

# *Satisfying Eats*

## Baking Mix Recipes

Updated (10/17/2022)



I hope you enjoy all these yummy recipes using my mixes.

*BULK mixes, SHUGAZ Sweetener & my two low-carb Spiral Cookbooks are available for purchase!* Purchase them on in my Etsy shop: [www.Etsy.com/SatisfyingEats](http://www.Etsy.com/SatisfyingEats) and check out my website for more recipes: [www.SatisfyingEats.com](http://www.SatisfyingEats.com)

Happy Cookin',

*Melissa*



# Baking Tips

1. Read recipe in its entirety before beginning. 😊
2. **Use kitchen scale:** Just get a cheap one that measures grams and ounces. This will help have more accurate measurements AND help you from not having to dirty measuring cups!
3. **\*\*Sweetener:** Some recipes require additional sweetener.
  - a. **\*\*The sweetener I use is my SHUGA2 Blend**, which is twice as sweet as sugar by volume. It is the perfect blend of Erythritol and stevia. I like this sweetener because it is more economical vs. sweeteners like Swerve or others that measure cup-for-cup like sugar. Use  $\frac{1}{2}$  the amount of SHUGA2 as you would sugar.
  - b. **That being said, ANY cup-for-cup sweetener like Swerve, Lakanto or Truvia Sweet Complete will work. Just DOUBLE the amount.**
    - i. **Ex: Recipe calls for 2 tablespoons of SHUGA2, use 4 tablespoons (1/4 cup) of any cup-for-cup sweeteners.**
  - c. **Recipes are even successful using the addition of regular sugar or coconut sugar if that's what you prefer. Of course, that will change the carb count but still be much lower in carbs than the traditional recipe**
  - d. **The first time you use SHUGA2, use a little less than recipe calls for and then taste. Everyone has a different sensitivity to sweetness and stevia and Erythritol, so it is better to use less and add more if needed.**
  - e. **Taste batter and adjust amount of sweetener if needed. If in doubt, always add LESS sweetener and taste and you can always add more.**
  - f. **Before baking, taste batter to determine if more sweetener is needed.**
4. **\*Dairy-free:** vegan butter can be put used in place of regular butter in ALL recipes. I like using *Earth Balance*, soy-free.
  - a. Canned coconut milk NOT refrigerated almond milk can be substituted in recipes for sour cream or milk.
  - b. Look for \* beside all recipes that are dairy-free or contain dairy-free modifications.
5. **Doubling cake recipes:** Lower the temperature to 325° and cook for an additional 10-20 minutes if cooking a Bunt or standard size pound cake. When using a Bundt pan just be sure you oil/spray it well.
6. **Darker verses reflective baking sheets will yield a taller biscuit.**
7. **Storage:** Most baked goods can be left out of fridge for one or two days but optimally, baked goods should be refrigerated and will last for about a week.
  - a. Baked goods, minus frostings, can be frozen. Wrapped in plastic wrap and place in plastic bag and freeze for 3 to 4 months.
8. **Microwave:** Always start at the lowest time and check often as to not overcook.
9. **Cooling:** Allow cookies to cool for 5 to 10 minutes on the cookie sheet before transferring to cooling rack. This will prevent breakage.
10. **Reheat:** For biscuits, toast on lowest setting or microwave for 5-10 seconds each.

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**\* Notates recipes that are written as dairy-free or dairy-free substitutions (such as vegan butter, canned coconut milk or dairy-free chocolate chips) can be substituted in recipe.**

# PARMESAN GARLIC BISCUITS



Makes:	12
<i>Per Serving</i>	
Calories:	120
Fat:	10 g
NET Carbs:	3 g
Fiber	1 g
Protein:	5 g

## INGREDIENTS

4 tablespoons	salted butter, softened
2 large	eggs
¼ cup	sour cream
1 (152 g) package	<b>Satisfying Eats Parmesan Biscuit Mix</b>
½ cup (2 oz.)	grated sharp cheddar cheese

## INSTRUCTIONS

Preheat oven to 375° F and line baking sheet with parchment paper. Using a whisk, blend butter, eggs and sour cream in a medium bowl until smooth.

Pour in Parmesan-Garlic Baking Mix and stir with spatula until just combine. Then stir in the shredded cheese.

Scoop dough onto prepared baking sheet (heaping 2 tablespoons each) and place 3 inches apart.

Bake for 15-17 minutes or until biscuits begin to brown. DO NOT OVERBAKE.

OPTIONAL: Brush on melted butter and top with fresh/dried parsley. ENJOY.

*Refrigerate leftovers. Can be frozen. To reheat, place in wide-mouth toaster on medium-low setting. Carefully remove from toaster.*

# CLASSIC BISCUITS\*



Makes:	12
<i>Per Serving</i>	
Calories:	120
Fat:	10 g
NET Carbs:	3 g
Fiber	2 g
Protein:	3 g

## INGREDIENTS

2 large	eggs
6 tablespoons (3 oz.)	sour cream or dairy of choice*
4 tablespoons (2 oz.)	salted butter or fat of choice*, softened
1 (152 g) package	<b>Satisfying Eats Classic Biscuit Mix</b>

## INSTRUCTIONS

Preheat oven to 375° F and line baking sheet with parchment paper. Using a whisk, blend eggs, sour cream and butter in a medium bowl until smooth.

Pour in Classic baking Mix and stir with spatula until combine. Scoop dough onto prepared baking sheet (heaping 2 tablespoons each) and place 3 inches apart.

Bake for 15-17 minutes or until biscuits begin to brown. DO NOT OVERBAKE.

OPTIONAL: Brush on melted butter. ENJOY.

*Refrigerate leftovers. Can be frozen. To reheat, place in wide-mouth toaster on medium-low setting. Carefully remove from toaster.*

**\* To make dairy-free/Paleo biscuits, use a non-dairy or hardened bacon fat in the place of butter as well as a non-dairy cream such as canned coconut milk. If not using salted butter or bacon fat, add an additional 1/8 teaspoon of salt to mix.**

# MIRACLE MICROWAVE SLICED SANDWICH BREAD\*



Makes:	7 slices
<i>Per Slice</i>	
Calories:	100
Fat:	8 g
NET Carbs:	3 g
Fiber	1.5 g
Protein:	5 g

## INGREDIENTS

3 tablespoons

3 large

$\frac{3}{4}$  cup (~76 grams)

salted butter or vegan butter, melted\*  
eggs

**Satisfying Eats Classic Baking Mix**

## INSTRUCTIONS

In a medium bowl, blend melted butter and eggs with whisk until smooth. Then stir in biscuit mix. Blend well with a whisk until there are no lumps.

Measure out heaping 2 tablespoon scoops into a square shaped sandwich holder. Beat container on counter until batter fills bottom of entire container evenly.

Microwave for 30 seconds. If there is still a wet spot on top, microwave for additional time in five second increments until done.

You can add a pinch of sweetener if you desire.

Invert on to cooling rack and repeat steps until all bread slices have been made.

# CLASSIC CORNBREAD\*



Makes:	8
<i>Per Serving</i>	
Calories:	150
Fat:	12 g
NET Carbs:	6 g
Fiber	2 g
Protein:	4 g

## INGREDIENTS

4 tablespoons  
½ package (76 g)  
¼ cup (35 g)  
1 tablespoon

1/2 teaspoon  
1/8 teaspoon  
2 large  
¼ cup

salted butter\*

**Satisfying Eats Classic Biscuit Mix**

organic corn meal

**Satisfying Eats SHUGA2 Sweetener or  
sweetener of choice\*\***

baking soda

salt

eggs

sour cream, buttermilk or almond milk\*

## INSTRUCTIONS

Preheat oven to 375° F. Add butter to 8-inch cast iron skillet and place inside of oven to preheat.

