**A Few Good Recipes**

**\*Healthy Popsicles:**

**Ingredients: Herbal Tea (Wild Berry Zinger or tea of choice – can buy at Wal-Mart, comes in a small box of about 20 tea bags), water, and stevia.**

**Instructions: Boil a cup of water (coffee cup), place tea bag in and let steep for about 5 minutes or so. Pour in 3 packets of Stevia to sweeten (or to taste). Let cool for about 10 minutes. Pour into ice tray & stick toothpick in each slot. (Or buy Popsicle holders) Let Freeze for a couple hours.**

**WALAAAA – Healthy Popsicles!! ☺**

**\*Egg Whites Dessert:**

**Ingredients: 5-6 hardboiled egg white, or 1 cup of liquid egg whites, stevia, cinnamon, and water.**

**Instructions: Hard-boil 5-6 eggs, and peel off the egg whites OR scramble 1 cup of liquid egg whites in a small skillet. In a small sauce pan, combine a few teaspoons of cinnamon, a few packs of stevia (or to taste – for sweetening), and a tiny bit of water – I would say less than ¼ cup. You want to bring this to medium heat, and cook until it starts to caramelize. When complete, pour the sauce over egg whites, and mix together. If you feel like your “sweet sauce” isn’t sweet enough, pour 1 packet of stevia directly onto the egg whites.**

**Enjoy!**

**\*Jamie Eason’s Fish-in-Foil:**

**I tweaked her recipe a little for my own liking – but you can find her exact recipe here:** [**http://www.bodybuilding.com/fun/jamie-easons-livefit-recipes-fish-in-foil.html**](http://www.bodybuilding.com/fun/jamie-easons-livefit-recipes-fish-in-foil.html)

**Ingredients: Tilapia fillets, Lemons, Garlic Powder, Mrs. Dash Salt-Free Seasonings: Table Blend & Original Blend, Pepper, Cilantro Leaves, and Basil.**

**Instructions: Tear 1 piece of foil per EACH tilapia fillet. Place tilapia fillet onto square of foil. Cut 1 lemon in half and use ½ for each fillet – squeeze ½ lemon over both sides of tilapia fillet. Sprinkle all seasonings over each side of fillet. Place lemon half on top of fillet, and wrap in foil.**

**Bake on 375 for 40 minutes.**