
- 1 red delicious apple, peel on, diced
- 1/4 cup walnuts

**Sauce**
- 3 Scoops vanilla whey protein powder
- 1/4 cup fat-free plain yogurt
- 1/4 cup coconut milk
- 1/4 cup blueberries (garnish)

Preparation:

1. In a large mixing bowl, add coconut milk, unsweetened applesauce and eggs. Whisk.
2. Fold in Smartbun® cubes, walnuts, and apples.
3. Transfer to oven safe dish, cover and refrigerate one hour.
4. Preheat oven to 350F and bake until it’s set and the top turns golden brown (about 45 minutes). Remove and cool to room temperature.
5. Transfer to mason jars and refrigerator.
6. Make the sauce by adding protein powder and yogurt to a mixing bowl and mix until incorporated.
7. Add milk and stir until creamy.
8. Pour generously over bread pudding.
9. Add fresh blueberries and a sprig of mint to garnish.

What could be better than an a quick and easy bread pudding dessert? One that’s KETO friendly, that’s what! We tried this in our test kitchens and LOVED it! So good!
Glossary of Terms

**Bun Love**  
noun  
bun-love | /ˌbənˈləv/

Definition  
1  a : an intense feeling of deep affection for a bread roll  
   b : in bread rolls, a score of zero; nil sugars or starches

**Gluten Free**  
adjective  
glu·ten-free | /ˌgloʊtənˈfrē/

Definition  
1  a : (of food or a diet) not containing gluten, a substance present in cereal grains, especially wheat, that is responsible for the elastic texture of dough. Gluten is mixture of two proteins which causes illness in people with celiac disease.

| “gluten-free Smartcakes taste great!” |

**ketogenic diet**  
noun  
keto-gen·ic | /ˈkē-tō-je-nik dy-et/

Definition  
1  a : A diet high in fat and low in carbohydrates (sugars) that cause the body to break down fat into molecules called ketones.

| “Smart Baking Company™ products are considered to be safe to include in the ketogenic diet.” |

**ME:30**  
time  
methir·ty | /ˌmē-ˈthər-tē /

Definition  
1  a : the time of day that an individual gives to themselves for a treat or personal relaxation  
   b : an abstract point in time allowed for self indulgence

| “is it me-thirty yet?” | “is it ME:30 yet?” | “I need some ME:30 time” |

**Reincarnation™**  
noun  
re·in·car·na·tion | /ˌrē-(ˌ)in-(ˌ)kār-ˈnā-shən/

Definition  
1  a : the action of reincarnating : the state of being reincarnated  
   b : transformation in baking or forms of baked goods especially: a transformed, of a very low but healthy carb, all natural, gluten and sugar free baked good in a new snack cake, sandwich bun or muffin top.

2. : a fresh embodiment of baked goods

| “I believe in reincarnation” | “I’m part of the reincarnation” |