In a medium bowl, add baking mix, cornmeal, sweetener, baking soda and salt. Blend well with whisk. Add eggs, dairy and melted butter from cast iron skillet (once oven is preheated and butter has melted). Stir well and taste for sweetness, adjust if needed.

Pour batter into hot cast iron skillet and bake for 16-20 minutes or until corn bread begins to brown and has risen in the center.

**Corn muffins: Makes 8. Just melt butter in microwave and add to other ingredients. Cook for 10-12 minutes in oiled muffin tins.**



# CLASSIC Yeast Rolls/Buns



Makes:	15
<i>Per Serving</i>	
Calories:	100
Fat:	7 g
NET Carbs:	1 g
Fiber	1 g
Protein:	6 g

## INGREDIENTS

12 ounces	part-skim mozzarella, shredded
1 package (152 g)	<b>Satisfying Eats Classic Biscuit Mix</b>
1 package	rapid rise yeast
2 large	cold eggs, lightly beaten

## INSTRUCTIONS

Preheat oven to 375° F.

Add mozzarella to microwave safe glass bowl. Microwave for 90 seconds, then stir. Then microwave in 30 seconds increments until cheese is completely melted. Cheese mixture will be very warm.

In a small bowl, blend classic mix and yeast using whisk.

**Kitchen Aid Directions:** Add warm melted cheese to stand mixer and then add dry ingredients. Use paddle attachment with rubber edges for best results.

Blend on low-medium speed and allow 1-2 minutes for stand mixer to incorporate cheese and dry mix. You may need to scrape the bottom of the bowl to make sure all mix is incorporated.

Then add eggs. It should take about 1-2 minutes to fully incorporate eggs. Mixture will be sticky but should be well blended.

Using a heaping 2 tablespoon scoop, scoop dough onto parchment lined baking sheet 2-3 inches apart and flatten slightly.

Bake for 14-16 minutes or until the top just starts to brown.

*SERVE hot out of the oven with melted salted butter OR microwave each roll 20-30 second before serving. THIS IS CRUCIAL to remelt the cheese and give the rolls the perfect yeast roll texture.*

# SWEET CORNBREAD\*



Makes:	8
<i>Per Serving</i>	
Calories:	180
Fat:	15 g
NET Carbs:	7 g
Fiber	2 g
Protein:	5 g

## INGREDIENTS

4 tablespoons	salted butter*
1 cup/half package (108 g)	<b>Satisfying Eats Sweet Baking Mix</b>
¼ cup (50 g)	organic corn meal
½ teaspoon	baking soda
⅛ teaspoon	salt
3 large	eggs
½ cup	buttermilk, sour cream or canned coconut milk*

## INSTRUCTIONS

Preheat oven to 375 ° F. Add butter to 8-inch cast iron skillet and place inside of oven to preheat.

In a medium bowl, add sweet baking mix, cornmeal, baking soda and salt. Blend well with whisk. Add eggs, buttermilk and melted butter from cast iron skillet (once oven is preheated). Stir well and taste for sweetness, adjust if needed.

Pour batter into hot cast iron skillet and bake for 16-20 minutes or until corn bread begins to brown.

# Sweet Yeast Rolls\*



Makes:	13
<i>Per Serving</i>	
Calories:	109
Fat:	9 g
NET Carbs:	3 g
Fiber	2 g
Protein:	3 g

## INGREDIENTS

3 tablespoons  
1 teaspoon  
1 packet  
2 large  
4 tablespoons  
1 (216 g) package

hot water (120-130 ° F)  
honey  
rapid rise yeast  
eggs  
room temperature butter\*

***Satisfying Eats Sweet Baking Mix***

## INSTRUCTIONS

Preheat oven to 375 ° F. Line cookie sheet with parchment.

In a 1 cup ramekin, add hot water and honey. Stir until honey is dissolved. Make sure temperature is around 125 ° F. Stir in yeast and let sit for 15 minutes.

In a medium bowl, blend eggs and butter. After 15 minutes, add yeast and blend well. Stir in baking mix. Let sit for 5 minutes before stirring and forming "rolls."

Using a heaping 2 tablespoon scoop, scoop batter onto prepared pan, 2-3 inches apart.

Bake for 12-14 minutes or just until biscuits start to brown.

# CLASSIC SCONES\*



Makes:	12
Per Serving	
Calories:	120
Fat:	10 g
NET Carbs:	4 g
Fiber	2 g
Protein:	4 g

## INGREDIENTS

4 tablespoons	salted butter, room temperature*
2 large	eggs
4 tablespoons	sour cream or canned coconut milk (chilled)*
1 (216 g) package	<b>Satisfying Eats Sweet Baking Mix</b>
½ teaspoon	extract (vanilla or lemon depending)
2 tablespoons	freeze dried fruit (blueberries, raspberries)
or ¼ cup	fresh berries or chopped fruit (apple, pear, fig, etc.)

## INSTRUCTIONS

Preheat oven to 375 ° F. Line a cookie sheet with parchment.

Blend butter, egg and sour cream in a medium bowl until well combined. Then stir in baking mix, extract and any fruits.

Scoop dough (heaping 2 tablespoons) onto cookie sheet, 3 inches apart.

Bake for 15-17 minutes or just until scones begin brown. DO NOT OVER BAKE.

# Pumpkin SCONES\*



Makes:	12
<i>Per Serving</i>	
Calories:	120
Fat:	10 g
NET Carbs:	4 g
Fiber	2 g
Protein:	4 g

## INGREDIENTS

4 tablespoons	salted butter, room temperature*
2 large	eggs
¼ cup	pumpkin puree
1 (216 g) package	<b>Satisfying Eats Sweet Baking Mix</b>
½ tablespoon	<b>Satisfying Eats SHUGA2 Sweetener or sweetener of choice **</b>
2 teaspoons	cinnamon
2 teaspoons	pumpkin pie spice
1 teaspoon	ground ginger
½ teaspoon	vanilla extract
Optional:	chopped walnuts/pecans

## INSTRUCTIONS

Preheat oven to 375° F. Line a cookie sheet with parchment.

Blend butter, egg and pumpkin puree in a medium bowl until well combined. Then stir in baking mix, extra sweetener, spices and extract. Stir until well combined.

Scoop dough (heaping 2 tablespoons) onto cookie sheet, 3 inches apart. Top with chopped nuts if desired, being sure to gently press them into the top and sides of scones.

For triangle shaped scones, wet hands, gently pat dough, and form the sides into a triangle.

Bake for 14-16 minutes or just until scones are set in the center. DO NOT OVER BAKE.

# CINNAMON-RAISIN Scone/Biscuits\*



Makes:	12
<i>Per Serving</i>	
Calories:	124
Fat:	10 g
NET Carbs:	4 g
Fiber	2 g
Protein:	4 g

Makes 12

## INGREDIENTS

4 tablespoons	salted butter, softened*
2 large	eggs
¼ cup	sour cream*
1 (216 g) package	<b>Satisfying Eats Sweet Baking Mix</b>
2 teaspoon	cinnamon
2 tablespoons	raisins
Garnishing	Pecans
Optional:	Glaze (page 27)

## INSTRUCTIONS

Preheat Oven to 375° F and line baking sheet with parchment paper.

Using a whisk, blend butter, eggs and sour cream in a medium bowl until smooth. Pour in the sweet baking mix, cinnamon and raisins and stir with spatula until well combined.

Scoop dough onto prepared baking sheet (heaping 2 tablespoons each) and place 3 inches apart. Bake for 10-14 minutes or until biscuits begin to brown. DO NOT OVERBAKE.

Remove from oven and cool on rack. Prepare glaze.

