



# Recipes from EidoPro Lifestyle Ambassador Gwen

## Wild Rice Pilaf

2 tbsp butter  
1 onion, diced  
1 clove garlic, minced  
1 tsp curry powder  
1 c green lentils  
1/2 c wild rice, rinsed  
1/2 c orzo  
3 c chicken or vegetable stock

1. In large saucepan, melt butter over medium heat.
2. Cook onion and garlic for 5 minutes, until fragrant but not browned.
3. Stir in curry powder, cooking for 1 more minute.
1. Stir in lentils, rice and orzo. Add stock and bring to boil.
2. Cover, reduce heat and simmer gently for 35-45 minutes, or until lentils and rice are tender and liquid is absorbed.

## Apple Crisp

4 apples (Macintosh or Spartan)  
1/4 c coconut sugar  
1 tsp cinnamon  
1 cup rolled oats  
1/3 c whole wheat flour  
1/3 c butter

1. Preheat oven to 375 F.
2. Peel and chop apples.
3. Place in bottom of 8" square baking dish.
4. Sprinkle with sugar and cinnamon.
5. Mix remaining ingredients, cutting in butter until mixture resembles crumbs.
6. Pour over prepared fruit.
7. Bake for 45 minutes.

EidoPro Tip: Add 1 scoop EidoPro Protein Powder to crumble topping!

## Beef Rouladen

1 beef round steak, cut 1/4 inch thick into 6 pieces (about 2 lbs)  
6 tsp Dijon mustard  
6 slices low-sodium bacon, diced  
3 small dill pickles, chopped  
1 large onion, finely chopped  
2 tbsp EVOO  
1 can tomato sauce (8 oz)  
Sea salt & pepper to taste  
1/8 tsp garlic powder  
2 tbsp freshly chopped parsley

1. Spread each piece of steak with 1 tsp mustard.
2. In a bowl combine uncooked bacon, pickles and onions
3. Place 1/6 of mixture on one end of each piece of meat. Roll up and secure with tooth picks.
4. In skillet, heat oil and cook meat roll-ups until nicely browned on all sides. Reduce heat to simmer.
5. In bowl, blend tomato sauce, salt & pepper, garlic and parsley. Pour over meat in skillet.
6. Cover and simmer for 1.5 hours or until meat is very tender.
7. Turn meat over several times during cooking process. Add water if sauce appears too dry.
8. Serve over noodles or cooked cabbage.

## Blueberry-banana Muffins

1 c quick oats (not instant)  
1 c buttermilk  
1 1/2 c whole wheat flour  
2 tsp baking powder  
1 tsp baking soda  
1 egg  
1 c mashed banana  
1 tsp vanilla  
1/3 c canola oil  
1/4 c maple syrup  
1 c fresh or frozen blueberries

1. Preheat oven to 375 degrees.
2. In small bowl combine oats and buttermilk, let oats soak while preparing other ingredients.
3. Whisk together flour, baking powder, baking soda in large bowl.
4. In small bowl mix together egg, banana, vanilla, oil and maple syrup until smooth, then add in oat mixture.
5. Fold wet ingredients into dry and stir until just combined, do not over mix.
6. Stir in blueberries.
7. Pour batter into paper-lined, muffin tray, filling cups to top.
8. Bake for 20 minutes, or until toothpick comes out clean.

**EidoPro Tip: Substitute 1/4 c flour with 1 scoop EidoPro Protein Powder!**

## Trail Mix Cookies

1 cup Almond Butter  
1 cup unsweetened shredded coconut  
1/2 cup chocolate chips  
1 cup chopped, dried fruit  
1/4 cup sunflower seeds  
1/4 cup maple syrup  
1 large egg  
1/2 tsp vanilla  
1/2 tsp baking soda  
1/4 tsp salt

1. Preheat the oven to 350 F
2. Mix all ingredients in bowl until well combined
3. Drop tablespoons of mixture onto a parchment-lined cookie sheet.
4. Bake for 12-14 minutes until cookies are set, but still soft.
5. Remove from the oven and let cool on the cookie sheet.

**EidoPro Tip: Substitute 1/2 cup shredded coconut with 1 scoop EidoPro Protein Powder!**

## Tex Mex Turkey Burgers

1 lb ground turkey (breast or thigh)  
1/4 c rolled oats  
1 tbsp lime juice  
1 1/2 tsp chilli powder  
1/2 tsp cumin

1. Combine all ingredients in bowl, thoroughly mixing with hands.
2. Shape into 6 patties.
3. Grill until fully cooked.
4. Serve on bun with avocado, cheese and salsa.

## Corn & Bean Salad

4 cobs of corn  
1 1/4 c finely dice red onion  
2 limes, zested and juiced  
1/4 tsp sea salt  
1 small red chili  
3 large avocados, diced  
1/4 c salsa verde  
1/4 c finely chopped fresh cilantro  
1 c cooked black beans

1. Grill cobs of corn until lightly charred (5 minutes). Cool, then slice kernels from cob into bowl.
2. Stir in remaining ingredients and serve.

## Roasted Ratatouille

1 medium eggplant, cut into chunks  
3 small zucchini, cut into chunks  
1 green pepper, cut into strips  
1 red pepper, cut into strips  
2 medium onions, coarsely chopped  
8 whole peeled garlic cloves  
3 medium tomatoes, chopped  
2 tbsp chopped fresh basil  
2 tbsp chopped fresh Italian parsley  
1/2 tsp sea salt  
1/2 tsp fresh ground pepper  
3 tbsp EVOO

1. In large, shallow roasting pan combine all ingredients.
2. Roast at 400 F for 45 minutes or until tender, stirring occasionally.

## Oatmeal Pancakes

2 1/4 c buttermilk  
1 1/2 c quick-cooking (not instant) rolled oats  
1 c whole wheat flour  
1 tbsp packed brown sugar  
1 tsp baking powder  
1 tsp baking soda  
2 eggs  
3 tbsp vegetable oil

1. In bowl, pour buttermilk over oats; let stand for 5 minutes.
2. In separate bowl, whisk together whole wheat flour, sugar, baking powder and baking soda. Whisk eggs with 2 tbsp of the oil; pour over dry ingredients. Pour buttermilk mixture over top and stir just until combined.
3. Heat large non-stick skillet over medium heat; brush with some of the remaining oil. Pour about 1/4 cup batter for each pancake into skillet, brushing skillet with remaining oil as necessary; cook until underside is golden and bubbles break on top but do not fill in, 1-1/2 to 2 minutes. Turn and cook until underside is golden, 30 to 60 seconds.

**EidoPro Tip: Substitute 1/2 cup flour with 1 scoop EidoPro Protein Powder!**

## Shrimp and Sausage Pasta

2 cups penne pasta  
1 onion sliced julienne style  
1 clove garlic minced  
1 cup sliced mushrooms  
1 pepper sliced julienne style  
3 Roma tomatoes chopped  
Spinach  
2 Italian sausages casing removed and cut into chunks  
1 cup cooked shrimp  
1 tsp Italian seasoning  
Crumbled feta cheese (optional)  
1 avocado chopped (optional)  
Grated parmesan cheese (optional)

4. Cook penne and set aside
5. Cook onion and garlic until tender
6. Add seasoning
7. Add sausage and cook
8. Add pepper and mushrooms
9. Add half the tomato chunks and spinach
10. Cook the mixture until hot and tender
11. Add the shrimp, the rest of the tomatoes
12. Mix sauce in with pasta before serving.
13. Serve over penne pasta with feta cheese or avocado and grated parmesan.