# CRANBERRY-ORANGE & PECAN SCONES WITH BROWNED BUTTER ICING\*



Makes:	12
<i>Per Serving</i>	
Calories:	103
Fat:	8 g
NET Carbs:	4 g
Fiber	2 g
Protein:	3 g

## INGREDIENTS

4 tablespoons	salted butter, room temperature*
2 large	eggs
4 tablespoons	sour cream or canned coconut milk*
1 (216 g) package	<b>Satisfying Eats Sweet Baking Mix</b>
1 teaspoon	orange extract (or ½ tsp orange extract and zest of 1 orange)
2 tablespoons	dried cranberries
½ cup	chopped pecans
Glaze Recipe	

## INSTRUCTIONS

Preheat oven to 375° F.

Blend butter, egg and sour cream in medium bowl until well combined. Then stir in baking mix and extract. Then mix in cranberries.

Scoop dough (heaping 2 tablespoons) onto cookie sheet, 3 inches apart. Top with chopped nuts, being sure to gently press them into the top and sides of scones.

Bake for 15-17 minutes or just until scones begin to change color. DO NOT OVER BAKE.

Prepare glaze Recipe (pg. 27)



# Classic or Lemon POUND CAKE\*



Makes:	12
<i>Per Serving</i>	
Calories:	144
Fat:	12 g
NET Carbs:	4 g
Fiber	2 g
Protein:	6 g

## INGREDIENTS

4 tablespoons	salted butter, room temperature*
4 ounces	cream cheese, room temperature*
3 tablespoon	<b><i>Satisfying Eats SHUGA2 Sweetener or sweetener of choice **</i></b>
3 large	eggs
1 teaspoon	extract (lemon or vanilla)
1 (216g) package (For Lemon)	<b><i>Satisfying Eats Sweet Baking Mix</i></b>
	Extra zest of 1 lemon

## INSTRUCTIONS

Preheat oven to 350° F.

In a stand mixer, blend butter and cream cheese for 1 minute. Then add sweetener and blend for another 5 minutes on medium-high speed. Mixture will change to a fluffy white appearance.

Add eggs, one at a time beating well after each addition. Then add baking mix and extract. Mix on medium-low speed until batter is well blended. Taste for sweetness and adjust if needed.

Pour batter into an oiled silicon baking pan (I used a 9-inch silicon Bundt, or you could use 3 smaller loaf pans). If baking a Bundt shape, bake for 45-55 minutes or until toothpick inserted into cake comes out clean and just as top of cake begins to brown. Bake small loaves for 30-35 minutes. **IF doubling recipe (regular size pound cake pan), lower temperature to 325 and bake for 55-65 minutes.**

Remove from oven and allow to cool for 2 minutes before carefully inverting onto cooling rack.

**\*Dairy-free: Blend 4 tablespoons (2 ounces) vegan butter, ¼ cup (2 ounces) chilled canned coconut milk and sweetener for 1 minute. Then add eggs, extract and Sweet Baking Mix.**



# Cranberry-Orange Pecan CAKE\*



Makes:	12
<i>Per Serving</i>	
Calories:	171
Fat:	13 g
NET Carbs:	6 g
Fiber	2 g
Protein:	7 g

## INGREDIENTS

4 tablespoons	salted butter, room temperature*
4 ounces	cream cheese, room temperature*
3 tablespoons	<b>Satisfying Eats SHUGA2 Sweetener or sweetener of choice **</b>
3 large	eggs
1 teaspoon	orange extract
2	zest of oranges (optional)
1-1/2 ounces	dried cranberries, rough chopped
1 ounce	chopped pecans
1 (216g) package	<b>Satisfying Eats Sweet Baking Mix</b>

## INSTRUCTIONS

Preheat oven to 350° F and prepare pans with oil or parchment.

In a stand mixer, blend butter and cream cheese for 1 minute. Then add sweetener and blend for another 5 minutes on medium-high speed. Mixture will change to a fluffy white appearance.

Add eggs, one at a time beating well after each addition. Then add baking mix and extract. Mix on medium-low speed until batter is well blended. Fold in zest and cranberries.

Pour batter into an oiled silicon baking pan (I used a 9-inch silicon Bundt, or you could use 3 smaller loaf pans), top batter with pecans.

If baking a Bundt shape, bake for 45-55 minutes or until toothpick inserted into cake comes out clean and just as top of cake begins to brown. Bake small loaves for 30-35 minutes. **IF doubling recipe (regular size pound cake pan), lower temperature to 325 and bake for 55-65 minutes.**

Remove from oven and allow to cool for 2 minutes before carefully inverting onto cooling rack.

**\*Dairy-free: Blend 4 tablespoons (2 ounces) vegan butter, ¼ cup (2 ounces) chilled canned coconut milk and sweetener for 1 minute. Then add eggs, extract and Sweet Baking Mix. (I ACUALLY NOT PREFER THE DAIRY-FREE VERSION USING COCONUT MILK TO THE CREAM CHEESE. IT IS SUCH A MOIST AND DELICIOUS CAKE!)**

# Sock-it-to-me CAKE\*



Makes:	12
<i>Per Serving</i>	
Calories:	160
Fat:	10 g
NET Carbs:	4 g
Fiber	2 g
Protein:	4 g

## INGREDIENTS

4 tablespoons	salted butter, room temperature*
4 ounces	cream cheese, room temperature*
3 tablespoons	<b>Satisfying Eats SHUGA2 Sweetener**</b>
3 large	eggs
½ teaspoon	vanilla extract
4 teaspoons	cinnamon
1 (216g) package	<b>Satisfying Eats Sweet Baking Mix</b>

## For Strudel

1 ounce	toasted and finely chopped pecans
2 teaspoons	cinnamon,
⅛ teaspoon	salt
1 tablespoons	<b>Satisfying Eats SHUGA2 Sweetener**</b> (or 1-1/2 tablespoons coconut sugar)

## INSTRUCTIONS

Preheat oven to 350° F and prepare pans with oil or parchment.  
In a stand mixer, blend butter and cream cheese for 1 minute. Then add sweetener and blend for another 5 minutes on medium-high speed. Mixture will change to a fluffy white appearance.

Add eggs, one at a time beating well after each addition. Then add baking mix, cinnamon and extract. Mix on medium-low speed until batter is well blended. Taste for sweetness and adjust if needed.

In a small bowl, combine strudel ingredients. Pour 2/3 cake batter into an oiled silicon baking pan (I used a 9-inch silicon Bundt, or you could use 3 smaller loaf pans). Then top with Strudel followed by the remaining cake batter.

If baking a Bundt shape, bake for 45-55 minutes or until toothpick inserted into cake comes out clean and just as top of cake begins to brown. Bake small loaves for 30-35 minutes. **IF doubling recipe (regular size pound cake pan), lower temperature to 325 and bake for 55-65 minutes.**

Remove from oven and allow to cool for 2 minutes before carefully inverting onto cooling rack.

**\*Dairy-free: Blend 4 tablespoons (2 ounces) vegan butter, ¼ cup (2 ounces) chilled canned coconut milk and sweetener for 1 minute. Then add eggs, extract and Sweet Baking Mix.**

# Lemon-Poppy Seed POUND CAKE\*



Makes:	12
<i>Per Serving</i>	
Calories:	120
Fat:	10 g
NET Carbs:	4 g
Fiber	2 g
Protein:	4 g

## INGREDIENTS

4 tablespoons	salted butter, room temperature*
4 ounces	cream cheese, room temperature*
3 tablespoons	<b><i>Satisfying Eats SHUG2 Sweetener or sweetener of choice **</i></b>
3 large	eggs
1 teaspoon	lemon extract
1	zest of lemon
2 teaspoons	poppy seeds
1 (216g) package	<b><i>Satisfying Eats Sweet Baking Mix</i></b>

## INSTRUCTIONS

Preheat oven to 350° F.

In a stand mixer, blend butter and cream cheese for 1 minute. Then add sweetener and blend for another 5 minutes on medium-high speed. Mixture will change to a fluffy white appearance.

Add eggs, one at a time beating well after each addition. Then add baking mix, extract and poppy seeds. Mix on medium-low speed until batter is well blended. Taste for sweetness and adjust if needed.

Pour batter into an oiled silicon baking pan (I used a 9-inch silicon Bundt, or you could use 3 smaller loaf pans). If baking a Bundt shape, bake for 45-55 minutes or until toothpick inserted into cake comes out clean and just as top of cake begins to brown. Bake small loaves for 30-35 minutes. **IF doubling recipe (regular size pound cake pan), lower temperature to 325 and bake for 55-65 minutes.**

Remove from oven and allow to cool for 2 minutes before carefully inverting onto cooling rack.

**\*Dairy-free: Blend 4 tablespoons (2 ounces) vegan butter, ¼ cup (2 ounces) chilled canned coconut milk and sweetener for 1 minute. Then add eggs, extract and Sweet Baking Mix.**

# Red Velvet CAKE\*



(Pictured, doubled recipe)

Serves:	10
<i>Per Serving</i>	
Calories:	182
Fat:	15 g
NET Carbs:	5 g
Fiber	3 g
Protein:	5 g

4 tablespoons  
1/4 cup plus 2 tbsp.  
3 tablespoons

3 large  
4 tablespoons (20 g)  
Pinch  
1 (216 g) package  
1/2 teaspoon  
Optional: 2 tsp.  
Double Batch

salted butter, softened\*

canned coconut milk\*

***Satisfying Eats SHUGA2 Sweetener or  
sweetener of choice \*\****

eggs

cocoa powder

salt

***Satisfying Eats Sweet Baking Mix***

vanilla extract

red food coloring

Cream Cheese Frosting (pg. 27)

Toasted pecans for garnish

## INSTRUCTIONS

Preheat oven to 350° F.

In a large bowl, blend butter, coconut milk and sweetener. Then add eggs, one at a time beating well after each addition. Blend baking mix, cocoa powder and salt together then add to egg mixture. Stir in vanilla and coloring. Mix on medium-low speed until batter is well blended. Taste for sweetness and adjust if needed.

Pour batter into an oiled silicon baking pan (I used a 9-inch silicon Bundt. If baking a Bundt shape, bake for 40-50 minutes or until toothpick inserted into cake comes out clean and just as top of cake begins to brown. **IF doubling recipe (use regular size pound cake pan), lower temperature to 325 and bake for 50-60 minutes in center of oven until toothpick comes out clean.**

Remove from oven and allow to cool for 2 minutes before carefully inverting onto cooling rack. Once cooled complete, frost with cream cheese frosting or favorite dairy-free frosting.

# BEST Low-Carb Vanilla Cupcake\*



Makes:	10
<i>Per Serving</i>	
Calories:	137
Fat:	11 g
NET Carbs:	4 g
Fiber	2 g
Protein:	4 g

## Ingredients

1 (216 g) package  
3 large  
¼ cup plus 2 tablespoons  
2 tablespoons

3 tablespoons  
1 teaspoon

### ***Satisfying Eats Sweet Baking Mix***

egg whites (or whole eggs)  
canned coconut milk\*

### ***Satisfying Eats SHUGA2 Sweetener or sweetener of choice \*\****

butter or butter substitute, melted\*  
vanilla extract

## Instructions

Preheat oven to 350 ° F. Add liners to cupcake pan.

Add baking mix, egg whites, canned coconut milk, **sweetener**, butter and vanilla to a medium bowl. Stir until smooth. Let set for 3 minutes and stir again.

Using ¼ cup scoop, divide batter into liners.

Bake for 15-17 minutes or until toothpick inserted in the center comes out clean.`

Cool on baking rack before frosting with cream cheese frosting or ganache (page 27).

# Devil's Food Chocolate Cupcakes\*



Makes:	12
<i>Per Serving</i>	
Calories:	120
Fat:	10 g
NET Carbs:	4 g
Fiber	2 g
Protein:	4 g

## Ingredients

2 ounces (4 tbsp.)  
4 ounces (1/2 cup)  
2 ounces (1/4 cup)

3 large  
1 (216 g) package  
1/2 cup (40 g)  
1 tablespoons  
2 tablespoons  
1/2 teaspoon  
1/2 teaspoon

light olive oil, melted\*  
canned coconut milk\*

***Satisfying Eats SHUGA2 Sweetener or  
sweetener of choice \*\****

eggs

***Satisfying Eats Sweet Baking Mix***

Dutch cocoa powder  
instant coffee  
hot water or leftover coffee  
vanilla  
gluten-free soy sauce or coconut aminos

Preheat oven to 350° F. Line cupcake pan with parchment liners.

Add all ingredients to medium bowl and blend well. Taste for sweetness and adjust if necessary.

Using heaping 2 tablespoon scoop, divide batter between 12 cupcake liners. Bake for 14-17 minutes or until center is done. DO NOT OVERBAKE.

Transfer to cooling rack.

Prepare Ganache (pg. 27)

# Carrot Cake\*



(Image shows triple recipe)

Makes:	12
<i>Per Serving</i>	
Calories:	196
Fat:	17 g
NET Carbs:	5 g
Fiber	3 g
Protein:	5 g

## Ingredients

1 (216 g) package  
3 large  
¼ plus 2 tbsp.  
3 tablespoons

3 tablespoons  
1 teaspoon  
3 teaspoons  
1/8 teaspoon  
1.5 teaspoons  
1 cup (~3.0 oz.)  
3/4 cup (~3.25oz.)

### **Satisfying Eats Sweet Baking Mix**

eggs  
canned coconut milk  
**Satisfying Eats SHUG2 Sweetener or  
sweetener of choice \*\***  
butter or butter substitute, melted\*  
vanilla extract  
cinnamon  
sea salt  
pumpkin pie spice  
fresh shredded carrots  
chopped pecans or walnuts

## Instructions

Preheat oven to 350° F. Oil or grease bottoms and sides of 2 cake pans and line the bottom with parchment circles.

Add eggs, coconut milk, sweetener, butter and vanilla to a medium bowl. Blend until smooth. Blend in baking mix, cinnamon, salt and pumpkin pie spice. Stir in carrots and nuts. Stir until blended.

Bake for 18-23 minutes or until toothpick inserted in the center comes out clean. DO NOT OVERBAKE.

Cool on baking rack before frosting with cream cheese frosting and filling with Pineapple Filling between layers (optional, pg. 27)

# BANANA BREAD\*



Makes 3 small loaves

Makes:	12
<i>Per Serving</i>	
Calories:	160
Fat:	13 g
NET Carbs:	6 g
Fiber	2 g
Protein:	4 g

4 ounces  
4 tablespoons  
3 tablespoons

3 large  
2 teaspoon  
1 (216g) package  
1 over-ripened (4 oz.)  
½ teaspoon  
Optional:

cream cheese, room temperature\*  
salted butter, room temperature\*  
***Satisfying Eats SHUGA2 Sweetener or  
sweetener of choice \*\****  
eggs  
cinnamon  
***Satisfying Eats Sweet Baking Mix***  
banana, mashed with fork  
banana extract (optional)  
chopped pecans on top

## INSTRUCTIONS

Preheat oven to 350° F. In a stand mixer, blend butter and cream cheese for 1 minute. Then add sweetener and blend for another 5 minutes on medium-high speed. Mixture will change to a fluffy white appearance.

Add eggs, one at a time beating well after each addition. Then add baking mix, cinnamon and extract. Beat on medium-low speed until batter is well blended. Then stir in banana until just combine. Taste for sweetness and adjust if needed.

Divide batter into 3 small baking tins (around 250g each). Top with nuts. Bake for 35-40 minutes or until toothpick inserted into bread comes out clean and edges begins to brown.

Remove from oven and allow to cool for 2 minutes before carefully inverting onto cooling rack.

**\*Dairy-free: Blend 4 tablespoons (2 ounces) vegan butter, ¼ cup (2 ounces) chilled canned coconut milk and sweetener for 1 minute. Then add eggs, extract and Sweet Baking Mix.**



# PUMPKIN Spice Cake\*



Makes:	11
<i>Per Serving</i>	
Calories:	145
Fat:	11 g
NET Carbs:	4 g
Fiber	2 g
Protein:	6 g

Makes 3 small loaves or one small Bundt

## INGREDIENTS

4 ounces	cream cheese, room temperature*
4 tablespoons	salted butter, room temperature*
3 tablespoons	<b>Satisfying Eats SHUGA2 Sweetener or sweetener of choice **</b>
3 large	eggs
½ teaspoon	vanilla extract
2-1/2 tsp. each:	cinnamon and pumpkin pie spice
½ teaspoon each:	black pepper & ginger
1 (216g) package	<b>Satisfying Eats Sweet Baking Mix</b>
½ cup	canned pumpkin puree
1	Batch Cream Cheese Frosting (page 27)
¼ cup	chopped & toasted walnuts/pecans for top

Preheat oven to 350° F. Oil or line pans with parchment paper.

In a stand mixer, blend butter and cream cheese for 1 minute. Then add sweetener and blend for another 5 minutes on medium-high speed. Mixture will change to a fluffy white appearance.

Add eggs, one at a time beating well after each addition. Then add baking mix, spices and extract. Blend on medium-low speed until batter is well mixed. Stir in pumpkin until just combine. Taste for sweetness and adjust if needed.

Pour batter into prepared pans. (I used a 9-inch silicon Bundt, or you could use 3 smaller loaf pans). Top with nuts. If baking a Bundt shape, bake for 40-50 minutes or until toothpick inserted into cake comes out clean and just as top of cake begins to brown. Bake small loaves for 30-35 minutes. Remove from oven and allow to cool for 2 minutes before carefully inverting onto cooling rack.

**\*Dairy-free: Blend 4 tablespoons (2 ounces) vegan butter, ¼ cup (2 ounces) chilled canned coconut milk and sweetener for 1 minute. Then add eggs, extract and Sweet Baking Mix.**

# Fudgy or Cake BROWNIES\*



Makes:	16
<i>Per Serving</i>	
Calories:	199
Fat:	18 g
NET Carbs:	4 g
Fiber	6 g
Protein:	5 g

## INGREDIENTS

1-1/2 cup (8 oz.)	bittersweet chocolate chips (Lily's sugar-free or Enjoy Life for Dairy-Free)*
8 tablespoons	salted butter*
1 (216 g) package	<b>Satisfying Eats Sweet Baking Mix</b>
4 large	eggs
1 teaspoon	vanilla
1/4 cup	cold coffee or 1/4 cup hot water and 2 tablespoons instant coffee
2 tablespoons	<b>Satisfying Eats SHUGA2 Sweetener or sweetener of choice **</b>
Optional:	Extra chocolate chips and Walnuts

## INSTRUCTIONS

Preheat oven to 325° F. Melt chocolate and butter in microwave and stir until smooth.

Stir in baking mix, eggs, vanilla, coffee and extra sweetener. Taste for sweetness and adjust if needed.

Scoop into bar brownie pan (1/4 cup scoop in each well). Sprinkle with walnuts and chocolate chips.

Bake for 11 minutes for fudgy brownies and 12-13 minutes for cake like brownies. Remove from oven and allow to cool for 10 minutes before carefully removing.

## GLAZE

¼ cup  
2 tablespoons

salted butter  
***Satisfying Eats SHUGA2 Sweetener or  
sweetener of choice \*\****  
heavy whipping cream

In a small saucepan over medium heat, add butter and allow to melt. Stir in erythritol. Warm over medium heat, stirring occasionally until butter and erythritol have melted and begins to bubble. Add heavy cream and stir for 30 seconds. Pour glaze into a bowl to help it to cool faster. Once glaze has cooled and thickened just a bit, spoon over biscuits or cake and glaze will harden once cooled.

For Browned Butter variation: Brown the butter (being careful not to burn) before adding the erythritol and heavy cream.

## Cream Cheese Frosting

4 ounces  
1.5-2 tablespoons

cream cheese, softened  
***Satisfying Eats SHUGA2 Sweetener or  
sweetener of choice \*\****  
heavy whipping cream  
vanilla extract

Blend cream cheese, sweetener, heavy cream and vanilla for 4-5 minutes or until smooth and thick.

## Pineapple Filling\*

¾ cup  
1 tablespoon

crushed pineapple with juice  
***Satisfying Eats SHUGA2 Sweetener or  
sweetener of choice \*\****  
cold water  
arrowroot powder

Over low heat, add crushed pineapple and juice (to lower carbs, you can drain juice and then use water) to a small saucepan. Stir in sweetener until dissolved. In a small container, blend water & arrowroot powder until arrowroot is dissolved. Add arrowroot slurry to pineapple and stir until thickened. Turn off heat and transfer to container and refrigerate until cooled.

## EASY Chocolate Ganache\*

3 ounces bittersweet or semi-sweet chocolate chips (sugar-free brand like Lilies is preferable or dairy-free Enjoy Life chips)\*

3 ounces heavy whipping cream (or canned coconut milk)\*  
½ teaspoon Gluten-free soy sauce or coconut aminos

Add chocolate and cream to ramekin. Microwave for 30 seconds and stir. Microwave for 30 more seconds if needed to melt chocolate and form ganache.

# CHOCOLATE CHIP COOKIES\*



Makes:	20
<i>Per Serving</i>	
Calories:	113
Fat:	11 g
NET Carbs:	2 g
Fiber	2 g
Protein:	2 g

## INGREDIENTS

8 tablespoons  
2 tablespoons

1/2 teaspoon  
1/4 teaspoon  
1 (216 g) package  
1/3 cup (1.5 oz.)  
1/2 cup

salted butter or vegan equivalent (4 oz.)\*  
***Satisfying Eats SHUGA2 Sweetener or  
sweetener of choice \*\****  
vanilla extract  
gluten-free soy sauce or coconut aminos  
***Satisfying Eats Sweet Baking Mix***  
Lily Chocolate Chips\*  
chopped walnuts or pecan

## INSTRUCTIONS

Preheat oven to 350° F.

Blend butter & sweetener with mixer. Then add vanilla and Sweet Baking Mix and blend well. Stir in chocolate chips and walnuts.

Scoop dough (1-1/2 T scoop) onto cookie sheet 3 inches apart.

Bake for 10-13 or just before edges of cookies start to brown (DO NOT OVER BAKE).

Leave cookies on pan for about 5-10 minutes to allow to harden before transferring to cooling rack.

# SHUGA COOKIES (Christmas Cookies)\*



Makes:	24
<i>Per Cookie</i>	
Calories:	70
Fat:	7 g
NET Carbs:	1.5 g
Fiber	1 g
Protein:	1 g

## INGREDIENTS

8 tablespoons

1-1/2 tablespoons

1 teaspoon

1 (216 g) package

salted butter or vegan equivalent (4 oz.)\*

***Satisfying Eats SHUGA2 Sweetener or sweetener of choice \*\****

vanilla extract

***Satisfying Eats Sweet Baking Mix***

## INSTRUCTIONS

Preheat oven to 325° F.

Blend butter & sweetener with mixer. Then add vanilla and Sweet Baking Mix and blend well. Taste for sweetness and adjust if needed.

Scoop out dough with 1 tablespoon scoop on to parchment lined cookie sheet. Roll dough into perfect ball and place 3 inches apart. Flatten cookie to ¼ inch. Repeat.

**\*\*Cookie press:** Place dough in cookie press device. Using 1 press, this recipe makes about 50 but you can make larger cookies using 2 presses per cookie.

Bake for 10-13 or just before edges of cookies start to brown (DO NOT OVER BAKE).

Leave cookies on pan for about 5-10 minutes to allow to harden before transferring to cooling rack.

# Danish Style Butter Cookies\*



Makes:	30
<i>Per Cookie</i>	
Calories:	56
Fat:	5 g
NET Carbs:	1 g
Fiber	1 g
Protein:	1 g

## INGREDIENTS

8 tablespoons  
1-1/2 tablespoons

salted butter or vegan equivalent (4 oz.)\*

***Satisfying Eats SHUGA2 Sweetener, ground into powder to look like powdered sugar or sweetener of choice \*\****

½ teaspoon  
½ teaspoon  
1 (216 g) package

vanilla extract  
butter extract (optional)

***Satisfying Eats Sweet Baking Mix***

## INSTRUCTIONS

Preheat oven to 300° F.

Blend butter & sweetener with mixer for 5 minutes. Don't skip this step for the texture of a Danish Cookies. Then add vanilla and Sweet Baking Mix and blend well. Taste for sweetness and adjust if needed.

Scoop out dough with 1 tablespoon scoop on to parchment lined cookie sheet. Roll dough into perfect ball and place 3 inches apart. Flatten cookie to ¼ inch. Repeat.

**\*\*Cookie press:** Place dough in cookie press device. Using 1 press, this recipe makes about 50 but you can make larger cookies using 2 presses per cookie.

Bake for 14-15 minutes or just as edges of cookies start to brown (DO NOT OVER BAKE).

Leave cookies on pan for about 5-10 minutes to allow to harden before transferring to cooling rack.

Makes 30

# Danish Wedding Cookies\*



Makes:	30
<i>Per Cookie</i>	
Calories:	82
Fat:	8 g
NET Carbs:	1.5 g
Fiber	1.6 g
Protein:	1 g

## INGREDIENTS

8 tablespoons  
1-1/2 tablespoons

3/4 cup  
2-ounces  
1/2 teaspoon  
1 (216 g) package

1 cup

salted butter or vegan equivalent (4 oz.)\*  
***Satisfying Eats SHUGA2 Sweetener, ground into powder to look like powdered sugar or sweetener of choice \*\****  
finely chopped pecans  
Semi-sweet sugar-free chocolate chips  
vanilla extract  
***Satisfying Eats Sweet Baking Mix***

Confectioners' sugar substitute

## INSTRUCTIONS

Preheat oven to 300° F.

Blend butter & sweetener with mixer for 5 minutes. Don't skip this step for the texture of a Danish Cookies. Then add pecans, chocolate chips, vanilla and Sweet Baking Mix. Blend well. Taste for sweetness and adjust if needed.

Scoop out dough with 1 tablespoon scoop on to parchment lined cookie sheet. Roll dough into perfect ball and place 3 inches apart. Flatten cookie to 1/4 inch. Repeat.

Bake for 14-15 minutes or just as edges of cookies start to brown (DO NOT OVER BAKE).

Leave cookies on pan for about 5-10 minutes then transfer to cooling rack to cool completely. Then roll cookies in "sugar."

Makes 30



# Toasted Coconut Cookies\*



Makes:	30
<i>Per Cookie</i>	
Calories:	80
Fat:	7.7 g
NET Carbs:	1.7 g
Fiber	1 g
Protein:	1 g

## INGREDIENTS

8 tablespoons	salted butter or vegan equivalent (4 oz.)*
1-1/2 - 2 tablespoons	<b>Satisfying Eats SHUGA2 Sweetener</b>
½ teaspoon	vanilla extract
4 ounces (2/3 cup)	finely shredded coconut
1 (216 g) package	<b>Satisfying Eats Sweet Baking Mix</b>

## INSTRUCTIONS

Preheat oven to 300° F.

Blend butter & sweetener with mixer for 5 minutes. Don't skip this step for the texture of a Danish Cookies. Then add vanilla, coconut and Sweet Baking Mix. Blend well. Dough will be very dry. Taste for sweetness and adjust if needed.

Scoop out dough with 1 tablespoon scoop on to parchment lined cookie sheet. Roll dough into perfect ball and place 3 inches apart. Flatten cookie to ¼ inch. Repeat. Use fork to press firmly into cookie while holding the edges of the cookie. This will give them a semi-square look.

Bake for 15-17 minutes or until cookies are golden brown (DO NOT OVER BAKE).

Leave cookies on pan for about 5-10 minutes before transferring cookies to rack.

Makes 30



# Jelly/Thumbprint Cookies\*



Makes: 52

*Per Cookie*

Calories:

Fat: g

NET Carbs: g

Fiber g

Protein: g

## INGREDIENTS

8 tablespoons  
1-1/2 tablespoons

salted butter or vegan equivalent (4 oz.)\*

***Satisfying Eats SHUGA2 Sweetener, ground into powder to look like powdered sugar or sweetener of choice \*\****

1/2 teaspoon  
1 (216 g) package  
1/2 cup

vanilla extra

***Satisfying Eats Sweet Baking Mix***

strawberry preserves

## INSTRUCTIONS

Preheat oven to 325° F

Blend butter & sweetener with mixer for 5 minutes. Then add vanilla and Sweet Baking Mix. Blend well. Dough will be very dry. Taste for sweetness and adjust if needed.

Scoop out dough with 1/2 tablespoon scoop on to parchment lined cookie sheet. Roll dough into perfect ball and place 3 inches apart. Place small indentation in center of cookie for jelly using your thumb (or the handle of a large wooden spoon).

Pipe preserves into cookie, about 1/2 teaspoon each cookie.

Bake for 15-17 minutes or until cookies start to brown (DO NOT OVER BAKE).

Leave cookies on pan for about 5-10 minutes before transferring cookies to rack.

# WAFFLES\*



Makes:	10
<i>Per Serving</i>	
Calories:	158
Fat:	13 g
NET Carbs:	4 g
Fiber	2 g
Protein:	6 g

## INGREDIENTS

¼ cup	salted butter, melted*
4 large	eggs
½ cup	milk of choice (almond, coconut, etc.)*
1 (216 g) package	<b>Satisfying Eats Sweet Baking Mix</b>
1 teaspoon	vanilla or blueberry extract
2 tablespoons	<b>Satisfying Eats SHUGA2 Sweetener or sweetener of choice **</b>
Add ins	¼ cup freeze dried blueberries or ¼ cup chopped pecans.

## INSTRUCTIONS

Preheat waffle iron.

Blend butter, eggs and milk in a medium bowl. Then stir in the Sweet Baking Mix and extracts until well blended. Let rest for 5-10 minutes to allow baking soda to activate. Stir in berries or nuts.

Oil bottoms of waffle iron (optional, depending on your waffle iron) and using ¼ scoop divide batter into wells of waffle maker.

Cook waffles until they begin to brown. Then transfer to toaster oven and toast for an additional 1-2 minutes or until the waffle gets browner and crisper, but not burnt. For crispy waffles, serve immediately.

# Magic Fluffy PANCAKES\*



Makes: 23

*Per Serving*

Calories: 72

Fat: 6 g

NET Carbs: 2 g

Fiber 1 g

Protein: 3 g

## INGREDIENTS

4 large	eggs
4 tablespoons	salted butter, melted*
½ cup	almond milk, sour cream or canned coconut milk*
1 (216g) package	<b>Satisfying Eats Sweet Baking Mix</b>
1 teaspoon	vanilla extract
1-2 tablespoons	<b>Satisfying Eats SHUG2 Sweetener or sweetener of choice **</b>

## INSTRUCTIONS

Preheat griddle.

Add ingredients IN ORDER to Magic Bullet device. Screw on lid firmly and blend for 30 to 45 seconds. Scrap sides if needed.

Add 2 tablespoons of batter per pancake, separating by 3 inches. Cook slowly for 1 to 2 minutes, bubbles will form but all of them may not pop. Carefully slide spatula around all edges before flipping. Cook for another 1-2 minutes or until pancake is browned and done.

Remove pancakes to cooling rack and repeat.

\*\* Be sure to cook pancakes on low to low-medium heat if cooking on the stove as they will burn easily.

# 30-SECOND MUFFINS\*



Makes:	15
<i>Per Serving</i>	
Calories:	93
Fat:	8 g
NET Carbs:	2.5 g
Fiber	1.5 g
Protein:	3 g

## INGREDIENTS

1 (216 g) package  
3 large  
¼ cup plus 2 tablespoons

3 tablespoons  
1-2 tablespoons

Add ins  
Extract add-ins

### ***Satisfying Eats Sweet Baking Mix***

eggs  
dairy of choice (almond milk, sour cream, canned coconut milk, etc.)\*  
melted butter  
***Satisfying Eats SHUGA2 Sweetener or sweetener of choice \*\****  
blueberries, raspberries, chocolate chips  
½ teaspoon vanilla, lemon, or blueberry extract

## INSTRUCTIONS

Whisk eggs, dairy and additional sweetener in medium bowl. Stir in baking mix and extracts until there are no clumps.

Scoop into silicone baking cups, for mini muffins, 1-1/2 tablespoon scoop. Large muffins 3-4 tablespoon scoop. Top with a few fresh berries in each muffin cup.

Microwave each muffin for 30-60 seconds or until there is no wet dough. DO NOT OVERCOOK or muffins will harden.

Remove muffin from cups and cool on rack and repeat with remaining batter.

*If cooking more than one at a time, add more time.*

*Cook 1 or 2 at a time or you will have to increase baking time significantly. Do not cook on plate.*

*.\*\* For banana nut variation: Use only 1 tablespoon of dairy, 3-inch piece of banana, ½ teaspoon, mashed and ½ teaspoon banana extra (optional), chopped toasted pecans or walnuts*

# Pumpkin Spice MUFFINS\*



Makes:	15
<i>Per Serving</i>	
Calories:	100
Fat:	8 g
NET Carbs:	3 g
Fiber	2 g
Protein:	3 g

## INGREDIENTS

1 (216 g) package

3 large

½ cup

3 tablespoons

1-2 tablespoons

1-1/2 teaspoon

1-1/2 teaspoon

Optional

***Satisfying Eats Sweet Baking Mix***

eggs

pumpkin puree

melted butter\*

***Satisfying Eats SHUGA2 Sweetener or  
sweetener of choice \*\****

cinnamon

pumpkin pie spice

chopped pecans or walnuts for top

## INSTRUCTIONS

Preheat oven to 350 ° F.

Add baking mix, eggs, pumpkin, butter, sweetener, Whisk eggs, pumpkin and sweetener, cinnamon and pumpkin pie spice to a medium bowl. Using whisk, mix well.

Oil or spray silicone baking cups. Scoop heaping 2 tablespoons of batter into each. Top with nuts if desired.

Place filled muffin cups on cookie sheet and bake for 12-15 minutes or just until center of muffins are set.

***Microwave Directions:*** Place 5 filled muffin cups on a paper or plastic plate (NOT GLASS) and microwave for 60 seconds and then check. If muffins are still wet, microwave for up to an additional 30 seconds. Do NOT microwave more than needed or they will begin to harden. Repeat for next set of muffins.

# Anti-Inflammation EVOO Muffins (Nemechek Protocol)\*



Makes:	10
<i>Per Serving</i>	
Calories:	100
Fat:	8 g
NET Carbs:	3 g
Fiber	2 g
Protein:	3 g

## INGREDIENTS

1 (216g) package	<b>Satisfying Eats Sweet Baking Mix</b>
2 large	eggs
½ cup	Certified California Extra Virgin Olive Oil
¼ cup	canned coconut milk
½ - 1 teaspoon	vanilla extract
Optional:	¼ cup add-ins: 1 tablespoon cinnamon, chopped pecans, shredded coconut, walnuts, freeze dried fruit, chocolate chips

## INSTRUCTIONS

Preheat oven to 350 ° F.

Add baking mix, eggs, EVOO, milk and extracts to bowl. Blend well.

Oil or spray silicone baking cups. Using medium scoop, divide batter into muffins cups. Top with nuts or coconut if desired.

Bake for 15-17 minutes or just until center of muffins are set.

^ *The Nemechek protocol is a protocol aimed to help with recovery and reversal of Autonomic Dysfunction by rehabilitation the brain and the body to address the underlying causes.*

For more information, please check out Dr. Nemechek's website and books: <https://www.nemechekconsultativemedicine.com/nemechek-protocol/>

# CANNED FRUIT COBBLER\*



Makes:	8
<i>Per Serving</i>	
Calories:	133
Fat:	8 g
NET Carbs:	14 g
Fiber	3 g
Protein:	3 g

## INGREDIENTS

(2) 14.5-ounce cans  
2 tablespoons

⅓ teaspoon  
3 tablespoon  
2 tablespoons  
1 large  
¼ cup

2 tablespoons  
½ package (108 g)

canned peaches (in pear juice)  
***Satisfying Eats SHUGA2 Sweetener or  
sweetener of choice \*\****

salt  
arrowroot powder  
water  
egg  
dairy of choice (sour cream, canned  
coconut milk or milk)\*  
melted salted butter

***Satisfying Eats Sweet Baking Mix***  
(about 1 cup)

## INSTRUCTIONS

Preheat oven to 375 ° F.

Add peaches and juice to the bottom of an 8X13 inch baking dish. Use knife and cut peaches into smaller slices. Add sweeter and salt. Stir well.

In a small ramekin, blend arrowroot powder and water until arrowroot is dissolved. Pour arrowroot slurry into peach mixture and blend well.

In a small bowl, blend egg, dairy and butter until well combined. Then stir in the baking mix until smooth. Pour batter over peaches, spreading it out evenly.

Bake for 30-35 minutes or until cobbler is bubbly and it begins to brown.

# EASY FRESH BLACKBERRY COBBLER\*



Makes:	10
<i>Per Serving</i>	
Calories:	132
Fat:	17 g
NET Carbs:	9 g
Fiber	7 g
Protein:	4 g

## INGREDIENTS

3 cups	fresh blackberries
2 tablespoons	<b><i>Satisfying Eats SHUGA2 Sweetener or sweetener of choice **</i></b>
1 tablespoon	arrowroot powder
1/8 teaspoon	salt
1 cup (108 g)	<b><i>Satisfying Eats Sweet Baking Mix</i></b>
1 large	egg
1/4 cup	dairy of choice (canned coconut milk, milk or sour cream)*
2 tablespoons	salted butter (melted)*

## INSTRUCTIONS

Preheat oven to 350 ° F.

Add blackberries to the bottom of an 8X8 inch baking dish. Add sweetener, arrowroot powder, stevia and salt. Stir well until berries are evenly coated.

In a small bowl, blend the egg, milk and butter until well combined. Then stir in the baking mix until smooth. Pour batter over prepared fruit, spreading it out evenly.

Bake for 30-35 minutes or until blueberries are bubbly and the cobbler begins to brown.

Serve with low carb ice cream or whipped cream.



# Low-Carb & Gluten-Free King Cake

Make 2 King Cakes



## **Ingredients:**

Glaze (enough for both cakes) :

8 tablespoons salted butter

6 tablespoons SHUGA2 Low-Carb Sweetener

½ cup heavy whipping cream

## **Strawberry Cheesecake Filling (enough for 1 cake)**

4 ounces cream cheese

1-1/2 tablespoons SHUGA2 Low-Carb Sweetener

¼ teaspoon vanilla extract

½ cup freeze dried strawberry slices (about 0.5 ounces)

## **Cranberry Pecan Filling (enough for 1 cake)**

1 tablespoon butter, melted

1-1/2 tablespoons SHUGA2 Low-Carb Sweetener

1 tablespoon cinnamon

¼ cup (around 2 ounces) raisins or craisins

¼ cup chopped pecans (or walnuts), around 1.5 ounces

## **Cake Dough (makes 2)**

1 (216 g) pouch Satisfying Eats Sweet Baking Mix

2 packets (around 14 grams) Rapid Rise Yeast

14 ounces mozzarella cheese, shredded or in 1-inch cubes

1 ounce cream cheese

2 large eggs, beaten

## **DIRECTIONS**

### **Prepare Glaze**

In a medium saucepan, add butter. Melt on medium-low heat and then stir in Sweetener. Stir until dissolved and the edges start to bubble. Carefully stir in heavy cream. Cook and continue to stir for 1 minute.

Remove from heat and pour into a shallow container to allow to cool and thicken. Refrigerate for 30 minutes, then stir and place back in fridge for 15-20 minutes. Glaze will thicken enough to pour onto king cake.

### **Prepare Cheesecake Filling**

Add cream cheese to microwave safe bowl and microwave for 30 seconds until softened. Stir in sweetener and vanilla. Set aside and allow to cool.

### **Prepare Cranberry Pecan Filling**

In small bowl combine sweetener and cinnamon.

### **Prepare Dough:**

Preheat oven to 350 degrees F. Line 1 large sheet pan or 2 cookie sheets with parchment paper and set aside.

In a medium bowl, combine Sweet Baking Mix and yeast with whisk. Set aside.

To a medium microwave safe bowl (I prefer glass), add mozzarella cheese and cream cheese. Microwave for 90 seconds. Then with rubber spatula, stir well, blending the cheese. Then microwave an additional 60 seconds and stir, helping melt and additional chunks of cheese. If there are any lumps left, microwave for 30 more seconds. ALL cheese must be melted and smooth. Warning, bowl can get hot. Handle with care.

Transfer hot melted cheese to stand mixer with Hook attachment.

With mixer running on low, add baking mix and yeast. Slowly increase speed of mixer. Mix dough until all dry mix is incorporated. This will take 1-2 minutes. If there is any dry mix remaining at the bottom after this time, stop the mixer and scrape the bottom and mix again.

Switch to the paddle attachment (I prefer the one with the flexible edge, so it scrapes the bowl well). Turn on stand mixer to low and add beaten eggs.

Increase speed to medium-low and run mixer until all of the egg has been incorporated into the dough and dough is uniform. This will take 1-2 minutes.

### **Assembling Dough**

Tape down a 20" piece of plastic wrap. Take the 4 corner as well as the top and bottom. This will make rolling the dough out much easier.

Place ½ the dough in the middle of the plastic wrap (~12.8 ounces). Pat down dough if needed. Top the dough with another 20" of plastic wrap. Using rolling pin, roll out dough until it is almost as long as rolling pin or approximately 16" long and almost the width of the plastic wrap or 10".

Carefully remove plastic wrap and set aside.

### **CRANBERRY PECAN Filling**

Brush the butter on the entire surface of the rolled-out dough. Then sprinkle with cinnamon & sweetener mixture over buttered surface.

Sprinkle nuts and dried fruit over the entire surface, leaving the top 1" edge without topping to help it seal.

Carefully release tape from all the sides and beginning at the bottom, using the plastic wrap to help, roll the cheesecake filling into the dough like rolling a pinwheel, being careful that the edges are being rolled at the same time as the center. Roll it all the way up and roll the dough to the edge of the plastic wrap.

Grab the parchment lined pan and carefully pick up rolled dough and place in the center of the cookie sheet in a "C" shape (or on one side of the large sheet pan if baking 2 at one time).

Carefully remove the plastic wrap and then gently connect the 2 sides to form a circle. If the dough breaks a little, no big deal, just connect it back.

Place 1 pan in the oven at a time (baking 2 cakes on a large sheet pan or 1 cake at a time if using a cookie sheet).

### **STRAWBERRY CHEESECAKE Filling**

Carefully "re-tape" plastic wrap to counter and roll out dough again (see instructions in "Assemble Dough.")

Carefully spoon out prepared cheesecake filling along the bottom edge of the dough. Then top the cheesecake with the freeze-dried strawberries. Be sure to cover the cheesecake in a single layer with the strawberries.

Carefully release tape from all the sides and beginning at the bottom, using the plastic wrap to help, roll the cheesecake filling into the dough like rolling a pinwheel, being careful that the edges are being rolled at the same time as the center. Roll it all the way up and roll the dough to the edge of the plastic wrap.

Grab the parchment lined pan and carefully pick up rolled dough and place in the center of the cookie sheet in a “C” shape (or on one side of the large sheet pan if baking 2 at one time).

Carefully remove the plastic wrap and then gently connect the 2 sides to form a circle. If the dough breaks a little, no big deal, just connect it back.

You can prepare both as Strawberry Cheesecake or prepare one of each.

Bake for 25-30 minutes or until cake is a golden brown, being careful not to over bake and burn.

Remove pan from oven and allow to cool on pan for 10-15 minutes and then transfer with spatula to cooling rack.

If there is another cake to bake, transfer to oven and bake.

### **FINAL ASSEMBLY**

Allow cake to cool and it will be ready to glaze just before it's room temperature. If you glaze when it is really warm, most of the glaze will run off the cake.

Place a large plate underneath the cake and cooling rack and as soon as glaze has cooled to a pourable consistency, pour over the cake. Glaze will set once cake has completely cooled.

Repeat for both cakes.

Decorate Strawberry Cheesecake King Cake with extra crushed freeze-dried strawberries.

Decorate Cranberry Pecan King Cake with extra chopped pecans & raisins or raisins. You can also divide glaze and color using natural dyes. Common colors used on King Cakes are purple, green and yellow.

# Sausage Balls



Makes:	30
<i>Per Serving</i>	
Calories:	
Fat:	g
NET Carbs:	g
Fiber	g
Protein:	g

## INGREDIENTS

1 (152 g) package

1 pound

1 large

2 cups (8 ounces)

½ teaspoon

Optional:

**Satisfying Eats Parmesan Biscuit Mix**

bulk uncooked breakfast sausage

egg

shredded sharp cheddar cheese

black pepper

¼ teaspoon red pepper flakes for extra  
heat and flavor

## INSTRUCTIONS

Preheat oven to 400 ° F.

In a medium bowl, combine biscuit mix, sausage, egg, cheese and black pepper. Blend well (I use a gloved hand).

Using 1-1/2 tablespoon scoop, scoop mixture onto sheet pan, 1 inch apart.

Bake for 13-15 minutes or until Sausage Balls begin to brown.

Remove from oven and immediately transfer to paper towels to cool.

# LOADED CHEESEBURGER BITES

## INGREDIENTS

1-pound	ground beef, cooked and drained
1 large	onion, sautéed in 1 tablespoon of olive oil and cooked until tender
1 tablespoon	Cajun Seasoning
4 tablespoons	salted butter, room temperature
2 large	eggs
¼ cup (2 ounces)	sour cream
1 (152 g) package	<b>Satisfying Eats Parmesan-Garlic Biscuit Mix</b>
4 ounces	shredded cheddar cheese

## INSTRUCTIONS

Preheat oven to 400 °.

Combine cooked ground beef, onion and Cajun Seasoning and stir well. In separate bowl, blend butter, eggs and sour cream. Stir in baking mix and shredded cheese. Blend well. Add ground meat and onions and stir.

Using a 1 tablespoons scoop, scoop mixture onto sheet pan, 2 inches apart. Bake for 10-14 minutes or until cheese begins to brown. Makes 30.